

HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 14 Issue 168
January 2013

DRAGALUTION



Daring, Deelicious and a little Dirty...

It's a Drag Revolution @ the Columbian Theater

INSIDE →

WOMEN'S HEALTH EMPOWERED: P. 8
Nurse Practitioner Belinda Kruger has been there through the changes

One Astoria non-profit is focused on community parks, open space and quality recreation year-round. P. 10

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HIPFiSHmonthly

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jan 12

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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

Send general email correspondence: hipfish@charter.net
HIPFiSH is produced on the web at: www.hipfishmonthly.com
Hipfish is printed at the Daily Astorian

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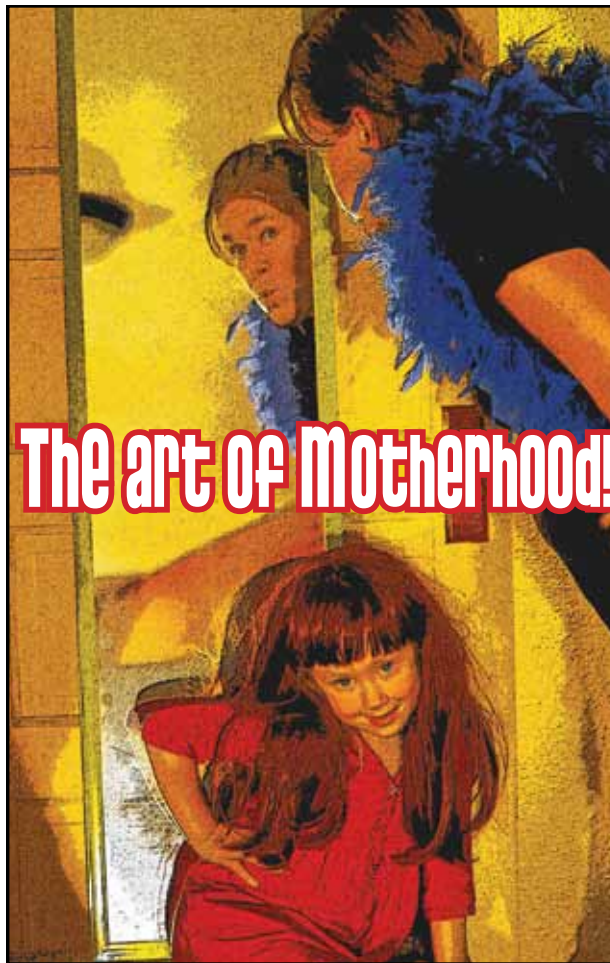
KALA VISUAL ARTS CURATOR:

Agnes Field

**FEBRUARY
HIPFiSH
ON THE RACKS
FRIDAY
FEB 8**

COVER DESIGN: LES KANEKUNI

Photo: Mother Daylight - Marco
Davis. (submitted photo)



THE ART OF MOTHERHOOD

(What Happens When a Poet Moves to a
Visual Arts Town Where it Rains a lot
and Births a Daughter.)

Nancy & Nizina (aka Izi) Cook

New, collaborative and collected works in mixed media, quilt art, wood fired ceramics and kid art!
Poet/Writer/CCC instructor and RAIN magazine editor
Nancy Cook, brings her "decidedly lowbrow art"
out of the closet. Exhibit in the "Back Forty" at KALA.

**Astoria 2nd Saturday Art Walk
January 12, 5-8pm
DJ Rock Spins 'till midnight!**

KALA
@HIPFiSHmonthly
is located at
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sat/sun 12 - 4pm
and by appt



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More info: Call Tammy Payne at 503-458- 5855



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Shane and Amy Bugbee Book and Movie Presentation

at KALA • Saturday, January 19
7:30pm (doors open 7pm) • \$6 Door
1017 Marine Dr. Astoria

HOW TO quit your job, leave your life and travel the country for over a year with only \$180.

Yes, you too can truly tune in, turn on and drop out - pack up the house and everything you own, put the work on hold, and spend over a year traveling the USA with no money, and no back up plan.

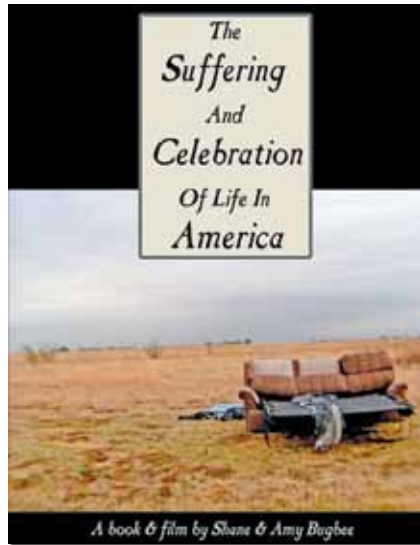
Shane and Amy Bugbee did just that they packed it all up, threw it in storage, took to the road, and found themselves in a magical land full of kind people, wisemen, and surreal experiences, it was amazing, it was life changing, and it all really happened in that mystical land known as America.

Join the couple as they discuss the experience, tell stories and show short video from their travels. While on their journey

they met with and interviewed all walks of life, from pig farmers and artists to christian ministers, ranchers, revolutionaries and rock stars, about the topics that decent people don't discuss in polite company - politics, art, religion, and revolution.

At the KALA presentation the Bugbees will be featuring short videos featuring; Dennis Banks of The American Indian Movement, renown photographer and artist Joel Peter Witkin, Ian MacKaye of Fugazi/Minor Threat fame, and many others. Copies of their new book and movie THE SUFFERING AND CELEBRATION OF LIFE IN AMERICA will be available for sale.

More info: www.usaodd.com



William H. McNeill Chicago, IL - 11/10/07

**William H. McNeill
Chicago, IL - 11/10/07**

William H. McNeill was born in British Columbia in 1917. He studied at the University of Chicago and Cornell University, becoming a professor for the University of Chicago in 1947. Professor McNeill is a leading anthropologist, and has authored numerous books and essays. His most famous work is 'The Rise of The West: A History of the Human Community' (1963). We attended his lecture at the Humanities Festival in Chicago and managed to ask him a couple questions.

Page excerpt from "The Suffering and Celebration of Life in America" – A graphic diary of interviews, impressions, and a journey that birthed a fascinating record of America right now.

Question: Your thoughts on voting in America?

William H. McNeill: It seems to me the level of political discourse in our public life today is very disappointing. Candidates are compelled by their sense of vulnerability, if they say the wrong thing, they have to hold back and be very careful what they say, and they have to have something to say every day, and have quick answers to any problem. I would love to hear a candidate say "I don't know", but that would apparently be crippling, you can't admit you don't know, but that's ridiculous!

I remember reading about Mr. Abraham Lincoln, and when he was running for president, he sat in his house in Springfield, and when he had something to say he came out and said it, and when he didn't have anything to say, he didn't say it, and that's how he was elected president. That was because the media were not what it is today, not instant, instant everyday, something to say, and it's possibly something that would embarrass them, that really catches. That is, I can only say, childish behavior, but it's very much the substance of our public life now, and I think that's a pity.

I can't imagine any normal human being subjecting themselves to that kind

of a regiment for two years before you can be elected, or as the case may be, disappointed.

Question: What is the best & worst thing about America?

William H. McNeill: The United States has been a marvelous success story, and we are on the whole much more able to accommodate strangers than most other countries, we have a tradition of receiving immigrants and making them into Americans.

Question: And the worst thing about America?

William H. McNeill: Self Righteousness, we do have a tendency to impose that everybody wants to be like us and we are the model for the whole world. There is a kind of self absorption, and it is not attractive in my opinion. It makes the other people less than willing. I'm a Canadian you know, I was born in Canada. When I was young, we Canadians looked upon the United States as that great corrupt Republic to the south of us. They were corrupt because they were rich, and because we were not rich, we were the True North, strong and free, try to emphasize our difference, between ourselves and the Americans, there was very little difference really.

Community Ground at CCC Gallery Bridging the gap between teaching and making art

CLATSOP COMMUNITY College is pleased to announce a collaborative exchange exhibit of visual arts titled: "Community Ground – Art Faculty from Linn-Benton and Mt. Hood Community College's". The exhibit, curated by Richard Rowland, CCC Ceramic Instructor, will feature work from 20 art faculty members from both community colleges and will be held in the CCC Art Gallery, 1799 Lexington Ave, Astoria, Oregon from January 10th to February 14th, 2013.

The exhibition includes a broad spectrum of genres in photography, ceramics, printmaking, mixed media, digital video, installations, painting, calligraphy, basic design, metal smithing, jewelry, sculpture and drawing.

The vast diversity of materials used demonstrates a vibrant creative approach and a passionate and professional commitment to the visual arts by these two community colleges. The exhibit, "Community Ground", is intended to explore the way many artists bridge the difficult gap between teaching and making art, both full time jobs that require a high level of commitment and focus to their students and communities.

This visual creative communication provides both student and public discourse about the quality and meaning of art. In working with the students, art teachers provide foundational training in skill development and inquiry, reflection, conceptual and critical thinking. Students then begin to develop the tools that will help them discover their own voices, develop a unique way to interact within their communities and help define the cultural landscape. Art gives a way for students and teaching artists to build rich layers of experiences they can share and weave into social fabric.

The gallery space has been transformed into a "reflective corridor" that "shimmers" with content, materiality, utility, and expression. One can see that the art faculty is doing what artists do best, mythologizing nature and the world around them.

CCC Art Gallery is located at 1651 Lexington Avenue, Astoria, Oregon 97103, The gallery is open Mon – Fri 8pm to 5pm, and by appt. Phone (503) 338-2421 or TDD (503) 338-2468.



**Georganne Watters,
Printmaking, Mt. Hood
Community College
Kimono (Front view) Prints
and mixed media**

"Georganne grew up in Kobe, Japan from 1962 until 1974 and lived and worked in Tokyo and Osaka between 1979 and 1985. It was here that she began to study the arts with a Master of the traditional Japanese painting and printmaking methods... Her work explores a broad range of topics - the women's suffrage movement, the pain and isolation of immigration, the joy and burden of motherhood, depression, slavery.



**Richard
Cutshall, Paint-
ing/Drawing,
Mt. Hood
Community
College
The Fallen
Mixed Media on
Paper
75" x 50" 2012**

"This exploratory process allows me to excavate imagery from somewhere unseen and unknown. I invite viewers to see the remnants of this excavation and hope that the mythos created through my work makes a lasting connection."

A Free Discussion about Prisons in America Lower Columbia Diversity Project Presents Walidah Imarisha • Jan 31

WHAT ROLE do prisons serve in our country? Is it possible to envision a world where people are safe and secure, and where there is accountability, without prisons? Does our prison system, in some cases, actually cause rather than reduce crime? This is the focus of "Beyond Bars: Re-envisioning the Prison System," a free conversation with independent scholar and writer Walidah Imarisha on Thursday, January 31st, 2013 at 7:00 PM at the Judge Guy Boyington Building, 857 Commercial, Astoria, OR 97103.

Walidah Imarisha has taught in Portland State University's Black Studies department, where she has created classes about topics as diverse as race and the history of prisons, Hurricane Katrina, the history of the Black Panther Party, and hip hop as literature. Walidah helped found the Human Rights Coalition, a prisoners' family organization in Pennsylvania that now has three chapters. She has also facilitated writing workshops in correctional facilities and public schools.

This program is hosted by the Lower Columbia Diversity Project. The mission of the Lower Columbia Diversity Project (LCDP) is to engage pro-actively with diversity issues in the region, educate the community on the benefits of diversity, tolerance, and inclusion, and provide a forum through which individuals, groups, and organizations may address concerns relating to diversity



in the community. For more info contact Drew Herzig at (503) 325-1895 or lcdiversityproject@gmail.com. Web: <http://www.lcdiversityproject.org/>

Professor Imarisha's program is made possible by funding from Oregon Humanities. Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future.

Visit the Lower Columbia River and Learn About Oregon LNG's Export Proposal

ON SATURDAY, January 12th, you are invited to join a tour of the area impacted by the proposed

Oregon LNG project. Jim Scheller, who chairs the Skipanon Watershed Council and the Warrenton Trails Association, will help to lead the tour and explain efforts to restore salmon habitat and wetlands in the immediate vicinity of the proposed Oregon LNG project.

For the first time, the State of Oregon and U.S. EPA directly linked LNG exports to increased "fracking" in inland gas producing regions. Previously in October, activists from throughout the region packed a standing room-only hearing in Warrenton, and urged FERC to reject Oregon LNG's export proposal.

Dan Serres, Conservation Director for Columbia Riverkeeper will be on hand to explain the OR LNG plans

to dredge over 1 million cubic yards of critical salmon habitat, cross hundreds of streams and wetlands for its connected pipelines, and threaten the public safety of Warrenton and Astoria to ship North American natural gas to Asia.

When: Saturday, January 12th.
11:00 am - meet in parking lot at Premarq Center
1:30 pm - potluck lunch in Astoria (details to follow)

Where: Warrenton, Oregon, we'll meet at the Premarq Center.

Need: Good walking shoes or boots and rain gear, something for the potluck to follow.

Who: YOU! And your friends and neighbors.

Listening Session with Newly-elected Councilor Drew Herzig

DREW HERZIG, Astoria's newly-elected city councilor for Ward 2, will be holding a listening session at the Astoria Senior Center, 11th and Exchange, at 1 pm on

Thursday, January 24th. Senior Center members, friends, and future seniors welcome!

Start the New Year right with a shiny new NO LNG sign!

DISPLAY YOUR sign in your yard or window to show that you care about your community and the Columbia River -- and for the future you want our children to have. The sign is our bright red and black NO LNG logo with the words, "We Deserve Better."

A donation of \$6 covers the cost for one sign and two metal stakes. The important thing is to get the signs out and about, so we want you to have a sign even if you can't donate now. Thanks to Jeff Miller of Red Dwarf Graphx of Astoria for his work producing the signs.

Contact Laurie at lcapan2010@gmail.com if you'd like a sign, and she'll let you know how to pick one up. Signs are in Astoria now, but we plan to have them available to you at other places in Clatsop County in January.

MEANINGFUL MONDAYS Coming to KALA

a community-based movie series

BASED ON *Friday Night at the Meaningful Movies* in Seattle, a documentary series is starting up in Astoria, with the first movie, **Inlaws & OUTLAWS**, showing on Inauguration Day evening, January 21, at 7:30 pm @KALA.

Wallingford Neighbors for Peace, which runs the weekly social justice documentary series, started in 2003, just after the invasion of Iraq and associated huge protests in Seattle. Two of the pioneers of this Friday evening event, Rick and Diane Turner, are still at it, not only organizing movie screenings at a local church, but reaching out to get speakers, moviemakers and others to lead discussions on the featured topic. They run a lending library and are getting ready to bring the show on the road, so other towns like Astoria can start their own movie series.

Crowds regularly top 150 in Wallingford (a neighborhood in Seattle about the size of Astoria), and discussions after the movie are often lively. A far cry from the 10 or so folks that came by in the very beginning to watch movies and brainstorm ways to express their opposition to the wars in Iraq, Afghanistan and elsewhere and figure out what they could do about it.

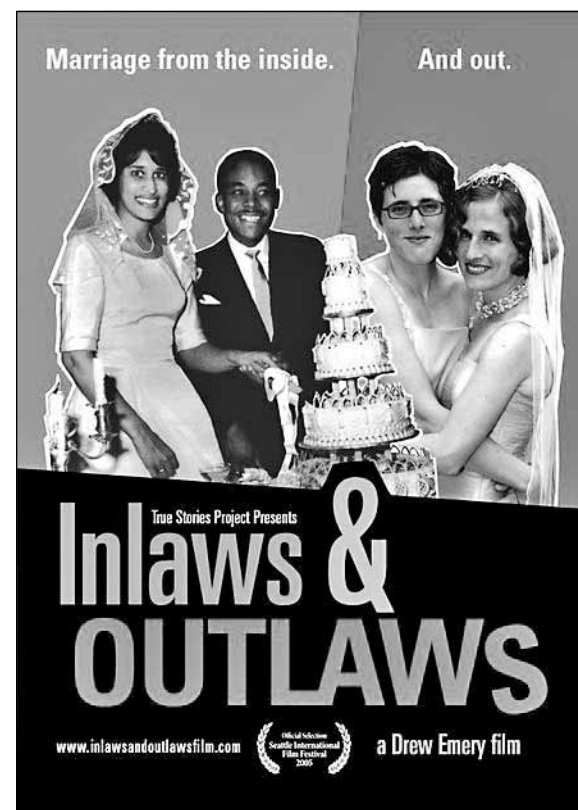
MEANINGFUL MONDAYS will start out simple, showing independent films one Monday a month (skipping March due to spring break) at @KALA. Food and liquids will be available to purchase, and folks can stick around after the movie for informal discussion on the film topic.

HIPFISH/KMUN GUY, BOB GOLDBERG is your host. The movies are free, but there is a suggested \$5 donation to reimburse the KALA crew for their hard work in keeping the space usable.

Here's the synopses of the first 3 movies to be shown on Meaningful Mondays:

MONDAY • JANUARY 21: Martin Luther King Day and Inauguration Day

Inlaws & OUTLAWS, a Drew Emery film, released on DVD in 2007 by True Stories Project. "What do you get when you fall in love? *Inlaws & OUTLAWS* cleverly weaves together the true stories of couples and singles – both gay and straight – and all into a collective narrative that is, at once,



Monday, January 21, 7:30pm (doors open 7pm)

hilarious, heartbreaking and inspiring. We love. We lose. We all want to belong. And we're all making this up as we go along." 101 minutes.

MONDAY • FEBRUARY 18: Presidents' Day

NETLOSS – The Storm Over Salmon Fishing, released on DVD in 2003 by Moving Images Video Project. "Filmed in Chile, Washington and British Columbia, NETLOSS assesses the risks and benefits of salmon farming, with government and industry spokesmen who make the case for salmon fishing, and fishermen, native people, scientists and consumers who explain the dangers it poses and the damage it has done." 52 minutes.

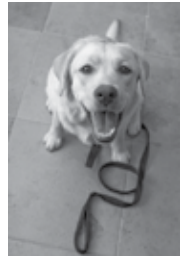
MONDAY • APRIL 22: Earth Day

CASCADIA – The Hidden Fire, produced and directed by Michael Leinaw and Lisa Knoor, released on DVD in 2004 by Global Net Productions. "When will the BIG ONE strike...? From the bottom of the ocean to high-tech satellites; from revealing and historic clues in Alaska and Japan to colorful Native American stories; CASCADIA uncovers a hidden and dangerous story." 60 minutes.

All movies start at 7:30 pm @KALA, the HIPFISHmonthly performance space at 1017 Marine Drive in Astoria. Doors open at 7 pm. For more information and/or to get involved in this project, contact Bob at 503-298-0328.

VOLUNTEERS NEEDED To help Shelter animals

Can you donate a few hours a week to help the dogs and cats currently at the Clatsop County Animal Shelter? Volunteers are badly needed. The work's not hard but it's wonderfully rewarding.



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animals!

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(Must be sixteen or older to volunteer unless accompanied by an adult)



THE LOWER COLUMBIA CLINIC

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American Karma

FOR THE past several weeks, my wife, Mollie and I have been watching DVD's of the TV series Kung Fu that ran for three seasons in the early seventies, the last years of the Vietnam War. An orphaned Eurasian, Kwai Chang Caine, played by David Carradine, is taken into a Chinese Shaolin monastery as a child and given full education as a priest. This includes the martial arts of Kung Fu, but the series depicts them as merely a part of an ancient path to enlightenment, the Tao Te Ch'ing of Lao Tzu. This is a way of peace and total harmony with nature. The lessons young Caine has learned from his wise masters, particularly the aged blind Master Po, recur as flashbacks later in life as Caine travels through the post-Civil War American West in search of his Caucasian brother. A traumatic event had occurred just as Caine was reaching full status as Shaolin priest. While inadvertently crossing the path of the emperor, Master Po was killed by the emperor's cousin for violating imperial space. Caine had responded by striking and killing the cousin, and thus he becomes a hunted man, whose image follows him to the United States in wanted posters carrying great reward for his apprehension.

Caine gets into a great many scrapes with American bounty hunters and trained ritual assassins sent by the emperor. But what is so striking about the series is that as Caine wanders the West, carrying only his flute and Master Po's knapsack of medicinal herbs, he is open and kind to everyone, helpful often at grave risk to himself. This in a place plagued by the six gun mystique and peopled by violent, alcoholic, battle scarred Civil War veterans. He is invariably called racist epithets and treated with disrespect until he is attacked and uses his remarkable skills to defend

himself, never using more than the situation calls for, and trying always to avoid killing his opponent(s). Generally he ends



up earning their respect.

Kung Fu was a product of the counterculture, a movement for peace, eco-sensitivity and simplicity that accompanied the anti Vietnam War movement. It included the first popular reassessments of the "winning of the West" from the Indian point of view. Arthur Penn's bitterly satirical film, "Little Big Man," based on Thomas Berger's book of the same title, is the best statement to that effect. But the counterculture was swamped by new aggressive wars and propagandistic media violence, fictional and non-fictional.

Hollywood has generally proffered the value that conflicts are settled with guns. One of its most celebrated celluloid gun toters was the character John Wayne (Marion Morrison) etched deeply into

by Stephen Berk



American consciousness. This ultimate tough guy always did his heroics on camera. He dodged the draft during World War Two, when almost nobody did, because it might interfere with his career. Wayne had an airport named after him in Orange County, California, birth place of modern "rugged individualism" fed by government contracts to defense industries like McDonnell Douglas. Orange County was also home to real aviation pioneer Howard Hughes's Hughes Tool Company, but where Disney fantasy reigns supreme, Wayne got the nod.

We are a country whose history and mythology is saturated in violence. We have been at war almost continuously, stealing resources from small aboriginal nations and other countries since our inception. Today's state sanctioned violence comes in endless bombing and gunning down of civilians, deemed "terrorists," of small countries in oil wars in the Middle East and Central Asia. In 1999, when the Columbine,

Colorado school shootings horrified the nation, President Clinton went on the air to speak about how we need to develop peaceful means of conflict resolution. At the same time our missiles were raining death on civilians in Serbia for 78 days for trying to keep its province, Kosovo, coveted by American led NATO for a strategic base. After the Newtown school massacre, President Obama, who presides over a bipartisan endorsed program of international assassination with drone missiles, often killing innocent civilians, went on the air to calm the grieving with passages from Scripture. I offer another this nation should heed: "What you sow, therefore you will reap." Our blood stained way of life comes back to us in slaughter of innocents. America needs less Wayne, more Caine.

WEED WARS

Eating Aliens

IN THE January 2012 edition of *Weed Wars*, titled *Goats, Beavers & Carp, Oh My*, I talked about the rebranding of Asian carp into silverfin, served as a delicacy in fancy restaurants as part of a campaign to cull their numbers. You see, the carp had escaped their original use – to eat algae at wastewater treatment plants – and gotten into the Mississippi River watershed, and all the way to the Great Lakes, and were causing all sorts of havoc. One of the poster children of invasive species.

Well, in the book *Eating Aliens*, by Jackson Landers, which I just finished reading, the author takes us on a tour of southeastern America, including some islands offshore, as he attempts to hunt, kill, butcher, prepare and eat several invasive species – including Asian carp. Overall, the message of the book is that many animal species that have become nuisances or worse actually taste pretty good, and with marketing, could join Asian carp – oops, silverfin – on your dinner table. Umm!

Many of the species Landers hunts in the book became invasive after being released by pet owners who couldn't handle them anymore. That was the case with the spiny-tailed iguana, which now munches gardens on Gasparilla Island in Florida, in addition to the eggs of the native gopher tortoise, a keystone species of this area. Landers brings us with him as he navigates a maze of permits, local home owners, and laws to bring down some spiny-tails in a residential neighborhood, and then cook the meat of

pens to be the primary food source of the endangered Miami blue butterfly. The last Miami blue was seen a few years ago, on Bahia Honda Key, where the green iguana runs rampant. After taking down a few, Landers skins them (he says the hide would be a great material for making belts, books, knife sheaths and more), and sautéed the meat ("all in the tail and legs") in olive oil and garlic into a ragout sauce. Verdict – "like its spiny-tailed cousin, green iguana turns out to taste pretty much like chicken."

Landers next takes on wild pigs, "one of the most widespread invasive species in the world." Brought along as a food source by colonists the world over, many of them either escaped captivity, or were allowed to go, and of course, they eat like pigs, and are quite a problem in many areas of the world. The bureaucratic hassles he encounters in trying to hunt pigs near his Virginia home are interesting, and this theme is carried over into other adventures Landers takes in the book. The insinuation is that if we're to really take on these invaders, we will have to loosen the rules and allow hunters to do their job. Interestingly, Landers encounters nine-banded armadillos in this same area, and

talks about their origin in the wild from a private zoo in Florida in 1924. 95% of the predation of sea turtle eggs in Florida is by this cute little critter. The taste – well, according to Landers, "it's like a cross between chicken and pork." As for the pigs, Landers says, "as food, wild pigs are superb."

Lionfish are next. These poisonous-spined, hardy, aptly-named sea creatures have few predators, and are really tough to hunt (you have to spear them!). Landers does get some, but almost drowns in the process. Lionfish got into the wild by being blown away from a Florida home by Hurricane Andrew. Landers goes to Eleuthera in the Bahamas to find them, and has a great time. Cooked with a little

olive oil and lemon pepper, these babies tasted good. "The lionfish has it all: flavor, texture, environmental responsibility, and a dash of romance," says the author. I've got to get some!!!

On to Louisiana and nutria – beaver-like rodents that are a big problem there. After a maze of problems with the bureaucrats



Nutria: tastes like chicken.

and difficult hunting conditions, Landers and friends bag a few nutria, cook them up with some Cajun spices, and voila, "it was indistinguishable from chicken."

I'll leave you with a large and small animal from the book's menu – the giant Canada goose, and the Chinese mystery snail. Canada geese are a problem in the Pacific Northwest as well as the east coast, where Landers was hunting them. They have stopped migrating, and do a number on the grass of lawns, parkland and open areas by water. In Seattle, where I used to live, they were at least talking about gassing them in parks to get rid of them. Well, contrary to popular belief, according to Landers, Canada goose meat is delicious, when prepared correctly, and could be a great way to keep their numbers in check in cities and elsewhere. And there's a bonus to hunting geese – their down is excellent for pillows and parkas!

The book ends with a chapter on Chinese mystery snails. These little critters were introduced into the wild as forage for flathead catfish, a non-native also, who decided they didn't like the snails. These Asian invaders outperform the native snails and are wiping them out in their native habitats across America. "They remind me a lot of slightly rubbery New England-style fried clams or of fake scallops. These snails aren't going to be 4-star cuisine, but after being tenderized, fried, and served with tartar sauce, they're quite good," is Landers' review of the taste. Snails and chips!

I hope I've whetted your appetite for some of the invasive species discussed in *Eating Aliens*. The book has more, and it's all part of the growing invasivore movement. If you can't beat 'em, eat 'em!

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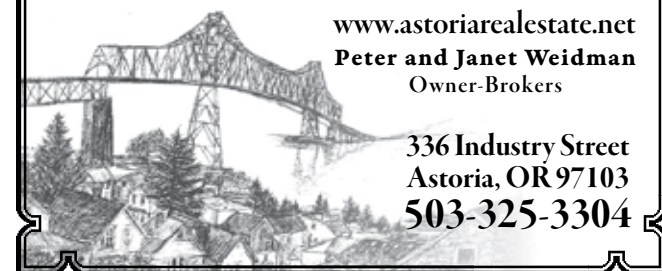
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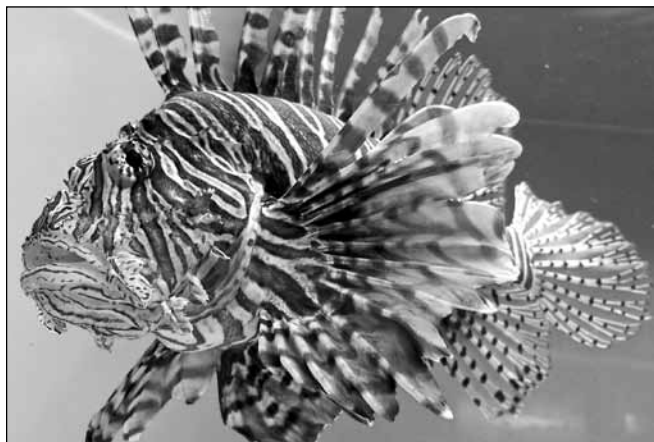


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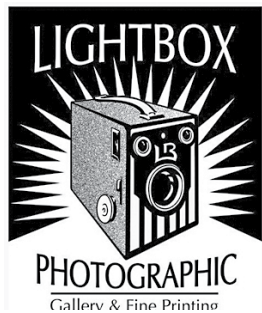
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Lion Fish: the Lionfish has it all: flavor, texture, environmental responsibility, and a dash of romance.

several with a marinade of lime, cilantro, tequila and some spices. A local hired on to help eradicate the spiny-tails described the taste as "like chicken with the texture of crab." Umm, umm, iguana tacos!!

Next, Landers is on the hunt for green iguanas, cousins to the spiny-tails, in the Florida Keys. This species unfortunately likes the nicker nut, a plant that also hap-



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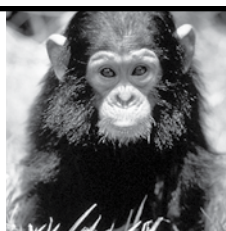
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Women's Health Care Empowered

Family Planning Nurse Practitioner Belinda Kruger • being there... through the changes



by Erin Hofseth

Nurse Practitioner Belinda Kruger, recently retired after serving 35 years as a family planning nurse at Clatsop Public Health.

IN THE early 1800's, the average female living in the United States bore 7 children over the course of her life. Contraception was illegal, birth control was over a century away from being introduced, and a woman's reproductive life was not her own; she had no choices, no opportunities, no voice.

Jump forward a couple of hundred years to 2005. Birth control is legal and fairly accessible, there are government funded Family Planning clinics all over the country providing health-care to all women without regard to her economic circumstance, and 60% of women of reproductive age are in the workplace. Women are getting educated, getting paid and getting heard.

As we all know, "women's issues" were a hot topic in the last Presidential elections. There was a lot at stake. As newly retired Family Planning Nurse Practitioner, Belinda Kruger, quite understatedly put, "we all had a lot of anxiety about how things could be." There had been threats from the Republican side of cutting all Family Planning dollars, a resource that services every woman who comes through the door, regardless of income, insurance status or citizenship. Kruger also noted her fear of potential changes taking place in the Supreme Court as politicians retired. Had the Republican candidate been elected as president, those positions could have been

filled by extreme conservatives, threatening to completely overturn Roe vs. Wade.

Having spent the last 35 years of her life working with women in Public Health, Kruger is a woman worth listening to. She began her career after graduating from University of Washington School of Nursing. After working for a couple of years at University Hospital, she began working at Columbia Memorial Hospital in Astoria as the sole Registered Nurse on her shift in Labor and Delivery. Four years later, in 1977, she transitioned into Family Planning and worked as a nurse at Clatsop Public Health for a whopping \$6 an hour. A few years after that, she completed the required education needed to become a certified Nurse Practitioner and she has been practicing in Family Planning here on the coast ever since.

According to Kruger, one of the most notable, and positive changes in women's health care over the years is how and when routine physical exams are administered. A much less invasive approach has been adopted in the last couple of years, as studies have shown that it is not necessary to perform a full physical exam on a woman until she is 21 years of age. In the past, when a woman walked into the clinic, regardless of her age or lifestyle, she got a full pelvic/breast exam and a pap smear. Now, unless a woman reports pelvic pain

or other troubling symptoms, a pelvic exam is not recommended but every 3 years.

If all of her pap smears have come back normal, after the age of 65, she is free from exams for life. One of the main reasons for these guidelines is the new information that has surfaced regarding the previously misunderstood virus, HPV (Human Papillomavirus). The common thought used to be that once a woman contracted HPV, she always had it. It was believed that it could reactivate at any time and be a cofactor in causing cancer. New studies have revealed that the virus is ubiquitous, in other words, almost every sexually active woman gets it at some point in her life. In most cases, a woman's body does its job and she overcomes it. Only in rare cases can it stick around and lead to something concerning, a good reason to keep up on the recommended exam schedule.

Kruger is delighted by the new evidence that suggests that even if a young woman has an abnormal pap smear, if she takes care of herself; eats well, and doesn't smoke, she will be just fine. This hands-off approach has the potential to empower women in claiming more control over their own bodies. When I asked Kruger what she'd like to see for the future of women's health care, she said that she'd love to watch everything get easier and more accessible for women. This includes easy

access to birth control, with more understanding from the general public on how to use it; mothers teaching daughters and so on. Also, more opportunities for self testing, from breast exams to STD's, women should be educated about their bodies and be in tune enough to know what is happening.

Above all, Belinda Kruger sees the incredible importance of a woman having the freedom to choose what is best for her own body. This freedom is a "bottom-line necessity for any civilization where women have options to climb ladders and do what they want to do," states Kruger. She goes on to say that, "we've al-

ways known that (freedom of choice) allows women to choose the time that they want to bear children so that they can go to school or have a career...have control of their bodies so that they have children when they want to have them, not when someone else wants them to have them." For the sake of our collective future; for the sake of humanity, babies born into this world should be wanted, loved, cared for, and educated.

This starts with a woman's right to make her own choices for her own body; thank you Belinda for being part of this process, you will be missed.

Family Planning Timeline in the U.S

- **1800** • The average woman bears seven children over the course of her lifetime
- **1873** • Congress passes Comstock Law, an anti-obscenity bill used to prosecute those who distribute birth control
- **1916** • Margaret Sanger opens the nations first birth control clinic
- **1918** • Condoms are legalized for disease prevention



- **1960** • FDA approves the birth control pill
- **1961** • Estelle Griswold, exec. Dir of Planned Parenthood of Connecticut, and Dr. C. Le Buxton, the medical director, are arrested for counseling



"When motherhood becomes the fruit of a deep yearning, not the result of ignorance or accident, its children will become the foundation of a new race."

Margaret Sanger – The Mother of Birth Control



- patients on contraception in newly opened birth control clinic
- **1965** • In Griswold v. Connecticut, the Supreme Court reverses the Connecticut Comstock law, recognizing a constitutional right to privacy and secures the right of married women to use contraception
- **1970** • President Nixon signs into law Title X of the Public Health Service Act to provide access to family planning services for all women without regard to economic circumstances
- **1971** • NFPFHA is founded to serve as an umbrella organization for family planning providers and supporters and to advocate for universal access to family planning services
- **1977** • In Carey v. Population Services International, the Supreme Court extends the right to use contraception to teens
- **1982** • Due to the availability of effective birth control, 60% of women of reproductive age are employed in the U.S.
- **1988** • NFPFHA successfully challenges the domestic gag rule regulations preventing family planning clinics from providing information on abortion
- **1990** • FDA approves contraceptive implant, Norplant
- **1992** • FDA approves Depo-Provera
- **2001** • FDA approves contraceptive patch, Ortho Evra, and vaginal contraceptive ring, NuvaRing



- **2005** • Universal access to contraception remains a goal. Prevention First, comprehensive legislation to assure access to family planning and contraception, is introduced in the 109th Congress
- **Today** • The average woman bears 2.1 children over the course of her lifetime
- **2012 OBAMA CARE**
 - Up to 47 million women will be eligible to get free access to preventive health care services as that provision of President Barack Obama's Affordable Care Act goes into effect.
 - These service include: Well woman visits, contraception and contraceptive counseling, gestational diabetes screening, HPV DNA testing, annual sexually transmitted infections (STI) counseling, HIV screening and counseling,
 - Breastfeeding support, Interpersonal and domestic violence screening and counseling.
 - Many uninsured women taking contraception will still have out-of-pocket costs since the new rules only apply to people currently enrolled in health insurance plans. When the Affordable Care Act is fully implemented most women are expected to get free access to preventive services.
 - Many religious groups still are fighting the provision. CBSNews.com reported that Catholic organizations across the country have filed 12 lawsuits in 43 different courts.

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FINDING ON A CLOUDY DAY SUNSHINE A CLOUDY DAY

By Dan Haag

An Astoria non-profit helps provide quality recreation year-round The Astoria Parks, Recreation and Community Foundation

IN A time of tightened belts and shaky budgets, one can be forgiven for being cynical about the potential success for fledgling organizations. One Astoria non-profit aims to change that notion. The Astoria Parks, Recreation and Community Foundation sees an opportunity to huddle with area organizations on multiple levels; creating partnerships, charitable opportunities, and funding for community parks, open spaces, and recreational activities year-round. It is a labor of love for several dedicated individuals who find joy in making Astoria a better place for their neighbors.

As Sector Columbia River Deputy Commander, Captain Leonard Tumbarello has a broad spectrum of daily duties. "I ensure we are ready and able to carry out the 11 missions of the Coast Guard," Capt. Tumbarello said. During his twenty-seven years of active duty, he has been deployed to Astoria on multiple occasions. "I've had three deployments in Astoria and love it here," Capt. Tumbarello said. "It's perfect for raising a family."

Tumbarello and his wife, Holly, discovered the area was ideal for raising their children; daughters Angela and Chelsea, and son Tony. Soon, volunteering their time and talents became an essential part of family life, like their involvement in the Lower Columbia Youth Soccer Association's annual summer camp at the Warrenton soccer complex, Camp-Kick-a-Lot, "I have a real passion for sports and outdoor activity, and having children who shared that passion made getting

involved in coaching a logical choice," Tumbarello said.

As president of Park and Recreation Foundation in Astoria, Tumbarello's volunteerism comes with a multitude of goals in line with his desire to provide safe,

enjoyable recreation for all ages year-round. The APRCF was established to enhance the recreational health and enrichment of the community. They accept ideas from individuals and organizations on how to best do that. "We are a non-



profit that raises money for local parks and organizations to supplement their funds," Tumbarello said. "We look for areas that need help through funding or otherwise on a case-by-case basis."

This entails a wide spectrum of duties and goals of grassroots, hands-on involvement. "Enhancing local recreational opportunities means a lot of things," Tumbarello said. "We've helped local basketball teams purchase equipment and uniforms when they were short of funds;

helped provide blow-up slides for the Port of Play program at the Aquatic Center; helped create a community garden in the old tennis courts at Gray Elementary; assisted with the maintenance and upkeep of local parks and trails."



Captain Leonard Tumbarello, Sector Columbia River Deputy Commander, is president of Park and Recreation Foundation in Astoria - a strong team community effort.

"Anyone is always welcome, even if they just want to drop by a board meeting and pitch an idea."

With big dreams come big costs. "Of course none of this is cheap - from team uniforms to new picnic tables and benches," Tumbarello said. "We are always actively seeking donations from interested citizens and parties." To that end, the APRCF is researching several significant grant opportunities to fund future programs. "We have begun reaching out to entities like Fred Meyer, Nike and Home Depot," Tumbarello said. "2013 is a springboard year for the APRCF to raise the bar and attract the corporate attention that could benefit community organizations."

Tumbarello recognizes that his passion for recreational opportunities puts him in a unique position to keep Astoria active. "I'm a big believer that a healthy mind and body maintains a stout heart," he said. "We live in a beautiful area that also has a tough climate for year-round outdoor activity; about 190 days out of the year have rain of some kind." Still, Tumbarello doesn't see that as being an insurmountable obstacle. "Recreation and physical activity are so important for everyone's well-being and that's the basis for the formation of the APRCF. We have a lot of work to do and need a lot of help to get there. But I can proudly say that whenever someone donates their time or money, it is undoubtedly used for a good cause."

To find out more about the APRCF or to get involved in their various programs, log onto www.astoriaparksfoundation.com or email info@astoriaparksfoundation.com.

If you are interested in becoming involved as an APRCF board member, the board meets the fourth Monday of each month. Please use above email for more information. To donate to the Astoria Parks, Recreation, and Community Foundation you may mail a check to: PO Box 152 Astoria, OR 97103

THE THICKNESS OF RAIN'S TEMPTATION

THE RAIN comes hard this month, thick with temptation.

I load Sonny the old husky into the truck and we head to the beach on a Saturday morning. No school for me, although I will visit my classroom later to complete the paperwork necessary to take my students on the first field trip in the history of American public education whose official destination is "Rain" and official purpose is "rain." I wonder what my principal will make of that?

The students thought I was insane when I pitched the idea, but if it meant missing class, well, why not? The great thing about this field trip is that it doesn't cost a cent and there is no preconceived outcome. We just wait for the rain, a hard rain, then walk right into the downpour, and experiment with various forms of confrontation ranging from the psychic to the tactile.

Sonny and I descend the slippery path to the beach. Eel grass and kelp are splayed and disarrayed at the wrack line, as if they had died by withering fire from a pillbox. If only the grass and kelp were developers and I could see the smoldering remains of custom Humvees shot up in the surf.

A woman appears on the beach. She's collecting treasures in the rain and holding an umbrella on the verge of upward collapse. I take a photograph of her with the old film Canon and recall the time I broke up with a woman who pulled out an umbrella when it started to rain. I couldn't be seen with her; I couldn't let my students see me. I snatched the umbrella out of her hands and threw it into Yaquina Bay where the sea lions came along and pulverized it. I just left her standing there, sobbing in a downpour, and kept walking to a tavern that served only cheap beer and wine in a box, a place my now-former girlfriend hated because there were no mirrors in the bathroom for her to freshen herself up after coming in out of the rain.

I never want a woman to freshen up after coming out of the rain. The rain has just freshened you.

Sonny and I leave the beach to run errands in Newport. I drive us over the bridge as rain right angles through the arches of green steel. One of my antediluvian mix tapes plays on the stereo. Here comes Soundgarden's "My Wave":

*Don't come over here
and piss on my gate
Save it, just keep it
off my wave*

I see a man wearing the official rain uniform of destitute people on the Oregon Coast: dark hooded sweatshirt, pajama bottoms, energy drink, cell phone. What is he talking about while walking in rain down the shoulders of Highway 101? Should the FBI and CIA monitor these conversations?

*Now it's time for the Rolling Stones' "Get Off My Cloud":
I said, Hey! You! Get off of my cloud
Hey! You! Get off of my cloud
Hey! You! Get off of my cloud
Don't hang around 'cause two's a crowd
On my cloud baby*

We pass a church housed in a former automotive shop and I see a man emerge and open an umbrella. I thought he loved God and all His creations. It occurs to me that there are three churches in the Newport area housed in former automotive shops. Did they take the lifts out? Or does the preacher arise above the congregation with the press of a greasy button? I'd like to see that spectacle.

I think I'd like to start my own church, the Oregon Church of Rain, and become a minister of rain or the Frederick Douglass of rain, championing the emancipation of rain from the pulpit, while out in the pews the segregationists mass under their golf umbrellas with corporate logos.

My church would worship rain, read rain as scripture, and taste sacramental rain from shot glasses. We would venerate no broken bodies and purge all the judgmental sands from the Mesopotamia deserts because the plasma in our bodies is basically seawater. We would take rain intravenously as a ritual but wouldn't require a needle. We would burn umbrellas at the stake and dance around the fire. We would anoint an angel of rain and her name would be Sky.

Sonny is the only member of the Oregon Church of Rain. She needs a new paisley collar for that status.

Matt Love lives in near Newport and is the author/editor of eight books about Oregon, available at independent book stores or his web site at nestuccaspitpress.com. He can be reached at lovematt100@yahoo.com and would love to hear your rain story.



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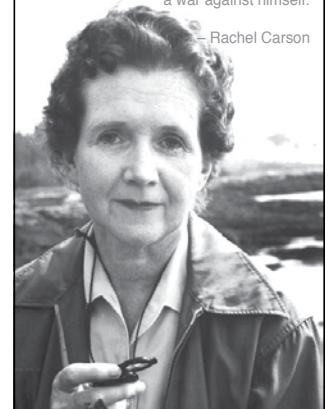
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PFLAG OREGON North Coast

PFLAG Oregon North Coast will be meeting on Thursday, Jan 17, 6:30 - 8 pm, at the First Lutheran Church, 725 33rd Street, Astoria, OR. Everyone welcome!

THIS WAY OUT

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From Finnish Radicals to Farm-Labor Alliances: The History of Social Movements on Oregon's North Coast ROP History from Below Workshop • January 20

THE RURAL Organizing Project's HISTORY FROM BELOW workshop will make its second stop on a statewide tour at the Columbia River Maritime Museum's Kern Room (1792 Marine Drive, Astoria, OR 97103) on Sunday, January 20th, 2012 from 1:30 – 4:30 pm.

This Martin Luther King Jr. Day weekend, Oregon Humanities and the Rural Organizing Project present North Coast residents with a unique opportunity to take a trip back in social movement time. In this interactive workshop, participants will explore the history of the activists and visionaries who were fighting for social and economic justice on Oregon's own North Coast, in the first half of the 20th century.

Beginning in the early 1900s, Svenson and Astoria's vibrant community of radical Finns printed a popular socialist newspaper, founded successful cooperatives, and used theater and music to advance their socialist ideals. And in the late 1930s, Clatsop County progressives joined unions, socialists, and farmer organizations from across Oregon to push forward a broad progressive agenda through the Oregon Commonwealth Federation.

From Finnish Radicals to Farm-Labor Alliances: The History of Social Movements on Oregon's North Coast is a participatory workshop that invites participants to explore those moments when passionate, principled or simply fed-up people from rural Oregon (and the North

Coast, in particular) have banded together in hopes of changing the course of history at the local, state or national level.

Liisa Penner (Clatsop County Historical

and advocated for civil rights, pensions for the unemployed, and free medical care for children and the poor.

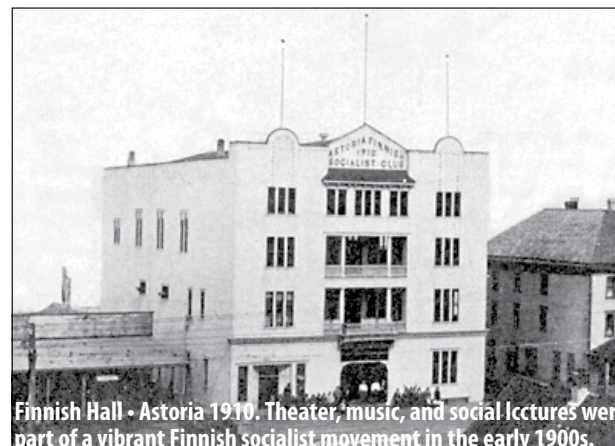
Breakout sessions will offer participants the opportunity to dig deeper into this history by exploring historical archives of social movement activity on the North Coast and analyzing what they reveal about the values, demands and strategies of these movements. A facilitated discussion will explore the connections between grassroots movements past and present.

Light refreshments will be provided. A sliding scale donation of \$3 to \$10 is suggested; no one will be turned away for lack of funds. RSVPs are requested but not required to sarah@rop.org.

This program is organized by the Rural Organizing Project, a statewide network of autonomous, grassroots groups working to advance democracy and human dignity in Oregon's rural, frontier and small towns.

This workshop is made possible in part by a grant from Oregon Humanities (OH), a statewide nonprofit organization and an independent affiliate of the National Endowment for the Humanities, which funds OH's grant program.

For more information about this event, contact Arline LaMear (503-338-6883, cliffandarline@msn.com) or Sarah Loose (503-367-0157, sarah@rop.org) or visit: oregonhistoryfrombelow.wordpress.com.



Society Archivist) and Leroy Adolphson (grandson of human rights activist, communist, and mayoral-candidate Emelia Bohm) will join oral historian Sandy Polishuk (author of *Sticking To The Union: An Oral History of The Life and Times of Julia Ruuttila*) to share stories and background about the radical Finns. University of Oregon History Professor, Daniel Pope will provide an overview to rural and social movements, and touch on the Oregon Commonwealth Federation, a New Deal-era farmer-labor coalition that included leadership from Clatsop County progressives and fought against the privatization of natural resources, utilities, war industries and banks,

Transgender Healthcare A new mandate in Oregon

THE INSURANCE Division of the Department of Consumer and Business Services (DCBS) recently announced that insurance companies doing business in Oregon must end discriminatory exclusions of medically-necessary healthcare for transgender Oregonians.

Many transgender Oregonians are denied the ability to purchase health insurance or are denied coverage for basic, medically necessary care solely because they are transgender. The Insurance Division bulletin specifically states that:

- Health insurers may not categorically exclude transgender patients from coverage.
- Health insurers must provide coverage and cannot deny coverage of treatments for transgender policy holders if the same treatments are covered for other policy holders.
- Health insurers may not deny treatment on the basis of a policy holder's actual or perceived gender. That means that all

policy holders can rely on annual exams, cancer screenings, and gender-specific health care, regardless of their gender on file.

- The statewide mandate for coverage of mental health services must apply to transgender patients.

After years of work on this issue, the Trans Justice team at Basic Rights Oregon is celebrating a tremendous victory for trans, genderqueer, and gender non-conforming Oregonians. Portland resident and Trans Justice Working Group member Ray Crider said,

"For me, this coverage is preventive health care. As a transgender man, part of my daily routine is binding my chest to create a masculine appearance. This created health problems for me by restricting my breathing and causing inflammation in the wall of my lungs. As a result, I ended up in the emergency room several times for shortness of breath and chest pain. Doctors told me the only solution was to stop

binding, but the surgery I needed ended up being the same cost as my emergency room visits. Transgender exclusions in insurance policies are a lose-lose proposition, and I'm glad they're coming to an end."

Basic Rights Oregon and transgender community leaders will continue working together to increase access to medically necessary care for trans Oregonians. And we'll share more updates as this exciting bulletin is implemented. Trans Justice team

TRANS FAMILIES SUPPORT GROUP Serving the Lower Columbia Pacific Region

The Lower Columbia Diversity Project and PFLAG Oregon North Coast are thrilled to announce the formation of a Trans Families Support Group. This group is for transgender individuals and families with transgender parents, siblings, or children. The next meeting will be at 3 pm on Saturday, January 12th. For location, please contact the Lower Columbia Diversity Project at lcdiversityproject@gmail.com



L to R: Haddasah, Var'yin Parham, Marco Davis, Trixie Gunn, Nayelli Dalida, Jessamyn Grace, Jon Belcher

By Osprey Cove

Find Your Passion and Change Your Life!

I Heart Performing Arts Academy & Astoria Arts and Movement Center

New Dance, Art, and Fitness Classes in Astoria

TWO YEARS ago the ASTORIA ARTS AND MOVEMENT CENTER was born out of a desire to see an adult dance studio in Astoria. Since then the AAMC has flourished, adding exercise, art, and martial arts classes to the dance classes originally offered. Now the AAMC has joined forces with I HEART PERFORMING ARTS ACADEMY, and together the two organizations offer the most complete selection of dance and workout classes in the area.

Located in the second floor ballroom of the historic Odd Fellows Hall at 342 Tenth Street, the space is ideal for classes, events and workshops. The expanded schedule of classes includes ballet, painting, tap, modern, jazz, Zumba, Kenpo Karate, belly dance, and ballroom. There are classes for various ages and levels, and private lessons are offered as well.

Jessamyn Grace, one of the founders of the AAMC, grew up fascinated by her mother's belly dance music and costumes, and began belly dancing eighteen years ago. "Dance has been there for me for most of my life," she says, "and I really don't know what I would do without it. It is an absolute passion and a compulsion that strengthens me and feeds my soul."

Grace began the AAMC when she was unable to find a local adult dance studio, and other students and instructors soon joined her. "There is an amazing amount of professional and creative talent here, and it was not hard to find wonderful, dedicated instructors."

One of those instructors was Trixie Gunn, who eventually founded the I Heart Performing Arts Academy, which offers classes for both adults and youth. For adults Gunn envisions classes that build self-confidence, female body image, and strength and toning, but her "heart vision," she says, is with youth.

Gunn sees an "all-encompassing place for teens, pre-teens and at-risk youth," and she hopes eventually to have scholarships for those who can't afford the classes. "They will have a place to be," she continues. "They will have a place to study a performance-based art form."

"It was what I was raised with," Gunn says, "and I wanted to recreate it. Starting at age eleven I had so many rehearsals and workshops that I didn't have a chance to get into trouble."

The instructors are an enthusiastic group. "Belly Dance greatly improved my health and self-confidence," says instructor Var'yin Par-

ham. "For me it's the perfect way to celebrate the spirit and the body, and I want to inspire others to feel the same."

Other instructors are just as passionate about what they teach. "I continue to be inspired by how partner dance enriches peoples lives and relationships," says ballroom instructor Jen Miller. "It is truly a magical form of personal expression, physical health, social contact, and euphoria. What better reason does one need to give it a try?"

What Jon Belcher teaches couldn't be more different from ballroom dance — Kenpo Karate — but he sees it much the same way: "Kenpo is about the Mind, Body, and Spirit connection and it helps obtain a balance between the three. A by-product of this balance is a system of techniques that are extremely practical for self-defense, and it's great exercise."

Ballet is also about exercise as well as stretching, technique and expression. Adult ballet instructor Renee Meiffren elegantly articulates: "I love that ballet has been passed down from generation to generation for hundreds of years. It is a language unto itself and that language can encourage great expression of the human heart".

Nayelli Dalida describes what she teaches, Zumba, as "an easy-to-follow, Latin-inspired, calorie-burning dance fitness party." She adds that, "Being a part of someone's fitness goals is inspiring. When a student says they no longer need medication for high blood pressure and high cholesterol thanks to my Zumba class, that's the most rewarding thing to hear. My students inspire me."

It's not just about learning the moves, or working off the holiday pounds. "I've seen our classes change people's lives when they see what they can do," says Jessamyn Grace, "It's truly a beautiful thing."

For further information on the classes offered: www.iheartperformingartsacademy.com and www.astoriaartsandmovement.com

Winter Showcase

I Heart Performing Arts Academy & Astoria Arts and Movement Center

Date: Wednesday, February 6th

Time: 7pm - 9pm, doors at 6:30pm

Where: 342 10th Street, 2nd Floor, Astoria, OR

Cover: \$10 at the door, all ages welcome
Alcoholic/non-alcoholic beverages and light fare available

DRAGALUTION

a drag revolution

**Breaking down barriers . . .
daring, deeelicious and just a little dirty**

Story & photos by Dinah Urell

APPLY FOUNDATION, and lots of it. Powder is next. Now apply wax to the brow, because soon to take its place is a new, higher brow, wielding one hell of an attitude, honey. Yes Girl, no . . . not two shades of eye shadow, at least three or four to be sure. Those five-inch heels will make you high as a "queen," and your crowning glory, locks of gorgeous, big hair. "Ooooooh, let it go!!!"

Every theater role calls the performer to a transformation. DRAGALUTION creator/director Marco Davis implores, "Revolution!" As the "performance family" is getting trained in the finer details of stage drag; how to sashay down the isle, wave your index finger, and trip the light fantastic in a pair of stilettos, his fourth (in three years) consecutive extravaganza at the Columbian Theater coming soon, is not a conceptual homage to traditional drag performance, it is drag performance.

If you attended any of these shows, the last in June of 2011, The ERUPTION, you were part of a Bacchanalian-esque celebration performance production. Davis takes non-dancers, gives them choreography and balletic storyline, dance as symbol and imagery, and magic happens. "Magic" may not be the precise term here . . . but somewhere along the line the audience becomes a part of the theatrical "fourth wall." Like when Mozart -- portrayed in the film "Amadeus" after he performs "The Magic Flute" for the stuffy aristocrats -- heads downtown, where his homeys have a whole other version going on, and their having a lot more fun.

As charismatic off-stage as on, long time, beloved local dance instructor/choreographer and tantalizing cook at the Columbian Café, Davis inspires people to "come-out." It is his mantra. His past shows have included original sketches by numerous creative performing artists in the region; such as irresistible rapper Teresa Barnes of Fever Damn fame and her slightly bent "Annie" in the 2010 production "The Event," and musical counterpart Andria Mazzarella ("The Eruption," 2011) in a comedy version of "Like a

Virgin" for which she pulls a gigantic seemingly impossible plastic bouquet out of her bosom . . . now that's magic.

And tattoo artist Chris Lee, (The Eruption) in his incredible choreographed quasi-break dance number that brought down the house.

As "THE EVENT" encompassed techno, jazz and pop covers, and various story themes, DRAGALUTION is a fully conceived show. Davis (as Drag Mother she is "Daylight C----" yes, that beautiful thing you do when you have an orgasm) has given family drag names of naughty innuendo to all performers. He's written original songs, collaborating with local musician and sound recording artist Tyler Little. Find a sneak preview of the opening number, an exhilarating and pounding techno-declaration "I am," on YouTube. In addition, substituted lyrics from familiar Broadway and pop numbers for example, express the trials and tribulations in a drag queen's life. Song and dance numbers include trios and duets, and singer/dancers will lip sync to their own-recorded voices. Be it ironic gender theater or not; the show's song and dance numbers encompass a wide range of expression from comic, to sexy, dirty, sweet, and inspiring.

As a performing member of the DRAGALUTION family (including numerous dancers back for a third show), conversations with inquisitives have erupted on the issue of women doing drag. Such as "So, the women are doing drag kings? Wait a minute, women in drag as women. What . . . how does that work?"

Entrée accentuated feminista!

"If everyone could get an ounce of strength that Drag Queens have, to go out against adversity, to go out there and be glorious -- if we did that in our everyday life -- just stepping out there be



(L to R) Marco Davis, Spencer Gotter, Cameron Wagner, David Drafal, Jessamyn Grace

a little more colorful, and be more honest about who we are as individuals -- I think that we can find a lot more happiness," says Davis on the topic.

While certainly the drag king aspect isn't ruled out in future endeavors, Davis was keen on developing this particular craft of hyper-feminine expression in our culture, and giving performers the opportunity to take it on as a process -- for females to even counter-investigate a male persona to get in touch with their inner diva.

"For me, it's been an opportunity to dig deep within my self and draw out sides that are more unseen. To look at what qualities I embody and am comfortable with in my daily life and become something more, bringing to life a more full self, a side with less fear and more strength," says cast member Cameron Wagner (aka Jenna Tell'Ya). Wagner has experimented with drag persona outside the show, pushing the envelope of self-identity. "I'm learning that to shine and to let myself come out and be authentic, doesn't mean that my ego grows. It's quite the opposite. I feel more grateful and humble than ever for this time to be creative, to be playful and to see myself blossom. I'm loving every minute of it and am thankful to Daylight and all my sister Queens for their hard work and friendship in this unique unconventional journey."



Andria Mazzarella



Teresa Barnes



Chris Lee



Wade Padgett

And while drag is a strong component of gay culture, male performers in the show, gay or not have risen to the opportunity to walk in different shoes. "A journey of a lifetime begins with a single step, they say. What they didn't tell me is that that step wouldn't include a set of sensible heels. These heels couldn't be less sensible, honey! That's what makes them great," says Nicholas Wheeler (aka Anya Allnight).

Drag has been getting a lot of play in the Lower Columbia these days. The Astor Street Oproy Co., has performed their Topsy Turvey version of "Shanghaied in Astoria" for several years running, providing an almost subversive yet hilarious form of entertainment. And the Astoria Downtown Assoc. actually recently won an award from the Oregon Main St. Association for "dragging" business men to the stage in their whacky fundraising event The Jane Barnes Revue, and raising a good amount of money to see what Chamber Director Skip Hauke looked like all "dolloed-up."

Are these productions breaking down barriers? Personally, I would say they are touching on the possibility, while the intention is pure entertainment, and there they do succeed. But what puts the revolution in Dragalution, is its realness. Dragalution is about owning it. Performer Miranda Rinks (aka Komina Sideja), has discovered, "I'm excited to be out of my comfort zone and in a spot light. I was a super tomboy throughout my early twenties and as I pranced through the theater in heels following and mirroring Mama Daylight (Marco) it seemed beautiful, fitting and wondrous that this lovable man was teaching me to be womanly. What a creative opportunity to become more myself, by being someone else entirely."

Performer Spencer Gotter (aka Inya Sotight) speaks forthrightly, "Although this is my first show with Daylight, I've been dressing up as a girl since I was four and called myself Lindsey Baker. Even then I realized how comfortable women's clothing was. I took 23 years off from dressing in drag but decided that Daylight's

show was the perfect time to have my unveiling as a drag queen," and furthers, "I'm always looking for things in life that push the envelope of my comfort zone. I figured dressing up in drag would be one of those things. I'm sure that some people will be out of their comfort zone and

maybe even offended. Nothing about this show has pushed my comfort zone. It is either a sign that I truly don't care who you are or what you are or that makes you a good human being, or that I have no shame in who I am or what I do in this life. Probably both. Daylight has proved yet again that love exists everywhere and that it is up to each of us to push the boundary and to be accepting."

There isn't

anything that isn't courageous about this show. Heading down to the Columbian Theater at 9:30pm during the weekday - as the theater clears after the nightly movie showing - takes a certain amount of it. Learning numerous dance

numbers knowing you're not a trained dancer, and just going for it, takes some courage. The dance moves are gloriously fun, doable, but they'll work a girl. Especially when you're the oldest Queen, the cast age ranging from 20's to 50's. But the joy of colliding with 10 other committed performers late at night, and doing it together creates a whole new version of vitality and love of being.

Jessamyn Grace (aka Amanda Blowhard) a professional belly dancer who probably comes with the most current background in dance speaks to her experience, "My life has often been dappled with non-conventional opportunities ranging from the animated to the introverted, and every time I've said 'yes' to each one I've been rewarded with personal growth.

My experience with Dragalution is no exception. With each challenge I find I am supported by remarkable teachers - Marco, the cast, my character- all have shown me the importance of learning, trusting and laughing (and I mean really laughing). For me this show is very much about risk and love, the reciprocal relationship between the two, and being strong enough to embrace both without fear or hesitation."

As the poster reads, "Explicit • 21 + Only. "We have been conditioned over time to think that these words are terrible and evil, full of hell fire and damnation, they are words - we need to stop making them so violent," remarks Davis. And, they're simply going to make you laugh, open up your boundaries, and possibly reprioritize what you should really take serious in your life.

The poster also says, you'll pay \$5 if you're in drag. "People have been asking me what to do for drag, in regards to dressing up to come to the show, and I say, look inside yourself and take that part of you that you are afraid to share about yourself and dress it up and make it sparkle," says Davis.

"What I find so incredible is the strength it takes to step outside of your comfort zone and present a larger than life alternate version of who you are, what your inner drag queen is. I feel that if we were all able to tap into that aspect of our lives a little more frequently and honestly and let our friends see other aspects of who we are, that we would live in a much richer, kinder and colorful world. We have to cast aside our fears of being judged by our peers and families and allow our souls breath and light. We can't keep it hidden away. Share your inner queen and lets laugh together a little more. We are worth it!"

Thank you Mother Daylight for your wisdom and so generously creating a stage for us, Sister Queens and to our audience, so much love. Now lets get ready for a DRAGALUTION!

- Sofanda Dykes



DRAGALUTION
January 26 • February 2
10pm (doors open 9:30)
Tickets at door only
\$8, \$5 in drag
Columbian Theater, Astoria

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Violinist Kim Angelis and Friends Romance The PAC February 10

KIM ANGELIS and the Ensemble Romanique will present the 7th "Romancing the PAC" concert on Sunday, February 10, at 3:00 p.m., at the Clatsop Community College Performing Arts Center, 16th & Franklin, in Astoria. Tickets will be \$10 at the door, with proceeds going to Save the PAC. Performers will include Chris Caswell on Celtic harp, Thomas Stuart on piano, dancers Jessamyn Grace and Had-dasah, with violin virtuoso Kim Angelis and gypsy guitarist Josef Gault.

"Romancing the PAC" has become an Astoria tradition; the concert features romantic, gypsy-inspired music on the Sunday closest to Valentine's Day, as well as benefitting the Performing Arts Center. Previous shows have raised money to help pay for pipe organ restoration and stained glass window repairs. It has also become a tradition for Angelis and Gault to "world premiere" new material and include exciting guest artists in the performance - this year will be no exception.

Guest Artist Chris Caswell

A master musician on many instruments, Chris Caswell dazzles an audience with a rich repertoire of music spanning an impressive variety of cultures. More than that, his prolific bardic skills of storytelling & narration, deep knowledge of the music's history and quick wit with an improvisational style will even more quickly have you enveloped in a completely different time



& place from where you began. Chris has a casual way of introducing the history and versatility of his instrument. His banter artfully takes us from Wales to the Middle East; from the French countryside to Latin America.

Mastering his craft since he was nine years old, in his teens Chris studied with Peter Kennedy at his Centre for Oral Tradition in Britain. He later played with Robin Williamson, founder of the Incredible String Band, as a member of Robin and His Merry Band. Along the way Chris became one of the world's outstanding Celtic harpers, and he brings to every performance not only his harp (one of hundred he has



built), pipes, and whistles, but his wit and wisdom as well. Chris happens to be the brother of Astoria photographer Dwight Caswell.

B'ee performs Symbolist Folk Music at KALA

AS POET, pilgrim, and luthier of Birch Book (and In Gowan Ring), B'ee has developed a homespun sonic tapestry with peculiar richness of vision; recording over a dozen full length albums and performing in over 30 countries worldwide. Various labels 'Wyrd', 'Psychedelic' or 'Avant Folk', Birch Book is rooted in poetic-folk tradition while cultivating an inimitable, self-attuned writing style that prefigured the new psyche-folk movement. He welcomes all listeners to this intimate gathering, playing both traditional and original music on hand crafted instruments.

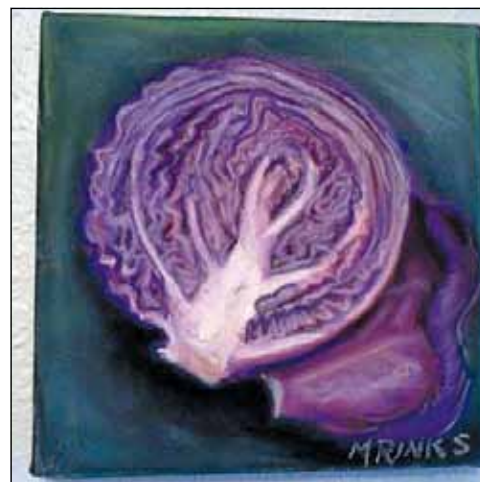
Friday, February 22, show at 7:30pm, door at 7pm

\$10 at the door, all ages

Hear him live on KMUN's Day of the Velvet Voice at 10pm Monday, February 11th (www.dayofthevelvetvoice.blogspot.com)



For the Love of Food and Friends: 2nd Saturday Art Walk Miranda Rinks at the Fort George Brewery's Lovell Showroom



ASTORIA LOCAL, Miranda Rinks, will be showing various oil, acrylic and pastel paintings based on a mutual love of food and friends. As Miranda paints a plate of Fort George's finest, live painting will collide with live music from The Hackles.

Miranda will paint for the duration of the Art Walk. The Hackles will perform music from 8-10pm. The Hackles are comprised of Luke Ydstie, Kati Claborne, Renia Ydstie and Brian Bovenizer. View Miranda's work through the month.

Saturday January 12, 5 to 8pm, music till 10pm. Fort George Lovell Room in Astoria.

Goings On: January '13

in the columbia pacific

ARNICA QUARTET

February 2, 2pm McTavish Room • Liberty in Astoria



A RETURN performance from the top Portland string quartet for an intimate concert setting in the Liberty's McTavish Room. Founded in 2005 by four leading Portland musicians looking to explore the vastly rewarding music for string quartet, Arnica draws from extensive experience as orchestral, solo, and chamber music performers. As individual artists they have worked with

members of the Guarneri, Mendelssohn, Emerson and Juilliard Quartets.

Repertoire for this affair follows. However, in their 2013 season they have prepared Finnish contemporary conductor/composer Esa-Pekka Solonen's 2008 Homunculus. "Forgot the Schubert Arnica, play the Solonen!"

Set List:

- Béla Bartók String Quartet No. 1
- Russell Platt Quintet for Bassoon and Strings (2008)*
- Franz Schubert Quartet in D minor "Death and the Maiden"
- *with Oregon Symphony principal bassoonist Carin Miller Packwood

Tickets are \$27.00 . For more info contact the Liberty Theater Box Office 503.35.5992

Don't Miss Music for Movies and The Portland Chamber Orchestra at the Liberty, coming February 24.

Mix and Mingle Jazz Night Fridays at CB Gallery

THE CANNON Beach Arts Association will kick off a new music series, Mix and Mingle Jazz Night, beginning on Friday, January 11, at the Cannon Beach Gallery. The weekly event will be held from 6-8:30 pm on Friday nights through the spring (January 11-May 31, 2013) and will feature Cannon Beach jazz guitarist, Wes Wahrmond and friends. This event will be free and open to the public, light appetizers and libations will be served. All are welcome. The event is being funded by the Cannon Beach Arts Association and the City of Cannon Beach's Tourism and Arts Fund.

More information about this event and the other programs of the CBAA can be found on the website, www.cannonbeacharts.org or by following the Cannon Beach Gallery on Facebook.



Friday 11

MUSIC

Alexander's Real Time Band. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

Charley Pride. \$30 - \$45, 8pm at Chinoook Winds in Lincoln City.

HAPPENING

LCCC Rummage Sale. At the Lincoln City Cultural Sale. 541-994-9994

LITERARY

Pacific University Writing Program Readings. Featured writers are Kwame Dawes, Jack Driscoll and Debra Gwartney. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

Nana's Naughty Knickers. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 12

MUSIC

Charley Pride. \$30 - \$45, 8pm at Chinoook Winds in Lincoln City.

Margo Tufo. Blues. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Tommy Hogan Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

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

FOOD & DRINK

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

HAPPENING

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

LCCC Rummage Sale. At the Lincoln City Cultural Sale. 541-994-9994

LITERARY

Pacific University Writing Program Readings. Featured writers are Judy Blunt, Pete Fromm and Ben Percy. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

OUTSIDE

Lower Columbia Estuary Field Trip. Visit the Lower Columbia River and learn about Oregon LNG's export proposal. Tour the area to be impacted by the proposed LNG project. Jim Scheller will help to lead the tour and explain efforts to restore salmon habitat and wetlands in the immediate vicinity. A potluck follows. Meet up at 11am at the Premarq Center parking lot in Warrenton. The potluck lunch will start at 1:30pm.

THEATER

Nana's Naughty Knickers. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 13

MUSIC

Pacific Trombone Quartet. \$15, 3pm at the Lincoln City Cultural Center.

Tingstad & Rumbel & David Lanz Concert. \$25, 7:30pm at the Tillamook High School Don Whitney Auditorium.

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Creator Ned Heavenrich (left) and the Brownsmead Flats, the band behind the musical.

Hitchin' Revival An Original North Coast Musical At the PAC

By Bob Goldberg

PARTNERS FOR the PAC presents *Hitchin'*, a musical play written by Ned Heavenrich, with music composed by Heavenrich, Robert Stevens and Dan Sutherland of the Brownsmead Flats, on February 7-9 and 15-17 at the Performing Arts Center (PAC) in Astoria. The play is the second in a series of fundraisers to keep the PAC open, accessible and affordable to the community. The first fundraiser, *Bach and Rock Around the Clock*, featured local musicians (including the Brownsmead Flats) and an all-night film festival, which is slated to be reshowed in the spring.

Performed to sellout crowds at the PAC in 1997 and again in 1999, *Hitchin'* tells the story of a middle-aged man confronted with his rebellious teenage son and his past in what Heavenrich described as a "partially autobiographical tale about coming of age and letting go, a result of a mid-life crisis brought on by my dad's death in '88." In 2004, *Hitchin'* was revived at the River Theater.

Walter Newman is a clothing store owner and workaholic whose 20-year-old son, Matt, is getting ready to leave the house to "find his own path." Walter finds his journal from his days on the road, and the journal's entries come to life on the stage. Walt (as he was known then) meets Lulu, a fellow hitchhiker who knocks his socks off and heads on down the road; Mary and James Erickson, a farm couple whose oldest son was killed in the Vietnam war, and whose other sons are now estranged, with the marriage suffering; Howie, a hippie gypsy and former Peace Corps volunteer

who keeps a load of pot in his Deadhead VW van; Jack, a draftee at an air force base in North Dakota who's not especially eager to go to Vietnam; Edna (named for Edna Packard, who played the original role as Ethel), an older widow who invites Walt to her house in the middle of nowhere to reminisce on her life; Marian, Georgia and Debbie, three lesbians on a camping trip; and Sylvester, a bat-swinging hitcher who's



Sheila Harper-Beveridge belts out in her role as Lulu, at The River (2004).

headed "towards his destination." The play ends with Matt leaving, Walter still leery and the cast singing *Isn't It Exciting!*

"I would say that half the characters in the play I met on the road and half are composite characters from my life and other people's experiences," Heavenrich explained.

The orchestra for the musical is the Brownsmead Flats, who will be joined by Janet Bowler, a flutist with the North Coast

Symphonic Band and other musical groups in the area. Jayne Osborn, who stage managed the River Theater production, is directing. Osborn is a veteran director and stage manager who has worked with the Astor Street Opry Company (ASOC) and the River Theater. Musical direction is by Allison Wilski, a soprano with the North Coast Chorale. Amy Coughlin, another veteran of ASOC, is stage manager. Set design is by Craig Shepherd, manager of the Coaster Theatre in Cannon Beach, with set construction managed by John Fenton of the Brownsmead Flats. Josef Gault, former manager of the PAC, is in charge of sound and lighting. And Marco Davis, who played Jack in the original production of *Hitchin'*, is choreographer. The author is production manager, with able assistance from Heavenrich and Stevens (who played Howie in the 1999 production and was music director in the original production).

All proceeds from *Hitchin'* will go to the Support the PAC fund, managed by the Clatsop Community College Foundation and the Partners for the PAC, and used for maintenance and operating costs of the PAC. Partners for the PAC is a coalition of performing arts groups that currently use the PAC for rehearsals and performances which was brought together in 2012 to help raise funds to keep the PAC open and work on ways to maintain and enhance the facility after the college suffered severe budget cuts and was unable to continue their operational support. For more information on the Partners for the PAC and how you can support the PAC, go to the Support the PAC website at supportthepac.org.

CAST: Bob Goldberg, Sandi Hilton, Jordan Okoniewski, Stephen Shannon, Sara Drage, Destiny Lish, Lenny Noller, ChrisLynn Taylor, Eddie Knick, Luke Hanflin, Lori Honl, Stephanie Rowe, Bree Heavenrich, Amy Coughlin, Jonathon Osborn, Daric Moore, Dave Bergquist and Emily Honl.

The Partners' production of *Hitchin'* is made possible by a generous grant from the Clatsop County Cultural Coalition and the Oregon Cultural Trust.

Hitchin'
February 7-9 and 15-17
Fri/Sat, 7:30 pm, except 2 pm on the 17th
Clatsop Community College
Performing Arts Center
16th & Franklin, Astoria
\$15 - adults
\$10 - Student/Senior

ASOC New Works Festival of One Acts and Monologs Opens February 1 • 2013

THE ASOC is pleased to announce the winners of the ASOC 4th Annual script writing contest for One Act and Monologs sponsored by the Astoria Cooperative and a generous contribution from Steve Forrester and Brenda Penner.

The winners were chosen from over from over 30 entries from coast to coast which ran from July to November 2012 included comedy, drama or anything in between and were chosen by a selected panel of local and regional theatrical. They were judged for writing skills, perceptiveness and entertaining qualities that are suitable for family audiences, they included:

WE INTERRUPT THIS PROGRAM, by Justin Blasdel of Fayetteville, AR, and directed by Markus Brown. With performers Kendall McEuen, Tieler Ferrell, Josh Loring and Ben VanOsdol

SHOOT TO KILL, where a girl relates how her friend was killed by her father, written by K.M. Sorenson of Lowell, MA, and directed by Edward James with Opal Whitaker.

SOMEDAY MY PRINCE. A woman appears to compose a letter to someone who has gravely disappointed her, but all is not what it seems...written by Faye Sholiton of Beach-

wood, OH, directed by Donna Wright with Mary Huber

TAPS a young dancer laments her recent rejection in an audition for the Rockettes because she doesn't meet the height requirement written by D.L. Siegel of Astoria, NY, directed by Edward James with Emma Gaeuman

A BEAUTIFUL NOISE The composer Tchaikovsky, his bon vivant brother and author Leo Tolstoy set about bonding

while goaded by an anarchist. Written by David Vazdasukas of Brunswick, ME and directed by Edward James with Steven Wood, Justin Germond, Bill Carr and Lily Deufel

The 4th Annual New Works Festival opens February 1st



Actor/Director Edward James directs three pieces in the New Works Festival

and runs to the 16th. Friday and Saturday evenings at 7:30pm with one Sunday matinee on Feb. 10th at 2:00pm. at the ASOC Playhouse at 129 West Bond Street Uniontown Astoria.

Seating is limited and reservations are recommended.

Tickets are \$15 to \$8 with senior and child rates AND **ANNOUNCING AN ASOC SPECIAL \$5 FRIDAYS!!** That's right! Every Friday all tickets are only \$5 dollars each! Call 325-6104 or on line at www.astorstree-toprycompany.com.

Liberty Theater Presents! Spoon River Anthology with the Liberty Theatre Players

THE THIRD in community theater productions featuring talented local actors. Reader's Theater in The McTavish Room, enjoy an intimate setting as the Liberty crew reads up a storm.

The former citizens of the fictional town of Spoon River, Illinois, tell us the truth about their lives in autobiographical epitaphs. The play is indicative of every small town's lives, loves and losses. Written by Edgar Lee Masters.

Performances on Feb. 15, 16, 22 & 23 at 7:30 pm and Feb. 17 at 3:00pm. For Ticket info go to liberty-theater.org.

The Quick & Easy Boys. R&B/Psychedelic/Garage Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

LITERARY

Oregon Legacy Series. Author Vanessa Veselka will read from her newest book "Zazen". Free, 3pm at the Driftwood Public Library in Lincoln City.

Pacific University Writing Program Readings. Featured writers are Cristina Garcia, Elinor Langer and David Long. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

Monday 14

LITERARY

Pacific University Writing Program Readings. Featured writers are Ellen Bass and Laura Hendrie. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

Tuesday 15

MUSIC

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

LITERARY

William Stafford Reading. Driftwood Poets and local Friends of William Stafford, will host a reading of the late Oregon poet-laureate's work. Audience members are encouraged to bring a poem of William Stafford's to read aloud. Free, 6:30 - 7:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 16

LITERARY

Lunch with Pam Houston. The author will read from and discuss her books which include "Contents May Have Shifted". \$20, includes a catered lunch and book. Please RSVP at 503-738-3500. Noon at Beach Books in Seaside.

Thursday 17

CINEMA

The Jungleers in Battle. Featuring oral histories of 41st Infantry troops from Oregon in World War II. \$10, 6pm at the Cannon Beach History Center & Museum.

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

LECTURE

Derrick Ray. Derrick will be speaking about his many years of fishing in one of the most dangerous places on earth as well as his time spent on the "Deadliest Catch". Free, 7pm at the Seaside Library.

Nature Matters Lecture Series. Down the Drain and Into the River: Contaminants in the Columbia River and What You Can Do About it. With hydrologist Jennifer Morace. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

LITERARY

Tea with Erica Bauermeister. Author Erica Bauermeister will read from her book "The Lost Art of Mixing". 2pm at Beach Books in Seaside.



Red Wanting Blue Midwest Supah Stars

LED BY singer-songwriter Scott Terry, Red Wanting Blue is proudly based in Columbus, Ohio, but might as well be America's local band. For years, the group had been hiding in plain sight as Terry went about logging thousands of miles on the road throughout the nation's heartland, making fans the hard way - one at a time.

With only the aid of word of mouth, hard work and perse-

verance, Red Wanting Blue has established an exceedingly loyal following in and around the Midwest where the band regularly fills clubs normally reserved for bigger names. And They've made their debut on David Letterman. What up!!! Lead singer Scott Terry - incredible rock voice!!!!

Friday, January 25, 7pm at The Sandtrap in Gearhart. No Cover.

THEATER

Nana's Naughty Knickers. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 18

MUSIC

Barbershop Cabaret Show. At the Seaside Convention Center. seasidechamber.com

Vagabond and Tramp. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

Devils Lake Community Concert Series. Oh My Darling, Country Folk. At the Lincoln City Cultural Center. 541-994-9994

HAPPENING

Windless Kite Festival. Indoor kite flying competition and performances. At the Long Beach School Gymnasium in Long Beach, WA. kitefestival.com/windless-kite-festival-2/

OUTSIDE

North by Northwest Golf Tourney. Cary Grant's birthday. Find a partner and start the year with a 2-Player scramble. 21 and over. \$45/player, cart rental is \$15/player. Noon shotgun start at the Gearhart Hotel.

THEATER

Nana's Naughty Knickers. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 19

MUSIC

Miss Michael Jodell and Matt Brown. Old and modern Country music and popular songs. 3pm at the Peninsula Arts Center in Long Beach, WA

Barbershop Cabaret Show. At the Seaside Convention Center. seasidechamber.com

United Paws Monthly 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.

Tillamook Area Chamber Annual Banquet & Silent Auction. 6 - 9pm at the Tillamook County Fairgrounds. 503-842-7525 for tickets.

Community Talent Show. 10 - 12 acts. \$10, 7 - 9pm at the Hoffman Center in Manzanita.

THEATER

Nana's Naughty Knickers. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 20

MUSIC

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

Elizabeth Cable. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Artistry in Wood Show. Experience the wonderful world of woodcarving. Carvings on display, classes and talks. Free. At Chinook Winds in Lincoln City.

CINEMA

One Flew Over the Cuckoo's Nest. 2pm at the Liberty Theater in Astoria.

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

Windless Kite Festival. Indoor kite flying competition and performances. At the Long Beach School Gymnasium in Long Beach, WA. kitefestival.com/windless-kite-festival-2/

Wintering Over. A living history reenactment. During this two day Wintering Over event, visitors are encouraged to converse with expedition members (portrayed by first-person character interpreters) camped at their Fort Clatsop winter headquarters in 1806. Explore what it is like for these Corps members as they survive off of elk and the good graces of their Clatsop and Chinook neighbors, while preparing to return to the United States. Discover who these people were, where they came from and what their journey has been like so far. 9am - 5pm at Fort Clatsop.

LITERARY

Oregon Legacy Series. Author Alexis M Smith will read from her book "Glaciers". Free, 3pm at the Driftwood Public Library in Lincoln City.

Monday 21

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

CINEMA

Meaningful Mondays Film Series. Inlows and Outlaws. Documentary. \$5 suggested donation. 7:30pm at KALA in Astoria.

MUSIC.



Ms. Michael Jodell and Matt Brown Kick-off the Longbeach Acoustic Series

THE NEW Peninsula Arts Center has a great line-up for 2013, drawing on some of the Northwest music scene's best and brightest. An intimate house concert setting at the Peninsula Arts Center on Pacific Avenue in Long Beach has greatly succeeded in bringing acoustic music to the Pacific shores on the north side of the river.

Check out the full schedule at peninsulaartscenter.org. There is a FREE open mic night the Friday evening before each scheduled Saturday concert. Looking for something new and fresh to do - acoustic music abounds.

Born in Lander, Wyoming, Michael Landers grew up singing harmony to classic country standards with her Grandmother Audrey. Check

out her video doing a tribute song to her home town that she learned from an old 45rpm that was recorded for a Lander's Annual Pioneer Days celebration. Great voice, great country chops.

Accompanied by Matt Brown on guitar, formerly leader of the popular Portland band The Baseboard Heaters, he now divides his time between his recording studio, playing in Storm Large's band, and other projects. Peninsula Arts Center regulars will remember him from his concert with RedRay Frazier last September.

Enjoy sharp renditions of old and modern country and popular song.

Saturday, 3pm. (door at 2:30). \$12. Reservations suggested. 504 Pacific Ave in L.B.



Lulu LaFever

ANOTHER PRODIGAL daughter of the music waves returns to serenade. Grammy member, Lulu LaFever swings soulful original jazz and blues, sexy as ever. **Sunday, January 20, 8pm at The Fort in Astoria.**

The Chimera Show: Mythological and Hybrid Creatures At CB Gallery



Dmitri Swain, *Allegory (The Golden Fleece)*, Mixed Media on Canvas, 16x20"

CHIMERA: MYTHOLOGICAL and Hybrid Creatures featuring new paintings by Cannon Beach painter Dmitri Swain is now open at the Cannon Beach Gallery and will run through Monday, January 28, 2013. In addition to Swain's new paintings of birds, fungi and light prisms the show includes the work of regional artists who were juried into the show, including Liza Jones, Peter Greaver and Stirling Gorsuch.

The theme for the show was chosen to stretch the imagination of participating artists and too enliven the gallery space with something never before done. Chimera are mythical animals from Greek Mythology. While a chimera can be any creature with disparate parts from various animals, it is also specifically a fire-breathing female monster with a lion's head, a goat's body and a serpents tail.

Artist Dmitri Swain used his current body of work as a vehicle for examining his own personal cabinet of curiosities, he is interested in pulling back the veil and revealing something strange.

"The artwork becomes a narrative about creatures, animals, flowers, mycology, biology and even science itself. Then the canvas becomes a story weaving a tapestry about ecology. In a time of computers and digital mediums, the paintings are meant to bring naturalism to our lives," Dmitri explained about the group of fifteen paintings.

The Cannon Beach Gallery is located at 1064 S. Hemlock St. in Cannon Beach. Go to: cannonbeacharts.org



C. Granger



M. Granger

DUET At LightBox

LIGHTBOX PHOTOGRAPHIC Gallery will host an opening reception on Saturday January 12, from 6-9pm for **DUET**, an exhibit of photographic works by the directors of LightBox, Michael Granger and Chelsea Vincent Granger. This exhibit will run through February 5th, the first in a new schedule of upcoming fine art exhibits at the gallery this New Year.

Presenting a collection of images from their archives, these photographers showcase a diverse array of fine art prints, sharing with the public for the first time a collection of personal work at the Photographic Center and Gallery they opened in Astoria over three years ago.

Those who know Michael and Chelsea understand that their photographic vision comes from two very different sources. Michael is known for precise and balanced

imagery that invites the viewer to perceive more, while Chelsea's visual style presents to the viewer an image of the world that is not always clear, one that does not exist through ordinary eyes.

The exhibit, *Duet*, is presented in conjunction with the gallery's fundraising campaign, reaching out to the community here and around the nation to secure support for their mission at LightBox. Prints from this exhibit will be available at very reasonable prices to encourage you to contribute towards their goal of keeping LightBox part of the growing vibrant Astoria Arts community.

LightBox promotes the creative photographic arts on the North Coast of Oregon. LightBox offers photographic scanning, photo restorations, archival printing and framing. LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. Contact LightBox at 503-468-0238 or lightbox-photographic.com

Roger Hayes: Paintings of 2012 At Imogen

WITH THE close of every year, many look to the future with optimism and as a time of renewal, providing an opportunity to move forward and leaving behind what was. For local artist Roger Hayes, his nod to the New Year is a definitive look back, a reflection and documentation on what 2012 presented to his creative growth as a painter. Imogen Gallery is pleased to be presenting a comprehensive exhibition of Hayes' dynamic and expressive abstract paintings, all created within 2012. This fresh exhibition will open in conjunction with the Astoria Second Saturday Artwalk scheduled for January 12th, 2013. All are invited for an interesting and imaginative night downtown, exploring shops and galleries presenting the efflorescent creative spirit of Astoria. The exhibition will open January 12th with an opening reception from 5 - 9 pm and remain on display through February 5th.

Astoria artist Roger Hayes has long been known for his expressive and edgy

style of abstraction and figurative work, yet within this collection he takes a distinct departure. With great exploration of color and line Hayes appears almost playful in approach. Still evident however is that inner city edge (in this case Detroit, Hayes' hometown) along with a



healthy dose and influence of graffiti that seems inescapable within his work. Hayes pulls no punches in this powerful new series. About this collection, Teri Sund states, "From a curatorial position, it's always exciting to see growth and development in an artist's work. Pushing of

boundaries and taking chances is something to be admired in any artist's career and reflects courage and confidence."

Imogen Gallery is located at 240 11th St. in Astoria. 503.468.0620

Paintings: Charles Schweigert Photographs: Dwight Caswell At RiverSea

RIVERSEA GALLERY will host an Artwalk reception for two separate exhibits featuring local artists Charles Schweigert and Dwight Caswell this Saturday night from 5:00 to 8:00 pm. Both artists will be in house to meet visitors and talk about their



work. Music will be provided by Judy Woodward on cello accompanied by Hannelore Morgan on the recorder. Assorted wines and small bites will be served.

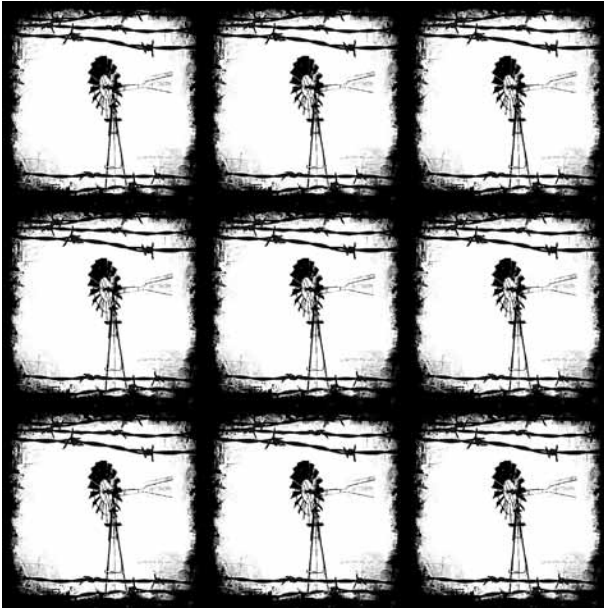
In his second solo exhibition at RiverSea Gallery, Charles Schweigert shares his delight in strange migratory birds and imaginary hybrid creatures called theriomorphs in a series titled, *Feathered Things, Perched in the Soul*. The title is based on a quote from Emily Dickinson and suggests that this show isn't just about birds. Schweigert lets loose with watercolor and ink to depict all sorts of feathered beings that have taken flight in his imagination. Often, printed Japanese book pages and handmade mulberry paper lend a rich background to his fanciful, gestural images.

Dwight Caswell is this month's *Artist in the Alcove* with an exhibit titled, *Finding China*. He shares his photographs of China along with a book he's published covering the same material. When he ventured into China he expected to come back with



magnificent landscape photographs. But his hopes were dashed due to the ever present smog. What he unexpectedly discovered was something much different: China's people. These compelling images feature the people of China and Tibet as they straddle both ancient tradition and an ever modernizing culture.

Discover fine art, contemporary craft, jewelry and gifts by Northwest artists working in a great variety of mediums at RiverSea Gallery, open daily at 1160 Commercial Street in downtown Astoria, Oregon. For more info call 503-325-1270, or visit the website at riverseagallery.com.



Darren Orange Coastal Oregon Visual Artist Showcase

OREGON COAST Council for the Arts (OCCA), the Regional Arts Council for the coast of Oregon welcomes Clatsop County visual artist Darren Orange to the Coastal Oregon Visual Artist Showcase and Video Archive at the Newport Visual Arts Center January 4 through January 26, 2013.

His exhibit, "AnteSeedent" will include paintings and photo based aluminum prints. Orange is "addressing the issue of natural beauty in the wake of human influence. The human struggle to control the environment has left nature scarred; however it perseveres... These two distinct bodies of work... show a romantic beauty of nostalgia through discarded object despite the contradiction of the potential ugliness of the subject. Photography is often the start and reference point."

In discussing his process Orange says, "I use what is at my disposal and seek out new adaptations of materials to solve problems in which traditional materials cannot provide like a child playing on the floor with all his toys together... As a landscape artist I am most directly inspired by the surroundings of where I have lived. The sublime landscapes, homesteads of Central Washington, fishing

villages on the lower Columbia River, and the desert of the Southwest. These pastoral places have provided me with reference to understand the past, and to be aware of my own mark on the environment. The work is influenced by site-specific places; however the message, the image, transcend universally. "

Darren Orange has a BFA from Western Washington University. Orange lives in Astoria, Oregon and has been an Astoria Visual Arts board member. Orange has shown extensively throughout the Northwest including three solo exhibits and one group show in 2012 and has had exhibits in New York, L.A., Santa Fe, and Atlanta. His work is in collections across the country, Canada, Sweden, and the United Arab Emirates. Orange has had his work published in regional books and magazines.

The showcase and video are available for viewing from 12-4 pm, Tue-Sat, and the work in the Showcase can be viewed whenever the Visual Arts Center is open. Located at 777 NW Beach Drive on the Nye Beach Turnaround in Newport, the VAC is also home to the Runyan and Upstairs Galleries.

Tuesday 22

MUSIC Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Thursday 24

Listening Session. Held by Drew Herzig, Astoria's newly-elected councilor for Ward 2. Come and share your thoughts, suggestions, questions, and concerns about Astoria. Free, 1pm at the Astoria Senior Center.

LECTURE Ales and Ideas Lecture Series. Brain Rewiring for Dummies: How to Change Your Cognitive Competency. With Marion Derlet. 7pm at the Lovell Showroom at Fort George in Astoria.

LITERARY E-reader Road Show. For adults & teens. 5:30 - 7pm at the Timberland Library in Raymond, WA

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

Friday 25

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

Red Wanting Blue. Alternative/Indie/Rock. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

LITERARY E-reader Road Show. For adults & teens. 3:30 - 5pm at the Timberland Library in Raymond, WA

Saturday 26

MUSIC Troll Radio Revue. Americana. Free for children, \$2 for adults. 11am - noon at the PAC in Astoria.

Coffee Concert. Local musicians perform in a casual Sunday matinee concert, desserts and coffee included. \$10, 3pm at the Lincoln City Cultural Center. 541-994-9994

Lloyd Jones. Blues. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Three Manic Mechanics. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK Wine Tasting. Syrachs. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING Dancing with the Lincoln City Stars. At the Lincoln City Cultural Center. 541-994-9994

LITERARY E-reader Road Show. For adults & teens. 2:30 - 4pm at the Timberland Library in Raymond, WA

Sunday 27

MUSIC Trio Solisti. Chamber music. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

The Lower 48. Folk. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Steve Sloan. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING PNW Pro Wrestling. \$10, 5 - 8pm at the Astoria Event Center.

Tillamook County Historical Society Annual Meeting & Dinner. \$15, 2pm at the Officers Mess Hall at the Port of Tillamook Bay in Tillamook.

LITERARY Oregon Legacy Series. Author Mark Allen Cunningham will read from his newest book "Lost Son". Free, 3pm at the Driftwood Public Library in Lincoln City.

THEATER Baby Boom. A 1950s-themed murder mystery dinner. \$25, show times at 1pm and 6pm at the Eventuary in Lincoln City. 541-996-6614

Wednesday 30

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

Thursday 31

LECTURE Lower Columbia Diversity Project Discussion. Beyond Bars: Re-envisioning the Prison System. With Walidah Imarisha. What role do prisons serve in our country? Is it possible to envision a world where people are safe and secure, and where there is accountability, without prisons? Does our prison system, in some cases, actually cause rather than reduce crime? Free, 7pm at the Judge Guy Boyington Building in Astoria.

FEBRUARY Friday 1

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

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Saturday 2

MUSIC Melissa Linder. 7 - 9pm at Moody's Super House in Seaside.

ART First Saturday Art Walk. 5 - 8pm at galleries and businesses in Seaside and Gearhart.

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

FOOD & DRINK Wine Tasting. Premium St Michelle Wine Estates. 1 - 4pm at the Cellar on 10th in Astoria

Winemaker's Dinner. Premium St Michelle Wine Estates. 6pm at the Cellar on 10th in Astoria. Reservations required. 503-325-6600

HAPPENING Household Hazardous Waste Collection Day. 9am - 1pm at the Transfer Station in Tillamook. 503-815-3975

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Sunday 3

MUSIC Arnica Quartet. Chamber music. \$27, 2pm in the McTavish Room at the Liberty Theater in Astoria.

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

The Short Pockets. Dub/Electronic/Experimental. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Tuesday 5

ART Monthly Photo Salon. 7 - 9pm at the Hoffman Center in Manzanita.

Wednesday 6 HAPPENING Winter Showcase. Come see I Heart Performing Arts Academy and the Astoria Arts and Movement Center in their new space. Get a taste of the classes they offer, meet instructors, and enjoy performances and demos at this celebratory event. \$10, 7 - 9pm at 342 10th St, 2nd floor in Astoria.

Thursday 7

HAPPENING First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 - 6:30pm at the Astoria Public Library.

THEATER Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop Community College Performing Arts Center 16th & Harrison, Astoria \$15 - adults, \$10 - children (under 18) and seniors.

Friday 8

LECTURE A Conversation Project with Veronic Dujon. Your Land is My Land: Using and Preserving Oregon's Natural Resources. Oregonians are known for a fierce sense of independence and a rugged individuality, qualities long associated with natural resource vocations such as logging, fishing, farming, and ranching. The state is also known for its progressive environmental policies. Our sense of connection to a place informs our values and approaches to conflict over resource and land use in our communities. Free, 6pm at the Cannon Beach History Center & Museum.

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop Community College Performing Arts Center 16th & Harrison, Astoria \$15 - adults, \$10 - children (under 18) and seniors

At the PAC in Astoria. A Lincoln. A two-act play with Steve Holgate. At the Lincoln City Cultural Center. 541-994-9994

Saturday 9

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

Wine Tasting. Wines for Valentine's Day. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING Asian New Year Celebration. At the World kite Museum in Long Beach, WA.

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

Oregon Coast Scenic Railroad Dinner Train. A 3 hour round trip dinner train departing from Garibaldi at 4pm. For tickets and more information, call 503-842-7972.

Your Heart's Desire Art Show & Sale. A celebration of chocolate, wine, & art. An exclusive selection of original artwork on panels, plus original student artwork on display and for sale. Free admission from Noon to 5pm. Chocolate and Wine Party/ Ticket required, 6:30 - 10pm. Complimentary appetizers, desserts (chocolate!), wine, beer, cider, continued benefit art sale, original student artwork, auction, raffle, live music. \$30 at the door. At the Kiwanda Community Center in Pacific City.

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop Community College Performing Arts Center 16th & Harrison, Astoria \$15 - adults, \$10 - children (under 18) and seniors

A Lincoln. A two-act play with Steve Holgate. At the Lincoln City Cultural Center. 541-994-9994

Sunday 10

MUSIC Romancing the PAC. Kim Angelis and her Gypsy violin. 3pm at the PAC in Astoria.

Schubert Ensemble. Chamber music. \$25, 3pm at the Camp Winema Chapel, north of Neskowin.

The Bylines. Art Pop. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING Asian New Year Celebration. At the World kite Museum in Long Beach, WA.

A Sweet affair. Live music, appetizers compliments of local restaurants, wine & Beer tasting, non-alcoholic beverages, elegant treats, live & silent auction. \$35, 2 - 4:30pm at the Seaside Convention Center.

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 2pm at the ASOC Playhouse in Astoria.

Thursday 14

MUSIC Valentine's Day Concert. With Lindsay Lou & the Flatbellys. At the Lincoln City Cultural Center. 541-994-9994

HAPPENING One Billion Rising V-Day Celebration. Noon at the 3rd Floor Commons in Towler Hall at CCC in Astoria.

Friday 15

OUTSIDE Cupid, Birdies, and Eagles Golf Tourney. All players play the green tees. 21 and over. \$45/player, cart rental \$15/player. Noon shotgun start at the Gearhart Hotel.

THEATER New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop

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

Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 – 7pm at Imogen Gallery in Astoria.

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.

North Coast Country Band. 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.

The Thomasian Trio with Maggie Kitson. Jazz/Blues/Classic Rock. 7pm at Moody's Supper House in Seaside.

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.

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasilibrary.org

Wednesday

MUSIC

The Coconuts. Classic Swing & Jazz, Country, Bluegrass & Folk. No cover, 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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

SPIRITUAL

Ocean Within Awareness Group. Mission: to actively move toward our true nature and become one with the Ocean Within. Meetings will have two short meditation sessions, group discussions, and a focus practice for the week. All faiths/paths welcome. 6:30 – 7:30pm at the Astoria Indoor Garden Supply. FMI 503-741- 7626

Thursday

MUSIC

Dallas Williams. Folk/Americana. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Live Music. No cover, 6pm at U Street Pub in Seaside.

Paul Dueber. Folk music from the 70s and 80s. No cover, 6 – 8pm at the Cannon Beach Hardware & Pub.

The Thomasian Trio. Jazz/Blues/Classic Rock. No cover, 6pm at Twisted Fish Steakhouse in Seaside.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Jam Session. No cover, 7pm at the Triangle Tavern in Astoria.

Steamin' Stan Ruffo. Blues/Jazz/Soul/Rock. No cover, 7 – 10pm at Moody's Supper House in Seaside.

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.

Community College Performing Arts Center 16th & Harrison, Astoria \$15 – adults, \$10 – children (under 18) and seniors

Spoon River Anthology. Drama. 7:30pm at the Liberty Theater in Astoria.

Saturday 16

MUSIC

Retta christie trio. The swing Queen plays a mean snare. 8pm to midnight. \$5 table charge includes a drink ticket. 1017 Marine Drive in Astoria.

FOOD & DRINK

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

HAPPENING

Daark Arts Festival. Fort George unveils the Stout, all day entertainment, music tarot, belly dancing, tattoo and more. 2pm - 10pm.

Lincoln City Super Auction II. Watch the auction action live at Surftides or one of the many viewing centers in Lincoln City. Armchair bidders can view the auction online and bid by phone. FMI 541-994-3070

LECTURE

Regional Weave Styles, Motifs and Meanings. presentation on carpet and woven good motifs by Sener and Julie Otrugman. 1pm at the North Lincoln County Historical Museum in Lincoln City.

LITERARY

Manzanita Writers Series. Author Erica Bauermeister will read from "The Art of Mixing." Open mic session follows. \$7, 7pm at the Hoffman Center in Manzanita.

THEATER

New Works Festival. Short one-act plays. \$6 - \$15, 7:30pm at the ASOC Playhouse in Astoria.

Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop Community College Performing Arts Center 16th & Harrison, Astoria \$15 – adults, \$10 – children (under 18) and seniors

Spoon River Anthology. Drama. 7:30pm at the Liberty Theater in Astoria.

Sunday 17

MUSIC

Alexander Sevastian. Classical accordion. \$12, 2pm at the Historic Raymond Theater in Raymond, WA

Right On John. Blues/Punk/Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

THEATER

Hitchin'. A coming of age musical. 7:30 pm, except 2 pm on the 17th. Clatsop Community College Performing Arts Center 16th & Harrison, Astoria \$15 – adults, \$10 – children (under 18) and seniors



Kick off the Winter with a little Jack

THE ASTORIA International Film Festival will kick off its 2013 6th annual Winter Festival with the screening of the 1975 Milos Forman film **'One Flew Over The Cuckoo's Nest'** starring Jack Nicholson. The film is from the 1962 novel by Oregonian Ken Kesey who also penned "Sometimes a Great Notion"

(1964). One Flew Over The Cuckoo's Nest was also filmed in Salem, Oregon. AIFF thought that this film would be a fitting view of Ken Kesey and the history of Oregon film.

Sunday, January 20 @ 2pm. For more info on the winter screenings at the Liberty Theater see: goaiff.com

Documentary Premier The Jungleers in Battle

THE JUNGLEERS in Battle, the 41st Infantry Division of World War II, focuses on the 41st Infantry Division, considered one of the "best" National Guard units prior to WWII. The Division was made up of Oregon, Washington, Idaho, and Montana soldiers and was called up to defend the Oregon and Washington Coastlines. The Division was activated on September 16, 1940. Veterans of the 41st share stories of occupation in Hiroshima, Japan and being the first American Troops sent to Australia. The documentary, directed by Alisha Hamel of the Historical Outreach Foundation, will present the film and explain why Japan attacked the United States and the reactions of the veterans from the war.

The division's bloodiest engagement was on the island of Biak, off New Guinea's coast. Oregon's 162nd and 186th regiments plus the 163rd defeated over ten thousand well-entrenched and well-led Japanese forces. The campaign extended from May through August 1944, and the 41st earned a new title, "The Jungleers."

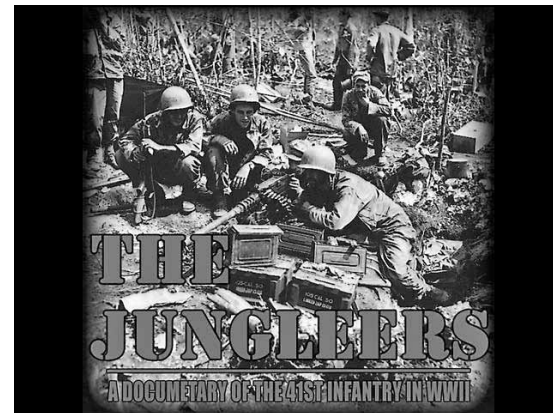
In 1946, the 41st reorganized as the Pacific Northwest's Army National Guard division. In the 1960s, it was given a national defense mis-

sion of protecting Alaska, and the troops trained in northern operations. When the division was deactivated in 1968, its heritage and insignia passed on to the 41st Infantry Brigade of the Oregon Army National Guard which continues today headquartered at Camp Withycombe with units throughout Oregon including Medford.

The shoulder-sleeve insignia of the 41st is a red half-disk with a yellow setting sun over a blue baseline representing the Pacific Ocean. It is the basis for the name "Sunset Division." On January 17, 1946, U.S. Highway 26, from Portland to Seaside, was named the Sunset Highway in the division's honor.

The documentary premier of "Jungleers In Battle" features oral histories of 41st Infantry troops from Oregon in World War II and will be shown in Cannon Beach at the Cannon Beach History Center at 6pm on January 17, 2013. The documentary is 67 minutes long. Alisha Hamel, the director, will be in attendance to introduce the documentary and answer questions afterward.

Thursday, January 17, 6pm, Cannon Beach History Center is located at 1387 South Spruce St. in Cannon Beach 503.436.9301



Stafford Celebration at the Driftwood



THE DRIFTWOOD Public Library, in association with Driftwood Poets and local Friends of William Stafford, will host a reading of the late Oregon poet-laureate's work at the library, 801 SW Hwy. 101, on Tuesday evening, Jan. 15, from 6:30 to 7:30 p.m. Audience members are encouraged to bring a poem of William Stafford's to read aloud. Listeners are also welcome. The reading will take place in the Community Room of the library. Refreshments and door prizes will follow.

William Stafford (1914-1993) was a prolific poet and committed pacifist who spent his working life in Oregon after a Kansas boyhood. He called his plain-spoken poetry the record of a person thinking. He was well-known in poetry circles for his encouragement of aspiring writers, sometimes advising them to "lower your standards and keep writing." He became Oregon's poet laureate in 1975.

The annual series of readings are held in January, the month of Stafford's birth, all over Oregon, the U.S., and internationally. This year the Newport Public Library will host a reading on the same night. See the Friends of William Stafford website (www.william-stafford.org) for a complete list of Stafford Birthday events.

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 rsears@driftwoodlib.org for more information.

ALSO AT THE DRIFTWOOD Oregon Legacy Series

The Friends of Driftwood Public Library continue the literary series Oregon Legacy to the community at 3:00 p.m. on four Sunday afternoons in January 2013.

- January 13, VANESA VASELKA will visit to discuss her work as a writer. Veselka has been at various times a teenage runaway, an expatriate, a union organizer, and a student of paleontology. Her work appears in *The Atlantic*, *Tin House*, *Zyzzya*, the anthology *Bitch: Feminist Response to Pop Culture*, and *Maximum Rock 'n Roll*. Her debut novel is *Zazen*.
- January 20 a visit from Alexis M. Smith, author of the novel *Glaciers*. *Glaciers* is Smith's first novel, the story of a day in the life of Isabel, a young Northwest urbanite who works with damaged books in the city library and dreams of Amsterdam. Publisher's Weekly described it as "lyrical and luminous".
- January 27 with a visit from Mark Allen Cunningham. Cunningham is the author of *Date of Disappearance*, a short story collection and *The Green Age of Asher Witherow*, set in nineteenth-century Northern California, a #1 Book Sense Pick and a finalist for the 2005 Book Sense Book of the Year Award.

All Oregon Legacy presentations are free. Each presentation begins at 3:00 p.m. in the Distad Reading Room of the Driftwood Public Library.

Nature Matters Talks • Jan 17 Down the Drain and into the River

Contaminants in the Columbia River and what you can do about it

THE WILD beauty found along the Columbia River makes it easy to forget that the river moves through many urban environments, absorbing storm water and waste water treatment discharge all along the way. At this month's Nature Matters on Thursday, January 17 at 7 p.m. at the Fort George Brewery + Public House, Jennifer Morace, a hydrologist with the USGS Oregon Water Science Center, will talk about the contaminants she has found in the urban waste water that flows into the river every day and how they affect the delicate balance of life in and along the river. But don't just sit back and get depressed! Morace will offer practical actions you can take to ensure that

what goes down your drain doesn't create problems for the river you love. This event is free and open to the public, and will take place in the Fort George's Lovell Building showroom. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages at the George before the event.

Morace's work to identify and understand contaminants in the Columbia River can help everyone who lives and works along the river to reduce the flow of toxins into the rich ecosystem of the Lower Columbia River Basin. She works closely with NOAA fisheries, EPA, the Lower Columbia Estuary Partnership and Columbia Riverkeepers to evaluate water-quality conditions in the

basin and help communities and individuals work towards a healthier environment for all.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the third Thursday of the month through spring. The collaborative series is hosted by Lewis and Clark National Historical Park, North Coast Land Conservancy and the North Coast Watershed Association in partnership with the Fort George. The series delves into the many ways that human beings look to the natural world for inspiration, sustenance and survival - the intersection of nature and culture.

Live the History: Wintering Over At Fort Clatsop

LEWIS AND Clark National Historical Park presents a special living history program during the Saturday and Sunday of Martin Luther King, Jr. weekend. On Saturday, January 19, and Sunday, January 20, the Fort Clatsop replica will come alive from 9:00 a.m. to 5:00 p.m. with members of the Lewis and Clark Expedition during the park's 12th annual presentation of "Wintering Over: snugly fixed in their huts."

During this two day Wintering Over event, visitors are encouraged to converse with expedition members (portrayed by first-person character interpreters) camped at their Fort Clatsop winter headquarters in 1806. Explore what it is like for these Corps members as they survive off of elk and the good graces of their Clatsop and Chinook neighbors, while preparing to return to the United States. Discover who these people were, where they came from and what their

journey has been like so far. Come explore the people behind the story!

Visitors will start with a brief orientation that will introduce the story of the Corps of Discovery and prepare them to participate in the "Wintering Over" program. First-person living history interpretation is an experiential program with no script. This allows for a real experience (not a staged event); visitors direct their own discoveries. The Pacific Northwest Living Historians partner with the park to provide this program.

In addition to this event at the fort, there are movies in the visitor center theater. "A Clatsop Winter Story," a 22-minute movie about the winter of 1805-06 from a Clatsop



Indian perspective, will be offered each hour. Also, "Lewis and Clark: Confluence of Time and Courage," a 34-minute movie about the entire voyage, will be available.

For further information, call the park at 503-861-2471 ext. 214 or visit the park's website at www.nps.gov/lewi. Follow on Facebook at Lewis and Clark NHP for more information and pictures.

Ales & Ideas Brain Rewiring + Cognitive Competency



ALES & Ideas presents Brain Rewiring for Dummies: Improving Your Cognitive Competence with Marian Derlet

CCC Developmental English Instructor Marian Derlet, MA TESOL, will offer Brain Rewiring for Dummies: How to Improve Your Cognitive Competence. The brain is a hot topic these days. People tout the alleged marvels of neuroplasticity as the panacea for cognitive limitations. Are we all stuck with a set of hard wired connections that restrict our capabilities? Why does it seem as though the educational system can't tap the potential of student brains? Did a researcher really buy a seat on Jet Blue just for a brain? Marian Derlet will light up your neurons with tales of the good, bad, and simply wondrous qualities of our brains. Doors open at 6pm; event begins at 7pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome.

Marian has been studying student brains (informally) for thirty years and has been a College Preparation instructor at Clatsop Community College since 1998. She received her BA in Spanish from George Fox University and a MA in TESOL (Teaching English to Speakers of Other Languages) from Portland State. Last year, she completed a graduate certificate in "Mind, Brain, and Teaching" from Johns Hopkins University and is currently enrolled in a doctoral program in education at George Fox.

Thursday, January 24, 7pm at the Fort George Lovell Showroom, 426 14th St in Astoria.

Bill Cameron at CB Library

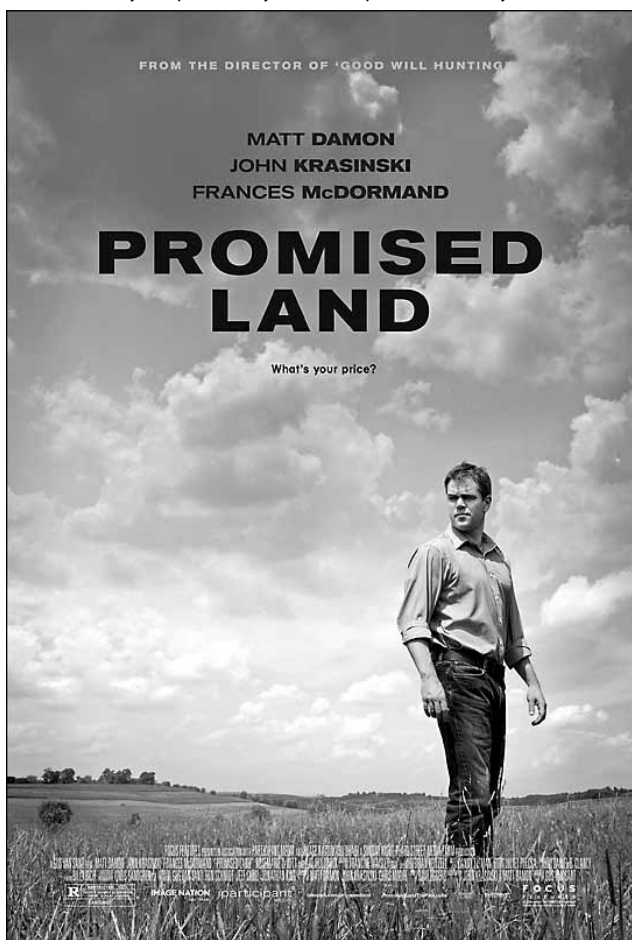
BILL CAMERON will be at the Cannon Beach Library. He is a well known mystery writer now living in Portland. Cameron's newest book, *County Line*, is a follow-up to his critically acclaimed novels, *Chasing Smoke* and *Lost Dog* featuring Portland homicide cop, Skin Kadash. It is free to the public.

Saturday, February 9, 2pm. CB Library is located at 131 N. Hemlock.

by Les Kanekuni



THE IMPOSSIBLE (Jan. 4) Naomi Watts toplines a harrowing true story of survival of a family caught in the Indian Ocean tsunami in 2004. Henry Bennett (Ewan McGregor) and his physician wife Maria arrive at a Thai beach resort with their three sons for a Christmas holiday. The family enjoys themselves at first, laughing and playing in the sun. Then, around the pool one day, a distant rumble is heard. A 98-foot wash of brown water inundates the resort, toppling palm trees and devastating everything in its path. For a full ten minutes the power of tsunami is depicted in excruciating realistic detail. Maria is repeatedly dragged under and her leg injured. She and her oldest son Lucas are separated from Henry and the two younger children. Saving themselves by clinging to a tree, Maria and Lucas reach land and are rescued. Henry washes up alone and despairs of finding Thomas and Simon, but they miraculously turn up. Thus begins the family's greatest challenge in reuniting as Henry vows to search every hospital, every relief camp until his family is reunited.



PROMISED LAND (Jan. 4) Matt Damon stars in this drama of a hydraulic fracturing rep who visits a small town in upstate New York buying fracking rights from residents with promises of economic improvement to their depressed area. Steve Butler (Damon) and wisecracking partner Sue Thomasen (Frances McDormand) arrive in small town McKinley and immediately set about selling the town supervisors on Global Energy's plan to revitalize the area through natural gas exploration, basically through bribery. Steve uses his average Joe persona and folksy charm to ingratiate himself with the locals, striking up a friendship with coffee shop waitress Alice (Rosemary DeWitt). The local people are mostly pushovers for Steve and Sue's pitches of clean energy and "millions" in potential profits for them in exchange for locating wells on their property. But at a town meeting, Steve hits a roadblock in the person of Frank Yates (Hal Holbrook) a teacher who brings up the potentially devastating environmental consequences of fracking which can poison air, water and make the land unliveable. The town decides to put the issue to the vote. What looked to be an easy sell for Steve has turned into a nightmare.



GANGSTER SQUAD (Jan. 11) An old-fashioned gangster movie like they used to make in the '30s and '40s with good guys, bad guys, fast women and hot lead. In 1949, with East Coast gangster Mickey Cohen (Sean Penn) running L.A. and the city overrun by crime and vice and with police and courts bought by Cohen, Chief of Police Parker (Nick Nolte) orders hard-as-nails Sgt. O'Mara (Josh Brolin) to form an undercover squad of police to fight an illegal guerilla war against Cohen. To this end, O'Mara recruits a team of specialists. His right hand man is Wooters (Ryan Gosling), smooth-talking inside man. Kennard (Robert Patrick), sharpshooter. Keeler, wiretap expert (Giovanni Ribisi). Harris (Anthony Mackie), knife man. Ramirez (Michael Pena) fresh-faced eager beaver. Wooters strikes up a friendship with Cohen's girl Grace (Emma Stone), hoping she'll provide evidence and the Gangster Squad terrorizes Cohen's business interests – shooting up casinos, intercepting drug shipments. Cohen is enraged by the mystery men. But when the Gangster Squad attacks Cohen's counting room they are exposed and an all-out war ensues between the six squad members and Cohen's army of goons.

ZERO DARK THIRTY (Jan. 11) Oscar winner Kathryn Bigelow (*The Hurt Locker*) returns with another Academy Awards contender with the true life story of the hunt for Osama Bin Laden. As was *The Hurt Locker*, *Zero Dark Thirty* is an adrenaline-pumping, meticulously researched story based on real characters. Opening with a haunting audio reminder of 9/11, we cut to two years later with Bin Laden's nephew being graphically tortured by the CIA. One of the onlookers is CIA analyst Maya (Jessica Chastain). Years pass in the search for Bin Laden while terrorist attacks in Saudi Arabia, London and Afghanistan are reminders that Al Qaeda is very much undeterred. Through it all, Maja with single-minded, almost maniacal focus carries on the search for the most dangerous man alive even while being doubted by her CIA superiors. The key to finding Bin Laden, Maya deduces, is to find and follow his messengers.



But this strategy takes years with dead ends and blind alleys. Finally, Maya is "100%" convinced Bin Laden is hiding in Abbottabad, Pakistan. But her superiors are skeptical, putting the likelihood far lower. But Maya's point of view carries the day, setting the scene for the breathless last 40 minutes depicting the attack on Bin Laden's compound. Bigelow and her team had to drastically re-shape their movie, when, just prior to going before the cameras, Osama Bin Laden was killed in 2011. Previously, her story concerned itself only with the hunt for Bin Laden, but with news of his death, the script had to be rewritten and the shoot pushed back to early 2012.

BROKEN CITY (Jan. 18) Mark Wahlberg stars as Billy Taggart, disgraced New York City cop turned detective, in this political thriller. After shooting an unarmed teenager and being found innocent Taggart creates a social and political uproar. Cut to eight years later. Taggart has remade his life, running a private detective agency, with a beautiful actress girlfriend and newly-sober lifestyle. He has difficulty making ends meet, months behind on his office rent. In the middle of a contentious mayoral race between incumbent Republican Hostetler (Russell Crowe) and his Democratic challenger Jack Valliant (Barry Pepper), a controversy erupts over the selling of an enormous public housing project to a Wall Street firm. Taggart gets a call from the Mayor who believes his wife Emily (Catherine Zeta-Jones) is cheating on him and wants photographic evidence. Taggart follows Emily to a house on Long Island where it appears she's having an affair with City Councilman Andrews. After giving Hostetler the pictures, Taggart receives enough money to pay off his debt. But when Andrews turns up dead, Taggart realizes he's in much deeper than he thought – what he assumed was a simple case of marital infidelity stretches further into political corruption, a cover up and murder. Everyone seems implicated, even Taggart himself.





FREE WILL ASTROLOGY

January

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ARIES (March 21-April 19): In the sci-fi film trilogy *The Matrix*, the heroes are able to instantaneously acquire certain complex skills via software that's downloaded directly into their brains. In this way, the female hacker named Trinity masters the art of piloting a military M-109 helicopter in just a few minutes. If you could choose a few downloads like that, Aries, what would they be? This isn't just a rhetorical question meant for your amusement. In 2013, I expect that your educational capacity will be exceptional. While you may not be able to add new skills as easily as Trinity, you'll be pretty fast and efficient. So what do you want to learn? Choose wisely.

TAURUS (April 20-May 20): Are you familiar with the fable of the golden goose? The farmer who owned it became impatient because it laid only one gold egg per day. So he killed it, thinking he would thereby get the big chunk of gold that must be inside its body. Alas, his theory was mistaken. There was no chunk. From then on, of course, he no longer got his modest daily treasure. I nominate this fable to be one of your top teaching stories of 2013. As long as you're content with a slow, steady rate of enrichment, you'll be successful. Pushing extra hard to expedite the flow might lead to problems.

GEMINI (May 21-June 20): Here are some of the experiences I hope to help you harvest in the coming year: growing pains that are interesting and invigorating rather than stressful; future shock that feels like a fun joyride rather than a bumpy rumble; two totally new and original ways to get excited; a good reason to have faith in a dream that has previously been improbable; a fresh supply of Innocent Crazy-Wise Love Truth; and access to all the borogoves, mome raths, and slithy toves you could ever want.

CANCER (June 21-July 22): In her gallery show "Actuality, Reminiscence, and Fabrication," artist Deborah Sullivan includes a piece called "Penance 1962." It consists of a series of handwritten statements that repeats a central theme: "I must not look at boys during prayer." I'm assuming it's based on her memory of being in church or Catholic school when she was a teenager. You probably have an analogous rule lodged somewhere in the depths of your unconscious mind – an outmoded prohibition or taboo that may still be subtly corroding your life energy. The coming year will be an excellent time to banish that ancient nonsense for good. If you were Deborah Sullivan, I'd advise you to fill a whole notebook page with the corrected assertion: "It's OK to look at boys during prayer."

LEO (July 23-Aug. 22): For years, the gravestone of Irish dramatist Oscar Wilde was covered with kiss-shaped lipstick marks that were left by his admirers. Unfortunately, Wilde's descendants decided to scour away all those blessings and erect a glass wall around the tomb to prevent further displays of affection. In my astrological opinion, Leo, you should favor the former style of behavior over the latter in 2013. In other words, don't focus on keeping things neat and clean and well-ordered. On the contrary: Be extravagant and uninhibited in expressing your love for the influences that inspire you – even at the risk of being a bit unruly or messy.

VIRGO (Aug. 23-Sept. 22): In 2013, I hope to conspire with you to raise your levels of righteous success. If you're a struggling songwriter, I'll be pushing for you to get your music out to more people – without sacrificing your artistic integrity. If you're a kindergarten teacher, I'll prompt you to fine-tune and deepen the benevolent influence you have on your students. If you're a business owner, I'll urge you to ensure that the product or service you offer is a well-honed gift to those who use it. As I trust you can see, Virgo, I'm implying that impeccable ethics will be crucial to your ascent in the coming year.

LIBRA (Sept. 23-Oct. 22): After Libran poet Wallace Stevens won the Pulitzer Prize for Poetry in 1955, Harvard University offered him a job as a full professor. But he turned it down. He couldn't bear leaving his day job as the vice-president of an insurance company in Hartford, Connecticut. I suspect that in the first half of 2013, you will come to a fork in the road that may feel something like Stevens' quandary. Should you stick with what you know or else head off in the direction of more intense and unpredictable stimulation? I'm not here to tell you which is the better choice; I simply want to make sure you clearly identify the nature of the decision.

SCORPIO (Oct. 23-Nov. 21): In 2013, I will try to help you retool, reinvent, and reinvigorate yourself in every way that's important to you. I will encourage you to reawaken one of your sleeping aptitudes, recapture a lost treasure, and reanimate a dream you've neglected. If you're smart, Scorpio, you will reallocate resources that got misdirected or wasted. And I hope you will reapply for a privilege or position you were previously denied, because I bet you'll win it this time around. Here are your words of power for the year ahead: *resurrection* and *redemption*.

SAGITTARIUS (Nov. 22-Dec. 21): Based on experiments at the Large Hadron Collider, a team of physicists in France and Switzerland announced last July that they had tentatively discovered the Higgs Boson, which is colloquially known as the "God particle." What's all the fuss? In her *San Francisco Chronicle* column, Leah Garchik quoted an expert who sought to explain: "The Higgs boson is the WD40 and duct tape of the universe, all rolled into one." Is there a metaphorical equivalent of such a glorious and fundamental thing in your life, Sagittarius? If not, I predict you will find it in 2013. If there already is, I expect you will locate and start using its 2.0 version.

CAPRICORN (Dec. 22-Jan. 19): In 2013, I pledge to help you bring only the highest-quality influences and self-responsible people into your life. Together we will work to dispel any unconscious attraction you might have to demoralizing chaos or pathological melodrama. We will furthermore strive to ensure that as you deepen and fine-tune your self-discipline, it will not be motivated by self-denial or obsessive control-freak tendencies. Rather, it will be an act of love that you engage in so as to intensify your ability to express yourself freely and beautifully.

AQUARIUS (Jan. 20-Feb. 18): "Genius is the ability to renew one's emotions in daily experience," said French painter Paul Cezanne. What do you think he meant by that? Here's one interpretation: Many of us replay the same old emotions over and over again – even in response to experiences that are nothing like the past events when we felt those exact feelings. So a genius might be someone who generates a fresh emotion for each new adventure. Here's another possible interpretation of Cezanne's remark: It can be hard to get excited about continually repeating the basic tasks of our regular routines day after day. But a genius might be someone who is good at doing just that. I think that by both of these definitions, 2013 could be a genius year for you Aquarians.

PISCES (Feb. 19-March 20): Home is not just the building where you live. It's more than the community that gives you support and the patch of earth that comforts you with its familiarity. Home is any place where you're free to be your authentic self; it's any power spot where you can think your own thoughts and see with your own eyes. I hope and trust that in 2013 you will put yourself in position to experience this state of mind as often as possible. Do you have any ideas about how to do that? Brainstorm about it on a regular basis for the next six months.

Homework: To check out Part One of my three-part audio forecasts of your destiny in 2013, go to <http://bit.ly/BigPicture2012>.

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

By Margaret Hammitt-McDonald

Touring the Great Indoors

WHETHER YOU'RE recovering from an injury (or, in my case, giving birth) or prefer not to ride outdoors when winter winds of 60+ miles per hour threaten to toss you off the road and into your nearest body of water, sooner or later you may discover the adventure of riding indoors. My adorable daughter Luthien nurses constantly, and indoor training allows me to get a workout while she's in my husband's lap, ready for me to dismount as soon as she's hungry.

Indoor riding setups range from tripods to which you attach the back wheel of your bike to those fancy exercise bikes equipped with simulations of outdoor rides. My simple tripod required a few minutes to attach the bike, and then all you do is shift gears to create more or less tension for "flats," "climbs," and "descents." Training DVDs help you to replicate the conditions of bike tours or races (as much as possible when you're not rolling on real road or trail surfaces), but a little imagination can provide you with a low-budget alternative. Here are my favorite indoor bike tours; feel free to adapt them to your home or work environment.

Laundry Room Ramble: This easy ride gives both you and your laundry a chance to spin. It's a favorite with new parents contending with endless loads of cloth diapers and teeny outfits. After tossing a load into the washer, imagine traversing rolling rural terrain, as in the Willamette Valley, with the sound effects of wash and rinse cycles to remind you of farm equipment working the fields you might pass by on a golden late summer day.

Wood-Stove or Fireplace Cruise: This is an ideal jaunt when the winds howl and the hail clatters against the

windows outside, and the combination of exercise and a cheery fire keep you toasty and dry. The key is to alternate between sprints in the saddle and dismounting to add more wood or pellets to your stove or fireplace—the equivalent of a mid-tour hiking break, with your wood pile substituting for the woods. You can also do a variation where you keep something simmering on your range and reward yourself with a meal at the end.

Living Room to Garage Challenge: This longer, more committing journey involves a long stretch astride your steed and then a second sustained effort in your garage,



where a project awaits you (such as cleaning out camping equipment and panniers from the '80s, in preparation for a bike tour in pleasant summer weather).

Movie Century: This is the ultimate in indoor training rides and shouldn't be attempted until your health-care provider has cleared you for takeoff. When you're ready for a multi-hour ride with plenty of Ironman-like terrain, put a long movie into your DVD player and ride away. For the truly ambitious, try a multi-movie series such as *The Lord of the Rings*. (Imagine riding up those mountains!) It's up to you whether to pair the physical challenge of this long ride with the mental challenge of a serious independent film, or if you'd rather keep your mind squishy as your muscles get firm to the tune of Hollywood's finest, all while munching popcorn as you ride.

Riding indoors doesn't have to be dull. If you've positioned your bike advantageously, you can get inspiring views of wild winter weather—all the while gloating about how that diagonal monsoon isn't deluging you.



Messages Sonja Grace mystic healer

The Golden Era Begins!

WE HAVE stepped into the fifth dimension and the golden era in this New Year. We can all sigh a big relief as the world did not come to an end nor did the Mayan's ever predict such an event. Their calendar marked the end of an era, the fourth world and the beginning of the fifth. Many cultures have marked this passage in time and people around the world have felt the effects of this new energy. The year 2013 holds many experiences for

humanity that will continue our growth and awareness. The fiscal cliff that was as dramatized as the end of the world is but a mere step in time and history. The firm ground we all land on once we go over the edge is the knowledge we have outgrown a system and evolved in consciousness to a new understanding of getting the job done. Our current process of solving problems will lead us to a shift over the next decade to a whole new system. Once the

dust settles in January we will be back to business as usual and our ability to manifest and make money will be much faster in this new vibration. Science will try to harness new energies that take us out into space on the wings of solar winds. The lack of protection within the energy field will bring a virus out of Africa that will cause fear as wide spread as the plague. Our beautiful planet will continue her adjustments in physical form and create some large earthquakes along the Pacific Rim of Fire leaving New Zealand once again the focal point. The west coast of the United States will also experience the shift in tectonic plates. The oil market will be exposed for some long standing secrets. Russia, England and the United States will all experience a shift in hierarchy. Hurricanes and tornados will clean the land late in the year when they are least expected. Finding peace within is the key to this new vibration we are now experi-

encing. We can trust there will always be change and our ability to deal with it is through our spiritual understanding. We are visitors to this planet and she will survive. It is up to humanity to contribute what special gifts each one of us brings to this world and be the caretakers of Earth.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Two time author of Angels in the 21st Century and her latest book, Earth Ways Healing Medicine for the Soul, provides a pathway to the four seasons through prayer and ceremony and is a companion to the film presentation Earth Ways Series. www.sonjagrace.com

word and wisdom

By Tobi Nason

Turn The Pages of Your Life for Answers

AS A counselor, my clients come to me to work on changes. Most often they are perched on the edge of a transition. They've waited, they tried things, they agonized, and finally decide to get some counseling. Being on the edge of transition can feel darn right uncomfortable. Counseling brings the issues out in the open for examination.

I've been in a long, slow transition of my own. If it weren't for stormy weather and bank overdrafts, my life would be downright boring. I am kidding, but hopefully you get the idea. My own transitions take forever. I drag my feet. I hate change. It's easier to advise others than it is to implement change in my own life. I am pleased to state that in the last few weeks, I have risen above my own lethargy. I went to an exercise class. I walked my dogs regularly. I became a bit more proactive in my own life. It feels good. I'm taking stock of my good life and realize that I find great comfort in a warm home, a comfy bed and a cup of tea. Listening to the news daily is tough going. Lots of bad stuff going on. So yes, my simple life feels like a little refuge for me.

I did learn how hard it is to make a change. To get to an exercise class means I give up my 3rd cup of coffee and some couch time with the dogs. It also meant ef-

fort. I felt like a visual: A body at rest tends to stay at rest. (That was me.)

Life itself is often described as one big transition. Like a good novel, people are supposed to evolve. Characters have to evolve or its not a satisfactory story. The storyline needs to support the change. If the main character walks through a series of events and ends up with no insight or changes in perspective, the character doesn't feel real, and the reader is left with "What was the point?"

I've been reading a lot. In this stormy weather there's nothing better. I read Willie Vlautin alongside Jane Austen. Augusten Burroughs and Anne Tyler. There's a type of therapy called Narrative therapy, and basically, it states that the stories one tells of oneself is key to gaining clarity and mental health. How we speak of the events of our life and our place in our own "story" reveals how we see life in general, ourselves specifically

If you are a reader, this idea will appeal to you. All experiences are up for interpretation and how you grew to view the world impacts the current perspective. At some point, a sort of theme appears. In some sense, your life story becomes a cohesive - "story". It'll have a beginning, middle, end. One event leads to the next and before you know it, your life is a

series of short stories. My kids like to hear about my so-called wild, younger days.

I talk to women friends about dates I've had, ex-husband stories. Death of parents, miscarriages, coincidences, lost loves... who's life doesn't consist of any number of recognizable experiences? How we react, how we evolve, what we glean, moves our personal story forward. Getting stuck, indecision, loss of will, sadness and regret often are reasons to bring those stories to a counselor.

A quote from the Dalai Lama: "The past is past, and the future is yet to come. That means the future is in your hands - the future entirely depends on the present. That realization gives you a great responsibility."

The past could be seen as the pages written and read. Today is being written in real time, and the future - well, the future is yours to craft, as a storyteller would.

Just remember to keep the main character evolving, and acting true to character. If all goes well, the last page will close one day and it will be considered to be a very fine and loved book, full of fun and wisdom and life.

Tobi Nason is a counselor from Manzanita. She also spends a lot of time reading and writing.

BIG WAVE Café to host benefits for Rinehart Clinic, Pine Grove Community House and Manzanita Business Alliance

FOLLOWING THE success of last year's dinner that raised several thousand dollars for a local handicapped access ramp, Brian and Carol Williams plan to use their Big Wave Café to drum up more support for area causes.

The Williams are kicking off their local giving with two fundraising dinners - the first, scheduled for Jan. 15 will benefit the Pine Grove Community House. Last year, the Williams hosted a benefit for the local nonprofit organization, raising \$2,400 toward the \$15,000 needed to build a new handicapped access ramp at the downtown Manzanita venue. "We're so lucky to have that facility," said Brian. "Everyone uses it."

Pine Grove Community Club Board Treasurer Tom Mock couldn't agree more. "The Pine Grove is the heart and soul of Manzanita," he said, adding that he and fellow board members are looking at making another improvement to the property this year. "We plan the (building's) and make it venue when right. We want and plants. You out there."

The fundraiser, an spaghetti dinner, is scheduled from 5 to 7 p.m. and will cost \$10 per plate. Those who attend are invited to bring a dessert.

On Feb. 4 at



Brian Williams co-owner of the BIG WAVE

to landscape backyard an outdoor the weather is to add a deck could barbecue

Pine Grove all-you-can-eat ner, is scheduled 7 p.m., Jan. 15 \$10 per plate. tend are invited sert to share. 6pm, the Big

Wave Cafe will host a low-cholesterol, low-sodium, low-fat meal in conjunction with American Heart Month, with proceeds benefiting the Rinehart Clinic.

Tickets are \$20 each, good for a complete heart-healthy, multi-course served dinner with pre-dinner heart-healthy appetizers and post-dinner heart-healthy desserts. Tickets available at Manzanita Lumber and the Rinehart Clinic. 70 tickets are available for one seating.

"This is sort of a Valentine to the community with Brian's help," said Leila Salmon, a member of the Rinehart Clinic Board of Directors.

Rinehart Clinic Board President John Sorenson said that this dinner, with its focus on health, is "just the right event to kick off the clinic's year-long centennial celebration," and added that he is grateful to the Williams for donating the entire cost of this dinner at the start of American Heart Month.

The Williams will round out their series of local fundraising events with the Manzanita Business Alliance March Open House, at a time and date to be announced prior to that month.

The Williams moved to north Tillamook County from Chicago to purchase the Big Wave Cafe in September 2011. Brian left his position as senior vice president at Career Education Corporation for Le Cordon Bleu to return to Oregon, where he and Carol grew up. Carol, who makes the Big Wave's desserts, is a graduate of Le Cordon Bleu Portland and studied with renowned French pastry chef, Pascal Tisseur at Petite Provence, an upscale French bakery in Portland.

TCWRC Volunteers Needed

YOU CAN be a helping hand to survivors of relationship and sexual abuse in our community. Tillamook County Women's Resource Center is looking for individuals interested in making a difference in the lives of neighbors, friends, and family. TCWRC is offering a free training during the month of February for those people wishing to volunteer or community partners wishing to improve their crisis intervention skills. The 30 hour training would help prepare

volunteers in various positions like working with the hotline, direct services, clerical duties, fundraising, publicity, maintenance and odd jobs, Board of Directors, Speakers Bureau, and many other opportunities. There are volunteer positions for everyone, for every skill set and interest.

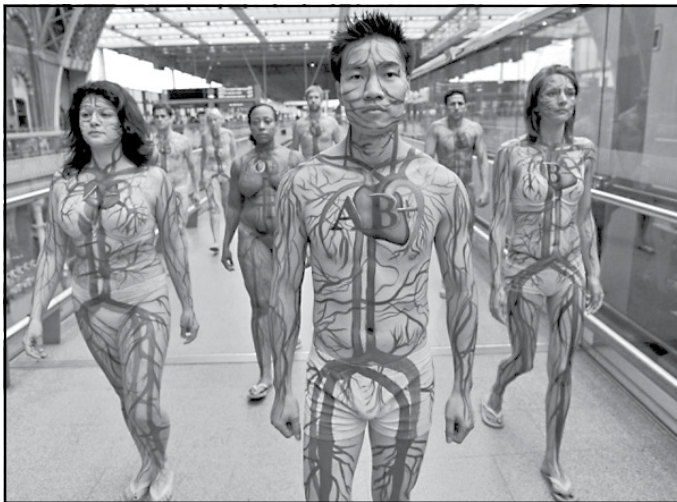
Inquiries call TCWRC's new Volunteer Coordinator, Ma'at Crook at 503-842-8294 x210. Pre-screening meetings will be scheduled between January 15th and the 25th.

Circulation: A Lesson in the Simplicity of Health

ON THIS cold wintery day the simplicity of circulation and its effects on health seem an obvious topic. Circulation is critical to our body as it assures access to nutrients in the blood and is certainly a key element in keeping warm on a cold winter night. Good quality blood and blood flow are essential to good health. How much do you know about your lymphatic system? It is a network intimately connected to the circulatory system partnered with the arteries and veins throughout the body. Naturopathic medicine recognizes the importance of the many jobs the lymphatic system undertakes in order to keep the body running smoothly...so let's focus our energy on optimizing the function of these two systems this month in order to start off the New Year nourished and warm.

What prevents good blood flow? Lack of nourishment and movement would be the most basic of answers. Certainly a list of conditions associated with problematic blood flow would be: any blood vessel disease (diabetes, coronary artery, atherosclerosis), any type of inflammatory condition (arthritis, lupus, allergies), or compromised heart function (congestive heart failure, hyper or hypotension). And while this list is by no means comprehensive, it indicates the variety of conditions that can benefit from improved circulation.

One of the many tasks of the lymphatic systems is to keep circulatory fluids in balance. The lymphatic vessels are fairly porous, allowing excess fluids from the circulatory system to access the lymphatic network as dictated by various pressure gradients. What this means is that of all the fluid being pumped around the body in our arteries and veins a small portion is filtered through the lymphatic system. And why is this important? Well this filtration process does a wonderful job of eliminating 'foreign' substances and organisms from the body. Here's how it goes...as the flow of fluid in the



lymphatic system is slowly pumped around through muscle contractions, and smooth muscles lining the blood vessels, it comes in contact with lymph nodes. These little jewels of the system are rich in various white blood cells, which eat and identify 'foreigners' in

order to cleanse them from the body before returning the lymphatic fluid to the veins. We've all experienced this process when we get swollen 'glands' (really lymph nodes) under the jawbone during a sore throat. This means that those particular lymph nodes are actively identifying and clearing unwanted bacteria, virus' or other various invaders, which are irritating the body. Other areas where there are large clusters of lymph nodes are the armpits, the groin and all along the superior and inferior vena cava (the largest veins in the body) along the spine.

But back to simplicity; lack of nourishment and movement...yes this could also be translated into diet and exercise, why? Well simply put what we ingest and digest is the core of what makes up our blood. The muscular pumps of our heart, blood vessels and muscles are the main players in moving the blood. And the efficiency of blood movement along with the quality of the product it delivers is the essence of our health. It is as simple and complex as that.

Selecting foods that will benefit your circulation will be to choose the spice of life. Richly colored foods and spices have tremendous health benefits to not only the blood, but the blood vessels as well. I'm talking garlic, ginger, turmeric, horseradish, cayenne, salmon, peppers, tomatoes, limes, berries, arugula,

chard...are you seeing the colors, tasting the spices? These foods are also incredibly warming; they bring heat to the body in many ways. Of course the quality and quantity of water is fundamental here as well...half your body weight in ounces is worth the effort.

them. The point to make here however is that

hydrotherapy is a cheap and efficient method to move blood using hot AND COLD water. Give it a try; I think you'll find it pleasantly stimulating and nourishing. Optimizing the function of the lymphatic system improves immune function, liver function, and clearly cardiovascular function. And options for lymphatic treatments are also surprisingly simple. One of the most obvious and pleasurable is massage. The pressure along muscles throughout the body helps increase lymphatic flow therefore moving more fluid through the nodes more effectively. To support the system before and after massage make sure to drink plenty of water, this helps to ensure that fluids remain in balance.

If this all sounds pretty basic you're right it is...thankfully there are still therapies out there that involve the essentials of nature to make us well. It is up to us to make the choices and efforts necessary to benefit from nature's wisdom. So for the next month choose better nourishment and more movement in order to stimulate circulation and bathe in the simplicity of health. Happy New Year!! Many blessings to you and yours for a healthy and joyous 2013!!

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

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



Movement can also be simple. Opting for the stairs, parking further from the office, walking to the post office, video store, or getting the dog out, even in the rain. There is not a hill in our fair town of Astoria that cannot warm you to the core, so use them!! I have so many patients that say, "my job is active"...terrific, but it is not the type of 'active' that gets the heart going, the breath flowing and quiets the mind...that is the goal of exercise. Of course there are ways to move blood without much physical effort. These hydrotherapy techniques are not meant to take the place of movement, but for some may prove an added approach to improving circulation. Alternating hot/cold footbaths, warming socks, ending showers in cold, sauna... I have mentioned these therapies many times, and welcome any questions to clarify the details of how to perform

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YOU KNOW how purportedly wise people say you have to step outside your comfort zone to gain new wisdom? Purportedly wise people can be so very annoying. Personally, I don't like all that white-noisy, background static while I'm busy trying to maintain my comfort zone.

But when they're right, they're right and I'm a big enough person to admit that. Not to mention the whole irrefutable proof business.

Turns out passion can trump prejudice if the timing is right. Last year I willingly dove into what I had always considered hostile waters to run for office because I experienced a put up or shut up moment. In retrospect it was probably indigestion.

Along with most of the population, I viewed politicians with a heaping helping of skepticism. In fact, Larry Hardiman speaks for many of us when he defines politics thusly, "The word 'politics' is derived from the word 'poly', meaning many, and the word 'ticks', meaning blood sucking parasites."

No matter, I was committed. Despite a serious expenditure of time, energy and resources along with the help of many talented people, I lost decisively. And here's what I felt at that pivotal moment on election night when it was clear that no amount of last minute votes could make a difference - "Woo Hoo!"

I had a two-part blinding flash of clarity - 1. Forget the same page, I wasn't even reading the same

community work I do around that most powerful of essentials has been reignited. The feel, the smell, the heat, the anticipation, the first bite - it's deliciously intoxicating. It's love osmosed from hand to plate. That's the selfish pleasure. The big picture with food is it's power to unite unlikely factions, heal broken bodies and broken hearts, fuel brilliance and result in a warm, generous, glowy sort of satisfaction.

CHEW ON THIS! by Merianne Myers



ry act of cook- something lovely leaves me wanting to invite the most unlikely folks to dinner and replace a heaping helping of skepticism with a slab of perfect meatloaf, a dollop icky buttermilk

mashed potatoes and a green salad fresh from the garden. I've got your comfort zone right here on a plate. Add an icy cold or deeply red adult beverage and for the next hour all is right with the world and everyone in it.

That's the power of food - the power to change the cook and the company.

Editors Note: After a lengthy (and I do mean lengthy) hiatus, the Diva of Devour returns to tickle the funny bone, rattle the cage and lay down the decadence. "Welcome Back Beautiful!"

book as the folks with whom I would have spent the next four years. I was up for the job but definitely not up to the job. 2. I was overwhelmingly happy doing the community service work I had been hard at for so many years. Months of total immersion in something completely different had served as an appreciation course for my life up to that point.

I'm still committed to writing the occasional "What the.....?!" letter to the public transgressor du jour. More importantly, my passion for food and the

MAGNIFICENT MEATLOAF

Serves up to 8 for dinner or 4 with lots of leftovers which is much the smarter way to go Preheat oven to 350

- 3 pounds ground meat, ideally not just beef. My favorite is 1# each of beef, italian sausage and lamb or turkey.
- 1 medium onion, finely diced
- 1 bunch scallions, chopped
- 1 carrot, finely diced
- 1 large celery rib, finely diced
- 1/2 bell pepper any color, finely diced!
- 4 cloves garlic, minced
- 6 mushrooms any kind, finely diced!
- 3 eggs
- 1/2 cup ketchup or your favorite not-too-sweet BBQ sauce
- 1/2 cup cream, half & half or whole milk
- 1 teaspoon cumin
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cayenne or chipotle powder
- 3/4 cups toasted bread crumbs
- Olive oil, salt & pepper

Saute' all the vegetables, including the garlic, in a dollop of olive oil over medium heat. Stir and cook until soft but not brown and all the liquid is evaporated. This takes 10 or 15 minutes. Set aside to cool.

Beat the eggs, ketchup or BBQ sauce, cream and spices together. Add salt and pepper in the amounts that suit your taste.

In a big bowl, break up the meats, add the cooled veggies and the liquid mixture. Mix well with your hands. Add bread crumbs and continue to knead the mixture until you can feel everything is evenly distributed. Shape into a loaf, I usually make it about 3" thick, on a sheet pan and bake for about an hour or until a meat thermometer registers 155 degrees. Let sit for 15 minutes before slicing.

YOU DON'T NEED TO WRAP THIS WITH BACON, slather it with ketchup, top it with slabs of cheese or any of the other things we do to make sure the meatloaf is moist and tasty. This thing is perfect. I promise. It makes killer sandwiches hot or cold. Serve a slice topped with an over easy egg sided with toast and pepper jelly. Break it up in marinara and serve it over pasta. Come to think of it, this recipe would make flat out fabulous meatballs.



The Festival of Dark Arts: February 16 Fort George Brewery

THE FESTIVAL of Dark Arts is the Carnival of Stout, the culmination of Stout Month (February). It's a one-day, full on multi-media extravaganza based on one common theme: Dark. Well, Dark and Stout.

Attendees will feast their senses on 30+ Stout beers, browse the Dark Arts Gallery, listen to a variety of live music, have their tarot read, forge iron beer openers, blow glass beer mugs, witness belly dancing, fire dancing, and even get tattoos inside the brewery.

House-made, Stout-inspired cuisine will also be available for Stout soaking. This fest, now in its sophomore year is much more than a Beer Fest, it is one of the most unique parties that a brewery has ever thrown.

The festival takes place on the Fort George Brewery block, throughout the Lovell Building Brewery + Taproom, Lovell Showroom and the Fort George Brewery + Public House, for the first time also utilizing the second story of the building.

This date will also mark the release of Limited Edition 4 packs of Bourbon Barrel Cavatica Stout available on site for purchase. A hand-drawn map will serve as your guide, but your senses will lead the way.

One day ONLY! Saturday, February 16th, 2-10pm.

As more info is released, check it out at: fortgeorgebrewery.com/stout-month.

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The Strange Family Farm: A vintage dairy is brought back to life, producing a delicious raw milk the old fashioned way.



Farm help Kate Magie with one member of the milk creation crew.

ONE DRIZZLY winter afternoon, inside a clean, newly restored barn, a black and white cat affectionately rubbed his body along the nose of a Jersey milk cow as she munched barley in her stallion. It is a timeless archetypal scene and could have been the focal point of a Norman Rockwell painting. The image of cats and cows in a barn harks back to simpler days when a large fraction of the American population were farmers, closely tied to the food they produced and the natural world around them. And yet this scene also is part of the 21st century and reflects a growing interest that many of us have in becoming reacquainted with the food we eat.

I was visiting the Strange Family Farm, a new raw milk microdairy near Naselle, WA and had the opportunity to chat with Annie Strange who owns the farm with her husband Cody. With us were farm manager Ruthie King and Kate Magie, one of two high school students who help out with the milking on a part time basis. Also present were the farm's two milk cows, Jackie and Crooked, whose occasional soft moos punctuated our conversation.

Neighbor Cynthia Clark, who was not present during the interview shares responsibilities at the dairy. Cynthia has been making cheese, which is cave-aged for 60 days. Her Crooked Cow Cheese will soon be for sale on the farm.

Jackie, a small Jersey affectionately referred to as "the princess" is the boss of the two cows and has been known to shove the much larger Brown Swiss cow, Crooked, around with a push of her head. The dairy was started with just Jackie. Later neighbor



Co-owner Annie Strange the old school bucket milker.

Cynthia Clark brought on her own cow, Crooked, to bring the herd up to two. Each cow has her own unique personality, but both are surprisingly sweet and affectionate, allowing me to scratch their heads.

The Strange family became interested in raw milk about 5 years ago while investigating alternative treatments for their son's eczema. Research led them to experiment with giving their children raw goat milk, which did help their son's condition. The boys liked the taste of the

goat milk, but the adults in the family did not care for it, so the Strange family decided to produce their own cows' milk. The property they own was once part of the Parpala Farm, a dairy that was operated by two brothers until some time during the 1970s. Luckily, the barn, milk room, and some of the milking equipment from the dairy were still intact.

Cody works off the farm. Annie, a busy stay-at-home mother of three boys, does not have the time to do all the milking herself. In addition, one cow produces far more milk than their family could possibly use. They decided to sell enough of the surplus to pay for helpers that could take on the brunt of the milking and chores. "First thing, we contacted Washington State and had them come out here to tell us, is this a realistic thing that we want to do here? They were positive from the very beginning," says Annie.

In order to conform to state requirements, the barn and milk room had to be renovated, but they were able to retain and reuse some of the equipment and fixtures from the former dairy. Ruthie King worked with Annie to get the operation going and the Strange Family Farm began producing and selling raw milk in 2012.

The cows are milked twice a day, at 6am and 6pm, using a vintage Surge hanging milker. The stainless steel device resembles a giant teapot with tentacles and hangs beneath the cow's belly, suspended by a belt around the cow's back. Because the milk is not

pasteurized, the cow's udders are carefully cleaned in a multi-step process before and after milking. Ruthie says, "It's not hand milking, but it's a lot of hand preparation. It only takes about five minutes to get the milk out."

The minimal processing takes place immediately in the immaculate milk room. The full-fat raw milk, cream and all, is filtered directly into bottles, which are then chilled in an ice bath until they reach the proper temperature. The chilled bottles of milk are then labeled and refrigerated. Then all of the equipment is fully sterilized. That's it!

The milk is tested by the State of Washington on a monthly basis. "It's good for us and good for people buying the milk to know this," says Ruthie. She continues, "We carefully control what the cows are eating, supplementing their diet of grass and hay with minerals and balanced amounts of grain. They aren't being fed with the sole goal of high yield milk production, but we are continually focused on the health of the cow with simple practices."

Annie states that, "We believe the health of the cow starts with the food they are eating, which we are continually researching and implementing. We believe this is valuable for our family's health, and our customers are as passionate about the nutrition as we are. We always encourage anyone who isn't familiar with raw milk to do extensive research in order to form their own opinion. We are not trying to persuade people to think the way we do. Our goal is provide raw milk to people who believe in its benefits."

The result of their hard work is delicious. The rich and creamy milk tastes far better than any store-bought milk. My brain floods with feelings of nostalgia and satisfaction as I savor each sip. I vow to never buy processed coffee creamer again!

With less than a year of production at the dairy, Annie and Ruthie do not plan to increase the herd until they can improve the quality of the pasturage at



Co-owner Annie Strange (left) and operation manager Ruthie King (right) holding the goods; Strange Family Farm super fresh and to its fans, fabulously delicious raw milk.

the farm and better tune the cows' diet.

The future looks bright at the Strange Family Farm. Annie and Ruthie are passionate about sharing the products of their labor. Annie appreciates that what they do has a major positive impact on her family. "I love that my kids can have this experience. Even if we had to sell the cows tomorrow, having this experience for my children has made it all worthwhile. Knowing their way around a farm, being a part of where their food comes from - they will always have that deep within them. Summer mornings are my favorite time, when the boys are out of school and I can help more with the milking. I love seeing them all cozy in their pajamas, riding their bikes down to the barn. I will cherish those memories for the rest of my life and I feel that they will too."

Currently, Strange Family Farm milk is for sale only at the farm to a select group of customers with weekly pickup dates. Crooked Cow Cheese will also be available for sale soon.

For more information, please email strange@wwest.net

by Cathy Nist

FOOD GROOVE

A Raw Milk Primer

For thousands of years, humans have been drinking raw (unpasteurized) milk. Milk pasteurization is a relatively recent innovation and did not become common in the US until the 1890s. At this time, only about 3% of milk consumed in the US is raw, but concurrent with the increased demand for locally-produced minimally processed foods, consumer interest in raw milk is on the rise.

The process of pasteurization was not developed until the Industrial Revolution, when ever-larger populations were congregating into urban areas and becoming more and more detached from an agrarian lifestyle. Pasteurization is used to prevent the transmission of bacteria and contagious bacterial diseases from bovines to humans and also extends the shelf life of milk and milk products. During the process, milk is heated to a certain temperature (below the boiling point), it is then held at that temperature for a certain amount of time, and is then quickly cooled to the temperature at which it will be stored. As well as killing both good and bad bacteria, the pasteurization process changes enzymes and proteins in milk, affecting both nutritional value and taste.

In the raw vs. pasteurized debate, opinions are strongly polarized. Some government agencies and other groups feel that pathogens in raw milk make it unsafe to consume, particularly for young children, the elderly, pregnant women, or for those with compromised immune systems.

On the other hand, proponents state that raw milk can be produced hygienically and safely, that it has health benefits and nutritional value that are damaged by pasteurization, and that it is more easily digestible and more flavorful than pasteurized milk. Some studies have concluded that children that consume raw milk have greater resistance to disease, and are less likely to develop asthma and allergies than children who consume pasteurized milk.

The best raw milk is considered to come from humanely raised and pastured cows that feed predominantly on grass with some supplementary grain (not corn) and are given no growth hormones or antibiotics.

Much of the pasteurized milk available in stores is from large farms where cattle are often confined and have diets heavy in grain (particularly corn) in order to maximize milk production. Cows have difficulty digesting corn, which stresses their systems and makes them more susceptible to disease, thus they must also be fed antibiotics.

The sale and distribution of raw milk is regulated on a state level. Washington is one of ten states in the US that allows retail sales of raw cow milk. Raw milk sales are legal on the farm and via home delivery. It is legal to sell raw milk in retail stores if allowed by local health ordinances. Producers must have permits and are inspected regularly. Farmers must bottle milk on the premises and each bottle must have a warning label.

In Oregon, raw goat and sheep milk sales are legal on the farm and in retail stores. Raw cow milk sales are illegal except for on-farm sales where the farmer has two or fewer lactating cows on the premises. The state prohibits advertising for on-farm sales.

For more information on both sides of the raw vs. pasteurized milk debate go online to realrawmilkfacts.com and realmilk.com. Want to find a source for raw milk in your area? Realmilk.com has a Real Milk Finder that is searchable by state.

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2nd Saturday ART WALK

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JAN
12

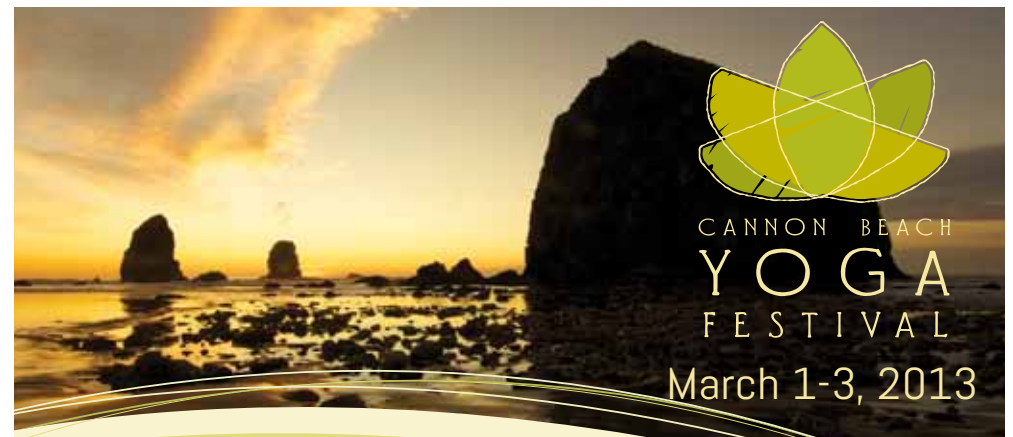
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Friends of Haystack Rock presents the
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Full Festival Pass: \$350/ \$325 Early Bird by 2/1/13
Join World-class yoga teachers for workshops and lectures in
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Our third community theater production
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Performances on Feb. 15, 16, 22 & 23
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"The Music of Film"

Portland Chamber Orchestra

Celebrate Oscar Night in style; from well-known movie classics to some rarely played gems. Edmund Stone from The Score (all classical Portland radio) will host with film trivia and memorable dialogue

Sunday, February 24, 2pm

Tickets: (A) \$25.00 (B) \$20.00 (C) \$15.00



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Four leading Portland
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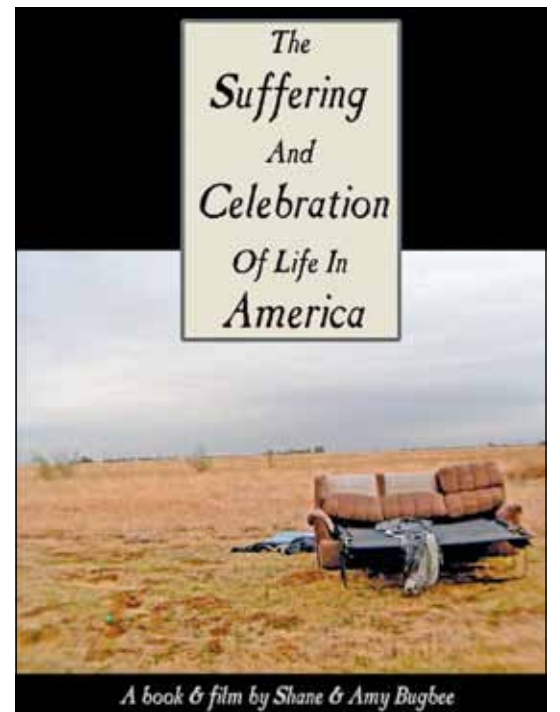
Yes, you too can truly tune in, turn on and drop out - pack up the house and everything you own, put the work on hold, and spend over a year traveling the USA with no money, and no back up plan.

Shane and Amy Bugbee did just that they packed it all up, threw it in storage, took to the road, and found themselves in a magical land full of kind people, wisemen, and surreal experiences. It was amazing, it was life changing, and it all really happened in that mystical land known as America.

Join the couple as they discuss the experience, tell stories and show short video from their travels. While on their journey they met with and interviewed all walks of life, from pig farmers and artists to Christian ministers, ranchers, revolutionaries and rock stars, about the topics that decent people don't discuss in polite company - politics, art, religion, and revolution.

Short video presentations feature Dennis Banks of The American Indian Movement, renown photographer and artist Joel Peter Witkin, Ian MacKaye of Fugazi/Minor Threat fame, and many others. They will offer copies of their new book and movie 'The Suffering and Celebration of Life in America' for sale.

The
Suffering
And
Celebration
Of Life In
America



A book & film by Shane & Amy Bugbee

Saturday, January 19, 2013. Doors open 7pm
Presentation begins at 7:30pm. \$6 admission. Beer • Wine • Potables
KALA is located at 1017 Marine Drive in Astoria • 503.338.4878