

WHAT'S IN STORE FOR
2014



DRAGALUTION

ARE YOU READY FOR THE KINGS?

January 25 P4

ZUMBA

UNITING BODY & SOUL ON THE COAST

P11

8TH ANNUAL AU NATURAL
EXHIBITION OPENING JAN. 23

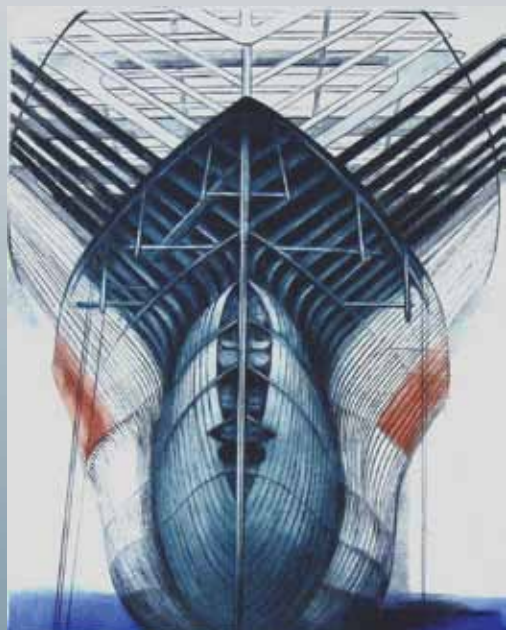
P13

NEW PRES FOR FINNISH LODGE
NO. 2 AT SUOMI HALL

P10

Happy New Year!

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TREEMORIAM

Kings and Warriors

TREEMORIAM. December 2013 issue marked 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 the 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 memorial, or just let us know of a tree's demise, please contact hipfish@charter.net.

- Dinah Urell

We thank Astoria resident Josh Loring for sharing this story.

As a glorious November morning began to Head East on Irving Avenue. The road will eventually lose touch with its road signs. Its asphalt becomes gravel and abruptly stops at the edge of the forest Astoria rests on.

Growing up on this border I spent a few solid years as a young person in the woods. In summer, we played till darkness. In winter, we played in spite of it. Even with friends there was solitude, without cell phones. We saw the trees sway and heard their moans, becoming a part of nature. The secret public land gave an unrestricted home for our imaginations and adolescent attempts at

independence. Living another reality, with a history and mythology as kings and warriors.

During the great wind storm, much of the town was knocked around, including the forest. The trails we used covered with fallen trees. When time turned experience into memories, I went back seeking what I had felt there. Human conquest of resources never ceasing. I found that someone had taken advantage of nature's destruction, manicuring the land to a clean shave. A wide logging road now cut across our narrow footpaths. The border of the forest pushed back hundreds of yards, leaving the once shrouded mystery of our kingdom exposed.

In time the paving of Irving may vanguard the spread of settlers into that forest. Public land becomes private. Trees cut down, sent away to be reconfigured, and brought back to be sold to the public. All of this is sad for the forest, good for the people? I like neighborhoods, I sometimes even like people. So how can I deny them the dream of living in the forest that I myself have?

When I went back years later, it was summer. The bare dirt hills had sprouted a five o'clock shadow. Shrubs, baby trees taller than me, the busy noise of birds. It wasn't a forest anymore, it wasn't my kingdom, but it was something alive and new.

Nature will grow without stop if it is allowed to do so. It seems humans are the same, and not exempt from this natural expression. The forest is the foundation of Astoria. This small shifting of its border happening for centuries. Where my own home sits was once a part of this wilderness. The beauty of this environment has brought people here to visit, to settle. As we create space for the multitudes, where do we draw the border, before the forest that once was is forgotten to the town that is?

PHOTO: Leigh Oviatt



6th Season Winter Children's Theatre 2014

Auditions:
Sat. January 4th
Noon to 2pm

Show Dates: Feb. 21st - 23rd, 28TH -
Mar. 1ST - 2ND & 7th - 9th
Fri. @7:00pm Sat & Sun. @2:00pm



4th Annual REAL LEWIS & CLARK STORY 2014

(Or...How
the Finns
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Astoria!)

Auditions: Sat. Feb 15th 12- 2pm &
Mon. Feb 17th 6- 8pm
Show Dates: April 4th-6th,
11th-12th & 18th-19th
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Au Naturel: The Nude in the 21st Century
CCC Art Center Gallery
Reception January 30, 6pm; Continues through March 20

Ales & Ideas - The Global Campaign to End Polio with
Lessons for our Local Community Immunization Efforts
Laurie Choate, MS, MN; Dean of Nursing
Fort George Lovell Showroom, February 27, 7pm

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Whew! Man oh man. And I mean capital M-A-N! Walk into the Columbian Theater on a Dragalution rehearsal night, and if you've ever had the deep down urge to be hit on by a guy-guy, the type who gets right to the point like, "Sister I know you got a beaver." Well, that's just the ticket for this January's next installment. Did somebody say Astoria has a feminine energy?



PHOTO: Dinah Urell

DRAGALUTION The Kings

January 25
Columbian Theater

Bend – bend – gender - bend. People were confused a lot when Marco "Daylight" Davis introduced women as Drag Queens last January, in the inaugural Dragalution song and dance production, and now men????? as Drag Kings. Accentuate Los Testosterosa! Since Ru Paul, Drag Queen culture has become more popular and visible in the mainstream than ever before. However, Drag Kings have remained predominantly secured in the Lesbian community, but for the last several

decades in the big cities, particularly Brooklyn, NY, the queer cabaret scene flourishes in Drag King personae. For example, Murray Hill, his signature byline, "the hardest working middle-aged man in show business," has become a New York City mainstay, making "Best of New York" lists in *Time Out* and *New York Magazine*. Murray's guise is just that, a kind of Shecky Greene for the queer performance scene. And according to Huffington Post, with a TV pilot on the way, an HBO spot, and a

recent role in UK series, Murray may be the Drag King to come closest to achieving mainstream success.

While the men in Dragalution might be challenged to up their macho, the women performers too, are experiencing the opportunity to let go a little of that which deems you "girl," and may discover the glee of putting on a monkey suit and some facial hair gives you "that" credibility in a "man's world." Although "play" is the key to Davis' shows, the playing around pokes into the core of gender role, and judging from the multitude of audience members who switched sexes for the last series of performances, therein lies a societal portent; that gender identity and gender roles are beginning to froth atop that can of PBR, cracking open centuries of cultural conditioning, and the desire to investigate the edges, the inner and outer of male/female.

Pushing boundaries and full up on raunchy, racy, dirty fun, billed as Daylight Cums and her Sexy Bastards – RAW, this incarnation begins the eve with a nod to Broadway, expect some trad. stage performance, by Daylight and Sofanda Dykes performs one of her favorite jazz tunes.

Second half, original song and choreography breaks wide open, with what Davis loosely describes as old school, hip-hop explorative dance music. Recording musicians Tyler Little and Olaf Ydstie teamed up with Davis to back the songs, replete with a new finale, H-M-F-G! And if the audience interaction approach isn't quite enough for the eve, a DJ dance follows the performance.

- Dinah Urell

- Save the Date, January 25, and prepare to be transported to a revolutionary, dragalutionary, deep, down and damn sexy reality of OUTRAGEOUS FUUUUN! Daylight has a vision for you!
- Show at 10pm. \$10 at the door. Drag Dress Encouraged, but most important your attendance. **21+**
- At The Columbian Theater. Corner of 11th and Marine Dr. in Astoria.



Dragalution Queens at the Columbian's End of the Reel Fundraiser.

WinterPrint 2014 at RiverSea Gallery North Coast Printmakers Collective Show + Regional Print Invitational

RIVERSEA GALLERY presents WinterPrint 2014, a tribute to the rich diversity of contemporary printmaking in our region, comprised of two complementary exhibitions and featuring 50 works by 25 artists. Opening January 11, WinterPrint 2014 consists of a juried exhibition of new work by members of the North Coast Printmakers Collective, plus a Regional Print Invitational that showcases works by noted Oregon printmakers,



Beach Dog by Normandie Hand, monotype.
NCPC Juried Show

each selected for their facility with a particular process. WinterPrint 2014 offers a compendium of techniques and styles in contemporary printmaking, and the paired shows encompass an exciting mix of emerging and established talent.

An opening reception will be held on Saturday, January 11, from 5:00 to 8:00 pm during Astoria's Second Saturday Artwalk. The two exhibitions continue through February 4th.

Nicole Rawlins, head of the printmaking program at Portland's Multnomah Art Center, serves as both the juror for the NCPC members show and the curator of the Print Invitational. As a printmaking instructor and exhibiting artist for close to two decades, Rawlins has worked with students at all levels, as well as formed relationships with many respected printmakers throughout the northwest through collaborations, workshops and exhibitions.

The North Coast Printmakers Collective is a group of regional artists who have connected through a shared passion for printmaking. Originally meeting through art classes at Clatsop Community College, the group formally organized in 2010 in order to promote printmaking as an art form throughout the region. They have exhibited as a group four times previously. Show participants: Vicki Baker, Elizabeth Bonn-Zimmerman, Reed Clarke, Stirling Gorsuch, Roger Hallin, Normandie Hand, Kirsten Horning, Pat Howerton, Gin Laughery, Marie Powell, Rebecca Read, and Penny Treat.

In selecting artists for the Print Invitational, Nicole Rawlins sought those who were known for working in particular techniques. One of those artists is her father, Gary Rawlins, a noted lithographer. The resulting show is an intriguing tour of printmaking processes, and a testament to the exciting variety of prints being produced in northwest Oregon. Exhibiting artists are: Marcy Baker, Sheryl Funkhouser, Liza Jones, Stephen LeFlar, Palmarin Merges, Paul Miller, Mark Perry, Gary Rawlins, Nicole Rawlins, John Saling, Michael Southern, Renee Ugrin, and Margaret van Patten.

RiverSea Gallery is open daily at 1160 Commercial Street, in Astoria. 503.325.1270.

HIPFISHmonthly

Nov 13

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& the month day by day 4-19

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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.

ADVERTISING INQUIRIES - 503.338.4878

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

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Bob Goldberg

KALA VISUAL ARTS CURATOR:

Agnes Field

**FEBRUARY
HIPFISH
ON THE RACKS
MONDAY FEB 13**

Cover Design: Les Kanekuni



Jessica Maclay Photo courtesy The Daily Astorian

VOLUNTEERS!

The 5th Annual Project Homeless Connect – Jessica Maclay Memorial Needs YOU!

IN 2013, Clatsop County recorded 638 homeless families and 1,038 individuals, 321 individuals were under the age of 18. Clatsop Community Action, in partnership with 42 other non-profit, governmental, and faith-based agencies will host the 5th annual Project Homeless Connect Jessica Maclay Memorial. (PHC-JMM) Numerous services will be provided during this one-day one-stop event including: medical screenings, hearing testing, eye exams, immunizations, haircuts, personal care items, clothing vouchers and a hot meal. Many informational and assistance services will be available including housing, mail service, food stamps, identification, social security, employment, education, and legal aid. We need volunteers, please contact Tony DeGoede or Viviana Matthews at Clatsop Community Action to sign up, 503-325-1400.

This year's event will again be held at the Seaside Convention Center on Thursday January 30th from 10:00 AM until 3 PM. Sunset Empire Transportation District has designated this day as a "Ridership Appreciation Day." All bus services in Clatsop County will be at no cost to all riders for the entire day.

HOMELESS AND ESPECIALLY NEAR-HOMELESS PEOPLE, those at imminent risk of becoming homeless, are encouraged to attend this free event. Homelessness also includes those people living with others due to losing their own housing and are "doubled up" which has become more common in our county among our youth.

Monetary donations for the event, which are tax deductible, are greatly appreciated. Donations for PHC-JMM can be mailed to Clatsop Community Action at 364 9th Street, Astoria, OR 97103, or at ccaservices.org (Paypal).

In 2011 the originator and organizer of Clatsop County's first two PHC events was tragically lost due to a fatal car accident. In recognition of her noteworthy dedication and compassionate service to others, the event has been named in her memory – Project Homeless Connect - Jessica Maclay Memorial.

North Coast Times - Eagle Publisher and KMUN Commentator Honored

This is your life Michael McKusker! Saturday, February 1 7:30pm Barbey Maritime Center, Astoria

A SPECIAL community gathering on Saturday, February 1 at the Barbey Maritime Center honors Astorian Michael McKusker. The event, *This Is Your Life Michael McCusker*, will bring together friends and admirers of Michael's for a tribute and commemoration of his significant contributions to the cultural and political life of the Columbia Pacific region.

Founded in 1971 in Wheeler as a standard newspaper, in 1976 Michael McKusker revived *The North Coast Times-Eagle*, publishing the bimonthly broadsheet until 2007. *The Times-Eagle*, featuring indepth political essays and commentary, poetry and large format art images and political cartoons - long after the implementation of computer generated layout programs - continued in the craft of journalistic paste-up format, the entirety of its publishing years. Crafted by McKusker himself, the *Times-Eagle* printed local, regional and international writing and art, always surprising its readers with every issue, with its bold graphics and broad topic matter. For over 25 years, *The Times-Eagle* inspired, evoked and underlined the progressive, thinking, creative, and reactionary North Coast.

A complete microfilm collection of North Coast Times-Eagle outside University of Oregon's master copy, is now housed in the Astoria Public Library.

Today McKusker continues to supply a left-wing outlook on KMUN 91.9fm, with his ongoing half hour commentary.

And you can also saddle upside him at one of the city's fine establishments and have a down-to-earth conversation on topics that matter most.



In the 90's McKusker ran for Mayor, providing a candidacy to a seat that often went unchallenged. While he himself was not convinced that he may have a chance at the seat, running more as an ideological candidate, many supporters hoped for his election.

"Recognition for this formidable presence among us is long overdue," says Tom Hartland, producer of the event and past Development Director with Coast Community Radio. "For KMUN alone, Michael has been a constant favorite among listeners."

Explaining the format for the evening, Hartland adds, "With Michael's flair for the contentious as well as the humorous, we expect a mix of tribute as well as a bit of roasting for Michael's colorful background."

Doors open for the event at 6:30pm with the program starting at 7pm.

Tickets are \$10 to benefit public affairs programming on KMUN 91.9fm Astoria and KTCB 89.5fm Tillamook will be available at the door, and are available in advance from the station's office during business hours. The Fort George Brewery and Public House has added their sponsorship to this upcoming event produced by Coast Community Radio.

- Dinah Urell

Gun Violence Prevention

Universal Background Checks, and Taking Action - Presentation Jan 30

TO REDUCE gun violence, many Oregonians are working hard to ensure that a bill requiring universal background checks on all gun sales in Oregon is voted on during the short February 2014 legislative session.

Universal background checks are the easiest, most effective way to keep guns out of the hands of dangerous people who can't lawfully own them. Background checks do not prevent law-abiding citizens from buying or owning guns. Universal background checks have overwhelming support. 81% of Or-

egonians support universal background checks on gun sales.

The Oregon Alliance to Prevent Gun Violence is sponsoring community gatherings around Oregon in January. Please join us at a meeting near you. After a short presentation, we'll talk about how we can reduce gun violence and pass universal background checks in Oregon this year.

Thursday, January 30, at the Frist United Methodist Church. 7pm. Questions and RSVP: michael.ceasefireoregon@gmail.com

Life versus Money

THE MOST salient characteristic of our time is the reduction of all life to commodities for sale on markets. The earth, which our ancient forebears revered as their mother, is now merely the basis of corporate and banking self-enrichment. The corporate feudal powers-that-be view the earth merely as so much dead matter to be ripped apart. Whether by open pit or strip mining to recover increasingly rare metals, drilling miles deep offshore wells running ever greater risk of massive spills, injecting toxic chemicals into the earth or ripping the tops off mountains – all to continue the present fossil fuel, high tech economy – transnational corporations and the banks that finance them are daily consuming and destroying more and more of the planet that is our common heritage.

In the eighties I used to watch the documentaries of oceanographer Jacques Cousteau, as he and his sons dove deep, to study sea life and observe the far-flung toxic effects of industrial civilization upon the oceans. They noted that coral reefs, the mothers of all aquatic life are dying, and Cousteau prophesied that if the effluence of industrialism continues unchecked, the seas that surround and nourish us and all aquatic life will all be dead within fifty years. As the oceans acidify due to the influx of carbonic acid due to global warming, we are right on schedule to fulfill Cousteau's dire prediction.

Yet, as we look about us at day-to-day life, we see mainly business as usual. No sense of urgency pervades

the nation or the world. Conferences conducted under the auspices of the UN Intergovernmental Panel on Climate Change produce hollow verbiage, not even a carbon tax. Why are the powers that be in such lethal denial? Why do they continue daily, yearly pursuing, even ramping up the hypercapitalism that is so toxic to the very continuance of complex and intel-



ligent life on this planet?

The culprit is in the worldwide single minded pursuit of money. Money is the sole driving force behind the world system. At the start of the Christian era, Jesus said: "You cannot love God and money" (or Mammon, a false god). His brother, known as James the Just, said: "The love of money is the root of all evil." These passages and many like them are in all the New Testaments that line the backs of church pews and shelves of Christian bookstores. Yet, how often is the sinful love of money the subject of a sermon? I know of no contemporary pastor or theologian who speaks or writes of the utterly corrosive effect of money on all planetary life.

Far more than a medium of exchange, money possesses an uncanny

by Stephen Berk



power to wholly preoccupy individuals and their societies. Today's capitalism makes money its god, long having dethroned the God of Creation, or nature, that is of life itself. Money, by turning every resource of a living planet into a dead commodity for sale on a market, thereby turns all life into death. This is especially true in a system, like the present one, which makes monetary accumulation the be-all and end-all of the structures that rule the world. From that single-minded focus on accumulation comes the inability to see that it is the cause of the utter destruction of life on earth.

Preoccupation with getting money operates to continuously derail the people who make decisions at all levels from choosing the nurturance and enhancement of life. At the local level we can see this process at work in the Astoria City Council's recent decision, with only Drew Herzig's dissent, to sell off a sizable portion of its forest land to private developers. The city's wild places are not only an object of unique beauty. They are also habitat for a great many non-human species, including deer, raccoons, possums, frogs, and song birds. Our wildlife "experts" sternly warn us against feeding these animals. But deprived of forest habitat, how are these creatures supposed to survive? They won't, as they have not been all over the anthropocentric world, where humans relentlessly impose an economy of death, killing hundreds of species daily, all for the love of money.

Coal Creek Volunteer Work Project

SATURDAY, FEBRUARY 1, 2014 10:00 a.m. – 2:00 p.m. Meet at the Coal Creek Trailhead. Turn north off North Fork Road at mp 4.5 and drive 1/4 mile on Coal Creek Road to trailhead on your right.

Join Oregon Department of Forestry for a volunteer work project on the Outback Trail. The project will include

trail brushing, bridge cleaning, trail repair and improvements to maintain and enhance the one mile trail.

Dress for weather, wear sturdy shoes, and bring lunch, water, and gloves. Tools will be provided. Please call 503-815-7062 for more information and to RSVP. Thank you for volunteering.

Celebrate the New Year at the Columbia Pacific Common Sense PIZZA PARTY and meeting.

Thursday, January 16

6:00 pm - PIZZA, social & snacks

6:30 - 8 pm meeting

Three Cups Coffee House - 279 West Marine Drive, Astoria

WILL OLNG finally admit defeat? Will anyone be able to count the errors in the company's latest submission to FERC? Will geology and Mother Nature triumph over pipelines and profits?

Will we have enough pizza? RSVPs aren't necessary, but would be helpful so we can order enough pizza that afternoon. Snacks and treats are welcome. News, plans, and Q&A with Dan Serres, Conservation Director of Columbia Riverkeeper.

- Complimentary coffee provided by Three Cups and Columbia River Coffee Roasters.
- If you'd like, bring a snack to share. We meet after Three Cups closes for the day, so we can't buy coffee or snacks.
- There is a parking lot and on-street parking. Three Cups is under the bridge, across the street from M&N, the Carhartt store.

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, Jan 15, 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

- January 8 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, Jan 26, 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)

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[pickled fish]
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The Adrift Hotel Music Calendar January 2014
1/9, 1/10: Naomi Hooley & Rob Stroup (Americana)
1/11, 1/12: James Coates (soulful singer/songwriter)
1/13, 1/14, 1/15: Will West (Americana)
1/16, 1/17: The Weather Machine (indie folk)
1/18, 1/19: Shannon Stephens (blues-tinged indie folk)
1/20, 1/21, 1/22: Three For Silver (folky Americana)
1/23, 1/24: Lotte Kestner & Kevin Long (haunting indie folk)
1/25, 1/26: Jeffrey Martin, Anna & the Underbelly (folky indie pop)
1/27, 1/28: Lindsay Lou & the Flatbellies (bluegrass influenced Americana)
1/30, 1/31: Bradford Loomis (rootsy Americana)

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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FANA

Friends of Astoria's Natural Areas (FANA)
a signature petition addresses the sale
of Astoria's excess city properties



ON DECEMBER 17, 2013 residents organized to address the Astoria "excess city properties" sales, reported recently in the news and topic of feature in the December 2013 issue of HIPFISH. Now FANA has prepared a signature petition requesting a Town Hall meeting, and that the marketing and sale of these properties cease, on the basis that "The citizens of Astoria must be involved in this dramatic 're-visioning' of the future of our city."

FANA meets again on Tuesday, January 14 at 7pm, at KALA Gallery, 1017 Marine Drive in Astoria. Interested residents may attend, and/or can also pick-up petitions to assist in signature gathering. A deadline for the signature collection will also be set at the next meeting. Below is a list of questions and concerns developed by the FANA group relating to this issue and an excerpt from HIPFISH December 2013. FANA questions/inquiries contact: tduncan@pacifier.com

Excerpt Hipfish Dec 2013 (by Bob Goldberg).

The Great Depression 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.

FANA PETITION CONCERNS

1. The lack of transparency and coherence in the process the city has used to institute the land sales
2. The reduction of open land for recreation, bird and other animal habitat that these sales will create. Once these lands are sold, they are lost forever as public assets belonging to the citizens of Astoria.
3. The loss of trees and other vegetation that provide stability and reduce the danger of landslides on the steep hillsides that much of the public lands for sale are located on.
4. The fiduciary irresponsibility of selling public lands at below-market prices at a time of historically low demand for vacant land.
5. The cavalier approach demonstrated by the city council to citizens' concerns about the process and substance of these public land sales.
6. The apparent lack of concern about the impact sale of lands abutting the watershed will have on water quality and on vital wetlands.
7. The sheer number of public properties for sale with no timeline of how many properties can be sold within a given period of time.
8. The large size of some of the public properties, with apparently no restrictions on what type of development can be allowed on these properties.
9. The lack of any protection for trees, regardless of size and age.
10. The claim by the city manager that 'there are plenty of public parks in Astoria' when our research suggests this is not the case, and the claim by the council that public lands are 'too expensive' to maintain, when, in fact, most receive little or no maintenance at all.

FULL CIRCLE Zodiac Calendar

- Imagery by Stirling Gorsuch
- Astrological Interpretations By Anniken Moe
- Designed and Published by HIPFiSHmonthly

THIS JANUARY, HIPFiSHmonthly is excited to announce the release of a special collaboration in the production and design of the FULL CIRCLE ZODIAC CALENDAR.

Combining the talents of North Coast print maker Stirling Gorsuch and Astoria/Portland based astrologer Anniken Moe, the calendar features the reproduced 12 Zodiac signs from Gorsuch's beautifully crafted linocuts, and Moe's lighthearted interpretations of the sun signs. With a concept to keep the calendar simple, tasteful and useful, each calendar month features the phases of the Moon, and also charts the Moon's daily progressions through the signs, Mercury retrograde throughout the year, and a glossary at the end of the calendar to interpret the progressions.

While the many aspects and planetary activity of Astrology is quite complicated, the calendar's mission is to simplify a focus on planetary connection, and for the user to enjoy and discover the beauty of the artistic interpretations and to familiarize with the basic sun signs through Moe's descriptions.

Gorsuch, initially produced his own sign of Sagittarius as a practice in the craft of print making. Eventually this led to a decision to create all 12 signs. He researched the signs, finding the writings of Carl Jung and Joseph Campbell an inspiring and in-depth study in the mythology and symbolism of Astrology. He then chose to represent each sign using human figures, (for example, a mermaid in a deep water cave represents Scorpio, exception to the case is Capricorn) and incorporating artistic representation of the elements - earth, air, fire and water - corresponding to each sign. In doing so, it was his desire to allow the viewer to be able to better see themselves and others through the symbology of the works, in addition to the creation of a highly stylized series.

Anniken Moe has had a keen interest in, and has studied the stars avidly for more than four decades now. She says, "Somewhere along the line I realized it had become a life-long pursuit, one I will relish until my last breath here on earth." Moe's mother also was a life long professional astrologer who early in life bestowed the craft to her daughter.

Say's Moe, "It has been, and continues to be, both a challenge and a privilege to assist others in finding their purpose in life, and to navigate the choppy waters as safely and consciously as possible."

HIPFiSHmonthly Publisher Dinah Urell has retained a keen interest in Astrology since her youth. When the publication's presentation space KALA co-planned to exhibit Gorsuch's zodiac prints this past December, collaborating with friend and associate Moe on the project, she says, was *kismet written in the stars*.

The special limited edition FULL CIRCLE calendars are now available at KALA, through mail order, and will be available at many coastal bookstores, shops and galleries. To order a calendar, or if you are a business interested in carrying it, email: hipfish@charter.net, or call 503.338.4878. Suggested Retail price is \$18.00.

FULL CIRCLE THE ZODIAC EXHIBIT. The framed linocut series is currently on exhibit at KALA. Also available, unframed linocuts and smaller framed archival reproductions. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

Diligence Capricorn

Capricorn (♄) is the tenth sign of the zodiac, and is ruled by Saturn. The Capricorn is a goat-like creature, and is associated with the mountain, the sea, and the winter. The Capricorn is a sign of discipline, hard work, and ambition. They are the hardest workers in the zodiac. They are also the most practical, and the most realistic. They are the most responsible, and the most reliable. They are the most organized, and the most efficient. They are the most disciplined, and the most determined. They are the most ambitious, and the most successful. They are the most powerful, and the most influential. They are the most respected, and the most admired. They are the most feared, and the most respected. They are the most powerful, and the most influential. They are the most respected, and the most admired. They are the most feared, and the most respected.

Their Charm: They are the most disciplined, and the most determined. They are the most ambitious, and the most successful. They are the most powerful, and the most influential. They are the most respected, and the most admired. They are the most feared, and the most respected.

Their Challenge: They are the most disciplined, and the most determined. They are the most ambitious, and the most successful. They are the most powerful, and the most influential. They are the most respected, and the most admired. They are the most feared, and the most respected.

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

We need not feel ashamed of flirting with the zodiac. The zodiac is well worth flirting with. *D.H. Lawrence*

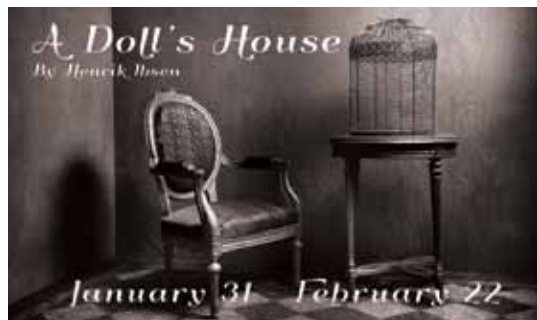
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What's In Store for 2-0-1-4?



More Natural Gas, Coal and Oil Transiting Through the Area and Being Processed and Shipped Out?

The fate of the Oregon LNG (OLNG) export terminal on the Skipanon Peninsula in Warrenton, and associated pipeline running through Clatsop County and across the Columbia River to Washington, could be decided this year. A decision by the State of Oregon Department of Land Conservation and Development (DLCD) is due by the end of April on a Coastal Zone Management Act (CZMA) application submitted by OLNG last year. Though the decision on the project is ultimately in the hands of the Federal Energy Regulatory Commission (FERC), it is unlikely that the project will be approved if the county (which rejected it last October) and the state both reject it.

Of the three remaining coal export terminal proposals running through the Columbia Pacific Region, the one that might get the green light in 2014 is the Morrow Pacific project of Australian company Ambre Energy. In this proposal, coal would be shipped by rail from the Powder River Basin to the Port of Morrow near Boardman. There it would be transferred to an enclosed storage facility and loaded onto covered barges. The coal would then be shipped down the Columbia River to Port of St. Helens' Port Westward Industrial Park. There, enclosed transloaders would transfer the coal onto covered oceangoing Panamax ships. Permit decisions by the Oregon Department of Environmental Quality (DEQ) and the Department of State Lands (DSL) are due in 2014, with the DSL decision possibly announced by the end of April.

Global Partners has started exporting oil from Port Westward near Clatskanie. Oil trains from the Bakken formation, in North Dakota, travel through the Columbia River Gorge, Portland, and St. Helens among many other cities on the way to the export terminal. Now, Global Partners seeks a permit to

rebuild a large dock to export more oil. A decision by the DSL is due sometime in 2014.

On July 23, 2013, the Port of Vancouver approved a lease agreement with Tesoro/Savage to ship up to 380,000 barrels of crude oil each day along the Columbia River. The proposed oil terminal would require at least four, mile-and-a-half long unit trains per day. The Washington State Energy Facility Site Evaluation Council (EFSEC) will make a recommendation to the Governor on the project and, then, the Governor will make the final

decision to deny or approve the terminal, probably in 2014.

For more information on these projects, contact Dan Serres of Columbia Riverkeeper at dan@columbiariverkeeper.org or (503) 890-2441, check out the Power Past Coal website at <http://www.powerpastcoal.org/>, or contact Laurie Caplan of Columbia Pacific Common Sense at 503-338-6508 or lcaplan2010@gmail.com.

The Astoria High School Sports Complex

This joint project between Columbia Memorial Hospital (CMH), the City of Astoria, Astoria School District and Recology (formerly Western Oregon Waste) is supposed to break ground this month and be completed in September, in time for the 2014 Astoria High School football season. The field will support soccer, football, baseball, softball and band competitions and other community events, and will double as a cap on the old Astoria landfill. The grandstand will seat 1200, with two bleacher sections seating an additional 200. Two lots will provide 300 parking spaces. There will be limited access for pedestrians. The adjacent Recology transfer station will benefit from sewer service and better-paved roads, provided by the City of Astoria as part of the project.

A group of 9-10 people worked together on the design and the overall build up of the complex - including design, capping of the landfill, and new sewer system. An agreement was recently signed by the parties and approved by their boards, laying out the responsibilities of each.

In return for an investment in the sports complex of \$5 million, the school district gave the current John Warren Field property to CMH, which they will use for expansion projects. They have indicated that in the short-term, they will use at least part of the football field for parking.

For more information, contact Paul Mitchell, Community Outreach Manager at CMH, at 503-338-4504 or Paul_Mitchell@columbiamemorial.org.

Walmart in Warrenton?

The news broke last year that Walmart was coming to town, but the site where it is supposed to be built (on Highway 101 near Costco in Warrenton) has been silent since. According to Skip Urling, Warrenton planning chief, Walmart has secured all the necessary permits and licenses required for Warrenton, minus a building permit, which can't be granted until the last permit required, a "404" wetlands fill permit, is secured from the Army Corps of Engineers (Corps). Urling won't make a prediction as to whether the project will start in 2014.

In addition, WalMart also needs a Clean Water Act "401 Certification" from DEQ for the "404" permit, and a CZMA Certification from DLCD for that permit, according to Sara Meyer, spokesperson for the group Clatsop Residents Against Walmart (CRAW), which is



following the Walmart project, and seeking to kill it.

The permits and certifications are on hold pending an opinion from the National Marine Fisheries Service (NMFS) about the potential effects of the proposed WalMart project on the wetlands and former stream at that location that drain to the Skipanon River, which could come out some time in the next 30-60 days. Once that NMFS opinion is issued, the Corps, DEQ and DLCD will all have to review it and make their own respective decisions. The timeline for these decisions is currently unknown, and further appeals may be made, delaying the start of construction possibly past the end of the year.

For more information, contact Urling at 503-861-0920 or cityplanner@ci.warrenton.or.us, or check out the CRAW website at <http://c-r-a-w.org/index.html>.

The Garden of Surging Waves and Heritage Square in Astoria

The Garden of Surging Waves is a city park designed to honor and celebrate the Chinese heritage of Astoria and the Lower Columbia River Basin. The Garden is Phase I of a larger redevelopment project slated for what is known as the former Safeway block, now referred to as Heritage Square, across the street from Astoria City Hall. Development of additional public space is envisioned for other parts of the block in future phases. Initial concepts suggest an amphitheater and large, open areas designed to serve as community gathering spaces.

According to Brett Estes, Astoria Community Development director, the Garden should be open to the public any time, and the city is waiting to hear on

a Ford Family Foundation grant to develop construction documents for Phase II, which would include the current hole adjacent to the Garden. The city is also working with EPA on a brownfields grant to clean up part of Heritage Square where the Safeway, a dry cleaner and a printer used to be, and anticipates testing taking place in the spring.

For more information, contact Estes at 503-



338-5183 or bestes@astoria.or.us, or check out the garden's website at www.astoriachineseheritage.org.

The 19th Street Bridge and Pipeline Replacement Project

The Irving Avenue Bridge near 19th Street is a steel structure that was built in 1946. This bridge serves as part of an alternate route for State Highway 30. The bridge is showing signs of significant deterioration and has required emergency repairs to keep it functional for heavy loads such as school buses, garbage trucks and fire trucks. The Astoria City Council approved contracts for new construction in 2013. Construction of the new bridge will take approximately one year and is tentatively scheduled to begin in June. Irving Avenue will be closed to foot and vehicle traffic during that time. Recently, the council approved early clearing of "vegetation" (read "trees") to avoid disturbing migratory bird nests during construction. Clearing will take place by the end of February, and involve, in addition to the right of way of the bridge, a 20-ft swath centered on a water main that will be replaced as part of the project.

For more information, contact Cindy Moore, assistant city engineer, at 503-338-5173 or cmoore@astoria.or.us.

Cannon Beach Academy Charter School Opening?

The Seaside School District will hold a public meeting to determine the fate of the Cannon Beach Academy public charter school application on Tuesday, January 14, at 6 pm at the Seaside School District Offices at 1801 South Franklin Street, Seaside. The charter school is the only matter on the agenda. If the school district approves the application, the Academy would open in temporary quarters in September for K-5 students from the Seaside School District area.

If you have any questions, please contact the charter school folks at (503) 440-9878 or check out their website at <http://thecannonbeachacademy.com/>.

More Spirits and More Beer in Astoria!

Opening any time will be a micro-distillery in Astoria called North Coast Distilling, on Duane Street in the Liberty Theater building. North Coast

will join the Cannon Beach Distillery, just off Hemlock Street in Cannon Beach, which opened in 2012, in delighting the more sophisticated drinking palates in the area.

And if distilled spirits are a little too much for you, Astoria's 4th brewery, Buoy Beer Company, will soon join Fort George, Astoria Brewing, and Hondo's, at the old Bornstein's cannery at the foot of Seventh St. They are shooting for a January opening.

For more information on North Coast Distilling, see their Facebook page at www.facebook.com/pages/North-Coast-Distilling/257097114435984, and Buoy Beer's Facebook page is chronicling their construction at www.facebook.com/BuoyBeerCompany.

Legal Pot in Washington, and Maybe in Oregon?

The Washington State Liquor Control Board issued updated figures recently regarding the applications to grow, process and sell pot under Washington's legal marijuana law, passed by voters in 2012. Some 2,666 of those are growing license applications, and 1,918 are processing applications. The Board at least initially is limiting the number of stores to 334 statewide. There have been 2,035 retail applications received, which means there could be lotteries for those licenses in many areas. There will be 2 stores in Pacific County and 1 in Wakiakum County. According to the I-502 implementation website at <http://liq.wa.gov/marijuana/I-502>, out-of-state residents may purchase pot at any Washington retail store, but must consume their purchases in the State of Washington.

Meanwhile, in Oregon, beginning in March, medical marijuana retailers will be required to register with the state, maintain encrypted electronic records and ensure around-the-clock security for their inventory. A draft version of new rules spells out the specifics of how the industry will operate in Oregon, which in 1998 was one of the first states to allow marijuana for medicinal use. In 2013, the Oregon Legislature approved a law to regulate the medical marijuana industry in the state.

New Approach Oregon (NAO), a marijuana legalization advocacy group, intends to put forward a state ballot initiative in the 2014 General Election (see their website at <http://newapproachoregon.com/>). Their approach would implement a strict system to regulate, tax and legalize marijuana, similar to the Washington and Colorado systems. Under NAO's approach for 2014, 40% of funds would support K-12 education, 20% would support mental health and treatment services and 15% would be dedicated to law enforcement. The effort would follow a failed attempt at a legalization initiative in 2012 in Oregon.

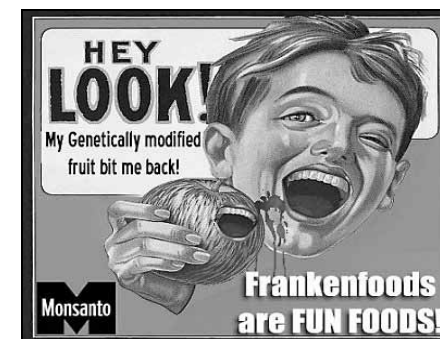
And there could be industrial hemp growing in them there fields in Oregon this spring, as the state finalizes rules for growing the relative to marijuana after passage of Senate Bill 676 in 2009. This thrills Michael Pierce, owner of Astoria Hemp Works (which is moving to Portland in the near future), who said that it will allow retailers such as himself to obtain hemp for their products locally. Ten states (California, Colorado, Kentucky, Maine, Montana, North Dakota, Oregon, Vermont, Washington, and West Virginia) have defined industrial hemp as distinct and removed barriers to its production (see www.vote-hemp.com/state.html for more information). China is the world leader in hemp production.

Less GMOs?

GMO Free Oregon (www.gmofreeoregon.org/) is working hard with volunteers all over the state to put GMO (genetically-modified organisms) related measures on the ballot this November at both the state and county levels. State-wide, they are putting forth a measure requiring the labeling of foods containing genetically modified/genetically engineered ingredients. At the county level, they are drafting language to ensure farmers have the right to seed heritage and sustainable agriculture, and in doing so, stop the growth/cultivation of GMOs in the open environment. Their goal is for this language to be used as a county measure template for concerned citizens to put forth in their home counties all across the state.

These efforts come on the heels of the failed GMO labeling ballot initiative in Washington State last November, and the passing of SB633, which gave the State of Oregon jurisdiction over GMO legislation. This may affect several county initiatives that were in the works.

For more information on efforts to label GMOs and the industry response, see www.truth-out.org/news/item/21064-gmo-and-natural-food-fight-treacherous-terrain.



Marriage Equality

When Basic Rights Oregon began the Marriage Matters Campaign in 2010, Oregon residents across the State saw an enlivened and bold strategy that included glossy testimonial mailers, TV commercials and many, many volunteers collecting signatures for a 2012 ballot. While the support was overwhelming, a last poll deemed the legislation to turn over the ban on marriage, (10 years ago) dead.

Nevertheless, the Conversation Project, which itself saw a good run here in the Lower Columbia Pacific Region, got the voting constituency to finally come to grips with reality; Love = Equality, equals inherent human rights. And although many were disappointed in the decision to kill the ballot – the tremendous movement that got people really talking about the depth of the issue, shed light on all our consciousness.

Now, ready for the 2014 ballot, Freedom To Marry Campaign employs a staff of 24 people and will grow larger as the election grows near. 100,000 signatures have been gathered to repeal 2004's Measure 36.

In addition, a lawsuit has been filed by two Portland attorneys, Lake Perriguel and Lea Ann Easton, on behalf of two Portland couples, challenging the constitutionality of straight-only marriage. Who will get there first? Supporters of the lawsuit argue that a court ruling would be cheaper and faster than waiting until November 2014 and gambling millions on a ballot measure. They also say that basic human right shouldn't be decided by the masses.



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Finn Kaleva Lodge No. 2 A New President with a passion for Heritage

Story and photo by Dinah Urell



President Judi Lampi - United Finnish Kaleva Brothers and Sisters at Suomi Hall, Uniontown

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THE TRADITION of Saturday night sauna on this particular Finnish dairy farm was accompanied by a dinner cooked on the woodstove. Imagine the smell of a fresh-baked wild black berry pie wafting out of the oven. If you were in need of the toilet, that too was in the mode of a Finn outhouse. And one of her strongest memories recalls Judi Lampi, was holding the milk pitcher as her Grandma Fanny milked the cow.

"They were very simple, good people," she says of her grandparents, George and Fanny Lampi, "and they never did, or cared to have an electric stove or an indoor bathroom."

Growing up in the 60's, Lampi experienced a rich Finnish cultural upbringing. She was lucky to be able to visit her grandparents every weekend, in Brownsmead, just east of Astoria. Her stories and memories are testament to the depth and history of Finnish culture in the Lower Columbia Pacific Region. Judi Lampi is the newly elected President of the United Finnish Kaleva Brothers and Sisters, Lodge No. 2, better known around town as Suomi (Finnish) Hall in Uniontown.

Of late, the goings on at the hall have been making press, and while she certainly and very stubbornly Finnish-like would not lay claim to it being on her part, her vibrant energy and passion for heritage has had something to do with it.

"The place is coming alive," says Lampi of Suomi Hall, "Member folks are really getting excited about organizing and participating in

events." She described the comradeship of the recent Lutefisk Dinner, and all the baking that went on for nights. Pula and prune tarts, to name a few, that Finnish Kaleva sold in addition to a delicious dinner to go into the building maintenance fund. For the first time, the traditional Christmas event was opened up to the public. And great celebration served over 100 plates of the stinky, but tasty cod dish, and sold out of just about all the goodies.

Growing up in Portland and working as a Health/Science teacher for over 25 years, Lampi made the decision to retire to Astoria, and although she never actually lived here, being here reminded her of how much her Finnish roots were a part of her life.

She became a member of Kaleva Lodge No. 2 in 2006, and gradually started stepping up to the plate for various committees. One of the things that was apparent, most of the members were getting older. A natural decline, and the once popular activity and identity of belonging to a heritage lodge long since passed decades ago. After all, the Lodge No. 2 was founded in 1886, and for 80 years Suomi Hall has been the beloved home.

Concerned, as were other members says Lampi, "How do we preserve and keep alive the culture?" Ding! New members. Enter Lampi's brainchild, the "One Finn At a Time" campaign. Brochures and press releases, (and a feature story by this publication) in December 2010 began a new path for the organization. And it must be inserted; the Lodge mission clearly states, friends of Finns are openly welcome. Not only did it garner new members, but it breathed new life into an inherent vision. The Kaleva Lodge "I want you to be part of our community like we once were," says Lampi, "to share these traditions,

and to preserve the heritage and culture for generations to come."

Visibility in the community, another key. Teaming up with her father Melvin, a third generation Finn/Astorian, for the Astoria Bicentennial Celebration, they created a sauna float, that doubles as a heritage booth, of which then sold makkara (Finnish blood sausage, that was made to order from a Portland butcher company) served with sweet and tangy Finn mustard, a recipe revived by former Cannery Café owner and Finn, Dana Gunderson. Another super seller, and notch in the belt for Kaleva Lodge No. 2.

The Lodge also has increased networking with contemporary Finland. Music, literature, and art have seen numerous visitors. Of recent a Finnish Rug weaving artist, brought by Leena Riker, Lodge member and Suomi native who now resides on the coast. The well-attended event brought many interested in the craft itself. The Lodge No. 2 also recently hosted a group of 30 Finnish foresters, here to study Oregon Forestry – by serving a meal and general hospitality. "They said it was the best meal they had had in the States," Lampi says.

Lampi herself visited Finland about a year ago, visiting yes, cousins running a longtime family dairy. She also fell in love with the cities and the attention paid to quality of life, which takes precedent for Finns. Although she does not speak Finnish, she will finally be taking advantage of the language class at Clatsop College.

In the Fire of 1922, Kaleva Lodge lost most of its records but recently Lampi and former President Bernie Bjork surprisingly found member ledger papers dating back to the 1800s. There on the paper was the name of Judi's great grandfather Andrew Lampi, who had homesteaded in the Finnish enclave of Hamlet, Oregon. That makes her a fourth generation member of the Kaleva Lodge No. 2.

But, she reminds, "You don't have to be a Finn to be a member, you just have to be a friend. Call me for a membership."



Hamlet Or. A Finnish enclave, Judi Lampi's ancestors pictured.



Story and photos
By Erin Hofseth



Latin Rhythms on the Coast uniting Bodies and Souls

The winter months are cold here on the North Coast. The sun sets early and we are met with a blanket of darkness only a few hours after we've finished our lunch. The grey sky looms heavily above us day after day, swallowing up our memories of sunny beach days and late evening sunsets. Most of us have developed our own unique coping mechanisms as we sur-



Nayelli Dalida, Zumba Instructor at AAMC as well as in Ilwaco, WA

render to the seasonal shifts here on the north coast. The "snow birds" among us flee to warmer climates. Others of us make a winter movie list and support our favorite local take-out restaurant.

Some of us, a growing number of us, have decided to turn in our movies and pizza for spandex and salsa; and I'm not referring to the type you eat with corn chips. I'm referring to a 3-step, 8-count form of dancing. Salsa is just one of the many forms of dance incorporated into the popular international fitness program known as Zumba. Walk through the doors of Gearhart Zumba studio, Raqad Fitness, on a Monday evening at 5:15 and you will most likely be greeted with a smile and hug from more than just one enthusiastic woman. The beats of world music will sweep you up before you've had time to take your sweatshirt off. Women of all ages, nationalities, body type, and skill level will be hip-shaking and hooting on every side of you.

At this point, the best option is to laugh. This is what Zumba is all about: having fun. Secondary to the fun is the aerobics. Many of the women that enter a Zumba class for the first time are there because they are hoping to lose weight. That's exactly why Zumba instructor, and owner of Raqad Fitness, Liza Gibbons, decided to try it out 9 years ago.

Gibbons began taking Zumba classes in Florida after the birth of her second child. She had been on bed rest during her third trimester and weighed 190 pounds when she stepped into her first class. Until then Gibbons' history in dance had been informal. Although a life-long athlete, she had never taken organized dance classes. She instantly fell in love

with Zumba and revealed a natural ability to dance. She lost her postpartum weight and found a renewed zest for life. After taking Zumba classes in Florida for a year and a half, Gibbons' husband, an officer in the Coast Guard, got relocated and the family moved to Washington D.C. She searched D.C. for a Zumba class that would fit her lifestyle as a mom of young children. It was to no avail. At this time, in 2009, Gibbons decided to get licensed, "out of desperation," she says with a laugh. If she couldn't find a class that fit her needs then she would teach her own classes. She taught in D.C. for 2 years before moving to Gearhart, Oregon, where she opened her own Zumba studio, Raqad Fitness.

"Zumba is a happy workout. You're not dreading to go to Zumba, you are actually waiting for the next class."

- Nayelli Daleda, AAMC instructor

When Gibbons opened her doors a year ago she had a few goals: she wanted to stay in shape herself, she wanted to find a community of friends, and she wanted to offer a family-friendly, affordable studio where women could discover the joys of Zumba. "Zumba is a great equalizer. We have people from all different walks of life, different races, different ethnic backgrounds, different financial situations, but when we walk through those doors, we are all equal. We are all here for the same reason." In her one year of teaching here on the coast Gibbons has witnessed women lose anywhere from 10

to 70 pounds. She has had students confide in her that Zumba has helped them get off of their anti-depressants. She has even inspired several women to become licensed instructors. She currently has three licensed Zumba instructors teaching classes at Raqad Fitness.

One of these instructors is Yasemin Archer. She began as a Zumba student last February and went on to receive her license a few months later in April. Archer has been a runner for most of her life. When she got introduced to Zumba, she realized that it was a much more natural way for her body to exercise. "Cycling and jogging uses repetitive motions; because of this, a lot

of bikers and joggers don't notice big changes in their bodies. With Zumba you are getting a complete body workout... and it's so much fun!" Archer is a naturally talented dancer who embraces all forms of dance. She leads high-energy classes that have a hip-hop /reggae flare. It is not uncommon for women to leave an Archer class feeling elated from the surge of endorphins that are released as she laughs and cheers her students through her choreographed routines.

Katie Saso, another instructor at Raqad Fitness, says that one of the things she loves most about Zumba is "watching women get exposed to new music

and move their bodies in ways that they never have before." "It's liberating," she says with a smile. Saso has been a dancer for most of her life. With a background in Salsa and Hip-hop, Zumba was an immediate fit for her. She has been teaching



Yasemin Archer, Candy Green, Liza Gibbons, Instructors at Raqad Fitness

classes at Raqad Fitness since April. Becoming part of the Zumba community has filled a lot of Saso's own personal needs, "you can sweat, you can dance, and you have a community of friends." Saso continues, "as a society we are missing dance and music as a prominent form of

8th Annual

Au Naturel: *The Nude in the 21st Century*

OPENS JANUARY 23

THE EIGHTH ANNUAL international juried exhibit Au Naturel: The Nude in the 21st Century opens January 23rd at Clatsop Community College's Art Center Gallery located at 1799 Lexington Avenue, Astoria, OR. The show will run through March 20th, 2014.



Shane Boddington, New York City; *Portrait of Sara Eisman : The Wall St Analyst*
Oil on Canvas. 100 cm x 160 cm

A reception honoring the selected artists will be held on Thursday, January 30th at 6:00 pm. This year's juror, Charles Froelick, owner and director of Froelick Gallery in Portland, will be present to give a gallery talk. Awards to be announced at the reception include cash prizes, purchase awards, a solo show award to be held during the 2014-2015 exhibition season, and a select number of workshop awards. This reception is free and open to the public. A No-Host Post-Reception party at the Astoria Coffeehouse and Bistro, at 243 11th Street in downtown Astoria, will immediately follow the reception.

This year, nearly 800 images submitted by artists from 28 states plus the District of Columbia, as well as international submissions from Canada, Germany, and the Netherlands. After careful deliberation, 61 works of art were selected from nearly 800 images submitted by artists from 28 states plus the District of Columbia as well as international submissions from Canada, Germany, and the Netherlands. The 2014 exhibit will represent 47 artists from 17 states in addition to international artists from Canada and Germany.

The artwork featured in the 2014 exhibit encompasses very diverse approaches to the human form. Reed Clarke of Portland is inspired by

great artists such as Rembrandt, Velazquez, Degas, Freud, and Fischl. Although Clarke is compelled to paint the human figure, he elevates the actual painting process over subject matter, striving "to have the courage to paint over the early pleasing parts of a painting and arrive at something beyond what I thought was going to be the destination when I began." On the other hand, Shane Boddington of New York City describes his work as "an exercise of technique and concept that pertains to the study of body form and individual character." While Boddington's work is extremely realistic, Don Copper of Chicago works in a much more abstract manner, "seeking to eliminate the boundary between the subject and pure image." He confesses that he "regularly indulge(s) in figure drawing," for the challenge. However, Copper feels that the "most profound" effect after a life drawing session is that it transforms how he sees. "Everything becomes extraordinary," he explains, "---the light, the surfaces, the details - and I feel more engaged with the world around me."

Further information about the 2014 exhibiting artists will be available online at the Au Naturel website at www.aunaturelart.com after January 23rd.



Don Copper, Chicago, IL; *Arabesque*;
pastel, charcoal, graphite, correction fluid on paper; 30" x 22" x 0"



Reed Clarke, Portland, Oregon; *Artist and Model*
Oil on Canvas, 48" x 36" x 0"



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ASIAN NEW YEAR KITE CELEBRATION CELEBRATE CHINESE NEW YEAR WITH A CULTURAL UPLIFT



THE WORLD Kite Museum on the Peninsula is the only American Museum dedicated exclusively to telling the exciting and amazing story of kites, through hands on exhibits and programs!

The World Kite Museum collection has over 1,500 kites from 26 countries. Learn about kites and their long and illustrious usage for entertainment, industry, and scientific experimentation. You can even make a kite of your own and take it out for a run on the world's longest beach.

Feb-1-2, WKM celebrates Asian Kites, and each year from a different country. Uniquely shaped & decorated kites and other folk arts are displayed. Videos, demonstrations and hands-on activities are part of both days' events.

Located on Sid Snyder Drive off the main drag in Long Beach, WA. worldkitemuseum.com

To Kill A Mockingbird

Astoria Intern'l Film Fest presents
at The Liberty Theater.
Sunday, February 2, 2014, 2:00 pm

TO KILL A MOCKINGBIRD is a 1962 American drama adaptation of Harper Lee's Pulitzer-prize-winning, semi-autobiographical novel of the same name, directed by Robert Mulligan.

The film is widely considered to be one of the greatest ever made.

Part of the film's huge appeal is seeing the dramatic events unfold through the innocent eyes of childhood. Through their father's work as a lawyer, Scout and Jem begin to learn of the racism and evil in their town, aggravated by poverty; they mature quickly as they are exposed to it. "You never know someone," Atticus tells Scout, "until you step inside their skin and walk around a little."

Atticus Finch (Gregory Peck) a highly principled lawyer and windowed father of two in the Depression-era South (Alabama, 1932), defends a black man against an undeserved rape charge, and along the way teaches his children about prejudice and injustice. To Kill A Mockingbird vividly captures a specific time and place when racial unrest was at its peak in the South.

"Hardly a day passes that I don't think how lucky I was to be cast in



that film," Gregory Peck said in a 1997 interview. "I recently sat at a dinner next to a woman who saw it when she was 14 years old, and she said it changed her life."

Over fifty years after winning the Pulitzer Prize, To Kill a Mockingbird remains a beloved bestseller and quite possibly the most influential American novel of the 20th Century.

As Atticus Finch explains early in the film, mocking birds do no harm to anyone, simply singing all day; the film's title refers to the unnecessary harming of innocent creatures.

Tickets \$5, available at the Liberty Theater Box Office (Astoria) 503.325.5922 or TicketsWest. (128 minutes, Black and White).

HANZ ARAKI w/Cary Novotny

IRISH FLUTE player Hanz Araki is the quintessential world musician. The Japanese-American musician has performed around the world with Irish music groups such as the Juno Award-winning Paperboys and "sexed up" fiddle duo the Bridies.

Cary Novotny has been playing guitar and singing professionally in the Portland area for two decades. Novotny possesses a powerful musical style, with strong rhythm and a sure sense of harmony and tone. He has recorded and performed with many great bands in the world of Irish music, including Cul An Ti, Kevin Burke, The Bridies, and An Tua.

Friday, January 31, 7pm till 10pm. All Ages. At the Sandtrap in Gearhart.



Windless Kite Competition and Performance

AND FOR those who would like to forego the wind, The Windless Kite Festival, Jan 18 - 19, is an indoor performance and competition. For a magnificent sampling of this unique expressive art, watch a video of

young Spencer Watson on fun-beach.com, as he collaborates with a double-stringed winged flying machine, to a symphonic version of the stones "Paint it Black." He and the kite take us on a dramatic journey of floats

and dives, twists, turns, near misses, sheer beauty in motion, a dance truly.

Get high with a kite in Washington. Performances both Saturday and Sunday, Jan 18-19, from about 10:30 AM

to 4:00PM. Even watching the practices and teaching events is exciting. Admission is by donation as you enter and entrance to the gym is after each group or individual finishes

their event. The whole thing is a days fun.

At the Long Beach School Gymnasium, Washington and 4th St South, Long Beach, WA 98631



Spencer Watson in motion

Friday 10

MUSIC

Ray Raihala. Folk/Bluegrass/Americana. No cover, 6 - 9pm at T Paul's Urban Café in Astoria.

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

The Bar-K Buckaroos. Buck Owens Country standards. No cover, 9pm at the Voodoo Room in Astoria.

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

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

LECTURE

Lower Columbia Diversity Project. Blueprints for Utopia Science Fiction and Social Change. With Walidah Imarisha. Free admission, 6pm at the Astoria Public Library.

LITERARY

Feather Mountain Press Presents Nancy Slavin & Elia Seely. The authors will be reading from their novels and discussing the writing and publishing process. 7pm at the Bay City Arts Center.

Pacific University Writer's Conference. Readers include Pete Fromm, Dorianne Laux and Ben Percy. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

Things My Mother Taught Me. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 11

MUSIC

Niall Carol. No cover, 6 - 8pm at the Wet Dog Café in Astoria.

James Coates. Soulful singer/song-writer. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Northwest Artist Guild Exhibit Opening. Featuring the art of Connie Criess. Noon - 5pm at Gallery 504 in Long Beach.

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

FOOD & DRINK

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

HAPPENING

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

LITERARY

Northwest Author's Series. Featuring Nancy Slavin, author of "Moorings" and Elia Seely author of "Whisper Down the Years." Free, 2pm at the Cannon Beach Library.

Pacific University Writer's Conference. Readers include Jack Driscoll, David St John and Kellie Wells. Free,

7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

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

Sunday 12

MUSIC

Chris Anderson. Jazz/Motown/Pop. \$12, 2pm at the historic Raymond Theater in Raymond.

James Coates. Soulful singer/song-writer. No cover, 7pm at the Adrift Hotel in Long Beach.

Scott Pemberton Trio. Roots/Funk/Americana/Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Pacific University Writer's Conference. Readers include Valerie Laken, Mike Magnuson and Joseph Millar. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

LITERARY

Feather Mountain Press Presents Nancy Slavin & Elia Seely. The authors will be reading from their novels and discussing the writing and publishing process. Noon at Cloud & Leaf Bookstore in Manzanita.

OUTSIDE

Bird Survey. The surveys will monitor the bird species that are utilizing the park from season to season. No birding experience is required, and experts are welcome to come share their knowledge. Meet at 9am near Battery Russell at Fort Stevens State Park, Warrenton. 503-861-3170 x 41

Monday 13

MUSIC

Will West. Americana. No cover, 7pm at the Adrift Hotel in Long Beach.

LITERARY

Pacific University Writer's Conference. Readers include Frank Gaspar Scott Korb and John McNally. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

Tuesday 14

MUSIC

Will West. Americana. No cover, 7pm at the Adrift Hotel in Long Beach.

LITERARY

Pacific University Writer's Conference. Readers include Marvin Bell, Katherine Dunn and Debra Gwartney. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

Wednesday 15

MUSIC

Will West. Americana. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Listening to the Land. Seaside geologist Tom Homing and Eugene author Bonnie Henderson will discuss the North Coast's landscapes and how geologic processes, including earthquakes and

tsunamis, have crafted the spectacular scenery and its unique habitat. Free, 6pm at the Seaside Library.

LITERARY

Pacific University Writer's Conference. Readers include Steve Amick, Judy Blunt and Laura Hendrie. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

Thursday 16

MUSIC

The Weather Machine. Indie/Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Columbia Pacific Common Sense Pizza Party & Meeting. News, plans, and Q&A with Dan Serres. Pizza and coffee will be provided bring treats and snacks to share. 6N30 - 8pm at the Three Cups Coffee House in Astoria.

LECTURE

Food Allergies and Naturopathic Medicine. With Dr Tracy Erling. Free, 7pm at the Seaside Library.

A Conversation on Poverty.

CARE(Community Action Resource Enterprises)is hosting a forum at the Tillamook County Library to discuss ways of dealing with poverty in the community.

Nature Matters Lecture Series. Aquatic Macroinvertebrates: Ecology, Ecosystem Services and River Restoration. With Celeste A Mazzacano. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

LITERARY

Pacific University Writer's Conference. Readers include Sandra Alcosser, Pam Houston and Craig Lesley. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

Things My Mother Taught Me. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 17

MUSIC

Wadhams & Houston. No cover, 7pm at the Sand Trap Pub in Gearhart.

Three Doors Down Acoustic - Songs From the Basement. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

The Weather Machine. Indie/Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

New Exhibition Opening. Threads to New Worlds: A Collection of Fiber Arts, a traveling exhibition organized by Weaving Guilds of Oregon. Plus: Creative hands Across the Columbia, works by the Clatsop Weavers Guild. Reception and demonstrations from 5 - 7pm at the Columbia Pacific Heritage Museum in Ilwaco.

FOOD & DRINK

Rockaway Lions Beef Stew Dinner. \$8 adults, \$6 13 and under, 5 - 8pm at the Lions Club house in Rockaway Beach.

LITERARY

Pacific University Writer's Conference. Readers include Claire Davis and Kwame Dawes. Free, 7:30pm at the Best Western Ocean View Resort in Seaside.

OUTSIDE

North Coast Brew Tour Golf Tourney. Seasonal and unique beers from around the North Coast family of breweries will be stationed on the course for tasting! Find a partner and start the year with a 2-Player scramble. \$55/ player, cart rental is \$15 per player. Noon shotgun start at the Gearhart Hotel.

THEATER

Things My Mother Taught Me. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 18

MUSIC

Slipshod. Bluegrass/Blues/Americana. \$14, 7pm at the Lincoln City Cultural Center.

Three Doors Down Acoustic - Songs From the Basement. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

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

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

Shannon Stephens. Blues-tinged Indie Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

Coastal Carvers Show & Sale.

Experience the largest wood carving show in all of Oregon. Seminars, lessons, carvings for show and sale. All ages. Free, 10am - 5pm at Chinook Winds in Lincoln City. home.teleport.com/~coastalcarvers

FOOD & DRINK

Crab Feed. \$15 for a one-crab dinner and \$25 for a two-crab dinner. Noon - 8pm at the Long Beach Elks Club.

Wine Tasting. Wines from Washington State. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Indoor Kite Festival. Indoor Kite Fly. This kite flying 'recital' involves indoor kite flying with no fans to move the air. There are solos, duets and group performances of two and four line kites choreographed air routines to music. 'Hot Trick Shoot Out' matches pairs of flyers for comic capers and tricky maneuvers. 10:30am - 4pm at the Long Beach School Gymnasium. kitefestival.com/windless-kite-festival-2

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

ages. 2 - 4pm at the Astoria Public Library.

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

LITERARY

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

Writers on the Edge. Author R. Gregory Nokes will read from his new book, "Breaking Chains: Slavery on Trial in the Oregon Territory." Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Beach Cleanup Day. 9:30am - 11:30am or so. Free clam chowder will be available from 11:30am - 1:30pm. Meet up at any of the major beach approaches on the Long Beach Peninsula. ourbeach.org/cleanup-is-fun

THEATER

Things My Mother Taught Me. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 19

MUSIC

Edmund Wayne. Folk/Rock/Soul/Americana. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Shannon Stephens. Blues-tinged Indie Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

ART

Coastal Carvers Show & Sale. Experience the largest wood carving show in all of Oregon. Seminars, lessons, carvings for show and sale. All ages. Free, 10am - 5pm at Chinook Winds in Lincoln City. home.teleport.com/~coastalcarvers

FOOD & DRINK

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

Swiss Breakfast. \$7, 8 - 11am at Swiss Hall in Tillamook.

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

HAPPENING

Indoor Kite Festival. Indoor Kite Fly. This kite flying 'recital' involves indoor kite flying with no fans to move the air. There are solos, duets and group performances of two and four line kites choreographed air routines to music. 'Hot Trick Shoot Out' matches pairs of flyers for comic capers and tricky maneuvers. 10:30am - 4pm at the Long Beach School Gymnasium. kitefestival.com/windless-kite-festival-2

LITERARY

Oregon Legacy Series. With Oregon author R Gregory Nokes. Free, 3pm at the Driftwood Public Library in Lincoln City.

Listings continued on pg. 21

MORE MUSIC



Songwriter Shannon Stephens

SEATTLE'S CITY Arts magazine Records. Check out the song- says "Shannon Stephens is a tress and her blues-tinged indie subtle stagecraft and a fantastic folk at the Adrift. songwriter with an increasingly brilliant body of work." 3 albums and a new EP on Asthmatic Kitty

Records. Check out the song- tress and her blues-tinged indie folk at the Adrift.

Sat/Sun, Jan 18-19 at The Adrift, Sid Snyder Dr, in Long Beach.

Sassparilla at the Dune

PORTLAND FAVORITE, Americana roots band, cum dirty bluegrass to stomp-rockin folk, Sassparilla warm up the denizens of the Dune, the San Dune Pub in Manzanita. Boogie right, at the beach.

Saturday, January 25, on Laneda, 1/2 way to the beach. In Manzanita.



Ol' Danny Barnes

BANJO GURU Danny Barnes out, Oct 2013, Shri 108 is a comin' to Astoria 'gain. Barnyard hardy taste of it. electronics, an aesthetic combining various bits of bluegrass, noise, rock and electronic music is Danny's signature. New album

out, Oct 2013, Shri 108 is a hardy taste of it. Sunday, January 26, 8pm at the Fort George, 14th & Duane.



Pajama Game Cast: (left to right: Steve Stein, Daniel Phelps, Matthew Brasil, Gerry Cortimilia, Annie Bishop, John Davy, Becki Wilhelm, Julie Bucknam, Roberta Bettis, Wally Nelson, Liz Tosch, Bill Farnum, Karen Downs, Robert Bishop. Not pictures – Cyndi Lewis, Lisa Greiner, Kelli McMellon).

Wake-Up! To THE PAJAMA GAME TAPA presents

THE DANGERS of a workplace romance are explored to hysterical effect in this romantic comedy from the creators of DAMN YANKEES. Conditions at the Sleep-Tite Pajama Factory are anything but peaceful, as sparks fly between new superintendent Sid Sorokin and Babe Williams, leader of the union grievance committee. Their stormy relationship comes to a head when the workers strike for a 7 and a half cent pay increase, setting off not only a conflict between management and labor, but a battle of the sexes as well.

Bright and brassy, this unconventional, fast-paced Broadway favorite is every bit the embodiment of legendary director George

Abbott at his brimming with songs and dances which have become popular and musical theatre standards (among them "Hey There," "Steam Heat" and "Hernando's Hideaway") and features plenty of splashy, fun production numbers. For solid, classic musical comedy, it's hard to beat THE PAJAMA GAME!

Performances: January 24,25,31 and February 1,7,8, at 7pm and January 26 and February 9 at 2pm. Reservations available at 503-842-7940. At The BARN, 1204 Ivy St. in Tillamook.

\$15/Adults, \$10.00/Students/Seniors, \$40 for a family of four.

Ibsen's A Doll's House Opens at The Coaster Theater

THE SLAMMING of the front door at the end of *A Doll's House* shatters the romantic façade of the Helmers' marriage. In their stifling relationship, Nora and Torvald have deceived one another and themselves consciously and subconsciously, when Nora finally recognizes the urgency for individual freedom. Ibsen's Nora continues to be one

of the most striking dramatic heroines of the late-nineteenth century. The playwright's radical views shocked his audiences and his insights into human relationships are as relevant today as in 1879.

A Doll's House was published in September of 1879 and received its world premiere that December. At the time of its

premiere *A Doll's House* created quite the controversy for its critical attitude toward 19th century marriage norms. It has been enjoyed ever in many celebrated stage and film adaptations ever since. In 2006, *A Doll's House* held the distinction of being the world's most performed play.

Directed by Susi Brown. Cast:

Sofie Kline, Ben Van Osdol, Heather Newirth, David Sweeney, Seth Goldstein, Carolyn Anderson, Margaret Hammitt-McDonald, Luthien McDonald Goldstein, Parker Fergus, Holly Fergus

Performances: Opening January 31 – February 22. Talkback Thursday – Feb 20. Friday and Saturdays, 7:30pm, Sunday shows 3pm. Tickets: \$20 and \$15. Call the Coaster Box Office: 503.436.1242.



Sofie Kline is Ibsen's 19th century heroine, Nora, ahead of her time, in "A Doll's House." Ben Van Osdol portrays husband Torvald, whose marriage has the most unexpected outcome.



Women In The Arts, Redux Opens at Pioneer Museum

THE TILLAMOOK County Pioneer Museum presents a new art show, *Women in the Arts, Redux*, from now until February 16, 2014. Art by Breanna Moran and Rebecca Spaniel is featured in the Main and Northwest Galleries.

After graduating with a Bachelor's degree in drawing and painting from Biola University in 2003, Breanna Moran pursued a career in visual art as a freelance artist and set painter in the Southern California entertainment industry. In 2008, her art career took an unexpected turn when she had the opportunity to lead a group of tourists through the Galleria Accademia di Belle Arti in Florence, Italy, where she discovered a love for teaching. She relocated to Portland, Oregon in 2008 and graduated with a Master's of Arts in Teaching from George Fox University in 2010.

Inspired by the beauty of the Northwest, Ms. Moran's current body of work attempts to distill the complex matrix of textures, colors and light found in the forests and shores of the Oregon coast. These latest images attempt to capture the personality of the various inhabitants and the rugged grandeur of their natural surroundings. Breanna notes, "When I am not up to my elbows in paint and charcoal in the studio, I'm the art, photography and ceramics teacher at Tillamook High School. I hope to be able to encourage a new generation of artists to pursue a rewarding career in the arts." In 2013, she also was commissioned by the Tillamook Mural Project Committee to design and paint the mural on the Latimer Quilt and Textile Center's repository.

Rebecca Spaniel grew up in Charleston, South Carolina, fishing the marshlands and exploring the Appalachian forests, where she first discovered her love of nature and painting. After graduating from the College of Charleston with her Bachelor's Degree in Fine Art/Studio Art, Ms. Spaniel began a journey across North America, visiting over 15 states in the US and three Canadian provinces before landing in Alaska. After experiencing an Alaskan winter, Ms. Spaniel decided to rejoin the continental United States as an Oregon resident where she found inspiration and a community that embraced her and her art.

A reception in the artists' honor will be held at the Pioneer Museum from 2:30 to 4:00 PM on Saturday, January 25, 2014.

ASOC NEW WORKS NORTHWEST Call For Original Scripts

THE ASTOR Street Opry Company in a continuing commitment to support and inspire performance artists is putting out the call to local coastal community playwrights to submit their original full length stage plays to be considered for production at the ASOC Playhouse in May 2014.

This new addition to ASOC's theatre calendar, "New Works Northwest Coast" is an excellent opportunity for local writers to see their own work fully produced live on stage by an experience group of stage artists. Deadline for consideration is January 15th 2014.

The submitted scripts will be reviewed by a local panel of knowledgeable theatrical artists for perceptive and entertainment value along with the necessary technical requirements for mounting on our stage. They will be critiquing for dynamics of plot, character development and motivation. The scripts can be comedy, drama or anything in between but we ask that all work be suitable for family audiences.

For consideration, please submit five complete script copies (No originals, please) to: ASOC Original New Works Northwest Coast Script Submissions c/o Anne MacGregor, 101 Madison Avenue #2D Astoria Oregon 97103. Include a Title Page for each script that states names of all authors along with addresses, phone numbers and email addresses. Subsequent pages should include only manuscript title and page number.

By submitting you are stating that the script is your own original work. No adaptation of other authors, stage plays, monologues, short stories or screen plays will be accepted. The author retains all other rights to his/her work. (No scripts will be returned unless returned envelope with postage is included).

The ASOC is very excited to be a continuing sponsor of local and regional theatrical artists and their dynamic work and we hope that this new Theatre presentation will enhance our coastal community's growing performance art culture. For more information please contact Production Committee Chair Anne MacGregor at 503-338-3826.



Art Caption: The Marshmellow Hunters 6 x 20

Caffeine Mythology

New Works by Anne Grgich At Imogen Gallery

IMOGEN GALLERY kicks off the New Year with the work of Portland artist *Anne Grgich*. Known as a visionary, Grgich delivers *CAFFEINE MYTHOLOGY* a powerful collection of collaged paintings and collaboratively created ceramic vessels, exploring past, present and future. *Caffeine Mythology* opens for Astoria's Second Saturday Artwalk, January 11th with an artist's reception from 5 – 8 pm. Food and drink will be provided by the Astoria Coffee House and Bistro with live music performed by the JT Wise Trio of Portland. Anne Grgich will be available to answer questions about her work and process. The exhibition will remain on display through February 4th.

Grgich has over the years solidly established herself as a leader of the American Outsider Arts Movement, casting her into a worldwide community of artists, creating without the constructs of the establishment, including academia.

While the movement was once shunned by the established, i.e. museums, critics, gallerists and subsequently serious collectors, it is now a genre that has launched itself into a permanent and meaningful art form gaining serious recognition and respected on all levels. Outsider art now frequently finds itself within the walls of the world's most prestigious art institutions. Grgich has played a role in that, enjoying a rich career with regular exhibitions that has taken her virtually around the world. After opening her show in Astoria, she's off to France for her next exhibition.

Viewing Grgich's work is like following a string, not knowing where it leads, but like Alice in Wonderland, you follow, making discoveries along the way. Imogen Gallery is located at 240 11th Street in Astoria. HRS: Mon – Sat, 11pm to 5pm. 503.468.0620

Printmaker Elizabeth Bonn-Zimmerman At Tempo Gallery

WHEN ASKED about her printmaking process Elizabeth Bonn-Zimmerman says, "My work comes from meditation, dreams and dream like images that strike me in the daytime world. I am uplifted by nature and entranced by patterns. So often there are feelings and thoughts that cannot be expressed in daily conversations. Words don't communicate all that needs to be said. Dreams have always moved and guided me. The inner world has usually spoken louder to me than the outer. In art there are untouched realms to work with, to play with, receive and create. My voice would be small indeed, stifled without my artwork."

Elizabeth's most recent works are collagraphs. With these prints, the plates are made three dimensionally, out of cardboard and other materials, like a collage. This plate is then inked and wiped like an etching, hand printed with a press,

and usually comes out embossed. She is playing with a combination of plant monoprints and added embossed images, going through the press numerous times.

Stop by TEMPO GALLERY during Art Walk Saturday Jan. 11th 5-8 to meet Elizabeth and see her work. Tempo Gallery, which shares space with the Astoria Music Festival, is located at 1271 Commercial St., Astoria.



Kimberly Reed At Fair Weather House and Garden

REPLENISH, FOR many, is a word unlocking whatever the previous year has repressed. And, too, it is the title of a specific painting uniquely created by the artist Kimberly Reed the first art exhibition booked for January 2014 at Fair Weather Gallery.

Kimberly Reed's signature abstract works come wildly to life, adding an extra element of chance to an already unpredictable method: using the effects of acrylics and mixed media, she adds layers of paint—one on top of another in traditional and nontraditional mediums. The work seems to be tilted this way and that, allowing the paint to drip and flow into another on an over sized canvas, hand starched by the artist. Drying at varying rates, the multi-colors bring to mind a subtle suggestion of the selected title of the art work.

Reed grew up in Northern California (inland), moved to Fort Bragg (the Atlantic Ocean) then later moved to the Nevada desert to attend the University of Nevada/Reno, majoring in education. Taking a road trip to Oregon, she rediscovered



her love of the ocean. "When I arrived in Astoria, I came without knowing almost anyone."

View REPLENISH through the month of January. Fairweather House and Garden is located in the historic Gilbert district of downtown Seaside at 612 Broadway.



LOCAL ARTIST and Author Shirley Dahlsten's most recent group just celebrated the successful conclusion of a 10-week class which she called "Realism and Abstraction." Participants moved through challenges, fun, and creative obstacles to complete individual artistic projects.

Beginning Thursday, January 30, 2014, Dahlsten is offering yet another inspiring class entitled "Classical and Futuristic Painting." The 10-week class - held on Thursdays from 10:00 AM – 1:00

Paint into 2014 Shirley Dahlsten Kicks-off the year with "Classical and Futuristic Painting"

PM - will run through April 3, 2014 and be held at Trails End Art Center, 656 Avenue A, Gearhart. You do not have to be a member to attend the class.

Dahlsten is charging \$60.00 per person for the 10- week class. For questions, or to register, please contact Dahlsten at (503) 325-1514 or email: jandsdahlsten@gmail.com.

Anyone, with or without art experience, is encouraged to join her class. For beginners, as well as more experienced artists, Dahlsten's class offers an array of options, and will be entertaining and rewarding. Students work independently on the various problem-solving assignments.

Photo caption: Local Artist and Author Shirley Dahlsten (center) and "Realism and Abstraction" class. Next class begins January 30.

The Six Senses Curator Jessi DiTillio At Cannon Beach Gallery

THE CANNON Beach Gallery is pleased to host guest curator, Jessi DiTillio, in January, 2014 for an exhibit entitled *The Six Senses*.

Jessi DiTillio is Assistant Curator of Contemporary Art at the Jordan Schnitzer Museum of Art. She's worked in a diverse range of contemporary art institutions, from artist collectives in Ghana to nonprofit galleries and alternative performance spaces in New York City. Following her study of contemporary art and political activism at New York University, she earned her MA in Art History at the University of Oregon. Most recently, she curated the traveling exhibition *Emancipating the Past: Kara Walker's Tales of Slavery and Power*, currently installed at the Crocker Museum in Sacramento and opening at the JSMA in January.



The theme of the *SIX SENSES* is intended to be interpreted by artists, with all of the six senses open for exploration. In other words, any one of the senses could be explored in the artists work, including sight, sound, taste, touch, or smell, in addition to the more nebulous sixth sense.

The *Six Senses* opened on Saturday, January 4 – view through the month of January.

to play? Do you admire the beautiful designs? The traditional game of mahjongg is a social event enjoyed by four people around a table. Join Gail Friedlander, a player for 38 years, as she introduces the history of the game and its many variations both through time and in different parts of today's world. Free, 6pm at the Naselle Timberland Library.

Thursday 6

MUSIC

Br'er Rabbit. Americana. 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.

Friday 7

MUSIC

Alexa Wiley & The Wilderness. No cover, 7pm at the Sand Trap Pub in Gearhart.

Thompson Square. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Br'er Rabbit. Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

HAPPENING

Daddy-Daughter Dance. 6 - 8pm at the Lincoln City Community Center.

THEATER

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 8

MUSIC

Niall Carroll. No cover, 6 - 8pm at the Wet Dog Café in Astoria.

Thompson Square. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Betty & The Boy. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

UnWined. Wine tasting, appetizers. \$25/ person, 10 tastes with ticket (additional tastes available for purchase). 5 - 7pm at the Liberty Theater McTavish Room in Astoria.

HAPPENING

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

Your Heart's Desire: A Celebration of Chocolate, Wine & Art. Free admission, noon - 5pm at the Kiawanda Community Center in Pacific City.

Rich Guzzi. Comedy & Hypnosis. \$20, 7pm at the Sand Trap Pub in Gearhart.

THEATER

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

word.

Listening To The Land Jan 15 • Geologist, Author Explore Tsunamis' Lasting Impact on the Coast

THE OREGON Coast has periodically been swamped by tsunamis triggered by large earthquakes in the Cascadia Subduction Zone, an offshore fault line that runs from Vancouver Island to Eureka, California. Those quakes and tsunamis have left their marks upon the landscape, and they continue to shape the communities and the individuals who live here. Join Seaside geologist Tom Horning and Eugene author Bonnie Henderson to consider the lasting impacts of ancient tsunamis in "Live Land," this year's first Listening to the Land program, on Wednesday, Jan. 15, at 6 p.m. at the Seaside Public Library.



Horning, an exploration geologist-turned-geotechnical consultant, has been exploring the North Coast's beaches, estuaries, dunes, and forests since boyhood and has been urging his neighbors to make tsunami preparedness a priority since returning to his hometown nearly

twenty years ago. Join him to take a fresh look at the North Coast's spectacular scenery and unique habitats through the eyes of an earth scientist.

A chance encounter with Horning five years ago led Henderson to begin researching how we know what we know about earthquake and tsunami risk on the Pacific Northwest coast and the uncanny correspondences between the course of Horning's own life and the scientific discoveries that have led us to our current understanding of the Cascadia Subduction Zone. Henderson will discuss and read excerpts from *The Next Tsunami*, forthcoming from OSU Press in spring 2014. Her most recent book, *Strand*, was an Oregon Book Awards finalist.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with generous support from the Seaside Chamber of Commerce. Programs take place at the Seaside Public Library on the third Wednesday of the month at 6 p.m. from October through May. To find out more about this series and our upcoming programs, please visit www.nclctrust.org.



Go Birding!

JOIN FORT Stevens State Park on weekly bird surveys and see some of the amazing variety of birds in our local area. The surveys will monitor the bird species that are utilizing the park from season to season, and will be conducted weekly for an entire year. No birding experience is required, and experts are welcome to come share their knowledge. Binoculars are recommended, and we have a few binoculars that first-timers may borrow. The survey will take around 2 hours and will cover several diverse habitats within the park. The sites will be accessed by walking and driving. For questions contact Park Ranger Dane Osis 503-861-3170 x 41 or at dane.osis@state.or.us

All surveys meet near Battery Russell and start at 9:00 am. Sun Jan 12th, Tues Jan 21st, Sat Jan 25th.



Mind The Gaps: How Gender Shapes Our Lives Jan 25 • Pioneer Museum Lecture



FROM THE moment we are born, gender shapes every aspect of our lives: our interests, opportunities, and how we move through the world. In the twenty-first century, disparities among the genders still prevail, especially the intersections of race, class, immigration status, and geography. What can these disparities tell us about society's values and priorities? How can we better understand the complexities of gender's effects on our daily lives and identities?

This is the focus of "Mind the Gaps: How Gender Shapes Our Lives," a free conversation with Jade Aguilar on Saturday, January 25, 2014 at 1:00 PM at the Tillamook County Pioneer Museum. This Great Speaker Series program is hosted by the Pioneer Museum through its Daisy Fund and sponsored by Oregon Humanities.

Aguilar is an assistant professor of sociology and women's and gender studies at Willamette University. Her broad areas of study are gender, sexuality, and family, and her main area of focus is the study of intentional communities. Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact the Pioneer Museum at 503-842-4553 or visit their website at www.tcpm.org.

Nature Matters/North Coast Watershed Series

No backbone? No problem. The fascinating world of aquatic invertebrates

NATURE MATTERS presents an evening with Xerces Society Staff Scientist & Aquatic Conservation Coordinator, Dr. Celeste A. Mazzacano January 16 at Fort George.

Aquatic invertebrates are found in almost every freshwater habitat, where they play key roles in nutrient cycling and regulating primary production. They are a vital food resource for birds, fish, amphibians, mammals, and reptiles. The biological health of a waterbody can be determined based on their community composition, and they are useful tools in monitoring for pesticides & herbicides.

Celeste will discuss just how much aquatic macroinvertebrates contribute. Freshwater mussels will be addressed as a particularly sensitive group of macroinvertebrates whose

survival is closely linked to native fish, yet whose conservation and habitat needs are frequently unknown and not addressed.

Celeste is the Staff Scientist and Aquatic Conservation Director for the Xerces Society for Invertebrate Conservation, headquartered in Portland Oregon, and the Project Coordinator for the international Migratory Dragonfly Partnership. She is also Editor-in-Chief of *Argia*, the news journal of the Dragonfly Society of the Americas. She has a Ph.D. in Entomology and a B.S. in Genetics and Cell Biology from the University of Minnesota. With over 17 years of experience in research, conservation, and education, Celeste brings an impressive depth and breadth of experience to bear on current conservation issues.



Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the third Thursday of the month through spring.

Thursday, January 16, At the Fort George Lovell Room. Beer and grub available.

Ales & Ideas

Should Technology be Beautiful – A Philosophical Approach

CLATSOP COMMUNITY College and the Fort George Brewery host Seth Tichenor in the 3rd 2013/14 Ales and ideas education series in the Lovell Room.

Many have observed that technology can be beautiful. But is it *important* that it be beautiful? More specifically, can beauty play a role in technology being better as *technology*? This is the question Tichenor will investigate - looking to classical and contemporary thinkers from a wide array of disciplines & backgrounds (from Martin Heidegger to Steve Jobs).

Seth Tichenor has pursued advanced degrees in Philosophy from the University of Hawaii-Manoa and in Theology from Boston University. He has been teaching for 19 years including the

University of Hawaii, Oregon State University, Concordia University, Linfield College and a number of community colleges including Clatsop Community College. His areas of specialty include The Philosophy of Religion, Classical South Asian Philosophy, Comparative Philosophy and Philosophy of Education. Seth is a co-founder of Philosofarian – an ongoing project that aims to make philosophical life relevant to everyone everywhere.

Thursday, January 23, 7pm (doors open 6pm) at Fort George, 14th and Duane in Astoria. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome.

by Les Kanekuni



HER (Jan. 10) Director Spike Jonze (*Where The Wild Things Are*) returns with his first self-penned film, a wistful meditation on the nature and difficulties of real love in a nearly virtual world. Theodore Twombly (Joaquin Phoenix) lives in a near-future Los Angeles of skyscrapers and subways, filled with well-dressed, if slightly nerdy citizens like himself. Theodore is very good at his job – a writer of love letters for BeautifulHandwrittenLetters.com. Theodore's nerdy exterior conceals a sensibility very attuned to picking up people's feelings – except his own. Theodore lives alone in a high rise apartment, divorced by his wife (Rooney Mara) and existing in an emotional vacuum – until he meets Samantha, the world's first artificially intelligent operating system (voiced by Scarlett Johansson). Samantha is the perfect male fantasy woman: she's nurturing, can instantly anticipate and adapt to his needs, gives him her undivided attention, has a sexy voice and best of all, asks for nothing in return. It doesn't take long before Theodore falls in love with Samantha, spending long periods talking with an earpiece and handheld device. Of course, the central conundrum for Theodore is that Samantha is not real and his love for her will never be fulfilled. Another possibility too, is that Samantha has desires of her own. Actress Samantha Morton originally voiced the part, replaced by Johansson in post-production.

LONE SURVIVOR (Jan. 10) Based on ex-Navy Seal Marcus Luttrell's bestseller, story follows the four members of Luttrell's team on a dangerous and ultimately, costly, mission in Afghanistan in 2005. Movie opens with a near-dead Luttrell (Mark Wahlberg) being helicoptered back to Bagram Air Base, the only survivor of the mission. Movie then flashes back to before the mission, spending time with team members Luttrell, Lt. Murphy (Taylor Kitsch), Matt Axelson (Ben Foster), and Danny Dietz (Emile Hirsch) and detailing the brutality of Taliban leader Ahmad Shah. Lt. Commander Kristenson (Eric Bana) task the team with capturing or killing Shah. From a nearby hill, the team surveils a village where Shah has been seen. Shah is present, but with dozens of guards. Then the mission is compromised when Afghan goat herders stumble onto the team. After taking them prisoner, the team must decide their fate after discovering that radio communications have been cut off. Dietz and Axelson argue for killing the goat herders and continuing the mission, while Luttrell insists that that is illegal killing. Lt. Murphy releases the goat herders and aborts the mission, but the goat herders alert the Taliban and the team must fight off overwhelming odds in battle that lasts nearly 45 minutes of screen time.

JACK RYAN: SHADOW RECRUIT (Jan. 17) The Jack Ryan series stumbles into its second attempt to reboot the series with in 22 years after Harrison Ford aged out of the part after 1994's *Clear and Present Danger*. Unlike the clockwork efficiency of the Bond series – 23 films in 50 years with only 5 actors playing Bond, it's a wonder the Ryan series exists at all with only its 5th movie in 24 years with

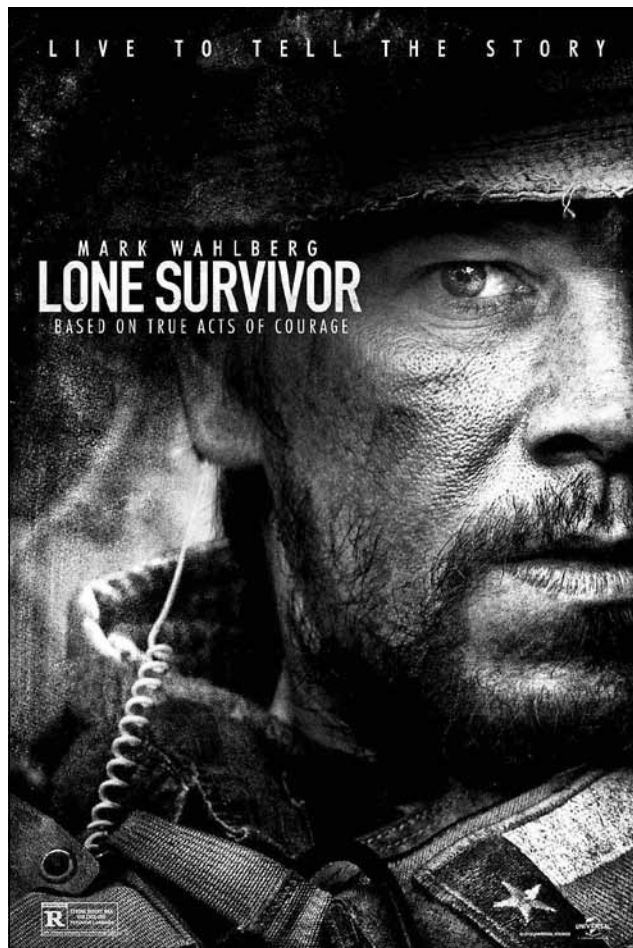
4 actors playing CIA agent Ryan. After Ben Affleck left the part after the panned but profitable *The Sum of All Fears* (2002) the series sat moribund until Chris Pine became available after his second Star Trek movie. *Shadow Recruit* is the first Ryan movie not based on a Tom Clancy book and is basically an origin story, cutting between Ryan's relationship with his young wife Cathy (Keira Knightley) who is unaware of Ryan's status as an intelligence agent. Synopsis: While working as a junior analyst for the CIA's covert intelligence office, Jack Ryan inadvertently uncovers evidence of an imminent terrorist attack. With no intelligence to verify his discovery, Ryan is promoted to field agent and sent to Moscow to continue his investigation, where he soon encounters Viktor Cherevin (Kenneth Branagh), an enigmatic businessman at the center of a plot to cripple the global economy. As Ryan learns to navigate the world of intelligence, fend off assassins and address the potential breakdown of his marriage, he comes to the realization that it may already be too late to stop Cherevin from ushering in an economic catastrophe of unprecedented scale.

LABOR DAY (Jan. 31) Director Jason Reitman (*Up In The Air*), returns with his adaptation of Joyce Maynard's coming-of-age/romance novel. Set in 1987, story is told from the point of view of 13-year-old Hank (Gatlin Griffith) who's mother Adele (Kate Winslet) lives a life of quiet desperation. Pushing 40, drab-looking Adele lives with Hank in a shabby house in small town Massachusetts. Once beautiful, Adele is wasting away as a woman from emotional and sexual deprivation after her husband leaves them. Everything changes one Labor Day weekend when man (or nightmare) of her dreams Frank (Josh Brolin) accosts them in a convenience store and politely forces them to give him a ride. Although handsome and well-built, Frank is



bleeding from injuries and is plainly desperate. At their house, Frank reveals that he escaped from prison where he was serving time for murder. Franks insists on tying up Adele to make it appear he has coerced her. Before long, Frank slips into the man of the house role, fixing things, teaching Hank about baseball and best of all, cooking. In perhaps the only seduction-by-peach-pie-making in cinema history, Frank and Adele get acquainted by mashing bowls of fruit by hand and folding a crust. Soon, the two are lovers, but their dreams of escaping together are threatened by a manhunt, suspicious neighbors and Hank, who is torn between his yearning for a father figure and his fear of being usurped by the new man in the house.

THE MONUMENTS MEN (Feb. 7) Based on a true story, George Clooney's film details the exploits of the men of the Monuments, Fine Arts and Archives program in World War II. After the Nazis begin a systematic program to loot western Europe of art treasures to be taken to Germany, President Roosevelt tasks George Stout (Clooney) with creating a group of art historians, curators and museum directors to track down and return the treasures to their rightful owners. But lost in the greater war effort, Stout's resources are few: only seven middle-aged men with little authority and equipment to cover the whole of France and Germany. Trying to protect the art treasures from the Nazis and uninformed Allies requires the Monuments Men to get as close to the front as possible, sometimes being caught in firefights. Monuments Man James Rorimar (Matt Damon) strikes up a relationship with Rose Valland (Cate Blanchett) an art historian at a major Paris museum who has risked her life to catalog art stolen by Nazis and their eventual destinations. But wary of being used, she withholds the information. Finally winning her over, with Valland's precious ledger the Monuments Men deduce the Nazis are stashing their booty in salt mines in Germany, but with the war drawing to a close must race the Russians for possession of the priceless treasures. Jocular in tone with some serious moments, *Monuments Men* is an anti-heist movie with Stout and his men basically playing cops to the Nazis robbers in the greatest treasure hunt in history. With Bill Murray, John Goodman, Jean Dujardin, Bob Balaban and Cate Blanchett.





FREE WILL ASTROLOGY

January

© Copyright 2013 Rob Brezsky

ARIES (March 21-April 19): Deep bronzes and smoky cinnamons and dark chocolates will be your lucky colors in 2014. Melow mahoganies and resonant russets will work well for you, too. They will all be part of life's conspiracy to get you to slow down, deepen your perspective, and slip into the sweetest groove ever. In this spirit, I urge you to nestle and cuddle and caress more than usual in the coming months. If you aren't totally clear on where home is, either in the external world or inside your heart, devote yourself to finding it. Hone your emotional intelligence. Explore your roots. On a regular basis, remember your reasons for loving life. Stay in close touch with the sources that feed your wild soul.

TAURUS (April 20-May 20): For years, French painter Édouard Manet and French poet Stéphane Mallarmé hung out with each other every day. Mallarmé referred to their relationship as "the most complete friendship." They influenced each other to become better artists and human beings. I'm guessing that in the coming months, Taurus, you'll thrive on that kind of stimulating companionship. Having such regular contact with a like-minded ally might even be an important factor in ripening your intelligence. At the very least, I predict that soulful friendship will be a crucial theme in 2014. You will attract blessings and generate luck for yourself by deepening your ability to cultivate synergistic bonds.

GEMINI (May 21-June 20): St. Peter's Basilica is a very old church in Vatican City. It contains a life-size bronze statue of St. Peter that is at least 700 years old. Over the centuries, countless visitors have paid their respects by kissing and touching the feet of the idol. The metal composing the right foot has been so thoroughly worn down by these gestures that the individual toes have disappeared, leaving a smooth surface. You will have a similar kind of power in 2014, Gemini. Little by little, with your steady affection and relentless devotion, you can transform what's rigid and hard.

CANCER (June 21-July 22): Big rivers don't travel in straight lines. Their paths are curvy and complicated, with periodic turns and bends. In some places they flow faster and in others they're slower. Their depth and width may vary along the way, too. Your own destiny is like one of those big rivers, Cancerian. In some years, it meanders for long stretches, slowing down as it wanders along a crooked course. It may even get shallower and narrower for a while. But I expect that in 2014, you will be moving more rapidly than usual. You will be traveling a more direct route, and you will be both wide and deep.

LEO (July 23-Aug. 22): "In games there are rules," writes science fiction author Kim Stanley Robinson, "but in life the rules keep changing." This is always true, of course, but I think it will be an especially poignant truth for you between now and your next birthday. During the coming months, you may sometimes feel as if every last law and formula and corollary is mutating. In some cases, the new rules coming into play will be so different from the old rules you've been used to, they may at first be hard to figure out. But now here's the happy ending: It may take a while, but you will eventually see that these new rules have an unexpected logic and beauty that will serve your future well.

VIRGO (Aug. 23-Sept. 22): I predict that you will commit no major acts of self-sabotage in 2014. Congrats! I also foresee that you will be exceptionally careful not to hurt or damage yourself. Hooray! More good news: You won't be as critical of yourself as you have sometimes been in the past. The judgmental little voice in the back of your head won't be nearly as active. Yay! Even your negative emotions will diminish in frequency and intensity. Hallelujah! Whoopee! Abracadabra!

LIBRA (Sept. 23-Oct. 22): The citizens of Iceland love literature, but many are not content to simply read. One out of every ten

Icelanders writes and publishes a book at sometime in his or her life. I know it's unrealistic, but I would love to see at least one in ten of all my Libra readers do the same in 2014. I think you're ready to make a big statement -- to express yourself in a more complete and dramatic way than ever before. If you're not ready to write a book, I hope you will attempt an equivalent accomplishment.

SCORPIO (Oct. 23-Nov. 21): I'm hoping you will find a new teacher or two in 2014, maybe even a mentor. Not a guru who tells you what to do. Not an exploitative "expert" who claims to know what's right for you or a charismatic narcissist who collects adoration. What I wish for you, Scorpio, is that you will connect with wise and humble sources of inspiration . . . with life-long learners who listen well and stimulate you to ask good questions . . . with curious guides who open your eyes to resources you don't realize you need. In the coming months, you are primed to launch a quest that will keep you busy and excited for years; I'd love to see you get excellent help in framing that quest.

SAGITTARIUS (Nov. 22-Dec. 21): In 2014, it's possible you will be given a cabbage farm or a petting zoo or some bequest that's not exactly in close alignment with your life's purpose. But it's more likely that the legacies and dispensations you receive will be quite useful. The general trend is that allies will make available to you a steady flow of useful things. Your ability to attract what you need will be high. In the coming months, I may even have good reason to name you an honorary Scorpio. You might match those Great Manipulators' proficiency at extracting the essence of what you want from every situation.

CAPRICORN (Dec. 22-Jan. 19): Would you be interested in a motto that will help set the tone for you in 2014? I've got a suggestion that's in alignment with the astrological omens. It's from a poem by Margaret Atwood. Try saying this and see if it works for you: "Last year I abstained / this year I devour / without guilt / which is also an art." If you choose to make this affirmation your own, be sure you don't forget about the fact that devouring without guilt is an art -- a skill that requires craft and sensitivity. You can't afford to get blindly instinctual and greedy in 2014; you shouldn't compulsively overcompensate for 2013's deprivations. Be cagey and discerning as you satisfy your voracious hunger.

AQUARIUS (Jan. 20-Feb. 18): The coming months will be a good time to meditate on the concepts of happy accidents and benevolent trouble. Go ahead and throw constructive mischief into the mix, too, and maybe even a dose of graceful chaos. Are you game for playing around with so much paradox? Are you willing to entertain the possibility that fate has generous plans for you that are too unexpected to anticipate? There's only one requirement that you have to meet in order to receive your odd gifts in the spirit in which they'll be offered: You've got to be open-minded, eager to learn, and flexible.

PISCES (Feb. 19-March 20): I think we humans need some new emotions. It's true that old standards like sadness, anger, jealousy, and fear are as popular as ever. But I would personally love to be able to choose from a greater variety, especially if at least 51 percent of the new crop of emotions were positive or inspiring. Now it so happens that in 2014 you Pisceans will be primed to be pioneers. Your emotional intelligence should be operating at peak levels. Your imagination will be even more fertile than usual. So how about it? Are you ready to generate revolutionary innovations in the art of feeling unique and interesting feelings? To get started, consider these: 1. amused reverence; 2. poignant excitement; 3. tricky sincerity; 4. boisterous empathy.

Homework: To hear Part One of my three-part audio forecasts about your destiny in 2014, go to <http://bit.ly/BigPicture2014>

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

By Margaret Hammitt-McDonald

In the Event of Snow



WHEN IT comes to snow, I'm of the school of "watch it fall from at home in front of the fire with a cup of hot cocoa." Once it's on the ground, I'll play in the stuff, but if I don't have to go anywhere when a snowstorm makes one of its infrequent but memorable visits to the North Coast, I prefer not to chance those slippery roads by bike or car. I hail from Pennsylvania and New York, where a winter won't go by without at least one two-foot accumulation of what I fondly call "The Substance," and when I moved out here, I swore to avoid traveling in it whenever possible, especially after I saw the sketchy state of winter road maintenance.

For those who are more intrepid than I, here are some bike-friendly inventions that can get you through a coastal winter's random mayhem, or that will at least entertain you.

Car tires aren't the only studly options out there. Studded bike tires are available too. Aimed at the mountain-biking set, these fat and grippy tires can work for hybrid-bike commuters if necessary. But what do you do when, by the time you're ready to head home, the snow has melted or been plowed away? That's where bike-tire chains come in. According to an online review, as with car-tire chains, bike-tire chains provide good grip but also increase road noise and chatter (distracting sounds and a bumpy ride—ditto for studded tires). My husband, who is more adventurous than I when it comes to snow (he once enjoyed sliding around on a mountain bike in Colorado's epic snow-drifts while visiting his brother) once tried to make a set out of chain mail (one of our oddest past jobs). A few hundred feet down the

road, enough links had opened for the chain to slip off, as he didn't have the equipment to weld the links shut. I hope the commercially available chains are more durable.

If you'd prefer gliding over gripping, you can go with the flow and apply skis to your bike. So far, this option is recreational (allowing for the sport of downhill ski-biking), so there's room for the inventive to create a bike-ski conversion for road riding. The difficulty is that you have to remove the wheels to put on the skis and vice versa, so as with the studded tires, you'll have to pack one along while you're using the other.

For those who reside in areas where snow is a regular visitor, the bike-mounted snowplow is the ultimate tool for dueling with the white stuff. Instead of getting a grip on it or gliding with it, you just push it out of your way. This is beneficial when the plow has come through and cleared the cars' lane by shoving the stuff into the bike lane, making it look like Planet Hoth from *The Empire Strikes Back*. If you're a handy type, you can follow the step-by-step instructions on your choice of online tutorials for how to build a bike snowplow. Some of these contraptions are human-powered versions of snow blowers and thus not meant for travel, while others are designed so you can pedal to work (or the local ski resort) on a newly cleared road, and (as one online article demonstrated) your fellow riders gratefully follow behind you.

Should you be inspired to try snow-riding with any of these devices, know that I'll be cheering you from behind my living-room window, cup of hot cocoa in hand.

WORKSHOPS/CLASSES

THE ASTORIA CHESS CLUB. meets **Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachessclub@gmail.com or visit our Facebook page."**

KNITTING GROUP. A knitting group is coming to NCRD in January! The Lou Stine/Skip Rognlén knitting group is going public! Knitters are invited to come to the Riverbend Room at NCRD, 36155 Ninth St., Nehalem, from 1-4 pm on Monday afternoons, starting January 6. Fiber artists of all types whose work is portable are invited. Come and join some of the most creative people in fiber arts in the area. Call Jane at 503-3683901 or email : knappg@yahoo.com

INTRODUCTION TO BEEKEEPING. Saturday, January 1 or Tuesday, January 14. Local beekeepers from the Willapa River Beekeeping Club will introduce participants to honeybee varieties and the differences among the queen bee, workers and drones. They'll give you a good introduction to the most popular types of hives and the tools, equipment and protective clothing needed to successfully keep bees in the Pacific Northwest. Free, 1 - 2pm on the 11th at the Naselle Timberland Library or 5:30 - 6:30pm on the 14th at the Raymond Timberland Library.

Painting with Words – The Art of Visual Ideas. Tuesday afternoons. With Sandra Foushee. Focus will be on helping writers visualize and paint with verbal images in poetry, music lyrics, short stories, stories for children or lyrical essays. Tuition is \$20 per session or \$80 per four-session sequence. 3:30 – 6:30pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

THE PAINTING EXPERIENCE. Wednesday, January 15 – Sunday, January 19. With Stewart Cubley. People from all levels of experience are welcome, including those who have never picked up a paintbrush. You will be given the environment, methods, facilitation, and overview with which to do in-depth self-exploration that can lead to pivotal insights for generating effective change. The goal is free expression, with the emphasis on the creative process rather than on technique or expertise. \$420 - \$570 plus \$25 studio fee. All materials provided. At Great Vow Zen Monastery, Clatskanie. zendust.org/displayevent/56067

THE HOFFMAN CENTER CLAY STUDIO. Manzanita. Drop by studio to reserve or or e-mail hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

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

FRENCH CONVERSATION GROUP RE-START. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the

Riverbend Room. There is a nominal charge of \$1/person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

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

TODDLER ARTS GROUP. Every Wednesday 10 to 11am –Get your toddler started in the arts! Activities are geared towards ages 1–3, but age birth–5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City.

MASTER GARDENER TRAINING PROGRAM. Tuesdays, January 14 – April 1. \$120, 9:30am – 4:30pm at Tillamook Bay Community College. 503-842-3433

BODY WORK • YOGA • FITNESS

YOGA NAMASTÉ. Unlimited community yoga classes plus a 90 min. massage or private yoga \$125. Regular yoga(90min-class) unlimited \$90. Community yoga(60min-class) unlimited \$45. Regular Yoga Classes à la carte \$15/class. Community Yoga classes à la carte \$10/class. Offers expire 12/20/2013. 342 10th Street Astoria. www.yoganam.com. 503 440 9761.

LOTUS YOGA ASTORIA. Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

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

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

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

ECSTATIC DANCE. Ecstatic, trance, yogic, spirit filled), playful, improvisational, freestyle - We're Dancing! Wed. at 6:30 at Pine Grove

Community House, 225 Laneda Ave. in Manzanita. No experience necessary. You are welcome to bring Instruments of any sort to play along with what we've got going. Cost is a sliding scale from \$5 - \$7, or free if you really need to just be there.

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

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

YOGA North Coast Recreation District. Nehalem. Yoga Schedule. Mondays: Yoga of the Heart 8:15-9:45 a.m.; Vinyasa Flow 4-5:30 p.m. Tuesdays: Mixed Level Yoga 4-5:30 p.m. Wednesdays: Morning Yoga Stretch 8-9:30 a.m. Dig Deep Yoga 4-5:30 p.m. Restorative Yoga 5:45-7:15 p.m. Thursdays: Yoga of the Heart 8:15-9:45 a.m.; Fridays: Very Gentle Yoga 8-9:30 a.m. Saturdays: Mixed Level Yoga 8-9:30 a.m. More info: www.nordnehamel.org/about-us/schedules/

YOGA REFLECTION & RESOLUTIONS WORKSHOP. Saturday, January 11. A fun workshop designed to help you acknowledge and grow from the challenges of the past year while setting goals and resolutions for the one ahead. You'll gain the tools you need to solidify your resolutions and take realistic action toward making them a reality. \$35, 9am – 12:30pm at Beach Books in Seaside. seasideyoga-retreats.com

ZUMBA AT NCRD. Come join us & learn latin-inspired rhythms, have fun, & burn calories. Bring a water bottle, non gripping sneakers, a smile & lots of energy! Zumba classes continue until December 20. M - W evenings from 6:30 to 7:30 & Fridays 9-10am. 6 classes \$25/ 3 classes \$15/ Drop-in \$8 For information on other programs, call NCRD Fitness Center (503) 368-4595.

ZUMBA CLASSES/NEHALEM. At the Lighthouse located at 36480 Hwy 101 in Nehalem. Mon and Wed. 5pm – 6pm. Beginners pace for all ages. \$35 and over. 5.00 per class. First class FREE.

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

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

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

YOGA • Nehalem. Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook;

Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

Qigong at WAVES OF CHANGE. Tuesday & Thursday 8:30am To 9:30am at Waves of Change Wellness Center. 1 12th street (the docks on 12th \$40 a month. Drop in's welcome \$5. CALL LINDA WILLIAMSON 503-861-2063.

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

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

WAVES OF CHANGE WELLNESS CENTER. Contact Angela at 503.338.9921 to sign up for a class. Fee: \$50 per month. Stretching class is \$75 per month. JANUARY CLASS SCHEDULE - M-W-F 9-10 AM—Adv. Stretching Class with Light resistance training. M-W-F 10-11 AM—Gentle Stretching with Sam Peters. M-W 530-630 PM- Beginning Gentle Stretching with Angela Sidlo. TU/TH 830-930 AM - Qigong with Linda Williamson. TU/TH 10-11 AM—Tai Chi Fan 36 Form with Angela Sidlo. TU/TH 530-630 PM—Tai Chi with Angela Sidlo. Saturday 9-10 AM - Stretching class with Angela. Private lessons available \$25/hr. Drop In rate for stretching classes \$10

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

SPIRITUALITY

ACTIVE DREAMING CLASS. Thursdays, January 16 and 30. With Kim Hazel. Learn how to be an active dreamer, using dreams and coincidence to access the deeper reality and bring energy, healing and magic into everyday life. \$100, 7 – 8:30pm at the AAMC in Astoria. astoriaartsandmovement.com

PAINTING/MEDITATION FOR WOMEN. Fridays, January 10 - 31. With Linda Wiebenson. A series of four quiet mornings of meditation, reflection, and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$20 per four-week session. 9:30am – noon at the Center for Contemplative arts in Manzanita. To register, call 541-231-0136.

COLUMBIA RIVER MEDITATION GROUP. Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLag Room of the



Learn to Preserve at Home. Online!

Preserve@home Online Class. A 6-week course starting Thursday, January 16. Offered by OSU Extension. Topics to be covered include: Foodborne Illness – causes and prevention, Spoilage and Canning Basics, Canning High Acid foods, Canning Specialty High Acid Foods – pickles, salsa, jams, jellies, etc., Canning Low Acid Foods, and Freezing and Drying. Supplemental materials this year will include materials on planting varieties for food preservation and one on cold storage and root cellaring. 450, includes optional hands-on lab. Register by January 13 at 503-397-3462

Public Library. Time: 5:45 - 6:55. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

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

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

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

VOLUNTEER

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

VISITOR CENTER SEEKS VOLUNTEERS. The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by

phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

MEETINGS AND MEET-UPS!

MEN'S GROUP FORMING. Forming a new more inclusive Men's Group in North County. EVERY other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens.

Contact: Darel Grothaus 206-818-4833.

The Astoria Chess Club will be holding its inaugural meeting at Three Cups Coffee House in Astoria (279 W. Marine) at 11:30 AM on Saturday, October 26. All ages and skill levels are welcome. For more information, contact astoriachessclub@gmail.com.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. second Tuesdays, from 6:30 - 8 pm at Grace Episcopal Church, nursery room, 1545 Franklin Ave, Astoria. Meet 2nd Monday of the month at 10am- Astoria .FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 or Megan Oien: 503-440-4942.



Messages Sonja Grace mystic healer

All You Need is Love

I WORKED with a woman who asked me what my spiritual advice was for dealing with difficult and disrespectful neighbors. I suggested that she love them and that she allow her love to fill her auric field and protect her as well as forgive them. She had a huge reaction and came headfirst into all of her resistance saying that these people do not deserve her love and that it was disrespectful her for me to suggest such a thing. I smiled and told her that love is the most powerful energy we can experience. When we live in our upset and outrage with

other people's behavior, we are a vibrational match for that energy. When we hold that place of love deep within our soul no matter how cruel or disrespectful they are, we are in fact transcending the moment and we are protecting ourselves. There is no amount of negative energy that can permeate a state of love. I explained we can have healthy boundaries and recognize the dysfunction but protect ourselves in a way that keeps our energy high. I gave her a really big hug and told her how much I loved her

and encourage her to feel the love deep within herself and allow that to be her protection.

This is something we can all practice, for the reality of not seeing eye to eye with everyone remains a glaring point around the world. Tolerance is mandatory but certainly not embraced even in our own families. By holding your energy in a state of love you become a vibrational match for that energy. If you are bullying others or the recipient of being bullied you are in a cycle created by emotional woundings. These cycles keep repeating throughout our lives with the same emotional song. The hard part is getting past the pain and indignation that we feel when we have been belittled or wronged. Allowing yourself to have your feelings, process them and release is the best way to keep things moving. When we stop this process we tend to store the upset in our bodies and create illness. We can feel upset or angry and process and release these feelings without emotionally hurting others. The inner child wants to step up front and get his or her needs met no matter

what the cost. Drama and upset contribute to creating dysfunction across the board. Look into your own feelings and stay true to them. We can create authenticity through our honesty with ourselves. Love yourself as much as you love your family, friends and pets. Then practice loving everyone around the world that much and more. It is the state of love that nurtures us, protects us and expands our awareness. It is a win win all the way around this sacred Earth.

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

Acts of Desperation

I HEARD on NPR the major reason people make so-called bad choices re: finances, relationships, is simple: Desperation. Decisions made out of desperation are meant for short-term results, as opposed to adding to our long-term goals.

I realized I made several choices in the recent years that boy, I wish I had a do-over. I believe desperation played a part of those less than smart decisions. Desperation.

The feeling of desperation. There's that word- feeling. It's a feeling. And as we all know, feelings are pretty transient. We feel despondent, then something happens, and we feel good, then something else happens and we feel a bit deflated, and later that day a phone call cheers us up. Feelings. Up and down, and all around,,, Desperation can come and go. There's that momentary sense of panic that says "Do something! Do something! This situation calls for action and I can't stand it. Do something." That something may solve the short-term situation and relieve us of that anxiety, while the long-term effects are not even thought of....

If I made resolutions, this would be mine: Do not act out of desperation.

Easier said than done, I bet. Much as it is easier to solve our short term concerns and not worry about tomorrow, we eventually run into our future selves. If we've overspent, we are desititue. If we overate, we are obese. If we did not take care of

ourselves, we could be in less than optimal health.

How do we deal them with this distressful feeling of desperation? I would have to say, first- recognize it ! Anxious? Worried? Can't sleep? Desperate!

Come up with solutions. Divide into short term and long term responses. Write them down if necessary. What's the long term consequence of the short term response? What's the best and the worst that can come of it? What's the price tag, in other words.

NPR mentioned how poverty reflects a short-term decision-making process. Stress relief is more immediate when you buy a big screen t.v. Eating comfort food feels good at the time, but too much of it and you've got another problem- extra weight. The spiral of bad choices, ones that solve short term goals yet sabotage long term goals is hard to change..Life seems short. Immediate concerns seem.... well, immediate.

Desperation.I am going to focus on my long term goals and let desperation slowly fade into the sunset. Desperation is not my friend. It has made me regret certain financial decisions. Speaking in desperation has cost me a relationship or two. Loss comes to mind. Desperation equals long-term loss.

There! I've convinced myself. How about you? Are you ready to make decisions based on something long-term, as op-

posed to the immediate short-term? I know I am. I know that I will have to stop and think: Is this going to help me with my long term goals?

What are your long term goals? Write them down. I know financial security is one of mine. My decisions in the last few years have occasionally been - desperate. I know that I want a meaningful relationship with a nice man. My decisions in the last few years have occasionally been - you guessed it - desperate. Everyday decisions regarding eating and exercise need to start reflecting long term goals. My decisions in the last few years have occasionally been - desperate. Occasionally eating emotionally, and exercising little to none..... sounds pretty desperate to me.

As I write this, I also realize that another trait has to be developed. Patience comes to mind. Patience and more patience. And most of us have lost some ability to be patient. I know I have. This is going to be one transitional year. More thoughtful choices. More thoughtful living. More focus on the bigger stuff of life. Patience.

2014 is going to be a great year. Can't you feel it? A great year....

Tobi Nason is a counselor located in Manzanita. Her email is tobio@nehalem.tel.net and is willing to hear from readers regarding topics of interest.

word and wisdom

By Tobi Nason

VOLUNTEERS NEEDED To help Shelter animals

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



Make a difference.
Volunteer for animals!



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



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP

595 18th, Astoria • 503-325-9131

ARNIE, THE INVISIBLE DOG SAYS...

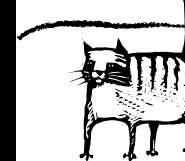
woof!
woof!
woof!

TRANSLATION:

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

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

WHAT'S THIS INVISIBLE
DOG NONSENSE?



By Tracy Erfling, N.D.

It all begins with the ITIS

KNOW HOW most conditions we suffer from end with the suffix itis? Each part of the body, in fact, is subject to an itis from hair follicles (folliculitis) to the stomach (gastritis) to the bottom of the feet (plantar fasciitis). Really the source of most conditions of the body begins with an itis...and what is this magic itis? Inflammation.

Inflammation is a complex self-correcting process of the body, which involves prostaglandins, macrophages, neutrophils, and many other immune system players. This phenomenal team is designed to repair damaged tissues. It is so fundamental to the body that it is taking place every moment of every day and we hardly realize it. Some itis' that are actually noticed pass quickly like pharyngitis (sore throat) others take a little time and attention to clear like bronchitis and then others seem to get stuck in an inflammatory state that is damaging and difficult to turn off like arthritis. Each has a different cause from bacteria to viruses, toxins and trauma; and each individual leads a lifestyle, which encourages the process of inflammation in a healing or destructive way.

Conventional medicine uses many tools to correct an itis and it is entirely dependent on the source and cause, but more often than not, the idea is to

block the process and stop the inflammation. This is done with a variety of medications both prescription and non: steroids like hydrocortisone or prednisone, painkillers, anti-inflammatories like aspirin, acetaminophen or ibuprofen, or COX-2 inhibitors like Vioxx or Celebrex (this is by no means a complete list...just a common

one). All of these substances interfere with the body's ability to create inflammation. Let me take a step back and say that I am not calling these

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



substances bad or unnecessary, because I realize for many they are essential, I am just pointing out the failure to work with the body's natural healing methods and the philosophical difference in the idea of blocking a natural process as opposed to seeking the cause and supporting the systems the body designed to heal itself. It is unfortunate that modern medicine has so little faith in our innate self-correcting systems.

So how would natural medicine approach the itis? We would also consider therapies that would have an anti-inflammatory

effect, but from a supportive perspective. Things like fish oils (promotes the healing pathways of the inflammatory process, rather than the destructive pathways), vitamin C (essential in tissue repair), Bromelain (a pineapple enzyme which digests inflammatory proteins), Turmeric (a well studied herb which reduces inflammation) Echi-

nacea, Shiitake or Astragalus (immune enhancing herbs). The use of hot and cold water (hydrotherapy) is often overlooked as an amazingly effective and inexpensive way to promote blood flow, thus enhancing healing and reducing inflammation. Topical Castor Oil is another plant medicine which in collaboration with hydrotherapy can invoke a wonderful anti-inflammatory response. These healing tools have much less chance of side effects and a highly effective track record. And I am just scratching the surface here, there are countless opportunities to explore the healing practices of acupuncture, massage,

Chinese herbal medicine, physical therapy, yoga, meditation...yes they can all affect how we create and heal an itis.

We can't ignore the terrain however...our lifestyles. We live in a very pro-inflammatory world. We rush, stress, lack movement, eat highly processed foods empty of nutrition, drink gallons of carbonated high fructose corn syrup, or equally bad artificial sweetener; I'll stop here as I imagine you've heard this all before...but it cannot be disregarded that medicine, both conventional and natural, is often working an uphill battle. However, I am amazed each day that I practice when someone can do something as seemingly basic as removing diet soda how profoundly it changes his or her health. It is a constant reminder in the power of nature, and continues to build my faith in the innate healing systems of the body.

The itis is not the enemy it is the process by which we self-correct, so find ways to support this process in your lifestyle and health care choices, because it all begins with the itis.

Happy New Year and don't forget this year to DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERY-DAY!!



Holistic Health Practitioners at Seaside Library

Dr. Tracy Erfling • Food Allergies • Jan 16

On Thursday, January 16, The Friends of the Seaside Library host Dr. Tracy Erfling speaking on food allergies and naturopathic medicine. The event will take place in the Community Room and begin at 7:00 p.m.

Dr. Erfling explains that, "a true food allergy is a process of the immune system. When broken down food particles of the allergic food enters the blood, the immune system mediates a response to that food. Some responses are immediate like those common to shellfish, and peanuts while others have a more delayed reaction that can occur the same day or days later". Dr. Tracy will navigate the topics of food sensitivities, food intolerance, and the various treatments that are available. She cautions that, "food allergies can often be a long and confusing journey, so be patient and persistent".

Dr. Tracy Erfling, is a naturopathic physician in Astoria, Oregon, who has been in practice since 2001. She received an undergraduate degree in Biology and Chemistry from Willamette University and graduated from the National College of Natural Medicine in Portland. Dr. Tracy runs a family practice with an emphasis on treating women and their families.

Acupuncturist Karen Kaufman • Jan 25

On Saturday, January 25, at 1:00 p.m. The Friends of the Seaside Library will host Acupuncturist and practitioner of Traditional Chinese Medicine, Karen Kaufman.

Acupuncturists are trained in a traditional form of Chinese medicine which involves inserting thin, sterile needles into various points of the body to relieve pain, promote healing, and improve physical, mental and emotional well-being. The body points correspond with energy channels that are stimulated during treatments and are considered pathways to a life-energy force called Qi. The most commonly reported use of acupuncture is for back pain, joint and neck pain, and headache. Acupuncturists are highly regulated in the United States by the National Certification Commission for Acupuncture and Oriental Medicine, and the needles are regulated by the FDA. According to a 2007 National Health Survey, an estimated 3.1 million adults and 150,000 children in the United States used acupuncture the previous year.

At this event Karen will explain the techniques and benefits of acupuncture and will give a demonstration of how the process is done.

Karen Kaufman is an Oregon native and Astoria High School graduate. She is a licensed acupuncturist (L.A.C.), certified in Chinese Herbology, and has a Ph.D in Psychology. Her practice is in Astoria, Oregon.

Seaside Public Library is located at 1131 Broadway. For more information call (503)738-6742 or visit us at www.seasidepubliclibrary.org and www.facebook.com/seasidepubliclibrary.

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FOR THE past year I have used this column to rant about whatever burr is currently under my saddle after which I tack on a recipe so as to cajole you, the reader and my esteemed editor, Dinah, into thinking this is a food column. Often one or more of you tell me that you tried and loved the recipe, so I guess the deceit is working. It's not that I don't care about the food angle. Frankly, I'm all about the food angle. Pretty much everything I do is an affirmation of the food angle. However, I am occasionally cranky about something gone wrong and I'm not above holding a fabulous recipe hostage until I've offloaded a piece of my mind.

While the ship of state yaws queasily from port to starboard, threatening never again to right itself, I cook. When war, climate change, poverty, disease, cruelty and despair take up relentless residence in my head, I cook. I use cooking to banish demons, assuage guilt, manifest art, celebrate love and appreciate good fortune.

The transition to a new calendar year always has me feeling and impos- well-inten- Your garden Never-Mind- Egregious- sions-Of- This-Time-I- Mean-It sorta will eat only local, organic are not de- wasteful of resources. I my recipe decadence. my perfect to plant only kale and other leafy greens and devise new and luscious ways of preparing them, all the while



CHEW ON THIS!

by Merianne Myers



thinking lovely thoughts about humankind and our collective prospects for survival.

Need- less to say, this proposi- tion is doomed

at the outset. That's why the average New Year's

Resolution lasts about a

month. As proof of my superior ability to be human, I will skip the month of good intent and move swiftly to the part where we eat something sweet and creamy and luxurious the main ingredient of which is shipped from far away. Before you tsk, tsk me, check yourself. If you drink coffee, eat chocolate or bananas or mangoes or coconut products, you need to be quiet, cut me and yourself a little slack and make this recipe.

If you are able, make this with Cara Cara oranges, which can be found at the Astoria Co-op and which have a tragically short season. They are possessed of flesh the color of Carnelian and juice of such uncommon sweetness, I'm left resenting Valencia orange juice for not measuring up. It's an intense if short lived malady.

Instead of deluding ourselves with promises to change our behavior, how about we make something delicious, share it with somebody, thank the fates or our deity of choice for whatever good fortune has befallen us and greet the New Year with among other things, oranges.

UNABASHEDLY OPULENT ORANGE CURD

Full disclosure: this stuff is wicked addictive. It is perfect scooped into a tart shell and topped with a dollop of whipped cream or creme fraiche. It is completely

lovely spread on a split, toasted scone or a waffle or tucked into a crepe. Or spoon it into ramekins and eat it as is. You can up the ante by using some of the peel for candied orange rind which, when dipped in dark chocolate, becomes temptation wrapped in beauty and a fitting garnish for this curd.

- 1/2 cup fresh squeezed orange juice - any kind (Have I mentioned that I especially like Cara Caras?)
- 1/4 cup fresh squeezed lemon juice
- 1 stick butter
- 3/4 cup sugar
- 6 egg yolks

Put juices, butter and sugar in the top of a double boiler over simmering, not boiling, water. Heat it through, stirring often.

In a separate bowl, whisk the egg yolks. Temper them by whisking in about a half cup of the warm mixture. Then add the whole works to the hot mixture and whisk for several minutes until it starts to thicken. Don't let it boil!

Once it's thick, pour it into a bowl, cover with plastic wrap pressed against the surface of the curd and refrigerate for several hours.

This will keep indefinitely in the fridge, sealed in a jar with plastic wrap on the surface of the curd.

FOR LEMON CURD: Use 3/4 cup lemon juice and no orange juice.



4th Annual Cannon Beach Yoga Festival Presents World-Class Yoga Teachers, Feb. 28 – Mar. 2, 2014



Annie Carpenter at the Surfsand Resort Ballroom

A HEALTH and wellness destination, and a natural scenic treasure, Cannon Beach, OR will host the 4th Cannon Beach Yoga Festival, February 28 - March 2, 2014. The small coastal town welcomes yoga practitioners of all levels for a weekend of yoga, meditation, music, art, dance, food, massage & body work, shopping, and celebration. The esteemed faculty of yoga teachers include: **Aadil Palkhivala**, known as the Teacher of Teachers, founder and director of Alive & Shine Yoga Center and The College of Purna Yoga in Bellevue, WA. **Annie Carpenter**, developer of SmartFLOW Yoga in Venice, CA, and star of Yoga Journal's DVD Yoga for Total Back Care. **Cyndi Lee**, the first Western female yoga teacher to fully integrate yoga asana and Tibetan Buddhism into her practice and teaching. Author of the classic, *Yoga Body Buddha Mind*, and her newest book is *The New York Times* critically acclaimed *May I Be Happy: A Memoir of Love, Yoga and Changing My Mind*. **Julie Gudmestad**, PT, a certified Iyengar Yoga teacher and physical therapist;

director of Gudmestad Yoga Studio in Portland, OR; and author of *Yoga Journal's* anatomy column for seven years.

Sarahjoy Marsh, founder of DAYA Foundation, a nonprofit yoga center in Portland, OR.

The festival events include an Optional All Day Workshop on Friday 2/28 with Annie Carpenter; Opening Ceremony and Keynote Address with Cyndi Lee on Friday night; 18 Maintrack Workshops; 8 Optional Workshops; Morning Meditation; Saturday Night Jai Ho! Bollywood Dance Party; and the Closing Ceremony.

An array of Optional Workshops, events, and lecture topics will include Yoga Figure Drawing and Imagination Yoga®, a kid's yoga program that will offer a free kid's class, as well as, a workshop for parents and elementary school teachers.

Local Cannon Beach businesses are pulling out all the stops with special offers and discounts on lodging, dining, spa treatments and shopping throughout the weekend. Lodging Sponsor, Surfsand Resort is offering \$100

off one Full Festival Pass with a 2-night reservation. Please see all the specials and the full schedule on the website: www.CannonBeachYogaFestival.com.



Aadil Palkhivala at the Sea Ranch Sundance Event Lodge

Friends of Haystack Rock, a nonprofit preservation, protection and education organization, received a Cannon Beach Tourism and Arts Fund grant to help fund this event. FOHR and Festival Director, Christen Allsop envision a small, robust festival that offers excellence in teaching and hospitality to the Northwest yoga practitioner. With help from enthusiastic volunteers and local businesses, they will create a rich and lively experience for all.

The **Full Festival Pass** includes choice of 10 hours of Main Track Workshops, Morning Meditation on Saturday and Sunday, Opening Ceremony and Keynote Address, Jai Ho! Bollywood Dance Party and Closing Ceremony: \$350/ \$295 early bird by 1/1/14. A **Partial Festival Pass** may be purchased for Optional Workshops and events; all are priced individually. Main Track Workshops will be open for individual registration on 2/14/14, based on availability. Due to small venues, space is limited in all workshops.

For more information and to register, visit www.CannonBeachYogaFestival.com. Or call Christen Allsop at 503-440-1649.

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Don Frank Photography



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Pie Day/Night Celebration and Auction Promises Delicious Fun

NEHALEM—CAN YOU think of anything better to do on a winter Saturday night than attend an event starring pie? The exciting sixth annual Pie Day Auction/Feast hosted by Lower Nehalem Community Trust and Food Roots will take place on Saturday, January 18 at 7 p.m. at the Nehalem Bay United Methodist Church, 36050 10th Street in Nehalem. An \$8 suggested donation at the door will get you an exciting, celebrity-hosted pie auction and an all-you-can-eat pie (and ice cream) feast. Yes,—all-you-can-eat pie! This family-friendly event is an annual fundraiser for the two organizations designed to bring the community together for the fun of pie buying, pie eating and honoring pie as a slice of the American Dream.

The lively pie auction will also feature both sweet and savory pies made by some of the best pie bakers in the lower Nehalem Watershed/Neahkahnie Mountain region and surrounding communities. These delicious pies will be auctioned off by local radio personality Peter Newman and screen and stage actor Megan (Liz) Cole adding her own personal spice to the event. Those successful in procuring a pie from the auction can safely tuck them away and partake in the final slice of fun, the pie feast. Food Roots, will be providing pies of all kinds for Pie Day revelers to enjoy.

The doors open at 6:30 p.m., so bring your pie loving friends, get a good seat and prepare for an evening of delicious winter fun. Proceeds from this event will further the work of the two hosting non-profits. The Lower Nehalem Community Trust, a local land conservation organization, www.nehalemtrust.org and Food Roots, a community food organization supporting local food



Bidders survey the pies of all kinds, sweet, savory, gluten-free, vegan, before the auction begins.

Photo by Lorraine Ortiz

and farm awareness, production and access on the north coast, www.foodrootsnw.org.

The event is made possible, in part, by Unfurl of Manzanita, an eco-fiber clothing boutique, that supports a healthy community, Eco-Logic Tree LLC of Nehalem, providing ecologically sound tree care, and TLC Credit Union, committed to the coastal communities it serves.

For more information about the Pie Day/Night event call 503-368-3203 or 503-812-2800.

Library Lovers Dinner

Fundraiser for the North Tillamook Library
Tuesday, January 28th, 5-7pm @the BIG WAVE

SPAGHETTI, SALAD, bread, dessert - No host wine bar. \$20 a person (\$10 of which is tax-deductible)

Reservations required. The North Tillamook Library in Manzanita is owned and maintained by "Library Friends". Support

your local library; enjoy an evening with your neighbors. Contact Gail Young: 503-368-5248 or gailmyoung@mac.com.

Tickets On Sale for The Festival of Dark Arts 2014 February 15th at Fort George Brewery Darkness falls upon Astoria every winter...and stout lovers rejoice

ON SATURDAY February 15th, from 2pm-10pm, all areas of the Fort George block will be overflowing with dark art, darker entertainment, and the darkest selection of craft beer ever assembled.***

With stout in hand, feast your senses on the Dark Art Gallery, on-site tattoo artistry, belly dancing, tarot card reading, and tintype photography. Warm yourself by the blacksmith forge, glass blower's kiln, and fire dancers. An attempt to break the Guinness World Record for fire swallowing will take place. Live music will play all day. And wherever you go, rare stouts will await you.

Admission is free, however a new mug (\$10) and tasting tokens (\$1 each) are required for

stout sampling. New this year, Fort George is offering a Ticket to Darkness. Skip the cashier lines and get right to the stout!

Check out the great Dark Arts Teaser, made by Charlie Herrin The Beer Traveler, at www.festivalofdarkarts.com. You can also purchase your Ticket to Darkness and see the immense (and growing) stout list. Be forewarned: stout will stain your clothes and hotels will fill up. Book your rooms now and bring a dark shirt.

With 55 unique varieties, this will be the largest collection of specialty stouts in the Northwest, in February, at a Festival of Dark Arts, EVER.

Keepin' it Local: Resolutions for a New Year

By Cathy Nist



Cook from scratch. Reducing your intake of processed foods is good for your health and the environment. If cooking from scratch is new to you, try one meal a week. A large pot of stew or a roast chicken can be stretched out over several meals.

Eat seasonally. When you buy fresh strawberries in the winter, they are imported from

MANY OF us believe that our current food system is grossly flawed. Without going into specifics, let's just say that we are continually bombarded by a lot of unhealthy foods and practices. Generally, I'm not a fan of New Year's Resolutions, but I have doing a great deal of ruminating about our food system of late. Over the past few years, I have gradually been making changes in what and how I eat. Change is not easy, but I find myself less overwhelmed by small gradual steps as opposed to a cold turkey approach. What follows is a list of food-related themes that I continually address in my own life; my resolutions, so to speak.

Grow your own. Start small. Even if you have no place for a garden, herbs and salad greens can be grown in containers (large nursery pots or even 5 gallon plastic buckets with holes punched in the bottom) on a porch, deck, or balcony. You can even skip the seeds and buy plant starts from a store or farmers market. Some dirt and regular watering and maybe a little fertilizer on occasion are all you need. The sun will do the rest.

Buy direct from a local farmer. Buy what you can't grow at a farmers market or farm stand. You can subscribe to a CSA and get a weekly box of local, fresh, in-season produce. Don't overlook value-added items like pickles, jams, or salad mixes. It can take a little effort to seek out such buying opportunities (see below), but the results are rewarding.

Buy from businesses that support local farmers. Co-ops, certain restaurants, fish markets, and even some chain grocery stores are sourcing some of their food items locally and are happy to share that information with their customers.

If it is grown local, buy local. Whether necessity or guilty pleasure, coffee, citrus fruit, and chocolate aren't from around here and can be pretty hard to give up. You don't have to do without those things you love, just be aware that there are hidden costs in foods that travel far to get to your home. Lettuce, greens and some herbs can grow year round in our climate. (My lettuce survived last month's freezing weather under a tent of row cover cloth!) We are fortunate to have access to some of the best seafood in the world. Why not find local sources for these and other Pacific Northwest specialties?

another climate. They are bred to stand up to being shipped long distance and still look good. Do they taste as good as the fresh strawberries you buy in June? Not likely. Are they as nutritious? Also not likely. Buy fresh whatever is in season and enjoy it while you've got it. You will really notice the difference in flavor and may find (as I have) that you can't go back to buying whatever, whenever, from wherever. It just doesn't taste the same. Stretch out the seasons with the appropriate frozen or preserved foods as needed. Celebrate it while you've got it then let it go until next year.

Preserve your own. To a newbie, the equipment and knowledge required to can food can seem overwhelming. Keep it simple to start with. Pick berries at your favorite blackberry patch or u-pick farm. Freeze them and enjoy in the months to come. As you gain confidence and interest, tackle something more complicated.

Educate yourself. Seek out opportunities to learn. Take a cooking class, read a permaculture book, try a new gardening technique or vegetable variety, subscribe to a podcast, pick a farmer's or Master Gardener's brains. The possibilities are endless.

Work together. Think barn raising, but on a smaller scale. Go in with friends and family on a garden. Pool labor and equipment on a canning project. Host a potluck or rotating dinner party featuring the best of our local bounty. Again, the possibilities are endless.

Pay it forward. Help a friend weed a garden or learn a new cooking skill. Share your garden surplus with friends and neighbors or donate to your local food bank. Volunteer for a food assistance program or for an organization such as Food Roots or the North Coast Food Web.

Resources:

- northcoastfoodweb.org and nwfoodroots.org jointly produce The North Coast Food Guide, which lists local food producers and purveyors.
- OSU and WSU Extension services offer classes, gardening advice and much more.
- localharvest.org is a searchable online guide for local and organic food growers, producers, and sellers.



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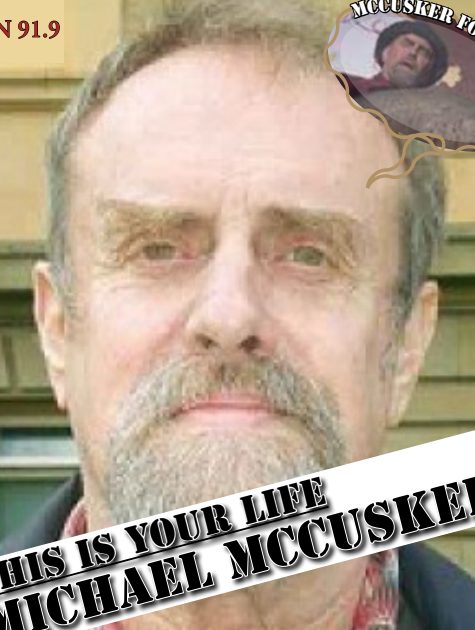
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