

# Smoke, rain didn't dampen blues festival

By Steve Tool

Wallowa County Chieftain

Smoke, clouds and rain couldn't dampen the spirits of Bronze Blues and Brews festival attendees on Aug. 11-12 at Joseph City Park. An estimated crowd of 1,500-1,600 heard seven artists performing a variety of blues from Muddy Waters to the most contemporary offerings in the field.

Friday night saw Rae Gordon, Anni Piper and their bands and the Portland All-Stars play to one of the largest crowds ever to attend a Friday performance. Audience excitement was high, but nothing compared to Saturday's fevered pitch.

Saturday's event opened to dense smoke and clouds, which didn't bother festival opener Brady Buster and his one-man show. The ultra-coordinated musician played harmonica, guitar, while also playing a bass and snare drum with foot pedals while he sang. Buster didn't just play originals, he played a number of blues-infused covers, such as David Bowie's "Rebel, Rebel," which got the day off to a roaring start.

Sultry blues woman and bassist extraordinaire Anni Piper of Florida filled the next slot, wowing the crowd with her stellar bass playing as well

as a number of classic blues covers and originals. Her guitarist Joe Barton, who hadn't played with Piper in several years, still managed to catch her groove and sang as well as providing some muscular lead guitar.

Albert Castiglia of incendiary Gibson Les Paul fame, spent his 48th birthday dazzling the festival crowd with his fretboard pyrotechnics, backed by the Portland All-Stars band. Castiglia's set included a cover of "Somebody Loan me a Dime" that rivaled Boz Scaggs' version for both vocal sensitivity and instrumental dynamics. Anni Piper later sang "Happy Birthday" to the guitarist backstage with the sultriness of Marilyn Monroe. Side note: Castiglia's performance at the festival four years before provided local guitar wizard Casey Kiser with the impetus to start playing the blues.

While many don't think of piano as a lead instrument, Victor Wainwright and the Wildroots brand of New Orleans rhythm combined with barrelhouse blues had much of the crowd pressing up against the stage and dancing for his entire set. Not surprisingly, the cloudy skies parted and a rainbow settled over the stage during his set, probably the most stunning set of the



Steve Tool/Chieftain

A rainbow appeared following a refreshing rain that fell during the Bronze Blues and Brew festival at Joseph City Park on Aug. 12.

evening.

Headliner Sugar Ray Norcia, formerly of Room Full of Blues, played his harmonica-heavy blues to round out the evening, bringing the festival to a close with his solid and

soulful playing while backed by his band, the Bluenotes.

Some of the musicians hadn't played Oregon before, while others hadn't yet played the BBB festival, but each performer said the festival was

one of their favorites because of the scenery and the congeniality of the audience. All said they wanted to return.

Interim festival director Mike Straw said that although the weather and wildfire

smoke didn't cooperate for the better part of the event, people still enjoyed themselves.

"I saw a lot of happy people there, and our attendance was up from last year. I think it was a pretty good year," he said.

## Growing kids need healthy food to help them learn

Children going back to school? Check.  
Backpacks? Check.  
School supplies? Check.  
Sports equipment? Check.  
Healthy lunches and after-school-snacks? What?

If you have children going back to school and are stumped as to what makes a healthy brown bag lunch or after-school snack, you are not alone. Mornings are hectic enough without having to worry about what to pack for a lunch.

You want a lunch that is nutritious, easy, affordable and one that tastes good so your child is more inclined to eat it than trade it away for something else.

According to the 2015 Dietary Guidelines for America, a healthy lunch should have four out of the five food groups. For example, a turkey sandwich on whole wheat bread, with a piece of fruit and low-fat or nonfat milk would fit the bill. It has turkey from the protein group, bread from the grain group, milk from the dairy group and fruit from the fruit group. If the sandwich contained lettuce and tomato, from the vegetable group, this lunch would contain something from all five food groups. But why stop at a sandwich?

Salads using canned beans, whole grains, vegetables, shredded cheese and a little dressing make for a good lunch. The salads can be packed the night before in a jar and kept in the refrigerator until morning. All that is needed are a few whole wheat crackers, fruit and a fork.

Peanut butter, sliced apples and a whole wheat breakfast cookie is a quick lunch, too. Small containers of yogurt or hummus and cut up vegetables. Don't stop with carrots and celery. Use jicama, radishes, cucumbers and pepper strips, generally vegetables children favor especially if they are served with low-fat ranch dressing.

Chips and cookies are not off limits, but aim for the healthier options of baked chips and



Ann Bloom

cookies made with whole wheat ingredients, dried fruit or nuts. When it is cold out, a thermos of soup or chili is always a welcome lunch item.

To avoid packing anything that's handy (which may or may not be the best choice), make it a habit to pack lunches the night before. Skip the sugar-added drinks (sports drinks, flavored teas and sodas) in favor of water, low- or no-fat milk or 100 percent fruit juice. Even leftovers from dinner the night before are OK for school lunches. Pizza and baked chicken can be eaten cold and out of hand.

After-school snacks can also present a challenge. It is easy to reach for a package of cookies, a soda and a bag of chips, but there are healthier options. An after-school snack is an important part of your child's nutrition needs.

It is a long time to wait between lunch and dinner; a snack helps bridge the hunger gap. A snack is even more important if your child participates in sports.

Smoothies are an excellent snack choice. They are also something older children can make on their own. Smaller children would need assistance from an adult or older sibling to make a smoothie. Raw fruits and vegetables are always appropriate after school snacks. Pudding made with low-fat milk or any type of nuts are also good choices for snacks.

Now, you can check off that healthy lunches and snacks item from your to-do list for back to school.

Ann Bloom is a nutrition program assistant for the OSU Extension Service in Wallowa County.

## RACE

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In California, no one told me that Mexicans were underrepresented as teachers, policemen and business owners. It wasn't until Fred Astorga, who played next to me on the football line, came back to Oceanside to teach and could not rent an apartment across from the school that I realized there was discrimination in my town.

The Washington, D.C., riots of 1968 provided my biggest lesson on white privi-

lege. We had been on a 5 p.m. curfew for days when some friends and I snuck out to visit another friend's house.

Walking home about 10 p.m., a police car with two black officers lit up in front of us. We spent the night in Lorton Penitentiary.

There have been big changes in Wallowa County in my 46 years.

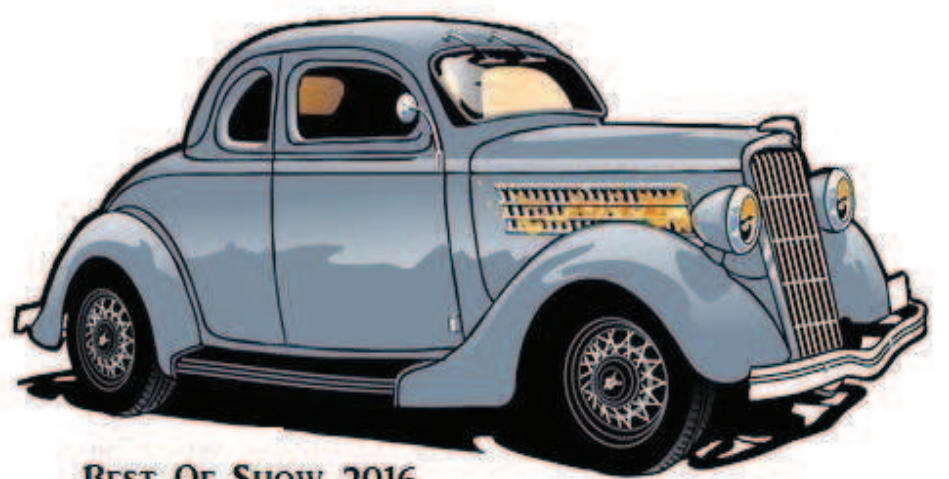
Indians are now welcomed back for Tamkaliks in Wallowa; Black and white musicians play music grown from black roots at Bronze and Blues; racially mixed children dot sports rosters;

we have Mexican, Chinese and Thai restaurants.

But whites are still in an overwhelming majority. And only when we can truly imagine ourselves in the shoes of our restaurateurs and powwow dancers, when we can welcome white sons and daughters who have married men and women of color, when we can talk openly about white privilege, only then will we be preparing our children for the real world that is out there, bolstering them to stand against — and not join — the ranks of those who fear and hate.

# THIS WEEKEND

## Main Street Show & Shine



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mainstreetshowandshine.com

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Contact Doug Crow (541) 426-2100

## BULL AND BUCK TAGS

To be donated to local charities by the Nature Conservancy

The Nature Conservancy is currently seeking applications from Wallowa County charitable organizations interested in receiving a Landowner Preference Tag (LOP) for Bull Elk or Buck Deer on the Zumwalt Prairie Preserve property for the 2018 season.

Applications will be reviewed by a committee of community members and ranked based on the following considerations: the benefit to the community; the marketing plan for raising funds with the LOP tags; the budget for the project and the ability to use the tags to leverage additional funds or support.

Interested organizations may request an application from Justin Jones by e-mail (jjones@tnc.org) or phone (850-982-9224).

The application deadline is August 31st, 2017.

Each year The Nature Conservancy donates LOP tags to qualified local organizations. The LOP tags for the 2017 season were donated to Building Healthy Families, Community Connections, Enterprise Joseph Lions Club, Friends of the Wallowa School District, Rocky Mountain Elk Foundation - Wallowa Mountain Chapter, Teddy Roosevelt Conservation Partnership. Since 2002, this program has raised over \$425,000 to support charitable organizations in Wallowa County.

