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# WEEKLY

c . a . s . c . a . d . i . a

REPORTING FROM  
THE HEART OF CASCADIA  
WHATCOM \* SKAGIT \* ISLAND COUNTIES  
{12.23.15}{#51}{V.10}{FREE}

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# WEEKLY

c a s c a d i a

## ThisWeek

A glance at this week's happenings



Bring your own lights or candles to an annual **Christmas Eve Caroling** gathering Thurs., Dec. 24 at the Fairhaven Village Green

### WEDNESDAY [12.23.15]

#### MUSIC

**Ukulele for Everyone:** 4:15pm, Everson Library  
**Steve Kaldestad:** 7pm, the Majestic  
**Vox Antiqua:** 7:30pm, First Congregational Church

#### GET OUT

**Group Run:** 6pm, Skagit Running Company, Mount Vernon

#### FOOD

**Holiday Chocolate Lounge:** 4-9pm, Evolve Chocolate

#### VISUAL ARTS

**Holiday Festival of the Arts:** 10am-7pm, 4145 Meridian St.

### THURSDAY [12.24.15]

#### ONSTAGE

**Good, Bad, Ugly:** 8pm, Upfront Theatre  
**The Project:** 10pm, Upfront Theatre

#### MUSIC

**Tracy Spring:** 3:30-5pm, Community Food Co-op  
**Christmas Eve Caroling:** 8pm, Fairhaven Village Green

#### COMMUNITY

**Candlelight Service:** 5pm and 9pm, First Congregational Church  
**Candlelight Service:** 9pm, Zion Lutheran Church, Ferndale

#### FOOD

**Holiday Chocolate Lounge:** 12-3pm, Evolve Chocolate



Spice up your holidays when Rumba Northwest hosts a **New Year's Eve Salsa Dance** Thurs., Dec. 31 at Cafe Rumba

**Christmas Eve Pasta Feed:** 5-8pm, Boundary Bay Brewery

**Christmas Eve Dinner:** 5-9pm, Semiahmoo Resort, Blaine

#### VISUAL ARTS

**Holiday Festival of the Arts:** 10am-3pm, 4145 Meridian St.

### FRIDAY [12.25.15]

#### COMMUNITY

**Merry Christmas:** To everyone, everywhere!

#### FOOD

**Lighthouse Mission Christmas Dinner:** 12-2pm, Church of the Assumption

### SATURDAY [12.26.15]

#### ONSTAGE

**Home for the Holidays:** 8pm and 10pm, Upfront Theatre  
**Butt Kapinski:** 9pm, iDiOM Theater

#### WORDS

**Sumas Writers Group:** 10am, Sumas Library

#### COMMUNITY

**Deck the Old City Hall:** 12-5pm, Whatcom Museum's Old City Hall

#### GET OUT

**Skagit Eagle Festival:** 10am-4pm, Rockport, Concrete, and Marblemount every weekend through January  
**The Lights of Christmas:** 5-10pm, Warm Beach Camp, Stanwood

### SUNDAY [12.27.15]

#### ONSTAGE

**Standup Holiday Open Mic:** 8:30pm, the Shakedown  
**Butt Kapinski:** 9pm, iDiOM Theater  
**Adam Ray:** 9pm, Wild Buffalo

#### MUSIC

**Kevin DallaSanta:** 3pm, Jansen Art Center, Lynden

#### WORDS

**Get Lit:** 7pm, Cafe Bouzingo

#### COMMUNITY

**Deck the Old City Hall:** 12-5pm, Whatcom Museum's Old City Hall  
**Chess and Coffee Meet-up:** 2pm, Market Street Cafe, Barkley Haggen

#### GET OUT

**Rabbit Ride:** 8:30am, Fairhaven Bike  
**Skagit Eagle Festival:** 10am-4pm, Rockport, Concrete, and Marblemount every weekend through January  
**The Lights of Christmas:** 5-10pm, Warm Beach Camp, Stanwood

### MONDAY [12.28.15]

#### ONSTAGE

**Guffawingham:** 9:30pm, Green Frog

#### WORDS

**Poetrynight:** 8pm, Bellingham Public Library

#### GET OUT

**The Lights of Christmas:** 5-10pm, Warm Beach Camp, Stanwood  
**Tuning Basics:** 6pm, REI  
**All-Paces Run:** 6pm, Fairhaven Runners

### THURSDAY [12.31.15]

#### ONSTAGE

**New Year's Eve Shows:** 7pm, 9pm and 11:30pm, Upfront Theatre

#### DANCE

**New Year's Eve Salsa Dance:** 8pm-1am, Cafe Rumba  
**New Year's Eve Contra Dance:** 8pm-1am, Eagles Hall  
**Speakeasy New Year's Eve:** 8pm-1am, Bellingham Dance Company

#### COMMUNITY

**A Night in Manhattan:** 5:30-10pm, Jansen Art Center, Lynden  
**Back to the '80s NYE:** 7pm-1am, Swinomish Casino & Lodge, Anacortes  
**NYE Ballroom Bash:** 7pm, Semiahmoo Resort, Blaine



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## THISWEEK



Fake smiles abounded when former Miss Universe, Paulina Vega, removed the crown from Miss Colombia, Ariadna Gutierrez, to give to Miss Philippines, Pia Alonzo Wurtzbach, during last weekend's Miss Universe pageant. Host Steve Harvey took the blame for the epic gaffe, saying he read the cue card revealing the winner incorrectly. "Nobody feels worse about this than me," he said later on Twitter. We're guessing Miss Colombia begs to differ.

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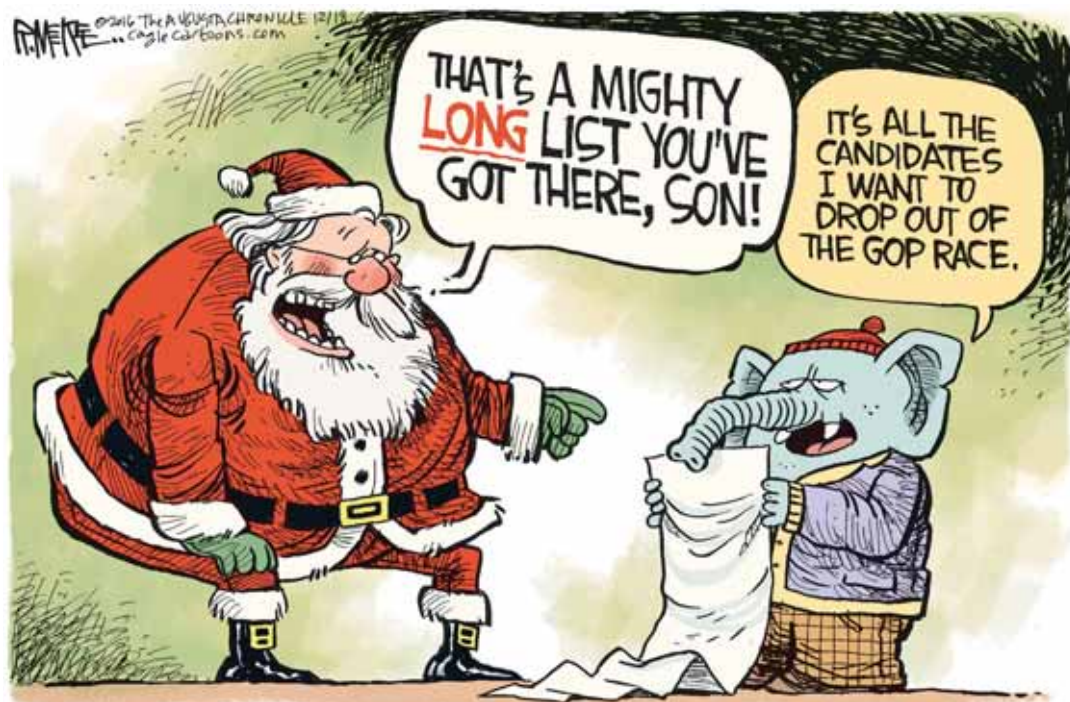


**COVER:** "Sunrise in Your Smile" painting by Christen Mattix



# mail

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## LOVE, NOT FEAR

Pedaling into work, I was confronted by a bumper sticker on the back of a truck. It said, "The Government only works when it fears the people."

Seeing it made me wonder what it would be like to replace that fear with love. Is it possible for a people to think that the government loves them and wants to do well by them? Isn't a government made up of people just like ourselves—and if not, why not? Who is responsible for creating a world based on fear or one based on love? Is there a choice? Do we have the power of that choice?

—J.D. Plaque, Bellingham

## LET'S GET THIS DONE

Since May of this year, more than 100 Whatcom County volunteers have been collecting signatures to get I-735 on the ballot. This initiative works toward a constitutional amendment to overturn Citizens United and requires transparent and regulated campaign finance. You have seen these dedicated folks spending their free time to get big money out of our elections, so that our democracy can work for all of us.

Statewide, we have collected 280,000 signatures, and hope to get another 40,000 before the end of the year. To do that, please collect at holiday gatherings and make sure everyone has signed. Also, we need to make sure that every single signature is turned in. Petitions can be turned in by 5pm on Wed., Dec. 23 at the Public Market at 1530 Cornwall Avenue. Or please mail them to WaMend by Dec. 28. Please visit [www.wamend.org](http://www.wamend.org) for additional information.

wamend.org for additional information.

I want to personally thank every person that collected signatures, as well as the businesses that knew this issue was important enough to have a petition in their shops. This includes Mallard Ice Cream, the Bagelry, Quicksilver Photo Lab, Greene's Market, Yoga Northwest, the Islander Store, and many of the dispensaries. I would also like to thank the folks at the Public Market for letting us have our meetings at their place. These businesses deserve our support.

If you have not signed, you can find petitions at Mallard Ice Cream and the Bagelry until Dec 27.

—Debbie Cantrell, Bellingham

## CARBON WASHINGTON

The global climate talks in Paris have ended with more than 190 countries pledging to reduce fossil fuel use. Even if carried out fully, many feel the pledges would reduce emissions by only about half the amount necessary. Mass migrations, agricultural disruptions, even the unrest in the Middle East are all linked to climate change. Left unchecked, growing worldwide conflicts may result.

Governor Inslee's climate proposal unfortunately died in the legislature earlier this year. Since April, Carbon Washington, a grassroots statewide group, has been collecting signatures for Initiative-732 and appears to have enough for presentation to the legislature and possibly the ballot next year. Their proposal includes a revenue-neutral tax on most fossil fuels used in the state. Revenue neutral means the tax rev-

enue is rebated to the public via a sales tax cut (as Carbon Washington proposes and British Columbia does now) or direct rebates (as others propose) rather than to state coffers. Other statewide initiatives on climate change may appear early next year. All deserve serious consideration, none dismissed solely because of minor details one may disagree with.

Citizens Climate Lobby, a national grassroots organization with more than 300 active chapters, is proposing a revenue-neutral carbon tax with direct rebates to households. They hope to generate sufficient political will to spark national congressional action. Although all these initiatives differ in details, all call for major climate action and for this reason alone deserve support.

Although climate change deniers are a vanishing breed, some still exist. Efforts might emerge to sow doubt about minor details, encourage conflict where none need exist, or call for further study. It would be unfortunate if these efforts derailed the opportunity next year for Washington State to set an example of how people with various perspectives and interests can come together and take substantive action.

—John Whitmer, Bellingham

## OIL, AND THE MILITARY THAT SUPPORTS IT

Oil, and wars to control the supply of oil, are destroying our world. Our politicians know this, but instead of fixing the problem, they follow the directions of what President Eisenhower called the military industrial complex.

Many of us who voted for Barack Obama the first time didn't realize that he would be following the lead of Senator John McCain. On Sept. 11, 2001, Senator McCain said that after we attacked Afghanistan we had to attack a whole list of other countries, including Iraq, Iran, Libya, and Syria, according to the *New York Times*.

Obama has made war or threatened war against oil-rich countries (Iraq, Iran, and Libya) or countries that control pipeline routes (Afghanistan and Syria.) Our military budget of over \$600 billion appears to be a direct subsidy to the oil industry. Meanwhile, Saudi Arabia, having an acceptable business arrangement with U.S. corporations, can bomb Yemen, support the Taliban through Pakistan, and execute women for witchcraft, all without protest from the White House.

We all know by now that we have to switch immediately to green energy if we want to stop oil wars and avoid famines, but our so-called leaders are stalling. They want to give their oil buddies enough time to squeeze out the last drop of crude. What we need now is less military spending. We can use the liberated money to build a green energy system.

—Bill Distler, Bellingham

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## THE GRISTLE

**COAL IN YOUR STOCKING:** 'Tis the season for retail sales. Following that, the weakened Canadian dollar coupled with the closure of a major industry and its associated payroll could send the local economy into a tailspin. And the coming collapse is made all the more ironic by numbers released this week that pegs the county's unemployment rate at just 5.3 percent, a seven-year low—that's great news, but not for long.

Heavily dependent on extraction industries and the price of fossil fuels, the Canadian dollar fell to 72 cents against the U.S. dollar last week, with some speculators predicting it could continue to slide through 2016. Policy analysts who study border economics note the exchange rate on the Canadian dollar can't drop much below 80 cents against the U.S. dollar before the advantage of shopping or traveling in the United States closes down—and that's going to have enormous impacts on a brushfire of economic development activity exploding north of the city between Bakerview and Slater roads and the airport, including shopping centers, hotels, housing projects and business expansions.

Meanwhile, the shuttering of the Alcoa Intalco Works at Cherry Point is going to send hundreds of some of the highest-paid workers in the county to the unemployment line. Layoffs could begin for some jobs at the aluminum smelter as early as Jan. 18.

In November, Alcoa announced an impending shutdown of their plants in Ferndale and Wenatchee, triggering provisions in the federal Worker Adjustment and Retraining Notification Act. The WARN filing provides 60 days notice before layoffs, allowing state agencies and others a chance to offer assistance to workers losing their jobs. The Ferndale smelter directly employs 465 people. Scores of other jobs provide services to the plant.

The state agency WorkSource Washington has set to work, providing a series of meetings to help transition employees, including job coaching and retraining for a new job or career.

Lummi Nation has also pitched in, last week hosting a job fair for employees of Intalco, CH2M Hill, Haggen, and Nooksack River Casino—all businesses with robust payrolls that've announced closures and layoffs. All offered excellent job opportunities that are scarce in the local economy. The closure of Intalco is bitter in particular to Lummi—over the years, Alcoa quietly and without fanfare took extraordinary, praiseworthy steps to reach out to and employ many tribal members.

The threat of economic downturn sends consequences rippling downstream of direct job loss.

Apprehension of a wobbly economy scuttled a discussion by Bellingham City Council of paid sick and paid safe time leave, an initiative championed by the City of Seattle that has failed to gain ground in other areas of the state. About 21,000 of the 49,000 jobs in Bellingham do not provide any paid sick leave—44 percent. These include 2,500 in health care, 3,500 in retail, and 4,000 in accommodation and food service.

Council passed a watered-down resolution, calling on the state lawmakers to take up the matter, knowing well the chances of that are bleak in a truncated 2016 session of the Legislature bursting with competing agenda items.

"We're living in a different time than when this



# views

YOUR VIEWS » THE GRISTLE

BY ROBERT REICH

## Scrooged!

ROTTEN APPLES AND ROTTEN SYSTEMS

**MARTIN SHKRELI**, the former hedge-fund manager turned pharmaceutical CEO who was arrested last week, has been described as a sociopath and worse.

In reality, he's a brasher and larger version of what others in finance and corporate suites do all the time.

Federal prosecutors are charging him with conning wealthy investors.

Lying to investors is illegal, of course, but it's perfectly normal to use hype to lure rich investors into hedge funds. And the line between the two isn't always distinct.

Hedge funds are lightly regulated on the assumption that investors are sophisticated and can take care of themselves.

Perhaps prosecutors went after Shkreli because they couldn't nail him for his escapades as a pharmaceutical executive, which were completely legal—although vile.

Shkreli took over a company with the rights to a 62-year-old drug used to treat toxoplasmosis, a devastating parasitic infection that can cause brain damage in babies and people with AIDS. He then promptly raised its price from \$13.50 to \$750 a pill.

When the media and politicians went after him, Shkreli was defiant, saying "our shareholders expect us to make as much as money as possible." He said he wished he had raised the price even higher.

That was too much even for the Pharmaceutical Research and Manufacturers of America, Big Pharma's trade group, which complained indignantly that Shkreli's company was just an investment vehicle "masquerading" as a pharmaceutical company.

Maybe Big Pharma doesn't want



to admit most pharmaceutical companies have become investment vehicles. If they didn't deliver for their investors they'd be taken over by "activist" investors and private-equity partners who would.

The hypocrisy is stunning. Just three years ago, *Forbes Magazine* praised Shkreli as one of its "30 under 30 in Finance" who was "battling billionaires and entrenched drug industry executives."

Last month, Shkreli got control of a company with rights to a cheap drug used for decades to treat Chagas' disease in Latin America. His aim was to get the drug approved in the United States and charge tens of thousands of dollars for a course of treatment.

Investors who backed Shkreli in this venture did well. The company's share price initially shot up from less than \$2 to more than \$40.

While other pharmaceutical companies don't raise their drug prices fiftyfold in one fell swoop, as did Shkreli, they would if they thought it would lead to fat profits.

Most have been increasing their prices more than 10 percent a year—still far faster than inflation—on drugs used on common diseases like cancer, high cholesterol and diabetes.

This has imposed a far bigger burden on health spending than Shkreli's escapades, making it much harder for Americans to pay

for drugs they need. Even if they're insured, most people are paying out big sums in co-payments and deductibles.

And the prices of new drugs are sky-high. Pfizer's new one to treat advanced breast cancer costs \$9,850 a month. According to an analysis by the *Wall Street Journal*, that price isn't based on manufacturing or research costs.

Instead, Pfizer set the price as high as possible without pushing doctors and insurers toward alternative drugs.

But don't all profit-maximizing firms set prices as high as they can without pushing customers toward alternatives?

Unlike most other countries, the United States doesn't control drug prices. It leaves pricing up to the market. Which enables drug companies to charge as much as the market will bear.

So what, exactly, did Martin Shkreli do wrong, by the standards of today's capitalism? He played the same game many others are playing on Wall Street and in corporate suites. He was just more audacious about it.

Meanwhile, the pharmaceutical industry is making a fortune off average Americans, who are paying more for the drugs they need than the citizens of any other advanced country. Big Pharma has wielded its political influence to avoid cost controls, to ban Medicare from using its bargaining clout to negotiate lower prices, and to allow drug companies to pay the makers of generic drugs to delay their cheaper versions.

Shkreli may be a rotten apple. But hedge funds and the pharmaceutical industry are two rotten systems that are costing Americans a bundle. ☹

## THE GRISTLE

first came up," Council President Gene Knutson observed. "We're looking at 500 jobs that are going to be eliminated at Intalco. We're looking at another 120 jobs that are leaving our community with CH2M Hill. I cannot in all good conscience vote for this with language that [paid sick leave] is hanging over people's heads, and I am talking about the business community," he said, arguing this must be state-driven legislation.

"This is a state issue, and it is a national issue. We cannot compete with Seattle economically," Knutson said.

And yet, amid the apprehension of looming job loss, we must not lose sight of community standards or surrender our critical reasoning to tenuous claims of job creation, argues Communitywise Bellingham in their continuing series of blog posts challenging the jobs claims of the Gateway Pacific Terminal coal export pier proposed at Cherry Point.

"If GPT were built, there are good reasons to believe SSA Marine would have a hard time fulfilling its job promises in Whatcom County," the organization concludes in a most recent analysis that compares GPT claims against the similar Millennium Bulk Terminals coal port proposed in Longview.

"Why are GPT's job promises significantly greater than those made by the proposed Millennium Bulk Terminals coal port?" the blog authors ask. "Millennium would be a similarly sized operation. It says it would create 300 jobs at full build out. GPT, on the other hand, says it would create 1,250 jobs—*more than four times as many jobs as Millennium.*

"How can GPT, which expects to export only 23 percent more than Millennium, create four times the number of jobs in our community?" CWB authors ask. "The short answer is, it can't."

Factors contributing to bloated numbers, the authors say, include SSA Marine's reliance on studies that model the largest and most complex and assorted cargo handling facilities in the northern hemisphere, and the unwillingness of the company to admit (and sort out) how many jobs would be based in Whatcom County rather than subsumed within Seattle operations.

Their skepticism is worth considering, given it was economic downturn that brought coal to our stockings in the first place. ☺

Read CWB's blog at [www.gptfactcheck.com](http://www.gptfactcheck.com).



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# currents

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## Crude

ENDING THE OIL EXPORT BAN CARRIES  
CONSEQUENCES FOR PACIFIC NORTHWEST

# Awakening

BY TARIKA POWELL

**IN THE** wake of an historic agreement at this month's Paris Climate Change Conference, the United States is expected to take the significantly regressive step of lifting a 40-year ban on crude oil exports. The Northwest will find itself directly in the path of the oil industry's plans to dramatically increase crude oil production for overseas export.

The Pacific Northwest has become a target for fossil fuel projects, including oil, coal and fracked natural gas, primarily because it is cheaper to ship to Asia from the Northwest than other regions. The dismantling of national policy to support energy independence could trigger a tsunami of crude oil moved by train or pipeline, increasing the risks of local fires and spills.

Significantly, it also means that current analyses of oil projects are obsolete. All current draft Environmental Impact Statements for oil-by-rail projects at Anacortes, Grays Harbor, and Vancouver do not consider potential for massive increase in large-scale oil transport that the lifting of the export ban could represent for the region.

"Lifting the ban is an industry giveaway that makes the Northwest's oil op-

position movement more important than it's ever been," said Eric de Place, policy director at Sightline Institute. "The region will choose whether to become a globally significant shipping hub for crude oil or a thin green line that charts a course toward climate protection."

Since 1975, the Energy Policy and Conservation Act has banned the export of domestic crude oil supplies, with some exemptions for certain classifications of oil products. Congress passed the act after an oil embargo by the Organization of Arab Petroleum Exporting Countries (OPEC) against the US, Canada, and three other nations caused the per-barrel

price of oil to quadruple between October 1973 and March of the following year. In pursuit of energy independence for the United States, the act created petroleum reserves, extended oil price controls, and mandated fuel economy standards.

In recent years, oil industry lobbyists like the American Petroleum Institute have been aggressively chipping away at the oil export ban. Consistent lobbying efforts targeted the Bureau of Industry and Security (BIS), which has quietly granted crude oil export exemptions to select oil companies through rulings not disclosed to the public.

In February, the environmental law firm Earthjustice filed a formal Freedom of Information Act (FOIA) request, asking the BIS to release information about its deals with oil exporters. In order to keep those exemptions secret, the Bureau invoked the Export Administration Act of 1979, which allows for the withholding of certain types of export licensing information. That regulation lapsed in 2001, but George W. Bush renewed it by executive order, and it has been renewed annually since that time.

Released documents indicate that the Bureau was reviewing reports prepared by the oil industry, and redacted emails suggest meetings with oil industry officials. The documents also note that the Bureau's 2014 decisions, including new commodity codes affecting how petroleum products are classified, would notably increase exports of condensate (condensate is a light-weight grade of oil that the industry has worked hard to exempt from the ban).

A March 2014 poll by Reuters found that nearly 60 percent of Americans support the restriction on oil exports. That number increases to 72 percent when the restriction protects U.S. gas prices. Yet now it seems that the Bureau will no longer need to issue secret exemptions to the ban because the Obama administration and Congress are preparing to lift the ban entirely as part of a budget deal announced yesterday evening.

Lifting the ban will increase crude oil exports with steep costs to average Americans, including loss of public lands to large-scale drilling, increased carbon pollution in our already struggling climate, and greater numbers of dangerous oil trains moving through our communities. And if the oil industry can bypass domestic refineries, the move may also threaten the livelihoods of the union workers who currently process America's crude oil into useable consumer products.

For some regions of the country, including the Gulf Coast and the Pacific Northwest, it could mean an even larger flood of crude oil moved by train or pipeline.

If the oil export ban is lifted, it will become even more important for the Northwest to stand strong against the oil industry. ☺

*This article originally appeared at Sightline, and is reprinted by permission.*



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Details and submission online at: [www.whatcomvolunteer.org/dream](http://www.whatcomvolunteer.org/dream).  
Submissions are due January 1, 2016 and selected projects must be completed by July 31, 2016.

# The Week that Was

LAST WEEK'S  
NEWS  
DEC 17-21  
BY TIM JOHNSON

## 12.17.15 THURSDAY

As screens across the nation erupt in *Star Wars* fever, the U.S. Justice Department and several states begin investigating **alleged antitrust violations by the country's biggest movie theater chains**. They're examining whether Regal, AMC, and Cinemark took action to keep competitors and new theaters out of the market. Regal operates the Barkley Village Stadium 16 in Bellingham, the only local multiplex besides the much smaller independent Pickford Film Center.

The governor announces **a plan to raise the salaries of teachers** in response to a growing shortage of that profession in Washington. Jay Inslee wants to increase the state's portion of teacher starting pay by \$5,000.

Gov. Jay Inslee's new budget proposal also includes **more than \$137 million for the state's beleaguered mental health system**. The funding comes as the state tries to comply with a federal court order that requires it to provide timely competency services to mentally ill defendants. The state's largest psychiatric hospital is under continued threat of losing federal funds because of safety concerns.

Eight projects in Skagit County projects will receive **\$5.5 million to improve salmon habitat**. Funding for the grants comes from the Federal Pacific Coastal Salmon Recovery fund and the state's Puget Sound Acquisition and Restoration fund.



They hit their stride late, but finished strong. The Seattle Seahawks clinched a playoff berth in Sunday's 30-13 win over the Cleveland Browns. The Seahawks played like a team that can surge on to a championship.

## 12.18.15 FRIDAY

**A woman is killed and a state patrol trooper is injured** in a weather-related accident on Interstate 5 near Custer. A WSP cruiser was parked along the freeway with lights flashing when it was struck from behind by a car driven by the 72-year-old grandmother from Blaine. The trooper was briefly trapped and suffered a concussion. The State Patrol reports there was intense hail at the time of the accident.

## 12.21.15 MONDAY

**A Bellingham man must serve 4½ years in prison for robbing banks** and waiting outside for police to arrest him, a Whatcom County judge rules. Richard Kenneth Gorton, 65, pleaded guilty to robbery in the first degree for his Nov. 2 robbery of a Peoples Bank in Bellingham. Afterward he surrendered to police custody. Gorton, who suffers from mental illness, made similar robbery efforts on two other occasions. ☹

## NORTHWEST PASSAGES



Lummi Nation grieves at the passing of **Justin Finkbonner**, inspirational and charismatic skipper of the Lummi Youth Canoe Family. Lummi youth had just completed a journey to Paris for the United Nations climate negotiations. He was 41 and suffered from depression. A fund has been set up in his memory.



Interim becomes permanent as **Leslie Bryson** is appointed director of the Bellingham Parks and Recreation department. Bryson has been with the city parks department since 1994, when she was hired as the first manager for the design and development division. She has won several professional awards for projects she supervised, including a 2007 award for Taylor Dock and a 2003 award for the Fairhaven Village Green.



One million miles. The National Safety Council awards senior Whatcom Transit Operator **Steve Sage** his safe driving award for averaging 25,000 miles per year—for 40 years—without a preventable accident.

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## CAMPUS PEEK CREEP

**On Dec. 17,** several women reported a man exposing himself outside their home near Western Washington University—the sixth recent report of indecent exposure and the latest in a series of flasher and voyeurism cases near campus, the *Bellingham Herald* reported. Bellingham Police received a call after women saw a man outside their window. His pants were partly down and he illuminated his genitals with a cell phone flashlight to make sure they could be seen, police reported. The *Herald* went on to detail a series of similar incidents of exposure and public masturbation on the north side of campus throughout the fall. Police haven't confirmed if the incidents are connected.

**On Dec. 18,** Bellingham Police checked on the report of a man running naked down Holly Street in the afternoon. Police located the man and took him to the hospital.

**On Dec. 19,** Bellingham Police checked on a report of a man near Boulevard Park acting strangely around children. The man was contacted and the incident was documented.

## DEEP FREEZE

**On Dec. 13,** Whatcom County Sheriff's deputies helped rescue a partially frozen young man being held prisoner in Ferndale. Dispatchers reported a call of a domestic dispute by an anonymous caller reporting that residents at the reported location were yelling and physically fighting. "Upon arrival at the scene deputies discovered a much more involved and serious situation that involved the luring of a 17 year old male to the residence in order to retaliate for the theft of a firearm," WSCO reported. "The 17-year-old was formerly involved in a dating relationship with a female living at the residence in question. Due to a breakup in the relationship it was reported that the 17 year old male stole a handgun from the residence and then sold it. This occurred several weeks ago," deputies reported. The youth was lured to the property by relatives of his former girlfriend and assaulted. "The victim was punched, choked, kicked and had ripped jewelry off his person. He was taken to a shed where he was stripped naked and then ordered to get into a chest freezer containing rotten food. The suspect then doused him with a garden hose, causing the victim to become hypothermic. The victim explained that he was in fear for his life and was too weak to fight back. The victim

was eventually allowed into the house and told to get into the shower to warm up. Just as deputies arrived at the house the victim had been handcuffed and told by the suspects that 'they had further plans for him.'" Three men were arrested on counts of kidnaping and assault.

## BOMB THREATS, BANK THREATS

**On Dec. 16,** Ferndale High School was evacuated following a bomb threat. "Law enforcement, with their trained dogs, conducted a thorough sweep of the building," the school district reported in a press release, beginning with the gym so students could get back inside, out of the cold weather. "Due to the length of time it was going to take law enforcement to clear the entire building, the district decided to send high school students home on an early dismissal schedule." Students were safe. An investigation continues into who called in the threat.

**On Dec. 18,** a senior Ferndale bank teller surrendered to law enforcement in response to a suspected armed robbery hoax that she's accused of inventing to cover up the theft of more than \$30,000, according to police. The *Bellingham Herald* reported the 54-year-old employee called police to report that a man had called Key Bank and ordered her to drop off a cardboard box full of money at a specified location. The man supposedly told her he was aiming a gun into the bank, and to prove it, he described people inside. So, she told police, she dropped off the money. Officers found the cardboard box, but no money. A police dog searched the area but found no robber. The money hasn't been recovered. Police believe she withdrew the cash and kept it for herself.

## YABLO

**On Dec. 17,** Bellingham Police and the Washington State Department of Ecology dealt with a chemical reaction bomb reported near Old Fairhaven Parkway.

## HEROIN HERRINGS

**On Dec. 20,** a mother called Bellingham Police to report that a bag of Swedish Fish contained bits of heroin that her child had consumed. "The substance was found not to be heroin," police reported.

## RED CUP RAGE

**On Dec. 9,** a customer was upset at the way he had been talked to by the cashier at the Community Food Co-op. The customer waited outside for that employee to go on a break. "The customer then followed the employee and threw hot coffee on him when the conversation continued to not go his way," Bellingham Police reported. Police collared the 30-year-old and marched him to jail. ☺



# \$24.5

**ESTIMATED** retail sales, in billions, by the nation's department stores in December 2014. This represents an estimated 41.2 percent jump from the previous month when retail sales were estimated at \$17.3 billion. No other estimated month-to-month increase in department store sales was as large.

# \$48.3

**ESTIMATED** value of retail sales, in billions, by electronic shopping and mail-order houses in December 2014—the highest estimated total for any month last year. U.S.-based e-commerce is expected to exceed \$350 billion in sales by year's end, a 4.1 percent increase over 2013.

# 1,112

**THE** number of electronic shopping and mail-order houses in business in 2013. These businesses employed 383,066 workers in that year. Investing in trends, over the last decade Amazon's value has risen 15 times—generating more than 130 percent annualized rate of return for 10 years.

# \$1,200,000,000

**THE** value of U.S. imports of Christmas tree ornaments from China between January and September 2015. China was the leading country of origin for such items. Similarly, China was the leading foreign source of artificial Christmas trees shipped to the United States, exporting \$163.3 million of trees in the same period.

# 567

**ESTIMATED** number of U.S. producers who grew poinsettias in 2014. California ranks first in sales for the popular holiday plant.

# 545

**NUMBER** of locations that primarily produced dolls, toys and games in 2013; they employed 6,538 workers. California ranks first in this category.

# 53

**PERCENT** of the nation's potatoes produced in Idaho and Washington during 2014.

# 545

**PERCENT** by which the U.S. Postal Service surpassed its own projections for package deliveries in December 2014. This marks an increase of 18 percent from package deliveries in December 2013.



# words

COMMUNITY » LECTURES » BOOKS



BY CHRISTIAN MARTIN

## Green Bookshelf

NOTABLE NATURE BOOKS OF 2015

***The House of Owls***, by Tony Angell

YALE UNIVERSITY PRESS

Artist, writer and naturalist Tony Angell—who many in the Fourth Corner are familiar with by way of his guardian ravens perched at the entrance to the Mt. Baker Ski Area—has produced a delightful book that lovingly documents a family of screech owls that takes up residence in his backyard near Seattle. In words and drawings, his detailed observations show the owls hunting, courting and raising young, as well as how their presence ripples outward to impact songbirds, rodents, raptors and other denizens of the neighborhood. *House of Owls*, which won a National Outdoor Book Award last month, eventually broadens its scope to ponder All Things Owl, from habitat and interactions with humans to wonderful profiles of all 19 species found in North America.

***This Present Moment***, by Gary Snyder

***A Sense of the Whole: Reading Gary Snyder's Mountains and Rivers Without End***, edited by Mark Gonnerman  
COUNTERPOINT

Gary Snyder—poet, Zen Buddhist, bioregional philosopher—surprised his fans with a new collection of poems earlier this year. At 86 years old, he has outlasted his Beat-era contemporaries like Allen Ginsberg and Jack Kerouac, and his keen observations and stark images still profoundly engage on multiple levels.

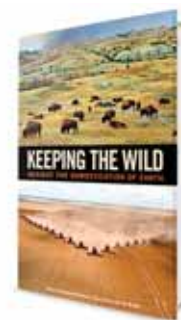
Those of us who really like Snyder were also delighted with the arrival of *A Sense of*



*the Whole*, which collects essays and talks exploring Snyder's masterpiece, *Mountains and Rivers Without End*. This epic work of interconnected poems uses a Chinese landscape painting-scroll as its model and it took Snyder four decades to completely unfurl. It has been called an American mythology, a spiritual autobiography, a multimedia-ecological song and a "sort of sutra." These collected commentaries from the likes of Wendell Berry, Robert Haas, David Abram, and Stephanie Kaza help illuminate the way through this aesthetically adventurous work.

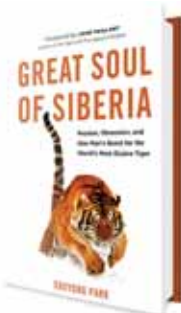
***Keeping The Wild: Against the Domestication of Earth***, edited by George Wuerthner  
ISLAND PRESS

Are we living in the Anthropocene, a "geological epoch in which Earth's atmosphere, lithosphere and biosphere are shaped primarily by human forces?" Some ecologists and post-modern greens argue that our species is the "de facto planetary manager" now, godlike in our abilities to shape the surface and atmosphere of our planet, destroy ecosystems at will and judge which species will survive and which won't. Proponents of this worldview argue that we should give up on the idea of wilderness preservation and focus on "ecosystem services," that landscapes should be managed for human needs. This important anthology pushes back against a "techno-industrial society where the civil religion of progress means ever more commodification of nature to serve economic growth." Leading ecological writers including Terry Tempest Williams, Dave Foreman, Roderick Nash, and Kathleen Dean contribute to this investigation of human hegemony.



***Great Soul of Siberia: Passion, Obsession and One Man's Quest for the World's Most Elusive Tiger***, by Sooyang Park  
GREYSTONE

Called "a cross between Jane Goodall and Timothy Treadwell," Sooyang Park is a Korean filmmaker on a quest to better understand the secretive apex predator of wild, frozen Siberia. With only 350 Siberian tigers left on the planet, he draws upon unimaginable patience in an incredibly harsh environment to witness these rare creatures, reaching empathic, almost-spiritual union with his quarry. 🐅



WORDS

WED., DEC. 23

**VB WRITES:** Looking for an inspiring writing group? Join today's VB Writes...YA & Children's Literature gathering from 6-8pm at Village Books, 1200 11th St. Be prepared to share your work and give thoughtful, supportive critiques to others. The group meets on the second and fourth Wednesdays of each month in the Writers Corner on the mezzanine level of the store.

WWW.VILLAGEBOOKS.COM

SAT., DEC. 26

**SUMAS WRITERS GROUP:** Aspiring writers can join the Sumas Writing Group at 10am at the Sumas Library, 451 2nd St. Join the gathering to improve your writing techniques, get feedback on your writing, and gain information on how to get your work published. All writing styles welcome (novel, short story, comics, etc.). The group meets on the fourth Saturday of every month.

305-3600 OR WWW.WCLS.ORG

SUN., DEC. 27

**GET LIT:** Shannon Laws leads "Get Lit," a weekly poetry show, at 7pm at Cafe Bouzingo, 1209 Cornwall Ave. Local and nationally renowned touring poets are frequent features, and each show spotlights one of Bellingham's many vibrant poetry organizations. The first portion of every evening is an open mic, so bring your own words to share. Sign-up starts at 6:30pm. Entry is \$5.

WWW.FACEBOOK.COM/CAFEBOUZINGO

MON., DEC. 28

**PNW BOOK GROUP:** The community-based anthology *Alive at the Center: Contemporary Poems from the Pacific Northwest* will be the topic of discussion at today's Pacific Northwest Book Group meeting at 7pm at Village Books, 1200 11th St. At the meeting, the club focuses on writers from the Pacific Northwest and writing set in or about the Pacific Northwest, both fiction and nonfiction. For future reference, the group meets on the fourth Monday of the month. Authors do not attend.

WWW.VILLAGEBOOKS.COM

**POETRYNIGHT:** Those looking to share their creative verse as part of Poetrynight can sign up at 7:45pm at the Bellingham Public Library, 210 Central Ave. Readings start at 8pm. Entry is by donation. P.S. Please use the back fountain entry.

WWW.POETRYNIGHT.ORG

COMMUNITY

DEC. 23-25

**HOLIDAY PARKING:** Continuing through Fri., Dec. 25 there will be free holiday parking during the week on the first floor of the Commercial Street Parking Garage—also referred to as the Parkade—located at 1300 Commercial St. People will be able to park for free for up to four hours; parking is also free after 5pm and on weekends.

WWW.DOWNTOWNBELLINGHAM.COM

THURS., DEC. 24

**CANDLELIGHT SERVICE #1:** Stories and carols will be highlighted at a Christmas Eve Candlelight Service at 5pm at Bellingham's First Congregational Church, 2401 Cornwall Ave. At 9pm, the second service will feature the Chancel Choir and will offer communion. Both events are free, and appropriate for all ages.

WWW.FCCB.NET

**CANDLELIGHT SERVICE #2:** All ages are

welcome at a Christmas Eve Candlelight Service at 9pm at Ferndale's Zion Lutheran Church, 7215 Valley View Rd. Entry is free.

WWW.LUTHERANONLINE.COM

DEC. 26-27

**DECK THE OLD CITY HALL:** The annual "Deck the Old City Hall" can be visited from 12-5pm Saturday and Sunday at Whatcom Museum's Old City Hall, 121 Prospect St. Visitors can view decorated trees and nutcracker collections, peruse goods at a pop-up shop, enter a raffle and more. The event concludes Jan. 2-3.

WWW.WHATCOMMUSEUM.ORG

SAT., DEC. 26

**RAIN BARREL 101:** Brad Walters will demonstrate how to construct and maintain a rain barrel water catchment system at a free "Rain Barrel Construction" presentation at 3:30pm at the SkillsShare Space at the Bellingham Public Library, 210 Central Ave. Entry is free.

WWW.BELLINGHAMPUBLICLIBRARY.ORG

SUN., DEC. 27

**CHES & COFFEE:** Join a new "Bellingham Chess and Coffee Meetup" at 2pm at the Market Street Cafe at the Barkley Haggen, 2900 Woburn St. Folks of all ages can drop by every Sunday to meet other local players and play chess. Entry is free. (Currently, there are no other organized chess groups in Bellingham open to the public.)

WWW.MEETUP.COM/BELLINGHAMCHES

TUES., DEC. 29

**NOTE OF THANKS:** All are welcome at the 25th annual "Note of Thanks" gathering from 10:30am-12pm at the Bellingham Public Library, 210 Central Ave. The free event focuses on helping kids of all ages to make fun and creative thank-you notes. Per usual, materials will be provided.

WWW.BELLINGHAMPUBLICLIBRARY.ORG

THURS., DEC. 31

**A NIGHT IN MANHATTAN:** Appetizers, a multi-course meal, live music and an auction will be part of the second annual "A Night in Manhattan" New Year's Eve celebration from 5:30-10pm at Lynden's Jansen Art Center, 321 Front St.

At 8:30pm, join the crowds in New York's Time Square for the famous Ball Drop. Hats, horns and hoopla will be provided. Tickets are \$85. Please reserve a spot in advance, as entry is limited to 80 guests.

WWW.JANSENARTCENTER.ORG

**BACK TO THE '80S:** DJ Kevin Collins will entertain at a "Back to the '80s" New Year's Eve Celebration happening from 7pm-1am in Ana-cortes at the Swinomish Casino & Lodge, 12885 Casino Dr. Activities include a champagne pour, balloon drop, confetti cannons and a midnight countdown.

WWW.SWINOMISHCASINOANDLODGE.COM

**BALLROOM BASH:** A buffet-style dinner will begin a New Year's Eve Ballroom Bash at 7pm at the ballroom at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy. There'll also be live music by the Atlantics, party favors and a champagne toast at midnight. Entry is \$115; RSVPs are required. There'll also be a celebration from 9pm-12:30am at Packers Oyster Bar with music by the Replayzments. Cover charge is \$25.

WWW.SEMIAHMOO.COM

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# outside

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FOOD 34

B-BOARD 27

FILM 24

MUSIC 20

ART 18

STAGE 16

GET OUT 14

WORDS 12

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VIEWS 6

MAIL 4

DO IT 2

12.23.15

#51.10

CASCADIA WEEKLY

14



STORY AND IMAGE BY TRAIL RAT

## Salvation on the Slopes

GLIDING BACK TO WINTER

**FIRST CAME** the fog. Then came the mist. Then came the sheeting torrents of rain mixed with intermittent bursts of semi-frozen pellets. And finally—just as we swung through the final hairpin toward Heather Meadows—came the most transformative precipitation of all.

It tumbled out of the clouds like a miracle and spirited us onward into a dizzying gyre.

"Who's your daddy now?" hollered my stalwart companion, pumping his fist like a Megabucks lottery winner as he beheld the enveloping whiteout.

"I don't know who your daddy is," I said, rolling down my window to gobble as many fluttering flakes as I could, "but these freshies sure taste delicious."

"Faster!" my buddy screamed. "Put your pedal to the metal, man, and let's save platitudes for later. The powder clock is tickin' and we ain't gettin' any more limber polishing the seats in here."

Singleminded as my passenger seemed to be, I felt compelled to capitulate to his desperate plea.

Eleven miserable months and lord knows how many days had passed since either of us had last made tracks in or around the Mt. Baker Ski Area, and after suffering through the great powder drought of 2014/15, the jones to reconnect with our home terrain had reached an untenable pitch in both of us.

Fortunately—just as we'd spent the better part of a year envisioning—the

welcome mat was out for us on Blueberry cat track. A crispy crust of pristine, recently laid corduroy held firm beneath the vaulting camber of our skis and we promptly hastened our ascent at a gladsome pace.

Unfortunately, the unconsolidated accumulation layer that covered the track proved to be exceptionally glumpy and we didn't get more than a few dozen heel kicks out of the parking area before it commenced adhering itself in havoc-inducing quantities to the waxless bases of our skis.

Inevitably, with our gliding capabilities compromised, we both began to wobble. My not-so-stalwart companion tipped over like a sack of potatoes. Then, with just enough time to appreciate the unsparing spectacle of his gravitational misfortune, I took a face-plant, too.

This harsh "welcome back" was a kick in the pants, but a necessary one. Wrapped up gleefully in our initial, season-opening reverie, it seemed essential to remember that even the friendliest, most harmless-looking freshies can be a cruel mistress sometimes.

From there we proceeded uphill with renewed caution. And with each swing of my arms and every bounce of the knees, the abiding sense of alienation we'd endured while suffering through grievous conditions during the previous non-winter receded behind the redemptive topography of our wintry present.

The snow-caked branches of evergreen trees made me giddy. The wind-gnarled *krummholz* set me to singing a happy tune. The almost completely filled-in lines on Mt. Herman filled my spirit with boundless joy. The blocky, well-corniced brow of Table Mountain put a smile a mile wide across my face.

Finally, as we navigated around the switchback above China wall, we stopped for a spell to ogle the monstrous icicles that festooned the remnant outcroppings of Kulshan Caldera.

Although we never made it to Artist Point as initially planned, we did manage to spend the better part of our afternoon circuiting Pan Dome multiple times and the snow kept dumping until all we could do was limp, noodle-legged, back to the car filled with thoughts of many more ski trips to come. ☺

To find out more about the Mt. Baker Ski Area, go to [www.mtbaker.us](http://www.mtbaker.us)

WED., DEC. 23

**GROUP RUN:** All levels of experience are welcome at a weekly Group Run beginning at 6pm in Mount Vernon at the Skagit Running Company, 702 First St. The 3- to 6-mile run is great for beginners or for others wanting an easy recovery. Entry is free and no registration is required.

📍 [WWW.SKAGITRUNNERS.ORG](http://WWW.SKAGITRUNNERS.ORG)

**WREATH-MAKING:** Create a custom holiday accessory at an "Independent Wreath-Making" station from 9am-5pm Wednesday and Thursday in Mount Vernon at Christianson's Nursery, 15806 Best Rd. Reserve a space in advance.

📍 [WWW.CHRISTIANSONSNURSERY.COM](http://WWW.CHRISTIANSONSNURSERY.COM)

DEC. 26-27

**SKAGIT EAGLE FESTIVAL:** Guided nature walks, presentations by guest speakers, sales by artisans and much more will be part of events taking place as part of the Skagit Eagle Festival from 10am-4pm every Saturday and Sunday through January at Rockport's Skagit River Bald Eagle Interpretive Center at Howard Miller Steelhead Park, 52809 Rockport Park Rd. The center offers opportunities to better understand the wildlife of the Skagit River watershed with an emphasis on the winter migration of bald eagles, salmon and the vital role each play in our ecosystem. Entry is by donation. Additional events—river and forest tours, eagle viewing stations manned by knowledgeable volunteers and more—happen in Concrete and Marblemount. Most events are free.

📍 [WWW.SKAGITEAGLE.ORG](http://WWW.SKAGITEAGLE.ORG) OR  
[WWW.CONCRETE-WA.COM](http://WWW.CONCRETE-WA.COM)

DEC. 26-29

**THE LIGHTS OF CHRISTMAS:** View festive holiday displays both outdoors and indoors at the annual "The Lights of Christmas" event concluding this week from 5-10pm Saturday through Tuesday in Stanwood at the 15-acre Warm Beach Camp, 20800 Marine Dr. In addition to the more than one million lights that will be lit up, there will be activities for kids, live entertainment, music, dinner theater, holiday shopping and more. Tickets are \$11-\$16.

📍 [WWW.WARMBEACHLIGHTS.COM](http://WWW.WARMBEACHLIGHTS.COM)

SUN., DEC. 27

**RABBIT RIDE:** Join members of the Mount Baker Bicycle Club for a "Rabbit Ride" starting at 8:30am every Sunday at Fairhaven Bike, 1108 11th St. The 32-mile route takes riders down Chuckanut and back via Lake Samish. The group also holds weekly rides Tuesdays, Wednesdays, Thursdays, and Saturdays.

📍 [WWW.MTBAKERBIKECLUB.ORG](http://WWW.MTBAKERBIKECLUB.ORG)

TUES., DEC. 29

**TUNING BASICS:** Learn how to sharpen edges, detune contact points, wax, make minor repairs and adjustments and more at a "Ski and Snowboard Tuning Basics" presentation at 6pm at REI, 400 36th St. No experience is necessary. Please note that this is a demonstration class, so you don't need to bring your board or skis. Entry is free; register in advance.

📍 647-8955 OR [WWW.REI.COM](http://WWW.REI.COM)

**ALL-PACES RUN:** Staffers and volunteers are always on hand to guide the way at the weekly All-Paces Run starting at 6pm every Tuesday at Fairhaven Runners, 1209 11th St. The runs are 20 minutes out and back on two key routes—

by the water or through the woods. Entry is free. In these dark months, a headlamp or flashlight is required.

WWW.FAIRHAVENRUNNERS.COM

WED., DEC. 30

**WINTER CAMPING BASICS:** Learn what you need and what to expect when camping in a winter wonderland at a free "Winter Camping Basics" clinic at 6pm at REI, 400 36th St. Instructor Greg Nace will cover how to plan, how to stay warm, how to select winter-appropriate gear and what to expect when setting up camp and during your overnight. Please register in advance.

647-8955 OR WWW.REI.COM

THURS., DEC. 31

**LAST CHANCE MARATHON:** Sign up for the "Last Chance Half-Marathon and Marathon" starting at 9am at Fairhaven Park, 107 Chuckanut Drive North. The course will take runners from the park along the Interurban Trail to Clayton Beach and back (twice if you're doing the full marathon). Note: The event has been known to have snow this time or year, so dress accordingly. You should plan on being self-sufficient and carrying your own water and aid. The race is capped at 250 participants, so register ASAP. Entry is \$45.

WWW.SKAGITULTRARUNNERS.COM

**RING OF FIRE:** The Birch Bay Chamber of Commerce hosts the annual "Ring of Fire & Hope" at 7pm on the shoreline from Birch Bay State Park to Birch Bay Village. This annual event celebrates ringing in hope for the coming year and draws hundreds of participants who gather along the shores with lighted flares. A limited amount of flares will be available on a first-come, first-served basis starting at 5pm at the Birch Bay Visitor's Center.

WWW.BIRCHBAYCHAMBER.COM

FRI., JAN. 1

**NEW YEAR'S RIDE:** Start 2016 right by joining members of the Mount Baker Bike Club for a New Year's Day Ride starting at 10am Fairhaven Park, 107 Chuckanut Drive North. The group will depart for the Old Edison Inn, where owners John and Lynn will be waiting. The 13.8-mile ride will go along Chuckanut Drive on the way there; return the same way or via Colony Road and Lake Samish. The event happens rain or shine, so dress accordingly.

WWW.MTBAKERBIKECLUB.ORG

**RESOLUTION RUN, POLAR DIP:** The City of Bellingham's annual "Resolution Run/Walk" begins at 11am at Lake Padden, 4882 Samish Way. At the finish, there'll be snacks, patio heaters and camaraderie before the "Padden Polar Dip" commences at high noon. Heated showers and goodies will be available for those exiting the frigid waters. Both events are free, and no registration is required.

WWW.COB.ORG

**POLAR BEAR PLUNGE:** Come join hundreds of people from all over the Pacific Northwest to be part of the 33rd annual Polar Bear Plunge starting at noon at the waterfront by the Birch Bay Chamber Visitor Information Center, 7900 Birch Bay Dr. The event has been happening since 1982, and features costume contests and prizes. Entry is free, but those who register in advance—onsite registration starts at 9am—will receive an official "I Took the Plunge" certificate and hot beverages.

WWW.BIRCHBAYCHAMBER.COM



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# stage

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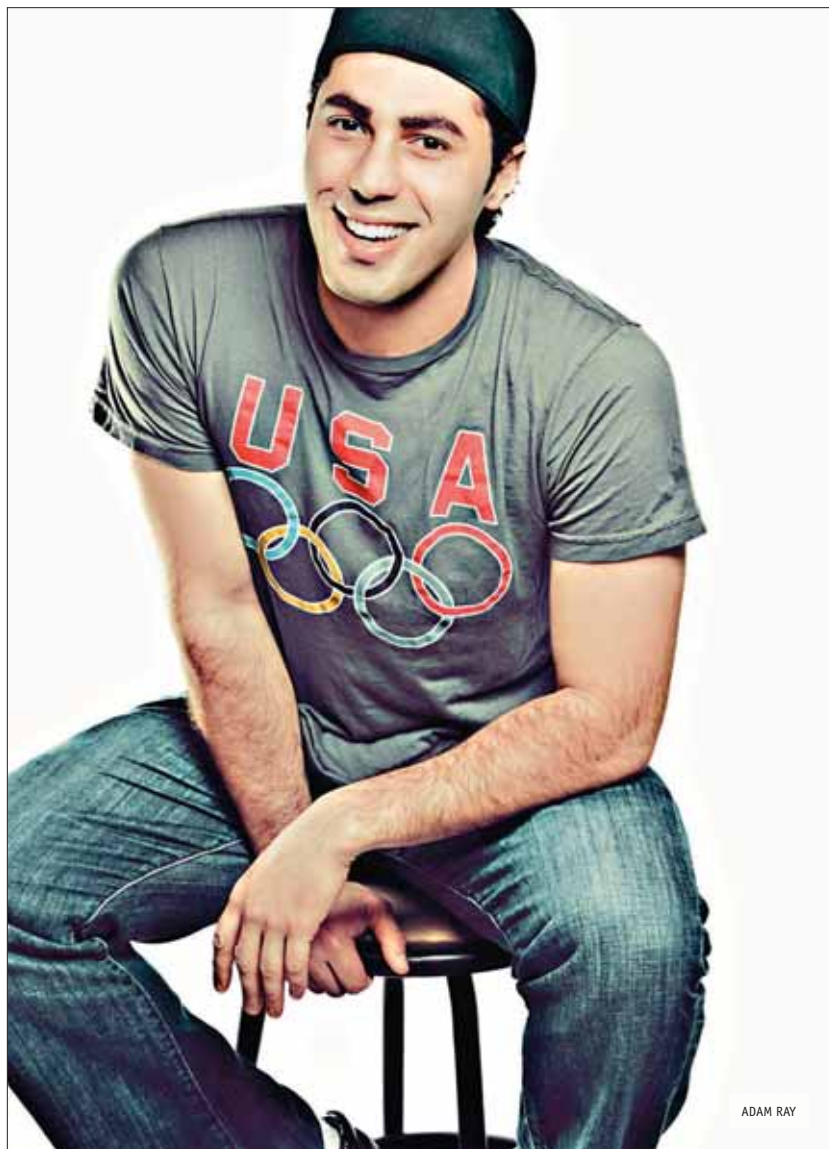
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CASCADIA WEEKLY

16



BY AMY KEPFERLE

## Setting the Bar

OF COMEDY AND COCKTAILS

**FOR THE** past month, I've filled the space on this page with reviews about shows that were related in some way to Christmas and/or the general lunacy that is related to surviving the holidays. But with New Year's Eve just around the corner, I'm finally reaching the home stretch of the seasonal coverage. If you have a few vacation days remaining, I'd recommended stepping away from the discarded wrapping paper—and from visiting with your relatives—and heading to the bar for a spell. The following events taking place at downtown Bellingham music venues combine both comedy and cocktails, and will provide you with a few ways to enjoy what's left of the holidays.

To combat the drudgery of that aimless week between Christmas proper and the all-night party that is New Year's Eve, make plans to attend a **Standup Com-**

**edy Holiday Open Mic** taking place Sunday night at the Shakedown. While the subject matter at the 21-and-over event doesn't necessarily need to be related to the holidays, there's no denying that hanging out with your weird Uncle Jack or your uber-Republican grandfather for extended periods of time is likely to provide you with stage-worthy subject matter. If you're interested in being one of the comedians sharing your stories, show up approximately 30 minutes early to sign up. If you're an admirer who plans to be in the audience, purchase a drink special and settle in for the long haul. *When: 8:30pm Sun., Dec. 27 Where: The Shakedown, 1212 N. State St. Cost: Entry is free Info: www.shakedownbellingham.com*

That same night, **standup comedian, improviser and actor Adam Ray** makes his way to the Wild Buffalo for what is sure to be an epic night of laughs. Although Ray was born and bred in Seattle, these days you're more likely to find him in Hollywood, whether on the big screen in Melissa McCarthy-helmed movies such as *The Heat*, *Spy*, and *Ghostbusters* or guest-starring on popular television shows such as *Two Broke Girls* or HBO's *Silicon Valley*. Luckily, even though his star is steadily rising where his theatrical pursuits are concerned, the performer is still keen on sharing his standup talents with audiences both intimate and far-reaching. Whether he's talking about playing Wolverine at Universal Studios for six years before getting his big break or cleverly dealing with racist hecklers, Ray is sure to entertain. At the show, he'll also be joined by local host Randall Ragsdale, fellow comedian Timmy Rinney, and other special guests. *When: 9pm Sun., Dec. 27 Where: Wild Buffalo, 208 W. Holly St. Cost: \$10 Info: www.wildbuffalo.net*

Finally, the mathematical formula for the weekly comedy show known as **Guffawingham** isn't a difficult one. Every Monday night at the Green Frog, 20 standup comedians are given four minutes apiece to finagle their funny business, equaling 80 minutes of fun. To top it off, each night's festivities feature one comedian (whom I'm presuming gets a few minutes added onto their lineup). "With open mics, showcases, roasts and sometimes a drunk magician, it has it all!" organizers say. Count me in. *When: 9:30pm Mon., Dec. 28 Where: The Green Frog, 1015 N. State St. Cost: Entry is free Info: www.acousticavern.com*

### STAGE

#### SAT., DEC. 26

**HOME FOR THE HOLIDAYS:** Find out what happens to three characters after their arrival home for Christmas at the final "Home for the Holidays" shows of the month at 8pm and 10pm at the Upfront Theatre, 1208 Bay St. Tickets to see the annual improvised holiday spectacle are \$10 in advance and \$12 at the door. [WWW.THEUPFRONT.COM](http://www.theupfront.com)

#### DEC. 26-27

**BUTT KAPINSKI:** Comedy artist, teacher and director Deanna Fleysher returns to Bellingham to present the world premiere of *Butt Kapinski: And a Very Satanic New Year!* at 9pm Saturday and Sunday at the iDiOM Theater, 1418 Cornwall Ave. The interactive performances focus on a "clown noir" private eye who uncovers a devil-worshipping cult in the City of Subdued Excitement. Tickets are \$10 in advance and \$12 at the door; advance purchase is recommended, as Fleysher's shows typically sell out. [WWW.IDIOMTHEATER.COM](http://www.idiomtheater.com)

#### SUN., DEC. 27

**DOWNTON PARTY:** View the first hour of the premiere episode of Season 6 of *Downton Abbey* at a Viewing Party taking place from 3-5pm at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy. Find out where fate, passion, ambition and duty will lead the cast of beloved characters, and dress in *Downton Abbey* attire for a chance to win prizes for best costume. There will also be door prizes. Entry to the sneak preview is free; reserve a seat in advance, as space is limited. [WWW.SEMIAHMOO.COM](http://www.semiahmoo.com)

#### MON., DEC. 28

**GUFFAWINGHAM:** A weekly open mic for comedians, "Guffawingham!" takes place at 9:30pm every Monday at the Green Frog, 1015 N. State St. Entry is free. [WWW.ACOUSTICTAVERN.COM](http://www.acousticavern.com)

#### THURS., DEC. 31

**NYE AT THE UPFRONT:** Mainstage performers will bring back some of the year's most popular improvised formats at New Year's Eve shows at 7pm, 9pm and 11:30pm at the Upfront Theatre, 1208 Bay St. Each performance will have compressed versions of a handful of formats, meaning audiences could see a Western ("Tarnation"), musical ("An Improvised Musical"), Shakespearean play ("Bellinghamlet"), or even a murder mystery ("Hellingham")—all in one show. Entry is \$10-\$12 for the first two shows, \$20 for the 21-and-over late show (includes a glass of champagne). Advance ticket purchase is highly recommended. [WWW.THEUPFRONT.COM](http://www.theupfront.com)

### DANCE

#### TUES., DEC. 29

**SKAGIT FOLK DANCERS:** Join the Skagit-Anacortes Folk Dancers for a weekly International Folk Dancing event from 7-9:30pm at Bayview Civic Hall, 12615 C St. No partners are needed; just show up and dance. Entry to the drop-in event is free for the first session, \$3 afterwards. [WWW.SKAGITFOLKDANCERS.ORG](http://www.skagitfolk dancers.org)

#### THURS., DEC. 31

**SALSA NYE:** Rumba Northwest will host its fourth annual New Year's Eve Salsa Dance



Discover your inner flapper at a 1920's-era Speakeasy-themed New Year's Dance Thurs., Dec. 31 at the Bellingham Dance Company



from 8pm-1am at Cafe Rumba, 1140 N. State St. The all-ages event will include a Salsa lesson, dancing to a mix of Latin music, performances, line dances and much more. Entry is \$10 in advance and \$15 at the door for adults, \$7-\$10 for students, and free for kids under 10. A portion of the proceeds will benefit youth scholarships at the Bellingham Arts Academy for Youth. (Beer, wine and champagne will be available for purchase to those 21 and over.)

WWW.RUMBANORTHWEST.COM

**NYE CONTRA DANCE:** Join the Bellingham Country Dance Society for a New Year's Eve Gala Dance and Party from 8pm-1am at the Eagles Hall, 1125 N. Forest St. The special event will include live music by Gallimaufry, calling by Marlin Prowell, a midnight count-down and more. Entry to the alcohol-free event is \$10-\$15 and includes party favors and a beverage. Bring potluck finger food if you're so inclined.

WWW.BELLINGHAMCOUNTRYDANCE.ORG

**SPEAKEASY NYE:** Secret passwords, hidden rooms, great music and lots of dancing will be part of "1920s Speakeasy" New Year's Eve Dance taking place from 8pm-1am at the Bellingham Dance Company, 1705 N. State St. Tickets are \$25 and include appetizers and desserts, a mini flapper show, Charleston and Swing dance lessons, a champagne or sparkling cider toast at midnight, party favors and a balloon drop. Please purchase tickets in advance.

WWW.BELLINGHAMDANCECOMPANY.COM



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# visual

GALLERIES » OPENINGS » PROFILES



"MARIA," BY CHRISTEN MATTIX

BY AMY KEPFERLE

## Healing Through Art

THE MALISSA PERRY PROJECT

**MALISSA PERRY** likes to listen to Christmas music throughout the year. The 46-year-old artist is also known for waking up at 6am to start her day—typically by dancing, followed by making her bed and practicing her own version of yoga.

"She is absolutely herself, completely authentic and free," says Christen Mattix, who's been one of Malissa's caregivers since the summer of 2013, when a chance meeting with Malissa's mother at the Community Food Co-op led to a meaningful career change.

Christen says that although she's encountered plenty of people who initially have stereotypes about Malissa—who has Down's Syndrome, and communicates primarily through body and sign language—many change their minds once they've gotten to know the force of nature.

"Some well-meaning folks react with pity when I tell them about Malissa—as if her condition is sad, as though her life is a waste," Christian says. "Actually, she is one of the most contented and energetic women I know."

At one of five "Healing Through Art" exhibits on display until Jan. 31 through-out PeaceHealth St. Joseph Medical Center, visitors to the Cardiovascular Rehabilitation Lobby can discover for themselves another aspect of Malissa's personality. "The Malissa Perry Project" combines Christen's portraits of her friend

a two-person show with her, I want to affirm that she is my equal. When one views my portraits of Malissa alongside her own paintings, one gets a sense of her voice, her authority and subjectivity as an artist, and more importantly, as a human person."

Christen says Malissa had already been making drawings with felt tip pens on old computer paper when another staff member, Nancy Daugherty, realized she had talent and gifted her with a blank canvas and paint. When she started working with superior materials, Christen says a "whole new world of possibilities" opened up for her in terms of the subtlety of her colors and layering.

For Christen's own work in the exhibit—portraits of Malissa smiling, petting a golden retriever, hugging friends, lacing cards and celebrating her birthday—she was inspired by the power of Malissa's gestures.

"As a nonverbal woman, Malissa expresses herself completely through her body—her sparkly eyes with a hint of mischief, her hands caressing her dog, the soft roundness of her shoulders," Christen says. "I also adore her bright colors and clashing patterns. She opens up fun, refreshing possibilities that are avant garde

in their bold defiance of fashion norms."

Those viewing Christen's works that are part of "The Malissa Perry Project" will quickly note the affection and love she has for her co-exhibitor and charge, but Christen says she'd be remiss if she didn't point out that there are still moments that she gets discouraged.

She recently asked Malissa's mom, Fran Perry, to speak about the challenges of being in a close relationship with her daughter. Fran responded, pointing out that "Malissa inhabits whatever she feels



### SEE IT

**WHAT:** "The Malissa Perry Project" shows as one of five "Healing Through Art" exhibits

**WHEN:** Through Jan. 31

**WHERE:** St. Joseph Medical Center, 2901 Squalicum Pkwy

**COST:** The works of art are for sale  
**INFO:** [www.peacehealth.org](http://www.peacehealth.org) or [christenmattix.blogspot.com](http://christenmattix.blogspot.com)



"3 ACORNIS," BY MALISSA PERRY

alongside Malissa's abstract paintings—eye-catching works that combine layers of marker, glitter and paint with found objects sourced from her daily life (shoelaces, beads, balloons, etc.)

"I think the assumption is that because Malissa is dependent on her staff (including me) for 24-hour care, that she is somehow 'less than,'" Christen says. "By doing

completely, whether joy or sorrow. Given that she is nonverbal and uses limited sign language, there can be real anguish for her that is shared by her staff when she is in physical or emotional pain—and can't communicate about it. [Working with Malissa] is not either/or, it's both joy and sorrow—but the good outweighs the bad."

Christen agrees. It's one of the reasons she included the piece "White Painting" in the show. It's a small portrait of Malissa curled in on herself, crying. She painted it to "honor her moments of sorrow alongside the happiness.

"Quite frankly, I think that's the human condition. We are all laughing through our tears." ☺

UPCOMING EVENTS

**DEC. 23-24**

**FESTIVAL OF THE ARTS:** More than 100 local artisans and craftspeople will show and sell their creative wares as part of Allied Arts' 36th annual "Holiday Festival of the Arts" from 10am-7pm Wednesday and 10am-3pm Thursday (Christmas Eve), at 4145 Meridian St. (next to Burlington Coat Factory). Live music, artist demos and workshops and family art projects will also be part of the festive fun.  
 ☎ WWW.ALLIEDARTS.ORG

**TUES., DEC. 29**

**KNITS AND CRAFTS:** Practice, get advice, chat and partake of hot drinks at a "Knits & Crafts" gathering from 5-7pm at Point Roberts Library, 1437 Gulf Rd. The free event is for those into knitting, crocheting or any other handicrafts.  
 ☎ (360) 945-6545

ONGOING EXHIBITS

**ARTWOOD:** "Gifts for the Holidays" will be featured through December at Artwood Gallery, 1000 Harris Ave.  
 ☎ WWW.ARTWOODGALLERY.COM

**CHUCKANUT BREWERY:** Paintings by Evan Whitehead are currently on display at Chuckanut Brewery, 601 W. Holly St.  
 ☎ WWW.CHUCKANUTBREWERYANDKITCHEN.COM

**DEMING LIBRARY:** "The East Whatcom Photo-voice Project" will be on display through Jan. 4 at the Deming Library, 5044 Mt. Baker Hwy. The exhibit features the work of four local photographers who, over five months, captured images that represent community issues and personal experiences with hunger.  
 ☎ (360) 305-3600

**FISHBOY GALLERY:** Check out the contemporary folk art of RR Clark from 1:30-5pm Fridays or by appointment at the FishBoy Gallery, 617 Virginia St.  
 ☎ 319-2913 OR WWW.FISHBOYGALLERY.COM

**FOURTH CORNER FRAMES:** Peruse "In Monet's Footsteps" until Dec. 31 at Fourth Corner Frames & Gallery, 311 W. Holly St. The paintings and photography in the exhibit were created after a group of artists visited Monet's stomping grounds in France last spring.  
 ☎ WWW.FOURTHCORNERFRAMES.COM

**GALLERY CYGNUS:** View Camano Island-based painter Michelle Bear's work through Dec. 24 in La Conner at Gallery Cygnus, 109 Commercial St. Bear's paintings are described as a "poignant expression of loss."  
 ☎ WWW.GALLERYCYGNUS.COM

**GOOD EARTH:** Clay artist Carrie Selting's "Future Heirlooms" will be featured through December at Good Earth Pottery, 1000 Harris Ave.  
 ☎ WWW.GOODEARTHPOTS.COM

**HONEY SALON:** Ciara Sana's "There Is No Wrong Way to be a Woman" is on display Honey Salon, 310 W. Holly St. Sana's drawings depict an array of women, styles and body types; encouraging confidence and self acceptance.  
 ☎ WWW.HONEYBELLINGHAM.COM

**I.E. GALLERY:** View the singular power of Lummi Mountain and how its presence plays out in the

art of Northwest painters at a "Lummi Invitational" exhibit showing through Dec. 27 in Edison at i.e. Gallery, 5800 Cains Court.  
 ☎ (360) 488-3458 OR WWW.IEEDISON.COM

**JANSEN ART CENTER:** Sixty-four works by 24 artists can be seen at a "Winter Juried Exhibit" through Jan. 29 at Lynden's Jansen Art Center, 321 Front St. Visitors can also peruse "Northwest Art: From the Private Collection of Chuck & Dee Robinson" and the "J Teachers Exhibit."  
 ☎ WWW.JANSENARTCENTER.ORG

**MATZKE GALLERY:** The 25th annual "Honey, I Shrunk the Art" exhibit shows through Jan. 10 at Camano Island's Matzke Fine Art Gallery & Sculpture Park, 2345 Blanche Way. More than 150 pieces from 40 artists working in glass, oils, acrylic, ceramic, watercolor, mixed media, stone and metal can be perused and purchased at the annual holiday small works show.  
 ☎ WWW.MATZKEFINEART.COM

**MONA:** "Not Vanishing: Contemporary Expressions in Indigenous Art" shows through Jan. 3 at La Conner's Museum of Northwest Art, Museum of Northwest Art, 121 S. First St. The exhibit features more than 40 artists from tribes throughout the region.  
 ☎ WWW.MONAMUSEUM.ORG

**QUILT MUSEUM:** "Best of the Festival," "Illusions and Shadows," and "Great Lakes Seaway: War of 1812 International Challenge" are currently on display at the La Conner Quilt & Textile Museum, 703 S. Second St.  
 ☎ WWW.LACONNERQUILTS.ORG

**SCOTT MILO GALLERY:** Jennifer Bowman's latest acrylic paintings will be featured through Jan. 26 in Anacortes at the Scott Milo Gallery, 420 Commercial Ave. Also showing are acrylics by Cynthia Richardson, oils by Sandy Byers, photographs by Lewis Jones and Randy Dana and pastels by Barbara Benedetti Newton.  
 ☎ WWW.SCOTTMILO.COM

**SCULPTURE NW:** "Forging Reflection: Luminosity Meets Metal Work" can be seen through Feb. 20 at Sculpture Northwest Gallery, 203 Prospect St.  
 ☎ WWW.SCULPTURENORTHWEST.ORG

**SKAGIT MUSEUM:** "Eight Stories that Changed the World" is showing through Dec. 31 at La Conner's Skagit County Historical Museum, 501 S. Fourth St. During the holidays, the museum will also feature "Skagit Christmas."  
 ☎ WWW.SKAGITCOUNTY.NET/MUSEUM

**SMITH & VALLEE:** Functional and three-dimensional artwork will be highlighted and sold through Dec. 31 as part of the "Objectification 8" exhibit at Edison's Smith & Vallee Gallery, 5742 Gilkey Ave.  
 ☎ WWW.SMITHANDVALLEE.COM

**WESTERN GALLERY:** Claude Zervas' "Glacier Time" shows through Jan. 16 at the Western Gallery on the Western Washington University campus. Entry is free and open to the public.  
 ☎ WWW.WESTERNGALLERY.WWU.EDU

**WHATCOM MUSEUM:** "Unhinged: Book Art on the Cutting Edge," "Chipping the Block, Painting the Silk: The Color Prints of Norma Bassett Hall," and "Back at the Park: Vintage Views from the Photo Archives" can currently be viewed on the Whatcom Museum campus. Entry is \$4.50-\$10 (\$5 on Thursdays).  
 ☎ WWW.WHATCOMMUSEUM.ORG

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# music

SHOW PREVIEWS » RUMOR HAS IT

## rumor has it

**ALTHOUGH I'VE BEGUN** to treat 2015 like it's already over, there's still plenty of music to be had before year's end. Indeed, as I type, Snoop Dogg is onstage at the Wild Buffalo and wooing an eager Bellingham audience with hit songs and advice to smoke more pot—after a day that included his meet-and-greet at Top Shelf Cannabis alongside a cast member of the *Deadliest Catch* because you can't beat reality for being the best thing going pretty much always.

But I digress.

In truth, it's not even Christmas yet (depending on when you're reading this, that is), and the season still has some events in store.

One of those is Robert Sarazin Blake's annual Christmas show at the Green Frog. Now that I no longer live next door to the singer/songwriter, he has to rely on email to alert me about such things, which, truthfully is probably a more reliable method than yelling at me about it over the fence when I'm just trying to make it back into the house without anyone seeing that I took the trash out in my bathrobe and galoshes



BY CAREY ROSS

again. But the fence-yelling is a lot more fun, my humiliating wardrobe choices notwithstanding.

Blake's show, which has become a nontraditional tradition, is actually a pair of shows, at 6pm and 9pm on Dec. 23. The first show features the Gouran Girls, and at the second Meghan Yates and Stinky Pete Irving will do the honors. Both sets will be, in Blake's words, comprised of "unfamiliar and unusual songs that have something to do with the holiday season." That sounds like a bunch of words that mean "you could hear just about anything at this deal." Don't expect your standard-issue "Silent Night" and "Rudolph the Red-Nosed Reindeer." Do expect songs slightly weirder and probably a whole lot more fun than those done-to-death standbys.

Now let's get back to New Year's Eve.

Also happening Dec. 31 but not taking place in a music venue is a fancy dress-up party at Rock and Rye. The State Street restaurant will be serving its normal menu of tasty foodstuffs and killer cocktails until 10pm, and then Jacques Lawson's Pleasure Cruise—members of which might look familiar in their other guise as part of Acorn Project—will provide a live soundtrack for dancing, a costume contest and more. immortalize the occasion in the photo booth, take advantage of drink specials and get romantic with someone at midnight. After all, that's why you ate all those oyster shooters, right? Bellingham offers all manner of New Year's Eve entertainment opportunities (see words to your left. And your right. And next week's issue of *Cascadia Weekly* should you require further evidence), but not many of them encourage you to dig out your best duds and dazzle everyone with your dapper charms. If you don't have dapperness or charm, fake it 'til you make it—or until 2015 is over, whichever comes first. ☺



RED FANG

BY CAREY ROSS

# new year new you

RING IT IN

**AS I** do every year, I made some resolutions going into 2015. For me, making resolutions isn't a slate-cleaning spiritual cleansing—I don't much mind if my slate is a little dirty—it's more an excuse to instill a good habit or break a bad one. Accordingly, my 2015 plans (along the lines of getting control over my inbox and making better use of my free time) were pretty pedestrian, but attainable.

I failed so spectacularly that if I had the ability to feel shame, I would be mortified by myself. Not only should my own mother not be proud, all mothers should be a little disappointed in me right now.

There's always next year, I suppose.

But before I get down to the business of meeting 2016 head on with all my good intentions, it is important to bid a proper farewell to 2015. Lucky for me—and all of you—Bellingham and its environs do New Year's Eve right, which means options abound for bidding adieu to this year and bonjour to next. Indeed, there is so much from which to choose that it must be previewed in two parts. Up first: Bellingham. Next week: the bounty that is Skagit County.

**Aslan Brewing Co.:** Aslan's approach to most things seems to be predicated on fun, so it comes as no surprise their New Year's Eve party comes with a disco theme and a dancing mandate. It also comes with something else: the last keg of Disco Lemonade, Aslan's popular summer beer, which will be tapped for the occasion. Imagine how well a pint of Disco Lemonade would go with waffle fry poutine. Or a bison burger. Or dancing to disco until midnight and beyond.

**WHERE:** 1330 N. Forest St. Cost: \$10

**INFO:** [www.aslanbrewing.com](http://www.aslanbrewing.com)

**Bellwether Ballroom:** Let's be real: We could all use an excuse to dust off our fancy duds and use our company manners. Thankfully, we have the Bellwether to provide us with just such an opportunity. The waterfront hotel's New Year's Eve celebration is dubbed "Puttin' on the Ritz," and your ticket gets you a dinner buffet, champagne toast and entertainment in the form of the Margaret Wilder Band and the Walrus. Go all out and book a room for the night. Can you imagine a better place to wake up on the first day of 2016?

**WHERE:** 1 Bellwether Way Cost: \$80

**INFO:** [www.hotelbellwether.com](http://www.hotelbellwether.com)

**Boundary Bay Brewery:** My fondness for spending holidays at Bellingham's longest-running brewpub is well-established at this point. Boundary does pretty much everything right on a daily basis—which all just acts as an ongoing dress rehearsal for the many main events that fill the restaurant, taproom, beer garden and now the newish Mountain Room. New Year's Eve is just one example of this, and this year's party includes music from the Fabulous Party Boys and Blank Tape, as well as comedy from Levi Friedman. And it wouldn't be New Year's at Boundary without the traditional lowering of the lighted keg at midnight.

**WHERE:** 1107 Railroad Ave. Cost: \$7-\$10

**INFO:** [www.bbaybrewery.com](http://www.bbaybrewery.com)

**Glow Nightclub:** The last time I was at Glow, I realized that most people do actually go there to dance, and not just to play Mario Kart, sip Technicolor drinks from the mystery bucket and spy on the people roaming the streets of downtown Bellingham below. Of course, the last time I was at Glow, I also dropped a Jell-O shot on the floor and then yelled at a dude who was trying to give me advice about how to win at Street Fighter, so maybe I should consider dancing the next time I'm there instead. Whatever it is you do at Glow, if you show up on New Year's Eve, you'll be greeted by music from DJ J-Will, a champagne toast at midnight, party favors and a pretty decent chance of a good time.

**WHERE:** 202 E. Holly St.

**INFO:** [www.glowbellingham.com](http://www.glowbellingham.com)

**Green Frog:** First of all, this show will no doubt sell out and tickets are available online, so I suggest you buy in early. The reason I'm so certain the place will be packed: Baby Cakes will be on-stage. The band will mark its one-year anniversary at the show, and if the past 12 months are any indication, Baby Cakes has a stellar future ahead. And



they're not just adding their first trip around the sun to their resume, they're also adding another person, who will make his/her first appearance at the show. If your 2016 needs a soundtrack, the Green Frog on New Year's Eve is a fine place to start.

**WHERE:** 1015 N. State St. Cost: \$15

**INFO:** [www.acoustictavern.com](http://www.acoustictavern.com)

**K2 Brewery:** Given how seamlessly it has integrated itself not just into Bellingham's beer scene, but also its overall culture, it can be easy to forget that Kulshan Brewery has only been around for a few years, and that its second location, K2, is just a few months old. Both might be young, but they've more than gotten the hang of how to brew excellent beer and throw some good parties. Come New Year's Eve, it'll be K2 playing host, and DJ M Cubed, the Gristmill Rounders, and Marcel and Nakos will provide the night's musical component. The only thing missing is you.

**WHERE:** 1538 Kentucky St.

**INFO:** [www.kulshanbrewery.com](http://www.kulshanbrewery.com)

**Poppe's 360:** What was once the Lakeway Inn has now gotten a makeover and become Four Points by Sheraton. Poppe's, the bar at the hotel, is still part of the operation, and along with its trademark expertly mixed drinks and excellent happy hour, you'll also find some form of music there several nights a week. One of those nights is New Year's Eve, when longtime Bellingham DJ Clint Westwood will do the honors. As mentioned, Poppe's is located at the Four Points by Sheraton, which makes starting the year with a staycation sound like a pretty fine idea.

**WHERE:** 714 Lakeway Dr. **INFO:** (360) 392-6520

**The Shakedown:** At the Shakedown, 2015 will go out with a bang, not a whimper—and the party starts Dec. 30 with a show that may see the walls come crumbling down before New Year's Eve even arrives.

Portland's Red Fang—the one band guaranteed to sell out every single time they play the bar—will make their return, and they're bringing Black Breath—the other band guaranteed to sell out the bar—with them. The show's been sold out for months, so if you don't have a ticket, you will literally be out in the cold. If the Shakedown is still standing on New Year's Eve, Perry and the Katys, Flannel, and Turntable Einstein will play all your favorite throwback jams as we hurtle headlong into the future.

**WHERE:** 1212 N. State St.

**INFO:** [www.shakedownbellingham.com](http://www.shakedownbellingham.com)

**Swillery Whiskey Bar:** For those of you looking forward to seeing Black Beast Revival play at the Swillery on New Year's Eve, it could still happen—next year, maybe. Or the year after, perhaps. But it's not happening this year. If, however, your resolution is to ring in 2016 with a couple of great local bands, the Swillery remains happy to accommodate you with Rookery and Dryland. Both bands have deep history in Bellingham's music community and with each other, and this is the perfect locale for them to get a little loud and rowdy.

**WHERE:** 118 W. Holly St. Cost: \$10

**INFO:** [www.facebook.com/swillery.whiskeybar](http://www.facebook.com/swillery.whiskeybar)

**Wild Buffalo:** The Wild Buffalo can always be counted on to go all out on New Year's Eve and that's a plan they're sticking to this year. Five Alarm Funk—well-known and well-loved in Bellingham—will do the musical honors this year, and they're sure to pack the Buff to capacity, so don't sit on getting tickets. In fact, don't plan to sit at all, as this Vancouver-based, nine-piece band exists to get people on their feet and shaking whatever they've got that merits shaking. Kicking off the New Year a little sweaty might not be the fresh start you're looking for, but fresh starts are overrated anyway.

**WHERE:** 208 W. Holly St. Cost: \$20

**INFO:** [www.wildbuffalo.net](http://www.wildbuffalo.net) 

WED., DEC. 23

**HOLIDAY CONCERTS:** Watch and listen to a variety of "Holiday Concerts from Around the World" as films screen continuously from 10am-6pm at the SkillShare Space at the Bellingham Public Library, 210 Central Ave.

**INFO:** 778-7217

**UKULELE FOR ALL:** Cynthia Rogers of the Bellingham Ukulele Group leads a "Ukulele for Everyone" gathering at 4:15pm at the Everson Library, 104 Kirsch Dr. Ukuleles will be available for use, and Rogers will offer a demo, beginning lessons and a song circle. Entry to the all-ages event is free.

**INFO:** [www.wcls.org](http://www.wcls.org)

**JAZZ CONCERT:** Whatcom Jazz Music Art Center presents a concert by artist in residence Steve Kaldestad at 7pm at the Majestic, 1027 N. Forest St. Tickets to hear the saxophonist are \$5 for students, \$10 general.

**INFO:** [www.wjmac.org](http://www.wjmac.org)

**CHORAL CONCERT:** The vocal ensemble Vox Antiqua presents "O Antiphons!", an intimate choral concert and Vesper service celebrating the Advent season, at 7:30pm at the First Congregational Church, 2401 Cornwall Ave. Part meditation and part performance, audience members will be invited to join in congregational carol singing and Taizé during portions of the musical service. The event is free and all are welcome.

**INFO:** [www.fccb.net](http://www.fccb.net)

THURS., DEC. 24

**TRACY SPRING:** Songwriter, singer and instrumentalist Tracy Spring performs folk, blues and jazz songs at a special Christmas Eve concert celebrating community from 3:30-5pm at the Community Food Co-op, 1220 N. Forest St. Entry is free.

**INFO:** [www.communityfood.coop](http://www.communityfood.coop)

**CHRISTMAS EVE CAROLING:** Bring your own lights or candles to the seventh annual Christmas Eve Caroling event taking place from 8-9pm at the Fairhaven Village Green, 1207 10th St. Organizers will have song sheets available, but if you have yours from a previous year, bring them. After singing the traditional carols, there will be a sheet of favorite holiday songs for those who want to stick around and keep singing. Entry is free and open to all.

**INFO:** [www.fairhaven.com](http://www.fairhaven.com)

SUN., DEC. 27

**BENEFIT CONCERT:** Pianist Kevin DallaSanta will perform at a Project Hope Benefit Concert from 3-4:30pm at Lynden's Jansen Art Center, 321 Front St. As a music major at St. Olaf College in Northfield, Minn., the Lynden native played on piano tours and with the St. Olaf Orchestra. He's home for the holidays, so take advantage of his time here and help raise money for the Project Hope Food Bank. Tickets are \$12-\$15.

**INFO:** [www.jansenartcenter.org](http://www.jansenartcenter.org)

WED., DEC. 30

**HUMAN SPIRIT:** Trumpeter Thomas Marriott, sax man Mark Taylor, and drummer Mark Taylor perform as Human Spirit at a concert hosted by Whatcom Jazz Music Art Center at 7pm at the Majestic, 1027 N. Forest St. With a combined 14 albums as leaders, and appearing on dozens more as sidemen, the performers have defined the sound of modern jazz that has come out of Seattle and Origin Records over the last decade. Tickets are \$5-\$10.

**INFO:** [www.wjmac.org](http://www.wjmac.org) OR [www.humanspiritmusic.com](http://www.humanspiritmusic.com)



# music venues

See below for venue addresses and phone numbers

12.23.15  
WEDNESDAY

12.24.15  
THURSDAY

12.25.15  
FRIDAY

12.26.15  
SATURDAY

12.27.15  
SUNDAY

12.28.15  
MONDAY

12.29.15  
TUESDAY

Anelia's Kitchen & Stage				The Sky Colony				
Boundary Bay Brewery	Aaron Guest	Annual Pasta Feed				Irish & Folk Night w/ Puir Na Gael	Paul Klein	
Brown Lantern Ale House		Open Mic		DJ Ontic				
Commodore Ballroom	The Funk Hunters, Moon-tricks, Exmag	Robert Sarazin Blake/Dec. 23/Green Frog		Contact Day 1 After Party	Contact Day 2 After Party			Nero
Corner Pub		Knut Bell and the 360s						
Edison Inn				Baby Cakes	File Gumbo, Orville Johnson			
Glow Nightclub	Gray Matter	DJ J-Will	DJ J-Will	DJ Boombox Kid				
Green Frog	Robt Sarazin Blake Holiday Show (early & late)			James Beach, Adrian Clarke	Slow Jam (early)	Open Mic (early), Guf-fawingham (late)	Terrible Tuesday Soul Explosion (late)	
H2O				el Colonel and Doubleshot	Karaoke			

Anelias Kitchen & Stage 511 Morris St, La Conner, WA • (360) 466-4778 | Bellewood Acres 6140 Guide Meridian, Lynden • (360) 318-7720 | Bobby Lee's Pub & Eatery 108 W Main St, Everson • 966-8838 | Boundary Bay Brewing Co. 1107 Railroad Ave • 647-5593 | Brown Lantern Ale House 412 Commercial Ave., Anacortes • (360) 293-2544 | The Business 402 Commercial Ave., Anacortes • (360) 293-9788 | Cabin Tavern 307 W. Holly St. • 733-9685 | Chuckanut Brewery 601 W Holly St. • 752-3377 | Commodore Ballroom 868 Granville St., Vancouver • (604) 739-4550 | Conway Muse 18444 Spruce/Main St., Conway (360) 445-3000 | Corner Pub 14565 Allen West Road, Burlington

FOOD 34  
B-BOARD 27  
FILM 24  
MUSIC 20  
ART 18  
STAGE 16  
GET OUT 14  
WORDS 12  
CURRENTS 8  
VIEWS 6  
MAIL 4  
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22

## interActing WITH MOUNT BAKER THEATRE

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### MBT Staff's Insider Gift Guide



**solas** MAR 17

"It's an Irish band on St. Patrick's Day. Enough said."  
-Katharine, Ticketing Manager

*F or: Music Enthusiasts*



**BULLETS OVER BROADWAY** FEB 8

"Musical Theatre Gold!" - Time

"Four semi-trucks of sets & costumes... one of our biggest shows of the year!"  
-Brad, Executive Director

*F or: Nostalgia Lovers*



**THE NERD** FEB 12-28

"...funny beyond reason...Who doesn't love to laugh and laugh hard?!"  
-Corey, Director of The Nerd

*F or: Theatre Adventurists*



**GLENN MILLER ORCHESTRA** MAR 20

"Because of the swing revival of the '90s, [they] definitely hooked me."  
-Alison, Program Manager

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with Live Organist Dennis James

JAN 24 | FEB 21 | MAR 13

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-Amy, Marketing Director



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-Aubrey, Event Manager

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**SAT. JAN. 30**  
LMG CONCERTS PRESENTS:  
Matt Maher: The Saints & Sinners Tour

**THU. FEB. 11**  
LIVE NATION:  
Brian Regan Live Comedy Tour

**FRI. FEB. 12**  
NINE ENTERTAINMENT:  
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# music venues

See below for venue addresses and phone numbers

12.23.15  
WEDNESDAY

12.24.15  
THURSDAY

12.25.15  
FRIDAY

12.26.15  
SATURDAY

12.27.15  
SUNDAY

12.28.15  
MONDAY

12.29.15  
TUESDAY

<b>Honey Moon</b>	Open Mic			Tanya Hladik & Zach Bauman			Introverts Book Bar
<b>KC's Bar and Grill</b>			Karaoke	Karaoke			
<b>Kulshan Brewing Co.</b>	Forest Beutel			Queens Bluegrass	One Lane Bridge		
<b>Main St. Bar and Grill</b>				The Electric Soul Society			
<b>Old World Deli</b>				Live Music			
<b>Poppe's 360</b>	Brooke Minkler			Benjie Howard			Open Mic w/Chuck D
<b>Rockfish Grill</b>	Fidalgo Swing			<b>Christmas/Dec. 25/</b> Everywhere			
<b>Royal</b>	Karaoke	Karaoke	Country Night	DJ Jester			
<b>Rumors Cabaret</b>		Throwback Thursday	DJ Postal, DJ Shortwave	DJ Robby Clark		Karaoke w/Zach	
<b>The Shakedown</b>				Metal DJ Night	Shakedown Standup Comedy Open Mic		Aireeoke
<b>Skagit Valley Casino</b>				Chris Eger			
<b>Skylark's</b>				Faucher Four			
<b>Swinomish Casino and Lodge</b>				<b>Adam Ray/Dec. 27/Wild</b> Buffalo	Sway		
<b>The Underground</b>			DJ B-Mello	DJ B-Mello			
<b>Via Cafe and Bistro</b>	Karaoke	Karaoke	Karaoke	Karaoke	Karaoke		
<b>The Village Inn</b>		Jam Night	Karaoke				
<b>Wild Buffalo</b>	90s Night		Christmas Karaoke	The Walrus	Adam Ray, Timmy Riney, more	Lip Sync Battle	

**The Green Frog** 1015 N. State St. • www.acoustictavern.com | **Edison Inn** 5829 Cains Ct., Edison • (360) 766-6266 | **The Fairhaven** 1114 Harris Ave • 778-3400 | **Glow** 202 E. Holly St. • 734-3305 | **Graham's Restaurant** 9989 Mount Baker Hwy., Glacier • (360) 599-3663 | **H<sub>2</sub>O**, 314 Commercial Ave., Anacortes • (360) 755-3956 | **Honey Moon** 1053 N State St. • 734-0728 | **KC's Bar and Grill** 108 W. Main St., Everson • (360) 966-8838 | **Kulshan Brewery** 2238 James St. • 389-5348 | **Make.Shift Art Space** 306 Flora St. • 389-3569 | **Main Street Bar & Grill** 2004 Main St., Ferndale • (360) 384-2982 | **McKay's Taphouse** 1118 E. Maple St. • (360) 647-3600 | **Nooksack River Casino** 5048 Mt. Baker Hwy., Deming • (360) 354-7428 | **Poppe's** 714 Lakeway Dr. • 671-1011 | **Paso Del Norte** 758 Peace Portal Dr. Blaine • (360) 332-4045 | **The Redlight** 1017 N State St. • www.redlightwineandcoffee.com | **Rockfish Grill** 320 Commercial Ave., Anacortes • (360) 588-1720 | **The Royal** 208 E. Holly St. • 738-3701 | **Rumors Cabaret** 1119 Railroad Ave. • 671-1849 | **The Shakedown** 1212 N. State St. • www.shakedownbellingham.com | **Silver Reef Casino** 4876 Haxton Way, Ferndale • (360) 383-0777 | **Skagit Valley Casino Resort** 5984 N. Darrk Lane, Bow • (360) 724-7777 | **Skylark's Hidden Cafe** 1300 11th St. • 715-3642 | **Star Club** 311 E Holly St. • www.starclubbellingham.com | **Swillery Whiskey Bar** 118 W. Holly St. | **Swinomish Casino** 12885 Casino Dr., Anacortes • (888) 288-8883 | **Temple Bar** 306 W. Champion St. • 676-8660 | **The Underground** 211 E. Chestnut St. • 738-3701 | **Underground Coffeehouse** Viking Union 3rd Floor, WWU | **Via Cafe** 7829 Birch Bay Dr., Blaine • (360) 778-2570 | **Village Inn Pub** 3020 Northwest Ave. • 734-2490 | **Vinostrology** 120 W. Holly St. • 656-6817 | **Wild Buffalo** 208 W. Holly St. • www.wildbuffalo.net | To get your live music listings included, send info to clubs@cascadiaweekly.com. Deadlines are always at 5pm Friday.

FOOD 34  
B-BOARD 27  
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CASCADIA WEEKLY  
23



# film

MOVIE REVIEWS » FILM SHORTS



REVIEWED BY J.R. JONES

## Youth

THE LENS OF LIFE

**DO FILM** directors really walk around peering at the world through the frame of their joined hands? They do it often enough in the movies—but that’s where it counts, because the rectangle of fingers resides inside the larger frame of the film itself, turning the character into a camera and his experience into a movie within the movie. The final shot of Paolo Sorrentino’s commanding philosophical drama *Youth* shows an elderly filmmaker making a viewfinder with his hands in just this fashion, and it’s appropriate to a film that, while dwelling primarily on the discontents of old age, also considers the creative problems of movie people.

These are pretty high-class problems, but then, one can hardly accuse Sorrentino of having the common touch. His hit *Il Divo* (2008) dealt with Italy’s political elites, and his Oscar-winning *The Great Beauty* (2013) dealt with the country’s cultural elites. *Youth* considers the inner lives of artistic elites: at a posh resort hotel in the Swiss Alps, retired composer and symphony conductor Fred Ballinger (Michael Caine) is courted by an emissary of Queen Elizabeth to perform again; meanwhile, his old pal, a now-lionized filmmaker named Mick Boyle (Harvey Keitel), brainstorms with his crew of young screenwriters to finish the script for a self-described “testament,” to be titled *Life’s Last Day*. Two movie stars figure in the action as well: Jimmy Tree (Paul Dano), a creatively conflicted actor, and Brenda Morel (Jane Fonda), a fire-breathing screen siren who’s agreed to star in Mick’s cinematic swan song.

Mick, could possibly hit on the right line, because what he’s after is nothing less than his own last words.

Jimmy Tree, the intelligent and discerning young actor who befriends both Fred and Mick at the hotel, suffers from a similar confusion, though instead of translating his life to the screen he’s trying to figure out what his screen work means to his life. Patterned on Robert Downey Jr., Jimmy has become a celebrity playing a robot called Mr. Q in a worldwide blockbuster, and the crush of people who know him only for this frivolous role is beginning to get to him. His roles allow him to connect with strangers, a power he craves as an artist, but the best known of them has become an identity he can’t escape. Brenda Morel, the brittle screen goddess who roars into the hotel for a meeting with Mick, has about 40 years on Jimmy, and she’s figured out what her screen work means to her life—nothing. Sitting in the hotel lobby with Mick, she announces she’s

“

Film is a medium that consecrates memory, which makes it an especially apt metaphor in a movie about two old men.

Film is a medium that consecrates memory, which makes it an apt metaphor in a movie about two old men. As Mick and Fred admit to each other, their memories are starting to fail them, and Mick quite naturally expresses this anxiety through a viewfinder. On an observation deck at the hotel, he asks one of his charges to look through a telescope at a distant mountain. “This is what you see when you’re young,” he says. “Everything seems really close. That’s the future. And now...” He swings the device around so that she’s looking through the other end. “That’s what you see when you’re old. Everything seems really far away. That’s the past.”

For Mick, death seems really close, but that doesn’t mean he can bring it into focus. Laced throughout the narrative are scenes of him and his four scribes spit-balling lines for the deathbed scene that will conclude *Life’s Last Day*. Sorrentino finds some solid laughs in their fumbling attempts, which often play as a parody of Hollywood writing-by-committee; there’s no way these egghead writers, two generations younger than

quitting his film to do a Mexican TV series, pronouncing his last three films to be “shit” and his artistic vision to be hopelessly constricted. “All you know how to see is your own death,” she declares (which seems pretty ironic given Mick’s difficulty in scripting just that). Her heartless exit line—“Life goes on, even without all that cinema bullshit”—seems like a challenge not only to him but to *Youth* itself.

All three of Sorrentino’s movie people reach a crisis point. Brenda Morel, ruling her harsh words to Mick, melts down aboard a flight to Cannes, her makeup smeared and the blond wig sliding off her head as the flight attendants pin her to the floor. (Fonda isn’t onscreen for long, but her vinegary performance is destined for a best supporting actress nod). Jimmy Tree, having revealed that his upcoming role was no less than Adolf Hitler, announces his decision to quit the movie and focus his future energies on stories about desire, “because that’s what makes us alive.” What will become of Mick and *Life’s Last Day*? Who knows, but as he gazes through his framed hands at us, they seem less like a viewfinder than like a portal to that desire. ☺





DECEMBER 26  
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BY CAREY ROSS

## FILM SHORTS

**Alvin and the Chipmunks: The Road Chip:** The movie for everyone who can't get a ticket to a showing of *Star Wars*. ★★ (PG • 1 hr. 26 min.)

**The Big Short:** The story of a vital part of the financial meltdown as told in semi-comedic fashion by Christian Bale, Steve Carell, Ryan Gosling, Brad Pitt, and more. Economic tragedy has never had so much sex appeal. ★★★★★ (R • 2 hrs. 10 min.)

**Brooklyn:** Saoirse Ronan, future Academy Award winner, anchors this (bitter)sweetly romantic drama about an Irish girl navigating her way through 1950s Brooklyn. Of course, there's a boy (or two), but this is a story of a woman coming into her own as her adopted country does the same. Written by Nick Hornby and acclaimed by critics far and wide, this one has Oscar written all over it. ★★★★★ (PG-13 • 1 hr. 51 min.) *Film*

**Concussion:** A film about the doctor who discovered and proved what should be common sense to anyone with common sense: that NFL players who take repeated blows to the head might suffer some permanent damage that does, in turn, have effects that reverberate beyond just what's happening inside their own skulls. Spoiler alert: the NFL is not a fan of the doctor, this movie, common sense or the notion that football might be harmful to one's health. ★★★★★ (PG-13 • 2 hrs. 3 min.)

**Creed:** As far as I can tell, in the seventh installment of this film franchise that has spanned four decades, Rocky is now Mickey, Adonis Johnson (son of Apollo Creed, #neverforget) is Rocky and the whole thing should be a mess, but is saved by the capable direction of Ryan Coogler (also responsible for the incredible and criminally underwatched *Fruitvale Station*) and a fist-in-the-air formula that just won't quit. Yo, Adrian! ★★★★★ (PG-13 • 1 hr. 35 min.)

**Daddy's Home:** Will Ferrell is the stepdad who is a real square. Mark Wahlberg is the super-cool dad. Insert something about a plot where they compete with each other in ever more ridiculous ways that probably involves at least one toilet and two sexual gags, and you've about got it. ★★ (PG-13 • 1 hr. 36 min.)

**The Good Dinosaur:** Pixar's second release of 2015 imagines a scenario in which dinosaurs are spared extinction and coexist with humans. Though the movie features Pixar's trademark breathtaking animation and an abundance of heart, it's not the groundbreaker that *Inside Out* was—but your dino-obsessed kiddies are not likely to care about that. ★★★★★ (PG • 1 hr. 40 min.)



**The Hunger Games: Mockingjay—Part 2:** It's Jennifer Lawrence's world, we're all just living in it and that's perfectly fine with me. J-Law for president 2016. ★★★★★ (PG-13 • 2 hrs. 16 min.)

**In the Heart of the Sea:** Director Ron Howard has made some decent movies (*Frost/Nixon*, *Apollo 13*) and some real dogs (*The Da Vinci Code*, *Far and Away*), but most of his career is marked by mediocrity. This film, about the source material for *Moby Dick*, isn't going to be the one to elevate his rep. ★★ (PG-13 • 2 hrs. 2 min.)

**Joy:** Director David O. Russell (*Silver Linings Playbook*, *American Hustle*) reunites with his trio of favorite actors—Robert DeNiro, Jennifer Lawrence, and Bradley Cooper—for another quirky tale of family living at the nexus of dysfunction junction. ★★★ (PG-13 • 2 hrs. 4 min.)

**Krampus:** It was only a matter of time before Krampus got the Hollywood treatment. I don't even care how bad this movie might be, it stars Adam Scott, Toni Collette, and David Koechner, and involves “beloved holiday icons” taking on a “monstrous life

of their own.” Sign me up. ★★★ (Unrated • 1 hr. 38 min.)

**The Night Before:** This is the same old story of man-babies gathering for one last night of debauchery before reluctantly being thrust into adulthood—except this time it comes with ugly Christmas sweaters and stars Seth Rogen, Anthony Mackie, and Joseph Gordon-Levitt as the man-babies in question. ★★★ (R • 1 hr. 41 min.)

**Point Break:** Dear Hollywood, why are you doing this to me? Leave Keanu alone. ★ (PG-13 • 1 hr. 53 min.)

**Sisters:** Tina Fey and Amy Poehler are, together, the funniest, smartest, most utterly ridiculous comedic force on the planet. Besties in real life, they play sisters on the big screen in a two-hour free-for-all of fearless funny business. This is the R-rated comedy you are looking for. ★★★★★ (R • 1 hr. 58 min.)

**Spotlight:** An important story (abuse allegations in the Catholic church as reported in blockbuster, Pulitzer Prize-winning fashion by the staff of the *Boston Globe*), a top-notch cast (Mark Ruffalo, Michael Keaton, Rachel McAdams, more) and an excellent director (Tom McCarthy)—praise science, Oscar season is finally here. ★★★★★ (R • 2 hrs. 7 min.) *Film*

**Star Wars: Episode VII—The Force Awakens:** One million stars. Give it all of the Oscars and throw in some Grammys, a Nobel Peace Prize and a knighthood, while you're at it. I'm not picky. Suck it, haterzzzz, this movie rules. ★★★★★ (PG-13 • 2 hrs. 16 min.)

**Youth:** See review previous page. ★★★★★ (R • 1 hr. 58 min.)



## Showtimes

Regal and AMC theaters, please see [www.fandango.com](http://www.fandango.com).

Film Pickford Film Center and PFC's Limelight Cinema, please see [www.pickfordfilmcenter.com](http://www.pickfordfilmcenter.com)

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# bulletinboard

## 200 MIND & BODY

**Attend a Healing Hour** from 5:30-6:30pm every Wednesday at Simply Spirit Reading & Healing Center, 1304 Meador Ave. Drop in anytime during the hour to receive an aura/chakra healing. Entry is \$5. More info: [www.simplyspiritcenter.com](http://www.simplyspiritcenter.com)

**A "Yoga for Daily Living"** class takes place from 6:30-7:45pm Wednesdays at Lynden's Jansen Art Center, 321 Front St. The class consists of breathing practices, physical exercises, and mental focus. No experience is necessary. Entry to the ongoing event is \$60 for six classes. More info: [www.jansenartcenter.com](http://www.jansenartcenter.com)

**Abby Staten** leads "Yoga for Multiple Sclerosis" classes from 10-11am Tuesdays and 11am-12pm Fridays at Christ the Servant Lutheran Church, 2600 Lakeway Dr. The weekly events are free for people with MS, and no registration is required. Please bring a blanket or yoga mat. More info: [abbyyoga@msn.com](mailto:abbyyoga@msn.com)

**Love animals?** Love Mother Earth? They need you! Learn to think and act vegan. Experienced teacher available. More info: (360) 733-3305

**Sex Addicts Anonymous (SAA)** meets at 7pm Tuesdays and Thursdays and 9am Saturdays at the Bellingham Unitarian Fellowship, 1207 Ellsworth St. More info: (360) 420-8311 or [www.pugetsoundsaa.org](http://www.pugetsoundsaa.org)

## 200 MIND & BODY

**Come relax** and meet other breastfeeding mothers in a warm, inviting and respectful environment at a Breastfeeding Cafe from 9am-12pm every Tuesday at the Bellingham Center for Healthy Motherhood, 1012 Dupont Street. An IBCLC will be on hand to help with weight checks, answer questions, and other support. Entry is free. More info: [www.centerforhealthy-motherhood.com](http://www.centerforhealthy-motherhood.com)

**Bellingham Evening Toastmasters** meet from 7-8:30pm Tuesdays at the Festival Square Condominium Clubhouse, 5040 Festival Blvd. The group invites you to test your extemporaneous speaking skills, or sit back and enjoy an evening of entertaining speeches. Entry is free. More info: 756-0217 or [www.447.toastmastersclubs.org](http://www.447.toastmastersclubs.org)

**Certified Tai Chi instructor Kelly Hong-Williams** leads a free "Intro to Tai Chi" demonstration at 12pm Sat., January 2 at the SkillShare Space at the Bellingham Public Library, 210 Central Ave. Dr. Paul Lam's Tai Chi for Arthritis program has been proven to be an effective therapy for the management of Arthritis and Fibromyalgia symptoms, but Tai Chi is good for everybody. No registration is required. More info: 778-7323

**Learn more** about "Essential Remedies for Stress and Pain Relief" at a workshop with Michelle Mahler at 6:30pm Tues., January 5 in

## 200 MIND & BODY

Mount Vernon at the Skagit Valley Food Co-op, 212 S. First St. Each student will receive notes and recipes and can make a therapy blend to take home with an optional supply fee of \$10 per item. Please register in advance. More info: [www.skagitfood-coop.com](http://www.skagitfood-coop.com)

**"Advanced Medical Interventions"** will be the focus of a presentation by ICU nurses Maureen "Koala" and Cathy from 6:30-8pm Wed., January 6 at the Community Food Co-op, 1220 N. Forest



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## 200 MIND & BODY

St. Actual outcomes for patients are discussed, for both the short and long term. CPR, mechanical ventilation, dialysis, and medicines to support blood pressure are detailed. Come with questions. Entry is free. More info: [www.communityfood.coop](http://www.communityfood.coop)

**Are you looking at 2016** with exhaustion or inspiration? Are you getting more tired or more enthusiastic? Come explore current research around will power, blood glucose levels, and how you can work toward a more vibrant life at an Excellence Northwest mini-workshop, "The Energy Game," at 5:30pm Wed., January 6 at Village Books, 1200 11th St. Entry is free. More info: [www.village-books.com](http://www.village-books.com)

**"Bone Health and Osteoporosis"** will be the focus of a workshop with Jim Ehmke, CN, from 6:30-8:30pm Wed., January 6 at the Cordata Community Food Co-op, 315 Westerly Rd. Ehmke will give details on a comprehensive program for increasing bone density. He'll discuss the role of calcium and other minerals and vitamins, the pros and cons of bone density testing, the effectiveness of hair tissue analysis, and more. Entry is \$5. More info: [www.communityfood.coop](http://www.communityfood.coop)

**Co-Dependents Anonymous** meets from 7-8:30pm most Mondays at PeaceHealth St. Joseph's Community Health Education Center, 3333 Squalicum Pkwy, conference room B. Entry is by donation. More info: (360) 676-8588

**A Grief Support Group** meets at 7pm every Tuesday at the St. Luke's Community Health Education Center, 3333 Squalicum Pkwy. The free, drop-in support group is for those experiencing the recent death of a friend or loved one. More info: 733-5877

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**Sun:** (2:20), 5:15, 7:00; **Mon - Wed:** (3:20), 6:15, 9:00  
**Thu:** (3:20), 6:15

### BROOKLYN (PG-13) 111m CC

"An authentic examination of the mid-20th century immigrant experience, and an intimate exploration of one woman's attempt to understand who she is and where she wants to belong."  
**Fri:** (4:00), 6:30, 9:05; **Sat:** (12:45), 4:00, 6:30, 9:05  
**Sun:** (11:45AM), (2:00), 4:30, 8:05; **Mon & Tue:** (4:00), 6:30, 9:05  
**Wed:** (4:00), 9:15; **Thu:** (4:00), 6:30

### JANE EYRE (NR) 153m - NATIONAL THEATRE LIVE

"Aflame with passion. A picture of exultant feminism." The Observer  
Tickets: \$20 General Admission / \$16 Members / \$10 Students  
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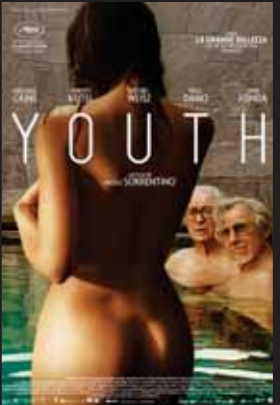
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**Sun:** (11:45AM), (2:30), 5:15, 8:00  
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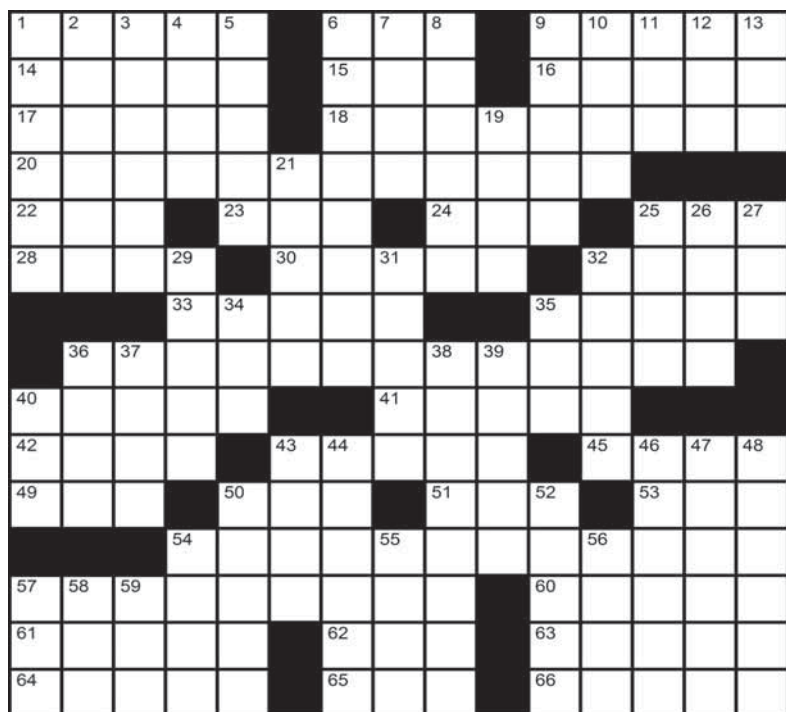
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**Across**

- 1 Letterhead illustrations
- 6 Key holder
- 9 “Your Movie Sucks” author Roger
- 14 “I’m on \_\_\_!”
- 15 Anonymous Richard in court cases
- 16 Where it’s happening
- 17 Like some French sauces
- 18 Observation from one person to another, part 1
- 20 Observation, part 2
- 22 Street of bad dreams?
- 23 “Ice Age” sloth
- 24 Allow
- 25 Stick (out)
- 28 Singer who dropped “McEntire” from her performing name
- 30 Last name in cartoon skunks

- 32 Appear fully
- 33 Possible pigeon perch
- 35 Baseball Hall-of-Famer Tony
- 36 Observation, part 3
- 40 “Oh \_\_\_! -- it’s full of stars!” (line from the novel “2001”)
- 41 “And there you have it!”
- 42 Rake in
- 43 British artist

- Lucian
- 45 BBQ specialty
- 49 180 degrees from SSW
- 50 Membership charge
- 51 Red or Dead follower
- 53 “Poetry Out Loud” org.
- 54 Response to the observation, part 1
- 57 Response, part 2
- 60 “The Kiss” artist Gustav
- 61 Baby food, typically
- 62 Legendary coach Parseghian
- 63 Word before craft or board
- 64 Northernmost NYC borough
- 65 Modern, in Munich
- 66 Make some z’s

**Down**

- 1 Brief writer
- 2 Maryland’s state bird
- 3 Lose sensation
- 4 “In My Own Fashion” autobiographer Cassini
- 5 \_\_\_ a fox
- 6 Cholesterol-laden burger topper
- 7 “Game of Thrones” actress Chaplin
- 8 Scarab, e.g.
- 9 What’s happening
- 10 Titanic obstacle
- 11 Pair of bunnies?
- 12 Bitterly regret
- 13 Golfer’s support
- 19 Mountaintop feature
- 21 First name among early “SNL” regulars
- 25 Crows’ cousins
- 26 “Reader” founder Eric
- 27 Lowest two-digit positive integer
- 29 “Good Eats” host Brown
- 31 “Pet” annoyance
- 32 Say some naughty words
- 34 LAX listing
- 35 Pomade alternative
- 36 Blue used in printing
- 37 Shrek, for example
- 38 “Undersea World” explorer Jacques
- 39 Evades the

- seeker
- 40 Checkers pieces
- 43 Pool table fabric
- 44 Grant another mortgage
- 46 Describing a living organism process (unlike, say, from a test tube)
- 47 Yuppie’s German car, slangily
- 48 “Being and Nothingness” author
- 50 UPS rival
- 52 Goth necklace pendants
- 54 Small songbird
- 55 1950s Hungarian leader Nagy
- 56 Tesla founder Musk
- 57 “Be on the lookout” message
- 58 Low-down sort
- 59 Prefix sometimes seen around vasectomies

**Last Week’s Puzzle**



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**Enjoy a full day of Red Dwarf!**

What is Red Dwarf? It’s a huge mining ship crewed by Dave Lister who’s just woken up after being in stasis for 3 million years! Arnold Rimmer, a hologram simulation of his dead bunk mate. Cat, a humanoid that evolved from Lister’s cat. The ship’s crew has come across new members: Kryten, a series 4000 mechanoid rescued from the Nova 5 and Navigation Officer Kristine Kochanski, from a parallel universe.

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BY ROB BREZSNY

# FREE WILL ASTROLOGY

**ARIES (March 21-April 19):** The raw materials you have at your disposal in 2016 may sometimes seem limited. You might not have access to all the tools you wish you did. You could be tempted to feel envy about the vaster resources other people can draw on. But I honestly don't think these apparent inhibitions will put you at a disadvantage. Within your smaller range of options, there will be all the possibilities you need. In fact, the constraints could stimulate your creativity in ways that would have never occurred if you'd had more options.

**TAURUS (April 20-May 20):** You know what physical hygiene is. But are you familiar with imaginal hygiene? Educator Morgan Brent defines it like this: "Imaginal hygiene is the inner art of self-managing the imagination, to defend it from forces that compromise, pollute, colonize, shrink, and sterilize it, and to cultivate those that illuminate, expand, and nourish it." It's always important for everyone to attend to this work, but it's especially crucial for you to focus on it in 2016. You will be exceptionally creative, and therefore likely to generate long-lasting effects and influences out of the raw materials that occupy your imagination.

**GEMINI (May 21-June 20):** Your mind sometimes works too hard and fast for your own good. But mostly it's your best asset. Your versatility can sometimes be a curse, too, but far more often it's a blessing. Your agile tongue and flexible agenda generate more fun than trouble, and so do your smooth maneuvers and skillful gamesmanship. As wonderful as all these qualities can be, however, I suggest that you work on expanding your scope in 2016. In my astrological opinion, it will be a good time for you to study and embody the magic that the water signs possess. What would that mean exactly? Start this way: Give greater respect to your feelings. Tune in to them more, encourage them to deepen, and figure out how to trust them as sources of wisdom.

**CANCER (June 21-July 22):** Swedish movie director Ingmar Bergman won three Academy Awards and was nominated for eight others. Numerous filmmakers have cited him as an important influence on their work. His practical success was rooted in his devotion to the imagination. "I am living permanently in my dream, from which I make brief forays into reality," he said. Can you guess his astrological sign? Cancer the Crab, of course! No other tribe is better suited at moving back and forth between the two worlds. At least potentially, you are virtuosos at interweaving fantasy with earthy concerns. The coming year will afford you unprecedented opportunities to further develop and use this skill.

**LEO (July 23-Aug. 22):** Avoid pain and pursue pleasure. Be kind, not cruel. Abstain from self-pity and ask for the help you need. Instead of complaining, express gratitude. Dodge time-wasting activities and do things that are meaningful to you. Shun people who disrespect you and seek the company of those who enjoy you. Don't expose yourself to sickening, violent entertainment; fill your imagination up with uplifting stories. Does the advice I'm offering in this horoscope seem overly simple and obvious? That's no accident. In my opinion, what you need most in 2016 is to refresh your relationship with fundamental principles.

**VIRGO (Aug. 23-Sept. 22):** Many of the atoms that compose your flesh and blood were not part of your body 12 months ago. That's because every year, 98 percent of you is replaced. Old cells are constantly dying, giving way to new cells that are made from the air, food, and water you ingest. This is true about everyone, of course. You're not the only one whose physical form is

regularly recycled. But here's what will be unique about you in 2016: Your soul will match your body's rapid transformations. In fact, the turnover is already underway. By your next birthday, you may be so new you'll barely recognize yourself. I urge you to take full charge of this opportunity! Who do you want to become?

**LIBRA (Sept. 23-Oct. 22):** The English word "ain't" can mean "am not," "is not," "are not," or "have not." But it ain't recognized as a standard word in the language. If you use it, you risk being thought vulgar and uneducated. And yet "ain't" has been around since 1706, more than 300 years. Most words that are used for so long eventually become official. I see your journey in 2016 as having resemblances to the saga of "ain't," Libra. You will meet resistance as you seek greater acceptance of some nonstandard but regular part of your life. Here's the good news: Your chances of ultimately succeeding are much better than ain't's.

**SCORPIO (Oct. 23-Nov. 21):** My old friend John owns a 520-acre farm in Oregon's Willamette Valley. Blueberries are among the crops he grows. If he arranges their growing season so that they ripen in July, he can sell them for \$1.75 a pint. But if he designs them to be ready for harvest in late summer and early fall, the price he gets may go up to \$4 a pint. You can guess which schedule he prefers. I urge you to employ a similar strategy as you plot your game plan for 2016, Scorpio. Timing may not be everything, but it will count for a lot.

**SAGITTARIUS (Nov. 22-Dec. 21):** In 1803, the U.S. government bought a huge chunk of North American land from the French government. At a price of three cents per acre, the new republic doubled its size, acquiring what's now Louisiana and Montana and everything between. I don't think you'll add that much to your domain in 2016, Sagittarius, but it's likely you will expand significantly. And although your new resources won't be as cheap as the 1803 bargain, I suspect the cost, both in terms of actual cash and in emotional energy, will be manageable. There's one way your acquisition will be better than that earlier one. The Americans bought and the French sold land they didn't actually own—it belonged to the native people—whereas your moves will have full integrity.

**CAPRICORN (Dec. 22-Jan. 19):** The coming year will be a favorable time for you to nourish a deeper devotion to truth, beauty, and goodness. Anything you do to make your morality more rigorous will generate benefits that ripple through your life for years to come. Curiously, you can add to the propitious effect by also cultivating a deeper devotion to fun, play, and pleasure. There is a symbiotic connection between the part of you that wants to make the world a better place and the part of you that thrives on joy, freedom, and wonder. Here's the magic formula: Feed your lust for life by being intensely compassionate, and vice versa.

**AQUARIUS (Jan. 20-Feb. 18):** I predict that 2016 will be your Year of Fruitful Obsessions. In giving this positive spin to the cosmic tendencies, I'm hoping to steer you away from any behavior that might lead to 2016 being your Year of Fruitless Obsessions. One way or another, I think you'll be driven to express your passions with single-minded intensity. Focused devotion—sometimes verging on compulsive preoccupation—is likely to be one of your signature qualities. That's why it's so important to avoid wasteful infatuations and confounding manias. Please choose fascinations that are really good for you.

**PISCES (Feb. 19-March 20):** Your symbol of power in 2016 will be the equal sign: =. Visualize it in your mind's eye every morning for 20 seconds. Tattoo it on your butt. Write it on an index card that you keep under your pillow or on your bathroom mirror. Gestures like these will deliver highly relevant messages to your subconscious mind, like "Create balance and cultivate harmony!" and "Coordinate opposing forces!" and "Wherever there is tension between two extremes, convert the tension into vital energy!" Here are your words of power in 2016: "symbiosis" and "synergy." ☺

BY AMY ALKON

## THE ADVICE GODDESS

### A MAN WALKS INTO A BARNACLE

*I'm a 43-year-old man, and I'm trying to build my career after years of being a stay-at-home dad. I got involved very quickly with a woman I met online, but the truth is that she's just not smart enough for me. I feel bad because she's very sweet, but I'd rather devote my time to my work. I've tried to break up with her numerous times, but she just doesn't seem to get it. I'll tell her I really need time to myself, but she'll still call incessantly. How do you tell somebody it's over in a way that is kind but gets through to them?*

—*I'm Done*

You need "time to yourself?" Great. She can do that. Just call her when you're ready. No, not on the phone. She'll be out on your porch in her sleeping bag.

Welcome to the rose-colored distorto-vision of being "optimistically biased"—succumbing to the human tendency to see what's positive instead of what's realistic. ("What I refuse to believe won't hurt me!") We're especially likely to go happily dumb when our ego is involved. Evolutionary biologist Robert Trivers explains in *The Folly of Fools* that we "protect our happiness via self-deception." We have a "psychological immune system" that works "not by fixing what makes us unhappy but by...minimizing it and lying about it."

Neuroscientist Tali Sharot finds from her brain imaging research that having a distortedly positive view comes out of what she calls "selective updating." When our brain gets information that things are going to be better than expected, it's all, "Yes, sir, we'll send that around." But information that things will be worse than expected? That gets kicked under the bed—or would if the brain had feet and slept in a bed.

There is another possibility here. Even if your girlfriend's intelligence level leaves you confused about whether to take her to dinner or just water her and put her in indirect sunlight, she may be what I call *instinctually smart*. Possibly, it's clear to her that you want to end it but she's ignoring that in hopes of wearing you down. Regardless of the reason she's still hanging around, the only way to change that is by telling her that you two are done, using very direct language, like, "I'm sorry, but it's over between us. I am breaking up with you." Should she keep contacting you, make it similarly clear that there's no room at the

inn for hope.

This is actually the kind way to break up with a refuse-to-believe-er—being momentarily cruel, ideally as soon as you realize it's over. In other words, putting your girlfriend out of her misery starts with putting her through it—pronto. Keep merely hinting that it's over and, well, if an asteroid destroyed life on earth as we know it, three things would survive: cockroaches, the Kardashians, and your relationship.

### THE ENDEAR HUNTER

*My girlfriend rarely, if ever, calls me by my actual name. Other women I've dated have done this, too. It makes me think of that country song that goes, "You don't have to call me darlin', darlin'." I've come to realize that I've been steadily losing interest in my girlfriend, and maybe she senses that. Or could it be something else? Why do women do this—not calling men by their actual names?* —*Nameless*

There are times when only your actual name will do—because the alternative is "Hey, Magic Penis, I'm over here... aisle 4!"

But, generally speaking, the way people address each other is a statement about the kind of relationship they have. So when the nurse comes into the waiting room with a clipboard, you never hear, "O.K., Poopoface, the doctor will see you now." A cop, likewise, will not ask, "Do you know how fast you were going, Turtlebutt?"

A pet name is part of creating a relationship "culture"—things you do and say that mark the relationship as a distinct little society. (Cutesy handles also tend to, uh, travel better than matching bones through the nose.) Not surprisingly, relationship communication researcher Carol Bruess finds that partners in happy relationships use nicknames more than those in unhappy ones. Referencing previous research, Bruess explains that nickname use both creates intimacy and reflects it. So, it's possible that your girlfriend's nicknamery is a ploy—perhaps unconscious—to bring you two closer. (If she talks all cootchie-cuddly-coo, cootchie-cuddly-coo might follow.)

But seeing as you have been "steadily losing interest" in your girlfriend, why are you sitting around pondering nickname use? You need to do your part: Inform your girlfriend that the relationshippoo can no longer breathe on its owniecakes, and that it's time she started referring to you as her ex-schmoopie—or, better yet, "that asshole" she used to date. ☺

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		6	3				1	
					1	9		
		9					7	8
			4		8		9	3
	8							5
					5			
3		2						7
4	7			8	9			

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Tom the Dancing Bug

by RUBEN BOLLING

**Chagrin Falls**  
"A LONG TIME AGO, GENERATIONS FAR, FAR AWAY"

1915: Papa, I'm going to the nickelodeon. Hrmp.

1946: Father, I'm going to see the Western at the Bijou. That's fine.

1977: Dad, I'm going to see Star Wars. Okay, Gavin.

2015: Dad, I'm going to see the new Star Wars movie. That's great, Cap, but...

...NOT WITHOUT ME, YOUNG PADAWAN!!

Let's get out of here before he... THE FORCE IS STRONG WITH THIS ONE!

Quick, get your coat! Maybe your dad can give us a ride. Wait up, I just want to bring some things!

Good to see you so enthusiastic, guys! You're moving faster than the Astromech droid, BB-8!

<breath, breath> Cap, I am your father. I know.

THE END

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**THIS MODERN WORLD**

by TOM TOMORROW

**2015 IN REVIEW**  
A HIGHLY SUBJECTIVE AND INHERENTLY INCOMPLETE LOOK BACK AT THE YEAR THAT WAS  
**PART THE FIRST**

JAN. 7: FIVE CARTOONISTS (AND SEVEN OTHERS) DIE IN CHARLIE HEBDO MASSACRE, SETTING OFF INTENSE SOCIAL MEDIA DEBATE ABOUT HOW OFFENSIVE THEIR CARTOONS WERE.  
SIGH.

JAN. 26: IN LEGISLATIVE MANEUVER, SENATE GOP VOTES TO CONFIRM THAT CLIMATE CHANGE IS REAL (BUT NOT MANMADE).  
VOTE IS QUICKLY FORGOTTEN.  
HEY AL GORE! IT'S SNOWING AGAIN! HAW HAW HAW!

FEB. 9: IOWA REP. STEVE KING CALLS OBAMA SPEECH A "JIHADI RECRUITMENT TOOL."  
AND I POSTED A CARTOON OF OBAMA IN A TURBAN!  
BECAUSE I AM A VERY SERIOUS PERSON.

FEB. 11: TWELVE YEARS AFTER THE START OF THE WAR, SOMEONE FINALLY LAYS CONSEQUENCES FOR LYING ABOUT IRAQ.  
--AND THEN MY CHOPPER TOOK A DIRECT HIT!  
UNFORTUNATELY IT'S THIS GUY.

FEB. 11: STUDY FINDS U.S. HAS MORE GUN DEATHS THAN ANY OTHER DEVELOPED NATION.  
THERE'S ONLY ONE SOLUTION--  
--MORE GUNS!

FEB. 19: MOTHER JONES DEBUNKS BILL O'REILLY'S CLAIM THAT HE "EXPERIENCED COMBAT."  
I WAS IN THE MIDDLE OF THE FALKLANDS WAR!  
OR AT LEAST IN THE SAME HEMISPHERE!

MARCH 5: DINESH D'SOUZA SAYS HILLARY CLINTON AND OBAMA THINK THEY'RE ABOVE THE LAW.  
HE MAKES THIS STATEMENT VIA SKYPE FROM THE COMMUNITY CONFINEMENT CENTER WHERE HE IS SERVING AN EIGHT MONTH SENTENCE FOR VIOLATING CAMPAIGN FINANCE LAWS.

MARCH 16: MCDONALDS SUED FOR TELLING WORKERS TO PUT MUSTARD AND MAYONNAISE ON BURNS. ADD SOME SECRET SAUCE AND YOU'LL BE DELICIOUS!  
WHAT?  
--YOU HAVE NOTHING TO COMPLAIN ABOUT!

APRIL 2: SEN. COTTON POINTS OUT THAT "IN IRAN, THEY HANG YOU... FOR BEING GAY!"  
UNLESS YOU'RE LITERALLY SUBJECT TO THE DEATH PENALTY--  
--YOU HAVE NOTHING TO COMPLAIN ABOUT!

APRIL 8: COTTON REMAINS ON A ROLL, DECLARING WAR WITH IRAN WOULD ONLY TAKE A FEW DAYS. IT'LL BE A CAKEWALK!  
WHY ARE YOU LOOKING AT ME LIKE THAT?

APRIL 23: AFTER TWO WESTERN HOSTAGES ARE KILLED IN DRONE STRIKES, U.S. ADMITS IT DIDN'T KNOW WHO IT WAS TARGETING.  
IT JUST DEPENDS ON WHAT THE MEANING OF "NEAR CERTAINTY" IS.

APRIL 29: QUOTING ANONYMOUS POLICE DOCUMENT, WASH. POST INITIALLY REPORTS THAT FREDDIE GRAY CAUSED OWN INJURIES.  
HE WAS SO DEVIANT-- HE SEVERED HIS OWN SPINE!

MAY 21: JEB BUSH SAYS BROTHER MISLED INTO WAR BY "BAD INTELLIGENCE."  
YOU MEAN, HIS OWN?  
NO THAT IS NOT WHAT I MEAN.

MAY 28: 62% OF REPUBLICANS STILL THINK IRAQ WAR WAS GOOD DECISION.  
HOW ELSE WOULD WE HAVE DESTABILIZED THE MIDDLE EAST AND CREATED A STATE OF PERMANENT WAR?  
ANSWER THAT, LISTARDS!

JUNE 2: TSA SCREENERS FAIL TO DETECT WEAPONS AND EXPLOSIVES IN 67 OF 70 TESTS.  
BUT WE'RE TOTALLY AWESOME AT CONFISCATING SHAMPOO!

JUNE 16: DONALD TRUMP LAUNCHES WHAT MANY ASSUME WILL BE AN EXTREMELY SHORT-LIVED PRESIDENTIAL CAMPAIGN.  
MEXICANS ARE DRUG SMUGGLING RAPISTS!  
LITTLE DID WE KNOW.

JUNE 19: RACIST CHARLESTON SHOOTER LEADS WALL ST. JOURNAL TO DECLARE "INSTITUTIONAL RACISM" OVER. THE MURDERS WERE WIDELY CONDEMNED--AND POLICE ARRESTED THE GUNMAN!  
(THIS WAS REALLY THEIR ARGUMENT.)

JUNE 25: SCOTUS UPHOLDS OBAMACARE.  
JUNE 26: SCOTUS UPHOLDS GAY MARRIAGE.  
JUNE 27: AMERICA NOT DESTROYED BY ANGRY RIGHT-WING GOD.  
YET. HMMMPH.

JUNE 29: TRUMP PROMISES TO CHANGE HAIRSTYLE IF ELECTED PRESIDENT.  
I'LL SAVE HOURS A DAY!  
AND I'LL USE THOSE HOURS--TO MAKE AMERICA GREAT AGAIN!

**JEN SORENSEN SLOWPOKE**

MANY PEOPLE SEEM TO VIEW GOVERNMENT AS A SHOPAHOLIC OF SORTS.  
FAMILIES ARE CUTTING BACK. WHY CAN'T THE GUV'MINT?  
TAX AND SPEND! THAT'S ALL THESE BUREAUCRATS WANT TO DO!

SOME OF THESE PROFLIGATE OFFICIALS AGREED TO SPEAK WITH US ANONYMOUSLY.  
IT STARTED WHEN I GOT A RUSH OUT OF BUYING MANHOLE COVERS. NOW I GET MY FIX ORDERING BRIDGE REPAIRS.  
SOMEBODY PLEASE STOP ME!

I'M SORRY, BUT SENDING DISABILITY CHECKS TO PEOPLE WITH HORRIFIC DISEASES AND INJURIES IS SIMPLY TOO MUCH FUN!  
IT'S LIKE BUYING A NEW FLAT-SCREEN TV EVERY DAY!

I KNOW I SHOULD CUT BACK ON TRYING TO KEEP FECES OUT OF HAMBURGER MEAT, BUT THE TRUTH IS, I GET OFF ON PREVENTING FOODBORNE ILLNESS.  
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# chow

RECIPES » REVIEWS » PROFILES



BY ARI LEVAUX

## The Climate Menu

NEW YEAR, NEW FOOD PLAN

**About** a third of the earth's greenhouse gas pollution can be linked to food, including its production, processing, packaging, transport, storage and preparation.

As climate change becomes a mainstream concern, and people keep obsessing about food, it was inevitable that a new flavor of eater would emerge, the name of which made the *New York Times* list of top new food words in 2015.

"Climatarian" is defined as: "A diet whose primary goal is to reverse climate change. This includes eating locally produced food (to reduce energy spent in transportation), choosing pork and poultry instead of beef and lamb (to limit gas emissions), and using every part of ingredients (apple cores, cheese rinds, etc.) to limit food waste."

Climatarians look at their food choices with a sense of duty similar to what many put toward recycling, or riding their bike to work. While a low-carbon meal isn't any more of a silver bullet against global warming than a recycled can, the power of many people beating a similar drum can have a big impact. And to assume otherwise—that your actions don't matter—opens the door to excusing negative behavior.

Unfortunately, if we were to take the climatarian diet to its logical conclusion, it could take the form of a greenish paste created by scientists to contain the exact balance of nutrients we one needs, procured in the most climate-friendly way. Good luck getting people (willingly) on board that train.

The next best alternative is to learn about the nuanced ways food can impact the climate, and apply that understanding to your meal plans and eating habits. It means diving deeper than buzzwords and general rules. To be a smart climate player at the dining table, you need to know how and where something was produced, details that can vary between meals that look similar on the surface, like a good old plate of steak and potatoes.

According to the food carbon emissions calculator made by CleanMetrics, a pound of "ration-fed beef," that is, factory-farmed beef, is responsible for eight kilograms of carbon in the atmosphere, largely in the form of methane. This is an astounding amount when multiplied by the billions of pounds of beef consumed around the world.

Grass-fed beef emits a bit less, according to the calculator, releasing 7.58 kilos of carbon for every pound eaten. This is less atmospheric carbon than factory-farmed beef creates, but is still an astronomical, unsustainable amount. A pound of lentils, by comparison, releases 0.24 kg, while a pound of chicken, and a pound of factory-farmed chicken, releases 1.5 kg of carbon dioxide.

But there is also a case being argued by some ranchers and environmentalists that properly grazed ungulates like cattle can actually help the earth sequester carbon dioxide, as their manure encourages plant growth, which removes carbon dioxide from the atmosphere. But it's safe to assume the worst when buying beef of unknown provenance.

If you move out to the country and buy a portion of your neighbor's pet cow, the impact could be very different. If you shoot a deer, you could be doing a service to the climate, because when you shoot a deer you save a plant, right?

Aspiring climatarians should start with a base daily carbon allowance they can use, along the same lines as a carbon cap that a corporation might operate under in a cap-

and-trade system. Estimates vary for what the average daily allowance should be for all of the Earth's inhabitants in order to control global warming, but is somewhere near 10-15 kg per day for all activities, including eating. If we stay at home with the heat off and lights out, then we can eat a pound of that steak every day, but not much else.

Or we could eat 50 pounds of potatoes, with roughly the same impact, according to the calculator.

Unfortunately for cheese and butter lovers, the condensed secretions of bovine mammary glands that they so cherish are responsible for a lot of carbon pollution. Cheeses that are minimally aged, like mozzarella, or minimally processed, like feta, score better.

Obviously, going vegetarian or vegan will make it easier to stay within a fair carbon budget, and if that feels right for your body, go for it. If real animal protein is what you want, then you will have to either get creative, or adjust your lifestyle to one that allows you to enjoy carbon-friendly meat.

“

A pound of "ration-fed beef," that is, factory-farmed beef, is responsible for eight kilograms of carbon in the atmosphere

On the "get creative" side of the spectrum, we have animal proteins like European frozen mackerel that have only slightly higher emissions than lentils.

As for lifestyle changes, you could move to the coast and live off the sea, and eat quite a lot of fish—they are, after all, wild animals that you only need to catch, not raise. Or move to a region where deer outnumber people and hunting opportunities abound.

Sure, energy costs are associated with getting to your hunting or fishing spot, and in the production of that set of waterproof camo gloves and whatnot, but you can also chalk some of those emissions toward your carbon allowance for "entertainment."

While some have the fortune to obsess over their artisan, carbon-friendly lifestyles, the fact remains that most food that's eaten will have been purchased at a restaurant or market.

But until the smartlabels come out that climatarians can scan with their smartphones and keep track of their personal carbon use, they will have to do it the old-fashioned way: with their brains, by digging for clues and stringing them together. ☺

Leave the cooking to the pros by making reservations for the annual Christmas Eve Pasta Feed at Boundary Bay Brewery



### WED., DEC. 23

**SEMIAHM COOKING:** Attend a "Cooking Class with Chef Bruno Feldeisen" from 5-8pm at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy.

Feldeisen will offer his personalized talents and insight, with each class including instruction in a three-course holiday meal with recipes, a glass of wine, and a Semiahmoo apron. Entry is \$75; please register in advance.

📞 318-2028 OR WWW.SEMIAHM00.COM

### DEC. 23-24

**HOLIDAY CHOCOLATE LOUNGE:** Evolve Chocolate hosts its first Holiday "Pop-Up" Chocolate Lounge from 4-9pm Wednesday and 12-3pm Thursday (Christmas Eve) at 1313 N. State St.

At the event, live music will be paired with chocolate and art for sampling and purchasing. There'll also be chocolate specials, gift collections and more.

📞 WWW.EVOLVETRUFFLES.COM

### THURS., DEC. 24

**PASTA FEED:** Make reservations now for the annual Christmas Eve Pasta Feed happening from 5-8pm at Boundary Bay Brewery, 1107 Railroad Ave. Entry to the all-you-can-eat pasta buffet is \$12 for kids and \$22 for adults (free for kids under 6).

📞 647-5593 OR WWW.BBAYBREWERY.COM

**CHRISTMAS EVE DINNER:** Enjoy a "distinctly Northwest" prix fixe menu when Chef Bruno

Feldeisen offers a Christmas Eve Dinner from 5-9pm at the Pierside Kitchen at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy. Entry is \$20 for children, \$39 for adults. Please reserve a seat in advance.

📞 318-2028 OR WWW.SEMIAHM00.COM

### FRI., DEC. 25

**CHRISTMAS MEALS:** Partake of a locally inspired Christmas Brunch happening from 11am-4pm at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy. Entry is \$23 for kids, \$45 for adults. From 12-8pm, head to the Pierside Kitchen for a distinctly Northwest prix fixe Christmas Dinner prepared by Chef Bruno Feldeisen. Entry is \$24-\$48. Please make reservations in advance for both events.

📞 318-2028 OR WWW.SEMIAHM00.COM

**CHRISTMAS DINNER:** The Lighthouse Mission will host its annual Christmas Dinner from 12-2pm at the Church of the Assumption, 2116 Cornwall Ave. All who need a holiday dinner with all the trimmings are welcome to partake of the free meal.

📞 WWW.THELIGHTHOUSEMISSION.ORG

### THURS., DEC. 31

**NYE DINNER:** Enjoy a four-course New Year's Eve Dinner starting at 6pm at Blaine's Semiahmoo Resort, 9565 Semiahmoo Pkwy. Entry to the candlelight dinner is \$39 for children, \$79 for adults (includes one glass of champagne). Call ahead for reservations. There will be multiple seatings.

📞 318-2028 OR WWW.SEMIAHM00.COM

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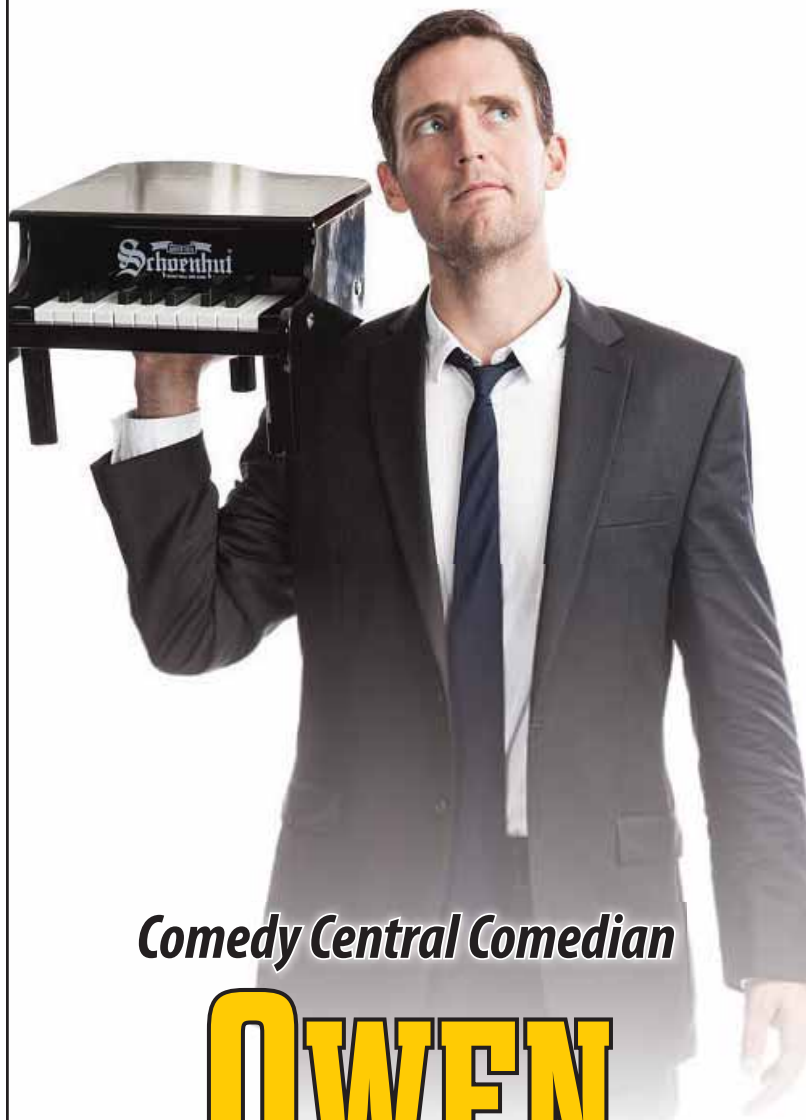
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