REPORTING FROM
THE HEART OF CASCADIA
WHATCOM • SKAGIT • ISLAND COUNTIES
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LEFT OF LARSEN
A green challenge in the 2nd District
P.06

FASCISM ALERT
It Can’t Happen Here
P.16

HOLIDAY HAPPENINGS: Music in the streets, P.20

SKI TO SEA
The big picture, P.14
**A brief overview of this week’s happenings**

**Kelp weaver Judy Arntsen will be one of dozens of local artists sharing their creative wares May 26-27 as part of the Lummi Island Artists’ Studio Tour**

Commemorate Memorial Day by attending the 53rd annual Festival of Flags Mon., May 28 at Ferndale’s Greenacres Memorial Park
Reel in the Winnings

May 27 - June 17

Win a Boat & Fishing Swag!

Drawings
Sunday, June 3, June 10 & June 17

Surprise Spins

U-Spin
Monday, May 28
11am - 8pm

Prizes:
Win Giveaway Items, Promo Play and Points!
Whatcom County Superior Court Judge Ira J. Uhrig died Monday from complications from the lymphoma he battled for several years. A gifted and versatile musician—a virtuoso with any instrument you might name—local historian and law scholar, Uhrig served with distinction on the Superior Court bench since 2004. He was previously a judge in Whatcom County District Court and the local magistrate for the U.S. District Court for the Western District of Washington.

LETTERS POLICY:
Cascadia Weekly reserves the right to edit letters for length and content. If apprised of them, we correct errors of fact promptly and courteously.

Letters to the Editor:
Do you print the same advice telling people to avoid getting robbed, don’t own valuables? No. You don’t. It makes as much sense as say — to avoid getting punched in the face, don’t have a face.”

Revenge porn is illegal and disgusting. The expectation of privacy isn’t some fantastical novelty. This item glosses over the transgressions of the criminal to shame the victim.

If your car was stolen, you wouldn’t give advice to not own a car. I can continue with examples exactly as absurd as what you printed. When someone’s privacy is violated that’s on the violator, not the person who gets violated. This is disgusting.

“DON’T DO A”
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Revenge porn is illegal and disgusting. The expectation of privacy isn’t some fantastical novelty. This item glosses over the transgressions of the criminal to shame the victim.

If your car was stolen, you wouldn’t give advice to not own a car. I can continue with examples exactly as absurd as what you printed. When someone’s privacy is violated that’s on the violator, not the person who gets violated. This is disgusting and you need to do better as a publication. I expect to see a retraction and apology and new efforts to stem the damaging effects of pornography.

First and foremost, the source is the out-of-control pornification and crudeness of popular culture. For all the talk that many feminists want to “control their bodies,” these same women (and more than a few men) have either not spoken out forcefully against pornography or have coopted the obvious misogyny of the Flynths and Hefners because of their support for abortion. They have also rebuffed conservatives’ efforts to stem the damaging effects of pornography because they refuse common cause with the “enemy,” according to feminist Ariel Levy in her book Feminist Chauvinist Pigs.

Second is the nihilism that really began in the 1960s and continues in full force today. The liberal media practically covered for the general on domestic violence charges should force us to consider two main sources of such abuse in our nation.

The only way for the scourge of domestic violence to be stopped is to punish the criminals instead of the victims of those crimes. Do better or your community will drop you.

—Karen Jans, Bellingham

Readers reported an item in last week’s police column was an offensive example of victim shaming or victim blaming. It was insensitive. We apologize and regret the error. —Editor
lence to cease is to bring liberals and conservatives together to reduce pornography and prostitution, instead of playing partisan political games with people’s lives.

—Russell S. Sapienza, Bellingham

**WE’RE RESPONSIBLE FOR OUR GUEST WORKERS**

Oxford Dictionaries defines oversight as “1. An unintentional failure to notice or do something,” or “2. The action of overseeing something.”

In her recent letter Naomi Murphy said, “A young H-2A worker died due to poor working conditions and management oversight.” KGMI’s Dillon Honcoop, in a recent editorial in the *Lynden Tribune*, claimed Murphy was either ignorant of facts or intentionally communicating false accusations.

Here are some facts. Dept. of Labor & Industries investigations of Sarbanand Farms discovered multiple violations from July-August 2017, ranging from: not properly maintaining equipment, resulting in partial amputation of one of their worker’s fingers; not keeping mandated logs of worker-related illnesses and injuries; not giving six meals on time and not providing seven breaks for roughly 400 H-2A workers over the course of nine 11-13 hour work days in a 15 day period.

A young, diabetic Sarbanand Farms H-2A worker did die, under smoky working conditions, deprived of prompt meals and numerous rest breaks in high harvest season, during time that management was supposed to be both, watching over their workers, and following regulations.

Instead of accusing concerned citizens and farmworker advocates of telling lies, it would be better for Honcoop and Sarbanand Farms to take responsibility—like Rosalinda Guillen of Community to Community did shortly after Ernesto Silva Ibarra’s death; like I do here, in saying the deaths of vulnerable farmworkers who work to provide our food are on all of us.

—Dena Jensen, Birch Bay
In Sarah Bond-Yancey's April 25 column in Cascadia Weekly, she outlined pathways to homeownership, detailing the current housing crisis in our area and across the country.

“The inadequate supply of Whatcom County homes in the $125,000 to $300,000 price range keeps average wage earners in the rental market long past when they should be able to purchase a home,” she wrote, noting that fact paired with the 0.6 percent vacancy rate in area rentals results in a vast gap in the “housing continuum.”

That gap has tangible community impacts including increases in homelessness, negative effects on the environment and local business growth, and disruption to children's education, to name a few.

There are solutions to this crisis that have been tested and proven. With strong community partnerships and support, the Community Land Trust Model that Kulshan Community Land Trust (Kulshan CLT) has been applying since 1999 could help.

Community Land Trust Model: Kulshan CLT works within the prevailing economic and governing systems to build and help purchase homes—holding the land in trust—to better the common good in our community. That creates opportunities and preserves affordable homeownership. We build homes close to jobs, schools and other services to minimize commute and other impacts on the community. We also assist and educate people of limited means to become homeowners in existing neighborhoods gracefully.

The Community Land Trust Model ensures that affordable homeownership is preserved for people working and living in our community, and for our children and grandchildren. The model isn't just a theory, either. In practice, Kulshan CLT homeowners are eight times less likely to experience home foreclosure and its negative impacts.

This model works best when applied through strong community partnerships. Together we grow awareness and create an opportunity for our community to be positive and generous, investing in a society where people take care of each other, so it will always be there.

Community Solutions Through Strong Partnerships: There are no longer low-cost starter homes in our community. To bridge the housing continuum gap, Kulshan CLT has partnered with Habitat for Humanity of Whatcom County and the Whatcom Community Foundation (WCF) to build more than 50 new homes as part of the Telegraph Townhomes project. Breaking ground this summer, the project will provide permanently affordable homes at prices hardworking families can afford. The homes will be priced for people earning 30 to 130 percent of area median income (AMI)—between $125,000 and $300,000—matching home prices with what area jobs pay. Mortgages will be as low as $350 per month and energy bills as low as $25 per month.

We’ve also worked with Whatcom Transportation Authority (WTA) to establish a new bus stop on site to ensure residents have transportation options and minimal traffic impact. This will help reduce the number of county families who currently drive farther and farther from their job center to find economical housing options.

Telegraph Townhomes are a solution where Whatcom County families currently see roadblocks.

Community Benefits: Together, our efforts bring stability and financial independence to modest-income households. That stability results in deeper, longer-term connections with neighbors and area businesses. A permanent home also means children change schools less often, allowing families to more fully participate in civic engagement and area job centers. That security at home extends beyond the household and neighborhood, and into our communities—creating opportunities to improve social justice, economic vitality and environmental sustainability.

How We Can Work Together: There are many ways to get involved and help Kulshan CLT, Habitat, and WCF create pathways to homeownership that will bridge the growing gap. Together we can build awareness by opening the dialogue. We can volunteer our time and skills with these organizations. We can make a donation or plan to leave a legacy. Every hour of labor and every dollar is a lifetime investment toward sustainable home ownership and community stability long-term.
ry for state treasurer, where Democrats won a majority of the vote but failed to move on to the general election. And, without some constructive intervention, it is ferociously likely to happen again in the 40th District this fall.

Four excellent candidates with strong bases of support among Democrats want to replace Kris Lytton this fall. If the general makeup of voters in a 40th District midterm election may be considered 60 percent Democrat, each of these candidates could garner 15 percent of the total electorate. The four all draw from the same pool of support. Two Republicans have stepped into the race and could theoretically split the remaining 40 percent of the vote between them—even if neither of them campaigned particularly hard and had limited financial support, effectively playing the role of spoiler.

The situation is fearsomely similar to that faced by Senator Kevin Ranker when he first ran for the open seat in the 40th District in 2008. A crowded field of Democrats tied up and eclipsed one another in the primary, allowing the lone Republican to sail through as the top voter-getter with 32 percent of the vote. That’s essentially all the votes the Republican received in the following general election, with Ranker corralling and consolidating 63 percent of the vote in this very blue district.

Ranker was assisted in several key ways. First, there was no second Republican to siphon and split votes in a top-two. Second, several Democrats set aside and shuttered their own campaigns in order to boost other Dems. They sacrificed their own aspirations and support networks to deliver a Democrat with star power into the top-two. It was moreover a time when there were kingmakers among party elites, and a methodology of a collective party leadership picking its winners that has fallen aggressively out of favor in the wreckage of 2016.

Those conditions are unlikely to assert themselves in 2018; and the window has already closed for any of the field of candidates to voluntarily withdraw in order to improve the odds of Democrats winning the 40th District this fall.

The parameters of a perfect storm: The stars of 40th Democrats are great and gifted. Their skills are impressive, their fundraising capacity is enormous, and their campaigning powers are unparalleled. And they’ll all be competing over a matter of weeks for the same finite set of like-minded voters. And therein looms the catastrophe.

We want to say “Grazie!” to our great Winners Club Members with a very special FREE buffet! No purchase or points necessary — just be a Winners Club Member and you can eat gratuito between 11am and 9pm, Tuesday, May 29! Look for:

- An amazing superiore salad bar experience!
- Shrimp Scampi, Italian Sausage & Peppers, Meatballs & more!
- Lasagna & Build-Your-Own Pasta
- Scrumptious desserts like cheesecake, pie, towers of cookies, & ice cream sundaes

Pick up your voucher for the buffet from the Winners Club. This special casino promotion is for Winners Club Members only. Must be 21 and a member of the Winners Club. This Buffet is a casino giveaway for Winners Club members and not available for purchase. Limit one buffet per Winners Club Member. Management reserves all rights.
who have maligned Larsen for catering to corporations and the military. They point to his campaign donors: In this latest cycle, three-fourths of his contributions have come from major corporate and union political action committees. The list includes Amazon, Weyerhaeuser, Boeing, several airlines and their pilots, and even SSA Marine, would-be developers of the Cherry Point coal terminal.

One flashpoint for progressives was Larsen’s support of the Trans Pacific Partnership. They criticized the international trade agreement for being developed in secret, and for shortchanging workers’ rights and the environment. President Trump defused this issue by withdrawing the United States from the TPP shortly after taking office.

If there’s a bright spot in the 2nd District for progressives, it may lie with Green Party candidate Stonewall Jackson “Stoney” Bird. Given the various outcasts and also-rans who are in the race with Larsen and Bird, the resident of Bellingham’s York neighborhood may have the inside track to survive the primary and go head-to-head with Larsen in November.

Larsen, 52, has had a virtual lock on his district ever since it was redrawn following the 2010 census. That year, during a Republican takeover of the House spurred by the rise of the tea party, Larsen had to sweat a close win over longtime political rival John Koster. The Republican Party machine went all in to support Koster after he garnered more votes than Larsen in the August primary. Koster’s campaign raised more than $1,000,000—still only half of Larsen’s take. Buoyed by late returns counted in the days after the election, Larsen ended up defeating Koster by 2 percentage points.

The 2nd District was altered significantly after 2010, in a redistricting process that openly aspired to protect both parties’ incumbents. Prior to redistricting, Larsen represented all of Whatcom and Skagit counties, and almost all of Snohomish County (in addition to San Juan and Island counties, and a small corner of King County). Now, Larsen’s district includes only the western, more urban fringes of Snohomish and Skagit counties, and the southwest corner of Whatcom County, terminating at Bellingham. (San Juan and Island counties remain in the 2nd District.) Larsen no longer needs to woo voters in places like Lynden, Concrete, and Monroe, and the result has been an uninterrupted string of no-contest elections in the 2nd District. After 2010, Larsen has never gotten less than 60 percent of the vote.

During this decade, the Republican challenger who survived the primary to face Larsen each even -yeared November has gotten less and less help from his party and its cadre of campaign donors. After Koster’s $1,121,000 in contributions in 2010, Dan Matthews in 2012 received $285,000. Then came B.J. Guillot, 2014, with $9,000. Finally, Marc Hennemann, in 2016, reported zero campaign contributions.

Here’s A bold prediction for the 2018 elections: Democrat Rick Larsen of Everett will keep his seat in the U.S. House of Representatives. This may elicit a collective groan from progressives in the 2nd Congressional District.
The good news for Republicans heading into 2018 is that it can’t get any worse. Except maybe it can.

Nobody who filed to run against Larsen last week identified unequivocally with the Republican Party. The closest thing the GOP has to a candidate in the 2nd District is Uncle Mover, aka Mike the Mover (yes, that’s his legal name), who said on his filing form that he preferred “ModerateGOP Party,” which means whatever Mr. Mover wants it to mean. In our state’s top-two primary, which operates outside of party control, candidates can state no party preference, or run as a Whig, or make up their own party. It’s a safe bet Uncle Mover will not be getting any phone calls from the Republican National Committee.

Besides Bird and Mover, here are the other challengers in Washington’s 2nd District:

**COLLIN CARLSON** (D). The only Democrat other than Larsen in the race, Carlson faces an uphill battle. The 26-year-old pleaded guilty last fall to attempted theft after obtaining car insurance after a crash, then claiming the collision on his new policy.

**GARY FRANCO** (Independent). The Lopez Island farmer sued San Juan County in 2009 for requiring a $50-a-day permit for street vendors. He has run for San Juan County Commissioner as a Republican.

**BRIAN LUKE** (Libertarian). Luke’s stances are Libertarian bread-and-butter: reduce the national debt, stop making war, end the federal prohibition on marijuana.

Like some of Larsen’s other challengers, Bird has run for public office but has never won an election. He got 31 percent of the vote in a Mount Vernon City Council race in 2005. He also missed the cut in the 2014 election for Whatcom County Charter Review Commission. Nineteen candidates ran for five seats from the old District 1. Bird finished 15th.

On the plus side, Bird was secretary of People for Skagit Transit, which ran a successful campaign in 2008 for a sales tax increase intended to avoid service cuts in the face of rising fuel prices. As a citizen speaking to the Whatcom Charter Review Commission in 2015, Bird drew support from both conservatives and progressives for his proposal to change elections in Whatcom County to a proportional-representation system, in which voters would rank all candidates on the ballot, rather than voting for just one. His proposal fell one commission vote short of getting on the November 2015 ballot for Whatcom voters to consider.

In Bellingham political circles, Bird may be best known for his lead role in Coal Free Bellingham’s 2012 citizen initiative to ban the transport of coal through the city. The initiative, which received enough signatures to qualify for the city ballot, also would have established a Community Bill of Rights that would have elevated the rights of nature over those of corporations. The Bellingham City Council anticipated legal challenges if the initiative were to pass, and they got a judge to issue an injunction blocking the measure from the November 2012 ballot.

All these defeats, yet Bird, 73, is entering what historically has been a multi-million-dollar campaign without flinching—and without anything approaching a million dollars.

Bird paid the $1,740 filing fee on Fri., May 18, but other than that, he said, “I don’t see a lot of expenses.”

“Your don’t have to spend a lot of money on campaigns these days because of social media. It’s all free,” he said.

Bird said his campaign, from Bellingham to Brier, also will rely on support from the various cells of the Green Party in the district. He has already been active in Everett, doorbelling and appearing at a farmers market.

Bird said this latest political foray was prompted by his friend Scott Thompson. The fellow member of the Green Party of Whatcom County asked him to challenge Larsen. Bird and Thompson have worked together on an investigation into the collapse of the twin towers and 7 World Trade Center during 9/11.

“What is crystal clear is that the three towers at the World Trade Center were not brought down by airplanes or fires,” Bird said. He pointed out that journalists on live TV at the time even said the collapses looked like “controlled demolition” but then never brought up the idea again.

Suggest to Bird that this idea is easily dismissed as a conspiracy theory, and he’ll tell you the CIA coined “conspiracy theory” as a pejorative after the Warren Report came out, to discredit alternative theories about John F. Kennedy’s assassination. Mainstream media is complicit in the coverup.

Progressives who still have a weakness for the “imperialistic deceptions of the corporate media” (to borrow a phrase from corporate media) “suspects money out for is wars. We have 800 military bas- es outside the borders of the United States. The nearest competitor in the sphere is Russia, which has two, both in Syria.”

Bird has the credentials to go toe-to-toe with the president on policy issues.

Although he goes by Stoney, Bird is eschewing the moniker for this campaign, to avoid any associations with smoking pot. He’s using his full, given name: Stonewall Jackson Bird. The original Stonewall Jackson was a Confederate general who never lost a battle during the Civil War. Bird isn’t named after him; rather, his name comes from a World War II general who himself was named after the Confederate general.

Bird’s father served under the World War II-era Stonewall Jackson, who died in Tex- as during a training operation. Bird’s father accompanied the general’s coffin on a train to his final resting place, in New York state. Then he went off to Europe, sending a cable to his pregnant wife: “If it’s a boy, call him Stonewall.”

Bird’s first life was spent as an in-house attorney for Mobil Oil and Harris Corpora- tion, a defense contractor that, among other things, made miniaturized tracking systems for missiles. Bird was based in England, working on deals for Harris in Europe in the late 1980s.

“Then my midlife crisis struck,” Bird said. He moved in 1990 to the Skagit Valley, where his wife at the time had family. He lived off his savings, figuring he would take six months off and return to the corporate world. He never did.

Bird passed Washington’s bar exam and took what for him were small legal jobs, including work for a Bellingham biodiesel startup. He moved from Skagit County to Bellingham in 2011 to participate in Coal Free Bellingham.

Will Bird’s latest political adventure be just as fruitless as Bellingham’s Community Bill of Rights? As quixotic as his campaign for Congress may be, Bird is intent on getting his message out to voters, maybe even all the way into November. It’s fair to say his message will appeal to some of them:

“I want to be able to say that the people we elect should actually stand up for the people who elected them.”

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**LARSEN, 52, HAS HAD A VIRTUAL LOCK ON HIS DISTRICT EVER SINCE IT WAS REDRAWN FOLLOWING THE 2010 CENSUS.**

Bird didn’t waver. “I’d show him this,” Bird said, pointing to the Progressive Change Institute list. “Some of this requires a lot of funding, and the things we’re speaking money out for is wars. We have 800 military bas- es outside the borders of the United States. The nearest competitor in that sphere is Russia, which has two, both in Syria.”

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State officials praise Lummi Nation for the tribe’s emergency response to the escape of thousands of Atlantic salmon from a net pen at Cypress Island.

The Washington Department of Fish and Wildlife (WDFW) recognized the tribe with its Director’s Award. In August, the failure of Cooke Aquaculture’s net pen at Cypress Island sent more than 150,000 Atlantic salmon into the Salish Sea. The fish, at 10 pounds, infiltrated Puget Sound rivers. As both Cooke Aquaculture, the owner of the pen, and the WDFW struggled to manage the spill, the Lummi Nation launched an emergency response. Tribal fishermen dropped their work to launch a 24-hour fishery on the Atlantics, declaring a state of emergency to provide a rapid response. Tribal fishers captured 43,522 of the invasive species—90 percent of all the fish recovered. [Lummi Nation, Seattle Times]

Citing the risk of fish disease transmission, the Washington Department of Fish and Wildlife denies permission for Cooke Aquaculture to transport 800,000 juvenile Atlantic salmon from its hatchery near Rochester to net pens at Rich Passage in Kitsap County. In late April, Cooke applied for permission to move juvenile non-native salmon from its hatchery into pens in Kitsap County to replace adult fish that were recently harvested. Washington lawmakers enacted a bill earlier this year that will phase out Atlantic salmon aquaculture by 2022, but Cooke plans to continue to operate until then. The Wild Fish Conservancy praised the decision. [WDFW, WFC]

Canada is willing to write Kinder Morgan—or anyone else who steps up to the plate—a check to ensure the Trans Mountain pipeline expansion gets built despite British Columbia’s opposition. Ottawa announces it would secure Kinder Morgan against losses related to political opposition to the project—just weeks ahead of the company’s self-imposed drop-dead date. [CBC]

The U.S. Senate approves a resolution to nullify the Federal Communications Commission’s net neutrality rollback, dealing a symbolic blow to the FCC’s new rule that remains on track to take effect next month. The final vote was 52-47, with Washington’s senators opposed to the FCC rule that could throttle public access to the internet. [U.S. Senate]

Alberta passes landmark legislation that gives the province sweeping power to intervene in oil and gas exports that could result in punitive price spikes in British Columbia in the dispute over the Trans Mountain oil pipeline expansion. If Alberta’s government uses its new powers to throttle back oil shipments to British Columbia, the coastal province plans to be in court that same day to seek an immediate injunction, and is looking to source its oil needs from the state of Washington and Whatcom County. British Columbia’s secondary plan is to backfill a shortage of fuels such as gasoline and diesel from the United States, and the provincial government is in discussions with Washington state in preparation. [CBC]

Washington’s Attorney General joins a bipartisan group of 38 other attorneys general calling on Congress to pass two bills to help reduce the flow of opioids into the black market. The bills, sponsored by Washington Sen. Maria Cantwell, increase penalties on opioid manufacturers and distributors. The bipartisan coalition sends a letter to the chairs and ranking members of the Senate Judiciary Committee and the Health, Education, Labor & Pensions Committee urging senators to pass the Comprehensive Addiction Act and the Recovery Act. [AGO]

The U.S. Senate passes a bill backed by Senator Maria Cantwell to strengthen volcano monitoring and early warning capabilities across the nation including the Cascades Volcano Observatory in Washington and Oregon. The bill also creates a Volcano Watch Office to continuously monitor all active volcanoes in the United States and its territories.
On May 17, prosecutors and police received additional complaints against the Western voyeur and that he had stalked students on and off campus. One student reported she had seen the man staring at her on her way home and avoided entering her house within his line of sight. After another encounter with the man at the library, where he sat across from her, touched her foot with his and appeared to look down her shirt, she told the circulation desk, who called University Police to report him.

On May 15, University Police attempted to assist students with questions regarding a suspicious man in Red Square who was making women in the area feel uncomfortable. Police determined no crime had been committed, but a police representative advised the women that they can enter a complaint about the behavior.

On May 15, University Police checked on a report of a rambunctious woman at a motel north of the city. “Her husband was located and he escorted her back to their motel room,” police reported.

On May 4, witnesses say they observed a man drilling the lock on a washing machine of a State Street apartment complex in Bellingham.

On May 11, a man told Bellingham Police that his girlfriend may have seen the man who was reported breaking into a washing machine on State Street the previous week.

On April 25, an Anacortes man reported someone broke into the laundry facility at his apartment complex and pried the locks and stole the associated quarters. The investigation continues.

On May 15, a man called Bellingham Police on the report of a rambunctious woman at a motel north of the city. “Her husband was located and he escorted her back to their motel room,” police reported.

On May 9, Bellingham Police successfully encouraged an intoxicated man to take a taxi home instead of trying to operate his motorcycle.

On May 9, an older transient chased a citizen down State Street with a staff in a threatening manner, Bellingham Police reported.

On May 21, a man stopped by the Bellingham Police station to alert officers that he was about to discredit Islam and possibly start a global situation.

On May 12, a caller complained to Bellingham Police that their car had suffered damage while it was parked next to another vehicle that had caught fire the previous day.

On May 10, a woman told Bellingham Police someone had called her claiming to be her grandson. He was in jail and needed her to send money. She decided it was a scam and did not send the money. Her grandson was not in jail.

On April 25, Anacortes Police received a report of a man yelling in the street and causing a ruckus in the late evening hours. They contacted an intoxicated 33-year-old Anacortes man who stated he was singing, not yelling, and denied hitting any signs. He agreed to walk back to his residence nearby.

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Educated
A VOICE RECLAIMED

IN HER time studying at Harvard and Cambridge, Tara Westover often discovered profound gaps in her knowledge. Teachers would refer to specific events or places that she’d never heard of; other students would make cultural references she didn’t understand.

These discoveries sometimes upended Westover’s worldview, sending her scurrying to learn more, an effort to cover the truth about her past.

That she was accepted to study at such prestigious academic institutions was in itself somewhat of a miracle. Westover had no experience with formal education until age 17, when she entered Brigham Young University as a freshman. She taught herself enough math, science and English to pass the ACT, but had never attended school of any kind.

In Educated, Westover tells the incredible story of her life. Her family, led by her enigmatic firebrand father, espoused a belief system that viewed all outside interference with suspicion. The medical establishment was not to be trusted; illness was treated with medicinal herbs and prayer. The family stockpiled resources for the imminent government collapse. And though they were ostensibly homeschooled, instead of studying, the children were put to work in the family junkyard.

It is in the junkyard that Westover’s story turns tragic. Working with few safety precautions—her father believes such measures to be an affront to the angels—the siblings sustain injury after injury, each more horrifying than the last. The wounds the Westover children receive are more than physical, leaving scars that transform her brother Shawn into an unrecognizable abuser. When Shawn’s rage targets his sister, her parents cover and excuse the abuse.

At last, with the help of her brother Tyler, Westover begins to see that life could be something more. Tyler had escaped the family years before, and encourages her to try for admission to BYU.

Westover pours her heart into study. When she is admitted, her father musters admiration, though never full support.

But as Westover ventures further into the realm of knowledge, the bedrock of her beliefs starts to crack. She questions an ideology she’s always assumed to be unimpeachable, tentatively trying on new perspectives.

The process is painful; Westover writes with candor about her fear of love for her family, and the cost of a new life. “I understood now: I could stand with my family, or with the gentiles, on the one side or the other, but there was no foothold in between.”

Educated is raw and vulnerable; a gut-punch reading experience akin to Jeannette Walls’ The Glass Castle. Readers will marvel at Westover’s strength, not only in her will to survive, but also to completely transform. To say she is courageous scarcely does her justice.

At its most powerful, Educated is the story of a voice reclaimed. “My life was narrated for me by others,” Westover writes. “Their voices were forceful, emphatic, absolute. It had never occurred to me that my voice might be as strong as theirs.”

In this candid and revealing memoir, Westover’s voice is not just strong, but searing.

Mary Kinser is Collection Development Librarian for Whatcom County Library System, where she selects fiction, DVDs, music and audiobooks for adults. She can almost always be found with a book in her hand.
and episodes of “As the Ham Turns.” Entry is $5.
(360) 354-4883

THURS., MAY 31
GREEN BURIAL: Elizabeth Fournier, affectionately known as the “Green Reaper,” shares ideas from Green Burial Guidebook: Everything You Need to Plan and Affordable, Environmentally Friendly Burial at 7pm at Village Books, 1200 11th St. At the free event, she’ll walk attendees through all the steps for planning a green burial, as well as outside-the-box options, such as burials in your own backyard.
WWW.VILLAGEBOOKS.COM OR WWW.THEGREENREAPER.ORG

COMMUNITY
WED., MAY 30
PIZZA AND PAGES: Teens in grades 6-12 can join a monthly “Pizza and Pages” book club meeting to talk about what they’re reading from 4-5pm at the Lynden Library, 216 4th St. Attendees at the free event can learn about new books, get book recommendations, and enjoy delicious pizza.
(360) 354-4883

THURS., MAY 31
GREEN BURIAL: Elizabeth Fournier, affectionately known as the “Green Reaper,” shares ideas from Green Burial Guidebook: Everything You Need to Plan and Affordable, Environmentally Friendly Burial at 7pm at Village Books, 1200 11th St. At the free event, she’ll walk attendees through all the steps for planning a green burial, as well as outside-the-box options, such as burials in your own backyard.
WWW.VILLAGEBOOKS.COM OR WWW.THEGREENREAPER.ORG

BUSINESS MANAGEMENT SESSION: Check out Bellingham Technical College’s new degree in Business Management at a free info session happening from 5:30-6:30pm at Haskell Center, 3028 Lindbergh Ave. With the two-year Business Management degree, you’ll train for jobs in industry, government and nonprofit organizations as you learn the foundations of accounting, business law, marketing, economics and practical supervisory skills.
WWW.BTC.EDU/INFOSESSION

HUMAN TRAFFICKING: Sue Ann Heutink focuses on “The Fight Against Human Trafficking” at a presentation from 6:30-8pm at the Blaine Library, 610 3rd St. Heutink will share current information about trafficking in the U.S. and around the world. Attendees can learn about the fight against trafficking in Whatcom and Skagit counties, and how busy people with busy lives can help.
(360) 305-3637 THURS., MAY 24

FRI., MAY 25
BLOCK PARTY: Attend an annual Ski to Sea Block Party from 5-9pm at Boundary Bay Brewery, 1107 Railroad Ave. Live music, barbecue fare, beer and live music will be part of the festivities. Everyone who attends the all-ages event celebrating the 45th annual race will receive a free raffle ticket for prizes generously donated by local restaurants, breweries and businesses.
WWW.BBAYBREWERY.COM

SUN., MAY 27
FAIRHAVEN FESTIVAL: Arts and crafts vendors, a beer and wine garden, live music, exhibits from nonprofits, children’s activities, food booths and an opportunity to watch the final leg of the Ski to Sea race will be part of the Historic Fairhaven Festival happening from 10am-7pm throughout the historic district. Entry to the block party is, per usual, free and open to all ages. Whatcom Transportation Authority buses will be running throughout the day from downtown Bellingham and the WWU campus.
WWW.FAIRHAVEN.COM

MON., MAY 28
FESTIVAL OF FLAGS: Commemorate the 152nd anniversary of Memorial Day at the 53rd annual Festival of Flags from 12-3pm at Ferndale’s Greenacres Memorial Park, 5700 Northwest St. The event will feature music by the Mt. Baker Toppers, an unveiling of a new Korean War Memorial, an honors presentation, a dove release, activities for kids, a remembrance ceremony and more.
WWW.FESTIVALOFFLAGS.ORG

THURS., MAY 31
EXPLORING EQUITY: Learn more about honoring human diversity, promoting cultural self-awareness and understanding, and examining the historical and institutional power of racism, sexism and classism at an “Exploring Equity and Cultural Humility” REACH workshop from 2-5pm at the Whatcom Dispute Resolution Center, 13 Prospect St. Fees are $50.
WWW.WHATCOMMORE.ORG

GROUND FLOOR PROJECT: Neighbors and community members interested in the Ground Floor Project are invited to a “First Look” Evening from 5-7pm at the First Congregational Church of Bellingham, 2401 Cornwall Ave. The collaboration between the church and Northwest Youth Services will provide a safe space where at-risk and homeless youth can be safe, heard and valued. Fundraising and construction for the project is currently underway, and the program is scheduled to open in the basement of the church by next January.
WWW.THEGROUNDFLOORBELLINGHAM.ORG

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LIGHT ENOUGH TO CARRY WITH YOU,
HEARTY ENOUGH TO GET YOU TO THE FINISH LINE.
Ski to Sea
THE BIG PICTURE
I SPENT at least an hour last Sunday afternoon sitting on a piece of driftwood on a beach on Lummi Island and gazing across the expanse of low-tide sandbars and eelgrass beds to the scenic vista beyond. Although Mt. Baker was temporarily hidden behind a haze of clouds, I pictured its ice-capped glory and the tenacity it would take for a human being to make her or his way from its elevated environs to the waterfront city sprawled below—not via sitting inside a vehicle or an airplane, but under the force of their own steam.

That’s precisely what will happen during the 45th annual Ski to Sea race, when teams comprised of as few as three to as many as eight competitors will cover the 90-plus miles between the Mt. Baker Ski Area and Bellingham Bay’s Marine Park by participating in a variety of athletic endeavors—including cross-country skiing, downhill skiing or snowboarding, running, road biking, canoeing, cyclocross biking, and, finally, sea kayaking.

In between departing the snowbanks and arriving at the finish line—where the Historic Fairhaven Festival will already be in full swing, and they can join the party—competitors will pass through Glacier, Maple Falls, Kendall, Everson, Lynden, and Ferndale before calling it a day.

And since this is the first year individual athletes have been allowed to participate in as many as three legs on race day—whether it’s for one team or multiple teams—some of those racers will get multiple bird’s-eye views of the lovely locales along the dedicated route.

For example, if you’re among the approximately 400 cross-country skiers sprinting for a start at the Mt. Baker Ski Area, but will be taking a break between returning for the running leg of Ski to Sea, the terrain will change from groomed runs to a well-defined, eight-mile route along the Mt. Baker Hwy, where you’ll be experiencing a 2,200-foot drop in elevation as you take in the flora and fauna of spring.

If another break is in order and you want to show off your athletic prowess on the water instead of on land, perhaps you’ll be in a canoe for the 18-mile journey on the Nooksack River from Everson to Ferndale, or in a sea kayak following a five-mile route from Squalicum Harbor to Marine Park, where you’ll be expected to depart your watercraft, run up a hill to the finish line and ring a bell signaling your team is done for the day.

I pondered these scenarios as I sat on the driftwood thinking about all the action that would be happening from the mountain to the bay the following Sunday.

Meanwhile, the clouds parted for a moment and the tip of Mt. Baker peeked out, making the big picture that is Ski to Sea that much easier to imagine. ☀️

WED., MAY 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. 🌟 WWW.SKAGITRUNNERS.ORG

THURS., MAY 24
HORSE SHOW: Attend the BC Morgan Horse Show from 9am-8pm Thursday through Sunday at the Equine Event Center at Lynden’s Northwest Washington Fairgrounds, 2775 Front St. Exhibitors from near and far, horses performing in competitive classes and more will be part of the all-ages event. Entry is free. 🌟 WWW.BCMORGAN.COM

FRI., MAY 25
WILD THINGS: Kids, adults and adventurers can join Holly Roger of Wild Whatcom for a “Wild Things” Community Program from 9:30-11am at Cornwall Park. Please bring a simple, healthy snack to share, and dress for the weather. Suggested donation is $5 per person. 🌟 WWW.WILDSBGCORG

SAT., MAY 26
PUB RUN: Join a weekly BBay Pub Run starting at 6pm every Thursday. Open to runners of all levels, excursions are 3-5 miles and BBay Ambassadors safely guide each race group. Runs start either at BBay Running, 1431 N. State St., or at area breweries. Entry is free. 🌟 WWW.BBAYRUNNING.COM OR WWW.BBBAYRUNNERS.COM

ATTEND WHAT: Ski to Sea
WHEN: Sun., May 27
INFO: www.skitosea.com

WED., MAY 30
SHIFTING GEARS: Join Shifting Gears for a Happy Hour and Gear Drive event from 4-6pm at the beer garden at Boundary Bay Brewery, 1107 Railroad Ave. The nonprofit will share details about their summer rides and programs, and also collect gear to be able to lend during mountain biking, road biking and hiking and workshop programs. From 6:30-7:30pm, they’ll also host a Women’s Evening Ride and coach Carol Frazier on bike control and signaling at Whatcom Middle School, 810 Halleck St. 🌟 WWW.LETSHIGHGEARS.COM

THURS., MAY 31
SOIL BIOLOGY: Learn about the soil food web and how it cycles nutrients when Raven’s Roots Naturalist School’s Gabe Garms leads a “Soil Biology” presentation from 6:30-9pm at the Community Food Co-op, 1220 N. Forest St. Garms manages a permaculture farm in Sedro-Woolley and practices the methods he teaches. Entry is $20. 🌟 WWW.COMMUNITYFOOD.COOP

FITNESS FORUM: “Planning Your Training for Bellingham Bay: Starting Off on the Right Foot” will be the topic of a Fitness Forum helmed by race director Ben Twigg and coaching Carol Frazier at 7:15pm at Fairhaven Runners, 1209 11th St. Entry is free. 🌟 WWW.FAIRHAVENRUNNERS.COM
Fear of Fascism

IT CAN'T HAPPEN HERE

DR. LAWRENCE Britt’s “14 Characteristics of Fascism” reads kind of like Donald Trump’s “to-do” list.

Among the biggies the President of the United States has thus far checked off are rampant sexism, controlled mass media, obsession with national security, powerful and continuing nationalism, disdain for the recognition of human rights, identification with national security, powerful and continuing nation-

free, if you’d like to take your turn onstage, show up at 7pm to sign up for a five-minute set.

O WWW.SHALADOWNBELLINGHAM.COM

MAY 30-31

JUNIE B. JONES: Find out how exciting first grade can be when the Skagit Family Early Learning Center performs presentations of the musical Junie B. Jones at 6:30pm Wednesday and Thursday in Mount Vernon at the Lincoln Theatre, 712 S. First St. Admission is free.

O WWW.LINCOLNTHEATRE.ORG

MAY 31-JUNE 2

THE WOLVES: Bellingham TheatreWorks presents shows of Sarah DeLappe’s The Wolves at 7:30pm Thursday through Saturday at the Firehouse Performing Arts Center, 1314 Harris Ave. The play directed by Mark Kurtz tells the story of nine young women who turn into warriors on the soccer field. “Over conversations of tampons to genocide to the pressures of entering the adult world, this soccer team is prepared to defend the Wolves’ undefeated record.” Tickets are $15; additional performances happen June 7-10.

O WWW.BELLINGHAM

THEATREWORKS.ORG

DANCE

WED., MAY 23

SCOTTISH DANCING: Join the Bellingham Scottish Country Dancers to learn about the social dancing of Scotland from 7:30-9:30pm every Wednesday through May at the Fairhaven Library, 1117 12th St. The drop-in fee is $8.

O WWW.BELLINGHAMSCD.ORG

THURS., MAY 24

COUNTRY DANCING: Attend English Country Dancing classes from 1:30-3pm Thursdays at the Bellingham Senior Activity Center, 315 Halleck St. No experience or partner is necessary.

O 360) 386-4054

FOLK DANCE: The Balkan Folk Dancers meet from 7-9:30pm Thursdays at the Fairhaven Library, 1117 12th St. Dances are taught, and mentoring is available. Suggested donation is $5.

O 360) 380-0454

MON., MAY 28

CUBAN SALSA: Rumba Northwest hosts a “Cuban Salsa for Beginners” class at 6pm at Bell Tower Studios, 1430 N. Garden St. At 7pm, a “Cuban Salsa Advanced” class takes place. Entry is $8-$12.

O WWW.RUMBANORTHWEST.COM

TUES., MAY 29

SKAGIT FOLK DANCERS: Join the Skagit-Anacortes Folk Dancers for International Folk Dancing from 7-9:30pm at Bayview Civic Hall, 12635 C St. No partners are needed; just show up and dance. Entry is $3.

O WWW.SKAGITFOLKDANCERS.ORG

STAGE

THURS., MAY 24

GOOD, BAD, UGLY: Watch “The Good, The Bad and The Ugly” at 8pm every Thursday at the Upfront Theatre, 1208 Bay St. At 10pm, stick around for “The Project.” Entry is $8 to the early show, $5 for the late one.

O 360-848-8855 OR WWW.THEUPFRONT.COM

MAY 24-26

THE GUN SHOW: Bellingham TheatreWorks presents The Gun Show at 7:30pm Thursday through Saturday at the Sylvia Center for the Arts, 205 Prospect St. The one-man show featuring actor Ian Bivins reprising his role “jumps into the middle of the gun control debate with poignant stories that are sometimes humorous, sometimes heartbreaking, but always brutally honest.” Tickets are $15 in advance or at the door.

O WWW.SYLVIACENTERTHEARTS.ORG

ATTEND WHAT: It Can’t Happen Here WHERE: Phillip Tarro Theatre, Skagit Valley College WHEN: 7:30pm May 25-26, June 1-2; 2pm Sun., June 3 COST: $12 INFO: www.mcintyre hall.org

When asked why he thinks sales of It Can’t Happen Here have skyrocketed since the 2016 election, Morris says he hopes it’s because people are paying attention to the fact that it’s the responsibility of all Americans to get politically active so a totalitarian government can’t continue to take away their individual rights.

“One of the key issues we face, which Lewis did not face during the Great Depression, is massive apathy and disinter-

interest in voting-age Americans,” Morris says. “As the number of voters go down, through voter suppression or apathy, corporate power and control of government increases. My hope is that this play will help get people off the couch and into the voting booth.”

The book asks what happens when America has a dictator, and Morris says the answer is as important in 2018 as it was in 1936 because we have similar fears. The play speaks as well today as it did in 1936 because we have similar fears. The play is framed around these tenets.

DR. LAWRENCE —based on Sinclair Lewis’ novel of the same name—director Damond Morris says the play currently showing at Skagit Valley College’s Phillip Tarro Theatre is framed around these tenets.

“Across the country the play ran for five years, and spoke to the fears real folks had—on the right and the left—with the rise of fascism in Europe moving onto U.S. shores and to the power assumed by the FDR administration to get the country back on its feet,” Morris says. “Today, while the economy is touted as being ‘good,’ most families struggle to make ends meet and the power continues to rise to the top while excluding the bottom 99 percent. This play speaks as well today as it did in 1936 because we have similar fears. The trouble is we no longer have a Commander in Chief who says ‘there is nothing to fear but fear itself.’”

Audience members who see similarities between Trump and his fictional counterpart, President Berzelius “Buzz” Windrip, may find hope in the characters who oppose the norm and work to end it. A preshow talk with historian Kurt Dunbar on the aforementioned characteristics of fascism, and a post-performance discussion following each production will bolster the work of the cast, who Morris says are exploring serious issues in dramatic fashion and “knocking it out of the park.”

BY AMY KEPPERLE
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**Time for Art**

**BELLINGHAM SUNDIAL MURAL PROJECT**

**WHERE SOME** people see blank spaces, Sasch Stephens is apt to visualize sundials, at least if the area of reference he’s looking at is south-facing and can aptly trace the passage of time.

This was the case when Stephens, a solar energy consultant for NW Sunworks and gnomonist—that’s “professional sundialist” for those who aren’t familiar with the sun—passed a blank wall housing Ciao Thyme on Flora and Unity streets in downtown Bellingham.

Not long after obtaining permission from the building owners in early 2017, NW Sunworks decided to seek out an artist who could help bring Stephens’ dreams of an outdoor sundial mural to life. The finished product of the Bellingham Sundial Mural Project, envisioned, would not only be comprised of a working sundial calculated to the finest passage of time.

To add to the elemental energy, metal artist Aaron Loveitt will be creating and welding the gnomon—the piece that will cast its shadow on the mural to tell time.

**ATTEND**

**WHAT:**
Bellingham Sundial Mural Project Gallery Party

**WHEN:** 6pm Fri., June 1

**WHERE:**
HappyChap Creative Co., 1215 Cornwall Ave.

**INFO:** www.alliedarts.org/BellinghamSundialMural

The finished product of the Bellingham Sundial Mural Project, envisioned, would not only be comprised of a working sundial calculated to the finest passage of time.

**Almost a year after the call for submissions, the project is ready to move forward. That’s where you come in. As fiscal sponsor, Allied Arts is helping collect funds to complete the mural—meaning your donations will be tax deductible—and organizers are hopeful painting will begin at the end of June. From 6-10pm Fri., June 1, those interested in seeing the Bellingham Sundial Mural Project come to life can drop by Happy Chap Creative Co. during the downtown Art Walk to talk to the creative minds behind the designs. Artwork by Leggitt, sundial installations by Stephens, and renderings will be on display, and prizes will be raffled off throughout the night. (Donations will also be accepted.)**

If you’re curious as to where else Stephens sees sundials—whether they be on mountain tops, in his own backyard, or adorning other blank spaces begging for creative connections—this will be the time to ask him.

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**UPCOMING EVENTS**

**THURS., MAY 24**

**NEIGHBOR SHARE:** As part of a “Project Neighborly” series, attend a panel discussion focusing on “Nurturing Your Inner Artist” from 6:30-8pm at the Van Zandt Community Hall, 4106 Valley Hwy. Tina Bixby, Kandi Buckner Persson-Tiphaneth, and Candice Leonard will be the featured panelists, and the Road House Bar & Grille will provide dinner. Entry is free.

**SOUTHFORKVALLEY@AOL.COM**

**FRI., MAY 25**

**FOURTH FRIDAY ART WALK:** Artwood, Village Books, Current and Furbish, Whatcom Art Market, Morgan Block Studios, Cooper Lanza Gallery, Stones Throw Brewery, and Good Earth Pottery will be among the more than 14 venues opening their doors for the monthly Fourth Friday Art Walk taking place from 5-8pm throughout historic Fairhaven.

**WWW.FAIRHAVENARTWALK.COM**

**SAT., MAY 26**

**BENCH DEDICATION:** Attend an unveiling and dedication of the “Mark Twain Bench” at 3:30pm in front of Village Books, 1200 11th St. The program will include a “Mark Twain in Fairhaven” presentation by author and historian Brian Griffin, a focus on “The Bellingham Art Scene” by City Council member Gene Knoth, and a talk by world-famous sculptor Gary Lee Price—who will also be on hand after the dedication ceremony.

**WWW.GARYLEEPRICE.COM**

**ARTIST TALK:** Spouses Sheila Klein and Ries Niemi will discuss work from their latest show, “Making Up Stories and Looking at Things Sideways,” at an Artist Talk at 4pm at Edison’s i.e. gallery, 5800 Cains Court. Entry is free.

**WWW.IEDISON.COM**

**MAY 26-27**

**LUMMI STUDIO TOUR:** Penuse paintings, glass art, jewelry, fiber arts, pottery, sculpture, photography and much more during the self-guided Lummi Island Artists’ Studio Tour taking place from 10am-5pm Saturday and Sunday at multiple creative spaces located throughout the lovely land mass. Entry is free; fees aboard the Whatcom Chief are $13 for car and driver, $7 for each additional passenger (round trip). Maps can be picked up at the Islander grocery store.

**WWW.LUMLI-ISLAND.COM**

**ONGOING EXHIBITS**

**ALLIED ARTS:** In honor of the statewide Arts Education Month, view professional work by teaching artists in Whatcom County through May at Allied Arts, 1418 Cornwall Ave.

**WWW.ALLIEDARTS.ORG**

**ARTWOOD:** To mark 30 years in Fairhaven, both old and new works by members will be on display through May at Artwood Gallery, 1000 Harris Ave.

**WWW.ARTWOODGALLERY.COM**

**BELLEWOOD ACRES:** View photographs by Jackson Faulkner through June at BelleWood Acres, 6140 Guude Meridian.

**WWW.BELLEWOODFARM.COM**

**FISHBOY GALLERY:** Peruse the contemporary folk art of RR Clark from 1:30-5pm Fri...
days at the FishBoy Gallery, 617 Virginia St. 360-2913 OR WWW.FISHBOYGALLERY.COM

FOURTH CORNER: Explore “From the Hand of Dorothy Deets” through May 31 at Fourth Corner Frames & Gallery, 311 W. Holly St. WWW.FOURTHCORNERFRAMES.COM

FORUM ARTS: Roger Small’s “Visions of the Soul” can be viewed through June 3 at La Conner’s Forum Arts, 721 S. First St. WWW.ARTBYROGERSMALL.COM

GALLERY PEGASUS: “Sensorium” shows through June 30 at Gallery Pegasus, 303 W. Holly St. WWW.GALLERYPEGASUS.COM

GOOD EARTH: Deb McCunn’s “Wild Wabbits” will be featured through May at Good Earth Pottery, 1000 Harris Ave. WWW.GOODEARTHPOTT.COM

JANSEN ART CENTER: A “Spring Juried Exhibit,” “American Folk Heroes; Leotie Richards,” and Nick Payne’s “Nature’s Tender Majesty” will be on display through June 1 at Lynden’s Jansen Art Center, 321 Front St. WWW.JANSENARTCENTER.ORG

MAKE SHIFT: “Imaginary Friends” can be viewed through May at Make Shift Art Space, 306 Flora St. WWW.MAKESHIFTPROJECT.COM

MATZKE GALLERY: “Spring Has Sprung” will be on display through June 17 at Camano Island’s Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way. WWW.MATZKEFINEART.COM

MONA: “Robert McCauley: American Fiction” and “Invisible: Selections from the Permanent Collection” will be on display through June 10 at La Conner’s Museum of Northwest Art, 121 First St. WWW.MONAMUSEUM.ORG

PERRY AND CARLSON: Katherine Wesselman’s “Double Take” shows through May in Mount Vernon at Perry and Carlson Gallery, 504 S. First St. WWW.PERRYANDCARLSON.COM

SCOTT MILO: Acrylic paintings by Mary Quint will be featured at the Scott Milo Gallery, 420 Commercial Ave. WWW.SCOTTMIL.COM

SMITH & VALLEE: See works by renowned sculptor Philip McCracken and painter and printmaker Kris Ekstrand through May 27 at Edison’s Smith & Vallee Gallery, 5742 Gilkey Ave. WWW.SMITHANDVALLEE.COM

WHATCOM ART MARKET: Works by Whatcom Art Guild members can be perused Wed.-Sun. at the Whatcom Art Market, 1103 11th St. WWW.WHATCOMARTMARKET.ORG


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Ski to Sea

FOR YOU AND ME

I CANNOT predict the future. Even so, it’s probably a safe bet that I will never compete as part of a Ski to Sea team, unless I am forced to do it to save someone’s life. And it would have to be someone I’m close to, mind you. Not just anyone will do.

Even so, I can—and frequently do—participate in Ski to Sea. I simply choose a slightly different adventure than the one embarked upon by the athletes. My own annual tradition also tends to be a multi-stage affair, the difference being the stages in question feature musicians, and performing is the athletic activity at play. Even better, when you do Ski to Sea my way, you always end up a winner.

No matter how big or small the holiday or tradition or occasion, Boundary Bay Brewery is ready, willing and all too able to celebrate it. For years, Ski to Sea weekend—also known as Memorial Day weekend in other parts of the country—has signaled the official opening of Boundary’s beer garden, which is itself a prime indicator that summer will happen...eventually. This year, the brewpub is home to one of a couple of beer-garden block parties that are happening, this one taking place Fri., May 25 in conjunction with Whatcom Events, the organization responsible for the massive undertaking that is the race itself. The block party in Boundary’s beer garden is free and family-friendly, with prizes to be won, beer to be quaffed—including Boundary’s Race Day IPA—and the Atlantics and Motus to be entertained by. After the race concludes on Sun., May 26, Boundary will be back at it with an event they’ve dubbed “Ski to Sea Revitalization.” I’m not sure exactly what that means, but the gist seems to be that the brewpub seems to feel the best way to recover from the 70-plus-mile race and all its attendant exertion and excitement is to gather once again in the beer garden for more pints of beer and more music, this time courtesy of Hot Damn Scandal. Since I am not an athlete, I can’t say whether this is an appropriate recuperation strategy, but I learned long ago not to argue with what Boundary says is best. Where: 1107 Railroad Ave. Info: www.bbaybrewery.com

Some would say the only way to have a true Ski to Sea experience is to head to the Southside. My opinions on the matter aren’t so strong, but I will say that Memorial Day weekend is the one time of the year when the sheer density of available entertainment is far greater in Fairhaven than it is downtown.

For 18 years and counting, the Fairhaven Festival has been the go-to after party for Ski to Sea. Its organizers are probably hoping I will one day stop being so enamored of the daylong street fair’s former name, It All Ends in Fairhaven, but my love affair with that apocalyptic-sounding moniker remains

RUMOR HAS IT

I’VE SEEN BANDS in all kinds of locations, both traditional and unorthodox, but I will always have a soft spot for in-store performances at record stores.

This is just one reason why I’m so excited about Avalon Records having decided to try on hosting bands on a semi-regular basis. On the one hand, I feel as though if I talk too much and draw too much attention to the Avalon in-stores, it will scare them back into hiding forever. On the other, I harbor a sneaking suspicion that success could very well ensure future bands booked there. It’s tough to know which way this one will go, so I choose to take the same route I always travel: to run my big mouth and hope for the best. What I’m trying to say is that Avalon, a rad cover band comprised of local teenagers whose last performance was at the Sehome High School prom, will play a 2pm Sat., May 26 show at Avalon. It’s free and all-ages and if you ask real nice, the Avalon staff might let you take a selfie with their prized cardboard cutout of Father John Misty.

Speaking of in-stores, Anacortes’ the Business will celebrate its 40th birthday this summer, which is a nearly impossible milestone to attain for just about every independent record store that has ever existed.

I hope they take this opportunity to make T-shirts that say, “Lordy lordy, the Business is 40.” I’d buy one. I bet I’m not the only one.

Whether they take me up on my stellar merchandising idea remains to be seen, but one way they’ll definitely celebrate their big birthday is with some shows of their own. The first (at least the first one scheduled at this point) will happen Wed., Aug. 1 and will feature Mirah, who is certainly no stranger to Anacortes, having collaborated on most of her albums with Phil Elverum. She’s beloved in this area, and I can think of few folks more well-suited to hosting bands on a semi-regular basis. On the other, I harbor a sneaking suspicion that success could very well ensure future shows at record stores.

This is just one reason why I’m so excited about Avalon Records having decided to try on hosting bands on a semi-regular basis. On the one hand, I feel as though if I talk too much and draw too much attention to the Avalon in-stores, it will scare them back into hiding forever. On the other, I harbor a sneaking suspicion that success could very well ensure future bands booked there. It’s tough to know which way this one will go, so I choose to take the same route I always travel: to run my big mouth and hope for the best. What I’m trying to say is that Avalon, a rad cover band comprised of local teenagers whose last performance was at the Sehome High School prom, will play a 2pm Sat., May 26 show at Avalon. It’s free and all-ages and if you ask real nice, the Avalon staff might let you take a selfie with their prized cardboard cutout of Father John Misty.

Later in the month, on Fri., Aug. 24, Toronto two-piece Nadja will bring their self-described “dreamsludge” (I give a hard side-eye to most made-up genres, but dreamsludge is one I can really get behind) to the birthday festivities. Bring earplugs and expect epic riffs.

Neither of the Business’ birthday shows take place at the record store, likely due to space constraints that make the shop not as ideal as say, the Depot, where the Mirah show will happen, or the Unknown, where Nadja will play.

You might be wondering why I’m telling you about these shows when they don’t happen until August, and the answer is simple: Tickets are on sale now via the Business’ website, and given that both performances are highly likely to sell out, you might want to plan ahead a little earlier than what you’re accustomed to. ☮
SKI TO SEA, FROM PAGE 20

WED., MAY 23
MABERN AND STAFFORD: Legendary pianist Harold Mabern will be joined by celebrated trumpeter Terrel Stafford for a Whatcom Jazz Music Arts Center concert at 7pm at the Sylvia Center, 205 Prospect St. Cory Weeds (tenor sax), Michael Glynn (bass), and Julian MacDonough (drums) will play along. Tickets are $5-$20.

THURS., MAY 24
JAZZ JAM: The Jazz Project’s Jud Sherwood hosts a rotating house trio featuring top-flight local and regional musicians at a Jazz Jam happening from 5:30-8:30pm Thursdays at Illuminati Brewing, 3950 Hammer Dr., Suite 101. Entry is free.

WIND SYMPHONY: Western Washington University’s Wind Symphony will perform both standard and contemporary wind band pieces at 7:30pm at the school’s Performing Arts Center Concert Hall. Additionally, the 80-plus players of the WWU Symphonic Band will perform. Entry is free and open to all.

JAMES HIGGINS: Contra-dance reels, jigs, jazz, blues, rock and old timey music can be heard when multi-instrumentalist James Higgins performs at 7:30pm at the Chuckanut Center, 103 Chuckanut Drive N. Suggested donation is $5-$10 at the door.

SUN., MAY 27
ART OF JAZZ: Three guitarists from Portland and Bellingham—Christopher Woitach, John Stowell, and Tim Volpicella—will perform at the Jazz Project’s monthly “Art of Jazz” concert from 4-6:30pm at the Majestic, 1027 N. Forest St. Tickets are $10 for students, $17 general (free for Jazz Project members).

TUES., MAY 29
EARLY MUSIC FESTIVAL: Attend Salish Sea Early Music Festival’s “Bach and Vivaldi Concert” at 7:30pm at St. Paul’s Episcopal Church, 2117 Walnut St. Soloists Jonathan Oddie (harpichord), Carrie Krause (violin), and Jeffrey Cohan (flute) will be supported by a chamber orchestra. Suggested donation is $15-$25 (those 18 and under are free).

WED., MAY 30
CLASSICAL ON TAP: Whatcom Symphony Orchestra’s “Brew Crew” will play classical chamber music favorites at the first “Classical on Tap” concert of the season at 7pm at Chuckanut Brewery and Kitchen, 601 W. Holly St. The free, all-ages event will happen on the last Wednesday of the month through September.

BRAD SHIGETA QUARTET: Canadian trombonist Brad Shigeta will be joined by the Whatcom Jazz Music Arts Center house trio for a 7pm concert at the Sylvia Center for the Arts, 205 Prospect St. Entry is $5 for students, $10 general.

THURS., MAY 31
MVHS FINALE CONCERT: Under the direction of Jacob Scherr and Umar Ordonez, the Mount Vernon High School instrumental music department will host its Finale Concert at 7pm at McIntyre Hall, 2501 E. College Way. Entry is by donation, but tickets should be reserved in advance.

ever true. Along with the opportunity to watch kayakers sprint to the race’s finish line, attendees of the Fairhaven Festival will be treated to an array of vendors and food stands, along with a beer garden and musical entertainment on two stages, courtesy of Space Band, and Death By Radio on the main stage, and Bellingham Silk Road Dancers, Kuungana African Drum and Dance Company, and Lynden Line Dancers on the Village Green stage. Where: Fairhaven Info: www.fairhaven.com

Fairhaven has a block party of its own, and it’s just one of a series of such soirées thrown on the regular by Stones Throw Brewing Co. Not content to simply brew beer and provide excellent hospitality in an inviting locale, Stones Throw has taken things a step further in its attempt to be solid contributors to the Southside community by periodically hosting free, family-friendly block parties that include pints, food trucks and live music. For Ski to Sea, they’ll offer up a bigger-than-normal version on Sat., May 26 with music by Baby Cakes, the Naughty Blokes, and One Lane Bridge. The next day, Sun., May 27, Stones Throw will eschew live music—the Fairhaven Festival will take care of that—in favor of extending their beer garden to accommodate both crowds and food trucks in a trifecta of brews, food and good company aplenty. Where: 1009 Larrabee Ave. Info: www.stonesthrowbrewco.com

If you, like me, live according to a mantra of “outside bad, inside good,” first, stop stealing my mantra. Second, Fairhaven has a party for us indoor types too, thanks to Jan Peters and Lovitt Restaurant. Peters books the music at Lovitt, and not long ago, he gave an unknown-to-him Canadian band a slot on the schedule with more curiosity than expectations. They were called Blackthorn, and they blew Peters away with their Celtic folk music, so much so that—he’s asked them to play back-to-back Ski to Sea weekend shows on Fri. and Sat., May 25-26. They’ll be preceded on both nights by fiddler Lynne Newman and Peters himself. Come for dinner and a show and escape the scene on the street. Where: 1114 Harris Ave. Info: www.lovittrestaurant.com ©
## Music Venues

### See below for venue addresses and phone numbers

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<th>Date</th>
<th>Venue and Event Information</th>
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<td>Anelia's Kitchen &amp; Stage</td>
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<td><strong>THURSDAY 05.24.18</strong></td>
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<td><strong>FRIDAY 05.25.18</strong></td>
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<tr>
<td>Beach Store Cafe</td>
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<tr>
<td>Big Lake Bar and Grill</td>
<td>Chris Eger, Mama Dirty Shirt</td>
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<tr>
<td>Boscoe's</td>
<td>Karaoke, Bass Invasion, Kelly Hoke, Time w/The Spider Fergin, Pineapple FM, more</td>
</tr>
<tr>
<td>Boundary Bay Brewery</td>
<td>WWU Jeopardy Magazine Release Party, Stringband Thursday w/Robt Sarazin Blake, Ski to Sea Block Party w/The Atlantics, Motus, We Are WWU w/Simple Minded Symphony, The Dawn Bombs, more</td>
</tr>
<tr>
<td>Brown Lantern Ale House</td>
<td>Acoustic Night w/John Bisagna, Bachelor No. 4</td>
</tr>
<tr>
<td>Commodore Ballroom</td>
<td>Open Mic, Lake Street Dive/May 29, Commodore Ballroom, LAKE STREET DIVE/May 29/Commodore Ballroom, Lake Street Dive, Mikaela Davis</td>
</tr>
<tr>
<td>Conway Muse</td>
<td>Paul Klein, The Pine Hearts, Joan Penn Jazz Quintet</td>
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<tr>
<td>Culture Cafe at Kombucha Town</td>
<td>Aikawa, Tea Seas Trio w/Tyler Morgan Clarke, Steve Jones &amp; Joel Litwin, Jamie Windy Bus w/Steve Tate</td>
</tr>
<tr>
<td>Eat Restaurant and Bar</td>
<td>Open Mic, Aikawa</td>
</tr>
</tbody>
</table>

### Get Tickets Now for June Headliners!

**Sat, June 9**
2pm & 7pm · $8.50-$22.50*

**Olate Dogs**
Winners of America's Got Talent

Be enchanted by these fuzzy-faced showstoppers who went from pound to prizewinning!

**Sat, June 23**
7:30pm · $25.50-$59.50*

**IRA GLASS**

Dig deep into everyday joy with this Peabody Award-winning storyteller.

**Sat, June 23**
7:30pm · $25.50-$59.50*

**IRA GLASS**

Seven things I’ve learned: An evening with IRA GLASS

“These stories float right into your brain and lodge there.”
- The Nation

**Friday, June 29**
7:30pm · $21.50*

**Peter Yarrow**
Solo Performance

Pedar show with legendary member of Peter, Paul & Mary

*Note: If you had tickets to Lonesome Traveler on March 3rd then you already have tickets to this show. Contact the Box Office if you haven't received them.
<table>
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<tr>
<th><strong>VENUES</strong></th>
<th><strong>05.23.18</strong></th>
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<tr>
<td>Edison Inn</td>
<td><em>The Holmes/Shea Band</em></td>
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<td>Firefly Lounge</td>
<td><em>Scott Pemberton Band</em></td>
<td><em>Baby Cakes</em></td>
<td><em>Chris Kasper, Kiley Ryan (early), Ebb, Stack &amp; Flood (late)</em></td>
<td><em>Gulfstream</em></td>
<td><em>Songwriter Corner</em></td>
<td><em>W/Monkey Brown</em></td>
<td><em>Songwriter Corner</em></td>
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<tr>
<td>Greene's Corner</td>
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<td><em>Kera-Lyne Newman &amp; Jan Peters (early), Blackthorn (late)</em></td>
<td><em>The Bushwhackers</em></td>
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<td>Guemes Island General Store</td>
<td><em>7:20 String Band</em></td>
<td><em>Mr. Feelgood &amp; The Firm Believers</em></td>
<td><em>7:20 String Band</em></td>
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<td>H2O</td>
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<td>Kulshan Brewing Co.</td>
<td><em>Danny Vogel</em></td>
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<td><em>Kera-Lyne Newman &amp; Jan Peters (early), Blackthorn (late)</em></td>
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<td>Silver Reef Hotel Casino Spa</td>
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<td>The Underground</td>
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<td><em>Karaoke</em></td>
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**MUSIC VENUES**

See below for venue addresses and phone numbers.

**Edison Inn**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Big Lake Bar & Grill
- **Location:** 18247 WA-9, Mt Vernon

**Alternative Library**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Green’s Corner**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Guemes Island General Store**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**H2O**
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- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Honey Moon**
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- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Hotel Bellwether**
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- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Kulshan Brewing Co.**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Lovett Restaurant**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Make,Shift Art Space**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Old World Deli**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Rockfish Grill**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Royal**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Rumors Cabaret**
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**The Shakedown**
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**Silver Reef Hotel Casino Spa**
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- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Skagit Casino Resort**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Skylark’s**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Stones Throw Brewery**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Swinomish Casino and Lodge**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**The Underground**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**The Waterfront**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

**Wild Buffalo**
- **Address:** 318-7720
- **Phone:** 360-422-6411
- **Venue:** Alternative Library
- **Location:** Anelias Kitchen & Stage

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**To get your live music listings included, send info to clubs@cascadaweekly.com. Deadlines are always at 5pm Friday.**
Disobedience

A STORY OF FORBIDDEN LOVE

IT WOULD be a lovely thing if you, the reader, knew less about Disobedience than you already do. Every trailer, every advertisement, every interview in connection with this film has revealed it as a tale of lesbian love set in an intensely Orthodox Jewish community in London. And the reason for this is obvious: You can persuade a lot more people to see a forbidden love story than a movie about a religious community.

But if you do see Disobedience, and you should, try not to think about where you already know it’s going and appreciate how it builds, and how it’s about a lot more than sex. At its most intense and powerful, Disobedience is about courage and claiming one’s life, themes its Chilean director, Sebastian Lelio, explored in his previous films, Gloria and A Fantastic Woman.

The film is beautifully shot, though “beautiful” may seem an odd word to describe photography so stark. To see Disobedience and remember it later is to picture a washed-out world in a kind of blue haze. Yet the movie has an unforgiving clarity. Every line, imperfection, bump, birthmark or blemish on the face of either of its two Rachels, McAdams or Weisz, is there in close-up. Yet what comes out of this is the privileged sense of really, actually seeing people for once, and a feeling that neither actress has ever looked so good or so vital.

Disobedience is a story of coming home. Ronit (Weisz) grew up in the Orthodox community as the daughter of the revered rabbi. Now the rabbi is dead, and she is back in London for the funeral, staying at the home of Dovid (Alessandro Nivola) and Esti (McAdams), old friends of Ronit who have since gotten married. Dovid, who was the protege of the old rabbi, is set to become his replacement.

In the early part of Disobedience, the film seems to be simply an arresting tale of a woman returning to a community that holds her in mild contempt. Ronit doesn’t flaunt her modernity, but she doesn’t hide it, and that she’s the rabbi’s daughter makes her independence seem an especially pointed rejection. All the scenes of her interacting with the community elders—whether it’s a holiday dinner or a reading of the will—have a slight edge of tension.

Amid all this well-observed detail, it’s easy—or would be easy, if you didn’t already know—to ignore that something is going on with Esti, just some extra atmosphere happening in McAdams’ performance. Esti seems to have a problem with Ronit, or maybe the problem she has is with her husband. During the marital love scene—the weekly, scheduled sex—she looks as though she’d rather be doing a crossword puzzle.

This is in wild contrast to the love scene later in the film, the one that people will be staggering out of the theater talking about, the one that must not be seen by anyone with high blood pressure or prone to excessive perspiration. The scene is not in any way graphic, but it’s so much an expression of the characters’ longing—a longing that has been building throughout the film, or in the case of Esti, for many years—that it’s overwhelming. It’s not an interlude, or a visual aid, but the center of the entire movie.

Weisz is the locus of Disobedience and becomes all the more fascinating as we come to see Ronit through the eyes of McAdams’ performance. It’s rare in film to see such a symbiosis between actresses—rare, because there are so few opportunities. As Esti, McAdams benefits from her previous association with hard-driving roles. It gives us a sense of what is being bottled up and how it can’t stay under wraps for long.

The women are remarkable, unforgettable. But don’t overlook Nivola, an enigmatic figure as the rabbi and husband. At one point, he formally addresses his community, and Lelio films him in such extreme close-up that he keeps going in and out of focus. It’s the nature of the role expressed visually, a man we do not know but will know by the end of the film.
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FILM SHORTS

A Quiet Place: John Krasinski directs himself and wife Emily Blunt (who elevates every project she takes on) in this smart, truly terrifying creature feature in which silence isn’t just golden, it’s a matter of life and death. With a tagline of “If they hear you, they hunt you,” this one will haunt you. ★★★★★ (PG-13 • 1 hr. 30 min.)

Avengers: Infinity War: Spoiler alert: They don’t all die. But this supersized superhero movie may very well hit $2 billion in worldwide box office. Somewhere, Pixar and Star Wars execs are sitting around their respective boardroom tables saying, “Challenge accepted.” ★★★★★ (PG-13 • 2 hrs. 36 min.)

Book Club: Four women of a certain age (Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen) are the last people alive to read Fifty Shades of Grey and it inspires them to carpe diem their groove back in this film that was somehow not made by Nancy Meyers. ★★ (PG-13 • 1 hr. 44 min.)

Breaking In: Gabrielle Union is a woman not to be trifled with who is trifled with when her children are kidnapped, forcing her to kick way too much ass all over the place. ★ (PG-13 • 1 hr. 28 min.)

Deadpool 2: Wise-cracking anti-superhero Ryan Reynolds is back with an even bigger budget, more ridiculous plot and a well-earned R rating in tow. Marvel’s bad boy is badder than ever. ★★★ (R • 1 hr. 43 min.)

Life of the Party: Melissa McCarthy, funniest woman alive not named Kate McKinnon or Tiffany Haddish, is ridiculous and hilarious in every role she plays, while also choosing projects not worthy of her considerable comedic gifts. In order to save her career from itself, I hereby volunteer to be her script reader. I can’t possibly choose more poorly than she does. ★★★ (PG-13 • 1 hr. 45 min.)

Overboard: This gender-swapped remake of the 1987 Goldie Hawn/Kurt Russell comedy probably won’t live up to the charms of its predecessor, but if tapping Anna Faris—more Goldie’s comedic heir apparent than her own daughter, Kate Hudson—to star wasn’t a stroke of inspired casting, I don’t know what is. ★ (PG-13 • 1 hr. 50 min.)

Pope Francis: A Man of His Word: Catholic or not, it’s pretty impossible to avoid hearing what Pope Francis is up to these days, whether it be championing the environment or his recent statement to a gay man that “God made you like that and loves you like that.” Join Wim Wenders as he takes a spiritual journey through the teachings of the rebel Pope the Roman Catholic Church probably regrets electing. ★★★★★ (PG • 1 hr. 36 min.)

RBG: Supreme Court Justice Ruth Bader Ginsburg, American hero, groundbreaker, protector of people and author of sizzling judicial opinions, finally gets the documentary treatment a notorious woman such as herself so richly deserves. ★★★★★ (PG • 1 hr. 37 min.)

Solo: A Star Wars Story: This movie will no doubt have the cottage industry that lives to critique, parse, analyze and dissect every last detail of every last Star Wars anything whipped into a white-hot frenzy of opining, but as a true fan, I’m here to tell you that I just need this to look and feel like a Star Wars movie and I’m all set. Calm down, internet. Going to the movies is supposed to be fun. ★★★★★ (PG-13 • 2 hrs. 15 min.)

Show Dogs: The ad campaign for this caper about a cop and his canine partner makes the argument that there are not enough live-action dog comedies in the world, a point with which I am inclined to agree. What the world needs now is dogs, sweet dogs. ★★★ (PG • 1 hr. 32 min.)
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CoupLeS and AddicTion recoveReY
A Gottman Approach for Therapists, Counselors and Addiction Professionals.
June 1, 2018 8:30-4:00 pm
Presented by Dr. Robert Navarra
$250, including 177-page manual; 6 CE hours available

A roadMap for the journeY from addiction
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June 2 & 3, 2018 8:30-4:00 pm
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ACROSS
1 Fake name
6 Beige-y tone
9 Cut down, as a photo
13 Lundgren of “The Expendables”
14 ___ poloi (general population)
15 States of mind
16 Log-rolling contest that sounds like a cowboy contest
17 Cardiologist’s test, for short
18 “Downton ____”
19 QUIP INSPIRED BY RECENT CONTRO-
20 VERSY, PART 1
21 It may oscillate
23 32,000 ounces
24 Impertinence with an apostrophe
25 QUIP, PART 2
26 Mel in three World Series
32 Completely mess up
33 18-wheeler
34 Candy bar served in twos
37 QUIP, PART 3
38 Microsoft search engine
39 YouTube premium service (or color)
40 Squeezing snakes
42 The Mustangs’ sch.
44 QUIP, PART 4
50 Tiny Greek letter?
51 Musical ability
52 Arced tennis shot
53 QUIP, PART 5
57 Hopeless
58 Fairness-in-hiring abbr.
59 “Aaaawesomely”
60 Santa-tracking defense gp.
61 “_____ Blues” (“White Album” song)
62 Comedians Carvey and Gould, for two
63 Prep school founded by Henry VI
64 Scratch (out) a living
65 Group of asteroids named for a god of love

DOWN
1 “Set ____ on Memory Bliss” (P.M. Dawn song)
2 Spongy exfoliant
3 “Fighting” NCAA team
4 Take down ____ (demote)
5 Berate
6 Final film caption
7 Electro house musician Steve known for throwing cakes into the audience
8 Date, for example
9 Hang-up in the attic?
10 Prefix for call or cop
11 Former NBA #1 draft pick Greg who left basketball in 2016
12 “Gangnam Style” performer
15 Football video game franchise name
20 Lopsided victory
21 Car with four linked rings
26 Word ending two MLB team names
27 “Well, ____ into your hallway / Lean against your velvet door” (Bob Dylan,

“Temporary Like Achilles”)
28 Former press secretary Fleischer
29 Element before antimony
30 Kinder Surprise shape
34 Uni- + uni- + uni-
35 Needing a towel
36 Age-verifying cards
37 Register surprise, facially (and just barely)
38 Backside, in Canada
40 Ousted
41 Palindromic “Simp-sons” character
42 “Don’t leave!”

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North Nut
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ARIES (March 21-April 19): The Aries poet Anna Kamie ska described the process of writing as akin to “the backbreaking work of hacking a footpath, as in a coal mine; in total darkness, bennath the earth.” Whether or not you’re a writer, I’m guessing that your life might have felt like that recently. Your progress has been slow and the mood has been dense and the light has been dim, That’s the tough news. The good news is that I suspect you will soon be blessed with flashes of illumination and a semi-divine intervention or two. After that, your work will proceed with more ease. The mood will be softer and brighter.

TAURUS (April 20-May 20): Do you know what you are worth? Have you compiled a realistic assessment of your talents, powers, and capacities? Not what your friends and enemies think you’re worth, nor the authority figures you deal with, nor the bad listeners who act like they’ve figured out the game or two. After that, your work will proceed with more ease. The mood will be softer and brighter.

GEMINI (May 21-June 20): Now is a favorable time to worship at the shrine of your own intuition. It’s a ripe moment to boost your faith in your intuition’s wild and holy powers. To an extraordinary degree, you can harness this alternate mode of intelligence to gather insights that are beyond the power of your rational mind to access by itself. So be bold about calling on your gut wisdom, Gemini. Use it to track down the tricky, elusive truths that have previously been unavailable to you.

CANCER (June 21-July 22): “A poem is never finished; it is only abandoned,” wrote poet W. H. Auden, paraphrasing the poet Paul Valéry. I think the same can be said about many other kinds of work. We may wish we could continue tinkering and refining forever so as to bring a beloved project to a state of absolute perfection. But what’s more likely is that it will always fall a bit short of that ideal. It will never be totally polished and complete to our satisfaction. And we’ve got to accept that. I suggest you meditate on these ideas in the coming weeks, Cancerian. Paradoxically, they may help you be content with how you finish up the current phase of your beloved project.

LEO (July 23-Aug. 22): I highly recommend that you spend the next three weeks hanging out on a beach every day, dividing your time between playing games and sunbathing. The mood will be especially relevant to you in the coming weeks, Aquarius. And more than that: In addition to books, other influences may also serve as keys to unlock the door to your cherished project. Some books may wish we could continue tinkering and refining forever so as to bring a beloved project to a state of absolute perfection. But what’s more likely is that it will always fall a bit short of that ideal. It will never be totally polished and complete to our satisfaction. And we’ve got to accept that. I suggest you meditate on these ideas in the coming weeks, Cancerian. Paradoxically, they may help you be content with how you finish up the current phase of your beloved project.

Virgo (Aug. 23-Sept. 22): Contemporaries of the ancient Greek philosopher Pythagoras told colorful stories about the man. Some believed he was the son of a god and that one of his thighs was made of gold. When he crossed the Casas River, numerous witnesses testified that the river called out his name and welcomed him. Once a snake bit him, but he suffered no injury, and killed the snake by biting it in return. On another occasion, Pythagoras supposedly crossed a dangerous river to stop committing violent acts. These are the kinds of legends I expect you to spread about yourself in the coming days, Virgo. It’s time to boost your reputation to a higher level.

LIBRA (Sept. 23-Oct. 22): My counsel may seem extreme, but I really think you should avoid mindlessness and meekness and modesty. For the immediate future, you have a mandate to roar and cavort and exult. It’s your sacred duty to be daring and experimental and exploratory. The cosmos and I want to enjoy the show as you act like you have the right to express your soul’s code with brazen confidence and unabashed freedom. The cosmos and I want to squelch with joy as you reveal raw truths in the most emotionally intelligent ways possible.

SCORPIO (Oct. 23-Nov. 21): French novelist Honoré Balzac periodically endured intense outbreaks of creativity. “Sometimes it seems that my brain is on fire,” he testified after a 26-day spell when he never left his writing room. I’m not predicting anything quite so manic as that for you, Scorpio. But I do suspect you will soon be blessed (and maybe a tiny bit cursed) by a prolonged bout of fervent inspiration. To ensure that you make the best use of this challenging gift, get clear about how you want it to work for you. Don’t let it boss you. Be its boss.

SAGITTARIUS (Nov. 22-Dec. 21): Ancient civilizations waged war constantly. From Mesopotamia to China to Africa, groups of people rarely went very long without fighting other groups of people. There was one exception: the Harappan civilization that thrived for about 2,000 years in the Indus River Valley, which in the present day stretches through Afghanistan, Pakistan, and India. Archaeologists have found little evidence of warfare there. Signs of mass destruction and heavy armaments are non-existent. Art from that era and area does not depict military conflict. One conclusion we might be tempted to draw from this data is that human beings are not inherently combative and violent. In any case, I want to use the Harappan civilization’s extended time of peace as a metaphor for your life in the next eight weeks. I believe (and hope!) you’re entering into a phase of very low conflict.

CAPRICORN (Dec. 22-Jan. 19): Every human being I’ve ever known, included, has to wage a continuous struggle between these pairs of opposites: 1. bad habits that waste their vitality and good habits that harness their vitality. 2. demoralizing addictions that keep them enslaved to the past and invigorating addictions that inspire them to create their best possible future. How’s your own struggle going? I suspect you’re in the midst of a turning point. Here’s a tip that could prove useful: Feeding the good habits and invigorating addictions may cause the bad habits and demoralizing addictions to lose some of their power over you.

AQUARIUS (Jan. 20-Feb. 18): “Some books seem like a key to unfamiliar rooms in one’s own castle,” said author Franz Kafka. I suspect this idea will be especially relevant to you in the coming weeks, Aquarius. And more than that: In addition to books, other influences may also serve as keys to unfamiliar rooms in your inner castle. Certain people, for instance, may do and say things that give you access to secrets you’ve been keeping from yourself. A new song or natural wonderland may open doors to understandings that will transform your relationship with yourself. At the very least, if you’re surging through a house you know very well. But this time, you discover there’s a whole new wing of the place that you never knew existed.

PISCES (Feb. 19-March 20): Just for now, let’s say it’s fine to fuel yourself with comfort food and sweet diversions. Let’s proceed on the hypothesis that the guardians of your future want you to treat yourself like a beloved animal who needs extra love and attention. So go right ahead and spend a whole day (or two) in bed reading and napping and listening to soul-beguiling music. Take a tour through your favorite memories. Move extra slowly. Do whatever makes you feel most stable and secure. Imagine you’re like a
BY AMY ALKON

THE SCIENCE ADVICE GODDESS

THE SHOO MAKER
I’m a single dude in my 30s, and I really want a girlfriend, but I keep striking out with women. My female coworker says if I want a relationship, I need to upgrade my shoes. I wear a pair of super-comfy New Balance sneakers that I’ve had since college—even wearing them on dates. In the summer, I wear Crocs sandals. What’s the problem? Are girls really that shallow?

—Footloose

Sadly, the CDC has been remiss in informing men of the exceptional protection against sexually transmitted diseases that open-toe shoes can provide.

Men’s shoes speak to women. They are a form of what anthropologists and zoologists call “signaling”—communication between organisms. In the mating realm, signals advertise quality in a potential partner—or sound the alarm when it’s lacking. Wearing bad shoes (like your stanky, hobo-ready sneakers) suggests you lack the social intelligence to dress like a grown-up and/or the interest in taking care of more than your own needs—like for the five basic bachelor-dude food groups: beer, Hot Pockets, pizza, Doritos, and pot edibles.

Evolutionary psychologist Geoffrey Miller surveyed women—straight, single American women, ages 20-35—on what they like and loathe in footwear on a potential partner. The women were asked to imagine going on a casual lunch date with guys wearing 32 different types of men’s shoes, from Birkenstocks to chukkas to leather Oxfords.

Women’s preferences were “strong” and “consistent” and point to the following advice: Wear leather shoes—nice leather shoes, like Oxfords or loafers—that cover your feet. (Women hated every single sandal, from Crocs to Birkenstocks to flip-flops.) Your shoes don’t have to be expensive. You can probably do just fine with a stylish loafer you get on sale for $50. (Passable sneakers, scoring OK but not so well as the leather shoes, were the classics: Vans and Converse All Stars.)

Finally, it isn’t enough to just buy the right shoes; you have to take care of them. (Another important detail ladies notice.) Learn how to polish and clean them. Take them to a shoemaker for resoling and other upkeep. These might seem like little things but they are actually part of a whole of living like a man instead of a manchild. Admittedly, living the man way isn’t “super-comfy,” but consider where your priorities lie—more in the realm of Dr. Scholl or Dr. Kinsey?

CLOUD NONE
I’m in love with my male best friend and, unfortunately, I’m pretty sure he’s never been attracted to me. This is very painful, and trying to stop thinking about him so much isn’t working. To be fair, he isn’t emotionally available right now, as he’s still mourning his divorce (a little too long for it to be healthy, I think). I’m thinking that if I stay close and stay available, he may pick me once he becomes emotionally ready again. Is that crazy? I really want a relationship and am willing to wait for him.

—Tormented

Nothing says “your welfare means the world to me” like clocking a man’s mourning with a stopwatch.

Beyond how the guy isn’t up for a relationship right now, you seem pretty sure that you’re just the girl next door to the girls in his wank bank. So mourning over him is not the road to a relationship but the equivalent of trying to get from New York to California by doing endless doughnuts in a Walmart parking lot.

If unrequited love isn’t the point—offering you protection from heartbreak and distraction from pursuing a guy who’s a real possibility—you need to disengage. But the answer isn’t trying to stop thinking about him. Thought suppression actually seems to backfire. For example, social psychologist Jennifer L.S. Burton found that asking research participants to suppress a specific thought led to their experiencing it “more frequently” and led to a “more anxious and depressed mood.”

Because of this, when you have a thought of the guy, don’t try to shove it away. Instead, shift how you think of him. Focus on how he isn’t emotionally available and then on how he probably never will be for you. Next, take action. You could opt for a thought-occupying distraction like watching a movie—or, better yet, make an effort to shift your circumstances by going on dating sites to look for men who might be possibilities for you. This ultimately allows you to be there for this guy as a friend, offering him a Kleenex to dry his tears—as opposed to mentioning that you happen to be wearing a very soft and super-absorbent pushup bra.

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POPE FRANCIS: A MAN OF HIS WORD (NR) 96m  Wim Wenders' new documentary is intended to be a personal journey with Pope Francis, rather than a biographical documentary about him. 
Fri: (4:00), 6:30, 8:45; Sat: (1:00), 4:00, 6:30, 8:45 
Sun: (12:45), 5:45, 8:00; Mon: (4:00), 8:45; Tue: (4:00), 6:30, 9:15 
Wed: (4:00), 9:15; Thu: (4:15), 6:30, 8:45

DISOBEDIENCE (NR) 114m  “A riveting story about love, happiness and difficult choices. Flawless performances from Rachel Weisz and Rachel McAdams.” Newday
Fri: (3:45), 6:15, 8:55; Sat: (1:15), 6:15, 8:55 
Sun: (12:25), (3:05), 5:45, 8:30; Mon: (3:45), 6:15, 8:55 
Tue: (3:45), 8:55; Wed: (3:30), 6:15, 8:55; Thu: (3:45), 8:55

WHITE RAVENS (NR) 85m  From the perspective of a young Haida poet (Towustasin Stocker) we bear witness to the transgenerational trauma of colonization as survivors and their family struggle with the effects. 
Sat: (3:30) - Q&A with director Georg Koszulinski and Towustasin Stocker 
Sun: (3:30) - With a presentation on makeup by Sarah Rorvig of Vivalux

PALM BEACH STORY (1942) 88m  “Beauty, Brains and Know-How 
An inventor needs cash to develop his big idea. His wife, who loves him, decides to raise it by divorcing him and marrying a millionaire. 
Sun: (3:00) - With a presentation on makeup by Sarah Rorvig of Vivalux

CHICKEN RUN (G) 95m  PFC’s 20th Anniversary Retrospective 
Mon: (6:15) - Only $3 Admission

THE BREACH (NR) 83m  Presented by SeaFeast 
Tue: 6:30 - Q&A with Director Mark Titus

STAGECOACH (1939) presented in 16mm (NR) 99m 
Wed: 6:30 - Free admission - tickets available at the box office

BREAKING POINT: THE WAR FOR DEMOCRACY IN UKRAINE 98m 
Thu: 6:30 - “An impeccably made story-of-a-siege documentary,” Variety
**Sudoku**

**INSTRUCTIONS:** Arrange the digits 1-9 so that each digit occurs once in each row, once in each column, and once in each box.

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**Ballcap Semiotics**

**The Classic (a.k.a. "Dad Hat")**
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**The Boxy Flatbill (a.k.a. "The Snapback")**
- Indicator of subcultural funkiness, passionately rejects curves of standard ballcap

**The Trucker Hat**
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- Ironically revived in the '90s
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**The MAGA Hat**
- El-titting, blood-splattered pile of hate
- Like a cone of shame without the shame

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We promote outdoor recreation and bring people together to enjoy, preserve and improve the places where we play.
Dandelions 101

MIXING BITTERNESS WITH PLEASURE

OUR COUNTRY was born loving dandelions, having been brought—intentionally—on the Mayflower by the pilgrims, presumably as an easy source of nutrition, but also perhaps for its medicinal value as a digestive aid and blood thinner.

Somewhere along our personal journeys, grownups manage to convince us dandelions are bad, because of what they do to the grass monocultures most Americans cultivate instead of food. Eating dandelions make me feel good, so it isn’t surprising to learn they are full of nutrients like carotenes, antioxidants, calcium, and Vitamin A.

The entire plant is edible, from the tip of its tenacious taproot to the bright yellow pollen in the blossom. While bitter is the dominant flavor, there is complexity as well. The flowers have an aromatic flavor that has been likened to banana or licorice.

There are two basic approaches to dandelion eating: bury the entire plant in the soil or prepare the flowers. Either way, a rich sauce is involved. To deep-fry open or closed flowers, first wash them and let them dry. Drop the blossoms in the egg wash, pull them out one at a time, and roll each flower in the breading.

Heat an inch of olive oil to 300 degrees, and drop the flowers in. Cook until they are golden brown all around. Remove and drain.

Another approach to eating dandelions is to just eat the yellow petals. They can be added raw to anything, from salad to sushi to pancakes. They make a striking garnish for a soup, and the way they dress up rice is perhaps my favorite way to eat them.

Whole dandelion buds can be added too, raw or cooked, to any dish at virtually any point, as can the leaves, typically chopped. Topped with some crumbled nori sheets, soy sauce, sesame oil and hot sauce, the bitter flavors disappear.

My wife’s favorite cooked dish is dandelion-leaf mashed potatoes. The bitter power of the dandelion can give pizzazz to the bland, and balance any strong flavor, be it spicy, sweet, salty or fatty, and even more bitter.

The key is to get yourself some dandelion parts from a young plant that hasn’t been sprayed by the nozzle of a pesticide applicator or territorial animal. This can be a challenge, but it’s possible to find pristine specimens in public spaces throughout the summer. They are free, handy and, frankly, they are pretty dandy.

BY ARI LEVAUX

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