

Modern-day troubadour Beth Wood plays Peninsula Arts Center on Saturday

LONG BEACH, Wash. — Beth Wood is a modern-day troubadour and believer in the power of song. Her exceptional musicianship, crafty songwriting, and commanding stage presence have been winning over American audiences for 16 years. Wood's music is soulful, organic, intelligent, barefoot, high-energy communication of joy.

Hear it for yourself Saturday, May 16 at the Peninsula Arts Center. The concert starts at 7 p.m.; doors open at 6:30 p.m.

Wood began her musical journey in Lubbock, a high plains Texas town with a rich musical heritage that includes Buddy Holly, Natalie and Lloyd Maines, Mac Davis, and Joe Ely. When she wasn't dodging tornadoes and dust storms, Wood was studying classical piano, violin, harp and voice and contemplating



Submitted photo by Sandra Simpson

Beth Wood will perform at the Peninsula Arts Center on Saturday, May 16.

the greatness of her dad's record collection.

With big dreams of becoming a musician, Wood left west Texas to study voice and piano at Brevard College in North Carolina. A detour from her classical studies led her to Austin, where she picked up a degree in literature and a guitar. Wood began writing her own songs and quickly discovered a feeling of musical freedom that she has been hooked on ever since. Sixteen years, thousands of shows, nine albums, three cars, and numerous awards later, she's never looked back.

"The Weather Inside," Wood's eighth studio release, is a case study in contrast. A coming-of-age statement record from a veteran artist, the album embraces strength and tenderness, the polished and the well-worn, the broken and the hopeful heart. Produced by Billy Crockett at Blue Rock Studio in Wimberley, Texas, "The Weather Inside" delves deep into Wood's creative reserves and delivers a strong collection of songs and performances to remember.

Wood has been featured on OPB's "Artbeat" and on "Troubadour, TX", a nationally syndicated documentary-style singer-songwriter reality television series. Wood has also been a three-time featured artist on Cayamo: A Journey Through Song, a

week-long Caribbean songwriters' cruise along with Lyle Lovett, Shawn Colvin, John Prine, Patty Griffin, Emmylou Harris, Richard Thompson and many more.

In May 2013, Wood launched her Song of the Month Club, an innovative way to engage fans and offer a steady stream of new work recorded in her adopted home town of Eugene, with rising star producer and singer-songwriter Tyler Fortier producing. The result of that work is "Sometimes Love," Wood's ninth album, just released in June 2014.

The Peninsula Arts Center is located at 504 Pacific Ave. N. Tickets are \$12 at the door. For reservations, call 360-901-0962. Concerts benefit the Long Beach Peninsula Acoustic Music Foundation, a 501(c)3 nonprofit charitable organization.

Beth Wood

7 p.m. Saturday, May 16

Peninsula Arts Center

504 Pacific Ave. N., Long Beach, Washington

360-901-0962

\$12

Sign up for spring Farm to Fork dinner

Enjoy menu based on fresh local food, new lower price

ASTORIA — Some of the first local food crops of the season will be the highlight of a Farm to Fork Demonstration Cooking Class & Dinner in June.

Astoria Co-op Grocery, Columbia Memorial Hospital's Nutritional Department, and chef Marco Davis have been working together to do a series of these local food events, in an effort to inspire people to eat fresh and healthy foods, with an emphasis on seasonal vegetables. And this time the class will be offered at a new lower price. In the past the cost was \$50, and now it is being offered for \$35 each or \$60 for two people.

"This is an amazing deal for such a high-quality four-course meal and wine pairings plus cooking instruction, but we're going to try and work within a slightly smaller budget this time, because we want to make this accessible for everyone. It is our desire to expose as many people as we can to healthy foods through this event," Astoria Co-op Grocery Marketing Director Zetty Nemlowill said.

Columbia Memorial Hospital's Nutrition Services Manager Vann Lovett echoes this desire to connect food, health and the community.

"Good food is so essential to health and well-being. We are excited to have another opportunity to collaborate with the co-op in providing education to help build a healthy community," Lovett said.

The co-op will use its relationships with local farmers and other vendors to provide local and organic ingredients. Foods are harvested just before the class, and the menu is designed based on what's freshest and in season. Davis is currently reaching out to local farmers to see what will be available. He says he will for sure be doing a rhubarb and strawberry dessert. He's been ex-



Submitted photo by Zetty Nemlowill

Diane and Rob Stockhouse of Stockhouse's Farm on Puget Island, Washington, been at all of the Farm to Fork dinners, providing ingredients and talking about local farming.



Submitted photo by Zetty Nemlowill

Chef Marco Davis works on some local roasted veggies during a Farm to Fork dinner last year. The next dinner is coming up June 3.



Submitted photo by Zetty Nemlowill

Norma Hernandez helps grind pepper onto finished dishes at a Farm to Fork dinner last year.

perimenting with a new recipe for kale pesto, and he's hoping that salmon will be plentiful. All of Davis' Farm to Fork dinners also happen to be gluten-free meals. Davis will provide recipes and explain his cooking process as he prepares dinner before your eyes. Many of the growers will also be guests of the dinner, providing information about their farms and food.

The cooking class/dinner event takes place at the Columbia Center Coho Room at 6 p.m. Wednesday, June 3. To sign up, stop by Astoria Co-op Grocery, located at 1355 Exchange St. Organizers ask that you do so as soon as possible, as space is limited. Any proceeds left over after paying the farmers and fish-

ermen, and other food and wine costs, will go toward the North Coast Food Web's Fruit Box Project, which provides fresh organic fruit at local high schools.

Farm to Fork Demonstration Cooking Class & Dinner

6 p.m. Wednesday, June 3

Columbia Center Coho Room

Register at the Astoria Co-op Grocery

1355 Exchange St., Astoria

\$35 for one

\$60 for two

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