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Maple tree in winter
Publisher photo

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From the Publisher's Desk...

By Gabriel Cruden

As any regular reader of the *North Columbia Monthly* will have immediately observed, the publication has a new look! It will take some time to fully dial it all in, but hopefully what has already been accomplished is pleasing to the eye. The design changes give the *Monthly* an updated appearance and reflects the conversational content that is intended to inspire thought and reflection as we explore and celebrate where and how we live.

The print version of the *Monthly*, which is distributed in downtown Spokane, across Ferry, Stevens and Pend Oreille counties, and into interior British Columbia, is also now available in its complete form at www.ncmonthly.com and viewable worldwide.

Along with the visual updates, the publication welcomes several new columnists, with more to come. Louanne Atherly has stepped up to share her passion for examining the origins, characteristics, and recipes of cultural foods and edible plants in her column, *From the Soil* (page 22). Sophia Aldous began contributing last month with movie reviews – one new release and one from the archives – each month. See *Silver*

Screening on page 19. Brenda St. John continues to fill in for yoga instructor Sarah Kilpatrick, who is recovering from her illness. Beverly Sarles, formerly working with the Kalispel Tribe and now with WSU Extension in Newport, contributed an article (page 23) about a wonderful program called the Curiosity Factory, which is well worth checking out.

Another new contributor, who will be familiar to some from his writings in other publications, is Dr. Barry Bacon. While considering what to title his column, I asked him to share with me about what drives him. His response was powerful and sincere, resonating strongly with my intentions for this publication. Here is an excerpt from his email to me about what drives him:

It came to me at an odd time. I had picked up a hitchhiker. He made a disparaging remark about the Africans I have pledged to help. He said, "Why don't they get off their lazy asses and go to work?" The hitchhiker was himself unemployed, and homeless. He asked me for money for food, yet despised the Africans because he saw them as beggars. It stirred up something in me that, until that moment, I had not known was there.

I recognized that I identify intensely with the poor. Maybe it's because I grew up poor. Maybe it's because I lived in poverty through medical school. Maybe it's because of my time living in Malawi. Whatever the source, I was revolted by his opinion. A sense of injustice. Righting some of the wrongs in this world. Living my life differently. Living an honorable life. A life that matters. A life of significance. If for no one but myself and the people that need someone to believe that their lives matter, that they are not forgotten, at least not by everyone. I don't believe there are any throw away people. It's what drives me. I remember the children who are suffering in Africa. I see their faces. I feel that I must do something with my life to help them if it is in my power to do so. It is their memory that changes the way that I see things here and how I practice medicine and how I live my life here.

This is a perfect example of the passion and work I want to support and connect others with through the *Monthly*.

On a completely separate note, I would also love to connect some readers with free tickets. (See page 5.) Stay warm; happy 2016!



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Life Matters

By Dr. Barry Bacon, MD

My cell phone was vibrating again in its holster, a common occurrence in my world. I looked down to see a familiar number come up on its screen – my wife's. She probably forgot something at home, I mused, and she wants me to get it for her.

"Yes, dear."

"Barry, where are you?" There was concern in her voice. "There's a homeless guy. He's sleeping right outside the youth department at church. I'm not sure what I should do. Can you come?"

"I can be there in a few minutes, but I'm right in the middle of something right now."

"What should I do?"

"See if he's hungry. Ask him if you can get him something to eat. Bring him inside the church if he wants to warm up – he's probably cold. Just wait until there are a few other people around so you don't feel alone in there."

"OK, I can do that."

"I'll be there as soon as I can."

When I arrived, I found him just sitting down to a warm dish of church food that my wife had put together. I pulled up a chair and talked to him for a while.

I took a good look at him. His dwelling, I had noticed, was behind a wooden pallet propped at a 45-degree angle behind a discarded door in a small cement floored alcove. There he could roll out a sleeping bag and stay out of the wind and rain and remain unnoticed through the night. He wore layers of clothes and a wrinkled jacket and smelled of too many nights without laundry services. He was friendly and engaging, and appeared to welcome my company and probing questions. His dark hair was rumpled and his eyes appeared a bit dazed, perhaps from too few hours in deep sleep.

"I was just at the hospital last evening," he

explained. "I have some intense stomach pain. I probably can't eat very much."

I mentioned that we are beginning a homeless project and want to understand if we are on the right track or not. We plan to work on affordable housing for the homeless, including building tiny homes. Would he be willing to talk to me about some of the challenges he is finding in getting a place to stay? He was happy to talk. He said that Rural Resources is helping him with rent by paying first, last and deposit, but he is still waiting on a place to open up.

"I have a record," he explained. "It's not easy to find a place."

He felt that he was just on the verge of finding a modest trailer house with the support of Rural Resources. He is aware of the warming shelter and spends his nights there, when they are open. He knows of the free meals at the area churches and takes advantage of that service. He has a little income. He has no job. He has no family.

We don't know how many more there are like him. They are sleeping in our back yards, under our porches, in cars, on someone's couches. They are among us and they are not going away. They are our neighbors, invited or not. Some of us would like to criminalize them. I think we can do better.

There are a number of good people working on homelessness in various capacities already. We want to come alongside them and work on coordinating our efforts and partnering with like-minded people locally and in Spokane. Rural Resources, the warming shelter, Habitat for Humanity, Colville High School, the Fuller Inland Northwest Center for Homeless are among our partners. We have representatives in the business community, healthcare providers, and individuals working on homelessness who welcome our partnership. We're not try-

ing to reinvent the wheel. We're trying to connect all the spokes together.

We are starting to collect information about the homeless in our area. We want to understand the unique challenges for our community and try to determine how we can help them to step out of homelessness whenever we can encourage them to do so.

Healthcare outcomes are significantly poorer for those without homes. Children are at risk. The homeless are spilling out of our cities into rural areas.

My sense is that there are a number of reasons why people are homeless. There is not one simple answer. You can't make a blanket statement and tell the whole story. Mental health, addiction, poor choices, medical bills, lost jobs, poverty, abusive relationships, homelessness, lack of family support, depression, post-traumatic stress disorder, criminal past... All of the above.

I am convinced that there are more effective ways to address homelessness than to make it a crime. You shouldn't be considered a criminal because you are poor or mentally ill.

I also believe that, together, we can accomplish what no one of us can do by ourselves. Which is why we are looking at a comprehensive approach to this issue of homelessness. We are serious about building as many partnerships as we can. We hope that you will join us.

We need business partners who will provide building materials at cost for the poor. We need volunteers and skilled craftsmen (meaning men and women) to help us put together homes for the homeless. We need community partners to invest in the lives of individuals or families who are on the streets or couch surfing, in vulnerable situations. We need public relations people, fundraisers, service providers, city council liaisons, job trainers, people



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Example of a tiny house to be built by the Tri-County Community Health Fund organization.

to screen potential candidates for home ownership. We need temporary housing.

We think we are on the right track. By engaging the homeless in the process of our decisions, we believe that we can make progress, create places for people to live, and do it in a way that is financially responsible, low cost, and self-sustaining.

We plan to build tiny homes for the homeless and sell them at a low cost so that they are affordable. The houses are paid for by the new home owners and the payments given back to the investors, or reinvested in another family. At our recent fundraiser, we were able to raise \$29,000 to start this project. We are ready to build our first tiny home in 2016.

We need temporary housing for people to

sleep, take a shower, eat some food and have a chance to converse with someone about changing their lives. No pressure, just someone willing to give them a chance. We have a 501(c)3, Tri-County Community Health Fund, which is ready to be the not-for-profit organization responsible for the administration of the homeless project. We are ready to launch into the who-what-when-where-how of the next steps. We think there are others who would like to work with us, which is why I hope that you will contact me.

Our next community meeting will be held January 16, 2016 at the Colville Community Health clinic, 358 N. Main Street in Colville at 6 p.m. I hope that you will join us. Write to me at baconbarry@juno.com. We can make a

difference together.

What has happened to the homeless man in the alcove? He is still there, in our warming center, at our community's churches' hot meals programs, in your backyard or mine. He needs a place to live. More than this, he needs a chance to experience what it is to be a productive and vibrant member of our community. Our comprehensive approach to homelessness will give him that chance. And it's good medicine.

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

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Random Acts of Community

By Christine Wilson

An explosion ripped apart the back of Bill Wassmuth's house on September 15, 1986. At first he thought it was a gas explosion, but gradually, with police combing his property, there was no doubt. It was domestic terrorism. Bill Wassmuth had been speaking out against the bigotry and racism of the Aryan Nations and their violent subgroup, The Order. He knew there was a risk, but his commitment to healing his home state of Idaho superseded his fear. It was not an easy journey, but he healed and in that healing he increased his resolve.

In the early 1990s, I was privileged to hear him at a small gathering. We wanted to know if he were ever angry or terrified; he admitted he was, especially as he was picking glass off his bed so he could catch a bit of sleep before the press arrived. His response to our question has echoed in my mind since that time. "When you give in to fear and hate," he said, "the people creating it achieve their goal. Don't ever do that. Stay strong and live your life."

On a short Alaskan Airlines hop over the mountains recently, I read an article about Melinda Gates. She is no more naïve than Bill Wassmuth was, and she is equally determined. As she takes action on

the issues that plague our world, she inspires others to do the same. She, and her husband Bill Gates, take special interest in programs in Washington but spread their efforts beyond their back yard. She speaks about finding the gap between what is being done and what is needed. That is the place to focus effort and that is what she shows us by her actions.

I recently had the privilege of working with therapists from a community that has suffered terrible loss. Through their grief and terrible pain, and with the help of amazing people across the nation, they have created a place of healing. Words are too much of a limitation when I search for a way to describe how wonderful it was to be a part of their efforts. The leader gathered us together the first morning, telling us to stand in compassion, be present with curiosity, and stay humble. He said that the word "humble" comes from "of the ground," meaning a grounded and respectful state. It was easy to be all three of those things in the presence of such healing and commitment. A line from a Leonard Cohen song bubbled up from the depths of my brain: "Thank you for giving her back her smile. I thought it was gone for good so I never tried."

Think about how many times we give up or don't even try because we think it is not possible.

My takeaway thoughts from all of these people are that it takes a mix of three things: compassion, action, and connection with others. Mixed with a good dose of curiosity and humility, those can transform an ordinary person into an extraordinary one. No person is too small, too insignificant, too busy, too anything at all to rally the energy and commitment to create a better community for us all to live in. It doesn't matter what your belief system is, as long as that belief makes room in your heart for more love, vigor, and imagination. As Tom Robbins says, "Believe in magic and never be afraid to turn in your cow for some magic beans."

And a New Year's resolution I am borrowing from Kurt Vonnegut, "Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place."

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

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Spiking the Pike

By Eileen Delehanty Pearkes

Two unrelated fish in the Columbia River watershed are often confused as the same, though little connects them other than “pike,” the word for a sharp spear used in battles in Medieval and Renaissance Europe. Both the Northern Pike (an introduced species) and the Northern Pikeminnow (native to the Columbia) could be considered weapons, too, depending on one’s perspective.

In the early 1960s, someone planted a few Northern Pike in the Clark Fork River in Montana, a system that drains into Lake Pend Oreille and the Pend Oreille River. The Northern Pike’s impressive size (sometimes over a yard long and a dozen pounds) as well as its aggressive play on a fisherman’s line, inspired the transplant from native habitat east of the continental divide or Alaska.

Northern Pike swim at the top of the aquatic food chain. They prefer weedy, sluggish streams but also enjoy cold, rocky ones. Before long, they found their way downstream into the Box Canyon reservoir. Little did anyone predict what would happen next.

Northern Pike get big fast, thanks to a voracious appetite. They are piscivores, which means that they eat other fish, like the native bull trout (also called Dolly Varden). What makes the Northern Pike unusual is that when food sources decline steeply, they eat their own kind. In a cycle that repeats itself in non-native habitats, they grow, flourish, tilt to over-population, turn on their own young, and eventually reduce themselves to stunted fish.

The latest boom and bust cycle of the Northern Pike occurred in 1997-2007, with 2004 as the glory days. Fishermen came to Box Canyon Reservoir on the lower Pend Oreille from all over the world. Many people caught up to 20 Northern Pike averaging 20 pounds. Every day. Then, the Northern Pike fishery began to collapse.

River and fish scientists have learned over time that non-native species can cause problems for native fish. In many other places, scientists have advocated poisoning an entire river or lake system to eliminate the pike and start fresh. However, in his study of the Pend Oreille system, Kalispel tribal employee Deane Osterman, executive director of Natural Resources for the Upper Columbia United Tribes, has found that suppressing or eliminating this fish is complicated and controversial. The Northern Pike has, in the 50-plus years since introduction, become part of the fishing culture of Pend Oreille Coun-

ty.

“When numbers fall and the sport fishery collapses, the community is deprived of an opportunity for tourism,” Osterman explained. “The cycle of the Northern Pike has upset so many opportunities for fishing native and non-native species alike.”

Some fish guides operating on the Pend Oreille believe that the answer to breaking the boom-bust cycle of the fish lies in population management rather than elimination. Selective fishing out of mid-sized fish could encourage a more sustainable Northern Pike fishery, with less negative impact on native species.

The Northern Pikeminnow, a native species in the Columbia River watershed, already has a management strategy, one that has developed over the past 25 years. The largest of all North American minnows, the Northern Pikeminnow can reach two feet and nearly 10 pounds. Unlike the Northern Pike, it has inhabited the Columbia watershed for thousands of years, preferring to frequent lakes and slow-moving parts of streams. A keen predator, the Pikeminnow flourishes on a diet of juvenile native salmon and trout.

For over a century, settlers to the Pacific Northwest called the Pikeminnow “squaw-fish.” “Squaw” is often seen as a derogatory word, though it is actually a tribal term used by the Algonkian peoples of northeastern North America for “woman.” Osterman believes that settlers arriving from the east may have heard and interpreted the word “squaw” from the Salish tribal word for the fish, *q̓eʔech*.

In fact, Osterman explains, the Salish word for the fish is proto-Salish, existing for 9,000 years as a root in all the Salish languages of the Interior Plateau. The reason, says Osterman, is simple. The name for the fish replicates the sound the Northern Pikeminnow makes when it’s pulled from the water: *kh-wulch*.

With the advent of dams, many streams in the Inland Northwest have been converted into habitats that more closely resemble lakes. These changes suit both the introduced Northern Pike of the Pend Oreille/Box Canyon reservoir and the native Northern Pikeminnow in the Columbia main stem. The native minnow now flourishes too well in the reservoir system. It has become what it may never have been before – a sharp weapon against the survival of ocean salmon.

Enter the Bonneville Power Administration (BPA) in 1990, with an idea that links sport fishing interests to the control of a troublesome spe-

cies: the Pikeminnow bounty. In this program, human beings become the top predator of the Northern Pikeminnow. The goal is not eradication, but control. BPA pays for each fish caught, with a sliding scale for size and quantity. Depending on the number of fish caught, an angler can earn \$40,000 or more from May to September during the active season for the Pikeminnow on the lower reaches of the Columbia and Snake rivers.

Sophisticated top earners in the bounty program have fish finders, keep extensive records of water levels and temperatures, and map the movements of the fish. Millions of fish have been collected, theoretically saving young salmon who might otherwise have been their next meal.

As with the Northern Pike in Box Canyon reservoir, it’s easy when reading about the Pikeminnow to see these fish as the weapon-wielding villains. Words like “bounty,” “voracious,” and “cannibalizing” foster negative moral impressions that turn a fish simply bent on survival into a creature with destructive intentions.

In fact, the human agency in these stories – the well-intentioned planting of non-native species by a sport fisherman or wildlife biologists, the unregulated operation of commercial salmon fisheries and canneries, and the construction of dams – has set the stage for the current battle between the pike and a reawakened desire for rivers that flow with greater balance for species that wish to survive.

The solution may also lie in human agency. Today, fish guides on the Pend Oreille advocate a strong management strategy for the Northern Pike, to limit negative impact. Their first-hand knowledge and acute perception of the habits of this introduced fish are important. The Pikeminnow program on the lower Columbia has already demonstrated how expertise emerges from the fishermen’s hours and days on the water.

All of this suggests the possibility that rivers and landscapes need us as much as we need them. In the effort to rebalance ecosystems for a wider set of benefits the key is to be engaged – in a boat, on the river – listening for the sound a fish makes when it’s pulled from the water.

Eileen Delehanty Pearkes is guest-curator of “Roll On Columbia,” an exhibit exploring the history of the upper Columbia River and the 1964 international Columbia River Treaty. The exhibit runs from Nov. 27 – Feb. 2 at Touchstones, Nelson Museum of Art and History, in Nelson, British Columbia.

Who Was Dr. Carrie?

By Jack Nisbet

At a gathering of Idaho Fish and Wildlife volunteers last fall, I was seeking a little information about John and Carrie Leiberger, an energetic couple who lived near Bayview on the south end of Lake Pend Oreille during the 1880s and '90s. I had been dabbling with them for a couple of years, and turned up lots of information about John Leiberger's exploits as a botanical collector and forest surveyor. Yet Carrie remained a shadowy figure, and even people from around the region who revered John Leiberger's accomplishments could not agree on the simple pronunciation of the family name. The scientists I knew usually insisted it should be LIEberger.

"Funny they should think that," said one of the volunteers. "My grandparents used to live around Bayview, and they remembered the Leibergers very well. Talked about them often, and always pronounced it LEEberger." Since one of the first rules of public history is that solid oral information trumps written conjecture, that was a clue that I could use.

There are other clues about the character of Carrie Leiberger, but plenty of gaps as well. She was born as Carrie Marvin in Vermont in 1852, before the Civil War. At age 30 she graduated from the Illinois Woman's Hospital Medical College, which was later incorporated as part of Northwestern University. In 1883, the California Board of Medical Examiners certified her ability to practice as a physician, making her Dr. Carrie Marvin at a time when not many women held such a title.

Two years later, a child named Bernard Leiberger was born in Minnesota, which seems a long way from California. Before that child was out of short pants, John Leiberger began pounding on what eventually totaled 28 different mining claims scattered around the steep terrain of the Coeur d'Alene River's North Fork drainage. On several of those glory holes, Carrie's name was registered alongside John's.

For two decades, the Leibergers called Lake Pend Oreille home, bouncing between the town of Hope on its northeast shore and a homestead and orchard they created within what is now Farragut State Park. Both husband and wife revealed details of their sojourn in a series of remarkable letters to Elizabeth Britton, an eminent bryologist at the New York Botanical Gardens. John's unlikely hobby had always been plant and moss collecting. When he mailed some specimens to New York for identification, Britton first encouraged his serious interest, then connected him with government agencies who hired

John to perform plant and forest field surveys all over the American West.

Dr. Carrie, meanwhile, picnicked with John and little Bernard on various raw digs, attended to the house, often by herself, and engaged in what was then a rough-and-tumble region. Over the winter of 1889-90, according to one of John's letters, the doctor plied her trade in the boomtown of Post Falls, staying with some family friends at nearby Fort Sherman.

The following year she was managing the family homestead when Elizabeth Britton sent some mounted slides of moss specimens that arrived while John was out working one of his claims. Carrie took the liberty to acknowledge Britton's package, adding that as a doctor she had prepared plenty of slides herself, and complimented Britton's careful work. Carrie also confessed that she was thinking of getting an amateur photographic outfit to occupy her time during the coming summer.

In that letter Carrie went on to describe a rag doll she had fashioned for little Bernard out of a dish towel, bragged on the child's ability to recognize the early spring's first buttercup, and fretted about a local woman suffering from peritonitis: "Unfortunately I have a very uncomfortable disposition regarding my patients, and a bad case worries me greatly."

Dr. Leiberger got to worry twice as much that spring of 1890, when Bernard came down with scarlet fever. "I voluntarily quarantined myself in an old shanty a mile from the village, determined to prevent the spread of the disease if it were possible," she wrote to Britton after receiving a sympathy card. "Very desolate there I assure you." The boy pulled through, and in Carrie's next letter, dated January 1891, she expanded on her life at their Pend Oreille homestead – wild weather, fantastic skies, rowing over to Bayview for the mail, and watching Bernard play with his toy train on the floor.

Carrie also expressed loneliness in her isolated setting on the lake, and at times seemed to be fighting against it. That fall, John wrote to Britton with the news that "Mrs. L is in Spokane Falls, prospecting places for the establishment there of a Maternity Hospital and Training School for Nurses. There is not in the whole of Idaho or Eastern Washington an institution of the kind and there is a great need of it." In February of 1893, while John surveyed a railroad route out of Hamilton, Montana, Carrie wintered in Chicago, "dividing her time between her Alma Mater, the Women's Medical College, and the Polyclinic – Anatomy and Surgery are her delights."

The resourceful Carrie also began to find delight in photography. It was Carrie who probably took the shot of her husband John a few years later, standing in front of the famous bear paw petroglyphs near Hope. From time immemorial, tribes from all over the region had gathered around those petroglyphs at what white settlers called the Indian Meadows for a



Leiberger Homestead on Blackwell Point, in what is now Farragut State Park on the south end of Lake Pend Oreille. Image courtesy the North Idaho Museum, with thanks to Linda Hackbarth.

fall encampment to hunt and gather their winter stores. John published a paper on these petroglyphs in 1897; during her own time on the scene, Carrie documented that important cultural event with a series of photographs that showed not only teepees and drying racks lined up at the edge of the wetland, but also family groups and children running through camp.

Those pictures did not interfere with her main career. In October of 1893, in Hope, Carrie had just finished writing a long letter to Elizabeth Britton when a man with a lantern appeared at her door, water streaming down his back, to declare that his wife had been in labor for three days. The doctor gathered her kit and pumped 10 miles on a railroad handcar to the man's house, where she found an exhausted woman lying in great distress. Leiberg performed a high-forceps delivery of a stillborn child, then stayed with the mother till she was somewhat revived. Carrie arrived back home and added a postscript to her letter in a somewhat disconsolate tone: "Oh! If one could but reform the world, and take from it a portion of its needless misery!"

The following year a landmark notice appeared in *The Medical Sentinel* journal, with variations repeated in *The Medical Fortnightly* and *The Railroad Surgeon*. "Dr. Carrie Leiberg of Hope, Idaho, has recently been appointed division surgeon upon the Northern Pacific Rail Road. This is the only instance of such distinction of a lady that we know of in the United States."

The "lady" never stopped reaching for such distinctions. In 1896, Dr. Leiberg published a technical account of her treatment of an ectopic pregnancy. Four years later, she was on the Republican ballot as a candidate for the Idaho state legislature. In 1905, while son Bernard apprenticed with Excelsior Carriage

and Gas Machinery in Spokane, Carrie practiced as a physician from that city's Mohawk building. And in 1910, after she and John had moved to a farm on Oregon's Mackenzie River, she published another medical article detailing their treatment of John's diabetes through diet and naturopathy.

The diabetes led to John's demise three years later, and after he passed away Carrie drifted into the shadows again – a woman of remarkable accomplishments, and a very elusive character. She died in Oakland, California, in the spring of 1937, in the place where she had first been certified as a doctor half a century before.

So far as is known, Dr. Carrie Leiberg left behind no personal papers other than a handful of letters to Elizabeth Britton and government botanists, or photographs other than the ones from around Indian Meadows. A courthouse fire in Rathdrum burned many documents that would have shed light on her property and finances. No contemporary accounts by her neighbors around Lake Pend Oreille or cohorts in the medical profession have come to light.

And now, a century or so later, any little scrap that might relate to Dr. and Mr. Leiberg – one even so small as the way that their friends used to pronounce their name – would be a valuable addition to one of the more intriguing sagas of the early Northwest.

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

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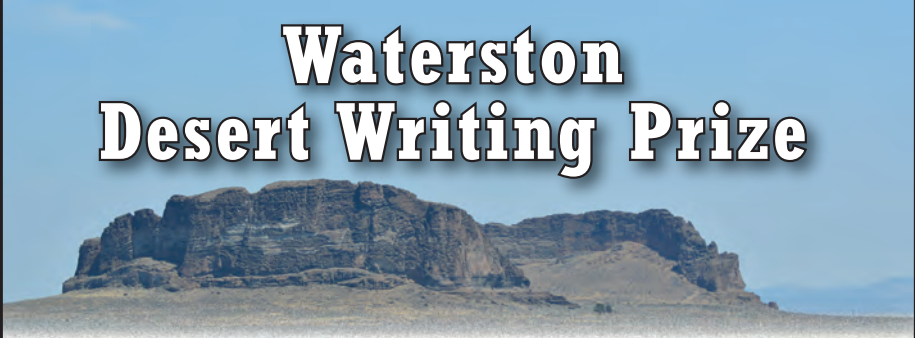


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Ambassador for People with Special Needs

By Loren Cruden

The utilitarian carpet in the conference room where Linda White warmly greeted me was curiously sprinkled with multicolored glitter, as if from spontaneous tiny explosions of goodwill. Linda White's current job title at Career Path Services in Colville is "Employment Specialist" but "Ambassador" better describes both Linda's nature and her role in the community.

"I was recruited for this job in 1988. I was in Moses Lake at the time, working in a sheltered workshop." Linda's interest in disability's impact started long before that. As a little girl, one of her playmates was an adult neighbor with Down Syndrome, and as a teen she babysat for a Down Syndrome child and his siblings, noticing how the youngest boy turned to his Down's brother as a role model. Linda was fascinated by the different ways people develop as human beings. In high school she volunteered to work with kids in the younger grades.

"As I got older, the interest became not so much with development as with responsibility, looking for the gift in other people, and building on that, building on the strengths that are there. People with disabilities don't really fit in our culture. One of the first things people here ask somebody is, 'What do you do?' So I thought, why not help disabled people find work?"

Finding employment for individual disabled people is very different from grouping them together in sheltered workshops, and the difference in the effect on individual employees, co-workers, employers, and the community as a whole is profound. "So I started working toward that end, and had a lot of support, including from state funding advocating that move away from sheltered workshops. It can be a difficult transition for the individuals involved, because it takes a very different skill set to participate in the general workforce."

With the encouragement of then-County Commissioner Allan Mack, Linda agreed to move to the Colville area and take up the challenge at Career Path Services, whose doors opened on October 1, 1989. Linda became CPS's branch manager, and later its regional director. The shattering family loss of Linda's 26-year-old daughter ended Linda's stint as director.

When she returned to work it was as a practitioner again, working directly with people as an employment specialist instead of an administrator. "People ask how I survived the loss of my daughter, and I tell them, 'I don't know.' But it changed my priorities. It was good to be with people. I have had so many wonderful experiences with clients and parents and employers – it has been an amazing ride. I've learned so much."

Q: What does being an employment specialist entail?

Linda: Case assessments, getting to know clients and focusing on their skills, their aptitudes, experiences – their dreams. I always ask clients, 'What's your dream job?' Part of that involves an education about where we'll start to get there." Career Path works with people who are developmentally or physically disabled (or both); some people additionally have mental health difficulties. Clients are referred from vocational rehab or other agencies and Career Path does evaluations to find out whether and what employment might best suit the client. Then comes the challenge of matching a client to the most appropriate employment situation.

I got the feeling that Linda thoroughly relishes this part. Just sitting, listening to her, the unflagging determination to find the right equation – employee and employer both well-served – is crystal clear. And along with this stamina abides the also necessary humor, humility, and

Finding employment for individual disabled people is very different from grouping them together in sheltered workshops, and the difference in the effect on individual employees, co-workers, employers, and the community as a whole is profound.

natural puzzle-solver's satisfaction with successfully unlocked challenges.

"I think it's really common for most of us, working on our résumés, to be shy of tooting our own horns. It's no different for people with special needs. Maybe it's even harder, talking to someone else about their skills and strengths. But I can see, within a half-hour of talking to someone, what these are, and people have a lot going for them! It's really fun helping them find those strengths – and it's pretty exciting for me.

"Sometimes it's a little more difficult for the parent. I think all parents, to some degree, are protective. It can be even more so for parents who have had to advocate for their kids, or when their child has had a less than positive experience at school or growing up, or with other kids. So I see them being a little hesitant sometimes about their child going to



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Conversations: Linda White

work. But it's really about talking with them about possibilities.

"The other side of it is working with employers. We want it to work for everyone involved. Sometimes we don't get the right match the first time. But my goal before retiring is to have everyone employed." She laughs. "I still believe I can do it."

I asked about local attitudes about hiring disabled employees, and Linda pointed out that resistance to hiring "those people" often changes after a reluctant potential employer is exposed to disability in his or her own personal life – a friend or relative becoming disabled; the birth of a special needs grandchild. "Things have changed a lot with employers in the last twenty-some years," she said. "But it is not easy; with small businesses, employers are accustomed to trying to hire people who can do everything, and the ability to do everything is not usually the case with our clients. I have a lot of respect for employers who take the risk: nothing ventured, nothing gained. We've been very successful in Stevens County, but there's more work to be done. We take it one client at a time, one job at a time."

That stamina again.

"One thing I've learned with this over the past thirty years is – you know how, what we don't understand we fear in society? This is really so much about that. So it's a matter of gradual, patient education. And usually it works, more times than not. People change and grow. I'm not the same person I was thirty-six years ago. I would hope that we all grow. There have been a lot of changes since I started this job. It says a lot about our area; it says a lot about growth. Part of diversity is hiring disabled people in the workforce.

"A lot of times when I ask clients about their dream jobs I know that what they dream is not something I'll see happen. But I can certainly help them move closer to that destination, finding something that will have an impact on that person's quality of life."

Did I look dubious? Linda leaned forward. "If I want to become assimilated into a workforce I need to be there enough to become part of that culture. It's about socially connecting, building relationships with people – who may or may not have a disability." She opened a notebook,

ran her finger down the page. "We place people in all kinds of jobs," she said. "Here's one on a horse ranch; custodial work; a hospital kitchen; someone at the assessor's office for a couple years; accounting services; all kinds of things. We try to look at both skills and interests. We had a guy who could build anything you could ask for, from Legos. That's what he did at home. We got him a job making individual security devices – he was a whiz!

"I try to be very aware, very careful that a disabled person isn't turned

into a kind of workplace mascot by co-workers. We used to do more co-worker education, but not so much anymore, unless there's a communication challenge that we know is going to present itself. Otherwise we want co-workers to just be co-workers, not make a big deal out of a 'special' co-worker. So we don't do that kind of obvious education anymore." Instead they look for co-workers on site who will naturally step in to provide support for the client.

I wondered if, when Linda retires, she'll stay in the area. "I will," she said. "Our children and grandchildren are fairly accessible from here. I love it – the beauty; it's so pretty here, and the wildlife....

We have an old farmhouse in Summit Valley. It's beautiful; I love that land. But I still have things to do and things to learn from my work."

I suggested that when enough people are willing to change the basis of how we go about things, it shifts the ground of community itself.

"Yes, I really believe that," she said. "And I'm not done yet!"

Accompanying me to the door, looking down at the carpet, Linda quietly mused to herself, "I really don't know how all this glitter got here."



Linda White

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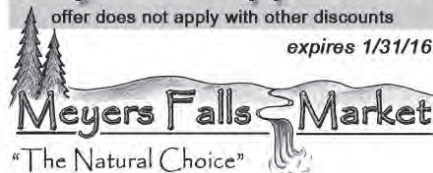
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In Nature: The Barn Owl

Article & Photos by J. Foster Fanning

Ghosting over the twilight landscape, flight as quiet as a gentle snowfall, the barn owl (*Tyto alba*) frequents the highlands of NE Washington. These medium-size owls are easily recognizable by their overall paleness and deep, dark eyes. Often it is the white face of this owl that catches one's attention, given their otherwise camouflaged markings and silent flight. Buff and grey head coloring flows down the back and upper wings, contrasting with the snow white face, lower body and underwings. In twilight flight it is not uncommon to note only the overall whiteness of this mostly nocturnal predatory bird.

Google "barn owl" and you will find mythology from all around the world, from ancient Greece to near modern cultures. Belief on some isles of Great Britain gives us that "A Barn Owl screeching meant cold weather or a storm was coming." In ancient Greece, Athene, the goddess of wisdom, was so impressed by the great eyes and solemn appearance of this night bird, she honored it as her favorite among feathered creatures.

Barn owls occupy habitats worldwide, and most frequently are in open or semi-open environments. Here in Washington State we are fortunate to have a stable population of these owls living in forest openings, along our frequent basalt cliffs, in agricultural areas, in wetlands, and in other relatively large, open spaces. In winter look for these popular owls in the shelter of dense conifers or old barns or other protected places.

The behavior of these hunters is to fly low over open ground, employing their keen senses of highly precise hearing and sharp vision adapted for low light levels, to listen and watch for prey. Of all nocturnal, predatory creatures studied, the barn owl exhibits the most effective ability to accurately home in on prey through audio perception and strike effectively in total darkness.

Weather plays a dominant role in the growth of food sources for small mammals, and hence the abundance – or not – of voles and other small mammals (predominantly rodents) affects the number of broods these owls are able to sustain. Rabbits, shrews, bats, lemmings and other small mammals, as well as the occasional blackbird, starlings and other songbirds, make up this owl's primary diet. During the nesting phase the barn owl is unique in that it will sometimes store remnants of food in the nest to feed the young hatchlings when they arrive, thus assuring a greater chance of survivability for its offspring. Owls are also unique in that they swallow their prey whole – skin, bones, and all, although they don't pass everything through their digestive tracts. Thus, about twice a day, they cough up pellets. Ornithologists study the pellets, which form a record of what the owls have eaten, learning about the owls and the ecosystems that sustain them.

Generally, if one is lucky enough to observe a barn owl in flight, it is during the classic slow wing beats pattern. It's rarer to see the male of this species wooing a mate. The courtship flights of males are a display to gain favor of the females. In this phase the male will often do a "moth flight," where it hovers in place, with feet dangling, in front of the



potential mate. If she is interested, the male progresses to flights back and forth to potential nesting sites. Once the pair bond, the female remains in the selected nest location and the male strikes out on hunting forays, often providing the female with more food than she can consume, which in turn becomes the nest pantry mentioned above. While these birds mate for life, the males are not necessarily monogamous and may court other females.

Barn owl nests, according to the Seattle Audubon Society, "are located on cliffs, in haystacks, hollow trees, burrows in irrigation canals, or in barns, old buildings, or other cavities. Barn owls use barns and buildings less often in eastern Washington than in other parts of their range, as many of these nesting sites have been taken over by great horned owls. They do not build a true nest, but much of the debris around the nest, including pellets, is formed into a depression." Courtship complete, the egg-laying for barn owls in the north occurs from March into early May. It is not unusual to have a half a dozen or more eggs per brood. Incubation is approximately a month-long process, with the female being the primary nest-bird while the male continues to hunt, providing food and guarding the nest site. The male's role as hunter is vital after the young owlets appear. He provides the female with food and she in turn feeds the hatchlings. This process continues for the better part of two weeks, at which time the female will venture forth from the nest and begin to hunt for herself. Her absence causes the chicks to begin their first period of activity. In approximately two months the chicks will fledge and launch into their first flights. The nest remains their base of operation for the next month or so. While it is common for a barn owl to raise one brood a year, abundant food sources will prompt a second and even possibly a third brood.

Barn owls, like other species of wildlife, are threatened by the conversion of agricultural and wild lands to urban and suburban development. This, of course, causes a loss of suitable nesting and foraging sites. The loss of agricultural fields and grasslands affects barn owls through changes to their prey populations. Loss of forest areas reduces the habitat for nesting sites.

Interested in helping with the recovery of these unique creatures? Appropriately sized and located nest boxes have helped these owls recover in areas where natural habitat is reduced. Planting hedgerows along roadways restricts the owls' gliding flights and thereby reduces the number of birds lost to automobile hits. Reduction on non-contained rodent poisons helps restrict impacts.

When wandering the forest edge, fields and meadows of the highlands, keep a sharp eye peeled for that ghost-like apparition gliding through the twilight. You might get lucky and find yourself in the company of a barn owl.

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



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The Yoga Studio at Colville Fitness Center is offering classes. See ad on page 8 or call 509-684-1987.

Pro Bodyworks is moving! See ad on page 23 or call 509-684-1420.

Meyers Falls Market in Kettle Falls has events and classes, from seed exchanges to wine tastings to yoga, and more, throughout January. See ad on page 14 or visit MeyersFallsMarket.com or call 509-738-2727.

Stazy's Vocal Studio offers private and group voice lessons for all ages and styles. Also, Stazy and The Naturals are ready to entertain at your event. See ad on page 15 or call 509-684-7761.

Gail Johannes is offering watercolor art classes in Chewelah. See ad on page 23 or visit gailjohannesarts.com or call 360-298-0586.

Special Events

Ferry County Rail Trail presents its sixth annual **Ski Day Jan. 9 from 10 am - 2 pm**. Meet at the Kiwanis Road trailhead at the north end of Curlew Lake. Professional ski instructors and free ski instruction will be on hand, as well as free gear to use: skis, boots and poles. Win a Timex Expedition watch for the best retro ski costume! Visit <http://www.republicwa.org/event/ferry-county-rail-trail-ski-day/> for more info.

Colville Community Blood Drive Jan. 12 at the Ag Trade Center from 11:30 a.m. to 6:00 p.m. A single donation can save the lives of up to three people! Contact Michael Long at 208-659-7085 for more info.

Parkview Senior Living is hosting Dress Your Pet Day Jan. 14 from 1 - 4 pm for a free picture of your pet. Remember that your pet's garments should allow them to see, hear, breathe, eat, and relieve themselves comfortably. Win gift certificates: 1st place \$50, 2nd place \$30, and 3rd place \$20! Call 509-675-1479 for info or bring your pet to 240 S. Silke in Colville.

Republic Winterfest Jan. 16. Browse the shops, enjoy the lights, and view or participate in activities throughout the event. There will be a bonfire, torchlight parade and lots of fun for the whole family. Visit <http://www.republicwa.org/events/> for more info.

The Tri-County Community Health Fund will host a community meeting Jan. 16 to share information about what has been accomplished with current projects

and to work on the issue of homelessness in our region. The meeting will be at the Colville Community Health clinic, 358 N. Main Street in Colville at 6 pm. For more info, email baconbarry@juno.com.

2016 Gold Rush Snowmobile Fun Run Jan. 16. Starts at the Beaver Lodge, 2430 Hwy 20 East, out Tiger Pass. Sign in at 9 am. Presented by Colville Drifters.

Relay for Life Kick Off Jan. 19 with food, music and prizes, 5:30 - 7 p.m. at the Hub, 231 W. Elep in Colville. For more info, contact Jessica Bronte at 509-242-8293 or Jessica.Bronte@cancer.org.

Arts & Crafts

Savvy Seniors Craft Class Jan. 20 at 1 pm at the Colville Senior Center (HUB), 231 W. Elep Ave., Colville. Last month was finger knitting and next month we will be creating snowflakes - ones that don't melt! Sponsored by Parkview Senior Living. Please RSVP by Jan. 15 at 509-675-1479.

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

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

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

Books, Books, Books

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

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

In NE Washington & Interior British Columbia

Music, Dance, Theater

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

Farm, Field & Forest

NE Washington Permaculture Guild (NEWPG) Seed Saving Event Jan. 21 at 5 pm at Meyers Falls Market. This event is free to the public to come and share organic heirloom seeds and information. Please park in back; bring a drink or snack if you would like. Any questions, contact 509-680-8499 or email kud427@gmail.com.

Wellness

Free Introduction to Tai Chi & Qigong Class Jan. 3, 1-3pm. Experience what Chinese energetic health exercises can do for you. Contact Lauri McKean (certified instructor & licensed acupuncturist) to pre-register or for info: wbchinesemedicine@gmail.com or 509-690-7977.

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

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

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

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

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

Rape, Domestic Violence & Crime Victims, help is available. Confidential, 24 hours a day at 509-684-6139 or toll free 1-844-509-SAFE(7233). **Victim Services Re-established in Ferry County,** effective August 13, 2015. The four advocates working at the recently-closed Connections have been hired as Victim Advocates for Rural Resources Victim Services in the Republic and Inchelium offices. The office in Republic is open Mon. - Thur., 8 a.m. - 5 p.m., closed Fridays. The Inchelium office is by appointment on Tues. and Wed.

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

Life of the Spirit

The Colville N.E.W. Lighthouse of Aglow International meets Jan. 14 at 6 p.m. at the Colville Ag Trade Center. The featured speaker will be Vonnie McCoy. Her future husband introduced her to Jesus at the age of 16. Blayne (of Bustin' Loose Ministries) & Vonnie have now been married 29 years and have four grandchildren. She has been the Director of N.E.W. Family Services in Colville for 15 years, serving an average of 185-195 clients each year. Come here how Family Services came to be at their present location (144 W. 5th) and learn about this facility that ministers to women in our own community. Aglow, a Christian organization, is open to both men and women and the meetings are open to the public. For more information about lighthouse meetings, contact Kathleen at 680-1411 or Kim at 684-3467.

The Full Gospel Business Men's Fellowship in America will meet Jan. 21 at 6:30 pm at the Stevens County Ambulance & Training Center, 425 N Hwy in Colville (at the north traffic circle next to Ronnie D's). Keynote Speaker yet to be announced. Full Gospel, a Christian organization, provides spiritual fellowship in a non-church setting. You do not need to be a business person to attend; both men and women are invited and the meetings are free and open to the public. For more info, contact Stewart Kent at 509-684-6144.

Spiritual Study Group, Jan. 24, 4-5 pm. All are welcome! The HÜMÜH Buddhist Center is hosting a Satsang spiritual study group to listen to the Wisdom Master's recorded words about "Sustaining Joy" and explore their meaning with the Satsang. Donations accepted. For more info call 509-476-0200.

Explore meditation and mindfulness and move towards greater health and balance in your life. Whether you are completely new to meditation or practice it daily, you are welcome to attend this free meeting on the first and third Wednesday of every month at 6:30 pm, at the Deer Park Library, 208 S. Forest. (This space is wheelchair accessible.) Questions? Contact us at 2.amindfullife@gmail.com, or go to our Facebook page: A Mindful Life.

Do area churches meet your spiritual needs? Our small group believes love can make justice and peace real in our world. We are open to all and accepting of all. It does not matter your lifestyle, your belief or non-belief, or your sexual orientation, you are welcome here. Wherever you are in your life's journey, you can be who you are and be welcome here. We are simply sharing the same road, listening and telling stories along the way so we all might move toward a world where everyone flourishes. Atheist, Muslim, Buddhist, Hindu, Jewish, Christian Believer - are welcome here. We also provide childcare. Try out our service at 10 Sunday morning, 205 N. Maple St (2nd & Maple), Colville, WA. Call us at 509-684-4213. We are the United Church of Christ.

Youth/Parenting

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

Give a Preschooler a Head Start: Preschool classrooms are available at no cost for children ages 3 to 5 in Colville, Kettle Falls, Chewelah, Springdale, Valley,

Continued on page 24

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

A Good Read

Glad News of the Natural World, by T. R. Pearson

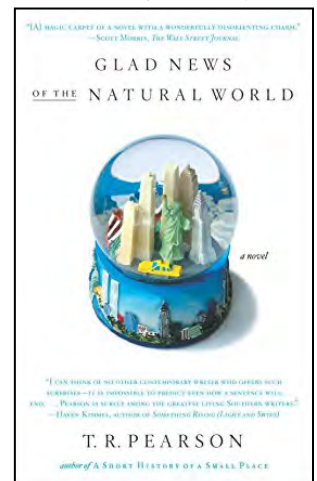
Reviewed by Loren Cruden

T.R. Pearson is the kind of storyteller who makes glum sound like fun. “I can’t help but believe I was intended for better use than I’ve gotten,” his “almost criminally unambitious” narrator says. This protagonist, Louis, has an Eeyore-like satirical resignation about life’s tendency to short-change. He is prodded off to New York City from North Carolina, full of a southern boy’s politeness and private powers of observation. Only, Louis is not a boy any longer and, as he is “comprehensively ungifted,” and possessed of only a “wan and meager strain of personal charm,” Louis singularly fails to impress his employers at the insurance company. A company in whose North Carolina branch Louis’ father had sparkled.

Louis feeds the reader tantalizing excerpts from that life in Neely, North Carolina, whose residents seem almost cheerfully mad. In New York Louis falls for a woman interested in his fix-it skills and willingness to oblige. She makes use of him, but not for romance. Louis ends up working for a crook called Bunny who lives in a house “built on the order of a split-level chateau with plush wall-to-wall carpet and heavily gilded tomb-of-the-pharaohs

décor.” He repairs stolen appliances and electrical equipment for Bunny. Horizons broaden, Louis – a one-thing-leads-to-another kind of guy – becomes a service driver in addition to his other sidelines (his whole life is comprised of sidelines). He finds the work “legal and oddly relaxing, like driving peevish children who were obliged to pay their own way.”

The story could well continue cruising pointlessly along, Louis falling into one circumstance after another. But it comes time for our protagonist to get a grip. Traumatic events, as so often in life, are the catalyst, and Pearson’s prose rises to the occasion.



The Wind is Not a River, by Brian Payton

Reviewed by Loren Cruden

This novel’s title harks to another (nonfiction) book: When the Wind Was a River, Dean Kohlhoff’s account of the internment of the Aleut in Alaska during World War II. Canadian Brian Payton’s novel, however, illuminates another aspect of the Japanese invasion of Alaska’s treeless Aleutian Islands. Told from the points of view of a journalist stranded behind enemy lines, and the wife who comes searching for him, the reader gets both a marvelous love story and a look at the only WWII battle fought on U.S. soil (or permafrost, as the case may be). After all, how many of us even recall that a battle – 10,000 lives lost; ships, planes, and some 500,000 soldiers involved – took place in Alaska?

The volcanic Aleutian Archipelago stretches a thousand miles toward Siberia. Helen, the missing journalist’s wife, “does not know how she is going to find him. She only knows that she must go there to do it.”

An experienced journalist himself, Payton brings appropriate nonfiction elements of style to his story. Each character, major and minor, carries measures of guilt and sorrow, gump-tion and transcendence; they are

daunted yet remain determined in the face of war-time hardships. They are twentieth century people, pre-Korean/ Vietnam War people, and Payton’s storytelling reflects this, honors it. “By the time Helen’s mother was twenty-five, she had mastered two foreign languages, studied music abroad, and balanced the books of the family dairy. She had given birth to three children, and emigrated to the New World. In moments like these, Helen feels eclipsed by her legacy. But if John’s absence – if this war – has shown her a single thing, it’s that we must reimagine who we are and what we

are capable of doing.”

Payton doesn’t offer sophisticated political or cultural insight, but a story of single-minded, decent perseverance.

Other recommendations from the P shelves:

Thomas Powers – The Killing of Crazy Horse (nonfiction)

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



'The Force Awakens' at a Theater Near You

Reviewed by Sophia Aldous

The Force is strong with this one.

Sorry, not sorry, I just had to do it. Now that we've gotten that out of the way, rest assured, the hype you've heard is true: *Star Wars* is back.

Star Wars: The Force Awakens is written by Lawrence Kasdan, J.J. Abrams, and Michael Arndt and directed by Abrams. It serves as a sequel to the original *Star Wars* trilogy that, if you've been living under a boulder and haven't heard, rocketed into cinemas and pop culture in the 1970s and early '80s, creating a film phenomenon.

Creator George Lucas attempted to capture lightning in a bottle again with the *Star Wars* prequels that were released between 1999 and 2005, but many fans (including this one) and critics were less than enthused. So when I originally heard that Hollywood was looking to revive the

glory of *Star Wars* with a seventh film, like any film snob full of her own opinion, I washed my hands of the whole affair.

Then the teaser trailers started to trickle in...and I admit I felt the stirrings of hope. A New Hope, really (okay, I promise I'm done now).

It feels good to say that my initial apprehensions were unfounded, because this movie rocks. Action, adventure, heart, and humor – it's got the goods that we want and need in a *Star Wars* movie that not only honors the spirit of the original trilogy, but also introduces a new generation.

The plot goes something like this: Approximately 30 years after the destruction of the second Death Star, Luke Skywalker (Mark Hamill), the last Jedi, has disappeared. The First Order has snaked its way in place of the defunct Galactic

Empire and is looking to scrub Skywalker and the Republic off the map. A droid containing a map that is said to reveal Skywalker's location happens upon a loner named Rey (Daisy Ridley) on the planet Jakku, where the First Order hunts them down to try to capture said droid.

Along the way, they meet former stormtrooper turned deserter Finn (John Boyega) and they form an alliance in order to return the droid to Rebel forces led by General Leia (formerly Princess, played by Carrie Fisher). Hot on their tail is Dark Side baddie Kylo Ren, played with unsettling intensity and deep-voiced menace by Adam Driver.

What else can I say to convince you to go see this movie? It feels comfortingly familiar while injecting fresh faces and spirited humor. The narrative is swift but still easy to follow. You'll cheer, you'll laugh, and you may even tear up a wee bit.

Star Wars: The Force Awakens is why we go to the movies.

A side note: *The Force Awakens* is rated PG-13 and a few moments in it may be too much for little kids.



The Classics Corner: *Cabaret*

Reviewed by Sophia Aldous

What's better on a cold winter's day than Liza Minnelli vamping it up in pre-World War II Germany on the cusp of the Holocaust?

Well, plenty, but why bother to think of them now? As the weather outside will most likely be frightful until late March, cue up the 1972 film *Cabaret*, one of the most spangled, slinky, despondently seductive musicals to translate to the big screen.

Now, for those of you who heard the "m" word and immediately cringed, don't worry. No one spontaneously bursts into song in *Cabaret*; the majority of the singing takes place on the stage of the Kit Kat Club in Berlin where our high-spirited, dysfunctional leading lady, Sally Bowles (Liza Minnelli) sings lusty, longing tunes.

Enter British student Brian (Michael York), who moves into the same boarding house where Sally resides. The two develop a romantic relationship that mirrors the rise of the impending conflict around them, while still showing us two characters that have cocooned themselves in their comforts. For Sally, it's being the star of the show, the "femme fatale;" for Brian, it's his books and academia.

As the story progresses, we see the cracks in

both of their facades, while watching the threat of Nazism seep into their world and the lives of their friends and neighbors.

Director and dance legend Bob Fosse won an Academy Award for *Cabaret* in 1973, and it's well deserved in my mind. It also nabbed awards for Minnelli, who is both exasperating and luminescent as the singer trying desperately to be something other than who she is, whoever that may be. Joel Grey won Best Supporting Actor for his turn as the Kit Kat Club's quirky, madcap emcee. The performances are believable and the cinematography is seamless in helping pull us into the narrative.

As much as I love musicals

(a good portion of my music catalogue is made up of show tunes), *Cabaret* doesn't follow your usual formula that accompanies many popular song and dance flicks. It deals with topics like bisexuality, abortion, and discrimination, still hot button topics.

Cabaret is one of those rare films that entices and entertains us while still showing us the flaws of its characters, which of course, as all good stories reveal, are ultimately our flaws as humans.

Cabaret is rated PG (this was before the Motion Picture Association of America created the PG-13 rating, so take that as you will). It is available for rent or a copy is available through Libraries of Stevens County.

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



LISTEN UP



Rush Through the Ages

Reviewed by Michael Pickett

Rush began their run as a premier live act 42 years ago. Now, over 6,000 live shows later and with physical ailments starting to take their toll, the band announced that the R40 tour would likely be the last major tour the power trio would take on.

R40 Live catalogs this tour in the form of a trip back through time, covering as many Rush high-points as possible in the space of a nearly three-hour rock concert. Long-known for covering multiple genres, Rush has never been one to simply say "this is our role" and constrain themselves (or listeners) to unsatisfying limitations that end in disappointment. *R40* documents, in reverse chronology, Rush's incredible cross-section of styles with gems like *The Spirit of Radio*, *Natural Science* and *Losing It* (with Ben Mink on violin), which had never before been performed live.

With a much better mix than 2012's *Time Machine*, this DVD/CD combo captures phenomenal Alex Lifeson tones and ballistic Neil Peart drum excursions almost flawlessly. Geddy Lee jumps back into upper register vocal madness for the first time in ages with a nod to 1975's *Lakeside Park* and then into *Working Man*, the Canadian trio's first stateside hit from 1974.

There have only been a small handful of times I've felt like I was truly home. One was in a backyard oasis here in the Pacific Northwest, and the other was when I first listened to Rush. This is a band that has carved out a singular creative niche over four decades, and they have never sounded better-represented than they do on *R40 Live*.

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



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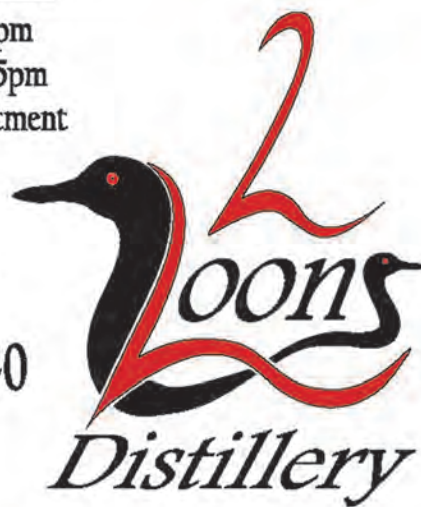
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Yoga for the New Year

By Brenda St. John

"Happy NOW Year! May you leave the past behind and live in the NOW, enjoying the blank slate of the new year ahead."

~ Karen Salmansohn

The beginning of a new year always seems to beckon us to make fresh starts, and re-committing to our home yoga practice is no exception. One of my favorite on-line gurus is Judith Hanson Lasater, and her definition of what constitutes a beginner yoga student includes "someone who never practices at home." I think that comment exemplifies the importance of integrating what you learn in class into a personal practice that comes from the heart.

We can think of our yoga practice as involving our body, our breath, and our mind, and our home practice should involve all three of these, but not necessarily all at the same session or even all on the same day. Baby steps will get us moving in the right direction.

Asana (AH-sa-na) is the yoga that moves our bodies, and there are many types to choose from. Each time you decide to practice, do whatever style feels right at that particular time. Some days you may feel like moving energetically with vinyasa, linking yoga poses together. (Sun Salutations are a vinyasa.) Other days you may prefer a yin practice, which is holding postures for a relatively long time to release tight connective tissues (examples are Butterfly, Sphinx, Swan, and Dragon, just to name a few). On low-energy days, a couple restorative postures will serve you well. Most people really enjoy the Supported Bridge Pose. Begin with a traditional Bridge, then place a block under the hips for the sacrum to rest upon. Start with the block at medium height,

and then if possible, switch it to the highest position. Legs Up the Wall and Savasana are two other excellent restorative asana.

Pranayama is the breath control aspect of our yoga practice. The basic breathing pattern is slow and deep, with inhalations equal in length and effort to exhalations. When the inhalations are longer than the exhalations, our breathing energizes us. When the exhalations are longer than the inhalations, the central nervous system calms down. Ujjayi breathing is always a nice place to start. Kapalabhati is invigorating. Nadi Shodhana (Alternate Nostril Breathing) and Brahmari (Bee Breath) are good pre-cursors to meditation. We control our consciousness with Pranayama, which makes it the single most important part of our yoga practice.

Meditation is one of the ways in which we discipline our minds. Find a comfortable seat, either in a firm chair or on the floor. If sitting on a chair, make sure both feet are flat on the floor. From either base, sit up straight and tall and let your shoulder blades glide down your back. Lower your chin slightly toward your chest and let your eyes gaze downward, over the tip of the nose, with a soft focus. Keep your mind as still

as possible while maintaining your awareness on your breath. That's it! Simple, but not easy. Stay here for a minimum of eight minutes, and over time build up to 20 – 60 minutes. You can add variety to your home practice of working with the mind by listening to recordings of guided meditations and Yoga Nidra.

Living out the yoga philosophies takes our yoga "off the mat and into the world" (to quote Seane Corn). Observe ahimsa by never causing harm to self or others with words, thoughts, or actions. Notice when you gravitate towards attachments or away from aversions, two sides of the same coin. Try to avoid both. Develop the attitude of gratitude, learning to recognize the constant flow of blessings in their sometimes hidden forms. The ways to practice yoga at home are limitless.

May the benefits of your home practice be extended to others. Happy New Year! Namaste.

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

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From the Soil

By Louanne Atherley

I've always wondered about the tradition of eating black-eyed peas on New Year's Day. It comes to us from southern cuisine and is said to bring good luck throughout the New Year.

It's easy to see how this dried pea got its name. There is a very distinctive black spot around the place where the pea attached to the pod. Although in some varieties there are variations on the spot – it can also be brown, red, pink, or green – they all start out green before they are dried. The black-eyed pea is a legume, a family of plants distinctive for the fact that there are nodules on their roots containing bacteria that fix nitrogen in the soil – very important for a happy garden. Some other legumes are alfalfa, clover, beans, lentils, lupins, mesquite, carob, soybeans, peanuts and tamarind; quite an interesting array of edibles (and non-edibles). I had no idea some of these were related. Another bean similar to the black-eyed pea that is popular in Mexican cuisine is called frijol ojo de cabra (goat's-eye bean) that is sometimes confused with the black-eyed pea in areas where they are both available. You could argue that they both look somewhat like the eye of a goat, although they do look different from each other.

Like other dried peas and beans, black-eyed peas are a great source for protein and dietary fiber. They

also contain important nutrients such as calcium, folate, and vitamin A.

According to archaeologists, black-eyed peas were first domesticated in Africa about 5,000 years ago. They probably made their way to North America on slave ships, although they were also likely brought by Sephardic Jews who arrived in Georgia in the 1730s. In this country they were first grown in Florida and the Carolinas and later in Virginia and Texas. George Washington Carver, who may be better known for recommending more than 100 uses for peanuts, recognized the value of its nutrition and benefits to the soil and promoted its growth around the turn of the last century. Black-eyed peas were also traditionally cultivated in several Asian countries.

Eating black-eyed peas on January 1st had become a widespread southern tradition in this country by some time after the Civil War. The Sephardic Jewish tradition of eating black-eyed peas for good luck is over 2,000 years old and comes from the Babylonian Talmudic tradition of eating "good luck" foods at Rosh Hashanah, the Jewish New Year.

Why is this good luck? One explanation says that because they swell when cooked they represent prosperity; another is that the greens they are frequently cooked with symbolize money (although green money is obviously a relatively new concept), and with pork because pigs root forward when foraging, representing positive motion.

Another explanation says that eating these simple legumes demonstrates humility and a lack of vanity. This idea is embodied in the expression "Eat poor on New Year's, and eat fat the rest of the year." Still another explanation is that dried beans loosely resemble coins.

Regardless of whether you believe they are good luck, black-eyed peas are just plain delicious. Compared to other edible dried beans or peas, black-eyed peas are very tender and creamy when cooked. Sometimes you can find them in the produce section



already softened and ready to season and there are always canned black-eyed peas if you are short on time. They form a wonderful base for a variety of flavors from different cultures.

In our most familiar version from the south, sometimes called Hoppin' John, they are traditionally cooked with some form of salty, smoked pork like ham hocks or bacon, hog jowl or fatback, plus onion, some red pepper for a bit of heat and some vinegar for a high note. Usually they are served with bitter greens which could be anything from spinach or kale to the more traditionally southern collards, or mustard greens – either a few thrown into the pot or served on the side. They are often accompanied by cornbread which adds a bit of sweet, making a meal with a lovely combination of flavors and colors.

For an Asian take on the same meal, crank up the heat a bit with some birds-eye chilies, add some ginger and garlic, use soy sauce instead of pork for the salt, substitute bok choy for the greens and maybe citrus for the vinegar and again you have a delicious complement of flavors in a very eco-nomical and nourishing dish.

Or you could take a cue from Indian cuisine, flavor them with curry, and serve them with yogurt, rice and cilantro.

Whichever combination of flavors appeals to you, you should "Try 'em, you'll like 'em."

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

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The Curiosity Factory

By Beverly Sarles

On my very first day of work at the WSU Extension Office in Newport one year ago, I knew I was in the right place. Youth development is my passion and I would get to work with youth and families in the community where I live and play. I was struck by the fact that the Extension Office oversees all the 4-H Clubs in Pend Oreille County. 4-H is the largest youth development organization in Washington; it reaches nearly 60,000 young people. Most people think of cows, horses and/or pigs when the subject of 4-H comes up. However, this program offers so much more. One significant example is the Curiosity Factory, which is housed in the Makerspace at the Extension Office in Newport.

The Curiosity Factory is a community learning space for people of all ages to explore, create, design, fabricate, operate, share, and teach. The Curiosity Factory's purpose is to promote creativity, technology, art, and the generation of ideas in an open environment that promotes group sharing and individual growth to the benefit of the individual and the community.

It is the vision of the Curiosity Factory to be the premier rural model Makerspace venue in the Pacific Northwest. It creates a positive learning environment where one can experience and realize

full individual potential and gladly share knowledge by "paying it forward" to the community and the world. It enhances communication and acceptance among children, teenagers, adults, and senior citizens within the community.

The Curiosity Factory experience includes computer hardware tech, computer networking, computer programming/coding, 3D modeling, design, and printing, engineering principles, robotics, ROVs and AUVs, microcontrollers, renewable energy, wearable art and technology, and sustainable living.

Young people have been working on some very exciting projects at the Curiosity Factory. They especially like putting together robot kits and coding the 3D printer to make anything from 4-H clovers to figurines.

Building youth skills in STEM (science, technology, engineering, and math) has been called a national priority, and the Curiosity Factory steps up toward filling that need.

Students learn best through experiential time, not just in classrooms, Noel Anderson, senior director of Year Up, a national workforce and education organization, told a national STEM conference last year. Anderson said that can range from taking

apart a cell phone or computer to figure out how it works, to talking about the technology behind text messages and email.

Parents have a role to play as well, the conference heard. Most parents want their kids to participate in sports "even if we know our children won't be professional athletes," said Anna M. Park, chief executive of Great Minds in STEM. But just as a parent doesn't have to be an athlete to encourage a budding sports star, Park said, "you don't have to be a scientist to support your student" in math or science.

Courtney Tannenbaum, a senior researcher with American Institutes for Research, said students need to know "how much fun it is, what you can do with that, what it looks like and where it can take you." Moreover, potential scientists, mathematicians or engineers need "loving, caring individuals who believe in them and encourage them," she said. "A lack of encouragement is the same thing as discouragement. A few words can make a difference."

I feel honored to be part of a development program that reaches out to youth and their families to build skills for life in both tribal and non-tribal communities. Find out more at thecuriosityfactory.com or call 509-671-7718.

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What's Happening... continued from page 17

Newport and Cusick. Children in their last year before kindergarten are enrolled first, as well as children with disabilities and children from low-income families. There is no cost, and transportation assistance is available for many classes. Call 509-684-8421 or 877-219-5542. Head Start and ECEAP are programs of Rural Resources.

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

Miscellany

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

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

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

Kids First Children's Advocacy Center, a program of Rural Resources offers Child Sexual Abuse Prevention Training free of charge. Stewards of Children is a 2.5 hour interactive workshop that teaches adults how to prevent child sexual abuse.

This is ideal for parents, teachers and youth-serving organizations. Protect the only childhood our kids will ever have. Call 509-684-6139.

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

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

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

Local food banks need your help! There are a number of ways to contribute, from donations of nonperishable food items and cash, to organizing food drives in your



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church, organization or at work, volunteering your time at the food bank, or including the food bank in your will. Every donation to your local food bank makes a difference for area residents.

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



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Family Adventures Out!

This winter you can spend an afternoon all cozy and reading a book or you can get out into the snow and read a story written by...tracks! Every track has a story to tell and every story is an adventure to discover.

Tracking is a lot of fun and with a few helpful hints, you will be adventuring in no time.

It is best to go looking for tracks early in the morning or late in the afternoon. It is this time of the day that the sun casts the longest shadow and the features of tracks are the most easily seen. The depth of a track can give you an idea of how heavy the animal was who made the track. The angle of the edges of the track can tell you how fast the animal was traveling, if the animal came to an abrupt stop or changed direction mid-step. These features are important in reading the story of the track.

Weather can also greatly affect how easy it is to find or read tracks. The most perfect conditions to find tracks at this time of year would be a crisp, sunny morning after a previous day of heavy snowfall. Unfortunately, these types of winter days are not very common. A good tracker is happy to track at any time and knows a few tips to help them identify the tracks. They know that as snow melts over time, a track appears less crisp and much larger. They also know to look for debris, such as fallen leaves or twigs, over tracks to help them gauge how old a track may be. Lastly, they know they can do "thumb" aging of a track. This means they push their thumb into the snow next to a track and compare their thumbprint and the track itself to see how much older the track may be.

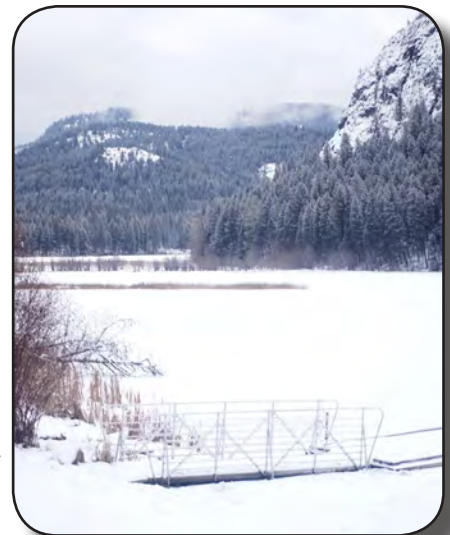
It is also important to have an idea of where to find tracks. One of the best places to look for tracks is near the edge of a water source. Smaller animals, like rabbits and squirrels, prefer to have the cover of brush when they are

drinking from the water's edge. These animals' tracks will be found in areas with a lot of cover to help protect them from any predators. Larger mammals, like moose and deer, like to have a more open area to access water. Their greatest protection is their speed in outrunning a predator and they would like a clear escape route. Carnivores are interested in both food and water and you may find their tracks anywhere along the edge of water. It is important to know as a tracker that you need to be careful along the edges of water during this time of year. Often the water may appear frozen over or be covered in snow, but will still crack under your weight. Be cautious and do not go out onto the ice itself, even to follow a track.

Once you have found some good tracks, you should use a tracking guide to determine which animal made the track. The guide will require you to look at the feature of the track (such as claw marks showing) and measure both the size of the track and how far apart the tracks are. All of these features will give you clues about the type of animal that made the track and give you an idea of how fast the animal was traveling. It is so much fun to follow the tracks and see if you can out together the story of the animal's passage through the forest.

The tracks we followed were along a gentle path going along the edge of Pierre Lake in the Colville National Forest. This path went along both a wooded area of the water's edge (so many cute bunny tracks!) and along the open beaches. There were tracks galore! I will mention we were glad we had a vehicle that could handle getting in and out of the unplowed access road. But the bonus to being both fairly remote and unplowed was there was only the wildlife and us as we spent a day exploring the story of tracks.

The beauty of the lake, the plentiful tracks, the variety of terrain and the gentle, well-marked trail all make this a five-boot hike. Be sure to bring some cocoa! For more family outdoor adventures, visit UpperColumbiaChildrensForest.com.



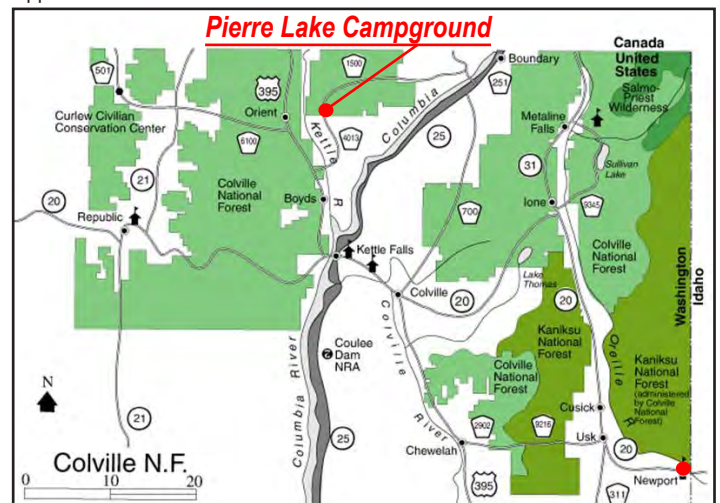
TRACKING KIT:

Field Guide*
Tape Measure or Ruler
Magnifying Glass
A Quarter
Hot Cocoa :-)

*Tom Brown's Guide to Nature Observation and Tracking is an informative and fun-to-read book. It is written at about the 5th grade level. Highly recommended!



A quarter is used as a size reference for tracks left by a mountain cottontail by Pierre Lake.



Page sponsor:



TRACKING TIPS!

TIP 1: Remember, an eagle or owl's wings can make tracks too! What a treat it is to find a track of a bird of prey finding a meal.

TIP 2: If you want to photograph the tracks you find, be sure to place something like a quarter near the track. It will help you gauge the size of the tracks in photos later and it gives your camera something to focus on in the snow.

By Becky Dubell

Leap Year this year...doing something funky with the extra day? What is happening for you in the New Year? New grand-baby, new job, kids graduating or just getting started into kindergarten, moving (be it 2 or 2,000 miles away), wedding, milestone anniversary or birthday, vacation plans or any other life celebrations?

We haven't a clue what is coming our way. In the New Year of 2015, Pro Bodyworks did not know they would be moving down the street. Re-Imagine was just something in Michelle's imagination. Sandra's returned to Main Street and to their brand new building. Peter bought the Kitchen Korner. Lot of grand-babies were born in 2015. Our granddaughter is one of them and I am on my way to Fairbanks for those much

needed hugs and kisses! (Sorry - had to get the 'Granny B' thing in.)

At this point in my life I am hanging onto the words I heard from Mary Kay Ash, "What you dream, you can achieve." That is how I am living my life, with the dream that each day will get better. Family and friends are very important in my life and they have been instrumental in helping each day be a little better than the last. We can all deal with whatever life throws at us each and every day, one day at a time and in our own way.

I would like to send my deepest appreciation out to all the readers of my articles for the support you have given me. You have all had a hand in helping me deal with each and ever day, one day at a time, in my own way. My dream for you

is: A VERY HAPPY AND PROSPEROUS NEW YEAR IN 2016!

P.S. Sorry, not done yet. I am harping again! Guys, get your prostate cancer blood test. Make 2016 a safe and happy new year for your family.

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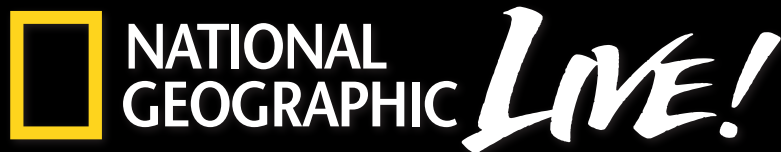


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