

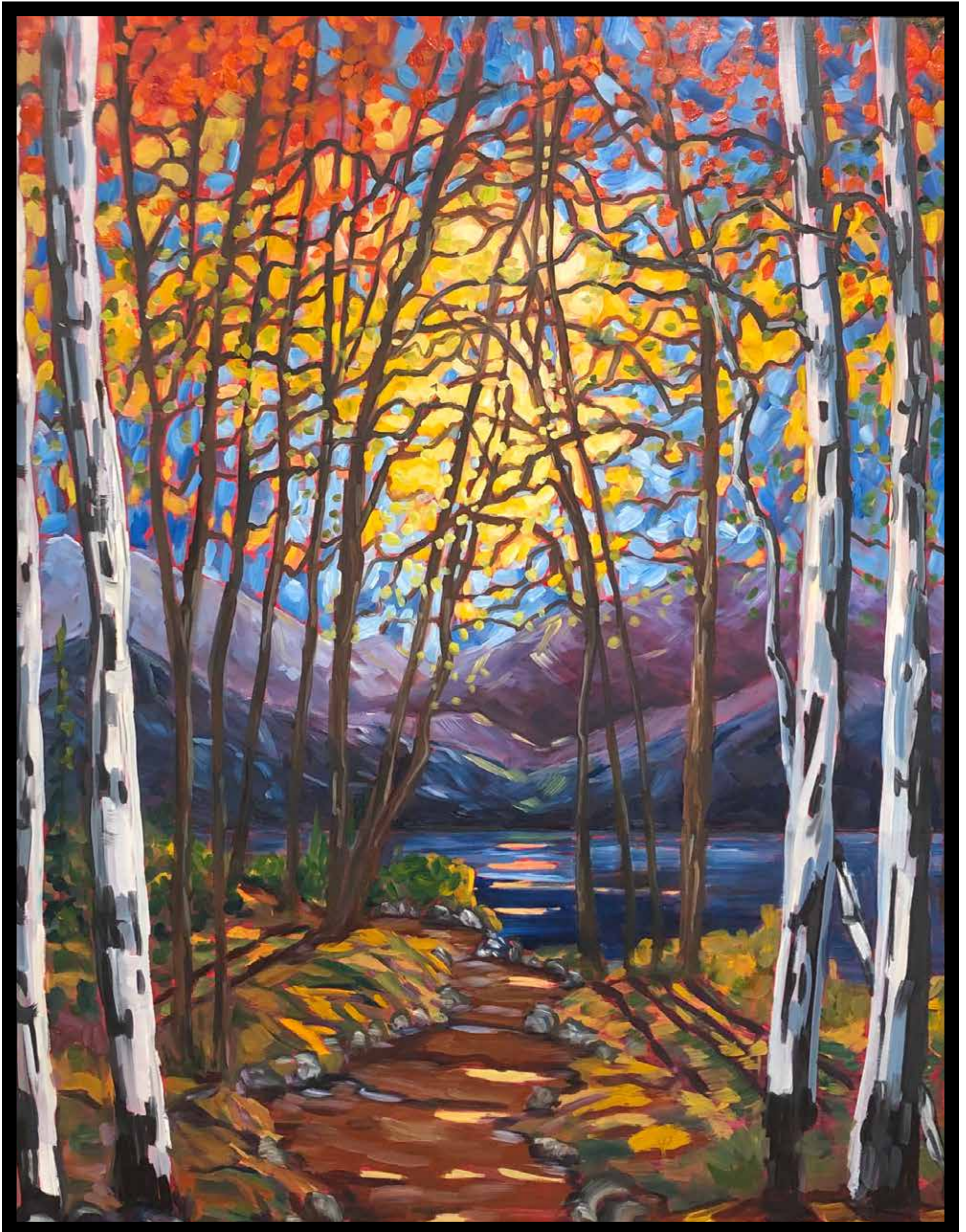
# Northern Journeys

———— Celebrating over 25 years of publication!

*A Magazine for the Arts, Humanities & Sciences*

Volume No. 28.1

Fall/Winter 2024-2025



**Bella Terra**  
BOUTIQUE

*Fall*  
**SALE**

223 N 1st Ave, Sandpoint, ID 83864

FLORAL ARRANGEMENTS • WEDDING & EVENT DESIGN • BOUTIQUE

**NIEMAN'S**  
FLORAL MARKET

Est. 1921

211 Cedar St. • 208-263-3024

**BONNERS BOOKS**

**QUALITY USED & NEW BOOKS**  
Fast & Friendly  
Special Orders  
**208-267-2622**  
7195 MAIN STREET  
BONNERS FERRY, IDAHO  
WE BUY USED BOOKS

**THE RUSTY TRUNK**  
Presented By  
*Gypsy Girl*

Vintage • Antiques • Art • Gifts & More

Follow us on

6127 Main St Bonners Ferry  
875 Kootenai Cutoff Rd, Ponderay.  
**208-265-2472**

Monday-Saturday  
9:00 AM  
to  
5:30 PM

**Heart Rock Wines**

*Where the idea of having a glass of wine is exceptionally appealing.*

*Specialty Wines and Craft Beer*

**6371 Kootenai St. Bonners Ferry**

**Idaho Lodge & R.V. Park**

ENJOY YOUR STAY AT OUR COZY 12 ROOM LOG-STYLE LODGE AND 20 FULL-HOOKUP SITE RV PARK. CONVENIENTLY LOCATED IN TOWN. WITHIN WALKING DISTANCE OF RESTAURANTS AND GROCERY STORES.

CALL TO BOOK NOW: (208) 267-7915  
6506 Main St. Bonners Ferry, ID 83805

# TABLE OF CONTENTS

- 1 LISA V MAUS: LAKESIDE TRAIL  
Oil on Canvas - 36"x48"
- 4 LISA V MAUS:  
LAKESIDE LIVING - Oil on Canvas- 24"x30"  
ENJOY THE VIEW - Oil on Canvas - 24"x48"
- 5 LISA V MAUS:  
WAITING ON LUNCH - Oil on Canvas - 24"x30"  
HAPPY SUNDAY- Oil on Canvas - 24"x24"  
MIDNIGHT SONG- Oil on Canvas - 24"x48"
- 7, 14-15 APPLYING INQUIRY TO ONE'S PARADIGM  
- Loi Eberle, M.A., CPC
- 9 FEATURED POET - Amy Dionne  
VINTAGE VISITS- Nancy Greindle  
CLOSED - Rachel Bingham Kessler
- 10 CALLING TO SAY WE'RE NOT  
CALLING ANYMORE - Teresa Pesce
- 11 HOBBITLAND - Nancy Greindl
- 12 LISA V MAUS:  
THE FISHERMAN- Oil on Canvas - 12"x24"  
FINALLY WE MADE IT - Oil on Canvas - 24"x30"
- 13 LISA V MAUS:  
TWO OF A KIND Oil on Canvas - 12"x24"  
FEEL THE JOY- Oil on Canvas - 24"x24"  
MOVING ON- Oil on Canvas - 12"x24"
- 16 HIDDEN GEM: MAIN STREET BOOKS  
- Jane Hoover
- 17 EVERGREEN ART ASSOCIATION  
- Jan Gleason and Sally Whiting Thornburg
- 18 BOUNCING BACK - Magdalene Stone
- 19 NEWPORT, WA - CREATIVE DISTRICT
- 20-21 RESTAURANTS
- 22 POROUS TO LIFE- Jacob Nordby
- 24 LISA V MAUS:  
DAILY HIKE - Oil on Canvas - 24"x48"

**"Buy Land - They aren't making it Anymore." - Mark Twain**



*I look forward to helping you find your dream property in North Idaho*

**Carol Curtis**, Associate Broker, GRI, PMN, ePro  
(208) 290-5947  
ccurtis@sandpoint.com  
Century 21 RiverStone





**EVE'S LEAVES**  
FIRST IN FASHION

*"Proud To Support The Arts!"*

**326 NORTH FIRST AVE.  
SANDPOINT, ID 83864  
208-263-0712**

## THE

# OPEN 7 DAYS

## STORE

- Printing
- Mailboxes
- Packing
- And more
- Shipping




### THE UPS STORE<sup>®</sup>

be unstoppable

217 Cedar St. • Sandpoint, ID  
208-236-0261 • store1829@theupsstore.com

IDAHO IS TOO GREAT TO LITTER SO DON'T!



FREDRICKSON'S B.F. GARBAGE, L.L.C.

P.O. BOX 1913 BONNERS FERRY, ID 83805  
PHONE & FAX: (208) 267-3303  
SERVING ALL OF BOUNDARY COUNTY

## Naples General Store

-where friends have met since 1893-

---

**Chad Kimball**

Owner

---

517 Deep Creek Loop  
PO Box 254  
Naples, ID 83847

208.267.2947  
naplesgeneralstore@gmail.com

# Featured Artist **LISA V MAUS**

Life is so full of wonderful things to see and living in the Northwest has no shortage of great views. I have always painted as long as I can remember but never really planned on doing it as a profession. In college I studied communication and marketing and planned on either working at my family's winery or for an advertising agency. Since the family winery sold that option was out and I never really lived in a town big enough for an advertising agency to hire me. When I was young I had no idea what career I would settle into.

After college the family lifestyle set in with three kids and full-time jobs for both my husband and I there was little time to paint. We moved the family to Sandpoint almost 30 years ago and I can still remember how much I enjoyed the northwest landscape. With three little kids, I found it hard to paint on a daily basis so I settled for late nights at the kitchen table. Luckily my kids loved children's books. I remember reading tons of them and I too completely fell in love with them especially the illustrations. Some of them were so beautiful that it inspired me to start painting again a lot more. I felt like children's book illustrations were my first business endeavor into a long search for how to earn a living in the art world. I wrote a few of them and did hundreds of illustrations but never was able to impress a publisher enough for a book signing.

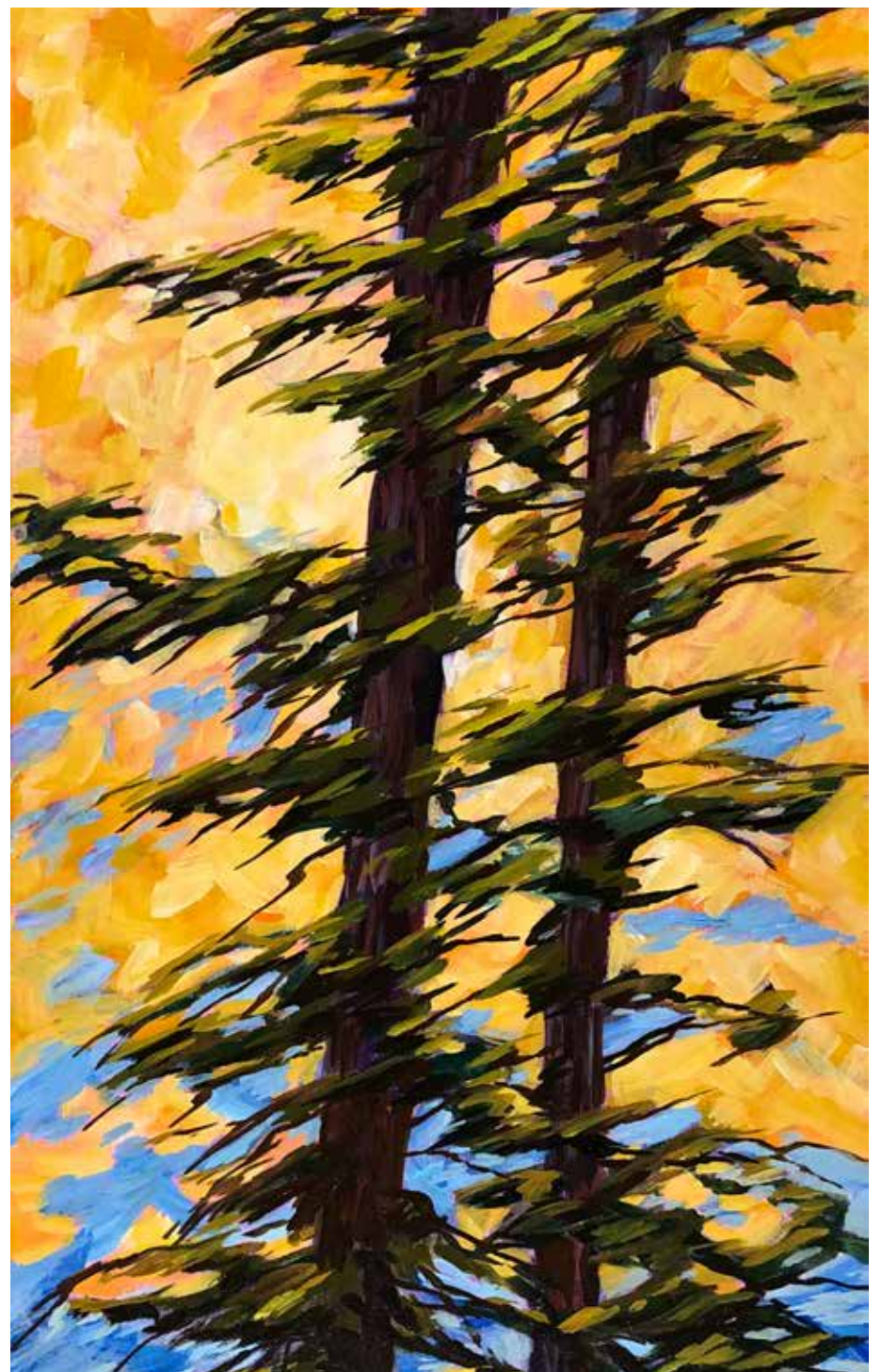
Once my kids were in school a teacher asked me to come teach a class and reluctantly, I did. That one Friday class led to ten years of Friday classes and I probably learned more from the kids than they did from me. The first thing I learned was how to adjust the lessons so that they were so easy a second grader could follow along but still look advanced enough for the sixth graders. Life skipped on as it does and eventually, I had been painting so much I had accumulated over a hundred paintings around my house.

My husband asked me what I was going to do with them all and since they felt like learner paintings, I decided to give them all away to the Good Will. Once I gave them away, I felt so much better as I now had enough room to start the next paintings. After only a week had gone by the Good Will called me and asked if I had any more paintings because they had sold them all. Probably for only a few bucks here and there but that was the first time it dawned on me that maybe I could sell paintings instead of illustrations. I began painting on a daily, still lake night, basis in the hopes that people would love them enough to put them in their homes.

A few more years went by and by and like any artist I struggled with being patient while I learned the business of art. Luckily, we have a great local library and the kids and I went once a week and while they did their thing I studied business. I was painting most days and again the paintings began to stack up around the house. By this time neighbors and friends were buying them off my walls, for very reasonable prices, and that's when my mom suggested that I open a small studio in town. Actually, I was petrified about the whole notion of opening up my own business but I acted like it would be so easy and told her I would start looking for a location. Literally on that same day my mom she called that afternoon and said she had found the perfect place. It was on main street, up three flights of stairs and was affordable. Since I always had money jobs, I figured I could take on more hours to pay for anything I needed and open the studio on the weekends. I must have had the



“Lakeside Living”  
Oil on Canvas - 23”x30”



“Enjoy the View”  
Oil on Canvas - 24”x48”

angels looking out for me because the lady downstairs from me started sending people up and slowly but surely the paintings started to sell.

We are so lucky to live in the Pacific Northwest, everything is so beautiful. We have lived here for almost thirty years now and I can still remember how amazed I was at first time I walked in the forest, swam in the lake and enjoyed the spectacular sunsets. I take way too many pictures but use them all for daily inventory.

After a certain amount of time my studio became stuffed with art and once again my mom and dad, by this time, told me I needed to expand. Once again, I was totally petrified of opening a gallery on the street level as I knew the cost would be an increase. Luckily the art was selling well and I had been studying the business for so long that I felt like it was a possibility. Ironically a few days later my old landlord told me that he was going to increase my rent, a lot, I was so upset I needed to go for a walk. You see I had done well enough up three flights of stairs that I had now rented three office spaces so for me that meant a rent increase times three. On that walk I found my new location. It literally had opened up on that day and I called the number on the

window. In no time at all I had a new main street gallery and that was almost 20 years ago. Yes it was hard at times but luckily I had educated myself enough to learn about how to expand business into many avenues and of course painting the wonderful Pacific Northwest.

I take daily hikes and bike rides and am still amazed at the wonderful world all around. I feel totally blessed to have settled into a town where there is beauty all around. The people here are also very kind, helpful and progressive. I love Sandpoint and all the surrounding areas, especially Schweitzer. If you go up there you will literally get out of your car and be amazed at the totally awesome views. I have thousands of Schweitzer pictures and even from the parking lot I still am in awe over the beauty.

Currently I work most days at my downtown studio and because our town is so attractive we get tons of tourist who want to take a piece of it home with them in the form of a painting. Most of my art sells before it ever makes it to my website so many people drive from all over the Northwest to see the paintings in person before they purchase.

I feel so blessed and very thankful that we moved here years ago. Sandpoint is a magical place that will fill your heart with peace and joy.



“Happy Sunday”  
Oil on Canvas - 24”x24”



“Waiting on Lunch”  
Oil on Canvas - 24”x30”



“Midnight Song”  
Oil on Canvas - 24”x48”

**T**

**Trusted Computer Consulting, LLC**

Professional IT for Business.

**Ben Erickson**  
 (208) 267-0100  
 Mon-Fri 9am-5pm

- People Centered
- PCs, Macs, Servers
- Firewalls, Cabling, VPN
- Sales and Service

**TRUSTEDCOMPUTER.PRO**  
 7177 Main St. Ste. E • Bonners Ferry

**sugarplum**  
 floral & greenhouses

we deliver 208.267.1129  
 6368 Main Street  
 sugarplumfloral.com



Year round florist with seasonal greenhouses  
 Garden seeds, bagged soils, annuals, vegetables, perennials, fruit trees and more!

Great selection of:


- Fresh flowers
- Green plants
  - Decor
- Chocolates
- Jewelry

**Rawlings Community Counseling**  
 Serving  
 Children, Adolescents, Adults and Families

(208) 267-0900  
 6807 Cody Street  
 Bonners Ferry, ID 83805  
 www.rawlingscommunitycounseling.com

**CENTURY 21**  
 Four Seasons Realty

Serving Bonners Ferry, Idaho and beyond



Jim Greenslitt REALTOR®    Adriana Rice REALTOR®    Kirsten Madden Broker/Owner    Darci Price Associate Broker

208-267-2100  
 www.c21fourseasons.com  
 6521 Walker Ln, Bonners Ferry, ID 83805

**close on house!!**



**ALLIANCE**  
 TITLE & ESCROW CORP.  
 Yes, it matters where you close.

www.alliancetitle.com

**Tires LES SCHWAB**

**Best Tire Value PROMISE**

WITH EVERY PASSENGER & LIGHT TRUCK PURCHASE

Whatever the road throws at you - from potholes to nails - any road hazard, our FREE GUARANTEE protects you.

- ✓ **Peace of Mind Tire Protection**
  - If a Tire is Damaged Beyond Repair, We'll Replace its Value.
  - Our Work is Guaranteed for the Life of Your Tires
  - Free Pre-Trip Safety Checks
- ✓ **Lifetime Tire & Mileage Care**
  - Free Flat Tire Repairs
  - Free Tire Rotations
  - Free Tire Rebalancing
  - Free Air Checks
  - Free Brake & Alignment Checks
  - Hundreds of Locations to Serve You

**J.B. Tire**  
 South Hill, Bonners Ferry • 208-267-2411

# APPLYING INQUIRY TO ONE'S PARADIGM

By Loi Eberle, M.A., CPC

Our beliefs impact our physical functioning, our creativity and productivity. Early American Existentialists, Soren Kierkegaard and Jean Paul Sartre, described the power of belief when they stated that we must choose what we believe and commit ourselves to it wholeheartedly. Napoleon Hill stated this even more clearly in his famous book, *Think and Grow Rich*, published in 1937, in which he communicated how he developed his 25 years of research into a "Law of Success Philosophy." The power of one's beliefs no longer was just an interesting idea, it had become a financial strategy.

Winston Churchill, the inspirational statesman, writer, orator and leader who led Britain to victory in the Second World War also voiced the power of belief when he rallied his troops by stating: "As long as we have faith in our own cause and an unconquerable will to win, victory will not be denied us."

The way we develop and practice our beliefs deserves mindful attention; it impacts our manifestation. Where we choose to focus our attention influences our experience. Mystical philosopher, author and meditation teacher Jeff Carreira, while leading a Zoom group I recently attended, described the spiritual teachings in which Buddha instructs his monks to "be a light unto yourself." Carreira explained that at the beginning of a path, disciplined study is valuable, but at some point you can only progress by breaking the rules you've previously learned, in order to develop mastery and find your own way to "be a light unto yourself." Are you being influenced by conditioned ideas that no longer serve you? Some spiritual guides exclaim, "This is it!" They advocate accepting and appreciating what is, encouraging us to stop needing more. This includes accepting what we no longer have, and learning to love that, too.

Cellular biologist Bruce Lipton, PhD., is a leading authority on how emotions can regulate genetic expression. Lipton stated in his August 2024 Newsletter, "Think Beyond Your Genes," "Healing through the mind is proving to be profoundly more effective and safer than the conventional approach of treating disease." One of the first holistic physicians, Gladys McGarey, M.D. writes about this in her book, *The Well-Lived Life, A 102-year-old Doctor's Six Secrets to Health and Happiness at Every Age*. She summarized her approach stating: "When we see that everything is a choice and each moment is an opportunity to learn, we stop holding back. We understand that life is to be lived, through good times and bad, right up to the very last moment...Many people hold unconscious beliefs based on past experiences that override their conscious thought. That's precisely why we need to consciously direct love back toward ourselves...Do I respect myself, admire myself, honor myself, trust in myself?...It's never too late to work on it."

Author Byron Katie emphasizes taking care of yourself first. Similar advice was stated by an attendee of the Dalai Lama's Mind Life 2024 Summer Research Institute who quoted Audre Lorde, (1934-1992) an American writer, professor, philosopher, intersectional feminist, poet and civil rights activist (Wikipedia). Lorde stated: "Caring for myself is not self-indulgence, it is self-



preservation, and that is an act of political warfare." I remember discussions among environmental activists who were frustrated about "battling corporate greed." One statement remained in my memory: "don't try to overcome them, just out-live them."

In Byron Katie's book, *loving what is*, she asks her readers, "Who would you be without that story [of whatever is upsetting you]? She continues, "We're so used to holding on to the lie about what's really happening that we don't know how to live freely. She encourages us to work with our judgment about our neighbor, how we put the focus on him, rather than on what's true. She states: "There are only three kinds of businesses in the universe - mine, yours, and God's. And if you don't use the G-word, put the words, 'nature' or 'reality' in there instead. This is a test of discernment. Life is so simple when we move back into our own business...Suffering is optional. Whenever we experience a stressful feeling, anything from mild discomfort to intense sorrow, rage, or despair—we can be certain that there is a specific thought causing our reaction, whether or not we are conscious of it. The way to end our stress is to investigate the thinking that lies behind it." She's expressing what's found at the core of great spiritual traditions; love is the motivator. Her husband, Stephen Mitchell, writes in her book's introduction: "I have spent a good part of my life studying and translating the classic texts of the great spiritual traditions, and I recognized something very similar in process here. At the core of these traditions - in works such as the Book of Job, the Tao Te Ching, and the Bhagavad Gita - there is an intense questioning about life and death and a profound, joyful wisdom that emerges as an answer. That wisdom, it seemed to me, was the place Katie was standing in, and where these people were headed...People who have been practicing inquiry for a while...without any conscious intention notice how their mind notices each stressful thought and undoes it before it can cause any suffering. Their internal argument with reality has disappeared, and they find that what remains is love: for themselves, for other people, and for whatever life brings."

**Continued on Page 14**



Northern Journeys Break Room

**WINTER RIDGE  
NATURAL FOODS**

**Your community  
choice for local,  
natural, and delicious.  
Since 1997.**

703 Lake Street  
Sandpoint, ID, 83864  
208-265-8135



SCAN ME!





Closed Rachel Bingham Kessler



Vintage Visits Nancy Greindl

# The Door Within

Vision of hidden realms within  
Behind the inner door  
A beacon of journey's end  
Obscured by false fog  
Lured away with shiny promises  
The key won't turn  
Clues change constantly  
Secrets guarding the path  
Frustrations mount on twisted pathways  
Draped with haunted memories  
Harsh words, and bitter regrets  
Valiant efforts  
Yet the door won't open  
Stuck  
Warped shut  
Blocked by jagged layers of tangled arguments  
Veiled misunderstandings  
Warped by time  
Kicking batters the door  
Fevered curses blister the lock  
Sinking against the door  
Unyielding  
Structure hard on weary bones  
Despair clings  
Heartache swirls  
Hope escapes through tears  
Lost  
Damaged  
Broken  
An empty shattered husk  
Until all is given up  
Until all is surrendered  
Until all past versions release  
Gentle caress of a new breeze  
A wedge of light  
Another door  
No lock  
Swung ajar  
The true door was present all along  
Unseen until freedom permeated old realities  
Former ways that no longer served  
Beliefs wrapped in false trimmings  
Only the journey knew the way  
-Amy Dionne

# CALLING TO SAY WE'RE NOT CALLING ANYMORE

It's complicated. Love always is.

We have decided we are through. We've had it! We never want to speak to them again!

And we can't wait to call and tell them that.

No, we don't see the irony. It seems reasonable to call to say we have nothing to say. We might even say it is "closure" because it seems official, but it is contact. It seems legitimate but it is wedging our foot against the closing door. We could have let them know we had nothing more to say by not saying anything more, but we wanted to talk to them.

We don't see that we are manipulating ourselves into continuing the relationship by prolonging its demise. We make retrieving our tooth brush an urgent priority. We haughtily gather anything they left behind (old t-shirts, older CDs) and make a list of all the things we gave them or left at their place and arrange to exchange possessions. America separated from the Crown with fewer formalities.

We genuinely believe we are delivering a solid punch to their gut and striking a blow for our personal dignity by calling to tell them off. What we are really doing, of course, is clinging to the fraying emotional tie. "Goodbye" is the theme of a conversation we would not need if we had already left emotionally.

The problem is that no matter what we say, the message we are communicating is that they still trigger our emotions. When we are genuinely through with someone, we are indifferent. We don't take little peeks at their Facebook page or other social media. We aren't thinking of where they might be at any given time of the day so that, funnily enough, we end up there, too.

Relationship books will tell you that if someone you are dating still has lots of arguments with their ex, it can be a sign that they are still emotionally involved with them. People you don't care about just don't trigger you very much. If they tell you that you're ugly and your mother dresses you funny, you reply, "So were you born with bad taste or is it a goal you've achieved?" You. Just. Don't. Care.

The emotion in a goodbye call reveals that it isn't goodbye at all. It's the outrage of being dumped, it's the frustration that your love isn't returned, it's a revelation of how much you are hurt. But most of all, it's grief.

The stages of grief are denial, anger, bargaining, depression, acceptance.

A phone call to tell them we won't talk to them anymore is a form of, "You can't fire me, I quit!" It's a denial of their dropping us. Anger? Of course our phone call will be angry—how else can we tell them we never want to speak to them again? It's also a form of bargaining in that it opens the door



**Teresa Pesce**

to discussing all the issues of the breakup, even though we would swear it doesn't. It reveals how depressing our world is without them as they walk out of our life and we follow them with our phone call.

Your call isn't anywhere near the last stage of grief—acceptance. You want to know what acceptance would be? Not calling them.

If you are going through this, what advice do I have as you seethe and want to dump their belongings on their front lawn after you key their car? Let me put it in a possibly appealing way. The best revenge, they say, is living well. So be a success at leaving this person behind. Keep your social media upbeat. If you happen to meet, say, "I hope you're doing okay." It will bother them more than anything else you could say because it infers they have struggled with losing you, and it also makes you sound caring yet indifferent. The exact balance you want.

When you love, the hardest thing to do is nothing but it is the only thing that lets you heal. And as a nice side benefit, it is the only thing that makes a positive impression on your ex. It shows strength, a strong sense of self-esteem, and balanced independence. I promise you there will absolutely come a day when you don't remember where they probably are right now.

For "it" to be over, you must be over it. So step over it and walk away.

And put down the damn phone.



"Advice" is like sitting down for coffee with a good friend who makes you laugh as she shares the keys to doors in life you'd love to open (and how to avoid the ones you'll be sorry if you do). With insights, anecdotes and mercifully-softened hard truths, it's a fast read with lasting value, and makes a great Christmas gift! Written by Sandpoint playwright Teresa Pesce as her life-gift to the world. Search "Advice Teresa Pesce" on Amazon.com. \$11.99



*Hobbitland Nancy Greindl*

We invite you to use this writing prompt. If you would like to share your poem or a story of 500-1500 words with us, please send it to [norjour\\_tan@yahoo.com](mailto:norjour_tan@yahoo.com). Attention: Editor. We may publish your work in a future edition.

*Featured Artist* **LISA V MAUS**



**“The Fisherman”**  
Oil on Canvas - 12”x24”



**“Finally We Made It”**  
Oil on Canvas - 24”x30”



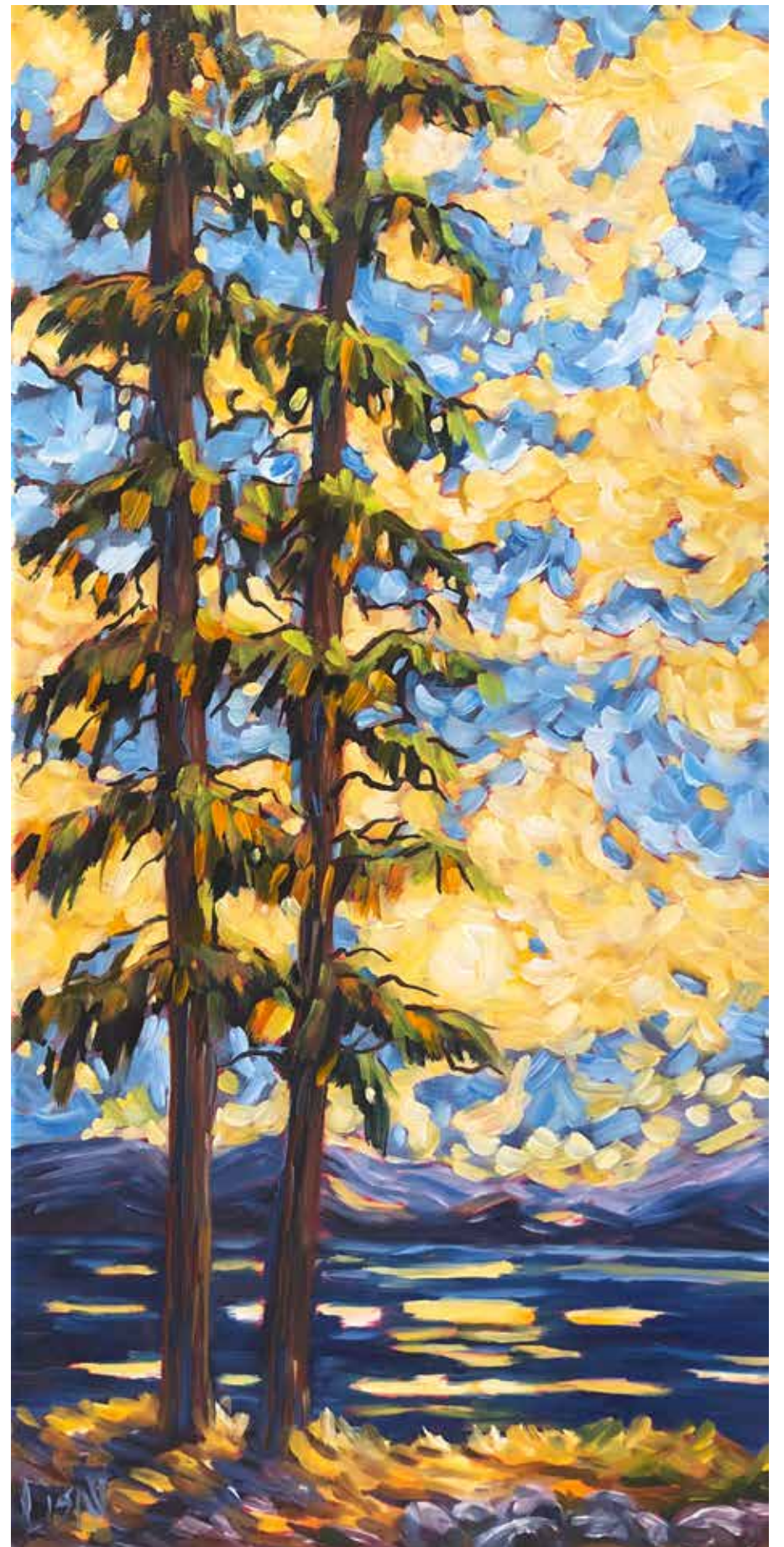
**“Selle Valley”  
Oil on Canvas - 24”x24”**



**“Feel the Joy”  
Oil on Canvas - 24”x24”**



**“Moving On”  
Oil on Canvas - 12”x24”**



**“Two of a Kind”  
Oil on Canvas - 12”x24”  
Fall/Winter 2024 Northern Journeys | Page 13**

# APPLYING INQUIRY TO ONE'S PARADIGM

By **Loi Eberle, M.A., CPC**

*Continued from Page 7*

An important question Byron Katie asks is: "How can an internally imbalanced, frustrated person teach others to clean up their act? We have to learn that lesson first, and that begins from within. Violence teaches only violence. Stress teaches stress. Peace teaches peace. When you find peace and your mental environment is balanced, then you can be the expert who can go out to balance the planet fearlessly and effectively...Until then, do the best you can."

Byron Katie developed what she calls, "The Work" in 1986 during her difficult recovery from her ten-year long downward spiral into rage, paranoia and despair. Her situation had become so extreme, she was placed alone in an attic room at her halfway house. After she lay on the floor for about a week because she felt too unworthy to sleep in a bed, she woke up with no concept of "who or what she was, stating "There was no me. All my rage, all the thoughts that had been troubling me, my whole world, the whole world, was gone. At the same time, laughter welled up from the depths and just poured out..It was as if something else had woken up...There was nothing separate, nothing unacceptable to it; everything was its very own self." People wanted to know what had happened to her, and eventually she became able to describe a freedom that had woken up inside her through her inner questioning, during which she realized "all her old thoughts were untrue."

She wrote a description about this process, which she calls "The Work" ([www.thework.com](http://www.thework.com)) in her book, *Loving What Is*. Random House published this book in 2002 and again in 2021, stating on the book's back cover: "Nearly twenty years later, her book continues to inspire people across the globe to investigate their stressful thoughts" [the fear-based stories they've innocently clung to all their life]. Her public events and educational materials are designed to help people listen to the answers they find inside themselves and open their minds to profoundly life-transforming insight. The Work is about noticing our thoughts, not about changing them. When you work with the thinking, the doing naturally follows."

During one of her public events, Byron Katie does "The Work," with a person who was asking for help with a troubling belief. "The Work" has a process: state the difficult belief, then ask the person four questions. The first is to inquire whether the belief is really true, the second is to ask "Can you absolutely know it's true?" The third question, is "How do you react, what happens, when you believe that thought?" and the fourth question: "Who or what would you be without the thought?" Then she invites the person to use the "turnaround" which is a way of experiencing the opposite of what you believe is true. Could it be the other person is right and that's what you don't want to hear? We call it "verbal abuse" when someone tells us truth about ourselves that we don't want to hear...or we think we don't want to hear. Deep down inside us, we hunger for the truth. Once you understand, through inquiry, that an untrue thought causes suffering, you move away from it like a hand removed from the fire. She explains to her audience and readers: "All the answers we ever need are always available inside us."

When you realize that suffering and discomfort are the call to inquiry, you'll welcome the freedom that follows, and you begin to see "The Work" as the direct way to orchestrate your own happiness."

She demonstrates applying the "turnaround" to her belief that: "My life should have a purpose." Its "turnaround" would be: "My life should NOT have a purpose." That would mean the life that I've lived has always been enough, I just haven't recognized it. Maybe my life shouldn't have a purpose other than what it is. That feels odd, yet somehow rings truer. Could it be that my life as it's already lived is the purpose? That seems a lot less stressful." Then she states: "Every concept that has ever existed is inside of each of us. It's not personal. Each thought is waiting to be met with some friendship and a little understanding, finally, rather than with pills and running and hiding and sexing because we don't know what else to do with them. When the thoughts arise, meet them with some integrity."

Demonstrating further, Byron Katie describes her reaction to litter in the beautiful desert, stating, "That tin can is the dessert. It's what is... that is nature, not a mental image of the desert without the can. Without any stress or judgment, I notice that I just pick up the can. Or I could tell the story that people are polluting the earth and there is no end to human selfishness and greed and then pick up the can with all the sadness and anger I'd be feeling. Either way, when it's time for the can to move, I'm there, as nature, picking up the can. Who would I be without my uninvestigated story? Just happily picking up the can. And if someone notices me picking it up and my action seems right, that person may pick up another can. We're already acting as a community, beyond anything...planned. Without a story, without an enemy, action is spontaneous, clear, and infinitely kind."

In her book, she describes an audience member's expression of anger about how corporate greed was impacting the planet. In response, Byron Katie states, "In my experience, clarity moves more efficiently than violence and stress. It doesn't make enemies along the way, and therefore it can sit comfortably at a peace table, face-to-face with anyone there. If I speak without any stress, in total confidence that everything is just the way it should be right now, I'm able to express myself kindly and with no fear about the future. Solutions to issues can then be discussed, and participants are better able to listen to each other...War teaches only war. You clean up your mental environment, and we'll clean up our physical one much more quickly. It doesn't make sense that violence is seen as a way to a peaceful solution...It's the thought about the event that is painful, not the specific event."

Byron Katie invites us to "write down a stressful underlying belief and put it up against inquiry, then ask the four questions: Is it true? How do you know it's true? How do you react, what happens, when you believe that thought? How much of your life is based on it? What do you do and say when you believe it?" Then she asks her readers, "Who would you be without that thought? Turn the belief around." Her experience with audiences around the world have caused her to conclude: "the Problem is always our uninvestigated thinking...Uninvestigated stories often leave chaos and resentment and hatred within our own families... Who would you be without your story of pain? You might be someone without pain, selfless, a listener, and then there would be a teacher in the house. A Buddha in the house - the one that lives it...Life is a very nice place to be, once you understand it. Nothing ever goes wrong in life. Life is heaven, except for our

attachment to a story that we haven't investigated... You are the effect of your story, that's all...This is hard to hear unless you inquire...When you become a lover of what is, there are no more decisions to make. In my life, I just wait and watch. I know that the decision will be made in its own time, so I let go of when, where and how." Then she describes "doing the dishes," that is, "the practice of loving the task in front of you." Explaining, "Your inner voice guides you all day long to do simple things. When you follow the direction of the voice, that story ends. We are really alive when we live as simply as that - open, waiting, trusting, and loving to what appears in front of us now...We never receive more than we can handle, and there is always just one thing to do. Whether you have ten dollars or ten million dollars, life never gets more difficult than that."

Her book, *loving what is*, describes many of the interactions she's had with audience members from around the world that illustrate "The Work." One person asked her for help, explaining that she can't control her thinking. Byron Katie responds, "This is a very interesting discovery! It's as good as it's going to get. There's a lot of humor in it, as well as a good night's rest. That's what everything is for. It leaves you to your own solution." Then Byron Katie summarizes, "You're going to sit, stand, or lie horizontally. That's about it...I don't make decisions. I don't bother with them, because I know they'll be made for me right on time. My job is to be happy and wait. Decisions are easy. It's the story you tell about them that isn't easy. When there's no decision, there's no fear, so just enjoy the trip! Maybe things are just moving right along, without our help." Then she responds to a person asking for help with his feeling about the need to control events. She asks: "who needs God when you are running the show?" She continues: the extreme need to feel you're in control is in "direct opposition to reality. Every one is a lover of what is, no matter what horror story they believe in." She explains, "The Work is about realization, not about changing anything. The world is as you perceive it to be...Clarity is a word for beauty...When you meet your thoughts with understanding, the world changes. It has to, because

the projector of the entire world is you. Follow your passion. Do what you love. Inquire and have a happy life while you're doing it. The purpose of stress is as a friend. It's an alarm clock, built in to let you know that it's time to do "The Work." "Stress is the reminder that "You've simply lost the awareness that you're free. So you investigate, and you return to what you are. This is what's waiting to be recognized, what is always real."

Charles Eisenstein, American public speaker, teacher and author, has written many books covering a wide range of topics, including the history of human civilization, economics, spirituality, and the ecology movement. He reminds us to look beyond the dichotomy of war and peace in situations where: "Evil is always committed in the name of something good." He warns: "The world is in great peril and we have to step away from us-versus-them thinking NOW."

In my mind I respond how inquiry can help us to direct our action in a good way. I feel this is important when our actions affect other people. Charles Eisenstein states: "As the Nazi Hermann Goering put it, "Voice or no voice, the people can always be brought to the bidding of the leaders. That is easy. All you have to do is tell them they are being attacked, and denounce the peacemakers for lack of patriotism and exposing the country to danger. It works the same in any country..." "Every hateful word, every dehumanizing smear, every note of mockery and contempt, every denunciation and condemnation that we put into the public square feeds the powers that would manipulate us into war, genocide, and fascism." We might take the stance of peace, stating, Forgive them Lord, for they know not what they do...But that is what they do. They divide us. They teach us to hate each other. Don't fall for it. That's my request. Don't fall for it. Instead, enter the political sphere with the questions that come from compassion and lead to love. That is the only revolution worth having."

I'd add that we should also include the process of inquiry, and investigate our beliefs. My belief is that right action is important. If we believe that our "vote" doesn't make a difference, that is certainly one belief. The "turnaround" of that is: Our Vote DOES Make a Difference, (if accurately counted). Can we prove that for sure? That's hard to know. The more important question, most likely, is that the action we take not only affects the way we feel about ourselves, it may greatly impact the lives of others.

**NORTHERN JOURNEYS**  
A Magazine for the Arts, Humanities and Sciences

---

**NORTHERN JOURNEYS**  
P.O. Box 1789  
Bonners Ferry, ID 83805  
208-597-3963  
For advertising: Please call 208-597-3963  
To submit prose, poetry or art, please send digitally to:  
norjour\_tan@yahoo.com

<b>Publisher</b>	<b>Editor</b>
Jason Thomas	Jason Thomas
<b>Creative Director</b>	<b>Layout Design</b>
Jason Thomas	Joy Batchelor
Samantha Cote Banuet	<b>Sales</b>
	Jason Thomas
	Samantha Cote Banuet

The observations and opinions expressed in signed columns and articles in Northern Journeys magazine are those of the respective authors and should not be interpreted as representing the official views of Northern Journeys or its staff.

**ADVERTISING STANDARDS**  
Merchandise or services advertised in Northern Journeys are expected to be accurately described and readily available at the advertised prices and times. The staff and publisher of Northern Journeys never knowingly accept misleading or deceptive advertising.

---

Northern Journeys is published 2 times a year  
Copyright Thomas & Associates

**NORTHERN JOURNEYS**  
A Magazine for the Arts, Humanities and Sciences

We are issuing a call to all authors of prose, poetry and visual artists to send their writing and/or art any time of the year for consideration.

Northern Journeys celebrates 25 years of providing beginning, maturing and established writers and artists a venue to share their work with the region's readers. The magazine is made available primarily to communities throughout Northern Idaho, into Western Montana and Southern British Columbia. However, when the editor or publisher is traveling, the magazine makes appearances in Washington, California and Nevada.

Prose, poetry and art may be submitted to:  
norjour\_tan@yahoo.com as an attachment. Art should be sent in jpeg format with a minimum of 300 dpi. Please contact Jason Thomas, at 208-597-3963 with questions.

Those interested in advertising may contact  
Jason Thomas, Publisher, at 208-597-3963.  
We hope to hear from you!

# Hidden Gem: Main Street Books

By Jane Hoover

In many ways, U.S. cities have become carbon copies of each other with chain stores, chain gas stations and fast food restaurants. One small town can look like a carbon copy with all of the others. However, if you get a chance to look a little closer at small town America there are special tucked away places that add character and uniqueness. These places make travel memorable and towns special. One of these very special places in Priest River is Main Street Bookstore. It is a gem tucked next to Priest River Library and is a favorite of locals and tourists.

Used bookstores offer adventure shopping, just like thrift stores. A person just never knows what they might find. Since books are donated, one never knows what reading treasure might be on the shelves. You then discover the book was exactly what you didn't know you were looking for. Used bookstores are also great for families. Main Street Books is a great place to bring your children or grandchildren. They can sit on the floor and peruse books to take home for pennies on the dollar. It is always wonderful to watch a child leave the bookstore with their arms stacked with books.

Main Street Books also sells bags that make great gifts. They are accompanied by a coupon which allows the recipient one visit to fill the bag to the top with books or movies. All of the friends of the library volunteers are obviously book lovers. They love to talk with patrons and give recommendations about books. The volunteers can also be a great source of information for tourists. Visitors are able to find out about great places to visit while in our beautiful part of the country.

Main Street Books has an interesting history and has grown right along with the library. It started in a little room in the back of a single wide trailer and was aptly named "Books Out Back". The bookstore moved to the building across from AJ's Cafe while the library addition was being completed. Once the library was completed the bookstore moved to its present location at 118 Main Street and the name was changed to Main Street Books.

Main Street Books is run by the Friends of West Bonner Library District, a volunteer group that has played a major role in the successful formation of the West Bonner Library District since 1998. In 2001, the Friends worked with Dr. Charles Falter, who donated a large portion of the Priest River Medical Building and adjoining properties to the group. In six months, the Friends completely renovated the building and in 2002 the West Bonner Library opened its doors at 119 Main Street.

All proceeds from the bookstore go directly to support the library in many ways: from painting Blanchard branch, building an outdoor storage shed, to increasing programs for teens and children.

The bookstore accepts donations through the library. Books should be in excellent condition without odors or stains. Fiction, biographies, history and self help books sell the best. There is also a large supply of movies for sale. Main Street Bookstore does not take old college study books or books that are severely damaged. Learn more by stopping in and chatting with one of the friends. Main Street Bookstore is open Fridays and Saturdays from 10:15 am to 1pm with a monthly sale the first weekend of the month.





# Evergreen Art Association

By Jan Gleason and Sally Whiting Thornburg

*The Mission of the Evergreen Art Association is to further members education, knowledge and appreciation of Art:  
To promote art in all its facets.  
To provide exhibitions of the members work.  
To provide programs of interest for members.*

The Evergreen Art Association, got its start in 1978 when Sheri Pinkerton gave a painting class to a group of friends. The friends continued to meet on a monthly basis for lunch and also invited other interested artists to join them. As the group continued to grow it was decided to form an Art organization. A Charter meeting was held in April of 1981 at the home of Betty Stang. There were about 12 original members, they held their first formal meeting on May 4th, 1981 at the Golden Spur Restaurant in Newport Washington.

## AND THE REST IS HISTORY

Four decades later, Gaye Oscarson, President, and the current members are still very much involved in creating, promoting and displaying their Art. We also encourage the continued pursuit of Visual Arts Education through our Scholarship Program. Our meetings are an opportunity to meet with fellow artists, plan future events, and share artistic endeavors. We often invite guest artists to come and teach or demonstrate their particular art making process. The Evergreen members are an active group who enjoy having "plien air" days several times throughout the year, weather permitting. We travel to various sites of interest in our area.

Our members also enjoy going on field trips to see art shows at various galleries in the surrounding area. This past month the group went on the annual POAC Art studio Tour, around the Sandpoint/Sagle area. It was very interesting to see how each artist set up their studio. The variety of artistic creation as well as their art making journey was inspiring. Our members create art in a wide variety of methods; and four times a year we have a Theme painting contest where we choose a particular theme or Artist and paint in that genre or style. We vote on the paintings and declare a winner. The winners art piece is then sent out for display at the next rotation. Some of our artists work in the traditional mediums of oil and watercolors; while other members primarily work in acrylics, photography, mixed media, collage, pastel, and pen & ink.

Throughout the year Evergreen participates in several Art shows. Recently the group had a one month show at the Pend'd Oreille Winery in Sandpoint, Idaho. Our next group show will be at Wileys Bistro in Spokane through the month of October. Evergreen offers an annual scholarship, to a graduating senior in the area who is heading to college with a focus on the Visual Arts. They may have been attending high school, private school or be home schooled. This year we did not have a scholarship recipient so we donated funds instead to a local high school art teacher to help provide art materials for the students.

Evergreen operates on a shoestring budget, during the year we have various raffles, membership dues, and art show sales as some of the ways we raise funds. Earlier this year Clare Clark, one of our member artists sponsored a "Paint Night" at Newport High School, and kindly donated all the proceeds to Evergreen's scholarship fund, which was much appreciated.

Evergreen recently received a generous grant from the Kalispel Tribe to pay for group entrance fees at some of the bigger Art shows. We are always looking for new ideas to raise funds; to promote awareness of our group, and to continue our individual art making endeavors. Evergreen has a monthly art rotation of members work that can be seen at the Newport Library, Black Rose Salon, The Hospitality House and the Create Arts Building in Newport Wa. Every member is given the opportunity to send their work out on rotation. We have had art on display and for sale at the Newport Earth Day Art Walk, the Stratton Christmas show, and the Newport Farmers Market. Individual members also participate in Art on the Green, in Couer d' Alene, Idaho, and other local venues. A few of our artists have their work on display at the Vessel Clay and Gallery in Newport, Washington. We are always looking for new ways to show and promote Art.

The Evergreen group meeting is held on the 2nd Monday of each month at 10:00 am, at the Oldtown, Idaho Rotary Building. Interested artists are welcome to come and join us. For more information about our group, or how to join us you can call Gaye Oscarson at 208 290-8292. We can also be found on Facebook at " Friends Who Like Evergreen Art Association," where artists can share art news, upcoming events and their Art.



Evergreen Art Show at Kelly's 2024

# BOUNCING BACK

## A Story of Resilience

BY MAGDALENE STONE



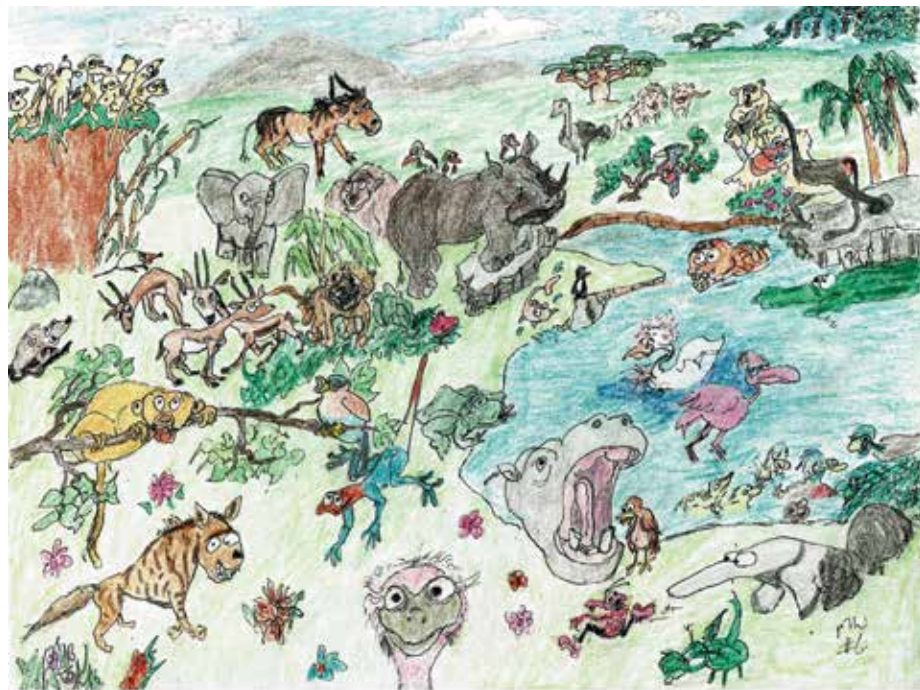
"I have the right to remain silent, but I just don't have the ability," laughs the almost 66-year-old Army veteran. Known as the "locals' choice" in news and updates for over three decades, Mike Weland is a man-in-the-know for much of North Idaho. Like a buoy, he believes his job is to remain anchored in the truth and float through the minutiae while serving as a navigational mark—showing hazards, offering insight, and sending messages of hope through the rough waters of the tumultuous world we live in. But what makes him different from the other media sources? He does it all by himself (literally), while artfully supporting creative growth for a community dead-set on challenging his personal viewpoints.

Experience ranging from print journalism as an editorial assistant to radio news and now the everstrong 9B.News website and social media platform, Mike has remained a reliable constant in communications for Bonners Ferry throughout many challenging times, acting as a symbol of resilience. The message is clear; he says, "No matter how many times someone comes along and tries to kick me down, move me, fire me, or cancel me out, I just bounce back! My intention of keeping my home community informed with transparency and quick wit is all I'm good at these days. And people still follow me—so I must not be that bad!"

In 1969, as a young adolescent, Mike's father's military career stationed the family from his hometown in Kansas to Alaska. During the seemingly endless drive in the backseat of a Ford XL, with a newborn baby sister exercising her vocal disdain for their adventure, the only thing keeping him sane was comic books and learning to draw them. "By the time we finally arrived at Fort Richardson, I was almost deaf, and I could draw Richie Rich and Snoopy pretty well. This was very helpful and made me popular when I started my new school, as other students and friends would always ask me to "Draw this, draw that!" I spent most of my teenage life doodling instead of paying attention in school," he laughs.

Flash forward a bit: at 20 years old in a small town in North Dakota, Mike was a bit lost in life—unhappily working for a plumber, divorced, and semi-drunk most of the time. He stumbled into the local recruiter's office. After growing up an Army brat, it seemed like the most sensible thing to do for a wandering soul like himself. His four years in the 82nd Airborne Division were mostly spent eating bugs in Fort Bragg, North Carolina—but nevertheless a good experience, which he got way more out of than expected. Then a second marriage brought him to Washington State. Starting as a paid freelance writer and growing into the only editorial assistant at the Spokesman Review without a college degree, his experience blossomed into writing for other various news sources. This moved him to North Idaho, where Mike not only wrote local news, he was the guy on KBF1 Radio giving news updates too! He eventually found himself working for Boundary County municipality for a few decades, but then his health took a bad turn. After a few strokes and a couple of bad business relationships later, his reporting the news was the foundation to his presence in Boundary County. Sequentially, this was when he decided no more partnerships and solo-launched his now thriving 9B.News platform.

"In 1969, I remember driving through Bonners Ferry with my parents. I remember the Old Bridge, and I remember my dad insisting we stop in Eastport for lunch so he could have "one last American meal" before trekking through Canada. Then, a couple decades later, I got the gig at the Herald, which brought me back to this familiar small town. After all my life traveling and dabbling, Bonners Ferry has always been the ONLY place that has truly felt like home. This is the longest I've ever lived in one place. It's been a very good community to me."



Mike says the most rewarding part of being involved in this community has been sharing the good news stories. "As a matter of fact, my very first story in town was with the local highway ISP officer, Brian Zimmermann, for rewarding a kindergarten student for crossing the road safely. Then I watched what Carolyn Birrell did with The Historic Pearl Theater and wanted to give them as much publicity and coverage as possible. Little did I know, this would then steer me into getting on the board and becoming director!"

At this stage of his life, he says he plans to remain focused on sharing the honest, good news stories of North Idaho and just keep on doodling. While practicing the mindful Japanese art of Sumi-E, as well as charcoal sketches of beloved pets like Copper, he said he never intended to live an artful legacy. "My drawing and cartooning have just been a fun waste of time. But it has also put me in the sphere of folks who have tremendous talent and beautiful hearts. For instance, my latest boredom project is these safari cartoons. A dear friend is traveling back to West Africa on her annual visit to an orphanage. Hearing her compassionate story inspired me to whip up these fun little animal scenes. This is nothing compared to the work she's doing, but I sure hope it brightens their day and offers some creativity for these kids."

Mike believes his foundation in transparent communication keeps him afloat—but to always remain humble. "We are all equals," he declares. "Like many, I see the problems we are facing as a nation, and somehow it all boils down to the one false narrative folks have gotten lost in. And that is "I'm supreme and you're not." All men are created equal. When you start thinking you're better than everyone else, that's when trouble follows. And right now, there's lots of trouble in the world from this one notion." I asked, "So what can be done?" His quick retort was perfect: "Just go vote, and keep on doodling."





Drive an hour North from Spokane on US Highway 2 and you will find a gem of a small town before crossing the river into Idaho. Newport, Washington is the largest city in Pend Oreille County, with a population of 2,114. Like many small towns, the pace of life is slower, and you will find people out and about walking on the sidewalks and saying hello as you pass by. That is the heart of the people that live in this charming city. Newport is nestled in the foothills of the Selkirk mountains alongside the Pend Oreille River. The beautiful scenery adds to the atmosphere of the town.

The recession in 2008, combined with the recent pandemic, had a huge impact on the U.S. economy, from which many small towns continue to struggle to recover. In response, the Washington State Arts Commission initiated the Creative District Program. A Creative District is a defined geographic area that is walkable and is the hub of cultural and business activity. This program was built on the premise that the arts and creative sector jobs are leading drivers of economic growth. Communities can grow their economies when they support and promote the arts. In Washington, the creative sector contributes 8.7% of the state GDP, with total industry earnings of \$43.2 billion. This sector employs more than agriculture, forest products and life sciences combined.

When considering how to revitalize Newport's small-town economy, the Creative District program offered an exciting new opportunity. In January, 2022, a group of five volunteers formed a steering committee to get the ball rolling. The goal was to become a certified Creative District. The application process was extensive, and it took 18 months to build up public support, develop partnerships, and define the mission. In November, 2023, the Newport Creative District received its certification in the program. With that, state funds were received to cover operational costs and grants were approved for two capital projects: a mural project and a visitor

kiosk that will encourage travelers to start their adventure in Newport.

The Newport Creative District is four city blocks in the downtown area. It includes three city parks, with plenty of places to sit and enjoy a bit of people watching. The cornerstones of cultural activity include the Pend Oreille Historical Museum, the Pend Oreille Playhouse, and the Roxy Theater. The Farmer's Market, the longest running market in Washington State, provides fresh food, entertainment, and handmade goods every Saturday from May through October. Food and drink options abound, including an old-fashioned soda fountain with handmade ice cream (the huckleberry is a real treat)! Antique shops, boutiques and gift shops, and an artisan curated art gallery offer opportunity to find that unique treasure to take home.

The Newport Creative District has had an impact. In its short existence, Newport has benefitted from two new creative enterprises: Vessel Gallery and Clay Studio and Out of the Box Entertainment. Vessel Gallery is showcasing the works of regional artists while also providing one-on-one and a class clay lessons and studio time. Out of the Box Entertainment is a traveling troupe of regional actors that take the show on the road to surrounding communities. A long-term goal is to help creative entrepreneurs develop their business skills, as well.

The Newport Creative District has established three annual events, the Shamrock Shindig, the Earth Day ArtWalk and a community Ice Cream Social. These events partner with local businesses to provide opportunities for community gathering, showcasing local talent, and creating an atmosphere of creative energy. Recovery from recent historical events will take some time, but when you visit Newport, you'll experience a growing awareness of intentional community connection; just one of the the Newport Creative District's offerings.



# RESTAURANTS

**Mi Pueblo**  
Authentic Mexican Food

208 448-0115 (Priest River, ID 83856)    208 267-4735 (Bonners Ferry, ID 83802)  
208 623-2532 (Spirit Lake, ID 83859)    509 447-3622 (Newport, WA 98570)

Like us on Facebook Mi Pueblo Authentic Mexican Food  
Some menu items have peanut products in them. Please let your server know if you have an allergy.

Burrito Ranchero

Mi Pueblo Nachos

Comeranos ala Mexicana

**Mi Pueblo-Authentic Mexican food.** When you have a craving for truly authentic Mexican food, your choice is Mi Pueblo in Priest River, 5436 Hwy 2, and 7168 Main St. in Downtown Bonners Ferry, Idaho, 6249 W. Maine, Spirit Lake, Idaho, and 311 North Washington, Newport, Washington. You'll find friendly service, fresh ingredients, great menu choices, many vegetarian and gluten free selections available and a surprise after every meal! Fast lunch service! To go orders, too!



**Mugsy's Tavern & Grill** is known as the local watering hole, a one of a kind gem up in North Idaho! Family owned and operated, Mugsy's proudly hosts a slew of taps local to the northwest alongside a few of your favs from around the country! Continuing the legacy of our infamous burgers, adding a few new special items to the appetizers to entrees. We know you'll be telling your friends about this treat! The chefs love to get creative and come up with different rotating lunch and dinner time specials, as well as great, fun cocktails to pair with special events happening in town! Come see why Mugsy's is known as the as "The Cheers of North Idaho!"

**THE BADGERS DEN**  
Dine In • Drive thru • Open Daily

RESTAURANT • LATTERS  
SERVING BREAKFAST DAILY

@thebadgersdencafe



A local favorite, **The Badgers Den**, is the #1 breakfast place! Open daily, serving all day breakfast such as biscuits and gravy, homemade hashbrowns, pancakes, chicken fried steak, and all your breakfast favorites! We also are the only breakfast place to have in house espresso options, as well as a convenient drive thru for lattes, and even grabbing your breakfast to go! Whether you dine in, or take out, we are sure you will love to frequent The Badgers Den!

(208)255-9989

**BAKED & LAVISH BOUTIQUE NOW HAS BBQ OUT FRONT!**

- Thursday
- Friday
- Saturday

11am until sold out

6371 Kootenai St.  
Bonners Ferry, ID  
City Parking

Custom orders available upon request

**Hidden Haven**  
Sweets & Treats

**Ice Cream ~ Candy ~ Gifts**  
6371 Kootenai St., Suite 10  
Bonners Ferry



**Hidden Haven Sweets & Treats** is the newest sweet spot in Bonner's Ferry. This brand new Ice Cream Store and Specialty Candy shop is just the place everyone needs to visit when the urge for sweets strikes home. We will be opening for limited days and hours in order to bring you some favorites just in time for Halloween. Check us out on Facebook and stop by 6371 Kootenai St. in Bonners Ferry! We can't wait to meet you!



**Babs' Pizzeria**, located at 1319 Hwy 2 in Westpointe Plaza, is a "mom and pop" Pizzeria specializing in the best thin crust pizza this side of the Mississippi - a true slice of New York in beautiful Sandpoint, ID, with dough hand-made daily. Sample Stromboli or pasta dishes, and end the meal off with a classic hand-filled cannoli. Open Monday through Sunday, so you can enjoy a little bit of New York every day! Online ordering and delivery available.

**Babs' PIZZERIA**  
A SLICE OF NEW YORK

THIN CRUST. BIG FLAVOR.

**208-265-7992**  
MENTION YOU SAW THIS & GET **FREE BASKET OF GARLIC KNOTS** WITH PURCHASE OF X-LARGE 2-TOPPING PIZZA

1319 HWY 2, SANDPOINT, ID  
**208.265.7992**

MON-THURS: 11AM-8PM  
FRI-SAT: 11AM-9PM  
SUNDAY: 3PM-8PM

[WWW.BABSPIZZERIA.COM](http://WWW.BABSPIZZERIA.COM)  
OPEN FOR DINE-IN OR TAKEOUT!

FRESH FOOD • LIVE MUSIC  
THE BEST NW BREWS

*The Pub with Personality*

OPEN 11:30 am  
GAME ROOM UPSTAIRS

212 Cedar Street  
Downtown Sandpoint  
**208.263.4005**

*A SandPint Tradition Since 1994*

**Eichardt's Pub** is more than a Public House, a restaurant, and a music venue, it's a hub where community connects, and ideas are shared. It's 'The Pub with Personality'. An outstanding selection of micro brewed and imported beers, regional draft ciders, and an extensive wine by-the-glass list. The menu is vast, the ingredients are high quality and locally sourced. American Brew-Pub style cuisine, with vegetarian-friendly options available. The servers are mature, authentic and sometimes surly. Offering a variety of excellent and diverse, weekly live music, featuring the Monday Night Blues Jam. Great Vibe! Great Food! Great Music! Please follow us on Instagram @eichardtspublichouse to keep up on music, art and any other important stuff.



**Barrel 33**, a lively waterfront restaurant and wine bar, showcases local wines and craft beers in a welcoming atmosphere. Our extensive menu features shareable bites, toasted sandwiches, salads, and flatbreads, perfect for any occasion. Enjoy monthly Paint & Sip events, Wine & Beer Tasting events and seasonal celebrations, plus live music every weekend. With a vibrant communal setting, guests order at the bar, where our knowledgeable staff guide you to your perfect drink and bite to eat. In the summer, relax on our scenic patio with a tiki bar. Barrel 33 is your go-to spot for fun and flavor! Follow us on Instagram and Facebook @barrel33sandpoint to stay up to date with events, music and other fun happenings.

Local Wine. Craft Beer. Good Eats!

*Barrel 33*  
SANDPOINT, ID

Waterfront Seating, Events, Live Music & more!  
Open Daily at 11am

100 N 1st Ave, Sandpoint ID | @barrel33sandpoint | (208) 920-6258



In addition to all your old favorites, Arlo's is now serving authentic pizza out of our beautiful new brick oven from Italy! Our Neapolitan style dough is crafted with 00 Flour imported from Italy, fermented a minimum of 48 hours with fresh yeast, and hand stretched to order. This process in addition to the high temperature brick oven results in a crispy, delicate crust with just the right amount of char. Open every day except Thursday - 11:30am-2:00pm, and 5:00pm-9:00pm. (208)-255-4186 [www.arlos-restaurant.com](http://www.arlos-restaurant.com).

124 S. 2nd Ave. Sandpoint, ID - 83864

**208-263-1444**

Craving an authentic cheesesteak? No need for a plane ticket; head to Joes Philly at 102 Church Street in Sandpoint, where your cravings meet their match! Sink your teeth into a foot of mouthwatering, cheesy, beefy goodness that'll leave the Liberty Bell ringing in your ears. Don't let the name fool you, this is no one trick pony; indulge in their burgers, dogs, hoagies, and more, all crafted with fresh ingredients. Come for the Philly, leave with a smile!

# Porous to Life

By Jacob Nordby

I only know one way to keep or regain a passion for life. The word is Porous: permeable. Able to be penetrated by; capable of being drenched all the way through; vulnerable.

You know porous people as soon as you meet them. They're real. They're raw. They look into your eyes and ask you an honest question. They're quick to laugh at themselves. They listen. They watch. They have courage to get up in the morning and do what must be done whether they feel like it or not. They go all in. They try things.

There are as many ways of living as there are humans, but there are only two ways of being which determine how much we can absorb of this thing called life: Open or Closed.

You and I were born naked and shivering. Tabula rasa—soft, fragile, blank slates. We had no choice except to experience everything. We crawled around sticking our fingers into wall sockets, potted plants, ant hills, and that jar of delicious face cream on Mother's vanity stand in the bedroom. We stripped out of our clothes and delighted in the grass tickling our naked skin.

Before long we ate the fruit of the Tree of Knowledge of Good and Evil and nothing could ever be the same again. One bite at a time, we discovered how unsafe it was to be a walking, talking experiencer-of-everything.

Then remember the time you were jumping around, telling a story, and noticed no one was looking at you? Eyes glassed over and you caught the shake of a head or a cruel little laugh barely veiled.

You learned, and so did I. And in the learning, we began to close the portals of ourselves. One at a time, in subtle, quiet ways, we plugged those chinks in our armor.

The armor was heavy, but it was safe in there. We learned how to block out experiences and to numb ourselves against pain and fear. We grew shells of spirituality, cynicism, optimism, or whatever other -ity or -ism used to keep out the freezing rains of life. When people are wearing this armor, you can only talk to the outside of their shells. You ask a question: something curious; an invitation to tell you something true. What you get in return is a mantra, a memorized phrase designed to fend off your thrust of interest. Their responses can appear so beautiful; so elegant, sugar-coated, and wise-sounding, which is often as much a shield as anything hard or brutal might be.

We can't blame them, or ourselves, for cladding our tender, passionate spirits in this way. Though it limits our movement, this armor keeps out the badness of life. It helps us feel safe enough to get out of bed and mingle with those terrifying others out there, but it's no way to live. If someone told you they would keep you safe, feed you every day, and be sure nothing would alarm you so

long as you agreed to live inside a prison cell with only that one high barred window showing a patch of sky, would you do it?

Probably not.

What is a life of safety if it means cutting off our senses? Would you cut off your arms to guarantee that you'd never be burned, or put out your eyes to be sure you would never see ugliness? This is what we do to our spirits in tiny, invisible ways every day when we choose Closed instead of Open.

In the real world, I've learned to notice my body and the signals it sends. If I sense my jaw clench or my body contract, that's a sign I'm closing down on something which hurts or I am afraid to feel. I'm reminded to take a deep breath and open my body and mind to whatever has showed up in that moment. I open again and again; body, mind and spirit.

What are ways we can live more porously, unbuckling our armor to step out of it and into naked experience?

- Look people in the eye.
- Say that honest thing which has been hiding inside, the thing that will set you free.
- Speak a spontaneous poem at the sunrise.
- Stand on the ridge of a hill and imagine the wind blowing right through you.
- Risk loving deeply.
- Do something uncalculated and stay absolutely curious because that intense, passionate child living inside you just wants to know what happens next.

Much more important than any ideas I might offer, is to take this moment—the one right here—and swan-dive into it without looking first. Ask, "What feeling is this?" Then answer, "Hello Feeling. Tell me all about yourself. I know you won't stay here long, but you have so much to teach me."

What is the payoff for living like this? There must be some great reward or it wouldn't be worth the risk.

The reward is death. Death of boredom, death of fear, death of that petrified shell that keeps everything and everyone out. Death of what is not alive. Death of cynicism. Death of death.

When we live this way, we change the world because the world is begging for change. The world wants to remember. It wants to recover what came before the first bite of that fruit from the Tree of Knowledge of Good and Evil.

The real question any of us must ask if we wish to live in this way is, "Can I keep opening myself to myself again and again, as long as I live?"

You can't know this right now, but your ragged, rugged honesty; your crazy, passionate, naked vulnerability; your trusting plunge into the unknown of Life at every turn; your journey of love and healing...these change your world, the world of those around you, and the world as a whole.

Someday you'll know how important you are.

# Support Area Businesses That Support The Arts

**Auburn Crest HOSPICE**  
(208) 267-0579

Your North Idaho Hospice where "choosing to live every moment" matters.

Free & Confidential In-Home Consultations

6541 Main Street, Suite 2  
Bonners Ferry, ID

f @ y+ g+

**BOUNDARY Community Clinics**  
Caring for Our Community Every Day

**FAMILY MEDICINE  
BEHAVIORAL HEALTH  
VA URGENT CARE**

Same-Day Appointments and Walk-ins Welcome

Text or Call!  
(208) 267-3655  
6641 KANIKSU ST  
BONNERS FERRY, ID  
BOUNDARYCOMMUNITYHOSPITAL.ORG/CLINICS

**BOUNDARY Community Hospital**  
Caring for Our Community Every Day

**YOUR HEALTH IS OUR PRIORITY**

(208) 267-3141  
6640 KANIKSU ST  
BONNERS FERRY, ID  
BOUNDARYCOMMUNITYHOSPITAL.ORG

**ALLIANCE TITLE & ESCROW CORP.**

Yes, it matters where you close.

www.alliancetitle.com

**IDAHO IS TOO GREAT TO LITTER SO DON'T!**

**FREDRICKSON'S B.F. GARBAGE, L.L.C.**  
P.O. BOX 1913 BONNERS FERRY, ID 83805  
PHONE & FAX: (208) 267-3303  
SERVING ALL OF BOUNDARY COUNTY

**BONNERS FERRY FAMILY MEDICINE**  
6488 CHINOOK STREET, BONNERS FERRY, IDAHO 83805  
PHONE: 208-267-8710

**TROY GEYMAN, MD**  
RILEY DIEHL, DO  
HALEY HILLEMAN, PA-C  
AWANDA HORRICKS, PA-C  
REBECCA KEMP, PA-C  
LANCE NASON, FNP  
KELLI WRIGHT, MSW, LCSW

BONNERSFERRYFAMILYMEDICINE.COM

**Froyo Mama**  
Frozen Yogurt Shop

BRIGHT, FUN ATMOSPHERE!

7206 Main Street, Bonners Ferry, Idaho  
986-205-8758

Welcome Home with **JENNIFER VAN ET TEN**

(208) 304-9050  
www.cbbonnersferry.com/jennifer-van-etten  
jennifervanettencoldwellbanker@gmail.com

**COLDWELL BANKER NORTH WOODS REALTY**

**HOPS** EST. 2010

**12 HOME BREWED BEERS ON DRAFT!**  
4 CIGARS ON TAP  
MINOR FLIGHTS WITH FRESH FRUIT PUREES

**OPEN 6 DAYS A WEEK**  
SUN-THURS 11AM-8PM  
FRI & SAT 11AM-9PM  
CLOSED TUESDAY (EXCEPT HOLIDAY VARIATIONS)

6424 RIVERSIDE ST BONNERS FERRY, IDAHO  
208-267-HOPS  
800.TEN.HOPS

**Selkirk Kennels**  
EST. 1996

1st Place Pet Boarding

Thank you Boundary County!

**THE BEST OF 2024 HERALD**

120 Selkirk St. Movie Springs, Idaho  
(208) 267-7860

**SOLAR - WIND - HYDRO**

**OFF GRID**

**208-627-4476**  
OffGridUnlimited.com  
137 Enterprise Drive STE B  
Bonners Ferry, ID 83805

**North Hill TIRE**

**208-267-0293**  
35 Swift Lane, Bonners Ferry, ID

