

Inside Our Films: *The Hunted* (2003)



By Jim Bryson

Memory is a funny thing. When I remember movies that I watched when I was a kid I am remembering the experience I had at that age. This doesn't mean that another viewing will result in the same encounter. A good example of this is if you were to go visit your childhood home as an adult and see that things have shrunk! Perhaps the grade school you attended shrunk in size by half when you visited with your own kids many years later.

My experience re-watching *The Hunted* (2003) as an adult, after last seeing it in my twenties, was very similar. I had such positive memories of this film! In fact, I've spent the last 10 years bragging to friends and acquaintances about how great a film *The Hunted* was. When I saw this movie in our local Vernonia Library I was very excited to re-watch

it and tell you all about how wonderful a film it is! You might imagine my disappointment at finding that my memory has not served me well.

The Hunted is an action/adventure film from director William Friedkin, known for *The French Connection* (1971) and *To Live and Die in LA* (1985). The film stars Benicio Del Toro and Tommy Lee Jones and is set in the Pacific Northwest, specifically Silver Falls State Park. The premise of the story is that L.T. Bonham (Jones) is a retired civilian military trainer who taught hand to hand fighting and secretive intrusion to highly trained military operators (read, "Assassins"). After his retirement his star pupil, Aaron Hallam (Benicio Del Toro), has lost the plot. He has done some terrible things in the name of the right cause and he has found the emotional cost terribly damaging. He has reached out to L.T. by letter and was ignored. Now he has gone rogue and the film starts with his murdering of several, shockingly, well

equipped, hunters in the wilds of Oregon. With this murderous event the FBI contacts L.T. and he is brought in to hunt and capture his former student.

What a great plot, right? Unfortunately, *The Hunted* isn't a great film. There are issues with the way it was shot and there are a lot of potentially borrowed plot lines from films such as *First Blood* (1982), in particular. I really like the concept of the story and especially the idea of the deep and divided relationship between the two main characters. In short, its leading cast, including the head FBI agent played by Connie Nielsen, is excellent but somehow the film seems to fall short.

In spite of those short-comings the last 15 minutes of this film make the



whole viewing worth it. I actually went back and checked the time. The final confrontation between these two amazing actors may be set up poorly but the ending is still masterful filmmaking. The last scene is also why I think I remembered the movie so kindly over all these years.

So, perhaps just like taking your kids to your childhood home, this movie may have disappointed me because it wasn't as great as I remembered but it is still worth revisiting. Besides, one still gets to see occasionally familiar glimpses of our beautiful Pacific Northwest, as well as great performances from great actors.

This, and quite a few other titles, can be found at your local Vernonia Library.

Natural Path to Health: Winter Flues

By Dr. Carol McIntyre

I would like to talk to you about the flu. Why are we all getting more ill? There are many factors.

Each year we all are exposed to many different viruses and bacteria. How those bacteria effect our systems depends on how we uphold our systems. We all need to keep our systems in order to fight off the pathogens.

Everyone is encouraged to get vaccines. Practitioners are encouraged to have their patients get vaccines. There are arguments against getting vaccines such as contaminants and otherwise. I have literature at my office based on the history of vaccines. It's a good read for

anyone who wants to come in.

My take is this: vaccines were developed to stop the spread of disease that is stable - diseases that do not mutate. If a disease mutates it will eventually overcome what we as humans can TRY to overcome. Meaning that diseases, especially viruses, will mutate and evolve as we try to stop them from doing so. This is nature at its best - survival of the fittest. The disease is surviving better than we are and is mutating accordingly. This is a huge point in regards to vaccines and how disease is treated.

I do not believe that anyone who gets the influenza vaccine will be immune to the flu. In the bluntest sense, the scientists that develop the vaccines

are using the most recent strains. Using the most recent strains are the best option for science but not for the human body or experience. Last year's strain will never save you from this year's strain - because the strains mutate!

The best way to avoid the illness of the flu is to use our smarts by sleeping well and eating well. Honestly, I have had small invasions myself as a practitioner because I am overexposed and under rested. Your body rejuvenates as you sleep. You have heard me say this many times. It is the most important truth I can convey to you; sleep is key to wellness.

If you find yourself ill the best things to do are rest, hydrate, and eat good food. Bone or vegetable broth is al-

ways a good option. Both provide nourishment and nutrients needed to overcome the mutating pathogens that are causing illness. A variety of fruits and vegetables will help build your immune system as needed to fight off disease. If we all eat and sleep well we will keep our immune system up and we will not become ill. This is a hard task with intense schedules and demands to meet.

Staying hydrated is a main factor - that's why broth is so key. Without water we cannot live more than two days. We can live without food for seven days or more! Think about this as you are feeling ill. Extra vitamins such as D, C, and A are also very immune support-

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Creatures Has a New Owner *continued from front page*

"My favorite was the Garden Center," says Smith. "I've worked over 20 years in retail and pretty much have done it all, except own it. I thought I was capable and accepted the challenge and went for it."

Smith will continue to carry the same brands of dog food and says she is happy to special order brands she doesn't carry. She will continue to stock dog and cat toys, treats, grooming supplies, and of course, things like litter boxes, crates, and beds. She carries Lupine brand collars and leashes which are guaranteed for life. She will continue to offer flea treatments, including topical, tablets, and collars. Smith plans to increase the supplies for small animals like rabbits and hamsters and will continue to carry supplies for fish and reptiles. She says she is surprised how many people come in to the store and are unaware that she carries chicken feed. The you-wash tub is still available for rent for \$15; the first wash is free and customers can use

the shampoos, clippers, and grooming table for free.

Smith says she will probably phaseout the supply of horse tack she carries and will repurpose that space, but will continue to carry medicines. She says she plans to use her years of experience in retail sales to reorganize some parts of the store. "There's a certain way I think retail is supposed to look," says Smith. "I have a lot of experience with merchandizing - that's just the way my brain is trained to work. Everything has to look the same, so I'll work on cleaning things up and make it look more uniformed so people can find the things they are looking for."

Smith and her family moved to Vernonia two years ago. They bought a house that had been flooded and have been renovating it since

moving in. Her husband is a contractor and has already put his skills to work at Creatures as well, building new storage shelves for the feed and seed area.

Smith says owning a pet store is a pretty natural fit for her. "I've always had animals all my life. I've tried not having an animal, but that doesn't work for me. I end up just sort of collecting them." Currently Smith says she has three dogs, some goats and chickens, and some birds. "I just love animals."


Creatures Pet Store is located at 998 Bridge Street. You can contact them at (503) 429-PETS (7387)

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