

HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 13 Issue 158
March 2012

**A NATURALIZED
WOMAN** PG. 4
by William Ham

I'LL TRADE
PAINTING !!

ERIN HOFSETH on
A new form of Feminism
PG. 8

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MOWING !!!

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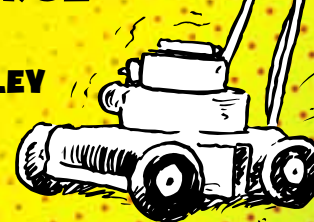
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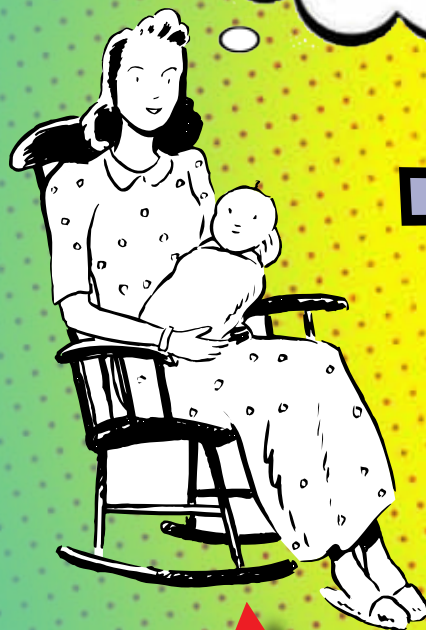
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PG. 14

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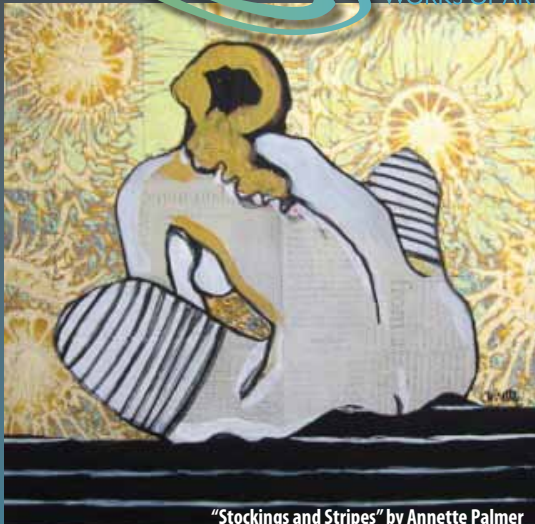


**A TALE OF TWO
TRIBAL CANOES** PG. 10
Watt Childress & David Stowe

CSA TIME
Get your local, seasonal veggies
delivered! Choose a farmer in your
area. We got the list! PG. 12
by Cathy Nist



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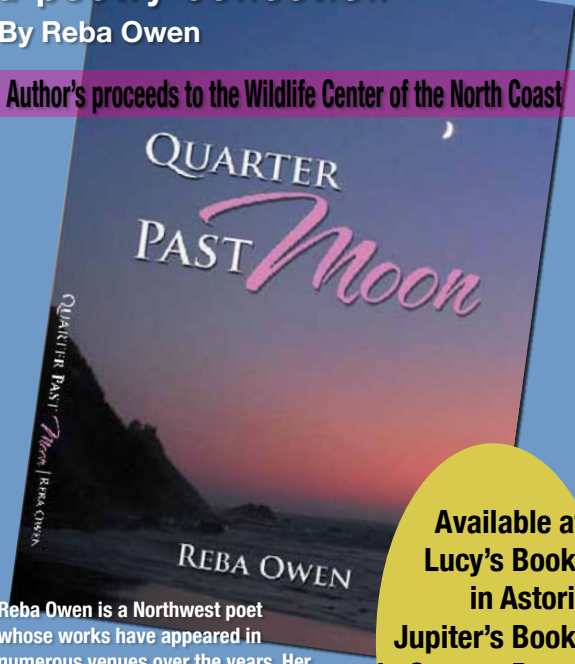
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HIPFiShmonthly

March 2012

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KALA is the groundfloor gallery and performance space located at the production office of HIPFiShmonthly. We proudly collaborate with local and regional artists in a presentational format. KALA is the Finnish word for fish.

HIPFiShmonthly is located at 1017 Marine Dr in Astoria. 503.338.4878

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Bob Goldberg

KALA VISUAL ARTS CURATOR:

Rebecca Rubens

**NEXT
HIPFiSh
FRI. April 6**

COVER: Les Kanekuni

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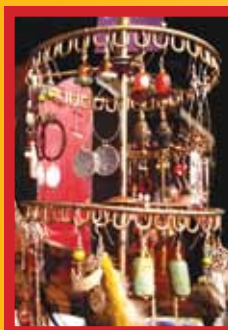
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Eva Vecsernyes to America: “You Make Me Feel Like A Naturalized Woman”

by William Ham

FREEDOM. IT'S a word you'll hear a lot of this year, bandied about so often it'll be surprising if no political entrepreneur goes out and gets it trademarked before the election cycle ends. To many of us, freedom is a given, a fact of life, even a slogan. But to Eva Vecsernyes – native of Hungary, single mother of two, eleven-year resident of Astoria, and, as of last month, fully-naturalized citizen – freedom is the operating principle of her life, the thing that informs everything she does.

“I am a very bullheaded person!” Eva smilingly exclaims. “I don’t like being told what to do too much!” Which is not, as you might imagine, the most comfortable attitude for a child growing up in Communist Hungary. “There, I was told how to live my life. I like to live my life on my own terms – I understand there are rules to be followed but this is my life, I only have one. I don’t need my government telling me how I should live, where I should work, what I should read, what I should watch on television. I am entitled to choose my own life, as a human being.”

And choose she did. Just after eighth-grade graduation, fourteen-year-old Eva hopped a plane to Alaska and immediately found emancipation – not to mention extreme culture shock. “Culture shock? You’d better believe it! I come from a country that was technologically – not necessarily behind but kept back. I mean, they’re just finally getting color television! Come on! So you come from that to a place that has washers and dryers ... you’re going, ‘what’s a dryer? What’s a microwave? What’s an automatic door?’ I didn’t know what to make of it all!”

If major appliances take some getting used to, imagine being confronted with a whole world of cultural referents undreamt of in a Hungarian teen’s philosophy. “The movie *Alien* was not allowed in Hungary, for example – the government considered it ‘too violent’ so it was banned. I remember my aunt protesting to have it shown and getting into a lot of trouble for it. Certain movies were kept out of the country, there were certain books you could not read, and all pornography was completely illegal... so when I came here and saw how freely available it was, I was in complete shock! To suddenly have all that in my face as a fourteen-year-old girl – to go from it being illegal to being everywhere...”

Cultural liberties are one thing, but Eva soon discovered that oppression is not just a product forged behind the Iron Curtain. “My ex-husband is a native Alaskan. I remember going to a potluck in his village, and the first thing they said when we got there is ‘no white women allowed’ and I had to leave. Have I come

across people who tell me ‘go back to your own country?’ Sure, but that’s just the bigots. Who cares? But to come across such a united front like that – that was very shocking. It’s such a drastic life in Alaska in many ways.” Freedom called again; she divorced and, with children Victoria (now nineteen) and Jonathan (seventeen) in tow, “bummed around” the lower 48 for a while. “I was in Arizona for a little bit, then Texas, and eleven years ago, I came here for two days and haven’t left yet!”

“Astoria got to me,” she says. “There’s a lot of neo-classical architecture here, everything’s a little bit older, and there’s a real sense of history, which is one of the things I miss about Hungary. And the weather is almost the same! People are very open-minded around here; I’ve been made to feel very welcome, the local families treat my children like one of their own. We were assimilated into the community very quickly. I do get some people telling me ‘learn to speak English,’ because my accent gets heavy when I get a little upset... well, live with it! It’s beautiful here – I really don’t want to leave!”

And now, she’ll never have to – just three weeks before we spoke, Eva made it official:

she is now a full-blown citizen of the USA. “Anybody who’s afraid of it, don’t be! It’s the easiest test I ever took! They give you a study guide for a hundred questions, and they say they’ll ask you up to ten. I got asked four – who is the President, who is the Speaker of the House, if I’m willing to bear arms for the United States, and... there was one more question that honestly I’ve already forgotten! Then they asked me to read one sentence, write one sentence and that was it. It was really simple – I went into study mode like a crazy woman for two months for nothing!” And what’s different now that she’s officially American? “I can bitch in public now!”

But if you think that means she’s settled, think again. “My son’s going off to college in the fall so after that, I’m a free bird! I would like to go back to school and get my Master’s in literature, but at the same time I just want to pack up and go somewhere – I’ve never seen Africa, never seen Asia. Nothing’s really holding me back, so why not? I’ve been a daughter, I’ve been a wife, I’ve been a mother, it’s time to be me. But Astoria feels like home, it does. I can’t say I won’t flutter, but I’ll always fly back.”



Photo: Dinah Urell Graphic: Richard Ridgeway

Tillamook County Citizens for Human Dignity Host Richard Forer: Israel-Palestine Conflict

TILLAMOOK COUNTY Citizens for Human Dignity will host Richard Forer, author of "Breakthrough: Transforming Fear Into Compassion", on Wednesday, March 14, 6-8 p.m. at the Tillamook County Library, 1716 third Street.

Until 2006 Richard Forer had been a loyal defender of Israeli policy and a member of AIPAC (American-Israel Public Affairs Committee), a powerful Washington D.C. lobbying group.

A series of conversations with close friends persuaded him to begin an intensive study into the history of the Israel-Palestine conflict. Open to the possibility that a lifetime of beliefs might contain a few inaccuracies, he secretly hoped to obtain information to discredit scholars whose findings he considered anti-Semitic.

With uncompromising commitment to the truth, he went far beyond his original intention. Reaching into



the depths of himself, he underwent a spontaneous spiritual transformation in which he awoke to his true identity. Forer discovered that in truth we are all Muslim, Christian, and Jewish, Palestinian and Israeli.

In his talk, Forer will share how blind loyalty to Israel obstructed his ability to empathize with the suffering of Palestinians and induced him to support self-destructive policies that are doomed to perpetuate conflict and suffering on both sides.

Richard Forer has Ultra-Orthodox relatives living in Israel. His identical twin brother is a prominent member of an Ultra-Orthodox sect of Judaism. His younger brother is a former president of one of the largest synagogues on the East coast.

The event is free and open to the public. For more information call 503 398 5223.

Lewis and Clark National Historical Park = visitors, money and jobs

ASTORIA, OR. and **CHINOOK, WA.** – A new National Park Service (NPS) report shows that more than 220,000 visitors in 2010 spent \$10.8 million in Lewis and Clark National Historical Park and in communities near the park. That spending supported more than 164 jobs in the lower Columbia region.

"People in the lower Columbia have given their passion, pride and energy to Ft. Clatsop, Middle Village & Station Camp and other units of Lewis and Clark National Historical Park," said park superintendent David Szymanski. "This study shows that their support of the national park gives back and helps to drive our local economy. We anticipate an even larger impact when Middle Village & Station Camp opens in Washington in summer 2012."

Most of the spending/jobs are related to lodging, food, and beverage service (59 percent) followed by other retail (16 percent), entertainment/amusements (12 percent), gas and local transportation (9 percent), and groceries (4 percent).

The figures are based on \$12 billion of direct spending by 281 million visitors in 394 national parks and nearby communities and are included in an annual, peer-reviewed, visitor spending analysis conducted by Dr. Daniel Stynes of Michigan State University for the National Park Service.

Across the U.S., local visitor spending added a total of \$31 billion to the national economy and supported more than 258,000 jobs, an increase of \$689 million and 11,500 jobs over 2009.

United Paws Receives Grant from Build-A-Bear

UNITED PAWS of Tillamook has received a generous grant of \$2,500 from the Build-A-Bear Workshop Bear Hugs Foundation toward its "A Trip to Snip!" program. "A Trip to Snip!" is a transportation program designed to help Tillamook County pet owners and caregivers of feral cat colonies who do not have any means of transportation. United Paws volunteers pick up animals in need of spaying and neutering and transport them to and from a veterinarian. In addition United Paws ensures the animals receive any other medical necessities, such as parasite treatment and inoculations, as necessary. United Paws asks for a contribution toward payment of this service, because the more the group receives, the more animals it can care for; however, nobody is turned away for lack of ability to pay.

"The Build-a-Bear grant will enable United Paws to reach that many more animals in need," said Christine Watt, United Paws' grant writer. If you or someone you know needs the service offered by "A Trip to Snip!" call the United Paws hotline: 503 842 5663; leave a message, and a volunteer will call you back.

Winter Training for Literacy Tutors at CCC

CLATSOP COMMUNITY College will conduct its winter term Volunteer Literacy Tutor Training on Saturday, March 17, 11:00am to 2:00pm in Columbia Hall, Room 221, 1651 Lexington Avenue, Astoria.

This training is for practicing tutors, persons interested in becoming tutors and others interested in the subject. Discussion will also concentrate on learning strategies and tools that will help students listen, speak and read better. Please call to reserve a place and direct any inquiries to: Eileen Purcell, 503-338-2557 or epurcell@clatsopcc.edu.

CARTM & Hoffman Center Join Together

To Present **TRASH BASH** Alternative in July

MANZANITA, OR - Recently the board of directors of CARTM Recycling Center in Manzanita made the announcement, that its 13-year signature waste-free and smashingly popular event, the TRASH BASH is taking a hiatus.

Since 1997, CARTM has been producing the popular annual party "at the dump." This multi-faceted event literally stops operations at CARTM for days and requires up to six months of valuable staff and volunteer time in planning and organizing. The CARTM board realized that to gain significant traction on their bold and challenging new mission (established in 2010) they would need to focus staff time and resources on priority initiatives designed to meet their mission - Leading Our Community to Zero Waste.

Examples of new initiatives CARTM will be focusing its 2012 energy on include: a redesign of the resale store and exterior building materials area, internal waste audit as the basis for a community-wide waste audit program and a major appliance repair-resale program. Other possibilities include the addition of a delivery truck—possibly fueled by biodiesel created at the site from local waste vegetable oil, and the creation of a scalable zero waste event "canteen" for community events of all sizes in CARTM's service area.

"We hope the community will be as excited about these projects as we are," said Kren Reddick-Yurka, CARTM board chair, "Enhancing our customers' resale shopping experience is very important to our mission. Our goal is to get everyone in our community to re-think habitual purchasing and consider "re-use first!" when a need arises."

From the first Trash Bash in 1997, CARTM has taken on a leadership role in the creative re-use of materials. The Trash Art shows captured the imagination of attendees and birthed many new ideas of how materials can be re-used in furniture, lighting, clothing, decorative items and fine art.

THE SHOW MUST GO ON.

The Hoffman Center in Manzanita has stepped up with an offer to collaborate with CARTM and host the beloved event at their venue and share in the work of production and marketing of the show, and the proceeds. Both organizations see this as a win for both as well as a big win for the community.



The Trash Art Show which is scheduled for July 6, 7, and 8 will be the 14th annual show which was birthed in 1998 by Susan Walsh and Lorraine Ortiz. Through the ensuing years the show has produced a whole new cadre of local artists specializing in the making of this art-form which relies solely on recycled materials as its medium.

"The Hoffman Center sees this partnership as the perfect fit to let the show go on without impacting CARTM's operations or current desire to focus its attention on its mission," said John Freethy, Hoffman Center board member. "We are an art center so it was natural to have the show move to our venue to carry on this local tradition."

The show will be a fundraiser for the two organizations and the plans for the event this year include a ticketed pre-opening night event for those wishing to support the organizations above and beyond purchasing the art. There will be a limited number of tickets sold to the pre-opening which are expected to go on sale in early May.

"All of us at CARTM are overjoyed at the partnership proposed by Hoffman Center," said Jan Hamilton, CARTM Executive Director. "We all want to see trash art continue to thrive in our community because it is one of the way our community expresses itself creatively, and as art-form it inspires creative re-use of materials which is ultimately at the heart of everything we do at CARTM."

Plans are also underway for a series of Trash Art workshops to be held in April and May in anticipation of the show. The organizers of the 14th Annual Trash Art Show encourage anyone who has ever wanted to enter something in the show to do it this year. For more information contact johnfreethy@gmail.com or call 503-368-3846.



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The Iran Fixation

by Stephen Berk



SINCE THE advent of the oil based economy, the US and its European allies have sought control of Middle Eastern oil fields. The Ottoman Turks lost hegemony in the Middle East to the British and French as a result of World War One. And after the Second World War, European powers joined the US to form NATO and corner the Middle Eastern oil fields. At that time the US could rely on its own reserves for domestic use, but it formed NATO to counter supposed Soviet expansionism in Europe and elsewhere. In reality, the Soviet Union had communized the countries at its Western border after World War Two to create a buffer against the West. The USSR had been invaded by Western powers twice since its formation in 1917 and had lost some twenty million of its population in World War Two. Yet our Cold War ideology held the Soviets to be the expansionist power, and expansionist American policy was always justified as countering Soviet communist internationalism, as our present empire is justified as countering Islamic "terrorism."

In 1953, when British and American agents surreptitiously upended a democratically elected Iranian socialist government that had nationalized oil, they claimed their purpose was to counter Soviet influence. The Shah was placed back on the throne, and Iran's vast oil reserves were placed at the behest of Western oil corporations. Twenty-five years later, the Islamist Iranian revolution renational-

ized oil. Oil rich states, Arab and otherwise, have long been aware that the only way to use their oil for their own good and not become an economic colony of America and the West is to nationalize their precious commodity. Thus Saddam Hussein's secular Baathist regime in Iraq also did so. After the US passed peak oil production and its own resources began to decline sharply in the seventies, the free flow of oil became a priority not only to supply our European allies, but also ourselves. Hence we see what Hampshire College Peace Studies professor Michael Klare has predicted: continuous twenty-first century resource wars.

The overriding truth is that our two immensely destructive wars against Iraq, and our sanctions and increasing bellicosity towards Iran have nothing to do with these countries' development of nuclear arms or other "weapons of mass destruction." Though who could blame these oil rich countries in an era of rapidly depleting oil reserves for seeking to defend themselves from inevitable Western invasion by developing such weapons? It is also true that just as Saddam Hussein had no "weapons of mass destruction," neither can it be proven that Iran's uranium enrichment program has anything but the purpose their leaders articulate: development of an energy source.

But just as it was useful for the US and its NATO allies to drum up a basis for invading Iraq in order to gain control of its oil, so has it

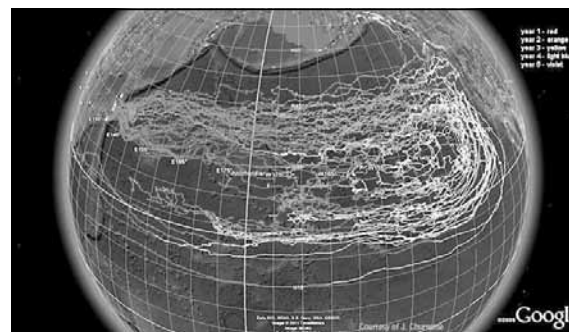
been useful to do so as regards Iran. And with this in mind Western and Israeli propaganda relentlessly portray Iran as a world threat. Israel, never short on hyperbole, calls Iran an "existential threat," citing its president, Ahmadinejad's hostility to Zionism and penchant for Holocaust denial. But the Western press is forever silent concerning Israel's own nuclear arsenal of over two hundred missiles. Israel is in fact one of the best armed countries in the world. And its Mossad has been conducting a secret war inside Iran, including the killing of at least five nuclear scientists, as well as other Iranian civilians, by means of explosive devices. Can you imagine how the US or Israel would react if Iran were doing such things within their borders?

We have been through all the sanctions and demonizing before in the run-up to the second invasion of Iraq. While the Obama administration lacks the ultra-imperialist Neocons to beat their war drums, they refuse to take military action "off the table," they conduct no high level, let alone summit negotiations with Iran, and as with Iraq, they sponsor more and more brutal sanctions. Modern Iran has never started an aggressive war. In the past twenty years alone, the US invaded Iraq twice and Afghanistan over a decade ago, where we still fight to secure a pipeline outlet for Caspian oil to the Indian Ocean. Who then is most likely to start the next catastrophic war in the Middle East?

Help SOLVE the Problem of Marine Debris: Volunteer for the SOLVE Spring Oregon Beach Cleanup

PORTLAND, ORE — Be part of the Oregon Beach Cleanup tradition by joining thousands of volunteers March 31st, from 10am to 1pm. SOLVE encourages volunteers from around the state to join in the effort of clearing the entire Oregon Coast of the trash washed ashore from winter storms. Visit www.solve.org to register online and view a map of check-in sites, or call SOLVE at (503) 844-9571 ext. 332.

The global impact of marine debris is particularly visible this year following the tragic 2011 tsunami in Japan, which threw tons of debris into that Pacific Ocean. According to the National Oceanic and Atmospheric Administration (NOAA) National Ocean Service, debris from Japan could potentially reach the West Coast in 2013. "SOLVE is working with multiple partners to prepare for additional cleanups if need be, and the help of volunteers across Oregon will be critical to prevent marine debris from damaging habitat, tangling wildlife, and clogging boat engines," says Melisa McDonald, SOLVE's Executive Director.



NOAA predicts that plastic items from the tsunami are the most likely to reach the West Coast. "Plastic debris and other synthetic materials can cause lasting damage to ocean ecosystems and wildlife" says Diana Bartlett, SOLVE's Beach Cleanup Coordinator. "The majority of plastic found in the ocean is a result of overuse and careless disposal" she adds. Bite-sized pieces of plastic, including cigarette filters and bottle caps can be mistaken as food and ingested by wildlife leading to malnutrition, injury

or even starvation. Larger debris such as rope, fishing line, and nets can tangle and strangle wildlife, as well as damage boat propellers and engines.

Last spring, more than 3,400 volunteers removed an estimated 52,617 pounds of trash off the coast, including 4,627 pounds of recycled materials.

The Oregon Spring Beach Cleanup is made possible by Coordinating Sponsors The Oregon Parks and Recreation Department and Local Coast Garbage and Recycling Haulers, and Legacy Sponsors Fred Meyer and the Tektronix Foundation.

Did you notice the E? SOLVE is unveiling a new logo that more accurately reflects the work of the organization - the active participation of volunteers choosing to SOLVE. SOLVE was founded in 1969 and was among the first in the nation to pioneer volunteer beach cleanups. SOLVE's mission is to bring Oregonians together to improve the environment and build a legacy of stewardship.



The Mormon Proposition Come View This Documentary Free

Tuesday, March 27, 2012

6pm Potluck Social

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✱ **Film 7 P.M.** ✱ **Discussion 8:30 - 9 P.M.** ✱

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California's Proposition 8 Passed November 5, 2008.

It Took Away the Rights of

Same-Sex Couples to Marry.

Washington State Just Passed the

Same-Sex Marriage Statute.

Will the Same Thing Happen to the State of Washington?

Come See the Film and Join the Discussion.

Let's Find a Way to Keep ALL Same-Sex Right To Marriage Laws

On the Books!

Sponsored in part by the

Clatsop County Marriage Equality Project

Gay Marriage Update

WASHINGTON STATE became the seventh in the nation to put a law on its books recognizing same-sex marriage on Monday, Feb 13, 2012. The measure, which won final approval from state lawmakers, remains essentially on hold until at least early June, following a standard enactment period that runs until 90 days after Washington's legislative session ends.

Opponents have launched a campaign to seek the statute's

repeal at the polls in November through a ballot measure that could delay enactment further or halt it entirely.

Still, the bill-signing marked another key victory for gay rights advocates after a federal appeals court declared a voter-approved gay marriage ban in California unconstitutional earlier in February, and the New Jersey state Senate approved a same-sex marriage bill earlier on Monday.

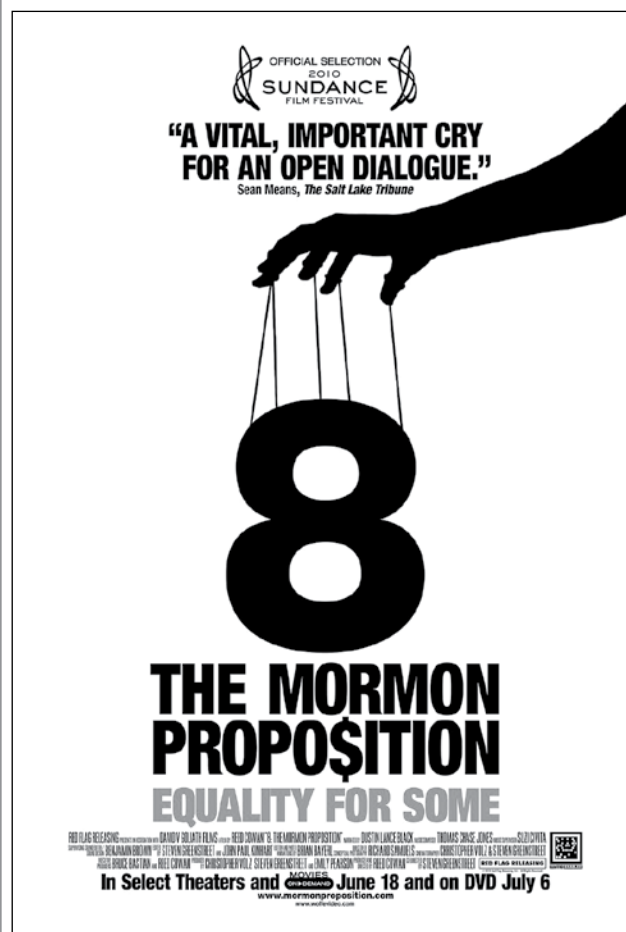
Third Thursday PFLAG Meeting

THE NEXT regular PFLAG meeting will be on Thursday, March 15, 6:30 pm at the First Lutheran Church, 725 33rd Street, in Astoria.. FMI: call 503.325.1895

Synopsis for - 8: The Mormon Proposition

As California's anti-gay marriage proposition 8 languished in the polls, Mormon Prophet Thomas S. Monson issued a call from Salt Lake City to millions of Mormons all over the world. His was an order to action containing the secret code language of the highly secret Mormon temple ceremony. The action alert commanded Mormons in and out of California to do all things necessary to insure the passage of California's Proposition 8. Within days, hundreds of thousands of Mormons all over the United States funneled thirty million Mormon dollars in to California coffers to purchase the passage of California's anti-gay marriage Proposition 8.

In the words of '8 Director Reed Cowan, '8: The Mormon Proposition puts on record one of the greatest election shams in the history of the United States. If the Mormon church gets a pass on this one, we're in grave danger as a society of letting other groups purchase votes and we're putting power behind their so-called 'secret combinations' to do it again. This can never happen again. Never.'



Q-JAZZ at the Bridgewater Bistro Third Thursdays

Q-JAZZ INVITES the LGBTQ Community and friends the third Thursday of each month to enjoy the Basin St. Northwest Jazz Trio, complimentary apps, and piano bar hosted by friends and performance associates Dinah Urell and Walt Trumbull.

Arrive at 8pm for complimentary appetizers and catch a sampling of Basin St. NW piano trio led by Chuck Wilder, featuring guitarist Dave Drury, and bassist Todd Pederson. Urell and Trumbull

dip into the American songbook, in solo and duo, and open the mic for folks who would like to sing, in the vein of American standards, jazz and blues. Expertise not required. Old school piano bar culture, with a jazz twist – the soulful progressions of pianist Chuck Wilder as your back-up is a treat.

Third Thursdays. 8pm-10pm. The Bridgewater Bistro is located at the Port of Astoria, 20 Basin St., 503.325.6777



The International Lesbian & Gay Radio Magazine

THIS WAY OUT airs
on **KMUN Coast Community
Radio, Wednesdays at 10:30pm.**

This Way Out marks over 20 years on the air! Our first program was distributed on April 1, 1988 (no foolin').
This Way Out is the award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.

This Way Out leads off each week with NewsWrap, a summary of some of the major news events in or affecting the lesbian/gay community, compiled from a variety of publications and broadcasts around the world. If you have a local news story you'd like us to report, please let us know!

This Way Out is sponsored in part by **Qfolk/Hipfish.**

KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

"WHY IS EVERYONE SO SICK?"



**An educational seminar
presented by Dr. Lyn Hanshew, M.D.
Sunday, March 18 • 4-8pm**

Get Your Questions Answered about the health effects of mercury and radioactive chemicals from Japan's Nuclear Disaster.

Topics to be discussed: Autism, ADD, ADHD, Cardiovascular Disease, Hypercholesterolemia, Obesity, Hormone Replacement, MS, Fibromyalgia, Lupus, RA, Lyme Disease, Mental Illness, Dementia, Parkinson's, Cancer and MRSA.

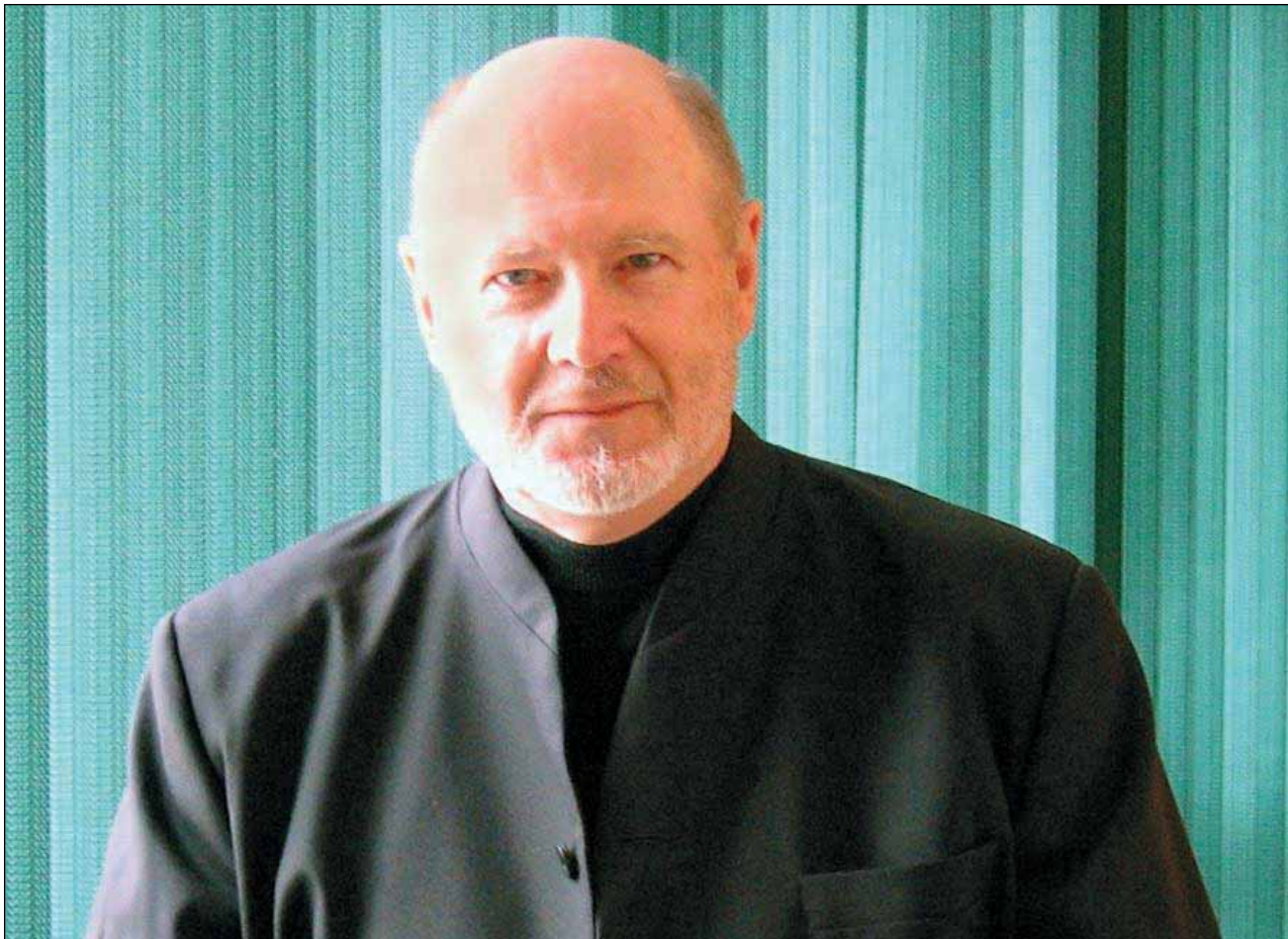
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A Contented Form of Feminism

SO, TWO things got me thinking again. I finished reading *The Help*, by Kathryn Stockett, and I received the December edition of *Victoria's Secret* catalogue in the mail (I am apparently residually on their mailing list after buying underwear there a few times). I have refrained from mentally engaging the complexities of gender related issues since I graduated from college. I had a feminist professor who had a knack for getting me all riled up. She was a beautiful combination of high heels and tri-athlete, challenging every societal norm that slightly marginalized women. I couldn't even sit through dinner with friends without finding myself hot and agitated, having been referred to, throughout the night, as a "chick," a "hey man," and a "you guys." They say "ignorance is bliss," and I agree, because enlightenment sure is exhausting.

Tired of always being mad at my male friends, father, brother and anyone who accidentally called me a "girl" instead of a woman, or referred to God as a man, I decided

to give up the feminist act and just live my life. I have since shied away from gender discussions and turned my critical attitude inward. Trying to make societal changes through argument and accusations only leads to frustration, which only leads to bitterness; this just keeps a person down. Since college, in lieu of stirring up gender related conflict, I have instead gotten married, traveled, bought a house with my husband, worked a variety of jobs and given birth to two beautiful boys.

When that *Victoria's Secret* magazine landed on my front step, I opened it up, furrowed my brow and flipped through the pages mindlessly. "Cute underwear," I thought. "That would be a great nursing shirt," I found myself saying out loud. My husband and my two-year old came beside me to peer over my shoulder and check out the goods. Asher, in all of his beautiful two year old innocence, said, "Mommy?" pointing at one of the Barbie Doll models with breasts three sizes larger than mine and

much "less nursed" looking. Breasts, to him, still solely signify nourishment, and any woman with breasts, is without a doubt a "mommy."

"Look at these models!" I said to my husband, "they are *tiny*!" I have said this before many, many times. This used to be one of my favorite hot topics, ranting about how ridiculously unrealistic underwear model's bodies are, but in this particular moment, with my two year old staring down at the page and my husband smirking over my shoulder, I felt that familiar agitated burning feeling sneaking up on me. Some of the women were literally made to look plastic; their skin iridescent and shiny, slightly bronzed and glimmered. Others were so disproportionately small in the hips in relation to their breasts that I felt actual pain in my lower body just thinking about the simple mechanics of walking up a stair case with these measurements.

"No baby, that's not Mommy, Mommy is real."

The Help got me thinking in a whole different direction. Since finishing the book, I had spent hours sitting, watching my babies, thinking of how my life has changed since becoming a mother; thinking about what it means to be a woman and a mother right now, at this time, in this country. In what ways are we similar to the characters in this widely read novel set in 1960's Mississippi that grapples with issues of racism, sexism and human cruelty? In what ways do we bring our fellow females down in our actions, speech or judgments? How are we making conscious efforts to lift each other up? During an era when half naked *Victoria's Secret* models seductively stare my two year old in the face and pop culture continues to promote derogatory, over sexualized messages about the female body, what are we doing to support and encourage one another?

I realize now that angrily picking apart the overuse of generic masculine pronouns in our language gets me nowhere on my quest to-

wards encouraging other females to embrace who they are. In fact, it demonstrates nothing supportive in my cause. Instead of portraying myself as a victim-like, uptight female, I would rather be perceived as a woman who is comfortable in my own skin. Now a mother of two boys, I find that I am faced with a huge responsibility. I want my boys to be vessels of change in this world and I believe that it starts with teaching them how to love and trust themselves so that they may have the capacity to love and accept others. I believe that teaching through demonstration is the most effective way to pass on knowledge. My first goal is to be overtly respectful and loving towards my own body. One way I have chosen to do this, is to openly breastfeed my babies. I do this because it is a way that I can publicly embrace my valuable role as a mother and a female. The more women who are made to feel comfortable doing this, the more mainstream this significant act will become. Wouldn't it be wonderful if the next generation of little boys could grow up appreciating breasts as something more than sexual objects?

I am also on a quest to be purposeful with my language. The subtleties of language can have a dramatic impact on children as

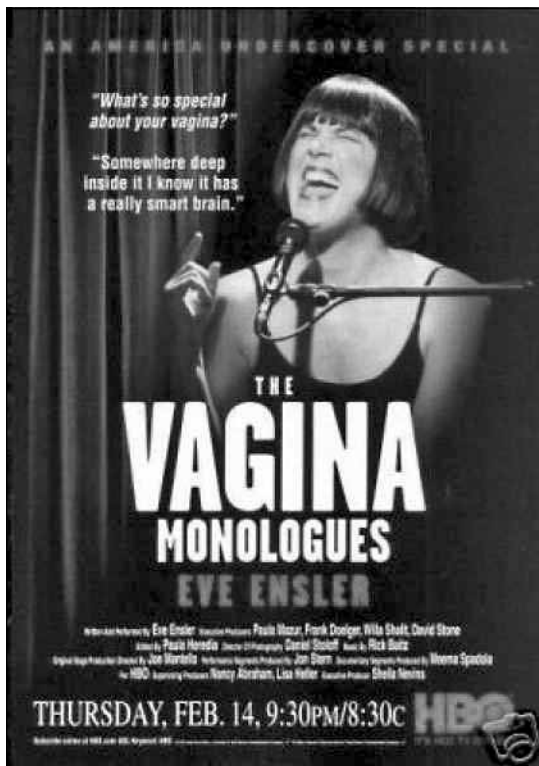
they learn about the world around them. It means speaking in uplifting ways about both males and females, and in ways that don't blindly categorize. I always appreciated my Grandfather, who without a doubt, assumed that I would be running the motor and pulling shrimp pots every time we went out on his boat. The confidence in his voice when he said, "Alright Erin, you're up," said, *you are just as capable as the boys*. When he stood in the kitchen with an apron on and helped my grandmother make raspberry jam, he was demonstrating to me, at an impressionable age, that kitchen jobs were not gender specific, but dependent on an individual's interests and hobbies.

Men like my Grandfather are the reason that I have decided not to be an angry feminist. I don't need to prove anything to anyone, or force people to change their ways. I just need to be happy being me; pursuing my life without self inflicted limits and preconceived notions, embracing my individual female identity, and encouraging the women and mothers that surround me to do the same. After all, being a contented feminist is much less tiring than being an angry feminist, and it may be more influential as well.



Erin Hofseth is a freelance writer living in Seaside, Oregon with her husband, two boys and one sweet dog. She has been published in "Natural Child Magazine," (Sept/Oct. 2011 issue) and "Natural Life Magazine" (upcoming, March/April 2012 issue) and the upcoming issue of La Leche League International Magazine, "New Beginnings." She guest blogs on the "Upper Left Edge," and keeps her own blog "Rain Mother Musings," at www.rainmother.org. Look for future contributions from Erin to HIPFISHmonthly.

The Vagina Monologues Back at the PAC



“THE VAGINA MONOLOGUES,” an episodic play by Tony-Award winning playwright and activist Eve Ensler is coming back to Clatsop Community College for its second appearance. Opening night is March 9 with a second production March 10. Both productions begin at 7:00 pm. at the CCC Performing Arts Center, located at 16th and Franklin in Astoria.

The award-winning play that is based on V-Day Founder/playwright Eve Ensler's interviews with more than 200 women. With humor and grace the piece celebrates women's sexuality and strength. Through this play and the liberation of this one word, countless women throughout the world have taken control of their bodies and their lives. For more than twelve years, *The Vagina Monologues* has given voice to experiences and feelings not previously exposed in public.

The performances are a class project for Mindy Stokes' Women and Social Action course. Organized by Women's Studies instructor Stokes, the performances help students and

other members of the campus community participate in V-Day. V-Day is celebrated February through April and began to create dialogue and shatter taboos around violence against women and girls through thousands of events in over 140 countries. Today, V-Day includes over 58,000 events annually.

Last year almost 200 people attended the performance and raised more than \$1,000 which was donated to organizations that work to end violence against women. V-Day is a time to dream of a world in which women and children will be free to thrive rather than merely survive. With our community's support we can make this happen. Admission tickets for \$10 can be purchased at the door each the night of the event.

Please direct inquiries to: Mindy Stokes, 503-338-2377; mstokes@clatsopcc.edu.

Clatsop Community College is an affirmative action, equal opportunity institution. ADA accessible; for other accommodations call 503-338-2474; TDD 503-338-2468 at least 24 hours in advance of the event.



The Clothesline Project Through March 16

THE CLOTHESLINE Project is an annual global event that started in Cape Cod, MA in 1990 to bear witness to violence against women and children. T-shirts are decorated with words or images that are hung on a clothesline as

a testimony to the issue. Clatsop Community College's Women's Studies and Social Action class participated in this event that kicked-off on February 29.

During an opening celebration, Margaret Frimoth, CCC Lives in Transition Coordinator

and the creator of VOCA Camp (Victory Over Child Abuse), spoke about violence and its impact on families.

This is the second year CCC has hosted the Clothesline Project. T-shirts will be on display from February 27 through March 16.

**MARCH 10 • THE WOMEN'S
SUFFRAGE MOVEMENT IN OREGON**
North Lincoln County
Historical Museum • 1PM • FREE

PERHAPS NOTHING is more important in the history of women's rights in the United States than the struggle for full citizenship and the right to vote. Oregon's woman suffrage activities were tied to the regional and national movement since those leaders visited Oregon to organize and support the work, and Oregon suffragists visited other states to assist them with campaigns. In November 1912, Oregon voters approved woman suffrage by 52 percent.

The Sash Project

CENTURY OF Action: Oregon Women Vote, 1912–2012 is a project of the Oregon Women’s History Consortium (OWHC), a new organization formed to lead the centennial celebration of woman suffrage and to promote women’s history beyond 2012. Throughout the year ‘Votes for Women’ sashes will circulate around the state and you have an opportunity to be a part of history! Order a sash (\$15) and start taking pictures, and post your pics to Facebook: Century of Action. For more info go to centuryofaction.org

The famous picture of Mayor Clark flashing the “Kvinneakt” statue was taken to call attention to the importance of art education.



LIGHTBOX
ILLUMINATIONS

WELCOME TO LightBox Illuminations. This new column focuses on topics in the photographic arts as well as events at LightBox Photographic Gallery in downtown Astoria.

Opening in June of 2009, the goal of LightBox has been to establish a center for the promotion of creative and alternative photographic arts on the North Coast of Oregon. LightBox has provided a space where photographers can share their vision to inspire and influence other photographers and individuals.

We are pleased to have displayed many exhibitions during the first 30 months. Over 300 photographic artists have shown over 1500 images on the walls during that time. The gallery has hosted the work of talented photographers from the local area as well as from across the nation, showing prints of many photographic processes and styles. Along the way we met countless individuals who have appreciated the exhibits and thanked us for bringing this resource to Astoria. We have enjoyed every day, meeting all who have come to the gallery, and educating the public about the amazing work and processes in the photographic arts.

A community has developed around LightBox, which serves as a gathering place for photographers and individuals who appreciate fine photography. Memberships are available for those who wish to help support the gallery. Local members can take part in Wednesday night get-togethers that offer educational opportunities. Meetings vary each week with image and print sharing, dis-

cussions of technical issues and educational presentations about the photographic arts. Darkroom memberships are available for those who wish to create prints using the traditional silver gelatin process.

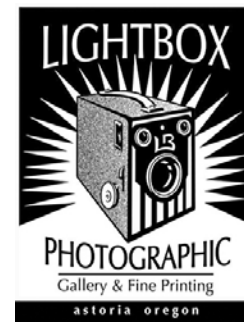
The members of LightBox create an important social dynamic that makes LightBox unique. Their contribution has been vital in establishing the gallery, supporting its mission, and keeping the gallery thriving for the community of Astoria and the North Coast.

LightBox strives to educate more people in understanding the photographic arts. We invite everyone to drop by the gallery at anytime to enjoy and learn from the exhibits. Educational workshops and classes, as well as artist presentations and talks, take place regularly and are open to all who are interested.

We look forward to presenting this column in the future to explore the art of photography and to share current news from the gallery. LightBox has many incredible exhibits and events planned for this year. Visit the gallery website, sign up for our mailing list, and discover the history of the exhibits that have taken place at LightBox.

"The Photographic Nude 2012", the second annual exhibit celebrating the nude in fine art photography, opened on March 3rd with an artists' reception. The exhibit will run through April 3rd. We invite you to come by the gallery anytime or during the Second Saturday Artwalk on March 10th from 6-9pm to enjoy the show.

Michael and Chelsea Granger



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WEED WARS

Invasive Spring is in the Air

BY BOB
GOLDBERG

AFTER A typical Fisher Poets Gathering weekend of wind, rain, hail, snow and yes, a little sun, I woke up this morning to one of those days that makes you love living here. The sky was about to be illuminated fully by the rising sun, and there wasn't a cloud in it. The orange hues were mixing with the totally blue sky, the snow was shining bright white on the Coast Range hills, the water glistened, and though the mercury was sitting at 32°F, the air was so dry that there wasn't much ice on the roads, and it took forever to get the ice off my windshield.

By the time you're reading this, there might have been more wind and rain, maybe snow and ice, but I think spring is in the air. Take a good look at the trees and bushes, and the crocuses and daffodils. They're waking up, in the renewal phase of the annual cycle of life. If we let them live, they will go on to produce leaves, needles, flowers, fruit, wood, food and water, and most importantly, oxygen. They will take up carbon dioxide, any sunlight our sun-stingy region gives them, and water (usually not a problem), and produce not only the things mentioned above, but a spiritual sense of calm, protection and beauty.

If we let them live.

Not only the plants are waking up this time of year. So are the companies that make money from the cutting of trees, and soon, the crews that spray the roadsides for weeds. On my weekday walks to work along Irving Avenue in Astoria, the chainsaws have been disturbing the stately silence of the forested areas that have been largely left alone during the winter. Good-intentioned homeowners have been having those pesky non-native (and native) trees cut down to improve their view, tidy up their property, or just because. People are even coming out to look at their yards and gardens, thinking about what plants they'll pick up at the nursery to make their garden look nice in case we have a better growing season than last year (not likely). And I even saw some new soil on a neighbor's garden, probably giving fresh cover to bulbs planted last fall. I wonder whether some weed seeds are hiding in that soil, waiting to take over that garden, and then the neighborhood!

Almost exactly a year ago, I attended a panel session about invasive species at the Public Interest Environmental Law Conference (PIELC) at the University of

Oregon in Eugene, which became the impetus for this column. Panelists discussed how environmentalists and most of the mainstream agreed that so-called "invasive species" – plants and animals that are not "native" (another term they discussed) and cause either economic or ecological hardship (disputed by the panelists for many cases) – had to be eliminated, often at great cost. The panelists' views seemed to be that in many cases, these plants and animals were either beneficial, or had naturalized, and should be considered part of the local ecosystem.

The 2012 PIELC is scheduled for the first four days of March, and again, there will be a panel on invasive species. The focus will be how climate change affects the picture. A complete report awaits you in April. For now, it got me thinking about the folly of controlling nature, whether that means trying to eradicate a species in a geographical area, or restore a section of land to conditions that existed a hundred years ago, or even plant a successful garden. As any field ecologist or gardener will tell you, it's almost impossible to know what might come of your efforts. The system is just too complex to be predictable.

The science of invasive species is coming around to the conclusion that these would-be terrors actually might be relatively tame, and in an era when more and more of the planet is cleared and paved over, might actually be necessary to preserve and enhance the biological diversity of the planet (see <http://milliontrees.wordpress.com/2011/10/10/professor-arthur-shapiros-comment-on-the-environmental-impact-report-for-the-natural-areas-program/> for an example).

I like this quote from an article called Attack of the Flying Carp by Jeff Wheelwright in the March 2012 Discover magazine. "Ninety per cent of the catch in the Danube River is bighead and silver [carp]," (Duane) Chapman [carp researcher] remarked to his listeners. "They're not an issue there; they are the fishery. If you want more biomass, or to feed more people, then it's a great choice." He pointed out that "invasive" was a relative term. "If you like 'em, they're not invasive."

Well, I'm learning to like 'em all. Enjoy the spring, and do what you can to preserve and enhance life of all kinds on the planet. Join in the annual chorus of renewal and sing loud and clear!

A Tale of Two Canoes and a media slip

By Watt Childress



AS A freelance columnist I weigh in on many issues that are covered by the press. Sometimes the coverage itself merits comment, as evidenced by a local Indian story.

For me this story began six years ago when I was asked to participate in a potlatch – the traditional gifting celebration that anchors the indigenous culture of our region. This particular potlatch coincided with the Lewis & Clark bicentennial, and was hosted by descendants of the people who greeted the explorers here at the Pacific.

Why was a pale-skinned pup asked to stand beside Northwest Indian elders, overwhelmed with humility in front of 250 people? Because the Clatsop-Nehalem Confederated Tribes wanted a member of the local press to serve in the formal role of witness.

The historical context of that role humbles me. Conquest of this continent was often scouted by my kind -- scribes who tell stories on paper. It can be argued that Lewis and Clark were journalists, dispatched to gather written intelligence for empire builders.

By contrast, indigenous people of the Northwest cleave to oral traditions. Though it surprised me at the time, I now understand why ten minutes into the potlatch I was asked to put away my pad and pen. My challenge was to watch and listen, with pure attention, then give an honest account from memory.

Since then I've written a number of columns in local newspapers about what I witnessed at that event. I've described how gifts were given in a ritual way, to join together people and tribes in a web of generosity.

At the center of those gifts was an old-growth cedar, gifted by the Quinault Indian Nation. Many Clatsop-Nehalem people who were displaced from their homeland went to live with the Quinault, who welcomed them. The gift tree was carved into a 32-foot seaworthy canoe, with guidance from a master carver trained in traditional native canoe making. This was made possible in part through federal grant funding.

The ceremonial presentation of that tribal canoe was a centerpiece of the potlatch. Everything about it was carefully thought out, including the timing to coincide with the bicentennial. For the Clatsop-Nehalem, their new canoe was reparation for one that was stolen from them by the Lewis and Clark expedition.

The vessel's significance to the recovery of Indian heritage was newsworthy, especially in light of the timing. Yet despite sweeping press coverage of the bicentennial, the canoe was barely mentioned beyond my local columns. As often happens, truth was buried beneath a mainstream narrative. The cross-country adventures of famed white explorers, re-enacted by men in costume, brushed over the fact that those celebrities were also thieves.

So it goes, as it has for hundreds of years. The people who have lived here for millennia continue their work of cultural reclamation, undaunted by the gap between what's written and what's done. Like returning salmon, the Clatsop-Nehalem are determined to regenerate their relationship with their homeland.

This was clear during the past year. The tribes published a beautiful and informative book titled "The Journey of the Clatsop-Nehalem Canoe," written by local artist Roberta Basch. Last July, Clatsop-Nehalem and Warm Springs families joined together to participate in a canoe gathering located in Swinomish, Washington. They paddled 407 miles and camped 22 nights in order to celebrate their culture with other native people.

Not long after that journey, the canoe story took a very strange turn. Members of the Clatsop-Nehalem Confederated Tribes were surprised by an article in the Daily Astorian (September 21, 2011). The press announced that the family of explorer William Clark was making a public gift of a new canoe to replace the one that was stolen by their ancestor's expedition. Five days later a second article reported on this gifting.

Here's the stunner: the Clark family gave it to the Chinook, a neighboring people who did not own the original canoe

that was stolen. Moreover, news coverage advanced the claim that both the canoe and the story of its theft belonged to the Chinook. The press even referred to the Clatsop chief who suffered the theft as "Chinook" Chief Coboway.

Stories are a core part of human identity, as integral to the people of the Pacific Northwest as potlatches, cedar, salmon, and seagoing canoes. Understandably, a strong corrective action was requested by the Clatsop-Nehalem.

To date, that appeal has gone unanswered. Instead, the Associated Press spread the fallacious story to news outlets around the country. The impact of this coverage has been conveyed to me in writing by tribal member David Stowe, a 7th generation descendent of Clatsop Chief Coboway.

"It was shocking, surreal, and disturbing to me personally to see a member of my family, Chief Coboway, being referred to as a member of another tribe with no mention of the Clatsop tribe he belonged to," writes Stowe. "The entire tribe is very unhappy with this effort to erase our tribal heritage, and is determined to put an end to this misinformation and get the true story published."

Who among us would not be equally offended if our cultural heritage were displaced in this manner?

The situation grieves me, but not because I feel sorry for anybody. The more I learn about the Clatsop-Nehalem, the more assured I am of their resilience. The expropriated story of a stolen tribal canoe will not weaken their cultural revival.

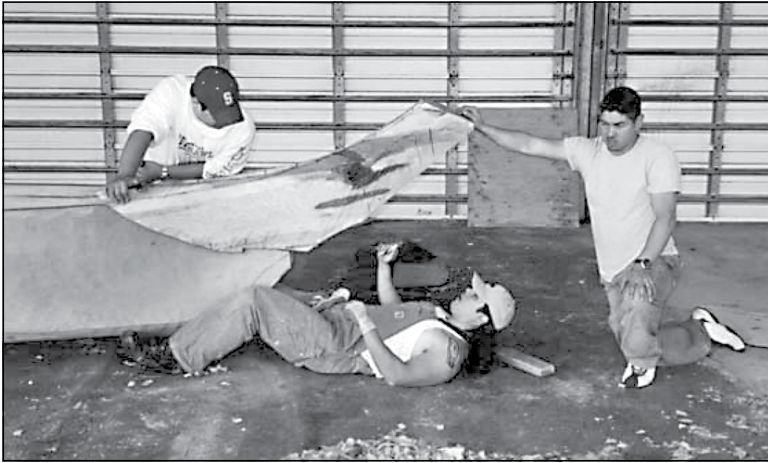
What's less certain is the future of a tribe we call the American press. Our integrity as witnesses is in need of repair, as evidenced by this and other stories. Can we reclaim our role as truth-tellers?

If so, part of our upstream journey involves a special canoe, gifted in a traditional way at a Clatsop-Nehalem potlatch.

Watt Childress owns *Jupiter's Books* in Cannon Beach and he publishes *up-perleftedge.com*. Email him at wattchildress@yahoo.com

TRIBAL IDENTITY: setting the record straight

by David Stowe



THIS PAST September, a story ran in the local paper about the descendants of the Clark family returning a canoe stolen from the Chinook tribe by the Lewis and Clark expedition in 1806. That story was picked up by the wire services and ran in many papers across the country and around the world. The Clark descendants named in the story were 7th generation descendants of Captain William Clark. I am a 7th generation descendant

of Chief Coboway, the Clatsop chief they stole the canoe from, and on behalf of all the Clatsops, I would like to set the record straight.

I and the other descendants of Chief

Coboway I have spoken with all applaud the Clark family for making the effort to right a wrong done long ago, but it would have been nice if they had done it in a truly just and correct way by returning the canoe to the tribe it was actually stolen from. As stated in the article, they gave the canoe to the descendants of "Chinook" Chief Coboway – who never existed. Coboway was a Clatsop. We were and are a distinct tribe from the Chinook with our own traditions, language, and history. It is very hard for me and the rest of the tribe to understand how this whole story could unfold without any consultation from the Clatsop tribe.

Descendants of Coboway, as well as most Clatsop, Nehalem and Chinook were forced out of our homelands and ended up being welcomed in several neighboring tribal communities. In Washington these included Bay Center, Shoalwater Bay, Chehalis, Quinalt, Skokomish and Quilleute. The Oregon communities included Siletz, Grande Rond and Hobsonville. However, some of us were able to hang on and stayed in our

My ancestor Chief Coboway was one of many that hosted the Lewis and Clark Expedition in our homelands. He was frequently mentioned in the Journals as being an honest and generous man, traits we value greatly to this day. It is my responsibility and privilege to carry on his legacy by supporting all people in our most traditional and sacred ways. We as individual Indian Nations have similar struggles, but in today's world, now more important than any other time, in order to save our culture, our heritage, and our inherit rights, we must learn when to leave the pettiness at home and to stand united and help each other. It is important that we see beyond the difficulties that are thrown in front of us to divide and conquer. It is my fondest hope that we muster up support for our individual nations for each one of our tribes, and ignore the words, actions, or non-action, that are meant to harm or destroy. It is the duty of ALL of us to support the truths of our histories.

- Richard Basch, Vice-Chairman of Clatsop-Nehalem Confederated Tribes

homelands. Some Clatsop and Nehalem chose to become members of those tribes; others chose to remain Clatsop or Nehalem. There's no confusion that some Clatsop and Nehalem are represented by other tribal groups, however, as a tribe, we are represented by the Clatsop-Nehalem Confederated Tribes.

There isn't any dispute that Lewis and Clark stole a Clatsop canoe, and Chief Coboway went to fort Clatsop to get it back. The journals of the Corps of discovery make that all very clear. They named their winter encampment Ft. Clatsop for a reason. It has been a common misconception that the Clatsop were some part of a larger "Chinook

Nation" or tribe due to the similarities of our languages. In truth, the Clatsop had been deeply intertwined with the Nehalem and other Tillamook long before the Corp of Discovery came to Oregon. Lewis and Clark commented on this as did Franz Boas and others studying Indian cultures in later years. There is a great summary of our history on our website here: <http://www.clatsop-nehalem.com/history.html>

We in fact signed a treaty, with the US government in 1851 (not ratified for economic reasons.) There were also individual treaties for the Lower Band of Chinooks, Cathlamet Band of Chinooks, etc. and Nehalem, Tillamook and several other bands or tribes.

Assuming tribal affiliations based on language is a gross oversimplification of native relationships that Europeans have tried to inflict on us for hundreds of years. It is more convenient to lump tribes into groups, but it probably does not in fact represent anything Native Americans recognize themselves. For example, the Apache and Navaho languages are both Athabaskan, but no one

would suggest that they are the same tribe. In fact, there were many individual Apache tribes that did not associate themselves with the Apache nation. Likewise, the Shoshone, Piute, Ute, Comanche,

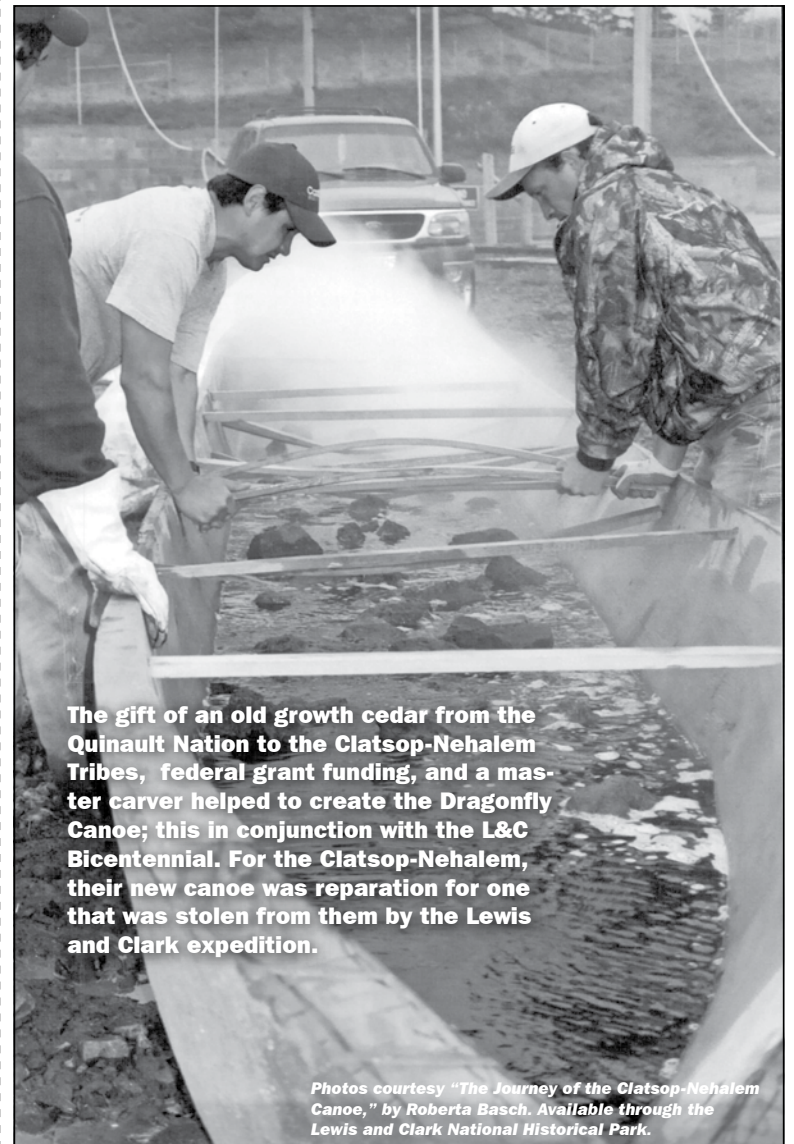
identity and history for a convenient "feel good" story.

The story of the Clatsop and other Western Oregon tribes has been a long tale of loss and death since contact with Europeans began in earnest in the late 1700s'. Death mostly from disease, and loss of our homelands from the American Government not honoring the treaties they signed with us. In the case of the Clatsop, the government thought we would just die off before they had to deal with us. They succeeded in getting our land, but we didn't all die. We are still here, and intend to stay. This story about the Clark family returning the canoe to the Chinook tribe, and calling MY Great Grandfather a Chinook chief is yet another case of others trying to ignore our existence, oral and written histories. It does not sit well with me or the other members of my tribe.

One other point regarding the canoe; the Clatsop-Nehalem tribe was awarded a grant from the national park service to build a canoe for the bicentennial comemoration of the journey of the corps of discovery, and as reparation for the canoe stolen 200 years before. You will find pictures and information on our canoe, "Dragonfly" on our website: <http://www.clatsopNehalem.com>. Dragonfly was the first canoe built on the Oregon coast using traditional methods since the 19th century. We took part in those commemorations as the Clatsop-Nehalem Confederated Tribes,

At the end of the day, we would like people to understand the true story. We wish the best for our cousins across the big river. We are all people of the river, but we have our own identity.

David Stowe resides in Bend Oregon. He is a descendant of Chief Cobaway and spokesperson for the Clatsop-Nehalem Confederated Tribes.



The gift of an old growth cedar from the Quinalt Nation to the Clatsop-Nehalem Tribes, federal grant funding, and a master carver helped to create the Dragonfly Canoe; this in conjunction with the L&C Bicentennial. For the Clatsop-Nehalem, their new canoe was reparation for one that was stolen from them by the Lewis and Clark expedition.

Photos courtesy "The Journey of the Clatsop-Nehalem Canoe," by Roberta Basch. Available through the Lewis and Clark National Historical Park.



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CSA

Community Supported Agriculture

SPRING is around the corner.

It's the time of the year when locavores anticipate the delicious bounty of the upcoming growing season. Flats of seedlings are sprouting in greenhouses, overwintered greens are leafing out and stretching toward the ever-increasing presence of the sun. Gardens are being plotted at a farm near you. The earth will soon be tilled, the soil amended, seed potatoes planted. Now begins the recurring ritual dance of activity that culminates, year after year, in a delicious bounty of healthful food for your table.

This is a great time to consider joining a CSA. Along those lines, Hipfish Monthly has dug up for your delectation six North Coast farms that are seeking customers for their CSA programs. (See next page for a complete list and summary of offerings.)

CSA (Community Supported Agriculture) is a grassroots method of food distribution, a system wherein subscribers receive shares of seasonally available vegetables and/or fruit from a farm or network of farms within a local area. CSA members share the economic risks with farmers by prepaying for a predetermined number of weekly boxes of food, the contents of which are influenced by seasonal availability of particular foods and the success of the harvest. Prepayment prior to the onset of planting helps farmers offset the costs of seeds, soil amendments, water, and other expenses.

Generally CSAs are operated by small single-family farms and are distributed only locally, keeping shipping costs down. The food is often grown using organic or biodynamic methods, but usually, the expensive and time-consuming process of obtaining organic

certification is not cost-effective for small farms. Since CSA customers generally become acquainted with the farmers who grow their food (CSA owners often invite customers to visit the farm), a level of trust develops wherein subscribers can observe how their food is grown. Thus, organic certification of a farm is not strictly necessary in these circumstances.

A weekly CSA share usually consists of enough produce to meet the needs of an omnivorous family of four for a week and costs around \$25 - \$35. Most of the items are usually grown on the farm operating the CSA. Sometimes, other products like eggs, meat, honey, or flowers may be included in a weekly share or can be added for an additional fee. In our coastal climate, crops such as greens, potatoes, carrots, radishes, lettuce and brassicas do well. Greenhouses, hoop houses and row covers enable local farmers to extend the growing season and offer warmer-climate items such as tomatoes and peppers. Don't expect to get foods like corn or melons unless they are obtained from farms along the I-5 corridor or points east. We just don't have the right climate here on the coast.

CSAs originated concurrently in Europe and Japan during the 1960s in response to concerns with food safety and the neglect of land stewardship. The CSA concept jumped the pond to the US in the 1980s spearheaded by adherents of the principles of biodynamic agriculture. Over the intervening years, the CSA concept has caught on. There are now more than 13,000 CSA farms in North America, the largest, Farm Fresh to You, of Capay Valley in Northern California, feeds thousands of subscribers.

Why, one might ask, is subscribing to a CSA a good thing? The reasons are numerous and include the following.

The USDA estimates that nearly 80% of every dollar spent on food goes to off-farm costs like packaging, shipping, and distribution. Buying from a CSA enables most of the money you spend to go to the farmer, keeping it within the local economy. Subscribers reap the nutritional benefits of fresh food grown with sustainable practices without having to take the time and effort to shop for it. Eating locally grown food reduces the use of fossil fuels. CSAs enable farmers to develop relationships with their customers, which can lead to opportunities for community-building events such as workshops, farm dinners and cooking classes.

Traditional agriculture in the US (i.e.: corn, soy, and beef) is heavily shored up by government subsidies, which are funded by our tax dollars in order to keep commodity prices artificially low. Small CSA farms do not receive such subsidies. Think of a CSA subscription as a personal way to subsidize a local farmer and the farming practices of which you approve. It's another way of voting with your fork.

If you cook for yourself, like to eat a lot of vegetables, and are able to adapt to eating what is seasonally available, a CSA may be just the ticket for you. Don't let the initial expense scare you away. Some farms will trade share costs for labor, or can accept payments through WIC, Senior Nutrition, or SNAP benefit programs, or will even subsidize a limited number of low-income subscribers. Read on to find a CSA farm near you.

- Cathy Nist

CSA FARMS in the Columbia Pacific - From North to South



Larkin on delivery to Three Cups Coffee, Astoria

The Stockhouse Farm Puget Island, WA

The Stockhouse Farm is on Puget Island in the Columbia River, near Cathlamet, Washington. Rob and Diane Stockhouse host the Two Islands Farm Market on Fridays, May – October and have operated a CSA for 10 years. Large and small subscription levels are available, the price depends on whether members pick up their shares on the farm or at the Astoria Co-op, respectively. A large share for \$580/\$725 consists of 8 or more items per week and supplies vegetables for two or more people. Small shares at \$435 and \$580 have four or more items each week and are geared for one or two people. For an additional fee, shares can include flower bouquets and eggs. Also available are chickens and turkeys (following butchering days), dry beans, Diane's homemade granola and Diane's cookbooks. The CSA season runs for 29 weeks, from the first week in May through the third week in November.

Visit online at: stockhousesfarm.com or call 360-849-4145.

Green Angel Gardens & Sustainability Center Long Beach, WA

Green Angel Gardens & Sustainability Center is located on Sandridge Road in Long Beach, Washington. Owned and operated by Larkin Stentz, Green Angel has an on-premises farm store and offers yoga classes and sustainability workshops. Green Angel CSA shares are available at \$200 for 8 weekly boxes. A half share for \$100 nets members a box every other

week. CSA shares are available year-round. Greens and root vegetables are grown by Green Angel. Other items may be sourced from other farms in the region. Boxes may include home-baked bread, eggs, honey, or other value-added products. Green Angel delivers to the Oregon side of the Columbia as well as the Washington Peninsula. Shares are picked up at Three Rivers Coffee House in Astoria.

Visit online at: greenangelgardening.com or call 360-244-0064



Shaping bed at Fred's in Naselle

Fred's Homegrown Produce. Naselle, WA

Fred's Homegrown Produce. Former restaurateur and chef Fred Johnson has owned a historic farm in Naselle, Washington for the better part of a decade. Fred's Homegrown is known especially for tomatoes, greens, and potatoes. CSA shares are available at three levels: Seedling for \$350 provides a weekly box

for one person, or two full meals. Sprout for \$500 supplies enough vegetables for two or three people, or four full meals. Bunch at \$750 will serve for four or five people, or five full meals. Boxes may be customized by opting for a la carte for \$100 more. The season lasts 20 weeks, June – October. Membership includes access to members-only farm dinners and pizza nights, discounts on farm classes and events like Farmstock, plant starts, and a Fred's Homegrown tote bag. Shares can be picked up Tuesdays and Wednesdays at the farm kiosk in Naselle, Thursdays at the River People's Market in Astoria or at a soon to be announced location in Long Beach, Washington.

Visit online at: fredshomegrownproduce.wordpress.com

R-evolution Gardens Nehalem, OR

R-evolution Gardens, a farm and education center located on the North Fork of the Nehalem River, is currently in its fourth year of offering a CSA. Shares are offered in four seasons of six weeks each that include spring, summer, late summer, and fall. Full and half shares are available. A full share is \$199 for one 6-week season, \$796 for all four seasons (approximately May 16 – October 24). Half shares are \$115 and \$460 for one or four seasons, respectively. R-evolution gardens will trade work for part or all of share payments. Payment may also be made weekly with WIC or SNAP benefits at the Manzanita Farmers Market. Members receive a weekly online newsletter, a copy of the farm cookbook, and discounts on educational classes on sustainable living, farming, building, cooking and preserving. A la carte boxes are available to members prior and after the CSA seasons for an additional charge. Shares are delivered to Rockaway Beach, Wheeler, and Nehalem on Wednesdays or to Manzanita, Arch Cape, and Cannon Beach on Saturdays.

Visit R-evolution Gardens online at: revolutiongardens.com or call 503-368-3044.

Kingfisher Farm Nehalem, OR

Kingfisher Farm, is also located on the North Fork of the Nehalem River. Owner Jeff Trenary and family sell Kingfisher produce to restaurants and at several farmers markets as well as via CSA. Kingfisher Farm has been a CSA for 10 years. A share costs \$500 with a 10% discount for subscribers who sign up prior to March 15. The CSA season runs 22 weeks, starting in the first week of June. Astoria subscribers get a jump on the season by getting their first box on Mother's Day. A share will provide enough vegetables every week for one hard-core vegetarian or a typically omnivorous family of four. Eggs may be added to the



Boxing up the first CSAs at Re-Evolution, Nehalem

share for an additional fee. The vegetables in a share are all grown by Kingfisher Farm. Occasionally fruit such as cherries, strawberries, blueberries, or melons will be included in a share, these are from farms in the Willamette Valley. Eggs are from a farm near Tillamook. Kingfisher Farm is known for garlic scapes, potatoes, tomatoes and greens. CSA members can pick up their shares at the Kingfisher Farm booth at the Astoria Sunday Market, and at the Cannon Beach Farmers Market on Tuesday. Shares are also available for pick up on Friday in Seaside, and on Wednesday in Manzanita, Rockaway Beach, and Tillamook.

Visit online at: kingfisherfarm@nehalemtnet.net or Call Jeff at 503-368-6763, or Nicole at 503-368-4368

Corvus Landing Farm Neskowin, OR

Corvus Landing Farm was founded in 2010 and is located on Slab Creek Road in Neskowin. They specialize in Carrots, peas, greens, and potatoes. They are expanding their CSA to 30 members this year. As well as via CSA, Corvus Landing sells produce and plant starts at the Lincoln City Farmers Market and at a self-service stand on the farm. Membership is \$450 for 18 weeks, with pickup at the farm on Tuesdays and Fridays or at Trillium Natural Foods in Lincoln City on Tuesdays. The season runs from June 19 through October 19. Boxes generally contain enough for a family of 4 moderate vegetable eaters, 2 adult vegetarians, or 1 vegetable-eating machine. Corvus Landing Farm accepts SNAP benefits for CSA payments at the farmers market in Lincoln City and offers a few subsidized shares for folks who are unable to afford the full price.

Visit online at: corvuslanding.com or call 503-392-9327



Jeff Trenary and the Kingfisher crops. "Fecundity, good!"

Lower Columbia Time Bank crew (clockwise): Christopher Paddon, Pearl Rasmussen, Nancy Spaan, Theresa Barnes, Tallie Spiller (on the clock) Caren Black, Joseph Stevenson and Jennifer Rasmussen.

Lower Columbia TIME BANK

By Lynn Hadley

There was a time when we knew everyone in our neighborhoods, and may have even been related to many of them, a happy tribal existence, of sorts. All pitching in when one needed help, and every member filling a need, but in the fast-paced world of today, we barely know our neighbors much less what their needs or skills might be. Often friends, neighbors, and family members can be there to help out, but there are times when no one is available. Any part of our community, separated from family and friends, such as elderly or minority groups, may not have access to the help they need without paying for a service.

Hour-for-hour, you can invest your time in a new community economy

What if there was a way to rebuild a social network that helped people and their communities become more self-sufficient, and placed value and caring on everyday people needs. Voila! People are doing it, and the new system of time banking is working.

A time banking community offers voluntary help and services ranging from babysitting and dog walking to car repair and technical support from the people in your community. Time banking is like having an extended family to help out with rides to the doctor or the grocery store, help with chores around the house, or childcare. Time banking is a community "data-ing" service; a database of willing community members who care to offer their special or simple talents for the opportunity to bank "work hours" for use when they may need a lawn mowed, or help moving a piano.

The concept of time banking originated with founder Edgar Cahn in the 1980s. Time banking is meant to honor the unique talents and skills that all community members have to share, regardless of age, employment, or ethnic background, like teaching language, art, or music, helping with yard work or minor repairs, or simply running errands. By valuing the community as a resource for all its members as human beings with something to contribute, the time bank

builds a rich infrastructure in the form of a community skills and services directory to promote exchanges that work beyond a price. Work value is redefined from what comes in a paycheck to what it takes to raise healthy children, build strong communities, revitalize neighborhoods, and make the planet a more caring and sustainable place.

Time banking brings people together, and turns strangers into friends. Have you ever wished you had someone around to give you a ride somewhere, help you run some errands, pick you up after you drop your car off for repairs, or just give you a hand when you need it? Who has never been stuck needing to move without sufficient strong bodies or, worse, yet, no truck!? Everyone has seen the bumper sticker proclaiming, "Yes, it's my truck, and, no, I won't help you move!" Luckily for the Lower Columbia region, a very different philosophy has been appropriated by an eight person steering committee, who have been working diligently to research and to bring the Lower Columbia Time Bank (LCTB) to the Northwestern Oregon and Southwestern Washington Coasts.

The LCTB steering committee is: Teresa Barnes, LCTB Financial Officer; Jennifer Rasmussen, LCTB Secretary; Pearl Rasmussen, LCTB Membership Coordinator; Tallie Spiller, LCTB

Photo: Dinah Urell



Outreach Director; Caren Black, LCTB Adviser (Titanic Lifeboat Academy); Christopher Paddon, LCTB Supporter (Titanic Lifeboat Academy Board Member); Nancy Spaan, LCTB Supporter (Titanic Lifeboat Academy); Joseph Stevenson, LCTB Supporter, came together initially to find a Time Bank program that existed and could be employed as a template or mentor program. Having difficulty in locating a specific person to help with the set-up, they just dove into it, and, eventually, committee members discovered the Southern Oregon Time Bank (www.sotb.org) from Ashland, which provided a model they were interested in, and offered affordable software to establish the time banking on-line database for postings needs and skills to be exchanged.

For many of the committee members, the prospect of a better world through greater community connections factors prominently into the interest in creating a time bank. LCTB Founding member, Teresa Barnes, not only sees the time bank as the potential to develop a community give-and-take, sharing-based opportunity that functions outside of a strictly monetary system, but as an idea that fits perfectly into Astoria and the outer-lying communities.

"I never witnessed community-in-action until I moved to Astoria. There is already a strong tradition (of helping), here...(The time bank) arises out of a direct need from the community and sells itself." Theresa is excited to share her skills, as well as her friends' talents with the community. "Knowing that you can help each other out empowers a neighborhood". She has already been approached by neighbors expressing their interest in the whole time bank idea. Teresa has

been a resident of Astoria for the last ten years.

The hours earned or exchanged in a time bank are all of equal value, respecting each participant as an asset with something to offer the community, and accepting the fact that we need each other to build stronger communities. The cur-

west, Caren embraces the childhood memory of an era when neighbors helped one another in times of need. She recalls how communities valued and respected their citizens, based on what they would contribute to one another and the community, and not on their professional training, number of degrees, or

and see them sit-up a little straighter when they realize they all have skills to share." Fellow LCTB founding member, Jennifer Rasmussen (no relation to Pearl) wants to support "cool things (happening) in my neighborhood, exchanging help, instead of money makes you a better neighbor."

LCTB Outreach Director, Tallie Spiller appreciates a key tenet of time banking in the equal value placed in all work hours; everyone's hour is equal to everyone else's hour. "To give something that you want to give

and then to be able to receive what you need is a really exciting idea." Talking with different parts of the community, Tallie shares the concept and practice of time banking, "everyone sees how they can fit themselves into it." The time bank benefits come from getting to know and to share with new people, and to become a bigger part of the community as a resource.

The LCTB staff is eager to initiate and to maintain the formation of LCTB; they stress the importance of flexibility in the growth and future of LCTB and

its possible off-shoot time banks. LCTB, in its current form, desires to reach the communities all up and down the river, serving Southwestern Washington (Pacific and Wahkiakum Counties

), and Northwestern Oregon (Clatsop, Columbia, and Tillamook Counties).

How it's going to Work.

The launch date for the Lower Columbia Time Bank community tool is March 20, 2012. At which time the LCTB website, www.locotimebank.org, should be accessible for applications for membership, more information, and an orientation schedule.

LCTB plans to make applications and membership available to those who are not on-line via telephone and postal mail. Applications are to be reviewed by the LCTB staff, and prior to participation, a quick and easy orientation is required to facilitate the use of the program. Completion of the orientation gains new members three time bank hours to start the exchange process. The time bank database allows participants to locate other time bank members' "offers" and "requests" in their area to facilitate an exchange. Members make their own exchanges and report their own hours. Hours can not be swapped, sold, assigned a value, or given away. There are no membership fees and all exchanges are informal and voluntary. The all-volunteer LCTB staff is seeking technical assistance with the on-line software (Joomla!) and website.

For more specifics on time banking, prior to the launch date contact LCTB at lowercolumbiatimebank@gmail.com, or call (503)298-6709.



What is time banking?

Time banking is a tool by which a group of people can create an alternative model where they exchange their time and skills, rather than acquire goods and services through the use of money or any other state-backed value.

rent state of the economy makes this an opportune time to engage this "missing piece" to help with the political and economic future of the Pacific Northwest, commented LCTB supporter, Nancy Spaan. As the current economic system does not seem to benefit the general population, according to LCTB Adviser, Christopher Paddon, time banks offer people their own economy by enabling communities to be more neighborly and to put into action, the concept of reclaiming community economics. Time banks serve as a tool for creating the community

salary.

Having grown up in and returning to Astoria after college, LCTB founding member, Pearl Rasmussen, felt a tremendous sense of community in Astoria after big storms hit the region. "Sometimes it takes a disaster for people to see what they're capable of." In the face of economic disaster, the time bank offers an appropriate response to helping each other. Pearl's vision of the time bank operations builds bridges, and opens conversations between different parts of the community. In

"Health organizations believe time banks make people feel better, and cut the cost of health care . . . while some forms of barter are taxable, the I.R.S. has ruled that time dollars are not — because they value all work equally, work is done for a charitable purpose, and the exchange is informal and non-contractual."

- New York Times (September 20, 2011)

that works for you, transforming communities into neighborhoods we want to live in versus communities we feel stuck in.

Caren Black of the Titanic Lifeboat Academy serves a very important role as adviser and mentor to the youthful and energetic LCTB volunteer staff. The academy provided the 501c3 wing to the Lower Columbia Time Bank, under which it has been allowed to fly. Raised in the mid-

speaking with various community groups and encouraging participation, she has been able to make people aware of the skills they have to offer in a time bank exchange: reading a book to someone; speaking English with non-native speakers; helping with basic chores or repairs. The time bank serves as a "powerful tool for many community members to build self-esteem. It's nice to have a conversation with people



Sample Labor Note

A sample labor for labor note for the Cincinnati Time Store. From Equitable Commerce by Josiah Warren (1846)

Time Bank going back in time

Time banking is not barter. Barter economies have been in practice throughout history, but the idea of using time as a unit of exchange only appeared shortly after the Industrial Revolution. The origins of time-based currency can be traced both to the American anarchist Josiah Warren, who ran the Cincinnati Time Store from 1827 until 1830, and to the British industrialist and philanthropist Robert Owen, who founded the utopian "New Harmony" community. While both systems are based on the principles of mutualism and the labor theory of value, Josiah Warren's currency was explicitly pegged to time as a measure of specific goods or labor. For example, 3 hours of carpenter's work would be considered equivalent to 3-12 pounds of corn. Meanwhile, Robert Owen's currency simply bore an inscription referring to a number of hours, which presumably could be exchanged for however many pounds of corn a farmer would deem adequate or labor of any kind.

The first successful contemporary time bank was started in 1991 by Paul Glover in Ithaca, New York. Following his idea, people began to exchange time, which led to the creation of a time-based currency—the "Ithaca Hours," which even local businesses began to accept, and which still flourishes. Time banking and service exchange have since developed into a full-fledged movement, usually centered around local communities.

Nudes Downtown: A Compendium of Art Inspired by Au Naturel

IN CELEBRATION of the Art Center Gallery's annual exhibition, *Au Naturel: The Nude In the 21st Century*, at Clatsop Community College, and six Astoria businesses present *Nudes Downtown: A Compendium of Art Inspired by Au Naturel*. This multi-venue exhibition will run concurrently with *Au Naturel*, offering works available for viewing through April 4th. Participating galleries are RiverSea Gallery, LightBox Photographic Gallery, Old Town Framing, Lunar Boy Gallery, KALA at HIPFISH, Studio 11, and Salon Vervé.

Representation of the human form in art has long been acknowledged as a significant source of inspiration, and for many artists the core of all artistic endeavors. Historically, the human form in art dates back to early cave dwelling societies, and is perhaps the first form of artistic expression and record of civilization. It is with this in mind that once a year through The Art Center Gallery of Clatsop Community College, artists from around the globe come together to present a vast collection of paintings, drawings and prints, honoring the importance of the nude as an art form. In support of the annual juried exhibition, seven downtown venues will present artwork celebrating this genre, thus expanding the concept beyond the boundaries of the campus. A diverse collection will be exhibited throughout downtown art galleries and supporting businesses, creating a unique and cohesive art walk, entirely focused on the theme of humankind in its most elemental form.

View *Nudes Downtown* through March 29, and during the Astoria Second Saturday Art Walk. Works in the exhibit include local and regional Northwest artists and selected submissions to the *Au Naturel* juried exhibition. Local artists include: Nick Knapton, Rebecca Rubens, (at KALA) Dwight Caswell (at KALA and Salon Verve), Noel Thomas, Penny Treat, Charles Schweigert (RiverSea Gallery). LightBox Photographic Gallery in addition displays the second annual "Photographic Nude 2012."



Martin Anderson Redlining Nude at KALA



Rachel Black at RiverSea

basin street n.w. at the bridgewater bistro • Thursdays



Jazz trio Basin Street NW features two longtime coastal jazz artists, David Drury guitarist, and Chuck Wilder pianist. Joined by bassist Todd Pederson, the refined-cosmopolitan-style trio performs mainstream jazz classics from Ellington to Johnny Mandel, Tadd Dameron, Jobim and others.

Enjoy the true heart and spirit of jazz, Thursdays, 6:30 – 8:30pm. On Basin St. under the bridge in Astoria.

KALA proudly presents an evening with North Coast singer/songwriter Heather Christie, on Saturday, March 24. Doors open at 7:30pm. The night includes a pre-show reception featuring Heather's handcrafted heatherAdorn jewelry, a no-host cocktail bar and light appetizers from the Blue Scorcher Bakery and Café. Cover is \$10.

Heather Christie certainly must be called the daughter of the coastal rock music scene. And when, as teenager, she stepped into that scene in the mid to late 90s, she came willingly to represent the fusion of spirit and music for everyone. Guitar in hand, born to a colorful Astoria musical family, a penchant for songwriting and the power and beauty of the vast pacific ocean pushing her -- a beautiful young woman with a clear and stirring folk voice, and eyes to match, gifted stages; whether that stage be the sandy beach itself, a new music venue, KMUN radio -- the upper left edge, as penned by the late Billy Hults, was given its folk rock priestess.

A decade and a half later, Christie has tested the waters of country, R&B/pop, recorded three of her own albums and has dedicated much performance and recording time to the wonderful award-winning FrogTown project, driven by her partner in life and creativity Philip Pelletier. Throwing off the acoustic folk trappings, Christie has been on the road with the multi-media LIVE, kid book musical over the course of 5 years, donning a fancier pop lady and ballad singer of the sultry and soulful song ALONE, which by now must be a favorite emotional dream catcher for many a kid and adult that has shared the experience of Frog Town. For those not informed, Frog Town is a multi-media book about a little frog guy who comes up against barriers in a musical, cultural sea. From classical to country, sax-playing Thad the tadpole can't seem to find anyone to play with, cause nobody in his big neighborhood likes jazz improvisers (ain't it the truth). Frog Town hosts numerous Oregon musical artists, including R&B greats, Linda Hornbuckle and Curtis Salgado. But eventually music comes to bridge the gap.

In the earlier 2000s, Christie lead her self-titled band featuring some of the coast's soulful native musicians; guitarist Joe Patenaude, drummer Tom Peak and violinist Jeffrey Reynolds, recording LOVE Road, an analog studio album of rock originals and special nod to her rock pre-origins, Laura Nero's Ely's Comin'. Since the days of her more guitar driven material, you can find tracks available on myspace, like "Lady" and "Runnin'", with a pop/R&B bent, but nonetheless an extension of the early, expressive Heather Christie.

Currently Heather is working on new material in the studio, which she says "is a great way to spend the winter months!" She'll be playing some of these new songs at KALA,



Heather Christie at KALA 3/24

including "5 O'Clock", which is a reflection on an artist's life challenges.

She is also collaborating with Philip Pelletier on an ambient music series inspired by the beauty of nature, something she has been looking forward to exploring more deeply, and of which you can sample an exclusive clip, (The Stream) at www.hipfishmonthly.com. They are also working on a video production of the LIVE Frog Town show in HD Video, including several songs from the upcoming "Bedtime for Tadpoles" release, featuring ambient music for kids.

In addition to an upcoming gig at Mississippi Pizza in Portland, it has been several years since Heather Christie has performed as Heather Christie on an Astoria stage. Recently, an informal appearance at KALA during the holidays, she gave an inspiring performance, a strong inclination its time to get back to the singer/songwriter/performer aspect of her artistry.

And of that artistry she says, "My personal music involves allowing myself to walk deeply into the darkest parts of myself, to channel emotions that I tend to avoid in my day to day life, and to ride the wave of what I find there. Hopefully within that experience something otherworldly and beautiful is born. Not just for me, but for the listener... Music is my release, my ground and my sanity. I have to make it to stay alive, and if others enjoy it too, then lucky me."

The KALA stage features lighting and a great acoustic/amplified sound mix, an intimate musical setting in a beautiful restored Astoria storefront. Located at 1017 Marine Drive. 503.338.4878.

ABOUT heather ADORN
Inspired by tribal elements in a modern world, heather ADORN adds sleek, delicate touches to bold, colorful designs, creating innovative, handcrafted pieces for your adornment. In these cosmic jewels, you will see gem stones combined with glass, metal, rocks, feathers, and miscellaneous findings from years of collecting. It is not unusual to discover hand gathered shells from the east or west shores, along with a sparkling piece of cut glass, from a vintage chandelier, in your favorite pair of earrings. heather ADORN was born from a desire to honor the center, ritual and sacred space of the creative spirit. Every purchase supports the arts.

GoingsOn: March '12

in the columbia pacific

All That Jazz at the Liberty

w/**Lindsay Deutsch and Dick Hyman
and The Portland Chamber Orchestra**
March 25 • 3pm



LIBERTY THEATER winds up her Fifth Season on a "high note" with the Portland Chamber Orchestra in "All That Jazz". Featuring virtuosic violinist, Lindsay Deutsch along with world-renowned jazz pianist and composer, Dick Hyman. Hyman's long career includes his performances as a member of the Benny Goodman Trio, and rattling the ivories on most Woody Allen film scores. This concert will premiere a new take on Gershwin's classic "Rhapsody in Blue" with a transcription for violin and orchestra. This exciting program also offers works by Hyman for jazz trio, violin, piano and orchestra. Yacov Bergman conducts.

Tickets are \$25, \$20 and \$15 and are on sale at the Liberty Box Office open Tuesday through Saturday from 2 - 5 pm and 2 hours before curtain.



Siren Saturdays Lincoln City Cultural Center

PAYING TRIBUTE to WOMEN'S HISTORY MONTH, the Lincoln City Cultural Center does it with a month of selected live performance and film. Whether you live in the parts or head-out in search of coastal intrigue, LCCC is a super cultural facility with galleries, performance auditorium, studio spaces and more.

Here's the month's line-up: Country Roots Songstress Beth Wood, March 10; the Pilar French In-



Rock/Pop artist Pilar French

tention, rock-infused, March 17, Lori Fletcher and Deco Moon Jazz, March 24. All the shows will start at 7 p.m. at the LCCC, 540 NE Hwy. 101 in Lincoln City. Tickets are \$10 in advance, and \$12 at the door. To get yours, call 541-994-9994.

LCCC screens **SELENA** on Sunday, March 10, 11am. \$2. The true story of Selena Quintanilla-Perez, a Texas born tejano singer who rose from cult status to performing at the Astrodome. Stars Jennifer Lopez, who won the Golden Globe award for outstanding actress.

Thursday 8

FOOD & DRINK

Savor Cannon Beach. Wine & Culinary Festival. Starting at 5pm. Events include wine tastings, seminars, wine dinners and related events hosted by Cannon Beach art galleries, shops and restaurants. Festival tickets are \$99 (wine dinners and other related events not included). At various locations in Cannon Beach. Schedule at savorcannonbeach.com

LITERARY

Author Appearance. Bohemian travel author and 'resident foreigner' Sibyl James reads from her latest, "The Last Woro Woro to Treichville, A West African Memoir. doors open 7pm. Come relax and have a beverage. Sibyl reads and talks at 7:30pm. No Cover. KALA is located at 1017 Marine Drive in Astoria.

THEATER

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Friday 9

MUSIC

John Bunzow Trio. Roots. No cover, 7pm at McMenamins Sand Trap in Gearhart.

ART

Evening With the Potters. Meet the potters who create the beautiful soup bowls used and sold at the annual Bread and Soup Fundraiser. The potters display some of their work and discuss the methods and kiln used to create these unique bowls. Free, 6 - 8pm at the Bay City Arts Center.

FOOD & DRINK

Savor Cannon Beach. Wine & Culinary Festival. All day events include wine tastings, seminars, wine dinners and related events hosted by Cannon Beach art galleries, shops and restaurants. Festival tickets are \$99 (wine dinners and other related events not included). At various locations in Cannon Beach. Schedule at savorcannonbeach.com

LITERARY

Author Luncheon. Includes a catered lunch, a copy of the author's book and a chance to visit with an incredible writer. Author Erica Bauermeister will discuss her newest books. For \$20, attendees will get lunch and a copy of "The School of Essential Ingredients." For \$30, attendees will receive lunch and a copy of "Joy for Beginners." Starts at noon at Beach Books in Seaside. Register at beachbooks37.com/

THEATER

The Vagina Monologues. \$10, 7pm at the PAC in Astoria.

The Mad Adventures of Mr Toad. ASOC Winter Children's Theater. \$6 - \$10, 7:30pm at the ASOC Playhouse in Astoria.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Saturday 10

MUSIC

Beth Wood. Acoustic/Folk Rock/ Indie. \$12, 7pm at the Lincoln City Cultural Center.

Otis Heat. Zouk. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Hobo Nephews of Uncle Frank. Acoustic/Blues/Folk. No cover, 10pm at Hazel's Tavern in Astoria.

ART

Astoria's Second Saturday Art Walk. 5 - 9pm downtown Astoria.

CINEMA

Selena. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Crab & Oyster Feed. Crab, oysters, potato salad, beans, cole slaw. Beer & wine

garden. Bring cracking tools & condiments. 21 and over only. \$30, seatings at 3:45, 5:30, and 7:30pm at Norse hall on Puget Island, WA

Pancake Breakfast. \$5 for adults, \$3 for children. 8am - 11am at the Peninsula Senior Activity Center in Klipsan Beach, WA

Wine Tasting. J Christopher. 1 - 4pm at the Cellar on 10th in Astoria.

Savor Cannon Beach. Wine & Culinary Festival. Festival tickets are \$99 (wine dinners and other related events not included). At various locations in Cannon Beach. Schedule at savorcannonbeach.com

HAPPENING

Lower Columbia Pug Socializing Club. Pugs and their people meet monthly for fun and socialization. 11am at Carruthers Park in Warrenton.

Garibaldi Crab Races. \$3 entry fee kids under 5 free. 10am at Old Mill Marina in Garibaldi.

LECTURE

From Fantasy to Fabric to Finished Quilts. With fabric designer Karen Snyder. 2:30pm at the Columbia Pacific Heritage Museum in Ilwaco, WA



GARBO'S
VINTAGE GLOBAL WEAR

Don't miss Garbo Vintage Wear's 5-year celebration and the Astoria store's grand re-opening on Sunday, January 29.

From noon until closing, Garbo will have great sales, champagne and snacks on offer and, as always, vivacious vintage wear... fine and funky fashion for men and women.

Garbo's Vintage Wear

Location #1:

1454 Commercial
ASTORIA
Hours: Monday, Tuesday,
and Friday thru Sunday,
from noon to 6:00 p.m.
Phone: 503.325.4272

Location #2:

411 Broadway Street
SEASIDE
Hours: Thursday through
Monday, from noon to
6:00 p.m.
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WWW.ASTORSTREETOPRYCOMPANY.COM**

Jane Barnes Revue Get Your Cat Call On! March 31



THE ASTORIA Downtown Historic District Association (ADHDA) presents the second annual, award winning "Jane Barnes Revue."

This topsy-turvy fashion show features Astoria notable males dressed up as Jane Barnes (the historical "first white lady of Astoria" who came by ship, and left by ship in the early 1800's, and has taken on somewhat of a mythical parlor gal type of persona through the years).

The eye popping "cat walk" features Doctor Bill Armington of CMH and Jim Coffee of Coastal Family Health Center as they make their debut at this year's event. Additionally, Brett Estes of the City of Astoria, Andrew Bornstein of Bornstein Seafoods, and Jack Harris of Fort George Brewery will be among the "Janes" that will be returning to the stage! But those are only a

few of the featured "Janes" to wet your whistle! Check in with the ADHDA Facebook page as the list of celebrity models join the roster in drag-a-rama.

The delightful, and somewhat scandalous, evening of tiaras and formals took a surprising turn last fall when ADHDA received an "Outstanding Special Event" award for the event at the Oregon Main Street Conference Excellence in Downtown Revitalization awards. This award recognizes excellence in building a strong organizational foundation through volunteer development, fundraising activities, or communication strategies.

A meet-n'-greet "the Janes" dance follows the riotous runway, where "the Janes" really know how to flaunt what they've got (or wish they really had). The "Jane Barnes Revue" is sponsored by the

Columbia Memorial Hospital (CMH) Women's Center and co-sponsored by the Astor Street Opry Company and Holly McHone Jewelers.

This is seriously a no-miss folks! The "Jane Barnes Revue" will be held at the Astor Street Opry Company (ASOC) Playhouse, Saturday March 31. The fashion show starts at 7:30 p.m. Doors open 7:00 p.m.

There is limited seating so be sure to purchase your ticket early. Tickets go on sale on Monday, March 5. Tickets can be purchase, in advance, at Old Town Framing Co. for \$25.00 apiece. VIP tickets are available for \$50.00 per person and offer special, front row "cat walk" seating. (Cash or check is preferred.) Tickets will also be available at the door one hour before the event time. All proceeds go to support ADHDA.



Photos: Dinah Urell

B'aktun 13 A Teatro Milagro bilingual play March 16

THREE LATINOS swept up in an ICE raid and deported to Mexico are suddenly immersed into indigenous cultural experiences. As they are drawn into prophecies surrounding B'aktun 13, the final era in the Mayan calendar, will the world change on December 21, 2012? Or will they?

The possibility of a way home leads them to the Yucatan, where they encounter Mayan deities, jaguars and visions of the Earth flooding. Rio, gender queer, Luz, a Mayan and Sal, a dream act hopeful, struggle with their personal demons as Ixchel, goddess of water and moon, and Ahpuch, god of death lead them deeper into a mythological universe. A hurricane changes the course of their journey, sending them into uncharted lands. Time revolves like a Mayan calendar and Rio, Luz and Sal must return to face the consequences of their past as they approach the uncertainties of their future.

B'aktun 13 is written by Teatro Milagro Artistic Director Dañel Malán, through collected dialogs from immigrant students and research from travels through



Chiapas and the Yucatan. Matthew Zrebski, noted collaborator of new works, directs.

In B'aktun 13 themes of acceptance and unification unfold to remedy the impending doomsday through a narrative of three main characters deported to Mexico. While the spiritual side of the ancient prophecy fills plenty of space along the plotline, contemporary issues of immigration, assimilation and identity hit even more powerfully and poignantly than the thought of a world that may be no more.

- Emilee Booher, Willamette Week

PERFORMANCE: Friday, March 16, 7PM, at the CCC Performing Arts Center. Tickets & Information: 503-338-2469 or 338-2557 or 338-2460

TAPA Wait Until Dark At the Barn Community Playhouse

THIS THRILLER, directed by TAPA veteran Dan Phillips, focuses on the recently blinded woman Susy, whose whole world has become dark as the result of an accident six months earlier. Happily married to Sam, her photographer husband, both are unaware that he has unwittingly brought a doll fill with heroin into their home. With Sam away on a photo shoot, Susy is left home alone to meet and greet Mr. Harry Roat and his two henchmen, Mike Talman and Sgt.

Carlino, who connive their way into her home by pretending to be someone they're not.

With the aid of her precocious neighbor Gloria, who has taken the doll for herself, Susy eventually realizes that no one is who they say they are and that her life is in imminent danger. As we watch Susy struggle to survive, she uses the only weapon she has against the men and we join her on the roller coaster ride of her life where

all of us eventually plunge into the darkness together.

Performances: March 16-17, 23-24, 30-31 at 7pm, and March 25 at 2pm. at The Barn Community Playhouse at the corner of 12th & Ivy in Tillamook. Tickets are available by calling Diamond Art Jewelers at 503-842-7940 and at the door. Opening Night gala champagne event – one beverage and hors d'oeuvres included with price of ticket.

ASOC Kid's Theater The Mad Adventures of Mr. Toad

THE ASOC'S 4th Annual Winter Children's production is the fun and magical THE MAD ADVENTURES OF MR. TOAD written by Vera Morris. It opens March 2nd and will run through March 18th every Friday, Saturday evening at 7:30pm with the doors opening at 7:00pm and every Sundays at 2:00pm with the doors opening at 1:30pm at the ASOC Playhouse 129 West Bond Street Uniontown Astoria.

This Musical Theatre presentation is a delightful, upbeat version of Kenneth Grahame's ever-popular Wind in the Willows featuring kids 8 to 13 years of age. Directed by Michael Wangen with Music Direction by ChrisLynn Taylor. With colorful fantastical costumes by Terrie McDonald and Set Designs by Julie House Meet the eccentric but likeable Toad of Toad Hall and his dear friends Badger, Rat and Mole! Sponsored by CMH Pediatrics and My 99.7FM and Country Eagle 103.9FM



At the Coaster How the Other Half Loves March 16 – April 22

IN THIS brilliantly crafted, hilarious comedy, two couples in their own homes, the Fosters and the Phillipses, are visible to us but not to each other. That the characters cross so blithely into each other's spaces is an apt metaphor for the double-dealings brought on by illicit affairs. Telephone calls are made to the wrong wife or husband; idiotic conversations or hang-ups abound. When the hapless Featherstones are invited to dinner, Ayckbourn's strategic ploys step up another unbelievable notch.

PERFORMANCES: Fridays/Saturdays 8pm, Sun Mat (March 25, Apr 22), Talk-back Thurs, Apr 12. Tickets \$8 - \$20. FMI go to coastertheatre.com

LITERARY

Author Appearance. Erica Bauermeister, author of “The School of Essential Ingredients” will read from her work. Free, 2pm at the Cannon Beach Library.

Manzanita Writer’s Series. Author Marjorie Sandor will read from her newest book “The Late Interior.” Q&A and Open Mic session follow. \$7, 7pm at the Hoffman Center in Manzanita.

THEATER

The Vagina Monologues. \$10, 7pm at the PAC in Astoria.

The Mad Adventures of Mr Toad. ASOC Winter Children’s Theater. \$6 - \$10, 7:30pm at the ASOC Playhouse in Astoria.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Sunday 11

MUSIC

North Coast Symphonic Band. Sousa at the Liberty. \$10, 2 pm at the Liberty Theater in Astoria.

Ronnie Milsap. Country/Country Pop/ Countrypolitical/Soul. \$15 - \$25, 5pm at Chinook Winds in Lincoln City.

Otis Heat. Zouk. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Open House. Meet the staff & view the wonderful items & exhibits. Noon – 4pm at the Latimer Quilt & Textile Center in Tillamook.

FOOD & DRINK

Savor Cannon Beach. Wine & Culinary Festival. At various locations in Cannon Beach. Schedule at savorcannonbeach.com

HAPPENING

Garibaldi Crab Races. \$3 entry fee, kids under 5 free. 10am at Old Mill Marina in Garibaldi.

Tillamook Bay Tsunami Outreach & Education Rally. A panel of scientists & professionals will present information on tsunamis, earthquakes & emergency management. Also will be booths that will share preparedness information and maps in case of an event. Free, 2pm at Tillamook Bay Community College in Tillamook

LITERARY

Author Reading. Oregon Book Awards finalists Carl Adamshick, Vanessa Veselka and Lidia Yuknavitch will read from their work. Free, 7pm at the Cannery Pier Hotel in Astoria.

OUTSIDE

Season Kick-off Scramble. At Skyline Golf Course in Cathlamet, WA 360-795-3480

THEATER

The Mad Adventures of Mr Toad. ASOC Winter Children’s Theater. \$6 - \$10, 2pm at the ASOC Playhouse in Astoria.

Thursday 15

FOOD & DRINK

Dinner at PSAC. Includes main course, salad, dessert, and beverage. \$8, 5 – 6:30pm at the Peninsula Activity and Senior Center in Klipsan Beach, WA

LECTURE

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.



Born in the West; Made in China: The Song Dynasty at Hazels T.

FOUNDED IN 2009, The Song Dynasty has quickly become a fixture on the Shanghai scene, performing in rock and jazz clubs alongside local and expat musicians. Tours around China and East coast America have followed, with successful performances in New York and at the prestigious JZ Music festival (<http://www.jzfestival.com/en/>) in Shanghai.

The band fuse rock, dub reggae, electronica, funk and

odd-time grooves into a unconventional sound.

Led vocally by Kate Lewis - keyboards, guitar, and drums back her lyric/musical yet unconventional phrasing with a late Miles Davis-esque jazz and funk flow. Its cool, complex, hypnotic. Song Dynasty is tripping between Seattle, Portland, Eugene and the little music mecca of Astoria.

Thursday, March 22, 9pm. No Cover. At Hazels Tavern, 1313 Marine Dr. in Astoria.

LITERARY

Author Appearance. Forensic expert Rod Englert, author of “Blood Secrets,” will discuss his work and sign copies of his book. Free, 7pm at the Seaside Library.

Friday 16

MUSIC

Petty Cash. Classic Rock/Country/Rock. No cover, 7pm at McMenamins Sand Trap in Gearhart.

ART

Peninsula Quilt Guild Show. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco, WA

OUTSIDE

St Pat’s Golf Tournament. \$45-\$55/ player, cart rental \$15/player. Noon shotgun start at McMenamins Sand Trap in Gearhart.

THEATER

B’ak’tun 13. A bilingual (Spanish and English) play. Free, 7pm at the PAC in Astoria.

The Mad Adventures of Mr Toad. ASOC Winter Children’s Theater. \$6 - \$10, 7:30pm at the ASOC Playhouse in Astoria.

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Wait Until Dark. Suspense. At the Barn Community Playhouse in Tillamook.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Saturday 17

MUSIC

Pilar French Intention. Blues/Indie/Rock. \$12, 7pm at the Lincoln City Cultural Center.

Whistlin’ Rufus. Americana/Bluegrass/Folk. No cover, 7pm at McMenamins Sand Trap in Gearhart.

Porter Dodge & David Crabtree. Traditional Irish fiddle & guitar. No cover 8pm at fort George in Astoria.

Lloyd Jones. Blues/Funk/Soul. \$5, 9pm at the Sand Dune Pub in Manzanita.

ART

Peninsula Quilt Guild Show. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco, WA

FOOD & DRINK

Wine Tasting. Wines for St Patrick’s Day. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

Super Auction II, The Sequal. A fundraising auction. Attend in person or bid remotely. 9am – 10pm at 790 SE Hwy 101 in Lincoln City. FMI icchamber.com/

LITERARY

Writers on the Edge. Author Lidia Yuknavitch will read from her memoir “The Chronology of Water.” Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

THEATER

B’ak’tun 13. A bilingual (Spanish and English) play. Free, 7pm at the PAC in Astoria.

The Mad Adventures of Mr Toad. ASOC Winter Children’s Theater. \$6 - \$10, 7:30pm at the ASOC Playhouse in Astoria.

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Wait Until Dark. Suspense. At the Barn Community Playhouse in Tillamook.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Sunday 18

MUSIC

Ariel String Quartet. Classical chamber music. \$25, 3pm at the Chapel at Camp Winema north of Neskowin.

Lulu Lafever. Jazz/Blues. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Peninsula Quilt Guild Show. Noon – 4pm at the Columbia Pacific Heritage Museum in Ilwaco, WA

FOOD & DRINK

Pancake Breakfast. All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.

Cannon Beach American Legion Breakfast. \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.

HAPPENING

Super Auction II, The Sequal. A fundraising auction. Attend in person or bid remotely. 10am – 4pm at 790 SE Hwy 101 in Lincoln City. FMI icchamber.com/

LECTURE

In Their Footsteps Lecture Series. 1pm at the Netul Room in the Visitor Center at Fort Clatsop

THEATER

The Mad Adventures of Mr Toad. ASOC Winter Children’s Theater. \$6 - \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 19

FOOD & DRINK

Ice Cream Social. The public is invited for cake & ice cream + birthday celebration. \$1 suggested donation, free if it’s your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

Wednesday 21

MUSIC

Open Mic Night. All acts welcome. 5 – 7pm at the Three Cups Coffeehouse in Astoria.

Open Mic Night. Hosted by Ann Tierney. All levels welcome. 5 – 7pm at Wheelhouse Coffee Company in Astoria.

HAPPENING

Open Mic. All Acts are welcome. No cover, 5 – 7pm at the Three Cups Coffeehouse in Astoria.

LECTURE

Listening to the Land: Nature’s Trails. With naturalist Neal Maine. Free, 6pm at the Seaside Library.

LITERARY

Cannon Beach Reads. A monthly book discussion group. This month’s book is the Modern Library edition of “Heart of Darkness and Selections from the Congo Diary” by Joseph Conrad. Free, 7pm at the Cannon Beach Library.

THEATER

The Wizard of Oz. Presented by the Neahkah-nie Middle School After School Theater students. At the bay City Arts center.

Thursday 22

MUSIC

The Song Dynasty. Rock/Funk/Club. No cover, 10pm at Hazel’s Tavern in Astoria.

FOOD & DRINK

Fundraising Dinner. \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

MUSIC.

Petty Cash 3 Part Pop and Bluegrass

WITH A bluegrass instrumentation combined 3 part pop vocals, Petty Cash is a trio composed of Janet Julian, Dan Haley and Francis Regan. They write songs with soulful lyrics and infectious melodies, performing them with an airy sensibility. Their 1995 release “Shrouded By Angels” is an enduring classic and their kids’ album “OWEE! with many kids (and their parents!) and never fails to get them dancing. **Friday March 16, 7pm, No cover, at the Sand Trap in Gearhart**



Fast Rattler A good bit a’ Utah Phillips

FAST RATTLER started as a way for a son to get to know a little bit more about a father. Brendan Phillips grew up listening to the songs and stories of his father, the late Utah Phillips. He began to learn his songs, and the stories behind them, after discovering an old songbook Utah had put out titled “Starlight On The Rails.” It wasn’t long before a love of his dad’s music grew into a full-fledged appreciation of the power of songs. He began playing with Utah in 2004.

Fast Rattler is a 5 and sometimes 6 piece ensemble (with rock section) comprised of Portland musicians of whom work with numerous noted folk, acoustic and roots music groups

such as Portland Cello Project, Laura Gibson and more.

Fast Rattler made its debut on the 2009 Grammy-nominated album “Singing Through the Hard Times: A Tribute to Utah Phillips,” which included artists like Emmylou Harris, Ani DiFranco, Pete Seeger and Tom Paxton paying their respects at the passing of one of Folk music’s activist heroes.

Brendan Phillips will be coming out with a duo album with Bodhi Busick (a resident of Nevada City CA, virtuosic guitar player and long time protégé and comrade of Utah’s) in the near months of 2012. **Friday, March 23, 7pm, No Cover, at the Sand Trap in Gearhart**

Maggie Blues At Sweet Basil’s

JOIN NORTH Coast Blues Vocalist Maggie Kitson and Friends in the intimate music room at Sweet Basils in Cannon Beach, every Friday from 6 – 9pm. Insta-groove a move, not to lose. At 271 N. Hemlock in CB.



PAINT IN FRESCO

Agnes Field at Fairweather House and Garden



Agnes Field, *Field Dream* 48"x48" mixed media/plaster on panel

AGNES FIELD, a native Oregonian, developed her work in Italy where she studied fresco painting and began using unusual materials, such as insulfoam and plaster and clay for a light and textured surface. Fresco painting is very direct and spontaneous, which creates a freshness on the surface

that allows little room for changing the original idea. In her statement, Field reports that she is "always looking for what is below the surface--to understand how emotion can be caught below the surface. Making and painting is a direct search of the world around us. A mark on any surface is as primal

as rhythm. The process of translating internal or external observation becomes not a question of how to make, but of how to be."

Field has a Masters of Studio Fine Art from New York University and studied at the Pacific NW College of Art, School of Visual Arts, New York, and SACI in Florence, Italy. The award winning artist has shown nationally including the Portland Art Museum, Coos Bay Art Museum, and Cheney Cowles Museum. She worked on the Astoria Column Restoration and the historic DK Warren House. One of the founders of non-profit Astoria Visual Arts, she is currently curating the visual art sessions at KALA at hipfishmonthly.com.

An artist's reception will be held during the Seaside Chamber of Commerce First Saturday Art Walk on March 3rd between 5-7:pm at Fairweather House and Garden, located at 612 Broadway, in the historic Gilbert block. for more information go to: www.fairweatherhouseandgarden.com

Fruits of Our Labor CB Gallery

THE CANNON Beach Gallery hosts an invitational group show, *Fruits of Our Labor*, March 1- April 2. Two Gearhart area artists will be featured in the show, glass artist John Cook and painter Brian Cameron along with Portland based artists Suzy Kitman and Margaret Terrall. The exhibit is the CBAA's nod to Savor Cannon Beach and will highlight artwork that is thematically related to growing, preparing and enjoying food.

The Artist's Reception will be held on Saturday, March 3 from, 6-8 P.M. and is a free event, open to the public. Light refreshments will be served.

Suzy Kitman's large scale oil paintings of fruit and people within the landscape have been shown

in invitational shows and gallery settings across the country, and have received numerous awards.

"My People in Landscape," series deals directly with issues of presence and purpose. Working in oil paint, either from plein air views or from my photographs, I create vibrant and richly textured surfaces on my paintings," Kitman says of her recent work.

Painter Brian Cameron has painted on a small scale for this show, taking inspiration from his



"Anne Views the Future," Suzy Kitman, oil on canvas, 30"x40"

kitchen for much of the subject matter. Multi media artist, Margaret Terrall will be showing decorative trays. Inspiration comes to her from her garden and the beauty of Oregon.

Opening Reception: Saturday, March 3, 3-6pm. Cannon Beach Gallery is located at 1064 Hemlock.

Thread and Ink

Constance Waisanen and Rebecca Read

PRINTMAKER AND calligrapher Rebecca Read and textile artist Constance Waisanen stitch together two ancient crafts, the work of the quill and the needle. Read offers monotypes with lushly layered calligraphic text and mixed media embellishment. Waisanen unveils color-drenched hand-dyed works with her magnificent signature stitched designs. Individual pieces by each artist will be on display as well as several unique collaborative works.

In the signature piece of the show, *Old Crows*, Waisanen used images by Read, which she printed on fabric, as the inspiration for an original poem. Read rendered the poem in calligraphy reminiscent of crow tracks, which Waisanen transferred to fabric. The resulting work reflects the sensibilities of both artists and evokes the deep longing to connect.

In another collaborative series the pair works with rust dyed fabric by Waisanen overprinted with calligraphy by Read to create a visual experience that is reminiscent of lost cultures and ancient languages.

Opening Reception: Saturday, March 10, 5-8pm, Astoria Second Saturday Art Walk. At the Fisher Building, 42 Seventh Street, on the River Walk.



Uniontown Women

Mary Tanguay Webb at Studio 11

ON SATURDAY, March 10, painter Mary Tanguay Webb will be showing portraits of eleven women at Studio 11 in conjunction with Women's History month. Studio 11 is located at 453-A Eleventh Street in Astoria. (The corner of 11th and Exchange.) The show is a result of a project that Tanguay Webb began a year ago. All of the women have supplied biographical information about their lives that will hang next to their portrait.

Tanguay Webb said, "All of these women are connected to me and to Union Town by various happenstances during the almost six years we have lived in Astoria. I met them walking my dog in the hood, taking an acting class, rescuing feral cats, being a neighbor, going to a gallery, buying our house or going out for coffee. They are each delightful and interesting and trusted me to do this. I feel honored.

The show will be more of a "happening" than a regular gallery show in that it will hang for the two hours of the reception from 6:00 to

8:00 p.m. and then each woman takes home her own painting.

The show will be more of a "happening" than a regular gallery show in that it will hang for the two hours of the reception from 6:00 to 8:00 p.m. and then each woman takes home her own painting.

Opening Reception: Saturday, March 3, 5-9pm at Studipo 11, located at the corner of 11th and Exchange.





NCSB Brings Sousa to The Liberty

THE NORTH Coast Symphonic Band will offer North Coast residents a musical treat with its “Sousa at the Liberty” concert on Sunday, March 11, at the historic Liberty Theater in Downtown Astoria. The program features many compositions by John Philip Sousa such as *The Washington Post March*, *Fugue on Yankee Doodle*, *Comrades of the Legion*, and of course, *The Stars and Stripes Forever*. The band will also perform music from the era when Sousa was popular like *Triumphal March from “Aida”* by Giuseppe Verdi and *Polka and Fugue from “Schwanda the Bagpiper”* by Jaoromir Weinberger and Ira Hearshen’s Movement *Two of Symphony on Themes of John Philip Sousa*.

The afternoon will begin at 1:30 P.M. with pre-concert music from the Basin Street N.W. Trio, a popular local jazz group consisting of Dave Drury on guitar, Chuck Wilder on piano, and Todd Peterson on string bass. The group performs mainstream jazz classics with a refined cosmopolitan style and can be heard Thursday evenings at the Bridgewater Bistro. The North Coast Symphonic Band will take the stage to perform its program at 2 P.M.

NCSB conductor Dave Becker of Manzanita has thoroughly researched performance practices of John Philip Sousa and will incorporate many of them into the concert. On October 8, 1927, the Sousa band celebrated its millionth mile of touring as their train crossed the Columbia River into Portland. Unfortunately, Sousa neglected to come to the Liberty Theater in Astoria on that tour, so the North Coast Symphonic Band will attempt to make right that omission with this concert of Sousa compositions and others that his touring band might have performed. The NCSB will also attempt to transport the audience back to Sousa’s time in Oregon by including music from Jerome Kern’s “*Showboat*,” an iconic American musical written in 1927.

The March 11 concert will showcase the talent of several NCSB members with two special numbers during the concert. Flutist and piccolo player Lauren Brady will perform *Concertino for Flute* by Cécile Chaminade. Brady, originally from Houston, Texas, received her master’s degree in flute performance from the San Francisco Conservatory of Music and her bachelor of music degree from Northwestern University in Evanston, Illinois. She currently resides in Warrenton, Oregon, and is a second year member of the NCSB. A brass group of trumpets and trombones from the NCSB will solo with *Sextet from “Lucia di Lammermoor”* with Joan Paddock, trumpet professor at Linfield College, taking the lead.

Tickets: \$10/\$8 for students with ID. Children 12 and under are FREE with an adult. Advance tickets are available at the Liberty Theater Box Office, Tuesthrough Sat from 2pm-5:30pm. Day-of-show tickets will be available at the box office, which will open at 12 noon. The auditorium doors will open at 1:15. Also available from Tickets West at 800-922-8499 and are subject to a convenience charge.

Get Ready, Get Set, LAUGH! And get your act together

ON SATURDAY, March 31 a Comedy Night is planned to support the fund-raising efforts for renovation of the NCRD Theater/Auditorium.

Comedy acts, musical skits, mime, silly dances, comic stand-up, funny impressions, jokes ... whatever will tickle the funny bones, are invited to perform for this fun event. Submit your entry idea and/or script with your contact information (name, email, phone) by March 17 to the Comedy Night Committee at betmcmahon@yahoo.com. All acts should be “above-board” because this is a family event (PG only, please) and limited to 5 - 10 minutes.

Saturday, March 31. 7-9pm, at NCRD Appleton Auditorium/Theater (lower level of gymnasium) \$10 adults and \$2 children under 12.

LECTURE

What Beekeepers Do. With Julie Tennis. Free, 7pm at the Seaside Library.

THEATER

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Friday 23

MUSIC

Country Music Jam. Free, 7 – 9pm at the Wickiup Senior Center in Svensen.

Fast Rattler. A blend of traditional American folk, bluegrass, Irish and Gypsy with elements of jazz, swing, and rock. No cover, 7pm at McMenamins Sand Trap in Gearhart.

Kory Quinn & the Comrades. Americana/Folk/ Folk Rock. No cover, 9pm at the Big O Saloon in Olney

FOOD& DRINK

Pancake Breakfast. \$5, 8 – 11am at the Peninsula Activity & Senior Center in Klipsan Beach, WA

THEATER

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Wait Until Dark. Suspense. At the Barn Community Playhouse in Tillamook.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Saturday 24

MUSIC

Jason Lambert. A blend of acoustic and alternative rock. No cover, 4pm at McMenamins Sand Trap in Gearhart.

Billy D and the Hoodoos. Blues. No cover, 7pm at McMenamins Sand Trap in Gearhart.

Lorui Fletcher & the Deco Moon Jazz Trio. Jazz. \$12, 7pm at the Lincoln City Cultural center.

No Excuse Rocks. A Van Halen tribute band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

FOOD & DRINK

Wine Tasting. Wines from Greece. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

United Paws Adoption Day. This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon- 3pm at the Tillamook County Fairgrounds in Tillamook.

THEATER

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Wait Until Dark. Suspense. At the Barn Community Playhouse in Tillamook.

The Supporting Cast. Comedy. \$8 - \$12, 8pm at Theater West in Lincoln City.

Sunday 25

MUSIC

Tien-Huicani. Traditional folk music of the state of Veracruz, Mexico. \$10, 2pm at the Raymond Theater in Raymond, WA

All That Jazz. With Lindsay Deutsh, Dick Hyman, and Yaacov Bergman, Conductor & music Director. \$15 - \$25, 3pm at the Liberty Theater in Astoria.

The Brownsmead Flats. Am. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

PNPW Pro Wrestling. \$10, 5 – 8pm at the Astoria Event Center.

LECTURE

Coastal Think Tanks. “Tracking Godzilla: Images of Nuclear Radiation” with Dr Isabelle Freda. \$25 for a season pass good for all 6 seminars. 2 – 4pm at the conference room at the Inn at Cape Kiwanda in Pacific City.

THEATER

How the Other Half Loves. Comedy. \$8 - \$20, 3pm at the Coaster Theater Playhouse in Cannon Beach.

Wait Until Dark. Suspense. At the Barn Community Playhouse in Tillamook.

Monday 26

CINEMA

Made in Oregon Film Festival. Sometimes a Great Notion. At the Bijou Theater in Lincoln City.



Brownsmead Flats

HEARTY SONGS are sung in what is the quintessential style of the subculture of Brownsmead Oregon. One voice – one microphone, be one with the Flats. Sunday, March 25, 8pm at the Fort in Astoria.

Tuesday 27

CINEMA

Made in Oregon Film Festival. Kindergarten Cop. At the Bijou Theater in Lincoln City.

Wednesday 28

CINEMA

Made in Oregon Film Festival. The Goonies. \$2, at the Bijou Theater in Lincoln City.

LITERARY

Local Author Showcase. Writers and friends are invited to come share and listen to original works being read by local authors. Free, 6 – 8pm at Olde Towne Trading Post in Ilwaco, WA

Thursday 29

CINEMA

Made in Oregon Film Festival. Rooster Cogburn. At the Bijou Theater in Lincoln City.

Friday 30

MUSIC

James Faretheewell & the Foolhardy. Acoustic/Electroacoustic/Folk Rock. No cover, 7pm at McMenamins Sand Trap in Gearhart.

Karaoke From Hell. \$5 cover, 9pm at the san Dune Pub in Manzanita.

ART

Peninsula Art Association Annual Spring Art Show. Free admission, 10am – 5pm at the World Kite Museum in Long beach, WA

CINEMA

Made in Oregon Film Festival. The General. A silent film with Buster Keaton. At the Bijou Theater in Lincoln City.

THEATER

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Headlight Herald Home & Garden Show.

Vendors and food. Free admission. At the Tillamook County Fairgrounds in Tillamook.

THEATER

How the Other Half Loves. Comedy. \$8 - \$20, 8pm at the Coaster Theater Playhouse in Cannon Beach.

Sunday 1

MUSIC

Bluegrass Music Jam. 1 – 3pm at the Tillamook Forest Center.

The Charming Man. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Peninsula Art Association Annual Spring Art Show. Free admission, 10am – 5pm at the World Kite Museum in Long beach, WA

FOOD & DRINK

Knights of Columbus Pancake Breakfast. \$7/person, \$25/family. 8:30am – 1pm at the Parish Hall of Our Lady of Victory Church in Seaside.

HAPPENING

Nehalem Bay Winery Anniversary Celebration. Live music & more. Noon – 5pm at the Nehalem Bay Winery in Mohler.

Headlight Herald Home & Garden Show. Vendors and food. Free admission. At the Tillamook County Fairgrounds in Tillamook.

Wednesday 4

MUSIC

Baga's Front Room. Join other music lovers every first Wednesday for song and conversation and maybe to sip a little wine or other beverage. Food available too. 7pm at Lush Wine Bar in Cannon Beach.

HAPPENING

North Coast Job & Career Fair. open to job seekers and students seeking career information. This annual event showcases over 60 employment recruiters, colleges, and educational organizations. 12:30 - 4:00pm at the Seaside Civic & Convention Center. Visit www.mtcworks.com for registration.

Thursday 5

ART

Opening Reception. Pacific Rim Art Exhibit. Emergence from Place: Neo-Traditional Indigenous Art. 6pm at the Art Center Gallery at CCC in Astoria.

HAPPENING

First Thursday Trivia at the Library. A team trivia competition. Free, 5:30pm at the Astoria Library.

Friday 6

FOOD & DRINK

Wine Tasting. At Taste of Tuscany in Seaside. 503-738-5377

HAPPENING

Easter Bingo Night. A family night out with bingo games and raffle drawings. 7pm at the JA Wendt Elementary School in Cathlamet, WA

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

LECTURE

Pacific Rim Art Lecture & Slide Show. 7pm at the PAC in Astoria.

LITERARY

Author Luncheon. Author Luncheon. Includes a catered lunch, a copy of the author’s book and a chance to visit with an

Friday

MUSIC
Bill Hayes. Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.
Tom Trudell. Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA.
Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.
Thomasian Trio & Maggie Kitson. Blues/Classic Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

HAPPENING
Happy Hour for Higher Ed. With significant layoffs looming at Clatsop Community College, faculty, administrators, and the public are gathering weekly to discuss the situation and provide information about restoring teaching jobs. This in a fun setting that anyone can come to, at the Fort George Lovell Taproom, and the brewery is donating a dollar from each pint sold during Happy Hour for Higher Ed, Fridays 3-6 p.m., to a faculty fund, which is dedicated toward maximizing faculty positions.

Saturday

MUSIC
Musician's Jam. Free, 2 – 4pm at the Tillamook Library.
Jennifer Goodenberger. Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA
The Honky Tonk Cowboys. Country. No cover, 7 – 10p at the Astoria Moose Lodge.

FOOD & DRINK
Wine Tasting Special. \$9 for 4 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Sunday

MUSIC
All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.
Honky Tonk Cowboys. No cover, 3 – 6pm at the Astoria Moose Lodge.
Brian Johnstone, Flamenco/Jazz/Blues. 5 – 7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Monday

HAPPENING
Burgers & Jam Session. 6 – 9pm at the American Legion hall in Cannon Beach.
Tuesday
MUSIC
Richard T. Blues. No cover, 5:30 – 8:30pm at T Paul's Supper Club in Astoria.
Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA
Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Wednesday

MUSIC
Salty Dogs. Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria,
Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.
Suzanne Knutzen. Piano. No cover, 7 – 8pm at the Shelburne Restaurant & Pub in Seaview, WA
HAPPENING
Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita
Open Mic Night. 7 – 9pm at Lush Wine Bar in Cannon Beach. (every Wednesday except 1st of the month)

Thursday

MUSIC
Live Music. No cover, 6pm at U Street Pub in Seaside.
Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.
Randy Weese. Bluegrass/Country. 6:30 – 9pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.
Jam Session. No cover, 7pm at the Triangle Tavern in Astoria.
Jim Wilkins. 7pm at the Voodoo Room in Astoria.
Salty Dogs. Folk/Blues/Classic Rock. No cover, 9pm at Sam's Seaside Café in Seaside.

ART
Knitting/Spinning Group. 3 – 5pm at the Astoria Fiber Arts Academy.

HAPPENING
Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.
Poetry Open Mike. No cover, 8:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Jesus Loves Women: A Memoir of Body and Spirit
Author Tricia Gates Brown

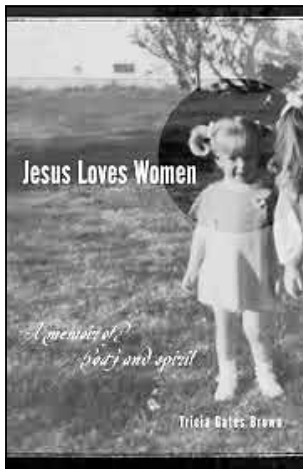
TRICIA GATES Brown's memoir, *Jesus Loves Women*, has only three words in the title, and any one of them alone could deter the prototypical *hipfish* reader (read: non-denominational, feminist, free-thinking individual) from picking up the book. "Jesus" scares some people. "Love" scares plenty of people. And "Women," as a capital lettered word and a sex, let's be honest here, scare lots of people, too. But put them all together, along with a subtitle that says, "a memoir of body and spirit," and suddenly the book begs questions that makes readers want to open its pages.

I'm one of those people who scares easily upon hearing Jesus in a sentence because, for me, too many people (read: fundamentalist Christians) have used Jesus' name while justifying unhelpful and, often, hurtful action. But in Brown's memoir, Jesus is a not simply the son of God who bears the cross of our sins, but a mentor to study, a person to emulate, a helper to meditate upon, and a teacher who advocates self-love and self-respect.

Spanning from youth to middle age, *Jesus Loves Women* tells the story of one individual woman's journey into spiritual authenticity. The memoir covers a lot of ground including: a childhood spent navigating a fundamentalist home and

community, first love and sexual awakenings, an early marriage rife with stereotypical gender role expectations and emotional control, single motherhood, academic theological study and self-imposed pressure to achieve, a second marriage, a second divorce, and a few international peace keeping missions. Brown handles shifts in time and age without any major jolts – the narrative balances story and summary; it weaves both ideas and memories into a fine cloth. Additionally, although Brown's book reveals several ill-advised decisions and wrong turns, the narrative voice is thoughtful, contemplative, and honest without being either a shame-a-log or overly self-absorbed. This memoir gives – as all good memoirs should give – its readers a chance to reconsider their own beliefs and paradigms; in this case those ideas we hold about womanhood, religion, war, sexuality, kindness, and what to do with our own hidden corners of secrecy and shame.

The book answers many of the questions the title begs, such as: how can women not know, in this day and age, that Jesus loves them? And, based on the tagline of the book, can a woman express true Christ-like love and still be a sexual being? How does one balance body and spirit anyway? Even though my upbringing wasn't



fundamentalist or even Christian, so much of what Brown meditates upon in her memoir, I related to as an every day woman, like mistakenly trying to find Christ-love through the approval of men, or trying to achieve academic and literary success in order to prove my worth as a person, or feeling confusion about my right as a woman to be a sensual being, or wondering what spiritual purpose my life holds.

Set primarily in the Pacific Northwest, Brown, writes about our lush area with memorable sensory detail. "Lively woods... hold their breath till morning, when birds burst into chorus and deer cut paths to the paltry streams sauntering through the hills." (About my old haunt of

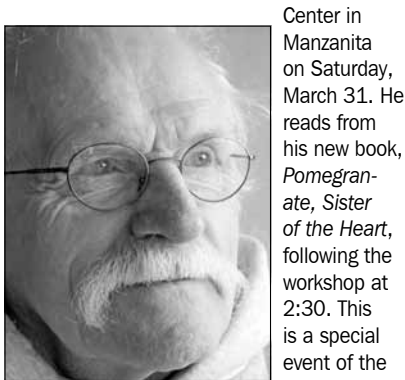
Oceanside, she writes, "Oceanside is spellbinding....Light prances on the water. Cloudscapes part and converge, billowing gradations of white and basalt-gray with gossamer sideburns, layers of steely blue." I wished all over again I still lived there). But with all the locations in the book, from the Willamette Valley's influential abbey, to Scotland, to Canada, and back to the Oregon coast, Brown's writing makes me feel as if I've been to those places, and offers metaphors for the narrator's various emotional states, which, in turn, makes me feel like I'm getting to know a friend.

Jesus Loves Women is impressive in its scope of thought and its coverage of so many aspects of one woman's life. To write about any individual life is hard enough, but to also manage to articulate truths about female sexuality and longing, violence and peace, and self-health and solitude, raises Brown's memoir to the level of being a book one keeps close by on the shelf. The kind of book we can turn to again and again to learn from and to relate to and open in order to remember our spirits.

JESUS LOVES WOMEN is available locally at *Cloud & Leaf Bookstore in Manzanita, Ekahni Books in Manzanita, and Lucy's Books in Astoria.*

Poetry Writing Workshop/Reading with Carlos Reyes
at the Hoffman Center Saturday, March 31

CARLOS REYES conducts a poetry-writing workshop from 10am-2pm at the Hoffman



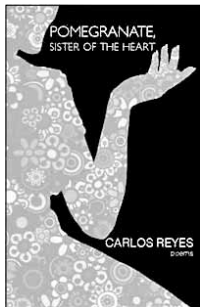
Center in Manzanita on Saturday, March 31. He reads from his new book, *Pomegranate, Sister of the Heart*, following the workshop at 2:30. This is a special event of the Manzanita

Writers' Series. The free reading is open to the public and books will be available to purchase at the event.
Writers who participated in Reye's March 2011 one-hour workshop can tell you that his workshops are immediately engaging, fun and

creative. This workshop will involve different writing prompts from the 2011 workshop. You'll walk away with useful handouts, a "homework" assignment, along with many new poetry drafts.

Go to hoffmanblog.org to download a registration form. Workshop fee is a \$25. Bring a brown bag for the half-hour lunch break.

Carlos Reyes lives and writes in Portland, Oregon when he is not traveling. His travels to Panama, Spain, Alaska or Ireland, inspire and inform his poetry. In 2007 he was honored with a Heinrich Boll Fellowship, which gave him two weeks to write on Achill Island, Ireland. He has had fellowships to Yaddo and the



Fundación Valparaíso (Mojácar, Spain). He was poet-in-residence in 2009 at the Lost Horse Ranger Station in the Joshua Tree National Park, and recently writer-in-residence at the Island Institute in Sitka, Alaska. Pomegranate is his fifth collection of poetry to be published.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) FML: hoffmanblog.org online or contact Vera Wildauer at vwildauer@gmail.com).

POETRY FOR EVERYONE
Driftwood Public Library will host an Open Mic Poetry Night on Wednesday, March 21 at 6pm in the Community Room. Light refreshments will be served. All are welcome to read a favorite poem, bring a poem of their own share, or just to listen. The library is located on the second floor of the city building at 801 SW Hwy 101. Contact Ron Sears at 541-996-1255 or rs@driftwoodlib.org for more information.

Blood Secrets with Forensic Expert Rod Englert At Seaside Library



THE FRIENDS of the Seaside Library will host noted forensic expert and author of "Blood Secrets" Rod Englert. The event will take place in the Community Room and there will be book sales and signings by Beach Books.

"Blood Secrets" reveals how forensic experts read the story of a murder told in the traces of blood left behind, providing crucial evidence that has helped convict criminals who might have otherwise gone free. When Rod Englert began his career in law enforcement, virtually no police force knew how to correctly examine blood spatter. He spent years studying and testing how blood behaves, pioneer-

ing a vital new tool that is now a part of any criminal investigation. Rod's real life CSI stories give you a fascinating look behind the scenes of forensic investigation.

Chief Deputy (Retired) Rod Englert has conducted over 580 lectures and training seminars on managing criminal investigations, solving unresolved homicides, blood spatter interpretation, and crime scene reconstruction, to law enforcement personal in 35 states, Canada, Russia, England and France.

Thursday, March 15, 7pm at Seaside Public Library located at 1131 Broadway.

Erica Bauermeister Cannon Beach Writer Series

SEATTLE-BASED AUTHOR Erica Bauermeister ("the School of Essential Ingredients") speaks about her newest novel, "The Joy of Beginners," at the Cannon Beach Library.

At a small dinner party, six women gather together to celebrate the fact that their friend Kate's cancer is in remission. While rejoicing in her recovery, Kate decides to do the one thing she's always been terrified of: white-water rafting. But she comes up with an idea for the rest of the women, too – each of

them must do something they've sworn never to do, with Kate deciding what adventure each woman will embark upon.

Each chapter in Bauermeister's book focuses on the adventure that the heroin has assigned to each of the six women, allowing the reader to delve into each of the characters stories and their friendship to Kate.

Meet the author, Saturday, March 10 at 2pm, at the Cannon Beach Public Library, 131 N. Hemlock.



Marjorie Sandor

WORKSHOP: In addition, Sandor will offer a free workshop on Saturday, March 10th from 3:00 to 5:00 p.m. at the Hoffman Center for the Arts in Manzanita (594 Laneda Ave).

The workshop will focus on memoir-writing and explore the power--both haunting and restorative--of our most ordinary and familiar domestic spaces. Sandor will briefly discuss her own experience of creating a book out of the bits and pieces of an early-morning gardening journal kept during a mid-life moment of intense change. From there, participants will do some of their own writing, working from simple prompts. The workshop is free but space is limited and participants are asked to register by emailing Susan Denning at susan@literary-arts.org.

Marjorie Sandor's most recent book is **The Late Interiors: A Life Under Construction**, a 2012 finalist for the 2012 Oregon Book Award in Creative Nonfiction.

Her previous books include the linked story collection, **Portrait of my Mother, Who Posed Nude in Wartime: Stories** (Sarabande Books), which won the 2004 National Jewish Book Award in Fiction; and a previous book of essays, **The Night Gardener: A Search for Home** (The Lyons Press), won the 2000 Oregon Award for Creative Nonfiction.

ASTORIA APPEARANCE: On Sunday, March 11th, at 7pm, Oregon Book Awards finalists Carl Adamshick, Vanessa Veselka and Lidia Yuknavitch will be reading at the Cannery Pier Hotel in Astoria (No. 10 Basin Street).

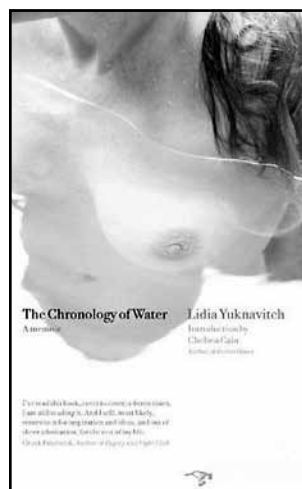
In addition, there will be two free workshops offered on Sunday at the Cannery Pier Hotel: Vanessa Veselka will offer a workshop on crafting plots in fiction from 1:00 to 3:00, and Lidia Yuknavitch will offer a workshop on writing the memoir from 3:00 to 5:00 p.m. The workshops are free but space is limited and participants are asked to register by emailing Susan Denning at susan@literary-arts.org.

About the authors appearing in Astoria:

Carl Adamshick received the 2010 Walt Whitman Award from the Academy of American Poets judged by Marvin Bell. His book, **Curses and Wishes**, is a **2012 Oregon Book Awards finalist**. His poems and essays have appeared in *Narrative*, *American Poetry Review*, *Tin House*, *The Harvard Review*, and elsewhere.

Vanessa Veselka has been, at various times, a teenage runaway, union organizer, a student of paleontology, an expatriate, a train-hopper, a waitress, and a mother. Her work has appeared in *The Atlantic*, *Tin House*, *Bitch: Feminist Response to Pop Culture* and elsewhere. She has been featured on NPR/ American Public Radio's "The Story" and **Zazen**, her first novel, is a **2012 Oregon Book Awards finalist**.

Lidia Yuknavitch is the author of **The Chronology of Water**, a winner of the Pacific Northwest Booksellers Association Award and a **2012 Oregon Book Awards finalist**. She is also the author of three works of short fiction: *Her Other Mouths*, *Liberty's Excess*, and *Real to Reel*. She is the recipient of awards and fellowships from Poets and Writers and Literary Arts.



Writers on The Edge Newport

LIDIA YUKNAVITCH is the author of **The Chronology of Water**, a winner of the Pacific Northwest Booksellers Association Award and a **2012 Oregon Book Awards finalist**. She is also the author of three works of short fiction: *Her Other Mouths*, *Liberty's Excess*, and *Real to Reel*. She is the recipient of awards and fellowships from Poets and Writers and Literary Arts.

An Evening with Lydia Yuknavitch - Saturday, March 17 - 7 pm Nye Beach Visual Arts Center

Show begins at **7 pm** in the second floor meeting room of the **Newport Visual Arts Center**, located at **777 NW Beach Drive** (across from the Nye Beach Turn-around). General admission is **\$6** at the door, students always admitted free. Light refreshments will be available.

CANNON BEACH

READS: meets Wednesday, March 21, 7pm at the Cannon Beach Library. This month's featured book is "Heart of Darkness and Selections from the Congo Diary" by Joseph Conrad. The group is using the Modern Library edition with introduction by Caryl Phillips, which is related to last month's selection, "King Leopold's Ghost." The sessions are free and the group welcomes new members



Carl Adamshick, Vanessa Veselka and Lidia Yuknavitch

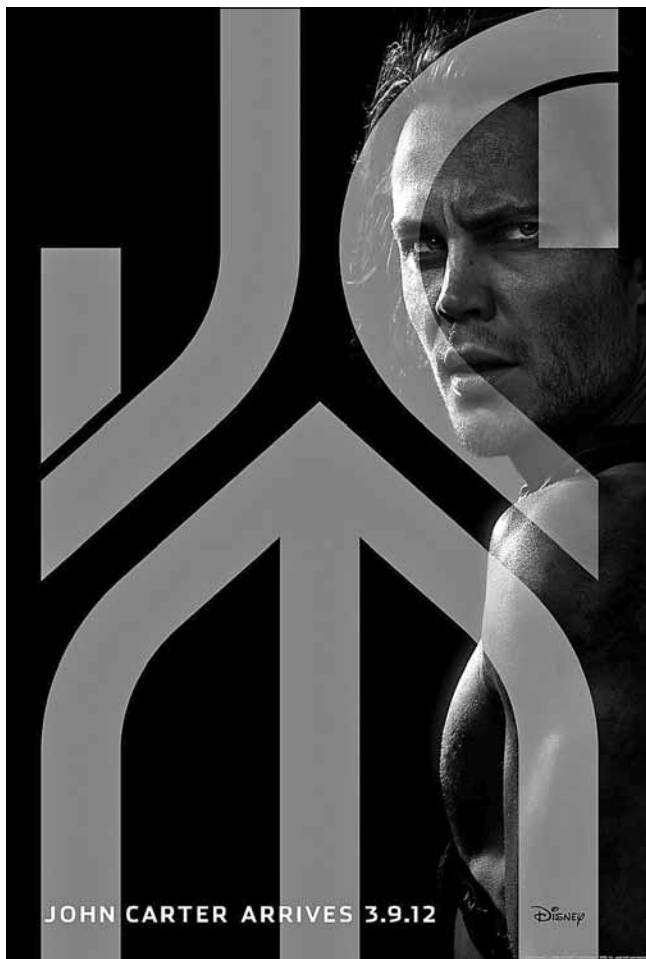
MOVIES & MUSINGS

by Les Kanekuni

Late winter is usually a time for genre films, horror and films that studios aren't confident in – namely dogs. March brings more comedies than usual, another R-Pattz movie and the first of two Snow White movies.



BEL AMI (Mar. 2) With the end of the Twilight series looming this fall, Robert Pattinson hasn't exactly been stretching himself outside the vampire trilogy, playing romantic leads in *Water For Elephants* and again in *Bel Ami*. While he played a young man with morals in *Water For Elephants* in *Bel Ami* Pattinson plays the amoral charmer Georges Duroy. Penniless in Paris after serving as a soldier in Algeria, Duroy uses his looks and personal magnetism to charm his way into a position at prestigious newspaper La Vie Francaise, then into the hearts of Clotilde (Christina Ricci) and the married Mme. Rousset (Kristin Scott Thomas). Like an good melodrama death, dishonor and betrayal follow. Still, this ain't no *Dangerous Liaisons*. Word of mouth has



not been good for both the direction and R-Pattz's performance. Variety said Pattinson "doesn't exactly invigorate this flailing adaptation of Guy de Maupassant's novel."

JOHN CARTER (Mar. 9) Animation director Andrew Stanton (Wall-E) makes his live action debut with his adaptation of Edgar Rice Burrough's 100-year-old science fantasy *John Carter* of Mars. Burrough's John Carter series was extremely influential with scifi writers like Robert Heinlein, Arthur C. Clarke and Ray Bradbury. In addition, filmmakers like James Cameron and George Lucas have acknowledged his influence on *Avatar* and *Star Wars*. Story concerns itself with John Carter, Civil War veteran who is transported to Mars and finds himself in the middle of another civil war with two rival races, the Tharks (Green Martians) and the Red Martians. Bestowed with great strength and agility due to the planet's lower gravity, Carter must unite the tribes to save Mars which is dying due to loss of atmosphere and water. A trilogy is planned if John Carter is successful but \$250M film has a tough road as marketing surveys have shown little awareness/interest in the film.



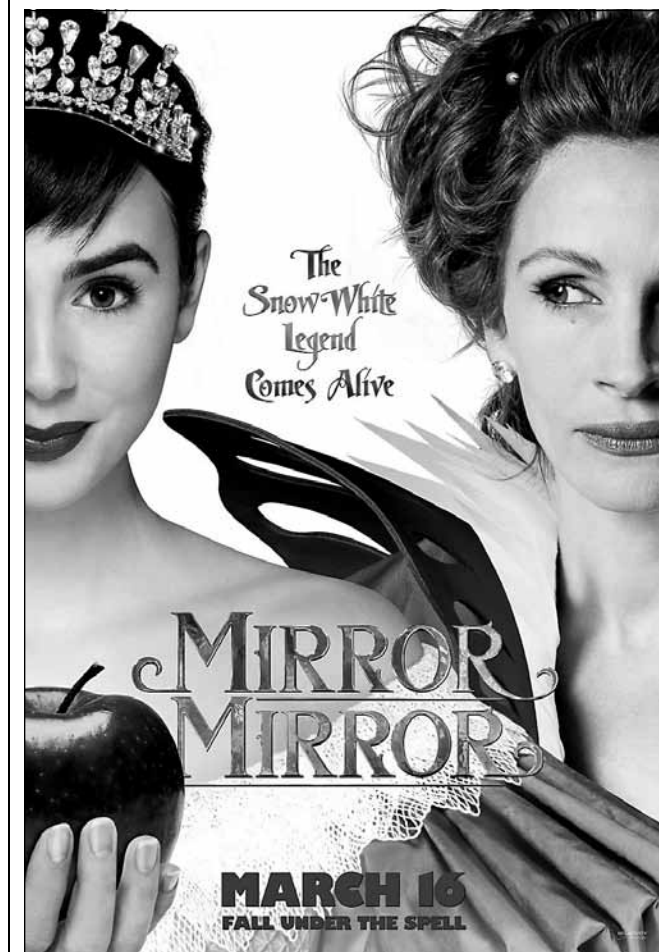
21 JUMP STREET (Mar. 16) Channing Tatum and Jonah Hill star in this reboot of the '80s TV show that made Johnny Depp a household name. Movie is basically an action-comedy along the lines of *Bad Boys*. Zenko (Tatum) and Schmidt (Hill) are young-looking cops who go undercover in high school to stop a drug ring. Supposedly brothers, to keep up appearances the two are forced to go back to living with their parents. After investigating, it appears that Eric, the coolest guy in school, is actually the head of the ring. But really, the crime angle is just the justification for a series of comedic fish-out-of-water scenes where the older guys have to turn back the clock. Schmidt has to deal with his pot-smoking parents who are thrilled to have him home again and is almost outed when he makes a phone call instead of texting. Johnny Depp makes a cameo appearance.



THE HUNGER GAMES (Mar. 23) Based on Suzanne Collins bestseller, *The Hunger Games* is a post-apocalyptic teen actioner. Set in the fictional nation

of Panem after North America is destroyed, a yearly lottery is held each year with a boy and girl from each of the 12 Districts being selected for The Hunger Games, a televised battle to the death. Jennifer Lawrence plays Katniss, a young woman who cares for her mother and younger sister Prim. But when Prim is selected for the Games, Katniss volunteers to take her place and must use her hunting skills to survive. Also selected from Katniss' district is Peeta (Josh Hutcherson) who befriended Katniss once and has harbored a secret crush since. Woody Harrelson plays Haymitch Abernathy, a survivor of the Games who has become an alcoholic but rouses himself to mentor Katniss when she proves her worth. Much criticism has been leveled at the plot for its strong resemblance to the 1999 Japanese book/movie *Battle Royale*.

MIRROR MIRROR (Mar. 30) After Tim Burton's 2010 film *Alice in Wonderland* became the ninth-highest grossing film in history, studios have been scouring the bushes for other properties based on public domain books like Lewis Carroll's classic. This led to two competing Snow White movies. For months the two studios played chicken with the release dates, both wanting to be first and leapfrogging the other. Finally, Relativity move their Snow White movie up to the relative dead period of March, but in winning the battle may have lost the war. Unlike Universal's *Snow White and the Huntsman* which takes a harder-edged dramatic approach, *Mirror Mirror* goes the other way with a flat-out comedy. Julia Roberts all but cackles her lines playing an over the top Evil Queen. Armie Hammer (*The Social Network*) plays the Prince. *Snow White and the Huntsman* might be the better bet when it debuts in June.





FREE WILL ASTROLOGY

March

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ARIES (March 21-April 19): At one point in his book *The Divine Comedy*, the Italian poet Dante is traveling through purgatory on his way to paradise. American poet T.S. Eliot describes the scene: “The people there were inside the flames expurgating their errors and sins. And there was one incident when Dante was talking to an unknown woman in her flame. As she answered Dante’s questions, she had to step out of her flame to talk to him, until at last she was compelled to say to Dante, ‘Would you please hurry up with your questions so I can get on with my burning?’” I bring this to your attention, Aries, because I love the way you’ve been expurgating your own errors and sins lately. Don’t let anything interfere with your brilliant work. Keep burning till you’re done. (Source: “A New Type of Intellectual: Contemplative Withdrawal and *Four Quartets*,” by Kenneth P. Kramer.)

TAURUS (April 20-May 20): If you’ve been holding yourself back in any way, Taurus, now’s the time to unlock and unleash yourself. If you have been compromising your high standards or selling yourself short, I hope you will give yourself permission to grow bigger and stronger and brighter. If you’ve been hiding your beauty or hedging your bets or rationing your access to the mother lode, you have officially arrived at the perfect moment to stop that nonsense.

GEMINI (May 21-June 20): In the cult blaxploitation film *The Human Tornado*, the main character Dolemite brags about his prowess. “I chained down thunder and handcuffed lightning!” he raves. “I used an earthquake to mix my milkshake! I eat an avalanche when I want ice cream! I punched a hurricane and made it a breeze! I swallowed an iceberg and didn’t freeze!” This is the way I want to hear you talk in the coming weeks, Gemini. Given the current astrological configurations, you have every right to. Furthermore, I think it’ll be healthy for you.

CANCER (June 21-July 22): Astrologer Antero Alli theorizes that the placement of the sign Cancer in a person’s chart may indicate what he or she tends to whine about. In his own chart, he says, Cancer rules his ninth house, so he whines about obsolete beliefs and bad education and stale dogmas that cause people to shun firsthand experience as a source of authority. I hereby declare these issues to be supremely honorable reasons for you to whine in the coming weeks. You also have cosmic permission to complain vociferously about the following: injustices perpetrated by small-minded people; short-sighted thinking that ignores the big picture; and greedy self-interest that disdains the future. On the other hand, you don’t have clearance to whine about crying babies, rude clerks, or traffic jams.

LEO (July 23-Aug. 22): *L.A. Weekly* praised the music of drone-noise band Barn Owl. Its review said that the listening experience is “akin to placing your ear against the Dalai Lama’s stomach and catching the sound of his reincarnation juices flowing.” That sounds a bit like what’s ahead for you in the coming weeks, Leo: getting the lowdown on the inner workings of a benevolent source . . . tuning in to the rest of the story that lies behind a seemingly simple, happy tale . . . gathering up revelations about the subterranean currents that are always going on beneath the surface of the good life. It’s ultimately all positive, although a bit complicated.

VIRGO (Aug. 23-Sept. 22): In the coming days, you could do a lot to develop a better relationship with darkness. And no, I don’t mean that you should do bad things and seek out negativity and be fascinated with evil. When I use that word “darkness,” I’m referring to confusing mysteries and your own unconscious patterns and the secrets you hide from yourself. I mean the difficult memories and the parts of the world that seem inhospitable to you and the sweet dreams that have lost their way. See what you can do to understand this stuff better, Virgo. Open yourself to the redemptive teachings it has for you.

LIBRA (Sept. 23-Oct. 22): Sister Jessica, a character in Frank Herbert’s *Dune* books, says, “The greatest and most important

problems of life cannot be solved. They can only be outgrown.” I encourage you to use that theory as your operative hypothesis for the foreseeable future. Here are some specific clues about how to proceed: Don’t obsess on your crazy-making dilemma. Instead, concentrate on skillfully doing the pleasurable activities that you do best. Be resolutely faithful to your higher mission and feed your lust for life. Slowly but surely, I think you’ll find that the frustrating impediment will be drained of at least some of its power to lock up your energy.

SCORPIO (Oct. 23-Nov. 21): A few years ago, the Hong Kong company Life Enhance sold briefs and boxer shorts that were supposedly designed by a master practitioner of feng shui. On the front of every garment was an image of a dragon, which the Chinese have traditionally regarded as a lucky symbol. To have this powerful charm in contact with your intimate places increased your vital force – or so the sales rap said. By my estimates, Scorpio, you’re not going to need a boost like that in the coming weeks. Without any outside aids whatsoever, your lower furnace will be generating intense beams of magical heat. What are you going to do with all that potent mojo? Please don’t use it on trivial matters.

SAGITTARIUS (Nov. 22-Dec. 21): There are times in your life when you do a lot of exploring in the outer world, and other times when your pioneering probes are directed primarily inward. In my astrological opinion, you’re currently more suited for the latter kind of research. If you agree with me, here’s one tack you might want to take: Take an inventory of all your inner voices, noticing both the content of what they say and the tone with which they say it. Some of them may be chatty and others shy; some blaring and others seductive; some nagging and needy and others calm and insightful. Welcome all the voices in your head into the spotlight of your alert attention. Ask them to step forward and reveal their agendas.

CAPRICORN (Dec. 22-Jan. 19): The Oxford English Dictionary, an authority on the state of the English language, adds an average of two new words every day. In the coming weeks, Capricorn, I’d like to see you expand your capacity for self-expression with equal vigor. According to my reading of the astrological omens, you’re due for an upgrade in your vocabulary, your clarity, and your communication skills. Here’s one of the OED’s fresh terms, which would be a good addition to your repertoire: “bouncebackability,” the ability to recover from a setback or to rebound from a loss of momentum.

AQUARIUS (Jan. 20-Feb. 18): We turn to Dr. Seuss for help in formulating your horoscope this week. He told a story of dining in a restaurant with his uncle, who was served a popover, which is a puffy muffin that’s hollow on the inside. “To eat these things,” said his uncle, “you must exercise great care. You may swallow down what’s solid, but you must spit out the air!” Drawing a lesson from these wise words, Dr. Seuss concluded, “As you partake of the world’s bill of fare, that’s darned good advice to follow. Do a lot of spitting out the hot air. And be careful what you swallow.” I expect your coming weeks will be successful, Aquarius, if you apply these principles.

PISCES (Feb. 19-March 20): You should be like a rooster, Pisces: dispensing wake-up calls on a regular basis. You should be nudging people to shed their torpor and shake themselves out of their stupor. What’s your personal version of “Cockadoodle-doo!”? It shouldn’t be something generic like “Open your eyes!” or “Stop making excuses!” Come up with attention-grabbing exclamations or signature phrases that no intelligent person can possibly ignore or feel defensive about. For example: “Let’s leap into the vortex and scramble our trances!”

HOMEWORK: Your imagination is the single most important asset you possess. Listen to the podcast: <http://bit.ly/Your-Prophesy>.

The Pedaling Adventures of Madame Velo (a.k.a. *The Bike Madame*)

By Margaret Hammitt-McDonald

Cycling with the Next Generation



children can’t form a fitness-promoting and fulfilling relationship with bicycles... and grow up into cycle commuters. It’ll just take more effort from the adults in their lives: us.

Adult mentors need to set a good example: using a bike instead of a car for those gas-eating short errands, taking weekend cycling

jaunts instead of sitting in front of the TV, and keeping our bikes as healthy as ourselves with regular maintenance. When adults incorporate bicycling into their daily lives, children emulate them.

The element of fun is crucial. Although young people can be natural activists about causes they care about, they might not be attracted to cycling if well-meaning adults preach about its environmental and exercise virtues to the exclusion of the enjoyment element. Instead of scaring them with near-miss stories or tirades about the occasional rude driver, I emphasize the humorous and serendipitous things that happen on my rides.

While fun can get the younger set on board, coolness is essential for the ennui-filled adolescent for whom the slightest whiff of “fun” sounds condescending. Listen well to learn who your teenager finds cool (kewl?), explore the Internet for photos of their idols on bikes, and casually leave them where your teen will find them (their basket of still to be folded socks is not the most strategic location). If the Obsolete Parent rides a bike, that’s *outré*; if the lead singer of Toxic Wombat Embrace does, then ten seconds after this revelation, you’ll find your emo kid spray-painting that old BMX bike black and riding off into the day-star.

Young people love being better than their parents at something, so let the kids win the race you didn’t know you were having. While they’re filing their nails and waiting for you to puff the rest of the way up that giant hill, they’re contemplating how excellent they are—and how excellent cycling is—as well as how epic swooping down that hill will be.

WE “PERSONS of a certain age” hold

warm, fuzzy, air-catching, gravel-scraped memories of cycling around our communities. We traveled in flocks of peers on a motley assemblage of bikes: banana-seat single-speeds with ribbons on the low-rider handlebars or hand-me-down ten-speeds, chased by younger siblings on trikes.

Although our adventures transpired with minimal supervision (hence the jumps and obstacle courses we created in vacant lots), adults in the community watched out for us as they drove by. Some of us cycled to school; others delivered newspapers; our wheeled steeds delivered us to friends’ houses, the movies, and the mall. We gave each other lifts on our handlebars, pulled wheelies, and cranked up huge hills for the rush of the descent. Even if our bike was an old beater with a rusty chain, it was a beloved friend.

Riding our bicycles gave us freedom within limits, taught us about spatial relationships, and allowed us to engage in healthy physical activity outside. Sadly, the bicycling way of life I knew as a child is vanishing. Sure, I see kids on bikes and trikes, but they often relinquish their steadfast friends when the squeaky siren song of the auto serenades them. While increased adult supervision of children’s activities has undoubtedly made childhood safer, it’s also curtailed children’s opportunities to explore on their own—frequently on a bike. With more afterschool activities teaching children everything from martial arts to trombone playing (and ever heavier homework loads), children don’t have the free time for tooling around on a bike.

Even though the days of unchaperoned travel may be over, this doesn’t mean that

WORKSHOPS/CLASSES

TAROT CLASSES - FREE. Join us for free classes to learn how to read tarot cards., at Godfather's Bookstore. Judith Davis has been reading tarot cards for forty years and will even help you pick out a deck if you don't have one yet! Classes will begin on March 4th from 2pm-4pm and continue on Sundays (2-4pm). We are located at 1108 Commercial Street in Astoria, Or.

INTRODUCTION TO FAMILY HISTORY. The Hoffman Center will host a repeat of Karen Martin's popular four-week "Introduction to Family History." Class sessions will be held on Thursdays, Mar. 22 and 29, and Apr. 5 and 12, from 2 to 3:30 p.m. The tuition will be \$40 for all four classes. Martin has been doing genealogy research for over 20 years. She holds a Certificate in Genealogical Studies from the National Institute of Genealogical Studies affiliated with the University of Toronto. This class will offer students ideas on where to start, and help them decide where to go from there. Topics will include organizing files, protecting documents, researching vital records, making courthouse trips, and finding online resources. For more information, contact Martin directly at kmmartin@nehalentel.net. A registration form is available online at hoffmanblog.org. Class space is limited.

ACTING/SCENE STUDY CLASS. Sundays, starting March 4. With George Dzundza. Students must be at least 18 years of age due to the potential of adult subject matter. Students will be asked to perform prepared scenes in the class. They will be instructed on how to elevate their performances and acquire the tools of a basic acting technique. They will be able to use that technique in any future performances. Work on a variety of guided scenes and experiences will sharpen their acting skills. Everyone performs. Students will learn by doing, but they will also learn by watching how their fellow students grow and progress. The hope is to produce dedicated, independent and confident theater people. \$5 per session, 2 – 5pm at the Barn Community Playhouse in Tillamook. 503-842-5566 to register.

DOES FOOD RUN YOUR LIFE? Come to Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

FREE COMPUTER CLASSES AT TILLAMOOK COUNTY LIBRARIES. Tillamook County Libraries will be offering free basic computer classes this fall. Sign up for a free one-on-one session where you can ask questions and learn at your own pace. Classes will be held on Saturdays at the Tillamook County Library September 11th, 18th and 25th and October 2nd and 9th. Additional sessions will be held at library branches in October and November. Registration is limited, so contact your local library soon and reserve your space.

SPIRITUAL WRITING FOR MEN AND WOMEN. Instructor Gail Balden is a writer, educator and workshop presenter with over 30 years of teaching experience. Her work has been published in anthologies, literary journals and national magazines. She teaches one-day writing workshops and writes a monthly column on the joys of small town

life for the North Coast Citizen. Visit her web site at www.creativejourneys.net.

French Conversation Group Re-Start. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/ person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

Library2Go Basics. Second Saturday of each month 9:00am-10:00am. Over 5000 audio books and videos can be downloaded to computers and digital devices through the Library2Go database accessible through the Astoria Public Library web site. All downloads are free to access with your library card. Learn the how to make the most of this extraordinary resource. Free, at the Astoria Public Library.

Computer Basics. Third Saturday of each month 9:00am-10:00am. If you're new to PC computers or just needing to update basic skills, this class is for you. Each class is tailored to meet the needs of participants. Free, at the Astoria Public Library.

The Lower Columbia Classics Car Club. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

Open Art Night. 5:30 to 7 PM –1st & 3rd Weds. Bay City Arts Center, Bay City.

Life Drawing. 6 to 9 PM. Every 2nd & 4th Weds. Bay City Arts Center, Bay City.

Toddler Arts Group. Every Monday, 10:30 to 11:30 –Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City. t

CELEBRATE RECOVERY • Nazarene Church, 2611 3rd St, Tillamook. Adult & teen 12 step program. Child care provided. Call 503-812-3522 for more information. Tuesdays, 7-9, Dinner at 6 by donation.

OPEN ART NIGHT WITH PHAEDRA. Bay City Arts Center, 5680 A St, 5-7pm on Wednesdays.

BODY WORK•YOGA•FITNESS

YOGA NAMASTE. Yoga Namasté invites you to spring into Spring by offering 2 FREE yoga classes during the month of March. Treat yourself to an hour of simple Hatha Yoga at the Yoga Namasté studio on 342 10th Street in downtown Astoria. This is yoga for everyone, all levels are welcome. Equipment is furnished, so bring yourself and a friend and explore this ancient art of yoga with us on Tuesday, March 27 and Thursday, March 29 from 6 p.m. to 7 p.m. The 10-week Spring term will start Monday, March 26 and end June 2, 2012. Level 1-2 classes meet Monday, Wednesday, Friday at 8:30 a.m. and Level 2-3 on Monday, Wednesday and Friday at 6:15 a.m. Vinyasa or Yoga Flow class meets Saturday at 9:30 a.m. All

classes are 90 minutes long. Todd Jackson, a master teacher from Portland Yoga Arts, will return to our studio May 18-20, 2012 to teach a 10-hour yoga workshop. This has been a very popular workshop and early registration is encouraged. Please consult our website www.yoganam.com for details or call Ute Swerdlhoff at 503 440 9761.

LOTUS YOGA. 1230 Marine Drive, Downtown Astoria. Ongoing classes on a month to month basis. Evening Classes Monday thru Thursday 6:00 PM: Monday Level 1 Yoga for Relaxation. Tuesday Level 2 Strengthening. Wednesday Level 1 Beginning Flow. Thursday Level 2 Advanced Flow. Morning class Friday 9:00AM All Level THERAPEUTIC Yoga. Dedicated to making Yoga an accessible part of everyday living. Call (503)298-3874, Check web for class schedule updates. Email lotusyoga@live.com, website www.lotusyogaonline.com Yoga/Private Instruction. Private Individual Therapeutic and Restorative Yoga instruction with certified, Yoga Alliance registered yoga teacher SarahFawn Wilson, MA, RYT-500. Private group classes also available. For more information and for public class schedule, please call 503-440-6738 or email serraphon@msn.com.

ECSTATIC DANCE. Ecstatic, trance, yogic, spirit filled), playful, improvisational, freestyle - We're Dancing! Wed. at 6:30 at Pine Grove Community House, 225 Laneda Ave. in Manzanita. No experience necessary. You are welcome to bring Instruments of any sort to play along with what we've got going. Cost is a sliding scale from \$5 - \$7, or free if you really need to just be there.

YOGA NCRD. Monday, Yoga Of The Heart, 8:15 am - 9:45 am Instructor: Lorraine Ortiz (no drop ins). Monday, Level II, 5:45 pm - 7:15 pm Instructor: Nicole Hamic Wednesday, Yoga Stretch, 8:15 am - 9:45 am Instructor: Lucy Brook Thursday, Level I, 5:45 pm - 7:15 pm Instructor: Charlene Gernert Friday, Very Gentle Yoga, 8:15 am - 9:45 am Instructor: Lucy Brook Saturday, Mixed Levels, 8:00 am - 9:30 am Instructor: Lorraine Ortiz

YOGA • Manzanita. The Center for the Contemplative Arts, Manzanita: Tuesday evenings 5 - 5:45pm. \$35 for 5 classes. Call 368-6227 for more info.

Yoga in Gearhart. Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

YOGA • Nehalem. Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

FREE AQUANASTICS CLASS. At KOA in Warrenton. This class is being offered to adults, men and women, 50 years or older, on Monday, March 19, from 10 to 11 AM at the KOA heated, indoor pool, at 1100 Ridge Road, across from Fort Stevens State Park entrance. For directions call (503) 861 2606 or (800) 562 8506. WATER IS TERRIFIC! It's stimulating, therapeutic, exhilarating, and equalizing. It's just plain fun! This class will be lead by Kathleen Hudson, a water exercise professional with certification from the Ameri-

can Red Cross water safety program and the Arthritis Aquatic Training program.

T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

Chinese Kung Fu. Tuesday and Thursday evenings from 5:30 to 7:00 at the Astoria Arts and Movement Center (11th and Harrison). The focus is on two styles; Ving Tsun Kyun and Tai Xu Quan. While both are suitable for self defense Ving Tsun is direct and linear in it's approach and Tai Xu is circular. Both are of ancient origin (Buddhist and Taoist respectively) and have been developed by nuns and monks, and by lay deciples as well. Matthew Crim vingtsunmc@hotmail.com

LEARN SELF DEFENSE IN LONG BEACH. Kenpo Karate for Adults, Tuesdays @ 7:00pm - 9:00pm. Long Beach Grange, 5715 Sandridge Rd, Long Beach WA. Also at the Grange, KENPO Karate for Kids, Mondays @ 4:00pm - 5:00pm, and free KENPO Open practice, every Saturday, 2:00pm - 4:00pm. Class tuition is \$40.00/mo. Inquire for a free introductory class / sign up: jbgroove2@crescomm.net Phone: 360-665-0860. See us on video at: www.YouTube.com/Jon-BelcherKenpo

HIKE THE NORTH OREGON COAST WITH ANGORA HIKING CLUB. This year the Angora Hiking Club will be leading 8 hikes that will cover the 64.4 miles of the north portion of the Oregon Coast Trail. These hikes are open to the community, and we encourage you to join us for one or all of the walks. If you have questions about this program, contact Arline LaMear, 503-338-6883. Car shuttles will begin at the Basin St. parking lot across Basin St. from Astoria KFC. Walkers should gather there by 9 a.m. for the March, April, May and June hikes. The remaining hikes, July, August, September, and October will begin at 8 a.m. to allow extra time for the longer drives to the walk start points. A record book is available for \$2 in which to record the eight legs of the North Oregon Coast Trail. Upon completion of all eight hikes, participants will receive a certificate. If you are interested in receiving one of the record books, please call 503-338-6883 so we will know how many to have on hand.

SPIRITUALITY

ACIM (A Course in Miracles) study group is forming in Astoria. All levels of Course study welcome. Format promises to be casual yet informative. For more information contact: awhitman08@gmail.com.

TIBETAN BUDDHIST DHARMA GROUP. Dharma River, meets Mondays 7:30 - 9 pm, 1230 Marine Dr., Suite 304 in Lotus Yoga's studio. Meditation, sadhana practice, teachings & discussion. Dharma River is a satellite of the Portland Sakya Center. Contact Dharma teacher, Rosetta Hurley, 338-9704 for more info.

INTERFAITH GATHERING. ALL Paths / Faiths WELCOME. Please Join Columbia Shores Interfaith Gathering on the FIRST Sunday of EACH MONTH. We meet at the Naselle Library Community Room in Naselle, WA (just over the bridge from Astoria) at 11AM. All Paths / Faiths Welcome. Enjoy a short scenic drive and a soul refreshing gathering of like-minded souls. We offer "simple wisdom for complicated times". Please visit us on the web at : csinterfaith.spruz.com Questions??



ANIMAL COMMUNICATION FOR BEGINNERS. March 12. With Lisa Fraser. Learn the basics of beginning animal communication as we all have this ability. Students are asked to bring a photo of their living animal (or one they know well). Please make sure the photo has good visibility of the animal's eyes. This class is recommended for those who wish to understand their animal friend better. \$30, 6:30 – 8pm at Tolovana Hall in Cannon Beach. Pre-register with instructor by email: lisafraserac@gmail.com

Please email us at CSINTERFAITH@ACTIVIST.COM We wish you deep peace...

A SILENT MEDITATION • with Lola Sacks. St. Catherine's Center for the Contemplative Arts, Manzanita: Monday Nights 5 - 5:45 Call 368-6227 for more info.

LECTIO DIVINA • Meditation with Holy Scripture. The Center for the Contemplative Arts, Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

LABYRINTH WALK • Grace Episcopal Church, 1545 Franklin St, Astoria, 3-6. Every 1st Sunday.

VOLUNTEER

Weekly Alder Creek Farm Community Garden. Work Parties - Tuesdays, 10 am – Noon. Help out the Coastal Food Ecology Center, community garden, permaculture garden and harvesting from the Wheeler Food Bank. Tasks may include: greenhouse and garden weeding, planting, and watering.

MEETINGS

ENCORE Retirement Learning Community. Is an association of retirement-age people who share a love of learning. Established in 2001 by a Steering Committee of retired adults, ENCORE is sponsored by Clatsop Community College. We meet for lunch the first Tuesday of every month. We try to alternate between North and South County, so look for these Community Notes in your local Newspaper to see the place of choice. Our Lunch Bunch get-togethers are a wonderful venue for meeting classmates over lunch, as well as new friends. Remember all guests that might be interested in ENCORE, or just want to know what we're all about, are welcome. Aletha Westerbeer, 503-325-4325.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity

for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. We look forward to seeing you soon. Second Monday of the month at 10am- Astoria FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 OR LIZ PIETILA @ 503-861-2050.

NOTICES

HEALTHY KIDS is Oregon's newly expanded no-cost and low-cost health coverage program for uninsured kids and teens up to 19 years of age. Healthy Kids offers comprehensive coverage. No family makes too much money for Healthy Kids. For assistance contact Judi Mahoney (503) 358-2333, or via email at: judimahoney@yahoo.com

Events

WHY IS EVERYONE SO SICK? You are invited to an educational seminar Presented by Dr. Lyn Hanshaw, M.D. At the Blue Scorcher Bakery, 1493 Duane St, Astoria, OR 97103, Sunday, Mar. 18, 4-8 pm. Get Your Questions Answered about the Terrible Health Effects of Mercury and Radioactive Chemicals from Japan's Nuclear Disaster.

SPRING EQUINOX CEREMONY AT WANDERLAND RAINFOREST ISEUM. Monday, March 19, 12-2pm. Meaning and mythology surrounding the Equinox; ritual and personal reflection. Attune your energy to the Earth's cycles. It is a time of Balance--and growth, for after Equi-nox (equal night) every day is brighter than the one before as the Earth blossoms into Spring. With Gwendolyn Endicott, mythologist, author, Priestess of Isis. There is no charge; donations gratefully accepted. 503-368-6389 or gwendolyn@nehalentel.net *Wanderland Rainforest Iseum ("Hearth of the Goddess") will honor each Seasonal Holy Day throughout the year with Ceremony from 12-2. For specific dates see our website wanderlandrainforest.org.



The Future & 2012 Predictions

by Sonja Grace

The Love of Art

THE ARTS are an expression of the physical, emotional, mental and spiritual bodies. Always challenged by the medium, the dancer strives for physical perfection as a sculpture would approach his clay, the vocalist for a sound that is a vibration within their soul, the painter who sees shapes and colors from the depth inside their own historic past. The actor has an experience that embodies all of these expressions becoming the very character he or she is depicting. Music has far reaching tentacles that pull us in or push us around like waves at sea. The instrument of each musician becomes the record keeper in the same way canvas is to the artist.

We do not always understand the message from the visionary or the art, song or play but we know in our hearts it is their voice that speaks out from a place inside their soul that is a window to the universe.

As a visionary I look for how I might best translate the information I receive from the divine and best explain it through language and art. As we experience the end of a four dimensional reality and watch the Earth and humanity move towards the fifth dimension; it is a race in time and space to the development of a star trek consciousness where mankind seeks other worlds to inhabit and space travel becomes as common as cars and trains. The fifth dimension will take us into the unknown frontier and unlock many of the secrets we have been sheltered from here on Earth. We will move into a frequency that not only allows

for more telepathy between each of us but also an expression of art that is defining this fifth dimension in ways we have never seen before. Voices that seem to come from the angelic realm will grace the Earth stage as well as the visual arts blending with technology in ways that change how we look at the Universe.

The challenge for each of us is to discern what we are feeling when we are experiencing any art form. The true alchemy of art is to invoke such feelings in the audience that they are moved and quite literally changed. The experience of a play, song, canvas, sculpture or written word touches our very soul and we can only surrender to the transformation. In all professions there are the creators and the collectors.

May the artists of the world deliver the message from their soul and help to transform humanity as we move into the fifth dimension. And may the collectors of all art realize how important their roll is. For each of us have a different karmic path, with a multitude of lessons while we are here on Earth.

Author Sonja Grace is a mystic healer and spiritual intuitive who provides guidance to people all over the world. She works with her clients over the phone providing immediate stability, clarity and guidance through her readings, counseling and processing work. Sonja Grace sees and receives messages from loved ones who have crossed over and offers a venue for healing in this world and the spirit world. Her new book *Earth Ways: Healing Medicine for the Soul* is available at: www.sonjagrace.com

REIKI: A self-healing tool for the energy system

by Jennifer Benedict



IT SEEMS only logical that I should be saying that I've only had positive experiences with Reiki, but that would not be true. My first experience with Reiki was anything, but pleasant or planned for. It was 1998 and I, the girl who followed science and reason above all else, pursued training as a doula (labor and delivery coach) with a highly respected midwife in Piedmont, California. This was a huge stretch for me, but research indicated that the presence of a doula dramatically improved birth experiences and I wanted to be able to offer knowledgeable help to family and friends who were starting families. Little did I know, this midwife had also begun initiations as a Peruvian Shaman and included some of this information in the class.

I was suddenly downloaded with a larger serving of spiritual "food for thought" than I could digest and became physically ill and an emotional wreck.

A well-meaning classmate offered me Reiki and I accepted only because I didn't want to appear rude and ungrateful. I was terrified and didn't trust this crazy hippie with a rainbow cat. Everything in my being blocked the energy and I prayed to God that nothing bad would enter into me. What I did not know at the time was that Reiki energy cannot be forced upon someone who is not receptive to it. Reiki practitioners become a conduit to a Universal life force that in essence is pure, unconditional love. My fears were completely unfounded and I was rejecting Reiki as a whole without any clear understanding of what it really was.

Six months later I had an experience with Reiki that was simply beautiful. I ran into trusted family friend, who had also been my Sunday school teacher, and was given one of the most amazing love-filled hugs I have ever experienced. I literally felt energy buzzing from her hands. In a matter of minutes, my pounding headache disappeared, the burning pain in my back was gone, and I even had a sense of hope about my life again. The difference this time was that I was receptive and taking responsibility for my own health and healing. I

was so excited I not only wanted to know more about what Reiki was, I wanted to be able to do it.

I learned that traditionally, the master selects the students who are ready. Reiki is taught in 3 levels which are each passed on with a Reiki attunement. It is fairly common now for individuals to search out a Reiki Master to train with. It is even possible to receive attunements online. My choice was a little more middle of the road. I didn't rush out and find the nearest Reiki Master so that I could obtain attunements for each level of Reiki like a competitive Girl Scout seeking merit badges. There is no higher glory in heaven or quicker route to ascension for those with more Reiki training. I waited until the time felt right.

Several years passed and my life was more stable when the right opportunity for learning came along. I saved the money and over the next few months I received my Reiki I and II attunements. I did not officially practice Reiki at this time. I offered it freely to friends and family who were in need of stress or pain relief. It felt like a time of giving back and quietly do my part to heal the Universe when and where I was able.

In Japan, where Reiki originated, master simply means teacher. It is not a title indicating holiness. Having the title also is not a solid indicator of spiritual wisdom, nor does it ensure excellence in

teaching. I spent several years refining my skills before I met the master who did my Reiki III-Master Teacher attunement. She took my phone number and said she needed to spend some time in contemplation to determine if it was right for her to do my next level of attunement. A few days later, she called and we arranged the time and place for the training. The experience was exhilarating, and yet I knew this only meant that seeds of wisdom were planted. It took time and personal development before I was ready to teach with integrity.

We are fortunate to have many qualified Reiki practitioners here in Clatsop County. It's even one of the alternative therapies offered at Columbia Memorial Hospital. Reiki offers a comforting boost of energy that allows people the ability to heal themselves.

Jennifer Benedict is working with Veronica Dyer and Donald Alan Lucas at the Mind Body Healing Center located at the Center of Balance, 2935 Marine Drive, Suite C1. She is offering classes in "Reiki I & II," "Manifestation," "Finding the Will to Heal," and "Advanced Healing Techniques." Detailed class offerings can be found on her website. She is available for private consultation by appointment. (503) 298-9467. www.alifereclaimed.com



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Diabetes: Therapeutic Options

THE TREATMENT of diabetes, as with many chronic diseases, is not a simple process. Considering all the contributing factors is key. Whether one has type I or II, how long the disease has affected the body, and how well it has been managed all influence the treatment options. Diabetes is a serious medical condition, which should be monitored by a licensed health care professional. If you have received a diagnosis of diabetes, or are suffering from borderline diabetes, insulin resistance or hypoglycemia, the following tips may be a useful adjunct to your treatment. Regardless of where you are in the disease process knowing your options is important, so take time to be evaluated, explore and take control of your health.

In a nutshell, conventional treatment for diabetes may include insulin replacement, blood glucose lowering pharmaceuticals and nutritional counseling. The basic notion being to monitor and control blood sugar levels. Nutritional recommendations are usually surrounding a low-sugar, low-fat diet. In my experience my diabetic patients who have met with nutritionists have been provided with limited information as to the effects of carbohydrates. I find this a very important factor that could potentially slow the progress of diabetes, so let's spend a moment here. Refined sugar is the epitome of the simple carbohydrate, the body has to do very little to make blood glucose from sugar. That you probably knew, but what is not so obvious is that the same is true for most cereals, crackers, chips, bread, pasta, etc. These are all simple, refined carbohydrates that are easily converted to blood glucose. Complex carbohydrates such as whole grains, fruits, vegetables and legumes also contain sugars, but they are slower to spike blood glucose because they contain a better balance of proteins, fats, and fiber! Fiber makes the system work harder to release the sugars from the food thus slowing the release of glucose into the bloodstream. A dietary guideline worth exploring is 'low-glycemic', this is a way of looking at how foods affect your blood sugars based on how fast and effectively they release their sugars into your bloodstream. For those with more severe diabetes or greater challenges with blood sugar control it may be worthwhile to consider a break

from grains entirely. Difficult? Yes! but well worth the results! You may also want to consider adding a fiber supplement to your daily regime. Taking fiber has two special rules, it should always be followed with a large glass or two of water so as not to constipate, and you should take medications and supplements separate from fiber as it can bind up these items and thus decrease their effectiveness in your body.

Another dietary consideration which I find funda-

merous packaged foods (so read your labels). Good quality fats from cold water fish, nuts, vegetables, grains, and seeds can actually promote better blood flow and help lower cholesterol levels. Cooking oil should be a quality extra virgin olive oil, or coconut oil. Consider a fish oil or flaxseed oil supplement. These essential fatty acids help the cells throughout the body to access nutrients, which is a fundamentally missing element in diabetes.

By Tracy Erfling, N.D.

**Dr. Tracy Erfling is a
naturopath physician in the
Lower Columbia Region.
Questions?
erflingnd@hotmail.com**



mental is the need for sweet. This is commonly at the heart of many diabetic challenges. First question to ask when a sugar craving strikes is 'have I had enough protein?' as this can help curb those cravings. Sweeteners are another confusing topic and common recommendations are to use calorie-free sugar substitute. The problem with this recommendation is that any time you consume something sweet the body will commence the whole insulin response. So regardless of the calories, if the ultimate goal is to correct an inappropriate insulin response then as a diabetic consuming a sweetened calorie free anything is not appropriate. I would rather my diabetics use a minimal amount of a natural sweetener like stevia or honey rather than a calorie free substitute. Hope I've made it clear why. And what about savory, sour, bitter, salty, spicy, there are so many wonderful flavors beyond sweet...check them out!

Okay let's talk fat. Fat is not bad, it is the type of fat that gets you into trouble. Yes, it is true that diabetics should use sparingly saturated fats found in red meats and dairy products; and avoid completely hydrogenated fats and trans-fatty acids, which come from vegetable oils, shortening, fried foods, and nu-

or suffer from heart disease best to take things slowly or seek the advice of a professional before starting a new exercise regime.

There are of course a laundry list of supplements that are beneficial for blood sugar control. One of these, which has some good research behind it, is Chromium. With adequate levels of this mineral, insulin receptors improve their acceptance and utilization of insulin's message therefore improving blood sugar control. Consider taking around 200mcg first thing in the morning. Antioxidants from food or supplement sources will help control potential end organ damage: blueberries, pomegranate, turmeric, alpha-lipoid acid, resveratrol, to name a few.

In summary as a naturopath I am trying to think of ways to heal the blood sugar system by attempting to avoid blood sugar irregularity in the first place, not to just manage the results once it has occurred. It takes more work, but creates a deeper, longer lasting healing experience!

DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!

Living on The Coast

By Tobi Nason

WHAT A joy! Day in, day out, I can wander the beach at my leisure, bask in the sun as I walk to the rhythm of the waves, have a mind full of lofty and beautiful thoughts....

Well, if we were being filmed for an ad or something, that might be, but in reality, I have to plan a beach walk. It has to fit in with daily chores which, oddly enough, are the same as those for the people that live in suburbs, cities or prairie plains. I have a job to go to, so beach walking is a sporadic event. Rhythm of the waves? What about the pounding of the surf, the turbulent and often angry looking waves spewing out white foam like spit directed at the gray clouds overhead? And that mind full of lofty and beautiful thoughts? Well, forget that. More like a mulling of a problem, an indulgence into a light depression, or a mindless need to keep moving in search of some psychic answers.

Living on the coast is a luxury. It really is. That's why it costs a bundle to have an oceanfront home. It's a luxury. Oh, I already said that, didn't I? Hope you recognize sarcasm when you see it, because I am trying to avoid both ends of the same idea. One is it can often be a lonely existence, a hard place to work and live. Creating a balanced life here is hard. You may have time, but money is scarce. Or you work work work and have no time. I think it may be a bit harder along the coast than elsewhere. The price to live here is high and one often has to work longer and harder than maybe more populated places. That job security is a dream. Just like elsewhere, only more so. Restaurants close overnight. Part time work gets cut down to near nothing, especially in winter when the electrical bill rises. Businesses need to survive during slow times. Beach towns are often dependent upon the kindness of strangers... oh, excuse me - I mean dependent upon the arrival of tourists.

I do love living here. It just is not a piece of cake. It is not idyllic. It can be a struggle. The struggle can be long and tiring. It can be a combination of financial stress and loneliness. It can seem unending when the grey days seem to never end..

Okay, our grey days are no different than those of Beaverton, and financial struggles can occur anywhere. So what's the point of living here if it's the same or in some instances worse than other places? Well, we get to walk on the beach at all hours of the day. Our choice. And in a small community, getting laid off means it's common knowledge. It means being rehired quickly by a friend of a friend of a friend when someone's business picks up.

I often hear from visitors to our coast how it must be wonderful to live here. Yes, I reply, it is. But it is so much more. It's a test of one's resilience, patience, and willingness to accept the ups and downs with grace. It's a way of life that has its own momentum dictated by seasons and weather and holiday breaks. Sometimes road closures and massive storms and tsunami threats alter the rhythm. No matter what though, it all asks for flexibility and a willingness to stick around when there's little work, not much money and few prospects for a major financial overhaul. Now that I wrote that, I realize that firmproved flexibility and exercised resilience are valuable life skills in themselves, skills that cannot be bought or achieved easily. A gift to us for choosing to live here....

Walk on the beach. Often. With joy. Toss your concerns to the waves. You deserve it. Yes, you... You deserve it.

Tobi Nason is a counselor who often mulls over the pros and cons of being a coastal resident. But then, she often mulls over the pros and cons of her next cup of coffee.

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Stretching and Tai Chi For Community Health At WAVES OF CHANGE Wellness Center

By Lynn Hadley



AS THE tai chi class began with instructor Angela Sidlo, Katie Hellberg, and tai chi class regulars, Wendy Dorman and Janet Kemp, a calm sense of comfort and support warmed the studio. Small movements causing great change and advancement toward balance, tai chi instructs body-centered movement to align mind, body, and spirit, plus, it's fun!

All too often the mind takes over in our day-to-day, and we abandon the poor body to fend for itself, maybe, an occasional vitamin, or medical treatment, when it really complains, but what if we paid attention to what hones and helps our bodies. "Patient, heal thyself", maybe that's what you heard from your HMO the last time you needed a special medical test, or new prescription, but numerous studies and reports cannot all be wrong. A recent clinical trial results showed tremendous improvements in balance and in mobility for Parkinson's disease patients, who exercised twice a week for an hour over a six month period.

A diagnosis of Fibromyalgia about 15 years ago, set Angela on a course to avoid being a victim of this condition - - she wanted to attack it head on nutritionally, mentally, and physically. Tai chi addressed this exactly in the mind, body, and spirit approach. Three years ago she discovered tai chi classes at Columbia Memorial Hospital, where she was encouraged to seek out her tai chi instructor certification. She now teaches classes at the hospital, as well as her own studio space,

Wave's of Change Wellness Center on Marine Drive in Astoria. Angela consistently learns more about tai chi movement and different styles, sometimes from her own students; she is currently working with fans (both, class participants and actual Asian-style fans) in her 18 and 24 movement advanced Yang style martial arts' style tai chi class which emphasizes more breathing and theory.

After receiving her certification and a grant through Northwest Senior and Disability Services, Angela was able to teach three classes at senior centers all over Clatsop County. When the grant ended she wanted to keep teaching, which lead to the opening of her studio. The studio offers aromatherapy, reiki, tai chi, reflexology, and stretching. Angela describes it as a space "for people who want to get back into movement, and all that wraps into the wellness for our community....I've seen huge improvements in people just by doing something as simple as breathing exercises, stimulating the body's "Chi" (In traditional Chinese culture, qi (also chi or ch'i) is life energy, life force, or energy flow) through the movement of tai chi, and drinking enough water every day....huge improvements in people's health. They're able to get off of some prescription medications, able to have better joint health, and their minds are clearer...just amazing transformations."

Simple forms of education and awareness help tune in the community into the power and energy of the movement. "By taking my

classes outside (on the river) last summer, there's something about the power of that water that you feel" and the public takes notice. With the development of the new park on the old Safeway site, Angela and Katie would love to be in this garden, open-air space as a place to practice their tai chi and stretching.

Katie Hellberg teaches a stretching class, focusing on making participants aware of their bodies.

This class, which contributes greatly to flexibility, can be an especially effective way to ease your body into an exercise routine, as some of us may have fallen off the health wagon, or maybe are recovering from a recent injury or surgery, or, like Katie herself, have always been a physical person, but you just had a child, and want to gently re-introduce your body to

the activity that you enjoy including as part of your lifestyle. The flexibility you gain from a simple routine of stretching allows the body to flow more purposefully through the day. Her current stretching class participants started with the basics, and stared at her strangely when she introduced yoga poses, initially, but, now, they hold a "downward facing dog" for over 45 seconds; that is bow-wonderful!

NEW CLASSES BEGIN APRIL 2. Angela Sidlo and Katie Hellberg offer an abundance of health and wellness options in their comfortable downstairs space tucked away on **1004 Marine Drive, Astoria, (Underground Astoria, cross street is 9th) (503) 338-9971; (503) 741-0414. www.wavesofchangewellness.com**

Some of the classes they offer include tai chi for all ages and four different skill levels, as well as stretching. New classes are starting April 2. Angela recommends to anyone interested in classes to come and to observe the class prior to signing up.

Metamorphosis with Maryejo del Meijer

Metamorphosis is a gentle type of Reflexology done on feet, hands and head. The focus is to address the reflexes that relate to the spine. It opens up blockages and allows the body to begin to heal itself physically, mentally and spiritually.

For anyone to get a regular Metamorphosis session is beneficial in releasing stress and limiting patterns, experiencing flow and moving into a greater sense of Well Being.

This workshop is appropriate for health care professionals, counselors, therapists, massage practitioners, reflexologists and anyone who would like to transform their lives in a positive way.

In the workshop we will learn more about the core patterns and how they may manifest as foot issues, physical ailments and psychological conditions. We will learn the work, get lots of practice and create breakthroughs in places where we may be stuck in our own lives.

WHEN: Saturday March 31st and Sunday April 1st

WHERE: Waves of Change Wellness Center
1004 Marine Dr. Astoria, OR 97103

TIME: 9-4 each day

FEE: \$200 (\$225 after March 20th)

Please contact Angela Sidlo for registration at 503-338-9921.

Maryejo will be taking private metamorphosis sessions Thursday evening, all day Friday, and Saturday evening. If you would like to schedule a session with Maryejo please contact her email at maryejo@metaling.com

Maryejo del Meijer, MA has been a practitioner and teacher of Metamorphosis for over 25 years. She has a Bodywork/Counseling practice in Santa Barbara, CA. She is mother to a 6 year old daughter. Maryejo holds a Metamorphosis Footnight monthly and has observed that the participants have blossomed into unique, self expressed, thriving individuals. She is currently co-authoring a book on metamorphosis as it relates to pregnancy and the birthing experience. For more info: Maryejo at maryejo@metaling.com or visit the website at www.metamorphosiscenter.com



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FOUR DAYS of wine tasting events, restaurant wine dinners, a wine walk and a wide range of culinary related activities make Savor Cannon Beach one of the Northwest's most unique wine and culinary festivals.

The Savor Cannon Beach Wine & Culinary Festival on March 8-11 in Cannon Beach, Oregon will feature four days of wine tasting events, restaurant wine dinners and a wine walk with tastings throughout town from over 30 Northwest wineries. Wine tasting events with specific themes occur each day of the festival and include the "Thursday Night Throwdown" matching Oregon wines versus Washington wines in several varietals. The "Battle of the Blends" showcases red and white blends from various regions of the Northwest. A sparkling wine and chocolate tasting will feature sparkling wines from Yakima Valley's Treveri Cellars whose wines were served at the White House for State Department holiday receptions this past December. Festival events also include tasting seminars designed to teach participants about the flavor profiles, pairings, serving and storage of Northwest wine varietals. Andy Perdue, editor in chief of Wine Press Northwest magazine will present a tasting seminar on pairing wine with cheese. The Savor Cannon Beach Wine Tour on Saturday afternoon is the largest event of the festival with up to 500 participants who visit galleries, shops, restaurants and hotels that each host a winery. Over 30 Northwest wineries will be represented.

"What sets our festival apart from most others is that nearly the entire community is involved with their own food and wine related events," said festival director Gary Hayes.

Cannon Beach's glassblowing studio will feature a guest artist known for his hand-blown glass wine goblets. Cannon Beach Book Company will host a

book signing by "Dishing Up Oregon" author Ashley Gartland. A special exhibit of culinary objects recovered from historical shipwrecks will be featured at the Cannon Beach Treasure Company. The exhibit includes coral encrusted wine bottles that had been underwater for 200 years, Spanish "olive jars" which sank on a once-proud galleon in 1743, and a full complement of six-piece place settings used by officers of the British East Indiaman Queen, which sank in 1800. There are chocolate tastings and

seminars at the Chocolate Cafe and EVOO Cannon Beach Cooking School offers a free seminar on the use of cooking and finishing salts. Living up to Cannon Beach's notoriety as a dog friendly destination, there's also a doggy treat tasting at the local pet boutique.

A festival ticket offers admission to all of the festival's official tasting events, seminars and a glass to participate in the wine walk. Festival tickets are \$99 and may be purchased in advance, online at: SavorCannonBeach.com.



Festival tickets good for all events are limited to 100 and have sold out in advance in past years, so tickets to individual events will only be available at the door if space permits.

Up to 400 additional tickets will be available for the Wine Tour on Saturday (a fundraiser for the local Children's Center). Tickets for the Wine Tour may be purchased in advance through the Cannon Beach Chamber of Commerce and, if still available, one hour before the event at check in stations at Coaster Theatre and Tolovana Inn.

For a complete schedule of events and information on lodging packages that include festival tickets, visit SavorCannonBeach.com. For regular updates on the festival and information on Cannon Beach's culinary attractions, you can also follow Savor Cannon Beach on Facebook and on Twitter.

Oregon Food Bank's Community FEAST comes to Tillamook on Saturday, March 17th

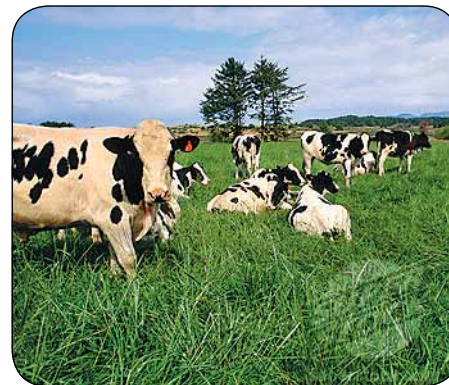
FEAST: Food, Education, Agriculture Solutions Together

ON MARCH 17th, from 9:30 – 3:30, at the Tillamook County Library's main branch (1716 3rd Street, Tillamook), Food Roots and Oregon Food Bank are convening Tillamook County's FEAST. Food, Education, Agriculture Solutions Together is a local community organizing event that will bring together individuals, businesses, families and community leaders who care about and have a stake in our local food system.

This event is for all those who want to learn more specific details and have meaningful conversations about local agriculture, food, related education, school and community gardens and community and economic development within those sectors. This event and its conversations will lay a foundation to further positive

change and build a shared vision, so we can begin planning and implementing important activities and projects in our region. It is our goal that together, we can build a healthier, more equitable and more resilient local food system.

There is no charge to participate in this event. However, a free locally sourced lunch will be served and space is limited to those who pre-register. Participants can register for FEAST by going to <http://tillamookfeast.eventbrite.com/> or www.foodrootsnw.org.



If you would like more information, please call Food Roots at 503.815.2800 or email: info@foodrootsnw.org

Beekeeper Julie Tennis

At the Seaside Public Library

ON THURSDAY March 22, at 7:00 p.m., naturalist and beekeeper extraordinaire, Julie Tennis will be buzzing in to the Seaside Public Library to speak about "What Beekeepers Do". The event is sponsored by the Friends of the Seaside Library and refreshments will be served.

The art of Beekeeping and honey production has been around for thousands of years as evidenced by rock paintings reckoned to be older than 10,000 years B.C. Julie Tennis's interest started much later when in 2005

she found out she was allergic to sugar and began substituting honey in recipes. Her father started keep-



her apiary to ten hives. Through study and participating in workshops about native bees, Julie's apprecia-

tion for the contribution bees make to life on earth has led to a love affair with their perseverance, self-reliance, and determination.

Traditionally beekeeping was carried out for honey products, but today other aspects of natural bee services are utilized such as all important crop pollination. Other hive products are pollen, royal jelly, propolis, and bee venom which is an effective treatment for Rheumatic Fever.

Seaside Library is located at 1131 Broadway. For more information call

(503)738-6742 or visit us at www.seasidelibrary.org and www.facebook.com/seasidepubliclibrary

School Gardens Receive Wide Support

SCHOOL GARDEN projects in Clatsop County have recently received nationwide recognition and donations from various community members. The school garden initiative started with the kick-off event of Food Day on October 24th, 2011. We celebrated Food Day with farmer's market tasting tables at each of the Astoria schools and won second place in a contest put on by epicurious.com and Whole Foods for best Food Day events. This prize earned the North Coast Food Web \$750 to go toward school garden projects.

AmeriCorps HOPE member Jennifer Rasmussen has been working to establish 'garden teams' involving teachers, parents, students, and community partners at each of four schools where she hopes to implement a gardening curriculum by the end of the school year. She's working at Warrenton Grade School, Cannon Beach Elementary School, Astoria Middle School, and Astoria High School. Support from parents and school staff and administrators has been overwhelming, as

everyone seems to be enthusiastic about teaching students how to grow their own food. Kristin Frost-Albrecht, director of the North Coast Food Web, says "We're excited about the progress being made toward cultivating a healthy community food system for the North Coast."

We want to thank our community for its generous support for this project. Astoria Indoor Garden Supply donated over a hundred packets of different fruit and vegetable seeds that will be used in all of the different school garden projects. Also, the Di Bartolomeo Law Office donated \$250 to be used for soil and fertilizer, and to go toward beginning a garden library at Astoria High School.

For more information or if you want to get involved with the school gardens, please contact Jennifer Rasmussen at jennifer.rasmussen@oregonstate.edu or 503.325.8573.



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FREE LIVE MUSIC
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HAND-MADE FOOD
 House made sausages, steaks, and fresh seafood.

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MEMBER DISCOUNT DAYS!

7% OFF
 March 10

10% OFF
 March 22

"Not an Owner?"
 Sign up for \$25 and receive the discount the same day

ALL THAT JAZZ

Portland Chamber Orchestra

Liberty Theater Presents Season 5

Sunday, March 25, 3pm

The Portland Chamber Orchestra
with Violinist Lindsay Deutsch and
World Renowned Jazz Pianist Dick
Hyman. Yaacov Bergman, Conductor
and Music Director.

Tickets: \$15 - \$25

LIBERTY THEATRE

LIBERTY THEATRE BOX OFFICE

Tues - Sat, 2 - 5:00pm & 2 hours before curtain
503.325.5922 ext. 55

1203 Commercial Street, Astoria, OR
(Corner of 12th & Commercial)

www.liberty-theater.org



ALSO:

Sousa at the Liberty!

North Coast Symphonic Band

Sunday March 11, 2pm

Tickets: Adults \$10, Students \$8.

Under 12 free accompanied by an adult.

Au Naturel

THE NUDE IN THE 21ST CENTURY

Sixth Annual International Juried Exhibition

On exhibit now through March 29

ALSO

Nudes Downtown: A Compendium of Art
Inspired by Au Naturel - Through March 29

Participating venues/Astoria: RiverSea Gallery, Light-
Box Photographic Gallery, Old Town Framing, Lunar
Boy Gallery, KALA@HIPFISHmonthly, Studio 11 and
Salon Verve



Kerry Conboy, Mixed media on paper

Clatsop Community College Art Center Gallery

1799 Lexington Ave., Astoria OR 97103

Gallery Hours: 8 a.m. - 6:00 p.m. Monday - Friday • 11 a.m. to 4 p.m. Saturdays

Sundays and Holidays by appointment only

Special Spring Break Hours: March 26-29, 11am to 4pm

MUSIC • VIDEO • POETRY • LIVE PAINTING • COMEDY - IT'S AN ALL OUT ART EVENT!
NO TABOO LEFT UNTURNED! KILL YOUR SACRED COWS!!



SEE AS
DAVE ARCHER
PAINTS WITH A
MILLION
VOLT TESLA COIL!



HEAR THE BEAUTY AND ANGER
AND LOVE AND ANSWERS OF
JOHN SINCLAIR &
DAVE DENSMORE!!



SMELL WILLIAM HAM
BUST THE GUTS OF
100'S WITH LAUGHTER
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VIDEO SHORTS &
STORIES FROM
SHANE & AMY
BUGBEES
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ONE DAY - TWO SHOWS
ALL AGES @ THE PAC 6PM
OVER 18 @ KALA@HIPFISHMONTHLY 10PM
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fun and inspiration and passion and as an added bonus heart and feeling!

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McMENAMINS SAND TRAP

**LIVE MUSIC
EVERY FRIDAY NIGHT**
7 p.m. • Free • All ages welcome

March 16 • St. Pat's Golf Tournament

12 noon shotgun start • \$45 prepay; \$55 week of payment
Scramble format • Reservations required • 21 & over

March 17 • St. Pat's Day Celebration

Live music by Whistlin' Rufus

Music at 6 p.m. • Free • All ages welcome

March 24 • Happy 4th Birthday, Sand Trap

Live music by Jason Lambert and Billy D. & The Hoodoos

Music starts at 4 p.m. • Free • All ages welcome

March 31

Spring Break Dance Party

Live music by

Gentlemen's Club

7 p.m. • Free • All ages welcome



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GEARHART HOTEL**

Featuring 18 guestrooms
above the Sand Trap Pub

OPENING MAY 11

Now taking reservations
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