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CELEBRATE AND PLAY A PART NOV. 22

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*Portland's  
Inflectionist Poetry  
Review*  
@ KALA Nov. 8

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It's a Wrap**

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# Katie No Trees

By Erin Hofseth

Photo: Don Frank

**EVERY SUMMER** our Oregon Coast towns are swarmed with visitors. We see them gathered cozily around evening bonfires, frolicking in the ocean, building sand-castles, searching for seashells, and standing in awe of our pink-orange sunsets. These same adoring visitors are hiking our mountain trails under the canopy of huge old-growth trees and abundant greenery. They are walking the banks of our rivers and investigating the array of bird species inhabiting our beaches, estuaries and woods. Mil-

lions of dollars are spent every year so that people can escape their traffic jams and concrete to seek renewal in the ocean air.

The natural beauty of our own backyard is what many people consider paradise.



As full time residents it is easy to forget the significance of what surrounds us. Katie Trees and her daughter, Ara, are two people who have not forgotten how blessed we are living here on the North Oregon Coast. They moved out of apartment living and into a Seaside home three years ago. The draw of their current residence, tucked back off Wahanna road, was the natural beauty of the land surrounding it. They were immediately enchanted by the magnificent Cedar, Hemlock, Spruce and Fir trees encircling the neighborhood. Although much of the land comprising their yard is not actually owned by their landlords, they have been caring for the untended land for the last three years. Katie and Ara planted and maintained a variety of ferns, plants, bushes, shrubs, and flowers. They watched the visiting deer munch from the thriving elderberry, huckleberry and

blueberry bushes. They lovingly planted an Andromeda tree and an Escallonia shrub. They created a bark-chip pathway weaving around the perimeter of their house so that they could move about the yard in winter without getting muddy.

Their yard was home to a plethora of wildlife. Bird feeders and wind chimes hung from tree branches and a bird bath serviced many a flighty friend. Ara is a photographer. She has been ill and homebound for seven years, and her yard has been a sanctuary, a place of healing and tranquility for her. She has spent hours photographing her wildlife friends. Her protected yard and the forested land surrounding their house provided her with the opportunity to experience the outdoors in a safe and beautiful environment.

cont. on page 14

# MUSIC

## Los Desinteresado

@ KALA

TAKE A big Reggae band whose rhythm on the upbeat grooved the coast for over 5 years, and condense it to 3. You get Los Desinteresado.

"We think it means, The don't give a shits" says Terry Erickson, former guitarist of Ma Barley, "but also it has connotations of "unselfishness." Either definition, bands have to have names. MB frontman, vocalist and flutist Mark Erickson, percussionist Brigado Eduardo, and the other Erickson (blood bros in another life), can't stop doing the music, and 3, happens to be a number that gives way to creativity.

You're going to get a little reggae, a little rock, a little jazz ... distinctively fun covers, and a vehicle for originals. The trio, (who may be sporting a bass player in the progression) start up at KALA about 8:30pm, till the last string is plucked. \$3 cover pays the band. Cocktails, art, and general Saturday Art Walk celebratory sequencing! November 9.

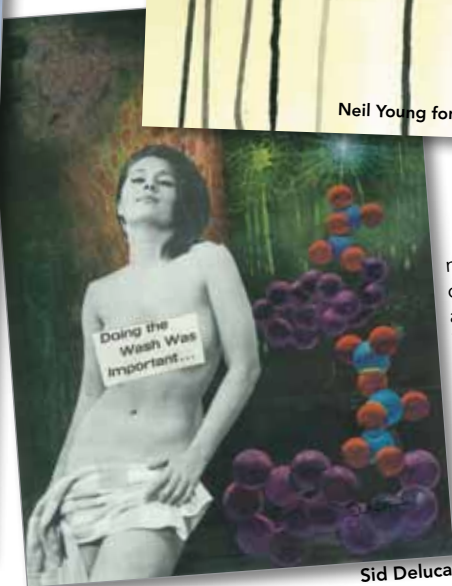
**OCTOBER'S PORTRAIT** Artist, **JEREMY OKAI DAVIS** continues, presenting-pieces from "URYIMHERE" (you are why I am here) and illustration prints from his work for American Songbook and The Mercury.

**SID DELUCA** brings in a full new collection of vintage collage imagery.

Torn paper mastery from collage artist **KURTISS LOFSTROM**, plus arts and crafts quirky sculpture. Ask yourself the question. Do you love croquet?



Kurtiss Lofstrom



Sid Deluca

**LEIGH OVIATT'S** macro photography on canvas reveals a world unto itself; aptly titled, "Layer Cake," peeling posters on telephone poles provide infinite and intimate contact with transformative imagery.

# ART

KALA keeps the flow going.



Neil Young for American Songbook

Jeremy Davis



## Tattoo Road Trip – The Best of Oregon Book Signing Parties



Oregon tattoo history by Mary Jane Haake, and more.

Mary and Bob are on a road trip of tattoo shops, signing copies and meeting tattoo lovers. Shop owners, artists and tattooed clients will also be there to autograph their chapters. The book will not be for sale on Amazon, so the best bet is to attend a signing date.

- Astoria—Saturday, November 9th (3-5 p.m.)  
Keepsake Tattoo Studio, 253 11th Street, Astoria 97103, (503) 325-4181
- Seaside—Saturday, November 9th (6-8 p.m.)  
Hold Fast tattoo Company, 611 Broadway, Seaside 97138, (503) 738-4055
- Lincoln City—Sunday, November 10th (1-3 p.m.)  
No Guts No Glory Tattoo, 1333 N.W. Highway 101, Lincoln City 97367, (541) 996-8186

**BOB BAXTER**, famed tattoo icon, the former editor-in-chief of Skin and Ink Magazine is editor of new release Tattoo Road Trip. The big 320-page, 7-pound coffee-table book features 44 "Top Shops" in Oregon, including over 900 photos and illustrations, stories on each shop,

## Connection to Place Photography and Graphics Exhibition

A **PHOTOGRAPHY** and graphics exhibition at the CCC Art Center Gallery will present works of four artists that examine the influence of environment on perception and creation of work. Four artists – Terri Warpinski, Nate Manny, Melissa Mankins, Michael Granger – explore the varied manifestations of natural and fabricated environments (things perceived by eye or camera or microphone), their effects on the creative process, and connections between humans (physical or spiritual) and landscapes (real or imagined). The work captures what could be perceived as ordinary and makes it extraordinary by illuminating this rich tapestry of connections.

Curated by: Jacob Covey, David Homer, Lucien Swerdloff.



Opening: November 14, 6pm, CCC Art Center Gallery. Artist presentation, 3pm November 14. Through January 16.

## The Art of Colin Smith and David Coyne

**LOCAL ARTISTS** Colin Smith and David Coyne first joined forces washing kegs at the Fort George Brewery and soon realized a mutual interest in creating off-beat visual art. While continu-

ing the mundane task of lugging kegs, the two artists dreamed up a fantastic joint-showing of new work over a year in the making.

Fever Damn is an Astorian duo fronted by Teresa Barnes and Andrea Mazzerella. Formed in 2011, they know a few things about beer with their video-hit, Tall Boys.

Fort George Brewery Lovell Showroom, November 9 Art Walk, 5-10pm. Music by Fever Damn



# HIPFiSHmonthly

## Nov 13

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& the month day by day 16-22

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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](mailto:hipfish@charter.net)  
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### DECEMBER HIPFiSH ON THE RACKS FRIDAY DEC 6

Cover Photo: Michael Granger  
Cover Design: Les Kanekuni

## ROP/Nearing Victory for Occupy Roseburg

### To establish legal homeless camp

THE RURAL Organizing Project, serving the communities of rural Oregon to advance progressive visions of justice, has backed Occupy Roseburg in their efforts to place a legal homeless campsite in the city of Roseburg. ROP put out the call to action to all its statewide member groups to let the Roseburg city council know how important it is to establish a safe and legal camping site for the region's homeless. Many emails were sent to City Manager Lance Colley addressing why rural folks around the state care about how Roseburg responds, many of which have homeless concerns and solutions in their own communities.

After nearly two years of close collaboration with the local homeless community, Occupy Roseburg has identified getting a legalized homeless camp in downtown Roseburg as a #1 priority. Last June, they convened a groundbreaking community conversation around the need for a legal encampment, including a roundtable of folks from successful homeless camps and services around the state.

In addition, Occupy Roseburg celebrated their 100th consecutive weekly Feed the Burg community potluck AND Occupy Roseburg's two year anniversary. Occupy Roseburg organizer Gary Harris describes what their work has looked like over the last two years: "we continue to see Feed the Burg evolve into more and more beautiful things, and we aren't done yet. We hope one day to throw a Feed the Burg party and no one shows up because there's no longer a need."

After month's of silence and zero response from the city council, and earlier deliberations of which the council disregarded a homeless camp as that which should fall under a city council jurisdiction, the City Manager Lance Coolley sent a message that they are eager to schedule a meeting.

## FREE Statewide Community Discussions this Winter

CONVERSATION PROJECT programs cover topics such as gender, life after war, and the history and future of race in Oregon.

Communities around the state have year-round access to free discussions through the Conversation Project, a program of Oregon Humanities that connects Oregonians with public scholars and provocative ideas.

Thirty-four different Conversation Project programs will take place in fifteen communities around the state this winter. This season's programs address such topics as the state of marriage, urban-rural relations, cultural attitudes toward death and aging, and the history and future of racial diversity in Oregon.

#### Conversations on the Coast Coming Up: Clatsop County

- Life After War: Photography and Oral Histories of Coming Home, by James Lommason. (11/22 at Astoria Public Library, 450 10th St., Astoria)
- Mind the Gaps: How Gender Shapes our Lives, by Jade Aguilar. (12/5 at Judge Guy Boyington Building, 857 Commercial St., Astoria)
- Something Old, Something New: Exploring the State of Marriage, by Leslie Dunlap. (2/7 at Astor Library Friends Association, 450 10th St., Astoria)

#### Tillamook

- Mind the Gaps: How Gender Shapes our Lives, by Jade Aguilar. (1/25 at Tillamook County Pioneer Museum, 2106 2nd St., Tillamook)

#### Lincoln

- Lessons from Lincoln: Is Political Bipartisanship Possible?, by Richard Etulain. (11/21 at Hatfield Marine Science Center, 2030 SE Marine Science Dr., Newport)



## Tammy J. Holmes

### Medium, Spiritual Coach, Author and Speaker

@ KALA • Nov 11 • 7:30pm

Tammy J. Holmes returns to KALA, Monday, November 11, 7:30pm (doors open at 7pm). Admission is \$15 at the door. KALA is located at 1017 Marine Drive in Astoria. A gifted Medium, Spiritual Coach, Speaker, and Author, Tammy brings universal hope and change through her work with individuals and groups through her private sessions of readings and talks and now through her book Remembering One, Once Again.

During the session at KALA, Tammy will receive questions from individual audience members, and give guidance to those questions. She will also lead a group meditation, and speak about her book Remembering One, Once Again, a book written through a channeled guide. She is also currently available for private readings through November 12. You can contact Tammy at 602.347.7799.

Working with clients since 1996, Tammy has helped her international clientele to realize their higher purpose. With her guidance, clients have learned to connect to their world within and outside expanding themselves to love more fully and

create lives of abundance in spirit and in hope.

Tammy has an ability to meet a client where they are and work with them to move freely to where they want to be with respect to their individual belief. This what sets her apart within the spiritual community. Over 35,000 reading and coaching sessions since her start have further enhanced her skills.

Always seeking to contribute to those in need, she has been called on to assist also in circumstances where no answers could be found by traditional means. For example, Tammy was pivotal in helping police locate the body of Phoenix-area businesswoman's mother in the desert. This garnered national attention and was featured in People Magazine in 2006.

To create transformation on a grander scale, she has produced over 25 of The Awakening Conferences—thus connecting other internationally renowned speakers such as Marianne Williamson, Michael and Rickie Beckwith, and Don Miguel Ruiz with thousands seeking spiritual growth.

## LNG DEQ Hearing and Rally

THE OREGON Department of Environmental Quality (DEQ) is hosting a public information meeting in Astoria. DEQ will share information and answer questions about Oregon LNG's air quality and water quality permit applications. The first phase of this project is the proposed construction of the terminal. This public information meeting will address permit applications related to the proposed terminal facility, but not the pipeline.

NO LNG Activists will organize. "DEQ needs to hear from us that OLN does not belong here. An ex-

port terminal like OLN's proposal will inevitably create air and water quality problems and hazards. That's the local air and water we depend on. This is not a formal hearing, but instead a chance to talk with state agency people who are coming to Astoria because they want to hear from us," said NO LNG activist Laurie Caplan.

Rally Outside, Tuesday Nov 12 - 5pm, Wear RED, bring signs and flashlights. 6 pm - Meeting starts inside, at The Liberty Theater, 1203 Commercial St., Astoria.

# The Wisdom of the Middle Way

AMERICANS OF a broad spectrum of political persuasions have expressed dismay at the perpetual partisan gridlock that keeps our Congress members from adequately representing the needs of their constituents. The principal reason for congressional inaction, taken recently to the point that the nation almost defaulted on its debt payments, has been the prevalence of all or none thinking. You commonly hear today that government can do nothing good, or that free markets solve all problems. Or stated another way, markets without interference from government, are self regulating. The former Soviet Union suffered from the opposite form of all or none thinking, the idea that private enterprise could only lead to massive corruption and inequalities, and that only the state, or central government, could create a just society. The free market dogma, held for most of his adult life by former Federal Reserve chairman, Alan Greenspan, was disproven by the crash of 2008, which came as the direct result of removal of nearly all regulation on stock speculation. Testifying before the Senate Banking Committee shortly after the crash, Greenspan admitted: "I was wrong. Markets are not self regulating." For its part, the Soviet command economy collapsed because its bureaucrats, attempting to control all economic activity, ended up with ever increasing shortages.

The most successful economies, those which avoid extremes of poverty and wealth, while providing security and opportunity for the maximum numbers of persons, are those that have learned to mix a healthy private sector encouraging entrepreneurial initiative with a respect for government's ability to help create the good society that enables all citizens to prosper. The Scandinavian coun-

tries and other European states make creative use of government to provide educational and social services so that their citizenries can enjoy broad opportunity and adequate leisure time. Many European governments also subsidize startup companies producing renew-



able, non-polluting forms of energy.

When the Soviet system was faltering in the eighties, President Mikhail Gorbachev introduced democratizing reforms and abolished police state apparatus left over from the Stalin era. He hoped to remake the USSR as a social democracy with a mixed economy, one with capitalist and socialist features, much like those of nearby Northern European states, like Finland and Sweden. But he was sabotaged in this endeavor by members of the world financial oligarchy in control of the Reagan administration in the US and Thatcher government in the UK, and later led by Bill Clinton's Treasury secretary, Robert Rubin. Rubin and other big bankers had embarked on a plan of "globalization," a deregulating of the economies of all countries so that capitalist speculators could freely move money and goods anywhere they chose. The idea was to create a global laissez faire free trade economy. They followed British Conservative Margaret Thatcher's

by Stephen Berk



dictum, "TINA," standing for "There is no alternative."

Thatcher and Reagan, followed by Blair and Clinton, discountenanced the successes of mixed economies and supported the big bankers desirous of unbounded speculation and corporate CEO's seeking to outsource manufacturing to places with the lowest wages and least environmental regulation. The free market economists, followers of Milton Friedman's Chicago School, professed total faith in wholly unregulated markets. In its moment of weakness, they succeeded in imposing such laissez faire "shock therapy" on a vulnerable Russian state. The result was the rise of corrupt oligarchs who took over various sectors of the Russian economy and milked them for personal gain. The world at large saw the reign of new free market dogmas create obscene wealth for the few, middle class decline and poverty for the many, as well as return of boom and bust cycles fueled by over-speculation, which had previously been moderated by regulated mixed economies.

Market fundamentalism has produced the superrich one per cent that now dominates the world. These big bankers and industrialists preside over a rapacious industrialism now ripping apart the earth to feed a dying fossil fuel high tech economy, rather than plan for a more sustainable future and livable planet our grandchildren can enjoy. Wealth for the few, poverty for the many – destruction of the planet and its biosphere – these are the effects of the all or none thinking that characterizes present day capitalism. We may avoid the certain oblivion where this system will land us if we return to the middle way, allowing governments to take the lead in planning decentralized, less energy intensive, more equitable ways of life.

## LETTERS

### Changed My Life!

Word and Wisdom: Tobi Nason

*That First Cup of Coffee – I'm Still Here, June 2013*

Last summer I read the above article you wrote in Hipfish and it changed my life. Let me explain. I live in Spokane, Washington which is 8 hours from Manzanita. We have been renting a house every summer for 9 years. Last summer, my father-in-law came down to visit from Gig Harbor, WA and he stopped in Astoria for lunch and read your article. He brought the article with him and showed it to us when he arrived and remarked how wonderful it was. And since then, I have been carrying the article with me. It is in my journal/notebook and I pull it out every few months to read it and remind me to slow down, enjoy life and not worry. At the time I read the article I was struggling with some mild depression and anxiety. The company I work for was going thru some major changes and for the first time in my 17 years of employment, I was scared and dealing with a lot of self doubt. I was also dealing with the reality of being in my 40's, raising a teenager and keeping a marriage going strong. Your article has had a profound effect on me and my life. Thank you for writing it! It is a wonderful reminder to all of us that "plodding" along is part of life!!!!

Thank you again!!!

Kristi Sterner  
Spokane Valley, WA

### Stephen Berk

Please thank Stephen Berk for his intelligent writing, particularly his article "The Culture of Predation".

Thank you. Sincerely,  
Richard Mastenik  
Manzanita



LETTERS: want to respond to articles and issues presented in HIPFISH? Email (300 words max) to [hipfish@charter.net](mailto:hipfish@charter.net), Subject: LETTERS. let us know if you would like it published in a following issue. Please include your address so that we may concur that you exist.

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every month in hipfish  
pg 26

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#### The Adrift Hotel Music Calendar November 2013

- 11/1: The Resolectrics (swampy Americana)
- 11/2, 11/3: Lone Madrone (rousing indie-Americana)
- 11/4: Yassou Benedict (indie-pop)
- 11/8: Carolyn Mark (Country/Americana)
- 11/7: Brer Rabbit (indie folk)
- 11/8: The Local Strangers (indie-Americana)
- 11/9, 11/10: The Blackberry Bushes (Americana & Bluegrass)
- 11/14, 11/15: Secretary (indie pop)
- 11/16, 11/17: The Lowest Pair (americana/Bluegrass)
- 11/21, 11/22: Dearborn (indie-folk)
- 11/23, 11/24: Sean Flinn & the Royal We (indie-pop)
- 11/30: Blue Skies for Black Hearts (indie rock)

Show times are 9pm to 11pm on Fridays and Saturdays, 8pm to 10pm on weeknights (including Sundays). For more information please contact Ezra Holbrook at [ezraholbrook@gmail.com](mailto:ezraholbrook@gmail.com) or (503) 888-0675.

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## Transactive Founder to speak in Newport

**THE FOUNDER** and Executive Director of the nation's leading transgender youth service organization will present two workshops on affirming and supporting transgender children and youth in Newport on Wednesday, November 13th.

Jenn Burleton, founder and Executive Director of Trans-Active Education & Advocacy (<http://www.transactiveonline.org>), believes the evidence is clear that societal intolerance of diverse gender expression is a primary factor in all forms of bullying.

As the national conversation on bullying grows in the wake of numerous tragedies like the suicide of a student in Florida and the death of La Grande, Oregon teen Jadin Bell earlier this year, it becomes ever more urgent for communi-



ties to find better ways to support the kids that need help.

TransActive, a non-profit based in Portland, Oregon, is the leading national organization providing a holistic range of services to transgender and gender nonconforming children,

youth and their families. They provide counseling, professional education and advocacy services to

more than 200 families in the Portland-metro area alone, and many more throughout Oregon and nationally.

A respected educator and advocate, Jenn Burleton has spoken internationally on gender identity and gender expression at the request of the U.S. State Department. Her plain-spoken and often humorous approach to discussing the complexities and alleged controversies associated with gender identity and gender expression have informed, enlightened and entertained thousands over the years.

She will be presenting two workshops on Wednesday, November 13th in Newport—the first of which will have information of particular interest to healthcare and academic/education professionals (as well as interested community members) at 3:30-5:00 pm at 255 SW Coast Hwy in the 2nd Floor Conference Room. The second early evening presentation will be slightly more generalized and will be at the monthly Oregon Central Coast PFLAG group meeting: 6:00-7:30 pm at St. Stephen's Church, SW 9th & Hurbert (Newport)

There is no charge for either presentation. For more information, contact: Jeanne St. John, 541-265-7194, [pflagocc@gmail.com](mailto:pflagocc@gmail.com)

### Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, Nov 21, 6:30pm to 8pm at the First Lutheran Church, 725 33rd St., Astoria, OR. FMI: [drewherzig@yahoo.com](mailto:drewherzig@yahoo.com)

TRANS FAMILIES SUPPORT GROUP meets the last Monday of each month. For TBA location contact [drewherzig@yahoo.com](mailto:drewherzig@yahoo.com). For transgender individuals and family members only.

### Lincoln City LGBT Monthly Gatherings

- November 13, 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, Nov 24 11am to noonish - Womens' Out on the Oregon Coast Coffee at Cafe Mundo.
- The Coastal AIDS Network monthly activities:
  - Second Tuesday, 7:00 pm: "Activity Night" (call for information (541)994-5597)
  - Third Tuesday, 7:00 pm: "Pizza Night" (Newport Abbey's Pizza)
  - Fourth Tuesday, 7:00 pm: "Men's Pot Luck" (Locations vary! Call (541)994-5597 or email [coastalnetwork@gmail.com](mailto:coastalnetwork@gmail.com) for information)

## Questions about Cover Oregon North County Q&A

Questions about Cover Oregon? Adventist Health representatives will explain shopping for health insurance in the online marketplace and applying for financial assistance if eligible. Everyone is welcome, no charge.

The Calvary Bible Church in Manzanita will host two Q&A sessions for the community: Thurs. Nov. 14 at 6:30 p.m. and Sun. Nov. 17 at 1:30 p.m. in the Fellowship Hall, 560 Laneda Ave., Manzanita.

## Spanish GED Class to Begin at CCC

Generous grants from the Pacific Power Foundation and U. S. Bank have been awarded to the Lower Columbia Hispanic Council to fund GED preparation classes in Spanish. Partnering with Clatsop Community College, the Lower Columbia Hispanic Council will provide an instructor and volunteers who will assist students seeking to earn a Spanish GED. Clatsop Community College will host the classes by providing space in its facilities in Astoria and Seaside. Students will have access to materials and technology through the college and learn how they can test at the college testing center.

Classes begin November 6 in Astoria and November 7 in Seaside. Please contact Jorge Gutierrez at 503-325-4547, [jgutierrez@clatsopcc.edu](mailto:jgutierrez@clatsopcc.edu) or Eileen Purcell at 503-338-2557, [epurcell@clatsopcc.edu](mailto:epurcell@clatsopcc.edu) for information on dates and times of instruction, fees and study materials.

*El Consejo Hispano del Lower Columbia ha recibido dos donaciones generosas de Pacific Power Foundation y de US Bank para financiar las clases de preparación para el GED en español. En asociación con Clatsop Community College, el Consejo Hispano proporcionará un instructor y voluntarios que ayudarán a los estudiantes que buscan obtener el GED en español. Clatsop Community College ofrecerá el espacio para las clases en sus instalaciones en Astoria y Seaside. Los estudiantes tendrán acceso a los materiales y la tecnología a través del colegio y aprenderán cómo se puede tomar la prueba en el centro de pruebas del colegio.*

*Las clases empiezan en la tarde el 6 de noviembre en Astoria y el 7 de noviembre en Seaside. Por favor, póngase en contacto con Jorge Gutierrez en el 503-325-4547 o por correo electrónico a [jgutierrez@clatsopcc.edu](mailto:jgutierrez@clatsopcc.edu) o Eileen Purcell al 503-338-2557 o por correo electrónico a [epurcell@clatsopcc.edu](mailto:epurcell@clatsopcc.edu) para obtener información sobre las fechas y horas de instrucción, cuotas y materiales de estudio.*

Please direct inquiries to: Eileen Purcell, 503-338-2557; [epurcell@clatsopcc.edu](mailto:epurcell@clatsopcc.edu).

# ACTIONS ON THE LAND

by Bob Goldberg

November 2013

## City of Astoria Surplus Property Sale

38th to 40th, Lief Erikson to Land Reserve; 900 Block, 36th St; Irving Ave, 35th to 38th; 2900 Block, Irving & Harrison Ave; 2700 Block, Irving Ave; 2800 Block Grand Ave; 2700 Block, Grand Ave; 2200 Block Irving Ave; Mill Pond, 2440-2490; Mill Pond, 2710-2760; W Niagara Ave & 1st St; 100 Block, W Franklin; 600 Block, McClure; 1840 4th St; 1700 Block, 8th St; 1600 Block, 7th St & McClure; 1600 Block, 10th St; 1500 Block, 9th St; 1500 Block, 8th St; 100 Block, W Exchange St; 100 Block, W Franklin; 200 Block, Commercial St; 1st St & Grand Ave; 400 Block, 3rd St; 600 Block, Exchange St; 400 Block, Pleasant Ave; Commercial property, 44th to 45th St; 700 Block, 45th St; 700 Block, 46th St; 600 Block, 46th St; 4600 Block, Birch & Ash St; 4800 Block, Birch St; 4900 Block, Birch St; 4700 Block, Ash St; 5300 Block, Alder St.

At the April 15, 2013 meeting, the Astoria City Council authorized staff to solicit Request for Proposals (RFP) from local real estate firms to market excess City property with the goal of generating revenue, returning property to the tax base, and stimulating development within the community. Staff issued the RFP in May and the only response received was from Area Properties.

At the August 17, 2013 meeting, the City Council authorized the Mayor to sign a contract with Area Properties to market excess properties throughout the City. The procedure for marketing was agreed to be as follows:

- Area Properties would begin the marketing program immediately, with adjacent property owners being notified first by mail and provided the opportunity to submit an offer, prior to general listing.

- Potential buyers would make offers on selected properties and would be notified that acceptance is contingent on Council approval.

- The offers would be presented to the Council in accordance with the City's Real Property Sale Procedures. These code sections require that the City Manager submit a report to Council of any proposed sale. A public hearing would be scheduled for a subsequent meeting, with advertisement in a newspaper not less than fourteen days prior to the hearing and the notice sent to all property owners who reside within 200 feet of the property. A staff report presented at the hearing would include information on property values, geologic hazards, utilities, access and other issues. The Council can, after hearing public testimony, approve or reject the sale of the property.

It was proposed that the realtors would bring the offers to the City Council in small batches as offers were made so that Councilors could evaluate the potential sales and conduct site visits, as needed, prior to the public hearing.

Area Properties realtors have been contacting the adjacent owners of selected properties to offer them the right of first refusal prior to marketing to the general public. It should be noted that the time requested for a response from adjacent owners has been extended an additional two weeks. To date, offers have been made for the following properties:

1. 900 Block of 36th
2. 4900 Block of Birch West
3. 4700 Block of Ash
4. 1840 4th Street
5. 4600 Block of Birch/Ash
6. 5300 Block of Alder

The first public hearing will be at the November 4 Council meeting. A group is forming to protect the large parcel of property on the surplus list east and south of the Uppertown neighborhood from development, either prior to or as part of the conditions of sale.

**Completion: Unknown**  
**Forest Protection**  
**Bob Goldberg**  
[bobgoldberg17@yahoo.com](mailto:bobgoldberg17@yahoo.com)

**General Project Information**  
**Mike Morgan**  
**Project Manager**  
[mmorgan@astoria.or.us](mailto:mmorgan@astoria.or.us)

**Property Sales Information**  
**Laurie Duey**  
**Area Properties**  
**503-325-6848**  
[lduey@charter.net](mailto:lduey@charter.net)

**Highway 30 Timber Sale**  
**Claremont Road to Svenson along Highway 30**

Oregon Department of Transportation (ODOT) project to improve safety along the Highway 30 corridor. Trees (mostly alder) are being taken down, clearing the width of the right of way on both sides of the road.

**Completion: November 2013 (further work on different sections of the highway continues)**

**Contact**  
Kevin Werst  
ODOT  
503-861-5650  
[kevin.werst@odot.state.or.us](mailto:kevin.werst@odot.state.or.us)

**PDX Tree Obstruction Removal Project**  
**Blue Economy Parking Lot at Portland Airport**

This fall, the Port of Portland begins a project to remove trees that are starting to grow into the federally-regulated airspace at Portland International Airport. The trees will be replaced with lower-growing, native vegetation.

Under Federal Aviation Administration requirements, the Port is responsible for ensuring the airspace at PDX remains free of obstructions to continue to maintain safe aircraft operations. The stand of black cottonwoods in the Blue Economy Parking Lot is growing to heights that are beginning to penetrate regulated airspace. As growth continues, the trees could affect the instruments that help aircraft land on the north runway.

The trees have been topped in the past to address the problem, however, repeated topping makes them hazardous to work around. Permanently removing the cottonwoods provides a long-term, sustainable solution. Approximately 400 cottonwoods will be removed. Other tree and plant species that do not pose a present or future risk to the airspace will remain at the site. The trees will be replaced with more than 23,000 native shrub and small tree species such as vine maple, Oregon grape, red-flowering currant and native roses and willow.

**Completion: Late 2014**

**Contact**  
Lisa Timmerman  
Port of Portland  
503-415-6047

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

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



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**KCPB 90.9** WARRENTON  
**KTCB 89.5** TILLAMOOK

## Nehalem Bay Area Holiday Gift Fairs

By Victoria Stoppiello

**FOR THE** last two years, three Nehalem Bay area organizations worked together to publicize and coordinate their holiday gift fairs. It was such a success, they're continuing this tradition on Saturday, December 7.

Great lunches will be available. The Nehalem Methodist Church is hosting its 43rd annual Chowder and Pie Lunch, with soup as an added option. The White Clover Grange will offer locally raised sausage and sauerkraut, vegan chili, and baked goods from 11 to 2 p.m. The Alternative Gift Market's several soup and bread options will benefit the North County Food Bank.

All three bazaars will be held from 10 a.m. to 4:00 p.m. Their locations and offerings:

- **White Clover Grange**, 36585 Hwy 53, about 2 miles east of Hwy 101, land-marked by a humorous cow sculpture, will emphasize locally produced food items including Lance's Farm Vittles Christmas meats, Tallwoman Tonics herbals, and many varieties of jam, handcrafts, bird houses, plants, and crocheted items produced by Grange members as well as the Rockaway Lioness organization. To top off the Grange bazaar, a quilt will be raffled. Proceeds will be used to maintain and improve the historic Grange building, keeping it available for community use. For more information, call 503-812-9965.
- **The Alternative Gift Market**, Pine Grove Community Center, 225 Laneda Avenue, Manzanita, provides a different

direction in meaningful holiday giving. Shoppers make a contribution to any of a large variety of local non-profits or worldwide projects. They then receive a gift card (one for each donation) to give friends and loved ones to let them know a gift was made in their name to a cause that will benefit others. Local groups represented include Lower Nehalem Watershed Council, CASA, Food Roots, Lower Nehalem Community Trust, CartM, Fire Mountain School, and Rinehart Clinic. Roughly two-thirds of the funds raised go to local non-profits and one-third to international projects. The Market is sponsored by Fulcrum Community Resources, whose mission is to create sustainability in north Tillamook County. For more information, call 503-368-6874.

- **Nehalem Bay United Methodist Church**, 43rd Annual Christmas Bazaar & Clam Chowder Luncheon, 10th & A Streets, Nehalem. This long-running bazaar has several traditional components including an expanded "boutique" of hand-made gifts and crafts, Granny's Attic for gently used treasures, potted



plants ready for giving, a bakery and candy table.

All proceeds from the Methodist bazaar go to the church's charitable work, much of which is right in Tillamook County: Healthy Families, Good News Club, and Marie Mills as well as others in this country and overseas. For more information, call 503-368-5612.

## 18th Starving Artist Faire in Astoria

This holiday delight of sugar and spicy gifts and fine art crafts has been supporting local artist and musicians since 1996. Like the annual summer melodrama SHANGHAIED IN ASTORIA, SAF (Starving Artist Faire) first began at the downtown Eagles Hall and like Shanghaied, has grown to be a favorite annual tradition for the Winter Holidays. And now thanks to the generosity of St. Mary, Star of the Sea Catholic Church and Father John Huang Tran this charming holiday event continues for the 18th consecutive season!

This local Arts and Crafts Holiday Faire, features over fifty home grown artists all with a reputation for quality one of a kind gifts to share! Here you will find hand-made quality gifts, ranging from photography, collage art, paintings, home and holiday decor, soap, wreaths, jewelry, candles, hats, glass art, pottery and much, much more!

In addition to craftsmen displaying their wares, local mistrals come from far and wide to create a charming warm holiday atmosphere. Santa will be there too to hear all you holiday wishes and of course for your photo opportunity! Along with the ASOC's Miss Karin's Kitchen, which will provide refreshments to keep you warm and

cozy as you visit one of Clatsop County's finest Holiday Arts and Craft Faire.

**BUT!** Shop early, you only have three chances to pick up a few quality gifts to give to your loved ones during this special time of the year! There is a donation at the door of two cans of food for the Clatsop County Food Bank or St. Vincent De Paul Food Bank or a \$2.00 suggested contribution to help the Astor Street Opry Company keep up its good work in our community.

For more information on faire participation call coordinator Cindy at 503-458-6250 or email at cindykp\_6@hotmail.com

### Astoria Downtown Sparkle Season Kick-off Saturday November 30

- Free MOvie, Caroling by the North Coast Chorale and Astor St. OPry
- Downtown Lights Up • Santa • Sparking Deal Discounts
- North Coast Chorale. Messiah Sing-Along-Play-Along. Sunday, Dec 1. Donations benefit Clatsop Community Action Food Bank. 4pm at the PAC in Astoria.



**THE 18TH** Annual Starving Artist Faire runs three days only, Friday December 6TH 7:00pm to 10:00pm, Saturday December 7th 10:00am to 6:00pm and Sunday December 8th 11:00am to 4:00pm at the Saint Mary's Star of the Sea Auditorium 1465 Grand Street Astoria (just up from Downtown...watch for signs).





photo by Oliver Robbins

## Oysterville Sea Farms – Putting the Oyster Back in Oysterville

By Bob Goldberg

**FOR GENERATIONS** before the pioneer settlers arrived, Chinook Indians gathered oysters and camped in the area that is now Oysterville. They called it “tsako-te-hahsh-eet!” which, like many Indian words, had two meanings: “place of the red-topped grass” and “home of the yellowhammer (or red-shafted flicker).”

Soon after the first white settlers arrived, Oysterville became a rowdy, lusty boomtown. By 1855 its population and importance were such that it became the seat of Pacific County, Washington Territory. The town had many firsts - a school, college, newspaper, and finally, in 1872, a church - First Methodist.

Late in the 1880s fate took a hand: the long awaited railroad line ended at Nahcotta, an isolating four miles away, the native oysters became scarce and, without the possibility of a local livelihood, residents moved out en masse. Finally, in 1893, the courthouse records were stolen in the middle of the night, and the county seat was moved to its current location in South Bend. Oysterville gradually became the sleepy little village it is today. (adapted from the Oysterville Restoration Foundation website)

The only oyster business in town these days is Oysterville Sea Farms (OSF), founded in 1991 by Dan Driscoll, a third-generation oyster farmer who grew up in Seattle, but spent his summers in Oysterville helping his dad on the farm and learning the ropes. After graduating from the University of Washington with degrees in Communications and Psychology, he moved to Los Angeles to work in the film business. “Life was good down there, but not fulfilling,” he told me.

He lived and worked in LA for seven years before returning to the Northwest, to visit his family in Oysterville. It was October 1990.

“My dad told me that he had a business that was not good enough to sell, but too good to give up, and asked if I wanted it. I said sure, but only if you and mom give me the cannery. They did give me the cannery, which was pretty mean of them, because the cannery was in such bad shape then it was a liability,” he recalled.

His father helped to start the process of restoring the cannery building and his mother “even went to the Oysterville design review board to get their approval, got our first shoreline exemption permit, and our first building permit for the Oysterville cannery restoration project.”

### Short History of Oysterville Cannery

In 1939 the property on which the building is located was sold by Ed and Randolph Sherwood to a partnership called Northern Oyster Company, made up of Glen Heckes, Roy Kemmer and Ted Holway, all active oystermen with sizable oyster beds. The building went up in 1940, and received massive government contracts after the start of the U.S. role in World War II in December 1941. Ted and Virginia Holway eventually owned 100% of Northern Oyster Company, and in 1966, they signed a contract with their daughter Ruth and her husband Dick Sheldon to sell them the company.

In 1969, oyster canning operations at the Oysterville Cannery were shut down. The Sheldons retained Northern Oyster Company, which included the oyster beds, equipment and boats. This left the Holways with the cannery and no means to support it.

In 1973, Les Driscoll (Dan’s father) began selling both oysters and non-seafood items at the cannery in the summertime. Soon after, the Holways gave the Oysterville Cannery to Les and his wife Virginia Ann. On April 21, 1976 the Oysterville Cannery Building was placed on the National Register of Historic Places.

### Restoring the Cannery and Building the Business

Driscoll and his parents spent about 20 years restoring the cannery, partially financing the project (which Driscoll says costs “in the hundreds of thousands”) by selling shellfish and other items marketed under the Willabay label. Finally, in 2011, the restoration was pretty much complete, and Driscoll set his sights on starting to recoup his investment, and continuing to involve the community in the business. Most of the oyster farmers on Willapa Bay sell their oysters wholesale to markets on the West Coast and beyond. But OSF is a retail operation, both on-line and fresh at the cannery.

In June 2011, an anonymous complaint was received by Pacific County concerning the selling of certain items at the cannery. The complaint alleged that OSF was out of compliance with Pacific County’s latest development and zoning ordinance, adopted in the early 2000s. That ordinance strictly limits the type of development and business activity allowed on the shoreline of Willapa Bay. Since that complaint, OSF has been clamoring to comply and stay open, but has also been fighting many of the decisions of various state and local agencies.

cont. pg 10



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— Rachel Carson



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Oysterville, Washington, Looking West From North Star Co's Deck

THOUGH THESE battles are on-going, the gist of the whole debate about whether OSF should or shouldn't be allowed to continue to follow its business plan is best summed up in the testimony of Alan Trimble, a professor at the University of Washington, who has worked in the Willapa Bay area for over a decade, at a Pacific County Planning Commission meeting on November 3, 2011. The following is a shortened version of that testimony:

"My name is Alan Trimble. I'm a scientist at the University of Washington. I've been working here about a decade now and we live in Nahcotta right across from the port.

I'm a marine ecologist. My profession is to worry about the science of water quality and things living in bays, and I've devoted a decade to this particular estuary and I have to say it's a pretty special place – entirely by accident.

"People will claim that they are responsible for keeping it the way it is, but actually the fact is it's the way it is because we already removed most of the resources from this place and most of the businesses failed. If you look at ancient pictures of Raymond, South Bend and Nahcotta and Oysterville, there were restaurants, there were bars, there were hotels, there were roads, there was a railroad, and there were several mills all over the bay. There was a very large industrial business, and in fact the Oysterville cannery was in the commercial district of Oysterville.

"All of it is gone, essentially, and now we're left with what we've got. I completely understand the desire to try and keep working buildings on the water working, given how hard it is to get any new buildings ever built anywhere. It's very hard. It's also extremely hard to start up a new shellfish business – the number of permits required and difficult things that people have to do to try and even begin to do any shellfishery in this bay is nearly impossible.

"So I would suggest that we don't actually have the problem we think we have. It is not that somebody is here trying to petition this place to put in a Wal-Mart or a power plant or a pulp and paper mill. This is someone who's operating the one and only (talk about unique!) building of its type on the bay. There

are no others. No one else can come through here and petition to change this kind of building (that they also happen to have) into a restaurant, or a place that sells T-shirts, or an art studio, or anything else. There aren't any other ones.

"So I don't see the conflict, frankly. I don't see the specter on the horizon of hundreds of large businesses coming to the edge of the bay looking to scoop up the last three remaining historic buildings and turn them into some corporate empire. I don't see it. And I do see that the protections that the federal government has on historic buildings (and there's a reason why they have them)... it's almost impossible to keep them standing. Most of those places have to have limited liability corporations and nonprofits to get donations just to keep the building standing. And they have to do all sorts of special events and things to keep those buildings viable and to continue to comply with permits: put in new septic systems, upgrade pilings, whatever it is that they have to do to continue to exist no matter where they are. It's really expensive,

and having a business with only one aspect – let's say that the only legal aspect was to sell shucked oysters, and that was somehow in the county codes – there wouldn't be a business standing on this peninsula. If that's all they did, they'd be gone.

"People have diversified: they sell clams, they sell crab, they sell salmon, they sell other things to remain viable. I think we've all been in the other stores around the bay that sell clams and oysters and soda pop and other things. It's not a big deal to sell a T-shirt, really, with respect to water quality.

"So, my two-cents-worth as a scientist is this: Puget Sound is trashed, and will be forever. So is Chesapeake Bay, so is Willapa Bay: if you look at it from the perspective of what it used to be, it is nothing like it used to be. In case you haven't noticed, there's almost nothing left of what it used to be, species-wise. It's dominated by introduced species that we farm, trees that are planted at ridiculous densities to be harvested to make paper, and a few houses. It is nothing like it used to be.

"My paramount goal as a scientist is to keep this place working as a sustainable community that uses the resources we have and the people we have – jointly – to succeed in progressing into the future.

"Dan's business, while it has some warts (it hasn't been perfect, and I don't think anybody would say that

it has) is a reasonably good model of how to succeed against all the pressures that are out there. I think that I would suggest that this group figure out a way to reach a legitimate compromise to show a model of how a sustainable, small, multifaceted, waterfront business can actually work – because

there aren't any other ones: it's the only one we have. Right, we have canneries, but nobody can go there and buy anything. We have people that ship to faraway places, but nobody can go to you to buy anything. It's not a...it's a different thing: those are industries. This (Oysterville Sea Farms) is not an industry.

"Finally, I see absolutely no threat whatsoever from this kind of business – in fact this specific business – to the water quality or health of Willapa Bay. I can't find one. It may be there, but the county has specified an ungodly-expensive septic system, and they don't pump and they don't dump fresh

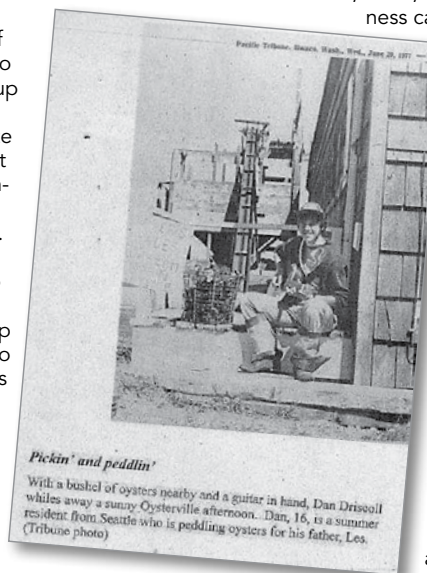
seawater into the bay, and they collect all their garbage and they don't even have a real kitchen in the building over the water – it's across the road on land.

"People walk out on the dock and look around, and sit on decks in chairs, and eat some food and talk to each other, and see the beautiful bay out there, and begin to understand what aquaculture is all about. It's the only place on the whole bay where they can do that. It's the only place that you can sit and enjoy eating oysters while you're watching a dredge dredge oysters in front of your face. And the thought that that's going to go away and that's going to be a positive benefit to the bay I think is asinine.

"So let's not confuse the issue of whether this is opening the door to the world destroying Willapa Bay. If there was a whole waterfront district like there is in Seattle and Tacoma and Olympia and Chesapeake Bay, with hundreds and hundreds of waterfront buildings out over the water with old pilings rotting into the bay, and somebody was going to bring in a Costco or a Wal-Mart or IBM or Intel and put a factory there, that's a whole other thing – and I bet you a lot of people would show up at a meeting like this to talk about that.

"But that's not what this is about, so I don't want us to be confused about that."

While the dust settles from the legal battles, OSF goes on. In future installments of this story, we will delve a little deeper into the issues and the various players in the debate, and hopefully document the solutions that allow Driscoll and OSF, along with the rest of the Willapa Bay shellfish companies, so important to Pacific County's economy, to continue to deliver the great shellfish they are known for locally and worldwide.



Pickin' and peddlin'

With a bushel of oysters nearby and a guitar in hand, Dan Driscoll whiles away a sunny Oysterville afternoon. Dan, 16, is a summer resident from Seattle who is peddling oysters for his father, Les. (Tribune photo)



Dan the Oyster Man

## Participate in True Citizen Science COASST Beached Bird Survey



COASST'S Jane Dolliver

**HUNDREDS OF** non-scientists are already helping scientists learn more about seabirds and the ocean environment by

participating in the COASST beached bird survey. An opportunity to learn more about this citizen science project, and perhaps volunteer to join in, comes up in Netarts on Saturday, Nov. 9, 10 a.m.-4 p.m. in the Netarts-Oceanside Fire District Meeting Room (1235 5th St. Loop, W. in Netarts).

For those able to commit to regular surveys and attend a training session, the beached bird survey provides an opportunity to participate in true citizen science. Following COASST's methods, non-scientists are able to gather science-quality data that helps scientists understand the fluctuations of seabird populations and how these interact with the

health of the ocean. Spending quality time with bird carcasses isn't for everyone, but many CoastWatchers and others who volunteer for the survey find it very satisfying. Data gathered through COASST is used by researchers and resource agency managers to make informed decisions, and can prove essential to assessing the damage in the case of an environmental disaster such as an oil spill.

No prior experience is necessary. Surveys take place on a strict monthly schedule, but CoastWatch's goal in partnering with COASST is to organize teams working on each site, so no one person has to be present each month.

The trainer will be long-time COASST Program Coordinator

## OUTDOOR/VOLUNTEER

Jane Dolliver. A graduate of the University of Washington's Conservation Biology and Ecology Program, her studies of seabirds have taken her to many places on the West Coast, from Chile's San Fernandez Islands to Tatoosh Island off the coast of Washington.

The event is free and open to everyone potentially interested in the survey. There is no charge, but be prepared to provide a \$20 refundable deposit if you would like to take home a volunteer kit including the COASST Beached Birds field guide.

FMI or to RSVP, contact COASST's Liz Mack, (206) 221-6892, coasst@uw.edu. Attend this Important Public Meeting!

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## The Estuary Partnership Plant Trees Along the Columbia

**MAKE A** difference while having fun and exploring local natural areas. Join the Lower Columbia Estuary Partnership and bring your friends and family and help restore important habitat for fish and wildlife by planting trees. Plantings are led by the Estuary Partnership educators, and students can earn required community service

hours for school. Warm beverages and snacks are provided and all ages are welcome.

We plant in Washington and Oregon at Meldrum Bar Park in Gladstone, OR; Sandy River Delta, Troutdale, OR; Steigerwald National Wildlife Refuge in Washougal, WA; and Ridgefield National Wildlife Refuge in Ridgefield, WA.

Tree plantings will take place from November 2013 through April 2014.

Pre-registration is required. Register now; plantings are limited to 35 participants and can fill-up quickly. Contact Samantha Johnson, sjohnson@estuarypartnership.org to register or with any questions.

For the complete 2013-14 Volunteer Planting Schedule and details about each site, visit our web site at [www.estuarypartnership.org/news-events/events](http://www.estuarypartnership.org/news-events/events).

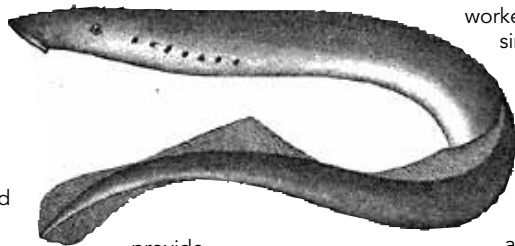
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503-226-1565 fax 503-226-1580 [www.estuarypartnership.org](http://www.estuarypartnership.org)

## Nature Matters Fort George Nov 21

### Get to know your Lamprey

Stone lickers. Eels. Sand dwellers. Known by many names, the mysterious lamprey are making their way into the spotlight and for good reason. The Pacific or sea lamprey are known for being an important food source to Native Americans and great ecological benefit in the areas where they spawn. This native species is endangered and has gathered attention in recent years due to their inability to pass barriers on rivers and streams – even when that barrier has been built specifically to pass salmon and other anadromous fish.

Get to know lamprey in your own north coast back yard at this month's Nature Matters program. Yes! Nature Matters is back for season three! Bianca Streif, once known as The Salmon Lady, will lead this talk and tell you why she loves lamprey



and why much of her time is now devoted to saving them. Bianca Streif, Aquatic Projects Coordinator in Oregon for the U.S.

Fish and Wildlife Service, has worked for the USFWS since 1998. Her current work includes leadership to conserve and restore lamprey populations in Oregon and rangewide the USFWS Regional Lampreys Conservation Team.

Thursday, November 21st at 7pm at the Fort George Brewery in Astoria

### Haystack Rock Awareness

Haystack Rock Awareness Program has a new night, now the second Wednesday of the month, 7pm at the CB Library, 131 N. Hemlock. This month it welcomes Fawn Custer, Coast Watch Volunteer Coordinator and Marine Educator / Oregon Shores Conservation Coalition. Wednesday, Nov. 13.

### "Connecting with your Community through Coast Watch"

Do you take walks on the beach? Have you found unusual animals, plants or items? Have you seen what appears to be debris from the 2011 tsunami? Are you interested in learning what they may be our how to report your findings? If the answer is yes to any or all of these questions, please join us as Fawn explains the CoastWatch volunteer, adopt a mile, program and give you links to the resources you need.

Custer is a dynamic speaker having taught in both classroom and informal settings for more than 25 years. While she has taught biology and chemistry, her primary teaching focus has always been marine science. Notably, she spent 14 years as an educator at the Hatfield Marine Science Center.

Educational experience: AAS-Marine Lab Technology, BS Marine Biology and Science Education, MS Integrated Science and Environmental Science, Post grad classes-Free-Choice Learning

The schedule of talks for the 2013-2014 season are:

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# Inflectionist Poetry: a Portland Movement & Magazine

Readings & Talk by:  
John Sibley Williams  
& A. Molotkov  
Co-founders  
& editors of

## INFLECTIONIST REVIEW

Opener with local  
poets:  
Nancy Cook  
Jim Dott  
Anne Splane Phillips

Florence Sage, MC

**Friday, Nov 8**  
Doors at 7 p.m.  
Opener 7:30 p.m.  
Inflectionism  
8:45 p.m.

\$8

@ KALA



John Sibley Williams



Florence Sage, Astoria Local Poet, MC

**I**NFLECTIONISM is an artistic movement that was started in 2010 by three Portland poets who sought a more organic approach that respected both poet and reader, both words and interpretation. As a creative philosophy, Inflectionism seeks to build upon what has come before and gently bend it to reflect what has and has not changed about the world and our methods of expressing it. The Inflectionist Review is a small press publishing stark and distinctive contemporary poetry that fosters dialog between the reader and writer, between words and their meanings, between ambiguity and concept. Each issue gathers established and emerging voices together toward the shared aim of unique expression that resonates beyond the author's world, beyond the page, and speaks to the universality of human language and experience.

This Cage of Light By John Sibley Williams

Bound for opposite destinations,  
one passenger train just collided with another.  
A Navy jet just dropped from near-heaven  
into a nameless town  
that's now discovered its fame.

I lay the newspaper, tragedy-down,  
over our naked legs,  
merged together like fossils.

Tomorrow, Paris may simply dissolve into the Seine.  
The Northern Lights harden into mountains.  
The earth may crack open,  
vanish buildings and gardens,  
along with my father's silence from my blood.

And the sun may creep one inch closer to us—  
just an inch, the length of our son's finger—  
and through the hollered prayers and curses  
you might finally hear me whisper:

"I've never loved you more  
than I will tomorrow."

—Originally published by Analekta Anthology



A Molotkov

**J**OHNSIBLEY WILLIAMS is the author of *Controlled Hallucinations* (FutureCycle Press, 2013) and six poetry chapbooks. He is the winner of the HEART Poetry Award, and finalist for the Pushcart, Rumi, and The Pinch Poetry Prizes. John serves as editor of *The Inflectionist Review* and co-director of the Walt Whitman 150 project. A few previous publishing credits include: *Third Coast*, *Nimrod International*, *Inkwell*, *Cider Press Review*, *Bryant Literary Review*, *Chaffin Journal*, *RHINO*, and various anthologies. Visit him at [JohnSibleyWilliams.wordpress.com](http://JohnSibleyWilliams.wordpress.com).

**A**. MOLOTKOV moved to the US in 1990 and switched to writing in English in 1993. Accepted by *Kenyon Review*, *Mad Hatters Review*, *2River*, *Perihelion*, *Word Riot*, *Identity Theory*, and many more, Molotkov is winner of New Millennium Writings and Koepfel fiction contests, among others. He co-edits *The Inflectionist Review*. Molotkov's new translation of a Chekhov short story was included by Knopf/Random House in their *Everyman Series* edition of fishing stories. Visit him at [AMolotkov.com](http://AMolotkov.com).



## Spend an Evening with the NORTH COAST FOREST COALITION

**Celebrate and Play a Part**  
**Friday, November 22, 5PM – 7PM**  
**At KALA - 1017 Marine Drive in Astoria**

**T**he North Coast State Forest Coalition is a group of 5 non-profit fish and conservation groups working to achieve a balanced management on the Tillamook and Clatsop State Forests—a management that adequately protects fish and wildlife habitat, clean drinking water, and recreation opportunities. We believe that these values should be supported alongside a sustainable timber harvest that supports family-wage jobs and county budgets. Our core members are:

- The Association of Northwest Steelheaders
- The Wild Salmon Center
- The Oregon Chapter, Sierra Club
- Oregon Council, Trout Unlimited
- The Northwest Guides and Anglers Association

These forests are important for providing habitat for the Northwest's iconic salmon and steelhead runs, a variety of wildlife species, clean drinking water for over 400,000 Oregonians, diverse recreation opportunities (including hiking, biking, camping, hunting, fishing, wildlife viewing and photography), and timber production. Since the Tillamook Burn, a series of fires from 1933 to 1951 that devastated the landscape, these lands have been in recovery. Recently management has given primacy to timber production over other values and complex forest structure ("old growth") targets have dropped from 50% of the landscape to 30%. There is consistent pressure from the timber industry and some county commissioners to manage these lands as though they were industrial timber holdings, an approach that would undermine the mandate to manage these lands to provide the "Greatest Permanent Value" to all Oregonians.

The Coalition has organized a broad grassroots effort to engage northwest Oregonians in the State Forest discussion. In the past two years, has pushed forward the new "High Value Conservation Area" classification on State Forests, which will apply to approximately 100,000 acres of coastal rainforest. And now, two members of our Coalition have been appointed to the stakeholder group seeking a new Forest Management Plan that will provide financial stability and superior conservation outcomes. Along the way, they've led numerous fun and adventurous trips into the forest, held packed public meetings, and brought to light the narrative and plight of these public forests. The next 18 months will see the drafting of a plan that could shape the State Forest landscape for 10+ years, which means they will be engaged more than ever.

Success has been citizen-driven and many North Coast residents have played integral roles in these accomplish-

ments. On November 22nd, all are invited to enjoy an early evening of stunning local photography, delicious foods, and conversation about the state of our State Forests. NCFC teams with KALA/ HIPFiSHmonthly and Lightbox Photographic to provide folks on the North Coast a relaxing and fun opportunity to celebrate the successes protecting the Tillamook and Clatsop State Forests and to learn about and engage in NCFC future efforts.

This event is free with food, drinks, and photographs for sale. The evening will be for celebration and discussion.



**KALA (Finnish for Fish) eats for the eve**

In celebration of our region - rich in trees, mountains, waters, wildlife and heritage of peoples that inhabit its lands - KALA prepares Finnish specialties available for the eve, plus Fort George brews, freshly shaken cocktails and select wines.



### The Photography of Michael Granger to Proceed NCFC

Co-Owner of LightBox Photography Gallery Michael Granger accompanied NCFC this past year, teaching hikers about photography, while they learned more about tree conservation. Michael's forest photography will be on sale at KALA this eve, with proceeds to benefit NCFC. Also view his photography at the November Clatsop Community College show, "Connection to Place."

Oregon Forest Expert, Bob Van Dyk, will provide an update on the state of our North Coast State Forests.

**What:** State Forest Evening with the North Coast State Forest Coalition

**Where:** KALA Gallery at Hipfish Monthly, 1017 Marine Dr., Astoria, OR 97103

**When:** 5:00-7:00 pm, November 22nd

**Why:** We've worked hard to create Conservation Areas in our State Forests, let's celebrate and keep the progress going!

**Who:** You and everyone you know!

**Campaign Coordinator,** North Coast State Forest Coalition Office: 503-238-0442 x307  
chris.smith.505@gmail.com  
Forestlegacy.org  
Facebook.com/forestlegacy



# Katie No Trees

living with trees and then they're gone

continued from page 3



photo: Don Frank

Those trees and that unattended undergrowth were precious and it was hallowed ground. Some of the grandfather trees were counted at well over 100 years old after they were felled. Even the scrubby elderberry served a banquet of berries to the flighty community and provided nesting and resting places. The grander trees, the alders, several holly trees and even the blackberry provided a buffer for sound and a barrier for the wind. We all know that a mature tree produces oxygen, but did you know that a leafy tree produces enough oxygen for 10 people to inhale for a year? Yes. The run off to our streams are cleaned by the absorption of pollutants. There was precious top soil under that hemlock needle carpet we walked on in that small wood.

- Katie Trees on the land that she and her daughter lost.

**THE OWNERS** of this abundant and lively land are members of the The Church of Jesus Christ of Latter Day Saints. Neighboring Tree's home is one of their Mormon churches. Trees was notified in July of this year by the church elder overseeing the Northwest branch that they needed to enlarge their parking lot from 70 to 143 parking spaces to accommodate their growing congregation. Trees requested that the 20 feet of existing land between the end of her deck and the pre-renovated parking lot – the piece of land that she and her daughter had so faithfully maintained – be left intact as a buffer between her residence and the new parking lot. She also made pleas to save some of the old-growth trees, offering ideas on how to incorporate the trees into the new parking lot. This suggestion was reiterated by Planning Commissioner Tom Horning when the plans were submitted to the council for approval. Horning requested that they adjust their plans in order to save some of the trees. These suggestions were turned down, but Trees' request to keep her small piece of yard was granted with a promise from the church elder.

In the following weeks Katie and Ara watched as the forested land surrounding their home was bulldozed and trees were uprooted. Within the 1.5 acres of urban wood that was demolished, some of these trees were dated to be 100-years-old after they came down. Most of them were at least 50-years-old. The ground was cleared and preparations were made to pour the concrete. As the women stood watching they noticed that the foreman and workers were careful to stay away from the 20 feet of land that was promised to them. It was clear that the agreement between Trees and the elder had been communicated to the men doing the work. Although it was painful to watch the beloved trees come down, the mother and daughter found comfort in knowing that their 20 feet of yard would be untouched.

Given the promises that were made to her, you can imagine Trees' shock one afternoon during the demolition when she received a text from her daughter informing her that the 20 feet of buffer land was being destroyed. The trees, plants, ferns, bark-chip path...even the birdbath, were being torn down. Trees rushed home

from work at her lunch break to find that everything once living on the 20 feet of land was gone. In her bewilderment she went immediately to the foreman; he told her that he was just following orders.

According to the supervisor of the project, they had decided to change their plans and push their fence line back to follow the property line exactly. "Weren't you notified with a phone call?" the foreman asked Trees. "No," she replied, "I received no call." She wasn't even given the chance to dig up and replant her plants.

Trees went to the Planning Director of Seaside, Kevin Couples, and requested that he come to her house to assess what had happened. He walked the land with her, and upon seeing the new fence line only inches away from the end of her

deck affirmed that it was not in the original plans. According to Tom Horning, former chairman and current member of the Seaside Planning Commission, Seaside has no official tree ordinance. It is

the responsibility of the property owner to act in a neighborly fashion. "As members of a community it is expected that property owners will act responsibly," states Horning. Unfortunately those old trees were not protected by the city of Seaside and so they came down without protest. The church has promised

to replace the old growth with 22 new plantings of their choice. At this point it is unknown what the final landscape will be, but as far as our wildlife friends are concerned, their home of indigenous trees is gone.

Unfortunately, the felled trees were not the only issues of concern when



Felled tree. One of the older trees in the 1.5 acre demolished urban wood.



Katie and Ara's backyard sanctuary, before its destruction.

discussing the new development. According to Horning, the commissioners got a little sidetracked from the trees during their meeting because they were dealing with the pertinent problem of drainage and storm run-off. Doubling the parking spaces also means doubling the amount of auto toxins that the land receives. Horning's concern was for the vitality of nearby Coho Creek, and the negative effects that the toxins from storm run-off would have on salmon runs. To deal with this problem a suggestion was made during the meeting that the church put in a bios wale to filter the added toxins. A bios wale is an underground media filter, water quality treatment box. This suggestion was rejected on the basis that it would impede on the 30 foot buffer land surrounding the parking lot. The drainage for the property currently flows directly into Coho Creek.

Tom Horning was the only member of the 7-member Planning Commission to vote "no" on the plans that were presented. He made a last request that the church replant half a dozen Sitka Spruce trees within the 30 foot boundary so that the indigenous trees would fill in the area and eventually turn it back into a forested area again. His request was not granted and the plans were passed 6-1.

Katie Trees has been made painfully aware of how fleeting words and promises can be as she awaits the future of her demolished yard. The property line is only inches from the end of her deck and she dreads the possibility that a fence will be built along that line. For now, the sounds of excavators and dump trucks have replaced the sound of bird songs and woodpeckers. The view from her kitchen window is cement, turned-up land, and an 8-foot-high wall with 6-foot-tall fence posts on top of that; the purpose, she is told, is privacy.

This is a story of loss. This is Katie's story, but as a community, this is our story. Within it are broken promises and irreverence for the precious resources that we all share. We forget that with ownership comes responsibility. Within a community we are responsible to each other and to the earth that gives us life. In the end, if we do not have this, then what do we have?

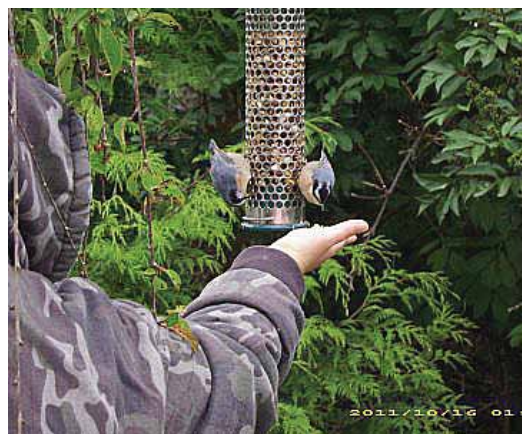
*Editors Note: This story as pointed out by contributing writer Erin Hofseth, is a story of loss. The owners of the land, The LDS Church, were well within their right to utilize their property. There was no reply to Hofseth's queries to LDS representatives. Planning Commissions are the interpreters of ordinances, codes, standards to interpret and enforce. They are also empowered to forge compromise, and today the great opportunity exists to enlist council of conservation systems in place, such as watershed councils and organizations like the North Coast Land Conservancy. Public input also plays a viable role. We hope that this story spurs consideration by our readers to the matters of impact of land development presented.*



The elderberry show...birdy delight.



The rare Hairy Woodpecker who visited often.



"My daughter loved those sweet babies. She was able to get them to eat out of her hand. They slept in the snag right off the back. There were holes pecked out by the woodpeckers that they nested in." - Katie Trees

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# OUTLOOK

# LOOKOUT



*"Button up your overcoat,  
when the wind is free  
take good care of yourself..."*

Get out those sweaters, hats,  
and scarfs! Who ever said the  
cold can't be fun?

Photos by Sofie Kline



# enjoy your

# THANKSGIVING





## GoingsOn: November '13

in the columbia pacific

Liberty Theater Presents!

# Dan Hicks and the Hot Licks

November 9



**AN AMERICAN** singer-songwriter who combines cowboy folk, jazz, country, swing, bluegrass, pop and gypsy music in his sound. Best known for his song "I Scare Myself," and if you are an avid KMUN listener, a programmer's favorite on-air fundraising tune, "Where's the Money?" Gypsy violin and female call-and-response vocalists add color and distinction to the Hicks style. Infused with rye humor as evidenced by the title of his tune, "How Can I Miss You When You Won't Go Away?" Hicks was an original but solid part of the break-out folk and rock era of the early 70s. Not his first trip to Astoria though. Hicks once played at Café Uniontown, coupla decades ago, under the ownership of Jim Wilkins.

Hick's has a new album "Live at Davies" which was released this summer (2013). Dan Hicks and the Hot Licks recorded five groundbreaking and Billboard-charting records for the Columbia, Blue Thumb and Warner Bros. labels. They

toured worldwide, and Dan appeared on the cover of Rolling Stone magazine three times.

Throughout the 60s and 70s there was no one who sounded at all like Dan Hicks & the Hot Licks, and remarkably, nearly 40 years later, there still isn't. We now find ourselves again in an age of introspective sensitive singer-songwriters. Luckily for us, throughout the past decade and amidst the new wave of freak folk that prides itself on its eclecticism, Dan has re-assembled the Hot Licks. Getting back into the swing of regularly recording and touring, he has proven once again that the king of hipster-chic will always be Dan Hicks.

Saturday, Nov 9, 7:30pm at the Liberty Theater. **Tickets are on sale now at the Liberty Box Office 503.325.5922 Ext. 55 or tickets-west.com** SPONSORED BY – Coast Community Radio - KMUN Radio 91.9 FM and Fulios cultivating his own unique sound.

## Astoria High School Vocal Jazz Night



**T**HE AHS PORT CITY JAZZ CHOIR will be performing their start-of-year concert opening for their teachers. Matthew and Rebecca Pierce, will perform a selection of jazz standards and more contemporary charts. Matthew is the choral director at AHS & AMS. Rebecca is the French instructor at AHS & CCC. They have sung and performed together since meeting in the fall of 1998. Matthew is currently a member of Male Ensemble Northwest. Rebecca is currently a member of Chor Anno. Matt and Rebecca also perform occasionally as a jazz duo.

Proceeds from the performance will help the Port City students pay for their trip to the Frank DeMiero jazz festival in Seattle, WA in March. Additional donations are always welcome.

Friday, November 15, 7pm, \$5, AHS Auditorium on W. Marine Drive, Astoria.

KMUN 91.9

# BARSAMIAN SMALL IS BIG

An evening with David Barsamian

**MONDAY DECEMBER 2**  
7PM LOVELL ROOM - 14TH & DUANE  
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### LIVE MUSIC

Friday nights · 7 p.m. · Free · All ages welcome

**November 1 · Moody Little Sister Duo**  
**November 8 · Pilar French Intention**  
**November 15 · Freak Mountain Ramblers**  
Hilltop rock · Great Northwest Music Tour  
**November 22 · Doogan Holler**  
**November 29 · The Resolectrics**

### THANKSGIVING BUFFET

We'd be honored to host you and your friends and families for a delectable Thanksgiving buffet. We'll have all the classics, from roast turkey to stuffing, plus some sumptuous options you won't find anywhere else.

\$28 adults, \$16 kids 5-12; free for kids 4 and under · Res. req'd  
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### TEEN THEATER

The Astor Street Opry Company announces their new unique theater club for teens ages 14 to 17 at the ASOC Playhouse. Tuesdays afternoons starting October 8th 4-6pm to explore the craft of theater. The cost per student is only \$10 per month. For more information please call Mary at 503-791-7127 or our box office at 503-325-6104.

### ASOC PLAYHOUSE

129 West Bond Street  
in Uniontown Astoria

tickets online @  
astorstretoprycompany.com

ticket info call

ASOC Box Office: 503-325-6104

## Take an Irving Berlin Holiday! WHITE CHRISTMAS at the coaster.



White Christmas Cast: Front Row - Left to Right: John Grosshuesch, Ellen Blankenship, Abbie Bauer, Ann Bronson, Nancy McCarthy, Slab Slabinski. Back Row - Left to Right: Ellen Jensen, Bree Heavenrich, Darren Hull, Richard Bowman, Sue Meyers, Khris Frank, Dick Frank.

BASED ON the beloved, timeless film, this heartwarming musical adaptation features seventeen Irving Berlin songs and a book by David Ives and Paul Blake. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. The dazzling score features well known standards including "Blue Skies," "I Love a Piano," "How Deep is the Ocean" and the perennial favorite, "White Christmas." And of course, that unforgettable little drag number made famous by Danny Kaye and Bing Crosby, "Sisters!"

Directed by Patrick Lathrop, Musical Director - Rhonda Ringering, Vocal Coach - Doreen Dunlap, Choreographer - Lisa Fergus, Costume Designer - Jeanine Fairchild, Set Designer/Painter - Dmitri Swain, Lighting Designer - Mick Alderman

OPENING November 15 - Dec 29. Tickets \$23 or \$18. 7:30pm. Sunday shows 3pm. Talkback Thursday Dec 19. 503.436.1242/coastertheatre.com

## CHECK PLEASE! Dinner Theater at the Tsunami Grill

**PREPARE FOR** an evening of laughter! The Riverbend Players are stirring up long-suppressed memories about the "dating game" gone spectacularly wrong with the production of Check Please by Jonathan Rand. Join an ensemble cast of Riverbend Players as they explore what happens when people who shouldn't occupy the same planet are forced into the intimacy of a blind date. There is the couple that makes a beautiful cosmic connection, not surprising, since they are first cousins. Then, like, OMG, there's Jackie, Guy's online

friend; in person, she still communicates exclusively in capital letters...ROTFL? Then there is Dan the Movie Trailer Guy, who speaks exactly the way you are afraid he would. How about Dr. Donna, whose multiple personalities have their own extensive cell phonebooks... hate to have her bill?! And we mustn't forget Cleo the psychic. Palms? My dear, anyone can read palms. Cleo reads feet. One final word: Pirates! AARRGH! Yet we've hardly scratched the surface.

The cast, which portrays numerous zany characters, includes Sedona Torres, Linda Olsson, Mike Scott, Candace

Nelson, Dick Huneke, Marilyn Karr, Mike Sims, Judy Holmes, Ted Weissbach, Janet Robinson.

This dinner theater production is coming to the Tsunami Grill at 380 Marine Dr in Wheeler. Doors open at 5:30 for cocktail hour and dinner is served at 6:30. The performance begins at 7:30. Cost for a complete evening of dining and entertainment is just \$25 in advance, \$30 at the door.

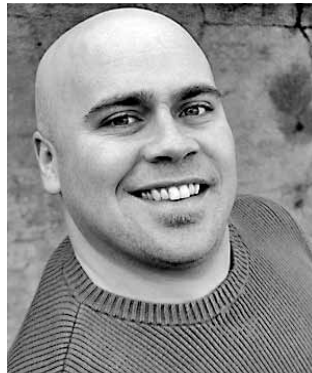
PERFORMANCES: November 15 - 16 and 22 - 23. Seating is limited. Reservations can be made by calling the Tsunami Grill at 503-368-3778.

## Back to Broadway at the PAC

IN HONOR of Clatsop Community College scholarship supporters and recipients, the CCC Foundation will host a benefit concert on Sunday, November 10 at 3:30pm in the CCC Performing Arts Center, 16th and Franklin, Astoria. Proceeds support the CCC Foundation Scholarship Fund.

Back to Broadway features local performers Deac Guidi, Ann Bronson, Dinah Urell and accompanist Susan Buehler. Guidi and Urell enjoyed performing several Broadway shows together at the PAC, as fundraisers for the Astoria Music Festival in its early development.

Tickets: \$15 at the door or call 503-338-2306. Please direct inquiries to: Patricia Warren, 503-338-2306; pwarren@clatsopcc.edu.



# MOVE!

Astoria Arts and Movement Center

THE ASTORIA Arts and Movement Center has a full schedule of dance opportunity this fall season. From Irish to Belly Dance, Zumba and Jazz.

Located at 342 10th St. in Astoria, 2nd Floor. For info about a specific class please contact the instructor directly through [www.astoriaartsandmovement.com](http://www.astoriaartsandmovement.com) Classes subject to change.

### AAMC WEEKLY SCHEDULE OF CLASSES

#### MONDAY

5:00-6:00pm Irish Dance with Gina Marie Newkirk

#### TUESDAY

9:00-10:00am Zumba Fitness with Nayelli Dalida  
5:30-6:30pm Ballet (all ages and levels) with Lyndsay Harris  
6:30-7:30pm Jazz with Marco Davis  
8pm Every Other Tuesday. Ecstatic Dance with Kim Hazel. Nov 4, Nov 18. \$10

#### WEDNESDAY

6:00-7:00pm Tap with Marco Davis  
7:00-8:15pm Belly Dance with Jessamyn Grace

#### THURSDAY

9:00-10:00am Zumba Toning with Nayelli Dalida  
6:00-7:00pm Ballet Stretch (all ages and levels) with Lyndsay Harris  
7:00-9:00pm Dream Workshop with Kim Hazel - PRE REGISTRATION REQUIRED

#### FRIDAY

3:00-4:00PM Irish Dance for Kids (ages 12 and under) with Gina Marie Newkirk  
5:30-6:45pm Kenpo Karate with Jon Belcher  
7:00-8:00pm Partner Dance with Marco Davis

#### SATURDAY

10:00-11:00am Parent & Child Class with Marco Davis

#### SUNDAY

5:30pm-6:30pm Zumba Fitness with Joy Sigler

### ASOC: New Works Submissions

The Astor Street Opry Company is seeking an original full length stage play for the The "New Works Northwest Coast" for production at the ASOC Playhouse in May 2014. Along with proposals for Winter Children's Theatre show ideas and Director Candidates to be produced in March 2014.

For The "New Works Northwest Coast" produced at the ASOC Playhouse in May 2014. Submissions may be made between November 1st 2013 to January 15th 2014. All work must be suitable for family audiences with comedy, drama or anything in between considered. Winners will be judged by a selected panel of theatrical experts who are seeking plays well written, perceptive and entertaining. The plot, character development and motivation need to be complete in addition to appropriate technical requirement.

Please submit FIVE COPIES (No originals, please) to: ASOC Original New Works Northwest Coast Script Submissions c/o Anne MacGregor, 101 Madison Avenue #2D Astoria Oregon 97103. (No scripts will be returned unless returned envelope with postage is included). Include a Title Page for each script that states names of all authors along with addresses, phone numbers and email addresses. Subsequent pages should include only manuscript title and page number.

By entering this contest you are stating that the script is your own work. No adaptation of other authors, stage plays, monologues, short stories or screen plays will be accepted. The author retains all other rights to his/her work. If selected for production a new rights agreement will be signed by the author and the ASOC to produce the winning script. However, ASOC makes no commitment to produce any script. For more information please call Anne at 503-338-3826.

The ASOC Production COMMITTEE is also seeking by November 1st 2013 proposals for Winter Children's Theatre show ideas and Director Candidates to be produced in March 2014. For more information please call Mary Ritter at 503-791-7172. To receive a proposal form in a PDF or Word File please email Judith at [jniland@pacifier.com](mailto:jniland@pacifier.com)

## Monday 4

### MUSIC

**Yassou Benedict.** Rock/Pop. No cover, 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

**Oregon Coast Poker Championships: DeepStacks Poker Tour.** At Chinook Winds in Lincoln City.

## Tuesday 5

### ART

**Portrait Unveiling & Reception.** Artist Jean-Marie Chapman will unveil a new portrait, "The Mousers," during a champagne reception. 2pm at the Cannon beach Hotel.

**Monthly Photo Salon.** 7 – 9pm at the Hoffman Center in Manzanita.

### FOOD & DRINK

**Iron Chef Goes Coastal.** \$35 - \$60, at the Seaside Convention Center. clatsopunitedway.org/iron-chef-goes-coastal-2

### OUTSIDE

**Weekly Bird Survey.** No birding experience required. Binoculars recommended, and there are a few binoculars that first-timers may borrow. The survey will cover several diverse habitats within the park, accessed by walking and driving. 9am at Battery Russell, Fort Stevens State Park, Hammond.

**Wild Mushroom Hike.** The hike will focus on the varieties of wild mushroom that grow in the area. Participants should dress for the weather and bring a basket, pocket knife and mushroom identification book, if they have one. Participants can also bring mushrooms for identification. The hike is about 1 mile round trip. No registration is necessary. 1pm at Battery Russell, Fort Stevens State Park, Hammond.

## Wednesday 6

### MUSIC

**Carolyn Mark.** Alt Country. No cover, 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

**APA Pool Tournament.** At Chinook Winds in Lincoln City.

## Thursday 7

### MUSIC

**Br'er Rabbit.** No cover, 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

**Christmas Bazaar.** St. Mary's Parish will hold its annual Christmas bazaar. Lunch and desserts will be available for purchase. 10am – 4pm at St Mary's catholic Church in Seaview.

**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.

**November at the Nook Fundraiser.** It's a fun-filled culinary evening featuring lite bites from local chefs and music by Wes Wahrmond, wine tasting, raffle prizes and holiday gifts for purchase. 5:30 - 7:30pm at the Natural Nook in Gearhart.

**APA Pool Tournament.** At Chinook Winds in Lincoln City.

### LECTURE

**Science On Tap.** Wapato for the People. With Melissa Darby, principal investigator for Lower Columbia Research and Archae-

ology, will provide information on traditional harvesting and preparation techniques of wapato root and its significance to the people of the region. Free admission, 7pm at the Fort George Lovell Showroom in Astoria.

### LITERARY

**Storytime for Grownups.** With Liz Cole. \$5 suggested donation, 7pm at the Hoffman Center in Manzanita.

## Friday 8

### MUSIC

**Pacific University Chamber Singers.** Admission: donations accepted. 7pm at the Lincoln City Cultural Center.

**Pilar French Intention.** Funk/Blues. No cover, 7pm at the Sand Trap Pub in Gearhart.

**The Local Strangers.** No cover, 9pm at the Adrift Hotel in Long Beach.

### CINEMA

**Movies @ the Library.** Free, popcorn provided, 3:30pm at the Raymond Timberland Library.

### FOOD & DRINK

**Wild Mushroom Celebration.** Wild Mushroom Dinner. Featuring wild game and foraged fare. Wines from Owen Roe will be paired with four courses. Reservations required. 7:30pm at the Depot Restaurant in Seaview. 360-642-7880

### HAPPENING

**Ocean in View Cultural Weekend.** Speakers, bus and walking tours, Chinook tribal seafood dinner and book signings. Events on the Long Beach Peninsula. columbiapacificheritagemuseum.org/news-events/ocean-in-view-lecture-series

**Christmas Bazaar.** St. Mary's Parish will hold its annual Christmas bazaar. Lunch and desserts will be available for purchase. 10am – 4pm at St Mary's Catholic Church in Seaview.

**Honoring Veterans Celebration.** Informal gathering at 5pm, music by Jewell School Band 5:20pm. At CCC in Astoria.

**Women Only Weekend.** A pre-holiday shopping event in Cannon Beach. FMI, check out their Facebook page: Women Only Weekend Cannon Beach, Oregon.

**APA Pool Tournament.** At Chinook Winds in Lincoln City.

### LITERARY

**Inflectionist Poetry Performance.** Astoria Poet Florence Sage hosts Portland Poetry

**Movement, The Inflectionist Review, with founders John Sibley Williams and A. Molotkov.** Also local poets, Jim Dott, Anne Splane Phillips and Nancy Cook. Doors open 7pm. \$8. Cocktails and light fare. KALA, 1017 Marine Drive in Astoria.

## Saturday 9

### MUSIC

**Acustica World Music.** 2 – 5pm at the Paulson Pavilion of the Liberty Theater in Astoria

**Tom May.** Folk. \$12, 5pm at the Peninsula Arts Center in Long Beach.

**Dan Hicks and the Hot Licks.** \$15 - \$30, 7:30pm at the Liberty Theater in Astoria.

**Los Desintersados.** Ma Barley, former Astoria Reggae band morphs into a trio - jam rock, originals and covers, featuring Terry Erickson, Mark Erickson and Brigado Eduardo. \$3 cover, Cocktails. 8:30pm at KALA in Astoria.

**Andy Stokes.** No cover, 9pm at Roadhouse 101 in Lincoln City.

**The Blackberry Bushes.** Bluegrass. No cover, 9pm at the Adrift Hotel in Long Beach.

**Paradox.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

**Sockeye Sawtooth.** 9pm at the Snug Harbor Bar & Grill in Lincoln City.

### ART

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

### CINEMA

**Family Movies @ the Library.** Free, 1pm at the Ocean Park Timberland Library.

### FOOD & DRINK

**American Legion Breakfast.** At Deep River Hall. FMI, call 360-465-2215

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

**Chinook Indian Nation Seafood Dinner & Silent Auction.** Dinner, Native Arts and Crafts silent auction, raffles and door prizes. \$15, 4- 7pm at the Columbia Pacific Heritage Museum in Ilwaco.

**Seed Exchange.** Bring seeds to exchange, if you wish. Place your seeds in small envelopes or zip-sealed baggies. Mark seed packets as to plant, variety, where you grew them, how they did and other information. Refreshments will be served. Anyone is welcome, whether you have seeds or not. Free, 11am- 1pm at Brim's Farm & Garden near Astoria.

**Wine Tasting.** Antinori (Italian). 1 – 4pm at the Cellar on 10th in Astoria

**Winemaker's Dinner.** Antinori. 6pm, reservations required. At the Cellar on 10th in Astoria. 503-325-6600

### OK Ranch Mobile Meat Market.

Pasture-raised beef, pork, and chicken for sale, raised in Tillamook County. You can also order pastured turkey for Thanksgiving. The Mobile Meat Market will make stops in Manzanita, Cannon Beach, and Seaside. FMI, call 503-322-3546 or email theokranch@gmail.com

**Chowder Cook-Off.** Event features "Best Chowder" competition, local beers and wines, live music, face-painting and more. \$5 admission buys 10 tasting-sized portions. Noon – 6pm at the Tanger Outlet Center in Lincoln City.

### HAPPENING

**Fall Festival.** An entertaining and educational afternoon about what life was like 100 years ago. Take a tour of the museum and then be sure to stick around for a scavenger hunt! Snacks will be served. 1pm at the Northwest Carriage Museum in Raymond.

**Christmas Bazaar & Bake Sale.** Soup Bar opens at 11am. 10am- 3pm at Naselle Lutheran Church.

**Bay Center Womens Club Holiday Bazaar.** 9:30am – 3:30pm at the Bay Center Community Center.

**Ocean in View Cultural Weekend.** Speakers, bus and walking tours, Chinook tribal seafood dinner and book signings. Events on the Long Beach Peninsula. columbiapacificheritagemuseum.org/news-events/ocean-in-view-lecture-series

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

**4-H Lock-In.** Youth in grades 4 through 6 will play games, make crafts and swim at this 4-H sponsored overnight lock-in. Counselors will be 4-H teens with adult supervision. Space is limited and you must register by 10/28. For more information or to sign up, contact the OSU Extension office at 503-325-8573. Starts at 8pm at KOA in Hammond.

**Dog Training Program.** With Diane Morrow. The demonstrations at this event will include "Basic Companion", "Rally Obedience", and "Canine Scent Work". Due to space limitations attendees may not bring their own animals. 1pm at the Seaside Public Library.

**Women Only Weekend.** A pre-holiday shopping event in Cannon Beach. Free Zumba class, 11am at the Cannon Beach Chamber Meeting Hall. FMI, check out their Facebook page: Women Only Weekend Cannon Beach, Oregon.

**Native American Heritage Festival.** Free festival with lectures and presentations, complimentary food, and make-and-take children's art activities. Noon – 4pm at the Lincoln City Cultural Center.

**APA Pool Tournament.** At Chinook Winds in Lincoln City.

### LITERARY

**Book Signing and Art Exhibit.** Editor and author Bob Baxter will present his new book "Tattoo Road Trip - The Best of Oregon". 6 – 8pm at Hold Fast Tattoo Company in Seaside.

### OUTSIDE

**Free Admission to all WA State Parks.**

## Sunday 10

### MUSIC

**Back to Broadway Concert.** \$15, 3:30pm at the PAC in Astoria.

**The Blackberry Bushes.** Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

**Scott Pemberton Trio.** No cover. 8pm at Fort George Brewery & Public House in Astoria.

**Hannah & Fred.** 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

### ART

**Opening House Reception.** Journey Through Nature quilt exhibit. Noon – 4pm at the Latimer Quilt & Textile Center in Tillamook.

### FOOD & DRINK

**Tillamook Traditions.** A Pioneer Experience, an afternoon celebrating Tillamook Food & Farm Traditions. From noon to 4 there will be soup, fresh baked bread, hot cider, pie & ice cream. There will be high value raffle items, pioneer exhibit & photo collections. Tickets are adults \$12/couples \$20/kids \$5 (12 & under). Noon to 4pm at Fairview Grange in Tillamook. FMI call 503-812-9326.

### HAPPENING

**Ocean in View Cultural Weekend.** Speakers, bus and walking tours, Chinook tribal seafood dinner and book signings. Events on the Long Beach Peninsula. columbiapacificheritagemuseum.org/news-events/ocean-in-view-lecture-series

**Women Only Weekend.** A pre-holiday shopping event in Cannon Beach. FMI, check out their Facebook page: Women Only Weekend Cannon Beach, Oregon.

*Listings continued on pg. 21*

## MORE MUSIC



## Dragging an Ox Through Water

**BRIAN MUMFORD** is the front-right perfect in the comfy Sou'wester lounge. Music every Saturday through November. **Saturday, November 16, 7pmish. Sou'wester in Seaview.**

## Dearborn



**DEARBORN IS** made up of Portland natives Natalie, Allie, and Meegan Closser - a family trio that formed when Natalie leveled up from her solo singer/songwriter career. Dearborn is the resulting sound of an acoustic folk/pop/soulful trio singing about being young and human. Expect to hear honest words and genetically perfected harmonies.

**Thursday, November 21, 8pm, Fri. Nov 22, 9pm. @ the pickled fish/Adrift Hotel, LB Peninsula.**

## The Resolectrics

**RESOLECTRICS AT** heart are a Resolectrics' electrifying live performances showcase the group's dedication to drummer, Les Ismoore's motto: "Feel is King". **Friday, Nov 29, 7pm, Sandtrap in Gearhart.**



## Crossing Boundries: The Intersection of Image and Spirit Quilt Artist Constance Waisanen at Cannon Beach History Center

**THE CANNON** Beach History Center & Museum enjoys the return of Astoria quilt artist Constance Waisanen. *Crossing Boundaries: the Intersection of Image and Spirit* opens on Saturday, November 2nd, and will be on display through January 2014.

The show was born from an experiment creating monotypes on fabric using gelatin plates. The artist found joy using the gelatinous surface to create permanent "ghost images" onto the fabric. She also delved into the darker fabrics and used the "Shibori" method to create unique pieces. Shibori is a Japanese hand dyeing technique that dates to the 8th century. The first example was found on a piece donated by the Emperor Shomu to the Todai-ji in Nara.

"Two sources provided the inspiration for this exhibit, the ubiquitous crow and the deciduous leaf. Both are deeply connected to my Minnesota childhood. As a young girl, I raised a baby crow from naked awkwardness to full feathered glossy black. "Fred" was never captive, but he chose to stay with my family. He would ride on my father's shoulder as he worked the fields on his tractor and fly alongside my mother's car to the country school where she taught. He learned which window to tap on to be invited in to visit with the children, myself and my brothers. This was my first encounter with crow wisdom and connection to the spirit world."

Waisanen is a creative and innovative quilter. She transfers original drawings to freezer paper templates, which are used to cut precise individual pieces. Her selection of fabric ranges from commercial batiks, to conversation prints, to fabric that she has hand dyed or painted."

See and experience this evocative exhibit on display now through January 2014.

CB History Center and Museum is located at 1387 S Spruce St, Oregon · (503) 436-9301. visit [www.cbhistory.org](http://www.cbhistory.org)



## Stirling Gorsuch At Forsythia

**NEWLY OPENED** Fine Art, Home & Garden decor shop in Astoria, Forsythia hosts monthly artists.

November Art Walk brings a physical and emotional energy with it and Stirling Gorsuch captures it well in his large scale landscapes. Forsythia hosts this emerging artist and printmaker who was raised on the north Oregon

coast and is a recent graduate of Clatsop Community College., and now attending the Oregon State Printmaking Program. Gorsuch primarily uses relief & intaglio printing techniques with subject matter strongly influenced by the natural beauty of the Pacific Northwest. Forsythia also welcomes ceramic artist Sonja Korpela and her intricately decorated vessels. Her functional art pieces are food safe so feel free to fill them with your favorite recipes.

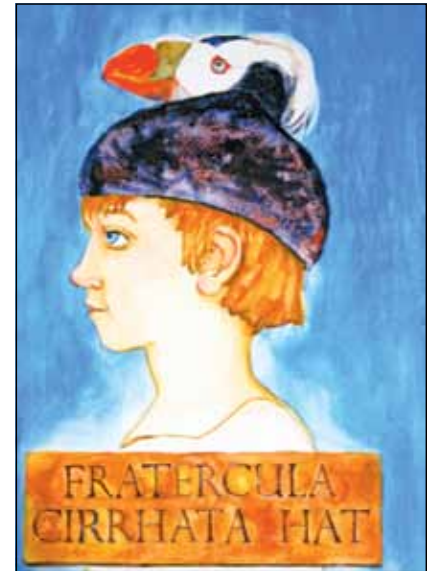
Forsythia is located at 260 10th Street & opens at 11!



## Drenda Duff CBAA Artist Grant Show

**DURING THE** Stormy Weather Arts Festival weekend and month of November, the Cannon Beach Gallery features local artist, Drenda Duff, winner of the 2011 CBAA Artist Grant. The exhibit includes original watercolor illustrations, ink cartoons, and sample writings of "Art is the Beach" an inter-active book covering art concepts and activities for middle grade children. The self-published book will be available in Summer 2014.

The Cannon Beach Gallery is located at 1064 S. Hemlock. (503) 436-0744



## Gifts from the Garden Christine Trexel at Tempo Gallery



"**GIFTS FROM** the Garden" features a variety of handmade boxes and books created from handmade papers by artist Christine Trexel. "My paper is made from plants that I have gathered in the garden, been given by friends, or harvested from the roadside. The plants become paper; the paper decorates the covers of the books that I bind, and the boxes that I construct. The beauty of the original living plant plays a role in how

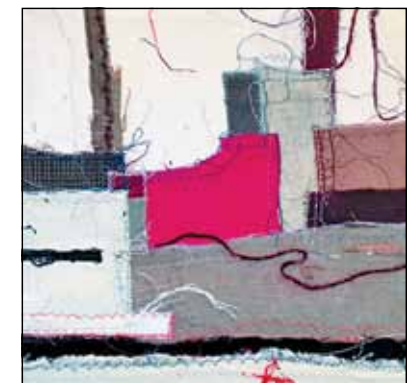
I choose to use the paper and whether I enhance it further with inclusions or color. I view my blank journals and boxes as receptacles that will receive the thoughts of others or their more tangible treasures. Working with paper gives me great joy and I am continually amazed by my gifts from the garden."

Tempo Gallery is located at 1271 Commercial Street in Astoria.



## Allyn Cantor Award Winner at the Mill Valley Fall Arts Festival.

**DUMMU DUMMY DUMMY**"Gifts from the Garden" features a variety of handmade boxes and books created from handmade papers by artist Christine Trexel. "My paper is made from plants that I have gathered in the garden, been given by friends, or harvested from the roadside. The plants become paper; the paper decorates the covers of the books that I bind, and the boxes that I construct. The beauty of the original living plant plays a role in how I choose to use the paper and whether I enhance it further with inclusions or color. I view my blank journals and boxes as receptacles that will receive the thoughts of others or their more tangible treasures. Working with paper gives me great joy and I



am continually amazed by my gifts from the garden."

DUMMU Tempo Gallery is located at 1271 Commercial Street in Astoria.

## Journeys Imagined/Reimagined: Lewis & Clark Trail and Trees

At LightBox Gallery in Astoria

LightBox Photographic Gallery hosts two respected members of the Portland photographic community. Chris Bennett, founder and director of Newspace Center for Photography and Ann Kendellen, a volunteer and board member of Blue Sky Gallery for the past 30 years.

The exhibit, "Along the Way" by Chris Bennett is a visual documentation of the modern day route of the Corps of Discovery led by Meriwether Lewis and William Clark between 1803-1806. In 2010 and 2011. Chris followed along the entire route by car back to River Camp



Chris Bennett

DuBois near St. Louis, Missouri, photographing historical sites as well as other places discovered along the way. Some of these places are pristine and untouched, perhaps exactly how the Corps of Discovery might have viewed them. Others have been affected by the contemporary American landscape, with houses, farms, Dams, factories and cities built up around it. These places might not be known for their historical significance, but capture the modern culture and embody the presence of the Corps of Discovery once passing through the area.

Ann Kendellen interests lie with people. How we impact, respond to, and change our environment is one facet of a project like "Trees: Real and Imagined". While wandering through towns from British Columbia to Louisiana, Ann finds herself captivated by trees. The tree is a potent symbol. It can suggest beauty and happiness, protection and strength, or balance and healing. Individual trees represent very particular characteristics. In an urban habitat trees may survive and even thrive. They can spring from cracks in concrete, reaching up to light and life. The tree's deep relationship with us, like its living branches or sketched leaves, remains both real and imagined.

2nd Saturday Art Walk in Astoria, 5-9pm, through Dec 3. Also check out LightBox's Mobile Magic exhibit, a monthly display of the artistry of cell phone photography. LightBox is located at 1045 Marine Drive in Astoria. 503.468.0238.

## Even A Vapor

Timothy Peitsch: Portraiture

Artist Timothy Peitsch, a fifth generation Astorian will be exhibiting a collection of portraiture based on historic characters. Peitsch who has held a long time fascination for the history of his home brings to life through exquisite and skillful renderings, the iconic individuals who helped shape the legend and lore of the oldest settlement on the west coast. Even A Vapor opens for Astoria's 2nd Saturday Artwalk, Nov 9.

Besides his skill as an artist, Peitsch has worked in marine construction alongside his father for many years. As a pile buck, he has participated in maintaining the historical structures and docks that line



John Colter by T. Peitsch

the banks of the lower Columbia, providing a window to what was. About this series, Peitsch states; " Through the use of portraiture (and costume) I am able to capture the timeframe of each individual. So many things around us are changing and marking time without any of us even taking note. All is evolving at an exponential rate in our society. Through this series of work, I am attempting to slow down and mark out some of the things that have shaped and changed my life and our community."

The exhibition promises to be a stunning visual illustration of history, with such individuals as explorer John Colter and brothel proprietor John J. Kenney, taking their place in the conversation. Peitsch's work provides an insightful glimpse into local lore that promises to compel and enlighten. The collection is a beautiful marriage of history and fine art.

Imogen Gallery is located at 240 11th Street, open Monday through Saturday, 11 to 5, 11 to 4 Sunday, closed Wednesdays.

••• music • visual arts • literary lecture • outdoor • theater •••

**APA Pool Tournament.** At Chinook Winds in Lincoln City.

### LECTURE

**Three WWII Teens to Share Memories.** Three World War Two teenagers will share memories of life on the Central Oregon Coast during the War and share memories of the front. The program will be facilitated by Storyteller G. Mick McLean who encourages participation from the audience and will provide Wartime posters and photos. Free, 2pm at the Driftwood Public Library in Lincoln City.

### OUTSIDE

**Free Admission to all WA State Parks.**

## Monday 11

### MUSIC

**The Flannel Attractions.** No cover, 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

**Veterans Day Celebration.** Honoring Past & Present Veterans & Celebrating Vietnam-Veterans. SOS Breakfast, live music, guest speaker and Traveling Military Museum. 6am - 11am at the Tillamook Air Museum. tillamookair.com/news-events

## Tuesday 12

### LITERARY

**Lunch in the Loft.** Karen Karbo joins us Tuesday, November 12 to share her latest in her "Kick Ass Women" series - Julia Child. There will be a catered Julia Child-inspired lunch. Noon at Beach Books in Seaside. FMI and to RSVP, call 503-738-3500

## Wednesday 13

### FOOD & DRINK

**Spice Class.** The Spices of Italy. Free, 6pm at Pat's Pantry in Astoria.

### HAPPENING

**College Night in Oregon.** This free event is focused on High School Seniors and their parents but adults interested in starting college may attend. The presentations will include college-related topics such as how to choose a college that is right for you, understanding the financial aid process and scholarship information. 6pm at Room 219, Columbia Hall, at CCC in Astoria.

**Night of all Knowledge Trivia Tournament.** A team trivia tournament with prizes and loads of fun. Free, 6pm at the Seaside Library.

### LECTURE

**The World of Haystack Rock Lecture Series.** Connecting with Your Community through Coast Watch. With Fawn Custer. Do you take walks on the beach? Have you found unusual animals, plants or items? Have you seen what appears to be debris from the 2011 tsunami? Are you interested in learning what they may be our how to report your findings? If the answer is yes to any or all of these questions, please join us as Fawn explains the CoastWatch volunteer, adopt a mile, program and give you links to the resources you need. Free, 7pm at the Cannon beach Library.

## Thursday 14

### MUSIC

**Secretary.** No cover, 8pm at the Adrift Hotel in Long Beach.

### ART

**Artist Presentations: Connection to Place Exhibit.** Terri Warpinski, Nate Manny

and Melissa Mankins present their work and process. Free and open to the public. 3pm at room 115 in the CCC Art Center in Astoria.

**Opening Reception.** Photography/Graphic Design Show. 6pm at the Art Center Gallery at CCC in Astoria.

### LECTURE

**Beers to Your Health Lecture Series.** Details TBA. Free, 6pm at the Lovell Showroom at Fort George in Astoria.

## Friday 15

### MUSIC

**AHS Port City Jazz Choir.** \$5, 7pm at the Astoria High School Auditorium.

**Freak Mountain Ramblers.** Rock/Bluegrass/Alt Country/Country-Blues. No cover, 7pm at the Sand Trap Pub in Gearhart.

**Secretary.** No cover, 9pm at the Adrift Hotel in Long Beach.

### CINEMA

**Movies @ the Library.** Free, 3:30pm at the Raymond Timberland Library.

### HAPPENING

**Holiday Bazaar.** At St James Family Center in Cathlamet. 360-849-4181

**Oregon Shakespeare Festival.** Local performance. Ilwaco High School Jazz Band, Bayside Singers Madrigal Group and Naselle High School Marimba Band will open the festival at 6:30 PM. Medieval foods and beverages will be offered. At Chinook School Event Center. FMI 360-777-8859

**TCF Holiday Fair & Bazaar.** Noon - 7pm at the Tillamook County Fairgrounds.

### OUTSIDE

**McMenamins Championship Golf Tourney.** \$55/player, cart rental \$15/player. Noon shotgun start at the Gearhart Golf Links.

### THEATER

**Check Please.** Comedy dinner theater. \$30 (includes dinner), doors open at 5:30pm for cocktail hour, dinner at 6:30pm. \$30, reservations are suggested as seating is limited. At The Tsunami Grill in Wheeler. 503-368-3778

**White Christmas.** A holiday musical. \$8 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 16

### MUSIC

**Columbia River Symphony.** Free, 7pm at the Masonic Lodge in Astoria.

**Mark Nelson.** \$14, 7pm at the Lincoln City Cultural Center.

**Dragging an Ox Through Water.** No cover, 8pm at the Sou'wester Lodge in Seaview.

**The Kingpins.** 9pm at the Snug Harbor Bar & Grill in Lincoln City.

**The Lowest Pair.** No cover, 9pm at the Adrift Hotel in Long Beach.

**The Ocean.** No cover, 9pm at Roadhouse 101 in Lincoln City.

**Tony Smiley.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

### FOOD & DRINK

**Wine Tasting.** Wines for Thanksgiving. 1 - 4pm at the Cellar on 10th in Astoria

**Seaside Downtown Wine Walk.** \$7.50 for glass and ID bracelet, there may be a fee for tastings. 4 - 7pm. Hosted by various merchants in downtown Seaside.

### HAPPENING

**Holiday Bazaar.** At St James Family Center in Cathlamet. 360-849-4181

**Game Day at the Library.** Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 - 4pm at the Astoria Public Library.

**TCF Holiday Fair & Bazaar.** 10am - 5pm at the Tillamook County Fairgrounds.

**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.

**Pumpkin Sprint Swim Meet.** Swimmers from throughout the Northwest will compete in this annual meet. 8am - 3pm at the Lincoln City Community Center.

**Restoration Pow Wow.** At Chinook Winds in Lincoln City. 888-CHINOOK

### HEALTH

**Planning for the End of Life Seminar.** Presentations include Hospice Support, Being with the Dying, Experiencing Grief, End Stages of Alzheimers, Planning Ahead, and Final Arrangements. 9am - 12:30pm at the Columbia Center, Coho Room in Astoria. FMI or to register, call 503-861-4202

### LITERARY

**Schafer Brothers Logging Film & Book Signing.** Watch recently restored films of 1926 logging operations of one of the largest lumber businesses in the Northwest. Following the 45-minute film, Peter Reid and Barbara Seal Ogle will talk about their just-released book, "Schafer State Park." Free, 11am at the Raymond Timberland Library and 2pm at the Naselle Timberland Library.

**Poetry Appreciation.** Poetry, Poems, and Poets will be discussed during this hour-long group meeting. 2 - 3pm at Necanicum Village assisted Living and Memory Care in Seaside.

**Manzanita Writer's Series.** Author Christopher Lord will read from his book "The Edwin Drood Murders". Open Mic follows. \$7, 7pm at the Hoffman Center in Manzanita.

**Writers on the Edge.** Author and editor Charles Finn will read from his work. Open Mic follows. \$6, 7pm at the Newport Visual Arts Center.

### THEATER

**Check Please.** Comedy dinner theater. \$30 (includes dinner), doors open at 5:30pm for cocktail hour, dinner at 6:30pm. \$30, reservations are suggested as seating is limited. At The Tsunami Grill in Wheeler. 503-368-3778

**White Christmas.** A holiday musical. \$8 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 17

### MUSIC

**Diane Lines.** Jump Blues. \$15, 2pm at the Historic Raymond Theater in Raymond.

**Columbia River Symphony.** Free, 3pm at the Hilltop Auditorium in Ilwaco.

**The Lowest Pair.** No cover, 8pm at the Adrift Hotel in Long Beach.

**Live Music.** No cover. 8pm at Fort George Brewery & Public House 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.

### LECTURE

**In Their Footsteps Lecture Series.** Reading the West - and Surviving There: Explorers, Traders, and Missionaries at the Mouth of the Columbia. With Albert Furtwangler. 1pm at the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

## Monday 18

### MUSIC

**The Plastic Arts.** No cover, 8pm at the Adrift Hotel in Long Beach.

### 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

### HAPPENING

**Tillamook County Farm Bureau's Annual Meeting & Dinner.** There will be reports, elections of officers, fun, food, auction and great music. \$12.50, at the Officers Mess Hall at the Port of Tillamook. Reservations required, call 503-842-4877.

## Wednesday 20

### HAPPENING

**Pinkalicious.** It's Pinkerrific! It's Pinktastic! It's "Pinkalicious" by Victoria Cann! Wear your pink and join librarians for the story of Pinkalicious, her favorite games, activities, crafts and refreshments. Refreshments provided. Free, 3:30pm at the Naselle Timberland Library.

## Thursday 21

### MUSIC

**Dearborn.** Folk/Pop/Soul. No cover, 8pm at the Adrift Hotel in Long Beach.

### 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

**Nature Matters Lecture Series.** Details TBD. Free, 6pm at the Fort George Lovell Showroom in Astoria.

### LITERARY

**Author Presentation.** Travel down "Thunder Road" with author Peter Ames Carlin as he tells the story of, "Bruce" Springsteen, that is. Free, 7pm at the Seaside Library.

## Friday 22

### MUSIC

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

**Doogan Holler.** Blues/Americana. No cover, 7pm at the Sand Trap Pub in Gearhart.

**Scotty McCreery.** \$30 - \$45. At Chinook Winds in Lincoln City. 888-MAIN-ACT

**Dearborn.** Folk/Pop/Soul. No cover, 9pm at the Adrift Hotel in Long Beach.

**Sassparilla.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

### CINEMA

**Movies at the Library.** Free, 3:30pm at the Raymond Timberland Library.

### HAPPENING

**Turkey Bingo.** At the JAWendt Multipurpose Room in Cathlamet. 360-795-3480

## Friday

### MUSIC

**Bill Hayes.** Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.

**Mix & Mingle Jazz Night.** With jazz guitarist Wes Wahrmond & friends. Refreshments will be served. Free, 6 – 8:30pm at the Cannon Beach Gallery.

**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, 7-11pm at Sweet Basil's Café in Cannon Beach.

**Open Mic.** Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo's Brew & Cork in Astoria.

### 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.

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

### HAPPENING

**Indoor Winter Farmers Market.** 4 – 5 farmers will vend every week. 2 – 5pm at the Nehalem Beehive.

### 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.

**Bruce Thomas Smith.** Acoustic. 7:30pm at Moody's Supper House in Seaside.

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

### 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 seasidelibrary.org

## Wednesday

### MUSIC

**George Coleman.** Pop/Jazz/Folk/Rock. 5:30 – 9pm at Shelburne Restaurant and Pub in Seaview.

**The Coconuts.** Swing/Jazz/Country/Bluegrass/Folk. 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.

**Jam Session.** No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.

**Moody's Music Jam.** Bruce Thomas Smith will host a music jam every Wednesday. Everyone is welcome. 7 – 9pm at Moody's Supper House in Seaside.

**Dan Golden.** World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.

### 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

**Brian O'Connor.** Jazz. 6pm at the Shelburne Inn in Seaview.

**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.

**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

**Trivia Night.** Bring a team or just bring yourself and test your knowledge of useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria.

**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.

**Nature's Art Gem & Mineral Show.** At the Lincoln City Cultural Center. 541-994-9994

### THEATER

**Check Please.** Comedy dinner theater. \$30 (includes dinner), doors open at 5:30pm for cocktail hour, dinner at 6:30pm. \$30, reservations are suggested as seating is limited. At the Tsunami Grill in Wheeler. 503-368-3778

**White Christmas.** A holiday musical. \$8 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 23

### MUSIC

**Musee Mecanique.** No cover, 8pm at the Sou'wester Lodge in Seaview.

**Scotty McCreery.** \$30 - \$45. At Chinook Winds in Lincoln City. 888-MAIN-ACT

**The Get Ahead Band.** No cover, 9pm at Roadhouse 101 in Lincoln City.

**Sean Flinn & the Royal We.** No cover, 9pm at the Adrift Hotel in Long Beach.

**Thorn.** 9pm at the Snug Harbor Bar & Grill in Lincoln City.

### FOOD & DRINK

**Wine Tasting.** Pinot Noir #5. 1 – 4pm at the Cellar on 10th in Astoria.

**Spaghetti Dinner & Auction.** Adults are \$10 and children 12 and under are \$3

for all you can eat spaghetti, salad, bread and dessert. 5 – 8pm at the Astoria Moose Lodge.

**Grow the Coast.** A conference on farming, food, and community resilience. \$20, 9am – 4:30pm at the Seaside Convention Center. FMI and to register: growthecoast.eventbrite.com/

### HAPPENING

**50th Anniversary of Dr Who.** Compete against fellow Whovians in a fish finger and custard eating contest, a trivia competition and a scavenger hunt. Who-themed crafts will be set up for every skill level. Free, 1pm at the Raymond Timberland Library.

**Nature's Art Gem & Mineral Show.** At the Lincoln City Cultural Center. 541-994-9994

### THEATER

**Check Please.** Comedy dinner theater. \$30 (includes dinner), doors open at 5:30pm for cocktail hour, dinner at 6:30pm. \$30, reservations are suggested as seating is limited. At the Tsunami Grill in Wheeler. 503-368-3778

**White Christmas.** A holiday musical. \$8 - \$23, 7:30pm at the Coaster Teater in Cannon Beach.

## Sunday 24

### MUSIC

**Sean Flinn & the Royal We.** No cover, 8pm at the Adrift Hotel in Long Beach.

**Live Music.** No cover. 8pm at Fort George Brewery & Public House in Astoria.

### FOOD & DRINK

**Beer Tasting.** Fort George Beer and Anthem Cider. Noon at the Astoria Co-op.

### HAPPENING

**Festival of Trees.** Kickoff with Santa, music caroling and more. Afternoon in downtown Cathlamet. Trees remain on display through December 14.

## Thursday 28

### FOOD & DRINK

**Thanksgiving Dinner Buffet.** \$28 for adults, \$16 for kids 5 – 12, free for kids 4 and under. Reservations required. 1 – 7pm at the Sand Trap Pub in Gearhart. 503-717-8150

## Friday 29

### MUSIC

**The Resoelectrics.** Bluesy riffs and swamp grooves. No cover, 7pm at the Sand Trap Pub in Gearhart.

### ART

**Peninsula Arts Association Studio Tour.** Visit local artists and their work. At many locations on the Long Beach Peninsula. FMI beachartist.org

### HAPPENING

**Holidays at the Beach.** There will be a free showing of "Polar Express" at the

Neptune Theater hosted by Mrs. Claus. Kids, wear your favorite jammies and bring your favorite toy! Prizes will be given for the best pajamas! After the show, the kids can take part in a downtown holiday parade on the Long Beach Trolley with Santa and Mrs. Claus. Starts at 1pm in Long Beach.

**Santa Lucia Festival of Lights.** \$1, 6pm at Astoria High School.

**Seaside Holiday Gift Fair.** Free admission, noon – 5pm at the Convention Center in Seaside.

**Pacific Power Parade of Lights – Community Tree Lighting.** Join in with the caroling as the end of the parade passes you, ending in Downing Square. Hang out for more caroling, the lighting of the Seaside Tree and complimentary cookies and warm beverages. 7pm in downtown Seaside.

**Mimosa Madness and Gift Wrapping Event.** 8am – 11am in Cannon Beach. cannonbeach.org/events/Main-Events/Haystack-Holidays

**Community Fire Sale/Tree Lighting Holiday Bazaar.** In Rockaway Beach. FMI 503-355-8108

**Not Quite 11th Hour Santa Holiday Fair.** At the Lincoln City Cultural Center.

**Community Tree Lighting Celebration.** Lighted tree, choir music, refreshments, make-and-take ornaments and a visit from Santa. At the Lincoln City Cultural Center. 541-994-9994

## NEW RELEASE:

### Salmon People and Place: A Biologists Search for Salmon Recovery.

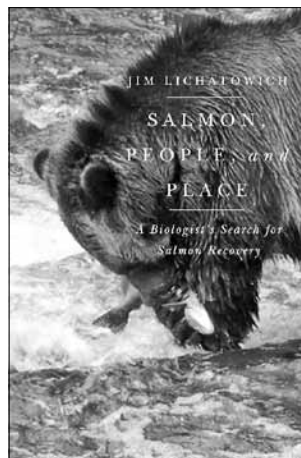
By Jim Lichatowich

JIM LICHATOWICH has worked as a salmon biologist for 43 years. In his new book, *Salmon, People and Place*, Jim tells us what he has learned about the salmon's problem and projects that learning into actions needed to recover a substantial part of the salmon once prodigious productivity. The book's writing is accessible to the average citizen and yet, it will inform working professional biologists and fishery students.

Salmon, People and Place takes the reader through the myths, and assumptions and beliefs, of what Licatowich calls our salmon story, which underlies salmon management and recovery programs. He explains how that story has for over a century not only failed to conserve the salmon, but contributed to their depleted state. The plot of this sad story is belief that the productivity of natural salmon-sustaining ecosystems could be duplicated by fish factories (hatcheries) and the incorporation of salmon into the industrial food productions. A century of experience shows that that belief was false. If we are going to recovery a substantial part of the wild salmon's productivity we need a new salmon story.

In other words before we can achieve salmon restoration, we need re-story-ation.

Lichatowich ends his story with hope: giving nine specific steps that salmon management agencies must take to change the story. Then he gives five steps that all of us need to take to begin thinking about salmon and place differently. And that, he believes, will build sustainable relationships among salmon, people and place.



*Salmon, People and Place: A Biologist's Search for Salmon Recovery*, is published by OSU Press and released this month. Jim Lichatowich lives in Columbia City and his first book was *Salmon without Rivers: A History of the Decline of Pacific Salmon*, which was published by Island Press in 1999. That book has a continues to sell nationally. Thank you for your consideration. Available online from OSU PRESS, \$22.95, www.osupress.oregonstate.edu.

"Part science, part anthropology, part philosophy, this is a revelatory book, and essential reading for anyone hoping to understand salmon in the Northwest."

- John Larison, author of *The Complete Steelheader*

## Oregon Humanities Submission Call

On the theme of "ME" Deadline Nov 18

**OREGONIANS ARE** invited to submit an essay or article for Oregon Humanities magazine's spring 2013 issue on the theme "Me."

Who is me? Me is the cover of every magazine you see on any newsstand. Me is the hero of every book you read, of every movie you watch. Me is the only one on the interstate/in the restaurant/ on the bus/in the grocery store who matters. Me is the public. Me is the commons. Me is an island. Me is a universe. Me is both the center and the end. My tragedy is yours (as is my grief, my anxiety, my concern), but my joy is mostly my own (maybe my pain is, too). Why is it this way?

Contributors are encouraged to visit oregonhumanities.org to review the guidelines and call for submissions, and to familiarize themselves with the publication. No phone calls, please.

Submit a proposal or draft by November 18, 2013, by email to k.holt@oregonhumanities.org or post to Kathleen Holt, Editor, Oregon Humanities magazine, 813 SW Alder Street, Suite 702, Portland, Oregon, 97205.

Oregon Humanities magazine, a triannual publication, welcomes all forms of nonfiction writing, including scholarly essays, journalistic articles, and personal essays. We accept proposals and drafts of scholarly and journalistic features, which generally range between 1,500 and 4,000 words in length. We accept drafts only of personal essays that consider larger thematic questions in well-developed, nuanced ways; essay submissions should run no longer than 2,000 words. All contributors receive an honorarium. Currently the magazine is distributed to more than 12,000 readers. Work from Oregon Humanities has been reprinted in textbooks, the Pushcart Prize anthology, Utne Reader, and Best American Essays, and featured on public radio programs Think Out Loud and This American Life.

## 3 World War II Teens share memories Driftwood Public Library

**THREE WORLD** War Two teenagers invite others who lived or have an interest to join them at the Driftwood Public Library to share memories of life on the Central Oregon Coast during the War and share memories of the front. Pearl Harbor Survivor Ed Johan and Taft High School students Joanne Kangiser Schneider and Lonnie Headrick will share memories prompted by slides provided by facilitator G. Mick McLean. The program takes place at the library on Sunday, November 10th beginning at 2:00 p.m.

Ed Johann was a 17 year old at Pearl Harbor. He had his tonsils removed on December 6, 1941 and was supposed to have Sunday, the 7th, to recuperate. He was called to tender duty to rescue and recover sailors. He received the Navy Medal of Valor for his assistance at the sinking battleship U.S.S Arizona. Serving on a Flying Boat tender, he later criss-crossed Iron Bottom Sound at Guadalcanal delivering supplies to the shore.

Joann Kangiser Schneider helped with the moral aspect of the War by "writing to 14 local boys, maybe more. Of course, four were my brothers in the Navy," Joann said. "I was in Rose Lodge School but we were told it would be closed so the Army could use it as a barracks. The rumor was that the soldiers were wiring area bridges with

dynamite in order to blow them up if the Japanese invaded here," Joann added.

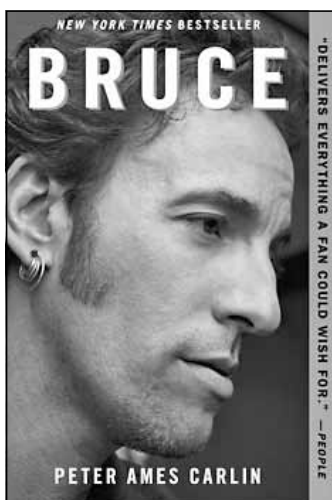
Fourteen year old at the time, Lonnie Headrick recalls the immediate drop in school enrollment. "Some folks panicked right away, fearing an invasion on our beaches. They packed up quickly. Others later moved to the Valley for ship yard jobs. We stayed because my father was a logger. Logging was quickly declared a priority for the War effort and loggers were locked into their jobs," Lonnie explained. "Being a big kid, there was lots of work available but, I got to admit, one of my concern was having enough boys in school to field competitive teams. The boy shortage also had its advantages when it came to dances, he added.

The Program is facilitated by Storyteller G. Mick McLean who encourages participation from the audience and provides War-time posters and photos. Questions about the program may be directed to Ken Hobson at Driftwood Public Library: 541-996-1242 or kenh@lincolncity.org. Driftwood Public Library is located at 801 SW HWY 101 in Lincoln City on the 2nd floor of the City Hall building, across the street from Burger King and adjacent to Price 'n Pride Grocery Store. The Lincoln City Cultural Center is located at 540 NE HWY 101, 2 lights north of the library.

## Bruce Springsteen Biography with Peter Ames Carlin Seaside Library

**TRAVEL DOWN** "Thunder Road" with author Peter Ames Carlin as he tells the story of, "Bruce" Springsteen that is. The event will take place on Thursday, November 21, at 7:00 p.m. and is presented by The Friends of the Seaside Library. There will be book sales and signings presented by Beach Books.

"Bruce" is the sweeping biography of one of America's greatest musicians and is the first in twenty-five years to be written with the cooperation of Springsteen himself. Author Peter Ames Carlin was granted unparalleled access to the musician's family and band members—including Clarence Clemons in his last major interview. The material revealed by his inner circle is an account of a man laden with family tragedy, a tremendous dedication to his artistry, and an all-consuming passion for fame and influence. The E Street Band members finally bare their feelings about their abrupt dismissal in 1989 and how Springsteen's ambivalence nearly capsized their 1999



reunion. Carlin deftly traces Springsteen's often harrowing personal life: from his lower working-class childhood in Freehold, New Jersey, through his stubborn climb to fame and tangled romantic life and finally to

his quest to conquer the demons that nearly destroyed his father. "Bruce" encompasses the breadth of Springsteen's astonishing career and explores the inner workings of a man who managed to redefine generations of music.

Peter Ames Carlin is a journalist, critic and author. He has been a senior writer at People magazine and a TV critic for the Oregonian. He is also the author of "Paul McCartney: A Life" and "Catch A Wave: The Rise, Fall and Redemption of the Beach

Boys Brian Wilson. He lives in Portland with his wife and children. The Seaside Public Library is located at 1131 Broadway. FMI:(503)738-6742 or visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org) and [www.facebook.com/seasidepubliclibrary](http://www.facebook.com/seasidepubliclibrary)

## The Edwin Drood Murders Author Christopher Lord • Nov 16

**CHRISTOPHER LORD** will read from his latest novel The Edwin Drood Murders at the Hoffman Center at 7pm on Saturday, November 16.

This is the second in Lord's series of mysteries set in the fictional Oregon town of Dickens Junction. Dickens Junction is a small town in Oregon, populated with eccentric, some may say Dickensian, characters. The most normal of these seems to be Simon Alastair, antiquarian book dealer and part time sleuth. As he attempts to convince his boyfriend Zach to move in with him, he is also organizing the latest convention of Droodians – enthusiasts of Dickens' last, unfinished work. Of course, there is a murder to complicate matters.

"This book has everything a great mystery should. It has great characters, a murder or two, and a very intriguing story of why and how... It reminded me of the traditional, Golden Age British mysteries that I enjoy so much." - Kerry Hammond, Criminal Element

The mystery series began with The Christmas Carol Murders, a book that New York Times thriller writer Chelsea Cain called "a love letter to both Dickens and to the small town amateur detectives who've kept the peace in hamlets from River Heights to Cabot Cove."

Christopher Lord was born in Astoria, Oregon. He now lives in Portland with his partner of twenty years and their Devon Rex, Miss Corey, the inspiration for Simon's Miss Tox. Lord started collecting volumes of the Centennial Edition of Dickens' work at age 14.

Following Lord's reading and Q&A, we'll have our popular Open

Mic where up to nine local writers will read 5 minutes of their original work. Admission for the evening is \$7.

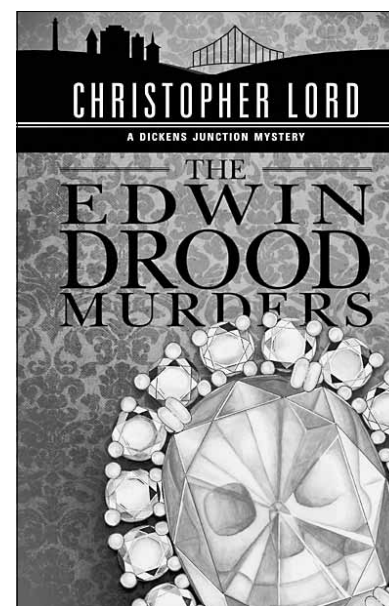
At the Hoffman Center 594 Laneda Avenue in Manzanita. [hoffmanblog.org](http://hoffmanblog.org) online or contact Vera Wildauer, [vwildauer@gmail.com](mailto:vwildauer@gmail.com)

### ALSO at The Hoffman Center: AUTHOR<SPEAKER WORKSHOP

Have you ever stood at a microphone, trying to get your knees to stop shaking? Manzanita's Hoffman Center routinely offers Open Mic nights to local authors, but let's face it, not everyone is comfortable reading their work aloud. Or joking around with the audience. Or persuading them to buy their book.

Holly Lorincz, a published author, nationally recognized Speaking Coach, and a publishing consultant with one of the top literary agencies in the United States, MacGregor Literary, is offering a one-day workshop on Saturday, November 16th for all the writers in the area who want to practice talking to an audience. Her seminar, entitled AUTHOR>SPEAKER, will be at the Hoffman Center from 10 am to 2 pm and costs \$59. At 7 pm on the same evening, the Hoffman Center is hosting an Open Mic, directly after writer Christopher Lord reads from his works.

AUTHOR>SPEAKER will focus on the three marketing elements that authors, peering out from their writing cave, would rather avoid: the pitch appointment, the radio/tv/newspaper interview, or the public readings. She will offer tips and strategies on how to prepare for your book proposal pitch to



agents or editors, brush you up on your interviewing skills, and get you ready to read your prose or poetry aloud for a group of breathing human beings. The workshop will also provide you the opportunity to receive constructive and helpful feedback on your individual material and speaking abilities.

Holly has spoken in front of audiences thousands of times, sometimes as an instructor, sometimes as an author reading from her works, sometimes as a guest speaker. She loves to read, write, and give speeches - she's coached seven teenagers to become State Champions in Competitive Speech.

Interested? visit the Hoffman Center website or go to the Lorincz Literary website, <http://literaryconsulting.com/>, where you can register online or email Lorincz with your questions.

## RAIN Magazine Accepting Submissions for Spring 2014 Neighbors & Neighborhoods Edition

**RAIN MAGAZINE**, Clatsop Community College's annual literary and arts publication, is accepting submissions now through January 10, 2014 for the Spring 2014 edition. Proud of its 40-plus years publishing the art & literature of our talented coastal community, RAIN welcomes submissions from the general public as well as CCC students. This year we hope to print a special section devoted to the Neighbors & Neighborhoods of the Oregon North Coast and Southwest Washington. From Alderbrook to Arch Cape, from Oysterville to Manzanita, from Clatskanie to Uppertown; we're looking for stories, essays, poems, artwork and photography that celebrate

the unique sense-of-place and community experienced within the various niches of this region's compelling cultural landscape. Profiles/portraits of interesting neighbors are encouraged, along with images or writing that explore the gathering places and traditions of our region's diverse neighborhoods. Where and when do your neighbors gather? Who's your most interesting neighbor? What does neighborhood mean to you? What does it mean to be neighborly? We want to hear what our Columbia Pacific neighbors have to say. Open

submissions on any theme will also be considered.

Please submit no more than three items total including less than 5000 words prose, poems digital photos, or high quality digital images of original artwork. Our ability to print color is limited, so artists submitting color images should indicate if the image may appear in B&W. Include name, address, phone number, e-mail, title and medium, and a brief 2-3 line bio with all entries. Online submissions in standard formats are welcome and encouraged. Email to [rainmagazine@clatsopcc.edu](mailto:rainmagazine@clatsopcc.edu). Submissions, online or otherwise, without proper contact information may not be considered.

by Les Kanekuni

**THIS FALL'S RELEASE SEASON** is proving to be one of the most crowded in years, with four big effects movies opening as well as a plethora of awards pictures – so many that distributors are moving movies like George Clooney's WWII movie *Monuments Men*, director Bennett Miller's followup to *Moneyball*, the Jack Ryan prequel starring Chris Pine, and Nicole Kidman's *Princess Grace* movie 2014 to avoid the glut. Even so, there's a ton of awards and popcorn pics for November/December.

**ENDER'S GAME (Nov. 1)** After nearly thirty years, Orson Scott Card's sci-fi classic comes to the screen. After a war against an alien species, the Formics, Earth's destruction was narrowly averted due to Mazer Rackham (Ben Kingsley) discovering the aliens' weakness. Since then Earth's International Fleet, the planet's defenders, has been preparing for another Formic invasion by training children to defend the planet in Battle School, where they train on video game-type simulators. Children can make leaps of logic and intuition that adults can't, explains Col.



Graff (Harrison Ford). He, along with Major Anderson (Viola Davis) search for "The One," a child with instincts strong enough to save the human race. One possibility is Ender Wiggin (Asa Butterfield), a small boy who nonetheless doesn't back down to bullies. Ender is admitted to Battle School, an orbiting space station where candidates are separated into "armies" and compete against each other. Children are pushed and abused into becoming soldiers, violent with each other and the enemy. In this brutal setting, Ender excels, rising through the ranks until he enters Command School. Under pressure from adults, his classmates and his own expectations, Ender must show himself worthy and fulfill his destiny.

### DALLAS BUYERS CLUB (Nov. 1 limited release)

Mathew McConaughey is already being touted for a Best Actor nomination for his performance as Ron Woodruff, rodeo redneck turned AIDS drug crusader in the early days of the epidemic. Story turns the typical AIDS drama on its head with the true-life Woodruff a homophobic, drug-taking Texas hellraiser who lives life with gusto. After a job injury lands him in the hospital, the incredulous Woodruff learns he has the HIV virus and doctors estimate he has only 30 days to live. Woodruff tries to get into a clinical trial for the new anti-AIDS drug AZT, but upon learning he could end up in the placebo group he takes matters into his own hands and scams the drug from a hospital orderly. When that source dries up he goes south of the border to Mexico and finds alternative treatments from an unlicensed doctor. Seeing an opportunity, he begins smuggling the anti-viral meds into Texas, partnering with AIDS-infected transsexual Rayon (Jared Leto) to help spread the word to the gay community. By buying a monthly subscription to the Dallas Buyers Club, a patient can receive all the meds. In this one man vs. the establishment drama, Woodruff travels the world for drug sources while the FDA, DEA and IRS do everything they can to shut him



down. McConaughey physically transformed himself for the part, losing 40 pounds. Leto, also an awards possibility, lost 30 pounds.

**THOR: THE DARK WORLD (Nov. 8)** Everyone's favorite Norse god returns for his own movie in what is rapidly becoming a setup for the next Avengers movie. The opening sequence explains the Dark Elves, nasties with pointed ears who date back before time who possess an ultimate weapon called the Aether, a black, gaseous mass that can destroy everything in its path. Led by superbaddie Malekith (Christopher Eccleston), the Elves are vanquished to slumber for centuries while the Aether is buried in a secret location. Back in Asgard, Thor (Chris Hemsworth) has been putting down insurgents and preparing to inherit the throne from Odin (Anthony Hopkins). But with the bridge to Earth destroyed, he's separated from astrophysicist Jane (Natalie Portman), who's relocated to London. However, investigating a space fabric disturbance that reminds her of Thor, she's sucked into another realm and infected by the Aether. Due to a Convergence of the Nine Realms, one of which is Earth, Thor can travel to Earth without the Bifrost Bridge. He takes Jane back to Asgard, but the Dark Elves have been awakened from their slumber and attack the palace. Eventually, it's necessary for Thor to join forces with his treacherous brother Loki (Tom Hiddleston) to fight the Dark Elves and prevent Earth's destruction. Hiddleston has all the fun with his quips and putdowns, while Hemsworth, as usual, plays the studly straight man. Ending credits have not one, but two teasers.

**NEBRASKA (Nov. 15 limited release)** Bruce Dern's name is already being mentioned as a Best Actor nominee with his performance as Woody Grant in Alexander Payne's Nebraska-set drama. First seen walking alongside a road in Montana, Grant is a gruff, curmudgeonly alcoholic, who seems close to being written off by his wife Kate (June Squibb) and sons David (Will Forte) and Ross (Bob Odenkirk) as being senile. Reinforcing that notion is Woody's insistence that he has won \$1M in sweepstakes and is going to walk 850 miles to Lincoln, Nebraska to collect it, being unable to drive. Despite his family's insistence that the notice he's received is a scam, Woody refuses to believe them. Perhaps the old man "just needs something to live for," David says. Craving a closer relationship with his father, David takes off work to drive him there. So begins a father-son road trip. After traveling through Wyoming and South Dakota, the two land in Woody's hometown of Hawthorne, Nebraska where news of Woody's incipient fortune leaks and he becomes a celebrity and target for all manner of moochers, including his own family and an ex-business partner Ed (Stacy Keach) who claims Woody owes him. As usual, Payne mixes comedy and drama in this melancholy black-and-white portrait of an American heartland gone flat and a near crazy man who still clutches desperately to his dream.

### THE HUNGER GAMES: CATCHING FIRE (Nov. 22)

Perhaps the surest popcorn hit of the fall season is the second installment in the Hunger Games trilogy. *Catching Fire* picks up where *The Hunger Games* left off. After winning the 74th Hunger Games Katniss

(Jennifer Lawrence) and Peeta (Josh Hutcherson) return home to District 12 and embark on a Victory Tour of the districts. On her tour, Katniss senses rebellion brewing, but President Snow (Donald Sutherland) is still firmly in control. The 75th Hunger Games is a Quarter Quell, an event that only takes place every 25 years. For this event, contestants will be taken from previous winners, making previous Games seem easy by comparison. Katniss and Peeta must compete against a cutthroat group of killers, part of President Snow's scheme to eliminate them and crush the rebellion. Author Suzanne Collins, who rarely does interviews, made the point of publicly supporting the marketing of *Catching Fire*. The third part of the trilogy, *Mockingjay*, will be split into two films to be released in 2014 and 2015.



**PHILOMENA (Nov. 22 limited release)** Academy Award winner Judi Dench is being touted again for her performance as the lead in this true life story of an Irishwoman who searches for her son 50 years after losing him to Catholic nuns give him up for adoption. Late life seriousness of the story is tempered by culture clash comedy between Philomena and journalist Martin (Steve Coogan), who accompanies her on her quest. As a young girl in the early '50s, Philomena Lee meets a good-looking boy. Completely unaware of where babies come from, Philomena ends up pregnant. She ends up in a home for "fallen women" run by Catholic nuns that treat the women like criminals. After a painful birth, Philomena and the other unwed mothers are allowed one hour a day with their children. But the Mother Superior sells the children. Rich Americans adopt Philomena's child. Fifty years later, we meet Martin, who while writing a human interest story, hears of Philomena's quest to find her long-lost child. Turning into a detective story, the two follow a lead to Washington D.C. Humor ensues with the mismatched pair of the sophisticated Martin and the still-unworldly but wise Philomena. Eventually, the trail leads back to Ireland where the story began.

**MANDELA: LONG WALK TO FREEDOM (Nov. 29 limited release)** Based on Nelson Mandela's autobiography, Idris Elba (*Prometheus*, *The Wire*) gives an Academy Award-worthy performance as the title character. Mandela's book is 700 pages long, and the filmmakers appear to have used every bit of it in this epic story of Mandela from childhood till his release from prison 27 years. First half chronicles Mandela's rural childhood, his increasing interest in politics and rise in the new African National Congress. After brutal acts of violence against blacks by the South African government, Mandela and the ANC turn to militant acts which leads to his arrest on charges of sabotage against the government. Story also covers Mandela the man who swaggers through Johannesburg's nightclubs, living fast until he meets Winnie (Naomi Harris). Winnie drives the second half of the film with her efforts to free him from the hellish prison he's in and her own increasing militancy, eventually surpassing Mandela's, whose views soften over time.

## COLUMBIA RIVER SYMPHONY

Mountains in Music • Nov 16-17

**WHILE VISITING** national parks in Utah this summer, Columbia River Symphony Conductor Cory Pederson conceived the idea for a concert celebrating the majestic landscapes and wide-open spaces of the American West. The result will be presented at concerts November 16 and 17. The Saturday concert on November 16 will take place at 7:00 p.m. at the Masonic Lodge in Astoria. The Sunday, November 17, concert will be at 3:00 p.m. in Ilwaco at the Hilltop Auditorium. Both concerts are free to the public, and families with children are always welcome.

Mountains figure prominently in these two concerts. "Like catching moisture-laden winds and gathering them into visible clouds, mountains capture our highest imaginations and reflect our noblest spirit. They have been the home of Gods and Goddesses, the physical embodiment of unchanging truth and stability, the very essence of majesty and awe." -John Davis of Naropa University

The original idea for the concerts expanded beyond the American West to include the wilds of Scotland and the mountain peaks of the Himalayas. By Loch and Mountain by composer Robert W. Smith evokes the lakes and mountains of Scotland by weaving together beautiful Scottish melodies, while Rossano Galante's Mt. Everest takes a different approach by portraying the majesty of the world's highest mountain in loud thundering clashes and soaring melodic passages. Closer to home, other pieces on the program celebrate the Rocky Mountains, the Blue Ridge Mountains, and the prairies of the Midwest. Even waterfalls find their way into the program with *Shannon Falls* by Ralph Ford, and not to be outdone by beautiful landscapes, the remaining pieces on the program, *In the Shining of the Stars* by Robert Sheldon and *Dusk* by Steven Bryant, evoke the vastness of the universe and of time itself.

In Cory Pederson's own words, "I am hoping that this music will allow our listeners to appreciate the beauty all around us, and to reflect upon the moments in our lives that truly have meaning."

The Columbia River Symphony has been in existence for several years and recently organized itself as an Oregon and federal nonprofit organization. The still-growing orchestra includes string, percussion, and wind instrument players and is comprised of adults and school-age youth in about equal numbers. Led by Conductor Cory Pederson, and assisted by Angela Pederson-Calvin, the Columbia River Symphony is a community-based, all-volunteer, non-profit performing arts group. Its mission is to provide quality musical entertainment, increase visibility of the musical talents of its performers, and promote music education in the community. The symphony always welcomes new members and is open to anyone who plays a stringed instrument, wind instrument, or percussion. For further information about joining the symphony or information about upcoming concerts, please visit the orchestra's website at [www.columbiariversymphony.org](http://www.columbiariversymphony.org) or call 1-503-836-2198.





# FREE WILL ASTROLOGY

November

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**ARIES** (March 21-April 19): Once when I was hiking through Maui's rain forest, I spied a majestic purple honohono flower sprouting from a rotting log. As I bent down close, I inhaled the merged aromas of moldering wood and sweet floral fragrance. Let's make this scene your metaphor of the week, Aries. Here's why: A part of your life that is in the throes of decay can serve as host for a magnificent bloom. What has been lost to you may become the source of fertility.

**TAURUS** (April 20-May 20): What don't you like? Get clear about that. What don't you want to do? Make definitive decisions. What kind of person do you not want to become and what life do you never want to live? Resolve those questions with as much certainty as possible. Write it all down, preferably in the form of a contract with yourself. Sign the contract. This document will be your sacred promise, a declaration of the boundaries you won't cross and the activities you won't waste your time on and the desires that aren't worthy of you. It will feed your freedom to know exactly what you like and what you want to accomplish and who you want to become.

**GEMINI** (May 21-June 20): Are you up for an experiment? Be scarier than your fears. If an anxious thought pops into your mind, bare your teeth and growl, "Get out of here or I will rip you to shreds!" If a demon visits you in a nightly dream, chase after it with a torch and sword, screaming "Begone, foul spirit, or I will burn your mangy ass!" Don't tolerate bullying in any form, whether it comes from a critical little voice in your head or from supposedly nice people who are trying to guilt-trip you. "I am a brave conqueror who cannot be intimidated!" is what you could say, or "I am a monster of love and goodness who will defeat all threats to my integrity!"

**CANCER** (June 21-July 22): Are you ready to be amazed? Now would be an excellent time to shed your soul's infantile illusions . . . to play wildly with the greatest mystery you know . . . to accept gifts that enhance your freedom and refuse gifts that don't . . . to seek out a supernatural encounter that heals your chronic sadness . . . to consort and converse with sexy magical spirits from the future . . . to make love with the lights on and cry when you come. Halloween costume suggestion: the archetypal LOVER.

**LEO** (July 23-Aug. 22): Some people in your vicinity are smoldering and fuming. The air is heavy with emotional ferment. Conspiracy theories are ripening and rotting at the same time. Hidden agendas are seeping into conversations, and gossip is swirling like ghostly dust devils. Yet in the midst of this mayhem, an eerie calm possesses you. As everyone else struggles, you're poised and full of grace. To what do we owe this stability? I suspect it has to do with the fact that life is showing you how to feel at home in the world no matter what's happening around you. Keep making yourself receptive to these teachings. Halloween costume suggestion: King or Queen of Relaxation.

**VIRGO** (Aug. 23-Sept. 22): Unification should be a key theme for you in the coming weeks. Anything you do that promotes splicing and blending and harmonizing will get extra help, sometimes from mysterious forces working behind the scenes. The more you work to find common ground between opposing sides, the stronger you'll feel and the better you'll look. If you can manage to mend schisms and heal wounds, unexpected luck will flow into your life. To encourage these developments, consider these Halloween disguises: a roll of tape, a stick of Crazy Glue, a wound that's healing, a bridge.

**LIBRA** (Sept. 23-Oct. 22): What do you think you'd be like if you were among the one-percent-wealthiest people on Earth? Would you demand that your government raise your taxes so you could contribute more to our collective well-being? Would you live simply and cheaply so you'd have more money to donate to charities

and other worthy causes? This Halloween season, I suggest you play around with fantasies like that – maybe even masquerade as an incredibly rich philanthropist who doles out cash and gifts everywhere you go. At the very least, imagine what it would be like if you had everything you needed and felt so grateful you shared your abundance freely.

**SCORPIO** (Oct. 23-Nov. 21): What if you had the power to enchant and even bewitch people with your charisma? Would you wield your allure without mercy? Would you feel wicked delight in their attraction to you, even if you didn't plan to give them what they want? I suspect these questions aren't entirely rhetorical right now. You may have more mojo at your disposal than you realize. Speaking for your conscience, I will ask you not to desecrate your privilege. If you must manipulate people, do it for their benefit as well as yours. Use your raw magic responsibly. Halloween costume suggestion: a mesmerizing guru; an irresistible diva; a stage magician.

**SAGITTARIUS** (Nov. 22-Dec. 21): I had a dream that you were in the film *O Brother, Where Art Thou?* You were like the character played by George Clooney after he escaped from a prison chain gang. Can you picture it? You were wearing a striped jailbird suit, and a ball and chain were still cuffed around your ankle. But you were sort of free, too. You were on the lam, making your way from adventure to adventure as you eluded those who would throw you back in the slammer. You were not yet in the clear, but you seemed to be en route to total emancipation. I think this dream is an apt metaphorical depiction of your actual life right now. Could you somehow use it in designing your Halloween costume?

**CAPRICORN** (Dec. 22-Jan. 19): I invite you to try the following exercise. Imagine the most powerful role you could realistically attain in the future. This is a position or niche or job that will authorize you to wield your influence to the max. It will give you the clout to shape the environments you share with other people. It will allow you to freely express your important ideas and have them be treated seriously. Let your imagination run a little wild as you visualize the possibilities. Incorporate your visions into your Halloween costume.

**AQUARIUS** (Jan. 20-Feb. 18): In the course of earning a living, I have worked four different jobs as a janitor and six as a dishwasher. On the brighter side, I have performed as a songwriter and lead singer for six rock bands and currently write a syndicated astrology column. According to my analysis of the astrological omens, you Aquarians are primed to cultivate a relationship with your work life that is more like my latter choices than the former. The next eight months will be a favorable time to ensure that you'll be doing your own personal equivalent of rock singer or astrology columnist well into the future. Halloween costume suggestion: your dream job.

**PISCES** (Feb. 19-March 20): Author Robert Louis Stevenson loved the work of poet Walt Whitman, recommending it with the same enthusiasm as he did Shakespeare's. Stevenson also regarded Whitman as an unruly force of nature, and in one famous passage, called him "a large shaggy dog, just unchained, scouring the beaches of the world and baying at the moon." Your assignment is to do your best imitation of a primal creature like Whitman. In fact, consider being him for Halloween. Maybe you could memorize passages from Whitman's *Leaves of Grass* and recite them at random moments. Here's one: "I too am not a bit tamed, I too am untranslatable, / I sound my barbaric YAWP over the roofs of the world."

**Homework:** Meditate on death not as the end of physical life, but as a metaphor for shedding what's outworn. In that light, what's the best death you've experienced? [Freewillastrology.com](http://Freewillastrology.com)

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

By Margaret Hammitt-McDonald

### Victory Over the Dark Ride of the Force



**WINTER HAS** much to recommend it—hot chocolate is number-one on my list—but the short hours of daylight can plague a cyclist on his/her way home from work, just as the Dark Lords of the Sith give Jedis a hard time. Luckily, every year, ingenious folks invent new means to see and be seen between dusk and dawn. Please note that the following descriptions reflect my gee-whiz fascination with cool innovations; I have not tested them, and their creators have also not paid me (or bribed me with free gizmos) to promote them.

Among the newest be-seen devices is a light that casts the image of a bike lane onto the pavement. Riders who are blessed to live in bike-friendly locales have genuine bike lanes, but even these can inexplicably disappear as the road narrows or the bike route goes elsewhere. Rural riders have to rely on the largesse of the road's fog line, which can demarcate a generous shoulder or a stingy one (and even when the shoulder is as wide as a linebacker's, tree limbs, gravel, and scrap metal can nudge one near the cars' lane). This nifty tool shoots out two beams of red light, one on either side of the rider—voila, insta-lane!

Currently under development is a light that projects the image of a bicyclist—the same figure used to designate bike lanes—in front of the rider. It's meant to alert drivers who are about to make a turn in front of a cyclist who's riding straight ahead, a major cause of cyclist-auto collisions. It's not available in stores yet, as the inventor is attempting to crowd-source funding.

I've written before about systems that illuminate one's wheels or even the whole bike. Now there's a version of this type of lighting where the front wheel lights up in white and casts a

white beam ahead of the cyclist, while the rear wheel glows red and casts a red beam behind the cyclist. Not only does this system alert other road users to the rider's presence, but they can determine whether the rider is coming or going: helpful information on dark country roads.

Lights to see by have evolved over the years. My first bright light came with a cumbersome rechargeable battery pack I strapped onto the frame of the bike. Held in place with a Velcro strap, it had the annoying habit of becoming detached in the dark. Two years later, I moved on to a handlebar-mounted torch-style light with a recharging port built right into the unit. It came with a part that allowed the light to be mounted on a helmet rather than the handlebars, perfect for recumbent riders. Some lights are dynamos (they recharge as you pedal), or you can recharge them by connecting them with a computer's USB port. The strength of a light beam is measured in lumens. I recommend 900 or more lumens for riding on a totally dark road, with no supplemental lighting. Garden-variety bike lights are nowhere near this powerful. They are suitable only for city or town riding with ubiquitous street lamps.

Some Jedi bicycle knights might try using their light sabers for shoving back the shadows of the Dark Side of the Ride. I don't recommend this method—the light isn't bright enough, and the humming sound can be distracting. They might be effective at dissuading people from riding on the wrong side of the road with no lights, though!

### WORKSHOPS/CLASSES

**AROMATHERAPY GIFTS FOR THE HOLIDAYS.** Sat, Nov 10, at Waves of Change Wellness Center. Join us for a great hands on workshop and make several scintfully amazing gifts to give for the holidays. 10:30 AM-12:30 PM \$40

**Call 503.338.9921 to register.** No. 1 12th Street suites 8 & 10 in Astoria.

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

**HAM RADIO CLASS.** Once again, you have an opportunity to become an amateur ham radio operator by taking a day and ½ class and then the FCC license test for about \$15.00. The great instructors in Seaside offer the class through Clatsop County Community College. The dates are Nov 15 (Fri eve) and 16 (most of the day on Sat) and the test same day. They have a great pass rate! Then you can join the local Hamster radio club for further training, drills and more. Be part of the solution for area disasters! (No Morse code required any longer!). Read about the class at [www.clatsopcc.edu](http://www.clatsopcc.edu). For more information about Hamsters or go to [www.http://evcnb.org](http://evcnb.org) or call Ann Morgan 503-368-6595, club president.

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

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

**ALCOHOL SERVING TRAINING OFFERED.** If you mix, sell or serve alcohol for on-property consumption or if you manage employees with these responsibilities, you are required to have an Alcohol Service permit. Register for a one-afternoon class taught by Action Server Training, a certified OLCC Provider, to complete the required training. This required training is scheduled for Friday, October 18, 1-4pm, at the Clatsop Community College South County Center, 1455 N. Roosevelt, Seaside. The course fee is \$35 and students must pre-register at least two days prior to the class. To register, call 503-338-2408 or visit [www.clatsopcc.edu/register](http://www.clatsopcc.edu/register). Please direct inquiries to: Mary Kemhus-Fryling, 503-338-2408; [mfryling@clatsopcc.edu](mailto:mfryling@clatsopcc.edu).

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

**Toddler Arts Group.** Every Wednesday 10 to 11am -Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must

be accompanied by a caregiver. Bay City Arts Center, Bay City. t

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

**Natural Childbirth Classes.** Do you want a better birth? Starting on Sunday evening September 1st, Homebirth midwife Kristen Downer, will be offering a natural childbirth education series with 4 parts. It's fun, interactive, and a chance to meet other expecting mothers and couples. You will learn advanced coping skills and pain management, you will be able to write an informed birth plan for hospital or home birth, you will have a better understanding of stages of labor and what to expect at the birth, and some helpful information for breastfeeding and newborn care. All taught by Kristen Downer, homebirth midwife! It's \$95 for the 4 week series, pre-registration is helpful. For more details check out [www.astoriamidwife.com](http://www.astoriamidwife.com) and click on the Childbirth Education page. Happy Birthing!"

### BODY WORK • YOGA • FITNESS

**YOGA • NCRD.** Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level I, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

**LOTUS YOGA.** 1230 Marine Drive, Downtown Astoria. Ongoing classes on a month to month basis. Call (503)298-3874, Check web for class schedule updates. Email [lotusyoga@live.com](mailto:lotusyoga@live.com), website [www.lotusyoga-online.com](http://www.lotusyoga-online.com) Yoga/Private Instruction.

**Gentle Stretching Classes (M/W/F 9-10 AM & M/W 5:30-6:30 PM classes available) at Waves of Change Wellness Center, 1 12th Street suite #8 Astoria-qigong classes offered TU/TH mornings 8:30-9:30 AM**

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

**"LEARN SELF DEFENSE IN ASTORIA.** Kenpo Karate for Adults, WEEKLY KENPO KARATE CLASS every Friday, 5:15pm till 6:30pm, 342-10th Street, 2nd floor, Astoria, OR 97103. Class tuition is \$40.00/mo. Instructor is a Black Belt in Ed Parker's American Kenpo Karate. Visitors are welcome to drop in and see the class or inquire for free introductory lesson. Sign-up by e-mail at: [jbgroove2@crescomm.net](mailto:jbgroove2@crescomm.net) or by phone at: 360-665-0860".

**YOGA • MANZANITA.** Silver Services Yoga with Holly Smith. Meeting each Thursday

from 10 to 11:30am beginning March 14, 2013. Cost: \$40 for five classes. (Sorry, no drop-ins) To Register: Call Holly at 503-368-4883. There is a richness which comes from lessons learned in the later stages of life. Silver Services Yoga provides instruction in simple yoga postures with props, breath and energy work, meditation and relaxation.

**ZUMBA CLASSES/NEHALEM.** At the Lighthouse located at 36480 Hwy 101 in Nehalem. Mon and Wed. 5pm - 6pm. Beginners pace for all ages, 12 and over. 5.00 per class. First class FREE.

**YOGA • Bay City Arts Center.** Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

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

**Yoga in Gearhart.** Gearhart Workout. For more information log on to [www.gearhart-workout.com](http://www.gearhart-workout.com) 3470 Hwy. 101 N. Suite 104 in Gearhart

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

**QIGONG CLASSES ASTORIA. TUESDAY & THURSDAY.** 8:30 AM TO 9:30 AM at WAVES OF CHANGE WELLNESS CENTER 1 12th street (the docks on 12th \$40 a month. Drop in's welcome \$5. CALL LINDA WILLIAMSON 503-861-2063

**Qigong for Health/MANZANITA.** With Janet Maher. Sunday Mornings 11:30 - 12:30at Center For Contemplative Arts. Cost: \$5 suggested donation

**TAI CHI.** The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

**Waves of Change Class Schedule NOV.** M-W-F 9-10 AM—Adv. Stretching Class with Light resistance training. M-W-F 10-11 AM—Beginning Gentle Stretching. M-W 530-630 PM- Beginning Gentle Stretching with Angela Sidlo. TU/TH 830-930 AM - Qigong with Linda Williamson. TU/TH 10-11 AM—Tai Chi Fan 36 Form with Angela Sidlo. TU/TH 530-630 PM—Tai Chi with Angela Sidlo. Saturday 9-10 AM - Stretching class with Angela. Private lessons available \$25/hr. Drop In rate for stretching classes \$10. No. 1 12th Street suites 8 & 10.

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

receiving one of the record books, please call 503-338-6883 so we will know how many to have on hand.

### SPIRITUALITY

**FULL MOON LEMURIAN CONNECTIONS.** Join the fun as we explore ways to help keep our ocean and beaches healthy and retain the magical spirit of honoring the element of water. The Lemurians are ancient earth healers and have much to share with us if we are ready to listen to them. Sept 19th, 2013 Place: Gearhart, Oregon Time: 7 pm. Celebrating the full moon and the Lemurian connections. \$35, Contact: Cindy McGonagle Phone: 503 531 2758 website: [cindy-mcgonagle.com](http://cindy-mcgonagle.com) email: [gardennotes@msn.com](mailto:gardennotes@msn.com)

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: [ronmaxted@wwestsky.net](mailto:ronmaxted@wwestsky.net)

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

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

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

### VOLUNTEER

**Weekly Habitat Restoration/Stewardship Work Parties.** 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, [lnct@nehalemntel.net](mailto:lnct@nehalemntel.net).

**VISITOR CENTER SEEKS VOLUNTEERS.** The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

### MEETINGS AND MEET-UPS!

**The Astoria Chess Club will be holding its inaugural meeting at Three Cups Coffee House in Astoria (279 W. Marine) at 11:30 AM on Saturday, October 26.** All ages and



### CLASSY CANINES NOVEMBER 23 DOG R.A.C.E. DAY

The Classy Canines 4-H Club is holding its annual public-participation dog event on Saturday, November 23. This year's event focuses on giving dogs and their owners a chance to try some beginning level dog agility. There will also be an opportunity for participants to complete the test for the American Kennel Club Canine Good Citizen (AKC-CGC) certification. The name of this year's event is Dog Recreational Agility CGC Event or Dog R.A.C.E. This will be at the Clatsop County Fairgrounds & Expo Center arena.

Approximate schedule for the day:

- 8:30 Check in
- 8:45 Orientation
- 9:00-3:00 AKC Canine Good Citizen testing
- 9:00 Introduction to Jumpers with Weaves Workshop – Free
- 10:00 Jumpers with Weaves Fun Run Competition - \$3 ea
- 11:30 Introduction to Agility Contacts Workshop – Free
- 1:00 Agility Touch 'n' Go (Contacts) Fun Run Competition - \$3 ea
- 2:30 Standard Agility Fun Run Competition - \$3 ea

The competitions will feature unique ribbons. Participants should bring a dog, a kennel/crate, a non-tightening collar or harness, a 6' leash, many tiny soft treats such as ¼" cheese cubes, a water bowl, and plastic clean-up bags. The arena is generally very cold in the morning so dress in layers.

A spectacular raffle and dog-themed vendors will also be there. Spectators are welcome.

For more information or to donate to the raffle, please contact Sally Freeman at [youngsriver@yahoo.com](mailto:youngsriver@yahoo.com) or 503-325-7161.

skill levels are welcome. For more information, contact [astoriachessclub@gmail.com](mailto:astoriachessclub@gmail.com).

**ENCORE LUNCH BUNCH.** Tuesday, November 5, 2013, 12:30 PM at the UPTOWN CAFE, 1639 Ensign Avenue, Warrenton OR (near Staples Store) we'll honor our veterans and A participation activity called "Roses and Thorns" will be introduced by co-chair Reta Leithner. Guests are welcome to attend and learn about ENCORE. Lynne Ryan will join Reta Leithner as Lunch Bunch Co-Chairs, effective January 2014. Questions about Lunch Bunch: Aletha Westerberg 503-470-2616 or Reta Leithner 503-717-2297

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

### EVENTS

**The Women's Club of Manzanita-North Tillamook County will hold its annual fall "Gifts and Goodies" sale event from 10 a.m.-4 p.m.** on Saturday November 9 at Pine Grove Community House. Individual sellers/vendors and local community service clubs are invited to participate in this early holiday season sale by reserving a table by October 26. For additional details and to reserve a 6-ft. table for \$20 call 503-368-4677.

**TRIVIA AT THE LIGHTHOUSE.** The Lighthouse has Trivia every Sunday at 5:00 pm. The competition is keen, the questions sometimes challenging and always FUN. Teams of up to 4 people compete. The members of the winning team each receive a \$5.00 poker chip good at the Lighthouse. There's always FREE Pool every Sunday at Ron's Lighthouse, and a "3-Ball" competition at 1:00

**PANCAKE BREAKFAST.** All-you-can-eat, at the Bay City Arts Center. Every Sunday. 8am to noon. \$5/adults, \$4 members. Kids 1/2 price. Sausage, beans, slasa, fruit and yogurt, juice and tea.

## Messages Sonja Grace mystic healer

### Ascension

**WHEN WE** watch a movie, we cover our eyes in the scary parts but love to see the bad guy get taken down. This is a great display of the duality and how we interpret the good and bad through what we believe. The real question is what has history taught us? Did we ever hold clubs in our hands and act like cavemen? The human consciousness has been morphed through time with influence from religion to science telling us what to believe. When we have so much feedback constantly barraging our own sensory system we can lose touch with what is reality. Humanity was once connected to the Earth and used the

energetic sources provided to navigate a much more complex system within the body.

We look outside and think we are seeing everything there is to see and yet to the untrained eye we miss half of what is there. Perception of reality is constantly being influenced by our own species like a cosmic game to see how many ways we can fool ourselves and each other. Some people feel a spiritual urgency despite their belief systems. They are triggered by events our earth has not had for thousands of years. The ice melting in the Arctic is a big sign change is happening. The earth's atmosphere is collapsing and the magnetic field

is fading according to some scientists. Is this the energy that has everyone rushing for their own ascension? The sun gave birth to our planet and they communicate with solar flares and earthquakes like a love song in the galaxy. We mere mortals have missed the signs because we have limited ourselves to believing we are the highest intelligence. All the while nature and her living world communicate as we do. Why do we rush for spiritual enlightenment now? We are at a close to our hundreds of incarnations here on earth.

Many came through at the time of Atlantis and brought the human race to where it is today; incarnating lifetimes and struggling to clear karmic ties to the past. Today we have a much louder message as the earth's energy has fashioned a series of events to signal us things are changing. We feel it and some respond by choosing a spiritual approach with nonviolent action while others buy guns, dig shelters and store water. The real shift is many of us are being called back home. Home for each person is somewhere up in the night sky, for we all come from different parts of the Universe and we gathered here to experience consciousness

in human form. But over the centuries we were distracted with the feeling of the physical and developed amnesia to our past lives and original home. Humans like all life on earth feel the change and want to have their karma cleared before anything happens. It is important to understand our belief systems have us disconnected from the very source that assists us in our awakening. The Earth's energy is what guides us through this human experience! Your greatest act to clear your karma is to forgive yourself and others.

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.sonjagraces.com](http://www.sonjagraces.com)

### Giving Thanks....on Thanksgiving....

#### word and wisdom

By Tobi Nason

**THANKSGIVING-** PART of the winter holiday stuff. A holiday with perhaps a history some could find fault with.... For me, it has great memory value. The dinners, the preparation, the food, the traditional walk around the block afterward....

I have not really participated in the holiday for a number of years now. It's a quiet day for me. I find it oddly ok. I've had my share.

I wish I could get you all excited about it, I really do. Many of you are. You might be travelling miles to get to relatives. Maybe you're hosting a big gathering. Maybe you are having a simple day, as I will be doing. It's a holiday that kicks off the Christmas season in many ways.

Giving thanks is a simple act. Gratitude is a sign of good mental health. If you can have gratitude for the smallest of things, then you have a great shot at weathering many storms and of being relatively happy.

One thing many of us take for granted is our freedom. We are free in so many ways. Free to say grace before dinner. Free to gather. Free to be. Free to walk around the block after a hefty meal of dark meat and sweet potatoes.

Take this day to value the people gathered around you, the food on the table, and the good friends.

All of November is not Thanksgiving. Thanksgiving is one day. One busy, overfed, over loaded day. Expectations run high! This is the year we hope Aunt Mary won't argue with Uncle Joe. That sort of thing. Lots of good movies about holiday frolic and frenzy. The bottom line tends to be that love can manifest in funny ways.

But if all of November is not Thanksgiving, then what about November? I find it a month that asks me to snuggle up more. I walk faster outside because the air gets brisk. I want calorie-rich hot chocolate and donuts. I find myself wandering a bit too much down memory lane, which is fine if you can share those memories. I find it difficult to remember when.... alone. So I work hard at not doing it. I keep busy. Knit socks. Write.

I am one of many- a single older woman who hasn't quite moved on after empty nest. Okay, I admit it! But the up side is- I am free to do anything, anything, I darn well want. And feeling gratitude keeps me grounded. I am lucky to have had such great kids. My ex wasn't so bad either,

actually. My auntie who is 97 is a blessing. November is just the beginning of winter, and I almost wrote, a long winter. Winter is often used as a metaphor for a dormancy in a life. When the world is shrouded in snow and a quiet descends upon the world.... when plantlife retreats inward. A temporary but lovely death of sorts...with spring being the great re-awakening.

I feel compelled to dispense some practical advice. That's my nature as a counselor. In that mode, let me say this: let November's seasonal gray-ness be okay. Let it quiet you. Let it lead you into a world of gratitude perhaps. We don't always have to put smiley faces on our world. It can be a content place, a spiritual place, or a place that takes you to the edge of your boundaries, asking you to think, feel, take time to evaluate. The world of bounty that most of us experience on Thanksgiving day is but one day. For some it may be with family, some at shelters or restaurants. It is something to be grateful for- the fact that most of us get to experience a little bounty in our life. Family and friends... be grateful. Just be grateful.

*Tobi Nason is a counselor in Manzanita.*



## 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.



Make a difference.  
Volunteer for animals!



**CLATSOP ANIMAL ASSISTANCE, INC. (CAA)**  
Call 503.861.0737 to join our dedicated team, Tues. - Sat., noon to 4 pm  
(Must be sixteen or older to volunteer unless accompanied by an adult)



## THE LOWER COLUMBIA CLINIC

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## ARNE, THE INVISIBLE DOG SAYS...

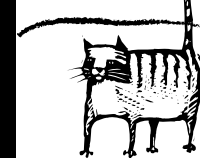
woof!  
woof!  
woof!

#### TRANSLATION:

Share the love. Adopt a dog or cat from the Animal Shelter

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1315 SE 19TH IN WARRENTON  
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HRS. NOON TO 4 PM, TUES. THRU SAT.

WHAT'S THIS INVISIBLE  
DOG NONSENSE?



By Tracy Erfling, N.D.

## Get Enthusiastic About Your Lymphatic System

**HOW MUCH** do you know about your lymphatic system? It is a network intimately connected to the cardiovascular system and is present throughout the body. This lymphatic network lies in partnership with the arteries and veins. Naturopathic medicine recognizes the importance of the many jobs the lymphatic system undertakes in order to keep the body running smoothly...let's take a look beneath the skin at this invaluable system.

One of the lymphatic system's many tasks is to keep cardiovascular fluids in balance. The lymphatic vessels are fairly porous, allowing excess fluids from the cardiovascular system to access the lymphatic network as dictated by various pressure gradients and hormones. What this means is that of all the fluid being pumped around the body in our arteries and veins a small portion is constantly being 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 works...fluid in the lymphatic system is slowly pumped around the body via muscle contractions of both the skeletal muscles and smooth muscles that line the blood vessels. As the lymphatic fluid is pumped around the body it comes in contact with lymph nodes. These little jewels of the system are rich in white blood cells, which eat and identify 'foreigners' in order to cleanse the lymphatic fluid before it returns to the veins.

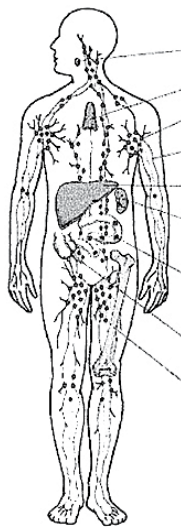
We've all experienced this process when we get swollen 'glands' (really lymph nodes) under the jawbone during a sore throat. This means that those particular lymph nodes are actively identifying and clearing unwanted bacteria, virus' or other various invaders, which are irritating the body. They are working very hard and many cells are sequestered into the nodes in order to maximize the immune system's efforts. 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.



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

Optimizing the function of the lymphatic system improves immune function, liver function, and clearly cardiovascular function. Thankfully options for lymphatic treatments are surprisingly simple. One of the most



pleasurable is massage. The pressure along muscles throughout the body helps increase lymphatic flow which moves more fluid through the whole system more effectively. To support your lymphatics before and after a massage make sure to drink plenty of water, this helps to ensure that all fluids remain in balance.

Speaking of water, another great method of optimizing lymphatic flow is hydrotherapy. One of my favorite therapies because of its simplicity and low cost; hydrotherapy is also a powerful mover of blood and lymph. One way to include hydrotherapy in your daily or weekly routine is to end a hot shower with cold. Turning the hot water way down or off at the end of your shower and spinning around under it once or twice will really get that blood moving, wake you up, and leave you ready for the day.

Another favorite hydrotherapy technique is the throat wrap...ideal to try for sore throats because it moves the lymph. In the evening

after a hot bath or shower get a thin cotton cloth wet in cold water. Wring it out so it's just damp and then wrap it around the entire circumference of the throat. Over this use a fleece or wool scarf to keep the moisture in then cozy up and let the lymphatic flow begin. The theory here is that the cold will initially drive blood out of the area but within a short time fresh warm blood from the core will return to reinvigorate and flush out the stagnant blood and lymph in and around the throat. This allows the nodes to be more metabolically active and effective shortening the duration of the sore throat and subsequent illness. Keep the throat wrap on for a few hours or overnight...it is a family favorite in our home!

Two great local lymph-moving herbs are Oregon Grape (*Mahonia aquifolium*) and Cleavers (*Galium aparine*). Oregon Grape is useful in this department not only for lymph movement, but also for liver and immune stimulation. Cleavers is ideal for congested glands, edema, or other stagnant lymph conditions. It gently dilates the veins, which, subsequently helps to clear lymphatic congestion. Seek the help of your local herbalist or naturopath to assess the safety and appropriate use of these herbs for your health needs. Please be aware that chronically inflamed lymph nodes can indicate a deeper more serious condition, and while these treatments may be of use they do not replace the importance of proper medical care.

Hopefully you now understand your lymphatic system a bit better and have some tools to improve its function. When experiencing your next swollen lymph node don't just hope it goes away soon, instead, get enthusiastic about your lymphatic system.

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

## Cannon Beach Women Only Weekend Zooms into Fitness with FREE Zumba

The Cannon Beach Chamber and Joy Sigler, a Zumba Licensed Basic instructor are excited to announce a Woman Only Weekend like no other. FREE Zumba will be offered at the Cannon Beach Chamber Meeting Hall, 207 N Spruce, Saturday November 9th at 11 A.M. as part of the Women Only Weekend and will be open to all Women as part of the WOW weekend line-up of activities.

Zumba is a fitness program combining Latin and International music with dance themes that create a dynamic, exciting, effective fitness system that is fun and easy to follow. The name Zumba is derived from a Columbian word meaning to move fast and have fun. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

Donations will be accepted for [workoutcancer.org](http://workoutcancer.org). The Workout Cancer research fund supports pilot and pre-clinical studies investigating the effects of exercise on tumor physiology and on cancer treatments. Exercise can reduce the risk of developing some cancers. Recent studies have found encouraging evidence that exercise after diagnosis decreased the recurrence of breast and colon cancers, and decrease mortality for prostate cancer. However, the mechanisms contributing to these reductions are not known. Workout Cancer wants to reduce such knowledge gaps.

Pre-registration is recommended as space is limited. Contact Joy Sigler [joysiglerzumba@gmail.com](mailto:joysiglerzumba@gmail.com) or call (503) 738-6560.

## RiversZen Yoga and Resistance Stretching Studio of Astoria Announces a New Fall/Winter Schedule

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio of Astoria announces a new Fall/Winter schedule which includes classes for beginner to advanced levels. New to this fall includes by popular demand, Sally Anderson's Morning Yoga Classes (levels 1 & 2) now six days a week, Monday through Friday at 10:30am and 10:45am on Saturdays.

Featured this month at RiverZen is Personal Trainer, Certified Yoga Instructor and Broadway Style Singer..., Lajos (Peter) Von Payens.

Peter holds black belts in Tae-Kwon-Do, Uechi-Ryu and Kojasho Karate and has developed several excellent and challenging programs at the RiverZen which include strength building, "Self-Defense" and classes geared towards those with physical challenges.

His schedule includes: Early Morning Yoga Stretch, Kick Boxing Aerobics, Pilates - Beginning Floor, Yoga Flow For Power, Strength and Stamina, a "No Sweat" Lunch Time Yoga and a free Youth Yoga Club geared toward young people (basically 6 or 7 to 17) every Sunday morning.

RiverZen's affordable classes can be purchased on a drop in or monthly fee basis and as always the first visit for local residents is free!

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio is located at 399 31st Street on the Astoria RiverWalk. free parking and a handicapped ramp is available. FMI: Peggy at 503-440-3554. <http://riverszen.com> or on FACEBOOK at Facebook.com/RiversZen.

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## CHEW ON THIS!

by Merianne Myers



**EVERYBODY** I know is wandering stealthily through the woods right now, hot on the trail of wild mushrooms and determined to keep their location under wraps. No need to fear incursion on your sweet spot by me. I'm as apt to go mushrooming as I am to go vegan. No offense to my vegan friends all of whom seem perfectly sane in other ways, but frankly you're batty when it comes to food. Some things just aren't negotiable. Like eggs, cheese and real good bourbon.

If I had to go out and shoot, catch, forage or dig my dinner, I'd be dragging a saltine through a tub of peanut butter and sipping a nice Zinfandel while I'm at it. My idea of finding food is a trip to the Astoria Co-op where they have thoughtfully arrayed everything I love in appealing profusion and all I have to do is toss it in a bag. I'm even happy to can, freeze, dry or pickle whatever delectable winds up in kitchen. I'm just not into hot pursuit.

Don't get me wrong, I love a nice walk in the woods. What I'm not interested in is stalking dinner while I'm at it. In light of that, my perfect husband has put in multiple vegetable beds in what used to be our yard knowing that my idea of foraging is to ask him to bring me something to cook. In a further fit of optimism, he has seeded logs with Shitake spores and currently grows completely luscious oyster mushrooms in his wood shop. A gift of Chanterelles, Morels, Chicken of the Woods, Lobsters or any other tasty fungus is always welcome. Bring 'em on and plan

to stay for dinner. Dig a few clams while you're at it, I'll pour an aromatic, amber adult beverage and you can regale me with vivid tales of the hunt. I'll smile politely and cook.

The following recipe is actually intended to be served as a side vegetable. It's perfect that way and you get to eat a whole lot of it. However, it's equally stellar as a topping on a steak or chop, as a garnish on a roast beef sandwich, stuffed into a squash or bell pepper and baked, sitting alluringly atop a pile of pasta or brown rice or spooned onto a crostini smeared with a dollop of chevre. Happy Autumn!

### FERAL MUSHROOM SAUTE'

- 1 Tablespoon butter
- 1 Tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 cups diced assorted mushrooms - wild, tame or combo
- 2 teaspoons minced garlic
- 1 1/4 cups diced Roma tomatoes
- 1 cup fresh corn kernels (frozen works fine, too)
- 1/2 cup chicken or vegetable stock
- 2 tablespoons chopped fresh chives
- Salt & Pepper to taste

Heat the butter and oil in a saucepan. Add the onion and sauté briefly. Add the mushrooms and sauté over high heat until the liquid cooks away. This only takes a few minutes. Add the garlic, tomatoes, corn, stock, salt, and pepper and bring to a rolling boil. Reduce the heat to medium and cook for 2 to 3 minutes. Taste for texture and adjust seasoning.



## Farming, Food & Community Resilience Saturday, November 23 8am - 4:30pm Seaside Convention Center

**THIS CONFERENCE** is a "something for everyone" who is interested in local food and farming, whether you dream about a livelihood or you are already in the biz. Learn from experienced farmers and instructors at this one-day food and farm conference.

Tickets are available at  
[www.growthecoast.eventbrite.com](http://www.growthecoast.eventbrite.com)

Admission is \$20 per person or \$35 for two from the same farm/business/organization and includes a delicious locally sourced breakfast and lunch.

Detailed conference info at [www.northcoastfoodweb.org/growthecoast](http://www.northcoastfoodweb.org/growthecoast)

Keynote speakers include Susannah Morgan, CEO, Oregon Food Bank and Oregon Small Farms Director, Gary Stephenson, and Associate Director, Lauren Gwin.

### Sessions to include:

- Coastal Farms - Overcoming barriers to buying the farm of your dreams: How to find, purchase and fund
- Healthy Soil, Healthy Crops
- Pasture Establishment, Rotational Grazing, and Pasture Management
- Backyard Mushroom Cultivation
- The Business of Farming (financial & business planning)
- Changing Gears: Is farming life right for you? "Year Two"
- Managing Insect and Disease Pests in Vegetables in a Maritime Climate
- Raising Poultry in Small Flocks & "Which Chicken is For Me?"
- Gardening for Sustainable Living and Community Resilience
- Getting Ready for Market: CSA's, Farmers Markets, Selling to Restaurants
- Community Food Systems 101
- Growing Sustainable Ornamentals (Floraculture)
- Mobile Meat Processing
- Honey Bee Biology & Beekeeping Basics
- "Take Your Recipe to Market" for Food and Farm Entrepreneurs

Grow the Coast is a collaborative project between Food Roots and North Coast Food Web, working to grow a healthy and vibrant food system for our north coast communities.

503  
887  
9180

**mark  
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## Time to trade seeds and swap stories with other local gardeners at the 6th Annual Seed Exchange

Saturday, November 9 • 11am to 1pm

Brim's Farm & Garden on Business 101 at Miles Crossing

Everyone is welcome, even if you have no garden seeds, but would just like information. Everyone goes home with seeds and all seeds are free.

Gary Sunderland of the Netel Grange and River Peoples' Farmers Market co-hosts along with Linda Brim. There'll be lots of hot coffee, treats and information – and of course, seeds!

Place your seeds in small envelopes

or zip-sealed baggies. Mark seed packets as to plant, variety, where you grew them, how they did and any other information you wish.

Whether you've got herbs on the windowsill, containers on the deck, or acres under cultivation, grab some seeds, envelopes or baggies, and join the fun. There'll be information on gardening and seed saving as well. Questions?? Call us at 503-325-6886.

### Tillamook Traditions: A Pioneer Experience

Join Food Roots and the Tillamook Farmers' Market for an afternoon celebrating Tillamook food and farm traditions on Sunday, Nov. 10 from Noon to 4pm at the Fairview Grange at 5520 E. 3rd. Street in Tillamook. Tickets are \$12 for adults, \$20 for couples and \$5 for youth under 12.

Participants will enjoy a variety of pioneer themed food featuring soup provided by local restaurants including: Pacific Restaurant, The Schooner, Sugarfoots, La Mexicana, and Brewin' in the Wind.

In addition to a superb menu, community members will have an opportunity to step back in time and capture their own historic memories with a pioneer themed photo shoot while dressed in Pioneer clothing. The event will also feature photos and exhibits of historic images and experiences from Tillamook pioneer life provided courtesy of the Tillamook Co. Pioneer Museum.

During and prior to the event community members can purchase high

value raffle tickets with prizes including: a 1 night farm stay at a Japanese Forest House at R-Evolution Gardens and dinner for 2 at Dinner at Nehalem River Inn, a full season CSA share from DeNoble's Farm, 1/2 of a local 4-H raised hog, a 4-week CSA share from Coyote Moon Farm and 6 Baker's Choice Desserts, a Bottom Fishing Trip from Siggy-G Ocean Charters, and a hand-made Myrtlewood Coffee Table. Raffle tickets are available for \$10 or 6 for \$50. There will only be 400 sold!

Both event and raffle tickets are available at the following locations: TLC Federal Credit Union, the Tillamook Co. Pioneer Museum, the Shilo Inn Restaurant and Lounge, and online at [tillamooktraditions.eventbrite.com](http://tillamooktraditions.eventbrite.com).

Both the Tillamook Farmers' Market and Food Roots work to support food systems, farmers and local food sustainability throughout Tillamook County. Thank you to our community partner, Tillamook Co. Pioneer Museum, for their continued support!

### 2014 OSU Master Gardener Class

Now is the time to register for the OSU Clatsop County Extension Service Master Gardener Program, one of the most popular volunteer programs in Oregon. The Master Gardener curriculum provides the volunteer with information and references on subjects such as botany, soil management, pruning techniques, integrated pest management and more. The classes are taught by OSU Extension Faculty, veteran Master Gardeners and experts in their respective fields. Students of all ages and abilities, beginners and experienced gardeners alike, are welcomed in the program.

Applications are available online at: [extension.oregonstate.edu/clatsop/gardening/master-gardener-classes-events](http://extension.oregonstate.edu/clatsop/gardening/master-gardener-classes-events) or from the Clatsop County Extension office, 2001 Marine Drive, Room 210, Astoria, (503) 325-8573. Classes are held at Clatsop Community College, Towler Hall, Room 310 in Astoria on Wednesdays from 8:45 a.m. to 4:00 p.m. beginning January 8 and

ending March 19. Volunteers receive over 60 hours of intensive gardening education in exchange for 60 hours of volunteer time. The cost is \$75 and includes your handbook.

**VOLUNTEER:** Your volunteer time is a fun time spent working on projects such as the OSU Extension Master Gardener Information Line, Sunday Market or other clinics, and hands-on gardening in the Demonstration Garden with Veteran Master Gardeners. The remainder of your community service may be spent on many different projects as diverse as helping to develop and maintain an animal friendly garden project at the Animal Shelter, teaching high school students the basics of gardening, and the annual "Spring into Gardening" seminar.

If you like to have fun exploring gardening and would benefit from learning more about sustainable gardening methods, apply to the Extension Office by Wednesday, December 18, 2013.

IT IS late October, a cloudy day with sunset approaching fast in a blazing orange sky. I bend over to pull a few carrots out of my small garden patch and am immediately blown away by their size. Up to an inch and a half thick and 10 inches long, they are red, purple and orange in the fading light. I quickly collect a modest bunch to take home; most of the crop will remain in the ground, to be harvested later as needed. I am astounded at the bounty; this is one of the rare instances in life where results far exceed expectations.

I have been growing some of my own food in a very small way for about 10 years. Early this spring, when a friend told me that there were several plots available at Gray School Community Garden in Astoria, I figured it was time for me to up my game and advance from a few containers of herbs and greens to an actual small garden plot.

Astoria's newest Community Garden at Robert Gray School first opened in 2012. The garden was funded through donations of labor and material. 20, 4' x 10' raised bed plots were constructed on half of the old school tennis court. This is an ideal site, situated on a southwest-facing slope in one of the sunnier parts of town. A plot rents for \$25/year. Water and soil are provided; soil amendments, seeds, and labor are not.

On a chilly Monday afternoon, early last spring, I met up with two friends and we broke ground, hauled soil by the wheelbarrow full, and sowed our collective garden plots. That day, I fill my 40-square-foot plot with seed potatoes. As the season progressed, I brought containers from home, and cultivated another small plot in a grassy area beside the old tennis court. By mid June, I had added zucchini and hard winter squash, snap peas, radishes, kale, pole beans and bush beans, carrots, onions, sweet peas, broccoli and tomatoes to my plantings.

It was a lot of work: planting, weeding, amending the soil, harvesting. By far, watering took the most time. Warm, sunny weather necessitated watering runs to the garden nearly every day for a few months. Really, I got addicted to the labor.



## Community Gardens Rock!

By Cathy Nist

### Adventures in Community Gardening, or: OMG what am I Gonna do with all those Green Beans?

The Garden at Gray School became a small community. Over the course of spring and summer, I met nearly all of my fellow gardeners, an eclectic mix of folk with nearly every level of gardening experience imaginable. (I fall somewhere in the middle.) We helped each other with watering and shared our knowledge.

I learned much from my fellow gardeners. My biggest lesson by far this year is that you get out of a garden what you put into it. I could see some folk's plots were riotous with growth; one person grew sunflowers so large, they were visible from two blocks down the street. Other plots were not as successful, the soil we

the big storm at the end of September brought things to a screeching halt, destroying many of my plants. Nonetheless, there is still a lot of work to be done to get ready for next year.

Last week was like Christmas at Gray School Community Garden. Dirk Rhone donated a truckload of Turbo Grow (washed dairy manure) that will condition over the winter and make wonderful compost come springtime. Astoria Parks and Recreation loaned equipment to move the manure and cut away most of the sod surrounding the asphalt of the old tennis court, freeing up more areas for planting. Brim's donated straw bales for use in the garden and mysterious "elves"

have donated other equipment to the site.

The future of Gray School Community Garden seems promising. I can visualize a communal herb and berry garden onsite. Perhaps the garden will expand into the second half of the tennis court, doubling the number of plots available. (All 20 plots were let in 2013.)

I am thankful for my experiences at the Gray School Community Garden.

I also want to send out thanks to everyone who has donated materials, equipment and labor to the garden. I look forward to continuing my adventures and education there next year.

To learn more about Community Gardens in Clatsop County, go online to [clatsopcommunitygardens.org](http://clatsopcommunitygardens.org). If you live outside of Clatsop County, your local Extension Office will be able to provide information about a Community Garden near you.



were given to use needed help. I had to add a variety of soil amendments to my garden, far more than I ever imagined I would need. Gone were the days when I tossed kale seeds into a container of commercial "compost" and then neglected them except for the occasional watering.

In August and September, I was harvesting more than my housemates and I could eat. I started randomly dropping by friend's homes with surplus vegetables. High winds from



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