

Arts & Entertainment

Local Foods Dinner to augment Spiral Living Center recipe for community

By LINDA COREY-WOODWARD
For IVN

To help explore the hot new local foods trend, the Spiral Living Center will present an intriguing Local Foods Dinner prepared by several chefs on Saturday, Nov. 8 at the Takilma Community Bldg. located at 9367 Takilma Road.

The fall celebration will begin with Suzanne Vautier's workshop, *Acorns and Bay Nuts – Edible Natives*. Vautier will show how to harvest, prepare and cook with acorns and bay nuts. The hands-on class will learn how to use the fruits of native oaks and California Bay/Oregon Myrtlewood trees in the kitchen.

Vautier has been preparing and eating acorns for 24 years, developing her own unique recipes, and learning to make more traditional dishes. She will talk about how Native Americans, early pioneers and Koreans used acorns for food. The workshop will run from 1 to 4 p.m. Admission is on a sliding scale, with a \$10 discount for Center members.

At 6 p.m., a silent auction and local foods dinner is

scheduled. The evening will feature a contest in which jams, libations, salsa and desserts will be judged by a panel of volunteer judges. A silent auction will include food offerings and other goodies. Music will be provided by pianist Alan Eisner.

Proceeds of the evening will benefit the Center's continuing programs. Board members will be present to meet attendees and discuss skill-sharing and local foods.

Valley chefs Kate Dwyer, Bob Ziller, Greg Walter and Brigid Baker will contribute their special delights to the dinner. Good food and plenty of laughs have been promised by event co-organizer Kelpie Wilson. Food will be donated by Taylor's Country Store, Kerbyville Farms, Matt & Michelle Richards, Sattori Farm, Wild River Organic Farm, Frog Farm, Walter and gardeners throughout Illinois Valley.

The Center's mission is to empower the Illinois Valley community to achieve self-sufficiency, according to Deb Lukas. Known as the guiding light, she is the volunteer executive director of this non-profit organization. It



Brigid Baker is among chefs who will participate.
(Photo by Linda Corey-Woodward)

offers a wide range of programs featuring rural living skills.

Past programs have covered growing oyster mushrooms, permaculture-perennial agriculture, extending the frost-free season with small hoop houses, irrigation design, fruit tree grafting, seed and plant exchange, herbal immunity methods,

edible weeds, plant propagation techniques, beekeeping, and growing tomatoes.

The Center also has hosted free skill-share events featuring flint-knapping, butchering, pole-peeling, basket-making, knitting, homeopathic first aid, garden design, bicycle repair and herb walks. It plans to continue hosting similar diverse workshops.

Many already follow the motto, "Shop Local." Lukas urges Illinois Valley residents to be "locavores."

"Locavore," she said, "is the *Oxford Dictionary* word of the year. Its definition is a local resident who tries to eat only food grown or produced within a 100-mile radius of home. We want to appreciate all our local farmers and food processors, and encourage the enjoyment and promotion of a variety of local foods, from wild mushrooms to salmon, and acorns to farm produce and products.

"Local foods," she continued, "not only taste good, they are more nutritious, support the local economy, and connect us to the land."

Added Joy McEwen, of the Food Shed Committee, "Buying locally grown food is fodder for a wonderful story."

"Whether the farmer who brings local apples to market, or the baker who makes bread, knowing the story about the people who grow our food can contribute to your enjoyment of a meal."

A limited number of advance tickets for the workshop and dinner are available by phoning 592-3642 or email: spiral@frontiernet.net. Tickets also are available

from Center board members helping to organize the event: Lukas, Amy Schell, Emily Ring, Grace Brookman, and Baker.



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Bird Watching with Harry

By HARRY JOHNSON

Question: We've noticed that many birds will take a seed from a feeder and drop it in our water trays for a few seconds and then eat it. It's hard to believe they are softening it because it's in the water for only a few seconds. What is the explanation?

Answer: Birds are well endowed with salivary glands that help them swallow large and dry foods. Just like people you know who have dry mouth; birds have the same problem now and then. Because of this, some robins, jays and chickadees wet their food. It's likely that an individual learned the behavior. This is another example for the need for a bird bath in your yard.

Question: Why do birds sit equal distances apart on a wire?

Answer: Spacing is an issue in communal roosting. Birds may occasionally sit equal distances apart just by happenstance, but such behavior is not an ecologically driven behavioral routine. Most birds use random sitting patterns; some species seek security in body contact.

Question: When is the best time of the year to put out a feeder?

Answer: The best time is any time. In the spring it would be smart to put out hummingbird feeders. Fall and winter are the best times for seed feeders. Remember that during spring and summer, birds don't have a problem finding a bug here or a seed there. It's during the winter and fall seasons they will find their natural food supply running low and hard to find. That's the best time to put out your feeder. I have my feeders out year-round, but during spring and summer I don't refill them as often as I do during fall and winter.

Question: How do I identify an "unusual" bird?

Answer: Here are some tips. We live in Illinois Valley and it's mostly forest habitat. First is *color*. It's the color of the bird that stands

out first, and it's color that most books sort the birds by. You may see a lot of orange/black birds, but it might be a white stripe or a white spot and where that stripe or spot are located that will help ID a particular bird. Second is *size*. When checking bird books, one of the first questions will be about size.

Next will be *song*. Listen to the song a bird sings. There are times when I can't see a bird, but I can hear it. When you start feeding birds and attracting them to your yard, you will learn their songs. Once you do that, identifying birds will be easier. Next is *ills and beaks*. The shape and length of a bird's bill or beak is one of the best clues. Then comes *flight patterns*. Experienced birders often can ID species as they fly away because they remember a few clues about how the bird flies. Last would be *habitat*.

Take stock of the trees, shrubs and other plants in the area for help in identifying your "unusual" bird. You may want to get a *Western Bird Field Guide* book. In it you will find all the hints and information you need to identify the birds in your yard.

Question: When birds sleep on a wire, why don't they tip over?

Answer: Bird feet have tendons that hold them closed, locked in a clinging or gripping position, when the leg is flexed, as it is when a bird crouches. This allows birds to perch and rest without falling or losing their grip.

Here are some questions we'll answer in our next column: Do bird's smell? Do birds pant like a dog? I'll be back with the answers to these and many more birding questions. (Q & A's are from *Bird Watchers Digest* and Harry Johnson.)

KOBI-TV/NBC-5 honored among state's top stations

The 2008 winner of the Oregon Association of Broadcasters Television Station of the Year, NonMetro is KOBI-TV/NBC-5, of Medford.

Bob Wise, vice president/general manager, accepted the award during a ceremony in Portland. "I accept this incredible honor on behalf of every staff member at KOBI-TV," said Wise. "It took the unyielding effort of everyone to win

Station of the Year."

KOBI-TV/NBC-5 also was honored with several other awards, including Best Public Service Announcement for a single spot, Best Public Service Campaign/television, Best Service Project of the Year/television, and Best Documentary/Serious Subject -- all for its Southern Oregon Meth Project.

KOBI-TV NBC-5 also

won the Best News Image Promotional Announcement/television.

And Patricia Smullin, president and owner of KOBI-TV NBC-5/KOTI-TV NBC-2, received the Tom McCall Award, Oregon's highest honor in broadcasting.

KOBI-TV NBC-5 is owned by California Oregon Broadcasting Inc.

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Blame us if your life goes to Pizzas!

THURSDAY, OCT. 30
* Freestyle wrestling - weight room: 3:30 p.m.
FRIDAY, OCT. 31
* Football - vs. Cascade Varsity: 7 p.m.
SATURDAY, NOV. 1
* Cross Country - at 4A State Championships / Co-ed team: TBA
MONDAY, NOV. 3
* 21st Century basketball: 6 p.m.
TUESDAY, NOV. 4
* Freestyle wrestling - weight room: 3:30 p.m.
WEDNESDAY, NOV. 5
* 21st Century salsa dancing: 3:30 p.m.
* 21st Century basketball: 6 p.m.

Crossword Puzzle courtesy of

592-4963



CASCAD
Auto Repair

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ACROSS

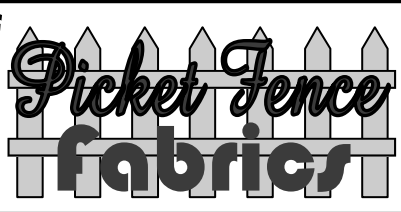
- Shack
- Nickel, e.g.
- Recede
- Self-importance
- "___ Heartbeat" (Amy Grant hit)
- Hearty brew
- High mountain
- Taxi feature
- Male offspring
- 70's dance music
- Force out
- Gun, as an engine
- Duplicate
- Before
- ___ of Mexico
- Armed robbery
- Sickness
- Oxen's harness
- Flightless bird
- Placed
- Tell an untruth
- Repent
- Satire
- Popular music genre
- Nuisances
- Female deer
- Wrath
- Perfect
- ___ your i's
- "Go on..."
- Two-door car
- Hit the slopes

DOWN

- Nail part
- Tangelo
- Spinning toys
- Office message
- The day before
- Leash
- "___ you kidding?"
- Harp
- Allay
- Alliance
- Crooked
- Sentence
- Neck vein
- Drive back
- Locale
- Your, of yore
- Romance
- Kind
- G8 member
- Floral necklace
- Craze
- Surroundings
- Diva's solo
- Glacier lake
- Newspaper page (hyph.)
- Heroic poem
- Wight, for one
- Bookie's quote
- Corner
- Himalayan legend
- Bug fuss
- Short sleep

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How to Play Sudoku

- Each of the numbers from 1 to 9 should only be placed once in each column.
- Each number from 1 to 9 can be placed only once in each row.
- The numbers 1 to 9 can appear only once in each 3 x 3 grid

Find both puzzle solutions on page 10