



# NORTH COLUMBIA MONTHLY

— WHERE AND HOW WE LIVE —



December 2016 | Free!  
[ncmonthly.com](http://ncmonthly.com)



# Give the Gift of Pure, Healthy Water

A gift your family will appreciate year 'round!

From "The Water Professionals"  
"See, Feel, and Taste the Difference in Your Water"

## The REIONATOR™

**The REIONATOR™ vs The Competition**  
Designed to remove more contaminants than a typical softener

Benefit	The REIONATOR™	A Typical Softener
Removes Hardness	✓	✓
Reduces Lead	✓	✓
Reduces Iron	✓	✓
Reduces Chlorine	✓	
Reduces Nitrates/Sulfates	✓	
Reduces Slimy Feel in Bathing	✓	
Eliminates Bad Taste & Odors	✓	



### Why Buy Bottled Water?

- Enjoy:
- Better tasting water/ food
  - Reduce your water heating bill up to 70%
  - Save up to 80% on cleaning products
  - Save your appliances
  - Softer moisturized skin
  - No more red iron stains

IF IT'S IN YOUR WATER... WE CAN TAKE IT OUT!

### LOWEST PRICES!

offered on Reionators and all water treatment systems!



Happy Holidays from Rod & Sue Fogle & the entire Fogle Crew!



**\$600<sup>00</sup> Value**  
Call or stop in for details

A+ BBB Rating

"The Water Professionals"



Well Drilling • Pumps • Water Treatment

Colville • Republic • Spokane  
684-2569 [www.FoglePump.com](http://www.FoglePump.com) 800-533-6518

## Stazy's Vocal Studio

### Gift Certificates for the Holidays!

- Voice lessons for all ages
- All styles including classical, sacred worship, jazz, rock, global/multicultural
- Techniques for healthy singing & microphone use
- Coaching by a conservatory-trained vocalist with an extensive musical background with recording and performance experience

Colville & Chewelah studios

FIRST 30 MINUTE LESSON FREE!



Call for more information:  
(509) 684-7761

Hwy 395 in Kettle Falls  
509-738-2727  
[MeyersFallsMarket.com](http://MeyersFallsMarket.com)

## Holiday SALES!

Save 10% OFF the following:

Dec. 5-9:

**ALL GIFT ITEMS**

Dec. 12-16:

**ALL BEER & WINE**

Dec. 19 - 23:

**ALL BULK FOOD**

**Meyers Falls Market**  
"The Natural Choice"

# What's Inside

- 5 From the Publisher's Desk**
- 6 Random Acts of Community**  
*A Christmas Wish for our New Granddaughter*, by Christine Wilson
- 8 Life Matters**  
*What Motivates Me*, by Dr. Barry Bacon, MD
- 10 North of the Border**  
*An American President Nabs a Canadian Bear*, by Eileen Delehanty Pearkes
- 12 Boundaries**  
*Alien Corn*, by Jack Nisbet
- 13 Book Review**  
*A River Captured*, by Eileen Pearkes; Reviewed by Jack Nisbet
- 14 Monthly Muse**  
*A Notability of Neighbors*, by Loren Cruden
- 16 In Nature**  
*The Common Raven: Big and Smart*, by J. Foster Fanning
- 18 What's Happening**  
Arts, Music, Dance, Events & More
- 20 A Good Read**  
Book Reviews by Loren Cruden
- 21 Silver Screening**  
Movie Reviews by Sophia Aldous
- 22 Listen Up**  
Music Reviews by Michael Pickett
- 23 To Your Health**  
*Along the Mountain Path*, by Sarah Kilpatrick
- 24 From the Soil**  
by Louanne Atherley
- 25 The Writer's Way**  
*Creative Blogging, For Fun and Profit*, by Linda Bond
- 26 A Difficult Gift**  
by Ruth Harris
- 27 Waffle Watch**  
by Alex Panagotacos
- 29 Family Adventures Out!**
- 30 What's Happening**  
Continued from page 19
- 31 Family Ties**  
*Family Traditions*, by Becky Dubell



December 2016

Vol. 24 ~ Iss. 7

## **Publisher & Senior Editor**

Gabriel Cruden

## **Copyeditor**

Si Alexander

## **Contributing Writers**

Sophia Aldous • Louanne Atherley  
Dr. Barry Bacon • Linda Bond  
Loren Cruden • J. Foster Fanning  
Ruth Harris • Sarah Kilpatrick  
Jack Nisbet • John Odell  
Alex Panagotacos • Eileen Delehanty Pearkes  
Michael Pickett • Christine Wilson

## **Advertising Sales**

Gabriel Cruden • 509-684-3109  
[ncmonthly@gmail.com](mailto:ncmonthly@gmail.com)

Becky Dubell • 509-684-5147  
[mkbeckyl@gmail.com](mailto:mkbeckyl@gmail.com)

## **North Columbia Monthly**

P.O. Box 541, Colville, WA 99114  
509-684-3109 | [ncmonthly@gmail.com](mailto:ncmonthly@gmail.com)  
[www.ncmonthly.com](http://www.ncmonthly.com)

## **Cover**

Walking the Colville Rotary Trail.  
Photo by Joanie Christian. See more of her  
work at [stillwaterpaddling.com](http://stillwaterpaddling.com).

The *North Columbia Monthly* is published 12 times per year. Copyright 2016 © by *North Columbia Monthly*. All rights reserved. Reproduction of the contents, or use in whole or part without written permission from the publisher is strictly prohibited. Advertising, views and opinions expressed herein are not necessarily those of the publisher. Printed in the USA.

**JANUARY 2017**

**ISSUE DEADLINE**

ADVERTISING COPY  
CALENDAR LISTING  
SPACE RESERVATION

*Friday,*  
*December 16<sup>th</sup>*  
*(but sooner is better!)*

**SIMPLY MEANS A REAL THINKER**

~ JOHN ODELL, WORDS OF WORDS

# Shop Colville!

**SATURDAY, DECEMBER 10<sup>TH</sup>**

## Photos with Santa

by Kimberley LaDuke at Re-Imagined Home

**11 AM - 1 PM**

## Christmas Tree Extravaganza!

**AT SAUNDRA'S FURNITURE**

**ENTER TO WIN 1 OF 6 TREES WITH GREAT PRESENTS UNTIL 3:30 PM ON DEC. 10<sup>TH</sup>**

### 2016 TREE SPONSORS:

Colville Chamber of Commerce  
NE Washington Association of Realtors  
Weaver's Auto Care Garage & Exhaust  
Joe Christiansen State Farm Insurance  
Downtown Merchants • Country Chevrolet

## Colville Chamber Gala Dinner Dance

**DECEMBER 10<sup>TH</sup> ~ STARTS AT 5 PM**

No Host Bar & A Delicious Dinner  
Dancing To The Sara Brown Band  
At The Colville Community College  
Tickets At The Colville Chamber - 509-684-5973

# 2016 DECK THE FALLS

\*\*\*\*\*

**Friday - December 2 Busta Park in Metaline Falls**

5:00pm Santa arrives! Lighting of the Town Christmas Tree  
Hotdogs & beverages in the Visitor Center  
S'mores & the bonfire  
Announcing winners of the Poster Contest

Thanks to the volunteers and the PUD, Teck, NPOV Lion's, FD #2, The Cutter Theatre and the Elf Crew

**Saturday - December 3 The Cutter Theatre**

Arts & Crafts Faire 10:00-4:00  
Main & Upper Level

Kid's Adventures 10:00-3:00  
Videos - Library  
Crafts - Museum Room

Luncheon 11:00-1:00  
Room at the Ramp

Pictures With Santa 10:00-Noon  
Bring your own camera!

Community Concert 6:00pm  
Everyone is welcome to bring their own talents and then enjoy the sing-a-long.

Contact The Cutter Theatre for more information - 509-446-4108



**ATTN. PARENTS**

**CANDY CANE LANE**

**SUNDAY, DEC. 11<sup>th</sup>**

**10:00 am – 3:00 pm**

**Basement of the Colville Library**

**Bring your Children to do their Christmas**

**Shopping! 2 gifts can be picked out for \$5**

**Price includes help shopping and**

**Gift wrapping!**

**We have a larger inventory this year!**

**Call 680-0325 for more information**

**This event is not sponsored**

**By Colville School District**



*Park Avenue  
Players'  
presents*

# Harvey

by Mary Chase

Did you have an invisible friend when you were growing up? The Classic '45 Pulitzer Prize winning comedy!

**Performance dates  
are January  
13, 14, 20, 21  
at 7:00 p.m.  
and January  
15, 22 at  
2:00 p.m.  
at the  
Chewelah  
Civic Center.**



Tickets go on sale in December at the following locations; Akers United Drugs, Valley Drug, The Independent, R.E. Lee Shoe Company and at the door. Tickets are \$10.00; however, all invisible friends are free during this production only. "Harvey" provided by Dramatists Play Service INC.



# From the Publisher's Desk...

By Gabriel Cruden

When I was a kid in northern Michigan, the winters were long and bitter cold. We lived in the woods with a dirt driveway up a steep hill. When the car could no longer navigate the rutted two-track, we walked up that hill in the dark, boots squeaking in the snow made powdery and icy by the near-zero temperatures. One year the snow made it to the second-story window of our house and we had to dig a tunnel to the wood shed and put a shovel where the car was so we could hope to find it again before spring.

At those extremes you can count on things breaking down. Surviving that kind of hardship is not accomplished on your own. You need friends and neighbors.

We were new (as opposed to being the kin of farmers who had tilled the soil there for two generations or more) and had not yet proven ourselves as locals. But I didn't know that then. I was just a kid and what I learned was that if you were in need, people stepped up, regardless of whether they knew us or not. And we would automatically do the same. As I grew up, I believed it was the norm to pitch in when needed, regardless of personal connection, background or differences. That's what you did.

When I went to the big city of Detroit and walked its downtown streets for the first time, I was unnerved by all the people in such proximity, yet all studiously ignoring each other. I felt like I was being rude by ignoring them back and kept, inadvertently, trying to make eye contact, which I found seemed to be an imposition rather than a polite gesture.

Worse was walking by the homeless people. Here was a person, clearly in need, and all these hundreds of people were walking by, doing nothing. It physically rocked me back on my heels. How could this be OK?

That's not to say there isn't kindness in the city – there most certainly is! It strikes me as more a matter of scale. One person can only do so much and when presented with the magnitude of all that

humanity, you have to choose where to put your energy or risk being completely overwhelmed. It is a survival mechanism to ignore the people around you and give them privacy, even when packed together like sardines on a city bus. I came to assume that these city dwellers found people of similar beliefs and purpose in life and focused their attention there.

Here in northeast Washington and interior British Columbia, there is a lot of countryside that provides its own rugged lifestyle opportunities. And, like when I was a kid in Michigan, that same concept of pitching in when needed, no matter what, is pervasive.

For me, this is comforting. Not just because I know that when my wife drives to work, I can count on someone helping her out if her car breaks down and I can't get there to solve it (and vice versa). And not just because I can likewise be helpful to others, which has its own rewards. But also because there is an underlying connection of human decency and the shared experience of living in this area, with its hardships and its rewards and its attunement to landscape and season. Whatever our beliefs, whatever paths we choose to walk, we are here together and know that, bottom line, we can count on each other.

This is also the idea upon which I rest this magazine. In talking about where and how we live, we are exploring and understanding our shared ground and all its inhabitants. We are talking about its history, both human and natural. We are prompting thought on how to live in right relationship within a community of fierce individualists. We are finding our way, each time, to our common ground so that we can have the important discussions about how we each choose to live our lives here, and why. And we are celebrating what's good and right and putting more energy into that rather than washing all that effort and human decency down the drain of discord. We certainly have our differences – sometimes even held in fervent

opposition to one another – but I believe in us. I believe there is always a way to make it work. We will always pitch in when needed. And that's worth something.



**WATCH THE GAMES  
ON OUR 80" HDTV**

- ♦ Pauper's Breakfast \$3.99
- ♦ 10% Senior Breakfast Discount
- ♦ We have Gift Certificates

**HAPPY HOUR 2-6 PM  
EXTENDED HAPPY HOUR 9-11 PM**

**Lunch and Dinner Specials**

Mon-Sat: 7 am-12 am Sun. 8 am-10 pm

**OPEN • 7 • DAYS • A • WEEK!**

262 S. Main, Colville, WA

*Find us on Facebook!*



**Barman's  
Historic  
Country Store**

*Find Holiday Gifts!*

Old Time Soda Fountain  
Lunch Counter  
Antiques ♦ Gifts  
Specialty Foods

230 S Main, Colville, WA  
509-684-9710  
*See us on Facebook!*



**The  
Mustang  
Grill**

*Meals with a Kick!*

**Merry Christmas!**

**To all our customers**

**OPEN DAILY 7:30 am - 2 pm**

**Closed Dec. 24-26**

**509-732-6179**

**101 Center St., Northport, WA**

# A Christmas Wish For Our New Granddaughter

By Christine Wilson

Welcome to the world, our dear Ronja of Sweden. Two years ago, I wrote a column for your American cousin, wishing her all kinds of magic powers for her adventures on planet Earth. Now it is your turn to start a magic powers bag. I met you when you were two weeks old. I had the stellar job of being your nap spot, where I whispered “jag alskar dig” as you slept. You were really good at long naps back then and I was really good at holding you. We were a napfest team. So, now it is time to say “God Jul” to you for your first Christmas and to start your magic powers bag.

## ***Magic power number one: Love, as always***

Before your dad was born, other soon-to-be parents I knew wondered if it was possible to love a second child as much as they loved their first. Your dad showing up in my life proved to me that it was more than possible. It was absolute reality. And now I have two granddaughters and can say that the same is true with you as well. Love is the most powerful magic of all and each person we love gets to have their own special room in our heart. You just can't have too many rooms there. I want you to soak up all the love you can from all the people who love you, knowing that there is plenty to go around and it is better than anything else to help you when you are sad or scared or lonely or lost or experiencing any other manner of hard time.

## ***Magic power number two: a sense of community***

We flourish best when connected with other people. We don't have to

have a huge number of relationships; it's about quality, not quantity. You are a child of the world, with family spread out all over the planet. As you grow and meet people, your circle of family and friends will get bigger and bigger and they will be a diverse collection of people. Keep your heart open to this diversity, because underneath the differences are a rock-solid collection of similarities. There is nothing passive about building community. Your dad and uncle can teach you about entropy, but I can tell you the short and simplified version: You have to put energy into something or it fizzles out. Community, whether it involves family, neighborhood, town, country or the planet in general, is not a passive experience. It is not one-sided. I have come to believe that I can do my best heart-opening work in this rural place I have come to love so much. You will have all the help you need on the journey into your communal choices.

## ***Magic Power number three: Personal power***

As you grow up and take more responsibility for your own life, you will want to have a solid sense of who you are. It will change and grow and the mistakes you make can help you get stronger with humility and kindness. You and Sylvie have been born into a world very different than when I showed up. As a girl growing up in the 1950s, I had some ridiculous restrictions. I'll tell you stories about them someday if you'd like, but for now just know that we are still working to create an even playing field for girls and boys, where we all have choices that work for us and where our individual

## Happy Holidays!



**Dave Jones**

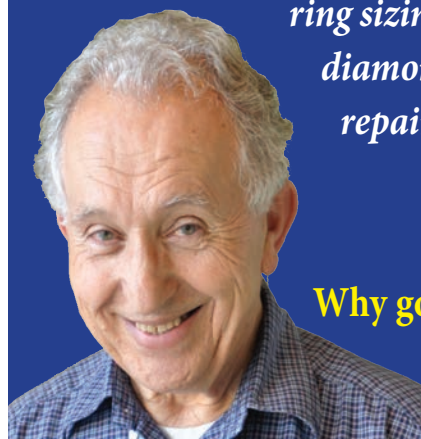


(509) 675-1816 • [DaveJones@Windermere.com](mailto:DaveJones@Windermere.com)

## Colville's only jewelry store.

Repairs done in-house

ring sizing, chain repairs,  
diamond setting, prong  
repair, custom design,  
watch batteries



Why go anywhere else?



## COLVILLE JEWELERS

226 S. Main 684-8821

Tues-Sat 10am-5:30pm



# Random Acts of Community

interests and skills can be freely fostered. The year you turn four will be the 100<sup>th</sup> anniversary of women's right to vote in the US. In Sweden, from what I've read, the men in power kept changing their minds, but it finally settled down at around the same time as in the US. It'll be fun to celebrate that with you and your cousin. As I was growing up, I thought power was a bad thing. Now I know that abuse of power is a bad thing; personal power, when developed with humility and with the assumption other people get to have their personal power too, can be a positive force for good in the world. That is worth keeping track of in your magic power bag.

## ***Magic Power number four: Patience***

Without patience, we feel annoyed most of the time. Developing patience is not usually fun and can be super annoying, but trust me, it's more annoying not to develop patience. You will be amazed at how much less you will suffer as you get good at patience. Sometimes magic doesn't feel like magic, but patience can create a supernatural ability to cope with life. Here's a little trick I have learned from all these years on Earth: Patience is about accepting reality. Humans all spend a lot of time wishing things were different than they are or being upset with the way life is playing out at any particular moment. When you can say "yep, this is real," then you can start to deal with what that reality is. And that makes patience and life infinitely easier and less annoying.

## ***Magic power number five: Forgiveness***

I've done a lot of thinking about forgiveness in my life. I've had to learn what it means for me and how I can talk about it with people who have been really harmed in their lives. First let me tell you what it isn't. When someone harms us or we cause harm to someone else, it is not OK, so forgiveness doesn't mean blowing off our hurt or expecting others to minimize the pain we cause them. When it is our mistake, it is about owning the hurt we've caused and seeing how we can make it right. When someone else causes us harm, they may or may not be able to acknowledge it, so we have a different kind of job to do. We have to work on facing our hurt and letting it go. It's a difficult balancing act because it's tempting to let it go too fast, before we have sorted it out, or, on the other hand, hold on too long and carry a grudge. To borrow a concept from Fredrik Backmann, a fellow Swede, if you take up too much room with rancor, you don't leave enough room for life. It can be difficult, but remember magic power number one and you will know that you have got all the help you need.

## ***Magic power number six: Balance***

To put all these magic powers together, I wish for you to have balance. I wish for you to love yourself and others, to seek personal power while



keeping a sense of justice for others, to be curious about the world and grounded in your own life, to be emotionally intelligent as well as rational in the conclusions you draw on your journey. So, our beloved Ronja, have fun, share your life with us, and remember, as Shakespeare said, the world is your oyster.

*Christine Wilson is a psychotherapist in private practice in Colville and can be reached at [christineallenwilson@gmail.com](mailto:christineallenwilson@gmail.com) or 509-690-0715.*

141 S. Main St. • Colville, WA 99114

684-9745

Monday-Saturday 9-6

www.colvilledeals.com

Flexible Delivery!

**Great Reasons to Shop Locally!**

# What Motivates Me?

By Dr. Barry Bacon, MD

I was sitting in my office at the end of a very busy day with my nurse. We were going over messages and making plans for the next day. We were both very tired, but she wanted to know something. "I don't know of anyone who works as hard as you do," she expressed. "I just want to know why do you do this? What motivates you to work this hard?"

I didn't have a clear answer. I mumbled something about wanting to provide good service, not disappoint our patients, try to get as many in as I could in a timely manner. Yes, I get tired. But that part doesn't bother me so much.

I decided to put the question to a good friend whom I have known for years. Perhaps his experience would help me understand myself. This friend has recently sheltered several people. Here is a bit of his story.

"A year ago, my wife and I sheltered a woman and her son who had to flee from an abusive situation. In another situation, a woman

and her extended family were fleeing for their lives, and we were able to give them shelter. The situation did not end well, but we believe that the entire family would have been wiped out without someone to open their doors to these people. I feel really good about saving their lives.

"Recently, another friend told us that a homeless woman's life was in danger, and the woman couldn't stay with the friend, because it was getting too dangerous. She needed a safe place to be, so she stayed with us for six weeks until a permanent housing solution could be found.

"More recently, a homeless family moved in with us between homes. The father and mother and their children are tucked away on our property until their new home becomes available."

How does all of this affect you? I wondered. "It's messy, joyous, exciting. I haven't been scared, but there are times of apprehension, at least for a few moments.

"In one case, a family member showed up and scared the homeless person living with us. The person locked himself in his bedroom and called me on his cell phone and asked me to intervene. My wife and I confronted the intruder on the spot and told him he had to leave. He is known to be a violent person, but nothing gets my hackles up like someone being afraid on my property. No one will live in fear here. Someone who creates fear has to leave. That's it."

But aren't there moments of uncertainty? And aren't there agencies and services for such situations?

"Hard to know what would happen to those people if we didn't open our home. In some cases, I don't think they would be alive. Others would still be in an abusive or difficult situa-

tion, or without shelter, living in fear for their lives, being victimized. I feel good about this. When I have a chance to help someone with the things that I have been given, it is the most wonderful thing I can imagine.

"I recently stopped to help someone alongside the road. I was going to a bus stop and was planning to pick up a couple of students for a friend. I saw a man whose trailer had dumped out on the road. We all got out and helped get some roofing metal onto the man's trailer.

"One of the students started talking to me about this. He said, 'I don't usually stop to help anyone. Why do you do it? Is it your religion?' I had to think about it. I'm not sure I can separate my religion from who I am. I told him, 'I think my religion, my beliefs have formed who I am. It helps me to see through another lens. I want to treat people the way I would want to be treated.'"

But what about the risks? I wanted to know.

"I picked up a hitchhiker the other day with a sign that said, 'won't kill you.' It got my attention. Fear doesn't enter in. I am not naïve about the risks of living this way. I guess what I ask myself is 'what if that were my son? My daughter? How would I want them to be treated?'"

"So if I die in the course of serving other people, I won't be a martyr, I will just have served my purpose. The risk for me is worth it. I've never regretted taking the risk. Because to live a life filled with fear that paralyzes you, well, I would miss the chance to bless other people. Maybe that's safer, but it's not nearly as much fun.

"Choosing a life that looks outside of yourself is to choose joy. For me there is much more satisfaction and more joy in living such a life. I love my life."

My friend walked with me out on his prop-

## RA&A

Quality used  
Infant, children & junior clothing  
Baby furniture, toys & MORE!

> CONSIGNMENTS <

ROB & MICHELE LOVE  
RAGGEDYANN@PLIX.COM • 509.684.4408  
155 S. WASHINGTON ST • COLVILLE, WA 99114

**Barreca Vineyards**  
Pure and Simple Grape Wines  
Organic and Locally Grown



call 509-738-6155  
to schedule a tasting  
[www.barrecavineyards.com](http://www.barrecavineyards.com)

## SAGO

NATURALS & MORE

SYLVIA ALLEN, C.H., M.H., C.N.

Finest Quality Vitamins & Herbals  
Homeopathics • Aromatherapy  
Jewelry • Stones  
Mail Orders Welcome  
10 % off for cash!



Hours: Tues, Wed, & Fri, 9:15 - 5:30  
509-935-4388 • 1-877-935-2633  
110 S. Main, Chewelah, WA 99109



**WHITE LAKE**  
PICTURE FRAMING

*Pam Milliette, CPF*  
Please call for an appointment!  
Quick turn-around time!

571 White Lake Way, Colville  
675-5675 684-1694  
[www.whitelakepictureframing.net](http://www.whitelakepictureframing.net)



erty. It is a wooded lot, just a bit secluded but not isolated. Feels like a sanctuary, I thought. A place of refuge. I could see how someone would feel safer here, calmer. He pointed out his rustic cabin, a one-story unit with a bright green roof and pine needles clogging the gutters and the grass. "This is where the family with the kids is staying." Cages with rabbits, a toy car and a dolly stroller were parked around the yard. A car with a flat tire. A garbage can stacked to the brim.

"And over there is where the other homeless family is staying." He pointed to what looked like a converted motor home, jacked up on planks, a hose, an electric cord, and septic hooked up. He hadn't told me about this family.

He laughed. "I must have forgotten. Yeah, they needed a place to stay too. Just showed up on my doorstep. Heard that we took in strangers, I guess. Not sure how the word gets out. It's all good, though. We've got the room, and they're not hurting anything."

I asked him about the piles of wood, the milk bottle under the camper, the ragged mat outside where the family had sprawled out a bit into the surrounding yard.

He looked off into the distance and shrugged. "Their lives are messy. They don't come to you with neat and tidy lives." He shook his head. "They're coming in off the streets. They've been dealing with addiction. They have been battling mental illness. They're poor. You've got to know which battles to fight. You can't just look at the messiness of their lives and throw them away. You have to look at where they've come from.

"Not only that, but they've got a kid. If I could help their little girl, if I could open the door for her to be something, whatever she dreams of being, now that would be so cool. I can't imagine doing something more important than that."

We walked away from the shelters, but I wanted to know something more. Don't you ever get tired of this? What's in it for you? He nodded. "It's not really tired that you feel, but you have to have wisdom. There are some people who will take advantage of your kindness. But never mistake kindness for weakness. You have to combine your compassion with wisdom. Know when it's time to say, 'OK, let's quit playing games here. Time to man up. Time to get serious. Stay clean. Get the help you need.

Let's help you find a job.' Then have the courage to do the right thing.

"I guess you could say that living this way is extending the borders of who you are going to love. Making family of people who are now strangers. I don't know how to live any other way. Once you've experienced life on these terms – it's hard to walk away from such a life. You could live a life shut up by fear, I guess. But then you would miss out on a chance for compassion. Compassion with wisdom. It opens the door to change lives. That's the best way that I know to live."

I've come back to my nurse's question – what motivates me? I don't know if I have answered it yet, but I must say that I identify with my friend's words. I love his courage and his compassion. I want to unclutter my own life a bit so that I can experience life on these terms. Wisdom. Courage. Compassion. I think I'm getting closer.

*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.*

**KYRS**  
THIN AIR COMMUNITY RADIO  
88.1 FM 92.3 FM

THINK GLOBALLY  
LISTEN LOCALLY  
**KYRS**.ORG  
thin air community radio  
88.1 | 92.3 FM

**INDEPENDANT  
LOCAL  
MUSIC  
AND  
PERSPECTIVES**

**CANDY  
GIFT WRAPPING  
SERVICE  
PUZZLE PIECE  
PICTURE FRAMES  
SEAHAWKS THEMED  
CLOTHING &  
DECORATIONS**

**Happy's Gift Shop**  
*Brian & Tauria DeChenne*  
173 S. Main • Colville • 509-684-3350

**Shoshana's  
Holiday Show**

**Sat. Dec. 10 & 17  
10am - 5 pm  
Sun. Dec. 11 & 18  
Noon - 4 pm**

**Shoshana's  
Pottery**  
616 South St  
Northport  
732-8863

**Handmade  
Items Made  
Locally**

# An American President Nabs a Canadian Bear

By Eileen Delehanty Pearkes

In September 1901, Theodore Roosevelt became the 26th president of the United States, after the assassination of William McKinley. Earlier that year, Roosevelt had published *The Wilderness Hunter*, a collection of his many adventures as a young man in the Wild West. Born a sickly child, Roosevelt overcame physical limitations by adopting a strenuous outdoor lifestyle as a young adult. He not only transformed his health but also emerged with an appealing and exuberant personality, a robust mix of cowboy, naturalist and big-game hunter.

Roosevelt's delight in tracking game in the wilderness led him into North Columbia Country in September 1888, a trip he details in chapter seven. At first, he and another hunter, John Willis, trekked fruitlessly across the mountainous Idaho panhandle. No game. They reached the Kootenay River near present-day Bonner's Ferry, where they hired a canoe and a man named Ammal, a Ktunaxa (Kootenai) guide. The three men followed the river's serpentine

path downstream and across the border into the newly formed province of British Columbia. From there, they paddled up Kootenay Lake.

High mountains plunging abruptly to the rim of the lake left scant shoreline for pitching a tent. Ammal stopped at a rare creek delta on the west shore where they feasted for a few days on "strings of large silver trout." Looming behind them was their goal: the high country today known as the Nelson Range.

For the coming adventure, Roosevelt traveled light: a blanket, a jacket, a spare pair of socks, some handkerchiefs and a washing kit. He threaded fifty cartridges of ammunition into his belt. The three men distributed among themselves a few more rudimentary supplies: a frying pan, a teapot, a bit of flour, salt pork and some tea.

They toiled straight up the narrow creek drainage, through a "tangled, brush-choked forest" covered in "deep moss and rotting mould ... a stiff jungle of bushes and tall, prickly plants – called 'devil's clubs.'" After a few thousand feet of this challenging ascent, they reached the sub-alpine, where the terrain opened somewhat into a mature hemlock forest. Here, the going got a little easier.

Suddenly, ahead of them on the trail, was a bear, swatting at the fruit of a high-bush cranberry. Roosevelt got off the first shot, "meaning to shoot through the shoulders but instead, in a hurry, taking him in the neck." The injured bear thrashed through the brush and eventually came to within an arm's length of Willis, at which point Roosevelt fired again, "a beautiful shot ... between the eye and the ear." The bear fell "as if hit with a pole axe." That night, they feasted on "sugarless tea, frying-pan bread, and quantities of bear meat."

Over the next few days they ascended further, through stretches of mature forest that had been burned recently by miners seeking an unobstructed view of potentially mineral-rich rock. Continuing up to "the summits of the crag-peaks, and across the deep snow fields in the passes," they roamed the high country between Mount Lasca, Ymir Peak and Mt. Baldy, peaks all towering over 7,500 feet. Along the way they encountered "plenty" of white goats, marmots ("hoary woodchucks") and snowshoe hares ("cronies"). Roosevelt's record of the scenery demonstrates his keen appreciation and hints at the conservationist he would become after he assumed the office of president.

*"The view from the summits was magnificent, and I never tired of gazing at it. Sometimes the sky was a dome of blue crystal, and mountain, lake and valley spread in startling clearness at our very feet; and again snow-peak and rock-peak were thrust up like islands through a sea of billowy clouds. At the feet of the topmost peaks, just above the edge of the forest, were marshy alpine valleys, the boggy ground soaked with water and small bushes or stunted trees fringing the icy lakes."*

Winter was on its way. That one blanket must have been feeling awfully thin, though Roosevelt never mentioned the cold. Several days after killing the bear, the threesome came across caribou trails. Signs were everywhere of the animals browsing in sub-alpine blueberry and huckleberry bushes. When the men spotted three bull caribou, Roosevelt fired at one of them, "into his neck, breaking the bone." The animal "turned a tremendous back somersault" and died. Standing over the antlered buck was, for Roosevelt, "one of those moments that repay the hunter for days of toil and hardship ... that

MOUNTAIN  
PATH  
YOGA



Happy Holidays from  
**Mt. Path Yoga!**

Start 2017 off right with:  
**INTRODUCTION TO YOGA**

Jan 12 - Feb 16 ~ Thursdays, 6 - 7:30 pm

Six-week session: \$66

Pre-Registration Required

PATTI BOYD'S VINYASA CLASS

Tuesdays, 5:30 - 6:45 pm

REGULAR CLASSES, ONGOING

Call 684-0965 for full schedule & details

SARAH KILPATRICK, E.R.Y.T.  
818 E. COLUMBIA • COLVILLE  
(509) 684-0965



*"Education for the Road Ahead"*

**ROAD  
SCHOLAR  
DRIVING SCHOOL**

- Driver Education Classes
- State Department of Licensing  
Knowledge and Drive Testing
- Individual Instruction

*Colville's locally owned driving school!*

162 East 1<sup>st</sup>, Colville • (509) 684-3164 • [www.roadsscholar drivingschool.com](http://www.roadsscholar drivingschool.com)



# North of the Border

is if he ... does not find life in the wilderness pleasure enough."

Two decades later in Washington, D.C., this trip and other experiences in the west inspired Roosevelt to preserve 170 million acres before he left office, including national parks, monuments of natural significance and national forests. It is hard to imagine how the American west might look without this legacy.

Canada, by contrast, has had no Roosevelt. It has been much slower to preserve or conserve its own natural resources. In the upper Columbia region alone, the once-abundant herds of mountain caribou are on the brink of extinction, fish populations in Kootenay Lake are imperiled by the operation of dams and all but a fraction of the old growth that once surrounded the great river has been logged.

And yet the great American conservationist may have left a virtual seed on the ground in the high Canadian alpine as he walked out with his caribou rack, one that has taken over a hundred years to sprout. Today, the landscape Roosevelt explored west of Kootenay Lake forms the backbone of three conservation efforts: West Arm Provincial Park, the Midge Creek Wildlife Management Area and, most impressively, Darkwoods, a 136,000-acre preserve purchased about a decade ago by the Nature Conservancy of Canada. All of these conservation areas have been established recently.

The Darkwoods conservation area where Roosevelt roamed for nearly a fortnight is home to 17 watersheds, 50 lakes, nine nationally threatened species, 29 species at risk in B.C. and that precious, trans-border herd of woodland caribou that has shrunk to a few dozen members after numbering in the hundreds long ago. To learn more about Darkwoods and have a look at some of the scenery that impressed Roosevelt, go to <http://www.natureconservancy.ca>.

I'm thinking about packing a frying pan and a few handkerchiefs and heading up there next autumn, to retrace a few of Roosevelt's steps. I



suppose I'll also need a registered rifle, a hunting license, a specific tag for a bear, and a little bit of presidential luck. If our newly elected POTUS were to accompany me, he would need a passport. Things have changed a lot in 130 years.

*Eileen Delehanty Pearkes lives in Nelson, B.C. Her new book on the Columbia River Treaty, A River Captured, was just released by Rocky Mountain Books. For more of her explorations of the western landscape, visit [www.edpearkes.com](http://www.edpearkes.com).*

**Colville  
SIGN**

Want something unique?  
We specialize in custom sign  
and design work,  
and we love to hear about  
your special project!

153 North Wynne St., Colville, WA  
509-685-2185 • [colvillesign@ptlx.com](mailto:colvillesign@ptlx.com)

## EAVESDROPS What people have written about the north Columbia region

*We know  
the current is there, hidden; and there  
are comings and goings from miles away  
that hold the stillness exactly before us.  
What the river says, that is what I say.*

Poem excerpt by William Stafford

# Alien Corn

By Jack Nisbet

*“She stood in tears amidst the alien corn.”*

– John Keats, *Ode to a Nightingale*

Northwest gardens often seem like fantasylands of fungal decay: powdery mildew on collapsed squash leaves, fairy ring mushrooms in their spreading arcs, patches of slime mold creeping across the mulch. But for shock value, none of these can hold a candle to the vision raised by a fungus that goes by the name of common corn smut, *Ustilago maydis*. When a neighbor brought a single infected ear across to show us a while ago, the sight of it sent screams out all across town.

Gardeners and farmers know corn smut is in the air when a few kernels on a developing cob change into clumps of tumor-like growths that explode right through the husk. These tumors, technically called galls, assume a gray, shiny appearance, with a texture very similar to a spider's egg sac. The stuff inside those sacs is even more other-worldly: firm, almost crunchy at first, then jet black and grainy, and finally a mushy liquid that can only be compared to squid ink. Even though the results look impossibly exotic, corn smut and similarly spooky relatives have been altering the nature of cereal grains since long before people started to cultivate those grasses to fulfill our own desires.

About 1,200 species of smuts have been

identified so far. The majority of them infect flowering plants, but they also can associate with conifers and ferns. Smuts are also closely related to the yeast that is responsible for dan-druff in the microbial community on our scalps.

Until the last century, smuts were the major cause of grain loss worldwide, but such damage has been tempered by the development of smut-resistant wheat, oat, and corn varieties, as well as the use of coated seeds. Even so, *Ustilago maydis* continues to affect corn crops on a limited basis wherever in the world the plant is grown. This corn smut has been studied in much greater detail than any of its relatives – its entire genome has been sequenced; it is used as a model for studying the interactions between pathogens and host plants; and disruption of a single shared gene in the smut sequence has provided a tool for breast cancer research.

The life cycle of *Ustilago maydis* varies from that of its mushroom cousins because corn smut actually lives through two very different phases: first as a budding yeast (which can be cultivated in a lab), then as a mass called a *mycelium* composed of finely threaded root-lets that can only live within the tissues of the

host plant.

The cycle begins when thick-walled tiny spores that have rested over one or more winters in the soil become active, then join with others in the yeast stage to create new yeast spores that disseminate through the air to infect the leaves and stems of an emerging corn plant. While most of these live unnoticed on other parts of the green growth, some get into the corn silk, where they will survive only if they can conjugate with others of their kind. It is these *basidiospores* that infect the young ears of corn.

In the alternate life stage, tiny threads of the mycelium travel from the silk down into the developing kernels, pirating energy from the corn to alter some of the infected seeds into unsightly galls. These are the “devil's corn” that occasionally burst through the husks on corn stalks. The mycelium then divides to form millions of blackened, powdery spores called *teliospores* that are the source of the common name “smut.” After the galls split open, puffs of smutty, wind-dispersed teliospores return to earth and lie dormant until favorable conditions start the whole process over again.

Now comes the fun part. Since corn is a New World crop, developed and cultivated by Meso-Americans long before European contact, it is not surprising to discover that Aztec, Hopi, Zuni and undoubtedly other cultures learned to make use of this spooky alien corn.

When Spanish conquistadores arrived in Mexico in the 1500s, they were accompanied by Franciscan monks who recorded the rich Nahuatl language of the Aztecs, thereby opening up a whole new world of food and natural history terms that remain alive today in our vocabulary. Avocados, chiles, chocolate and tomatoes show their Nahuatl roots, as do coyotes, peyote cactus and salamander axolotls. One more survivor on that list is *huiltlacoche*, corn smut, which, according to one of those Spanish monks, translates as some combination of the terms for “excrement” and “sleep.”

Several pre-Columbus cultures who farmed corn figured out that when *huiltlacoche* appears on an ear, its wicked-looking galls create an entirely new edible resource. They consumed it in soups or wrapped in corn tortillas. Most authentic Latin American cookbooks contain a

## Celebrating 15 Years in Business!

*Downtown in the  
Heart of Colville!*



295 W. 1<sup>st</sup>  
509-685-9653  
855-877-9653



*Our team of experienced Automotive Service Professionals:  
Brian, Cary, Ryon, Gordon, Paula & Norm*



# Boundaries

recipe for *huiltlacoche* in one form or another. In Mexico, 4 to 500 tons of devil's corn a year are sold commercially, and exploded corn ears are available in season at any of the local markets.

Several mainstream Latin-American food manufacturers produce canned *huiltlacoche* (sometimes spelling it *cuiltlacoche*), which has the same relationship to the natural market offerings as canned mushrooms to freshly picked morels. Thus it is not surprising that many internet tasters dismiss the galls as tasteless, bland, funky or nondescript, while food lovers who discover the real thing revel in deep notes of corn and mushrooms as well as something earthy, exotic and otherwise indescribable.

Today, biochemists are beginning to realize that the interaction of smut and corn actually changes the metabolic processes inside the host plant. Lysine, an essential amino acid, and the soluble fibers called beta-glucans are popular nutritional supplements on the current sports scene. Regular corn contains only trace amounts of these two compounds, but *huiltlacoche* galls are loaded with them. Food analysts know that humans have only just begun to explore the natural wonders of plant and fungi co-evolution. Some predict future bonanzas of agricultural, nutritional and health benefits; other visionaries see knowledge leading to a technology based on cooperation



*Corn smut on the cob. Photo by Emily Johnson.*

rather than the current approach of escalating warfare against unwanted agents in the field.

Most gardeners don't see that much significance in a phenomenon that might appear once every few years in their corn rows. But if and when *huiltlacoche* does favor you with a visit you need to be prepared. In her classic cookbook *The Cuisines of Mexico*, Diane Kennedy describes a quesadilla filling prepared by cutting the fungus from the corn cob and chopping it roughly. She then heats a little onion and garlic in a pan until they are just soft before adding poblano chili strips and

the precious *huiltlacoche*. After a little salt and a slow sizzle for 15 minutes or so, the black inky liquid from the fungus should evaporate and the remaining mixture will be slightly crunchy. Stir in some chopped *ezpazote* leaves just before that happens, and add some of the creamy white cheese that goes with so many Mexican dishes as you stuff your quesadilla full. ¡A su salud!

Jack Nisbet's latest book, *Ancient Places*, is now available in paperback. For more information, visit [www.jacknisbet.com](http://www.jacknisbet.com).

## *A River Captured: The Columbia River Treaty and Catastrophic Change*

By Eileen Pearkes

Reviewed by Jack Nisbet

Anyone who reads Eileen Pearkes' regular column in this magazine understands that she has a deep interest in the history and fate of the Columbia River. She has been a tireless voice reporting on the Canadian half of the great river's story, as well as insisting that consideration of the drainage as a whole, stripped of the international boundary, will be key to any healthy relationship between people and water going forward.

Pearkes' new book, *A River Captured*, tells the story of the dams created by the Columbia River Treaty (CRT). After laying the groundwork of fur trade contact with indigenous peoples of the river, she describes how the salmon-stopping wall of Grand Coulee Dam in 1941, followed by the huge flood year of 1948, ushered in a secondary wave of dam construction on the great border-straddling circle formed by the Kootenai and Columbia Rivers. The heart of her book is a blow-by-blow account of the creeping decisions that led to the creation of the system we live with today, especially the Libby, High Arrow (now called the Hugh Keenleyside) and Mica Dams.

It is a challenging treatment at all levels. Pearkes faithfully recounts the often tortuous political discussion within the province of British Columbia, across the vast reach of Canada to Ottawa, and between the U.S. and Canadian governments that led to the CRT and the flood control plan carried out the 1950s and '60s. Along the way, she weaves in personal investigations of this landscape in present-day time, the deep past of the tribal cultures that lived along the river, accounts of early white settlers, and the aching sense of loss among both farmers and native peoples whose lands were drowned by CRT reservoirs.

While this approach sometimes leads to footnotes than run across pages and transitions that bounce around in time, a willing reader soon comes to share Pearkes' sense that it is the only way to tackle such a grand river. She needs to tell as much of the

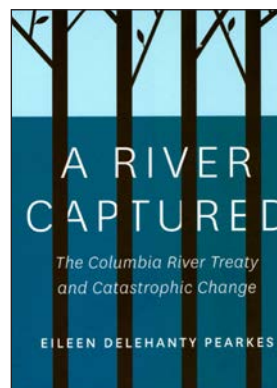
whole story as she can, piece by piece.

*A River Captured* contains a host of maps and photographs that help to drive home the fact that a drainage, once altered, can never return to the way it was. While Pearkes remains

fully aware of that fact, she also understands that the upcoming renegotiation of the Columbia River Treaty offers at least a chance for a new direction. Her history of how past decisions were pounded out between political parties and governments with little sense of landscape or long-term consequences clearly shows how the next version of the treaty will require a much more comprehensive vision – an understanding based on

shared compromises involving real science and real people.

Most importantly, Pearkes writes, "Let's not forget to ask what the River wants. Or what it needs."



# A Notability of Neighbors

By Loren Cruden

When I lived in northern Michigan in the late 1970s on eighty acres of mostly forested land, my mother was my closest neighbor. Among other vital generousities, she looked after my young son Gabriel when I had to hurtle out the door at odd hours to deliver babies in my rural midwifery practice. She was uncomplaining about other requests for help at inconvenient hours, too.

Such as when I phoned at 3 a.m. to ask what I should do about the porcupine in my kitchen.

I'd heard scratching noises at the door and,

thinking it was my cat, opened it to find, instead, a porcupine chewing on the door frame. We stared at each other. Then the porcupine obligingly trundled through the open doorway. There followed a mutual *Now what?* The porcupine – who in the context of the kitchen looked huge – headed for a corner, armored tail scraping like a dinosaur's on the linoleum, faced the wall, and peed.

I called Mom.

Her voice on the phone was groggy, but ten

minutes later she appeared at the door, flinging her arms wide and announcing, "I am dressed for porcupine." She was wearing a quill-proof rubberized raincoat and rubber boots over her PJs, and carried a broom with which she briskly but not unkindly chivvied the porcupine out the door.

Down the road from our eighty acres lived various Bohemian farmers. They never waved when we drove past, never spoke to us. But when my place burned to the ground (and there was no insurance), they were the ones who, without a word, showed up with scrap lumber and in a day rebuilt a barn for our goats. (Before reverting to ignoring us.)

Prior to living up north, when Gabriel was a baby and we were caretaking a place on a lake in southern Michigan, I met our neighbors for the first time when my car broke down. While the husband tinkered with my car, his wife invited me in for coffee and chocolate cake. I'd never had coffee before, and it had been years since I'd indulged in sweets, but no way was I going to reject the neighborly gesture of hospitality; I ate and drank.

Back home, wildly buzzed on caffeine and sugar, I darted around the house like a vole, scurrying back and forth, motor-mouthing nonstop to a bemused baby Gabriel, perplexed at this new version of his mother.

My family moved around a lot when I was growing up. We lived on Myrtle Lane for a while in Cocoa, Florida. There was the guy down the street who took a potshot at the truck mosquito-spraying DDT, and there was the Corbett kid who pulled a knife on me in the swamp, and Lola, who was subject to abrupt homicidal fits, and Mikey, across the street, who gave me my first bag of Fritos, of which I ate so many I barfed, and Gene Blackwood next door, a kindly older boy, my first major crush.

I felt part of something in that not always placid neighborhood, unlike when I was a teenager on uneventful Cooper Lane in upstate New York, where there were plenty of neighbors but few interactions. As though all the houses had no people in them, and that was the neighborhood's only story.

In Scotland, at the south end of Skye, my neighbor was additionally my landlady. The place had been one of the old MacDonald clan chief's hunting lodges. My husband and I rented the gamekeeper's cottage and the present owner – an Agatha Christie-like woman in her eighties – lived in the Big House next door. She was approachable, but gave us our privacy

## 58% OFF LIST PRICE

Stop by our KraftMaid Cabinetry showroom at Haney Lumber & Supply to experience all we have to offer.

- \* Free design service and quotes.
- \* Delivery available.
- \* Appointments Welcome!

Haney Lumber & Supply Inc.  
1101 N Highway  
Colville, WA 99114  
509-684-2150  
haneylumber@plix.com



For inspirational ideas visit [kraftmaid.com](http://kraftmaid.com)

### For a kitchen so personal, it could only belong to you.



AUTHORIZED DEALER

**KraftMaid**  
Cabinetry



(though the place was used as a location for two movies, obliterating everyone's privacy for periods of time).

When I was sadly preparing to move back to the States, she took me out to lunch at one of the most expensive places on Skye, a country hotel owned by the current MacDonald clan chief. Lunching together, my neighbor/landlady astonished me by relating all the nice things she remembered about my years next door. I hadn't thought she'd been paying that much attention.

In Washington, up on First Thought Mountain, my nearest neighbor (3/4 mile away) was my friend Robin. Our one-lane dirt road up the mountain featured a hairy bit with an S-curve leading into a steep climb with a blind curve at the top. There was an abrupt drop-off all along the way. Coming up in a mini-truck one winter afternoon, I hit glare ice on the climb. The truck lost traction. I tried backing down but instead slewed sideways, the truck now cross-ways, filling the road, on the edge of the precipice. Even the dog riding shotgun beside me was shaking.

I gingerly got out and hiked up to Robin's. It was dusk, the temperature below zero and falling, but Robin suited up, fetched her chains,

and hiked with me back to the sideways truck. Lying on snow and ice, gloves off, hands freezing, trying to rig the fiddly metal chains onto the wrong size tires in near-dark, Robin's resolve never faltered. She was even...cheerful. It took a long, scary time to get the truck facing forward and up the drive, the chains repeatedly whipping themselves off, the drop-off always too close, but we succeeded. Thanks to my neighbor.

She did a lot of things like that over the years. At times my life depended on it. This is often the way in rural places; it's a big elemental world out here.

The small, not-life-threatening things matter too. My Barstow neighbor was apparitional, materializing when the grass needed cutting or I felt a sudden craving for fresh cherries. Being a neighbor, having a neighbor, may not always work out this congenially – in some cases can even be nightmarish – but, as with family, it is where we get the most practice in human relationship, and learn a lot about ourselves in the process.

For many snowplow-less years on the mountain, Robin and I didn't bring vehicles up the driveway at all in winter; just parked at

the bottom and walked. For Gabriel and me, this meant a stout mile-and-a-half uphill hike pulling a filled sled and wearing backpacks loaded with groceries, dog food, laundry, and supplies from town. When Gabriel went away to college, those hikes seemed even longer. One afternoon I got home fine, but fell and hurt my back on the path to the outhouse.

This was not good. My only heat source was the woodstove, and I'd barely been able to crawl back to the house – could not lift wood. I spent the night in pain, immobilized on the couch, wondering what I was going to do. No phone, no vehicle. Morning dawned, and there was Robin at the door. Why? Because during the night she'd dreamed I'd fallen on the path home and was injured. So she'd hiked up through the snow to check on me. Can you imagine?

What intrigues me most about neighborliness is that it has nothing to do with personal politics; it is transcendent, yet also cuts to the nitty-gritty of our practical – but also simply decent – need as humans to help each other survive and happily connect to one another. Neighborliness is a perfect union of head and heart.

## Spring on a BLAZE KING STOVE!

**Heavy Duty Stove  
for  
Heavy Duty  
Heating**

*Heats 2000 sq. ft.  
23 inch wood.  
40 hr+ burn time.  
Incredible 82.5%  
efficiency.  
Thermostat  
controlled.*



*Rated #1 Most Ef-  
ficient by EPA!* **You'll love your new wood or gas  
Blaze King®** Sales  
stove! &  
Service

**R-RATE**  
PLUMBING & HEATING

284 W. 1st • Colville • 509-684-1605

Hours: Mon - Fri 8 - 5 Saturday 9 - 12

Lic # RRATE\*\*016JZ

SPOKANE PUBLIC RADIO PRESENTS  
FROM NPR'S "WAIT, WAIT... DON'T TELL ME"

## PAULA POUNDSTONE



**JUNE 22 7:30p**  
THE BING CROSBY THEATER

TICKETS ON SALE **DEC. 8** AT [TICKETSWEST.COM](http://TICKETSWEST.COM)

DETAILS AT [SPOKANEPUBLICRADIO.ORG](http://SPOKANEPUBLICRADIO.ORG)

EVENT DONORS: DODSON'S JEWELERS, STRONG SOLUTIONS,  
THE CLEANING AUTHORITY & SAM RODELL, ARCHITECTS

# The Common Raven: Big and Smart

Article & Photo By J. Foster Fanning

Since the beginning of our collective history, when living around a fire in primitive camps and dwellings, humans have been familiar with the deep croaking caw, the sound of thick passing wings, and the stark presence of the raven.

Our lifestyle of discarding scraps and building midden piles attract these predator-turned-scavenger members of the *corvidae* family, along with their cousins, the crows. Once contact was made, as we intrepid humans blazed our way around the Northern Hemisphere, the common raven has followed our hunting parties, camps, wagons, sleds and sleighs in hopes of a quick meal. While these birds thrive in the presence of humans, they also occupy the wilderness areas far beyond our habitation. An omnivorous diet is part of the success of the species. They are extremely versatile and opportunistic in locating sources of nutrition, feeding on carrion, insects, cereal grains, berries, fruit, small animals, mollusks and food waste.

Ravens live not only in forest habitats across western and northern North America, they also populate open rangeland and grasslands. The forest habitats include deciduous and evergreen forests up to the elevation of the tree line. High desert, seacoast and tundra make up additional habitat areas, as well as rural settlements and

some towns and cities.

Typically ravens are not migratory birds, although in the north some wander south during the winter. This ranging appears random and is not generally associated with breeding or rearing of young. Ravens occupy all areas of the Okanogan and Columbia Highlands as well as all of Washington except along the most heavily human populated urban areas along I-5 from Vancouver to Bellingham. Ornithologists have recently reported ravens breeding in Stanley Park (1,001 acres) in Vancouver, British Columbia. A rare occurrence for this species of bird.

If you get the opportunity to see ravens and crows in company, the difference is quite notable. The raven is a bigger bird, about the size of a red-tailed hawk. The raven bill is larger, and feathered far down the beak. In flight ravens tend to glide and soar much more than crows. Look for a wingspan of three to four feet for the raven, two to two-and-a-half feet for the crow. Ravens tip the scale around 40 ounces while the crow averages half that. Highly glossed plumage showing iridescent greens, blues? Most likely a raven.

If you observe a large dark, sooty bird in the air doing acrobatic maneuvers, rolls and somersaults on the wing, chances are you have a common raven

in sight. I recall riding the chairlift to the top of Big White and seeing a pair of ravens cavorting, even flying directly above the chairlift upside down like they were showing off or checking out us strange-garbed humans. Young ravens are fond of playing games with sticks, repeatedly dropping them, then diving to catch them in midair.

Common ravens are noted for their intelligence, which makes them dangerous predators for those lower on the food chain. They sometimes work in pairs to raid bird nests, with one bird distracting an incubating adult and the other waiting to grab an egg or chick as soon as it's uncovered. And while breeding pairs of common ravens hold territories and try to exclude all other ravens throughout the year, there appears to be a time and place for calling in the pack. In the winter, ravens finding a carcass will call other ravens to the prize. They apparently do this to overwhelm the local territory owners by force of numbers to gain access to the food. Afterward they disperse accordingly.

Bernd Heinrich, a professor emeritus in the biology department at the University of Vermont and author of a number of books about nature, behavior, biology, ecology, and evolution, has been studying ravens and other birds of the

**WE HAVE WHAT YOU NEED  
TO BE READY FOR WINTER!**

*Happy  
Holidays!*



**HANEY** Tools  
Materials  
Expert Advice  
**Lumber & Supply Inc.**

1101 N. Hwy 395, Colville • 509-684-2150

Last stoplight north of town

**M - F: 7 - 5:30 • Sat: 8 - 2**



N.E. Washington  
Health Programs

## Northport Community Health Center

### Hours

Mon, Wed, & Fri  
10 a.m.—5 p.m.  
Tues & Thurs  
8 a.m.—3 p.m.



Please Call for Women's  
Health Dates

**Phone: 509-732-4252**

411 Summit, Northport, WA 99157

### More Health Center Locations

Colville • Chewelah • Ione • Springdale • Loon Lake • Lake Spokane

**Dental Locations:** Colville • Springdale • Lake Spokane

## Kettle River Community Health Center



### Hours

Tues & Thurs  
8 a.m.—5 p.m.

Please Call for Women's  
Health Dates

**Phone: 509-684-5521**

141 Third Avenue, Orient, WA 99160

[www.newhp.org](http://www.newhp.org)





corvid family, such as crows, jays, magpies and nutcrackers. He notes that all appear to possess sophisticated mental abilities.

I opened this topic in the October 2016 issue of the *North Columbia Monthly* by mentioning an article from the *Scientific American* magazine titled “Bird Brains Have as Many Neurons as Some Primates.” Heinrich says: “These birds’ capacities appear to be equivalent to or to even surpass those of the great apes. As an example, nutcrackers have the capacity to recall thousands

of locations where they have cached food items – a capacity that exceeds that of humans.”

In one case Heinrich and his colleague Thomas Bugnyar hung a piece of food on a string below a perch for the birds. There was no way to get to the food other than from above, but the morsel was out of reach from the perch. Some adult ravens would examine the situation for several minutes and then perform the multistep procedure of hauling up the string to get the food in as little as 30 seconds without any trial and error. Immature

ravens could not figure out the solution, and yearling birds performed a variety of trials before achieving success. (For more information on the Heinrich-Bugnyar studies: <http://scienceblogs.com/grrlscientist/2007/04/09/just-how-smart-are-ravens/>)

And then there is raven mythology, of which there is much. There is a belief that if the beloved and sometimes feared ravens depart the Tower of London, the British Empire will crumble. The Salish people of the Pacific Northwest tell stories of the raven as a clever trickster, bringing fire to people by stealing it from the sun, and stealing salmon only to drop them in rivers all over the world. And, of course, there is “nevermore.” And so much more.

**Remember to sign up for the Great Backyard Bird Count (GBBC), a free, fun event next Feb. 17-20.**

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>.

**Parker & Sons**



# NOVUS

Glass

Repair & Replacement

Located on Hwy 395 next to Wal-Mart

Auto Glass • Log Trucks  
Heavy Equipment • Farm Equipment  
Classic Cars • Motor Homes



**509-684-6034**
**800-545-2173**

# WHAT'S



MORE LISTINGS & DETAILS AT NCMONTHLY.COM!

# APPENZ

## Events

**Dec 2-4:** Stevens County Swap Meet at the Valley Grange, 3091 Waitts Lk Rd., Valley, WA, from 8 - 3 and 9-3 on Sunday. Call 509-230-2940 for vendor space or more info.

**Dec 2-4:** Stevens County Historical Society's 38<sup>th</sup> Annual Holiday Open House at the Keller Heritage Park in Colville, 4 - 7 pm on Friday, 2 - 7 pm on Saturday and Sunday, featuring Keller Open House, Fort Colville Museum, mitten tree and ginger bread house contest. The open houses are free.

**Dec 2-3:** Deck The Falls in Metaline Falls with Santa's arrival for the lighting of the town Christmas tree at 5 pm on Friday in Busta Park. Enjoy hot dogs, beverage, s'mores and a bon fire and find out who won the poster contest. On Saturday, at the Cutter Theatre, visit the arts and crafts fair (10 - 4), Kid's Adventure (10 - 3), have lunch (11 - 1) and enjoy a community concert where everyone is welcome to bring their own talents (6 pm). Call 509-446-4108 for more info.

**Dec 3:** Kettle Falls Lady Lions annual Christmas Craft Fair, 9 - 3 at Kettle Falls Middle School. Non-perishable food items for the food bank are encouraged and appreciated.

**Dec. 3:** Holiday Bazaar at Republic School, 748 S Clark Ave, Republic, from 9 - 2.

**Dec 3:** Deer Park Senior All Nighter Annual Craft Fair at the Deer Park Elementary School, 1500 E D St, Deer Park, WA, from 10 - 5. Call 509-953-9160 for more info.

**Dec 3:** Celebrate the 22<sup>nd</sup> annual Rekindle the Spirit of Christmas event in downtown Rossland, B.C. from 10 - 4:30. Bring the entire family and get into the yuletide spirit with a Santa parade and photos, tree lighting, food, shopping, vendors and much more.

**Dec 4:** Northport Lions Club & NHS Cheerleaders will host a BINGO event at the Northport School Cafeteria, starting at Noon. Games begin at 1 pm and will include Early Bird Games, Regular Games, Fast Pick & Black-out with a \$500 Jackpot. Must be 18 to play.

**Dec 8:** Relay For Life of Pend Oreille Valley holiday cookie exchange at the Oldtown Rotary Park in Newport at 6pm. Bring 2 dozen cookies to exchange with others if you want the opportunity to bring an assortment of cookies home with you. A variety of

talents and time commitments will come together in the greater Newport & Priest River area to keep Relay For Life alive. Contact Terri Ivie at [tivie1313@gmail.com](mailto:tivie1313@gmail.com) for more info.

**Dec 10:** Christmas Bazaar at the Aaron Huff Memorial Cultural Center at 214 E Main, Chewelah, WA, from 11 - 4.

**Dec 10:** Deer Park Christmas Tree Lighting Ceremony at the Deer Park City Hall, 316 E Crawford St, Deer Park, 5 - 6 pm. Bring the family and enjoy cookies, cocoa, and music from DPHS Choir. A very special guest will make an appearance, so don't miss it!

**Dec 10:** Hometown Christmas in downtown Newport from 2-5 pm. Caroling by the NHS Choir on Washington Ave., make your own gingerbread house, hang your ornament on the town Christmas tree, get a picture with Santa, Christmas tree lighting and sing-along. Hot cocoa and food provided by the Soroptimist Club and NHS ASB. Call 509-447-5812 for more info.

**Dec 10:** Colville Chamber Holiday Gala Dinner Dance "Diamonds & Denim" with live music, dinner, Christmas Tree ticket drawing, and a no host bar. Call 509-684-5973 for tickets and more info.

**Dec 11:** Northport Lions Club's 15<sup>th</sup> Annual Christmas Party at the Northport School Cafeteria from 4-6 pm. Cocoa, cider and cookies, free pictures with Santa, rides on the Polar Express Bus, community tree lighting and treats for all children.

**Dec 11:** Candy Cane Lane at the Colville Library Basement from 10 - 3. Bring your children to do their Christmas shopping. Two gifts can be picked out from a large inventory for \$5, which includes help shopping and gift wrapping. Call 509-680-0325 for more info.

**Dec 12:** Malo Grange Holiday Potluck and Community Celebration at the Malo Grange from Noon to 6 pm. Everyone is welcome. Please bring food to share, and new or lightly used white elephant gift and be ready to have fun and sing songs.

**Dec 17:** Breakfast with Santa at the Colville Elk's Lodge. Santa will fly in to the airport at 8:30, hot chocolate and candy canes will be distributed to the children that are there to welcome him. The Colville Fire Department will then take Santa to the Elk's Lodge where breakfast will be served from 9 - 11 am, compliments of the Elk's Lodge. After breakfast, the children will be able to visit with Santa and pick out their gift.



**Dec 17:** San Poil Grange Christmas Bazaar at 23 Creamery Rd., Republic, from 9 - 3. Santa breakfast, holiday bingo and lots of great items for sale at the bazaar. Call 509-775-0191 to reserve a space or for more info.

**Dec 21:** Christmas Skate, sponsored by the Trail Kiwanis Club in Rossland, B.C. at 7 pm. Enjoy games on the ice and get your photo taken with Santa. Free hot chocolate and pizza.

## Music, Dance, Theater & Film

**Music at Republic Brewing Company,** 26 Clark Ave., Republic, [republicbrew.com](http://republicbrew.com), 509-775-2700.  
2<sup>nd</sup>: Lowest Pair 7-10 pm  
9<sup>th</sup>: Greg Blake Tio, 7-10 pm

**Music at Northern Ales,** 325 W. 3<sup>rd</sup> Ave., Kettle Falls, [northernales.com](http://northernales.com), 509-738-7382:

- 1<sup>st</sup>: Sara Brown, 6-8 pm
- 3<sup>rd</sup>: Michael Pickett, 6-8 pm
- 6<sup>th</sup>: Jason Michael Carrol, 5:30 - 8:30 pm
- 16<sup>th</sup>: Opem Mic, 6 pm
- 23<sup>rd</sup>: Northern Aliens, 7-10 pm
- 29<sup>th</sup>: Bryan Warhall, 6 pm

**Music at The Flying Steamshovel,** 2003 2<sup>nd</sup> Ave., Rossland, B.C. Visit [theflyingsteamshovel.com](http://theflyingsteamshovel.com) or call 250-362-7323 for more info.

- 1<sup>st</sup>: The Dead South w/ Guests, 9 pm
- 3<sup>rd</sup>: Sack Grabbath: Black Sabbath Tribute, 8 pm
- 6<sup>th</sup>: Danny Michel, 8 pm
- 17<sup>th</sup>: The Gaff w/ Casio CoPilot, 9 pm

**Dec 1:** Film showing of *Hadwin's Judgement*, a "beautiful multi-award-winning film" at the Old Firehall, 2115 Queen St., Rossland, B.C. Fundraiser for Rossland's EcoSociety will include a Q&A with local expert Herb Hammond who is featured in the film.

**Dec 2:** VOG Photo Exhibition / Ruin & Rose Premier exhibition opening party showcasing the underground local talent from behind the lens in the Rossland Range. Event will also be premiering Matchstick Productions newest ski film Ruin & Rose. Tea & Snacks will be provided. Limited tickets available at Madhu Collective or <https://clients.mindbodyonline.com/classic/home?studioid=345506>

**Dec 2:** Open mic at the Pend Oreille Playhouse, 236 S. Union, Newport, the first Friday of each month. Cost is \$2 and pre-recorded accompaniment is accepted. Call 509-447-9900 for more info.

**Dec 3:** Festival of Trees at the Sadie Halstead Middle School, benefiting Newport Hospital and Health Services Foundation programs. Daytimes activities from 10 - 3 include free kids crafts, music and pictures with Santa. Tree viewing and raffle ticket sales. Evening benefit social from 5-7 pm includes hearty hors d'oeuvre buffet and dessert bar, live music and dancing. Sponsored by Kalispel Tribe of Indians and Northern Quest Resort & Casino. Call 509-447-7928, ext. 4373 for tickets and more info.

**Dec 4:** "Joy to the World," a Christmas concert sponsored by Chewelah Arts Guild, will feature the Chewelah Brass Quintet, Broken Whistle (Celtic band from Spokane), and the acclaimed 12-voice Spokane Choral Artists, at Abundant Life Fellowship Church, 2nd and Clay in Chewelah from 2-4 pm. Tickets are \$10 (seating is limited) and are available at [chewelhartsguild.org](http://chewelhartsguild.org), Akers United Drug and Valley Drug Co. in Chewelah, and House of Music and Happy's Gift Shop in Colville. Call 509-499-4376 for more info.

**Dec 9-11, 16-18:** The Pend Oreille Players present Charles Dickens' *A Christmas Carol*, at 7 pm on Fridays and Saturdays and 3 pm on Sundays at the Pend Oreille Playhouse, 236 S. Union, Newport. Call 509-447-9900 for more tickets and more info.

**Dec 10:** Northern Dance Theatre will present a Christmas show, December Delights at 7 pm on the Colville High School stage. Dancers of all ages in ballet, tap, jazz, lyrical, and ballroom, in resplendent tutus and fine costumes, will bring you the spirit of Christmas. Guest singers and musicians will perform Christmas classics including Sinatra's "Let it Snow," Vivaldi's "Winter," and Schubert's "Ave Maria." Tickets are \$8 and available at Main Street Floral in Colville and at the door. Doors open at 6:30 pm.

**Dec 10-11:** Woodland Productions holiday concert *Exploring Christmastide: from midwinter to Epiphany*, performed by the Woodland Chorus and Woodland Brass Ensemble, will include holiday selections, both familiar and a bit different, ending with a combined sing-along, on Dec 10 at 7 pm and Dec 11 at 2 pm at the Woodland Theatre in Kettle Falls. Tickets only at the door, \$8 for adults, \$5 for students and seniors.

**Dec 18:** Dances of Universal Peace, 2-5 pm at the Colville Library basement. Donations appreciated. Potluck following. Call 509-684-1590 for more info.

## Arts & Crafts

**Dec 9-10:** Gold Mountains Gallery's Holiday show and Bazaar, offering a wide assortment of locally made arts

and crafts including a table of items under \$20. The show opens Dec 9 with a reception from 2 - 4 pm (refreshments will be served) and continues on Dec 10 from 10:30-4 pm when Santa will be visiting. Be sure to bring your camera. The Artists Coop, located at 600 S. Clark in Republic will be open from 10:30-4:30 during the month of December.

**Dec 10:** Rossland Mountain Market Society: December Farmers' Market featuring a selection of local foods, artistic creations and live music at the Old Firehall + Red Roof Church in Rossland, B.C. from Noon to 4 pm. Visit [facebook.com/rosslandmountainmarket](http://facebook.com/rosslandmountainmarket) for more info.

**Dec 10-11, 17-18:** Shoshana's 21<sup>st</sup> Annual Holiday Show at her pottery studio in Northport, 616 South Ave., behind the Matteson House Bed and Breakfast, and one block off the Main St. There will be a large selection of locally made quality crafts and gourmet foods for sale. Refreshments will be served. Saturdays 10 - 5, Sundays 12 - 4. Call 509-732-8863 for more info.

**Local Artists** featured in the cafe at Meyers Falls Market in Kettle Falls.

**Colville Piecemakers Quilt Guild** meets on the 3<sup>rd</sup> Tuesday of the month at the Assembly of God Church in Colville at 6:30 pm. Visit [colvillepiecemakers.webs.com](http://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.

## Writing & Literature

**Dec 6, 13, 20, 27:** Expressive Writing with Laura Towers, Wednesdays, 12:30-2:00. Exploring the ways we can express our experience through writing, make connections in our lives, and with others. Each meeting will consist of guided prompts, freewriting, and reflections, with group poetry generated from our shared responses. No writing skills necessary! All ages welcome. Writing materials provided, or bring a journal. \$10/meeting, located in Meyers Falls Market Community Room. Call 407-435-6457 or email [aurachartreuse@gmail.com](mailto:aurachartreuse@gmail.com) for more info.

## Farm, Field & Forest

**Dec 6 & 13:** Pesticide Recertification at WSU Stevens County Extension from 3-6 pm each day. These free

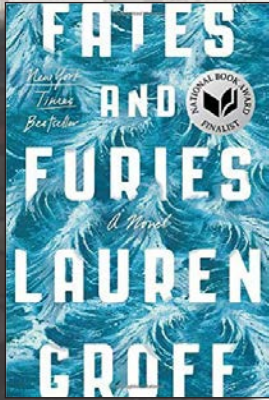
*Continued on page 30*

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

# A Good Read

## *Fates and Furies*, by Lauren Groff

Reviewed by Loren Cruden



Lauren Groff is a bestselling, prizewinning young writer. Her recent novel, *Fates and Furies*, is about marriage – an old institution newly scrutinized in this story of Lotto and Mathilde, poster-couple for soul-mate sizzle. (Lotto's parents, too, could've been such a poster couple: "Antoinette had historically gone for the smooth and pomaded, the suave steppers, the loudly moneyed, but a year married, she found herself still so stirred by her husband that when he came in at night she followed him fully-clothed into the shower as if in a trance.") Courtship and getting acquainted play little part in these unions. "And they were happy, if still strange to each other."

So Groff's story is not about knowing others (or yourself), but about perception's play – beauty and success and even the facts of what is happening being in the eye of the beholder. "A question of vision. From the sun's seat, after all, humanity is an abstraction, Earth a mere spinning blip."

Highly unusual characters are a literary norm these days, like restaurants where the entire staff is from the Cirque de Soleil. Groff's characters are duly unlikely, but Groff gives them real-life challenges; the story's gaze has depth even if its actors do not. A gaze that mellowes as the characters age (which they rapidly do, thirty the disconcerting fulcrum).

Initially the plot leaps year to year: reunions, parties, milestones, career accomplishments. We see marriage's

turning points, money's role, and how family can be a raft that rescues or sails out of reach; and how what constitutes family is another of those things determined by the eye of the beholder.

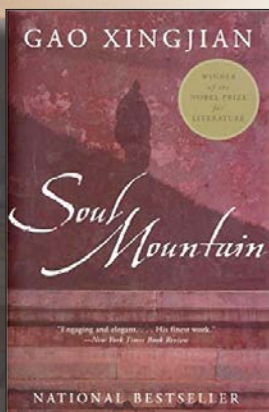
Almost halfway through the book, the narrative zooms in to follow Lotto in more detail, seeing how keeping it together and losing it go back and forth for him, along with the marital paradox that "...you can never know someone entirely; you do know someone entirely." Familiarity being both the ultimate blind spot and revelation.

The second half of the book, after Lotto's death, is from Mathilde's perspective. She's a tougher cookie than her husband, so instead of his perpetual bewilderment we get her seething anger. "She had been rearing out a script supervisor with such softly vicious skill that the poor boy's knees went out from under him..."

The second half of the book highlights perception's more complex layers, thus drops the bottom out of the first half's deliberate superficiality. Almost too clever a literary strategy, as it counts on the reader hanging in through the shallows. The specific insight that comes through, no fresh news but well portrayed, is that a marriage's strength is not, as appears, dependent on the perfect shine of its components, but on its being more than the sum of flawed parts. Though the shine is still why people do it.

## *Soul Mountain*, by Gao Xingjian

Reviewed by Loren Cruden



*Soul Mountain*, translated from the Chinese, is a mammoth-size literary immersion opportunity. It won a Nobel Prize – the first for a Chinese writer. Gao Xingjian is prolific in several forms of literature (playwriting, fiction and nonfiction), and is additionally an exceptional ink painter. Born in 1940, he fled China and became an exile in France in 1987; *Soul Mountain's* creation began in Beijing and finished in Paris.

The novel is autobiographical. Gao has an intriguing way of presenting his fictionalized self: Sometimes he is the narrative "I," sometimes the "you" and sometimes the "he" or even "she." By using this tactic Gao reduces the sense of isolation he experienced during his actual journey through China as a political refugee. He's able to more fully explore his observations and feelings through these literary projections. This technique also increases the angles from which he can portray Chinese society in the wake of the Cultural Revolution.

The narrative voices are frank, sometimes wryly inflected – or nonplussed, a tad grumpy, or momentarily lost in wonder. As in Gao's actual wanderings, the literary journey is epic, in search of a legendary mountain, in search of stories and places that might tell him who he is and what he can do in the face of the deadening imposed on China's land and people. He quests within the mundane and mysterious, the modern and mythical. "It is by the pavilion that you encounter her. It is an undefinable

longing, a vague hope, it is a chance meeting, a wonderful meeting." There are many of these.

It may not be true for others, but when I read a novel so generously autobiographical, coming from a cultural perspective so unlike my own, I apply a different kind of attention and have different expectations than when reading less substantive fiction. It is like visiting someone's home rather than watching characters perform. *Soul Mountain's* stories and the candidly described encounters along the way often made me pause to reflect.

"The branches bow with the weight and, as if unable to cope with this abundance of beauty, scatter huge flowers beneath to quietly display their enduring beauty. This unadorned splendor and beauty in nature fills me with another sort of indescribable sadness. It is a sadness which is purely mine and not something inherent in nature."

The book, on many levels, is about what is inherent – or not – in nature, in people, in relationships between men and women, in culture; and what happens when we depart from or stay within what seems inherent. Speaking from the context of such an ancient history and diverse landscape ("There were crowds on the bank on their way to the markets, these markets which have been going on for at least three thousand years"), the distances traveled – and returns made – are vast indeed.

Loren's fiction, nonfiction and poetry can be found at Meyer's Falls Market in Kettle Falls, and at [lorenbooks.com](http://lorenbooks.com).



# In Theaters: *Hacksaw Ridge*

Reviewed by Sophia Aldous

Is Hollywood ready to forgive Mel Gibson for his overtly dramatic mess-up with an anti-Semitic tirade or his verbal threats against his ex-wife in 2006 and 2010? You might say no, you might say yes, you might not care, but his latest directorial effort, *Hacksaw Ridge*, reminds us, even if not as effortlessly, why Gibson won the Oscar and Golden Globe for *Braveheart* in 1996.

*Hacksaw Ridge* is based on the true story of Private First Class Desmond Doss, the first conscientious objector to win the Medal of Honor. He was honored for bravery in the Battle of Okinawa, serving as an Army combat medic who refused to kill enemy soldiers or even use a firearm.

Andrew Garfield, who in my immodest opinion is one of the best young actors out there today, plays Doss, taking us on the character's journey from his hometown in Lynchburg, Virginia, where he lives with the specter of his father's (Victor Hugo) own wartime trauma. He courts

a local nurse, Dorothy (Teresa Palmer), and their relationship is one of the film's most endearing aspects, charming without being corny.

When World War II breaks out, Doss enlists in the US Army, going to boot camp in Fort Jackson, where he soon draws the bewilderment and ire of his commanding officers (Vince Vaughn and Sam Worthington) for his refusal to handle a firearm or kill anyone in combat, citing his convictions as a Seventh-Day Adventist. He is pressured and bullied by fellow recruits, but holds tight to his convictions as they finally enter the Pacific island battlefields.

*Hacksaw Ridge* is a good movie, not great, reminding us that Gibson has a competent, deft hand at narrative and character. The performances are most enthralling. Hugo, known for playing cool, stoic types, is pitifully unnerving as Doss' alcoholic father, a World War I veteran who never overcame what he saw and lost. Vince Vaughn

plays against the *Swingers*-esque character he's been portraying for the past decade, delivering a performance of Doss' sergeant as first hostile toward his unwillingness to kill – thinking that Doss' cowardice will jeopardize the rest of his men – and then transitioning to deep-seated respect for the bravery Doss displays despite terrifying situations.

The violence in the second half of the film is jarring in its gratuity. While I understand Gibson was going for a realistic depiction of the horrors of war, it's hard not to make the comparison to 1998's *Saving Private Ryan*, which took the cinematic sheen off of fighting in World War II with its realistic depiction of the Normandy Invasion. *Hacksaw Ridge*'s brutality seems less impactful in assessment and doesn't make us feel any more for Doss' decision to go into it all unarmed.

*Hacksaw Ridge* is rated R for violence and is currently playing in theaters.

# The Classics Corner: *The Muppet Christmas Carol*

Reviewed by Sophia Aldous

There are some purists who protest that Muppets and classic literature don't mix. However, you won't find one of them here. Released in 1992, *The Muppet Christmas Carol* brings creator Jim Henson's Muppets into play for the timeless Charles Dickens story.

The popular tale of Ebenezer Scrooge (portrayed here by Michael Caine), a bitter, miserly man in 1800s London who transforms into a kinder, reflective soul after receiving ghostly visitations from his former business partners, Jacob and Robert Marley (split two ways in this version between humorous Muppet curmudgeons Waldorf and Statler). Three spirits – Past, Present and Future – teach him the error of his ways, showing him what he has done, the gift of the now, and what may happen if he doesn't change.

It's a tale that has become an almost intrinsic part of the holiday season. It's been told so many times and in so many ways, it's easy to overlook. Though *The Muppet Christmas Carol* received mostly favorable reviews and did modestly well at the box office, it seems it has now faded into the background of cinematic Yuletide fare.

As Scrooge, Caine once again proves he's got some of the best acting chops in the game. He doesn't play the character slapstick or wink-wink because it's a Muppet movie, and the result is a moving performance that transitions smoothly from cruel indifference to sympathy



and jubilant renewal.

The Muppets bring their signature comedy, warmth and heart to the story, with Kermit the Frog stepping in as Bob Cratchit and Miss Piggy as Mrs. Cratchit (but of course), Gonzo as Charles Dickens (played to comedic effect) accompanied by Rizzo the Rat, and the usual slew of furry, felt-covered characters that lend their pep to the narrative. The songs interlaced throughout the movie don't feel like a distraction and you may find yourself humming one or two of them later.

Granted, since Dickens' story involves ghosts, there are a few darker moments that

the filmmakers don't try to skirt, but are given chuckle-worthy precursors, such as:

Rizzo: Say, this is a little scary – shouldn't we be worried about the kids in the audience?

Gonzo: Naw, this is culture.

*The Muppet Christmas Carol* is rated G and is available for rental, or ask your local library.

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](mailto:sophiamatticealdous@gmail.com).

# LISTEN UP

## Glenn Hughes: Maximum Reverberation

Reviewed by Michael Pickett

To say that Glenn Hughes is one of the greatest voices in all of rock, pop and soul is almost an understatement. While managing to dodge mainstream popularity – despite a stint with heavy metal pioneers Deep Purple and Black Sabbath – this English vocalist has all the range of a soaring heavy metal god, paired with all the soul of a Motown great.

With his fourteenth studio album, *Resonate*, Hughes once again deftly cruises through soulful hard rock like no one else. Opening with the single “Heavy,” Hughes easily confirms he’s one of the upper-echelon vocalists currently on the planet with his easy, gritty tenor and wide vibrato that sit alongside his best work. “Steady” gives a solid nod toward his Purple days, with

massive, Jon Lord-inspired organ riffs and thundering drums paving the way for his ferocious-then-gorgeous vocal turns.

By the time you arrive at the vintage R&B-inspired “When I Fall” (maybe the best track in this entire collection) and album closer “Long Time Gone,” Hughes has proven he’s still got chops to spare. While the sky-high, leave-Robert-Plant-in-

the-dust screams are comparatively rare on *Resonate*, this album isn’t missing anything from

Glenn Hughes’ incredible palette of vocal powers.

A friend who saw Hughes open for a band just a few years ago said his singing was on par with anything she had heard at the mic. With Hughes now at the young age of 64, we can only hope he has a bunch of albums left to make ... and if he’s still singing like this, things look pretty good for future additions to the Glenn Hughes catalog.



## Rachel Shaw: R&B Beyond the Grooves

Reviewed by Michael Pickett

Rhythm and blues went missing from mainstream R&B back in the ‘80s, in my opinion, and it’s only been in the last decade that the soulful center finally started to emerge in artists like Alicia Keys, Joss Stone and John Legend. Sure, guys like Prince had a healthy dose of blues, funk and soul in their sound, but most artists billing themselves as “R&B” sounded like disco-tinged pop.



Not so with Ohio’s Rachel Shaw, whose indie R&B efforts have created soulful and deep cuts like the pulsing “Take It Slow” and “Senses of Love,” her two flagship songs on ReverbNation, an online platform for musicians to manage their careers. Her rich, wide vocal touches, intimate and inviting, read like an audio diary.

Using social media to build a following,

Shaw provides a layered vocal sound and an easy, hook-laden music channel the likes of Dawn Robinson or Lucy Pearl. She’s got a great way of slipping right into the grooves and emoting without over-singing, which is comparatively rare in modern music. Lots of artists have such urgency behind their message that the desire to get it across comes off as a little too insistent. Shaw’s confident, understated drive makes her vocals ring true and ride the beat of the song effortlessly.

Check out Rachel Shaw’s tracks at <https://www.reverbnation.com/rachel1/songs>

Stream Pickett music free on Apple Music, Spotify, Rhapsody and Beats. Just search “Pickett magnetic feedback” and enjoy a whole album’s worth of music!

423 W. 1st, Colville

[www.floener.com](http://www.floener.com)

**FLOENER**  
LICENSED • BONDED • INSURED



**ELECTRIC**  
RESIDENTIAL • COMMERCIAL

- Service Changes
- Electrical Design
- Troubleshooting
- Voice/Data/Video
- Home Automation/Security
- Underground Cable & Fault Locating

**Retail Sales**

- Lighting
- Electric Heaters
- Sign Maintenance
- Poles & Overhead Wiring
- 36' Reach Bucket Truck

WA Contr. #FLOENE\*070N7

**(509) 684-8353**

**Buy! Sell! Trade!**

**FREE**  
**on Partyline**

**Wed & Sat**

**8:30 - 9:30 a.m.**

on

**AM 1240 KCVL**

**Call 684-5031**



## Along the Mountain Path

By Sarah Kilpatrick, E.R.Y.T.

*“Sthira sukham asanam: Asana is a steady, joyful seat.*

*– Patanjali’s Yoga Sutras, 2.46*

*“The deeper the root, the taller the tree...”*

*~ Anonymous*

*“See if you can feel your outer balance, and your inner peace.”*

*– Janice Vei*



Yoga is many things to many people. There are various styles of asana practice, and different methods for stress relief. Hatha yoga definitely brings strength, flexibility, and balance to the physical body, and by relieving physical stress, and focusing the mind, promotes relaxation. We often think of the word “stretch” when we speak of yoga. Sometimes, through repetitive motion, or long-term poor posture, we create shortened, tight muscles. There are techniques in yoga to identify and open such places. Often, it requires the committed practice of supine, supported postures, and the use of mental imagery and breath.

Most of the time, when we “stretch,” we are simply asking tense muscles to relax to their resting length. This involves “letting go.” We have to learn to relax places of habitual holding.

This raises the question “Why are we holding on?” Generally, we hold excess muscular tension because it feels necessary. Sometime in our life it was needed in order to be safe. Our question as yoga students is, “Is it safe to let go?” We find the answer through asana practice.

For a muscle to lengthen, it must relax. A tense muscle is short and tight. We cannot relax unless we feel safe. Being grounded or feeling rooted makes us feel safe so that we can relax. It makes the asana steady so that it can be joyful.

In each pose, there is a root. From the deep grounding and strength of the root, we can feel safe enough to reach out into new space. In the basic standing poses, the root is the back foot and leg. When we “step wide, turn the right foot out ninety degrees, and the left heel back,” we establish a root through the left foot. I encourage students to make any adjustments in position by moving the turned-out right foot, so that they don’t pull themselves up by the root! In Trikonasana, and Parsvakonasana, as the pelvis shifts to the left and the arms open, we move into the right hip, and press the left thigh bone back, furthering the feeling of being anchored and strongly seated in the pose.

A nice technique for coming into the awareness of the root involves a partner and a strap. After the person in the pose establishes the feet, the partner places a strap around the left upper thigh, near the hip socket. The partner places the outside edge of her right foot against the outside edge of the yogi’s left foot. The person in the pose presses the outside edge of the left foot into the partner’s foot, as she moves into the pose, and the partner anchors the left thigh bone, gently drawing it back to the left. The yogi is aware of being safe and supported, and will usually deepen in the pose. This technique gives a taste of how it feels to experience strong grounding.

With practice, we can experience this on our own. As our practice deepens, we trust our strength and grounding and relax into more space. We can open our heart and breathe, no longer held back by fear.

Yoga focuses the mind and helps us in all aspects of life. In life, as in

asana, we can work most effectively when we feel strong and supported. When we study, prepare, and then approach a task, we are assured of the best outcome. When we are prepared, we are more likely to relax, breathe, and do our best without worrying about the outcome. Practice helps us to succeed.

As you walk along the mountain path, may the practice keep you grounded and safe in the peace that dwells inside you. May your life bloom like a beautiful flower from a strong and healthy root.

Namaste

*Sarah practices and teaches at Mt. Path Yoga studio, 818 E. Columbia Ave., in Colville.*

## Piano and Voice Lessons

Jessica Reed, Master of Arts, Music

- No registration fees!
- All musical styles encouraged
- Experience the fun of recording a CD!
- Free trial lesson
- All ages and skill levels welcome
- Performance opportunities
- Earn free lessons for referrals
- Family discount



(541) 579-1806

[inlandnorthwestschoolofmusic.com](http://inlandnorthwestschoolofmusic.com)

# From the Soil

By Louanne Atherley

Cardamom and an Icelandic Treat

The flavor of cardamom always evokes Christmas for me. Growing up with my Norwegian/Icelandic mother, Christmas meant vínartarte. It was the only time of the year that we got this yummy Icelandic dessert. My mother would make it about a week before Christmas because it had to age and we were not allowed a bite until Christmas Eve. Christmas Eve was also the time for the infamous lutefisk. You could say that vínartarte is as good as lutefisk is bad.

These days Ben and I count the shipping days backwards from Christmas to decide when to devote a day to vínartarte making. We make two double batches – a large one for us and seven mini-vínartartes that we send to friends and family as gifts.

Vínartarte is a cake made with seven layers of rich butter cookie dough cut to the size of a dinner plate, baked and spread with a filling of prunes. Both cookies and filling are flavored with cardamom. One of our daughters who is not a fan of prunes prefers a version that substitutes dried apricot filling, also traditional, as is rhubarb filling, which I have not tried. Some recipes add a frosting to the finished cake but my family is



horrified at the untraditional thought.

Ben calls himself the “master slatherer.” It’s his job to spread the filling between the layers. He prefers a very finely chopped, homogenous filling, while I like mine with a little more texture, so we are always striving for the perfect compromise. Even though it is a lot of work I can’t imagine Christmas without it. (I shouldn’t complain, since I have the modern advantages of pitted prunes and a food processor to grind them.)

I started wondering about the origins of vínartarte a few years ago. The dried prunes I can imagine would have stored and traveled well even if they didn’t grow in Iceland, but the cardamom seems quite exotic and the idea of a layered dessert was more like something you would find in central Europe. Sure enough, I found an explanation that said the name derived from Vienna Torte and that the Constantinople Guard, Viking mercenaries of the Byzantine Era, brought it back to Scandinavia. I am still working on the image of the Viking chef fussing with all those layers.

Scandinavia is second only to India in its use of cardamom. Besides being used in pickled fish, breads, pastries and desserts, cardamom is used to flavor aquavit. It is of course an essential ingredient in spice mixes that flavor curries and both sweet and savory dishes throughout India, Asia and the Middle East.

Vínartarte seems to be one of those traditional foods that is more significant to immigrants than traditional Icelanders, some of whom no longer even recognize it. I read a story of a man from Winnipeg who took a vínartarte to his hostess when he visited Iceland. Shortly thereafter, another man visited from Canada who had been asked to bring back an authentic vínartarte. The hostess kindly handed over the first man’s vínartarte, and so, happily, it returned to Canada.

If you don’t want to attempt making vínartarte,

you might want to try grinding the seeds of whole cardamom with your coffee. I like to add milk or cream and honey after it’s brewed. You could also try it for an interesting steak rub.

## Vínartarte (Icelandic Christmas Cake)

1 cup melted butter  
1 cup sugar  
2 eggs  
1 ½ teaspoon baking powder  
4 tablespoons milk  
4 ½ cups flour  
1 teaspoon cardamom

Cream butter, sugar and eggs. Measure and combine dry ingredients and add alternately with milk until well blended. Roll dough and cut into six or seven identical layers, using a plate or pan lid as a guide. (Do not chill the dough but flour it liberally when you roll it.) Bake in oven at 375 degrees until just starting to brown. Remove and cool on rack.

## Filling:

1 ½ pound pitted prunes  
1 cup sugar  
2 tablespoons lemon juice  
1 teaspoon cardamom

Cook prunes with a little water to soften them. Drain, saving liquid, and grind in a grinder or food processor. Return to pan and add lemon juice, sugar and cardamom and enough of the saved juice to keep the mixture from burning and make it a nice spreadable texture. Cook just until sugar dissolves and flavors are blended. Cool slightly and spread between the baked layers. Wrap in waxed paper and foil and store in a cool place for several days. Cut across the circle into ¾ inch parallel slices and those into pieces two to three inches long. Enjoy. Merry Christmas!

*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.”*

## THE HIGHLANDS

**Senior/Disabled Units  
Nice Quiet 1 Bdrm  
Apartment in Colville**

Subsidized, quality, like-new  
affordable housing with many  
amenities, heat included.

Rent based on income.

Must be Income Eligible

For Information:

**509-684-4387**

or TDD

**1-800-545-1833**

Ext. #530



*This institution*

*is an Equal Opportunity  
Provider and Employer*





## Creative Blogging for Fun and Profit

By Linda Bond

Blogging is an art, a pastime, a way to make money, a way to sound off on all sorts of topics, and a way to join a community of others who have something to say about life. The question you may be asking, however, is "Where do I start?"

I am going to assume you do not yet have a fixed blog, or if you do, you are in the market to relocate. Before you jump in head-first, I suggest you do some research. It is possible to set yourself up with a blog on a site, promote it on Facebook and/or Twitter, and then change your mind about where you want your blog to be "hosted." While it won't be impossible to move all of your writing to a new site, it can prove a bit confusing to your readers if you have already begun to gather a following. But how do you choose a good site, and what about all this terminology – hosting, domain names, templates and addresses?

Briefly, "hosting" is performed by online sites that usually offer "templates" (page designs on which you can display your work). Your "address" is the URL you promote to readers so they can find your work. A "domain name" is a registered name you purchase so you are the only person in the world with that identifier on the internet. For instance, I own the domain name wordzbylindabond.com and I am hosted by HostBaby.com, where my website holds my photos, a few blogs, movie reviews and other items of interest. This is not an inexpensive hosting site, but I like it for my purposes.

While you do not have to have a domain name of your own, it is a small investment in your future growth. Choose wisely, however, since this will be one of the main planks in your platform, and the less changing you do over time, the better it will be for your readers.

### Choosing a Suitable Blog Site

One of the best sites I've found for an overview (and even in-depth, detailed directions) regarding the issue of blogging and where to do it is found at onblastblog.com, compiled and updated by blogging guru Matt Banner. He's covered everything from the range of costs for sites and what services they offer to best practices for blogging. I found this site extremely helpful. At the top of his site recommendation list, of course, was WordPress.com, where many writers love to post their blogs. It's also used by some of the major brands in the world like Sony, so you'd be in good company there.

A couple of years ago, I set up a basic, free

blog page on WordPress. I did it when I was shopping for a host for my website, and have not used it since – until now! Because it is such an excellent place to generate connections with other writers, I have resurrected my presence there and plan to use this site for my active blogs to writers learning the craft. And I can direct folks from there to my personal website, so I don't have to do any "moving."

Starting with Matt Banner's site, visit all those he recommends on his chart of options. Don't just hit the front pages of these sites. As much as possible, follow the different links to look at optional packages and costs, whether hosting is managed by the site or you have to manage your own account, and what kind of upgrading they offer in case you want to expand your blogging potential in the future. Keep in mind, this is a commitment of time and effort to build your online presence, so do a good job of researching before you jump in. For example, have a free package at WordPress that can be upgraded if you decide to go for the gold.

### Make Money Blogging

This is too large a topic for this article, but as you will see when reading Banner's coverage, given the right circumstances there is money to be made from blogging. We will visit this topic later when we focus on marketing online, but keep the idea on your list of things to add when building a platform. You could make a living this way, or at least cover your writing costs.

#### QUICK SUMMARY

- Choose a site for your blog presence and a plan you can afford
- Purchase a domain name (through the site, possibly) if you need one
- Start posting your blog(s) – regularly! (at least weekly)
- Promote your blog on social media and through other contacts

Linda Bond is cofounder and leader of the Inland Northwest Writers Guild and Outreach Coordinator at Auntie's Bookstore in Spokane, WA. Write to her at [lindathewriter@gmail.com](mailto:lindathewriter@gmail.com).

Since 1984

## CAREY'S AUTO INC

**Collision Repair Specialists**

**Call Us Today to:**

- Arrange for a tow truck
- Write your estimates for repairs
- Get through the insurance process
- Schedule your repairs
- Set up a loaner or rental car
- Provide a written warranty

**DuPont Lifetime Refinish Warranty**

# 684-2587

**1101 S. Main St. • Colville**





## ChewVino

WINE BAR & SHOPPE

**DELI NOW OPEN!**

Soup • Sandwich • Deli

**Check out our wide selection of WINE, WHISKEY AND CIGARS!**

**Introducing a large collection of NEW WINES!**

**Plan Your Holiday Party Now at CHEWVINO.COM**

**Wed-Sat, 11-8pm • 509-935-8444**  
**309 E. Main, Chewelah, WA**

# A Difficult Gift

By Ruth Harris

This time of year usually finds me walking the aisles of Costco buying conveniences and necessities to get through the season's demands. Pounds and pounds of butter nestle beside the wrapping paper and knick-knacks, and let's not forget the giant container of Danish Butter Cookies! Each item in my cart represents a piece of my past and the hope of memories for the future, traditions passed from one generation to the next. A sense of security and joy resides in these traditions.

Several years ago, our family decided to share ourselves and our traditions with someone new by becoming a foster family. We were so excited. We were sure, for this child in need, that our love was just the right gift. This lofty and noble goal obscured our view of the difficult road that lay ahead.

Our reality check arrived in a bundle of energy fueled by grief and loss. As the days passed to months, it became evident that the gift we were trying to give this child was a difficult package to open. We didn't smell right, dress the same or eat the same foods, and spending our time involved in foreign activities and traditions increased the child's sense of disunity and separation. Some occasions were eagerly participated in while others were met with rage and confusion. Where had we gone wrong?

A peculiar aspect of tradition lies in the spontaneity of the first occurrence. The event might happen out of necessity or even by mistake, yet it is accompanied by such a sense of joy and rightness that it is replayed time and time again, thus becoming a family tradition. This is the piece I missed with the newest member of our family. The meaning



of our traditions had not been planted and tended to throughout this young child's existence; instead, a totally different set of circumstances had shaped the growth and sense of rightness for this child.

I began to relax and let life flow around us, creating new moments and memories. This child was not a blank slate to be written on but a novel in progress with many pages already written.

As Christmas approached, we were eager to meld this child's traditions with ours, creating a lush landscape for the holidays. The aroma of anticipation filled the house, seeping into every nook and cranny with its impatient joy. Plans were whispered behind closed doors. This was going to be a wonderful year!

Unfortunately, things can change in a moment when you live in the world of foster care. We would not be spending the season together. The biological family requested to be together for the holiday and the judge concurred, honoring the importance of their traditions and relationships during such an important season.

The news felt like a crushing blow laying all our plans to waste. I wish I could say I was a saint and handled it perfectly. Far from it. I cried. As I allowed the tears to wash away my frustration and disappointment, the bigger picture of what we wanted to give the child became clear. We didn't need a particular hour or date to share our joy and love. We realized that our sense of tradition had caused us to cling to a rigid schedule. In reality, the only ingredient necessary for our traditions to come alive for this child was a little flexibility and spontaneity.

So I pulled myself together and revamped our plans. We celebrated a few days early, showering the child with our love and our introduction to new celebrations.

I wish I knew then what I see so clearly today. A moment of sorrow and loss wrapped up a valuable lesson that became a double-down moment of blessing. Our foster child experienced new traditions and joy with our family without being denied the familiar traditions, love and joy provided by the biological family. That year, both were given a stage to play out on, forming precious memories that color today's traditions. The circumstances produced a difficult gift to receive, but today I am very grateful to have opened it up and explored its depths. This season will not pass by without a few reflective moments to treasure the year with two Christmases.

Ruth Harris works with Fostering WA to recruit and support foster families in Stevens and Ferry counties. If you are interested in foster care please contact her at [www.fosteringwa.org](http://www.fosteringwa.org) or 509-675-8888.

**Recognizing Our September  
GYMNASTS OF THE MONTH**



Front, Lil Star Josie Waterfield. Middle, from left: Starlite Aveya Berdit, Shining Star Annora Roy, Starlite Haley Judd. Back, from left: Starlet Kiandra Petrovich and Competitive Team Annaka Edwards.

**KIPS GYMNASTICS**  
**ASK ABOUT CLASSES AND BIRTHDAY PARTIES!**  
KIPS Gymnastics is a fun and beneficial exercise program for any child ages 2 and up.  
509-685-0299 [kipsgymnastics.net](http://kipsgymnastics.net) • [kipsgym@gmail.com](mailto:kipsgym@gmail.com)





By Alex Panagotacos

*Waffle is a Bernese Mountain Dog training to be a therapy animal at Rural Resources Victim Services and Kids First Children's Advocacy Center. Here's a brief check-in, delivered from the canine perspective:*

To help me solidify training concepts in varied environments, I've begun spending the day with a different staff person each day. This helps me to learn that commands have the same meaning regardless of the location or the person giving the command. This is really important because someday soon I will be sitting on the witness stand with a child survivor and I'll have to take commands from that kiddo when my adult humans are out of sight.

The other important thing that I am working on is the concept that "down" also implies "stay." This is tough because sometimes someone else walks by and I want to go say hi. Sometimes I just get bored or anxious waiting and I want to get up. I'm working on it, though. The humans tell me that it is important to stay in a down because someday I might be in a courtroom or interview room and need to stay put.

All this training requires a lot of treats. I have lots of allergies so the humans have to buy me fancy treats so that I don't get all itchy. The humans have also made a Waffle Memory Game and all the proceeds go to our children's advocacy center. The game is pretty groovy. It has 12 pairs of fun pictures of me, along with an important message and comes in a little sachet baggie.

## Waffle Watch



Waffle and Lisa with the Waffle Memory Game.



For more information on Waffle and the work of Rural Resources Victim Services, or to get your own Waffle Memory Game, visit them on Facebook or call 24 hours a day 1-844-509-SAFE(7233). Rural Resources Victim Services provides support to survivors of violence and crime in Ferry and Stevens County. Their services are confidential and free of charge.

**Addy Second Hand**  
Open Mon. - Sat.  
10 - 5:30

Check us out on  
**Facebook.com/**  
**addy2ndhand** to view  
our inventory!

935-4619  
1383 Hwy. 395 S.



## Living On Purpose

The bon fire crackles and radiates heat, almost too hot to face without stepping back. But then your back and legs feel the seep of cold enveloping everything beyond the fire's warm glow. Standing there in the in between of blazing hot and bitter cold, you slowly rotate, taking in the flames, the snow crystallizing in horizontal daggers toward the fire, the bright stars bringing depth to the dark. Your breath fogs before you, blending with the smoke and is gone.

This is a scene that could be now or it could be hundreds of years ago. But we are here today. And the world is a different place, even though the elemental experience may be available to us just as it was to our distant ancestors. As a species, we still attend to the basic needs. We still build. We still protect our family and strive for a better life for our children. We still play. We still seek to love and be loved. We still explore and create. We still look for meaning in life and find value in community.

What is different is our environment. We have an entire world that we as a species have created out of our minds and superimposed upon ourselves and the natural world around us. We participate in our self-generated concept of society, governance, and community living. We create technologies that dictate our behavior, how we communicate, and how we experience our lives. All of this and more, we have created and have chosen to live by.

In these pages, as we explore where and how we live, it is worth recognizing the continuum of reality - from the solidity of a rock to the agreed-upon significance of an emoji - and to have awareness of the significance of our choices. The glow of a bon fire on a winter night is a different experience than the glow of a hand held electronic device on a winter night. And because the electronic device is relatively new in our collective experience, it is worth turning our attention to unpacking the assumptions and discovering the significances of how we as a species, along with the rest of the world, are affected in our rapid "progress" toward the future.

How much of our lives today would we choose if we could start fresh? How much of our daily activities are dictated by the decisions of a few powerful people we will never meet? We each make our own choices within the context of what we feel our available choices are. What if we could expand the options? What if we knew more about the ramifications of those choices? What if we were to find common ground on important issues that would allow us to step past discord and truly achieve progress on shared goals?

If these thoughts are inspiring to you, please, get in touch. Pick a slice of life that you know something about and tell us about it. Send to [ncmonthly@gmail.com](mailto:ncmonthly@gmail.com) or P.O. Box 541, Colville, WA 99114.

*"A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has."* - Margaret Mead



# Family Adventures Out!

**H**ave you ever gone on a hike and just paused to listen? First you may hear the sound of your own breath, and then the dripping of a recent rain off the branches around you and then, farther in the distance, the tumbling of a creek as it ambles its way down the side of a mountain. In that moment, you probably realize nature is anything but quiet. It is actually full of sound.

But, what is sound? Sound is the energy given off when an object vibrates or moves. That motion makes the air around the object move too, and those vibrations fan out through the air.

When you hear a sound, it is the vibration, first making its way to your outer ear – this is the part of the ear that you can see – and then your middle ear, where your eardrum will start vibrating too. The eardrum is a thin, tightly stretched membrane. When the eardrum vibrates, it jiggles three tiny bones called the ossicles. The ossicles have interesting names that reflect their shapes: the hammer, the anvil and the stirrup. The ossicles transmit the vibrations to the inner ear's cochlea (KAH-klee-uh). The cochlea is a tiny, curled tube that is filled with liquid, which starts to move like a wave when the ossicles vibrate. The cochlea has extremely small hairs that move with the liquid and are what create a nerve signal to the brain that the brain understands as sound.

Every sound you hear has a different vibration. That is why you can tell the cry of a hawk from the caw of a crow or the barks of a coyote pack from the howl of a wolf. As you spend more and more time in nature, you can get better and better at identifying these sounds. If you would like to practice at home, there is a great website called [enature.com](http://enature.com). You can put in your ZIP code and a list of animals and the sounds they make will come up. How neat is that?

But it is not only animals that make sounds. Nature

is full of sound. Think of walking in snow that is freshly fallen. There is often a silky squeak to it. How about snow that has melted and refrozen during the night? It has a crunch as you break through. Leaves falling, rocks rolling, wind through branches and the single sound of a pinecone as it bounces its way down a tree; all of these sounds are happening constantly in nature. You might not be there to hear it, but you can bet some animal is.

As a matter of fact, many animals have excellent hearing and this is partly due to how their ears have evolved. If you hear a sound behind you, you might need to turn around to better identify where it came from. Lots of animals, like deer and cougars, are able to

move their ears instead of their whole head. They can even keep one ear forward and turn one ear behind them to hear in both directions at once. This adaptation helps predators find prey and prey escape predators.

Rachel Carson's now-famous book *Silent Spring* was one of the first books to encourage people to take care of our natural world. Carson cautioned that if we were not careful, nature could become a silent place indeed; no birds singing, frogs croaking or bees buzzing. Nature may not have a voice we can understand in human words, but it certainly has a voice we should listen to. All naturalists, even ones who have just begun learning, have a duty to nature to make sure it is cared for, protected and has its voice heard in the decisions people make that may affect it.

Sound is everywhere in nature. The Colville National Forest is no exception. Our latest adventure found us at Gillette Lake Campground, where we listened to the sounds of the lake lapping at the beach, the piercing, rattling cry of a kingfisher and the sting of raindrops as they scattered across the lake.

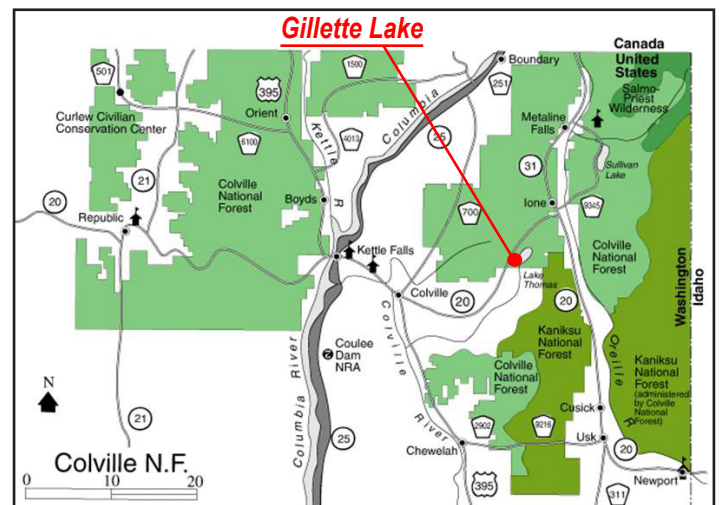
This campground was closed for camping, but offered access to Springboard Trailhead at the northern end. This easy, 2.4-mile trail had interpretive materials available at the beginning to tell you about the logging, the natural features and the homesteaders who once settled in the area. We were quite hungry when we were done, so some hot cocoa and fries from Beaver Lodge (just up Highway 20) was the perfect way to end the day.

The peacefulness, solitude, variety in terrain and availability of bathrooms made this a Five Boot Hike!

For more information about family adventures in the Colville National Forest, visit [UpperColumbiaChildrensForest.com](http://UpperColumbiaChildrensForest.com).

## FAST FACT

Some animals use echolocation to sense objects. They send out quick chirps that echo back to them. The amount of time it takes for the sound to return tells them the size, shape and distance of the object.



Page sponsor:



## SCIENCE FACT

Sound travels fastest in a solid, then a liquid, then a gas. This is because the denser a material is the closer together the molecules are, allowing the vibrations to travel from molecule to molecule faster.

The Upper Columbia Children's Forest is a partnership between the Colville National Forest and Stevens County Conservation District. Learn more at <http://uppercolumbiachildrensforest.org/>.

# What's Happening... *Continued from page 19*

classes, held at 986 S. Main in Colville, are open to both pesticide license holders and the general public interested in the topics. Three Pesticide License re-certification credits for each day have been applied for. Contact Nils Johnson at 509-684-2588 or [nils.johnson@wsu.edu](mailto:nils.johnson@wsu.edu) for more info.

**Dec 15:** Northeast Washington Permaculture Guild (NEWPG) meets at 5 pm to network and share info 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 509-690-9826 or email [kud427@gmail.com](mailto:kud427@gmail.com).

## Wellness

**Narcotics Anonymous** is a recovery group that meets every Monday at 215 S. Oak in Colville (County Commissioner's Building, brown door) at 7 pm and Thursday at 401 N. Wynne St. in Colville (The Youth Center) at 7:30 pm. The third Monday of every month, we celebrate "clean" birthdays with a potluck and cake at 6:30 pm.

**Caregivers Group** meets at Parkview Senior Living the last Thursday of each month, 3:30 - 4:30 at 240 S. Silke, Colville. Call Nancy at 509-684-5677 for info.

**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).

**Flu Clinic:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 8-3, Tri County Health District 240 E. Dominion Ave. Colville. Walk-in or by appointment. Adult \$20, child \$7.

**Overeaters Anonymous** meets on Mondays at 11:30 am at the Nazarene Church, 368 East Astor, Colville. Call 509-680-8674 for more info.

**Colville Multiple Sclerosis self-help group** meets the third Friday of each month in the lower level of the Providence Health Education House, 1169 E Columbia, Colville, at 1pm. All those living with MS are invited. For info, call 509-684-3252.

**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).

## Youth/Parenting

**Parkview Senior Living announces its first annual "Buddy Bag" project.** In coordination with Rural Resources Victim Services & Kids First, "Buddy Bags" are backpacks filled with items & given to kids in crises situations; to help them feel calm, to feel cherished, and to let them know that someone cares. Parkview is collecting NEW items to fill the backpacks

with from now until January 8. Drop off at 240 S. Silke, Colville or call 509-684-5677. Age groupings will be: 2-5, 6-10 & 10-15. Ideas are: Small blanket, stuffed animal, toothbrush & paste, shampoo & conditioner, hair brush, a game or two like (memory) or Flash Cards, coloring book & colors, flashlight, sweat outfit or pajamas, or a Walmart gift card. Thank you for helping to make life brighter for a little one.

**Girl Scouts is more than just cookies and camp!** 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.

**Looking for breastfeeding support?** Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, [crtsl11@gmail.com](mailto:crtsl11@gmail.com), or on Facebook, "La Leche League of Colville."

**Give a Preschooler a Head Start:** Call 509-684-8421 or 877-219-5542. Head Start and ECEAP are programs of Rural Resources.

## Miscellany

**Dec 2, 8 & 16:** Basic computer classes offered for FREE at WorkSource in Colville. Microsoft Word Introduction (Dec 2), Microsoft Excel Introduction (Dec 8) and Basic Computer Workshop (Dec 16). All classes are from 1:30-3:30 pm. Call 509-685-6150 for more info and to reserve a seat.

**Nov 9:** Northeast Washington Genealogical Society morning Computer Interest Group (CIG) will meet in the basement of the LDS Church, Juniper Street, Colville, at 10:30 am. In addition to thousands of indexed records available for free at [familysearch.org](http://familysearch.org), the LDS Church has more records online that are not indexed. Long-time NeWGS member Lora Rose will show us how to access those records. Lunch at Noon, then listen to Sue Richart, member of NeWGS and treasurer of the Stevens County Historical Society, share what rich resources are available at the SCHS Museum. All visitors are welcome.

**High school students applying for the 2017-18 Free Application for Federal Student Aid (FAFSA®),** have been able to submit a FAFSA® since Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date is a permanent change. Also, beginning with the 2017-18 FAFSA, students will be required to report income and tax information from an earlier tax year. For example, on the 2017-18 FAFSA, you – and your parent(s), as appropriate – will report your 2015 income and tax information, rather than your 2016 income and tax information. Visit [StudentAid.gov/fafsa](http://StudentAid.gov/fafsa) for more info.

**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 Eagles Lodge 608 N Wynne Street. Check the website for schedule of events [www.colville.com](http://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.

**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](http://www.PanoramaGem.com).

**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 more info.

**The NE WA Amateur Radio Club** meets the first Saturday at 11 am in the Abundant Life Fellowship, E. 2<sup>nd</sup> & Clay (basement).

**Child Advocates Needed:** 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. Call 509-685-0673.

**Foster Parent Care Givers Needed:** Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Contact Ruth Harris with Fostering WA at 509-675-8888 or 1-888-KIDS-414.

**PFLAG:** Parents, Families, Friends and Allies United with LGBTQ. People to move equality forward meets in a new location at the lower level of First Congregational United Church of Christ, 205 N. Maple, Colville on the last Tuesday, 6:30 - 8 pm. Call 509-685-0448 or email [info@newapflag.org](mailto:info@newapflag.org) for more info.

**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](mailto: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.

**MORE LISTINGS & DETAILS  
AT NCMONTHLY.COM**





# Family Traditions

By Becky Dubell

This time of year seems to really sneak up on us. At least it does to me. I made plans months in advance and I am still trying to figure how in the world months can go by sooooo fast!!? You would think having been on this planet for as many years as I have, I would be able to get a handle on this sneaky time problem but I don't see that happening any time soon. (Maybe that is one of my traditions?)

Family traditions are in the air. I had a new one this year: family and friends joining me for a bonfire the Saturday before Thanksgiving – a great time to get together before the rush of the holiday season. A future tradition to work into the family celebrations: I am becoming a great-granma in December!

I've spent some time visiting with friends talking about family holiday traditions and I'd like to share a few with you. Some of these have been carried onward from previous generations and some are new:

- Christmas tree hunting in December for that Charlie Brown tree that needs holes drilled in the trunk so new branches can be added.
- Sledding, using car hoods pulled behind cars.
- Having to top the tree after it makes it into the house and is WAY too tall.
- Getting a tree at the Boy Scouts stand (we always get two and put them together).
- Hunting with dad and looking for the fawn spots out in the woods – they gotta be somewhere cuz they do fall off!
- Thanksgiving is the big family dinner. Christmas is pop tarts for breakfast, opening presents and playing with all the new toys – penny racers were a huge hit one year.
- Brunch on Christmas with bacon as main course. Imagine you have been living overseas for three years in a country that does not have bacon. You find some and cook it up for Christmas. Kids come out of bedrooms knowing that smell but they can't put a name to it – WOW BACON! New tradition is formed.
- Mom did not consider this a tradition but daughter did: Kids look forward to finding a new ornament from Santa, and Santa uses the same decorative tin each year.
- Everybody sits down after the Thanksgiving feast to make a Christmas tree ornament.
- Watching a bunch of old cartoon Christmas movies.
- Great-grandmother's Tom & Jerry (recipe from scratch) after presents – virgin and not.
- Lots and lots of card games all day long
- Christmas Eve at home and Christmas day spent driving the "circle" – grandparents do the traveling.
- Get together with siblings around mother's birthdate before the holiday rush – she would have been 100 this year.
- Christmas Eve day is spent at the beach fishing (spend more time at the beach in the winter than the summer) until it is time for dinner at grandparents' house.

- Santa's elves visit and put pajamas under the pillow. Note to self: Don't get too busy playing cards and forget to be Santa's elves. I still remember the sad faces.

It was fun getting these stories and many more. Hearing how families have blended traditions together has been educational and funny at times.

Enjoy your family. I most certainly am going to! I'm a big fan of hugs and I am on my way up to Fairbanks to teach my granddaughter how to give BIG hugs. That is one tradition that can be carried on any time of the year. Hey, a new tradition ... hugging year 'round!

Thank you everybody out there. Have a Merry Christmas and a safe New Year.

## Colville Hardware Do it center

### *Southtown Plaza*

984 S. Main, Colville

509-684-6505

### *Open 7 days a week*

Monday - Saturday, 8 am - 6 pm

Sunday 9 am - 5 pm

*Come Browse Our  
Holiday Bargains!*

*Shop Online • Ship-to-Store  
Another great way to shop!*

[www.colvillehardware.doitbest.com](http://www.colvillehardware.doitbest.com)



## L'AMOUR DE LOIN

Saturday December 10 9:55 AM

## NABUCCO

Saturday January 7 9:55 AM

## ROMÉO ET JULIETTE

Saturday January 21 9:55 AM

## RUSALKA

Saturday February 25 9:55 AM

## LA TRAVIATA

Saturday March 11 9:55 AM

## IDOMENEO

Saturday April 8 9:00 AM

## EUGENE ONEGIN

Saturday April 22 9:55 AM

## DER ROSENKAVALIER

Saturday May 20 9:00 AM

The Met  
ropolitan  
Opera **HD**  
LIVE



## MISS SAIGON

25th Anniversary Performance

Thursday November 3

7:00 PM

MISS  
Saigon



## BALLET SERIES

# 2016 17 SEASON



The Bolshoi Ballet  
**THE NUTCRACKER**  
Sunday December 11  
11:00 AM



The Bolshoi Ballet  
**THE SLEEPING  
BEAUTY**  
Sunday January 22  
9:55am



The Bolshoi Ballet  
**SWAN LAKE**  
Sunday February 12  
9:55am



1597 Bay Avenue, Downtown Trail, B.C. CANADA  
24-hr. Info (250) 364-2114 • Office (250) 231-5672  
Visit us Online @ [www.royaltheatretrail.com](http://www.royaltheatretrail.com)

## 2-for COUPON

Present this ad to receive a 2-for-1  
admission to any of the  
above listed performances

Opera \$24 / Ballet & Theatre \$24 Adlt, \$12 chld  
Doors open 30 minutes prior to showtimes