

Tasty sushi just down the road

Kimberly Maier
The Clackamas Print

Anyone looking for a tasty experience with sushi at a reasonable price can find it at Toki restaurant in Oregon City.

Located in the Berry Hill Shopping Center, the establishment boasts a variety of sushi flavors to choose from.

"Many people are afraid to try [the sushi], they think of the raw fish and don't want to try it," explained Sunny Yi, owner of Toki restaurant. "Sushi is a blend of flavors, not all about raw fish. It's very low in calories and much better for you than hamburgers and French fries."

For those still squeamish about experiencing raw fish, the menu offers countless delectable options that are easy on the stomach and the wallet as well. A filling meal can be had for less than \$8.

Before it was Toki the building housed an American deli. People liked the sandwiches so well the menu stayed - and treats including the "Knuckle

Sandwich" (peanut butter and jelly) are still available today. The teriyaki chicken is mouth-watering and comes on a sizzling plate, served with rice, salad and creamy miso soup.

"I can bet no one has better teriyaki than mine," Yi declared adamantly.

The atmosphere at Toki is warm and inviting. It's appropriate for a family meal with the children, but also quiet enough for a business meeting or a date. The décor is simple and traditional; the staff timely and personable.

Yi and her husband have owned Toki for the past 10 years. They also run another restaurant in Gladstone called Du's Grill. Yi commented that she would like to find a good location to open another restaurant.

"It's so fun to own a restaurant like this," Yi stated. "I meet such good people, and everyone loves my food. When you eat good food, you feel good, and that's what this place is about."



All photos by: Jeff Sorensen Clackamas Print

In addition to teriyaki and sushi, Toki (located in the Berry Hill Shopping center, Beaver Creek Rd, near Albertsons) serves sandwiches and a variety of other dishes.

Thrice releases 'Vheissu,' a departure from earlier work

Jadon Triplett
A&E Editor

Thrice released "Vheissu" yesterday, risking the alienation of long time fans with music that delved into slower, more experimental rock, as opposed to their faster and harder older stuff.

The risk pays off. This is easily the most creative record that Thrice

has ever put out, and though they have left behind their punk roots, they have come into their own as artists. The fact remains, however, that the material will likely be too different for some fans of the older music.

Lead singer/guitarist/lyricist Dustin Kensrue posted this in response to that sentiment on his website: "It seems that some of you are confused as to why this record

sounds the way it does. In short, it sounds the way it does because we like it ... anyone is free to like or dislike this record, but have no disillusions [sic] about the motives for its creation."

Forgive me for the digression I am about to embark on. I can't stand it when so-called "fans" of a band refuse to acknowledge that any new material is ever good material. It is almost fashionable to respond

this way when somebody asks you if you like a band: "Yeah, but only their older stuff."

It's annoying because it projects elitism about one's relationship with the music they listen to, as if that relationship is more unique than the relationship anybody else has with their music. Most of us have music we love, and consider it a selling point for our personalities, but there isn't any reason to do it so vehemently.

Obviously many artists do reach their peak and stop putting out records as good as previous work, when they still cared about their music and were passionate. It happens a lot, unfortunately. Thrice is not one of those bands, and "Vheissu" is not one of those records.

"Vheissu" is a record that conveys a passion for evolution, musically and spiritually. The record opens with Morse-code, leading into the first single, "Image of the Invisible,"

which is full of the intensity that has become Thrice's signature.

This intensity is ramped throughout the record. Kensrue's questioning spirit shines through his lyrics, and the music echoes sentiments seamlessly through the record. As a band, Thrice keeps getting better. Guitar hero Terry Teranishi played keyboards as well as guitar on the record, adding to the atmospheric sound. Kensrue has improved as a vocalist immensely, sounding much better as a singer than as a screamer.

Key tracks from "Vheissu" (in other words, download these: "Between the End and Where I Lie," "For Miles," "Of Dust and Nations," "Atlantic," "Like Me to the Flame" and my favorite, "The Sky." Streams of "Image of the Invisible" and the end of the war anthem "The Earth Will Shake" are available at the band's website www.islandrecords.com/thrice



CCC art instructor to lecture at California State University

Joe Piazzisi
The Clackamas Print

Dave Andersen will be giving a lecture at California State University at Monterey Bay today through Friday, showing his work as well as discussing art and his creative thought process.

Andersen emphasizes a different way of thinking. He would like artists to think about what should be created and what should not be created, and then do what is least expected.

"If you sort through all the possibilities, and come up with an outrageous solution, you may be surprised at the effect," said Andersen.

Within the last year, Andersen has lectured at several colleges, including San Diego University,

Maricosta College, Modesto Community College, Brigham Young University, Boise State University and Spokane Community College.

"I'm a sponge when I go to these colleges, soaking up what I think is useful or good," said Andersen, "seeing what the other colleges are doing and what works for them, how to make my own class well as assignments better implementing their ideas."

Why does Andersen feel it's important to speak at these colleges?

"It's important for faculty to go out to other schools to see the way they do things. There is more than one way and they may be able to implement better ideas," Andersen said, "also teachers should go out there to help make a difference for CCC by talking to other schools and students."