

S

P

O

K

E

N

a

e



*Issue 8
August 2009*

S

Contents:

p.3: *Editor's Letter: Better*

P

p.4: *Profile: Your Table Gourmet*

O

p.8: *Profile: Dry Fly Distillery*

p.10: *Photo Editorial: Cultural Stereotypes - Aisle 5*

K

p.16: *Shopping Adventure: Beyond Ramen*

p.20: *First Friday: August*

E

p.24 : *Art Festival: Loose on the Palouse*

p.26: *Compulsive Chronicles: Sunday Morning*

a

N

e

*Layout and Design is Copyright SPOKE(a)N(e) Magazine 2009
All Content is Copyright by the respective authors.
SPOKE(a)N(e) Magazine is a YellowHouse Photography Production
All Rights Reserved.*

SPOKE(a)N(e)

*Editor: Tyson Habein
tyson@yellowhousephoto.com*

*Copy Editor and Writer: Sara Habein
Cover image and photo for Compulsive Chronicles: Tyson Habein*

*We do our best to make sure all items are accurate and complete, if you notice a mistake, let us know at
spokenspokane@gmail.com. We will do our best to rectify the error.*

B

Spokane is always getting better. It is growing in population, creative activity and energy. I'm happy to say that local publications are taking note of this growth.

E

When we started SPOKE(a)N(e) Magazine, in the first month of this year, we did so because of a distinct lack of arts coverage in the local media. *The Inlander* covered arts, but on a very limited basis. Their coverage was generally only of music with maybe the occasional mention of a gallery show. In-depth coverage of individual artists outside of a certain circle, or of fine art displays, simply didn't exist.

T

The other media outlets of the area were even more lacking. *The Spokesman-Review* was on the verge of shutting down their weekly arts supplement. The then-recently formed *Spokane Metro Magazine* wasn't covering arts to any real degree. The long-standing *Spokane-Coeur D'Alene Living*, and the *Inland Northwest Homes and Lifestyles Magazine* supplement to the *Journal of Business* didn't have arts coverage outside of the occasional mention of a craftsperson doing some sort of home decoration item.

T

I am thrilled to say that has changed. I'd like to applaud *The Inlander* for their extended coverage of the arts. In recent issues, they've made a habit of opening the Arts section with a piece on an upcoming show. Recently they've even reviewed a shows such as "Overripe Apple Pie" and the Tinman Gallery's recent *Wizard of Oz* themed exhibit. They also now have a weekly piece that looks at poster art in the Spokane area. I think Spokane is ready for it, and even crying out for it. The other publications in the area are improving as well. We're seeing the occasional artist profile, and they regularly talk about things like Art Loose on the Palouse and the Coeur D'Alene Art on the Green event.

E

I've had someone ask if it worries me that these developments will make our little online publication unnecessary. I don't think it will. If anything, it simply adds a challenge for us to make sure we're going out and finding things that the other "mainstream" publications aren't talking about. We need to make sure we're covering the creative culture that the other guys aren't. There will always be a need for that. *The Inlander* only has so many pages, of course.

R

The thing we need to remember though is that we're only a two person crew here at SPOKE(a)N(e). We certainly can't be everywhere at once (we have day-jobs, after all). And we certainly can't know everything that's going on in the Spokane area in terms of creativity (still working on developing that omniscience). I would venture to guess that with a staff of 100, we still couldn't know everything that's going on.

And that's where you come in: Spokane has a thriving creative culture. Spokane's publication world is improving. But we can't cover the things that are important to our readers without knowing what those things are.

We have a questionnaire that will be posted on our Facebook page. Please take a few minutes out of your busy schedule and answer it. It is the only way we can make sure we stay relevant to the people who actually matter to this magazine: its readers. If you're not a fan of the magazine on Facebook already, this is an ideal time to become one. We want your input. This magazine is as much yours as it is ours.

These things said, I would like to welcome you to our first Food Issue. The only thing not food-related in these pages is the First Friday Artwalk and the Art Loose on the Palouse coverage. Food is most definitely one of the most powerful parts of Spokane's creative culture. We all have to eat, right?

Hope you're hungry.

Tyson Habein
SPOKE(a)N(e) Magazine
tyson@yellowhousephoto.com

P.S. Sadly, one of the leading magazines in the area, *Spokane Metro*, has closed up shop as of this publication date. I'm sorry to see them go. There's going to be a gap in the Spokane market for local content presented in a high-quality glossy magazine form. I'd like to wish the folks there all the best.



Y

Think of delivery food and what first comes to mind? Pizza, Chinese and sandwiches, right? On days either too busy or too tiring to spend cooking, one might find their options limiting. Add in any special dietary requirements, and ordering in might feel like an impossibility. What about a real, home-cooked meal? Undaunted by the current economic climate, Andrea Parrish set out to solve this problem by starting Your Table Gourmet.

O

Your Table Gourmet's mantra? "Tell us what you like to eat, and we'll do the work." Between running weekly specials through Twitter and posting a variety of menu options on their main website, the personal chef service has developed a fast following since January of this year.

V

In addition to providing a healthy alternative to take-out and delivery, Your Table Gourmet also aims to be as environmentally responsible as possible, composting food waste and offering discounts for re-using their containers. When available, all ingredients are organic and locally sourced.

Find out more at www.yourtablegourmet.com

R

Times are rough for any business, new or established. What inspired you to jump right in and start Your Table Gourmet?

G

The inspiration was really half excitement, half coercion. I have a very good friend that I had been cooking for, off and on, and she basically told me that if I didn't start Your Table Gourmet, I would be in trouble with her. I did some research on personal chefs, and started to get excited. I had been laid off from my full-time job in November, and it seemed like a great way to combine my love of food, cooking, and a good challenge.

T

O

How much of your ingredients come from your own garden? And are your menus dictated by season?

A

V

I would say during the growing season, about 5-10% of my ingredients are from my own garden, mostly spices, salad greens, and smaller vegetables. This is our first year with a garden, so I am really looking forward to growing even more next year.

B

R

My menus are most definitely dictated by season - the Northwest, and the Spokane area, have an amazing network of farmer's markets and local producers. Local ingredients not only taste better and are better for the local economy, but they challenge my creativity.

L

M

I like that you offer a wide variety of gluten and lactose-free options. Tell us a little about creating gourmet recipes for special diets.

E

E

The entire idea of Your Table Gourmet started with special diets in mind. Just in my close group of friends, we have people that are vegan, vegetarian, sensitive to gluten, lactose, cottonseed oil, soy... the list goes on. I made it a point to create dishes especially for them when we all got together, and it grew from there. When you are watching what you eat, for any reason, eating out can be especially difficult, and Your Table Gourmet is made to bridge that gap between quick and easy meals and needing to watch every item on an ingredient list.

The thing about creating meals for special diets is not focusing on what someone cannot or should not have, but everything that they can. I have even come across some "gluten-free" or "vegan" recipes that were so good, I've made them my standard recipe for that item.

What's been the most surprising or challenging element to the business?

T

The most challenging element has definitely been expanding the kinds of things that I cook on a regular basis. I grew up a very meat-and-potatoes Idaho girl (with a healthy dose of Mexican food thrown in for good measure), and while I had experimented with ethnic foods, I have had to spend a lot more time developing a much wider range of recipes I am comfortable preparing. *(continued)*

P
R
O
F
I
L
E



Photo by Tyson Habein

You use the power of Twitter in a way unlike some businesses, not as mere advertising, but as an easy way to interact with customers. Do a lot of your orders come from Twitter?

I would say 50% or more of my orders end up coming from Twitter - more often than not from the Deal of the Week specials. The integration Twitter offers with email, sms messaging, and online messaging makes it easy for me to quickly respond to any questions or orders customers send in - no matter where I am.

Where are some of your favorite places to eat in Spokane?

That is such a tough question - there are so many. For breakfast I try and go to Mizuna at least once every few months. High Nooner, Soulful Soups, and Staggering Ox are my favorite lunch spots, and for dinner we usually end up at The Elk, Neato Burrito, or DeLeon's. And it's impossible to beat the happy hours at the Baby Bar and Raw.

Whew. That's a lot of places, but Spokane has some of the coolest places to eat!

How do you think Spokane's food culture compares to other cities in which you've lived or visited?

I would say Spokane's food culture compares very well - now, true, the town I grew up in had 4 restaurants - but the variety of offerings in Spokane has always impressed me - no matter what you're craving, there always seems to be somewhere in Spokane that you can get a good version of it.

Finally, it's your Very Last Meal on Earth: What's on the menu?

Macaroni and cheese made with a ton of garlic. Flourless chocolate cake with kiwi and raspberry reduction sauces. Garden-fresh spinach and endive salad with feta cheese and pomegranate vinaigrette. A slice of my mother's Dijon-rubbed prime rib. And lots and lots of wine and mead.

-Interview by Sara Habein



Photo by Tyson Habein



Available for Editorial Work
Worldwide



**AD SPACE
AVAILABLE**

**\$75 FULL PAGE
\$50 HALF PAGE
\$30 QUARTER
PAGE**

**AD SPACE
AVAILABLE**

**\$75 FULL PAGE
\$50 HALF PAGE
\$30 QUARTER
PAGE**

Weddings * Portraits * Fashion



D

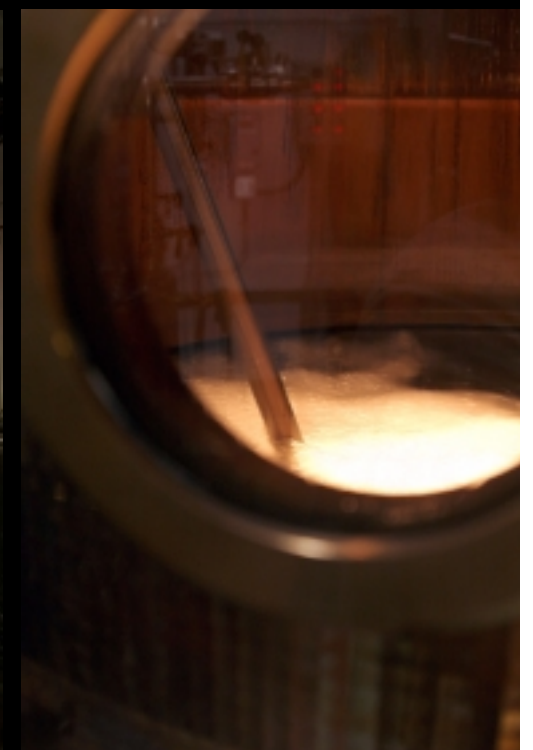
R

Y

F

L

Y



Everyone loves the story of the local guy getting big. It gives us all hope that maybe we could do it too. Maybe we all could make it big in the wide world outside of Spokane. It's with that sort of fondness that we look at Dry Fly Distillery. Spokane's been sipping Dry Fly martinis for a few years now, but the outside world is starting to catch on in a much larger way.

Dry Fly recently won Best Vodka and a Double Gold at the San Francisco World Spirit Competition. In case you didn't know, that's a big deal. The San Francisco World Spirits Competition is the biggest competition of its sort in the United States. They're the local folks made good, and they're doing it in a cool, local way. Using all Washington-grown wheat, they do all their grinding in house before distilling it down to the best gin, vodka, and recently, whiskey around.

On a recent visit to the distillery, Patrick Donovan said, "Ever since the award, it's gotten even busier. Things are really taking off." He went on to talk about how crazy the release of the whiskey was. Dry Fly sold out the same day the whiskey was released. At the distillery itself, six people were waiting in line at

5:30 in the morning --- a full 2 and a half hours before the doors opened. They sold 240 bottles in 90 minutes. To say that Dry Fly has a local following is an understatement.

That following is due, in part, to their steadfast commitment to community. Hosting bottling sessions twice a week at the distillery and becoming involved in local charities was just the start. Recently Washington State passed a law increasing the tax on liquor sales to the highest in the country. Dry Fly announced on their blog that they will not be passing along this increase to their customers. Keeping prices steady means they're making less per bottle, but that's the trade-off in order to keep favor with their client base.

Dry Fly is important for two reasons: First, they're showing that with a love of what you're doing, you can create waves. And secondly, they're showing you can do it with local flavor and local considerations. A toast to Dry Fly.

-Text and photos by Tyson Habein



P
R
O
F
I
L
E



Cultural Stereotypes Aisle 5



It would seem unusual that in this day and age, corporations would use cultural and racial stereotypes to sell product. However, it has become such an ingrained part of our culture that we often walk by these images on packaging without ever noticing them. These photos were taken during a fifteen-minute walk in one Spokane grocery store.

Photographs by Tyson Habein

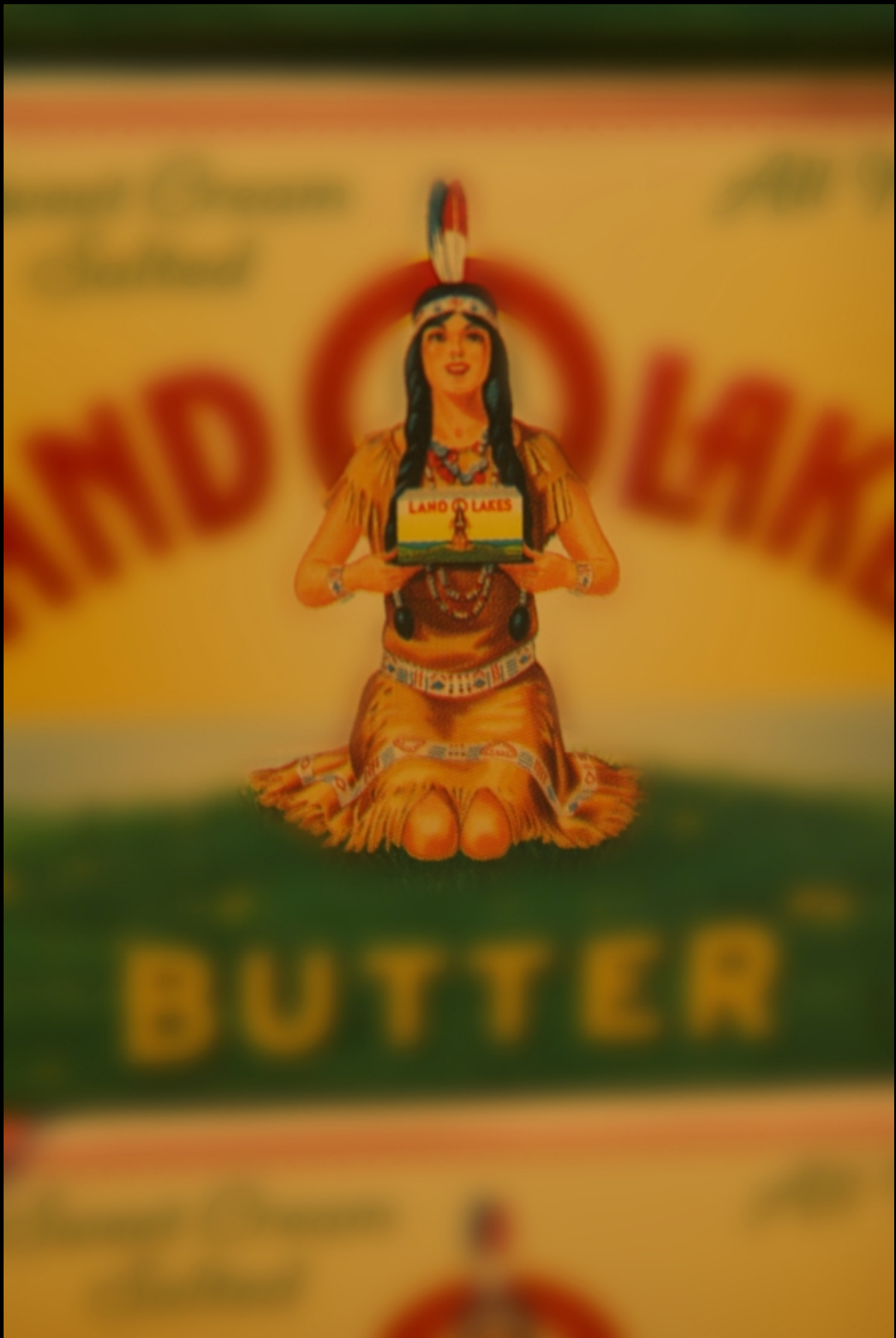
Wasabi



Wasabi

WASERADDER

www.wasabi.com







NIKO NIKO CALROSE RICE



U.S. NO. 1-EXTRA FANCY

Sun Luck

B

E

Y

O

N

D

R

A

M

E

N



The ingredients sound ridiculous enough: tortilla chips, BBQ sauce and wheat bread. The cost? \$2.87 for the bargain brands. We had an almost-as-cheap sandwich grill, and into it, we placed the first two items between the third. If one were feeling imaginative — *very* imaginative — the soggy chips took on a meat-like texture. We ate these creations for lunch, off and on, for about six months. Cooking may be all about making do with what you have, but we could have done better. We lived within walking distance of the Missoula Farmers' Market, for godssakes — the occasional salad wouldn't have killed us.

Maybe you're a creative person surviving on only the sales of your work. Maybe you have an only adequate day job that pays the bills, but not much else. Maybe you once had a great job, but now have to live with much less. Whatever the situation, we can all afford to be more imaginative with our food shopping and go beyond strange BBQ sandwiches.

Now, I'm no militant food snob. If you like Cup o'Noodles and hot dogs, no moral judgement here. Furthermore, if you need to shop at Wally World or WinCo in order to feed your family, then so be it. It's great to have principles, but unless you're a Kafka character, principles matter much less if you starve.

However, since this is a magazine focusing on the Spokane area, I decided to take \$20 to three local food sources: the Downtown Farmers' Market, Yoke's Fresh Market and Fresh Abundance (North Division). Making no assumptions for readers' taste, cabinet contents or cooking skill, I bought foods that appealed to my family. Here's what I found within that budget:



Farmers' Market (\$19.50):

- 2 large cucumbers**
- 1 bunch green onions**
- 3 large white onions**
- 1 head of garlic**
- 2 green bell peppers**
- 1 Anaheim pepper**
- 1 small bunch of basil**
- 1 pint of raspberries**
- 3 pounds of potatoes**

It's hard to know where to start with the Farmers' Market, especially when our visits are infrequent. Many vendors offer similar items, and when trying to stay within a certain amount, it's easy to get over-excited and spend too much at the first couple of booths. I paid with cash and kept going until the money ran out.

At this point in the season, vendors are able to offer more than salad greens and herbs, and I always like coming when the peppers first start appearing. The Olsen Farms booth offers some of the best potatoes around, including my favorite, the purple majesty variety. Nothing quite amuses me like cooking lavender-hued mashed potatoes.



Many of the area farmers' markets also accept vouchers from the W.I.C. and Senior Center programs, helping low income people afford more fresh fruit and vegetables. \$20 can sometimes feel like a lot of money, and assisting with what might otherwise be considered an "extra" is a fantastic thing.



Yoke's Fresh Market (\$19.73):
4 individual cups of Tillamook yogurt (\$1.96)
1 gallon Yoke's brand milk (\$2.29)
1 dozen eggs (\$1.29)
1.16 pounds of handmade chorizo (\$4.63)
3.15 pounds of bananas (\$1.86)
1 pound organic baby carrots (\$1.99)
1 organic leek (\$1.33)
1 bunch organic black kale (\$2.99)
1 baguette (\$1.49)
(10 cent discount for using own bags)

When your five-year-old asks to buy kale, you buy the kale. Doesn't matter if you've ever cooked it; doesn't matter if the only thing you can think to make is something resembling that Azores stew on *No Reservations* — You buy that kale!

To be honest, I don't do most of my grocery shopping at Yoke's, but I do like the stores. When compared to other local companies like Roseauer's/Huckleberry's and Trading Company, they appear to have the best balance of variety and value. It's a blessedly quiet experience too — no one asking every ten seconds if they can help, no blasting radio. One can actually consider their options without feeling like the sooner they get out, the better.

And though leafy greens and a long baguette are the ultimate shopping bag cliché, a hunk of decent bread will always be one of my favorite snacks. By the time you read this, the yogurt, bananas and bread will be long gone.



- Fresh Abundance (\$19.58):***
1 pkg. ginger lemon sandwich cookies (\$4.29)
1 can coconut milk (\$2.19)
14 ounces stir fry rice noodles (\$2.69)
2 pounds dried navy beans (\$3.50)
1 pint plum tomatoes (\$3.90)
1 small bunch cilantro (\$1.39)
12 ounce bottle pear cider (\$1.49)

Maybe Fresh Abundance isn't Whole Foods expensive, but they're no bargain either. While their CSA-style delivery service provides a great value for produce (as long as you like what is in the box that week), a dollar does not go as far within the actual store. Yes, everything is organic, and yes, they provide an essential alternative to a regular grocery store. When you shop here, it's for the greater good.

For me? It's also a little bit about those ginger lemon cookies. They're hard to resist, despite the price, and taste like they should be worse for you. Between them and the cider, why not treat myself? Could I have done more with my \$20 here? Yes, but surely I'd been responsible enough in my other purchases.

Originally, I planned on visiting the Valley location, only to be greeted by a note on their closed gate. Spokane County, in the process of reviewing their application for a full-service grocery expansion, noted that the land they are on is not zoned for any sort of business whatsoever. Despite the fact that they have been operating as one for a couple of years now, presumably paying taxes while being featured in numerous publications, the county shut down the location until the matter can be sorted. I hope they resolve everything soon. The more options we have for quality food, the better.

Of course, the Spokane area has far more locally-owned food sources than these three. Farmers' Market lists have grown exponentially in recent years, and places like the Rocket Market are going strong. Maybe it's not realistic for most people to eat a local diet, but it never hurts to throw a few dollars, now and then, to businesses based in the area.

Wherever you shop though, I think it's good to keep an open mind. Not all organics are insanely expensive, just as not all store brand products are horrible. Hardly anyone can stay local 100% of the time. Just like any other creative endeavor, food is about deciding what's important and finding a way to make it happen. No pretension, no proselytizing — Do what works for you.

*Text by Sara Habein
Photos by Tyson Habein*

F

I

R

S

T

F

R

I

D

A

Y



The heat? Subsided. The breeze? Refreshing. Rain? Forget it, those clouds are only threatening. Under near-perfect conditions, we began the First Friday Art Walk eager to see what Spokane had to offer this month.

A group of local artists had invited the magazine to cover what they were calling a literal “Art Walk.” They planned on meeting outside Trakside Studio (115 S. Adams St.). Carrying pieces of their own art, they would trek across downtown while also viewing other exhibits. Around 20 people said they would attend. We thought this was an interesting idea and looked forward to seeing what the artists chose to carry.

We arrived to no one but a friend who decided to meet us. That’s all right, I thought, people run late. We went inside Trakside Studio while we waited. Inside were a variety of interesting pottery pieces by Chris Kelsey and Mark Moore. Kelsey’s “Exposed Channel” caught our attention right away. Straying from what some might think of as “traditional pottery” — vases, bowls and the like — he chose to mount the three-dimensional blocks on the wall and I liked the cutout, layered effect each one had.

Back outside, we decided to wait a few minutes more for the walking artists. One person arrived and asked if we had seen anyone carrying art. She made some phone calls, but was unable to find out what had happened. Half an hour after we’d first arrived, no one ever turned up. Of course, one would expect a handful of people to chicken out, nervous about that sort of public display. Others will undoubtedly have conflicts arise. Some will forget. But to have just one person and not even the main organizer show? How does that happen?

We moved on to the Lorinda Knight Gallery (523 W. Sprague) where we saw a rather sizeable crowd. We’ve been critical of the gallery in the past, saying how they stayed within the same parameters of art month after month. However, this time they stretched beyond their affinity for abstract shapes and muted atmosphere in favor of video projections from Jenny Hyde. Similar to Scott Kolbo’s work seen at the “Overripe Apple Pie” show a few months back, her work features still images overlaid with movement. After seeing clothing ripple across illustrated feet, our two year old son had no interest in moving on to the stationary water-themed ceramics from Lisa Nappa. I can’t say I blame him — it was all very pretty, and I liked the individual raindrops, but the most interesting work sat upstairs.



For a long time, I didn't know the upper rooms existed. Only the artists in the main room were listed on the First Friday webpage, and if one doesn't notice the sign at the back pointing towards the stairs, they'll miss out on some great pieces from around a half dozen other artists.

Highlights included Jen Erickson's intricate oil and graphite work on clayboard, acrylic ink collages from Gail Grinnel, and whimsical three-dimensional wood, wire and watercolor work from Andrew Bohl. Any of their pieces, I would hang on my wall right now, if income allowed.

Tyson enjoyed Lanny De Vuono's oil painting on wood, entitled "Between." And as a photographer, he liked seeing silver-based prints. Strangely, all of those framed photos sat on the floor, propped up against the wall, with no other obvious information listed. I didn't catch the name of the photographer.

At the Brickwall Gallery (Main & Howard, 2nd Floor Skywalk), Philip Cortis exhibited work from his "Finding Britain" project. As someone who has a great fondness for the UK, and being a fan of the London-based street photographer Fin Fahey, I was curious to see what Cortis chose to highlight. Maybe I'm not his market, but I didn't find closeup shots of cathedral fixtures all that exciting. Would they be what British citizens consider representative of themselves? Perhaps not. The photos themselves were fine, but nothing left me saying, "Wow."

Farther inside, Shelly Murney's "Noise and Motion" series stood out from the rest. Blowing up digital video stills into unrecognizable day-glo pixels made me curious to know their original content. Now that the equipment has become more affordable, I like that digital video is influencing so many different genres

of art. It opens up new possibilities, and I'm eager to see what will happen next.

Joe Nuess has his photos hanging every time we've been in, but his most interesting print is shoved in a back corner, best visible from the window outside. "FedEx," with its dark night and neon, is a fantastic example of contemporary fine art photography. Perhaps the more traditional landscapes sell better and that earns their more prominent placement, but we nearly walked past one of our favorite pieces of the night.



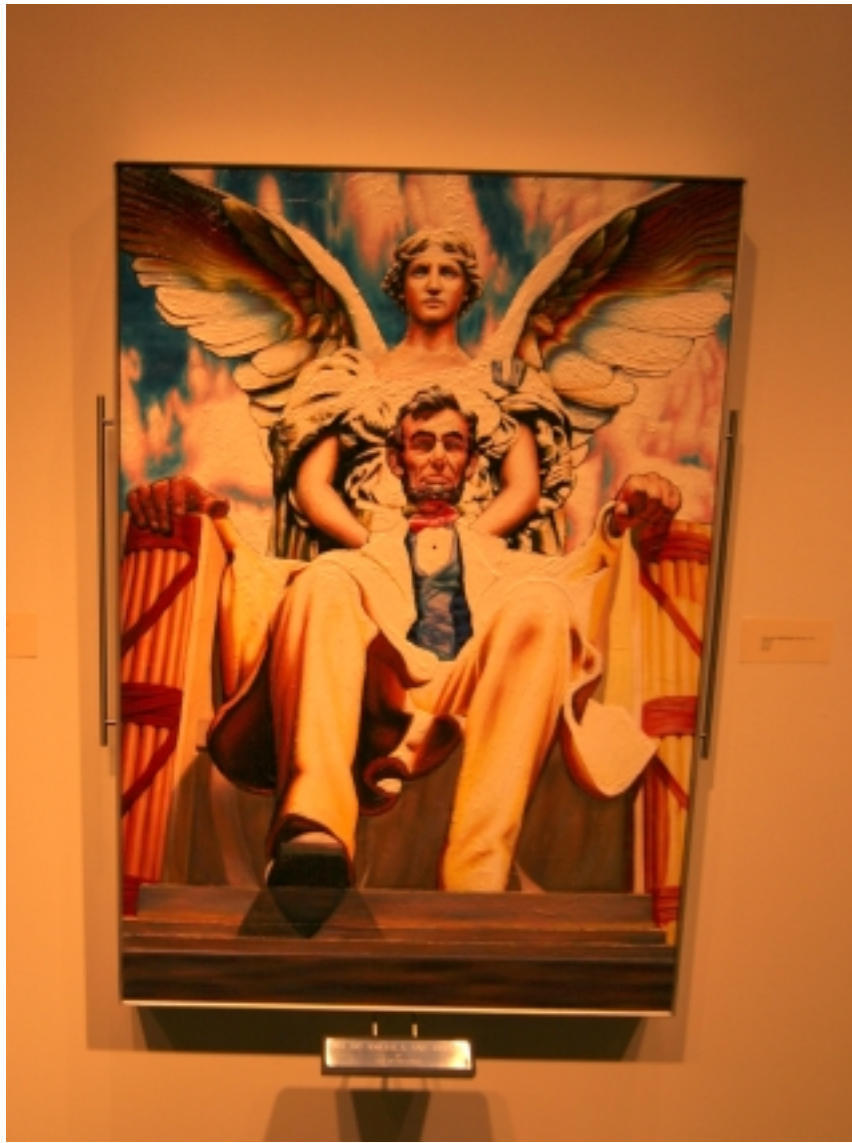


Over at the Chase Gallery, located inside City Hall, we saw 34 different works as part of an all-media juried show. The Spokane Arts Commission provided plenty of promotion ahead of time, through their own site and on Facebook, and there was a good-sized crowd when we arrived.

Of all the exhibits we saw that evening, this one had the greatest variety of styles. My favorite was Susan Fern's oil on board piece entitled "Proud Mother," in which a toy bird stands beside a tiny baby carriage. Tyson found Gloria de los Santos' photograph "Beyond the Sea" quite striking, while our ever-dramatic five year old daughter loved the giant, colorful "Lincoln" painting by Cain and Todd Benson. The two year old? Well, at that point, he was more interested in the reception food.

Every month, even when the listings don't necessarily promise anything super-exciting, we find art that surprises us. Neither Tyson or I have any sort of formal art education, nor do we believe we're an authority on what's good, but we like to see what's out there. We like to expose our children to the specific act of viewing art, maybe in the hopes that when they're older, it's not an intimidating or uptight way to spend an evening. Every month, there are people who lay out the inner workings of their mind, hoping to inspire that "Wow" gut reaction. The least we can do is pay attention.

*Text by Sara Habein
Photos by Tyson Habein*



O

N

T

H

E

P

A

L

O

V

S

E



I drive in to Spokane from the Palouse every day. I work in town, but live just to the South. I pass by the wheat fields and the woods and the small streams without thinking about it too much. Recently, I passed by an art show as well.

Art Loose on the Palouse is an annual gathering where artists set up makeshift galleries under tents in Valleyford. Every year, the event features a combination of Spokane artists and those from further afield.

This year, I was struck by the variety on display. As I walked around, I saw a huge range of work from sculpture and abstract welding pieces, to traditional fine art paintings and photography. Dick Parsons brought out work that immediately caught my eye. His paintings of semi-abstract geometric forests had a great depth to them. The colors were vibrant and caught your eye without being overwhelming. It struck me as something that I would love to see hung in a local restaurant or coffee house.

Tina Lee Fisher had wonderful work on display. A piece that I had seen before called "TH Collier Outfit" was amazing in its timeless vision of Palouse life. Men that could come from any era in the past 150 years sit atop a combine harvester moving across broad wheat fields. The sense of light coming off the machine and the field are top notch, and the detail is absolutely amazing.

Avenue West Gallery had a collection of their artists' work available, and as a

co-op, many of the artists were present to discuss the work with viewers. They always put on a good showing. I think being elsewhere does some of the work that might be lost amongst the large quantity of things in the gallery itself, allowing the pieces to shine more on their own.

The work that interested me most at the show, however, was the photography of Richard Bennet. His image "Palouse Barn" was the first thing to catch my eye. The picture has a series of great clouds in it, given a good push either via a polarizing filter or digital manipulation. Either way, it works beautifully, allowing the clouds to stand out without going overboard as so many photographers do. Beyond this piece, I found the work he's doing in collaboration with his wife very interesting. His wife does wildlife paintings, and Mr. Bennet is now having gallery wraps printed of his landscape photographs, while his wife paints wildlife into the photos. Her skills as a painter are strong enough that when coupled with his rather painterly landscape photography, one is unsure whether it's entirely a photograph or entirely a painting. It's a beautiful sense of confusion to have with a piece like this. I'd love to see more people explore this combination of mediums, and I'll certainly be watching for the Bennets' work elsewhere.

-Text and photos by Tyson Habein



*Top right, Richard Bennet;
Bottom left paintings, Dick Parsons;
Bottom Right paintings and photographs, Mr. and Mrs. Bennet*



S

U

N

D

A

Y

M

O

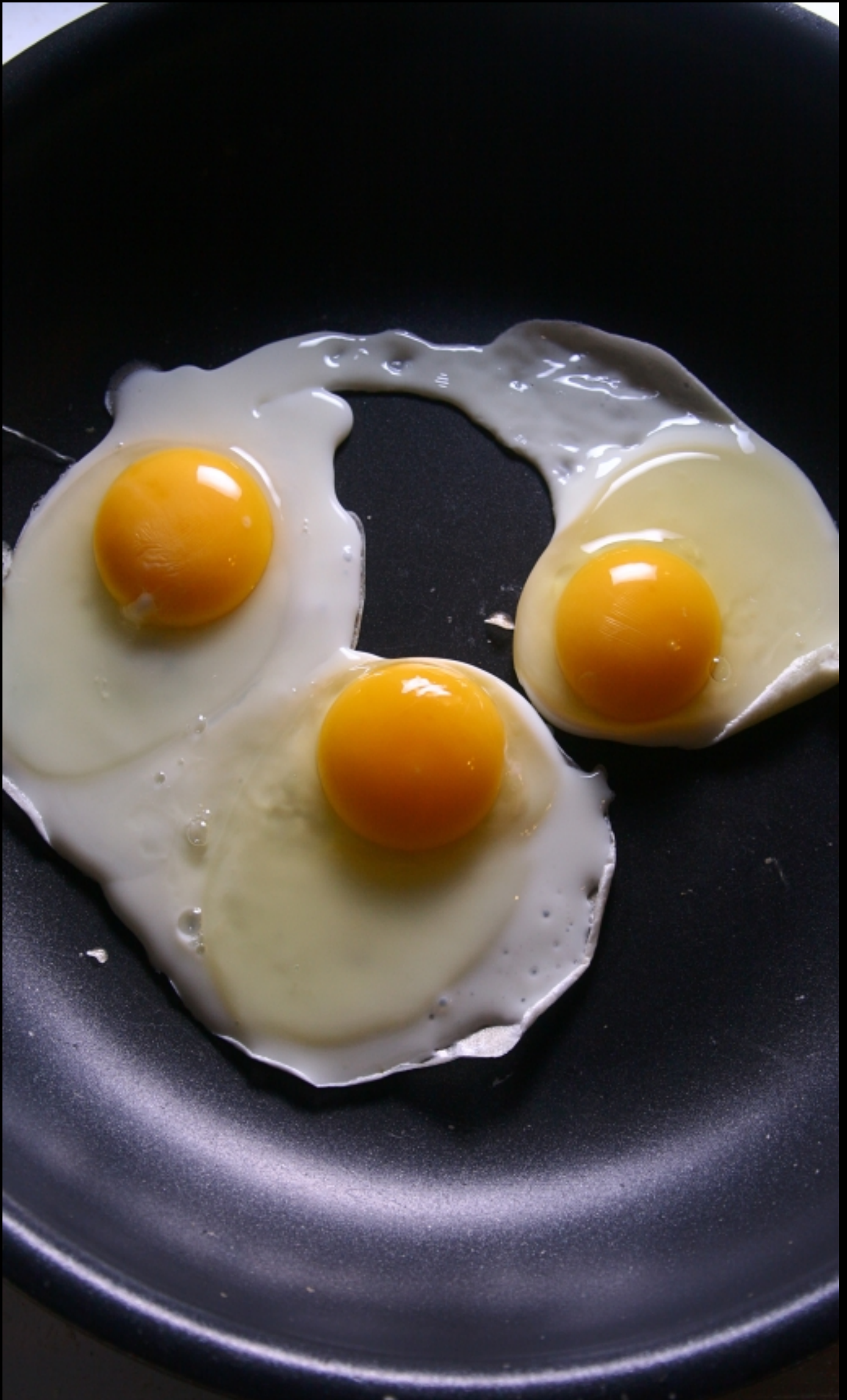
R

N

I

N

G



MOJO Magazine has a monthly feature called *All Back to My Place*, “in which the stars reveal the sonic delights guaranteed to get them going.” It’s a good set of questions for any music fan — current and all-time favorites, first record ever bought and the like — with the last one being, “Your favorite Sunday morning record.”

Sunday morning might mean different things, depending on who you ask. Around our house, no one’s ever worked the standard Monday through Friday, 9-5 job, so Sunday rarely marks the end of a weekend. And much like a steady disposable income with which to buy new music, two consistent days off in row is a fond, though faint, memory.

However, when I think “Sunday morning record,” I think Beck’s *Midnite Vultures*. I think scrambled eggs with cheese, toast and two cups of coffee. I see our daughter dancing around the room, and Tyson and I laughing because it’s to a song called “Sexx Laws.”

The album’s all about going out and getting busy, which also lends itself quite well to the “Saturday night record” question, but I like to start the day upbeat. It’s energy over intent on those bright and easy mornings, when we have no firm plans other than making a decent breakfast. When I’m the sort of person who can’t handle conversation before coffee, mellow music will only make me wish I were back in bed.

Midnite Vultures is ten years old, and it’s the last time I have cared about anything Beck does. I tried giving a *Guero* a fair shake, but after a few listens, it all blurred together into one long *whatever*. He used to be a guy who seemed effortlessly imaginative. And now? He’s the guy going, “Look how different I am! I’m making interactive album covers and telling fans to remix my songs. God, I’m just so *of the future*, take me seriously!” Never mind that the music isn’t as good. Somewhere along the way, he lost his sense of genuine fun. Perhaps he threw it all into *Midnite Vultures*, hoping to see it recycled back into his brain, only for it to never happen. Perhaps he peaked in 1999. Perhaps ten years ago, I didn’t notice the posturing.

Whatever the reason, I’m going to hang onto the good stuff he’s done and do my best to suppress my completist urges. Until he gives anyone besides the die-hards a reason to care again, I’m happy with him remaining breakfast music. Forget ever producing another *Odelay*, I’ll settle for something as good as “Debra.”

Beyond breakfast, I like having music on when I cook. Anything I can sing along with works; it helps me concentrate. Tedious tasks, like peeling potatoes or chopping fresh herbs, go much faster. If I can shut out everything else for a little while, I find cooking enjoyable. Good tunes, space to work, and no children yelling because it takes more than 5 minutes? I can guarantee that the meal will feel all the more satisfying.

Music and food are so interrelated — Both are tied up in memories, pleasure and the urge to share with others. Some prefer classical and Thai noodles, others love punk and street cart burritos. Perhaps we dabble in a bit of everything. Our all-time favorites can be hard to pin down, and just when we think we’ve come up with a Top 5, we remember something that makes us reconsider it all. I don’t need to know how to make the perfect soufflé or how to play guitar in order to enjoy either. Music and food are communal, a give-and-take.

Sunday morning, Saturday night — Any time we come together over a shared interest, that’s where the best conversations happen. Somewhere out there, a Beck fan wants to tell me just how wrong I have it, that I just haven’t been paying enough attention. They might want to put on a more recent album, sit me down and say, “You have to try this.” Maybe I can be convinced.

A sandwich might help.



Sara Habein is lactose intolerant, but if she could eat anything she wanted, her Last Meal on Earth would be BBQ brisket on onion bread, a bowl of she-crab soup and a side of hush puppies. Vodka and ginger ale, please.

To see her answers to the rest of the MOJO survey, please visit glorifiedloveletters.blogspot.com

Accepting Advertisements

In the current economic climate, targeted advertising is everything. Intelligent expenditure of advertising capital is everything. Advertise in the magazine for the Spokane creative community.

Why advertise in a PDF magazine?

Digital media is the future. As print struggles to survive, digital media is stronger than ever. PDF publishing combines the style and class of the old with the strength of the new. It's free, it's unlimited in circulation, and it's universal. Dollar for dollar, advertising in PDF publications is the best value around.

Stay ahead of the competition. SPOKE(a)N(e) Magazine is now accepting advertisements for future issues.

Full Page Ad-- \$75

Half Page Ad-- \$50

Quarter Page Ad-- \$30

Custom ad design is available.

Contact us for rates and file requirements.

spokenspokane@gmail.com