

HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 14 Issue 179
December 2013

Merry Yuletide Hipfish Readers!



ASTORIA FOR SALE

Astoria's "excess" is on the table

by Bob Goldberg p.10

FULL CIRCLE Zodiac art by **STIRLING GORSUCH @ KALA**

PLUS our own **Zodiac calendar for 2014**

We're excited! p.4

THANKS READERS!

Results from the Survey

p.7

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TREEMORIAM

Fallen Cedar Nov 2013

TREEMORIAM. This December issue marks the introduction of a new segment in HIPFiSH. Throughout the life path we spend most of our time developing relationships - their beginnings, transformations, endings. Relationships to other; whether it is to fellow human, to our work, to spirituality, where we live, to animals, to nature, all exercise and deepen the human journey.

And so to this concept, in ensuing issues we honor relationship to tree, as unique a relationship as any. One that has inspired poems, paintings, songs, in addition to what the tree has bestowed to human survival and culture, in its infinite manifestations. The tree, one of earth's most generous gifts to humankind, to say nothing of its tremendous function on the planet.

Whether loss to blow down, development, trunk rot, in or out of personal control, TREEMORIAM pays homage to the end of the rooted friend. If you would like to share a tree memoriam, or just let us know of a tree/s demise, please contact hipfish@charter.net.

- Dinah Urell

We thank Astoria resident Jessamyn Grace for sharing this personal story:

As a glorious November morning began to unravel in dappled sunlight I abruptly awoke to the baneful sound of chainsaws. I ran downstairs and collapsed, sobbing upon realizing that my neighbor was dismantling my favorite cedar tree. It was over 100 years old, a wise and knowing guardian outside my window. The eagles took rest upon it, the owls surveyed the land atop of it, and the mirthful crows protected it. None of them have since come to visit.

I recognize the misguided temptation to blame, but I must add that my neighbors are kind people and I don't criticize them at all - they cut down the tree to build a fort for their children. My relationship with the cedar was my own and I cannot expect others to share this sentiment - in

fact, some may find it comical or bizarre. When I moved to Astoria 7 years ago I didn't know anyone, and it was a couple of years before I made any close friends. I tell you in earnest that this cedar was my companion - I would sit for hours in her majestic shadow as I watched the boats go by. I feared for her during our coastal storms - breathing a sigh of gratitude when she made it through. We survived so much together - she mirrored my experience here and we thrived on the silence that is Astoria.

Along with my thoughts I gathered her fallen branches in the yard, burying my face in the scent while the sap still ran in sorrowful recognition of its fate. I spent the day walking along the river so I wouldn't have to be near when she fatally fell. I dreaded returning home, and I have yet to sit in my reading chair by the window knowing she will not be there. I phoned my parents as the sun began to set, my mother comforting me saying that 'even though it will get better you will always miss your friend'. My mother understands me, understands that cedar's roots are my roots in this place where the river meets the sea.



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ART DECEMBER AT KALA

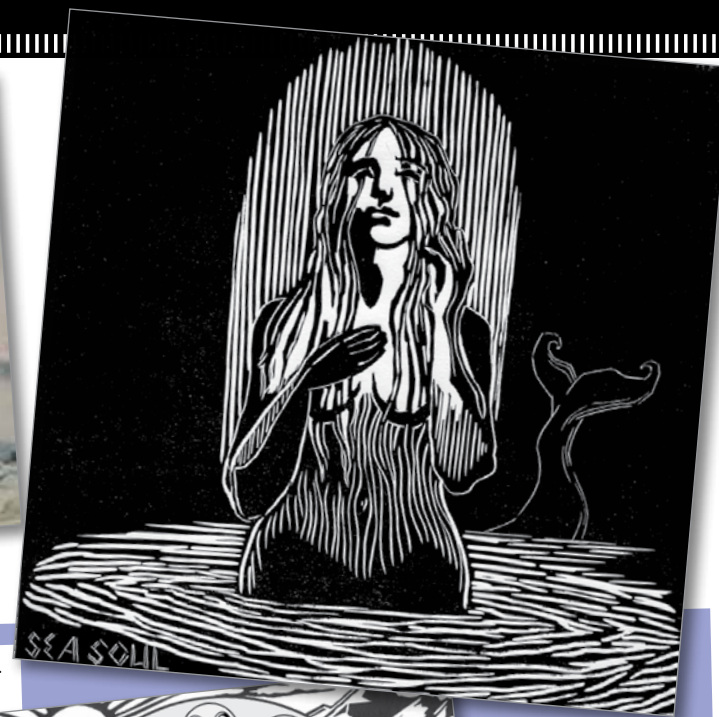
FULL CIRCLE

Printmaker Stirling Gorsuch
VENUS & LARS
 Sid Deluca

**SHOP KALA SUNDAY DEC 15
 FOR PRINTS AND CALENDARS**



Sid Deluca/Collage



Scorpio by Stirling Gorsuch

CUTTING A swath through the Clatsop Community College Art Department, winning the department's award, Student of the Year 2012-2013, as much for his artist talents as for his inspiring artist spirit in the community, KALA joyfully exhibits the work of Stirling Gorsuch and FULL CIRCLE. Cannon Beach native Gorsuch's 12 Signs of the Zodiac in full wall mural format will hang at KALA this December, opening for the December 14, 2nd Saturday Art Walk, 5-8pm. In addition, KALA premieres a special FULL CIRCLE Zodiac 2014 calendar, a collaboration between Gorsuch, local Astrologer Anniken Moe, and HIPFISHmonthly.

The FULL CIRCLE show includes framed prints of the 12 signs, matted prints, and added to the astrological compendium, Gorsuch's rendering of earth, air, water, fire; newly produced while currently attending the OSU print-making program. Says Gorsuch of this particular artist journey, "FULL CIRCLE is

my interpretation of the Zodiac sun signs as they relate to the Western understanding of Astrology. I was inspired in part by the writings of Carl Jung and Joseph Cambell, both of whom broke down the significance and experience associated with such phenomena as Astrology, intuitive or divinitory processes. Just as mythology is a metaphorical tool, I believe that woven into Astrological symbolism are lessons and ideas that cannot be learned at a cognitive level. But by refining our intuition, we can discover hidden truths within Astrology that we never knew were there before."

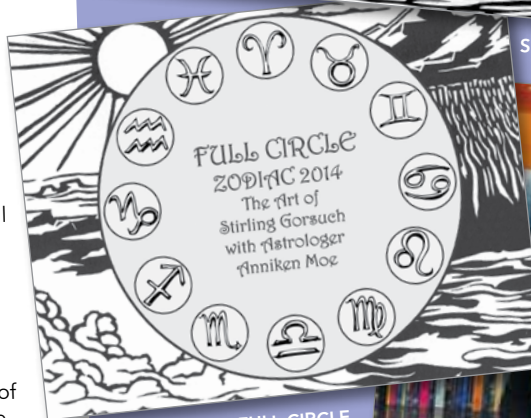
"On my 11th birthday," says Astrologer Anniken Moe, "I was given my first astrology book; 'Love Signs', by Linda Goodman. Who wouldn't want to know what sign(s) they are compatible with? I sure did. The rest is history."

Moe has been divining astrology for more than 4 decades, and the sun sign book was given to her by her mother,

she too a lifelong professional astrologer. (see:momentumastrology.com).

As they say, opposites attract, Moe a Gemini and Gorsuch a Sagittarius are opposites on the astrological wheel. Inspired by the Zodiac imagery of Gorsuch, Moe has followed suit with sun sign musings, and practical astrology info for the calendar. Calendars will be for sale at KALA. Also available by email order. Email:hipfish@charter.net, Subject: FULL CIRCLE calendar. \$18.50.

VENUS & LARS. KALA artist Sid Deluca, in the spirit of the stars, introduces yet another wry series of magazine absurdist collage for the December show; 50's - 60's sexy god and goddess in planetary splendor. Framed prints ready to wrap for that interesting friend that you want to surprise and entertain. In addition, sexy zodiac proclivities by artist BANE.



FULL CIRCLE Calendar available



Astrologer Anniken Moe

SHOP KALA SUNDAY DEC 15 FOR PRINTS AND CALENDARS

MUSIC

KALA CONCERT

KALA CLOSSES 2013 with a celebration in Creative Music, welcoming violist and film composer/arranger Jordan Dykstra to its stage on Friday December 13, 8pm. Dykstra has been very active in the Portland indie music scene as a record label VP, involved in launching numerous bands and recordings, in addition to his work as a string arranger/composer for various music projects in film and recording.

A Mr. Dykstra's musical resume video on his site: businessofcomposingforstrings.com reveals a similarity in innovative and eclectic passion to that of Van Dyke Parks, one of rock music industries longest running collaborative music masters, who scored for film and recording projects, well-known for his work with the Beach Boys experimental renderings.

The musical evening at KALA will comprise a viola performance by Dykstra, embellished by electronic technologies. Special guests O/H, the duo of baritone saxophonist Paul Hoskin and drummer Mark Ostrowski, and local contrabassist Gregg Skloff performs the rare and unique bass solo. The eve also promises a special improvisational ode to Yuletide music.

Currently residing in Portland, and a violin/violist since the age of 4, Dykstra's work has been featured with such artists as Dirty Projectors, Gus Van Sant, Valet, Adrian Orange, Christina Vantzou, Davis Hooker, Jared Mees and the Grown Children as well as a number of installations, short films, and live performances. As VP of the Portland indie label Marriage Records for three years, and, in 2008, he founded the Business of Composing for Strings (BCS), which

celebrates the close of 2013 with **CREATIVE MUSIC** featuring string composer Jordan Dykstra

is a compositional studio aimed at making new compositions and arrangements for strings and small ensembles.

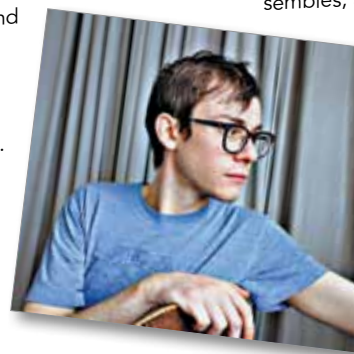
Paul Hoskin (baritone saxophone) was an active art organizer and musician in Astoria from 2005-2009, producing the monthly Creative Music Series through Astoria Visual Arts. Hoskin performed many concerts along with visiting musicians from experimental to jazz renderings, creative and improvised music - the sonorous tones of the colossal baritone, articulated by a masterful improviser. Since his return to Seattle he has formed a duo with drummer Mark Ostrowski, who is a long time member of Seattle music collective, Monktail Creative Music Concern.

Gregg Skloff, an Astoria resident since 2010, has played contrabass since 1990. He has participated in improvisational settings with a multitude of musicians, devoted

his efforts to several rock bands and large ensembles, and (in 2013) formed

Existence Habit with fellow Astorians, Derek Ecklund and Roger Hayes. On December 13, Gregg offers a rare solo performance.

Doors open at 7:30pm. Music 8pm. \$10 at the door. Cocktails and Christmas Sweets!



complimentary KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Please join us for this special treat in musical landscape.

HIPFISHmonthly

Nov 13

CULTURAL CALENDAR
& the month day by day 4-19

NEWS & FEATURES . . . 5 - 15

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

HIPFISHmonthly is located at 1017 Marine Dr in Astoria.
503.338.4878

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

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Bob Goldberg

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Agnes Field

JANUARY

**HIPFISH
ON THE RACKS
MONDAY JAN 13**
(Hipfish takes a Holiday
Break)

Cover Photo: Ships and Trees
by Leigh Oviatt

Cover Design: Les Kanekuni

Astoria Library Public Meetings

Board will hold two public meetings in December

IN DECEMBER, the Astoria Library Board will hold two public meetings pertaining to the Astoria Library Renovation Study. The first meeting will take place on Wednesday, December 4 at 7:00PM, at the Astoria Public Library, 450 Tenth Street, Astoria, Oregon. For those who cannot attend a weekday meeting, the Board will host a Saturday coffee on December 7 from 11:00AM to 1:00PM, in the Flag Room. The Library Board and staff encourage public participation and feedback. If you cannot attend a meeting, please email your comments to the Astoria Library, comments@astorialibrary.org.

In June of 2013, the City of Astoria hired Ruth Metz and Associates (RMA) to conduct a renovation study of the Astoria Public Library. After gathering information through surveys, focus groups, stakeholder meetings, and public meetings, RMA delivered the Astoria Public Library Renovation Study Report in two parts: a needs assessment and building program. The Astoria Library Board has reviewed the report, and after much deliberation, reached a unanimous agreement on a recommendation to present to the Astoria City Council. The Library Board will answer questions and receive feedback at the December public meetings prior to presenting its recommendation to Council.

Volunteer!

Tillamook County Women's Resource Center

You can ring in a peaceful new year for 2014. Tillamook County Women's Resource Center is looking for individuals interested in making a difference in the lives of neighbors, friends, and family through helping survivors of relationship and sexual abuse in our community. TCWRC is offering a free training starting January 11, 2014 for those people interested in volunteering or community partners who wish to increase their understanding and improve their crisis intervention skills. The thirty hour training will help prepare volunteers for various positions like working with the hotline, direct services, clerical duties, fundraising, publicity, maintenance and odd jobs, Board of Directors, Speakers Bureau, and many other opportunities. There are volunteer positions for everyone, for every skill set and interest.

If you would like more information on the upcoming Volunteer Training or would like to get started on your volunteer application, call TCWRC's Volunteer Coordinator, Emily Fanjoy at 503-842-8294 x211. You can help. Be the change you wish to see in 2014.

Volunteer Literacy Tutor Training

at Clatsop Community College

Are you interested in literacy and how adults acquire it? A short training for new tutors and others who are considering becoming a volunteer literacy tutor, is scheduled for Wednesday, December 11, 11am-2pm at Clatsop Community College, Columbia Hall- Room 219, 1651 Lexington Avenue, Astoria.

Learn from other volunteers what works best for students who face many barriers. Get practical advice on simple lesson planning and assessments. Learn about literacy rates, how our ideas of literacy have changed, and, best of all, meet interesting people. Call 503-338-2557 or email epurcell@clatsopcc.edu to sign up or get more information.

Please direct media inquiries to: Eileen Purcell, 503-338-2557; epurcell@clatsopcc.edu.

Autzen Foundation Grants Support Student Success at CCC

A GENEROUS grant from the Autzen Foundation to the Clatsop Community College Foundation will fund a project that provides additional support to low-income students enhancing their chances for success at CCC. The grant will allow the college to acquire a bank of laptops and core course textbooks which will be made available to qualified students through a check out process. This will allow students with busy work and study schedules to work from home, and will ease the burden low-income students often face when confronted with expensive materials and technology required for coursework. The CCC Foundation, the college and the Autzen Foundation are committed to supporting a diverse student body. This project addresses specific needs of low-income students, and provides access to critically important learning tools including books, subscriptions to required electronic course materials and technology.

ASTORIA WINTER MARKET

December 14-15, 21-22
Live Music, Bacon & Beer!!!!

UNFORGETTABLE! THAT is the kind of gift you'll find at Astoria Winter Market. New this year is a mini Winter Brew Cup December 14 and 15 with craft beers from Fort George and an all-bacon menu from North Coast Chef Syndicate. Live music once each day is also a new addition with performances by Port City Players, Brad Griswold and Greg Parke. Hourly raffles for gifts donated by vendors and merchants liven up the final weekend. Astoria Winter Market runs two weekends only at Astoria Event Center December 14 and 15 and December 21 and 22. Hours are 11 am to 4 pm at Astoria Event Center located at 9th and Commercial in downtown Astoria. For more information visit www.AstoriaSundayMarket.com or email Astoria-SundayMarket@charter.net.

Astoria Winter Market is a boutique market featuring products that are carefully crafted by each vendor. From decorative pieces to practical tools and useful items you'll discover something unforgettable for someone special at Astoria Winter Market. It is an intimate Market showcasing about 30 vendors each day. Some artists and crafts people are present only one day or weekend, so be sure to make this part of your downtown shopping experience both weekends. Proceeds from the Brew Cup benefit Astoria Downtown Historic District Association. The Winter Market is a program of Astoria Sunday Market whose mission is to revitalize historic downtown Astoria. "Each year we've brought Astoria Winter Market to a new downtown neighborhood and we're excited to spotlight the west end of town this year," explained director Cyndi Mudge. While visiting Astoria Winter Market, shoppers can enjoy nearby restaurants and other gift stores within a short walking distance of Astoria Event Center.

TESSA JAMES SELLER

appt to ACCT Diversity Committee

The Association of Community College Trustees (ACCT) has appointed Tessa James Scheller to the ACCT Diversity Committee as an Associate Member. In making appointments, the ACCT considers regional representation, gender and diversity.

Tessa James Scheller was appointed to the Clatsop Community College Board of Directors in April 2010, elected in 2011, and represents zone 3 that includes Clatsop Plains, Hammond and Warrenton. She retired in 2008 after a 30 year career as a Nurse Anesthetist, CRNA.

Scheller says, "The Clatsop Community College Board of Directors, Administration and IOU Committee supported my nomination to the ACCT National Diversity Committee. I attended the ACCT annual Leadership Congress and Conference in Seattle last month and was welcomed to serve on the Diversity Committee. I am keenly interested in service on the ACCT Diversity Committee to assist in providing leadership for the involvement of historically underrepresented and diverse populations within the governance activities of ACCT.

The ACCT is a non-profit educational organization of governing boards representing more than 6,500 elected and appointed trustees who represent more than 1,200 community, technical and junior colleges in the U.S. and beyond.

The Dark Lords of Capital

IN 1949, a wave of fear gripped America after the Soviet Union exploded an atomic bomb and China fell to Mao Zedong's communists, and the US experienced its second red scare since the 1917 Russian Revolution. FBI head J. Edgar Hoover had been fighting the American left since after World War One, when he was appointed to lead the new federal police agency. Now Hoover and Republicans like Senator Joseph McCarthy charged that Soviet directed Communists had infiltrated most of our public institutions. In electoral politics the domestic communist issue, always overblown, was used to attack New Deal Democrats, who had dominated national politics since 1933 and had created the beginnings of a welfare state. The New Deal had reined in the freewheeling capitalism of the twenties that had produced the wild stock manipulations leading to the 1929 crash and Great Depression.

New Deal Keynesian economics had fed the starving demand side of the economy by creating a vast number of publicly funded jobs building vital infrastructure. The Glass Steagall Act had strictly separated commercial banking from the brokerage houses, thereby curbing stock speculation. And a new Securities and Exchange Commission was given oversight of stock and bond transactions. Progressives in both parties also laid emphasis, as had progressivism prior to World War One, on breaking up large aggregates of capital that threatened to so dominate industries as to stifle competition.



All these reforms had been very unpopular with large industrialists and bankers. These were the people who always preferred the laissez faire capitalism of the twenties and the late nineteenth century robber baron era that saw great fortunes juxtaposed with grinding poverty and boom and bust cycles that invariably made the rich richer and threw many middle class Americans into poverty. Capitalist elites made some gains in the fifties, when New Deal Democrats were often tarred as "creeping socialists." But it was not until after the Democratic labor based coalition broke down in the Vietnam War era that big business conservatism began its comeback. After the Soviet Union collapsed in 1991,

following the conservative presidency of Ronald Reagan, the new president George H. W. Bush, announced commencement of a "new world order." That order would embrace a bipartisan laissez faire consensus based on deregulation and free trade.

The resulting preeminence of megabanks and giant transnational corporations created massive inequalities, with multibillionaires controlling world politics largely through supranational undemocratic bodies like the World Trade Organization. Championed by the corporate Democrat Clinton administration, the WTO is empowered with a tribunal that can impose sanctions on any country that seeks to keep out products with e.g. toxic food additives or environmentally destructive substances. The new hyper-capitalism has also seen US companies offshoring millions

by Stephen Berk



of union family wage jobs to countries like Bangladesh with low wage scales and little regulation. Recently a factory built there with substandard materials collapsed, killing over 1,100 workers. And corporate behemoth Walmart, whose goods were manufactured there, disclaimed all responsibility, refusing to pay any compensation. Most manufacturing is now offshored to China, where what still calls itself the "Communist Party" makes sure wages are low, unions barred and products cheap.

One of the most critical voices against the new world plutocracy is economist Paul Craig Roberts. Roberts was Undersecretary of the Treasury in the Reagan administration and author of business oriented supply side economics, but he is no free market fundamentalist. He prefers a mix of approaches including federal job stimulus during recession. And while critically supportive of free trade, he argues that corporate offshoring has destroyed the large consumer class that previously buoyed the economy. He blames it for massive debt due to trade imbalance, noting that the Fed has to keep printing money to keep the economy afloat. The dollar has been the world's trade default currency since the end of World War Two. But Roberts sees American economic instability ending the reign of the dollar with ensuing devaluation, massive inflation and depression for the US.

During the fifties red scare, John Stormer published None Dare Call It Treason, which raised the specter of the liberal left destroying American capitalism. In fact regulated capitalism produced unparalleled prosperity through the sixties. But global laissez faire has led to massive poverty, homelessness and inequality, with the US in steep decline as an economic world power. Who then are the real traitors?

Clatsop Animal Assistance (CAA) Annual Holiday Party and Fundraiser It's fifteenth year.

A SEASONAL benefit for the cats and dogs at the Clatsop County Animal Shelter, this event typically furnishes the lion's share of CAA's operating funds for an entire year, paying for critical services and supplies directly benefiting the animals, e.g., veterinary care, medicine, feline and canine food, flea treatments and much, much more.

So get your sweet self, joined by friends and family, down to the Fort George Brewery and Pub's Lovell Showroom, at 16th and Duane Streets in Astoria, on Saturday, Dec. 14, from 10am to 4pm.

THE FUN INCLUDES: Pet pics with Santa, a silent auction where you can bid for terrific merchandise and gift certificates generously donated by area businesses. And try your luck in one or more of CAA's raffle drawings.

Haven't got time to bake for the holidays? Not to worry. You can buy all the cookies, cakes, pies, bread and rolls, candy, coffee cakes and muffins even homemade dog biscuits—you need. We're referring to CAA's sale of tempting baked goods thanks to Linda Perkins, its unflappable bake sale coordinator. If you opt to eat any of the

goodies while at the event, you can wash 'em down with free hot, spiced apple cider. Yum!
Special this year; three anonymous CAA supporters have pooled resources and launched a fundraising challenge. These kind souls will match up to \$3,000 in donations—a generous act that makes your donation go a heckuva

lot farther! Please give what you can, knowing that even more will then go to help Shelter animals.

Donating is easy. Do it with cash or a check or go on-line to CAA's Facebook page or website (www.dog-sncats.org) and use PayPal. Once you're at the website, simply navigate to the bottom of the "Donations"

page and don't forget to write "matching funds" in the "Comments" field. Checks may be mailed to CAA at PO Box 622, Warrenton, OR 97146, so you can just write "matching funds" on your check. Donations may also be made in person at the December 14 fundraiser.

Donations help many helpless, homeless creatures whose quality of life depends on the continued kindness and generosity of our community all through the coming year.



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every month in hipfish

pg 26

[pickled fish]

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The Adrift Hotel Music Calendar December 2013

12/1: Blue Skies for Black Hearts (indie rock)
12/3, 12/4: Ian McFeron (Americana)
12/5, 12/6: Steelhead (psychedelic Americana)
12/7, 12/8: The Pine Hearts (bluegrass/folk)
12/10, 12/11: The Hobo Nephews of Uncle Frank (roots Americana)
12/12, 12/13: Northeast Northwest (indie Americana)
12/14, 12/15: Strangled Darlings (quirky indie-pop)
12/19, 12/20: Small Souls (indie folk)
12/21, 12/22: Blake Noble (guitar driven roots music)
12/26, 12/27: McDougal (rousing one-man band Americana)
12/28, 12/29: Heart Lake Owl (indie pop)
12/31: Holiday Friends (indie rock)

Show times are 9pm to 11pm on Fridays and Saturdays, 7pm to 9pm on weeknights (including Sundays). For more information please contact Ezra Holbrook at ezraholbrook@gmail.com or (503) 888-0675.

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HIPFiSH Reader Survey

Thank you to Readers who took the time to touch base, and fill out this casual survey. Give it a read. 76 readers weighed in on community values we feel are important, as well, readers have unanimously spoken that alternative journalism, and the independent voice is highly valued here on the coast, and we at HIPFiSH can keep doing our job, and according to the survey, to do more of it.

We appreciate the great suggestions and the kudos too. Next month we will announce the winners in our survey contest. Until next year friends, stay tuned for more.

1. What city do you reside in?

- Astoria - 51%
- Warrenton/Hammond - 11%
- Nehalem/Manzanita/Wheeler – 17%
- Cannon Beach - 5%
- Tillamook - 3%
- Long Beach Peninsula – 6%
- Seaside/Gearhart - 5%

2. If you live on the coast, how long have you resided here?

The average reader has lived in the region for 18.5 years. The median 14 years

3. Do you have a usual location/s where you pick up HIPFiSH?

73% pick-up Hipfish at a usual spot.
The most picked up spot in Astoria, The Blue Scorcher.

4. Would you say that you prefer to read hard copy publication as opposed to online of local newspapers?

92% read the Hard Copy.

5. Do you follow HIPFiSH on Facebook?

29% follow Hipfish on Facebook

6. Do you feel that HIPFiSH as an independent publication on the coast is serving a strong purpose? 100 % Yes.

COMMENTS:

- Love the format!
- I love your variety of coverage and local spotlights. You are not afraid to colour outside of the lines.
- Like slightly alternative point of view, features. Calendar is excellent.
- The information about events in the community is important and the columns are informative and a good read.
- There is more to what is going on in the Astoria area Arts and Culture scene Who-What-Where. I want more of the Why and How.
- I love reading Hipfish - when I see the new issue I eagerly pick it up, wondering what topic of interest might be within its contents this month. Matt Love, Steven Berk, Bob Goldberg--wise, talented voices.
- Provides vital alternative perspective.
- Much appreciate the politics unashamedly, nay, proudly presented in hipfish!
- I appreciate having a unique, fresh take on our community issues. Thoughtful, intelligent writer, such as Bob Goldberg are a huge asset.

I also enjoy the health and wellness information and the cultural event coverage.

- HIPFiSH focuses on subjects that are interesting to me, which don't always get adequate coverage in the predominant media.

- It lets me know what's going on and feel connected to my community.

- You are the best! Better than many other out-of-the-area publications I have read. Also great copy

- This is a WONDERFUL publication!! Art, music, theater are so well publicized here! THANK YOU!

- Hipfish is a great supporter of the local events happening in our area whether that is political, artistic, musical, etc. It is my go-to publication each month.

- HIPFiSH represents diversity, culture and a uniquely north coast perspective that we need in our lives.

- Rare place to get political commentary at all, let alone left-leaning.

- HIPFiSH is the perfect publication for the north coast and I always look forward to each month's issue.

- A strong voice for alternative lifestyles, environmental issues, and local artists and artisans.

- I moved here July 1st. I have found connections and activities through Hip-fish. Thank you for helping me to learn about my new neighborhood.

- I love reading Matt Love's column on rain... :)

- I've always enjoyed HIPFiSH's coverage of the arts in the area, including nightlife, places to eat, etc. I frequently dip into the movie reviews, which I appreciate, since the Daily A stopped doing them years ago.

- Progressive awesomeness, for sure!

- Independent journalism is important in a rural area, where the daily newspaper is king. A place for more in-depth reporting and reporting on "out-there" items is necessary also.

- HIPFiSH is awesome!

7. When you pick up HIPFiSH, what content do you typically read first? Is there a specific section/content that is more important to you, i.e., cultural events, columns/columnist, community on goings, features, etc?

Features and Calendar events weighed in 50/50.

8. If HIPFiSH were to expand and develop its editorial content, addressing a diverse selection of issues, what topic(s)/matter(s) would you like to see a more in-depth coverage of?

COMMENTS:

- More GLBT coverage, local and honest business reviews (secret shopper, secret food critic, etc.) that

- aren't predicated upon advertising dollars, and just a bit more of everything.

- Would like to see more info about goings on in Tillamook County.

- Local news affecting the environment and social services.

- More politics. Lets get dirty, down, into the trenches. Spill the beans, spread the goo. Make 'em squirm, hold their feet to the fire. Keep 'em honest. Make the bastards earn their keep.

- I would love to see more articles written by a diverse set of people. My favorite local rag is the Santa Fe Reporter- When I lived in Santa Fe, that is. I miss lengthy articles with depth and social, political, and interesting philosophical rants. Hipfish is close- all except for articles – need more articles.

- Sociological and anthropological issues at home and abroad.

- I would love an insiders perspective of the city council meetings maybe like a column about what's happening, who's voting for what and also to be better informed for the local ballot.

- Local news; in-depth coverage on social issues, i.e., aging, health care, education, food access, housing, marriage equality. Coverage of solutions to social problems. Environmental issues.

- Local political issues - although you already do a pretty good job of covering this...but do you really have reporters from all areas of the north coast? Seems like arts/letters coverage is more geographically diverse than environmental/political matters.

- Local government (municipalities and county) decision making and budgeting.

- Timber/Forest Issues, Criminal Justice Sector - more objective reporting, than the finger-pointing we get in the Daily newspaper, Food Reviews!!!

- I'm sure most of the topics I like to read about have already been covered... but any articles about how to live simply, articles about people who are volunteering in our communities, the value of volunteering, caring for our seniors, ways to be involved in local politics, etc. social justice, peace, healthy food, simple living -- so many issues!

- In depth coverage of divisive issues like equal rights, pot legalization, taxation, funding infrastructure, inequitable wealth distribution.

- Healthy living/aging in place, if a person needs help (with whatever they need) what are the resources.

- Grass roots activism, honest, more in-depth coverage of environmental issues affecting the area.

- Environment, locals vs. new transplants to area vs. tourist features, elderly issues, children's issues, health care on the coast

- Fashion/Tattoo

- What local groups are up to. Collaboration. Actual making or doing instead of lip service and endless meetings to help the community.

- I am woefully ignorant of the fishing industry. I would like to better understand what they do, how they do it, how they are regulated, what effects them...

- Alternative Health Care Providers, Outdoor things to do (handicap accessible.)

- Expanded local coverage - maybe news from the college.

- You're doing fine.

- I think HIPFiSH can provide a voice for the voiceless, the other species, the abused land and water. In this sense it can carry on the dissenting tradition of people like Henry Thoreau, John Muir, Aldo Leopold and Wendell Berry, among others.

- Topics and matters that don't make it into the daily paper, or any other publication on the coast.

- More investigative journalism please!

9. Would you like to see more coverage of the cultural arts in HIPFiSH? If so, explain.

COMMENTS:

- Yes, we need more of this as a community. There are still many uneducated folks here that could use some positive exposure to more than a can of PBR and the lottery.

- How about a fresh new artists exploration? Pick a student artist from the high school and maybe one from the college and follow them for a semester as they develop their skills, or not.

- There is more to what is going on in the Astoria area Arts and Culture scene Who-What-Where. I want more of the Why and How.

- Living in Nehalem, I don't get up Astoria-way very often. I still very much appreciate knowing what's going on in your neck of the woods. We are all connected! And I feel like-minded with the Editor/Publisher, & writers of Hipfish.

- So much to cover! But more is better. Maybe shorter stories, but more of them.

- Yes -- more indepth articles with various local bands and artists.

- Local, local, local--why import people when we are bursting at the seams with creative people?

- To also include more happenings in Cannon Beach, Manzanita, etc.

- Like I went to a Native American pow-wow and I believe maybe sharing those kind of pictures would bring interest. Even if it is pictures from years past.

- I'll always check "more" when asked a question about cultural arts. But Hipfish does a good job of providing cultural arts coverage.

- I like the music. Maybe more local artist (musician) profiles.

10. Has the shopping mall expansion in Warrenton improved your general livability as a consumer? Do you see it as a necessity or would you have preferred that this development had not taken place?

Livability improved: 73% said NO.

11. Would you say you are strongly concerned about the environmental dangers of fossil fuel – coal, oil and LNG terminals, pipelines and shipping – coming to Oregon?

Strongly concerned 81%

Somewhat concerned 13%

No concern 6%

12. Will you support the Oregon Marriage Equality Ballot in 2014?

95% Yes!

13. Do you make an effort to access local farmer grown food for any portion of your meals?

No local food 4%

Some local food 36%

Mostly local food 63%

14. Would you say you attend local cultural art events (visual art, live music, theater) at least?

2x per month 32%

4x per month 68%

15. Have you attended an event(s) at KALA, the HIPFiSH presentation space at 1017 Marine Drive in Astoria?

54% said Yes!

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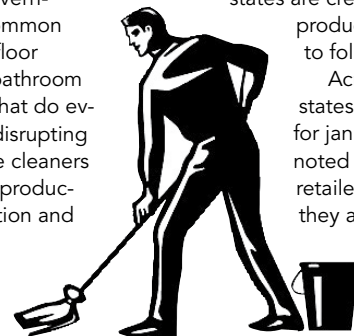
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Oregon and Washington take bold steps to eliminate toxics

REPORTED BY Lower Columbia Estuary Partnership this November, the States of Oregon and Washington have adopted a new "green" janitorial supplies contract, taking a major step to reduce toxic chemicals in government agencies and schools. Common cleaners such as disinfectants, floor and countertop cleaners, and bathroom soaps contain toxic chemicals that do everything from irritating skin to disrupting hormonal balance in fish. These cleaners are linked to asthma, cancer, reproductive disorders, hormone disruption and neurotoxicity.

The new "green" janitorial supplies contract will reduce exposure to toxic contaminants in public buildings and ultimately reduce toxics flowing into our rivers and streams.

Adopting the new "green" janitorial supplies contract can reshape how products and services are delivered not only to government agencies but ultimately to the public. Together, the states of Oregon and Washington indicated they spend more than \$20 million annually on janitorial supplies. Even more good news is that local and tribal governments, public schools, and other qualified partners in both states can also access the contract



and receive the same pricing negotiated with the states. Leveraging this buying power can shape the supply and demand of less toxic cleaning supplies. With this kind of purchasing power, the states are creating a huge market for "green" products and making it easier for others to follow.

Across the nation, more and more states are opting to choose safe products for janitorial supplies. In fact, Masterson noted that Proctor and Gamble, and retailers Walmart and Staples announced they are looking at phasing out products that include some of the priority toxic chemicals.

A 2012 USGS reconnaissance study of the Columbia River detected hundreds of contaminants in water samples. Personal care products, plasticizers, industry related compounds, PCBs, PBDEs are contaminants now found in water, fish tissue and sediment. These toxic contaminants persist in the river and degrade habitat, limit the survival of fish and wildlife and impact people's health.

"Greening" the state's janitorial supplies is a huge step. The states now are expanding their green purchasing guidelines to reduce toxics in furniture, electronics and building supplies.

Winter Enrichment Opportunities at CCC Online

Energy Truths I

If you have ever wondered what is really going on with energy, nationally and globally but can't fit a regular class into your schedule, consider this online class. Questions covered include: Will the US become a major energy exporter? How many years' supply do we have of oil? Gas? Coal? Should we be building more nuclear power plants or closing existing ones? What are the fundamentals of resource depletion and conservation? Part 1 of this practical online course investigates non-renewable energy resources including oil, gas, coal, and nuclear power. Students learn to distinguish hype from reality using research behind

the headlines to draw informed conclusions that will affect their own lives and wallets. Energy Truths I runs January 6 - February 7. Cost is \$35.

Energy Truths II

Part 2 of this practical online course investigates renewable energy resources including solar, wind, hydro, geothermal, biomass, and oceanic. Students evaluate energy technologies appropriate for reliability, economy, scale, EROEI, impact, conservation and efficiency. The final project is a practical application useful personally or locally. Energy Truths II runs February 10 - March 14. Cost is \$35

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.

For more information about the Conversation Project program and how to apply, please contact Oregon Humanities Program Officer Annie Kaffen at (503) 241-0543 or (800) 735-0543, ext. 116, or a.kaffen@oregonhumanities.org.

Oregon Conversation projects on the Coast

Coming Up:

Clatsop County

- 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)

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, Dec 19, 6:30pm to 8pm at the First Lutheran Church, 725 33rd St., Astoria, OR. FMI: drewherzig@yahoo.com

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

Lincoln City LGBT Monthly Gatherings

- December 11, 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, Dec 29 11am to noonish - Womens' Out on the Oregon Coast Coffee at Cafe Mundo.
- The Coastal AIDS Network monthly activities:
Second Tuesdays, 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 coastalaidnetwork@gmail.com for information)



NORTH COAST SYMPHONIC BAND Yuletide Tapestry at The Liberty • Dec 14

OPEN YOUR hearts to the joy of the holiday season and enjoy live secular and sacred traditional Christmas music with the North Coast Symphonic Band at 7 P.M. on Saturday, December 14, at the Liberty Theater in downtown Astoria. Like an actual tapestry in visual art, NCSB conductor and musical director Dave Becker weaves an intricate combination and sequence of familiar tunes from the holiday season with performances from musicians in the band, its guests from the North Coast Chorale, and audience participation to create a varied and magical program for the evening.

The 2012 North Coast Symphonic Band holiday concert at the Liberty was the first in many years and adding the North Coast Chorale was a grand experiment that was well received by musicians and audience alike. Building on this collaboration, Becker has invited the NCC and director Denise Reed to return this year to collaborate on joint numbers with the band.

NCSB performs the great old favorite, "Twas the Night Before Christmas," in the classic setting by Harry Simone, arranged for the NCSB by Dave Robertson of Rockaway, Oregon. Conductor Becker reminisces, "One of my earliest musical memories of Christmas is of my folks playing a recording of this setting every year from a Fibber McGee and Molly broadcast. Many of our audience will have grown up listening to this too, or have performed it in high school or community choirs."

The NCSB also offers Gustav Holst's "In the Bleak Mid-Winter" and Victor Herbert's "March of the Toys," Alfred Reed's "Russian Christmas Music" as well as Reed's arrangement of "Greensleeves" or "What Child is This?" Denise Reed will conduct "Christmas on Broadway" and NCSB vocalist Bob Walters will lead audience participation to create a huge musical thrill on the big numbers.

Becker feels that one of the main reasons that music is an important part of the holiday season is that it is about the only type of music known well across generations and throughout America. Whatever your personal feelings about the holidays, all are invited to this special concert at 7pm on Saturday, December 14, at the Liberty Theater in Astoria. Santa will be in the house!

Swing ensemble String of Pearls is part of the preshow entertainment which will help to set the atmosphere for an evening of enjoyment. Pre-show is 6:30pm.

The NCSB appears at the Liberty thanks to donations from its patrons. Donor generosity is also the reason the NCSB is able to offer affordable ticket prices at Astoria's loveliest concert venue, the Liberty Theater. Admission is \$10, students \$8. Children 12 and under FREE, and must have a ticket for entry and be accompanied by an adult. The Liberty box office is open Tuesday through Saturday from 2 P.M. to 5:30 P.M. and two hours before the show. Call 503-224-8499 or 1-800-992-8499 for "will call" ticket purchases.

ATTN PLAYERS! The NCSB is currently looking for percussionists, clarinetists, and trumpet players. Interested musicians should play at the advanced high school level, own their own instrument, and contact NCSB Personnel Director Lee Stromquist at 503-861-1328 or by email at encore1@charter.net. FMI: northcoastsymphonicband.org.

The North Coast Choral • WINTER STORIES Celebrating Benjamin Britten • Dec 21-22

IN ITS upcoming concert, themed "Winter Stories," the North Coast Chorale performs music for the holidays—much of it composed during war time—over the weekend of Saturday, December 21, 7pm and Sunday, December 22, 2pm at the Astoria PAC. The North Coast Chorale is directed by Dr. Denise Reed and keyboard accompaniment is by Debbie Loyd.

In the first half of the concert and celebrating the 100th birthday of 20th century English composer Benjamin Britten (1913 to 1976)—Britten's "A Ceremony of Carols" will be performed followed by traditional English carols. During the second half, audiences will be treated to "jazzier" pieces that were popular during the Second World War.

These "Winter Stories" are told musically through songs that describe the season's weather—the snow-covered landscapes in the north, Midwest and east coast, in particular and reflect the poignancy of life in the US (and overseas) in war time.

Composer Britten had been in America since 1939, but in 1942 he happened

to read the work of the poet George Crabbe which awakened such longings for England in him that he knew he must return. During the long transatlantic sea crossing that ensued, Britten completed the "A Ceremony of Carols" while in U-boat infested waters.

During a stopover in Nova Scotia, the composer found a book of poetry "The English Galaxy of Shorter Poems" written in Middle English. They are the basis for some of the pieces contained in the work's eleven movements.

"Ceremony" was commissioned by harpist Edna Phillips and has accompaniment by harp which local harpist Cheri Walker will bring to life. "Ceremony" was originally scored for a boys' choir and later for a mixed chorus

In the second half of "Winter Stories," the Chorale performs years—old favorites like "Boogie Woogie Bugle Boy," "Baby, It's Cold Outside" and "I'll be Home for Christmas." A special treat, swing jazz ensemble String of Pearls accompanies.



This holiday season experience a longing and underlying optimism that characterized so much of the music in this tumultuous time in US history—a testament to its power to brighten and help us through dark days.

Library After Hours Presents Consort of All Sorts • Dec 13

ASTORIA PUBLIC Library and the Astor Library Friends Association present Library After Hours, a free series of musical performances, author visits, and community conversations that take place at the library at 450 10th Street, Astoria. These events are scheduled after the regular hours of operation, and the next event will happen on December 13 at 6pm.

This festive event will feature Astoria's own early music ensemble, the Consort of All Sorts, playing instrumental and vocal music from the 17th and 18th centuries with themes appropriate for the winter holiday season. The centerpiece of the performance will be a delightful suite of noels composed by Michel Richard de Lalande in 17th century France, originally performed in churches to accompany sermons and readings from the Bible. Also on the program will be several instrumental versions of unusual carols from Poland and France and two traditional carols sung by baritone Drew Herzig accompanied by the Consort. And, true to the group's name, the Consort of All Sorts will combine these pieces with trio sonatas from the Baroque era by Telemann and Johann Sebastian Bach.

The Consort will be joined for this concert by Ray Lund, who will play harpsichord with the group, and Barbara Bate on piano. Other members of the group include Judy Woodward on cello, Hannelore Morgan on recorder, Charles Schweigert on baroque flute, Donna Carson on bassoon, and Drew Herzig on percussion and vocals.

The name for the group comes from the title of a book by Canadian author and painter, Emily Carr, who wrote a memoir of her life in Victoria, B.C., in the early years of the 20th century. The book is titled *The House of All Sorts* and it chronicles the daily life at a rooming house she ran for "all sorts" of zany characters. In the realm of music, "consort" is a somewhat antiquated term for a group of similar or dissimilar instruments or voices, a good match for this group of musicians, and a name that allows for the addition of other instruments as they are needed. It also leaves open the possibility of exploring music from other periods in addition to the Baroque.

The concert is free to the public, and children are welcome.

John Stowell in Concert Jan 3 • CB History Center

WORLD-RENOWNED JAZZ guitarist John Stowell will ring in the New Year at the Cannon Beach History Center & Museum on Friday, January 3rd at 7:00 p.m. Stowell began his career in the early 1970's with guitarist Linc Chamberland and pianist John Mehegan. He is an internationally renowned performer who has been welcomed to Australia and all over Europe. He was the first American Jazz performer to appear in Russia after the fall of the Iron Curtain.

Stowell continues to tour, record and teach internationally. He has been an Artist-In-Residence at schools in Germany, Indonesia, Argentina, the United States and Canada. He served as assistant director and performer at Oregon Public Broadcasting's PDX Jazz Summit in 1991, and since 1995 has been a contributing columnist for a number of magazines, including *Down Beat*, *Guitar Player*, *Canadian Musician*, *Soundcheck* (Germany), and *Guitar Club* (Italy).

Stowell's *Through the Listening Glass* with David Friesen was designated one of the "Ten Best

Jazz Albums of the Decade" by the Los Angeles Examiner, and he was chosen as a "Talent Deserving Wider Recognition" by *Downbeat's* International Critic's Poll in 1978 and 1979. He has appeared on BET's *Jazz Discovery* and *Guitar Series* television shows.

"More guitarists would play like John Stowell if they knew how." Herb Ellis



Stowell is one of the Museum's most popular performers. The event space creates an intimate setting that produces a sound warm enough to wrap up in. Seating for this concert is limited. Tickets are available through our website, by phone, or in person. Tickets are \$10 adults/\$2 children, complimentary refreshments will be provided. The concert is brought

to you by a special donation by Accents 1925 of Cannon Beach. All proceeds will help fund upcoming events at the History Center; including future concerts, lectures, exhibits, and field trips.

Don't miss John Stowell on Friday, January 3rd, 7pm, Corner of Sunset and Spruce. \$10/\$2 Kids. 503.436.9301.cbhistory.org.



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Photo: Leigh Oviatt

Astoria

THE GREAT Depression (that's the one in the 1930s and early 1940s) brought many tax foreclosures to the Astoria area, which in turn brought a good deal of land into the hands of Clatsop County. Starting in the late 1940s, after World War II, much of that land was sold to the City of Astoria for ridiculously small amounts of money (i.e. between one and ten dollars!). Since then, the city has been trying to sell this bounty of land, but hasn't made it a priority, so that only when a potential buyer approached the city did it respond, and after many decades, the city was still left with many properties that it considered "excess to critical city need", or "not associated with our duty to provide essential services or recreation opportunities to our citizens," according to the city manager, Paul Benoit.

At the beginning of 2013, the Astoria City Council set a goal to remedy that situation. City staff went to work, hiring Mike Morgan, the mayor of Cannon Beach and a long-time consultant with the city, to lead the effort to set up a program to start selling off this property. From a total of over 1300 properties that the city owns, the team pared down the list to 37 properties, and developed a Request for Proposals (RFP) for a real estate company to act as the agent for the sale of these properties. They also proposed a plan to allow adjacent property owners to get first dibs on these properties, before listing them to the general public.

By August, Area Properties had been brought on as the agent, and the plan was approved by the council unanimously. Letters went out to adjacent property owners in October. Only then did they, and then after coverage of a subsequent city council meeting, most other local residents, find out about the program.

What's For Sale

The initial maps of city-owned properties for sale, dated August 8, were available by request from city staff. They were black-and-white versions of the county tax lot maps, and were divided into four areas: Alderbrook, Uppertown, West End and South Slope. These maps included mostly relatively small lots, with one notable exception. Taking up almost a quarter of the Uppertown map was a combination of

three contiguous lots that were labeled 38th to 40th, Lief Erikson to Land Reserve; Irving, 35th to 38th; and 900 Blk 36th. This area includes a system of trails, piles of logged blowdown, and towering evergreen trees. Nearby residents, and others shown the map, were amazed that this land was deemed buildable and was on the list.

Bernie Wood, a teacher at Clatsop Community College, was concerned not only about the larger parcel (Irving, 35th to 38th, from above) in back of his house on Irving Avenue in the Upper-

The city's attempt to more aggressively market some of their "excess" properties (empty lots and larger parcels) through a local real estate company draws protest from a wide variety of residents

town neighborhood, but also a much smaller lot that he had been using as part of his backyard. The smaller lot, which runs along 36th St. in back of four houses that front on Irving, is the kind of property that the city was highlighting in their presentations to the public in the early days of the project. Driveways, alleyways, land used as gardens and for garages and sheds – small lots that somehow the city never sold and many property owners didn't even know wasn't theirs. Wood and his neighbors were concerned that a developer might get a hold of this property,

and combined with the larger property behind it, might build right up to their houses. One of the owners on the block has put in a bid of \$4000 for the smaller property.

At the request of several residents, the city eventually provided aerial maps with the properties for sale marked on them, as well as updated tax lot maps. On the new maps, about 3/4s of the 38th to 40th, Lief Erikson to Land Reserve property was eliminated from the sale, evidently due to its being outside the city's Urban Growth Boundary (UGB). At the November 18th city council meeting, a letter from Terrie Remington (a resident on Irving) was read by Bobbi Brice, and after further testimony from Wood, the mayor asked the council to remove the Irving, 35th to 38th parcel from the sale. The council agreed unanimously.

Jan and Vicki Faber stated, they were shocked when they received their notification letter. They, like other adjacent property owners, were given 4 days to bid on the property on the 2900 block between Harrison and Irving. As a result of Jan's testimony at the October 21st city council meeting requesting more time to make their decision, the council

For Sale

by Bob Goldberg

decided to review the whole process and extend the decision time to 4 weeks.

A quick look at the aerial maps combined with zoning maps shows that most of the properties for sale under the city's program are forested or wooded sections of Astoria that are zoned residential. Sales of these properties and subsequent development would have the potential to disrupt wildlife corridors and change the character of many areas of the city. The most affected areas would be Uppertown; along Irving Avenue from the eastern end to 18th Street; and the South Slope, especially at the end of Niagara and down 7th St.

As of this writing, bids are still being taken from adjacent property owners, and none of the properties for sale has been marketed to the general public.

The Opposition Mounts

Adjacent property owners weren't the only ones who were surprised by the city's property sales program. Once the program became generally known, the city council chambers were packed with folks who testified against the sales, and it became the talk of the town.

Confusion reigned at the November 4th council meeting, with several people demanding better documentation of the program before it could be allowed to continue. At the next council meeting on November 18th, the city provided aerial maps and a presentation to the audience on the background of the program and where the properties for sale were located.

Testimony at both November council meetings was overwhelmingly against the sales, for various reasons. Art Limbard,

a geologist who lives in Warrenton but teaches ENCORE (Exploring New Concepts of Retirement Education; see encorelearn.org for more information) classes in Astoria, was very skeptical about the geological stability of much of the land under consideration, and cautioned against any sales of public land before further studies were done. Fred White, a retired landscaper who lives on Irving in the famous 1950s slide zone, also cautioned against selling property that was slide-prone.

Shel Cantor, a retired engineer who's lived in Astoria for 10 ½ years, provided a good case for holding off on sales of property in the current market. He stressed that 2013 and 2014 would be the worst possible time to sell land, as the value is rock bottom, and likely to increase in the near future. If the city's fiduciary responsibility is to get the best deal for our land, Cantor argued, then we should hold off with these sales for at least another year.

In a letter to Councilman Drew Herzig earlier this year which he updated after attending the November council meetings (also printed in its entirety on hipfishmonthly.com), Limbard expressed concern about the property for sale at the end of Niagara: "I call attention to city land to the west of 3rd off Niagara and Madison on the 'south slope' – land that currently is forested. To me, there are good reasons why this land

has not been developed and is forested. The unstable slope conditions are vulnerable to the weight of buildings and roads and it appears that landslips have occurred in the area in the past." He goes on to state: "In fact, there is evidence that many parts of Astoria are affected by naturally unstable slopes, made more hazardous by so-called development. Cutting into the base of slopes, adding weight to slopes with homes, other buildings, roads, etc., and 'lubricating' these slopes via watered lawns and disturbed drainage patterns compound the mechanisms of slope failure."

Sue Skinner, a nurse practitioner at the Lower Columbia Clinic in Astoria and a longtime resident, criticized the city for not providing more information to the public about the sales much earlier in the process.

Several other residents testified at the two November city council meetings, citing various reasons for their opposition to the sales, including potential destruction of wildlife habitat, inability of some adjacent property owners to purchase city property at this time even if they wanted or needed that property, questions as to the necessity of the city selling property at this time, concerns over process, and worries over the future value of their property and character of the city.

Where Do We Go From Here?

Despite impassioned pleas and alternatives presented at the council meetings and via email, the council voted 4-1 (with Drew Herzig dissenting) to continue the program as envisioned earlier in the year. The people had prevailed, noted Mayor Van Dusen, in removing some property from the original set, and giving adjacent property owners extra time to decide whether to make a bid on neighboring property. Herzig noted, however, that the public was obviously against the program, even in its modified form, and as a representative of the people, he could not in good faith vote for continuing it. (Herzig voted with the rest of the council throughout the year to approve the program.) Unlike some previous land use decisions by the Astoria City Council, where there was plenty of testimony on both sides of the issue, this decision saw only negative testimony by the public, and the council sticking to their guns regardless. The main reasons given for continuing on with the sales program were: decreasing water and sewer rates by attracting more people to the city; lessening the burden on city staff for maintenance of city property; and bringing in more money to city coffers, both for the capital improvement fund (from the sales) and the general operational fund (from property taxes).

This public land sale brings together several projects that the city has been working on in the last few years. Relatively uncontroversial was the one sale already achieved by the program – a house located on the South Slope that the city bought to settle a lawsuit by the previous owner after the house was flooded due to an error made during a water system repair. The city lost money overall on the deal, but saw the property go onto the tax rolls, with the new owner a prominent property management firm in the area.

A large wooded area at the western end of Niagara Avenue was the subject of a council meeting about a year ago, where the city proposed packaging the property – which had been platted many decades ago as a new subdivision but never sold and developed – with a local realtor for sale as "needed" single-family housing. That parcel is one of the larger ones in the current sale. Neighbors of the property have been vocally against selling it, fearing their property value and quality of life would both go down. So far, though, no nearby property owners have bid on that parcel, or any part of it.

However, there have been several written bids submitted to the city by Area Properties, working with adjacent landowners. The process is that each of these bids will be reviewed by the city council, with a public



West End & South Slope. The large circle in the center of this aerial photo is the property at the west end of Niagara Avenue. It forms part of a large forested area in back of Astoria High School that is owned partially by the Coast Guard. A cluster of forested properties to the west of Astoria Middle School on either side of 7th St. are also part of the sale. The small circle near the bottom of the photo is the house already sold. Near the top are several properties for sale that are on a relatively steep forested hillside that is the result of several slides. The Port of Astoria is at top left, with downtown Astoria at top right.

Friends of Astoria's Natural Areas (FANA)

Residents opposed to the sale of some of these properties, mainly due to the possible loss of natural areas in the city, are banding together to possibly purchase some of this property, influence the sales in a way beneficial to the maintenance of the natural areas, provide volunteer labor for maintenance, and also work with the city on planning approaches that might keep these properties public. Their first meeting will be held at the KALA Gallery at 1017 Marine Drive, in Astoria on Tuesday, December 17 at 7 pm.



Uppertown. The blue oval indicates the property to the south of Irving Avenue that was removed from the sale. Still for sale are a large, steep parcel extending from Highway 30 up to Grand Avenue on the eastern edge of the Uppertown neighborhood, and several parcels to the north of Irving Avenue that form part of a greenbelt corridor bordered on the west by the 1950s slide zone. These properties are at 22nd, 27th, 28th and 29th Streets. The small red circle above the blue is the property behind Wood's home on 36th St. City property on Mill Pond is also for sale. The top of the aerial photo is the East Mooring Basin, and the bottom forested area includes reserve (watershed) land owned by the city, but not for sale at this time.

hearing also scheduled on each so that the public can weigh in. The first public hearing has been scheduled for December 16, at the next city council meeting, and will consider the following offers:

5300 Block of Alder Street, Alderbrook, 0.23 acres, James and Mary Huber, \$19,000.

1st & W Grand, Uniontown, 0.23 acres, Robert Jacob, \$7,200.

400 Block 3rd St, Uniontown, 0.11 acres, Lawrence & Carol Thomas, \$15,000.

4600 Block Birch & Ash Sts, Alderbrook, 0.79 acres, Michael & Lorna Zametkin, \$16,000.

4700 Block Ash St, Alderbrook, 0.41 acres, Susan Brookfield & Michael Cowan, \$26,500.

1600 Block 5th St, South Slope, Lance & Katherine Freeman, \$8,500.

600 Block Exchange St, McClure's Addition, 0.11 acres, Roger Dorband & Patricia Barnes, \$6,500.

After all bids from adjacent landowners have been considered, Area Properties will list the properties not already sold on the Multiple Listing Service (MLS) so that the general

public can bid on the properties in the usual way of real estate transactions. However, the council has directed that there will be no minimum bid for these properties, and potential buyers can pool resources to bid on any property, or any part of each one. The council will be the final arbiter of any multiple bids on a property, and any conditions on the sale.

The city has given mixed signals on whether the property sales program will continue after the final disposition of the initial 37 properties has been determined. There has also been no indication of how long this current program will continue. With a good portion of the large wooded lots throughout the UGB of the city already or potentially for sale through this program, local residents have formed a group called

Friends of Astoria's Natural Areas (see box), and are seeking ways

to preserve what has become a treasured part of Astoria to many of its residents.

In an open letter to the Astoria City Council (printed in its entirety on the HIPFiSH website, hipfishmonthly.com), Cantor states, "The procedures for this sales program can be modified to comply with your fiduciary responsibilities, encourage good-neighbor purchases, and preclude the sell off of city-owned land to developers, speculators, and mini-timberbarons."

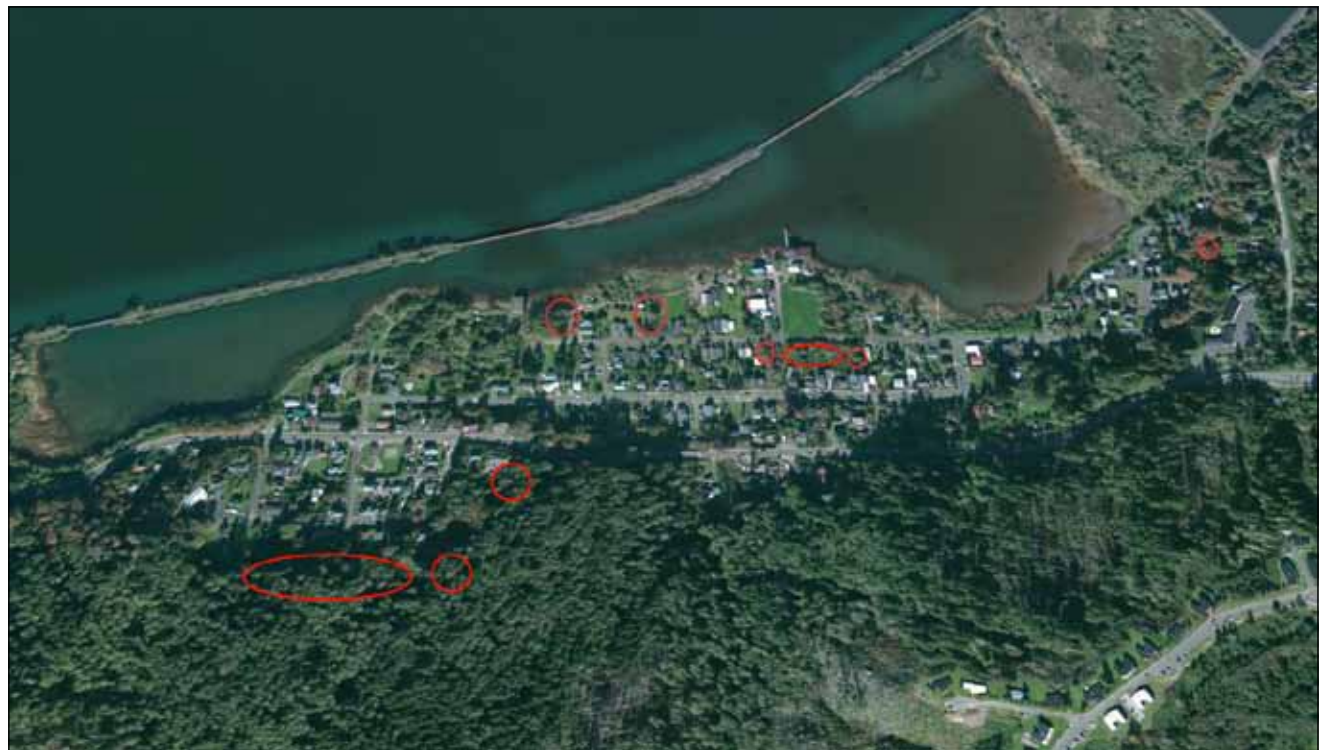
Summing up the feelings of many, Skinner states in an email to local residents, "There are so many reasons why preservation of open space is crucial – the water(shed), the air, the stability of hillsides, the preservation of a little bit of wetland...

We are sitting on riches beyond gold here. Please attend the Astoria City Council meetings,

find out what's going on, and speak out."

City Manager Benoit agrees. In a recent op-ed, he concluded, "...stay engaged and keep a close watch.

An informed and involved public, advising and working together with elected leadership and city staff, is a key to keeping the community on a positive course."



Alderbrook. Several properties for sale are scattered along Ash and Birch St. in Alderbrook. Additionally, steep, heavily forested land to the bottom left is part of the sale. Most of Alderbrook is wetland. One of Astoria's water treatment ponds is just visible in the upper right hand corner.



OUTLOOK LOOKOUT

Hats on for 2014!

Photos by Sofie Kline



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TROPICAL HOLIDAY DANCE PARTY



with Dj Anjali &
The Incredible Kid

Friday Dec 27
AAMC Ballroom

COME HEAT UP THE NEW YEAR!

and learn to dance
bhanga!

and Latin America go head to head in an all-night dance-off of epic proportions.

Dance instructor Anjali Hursh, better known as Dj Anjali, will lead participants in a dance class an hour before the dance party begins. She has been DJing and dancing bhanga and giddha for more than a decade. An inaugural club date in Portland, Oregon in 2000 set the stage for this now well-known Dj and Dance teacher to turn the Pacific Northwest masses on to this infectious form of India club dance.

Thanks to the beat of the dhol drum, the Panjabi folk dances bhanga & giddha have been making inroads on to American dance floors over the last several decades. Originating as a male harvest dance, Bhanga is from the state of Panjab which resides in both India and Pakistan. Giddha is the traditional women's dance.

DANCE AT THE AAMC

For info about a specific class please contact the instructor directly. Visit: www.astoriaartsandmovement.com

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

8:00-9:00pm: Ecstatic Dance with Kim Hazel (December 3rd and 17th only)

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

5:30-6:30pm: Ballet (all ages and levels) with Lyndsay Harris

7:00-8:30pm: Dreams Workshop with Kim Hazel (December 5th and 19th only)

FRIDAY

5:30-6:45pm: Kenpo Karate with Jon Belcher

7:00-8:00pm: Partner Dance with Marco Davis

These days you don't have to be a Panjabi farmer to take part in the fun. These are high energetic folk dances. No partner required. Bare feet are encouraged. For more info: anjaliandthekid.com, astoriaartsandmovementcenter.com

DANCE CLASS with Anjali from 8-9pm. AAMC, 342 10th St. Astoria, 2nd floor Ballroom, \$5 21+/Bar. Dance class \$10- includes admission to Party.

HEAT UP THE NEW YEAR at the beautiful AAMC Ballroom this December. If you've not yet set dancing foot to floor of this wonderful vintage Astoria Ballroom, let the close of 2013 be your time to venture to the 2nd floor of the Oddfellows Fraternal Hall, and discover this expansive space, an ideal room to free your spirit in dance and celebration.

Already with two fun themed dances under the belt (Halloween and a sci-fi disco eve), for this third of monthly AAMC dances, featured guests Dj Anjali & The Incredible Kid take the sultry vibe of the Latin American Tropics, combine with the rhythm of India ("Taal") and stir into Tropitaal, a Desi/Latino Soundclash where the hottest club sounds from India

Concert for a Winter's Night December 19 & 22



"CONCERT FOR a Winter's Night: Music for Chanukkah, Solstice and Christmas" will be presented by flutist Shelley Loring, and pianist Jennifer Goodenberger on Thursday, December 19th at 7pm at Grace Episcopal Church, 1545 Franklin Avenue, Astoria, and on Sunday, December 22nd at 3:00 pm at St. Catherine of Alexandria Episcopal Church, 36335 Highway 101, Halfway between Manzanita and Nehalem. There is a \$15 suggested donation at the door at

each concert. The concert will include Jewish, Celtic, Carols, holiday music, and original compositions to celebrate the Season. These long-term friends are thrilled to create music together for this concert.

At a young age, Loring performed concerts of Jewish music with her father, a Jewish cantor. She has toured the Western States with the Community Concerts Association in addition to playing with many regional and local music organizations. Most recently

she returned to performing her life-time passion - jazz and improvisation.

Goodenberger is active as a recording artist and solo pianist, performing her original compositions and arrangements of folk and Celtic music. Her recordings are often used in the healing arts, and as film soundtracks. She recently released her 7th solo piano CD, entitled "Sonnet: Poetry for Solo Piano," compositions inspired by poems, and in and of themselves musical poems.



Swinging Jazz Christmas with Mike Strickland Piano Quartet and Vocalist Greta Matassa December 21 at The Liberty

THIS IS truly "Christmas in the Northwest" with the Northwest's finest musicians. Joining Mike on this festive evening is award winning jazz vocalist Greta Matassa and amazing NW bassist, Clipper Anderson. This is a holiday show full of classic Christmas songs, vocal duets, riveting artistry and superb musicianship. Originally from Mississippi, Mike is known for his fun, highly engaging shows of finger busting boogie-woogie, pop, blues, and original music. A sure holiday bet for all ages.

Show Begins at 7:30pm. Ticket \$30 - \$15, call the Liberty Box Office, 503.325.5992.

Saturday 7

MUSIC

Naomi Hooley Duo. Winter Wonderland Concert. Free, 7pm at the Lincoln City Cultural Center.

Davis Hooker & Jordan Dystra. No cover, 8pm at the Sou'wester Lodge in Seaview.

Tom Trudell. Jazz piano. 6:30 - 9pm at the Bridgewater Bistro in Astoria.

The Dude Ways. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Billy D & The Hoodoos. No cover, 9pm at Roadhouse 101 in Lincoln City.

The Pine Hearts. Alt Bluegrass. No cover, 9pm at the Adrift Hotel in Long Beach.

Professor Gall. Junkyard folk and steam-punk jazz. No cover, 9pm at the Voodoo Room in Astoria.

ART

December Art Bazaar. Cards, original paintings and prints and a 2014 calendar. Noon - 5pm at Gallery 504 North at the Peninsula Performing Arts Center in Long Beach.

Starving Artist Faire. At the Star of the Sea Auditorium in Astoria.

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

Opening Reception. Coats, Capes and Vests: An Exploration of Do-It-Yourself Through Fiber Art by Jessica Sund. 5 - 7pm at the Cannon Beach Gallery.

FOOD & DRINK

Wine Tasting. Holiday Sparkling Tasting. 1 - 4pm at the Cellar on 10th in Astoria

Gingerbread Tea. \$5 for adults, \$3 for children. 1 - 4pm at Butterfield Cottage in Seaside.

Old English-Style Tea. Refreshments include tea, cider, and homemade goodies by the fire. 1 - 4pm at the Cannon Beach Library.

Lutefisk Dinner & Holiday Celebration. Dinner, bake sale, raffle silent auction. Tickets available in advance at Finn Ware. \$20 for adults, \$10 for kids 10 and under. 1pm at Soumi Hall in Astoria.

HAPPENING

Holiday Open House. Redmen Hall, Skamokawa. 360-795-3007

Home for the Holidays Christmas Bazaar. 10am - 2pm at the Raymond High School Commons in Raymond.

Moose Christmas Bazaar. 10am - 4pm at the Ocean Park Moose Lodge.

Bake and Gift Sale. 9am - 3pm at the United Methodist Church in Ocean Park.

Huge Christmas Bazaar. 10am - 4pm at Pacific Bible Church in Ilwaco.

Pet Pics in the Park with Santa. 10am - 2pm at the stage at Veterans Park in Long Beach.

Saturday Christmas Market at the Port. 10am - 4pm at the Time Enough for Books Building in Ilwaco.

Lighted Boat Parade & Crab Pot Christmas Tree. Parade starts at 6pm following the lighting of the Crab Pot Christmas Tree. At the Port of Ilwaco.

Astoria Library Renovation Study Meeting. The Library Board will answer questions and receive feedback at the meeting before presenting its recommendation to the City Council. 11am - 1pm at the Astoria Public Library.

Holiday Craft Fair. 10am - 5pm next door to Flourine & Co in Astoria.

Festival of Trees. Community Open House featuring Santa Claus. Free, 10am- 2pm. Gala and Auction featuring Acustica World Music. \$100, 5:30pm. Both events are at the Seaside Convention Center.

Christmas Bazaar. 9am – 5pm at the Seaside American Legion.

Holiday Café & Craft Fair. 10am – 4pm at Our Savior's Lutheran Church in Seaside.

Pearl Harbor Day Observance. There will be a short public service honoring those who served and died at Pearl Harbor. 9am at the Seaside Convention Center.

Jewelry Appraisals. Registered gemologist and gemologist appraiser Danuta Hackett will be in the store to give you an idea what your jewels are worth. Bring your jewels into Beach Books in Seaside and Hackett will appraise them at no charge. 1 – 3pm.

Lamp Lighting Ceremony. A beloved Cannon Beach holiday tradition. 4pm at Sandpiper Square in Cannon Beach.

Alternative Gift Market. 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. 10am – 4pm at the Pine Grove Community Center in Manzanita.

Christmas Bazaar & Clam Chowder Luncheon. Hand-made gifts and crafts, Granny's Attic for gently used treasures, potted plants ready for giving, a bakery and candy table. 10am – 4pm at the Nehalem Bay United Methodist Church in Nehalem.

Holiday Bazaar. Emphasizing locally produced food items and bird houses, plants, and crocheted items plus a quilt raffle. 10am – 4pm at the White Clover Grange, on Hwy 53 near Nehalem.

Oregon Coast Scenic Railroad Candy Cane Express. The train leaves Garibaldi at 1:00 pm, 3:00 pm and 5:00 pm. This is a 1 hour round trip. For tickets and more information please call 503-842-7972

Christmas Bazaar. 9am - 3pm at Marie Mills Center in Tillamook.

Christmas Bazaar. 9am – 3pm at St Albans Episcopal Church in Tillamook.

Holiday Bazaar. 10am – 6pm at the 2nd street Public Market in Tillamook.

Habitat for Humanity's Annual Holiday Auction. 7 – 10:30pm at the Tillamook Cheese Factory.

Kiawanda Christmas Bazaar. 9am – 4pm at the Kiawanda Community Center in Pacific City.

Craft Sale. 10am – 4pm at the Connie Hansen Garden in Lincoln City.

Annual Fantasy of Trees. Enjoy this festive forest of uniquely decorated trees. Free admission. At Chinook Winds in Lincoln City.

Angels Ball. Evening includes dinner, dancing and auction. \$75, 5:30pm – midnight. At Chinook Winds in Lincoln City. FMI angelsanonymousinc.com/

LITERARY

SMART Fundraiser. Four Clatsop County authors will be giving readings and selling autographed copies of their books. Noon at Lum's Auto Center in Warrenton.

Back in the Garden. Ted Mahar, who will be discussing and signing his just-released book, "Back in the Garden with Dulcy". Free, noon at the Natural Nook in Gearhart.

North Coast Squid Release. Celebrating the release of the magazine the North Coast Squid. There will be selected author readings and a gallery showing of photography and art published in the magazine.

Free, 7pm at the Hoffman Center in Manzanita.

THEATER

The Nutcracker Ballet. 2pm and 7:30pm at the Astoria High School Auditorium. Auditions. For "Present Laughter". Roles available for 5 men and 5 women. Noon – 3pm at the Coaster Theater in Cannon Beach.

Scrooged in Astoria. A holiday musical. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

A Christmas Carol. A holiday play. 7pm at the Little Theater at Knappa Schools in Knappa.

Inspecting Carol. A holiday play. 7pm at the Barn Community Playhouse in Tillamook.

Yes Virginia, There is a Santa Claus. A holiday play. 7pm at the River City Playhouse in Ilwaco.

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

Sunday 8

MUSIC

Chuck Wilder. Jazz Piano. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Finnish Christmas Concert. 2pm at the Deep River Lutheran Church, to be followed by a Soup Supper from 4 – 6pm at the Naselle Lutheran Church.

IHS Choir Concert. By Ilwaco High School's Show Choir, Epic Echo. 3pm at Hilltop Auditorium in Ilwaco.

The Pine Hearts. Alt Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

McDougall – 1 Man Wrecking Band. Folk/Folk-rock/Blues/Americana. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Starving Artist Faire. At the Star of the Sea Auditorium in Astoria.

HAPPENING

Holiday Open House. Redmen Hall, Skamokawa. 360-795-3007

Hobson House Anniversary Celebration. The house will be decorated for Christmas and there will be refreshments. \$5, 3 – 7pm t the Hobson House in Astoria.

Christmas Bazaar. 9am – 3pm at the Seaside American Legion.

Oregon Coast Scenic Railroad Candy Cane Express. The train leaves Garibaldi at 1:00 pm, 3:00 pm and 5:00 pm. This is a 1 hour round trip. For tickets and more information please call 503-842-7972

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A Christmas Carol. A holiday play. 3pm at the Little Theater at Knappa Schools in Knappa.

White Christmas. A holiday musical. \$8 - \$23, 3pm at the Coaster Theater in Cannon Beach.

Monday 9

MUSIC

Hobo Nephews of Uncle Frank. No cover, 7 – 9pm at the San Dune Pub in Manzanita.

HAPPENING

Christmas Food Parade. Astoria Fire Department fire engines will be parading through neighborhoods in Astoria, collecting non-perishable food items and donations for needy families. 6:30pm - 8:30pm Emerald Heights, Alderbrook, Uppertown.

Memory Tree Lighting Ceremony. Partake of refreshments and memorialize a loved one with a memory tree ornament. Ornaments are available in the hospital gift shop and donations of any amount are welcome. 5:30pm in the Lobby of Ocean Beach Hospital in Ilwaco.

LECTURE

Incivility. Everyone is welcome at this program, "Incivility: Dealing with Rude, Crude, Attitude", presented by Robert Brake. Noon at the Peninsula Senior Activity Center in Klipsan Beach.

THEATER

Auditions. For "Present Laughter". Roles available for 5 men and 5 women. 6 – 8pm at the Coaster Theater in Cannon Beach.

Tuesday 10

MUSIC

Astoria Schools Winter Concerts. This performance will include the Astoria Middle School and Astoria High School orchestras. 7pm at the Astoria High School Auditorium.

The Hobo Nephews of Uncle Frank. Roots Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Christmas Food Parade. Astoria Fire Department fire engines will be parading through neighborhoods in Astoria, collecting non-perishable food items and donations for needy families. 6:30pm - 8:30pm, Franklin Street through the upper hills of Astoria.

Teen Holiday Party. For middle school and high school students. 3:30pm at the Seaside Library.

Wednesday 11

MUSIC

The Hobo Nephews of Uncle Frank. Roots Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK
Spice Class. The Spices of Spain. Free, 6pm at Pat's Pantry in Astoria.

HAPPENING

Christmas Food Parade. Astoria Fire Department fire engines will be parading through neighborhoods in Astoria, collecting non-perishable food items and donations for needy families. 6:30pm - 8:30pm, Columbia Street through the south hills of Astoria.

Night of All Knowledge Team Trivia Tournament. Free, 6pm at the Seaside Library.

LECTURE

The World of Haystack Rock Lecture Series. Ram Papiush, wildlife artist, biologist and author, who will present "Seals, Seabirds and our Changing Oceans". Free, 7pm at the Cannon Beach Library.

Tillamook County Watersheds Update. Learn about the work being done in Tillamook County watersheds. 5:30pm at the Dept of Forestry Office in Tillamook.

LITERARY

A Taste of Poetry. Open Mic Poetry Reading. 6pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

Planting Party. Plant early blue violets, learn about regional native prairie restoration efforts, and whack weeds during this volunteer event. Meet at the east end of 95th off Sandridge Road (follow the event signs) for a 9:00 am start to this 3 hour event. Near Ilwaco.

Thursday 12

MUSIC

Astoria Schools Winter Concerts. This performance will include the Astoria Middle School and Astoria High School orchestras. 7pm at the Astoria High School Auditorium.

Northeast Northwest. Indie Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

Friday 13

MUSIC

Neah-Kah-Nie Choir. Starting at noon at the 2nd Street Public Market in Tillamook.

Benny & Bay City Rockers Holiday Cheer. 6 – 8pm at the 2nd Street Public Market in Tillamook.

Consort of All Sorts. Instrumental and vocal holiday-themed music. Free, 6pm at the Astoria Public Library.

Jon Koonce. No cover, 7pm at the Sand Trap Pub in Gearhart.

Violinist Jordan Dykstra at KALA. Film composer, multi-instrumentalist/string arranger Jordan Dykstra in concert with the duo Paul Hoskin, Mark Ostrowski, and local bassist Gregg Skloff. 8pm. Doors open 7:30. Admission \$10.00 at the door. At KALA in Astoria.

Northeast Northwest. Indie Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

LITERARY

Lunch with the Author. Author Kristina Morris will read from her new book "The Pieces We Keep." \$20 includes a catered lunch and a signed copy of the book. Noon at Beach Books in Seaside.

THEATER

Yes Virginia, There is a Santa Claus. A holiday play. 7pm at the River City Playhouse in Ilwaco.

Scrooged in Astoria. A holiday musical. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

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

Saturday 14

MUSIC

Eric Sappington. Noon – 2pm at the 2nd Street Public Market in Tillamook.

North Coast Symphonic Band. Yuletide Tapestry. \$10, 6:30pm at the Liberty Theater in Astoria.

Cannon Beach Chorus. Christmas Concert. \$10, 7pm at the Cannon Beach Community Church.

Variable #14. hosted by Elizabeth Venable. No cover, 8pm at the Sou'wester Lodge in Seaview.

Strangled Darlings. Quirky indie-pop. No cover, 9pm at the Adrift Hotel in Long Beach.

The Junebugs. \$5, 9pm at the San Dune Pub in Manzanita.

Listings continued on pg. 21

MORE MUSIC

NEW YEARS 2013



Ants in the Kitchen

BLUES - Soul and Rock'n'Roll Portland Oregon music scene veterans join forces to play a unique selection of American Blues, Soul and Rock'n'roll music. Joined by special guests,

back-up chicks The Kitchenettes, and Sax player Doug Smith ring in the New Year with one big celebratory sound.

The Sandtrap in Gearhart. Music starts at 9pm. No Cover.



Photo: Dinah Urell

Holiday Friends

CORE MEMBERS of the Holiday friends, Zack, Scott and Jon have been working on a new album at Portland's Type Foundry recording studio! Stay tuned for sneak peaks, official release dates, album title, and artwork.

It's all very mysterious right now. But, you can hear the infectious sounds of Astoria/Penninsula roots indie pop rock band ring in the New year at The Adrift..

New Years Eve, Showtime 9pm, @ the pickled fish.



VooDoo Room Music Extravaganza

FEVEROUS FEVERDAMN, dames of hip-hop/dance, head up the party, with loads of guests, for a third annual music blast at the VooDoo, and Toothy Gazelle too. A smashingly good way to make music sacrament on the New Year.

Dream White Christmas

At The Coaster Theater this Holiday Season



CAST: Left to right: John Grosshuesch, Nancy McCarthy, Ann Bronson, Dick Frank, Amanda Payne, Khris Frank, Bree Heavenrich, Darren Hull, Richard Bowman, Sue Meyers, Ellen Jensen, Slab Slabinski, Ellen Blankenship, David Sweeney, Abbie Bauer.

TRADITIONALLY, THE Coaster Theatre presents a great Broadway musical during the holiday season. Past performances have included "Annie," "Fiddler on the Roof," "The Sound of Music," "Hello Dolly!," "My Fair Lady" and last year's "Scrooge! the Musical." This year's selection is the ever-popular "White Christmas."

Patrick Lathrop, executive director, says "It's especially exciting when the musical is directly tied to the holidays, so what could be better than a stage production based on one of the most beloved and timeless film classics made famous by Bing Crosby, Danny Kaye, Vera-Ellen and Rosemary Clooney, featuring music and lyrics by Irving Berlin. He adds that he can't promise "real snow"...but it has happened in the past, so those leaving the theatre might be surprised to find themselves sprinkled with a few snowflakes. But snow or no-snow, this production can't help but put everyone in a holiday mood."

Opening on Friday, November 15th and continuing through Sunday, December 29th, the story revolves around veterans Bob Wallace and Phil Davis who 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

Liberty Theater Presents The Legend of the Christmas Rose Saturday • December 14 • 2pm

THIS CHRISTMAS at the Liberty Theatre experience the magic of *The Legend of the Christmas Rose* by Selma Lagerlof. The Liberty Theatre Players and the Astoria School of Ballet combine talents to bring this imaginative and creative story to the stage with costumes, scenery, music and dance.

Thanks to a generous grant from Clatsop County Cultural Coalition the Liberty Theater will premier its "commissioned piece" – a dance set to music for *The Legend of the Christmas Rose*, choreographed by Margaret Wall.

The story was first published in 1908 in Sweden – a tale about a flower that only blooms in winter conditions. The story itself is taken from real-life people with folklore creating a legend. The seemingly simple tale is of a miracle that is revealed every Christmas Eve to an outlaw family who live in exile in the Goinge Forest. Directed and adapted for stage by Sen Incavo.

One Performance, Saturday, Dec 14, 2pm. Open Seating. Tickets \$10 Gen/\$8 Stud/Sen/Military.

at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander, General Henry Waverly. The score features well known standards including Blue Skies, I Love a Piano, How Deep is the Ocean and the perennial favorite, White Christmas.

Lathrop says, "Anyone who has seen the movie knows that it had a cast measuring in the hundreds. Obviously, since our players come from our community, staging anything at that level would be impossible. So... with some artistic magic, we will stay true to the story drawing from the amazing talent pool we have right here in Cannon Beach."

Who's Who in the Cast:

- Playing the roles of Bob Wallace and Phil Davis will be partners Richard Bowman and Darren Hull, seasoned Coaster Theatre actors. When not on stage you will find them in their Yuletides Christmas Shop and Dreams & Discoveries.
- Sue Myers, manager of the Lands End Motel, will play Betty Haynes.

With more than 20 years experience acting, singing and dancing in both community and professional theatre companies, she is perfect for this iconic role.

- Bree Bish Heavenrich, will play the role of the other sister, Judy Haynes. A special education teacher for children age birth to five, Bree made her return to the stage for the first time since childhood in last winter's revival of "Hitchin'" at the Performing Arts Center. This will be her first performance at the Coaster.
- Dick Frank, another familiar Coast Theatre actor, will play General Waverly. His memories as a corporal in the air force some forty years ago will help him get into this general's character.
- Director: Patrick Lathrop. Actor, director, costumer and educator, Patrick took the leadership reins of the Coaster this past year, after serving as the education director of the theatre for 3 1/2 years.
- Musical Director and Show Pianist: Rhonda Ringer. Pianist, writer and instructor, she is well known along the coast as a performer in a variety of venues up and down the coast.
- Choreographer: Lisa Fergus. She has been in more than 25 stage productions, including "Annie" and Scrooge at the Coaster.
- Costume Designer: Jeannie Fairchild. She has designed the costumes for the all of the theatre's productions since the early 1990's.
- Set Designer/Painter: Dmitri Swain lives and works on the Oregon Coast as an artist, and has shown his work in several Cannon Beach galleries.
- Lighting Designer: Mick Alderman. Since 1990, he has designed lighting for dozens of stage plays, dance concerts, and other live events.

Many other community members will also join the ensemble. When not on stage, you'll find them editing your community newspapers, in the pulpit of a local church, or helping you with your holiday shopping in Cannon Beach's many stores.

Performance Schedule: November 15, 16, 22, 23, 29, 30 and December 6, 7, 13, 14, 19 (TALKBACK), 20, 21, 27, and 28 at 7:30 p.m. December 8, 15, and 29 will also feature a 3 p.m. matinee.

Ticket prices: Premium (center) \$23. Value (side and back) \$15. Talkback Thursday \$15 adults, \$10 students. Box Office: 503-436-1242

ASOC presents Scrooged in Astoria!

So...Maybe Scrooge isn't so "Scroogie" after all? Yes Virginia it is true! The 7th season of the warm holiday tradition for the whole family SCROOGED IN ASTORIA opens Friday December 6 at the ASOC Playhouse (129 West Bond Street Astoria) at its NEW time 7pm with the doors opening at 6:30pm and runs every Friday and Saturday evening until the Dec 22, with two Sunday Matinees on the 15th & 22nd at 2pm, doors opening at 1:30pm

Sponsored by Jewelry, Purple narian Hospital, Meyer and the Yoga and Re-Stretching SCROOGE ASTORIA is

ten and by Judith original Morrill and ChrisLynn melo-dra-of the classic by Christ-senti-with to cre- enter-your party or

In our our penny-Krooke Jr., character from

by of the Ghosts of Christmas, Past "The Big Krooke, Presents "Miss Yul Macie" and the Future "Saint Lucia" to learn the errors of his ways! Our hero is Eric Olsen, all grown up with a family of his and Virginia's all their own, along with a cast of characters to warm your hearts as they show Krooke the way to happiness. But can Krooke really change? Come see for yourself!

SCROOGE IN ASTORIA Features 30 performers including: Dave Bergquist, Justin Germond, David John Newman, Dena Tuveng, Steven Nice, Crystal Neher, Brodi Vanlighthouse, Andy Link, Nathan Jones, Anthony Grubaugh, Lexi Blacksten, Arlene Holmes, David Hayes, Jackie Higginbotham, Kylie Jones, Josiah Higgenbotham, Jason Pfund, David Bennett, Paula Fisher, Nate Bucholz, ChrisLynn Taylor, Makaela Terance, Brodie Smithart, Jasmine Watson, Makayla Mestrich, Christena Jones, Jamie Watson, Gail Cameron, Tiffany Hall, Stephanie Rowe and introducing the Littlest Angel: Kiefer Higgenbotham.

This years show features a chance to have a photo op with our very own "Bob the Elf" during intermissions! And our Miss Vivian saloon and Miss Virginia soda fountain will be open too! Seating is limited and reservations are recommended. Tickets are \$15 to \$8 with great group, senior and child rates. So, don't be a Scrooge go online @ www.astorstretoprycompany.com or call 503-325-6104 to make your reservations NOW! Before it is too late!

18th Annual Starving Artist Faire

ALSO don't forget!! Think of giving a gift that is of top quality, lovingly handcrafted and one of a kind for this Holiday Season! Come to the ASOC's 18th Annual Starving Artist Faire opening Friday December 6th 7:00pm to 10:00pm and continuing Saturday December 7th 10:00am to 6:00pm and Sunday December 8th 11:00am to 4:00pm at the Star of the Sea on Grand Street in Astoria. Enjoy the fun holiday cheer with over 50 vendors, live music and the "Scrooge" Choir! Santa and Mrs. Claus will be visiting too! \$2 entrance fee at the door helps the ASOC continue its good works or please bring 2 cans of food to donate to the Clatsop County Regional Food bank.



the "Q" 9-4-9 FM Radio, Holly McHone Cow Toys, HIPFISH, Columbia Veteri- the North Coast Fred RiversZen sistance Studio. IN writ- directed

Ni- land with songs by Philip music direction by Taylor. This ASOC matic adaptation beloved timeless Charles Dickens, 'A mas Carole', blends mental holiday tunes Scandinavian traditions ate the perfect way to tain out of town guests, employee company just you and yours. original story we find pinching, miserly, Max the not so beloved SHANGHAIED IN ASTO-

Made in Tokeland: An organic art event At the Tokeland Hotel



ARTISTS JUDITH Altruda and Jeffro Uitto present recent work at a winter art event on Saturday December 14 at the historic Tokeland Hotel and Restaurant from Noon to 6:00 P.M.

Nationally recognized for his reclaimed wood furniture and sculpture, Jeffro chooses to live and work in Tokeland, Washington because as he says "It's where the magic happens." To preview his work go to his website www.jeffrouitto.com

Metalsmith Judith Altruda migrated to Tokeland from Southern California in the early '80's and never looked back. Her jewelry, which features Victorian-era seaglass and ancient coins with highly textural settings, is defined by the general gnarly-ness and raw beauty of this tiny peninsula. www.judithaltruda.com

Friends for many years, Jeffro and Judith have collaborated on several pieces, including a large cedar burl bowl with etched copper embellishments, which can be seen at the show.

Special guest artists will include Astoria's own Mark Murphy. Mark is a master craftsman/maker of miniature furniture, specializing in 18th/19th century pieces with a

special focus on arts and crafts movement and Japanese designs. His work can be seen in museums in the mid-west and private collections worldwide.

North Cove, Washington resident Marcy Merrill specializes in alternative photo processes. In August, she took off with a pile o' Pintoids (pinhole cameras made from Altoids containers) on a coast-to-coast road trip. The plan was to document the trip on little tiny strips of 35mm film. Merrill will be world premiering some of her photographic journey, which may include: exhibits from The Jello Museum, Le Roy, NY, Matchstick Marvels of Iowa, to the more mundane (not!) yard sale in Ypsilanti, Michigan. www.merrillphoto.com

Now is your chance to spend a night at the quaint and charming Tokeland Hotel. Owners Katherine and Scott White are offering a special rate for December 14th (\$50 for that night only, mention Made in Tokeland when booking a room) for reservations call (360) 267-7006

Further contact information can be found on the Facebook event page Made in Tokeland, or by calling (360)267-2326

Members Exhibit At LightBox Photographic Gallery

LIGHTBOX PHOTOGRAPHIC Gallery opens their annual Members Exhibit on Saturday, December 7 and will hold

the artists' reception on Second Saturday, December 14 from 6-9pm. LightBox will feature the work of over 30 individuals who have helped support the gallery as a resource

for the creative photographic arts on the North Coast of Oregon. The exhibit will continue through January 7th, 2014.

The supporting members of LightBox are a group of professional and amateur photographers from the North Coast and beyond. This showcase of the members work presents a varied and diverse collection that rewards the group and the LightBox community, a group that regular shares events, social networks, and group activities at the gallery.

Showing a high level of photographic work since opening in June of 2009, varied photographic mediums are

regularly presented, from the traditional silver gelatin process to other historic alternative processes and modern digital



Jodi Miller

imagery. LightBox host exhibits showcasing works from artists from the region and from around the nation. LightBox offers educational opportunities in both

digital and traditional photographic methods. LightBox has darkrooms in the gallery and classes in film photography are ongoing every month.

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

Goddesses for Every Woman Nancy Karakand at Tempo Gallery



Dagger Lady by Nancy Karakand

TEMPO GALLERY welcomes Nancy Karakand, a jewelry and fiber artist who has been creating vibrant, contemporary beaded jewelry for over 25 years. In her show at Tempo, Nancy is featuring new work including pendants made of semiprecious stones that are reminiscent of ancient stone and clay goddess figures. She also has created a beaded mask titled "Dagger Lady".

Nancy is a trained psychotherapist who has a love of art as a creative medium for emotional growth and healing. She moved to Astoria 6 years ago from southeast Alaska, where her work was featured at the Annual Juneau Public Market for many years as well as in shops and galleries in southeast Alaska and Anchorage. She has shown her work in several juried exhibits, including the Alaska Statewide Earth, Fire and Fiber Exhibit in 2005. She was a vendor at the Astoria Sunday Market for 4 summers, selling her work as Misty River Jewelry. Her current beadwork centers on the

use of unique semiprecious stones embellished with tiny seed bead bezels. She is one of the founding members of Tempo Gallery, sharing space with the Astoria Music Festival.

The musical duo, Birds of a Feather provide music. Astoria Second Saturday Art Walk, 5-8pm. Tempo Gallery is located at 1271 Commercial.

Coats, Capes, and Vests: An Exploration of "Do-It-Yourself through Fiber Art" At the Cannon Beach Gallery

THE CANNON Beach Gallery will host an exhibition entitled Coats, Capes, and Vests: An Exploration of "Do-It-Yourself" through Fiber Art. The exhibition highlights the work of Cannon Beach Fiber Artist, Jessica Sund. Sund is the Individual Artist Grant recipient for 2013. Sund's collection will consist of five Wearable Art pieces utilizing a range of fibers and textiles, embellishment techniques, and historical clothing components.

Each piece has been designed and constructed by Sund during the past 11 month grant period. The exhibition will demonstrate Sund's knowledge and expertise in particular fiber art techniques such as knitting, felting, spinning yarn, embroidery, fabric flower construction, couture sewing, appliqué, and dyeing. Additionally, the exhibition will display techniques new to the artist such as garment up-cycling, wet felting, free-form knitting, and lace painting.

An Artist's Reception will be held Saturday, December 7th from 5-7

p.m. The exhibit will be on display from December 7th-December 30.

In addition, the Cannon Beach Gallery will be hosting its annual Volunteer Show, which showcases the work of the Cannon Beach Arts Associations dedicated volunteer staff. Not surprisingly, many artists are drawn to the non-profit arts organization; the Volunteer Show is a way to celebrate the creative talent of these individuals. There will be work in all media from the CBAA Board of Directors, the CBAA Gallery Committee and Docent Staff including such perennial favorites as folk artist Bonny Gorsuch, print-maker Liza Jones and photographer Don Frank.

The Cannon Beach Gallery is open Thursday-Monday from 10am-4pm. If you are interested in becoming involved as a volunteer at the Cannon Beach Gallery, contact the Executive Director, Andrea K. Mace for more information.

THE CBAA AWARDS a \$3,000 Individual Artist Grant Annually to a visual artist, performer or writer living or working in the Cannon Beach



Sund embraces the philosophy that you can knit anywhere.

area. The 2013/2014 Individual Artist Grant has been awarded to artist Peter Greaver, who will be exploring a favorite topic of his, the mystical world of fairies, by creating a series of three dimensional fairy houses. The houses will serve as a reminder of the mysterious and ethereal aspects of local forest land and its inhabitants.

Thursday 26

MUSIC
McDougal. One-man band Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK
Tea & Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

Friday 27

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

The Moonshine. No cover, 7pm at the Sand Trap Pub in Gearhart.

McDougal. One-man band Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

Tropical Holiday Dance Party. With DJ Anjali & The Incredible Kid. Dance class with Anjali \$10, from 8 – 9pm includes admission to dance night. \$5 for the dance alone, starting at 9pm. 21 and older. At the AAMC in Astoria.

CINEMA
Dive-in Movie. Lounge in the pool on inner tubes or air mattresses while watching a movie. 7 – 8pm at the Lincoln City Cultural Center. 7 – 9pm.

FOOD & DRINK
Tea & Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

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

Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Saturday 28

MUSIC
Troll Radio Revue. Americana. \$2 for adults, free for children. 11am – noon at ort George in Astoria.

Portland String Band. No cover, 8pm at the Sou'wester Lodge in Seaview.

Heart Lake Owl. No cover, 9pm at the Adrift Hotel in Long Beach.

The Tommy Hogan Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

CINEMA
Family Film. Mr. Popper's Penguins. Free, 2 – 4pm at the Astoria Public Library.

FOOD & DRINK
Tea & Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

Wine Tasting. New Years Surprise. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING
Rummage Sale. 9am – 3pm at Ilwaco High School.

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

Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Sunday 29

MUSIC
West Coast Country. Country. No cover, 8pm at Fort George Brewery & Public House in Astoria.

Heart Lake Owl. No cover, 8pm at the Adrift Hotel in Long Beach.

Live Music. No cover, 8pm at Fort George in Astoria.

FOOD & DRINK
Tea & Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

White Christmas. A holiday musical. \$8 - \$23, 3pm at the Coaster Theater in Cannon Beach.

Things My Mother Taught Me. Comedy. 2pm at Theater West in Lincoln City.

Monday 30

FOOD & DRINK
Tea & Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Tuesday 31

MUSIC
Ants in the Kitchen. At the New Year's Eve Party. No cover, 21 and over, 9pm at the Sand Trap Pub in Gearhart.

Undertow. No cover, 9pm at Roadhouse 101 in Lincoln City.

Acustica World Music. 6:30 – 10pm at the Bridgewater Bistro in Astoria.

Holiday Friends. Indie Rock. At the Adrift Hotel in Long Beach.

HAPPENING

New Year's at the Sou'wester. Potluck, bonfire (weather permitting) and dance the night away to Vintage Oldies and Fusion African beats [Karen Atunes with Mississippi Records]. At the Sou'wester Lodge in Seaview. 360-642-2542

Fireworks. 5 minutes of fireworks over the ocean at midnight. In front of the Boardwalk in Long Beach.

Let There Be Arts New Year's Gala. The night will include dancing to the music of The Lincoln City Pops, wine, hors d'oeuvres, and a silent auction. \$60, 8:30pm at the Lincoln City Cultural Center. 541-994-9994

THEATER
Champagne Gala. Enjoy a Vaudeville style pre-show with champagne and appetizers, a performance of the hilarious comedy "Things My Mother Taught Me" and a dinner buffet after the show. \$50, starts at 7:30pm at Theater West in Lincoln City. 541-994-5663.

Wednesday 1

MUSIC
John Stowell. Jazz guitar. No cover, 8pm at the Sou'wester Lodge in Seaview.

Thursday 2

MUSIC
Kathryn Claire. Celtic. No cover, 8pm at the Adrift Hotel in Long Beach.

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

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Friday 3

MUSIC
John Stowell. Jazz guitar. \$10, 7pm at the Cannon Beach History Center.

Kathryn Claire. Celtic. No cover, 9pm at the Adrift Hotel in Long Beach.

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

HAPPENING
Wellness Weekend. Yoga, energy work, and acupuncture. At the Sou'wester Lodge in Seaview. 360-642-2542

Saturday 4

MUSIC
Albatross. No cover, 8pm at the Sou'wester Lodge in Seaview.

Western Haunts. Alt country. No cover, 9pm at the Adrift Hotel in Long Beach.

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

HAPPENING
Wellness Weekend. Yoga, energy work, and acupuncture. At the Sou'wester Lodge in Seaview. 360-642-2542

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Sunday 5

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

Western Haunts. Alt country. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA
Sunday Afternoon Winter Film Series. Notorious. \$5, 2pm at the Liberty Theater in Astoria.

HAPPENING
Wellness Weekend. Yoga, energy work, and acupuncture. At the Sou'wester Lodge in Seaview. 360-642-2542

Tuesday 7

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

Thursday 9

MUSIC
Naomi Hooley & Rob Stroup. No cover, 8pm at the Adrift Hotel in Long Beach.

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

Friday 10

MUSIC
Brothers and Sister. No cover, 7pm at the Sand Trap Pub in Gearhart.

Naomi Hooley & Rob Stroup. No cover, 9pm at the Adrift Hotel in Long Beach.

THEATER
Things My Mother Taught Me. Comedy. 8pm at Theater West in Lincoln City.

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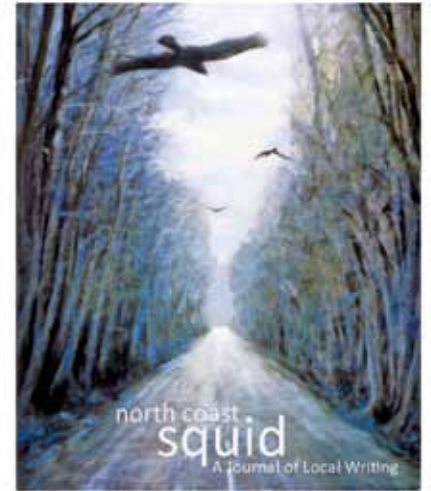
North Coast Squid Literary Mag: Third Edition Release Event at The Hoffman Center

THE THIRD edition of the North Coast Squid literary magazine will be released on Dec 7, 2013 at a special event held at the Hoffman Center starting at 7 p.m. Admission is free.

The Manzanita Writer's Series coordinators are pleased to unveil the newly revamped magazine. "We're grateful to our many donors and business sponsors—especially to the Tillamook County Cultural Coalition for a grant—to help us redesign the publication," said Vera Wildauer co-founder of the Manzanita Writers' Series. In previous years, the North Coast Citizen handled the printing. "They helped us get the publication off the ground," added Wildauer.

The North Coast Squid showcases work of writers and artists who live on the north coast or have a strong connection to the area. Eighty-five writers and artists submitted nearly 200 works for consideration. "There are so many talented people in our community and we are delighted to be able to offer this way to see their work in print," said Kathie Hightower, co-founder of the Manzanita Writers' Series. Submissions were juried by authors outside the community. Brian Doyle, author of Mink River and editor of Portland Magazine at the University of Portland, judged fiction. Karen Karbo, author famous for her Kick Ass Women series, the latest of which is Julia Child Rules, judged nonfiction. Stephanie Lenox, author of Congress of Strange People and creative writing teacher at Willamette University, judged poetry.

The release event will feature selected author readings from the North Coast Squid, as well as a gallery showing of some of the photography and art published in the magazine. There will be



refreshments—including cake!—and a drawing for door prizes at the end of the evening. Prizes include tuition to a Hoffman Center workshop, tickets to a Manzanita Writers' Series event and a Film Series showing, plus time in the popular Clay Studio.

The North Coast Squid will be available for purchase at the event, as well as at every Manzanita Writers' Series event throughout 2014. A number of retail outlets along the coast will also carry it. Proceeds of the \$5 cover price will go to produce future editions of the magazine.

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 will 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 the back roads of Olney to Lake Street in Ilwaco, and elsewhere in between; we're looking for stories, essays, poems, artwork and photography which celebrate the unique sense-of-place and community experienced within the various compelling natural and cultural landscapes of the region.

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. What makes



your neighborhood special? 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 5,000 words prose, poems, photographs, and/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 black and white. Include name, address, phone number, e-mail, title/medium, and a brief 2-3

line biography with all entries. No SASE required; manuscripts are recycled. Online submissions encouraged. (Email PDF, RTF, DOC, TIFF or JPG files to rainmagazine@clatsopcc.edu). Submissions without proper contact information will not be considered.

Mail submissions to:

RAIN Magazine
Clatsop Community College
1651 Lexington Avenue
Astoria, OR 97103

JOIN THE STAFF! Current CCC students and/or interested community members can also join the staff of RAIN Magazine! Register for WR270 Literary Publications, Tuesday and Thursday, 12:00-2:20pm, Winter quarter. Class convenes in the CCC Art Center Mac Lab. Students participate in all phases of producing a literary magazine (manuscript selection, graphic design, editing, fundraising, correspondence, and distribution). Course includes instruction in the industry standard publishing software Adobe Indesign. Instructors: Nancy Cook & Lucien Swerdlhoff.

MOVIES & MUSINGS

by Les Kanekuni

THE HOBBIT: THE DESOLATION OF SMAUG (Dec 13)

The second part of Peter Jackson's trilogy arrives. Official synopsis: "The Hobbit: The Desolation of Smaug" continues the adventure of the title character Bilbo Baggins as he journeys with the Wizard Gandalf and thirteen Dwarves, led by Thorin Oakenshield, on an epic quest to reclaim the Lonely Mountain and the lost Dwarf Kingdom of Erebor. Having survived the beginning of their unexpected journey, the Company continues East, encountering along the way the skin-changer Beorn and a swarm of giant Spiders in the treacherous forest of Mirkwood. After escaping capture by the dangerous Wood-elves, the Dwarves journey to Lake-town, and finally to the Lonely Mountain itself, where they must face the greatest danger of all — a creature more terrifying than any other; one which will test not only the depth of their courage but the limits of their friendship and the wisdom of the journey itself — the Dragon Smaug

AMERICAN HUSTLE (Dec 18)

Director David O. Russell (The Fighter, Silver Linings Playbook, I Heart Huckabees) returns with yet another Oscar-touted film with a stellar cast headed mostly by veterans of his last two films. Christian Bale plays Irving Rosenfeld, a financial con man in the late '70s who, along with his mistress and partner-in-crime Sydney (Amy Adams), specializes in fleecing marks with fake loans. Rosenfeld lives an opulent lifestyle with his loud, unpredictable wife Roslyn (Jennifer Lawrence) and young son Danny. But Irving's world comes crashing down when confronted by FBI Agent Richie DiMaso (Bradley Cooper). In exchange for running an FBI sting operation, Irving will receive immunity from prosecution. Posing as a front man for a multimillionaire Arab sheikh wanting to break into the casino business, Rosenfeld immediately targets New Jersey politician Carmine Polito (Jeremy Renner) who promises favors for cash. The ABSCAM operation proves so successful it ensnares U.S. Congressmen and even the mob becomes interested in the fake sheikh. But Rosenfeld's personal life is disintegrating under the strain of keeping his role secret from his wife. Meanwhile the Mafia is breathing down his neck and his FBI handlers seem increasingly willing to sacrifice him for their own agendas. With Robert DeNiro, Louis C.K., Michael Pena.



INSIDE LLEWYN DAVIS (Dec 20) The Coen brothers return with their first film since their career high grosser True Grit. Although they have had popular success with True Grit and Fargo and won Oscars with No Country For Old Men, the bulk of the brothers' 18-film career has been quirky, eccentric smaller films with a dark, satiric edge dosed with liberal doses of humor. Inside Llewyn Davis is no exception, telling the story of Llewyn Davis (Oscar Isaac), an early '60s Greenwich Village folk singer

just before Bob Dylan took the scene by storm. Davis is struggling to make it, crashing on a series of friends' couches and playing the Gaslight on MacDougal St. for the basket for the umpteenth time. Not the most likeable guy, Davis is accosted in an alley by a stranger and knocked cold. Waking up seemingly the next morning in a friend's apartment, he mistakenly lets the cat out when he leaves, leading to a film-long running gag of returning his friend's cat. But Davis has bigger problems than a stagnant career and lost cat. His married friend Judy (Cary Mulligan) that he had a tryst with is pregnant. His manager has no money for him so to pay the bills he plays a session on a corny novelty record and goes on a surreal road trip to Chicago to audition at a legendary club. Partly a satire on the folk scene and partly melancholy character study, Inside Llewyn Davis is funny and sad, sometimes simultaneously.



SAVING MR. BANKS (Dec 20) Probably the most heartwarming holiday movie is Disney's story of its founder Walt Disney's battle with writer P.L. Travers over the rights to and making of the classic Disney film Mary Poppins. Movie opens in the dusty Australian outback around the turn of the century where young Pamela lives with her two sisters, overworked mother and charming but scattered father (Colin Farrell) who is better at making up stories than being an adult. Cut to Travers on a plane to L.A. 50 years later, where, after 20 years of trying, Walt Disney (Tom Hanks) has convinced the recalcitrant to author to visit in an attempt to get her to sell him the film rights to Mary Poppins. Only in the City of Angels out of financial need, Travers (Emma Thompson) takes an immediate dislike to Los Angeles, most things American, and specifically to the affable, smooth Disney's attempts to woo her to sign away the rights to her most cherished creation. Even more off-putting to the iron-lipped Travers is Disney's (gasp!) animated sequences and worse, actual songs, leading to an amusing scene where Travers rejects every idea the songwriting Sherman brothers have for their classic songs. In the end, it's not Disney's personal tour of Disneyland that convinces Travers, but her own personal journey back to her childhood where her aunt (Rachel Griffiths) arrives at her beleaguered family's doorstep holding a carpetbag.

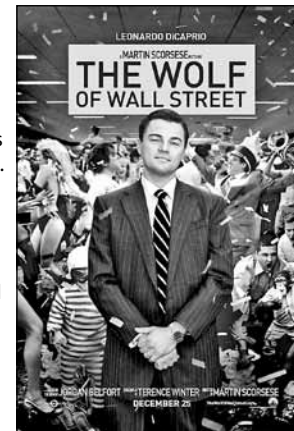
47 RONIN (Dec. 25) Keanu Reeves' long-delayed samurai fantasy finally reaches the screen two years after cameras first turned on the project. Based on true events from feudal Japan, story follows 47 ronin, or masterless samurais, on a mission to avenge their lord who was tricked into breaking a law and forced to commit suicide by the evil Lord Kira, right hand man to the Shogun of Japan. Reeves plays Kai, a phenomenal swordsman who, as a half-breed, can never ascend to the rank of samurai. Kai distinguishes himself in training with Lord Asano's samurai, and catches the eye of the Lord's daughter,



Mika. Soon they fall in love, but when the Shogun pays a visit to Lord Asano's estate, Kira wants Mika for his own and tricks Asano into raising his blade when he thinks Kira is pulling a knife. But raising a blade in the presence of the Shogun is a crime punishable by death. After Asano's death, the samurai want to fight to avenge the Lord's death, but Oishi, Asano's right hand man, knows there means their certain death. Kira claims Mika for his own, and the samurai are cast out and become ronin, despised by even peasants, and scatter. But the one-year bereavement period Mika is granted for her father's death before she must marry Kira gives Oishi time to gather the ronin again to avenge their Lord's death. After shooting the film, Universal realized their ostensible star Reeves, was offscreen for long periods, and reportedly was not even visible during the climactic battle scene. More material of Reeves was shot last year, and what was a fairly straightforward samurai flick became a bloated action-fantasy heavy on effects.

THE WOLF OF WALL STREET (Dec 25)

in the wake of financial crisis films like Margin Call, Arbitrage and Wall Street 2 is Martin Scorsese's latest, based on the true life story of the rise and fall of Jordan Belfort, a New York stock broker in the '80s and '90s who makes a killing in the stock market and lives a too-fast life resulting from too much money, sex, drugs and rock 'n' roll. Basically, Goodfellas in the financial world, story follows Belfort as he eschews a conventional middle-class life for the world of high finance. But after the Wall Street crash of 1987 Belfort lands in a Long Island churn and burn boiler room that sells penny stocks to suckers. Restless with the chump change he makes selling worthless stocks to poor people, Belfort realizes the key to selling penny stocks to rich people is first selling them blue chip stocks to build confidence, then hitting them with an "exciting investment opportunity." Before long, Belfort has his own firm. Banking on the greed of his young, ambitious brokers and his clients, and not above applying illegal methods, Belfort is soon rolling in dough. The money turns the former teetotaler into a drug, alcohol and sex-addicted monster. He leaves his wife and daughter who were with him when he was nobody and remarries. For a time, Jordan Belfort is the king of Wall Street, living higher on the hog than anyone until it all comes crashing down when the FBI investigate him for securities violations.

Astoria Intern'l
Film Festival and
Liberty Theater present

Alfred Hitchcock's
"Notorious"
Sunday Afternoon
Winter Film Series
Sunday, January 5, 2pm

NOTORIOUS IS a 1946 American thriller film directed and produced by Alfred Hitchcock, starring Cary Grant, Ingrid Bergman and Claude Rains as three people whose lives become intimately entangled during an espionage operation. It was shot in late 1945 and early 1946, and was released by RKO in August 1946.



Notorious marks a watershed for Hitchcock artistically, and represents a heightened thematic maturity. His biographer, Donald Spoto, writes that "Notorious is in fact Alfred Hitchcock's first attempt—at the age of forty-six—to bring his talents to the creation of a serious love story, and its story of two men in love with Ingrid Bergman could only have been made at this stage of his life."

The film is known for two scenes in particular. In one of his most famous shots, Hitchcock starts wide and high on a second floor balcony overlooking the great hall of a grand mansion. Slowly he tracks down and in on Ingrid Bergman, finally ending with a tight close-up of a key tucked in her hand. Hitchcock also devised "a celebrated scene" that circumvented the Production Code's ban on kisses longer than three seconds—by having his actors disengage every three seconds, murmur and nuzzle each other, then start right back up again. The two-and-a-half minute osculation is "perhaps his most intimate and erotic kiss".

Tickets are \$5 and are on sale now at the Liberty Box Office. Enjoy the Liberty Theater screen, and the living history of the once grand movie house that became the center of Astoria in 1925.



FREE WILL ASTROLOGY

November

© Copyright 2013 Rob Brezsky

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

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

By Margaret Hammitt-McDonald

Avoiding Those Cycling Aches and Pains



when solving painful mysteries.

Wrist, shoulder, and hand pain can harass you when you have to lean far over to reach your handlebars. You may be able to adjust their position (or you can purchase an extender that raises them), or consider trading in your racing bike for a cruiser or recumbent.

BRUISES, BUMPS, and road rash were facts of life when I was a child cruising the neighborhood on my low-rider one-speed. Thirty-five years later, I'm not in the habit of falling off my bike and scraping hands and knees. Rips in my clothing have been replaced by numb feet and that pesky pain in the posterior. One of the appealing things about cycling is that it's gentle on the joints, but as we age and if we ride frequently, sport-specific aches and pains may start to plague us. I'll discuss the most common reasons for them, but remember that this article is not a substitute for consulting with your health-care provider, who can address your specific concerns and anything more serious than muscles in need of post-ride stretching.

Typical areas of discomfort include the wrists, neck, lower back, and the, um, seat region. The two main reasons for these discomforts are a poor fit between you and your bike and poor body mechanics. For specific injuries, talk with your health-care provider.

A seat that's too high or low can cause a variety of agonies. If your seat is too high, you end up putting pressure on your calf muscles, ankles, and feet. Consider this if your feet fall asleep during a ride. Some people set their seats too low because they want to put their feet on the ground and not dismount while stopped. Unfortunately, their knees pay the price. The ideal position is high enough that you can almost (but not completely) straighten your leg at the lowest point of the pedal's arc. Also consider the angle of your seat

Aches in the knees may arise from improper body mechanics. Pay attention to your alignment as you pedal: are your knees turned in or out? Are you overusing your calf muscles or quadriceps? Try positioning yourself further back or forward on your seat. Wrist and hand pain may result from absorbing too much impact from bumps in the road. Keep your elbows slightly bent to act as shock absorbers; also move your hands to different positions on the handlebars and shift from putting pressure on the inside to the outside of the hands and vice versa. If you have low handlebars, make sure you don't bend your wrists so they're lower than your hands.

The more aggressive your riding posture (i.e., the more you have to lean forward), the more likely it is that you'll experience back pain. Be sure that you're not hunching your back, and consider abdominal strengthening exercises for back support. If you have to extend your neck all the time to look up, naturally you can end up with a sore neck. Ask yourself if you have to lean this far forward, if you can adjust your posture and still ride aerodynamically, and if you need a different style of bike. Young riders can get away with riding in cramped positions for hours; riders of a certain age (like me) prefer cruisers and recumbents for a reason!

Lastly, there's the hapless hind end. If periodic standing up on your pedals doesn't alleviate that pain in the butt and environs, remember, there's no shame in sporting an "old lady" (or gentleman) seat. I do!



Messages Sonja Grace mystic healer

Fifth Dimension Faith

THIS PAST summer my husband and I camped out at a state park along the Oregon coast, enjoying a camp fire in the evenings and exploring a quaint town nearby. We always take our prayers to the ocean when we are at the coast. I feel the water of this sacred Earth needs healing, so I spend most of my time in ceremony and prayer. One day I insisted that we explore the town's shops and taste the local food; so my husband drove us to this picturesque village and parked the car on a side street next

to a house. There were no signs on this street. Seeing five other cars parked the same way, we didn't give it a second thought. Low and behold we returned to a forty-five dollar ticket for having a wheel on the edge of the bike lane. All of the cars on this street bore tickets and later we found out one of them belonged to the citizen of the month, who volunteers all over town! A letter to the judge and a plea of vacation brain got us absolutely nowhere and we paid the fine.

What is the higher meaning to this earthy unmarked bike path and the innocence of many just trying to support the livelihood of a small coastal village? It is the symptom of humanity still trying to negotiate and maneuver as if they are in the fourth dimension. Greed is not a vibrational match for this new energy anywhere on Earth. Many people are becoming ill and fighting disease for this very reason. The fifth dimension is not a place where we can choose to have faith or not. What is real is what you are feeling and that includes your intuition and your sixth sense.

The fifth dimension is all about trust. Only now the stakes are higher because we are moving into major changes with the Earth. Those of you who did your graduate course in trust can move easily into faith no matter what gets served up. Others will add to the collective karma feeling powerless and wounded through separation. If we all had some faith that we

are truly guided by the divine we would understand there is no need to operate from fear. The biggest challenge is letting go of our resistance and old behavior and trusting we have a direct line to source. Take time to respect your feelings and intuition as well as others. It is also important to be mindful that an act of kindness comes back tenfold.

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

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!



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Time for a Resolution or Two....?

A FIRM determination or a resolve to Do Something or a predetermined course of action is what we call a Resolution. Usually we start a new year with one or two. Things like Lose Weight or Save Money... stuff like that. Then, within a month or two, we've all but forgotten our resolutions. What is it that makes them so hard to keep?

Our expectations, that's what. We expect that we will be successful in keeping our resolutions. We don't factor in the "What ifs?" The "what ifs" are the curveballs of life...

It takes about 28 days to establish a new habit. A new behavior has to be consciously adopted in order for it to be a habit, one that maybe replaces an old behavior.

So what happens?? How come we resolve the same things over and over and over and over....

Here's my best guess. We lose focus. We lose sight of our imagined end result. Losing sight.... losing focus.... losing our resolve. Old easy behaviors slip back in as if they never left.

Big vague resolutions do not work! The more specifically defined an action,

the better. This is where to-do lists come in. If exercise more is your resolution, break it down into concrete pieces. Maybe exercise 3 times a week, 20 minutes at least. And if that is successful, up the program. Gear your to-do list towards success, even if you have to tone it down some. Make sure you are setting yourself up for success.

Resolutions also need to be meaningful in the big scheme of things. Is losing weight going to be part of a healthier you? Or is it because you find you can't button your pants as easily? Is working on a chosen resolution going to fall into a bigger goal? Saving money, losing weight, exercising more.... who wouldn't? But for you, particularly, how would those actions fit in with your bigger goals?

Put real thought into resolutions. Make them specific. Lose weight- how much? is it realistic? Time frame? And why?? Put as much thought into resolutions as you can.

Break a resolution into bits and doable pieces. Write down steps, keep a journal, add a time limit for a review. about what worked, what didn't.

Resolutions are behavior changes, and all change is hard. People are creatures of habit, The path of least resistance is a familiar road for any body. In other words, we are a tired bunch of humans. We don't always want to work at improvement. We sometimes want to be sitting back, enjoying the sunshine, eating chocolate. Life's little pleasures may impede our success at being consistent in our better behaviors.

There you go. Resolutions! Make them. Try not to break them. But do break them into bite-size, do-able pieces. Reward yourself for consistency with a reward of sorts: checkmark, star, a mental pat on the back. Keep on trying. Just keep on trying. Some success is something. Some success is better than no success. Having goals is part of what keeps us going. Our sense of hope is dependent on envisioning a better day. And taking steps towards that better day, well, that's part of our daily job. We are given a mind, a body, a life. We are mandated to do the best we can within our short lifespans. So just do the best you can. Make that your Resolution.

Tobi Nason is a counselor in Manzanita.

word and wisdom

By Tobi Nason

ARNE, THE INVISIBLE DOG SAYS...

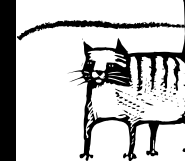
woof!
woof!
woof!

TRANSLATION:

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

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1315 SE 19TH IN WARRENTON
PH. 503-861-0737
HRS. NOON TO 4 PM, TUES. THRU SAT.

WHAT'S THIS INVISIBLE
DOG NONSENSE?



Fabulous Fiber

FIBER COMES in many forms and flavors. We eat it everyday without knowing it; and studies tell us again and again how crucial it is to consume adequate amounts of dietary fiber. In fact there are numerous medical conditions that benefit tremendously from proper fiber intake. But for many of us it is elusive where this fiber comes from, how much we should ingest and when we may need more; so let's investigate fiber to uncover how fabulous it really is.

What is fiber anyhow? Fiber is the indigestible part of the food we eat. There are two types of fiber: soluble and insoluble. Soluble fiber can dissolve in water and create an overall slowing of our digestive flow. Insoluble fiber does not dissolve in water and creates bulk to our waste which can increase bowel regularity and speed up our digestive flow. These are some of the results of eating adequate fiber we may most readily notice. But fiber can also affect our chemistry and physiology in ways that may not be as obvious.

Deep within our gastrointestinal system fiber has a profound affect on our bowel health. Soluble fiber helps to feed those microflora that colonize our small and large intestine by providing food for them to ferment. This fermentation allows for better bacterial growth, keeps the pH of the small and large intestine balanced, and the more healthy numbers of bacteria the better we digest and absorb nutrients. Insoluble fiber's main benefit is its bulking role. The more fiber in our colon the more our stool grows. As the stool size increases the colon walls are stimulated creating messages of movement which, begin the process of elimination. The short of this story is the more insoluble fiber the better the poop. Incidentally when we have more fiber and bulk in our stool we need more water. As the fiber content increases the colon is constantly trying to keep balance of the stool consistency, not too hard and dry, not too soft and liquidy. SO anytime we are increasing our insoluble dietary fiber it is essential to also increase our water intake!



But wait there's still more! Fiber has a positive effect on our blood sugars. When we consume foods there is ideally a combination of fats, sugars, carbohydrates, maybe chemicals, dyes,

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



etc. AND fiber, all mixed together. The fiber in our food helps to slow the release of sugars by adding complexity to the digestive breakdown of the food. For example if you were to eat a peanut butter cup the refined simple sugars, would very quickly be broken down and enter the bloodstream. If on the other hand you prepared a peanut butter and jelly sandwich on whole grain

bread the complexity of the food increases and the breakdown slows as more enzymes and muscular action is needed to release the sugars. Although the actual sugar content of each of these foods may be similar the fiber content is quite different. For those struggling with blood sugar dysregulation this concept is key to healthier dietary choices. Incidentally fiber is a zero calorie food substance and the more we have the fuller we feel at the end of a meal.

Fiber has also been shown to lower cholesterol levels. Blood cholesterol is influenced by multiple factors. One is carbohydrates, so as explained above fiber has a positive effect to lower blood sugars. Also the binding ability of insoluble fiber is ideal for helping the body to eliminate unnecessary fats. Whether these be dietary or

internally created cholesterol, fiber can bind these molecules and remove them in our waste. Fiber can help increase the health of our immune system by feeding our beneficial bacteria and creating healthy levels in our small and large intestines. As I've likely mentioned before, greater than sixty percent of our immune system is housed in our gut. Healthy colonies of probiotics are the link between healthy gut function and improved immune function. Obviously fiber can help bowel conditions like constipation, irritable bowel syndrome, and diverticulitis thanks to its ability to improve bowel regularity.

Now that you are convinced let's talk about where we can find all this fabulous fiber. Most fiber comes from plants which would be our legumes (beans), vegetables, grains, and fruits. This is in fact the order of most to least fiber content in foods that come from plants, generally. Within vegetables, dark leafy greens (kale, chard, collards, spinach) are king seconded by orange vegetables (winter squashes, carrots, yams) and other vegetables come in a close third. Soluble fiber is rich in legumes, oats, chia, flax and psyllium seeds, root vegetables and nuts. Insoluble fiber is found in whole grains, corn, nuts and seeds, avocado, unripe banana and fruit skins. These are samples, not complete lists and as you can see there is a lot of overlap as many plants have BOTH soluble and insoluble fiber...so hard to go wrong when you eat plenty of plants in your diet. Yes animals (fish, seafood and meats) do have some fiber too, but only a small fraction of what you find in plants.

General fiber recommendations for adults are 25g a day for women and 38g a day for men; keep in mind these do not account for age, height, weight, activity levels or health status. Hope I have stirred up your interest in fiber and informed you of a whole bunch of new reasons to eat more plants. Have a wonderful holiday season Hipfish readers and remember to consider some of the following for your New Year's resolution...

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

Astoria Parks and Rec WELLNESS CHALLENGE

An innovative health and fitness program begins this January

The Astoria Parks and Recreation Department is starting an innovative health and fitness program in January, the Astoria Wellness Challenge. This wrap-around program will include fitness classes, nutrition guidance by a registered dietitian, information sessions about heart health and motivation, as well as a health screening. Up to 50 participants will compete with each other for prizes for 9 weeks, and in the process everyone will win better health.

"I will eat better and exercise more' is a pretty typical New Year's resolution," said Wellness Challenge coordinator Julia Mabry. "This program helps people stick to those resolutions for more than just a few days. It empowers them to follow through."

The Challenge starts January 9th and involves many community partners, including a dietitian, Coastal Family Health Center, the Clatsop Community College Nursing Program, an exercise physiologist, the Astoria Coop, and various fitness instructors. They are all lending their expertise to help the community become healthier.

There is ample data that Clatsop County has a lot of room for improvement when it comes to preventable illness, such as heart disease and diabetes. The recent Community Assessment performed by the health department shows that nearly 25% of county residents are obese and 34% have high blood pressure. Poor diet and lack of physical activity are likely culprits.

"Astoria is a great place to be active," said Angela Cosby, Astoria Parks and Recreation Director. "And we are excited to introduce people to some of the options they have here. With all the possibilities, we could be the healthiest city in Oregon. We should be!"

Cost for the program is \$85, with some scholarships available. For more information about the Wellness Challenge, call the Astoria Parks and Recreation Department at 503-325-7275 or email parksinfo@astoria.or.us

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"Our ancestors used the herbs that grew all around them. Let me share with you what they knew that kept them in health.

Today more than ever we need herbs and nutrition for obtaining and maintaining optimum health.

Allow me to guide you."

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NON-TRADITIONAL PECAN PIE

I'm not big on tradition. I tend to think of it as a habit gone horribly wrong. This is a fact that comes into sharp focus around THE HOLIDAYS. Every ethnicity worth its salt has managed to come up with a crockpot full of traditions that swirl around the winter solstice like the smell of your favorite food or a bad carnival ride. Perspective is everything.

My mom, who I miss consistently, was big on tradition. Imagine her bewilderment over a daughter who adamantly refused birthday parties. At Christmas, however, there was no stopping her. The weeks between Thanksgiving and Christmas were full of shopping, baking and hiding stuff from us kids. We lived in a heady combination of anticipation and exhaustion. I knew at a pretty young age that the day would unfold in a predictable way regardless of how late I woke up, a fact that mightily annoyed my brother. He couldn't wait to get at it, I couldn't wait for it to be over. The ability to sleep in is everything.

When I got older and moved to the many places I would call home over the years, Mom's Christmas tradition would follow me in the form of a huge box of gifts - quantity always played a big part in the celebration. One year Dad even wrapped a Noble Fir in shrink wrap and UPS'ed it to Austin. I nailed it to the edge of the deck, spread peanut butter on it and watched the birds celebrate win-a deck and everything.

Clearly, it's family with traditions everywhere. My perfect husband and I celebrated Thanksgiving family with his every we lived in



not just my the wacky It's everyone My perfect I celebrated Thanksgiving family when Texas. In each

of 11 autumns, we pointed the car north from Austin and accelerated into the leading edge of the dreaded Alberta Express which delivered, with unnerving efficiency, the Blue Norther winds. With little to slow its course, the wind would scream out of Canada forging fury and looking for some hell to raise. Texas was just the ticket. Having arrived, we would join a couple dozen others who had braved the elements to schlepp their assigned dish to the table. Dinner at home with the one you love is everything.

Now that I am old and quite obviously cantankerous, I am at liberty to celebrate occasions as I wish. This means I celebrate some things some times and almost never in the same way. I choose to give gifts unexpectedly and can be counted on to ignore virtually every official gift giving occasion. This year Thanksgiving dinner was chili over rice, a big salad and steamy yeast rolls hot from the oven and slathered in luxurious triple cream cheese. The day was special because I was lucky to share it

CHEW ON THIS!

by Merianne Myers



with someone I love, the sun shone while we walked the dogs, we had Canada geese in the front yard and saw an otter catch a fish. It's sheer fabulousity had nothing to do with the calendar, the fable of the Pilgrims and the Native Americans or the traditions my family vainly attempted to instill in me. The luxury to steer one's own course is everything.

In their defense, I hasten to add that any redeeming qualities of character I may possess were the gifts my parents gave me that mean the most to me.

I'm not sure why I chose to turn away from tradition and the baggage that comes with it. Maybe the snarky gene skips a couple generations. Maybe I'm just brilliantly independent. Yeah, that's it. The ability to rationalize creatively is everything.

Regardless of your tendencies to or away from tradition, This season, I hope this one thing for you - PIE. Pie is beauty and lusciousness in a fluted crust. It sends sultry, steamy perfume swirling about the kitchen. Safe within the oven, away from prying eyes, it transforms a pile of ingredients into a stunning dish of scrumptious. Homemade pie cooling on the kitchen counter is everything.

Here's a pie recipe that came home from Texas with me. Now that I no longer live next to a family with a pecan orchard, I have been known to make this pie with walnuts. It's really good. However, if you're a pecan pie lover, this version is guaranteed to knock your hat in the dirt.

NON-TRADITIONAL PECAN PIE

- One unbaked pie pastry shell
- 2 eggs
- 1/2 cup whipping or heavy cream
- 1 1/2 Tablespoons Peach Brandy
- 3/4 cups sugar
- 2 Tablespoons flour
- 1 Tablespoon salt
- 1 cup corn syrup
- 1 teaspoon vanilla
- 1 Tablespoon molasses
- 1 1/2 cups pecan pieces

Preheat oven to 350. Line a 9" deep dish pie dish with the unbaked crust. Beat the eggs and cream thoroughly until pale yellow and ribbony. In a separate bowl, mix the brandy, sugar, flour, salt, corn syrup, vanilla and molasses. Blend the two mixtures together and stir in the pecans. Pour into the shell and bake for 50 to 60 minutes until a knife comes out clean. If you're completely obsessed, you can make this into tiny tarts in miniature muffin pans. It makes 16 to 20 of them.

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Astoria Co-op to Donate Sales to Local Causes Food Bank and Schools Benefit

This season of giving, the Astoria Co-op will be taking a portion of the money you spend at the store in December, and donating it to local causes. One day will be dedicated to Astoria Public Schools and another to Clatsop Community Action's Regional Food Bank.

A quarter of residents in Clatsop County qualify for emergency food assistance. In five years, the CCA Food Bank distributed twice as much food as it did five years ago. The need has increased dramatically but also the methods of gathering food has grown substantially, as the food bank is much more active in the community, working hard to procure food and funds to a greater degree than ever before.

The Astoria Co-op donates fresh food several times a week to the food bank, but wants to help in an even bigger way. So the community-owned natural food store will donate 10% of sales on Sunday December 22 to the food bank. Marlin Martin, food program developer for the food bank says the food drives this time of year are great, but cash is king when it comes to leveraging loads of food.

"With money, we can procure 5 to 6 pounds of food for every dollar, whereas a can of vegetables might cost close to a dollar in a store. The other thing money is important for is we can procure products in bulk commodity, repackaging and labeling them at the food bank. We can get 10 to 20 pounds more food by buying in bulk," Martin said.

On Sunday December 8, the Co-op will donate 10% of sales to Astoria schools via parents clubs. The money will be used to augment supplies including books, field trips and other activities. The president of the Co-op board, Allie Evans, is also the president of the Astor Parents Club. This has helped bring local schools' needs to the Co-op's attention.

"One of the principles of a cooperative is concern for the community. Each time you fill your basket with foods that make you stronger and healthier, you are also giving money to the kids to improve their lives and help our schools thrive," Evans said.

This year the Co-op won Clatsop Economic Development Resources' award for "Business Service to the Community".

What & When: Sunday December 8: Astoria Co-op donates 10% of sales to Astoria Public Schools

Sunday December 22: Astoria Co-op donates 10% of sales to CCA's Regional Food Bank

Where: The Astoria Co-op is located at 1355 Exchange St. in Astoria open 8-8 daily.

Seaside Author Tim Murphy Brings Home the Bacon with his Cookbooks for Guys

By Cathy Nist



TIM MURPHY channeled his inner backwoodsman to produce his culinary series, *Flannel John's Cookbooks for Guys*. Murphy's fictional alter ego, Flannel John, could almost be the secret love child of Kit Carson and Betty Crocker. He's the guy who gets his elk every year, slings the best grub in hunt camp, tells the best stories, does more than his share of camp chores, and has your back in a survival situation.

The *Cookbooks for Guys* started out as something as a joke for Murphy's hunting and fishing friends whose meager contributions to the camp larder would consist of beer, beans, and jerky. The first book was so popular, it launched a cottage industry, and a series was born. The books are short, sweet, and to the point. Each has a different theme such as camp food, tubular meat, or game. Most are priced under \$10 and would make great stocking stuffers or hostess gifts.

Murphy's approach to cookery is retro, uncomplicated, and at times whimsical. His books emphasize rib-sticking comfort food and ease of preparation and are geared for

men whose cooking skills might need a bit of a boost. Most ingredients (barring exotic fish or game) and their applications are pedestrian, but the occasional recipe calls for the unexpected. Club soda contributes to waffle batter, Coke may be used in a sauce for chicken wings or added to a Jell-O salad. Beer, cheese, bacon, and sausage make frequent appearances and recipes often take shortcuts by the use of canned goods, bottled sauces, or cake mixes.

One couldn't exactly say that the cuisine of the *Cookbooks for Guys* series makes for healthy eating by current standards. Nonetheless, looking through the recipes evokes in me certain nostalgia for the Mid-Twentieth Century style of cookery on which I was raised.

Need an icebreaker at an informal dinner party? Haul out one of the *Cookbooks for Guys* and pass it around; it is almost guaranteed that an interesting discussion will ensue.

We whipped up a few *Flannel John* recipes in the Hipfish Test Kitchen, finding them to be quick and easy to prepare. Our hands-down favorite was *Man Candy Roll Ups*, a mixture of bacon and sour cream, baked inside crescent rolls (see recipe below). Sinful, salty, bacony deliciousness in every bite!

MAN CANDY ROLL UPS

(From *Flannel John's Woods and Water Cookbook: Critters, Fritters, Chili & Beer* by Tim Murphy)

- ½ cup of sour cream
 - ½ teaspoon of onion salt
 - ½ pound of bacon, cooked and crumbled
 - 1 package of crescent rolls (8 ounce size)
- Mix sour cream, onion salt, and bacon then spread on the rolls and roll them up. Bake at 375 degrees for 12 to 13 minutes.

Born and raised in the Midwest, author Tim Murphy has had a long career as a radio



broadcaster, freelance, and comedy writer and had a stint as a stand-up comedian. The fictional Flannel John is based on hunters Murphy knew in the Upper Peninsula of Michigan, crusty and self-sufficient. Murphy currently lives in Seaside with his wife LisaMarie Costanzo.

Cookbooks for Guys by Tim Murphy
Flannel John's Hunting and Fishing Camp Cookbook: the Cookbook Every Outdoorsman Needs to Have

Flannel John's Woods and Water Cookbook: Critters, Fritters, Chili and Beer

Flannel John's Pirate Galley Cookbook: Coastal Cuisine and Maritime Meals From Oceans, Lakes and Rivers

Flannel John's Mountain Man Cookbook: Frontier Food from the Hills, Country, and Backwoods

The Tube Steak Boogie Cookbook: A Celebration of Hot Dogs, Brats, Sausage and Kielbasa

Flannel John's Tailgating Grub and Couch Potato Cookbook

Flannel John's Single Guy Cookbook: Simple Recipes with Six Ingredients or Less

Flannel John's Hearty Bowl Cookbook: Soup, Stew, Chili & Chowder

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Most books in the series are \$7.95. The Tailgating cookbook is \$9.95. Get the books at Amazon.com, or go to flanneljohn.com to order directly from the author. 25% of the profits in December will be donated to the Wounded warrior Project.

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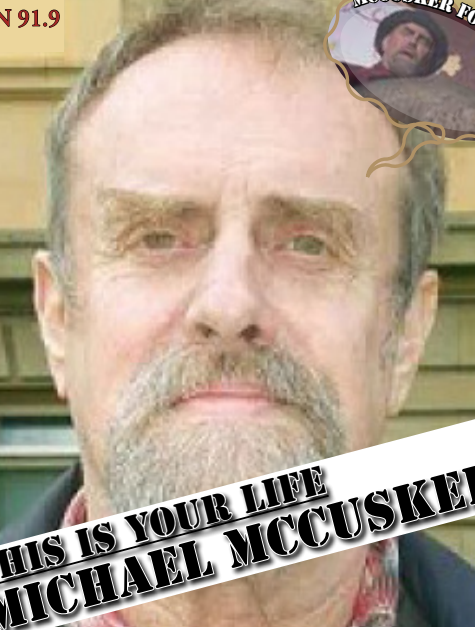
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