



A Weekend of Birth Stories

at KALA
MARCH 22-23

Get to know your Birth Professionals, spotlight on celebrated midwife Ina May Gaskin, and Sharing Circle highlight the weekend. Pg 12

North Coast Time Bank Celebrates a 3rd Anniversary. Cupcakes Galore and More! • March 16 Pg 9

CSA Time. Find a Community Supported Agriculture Farm to serve you. Pg 4

We Love Our Theatrroids! Pg 10

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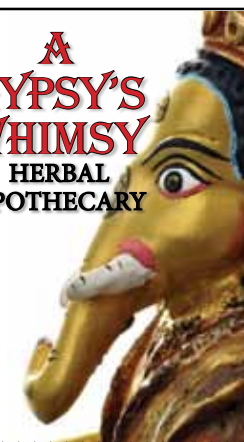


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The Killers Of Beauties On Alameda

THE SUN WAS BARELY up when the killers of beauties began running their saws, destroying their great grandmother, cutting her to bits, branch by branch.

They didn't even realize or care about all of the lives they were affecting, ruining, maybe killing, so many birds, even a mating pair of eagles lived in the largest of the ill-fated trees -- we knew because we actually watched them mate last Summer, the pair were a source of pride for the entire neighborhood. We felt so honored to witness such an event. It was my husband's favorite story to tell our city friends, how we didn't need a TV because we had bald eagles at one end of the block, and a blue heron nest at the other end. It was magical and amazing. We felt like winners of a lottery, at least we did until this happened.

The whole disaster began a few weeks before when a bad wind storm blew over one of the trees on the hill across the street from our house. It was a forested corner with a small light green house atop the hill. I had often admired the house and the land for huge trees and flowering bushes that surrounded the property offering a safe hideaway for the many birds and deer that lived, or played, or fed there. I was alerted to the loss by the sudden additional light filtering through our closed living room blinds the next morning.

I went out to investigate, and saw utility workers in the driveway. I asked about the tree.

"A big one fell", a man in a white hardhat said, "and it knocked another tree over."

"Oh no, did it damage the house, is everyone there okay?"

"It's amazing", he said. "It missed the house completely."

I was sad at the loss of our beautiful friends, but relieved the house was not damaged. It briefly crossed my mind, that if the house had been damaged all the trees on the corner might be toast.

I looked up and saw one of "our" eagles in a tree along the roadside, he looked stoic, but he kept turning his head back toward his own tree, the largest of the cluster. He seemed a little shaken up and weary of the workmen.

"See the eagle?" I asked the man, pointing up. "That's his tree over there, he doesn't look too happy." A sudden thought occurred to me, "Did you find any casualties?"

"No, I haven't seen any", the man with the hardhat said, turning his head up to look. He seemed genuinely concerned.

I thanked him for the answers and walked back to the house to share my report and point out the eagle to my husband.

The next day a local tree service came to clear the fallen trees, they took out a good 20 feet of the rhododendron bushes along the road. It seemed a little excessive, but I figured I wasn't in the tree biz to really judge. The clearing also exposed the long hidden trunk of the tree that had fallen. It was obviously rotted, but all of the bushes had hidden the fact for some time, at least to the human eye.

A few weeks went by and I accepted the bald spot, I thought of sending a note to the house, offering the neighbors whom I did not know, help planting new trees and shrubs when spring came. I knew many of our beautiful songbirds were displaced, but I felt confident they would be okay.

Then one morning a few weeks later, I heard the saw start buzzing, terror grabbed me. "No, they wouldn't dare cut down all the trees, of course they wouldn't!", I told myself as I got ready for work, but my worst fear was true when I left the house. The workmen had part of the street blocked off, they had a big wood chipper, a big dumpster, and some other equipment, I stopped dead in my tracks.

"Hey, what's going on?" I asked. "You aren't cutting them all down are you?"

"That one was rotted", the guy motioned to the stump of the original tree that fell.

"Yes, but those others are fine." I countered.

"No, they are probably in bad shape."

I looked at a large trunk on the ground, and motioned to it, "It doesn't look rotten to me." I added, "Those trees are 50 or 100 years old, they aren't going anywhere."

"It was a forest, but now since a few trees have fallen, it's likely the others will blow over", the young man said in a condescending tone. It sounded like the stupidest logic I had ever heard.

I pointed to the largest of the cluster, a huge majestic beauty, "Eagles live in that tree!"

"No, they don't". The young man answered. "no eagles live around here."

"Yes, they do" I said emphatically, "the entire neighborhood knows that!"

His smug smile told me that I'd been labeled "one of them", he turned his head in a dismissive manner.

Another guy a bit higher on the hill pointed to the tree on the very bottom of the hill at the edge of the property, it was tall but few branches remained, as it was closest to the long blowing winds of the last fifty years or more. "We're leaving that

one," as though it was some sort of consolation prize.

I looked back to the guy I'd been speaking to, "Why would you leave that one if they're all going to blow over now?" My contempt evident.

"Because", he hissed. "It won't hit the house if it falls."

Defeated, I went back to my car.

I thought of swallows and the hummingbirds, the warblers and the flickers. The deer that slept under the tree's lovely shade and protection. It was all to be no more. The joy those trees brought to us in just the few years we have lived in this house were immeasurable, the life that sprang from it, the generations of birds and other wildlife now gone, perhaps forever. Such a tragedy, such a waste.

The weather report said temperatures were reportedly going down to the teens later in the week, and snow was forecasted. My heart broke thinking of all the newly homeless birds trying to survive the bad weather with no place to call home.

When I returned from work, a fellow was strapped to the tall beauty, cutting her branches, he looked like a tiny doll. The majestic tree was so much larger than I'd even understood, she must have been 200 feet tall, and she was sturdy. That afternoon when they broke for the day, the trees were all gone, except for the giant beauty who stood now branchless and bald awaiting her fate. Tears came to my eyes.

Outside our door, in what our neighbor had named "Birdsong Hollow" there were no birds and no songs today, it was total silence. It was silence the next day and the next day, too. I'd never heard it so quiet, and for so long. I put out extra bird seed and filled the hummingbird feeders, but no birds came.

Finally, the cold and the snow came, and birds came to the feeders, but many fewer and none of our hummingbirds. I watched the windows all day. Even now it has been several weeks since the trunk of the great tree crashed down and shook the ground, and still few birds have come to our feeders, few deer have meandered through the once lovely grove. The hill stands as a sad cemetery of stumps and sawdust, and memories of what was. Within my heavy heart, I am left with just the question "Why?".

- Amy Bugbee, Astoria, OR

North Oregon Coast Birth Professionals Present:

A WEEKEND OF BIRTH STORIES at KALA

March 22-23, 2014



Saturday March 22

6pm ~ Meet the Birth Professionals & Film

"Birth Story: Ina May Gaskin & The Farm Midwives"

This feature-length documentary shares the story of midwife Ina May Gaskin and her colleagues' fight to return birth to women and their families. From the Farm Clinic heyday to present, the film documents childbirth as most have never seen it; unadorned, unabashed and awe-inspiring.

• Complimentary refreshments will be served. No Host Wine & Cocktail Bar. Tickets at the door. Suggested donation: \$10

Sunday March 23

12pm ~ Sacred Birth Sharing Circle

This intimate event will provide a safe space to share your experience and find new meaning to your birth story. Open to all women passionate, curious or contemplating birth and motherhood.

Please RSVP to lotusbirths@gmail.com or via facebook www.facebook.com/oregoncoastbirthwarriors.

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Vegetables Are My New Drug: Or, How to find Community Supported Agriculture Near You!

By
Cathy
Nist



Ginger Salkowski from R-Evolution Gardens

VISIBLE SIGNS OF SPRING are popping up everywhere here on the North Coast. Gardeners and farmers are gearing up to plant. My mouth waters at mere thought of all of the yummy veggies, fruit, and more that will be available just a few short months from now.

Did you know that by the time supermarket produce gets to your home, it has likely been a week at least, or longer since it was harvested? That makes a serious negative impact on the quality of food. You won't notice that difference until you try the good stuff: fresh produce, straight from your garden or a nearby farmer or fisherman. And once you notice that difference, you may never want to go back.

Outside of a progressive foodie paradise like Portland, it can be difficult to hunt down convenient suppliers of that fresh goodness unless you grow or kill your own. I tend to haunt the farmers markets for my fix, but that takes time and effort. Want a shortcut? Try CSA (Community Supported Agriculture), the new one-stop shopping!

CSA is a method of food distribution, wherein subscribers receive shares of seasonally available food from a farm, or producer within a local area. CSA members share the economic risks with producers by prepaying for weekly boxes of food, the contents of which are influenced by seasonal availability and the success of the

harvest. Prepayment prior to the season helps CSAs offset the costs of operation.

With one convenient score, you get the first pick of the best local food available – direct from the source, a selection of what happens to be in season that week. One week's share will typically cost you \$20 - \$35. Pick up your share at a predetermined time and location and you're good to go. The time to sign up is now.

I've done the work for you. Following, is a list of ten CSAs in search of subscribers on or near the North Coast, arranged in order of geographic location; roughly north to south. But wait, there's more: in the Astoria/Warrenton area, we're lucky to have access to



Beet Box!
"Ah, the rhythm of veggies, at Green Angel."

CSA FARMS In The Lower Columbia Pacific Region

STOCKHOUSE'S FARM is located on Puget Island in the Columbia River, near Cathlamet, Washington. Rob and Diane Stockhouse host the Two Islands Farm Market onsite on Fridays, May – October and have offered CSA subscriptions 9 years. Large and small shares are available. The CSA season runs for 25 weeks, from the fourth week in May through the first week in November. Pick up shares at Stockhouse's Farm on Fridays from 3 – 6pm or at Granny Patti's in Knappa or at the Astoria Co-op on Wednesdays from noon until closing. Sign up at stockhousesfarm.com, email botman@centurytel.net, or call 360-849-4145.

FRED'S HOMEGROWN PRODUCE. Fred's Homegrown Produce. Former restaurateur and chef Fred Johnson owns a historic farm on South Valley Road in Naselle, Washington. Fred's Homegrown is known especially for tomatoes, greens, and potatoes. Two share sizes are available. The season lasts 20 weeks, early June – October. Membership includes access to members-only farm events, and discounts on farm classes and more. Shares can be picked up on Fridays at the farm, at the Astoria Co-op, or at a location on the Long Beach Peninsula to be determined. Sign up at: fredshomegrownproduce.com, or email fredshomegrownproduce@gmail.com, or call 360-484-3345.

GREEN ANGEL GARDENS & SUSTAINABILITY CENTER is located on Sandridge Road in Long Beach, Washington. Owned and operated by Larkin Stentz, Green Angel has an on-premises farm store and offers yoga classes and sustainability workshops. Green Angel Gardens offers the only year-round CSA on the North Coast. Subscribers may sign up at any time of the year. CSA shares are available for pick up at the farm on Fridays from 10am – 6pm. weekly or biweekly. Shares are also available for pick up in Astoria, Gearhart, and Seaside every other Friday.

Other items may be sourced from other farms in the region. Boxes may include home-baked bread, fruit, eggs, honey, or other value-added products. Register at: greenangelgardening.com, email at: farm@greenangelgardening.com, or call 360-244-0064.

LAZY CREEK FARM, located in the Lewis & Clark Valley near Astoria, is operated by the Sunderland family. They have been selling a variety of potatoes, heirloom tomatoes, beautiful broccoli, carrots and much more at the River People Farmers Market in Astoria and to local restaurants for three years. Eggs may be available beginning in August. The season will run approximately from July 4 through Halloween. Pick up/drop off locations will be arranged on an individual basis. Contact Lost Creek Farm by calling 503-325-4510, or email rgsunderland@charter.net

HONEST HARVEST, near Lewis and Clark Elementary School, is only a few minutes drive from downtown Astoria. This brand-new CSA is operated by Vicki Bergerson (formerly of Walluski Organics) and Kathy Whitsett. Shares are available for, June – September, an 18-week season. Weekly shares will include vegetables, herbs, cut flowers, and wild harvested foods as well as a selection of home-made value added products. Vegetable and herb starts may also be purchased. Pick up and delivery options can be arranged with the farmers. Contact: Vicki Bergerson at 503-470-5530 or Kathy Whitsett, 503-338-3882

R-EVOLUTION GARDENS along the North Fork of the Nehalem River offers two share sizes over four six-week seasons. A Farmers Market CSA option is available, visit the website listed below for more information. Alternative payment options, including SNAP may be available. In addition to food boxes, members receive a weekly online newsletter, free farm tours, and volunteer opportunities. A la carte



Preparing Kale at Green Angel Gardens



Corvus Landing, only 3 miles from the ocean specializes in cool season crops



Did I say I used to sit behind a computer for a big corporate agency, before R-Evolution. You're welcome!

a Community Supported Fishery. Read on for more information. Contact individual CSAs for price and payment options. You're welcome!

boxes are available to members prior and after the CSA seasons for an additional charge. Shares may be picked up in Rockaway Beach, Wheeler, Nehalem, Manzanita, Arch Cape, Cannon Beach, and Seaside. Shares are available for home delivery within a selected area for an additional fee. Register online at: revolutiongardens.com, email to revolutionginger@gmail.com or call 503-368-3044.

KINGFISHER FARM, is also located on the North Fork of the Nehalem River. Owner Jeff Trenary and family sell Kingfisher produce to restaurants and at several farmers markets as well as via CSA. Kingfisher Farm has been a CSA for more than 10 years. The CSA season runs 22 weeks, starting in the first week of June. Astoria subscribers get a jump on the season by getting their first box on Mother's Day. Pasture-raised chicken eggs, From Zwieffel Farms, may be added for an additional fee. Occasionally fruit from select farms in the Willamette Valley will be included. Kingfisher Farm is known for garlic scapes, potatoes, tomatoes and greens. CSA members can pick up their shares at the Astoria Sunday Market, or Tuesdays, at the Cannon Beach Farmers Market. Shares are also available for pick up on Friday in Seaside, and on Wednesday in Manzanita, Rockaway Beach, and Tillamook. Sign up by calling 503-368-6763, or email kingfisherfarm@nehalem.tel.net

COYOTE MOON FARMS of Tillamook is one facet of a multipurpose facility that also includes a spiritual healing center and offers catering and consulting services. The CSA season will run 18 weeks, from June 12 – October 9. Eggs and cut flowers may be included in the box as available. Two subscription sizes are available. Weekly and vacation subscriptions are also offered. Pick up at the farm on Tuesdays, between 1 and 5pm. Email: Sharon@coyotemoon.net or call 503-812-9120.

BLAINE BROILERS near Tillamook is known for pasture-raised chickens but the farm also offers CSA shares. The farm is owned and operated by Heidi and Travis Daggett. The season runs from the last week of May through September. Weekly boxes include vegetables and eggs. Customers can opt to add meat for an extra charge. Available meats include grass-fed and finished beef, pastured chickens, and pork. Shares may be picked up in Tillamook on Thursdays, or at the farm on Tuesdays. Register by calling 503-398-2848, or email blainebroilers@yahoo.com

CORVUS LANDING FARM of Neskowin will open their CSA to new members on March 10, and expect to sell out quickly. As the farm is located only 3 miles from the ocean, they specialize in cool season crops (greens and root vegetables). Corvus Landing also vends produce from a stand at the farm, and at the Neskowin Farmers Market. The CSA season runs 19 weeks, from mid-June through late October. Alternate payment methods, including SNAP may be available. Pick up shares at the farm, at the Neskowin Farmers Market, or at Trillium Natural Foods in Lincoln City. For more information, visit corvuslanding.com online or email carolina@corvuslanding.com.

SKIPANON BRAND SEAFOOD in Warrenton, a small fish processing facility owned and operated by the Kujala family, offers a Community Supported Fishery (CSF) program that supplies a weekly subscription of locally caught seafood year round. There are 26 and 52 week subscription plans and also a one-time only trial offer good for one month/customer. The next 26-week season starts in May, but customers can sign up any time for a prorated fee. Pick up is at the Astoria Co-op on Fridays after 1pm. Email mark@skipanonbrand.com or call the cannery at (503) 861-8277. Visit them online at skipanonbrand.com

HIPFiSHmonthly

Mar 14

CULTURAL CALENDAR
& the month day by day 4-19

NEWS & FEATURES . . . 5 - 15

- Conquests & Monuments . . . Clukey 7
- FANA UPDATE . . . Goldberg 8
- TIME BANK . . . Hadley 9
- THEATREROIDS . . . Miss Viki 10
- LOOKOUT * FASHION . . . Oviatt 11
- COVER STORY . . . Hofseth 12-13

COLUMNS

- Steve Berk . . . 6
THEATER . . . 16
ART HAPPENS . . . NUDES DOWNTOWN 17
WORD/Literary EVents . . . 19
FLASHCUTS KANEKUNI 20
BIKE MADAME . . . HAMMITT-MCDONALD . . 21
FREE WILL ASTROLOGY . . . BREZNY 21
NETWORK COMMUNITY LISTINGS . . . 22
BODIES IN BALANCE ERFLING ND 24
SONJA GRACE MESSAGES . . . 24
WORD & WISDOM . . . NASON 24
CHEW ON THIS . . . MYERS 25
FOODGROOVE . . . 26

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
Hipfish is printed at the Daily Astorian

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**APRIL HIPFiSH
ON THE RACKS
FRIDAY APRIL 4**

Cover Design: Les Kanekuni

LNCT & NCLC to Host COLT Town Hall In Manzanita

Guest Speaker Kelley Beamer Exec Director

"For over three decades, land trusts across Oregon have quietly and effectively been conserving lands, saving landscapes and winning over landowners across the state. Land trusts like LNCT and NCLC are vitally important for safeguarding Oregon's natural heritage and building regional support for conservation."

- Kelley Beamer,
COLT Exec. Dir.



PHOTO: Rick McEwen

THE COALITION of Oregon Land Trusts (COLT) will be hosted by Lower Nehalem Community Trust and North Coast Land Conservancy in a town hall-style meeting on Wednesday, March 19, 7pm, at Pine Grove Community House, 225 Laneda Avenue in Manzanita. The event is free and open to the public.

COLT is a statewide organization whose mission is to serve the land trust community in Oregon by strengthening public policies and programs that are supportive of land conservation. LNCT and NCLC are two of COLT's 19-member Oregon land trusts.

Kelley Beamer, COLT's executive director, will be sharing a "State of the Land" presentation focusing on the history of the land trust movement and weaving local conservation efforts with the work being done throughout Oregon. Also she will provide an up-to-the-minute review of Oregon's recent legislative session with plenty of time for questions and conversation. Refreshments will be served.

Kelley's passion for Oregon land conservation comes from her rich background of leading outdoor adventures through nationally treasured landscapes combined with her graduate degree in environmental policy.

For more information about the March 19 town hall featuring Kelley Beamer's presentation call 503-368-3203 or go to www.nehalemtrust.org. For more about COLT's work, visit <http://colt.conservationsregistry.org/>.

Nature Matters: Where Nature and Culture Intersect March 27

THIS MONTH Nature Matters series presents Roberta Basch, who will share her knowledge about and will be providing live examples of traditional medicinal plants of the Lower Columbia. The program begins at 7pm, in the Fort George Lovell Room.

Dick Basch, representing the Clatsop-Nehalem Confederated Tribes will open the program with a brief history of the eulachon trail, one of a network of fish trails crossing the United States. Also known as grease trails, these important trade routes were mainly used to carry smelt (eulachon) oil.

This event is free and open to the public. Doors will open at 6pm, for those wanting to purchase dinner or beverages before the event. The event begins at 7pm.

Nature Matters is a program from the North Coast Watershed Association and Lewis and Clark National Historical Park in partnership with the Fort George Brewery + Public House.

Ready, Set, Start Your Business

TOM LEINER is a business counselor for CEDR and the CCC SBDC. In addition, Tom is co-owner of Pat's Pantry Spice Shop in Astoria, and understands what opening and operating a small business entails. Tom has been a business owner for eight years, loves working with people, and has a "hand-on" approach to instruction and his own business. Tom also has an extensive background in Human Resources, serving as a coach, counselor, and mentor.

Cost is \$20. Pay at the class. To register email: SBDC@clatsopcc.edu or call 503.338.2402. Make an appointment with a SBDC business advisor to help you pursue your vision. Free and confidential. Tuesday, March 11, 2014; 8:30—10:30 am; Clatsop Community College Astoria Columbia Hall Room 219

- Identify your reasons for starting a business
- Is business ownership right for you?
- Evaluate your business opportunities
- Learn the "Basics" of starting a business
- Research market potential (feasibility) of your idea
- Planning for and managing growth

Tax Credits For Working Families

"AS WORKING families in Oregon start to prepare their tax returns this year, they need to know they may be eligible for federal and state tax credits worth thousands of dollars," said Tara Mestrich of Family Care Connection's Child Care Resource & Referral program at Oregon State University Extension Service. "Families are facing incredible economic pressures, and can't afford to leave this money on the table."

Federal and state tax credits can help offset the cost of child care and other expenses for working families.

For 2013, families may be eligible for a number of federal tax credits, including:

- Earned Income Tax Credit, which helps provide a wage supplement for low and moderate-income families (those earning less than \$51,567 annually). This credit is worth up to \$6044, and is refundable.
- Child Tax Credit, designed to help families meet some of the costs of raising children. This credit is worth up to \$1,000 per child. Families who owe little or no income tax can receive some or all of this credit as a refund if they earned at least \$3,000 in 2013.
- Child and Dependent Care Tax Credit, designed to offset some of the child or dependent care costs that families incur in order to work. This credit is worth up to \$2,100, though the amount that can be claimed is limited by a family's federal income tax liability.

For 2013, Oregon tax credits can help you with:

- Up to \$1,800 from the Oregon Child and Dependent Care Tax Credit.
- Up to 40% of your qualifying child care expenses without limit from the Working Family Child Care Tax Credit.
- Up to \$363 from the Oregon Earned Income Tax Credit.

"These credits can help families in Oregon make ends meet, but they must file a tax return to claim the credits," Mestrich said. "Our goal is to help more families learn about the benefits of these tax credits, so they don't miss out."

Visit www.cashoregon.org/taxprep/sites.htm to find out where you can get FREE help with your taxes. You can also contact the AARP Foundation's Tax Aide Program toll-free at 888-687-2277 or use the online locator at www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action

America's Double Standard

RUSSIA'S INTERVENTION in the Ukraine is a lot more justified than the vast majority of endless interventions the US has done, especially after having become the self-identified sole superpower. We are always intervening somewhere, and usually for the most paltry or venal reasons. Presently we are once again trying to destabilize the government of Venezuela. The people of that country, to the dismay of American economic mandarins, continue to favor the Bolivarian movement created by the late Hugo Chavez, which uses oil wealth to raise the standard of living of the poor. Horrors! And of course their oil is nationalized, invariably a rationale for US intervention, from Iran in 1953 to the Second Iraq War. The latter country still suffers from the terrible effects of sectarian warfare unleashed by neocon sponsored "regime change." In the US client state, Honduras, our minions undermined the Chavez-friendly Zelaya government, supporting a military coup and ensuing oppressive regime. The Obama administration also supports the brutal military dictatorship that has emerged in Egypt, since the Morsi government, Egypt's only popularly elected one, was ousted by the coup. This administration also saw fit, without congressional mandate, to conduct a bloody intervention in Libya, and threaten one against the Assad government in Syria. It was mainly the diplomacy of Russia's Vladimir Putin that led the Syrians to jettison their chemical weapons, thus keeping the US from bombing that country.

There has hardly been a time in the past thirty-five years when the US was not bombing or intervening somewhere in the world. After the Soviet Union im-

ploded, the US felt free for the first time since World War Two to wage war in the Middle East, stationing battalions of troops in Saudi Arabia, the Muslim holy land, thereby triggering creation of Al Qaeda. Under Clinton, the "sole superpower" felt free to detach Kosovo, a province of Russian ally Serbia, handing it to "Kosovar" Albanians. To borrow from an old feminist slogan, in short, America's place is every place. And this is especially true if we are fulfilling Josef Stalin's worst nightmare of surrounding Russia with hostile new American and/or EU dominated governments, armed by an ever-expanding NATO, which Noam Chomsky calls a US protection racket.

One of the latest projects of neoliberal imperialism, led by NATO together with an EU that is chiefly beneficial to European bankers, is the incursion into the Ukraine. Traditional Great Power politics long recognized what were called "spheres of influence." The US claimed Latin America as its own sphere as early as the 1820s, when most of the former Spanish colonies there achieved independence. Long before we were able to enforce such policy, we issued the Monroe Doctrine, claiming that the Western Hemisphere was no longer open to European colonization. Some three quarters of a century later, President Theodore Roosevelt issued his Corollary to the Monroe Doctrine, claiming US hegemony in Latin America. As evidence of that policy he proceeded to detach Panama from Colombia so as to build the canal, with its American owned Canal Zone. Detailing the succeeding dozens of American interventions in Latin countries now

deemed the US "backyard" could fill an encyclopedia.

In the brave new neoliberal world of the US and EU, our former Russian rival no longer is entitled to any sphere of influence, let alone one with anything like the breadth of the US or EU. After the Second World War, the Soviet Union, which had lost twenty million people, under Allied agreement, was given a sphere of influence in Eastern Europe. For Stalin, drawing on recent history, the only way to protect his country from Western invasion was to communize Eastern Europe. Despite a great deal of talk about "freeing the captive nations," the US did not intervene when the Soviet Union ended a Hungarian revolt with tanks and troops in 1956. Nor did we do anything to counter Soviet leader Brezhnev's similar action to halt a Czech move for democratic independence in 1968.

But now a coup against a legitimate Ukrainian government by Western leaning elements which include a sizable contingent of violent Neo-Nazis, inspires the Obama administration to threaten the Putin government, following its intervention, with "costs." The eastern part of the Ukraine contains many Russians and is historically tied to Russia. The western part, no doubt influenced by neoliberal imperial expansion, now tilts toward the EU and NATO. In traditional geopolitical terms, Russia has every right to intervene to protect its people and interests against a Western inspired coup. What if Russia were snatching away various countries in the American "back yard?" How would we react? How did the US react in 1962 when Fidel Castro asked for Soviet missiles in Cuba to prevent a second invasion?



by Stephen Berk

Get the news about LNG-land.

Attend the next Columbia Pacific Common Sense meeting.
Thursday, March 20
6:00 pm social & snacks
6:30 - 8 pm meeting

Three Cups Coffee House
- 279 West Marine Drive,
Astoria
News and Q&A with Dan Serres, Conservation Director of Columbia River-keeper

Get a yard sign - and new ideas and energy - as we move Onward to Victory.
-- 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.
-- Complimentary coffee provided by Three Cups and Columbia River Coffee Roasters.

-- There is a parking lot and on-street parking. Three Cups is under the bridge, across the street from M&N, the Carhartt store.

Pacific County Democrats Meet

Monday, March 10, 2014 - 7:00 P.M. South County Building
7013 Sandridge Road, Long Beach, WA

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, March 20, 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

- March 12, 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, March 23, 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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| 3/1: Lewi Longmire & The Left Coast Roasters (Americana) | 3/15: Sassparilla (rousing rootsy Americana) |
| 3/2: Lewi Longmire & Anita Lee Elliott (Americana) | 3/16, 3/17: Rin Tin Tiger (indie Americana) |
| 3/3, 3/4, 3/5: Pepper Proud (indie folk) | 3/20, 3/21: Robin Baciorek (dreamy indie folk) |
| 3/6, 3/7: Jonah (lush pop) | 3/22, 3/23: Urban Wildlife (indie Americana) |
| 3/8: A Simple Colony (dreamy indie pop) | 3/24, 3/25, 3/26: Love Gigantic (rock) |
| 3/9: Lara Michelle & Swansea (indie pop) | 3/27, 3/28: The Low Bones (Americana) |
| 3/10, 3/11, 3/12: Kathryn Claire (folk & Americana) | 2/29, 2/30: Nathaniel Talbot (singer songwriter) |
| 3/13, 3/14: Naomi Hooley & Rob Stroup (Americana) | 3/31, 4/1, 4/2: Debbie Neigher (indie pop) |

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

OF CONQUEST AND MONUMENTS

In Their Footsteps

Filling Her Shoes: Amazing Women of the Northwest and Beyond
Author Jane Kirkpatrick at Fort Clatsop



LEWIS AND Clark National Historical Park, Fort Clatsop is pleased to announce the next installment of its In Their Footsteps free speakers series. The program is Filling Her Shoes: Amazing Women of the Northwest and Beyond by Jane Kirkpatrick on

Sunday, March 16 at 1:00 p.m. in the Netul River Room of the Fort Clatsop visitor center.

New York Times Best-Selling Author Jane Kirkpatrick will speak about the power of one person to make a difference in the lives of others as evidenced by lesser known historical women. Emma Giesy, one of the early participants in the communal society of Aurora, began her Northwest life in Washington's Willapa Bay area. Jane Sherar left large shoes to fill as a woman operating Sherar House with her husband along the Deschutes River of Central Oregon living well with her neighbors, the Wasco, Warm Springs and Paiute people. Hulda Klager emigrated from Germany by way of Wisconsin to find her footsteps among lilacs at the confluence of the Lewis and Columbia Rivers. Their stories and more grant us insight into the pioneer spirit that we're allowed to carry in our hearts.

Jane's books that feature these women will be available for purchase and signing following her presentation.

These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge. More info: call the park at (503) 861-2471.

VOLUNTEER TRAININGS • TILLAMOOK

CASA (Court Appointed Special Advocates) of Tillamook County is hosting a 3-day training for potential Advocates. In the training you will learn that every child has a right to learn, grow, and be treated with dignity, and that some of our most vulnerable children are not enjoying those basic rights. Learn how to bond relationship with a child, how to talk to people who affect that child's life, and how to advocate in the best interest of the child and the child's rights.

A 3 day training - Monday, Tuesday, and Thursday, March 10, 11 and 13 in the Education Services District (ESD) Building, 2515 Third Street, Tillamook, 9:00-2:30.

* If you are wondering whether or not this is for you, or if you have questions about being an Advocate, come Monday morning at 9:00 and find out. This will not commit you to the full training. For more information, please call Vanessa at 503-842-8432 or Andrea at 503-812-8959.

Seeking Volunteers to Help Survivors of Abuse

Are you seeking ways to be more involved in your community? Tillamook County Women's Resource Center is looking for individuals interested in making a difference in the lives of neighbors, friends, and family through helping survivors of relationship and sexual abuse in our community.

TCWRC is offering a free training starting March 29, 2014 for individuals interested in volunteering or community partners who wish to increase their understanding and improve their crisis intervention skills. The thirty hour training will help prepare volunteers for various

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

For more info on the upcoming Volunteer Training or to get started on your volunteer application and prescreen interview, call TCWRC's Volunteer Coordinator, Emily Fanjoy at 503-842-8294 x211 or pick up an application at the center. You can help.

Oregon Legislature approves House Bills, strategic investments in education, workforce development.

The Oregon State Legislature approved three key initiatives this week to invest in Oregon's students and spur job growth throughout the state.

Today the Oregon Senate gave final legislative approval to the Aspiration to College bill, HB 4116, which will provide \$750,000 for a competitive grant to develop scholarship programs and support services to help more Oregonians enroll in community colleges and make progress toward a degree or certificate.

The Senate also unanimously passed HB 4117 today,

which appropriates \$500,000 to fund summer programs that will add at least 60 hours of learning time for over 5,000 of Oregon's most vulnerable K-12 students.

SB 1527, which won final legislative approval in the Oregon House yesterday, establishes a retraining pilot program tailored to unemployed and underemployed engineers to address the skills gap in Oregon's developing bioscience industries.

The Bills now move to the governor for his approval.

Discussion on the Elimination of Racial Discrimination

Presentation on the elimination of racial discrimination on **FRIDAY, MARCH 21, 7 TO 9 P.M. AT THE JUDGE GUY BOYINGTON BUILDING, 857 COMMERCIAL STREET, ASTORIA.** Co-sponsored by the Astoria Bahá'í Community and the Lower Columbia Diversity Project.

Cherry Steinwinder, Director and Co-Founder of the Center for the Healing of Racism in Houston, Texas is the featured speaker. The presentation includes an introduction to the Center for the Healing of Racism, vignettes from its history, and life under the Jim Crow laws. An activity in addressing racism through dialogue

with people from different backgrounds will also be led by the speaker.

The Center's avowed purpose is the healing of racism. Mrs. Steinwinder's visit to Astoria will reinforce the efforts of individuals and organizations in the area to create safe and accepting environments to explore issues of racism and its manifestations, examine assumptions and beliefs, and understand the impact of racism on themselves and others.

FMI: Robert McClelland at (503) 894-0187.

AT THE mouth of the Columbia River a victory column juts skyward from the hills of Astoria, the oldest community in the American northwest. It is a monument to the explorers and settlers who colonized the region, a triumphal salute to European-American determination and bravery. It is built in the tradition of ancient Roman columns which memorialize heroic victories of an expanding empire.

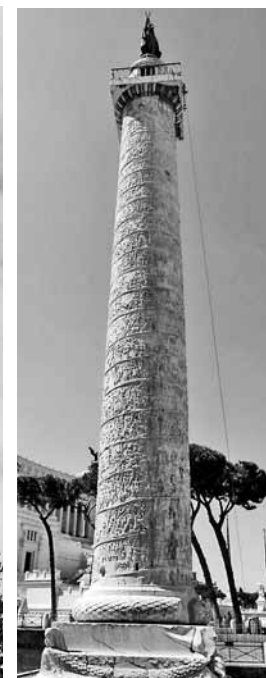
As often said, the history of humanity is a history of war and domination. For thousands of years, nations have come and gone, rising in might, defeated by the mightier. Hostile nations grew their empires by amassing territory and subjugating the people who lived there. The survivors of these invasions were forced to give up their way of life and live under the ethics and culture of those who defeated them. There is little glory in defeat and no voice in subjugation. The winners glorify the conquest and write its history. The long record of conquest and domination is recorded on stone, papyrus, and paper; and on monuments of victory that glorify the valor of the conqueror.



other. They are victory columns, both 125 feet tall with interior staircases spiraling to viewing platforms at their tops. Both are wound with friezes from bottom to top to narrate their stories. Trajan's Column depicts military activities. The Astoria Column depicts exploration and settlement. The results are the same: honoring bravery and triumph over hardship, defeat of those in the path of desire, and occupation of lands that once were the home of others.

The history from Dacia to Rome to Romania is a two-thousand year story. The story from Chinookans to Americans is far shorter. The devastation of the Chinookans is still fresh.

It wasn't a military war like the Roman conquest of Dacia, but America's pioneering of Chinookan lands wiped out a people with the same deadly results. The Chinookans traded goods throughout the Lower Columbia region for thousands of years and naturally began to trade with European-Americans as they arrived. But smallpox and malaria came with the package, deadly diseases to the Chinookans which decimated their population in the early 1800s.



Those few who remained were overwhelmed by the fast encroaching settlements. With little resistance to American soldiers, the Chinookans grievously submitted to being relocated on reservations and giving up their way of life. It wasn't a traditional military invasion that overran the ancient nation of Chinookans, but the invasion of American colonialism was just as fatal to these people and their culture.

The next column on the next hill could tell a different story, if ever we choose to live peacefully on this shrinking planet. As we gander at their magnificence, the twin columns stir memories of triumph and remind us of what the human race once deemed right and honorable. They show us times past when doing battle brought glory and honor, when killing and conquering built suppressing empires, when we thought of peace as subjugating our neighbor; times past when we felt justified in destroying others to get what we wanted because it was our manifest destiny. The next column on a hill might tell of a new time in a new world of courage and valor when war is put to rest and seizing land and resources by mass killing is ended; a new time when all nations join together in harmony to find common ways to share the bounty of creation in true peace without rancor or strife. Now that would be a victory column

"This article is based on ideas by William Kessler originally presented by Michael McCusker on his weekly KMUM radio program."



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Astoria For Sale - The Update Land Sales on Hold, Sort of

THE YOGI Berra saying about the City of Astoria's "excess" property sales goes, "It's not over till it's over." Even though the official line from the city is that the sales program is on hold, and not a council goal for this year, there are still loose ends to tie up, and up to 7 properties are still in negotiation between the city's realtor, Area Properties, and potential buyers. Eight properties have been sold under the program, outlined in an article in the December 2013 issue of HIPFISHmonthly (see hipfishmonthly.com/archives), out of the original 37 properties designated as "excess" and marketed to adjacent property owners by Area Properties as part of a process designated by the city council in 2013.

The program came under fire from local residents after notification letters were sent out in the fall of 2013 to adjacent property owners by Area Properties. The city council chambers were packed by angry and confused residents who wondered why the city would sell these properties in a depressed real estate market. After initially voting to continue the program over residents' objections late last year, at their annual goal-setting retreat the councilors decided to stop the program, but not before negotiations between adjacent landowners and Area Properties already in progress were concluded. Written offers on these remaining properties will be taken up by the council in designated public hearings after at least a 2-week notice.

The program spurred the creation of a local group called Friends of Astoria's Natural Areas (FANA), whose members have attended council meetings and spoken about the benefits of natural areas to the community, and against their potential loss to development or "view clearing". The group has said that they will continue to meet and advocate for

the maintenance and enhancement of Astoria's natural areas, helping the city to steward these areas when possible.

The following chart shows the status of the 37 properties involved in the program as of this writing. The largest swath of forested property (over 50 acres), located on the eastern flank of the Uppertown neighborhood, has been withdrawn completely from the sales program in stages. The other significantly large property (almost 6 acres), located at the west end of Niagara Avenue, was not withdrawn, but

did not garner any offers from adjacent property owners. None of the properties ever made it to the general public market, as envisioned by the city in the sales program design.

Although not confirmed by the city or the council, the city-owned properties remaining from this program, as well as others not marketed similarly at this time, will likely continue to be available for sale at the request of potential buyers, as has been the case for several years. It's not over yet.

Location	Acreage	Asking Price	Sale Price	Status	Buyer
1st & Grand	0.23	\$10,000	\$7,200	SOLD	Jacob
100 Block W Exchange	0.17	\$25,000	\$20,000	Offer Withdrawn	Harris & Erling
100 Block W Franklin	0.11	\$25,000	Negotiating	Verbal Interest	Thompson
38th to 40th, Lief Erikson to Land Reserve	46.69			WITHDRAWN	
200 Block Commercial	0.11	\$24,500	Negotiating	Verbal Interest	Jakes
400 Block 3rd	0.11	\$15,000	\$15,000	Offer canceled by potential buyer 2/19/14	Thomas
400 Block Pleasant	0.45			Verbal interest	
600 Block 46th	0.74				
600 Block Exchange	0.11	\$12,500	\$6,500	SOLD	Dorband/Barnes
600 Block McClure	1.29	\$49,000		Interest withdrawn	Baker
700 Block 45th	0.44				
700 Block 46th	0.57				
900 Block 36th	0.23	\$4,000	\$4,000	Written offer	Woosley
1500 Block 8th, east side	0.66				
1500 Block 8th, west side	0.49				
1500 Block 9th	0.17				
1600 Block 5th & McClure	0.96	\$10,000	\$8,500	SOLD	Freeman
1600 Block 7th & McClure	1.91				
1600 Block 10th	0.34				
1700 Block 8th, east side	1.91				
1840 4th	0.11	\$75,000	\$55,000	SOLD	Gully
2200 Block Irving	0.34				
2700 Block Grand	1.13				
2700 Block Irving	1.55				
2800 Block Grand	0.22	\$20,000	\$17,500	Written offer	Jablonsky/Mindt
2900 Block Irving & Harrison	1.89	\$25,000	\$9,000	Verbal offer	Faber
4600 Block Birch & Ash	0.96	\$16,000	\$16,000	SOLD	Zametkin
4700 Block Ash	0.41	\$25,000	\$26,500	SOLD	Brookfield/Cowan
4800 Block Birch	0.11	\$19,000	\$8,000	In price negotiations	Olvey
4900 Block Birch, west	0.48	\$48,500 (4 lots)	\$12,000 (1 lot)	SOLD (1 lot)	Cahill
4900 Block Birch, east	0.23	\$24,500	\$6,500	In price negotiations	Kalander
5300 Block Alder	0.23	\$19,000	\$19,000	SOLD	Huber
Commercial 44th to 45th	1.55				
Irving, 35th to 38th	5.36			WITHDRAWN	
W Niagara & 1st	5.94				
Mill Pond Pier Lots; 2710 to 2760 Mill Pond Lane	0.28				
Mill Pond Pier Lots; 2440 to 2490 Mill Pond Lane	0.29				

The Lower Columbia Time Bank Celebrates 2 Years

and success in introducing a new concept in economy to the region

By Lynn Hadley



Photo: Dinah Urell

LCTB Steering committee members ham it up: (seated from left) Jennifer Rasmussen, Teresa Barnes, Caren Black, Christopher Paddon, Sheila Beveredge, and Joseph Stevenson.

THE OCCUPY Movement brought hope and promise from, and for, individuals coming together to form encampments and community, wanting to acknowledge how the other half, (which is actually the other 99%) of the country lives. Ideas and exchanges of alternative living were ripe.

Shelia Beveridge had learned what a time bank was in *The Oregonian* a few years before, and thought it was a good idea. The night of Occupy Astoria people were discussing things that might bring hope to the Lower Columbia River community. She introduced the time bank concept, people responded, and E-mail addresses were collected. Jennifer Rasmussen, involved in a group called Bread and Liberty, was asking for volunteers to participate in things like making community compost bins, with interest in creating some kind of local currency, and the time bank seeds fell on some well-fertilized ground and minds.

The concept of time banking originated with founder Edgar Cahn in the 1980s. Time banking is meant to honor the unique talents and skills that all community members have to share, regardless of age, education, or ethnic

background, like teaching language, art, or music, helping with yard work or minor repairs, or, simply, running errands. By valuing the community as a resource for all its members with something to contribute, the time bank builds a rich infrastructure in the form of a community skills and services directory to promote exchanges that work beyond a price. Work is redefined in a direct hour-for-hour exchange.

"I never witnessed community-in-action until I moved to Astoria. There is already a strong tradition [of helping], here...the time bank arose out of a direct need from the community, and sells itself."

- Teresa Barnes, Steering Committee Member

Time banking brings people together, and performs the a unique service by turning strangers into friends. Community members come together under the time bank umbrella to assist one another with essential tasks, such as what it takes to raise healthy children, build social structure, revitalize neighborhood connections, and make the planet a more caring and sustainable place to live.

In the Fall of 2011, the Lower Columbia Time Bank came together to find a time bank program that existed,

and could be employed as a template or mentor program. Having difficulty in locating a specific person to help with the set-up, they just dove into it, when committee members discovered the Southern Oregon Time Bank (www.sotb.org) of Ashland, Oregon. This existing time bank provided a model with affordable software to establish the time banking on-line database for posting needs and skills to be exchanged.

For many of the committee members, the prospect of a better world through greater community connections, factored prominently into the interest in creating a time bank. LCTB Founding member, Teresa Barnes saw the potential to develop a community give-and-take, sharing-based opportunity to function outside of a strictly monetary system, fitting perfectly into Astoria and the outer-lying communities.

"I never witnessed community-in-action until I moved to Astoria. There is already a strong tradition [of helping], here...the time bank arose out of a direct need from the community, and sells itself."

She has made use of LCTB to repair her lawnmower, and employs member services to keep the weeds in her garden at bay.

"Knowing that you can help each other out empowers a neighborhood".

Luckily, for the Lower Columbia Region, this philosophy was appropriated by the steering committee, who worked diligently to research and to bring the Lower Columbia Time Bank (LCTB) to the Northwestern Oregon and Southwestern Washington Coasts, initially launched to the region on March 20, 2012.

Joe LaPointe, Seaside resident and member of Lower Columbia Time Bank since its initiation in 2012, explains, "I've used the time bank for the last few years, and have been pleased with

the results. A time bank is a nice way to contribute to building a community, using the skills and abilities that you already have without money. I've been pleased to be a part of it. If you believe that community might be important, this is a fun way to offer some time and get involved."

Regardless of what you offer or use, time bank is all valued on an hour-for-hour basis. As an active member in the Lower Columbia Time Bank says La Pointe, "I've made service 'withdrawals' from LCTB website member offerings, and had experiences, such as

the kayaking in Seaside; taken a comprehensive edible and medicinal plant walk from a knowledgeable person in Astoria; learned how to make the most awesome homemade yogurt (possibly the best in the known universe). As a time bank provider I've changed oil in a car (member provided motor oil and filter, and I brought my own tools), chopped wood, made a plumbing fix, and helped put together exercise equipment."

Original LCTB steering committee member, Joseph Stevenson, acknowledges the idea of a time bank as immediately appealing to most people.

"It's very much how we operate in our own social and family circles, but unless you're an outgoing, extroverted per-

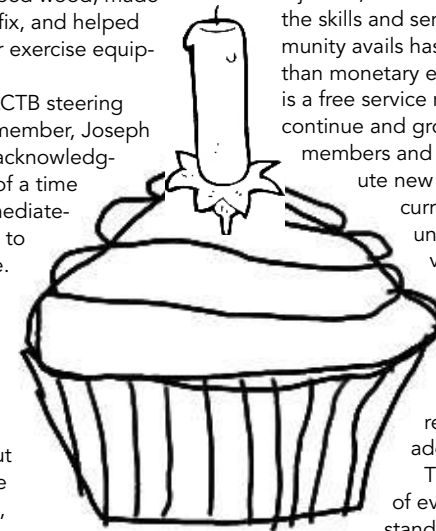
requests. So, while people may be reluctant to ask for help, they really want to be helpful."

Many of the original LCTB steering committee/founding members believe that a socioeconomic system that relies on competition, rather than cooperation to get things done, is always going to result in increased conflict, injustice, and inequality. Investing in the skills and services that one's community avails has far greater rewards than monetary exchange. The LCTB is a free service run by volunteers. To continue and grow, LCTB seeks more members and volunteers to contribute new ideas and energy. The

current membership (just under 200) whose use varies from; regularly, to enrolled, but never actually used, is encouraged to embrace this tremendous community resource, and recruit additional participants.

The first Wednesday of every month at 5pm, a standing LCTB orientation

continues at the Clatsop Community College Library. "Meet and Greet" gatherings for the members are planned to encourage members to



Lower Columbia Time Bank is Two!
Celebrate and stop by for a Cupcake.
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Bring Your Friends too!
Sunday, March 16, 2-4pm!
At KALA, 1017 Marine Drive in Astoria

son, it can be difficult to accept help from strangers. The beauty of the time bank is that it expands our social circle, dramatically, and makes it easy to find help when we need it. The problem is that we have been conditioned not to engage with people we don't know unless it's in the context of a commercial transaction. A time bank provides a space to move through and experiment with this new way of offering and receiving help. It's almost always a good experience that paves the way for personal growth, not to mention, that we get an oil change, learn how to cook pad Thai, or get help writing a resumé, (for example). The most encouraging thing I know about LCTB is that we've always had at least twice as many offers as

get acquainted and facilitate exchange. Bring your friends. For more information, visit the Lower Columbia Time Bank Website, www.locotimebank.org, and celebrate success with the Lower Columbia Time Bank by attending the LCTB 2nd Birthday Party at KALA, March 16, 2-4pm, 1017 Marine Drive, Astoria.

****Birthday Party Info off of loco website-Columbia Time Bank is almost two years old already! We're celebrating with cupcakes at KALA on Sunday, March 16th from 2-4pm. Stop by, enjoy a cupcake, and earn a free hour! Bring your friends - it will be a great opportunity to get them involved!

Lower Columbia Time Bank Steering Committee

Teresa Barnes, LCTB Financial Officer; Jennifer Rasmussen, LCTB Secretary; Pearl Rasmussen, LCTB Membership Coordinator; Tallie Spiller, LCTB Outreach Director; Caren Black, LCTB Adviser (Titanic Lifeboat Academy); Christopher Paddon, LCTB Supporter (Titanic Lifeboat Academy Board Member); Nancy Spaan, LCTB Supporter (Titanic Lifeboat Academy); Joseph Stevenson, LCTB Supporter.

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who make the
stage go round.

SEN INCAVO
Liberty Theatre

SEN INCAVO is the man behind the local theater productions at the Liberty Theatre. Since 2011 Sen has made community theater possible at the Liberty. He's directed three fully staged productions (*Land of the Dragon* in 2011, *A Company of Wayward Saints* in 2012 and *Spoon River Anthology* in 2013) as well as producing an array of reader's theater nights. Coming up next is Alan Ayckbourn's comedy, *Relatively Speaking*, making its debut in the McTavish room of the Liberty Theatre Wednesday March 12th and Thursday March 13th at 7:30pm. Incavo was raised in a suburb of Chicago and graduated from Monmouth College in Illinois with a BA in theater and music. He worked for 7 seasons at the Portland Repertory Theatre in Portland, Oregon as prop master. Sen was given the 1995 Drammy award for the best set design. An Astoria resident for 11 years, he's been involved with *Marie Roget* and *Cabaret* at the River Theatre as well as the *Legend of the Christmas Rose* an annual production with the Liberty Theatre. He now works as assistant to the executive director of the Liberty Theatre.

Miss V: What first inspired you, what moment or memory led you to pursue theater?

Mr I: The Goodman Theatre in Chicago -- my grandparents had season tickets to the children's theater at which I'd seen *Hans Brinker* and *the Silver Skates*, *Ali Baba* and *the Forty Thieves* and various other things. At that point I was fascinated by how it was done. The scenery, the costumes, and being told a story that wasn't in a book and watching it because theater is about showing the audience not telling them.

Miss V: How has working in the professional theater world translated to the community theater setting?

Mr I: In most of the community theater productions I've been involved with they tend to step up to the plate to the professional level because in the professional theater the idea is that someone always has a ticket and opening night should not be a rehearsal.

Miss V: That's the professional theater motto?

Mr I: Yeah, opening night is not a rehearsal, they paid for that ticket and the audience deserves the best show they can get at that time. Yet, in professional theater once you have an opening night the show never changes, the stage manager makes sure the show runs as directed in order to keep it consistent because everyone has been paid to keep it consistent. Whether its directed incorrectly or could have been done differently, they are all paid to do it the way it was specified, you don't change it.

Miss V: So you feel like when you bring those experiences to the table from the professional world the community theater then takes a step up?

Mr I: Yes, because the more professional a show is, it directly translates to the box office gate. Because otherwise sometimes you can be a step to the left or right of high school and it needs to move up.

Miss V: Working in the theater, is there anyone who has made an impression on you the most?

Mr I: There isn't actually one single person because of the fact that theater is a collaborative art form. I learn from everybody, the master electrician on how to do lights, the costumer on how to do costuming, the set designers, the directors, the artistic director, the producers as how to do it. Prior to that I would think it mostly would be my college teachers who were very, very instrumental in teaching theater, yet it was always taught from textbook. There's no comparison between textbook and the reality of actually doing real theater except for the language. The language remains the same meaning when somebody says "Go get me that flat over there", you know what a "flat" is. So there really isn't one person it was just the whole absorption of the collateral art form in the fact that it's all these artists who all have their vision of what the final product should be.

Miss V; What is your current vision for the Liberty Theatre? What would you like to see in the next 5 years?

Mr I: It would be really nice to be able to do more fully mounted productions, meaning with scenery and costumes on the stage, in hopes of putting to better use the talent that exists in this community.

Mis V: What would be your dream show to produce or play a role in?

Mr I: Well, there are so many out there because the literature is vast. I'm actually more attracted to the literature of theater than the specific shows. A script is actually nothing more than a blueprint, which is why we are able to do Shakespeare in many different styles and feelings to it. The literature is what interests me the most because theater is a reflection of humanity on itself. Theater can make fun of humanity in order to express something, or it can show the struggles and strife, or it can show feelings and opinions of a certain time period, theater will investigate it. You can put characters on a stage where they have to talk about things that may not be comfortable for an audience to hear but the audience stays listening to find out weather or not the end resolves. Yet a very good friend of mine says that a play is a will in search of a way. At the end the will can succeed, it cannot succeed, or it doesn't matter, and those are the three endings.

OUTLOOK LOOKOUT



Women . . .
and their jewelry.

photos by leigh oviatt



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A Weekend of Birth Stories • At KALA

By Erin Hofseth

Presented by North Oregon Coast Birth Professionals • May 22-23

Get to know your Birth Professionals, spotlight on celebrated midwife Ina May Gaskin, and Sharing Circle highlight the weekend.



Last March, in honor of Women's History Month, Hipfish Monthly had the opportunity to interview and highlight local homebirth midwife, Jennifer Childress. Childress has been empowering women as an independent certified professional midwife here on the North Oregon Coast for over four years. Since last year's story, Childress, along with many other passionate individuals, have come together to create the North Oregon Coast Birth Professionals group. This collection of women is made up of independent birth workers offering services such as: midwife and doula support, pre-natal and post-partum counseling, childbirth classes, doula certification, breastfeeding support, and placenta encapsulating. The group is open to local birth professionals looking to network and offer professional support to one another. Their vision is to come together, creating a central resource that provides women with more local options for childbirth. Information on the members of this group can be found on their Facebook page at www.facebook.com/oregoncoastbirthwarriors. (See side bar for information on individual businesses and services) In order to make their presence known to the community, they have put together an event entitled, "Weekend of Birth Stories," taking place Saturday, March 22, and Sunday, March 23, at Kala, in Astoria.

The event will kick off Saturday evening at 6pm with an hour-long, informal, meet and greet. Attendees will have the opportunity to meet, and talk with, the local birth professionals. Most of them will be there offering information on their independent businesses and services. At 7pm

there will be a showing of the award winning documentary, "Birth Story: Ina May Gaskin and the Farm Midwives." This film chronicles the empowering story of midwife, Ina May Gaskin, and the midwives who make up her Farm Commune, located near Summertown, Tennessee. Saturday evening's events are open to all interested community members seeking more information on natural childbirth and midwifery. There will be light refreshments provided and a no-host bar. A \$10.00 donation is suggested in order to help with film costs as well as any future events the group may host.

On Sunday afternoon there will be a more intimate gathering, free of cost, for women only. During this time women are encouraged to come and participate in a Birth Sharing Circle. This is a time for women of all walks of life, and all ages, to convene and share their experiences with childbirth. The sharing circle is not exclusive to women who have given birth, but rather, inclusive to all women who share a passion for childbirth, pregnancy, and the importance of women's choices in childbirth. Preceding the sharing circle, Lauren Lizana, labor doula, counselor, member of the North Oregon Coast Birth Professionals group, **and key organizer of this event**, will be leading women through a 20-30 minute art therapy session. "Sometimes women get this message that there is something wrong with their bodies, and there is this sense of guilt or shame around their birth experience; then they don't get the support that they need afterwards. This is where I come in. This is where I can help," says Lizana. With a Master's in Social Work, a CSWA

credential, and a Doula certification, Lizana works locally as both a therapist and a Labor Doula. She has a background of study in Women's Health and Postpartum Mood Disorders, making her an incredible resource for new mothers and families. Lizana's art therapy exercise on Sunday will be an artistic expression based on the question, "What was most empowering about your birth experience," or for those who have not experienced childbirth, "What do you imagine your birth experience to be?" Lizana will be providing art supplies and materials for participants to work with. Women will be encouraged to sit in a circle

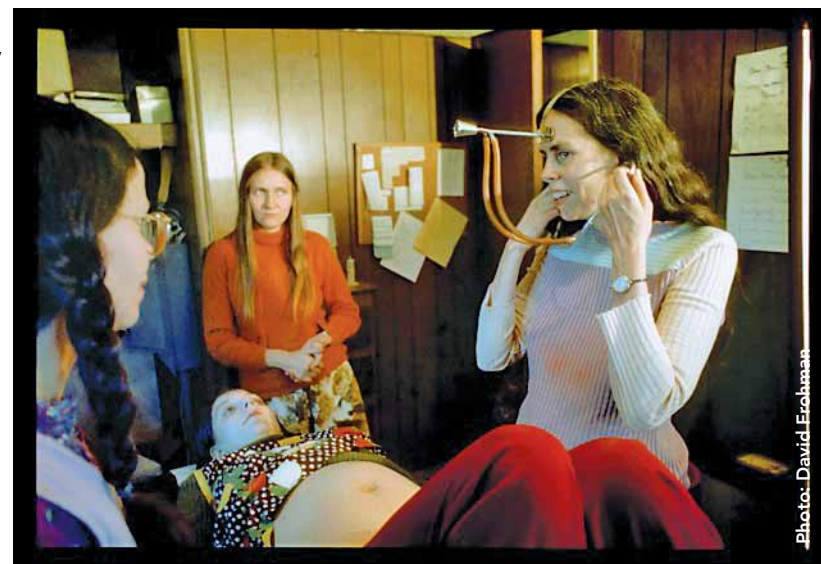
and take their time as they create. As they finish, they will transition into a time for sharing, and they will be asked to discuss their art. Women will also be encouraged to share their stories about personal birth experiences, potential birth experiences, or a birth experience they've been a

part of. All information shared on Sunday evening will be confidential, and participants will be asked to adhere to those rules. Lizana is requesting that women who plan to attend Sunday evening's events RSVP her at lotusbirthsvs@gmail.com, so that she can provide the appropriate number of supplies for everyone present.

There is truly no better way to celebrate women, natural childbirth, and the gift of life, than to honor Ina May Gaskin, the midwife spotlighted in Saturday evening's documentary. Gaskin is, to midwives, what Mother Theresa is to humanitarian workers. She is the most well

Ina May Gaskin & The Farm Midwives (Birth Story). During a time in history when hospital births were the norm and husbands were banned to the waiting room while their wives labored on their backs in a hospital gown, this group of revolutionists paved the way for free, peaceful, holistic, and empowering childbirth.

March is a good month for many reasons. Signs of spring are everywhere reminding us that the seasons are shifting. We can all stop and take a deep breath realizing that we've almost made it through another winter here on the coast. March reminds us to look ahead; to anticipate the warmth and renewal that awaits us. In this light, it only makes sense that March is also Women's History Month. It is a month to contemplate and be proud of how far we've come, but also, to expect more for our future and work towards that end. It's an opportunity to meditate on, and glean inspiration from, the women who have committed their lives to creating positive change in our communities, our country, and our world.



Ina May Gaskin and Fetuscope from "Birth Story"



North Coast Midwife Jennifer Childress, client and child.

North Oregon Coast Birth Professionals:

MIDWIVES:

Jennifer Childress – Nehalem Homebirth Midwife (CPM, LDM) Birthdance Midwifery: 503-801-4078

Kristen Downer – Portland (services offered to coastal residents)

Homebirth Midwife (CPM, LDM) Tiny Love: www.homebirthoregon.com, 512-552-2943

Midwifery, doula certification, childbirth classes, prenatal yoga

DOULAS:

Emily Bussone-Astoria Labor Doula 503-338-9588

Priscilla Fairall – Seaside Labor Doula 360-314-7088

Lauren Lizana – Astoria Labor Doula, Holistic Psychotherapist Lotus Birth Services: www.laurenlizana.com, 503-468-8646

Perinatal and postpartum counseling, labor doula services

Katie Mendoza – Seaside Doula 503-717-3748

Natalie Nipper – Manzanita Labor Doula 619-980-3362

Elisabeth Pietila – Warrenton Doula, Breastfeeding Support 503-791-9624

LA LECHE LEAGUE:

Janet Weidman – Astoria Group 503-325-1306

Jennifer Childress – Nehalem Group 503-801-4078

MEDICAL SUPPORT:

Susan Skinner – Astoria Family Practice (CNM, CFNP) Lower Columbia Clinic: 503-325-8797 Infant Care, Women's Health, Postpartum Care, Pediatrics, General Practice

OTHER:

Melissa Sexton-Kelly - Tillamook Photographer 503-812-1565

Desiree Vance – Tillamook Placenta Encapsulator 503-812-5715

respected and admired midwife in the field. Gaskin, MA, CPM, PhD (hon.), is the founder and director of the Farm Midwifery Center, located near Summertown, Tennessee. Since

the center's founding in 1971, The Farm has successfully handled over 3,000 births. Gaskin and the midwives at the Farm Commune are known for their low intervention deliveries, low cesarean rates, and holistic approach to childbirth. What started as a group of spirited women delivering each other's babies, learning midwifery along the way, eventually became a fully functioning, sustainable commune, populated with families who shared a similar vision. They grew their own food, built their own houses and wrote their own books. During a time in history when hospital births were the norm and husbands were banned to the waiting room while their wives labored on their backs in a hospital gown, this group of revolutionists paved the way for free, peaceful, holistic, and empowering childbirth. The Farm exists today as a sought-out natural childbirth clinic that families travel to from all over the world. The seven Certified Professional Midwives that currently practice there



Birth Weekend Key Organizer and Doula Lauren Lizana

offer prenatal care, support during labor and delivery, and postpartum support.

Gaskin is the only midwife ever to have an obstetrical procedure named after her. The Gaskin Maneuver is a method for dealing with one of the most feared birth complications:

shoulder dystocia, in which after the delivery of the head, the anterior shoulder of the infant cannot pass through the mother's pubic symphysis. Gaskin's method has been adopted by a growing number of practitioners. Furthermore, her high success rates for breech deliveries, and her teaching videos on the subject, have sparked a reassessment of the routine performance of cesarean sections for all breech babies. She is the author of *Spiritual Midwifery*, *Ina May's Guide to Childbirth*, *Ina May's Guide to Breastfeeding*, and *Birth Matters: A Midwife's Manifesto*. For twenty-two years she published *Birth*

Gazette, a quarterly publication covering health care, childbirth and midwifery issues. Gaskin herself has attended over 1,200 births and she lectures all over the world, speaking to students and faculty at midwifery conferences and medical schools. She was President of Midwives' Alliance of North America from 1996 to 2002. Her awards and recognition in-



Clinic training at The Farm, circa 1960s, from "Birth Story."

clude: ASPO/Lamaze Irwin Chabon Award and the Tennessee Perinatal Association Recognition Award, in 1997, chosen as Visiting Fellow

of Morse College, Yale University, in 2003, conferred Honorary Doctor by the Faculty of Health and Human Sciences of Thames Valley University in London, England, in 2009, and she was one of four recipients of the Right Livelihood Award (also known as the Alternative Nobel Prize), in 2011.



North Oregon Coast Birth Professionals Present: A Weekend of Birth Stories at KALA

Saturday March 22, 2014 6:00pm Meet the Birth Professionals & Film

"Birth Story: Ina May Gaskin & The Farm Midwives"

This feature-length documentary shares the story of midwife Ina May Gaskin and her colleagues' fight to return birth to women and their families. From the Farm Clinic heyday to present, the film documents childbirth as most have never seen it; unadorned, unabashed and awe-inspiring. Complimentary refreshments will be served. No Host Wine & Cocktail Bar. Tickets at the door. Suggested donation: \$10.00

Sunday March 23, 2014 12:00pm Sacred Birth Sharing Circle

This intimate event will provide a safe space to share your experience and find new meaning to your birth story. Open to all women passionate, curious or contemplating birth and motherhood. Please RSVP to lotusbirthsvs@gmail.com or via facebook www.facebook.com/oregoncoastbirthwarriors.

KALA is located at 1017 Marine Drive in Astoria

The midwives at the Farm Midwifery Center are fore-runners of low-intervention births in American society. They perpetuate the idea that pregnancy and childbirth are a natural and beautiful part of a woman's experience here on earth. Gaskin articulates her philosophy beautifully when she says, "Remember this, for it is as true and true gets: Your body is not a lemon. You are not a machine. The Creator is not a careless mechanic. Human female bodies have the same potential to give birth well as aardvarks, lions, rhinoceri, elephants, moose, and water buffalo. Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body." Thankfully there are a growing number of local birth professionals who are working to support Gaskin's philosophy on childbirth. Empowering women in childbirth, and offering a postpartum support system is the first step towards fostering healthy, well adjusted, and thriving families in our community. "Weekend of Birth Stories" offers a unique opportunity to play a part in supporting women in our community. Education is essential in creating a better tomorrow. Come educate yourself Saturday, May 23rd, and take part in Women's History Month by celebrating the beautiful and profound experience of childbirth.

More information and a trailer for "Birth Story: Ina May Gaskin and the Farm Midwives" can be found at watch.birthstorymovie.com

GoingsOn: March '14 day-by-day

in the columbia pacific

DAYLIGHT & HER SEXY BASTARDS • REDUX APRIL 5



IF YOU missed this incarnation of the January production of DRAGALUTION, never fear, the Sexy Bastards reappear. Hip Hop dance productions featuring Drag Kings like you've never seen, and Daylight Cums (producer/director/choreographer Marco Davis), bedecked as her beautiful, bad Drag Queen self repeat the QUEER, queer mad fun, with a few new tricks in the bag.

KUDOS to the January crowd, especially the women folk who in fierce fashion, donned their soul patches, chin curtains, and mutton chops, very de ri:gueur!

If there was ever a "Fun Award" in the Lower Columbia Pacific,

DRAGALUTION would run with it to the hills and back. Be there, or maybe choose meditation.

- Save the Date, April 5, and prepare to be transported to a revolutionary, dragalutinary, deep, down and damn sexy reality of FUUUUN! Daylight has a vision for you!
- Show at 10pm. \$10 at the door. Drag Dress Encouraged, but most important your attendance. **21+** Dance party Follows!
- At The Columbian Theater. Corner of 11th and Marine Dr. in Astoria.

Letters, Life and Love: The Genius of Mozart

Author Rex Ziak and Cellist Andrew Emlen



THE FRIENDS of the Seaside Library present noted author, speaker, and historian, Rex Ziak, presenting "Letters, Life, and Love: The Genius of Mozart". Live cello accompaniment by Andrew Emlen.

The Mozart family wrote more than 600 private letters which contain details about the struggles, romances, and intrigue that made up the personal life of the musical giant Wolfgang Amadeus Mozart. In these fascinating and personal

letters, the character of the young genius is found describing music with his sister, complaining about his father's snoring at night, and concealing his mother's death. We discover the intrigue of Italian composers trying to undermine his accomplishments, and comical descriptions of contemporary singers. Mozart lived for only 35 years, but during his short life wrote more than 600 works, (including 41 symphonies) and changed music forever. Through this correspondence we can peer deeper into the conversations of this remarkable family and hear them describe their concerns, joys, struggles, and creativity. These letters reveal a Mozart no one knows.

Thursday, March 27, 7pm, The Seaside Public Library is located at 1131 Broadway. FMI: (503)738-6742

Antonov and Kazantsev Russian Gold at the Liberty March 21

SERGEY ANTONOV is a household name in Astoria. The world class cellist's dedicated annual return to the Astoria Music Festival has earned the devotion of music lovers in the Columbia Pacific, his impassioned string artistry filling the Liberty Theater and the hearts of his listeners, in gratitude to his yearly summer sojourn.

Antonov returns for a special surprise engagement this March, in concert with associate Russian pianist Ilya Kazantsev. The pair regularly appear together in the world's finest concert halls, and this performance provides North Coast audiences a rare opportunity to hear one of the most celebrated international musical teams.

An Astoria debut for Kazantsev, the pianist is the First Prize Winner at the Nikolai Rubinstein International Competition in Paris, the International Chopin Competition in Moscow, and two-time winner of the World Piano Competition in Cincinnati.

Concert Repertoire: Mendelssohn's beloved "Songs Without Words" and Strauss's blazing Cello Sonata, a brilliant showpiece for both instruments.

Friday, March 21, 7:30pm. Tickets: \$35 Patron (reserved seating and post-concert reception), \$20 General Admission, and \$5 Students. On Sale now at the Liberty Theater Box Office, 1203 Commercial Street, Astoria, (503) 325-5922 EXT. 55. Also from TICKETS WEST at (503) 224-8499 or (800) 922-8499.



Spring Break Toga Dance Party FRI., March 28

AAMC WEEKLY SCHEDULE OF CLASSES

For info about a specific class please contact the instructor directly. Classes subject to change, for a current schedule visit: www.astoriaartsandmovement.com

MONDAY
5:00-6:00pm: *Irish Dance* with Gina Marie Newkirk
7:00-8:00pm: *Hip-Hop* with Daylight

TUESDAY
9:00-10:00am: *Zumba Fitness* with Nayelli Dalida
5:30-6:30pm: *Ballet* (all ages and levels) with Lyndsay Harris
6:30-7:30pm: *Jazz* with Marco Davis

WEDNESDAY
6:00-7:00pm: *Tap* with Marco Davis

THURSDAY
9:00-10:00am: *Zumba Toning* with Nayelli Dalida
5:30-6:30pm: *Ballet* (all ages and levels) with Lyndsay Harris
7:00-8:00pm: *Ecstatic Dance* with Kim Hazel (Every OTHER Thursday/Feb 6 & 20, March 6 and 20, April 3 and 17, May 1, 15 and 29, June 5 and 19 ONLY).

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

AAMC HONORS THE GODS OF SPRING BREAK with a Toga Dance Party! The Astoria Arts and Movement Center presents "The Spring Breaks", a Greek bacchanal in honor of that scholastic rite of passage on Friday March 28 at 9pm.

Local DJ's, Jabba the Slutt and Dismal Bitch, will tagteam this exciting, high energy night. Both DJ's have been in charge of several house party playlists over the years and this show will mark their formal debut. For this event, the duo will play a wide variety of dance mixes, ranging from Ghetto House, Drum & Bass, NuDisco, Sea Punk, PBR(&B), Synth Funk, Afrobeat, Tropicalia, as well as classic club hits from the past 40 years.

Friday, March 28, 9pm. Toga, Ancient Greek, and collegiate costuming is encouraged. \$5 Cover. 21+/BAR. 342 10th St. Astoria. 2nd Floor Ballroom. astoriaartsandmovement.com

Saturday 8

MUSIC

Scott Law. Guitar music. \$12. 5pm at the Peninsula Arts Center in Long Beach.

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

James Manuele. \$14. 7pm at the Lincoln City Cultural Center. 541-994-9994

A Simple Colony. Pop. No cover, 9pm at the Adrift Hotel in Long Beach.

Flextones. 9pm at Roadhouse 101 in Lincoln City.

Jungle Rave Dance Party. With DJ MESHBOX. 21 and over. \$5. 9pm at the AAMC in Astoria.

Needles & Pizza. With Coma Serfs & Warm Trash. No cover, 9pm at the Voodoo Room in Astoria.

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

ART

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

FOOD & DRINK

Spaghetti Feed. At the Grays River Valley Center. FMI 360-465-2775

Crab & Oyster Feed. At the Rosburg Community Hall. FMI 360-465-2234

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

Wine Tasting. Orin Swift. 1 – 4pm at the Cellar on 10th in Astoria.

Savor Cannon Beach Wine & Culinary Festival. The event Four days of wine tastings, culinary and arts events and a wine walk showcasing Northwest wineries. \$119 for all-festival ticket or \$30 per event. At various locations in Cannon Beach.

savorcannonbeach.com/articles/savor-cannon-beach-wine-and-culinary-festival-2014

HAPPENING

Astoria Winter Showcase – Drumline & Colorguard Competition. Experience the rhythm and artistry of percussion and colorguard ensembles from throughout the northwest. \$10. 11am at Astoria High School.

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

BodyVox 2. Contemporary Dance and Dance Theater. \$15 - \$30. 7:30pm at the Liberty Theater in Astoria.

Garibaldi Crab Races. Enjoy two days of Crab Racing along with food, beverages, and great company. At the Old Mill Marina in Garibaldi.

Community Pruning Day. Tillamook County Master Gardeners will provide pruning assistance to those in Tillamook County who are unable to do so themselves due to physical limitations. Pruning projects throughout Tillamook County will be considered, but limited to bushes, shrubs and small trees. Applications are available at the Tillamook OSU Extension Office or online at extension.oregonstate.edu/Tillamook/mg/tcmga

LECTURE

David Douglas Among the Chinooks. Join Chinook Tribe member Tony Johnson and naturalist and author Jack Nisbet as they explore the legacy of Scottish naturalist, David Douglas in this joint lecture. Free. 2pm at the Columbia Pacific Heritage Museum in Ilwaco.

LITERARY

Stand Up, Speak Up, Act Now. Eight captivating storytellers will inspire Clatsop

County citizens to actively participate in some of the more pressing issues of our communities. 1:30pm at the Astoria Event Center.

THEATER

The Adventures of Beatrix Potter. Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

All I Really Needed to Know I Learned in Kindergarten. \$5 - \$7, 7pm at Astoria High School.

Grease. Musical. \$4 - \$8, 7pm at Seaside High School.

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Sunday 9

MUSIC

Kathryn Claire CD Release Concert. Kathryn Claire releases her new cover CD "Shimmering Blue." Joined by percussion, mandolin and bass. Complimentary Chili & Cornbread. \$12 cover. Doors open 7pm. At KALA, 1017 Marine Drive, Astoria.

Swansea & Lara Michell. No cover, 7pm at the Adrift Hotel in Long Beach.

Fort George Birthday Party. With The Quick and Easy Boys at 3pm and Tango Alpha Tango at 8pm. No cover, at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. The event features four days of wine tastings, culinary and arts events and a wine walk showcasing Northwest wineries. \$119 for all-festival ticket or \$30 per event. At various locations in Cannon Beach.

savorcannonbeach.com/articles/savor-cannon-beach-wine-and-culinary-festival-2014

HAPPENING

Garibaldi Crab Races. Enjoy two days of Crab Racing along with food, beverages, and great company. At the Old Mill Marina in Garibaldi.

Spring Tea, Silent Auction, and Open House. Free, noon - 4pm at the Latimer Quilt & Textile Center in Tillamook.

LITERARY

Oregon Reads. Panicked by Poetry. 3pm at the Driftwood Public Library in Lincoln City.

THEATER

The Adventure of Beatrix Potter. Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

All I Really Needed to Know I Learned in Kindergarten. \$5 - \$7, 2pm at Astoria High School.

Monday 10

Kathryn Claire. Folk/Bluegrass/Celtic. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Bare-Root Potting Bonanza. A volunteer opportunity. Help pot up thousands of bare-root plants. 9am - 3pm at Camp Tillamook at the Port of Tillamook Bay. 971-313-3599

Tuesday 11

MUSIC

Kathryn Claire. Folk/Bluegrass/Celtic. No cover, 7pm at the Adrift Hotel in Long Beach.

CINEMA

Every War Has Two Losers. Free, 6pm in the Hatfield Room of the Tillamook County Library.

HAPPENING

Friends and Family Night. A Benefit for Young Life North Coast. Half of all funds from food & drink purchased from 5 - 10pm will be donated to the beneficiary. At the sand Trap Pub in Gearhart.

Bare-Root Potting Bonanza. A volunteer opportunity. Help pot up thousands of bare-root plants. 9am - 3pm at Camp Tillamook at the Port of Tillamook Bay. 971-313-3599

Bee Keepers, New Bee Keepers & Wantee Bee Keepers. A monthly meeting to educate and answer questions about bee keeping. 7pm at Art Space in Bay City.

Wednesday 12

MUSIC

Kathryn Claire. Folk/Bluegrass/Celtic. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Bare-Root Potting Bonanza. A volunteer opportunity. Help pot up thousands of bare-root plants. 9am - 3pm at Camp Tillamook at the Port of Tillamook Bay. 971-313-3599

LITERARY

Book Signing. Come meet the authors of "Oregon Surfing: Central Coast." Free, 2pm at Beach Books in Seaside.

THEATER

Relatively Speaking. Comedy Reader's Theater. \$15, 7:30pm at the McTavish Room at the Liberty Theater.

Thursday 13

MUSIC

Moody Little Sister. Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Beers to Your Health. Edible Landscape. Dixie and Scott Edwards from Watershed Garden Works will teach how to transform our yards into edible landscapes, with an emphasis on native plants. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

Oregon Humanities Conversation

Project. We Are What We Eat: Connecting Food and Citizenship. With Wendy Willis. Oregon is famous for its food—for its long traditions in agriculture and fisheries, and also for its role in the movement to promote whole food. In addition to the daily practice of cooking and eating, many Oregonians also think, talk, and write about food. Might our relationship to food production, preparation, and consumption create deeper connections to our place and our neighbors and a pathway to increased self-sufficiency? Free, 7 - 9pm at the Judge Boyington Building, Astoria.

Science in March. Explore the World of Undersea Volcanoes. With Bill Chadwick. Over the past few years several eruptions have been recorded at the Axial Seamount. According to the NOAA website, during an expedition to Axial Seamount in September 2013, scientists discovered that the inflation rate since the 2011 eruption was higher than expected, totaling 1.57 m of reinflation since the April 2011 eruption. Dr. Bill Chadwick will talk about these findings and what they mean for coastal inhabitants. 7pm at the Cannon Beach History Center and Museum.

THEATER

Relatively Speaking. Comedy Reader's Theater. \$15, 7:30pm at the McTavish Room at the Liberty Theater.

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Friday 14

MUSIC

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

Moody Little Sister. Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Peninsula Quilt Guild Show. More than 100 quilts on display, demonstrations, raffle. Free admission, at the Columbia Pacific Heritage Museum in Ilwaco.

Opening Reception. For the Ab Intra art exhibition which continues through April 7. 5 - 7pm at the Chessman Gallery at the Lincoln City Cultural Center.

FOOD & DRINK

Pouring at the Coast. A craft beer tasting and food pairing festival. Entry packages \$10 - \$50. At the Seaside Convention Center. For tickets or more info, visit seasideconvention.com/calendar.html

Brewer's Dinner. A five-course meal with beer pairing included. \$65, 6pm at McKeown's in Seaside. Seating is limited, get tickets ahead of time at seasidechamber.com/?product=brewers-dinner

THEATER

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Saturday 15

MUSIC

Dusu Mali Band. No cover, 9pm at the Voodoo Room in Astoria.

Jim Mesi. 9pm at Roadhouse 101 in Lincoln City.

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

Let it Roll. 9pm at Snug Harbor Bar & Grill in Lincoln City.

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

ART

Peninsula Quilt Guild Show. More than 100 quilts on display, demonstrations, raffle. Free admission, at the Columbia Pacific Heritage Museum in Ilwaco.

Your Heart's Desire. A Celebration of Chocolate, Wine, and Art. No admission for art sale, 2 - 5pm. The Chocolate & wine event with live jazz is \$30, from 6:30 - 10pm. At the Kiawanda Community Center in Pacific City. communityartsproject.net/hearts_desire.htm

FOOD & DRINK

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

Crab & Oyster Feed. \$30 (21 and over only), Seatings at 3, 5:15, and 7:30pm at Norse Hall on Puget Island, Cathlamet.

Pouring at the Coast. A craft beer tasting and food pairing festival. Entry packages \$10 - \$50. At the Seaside Convention Center. For tickets or more info, visit seasideconvention.com/calendar.html

HAPPENING

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.

Making Dreams Come True Auction. \$10 admission, 7pm at the Old Officers Mess Hall at the Port of Tillamook Bay.

LITERARY

Book Launch. Seaside author, Melissa Ousley, will launch the second book in her "Solos Beir Trilogy", "The Rabbit and the Raven." Free, 2pm at Beach Books in Seaside.

Manzanita Writers' Series. Author Lidia Yuknavitch will read from her latest book, "Dora: A Head Case." Open Mic follows. \$5, 7 - 9pm at the Hoffman Center in Manzanita.

Writers on the Edge. Cynthia Whitcomb is the featured author. Open Mic follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Devils Lake Family Fishing Frenzy. Join the fishing frenzy as ODFW releases hundreds of rainbow trout into the netted swimming area at Regatta Grounds. 1 - 2pm at Devil's Lake in Lincoln City.

THEATER

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Sunday 16

MUSIC

Talich String Quartet. Chamber music. \$25, 3pm at Winema Chapel at Camp Winema north of Neskowin.

Rin Tin Tiger. Folk rock. No cover, 7pm at the Adrift Hotel in Long Beach.

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

Hillfolk Noir/Gregory Rawlins. No cover, 9pm at Fort George Brewery & Public House in Astoria.

ART

Peninsula Quilt Guild Show. More than 100 quilts on display, demonstrations, raffle. Free admission, at the Columbia Pacific Heritage Museum in Ilwaco.

FOOD & DRINK

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

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

LECTURE

In Their Footsteps Lecture Series. Filling Her Shoes: Amazing Women of the Northwest and Beyond. With Jane Kirkpatrick. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

Monday 17

MUSIC

Rin Tin Tiger. Folk rock. No cover, 7pm at the Adrift Hotel in Long Beach.

Spud & The Snake Skinners. Part of a St Patrick's Day Celebration which includes Irish food & drink specials. No cover, 6 - 9pm at the sand Trap Pub in Gearhart.

Listings continued on pg. 21

MORE MUSIC



Classical Gas

PORTLAND'S WILLIAM Jenks joins Chilean guitarist Marcelo de la Puebla for an exciting Sunday matinee concert of classical music - Bach, Albeniz, Villa Lobos, Sánchez, Colette Mourey and more.

Sunday March 16, 4pm, St Catherine Episcopal Church 36335 U.S. 101, Nehalem, OR 97131 (between The Bunkhouse Restaurant and The Hope Chest Thrift Shop).

Junkerdash Bash

THEY BACK. So good. Hillfolk Noir's peculiar take on traditional acoustic mountain music is filtered through a half-century of folk, country and rock 'n' roll and fed by an affinity for medicine show culture and Depression-era string-band blues. The band calls it Junkerdash.



Sunday, March 16 at the Fort, Fort George that is . . . never a cover, 8pm. AND Tradition lives on . . . Da-

vid Crabtree and Porter Dodge fiddle up some Irish Tunes on St. Patty, the 17th.



Jazz at the VINO

NORTH COAST jazz guitarist Scott Warren ventures from out of the woodwork to team up with sax and flute man Peter Hinsbeeck. Lets keep 'em out folks.

Get close to the jazz at VINO in Manzanita. 387 Laneda. Saturday, March 22, 7-9pm, get close to jazz at VINO in Manzanita, 387 Laneda.

88 Years

THE SANDTRAP celebrates the 88th year of the historic Gearhart Hotel property. Whiskey tasting from noon to 5pm in the Pot Bunker Bar, LIVE music rocks at 4pm with coastal originals The Distractions, and rolling into the eve, Bonnie Bentley and the Phantom Teardrops explode! And after the party, check into a room.



Saturday, March 22, Noon till . . . McMenam's Sandtrap in Gearhart.

Noel Coward at the Coaster

Present Laughter opens March 14



PRESENT LAUGHTER is a comical farce written by Noel Coward in 1939 and first staged on tour in 1942. The play's title comes from a song in Shakespeare's Twelfth Night,

which urges to seize the day – “present mirth hath present laughter”.

The play follows a few days in the life of the successful, yet self-obsessed, comedy actor Garry Essendine (a character Noel Coward based on himself) as he prepares for a performance tour in Africa. In the midst of a series of farcical events that occur during the play Garry has to deal with women who are obsessed with him, his long-suffering secretary and his estranged wife, cope with a crazed young playwright and overcome his impending mid-life crisis.

CAST: Amanda Payne, Sheila Shaffer, Jean Rice, Pia Shepherd, Mark Johnson, Sue Myers, Richard Bowman, Slab Slabinski, Winston Laszlo, Jenni Tronier. DIRECTED BY George Dzungza, Costume Design -Patrick Lathrop, Lighting - Mick Alderman, Set Design - Dmitri Swain.

PERFORMANCES: March 14 – April 19. Fri/Sat 7:30pm, Sun Mat, March 23, April 13 @ 3pm. Talk-back Thursday – March 27, 7:30pm. Tickets \$20, \$15. Call the Coaster Box Office: 503.436.1242. coastertheatre.org



Murder Romp at the Barn “A Little Murder Never Hurt Anybody”

TAPA PRESENTS “A Little Murder Never Hurt Anybody” by Ron Bernas, directed by Joni Sauer-folger. This delightful comedic murder romp, and love letter to screwball comedies of the 1930's, will be performed at the Barn Community Playhouse located at 12th St. & Ivy Ave. in Tillamook, Oregon.

PERFORMANCES: March 28,29,30, April 4,5,6,11,12, 2014. Evening performances start at 7:00 p.m. and Sunday Matinees at 2:00 p.m. Doors open 30 minutes prior to curtain time. Opening night gala includes one free beverage with ticket purchase. For reservations please call Diamond Art at 503-842-7940.

CAST: Back row, from left: Koli Cutler, Bill Farnum, Robert Kratz, Brett Duer. Front row from left: Sarah Edwards, Ali Duer.

Reader's Theatre in the McTavish Room

Relatively Speaking, by Alan Ayckbourn • Two Nights Only, March 12 & 13, 7:30 pm

A 1967 British hit, with reviews describing it as “deliciously heady,” “a near miracle,” and provoking “the proverbial gales of laughter.”

Staring Sofie Kline, Jordan Okoniewski, Sen Incavo and Lori Wilson Honl, this is basically a comedy of misunderstandings and mistaken identity with a very well constructed plot, plus some developed characters and a slightly dark streak.

The play opens in the flat of Greg and Ginny, a young co-habiting couple, Ginny being the more sexually experienced. Greg finds a strange pair of slippers under the bed and is too besotted to believe they might have

been left by another man (which would also explain the bunches of flowers and boxes of sweets filling Ginny's apartment). Ginny goes off for a day in the country, supposedly to visit her parents but actually to break things off with her older married lover, Philip. Greg decides to follow her.

The next scene is on the patio at the home of Philip and his befuddled wife Sheila, whose marriage is clearly under strain. Greg shows up unannounced before Ginny, and wrongly assumes that they are her parents. Greg asks for her hand from Philip, while Philip mistakenly believes that the strange young man is asking permission to

marry Sheila. Once Ginny arrives, she convinces Philip to play the role of her father. Meanwhile, Greg still believes that Sheila is Ginny's mother. The situation becomes increasingly complicated and hilarious.

Tickets: All seats \$15.00. Liberty Theatre Box Office 503.325.5922 Ext. 55, open Tuesday-Saturday 2:00-5:30 and two hours before the show or online from ticketswest.com.

For more information visit our website at www.liberty-theatre.org. Liberty Theater, 1203 Commercial St., Astoria, Oregon 97103

Peninsula Players Camelot Opens March 21

CAMELOT TO open March 21st with champagne reception Friday and Saturday performances at 7 pm. Sunday performances at 2 pm. Doors open 1/2 hour before performance, 6:15 on opening night

Story and Cast: Merlyn (John Adams) taught King Arthur (Bob Walters) well. He establishes the perfect kingdom of Camelot, the best knights in the world at the Round Table, and even finds himself a kind, loving wife in Queen Guenevere (Crystal Miller), and a faithful friend in King Pellinore (Frank Lehn). Then, along comes the French knight, Lancelot (John Fugitt). At first hated by all, he eventually proves himself and becomes the King's best friend and the best knight of the Round

Table. He also becomes the Queen's lover, no matter how guilty both feel. Alas, Camelot cannot last! For Mordred (Michael Veland), the king's treacherous illegitimate son, catches on, and works to undo everything Arthur worked for.

Tickets go on sale for Camelot on Friday, March 7th. They are available for \$15 at 3 ticket outlets, Okies' Thirtway, Stormin Normin' and Ole Towne Café. You can also call 360-244-5700 or the director's (Rita Smith) phone 360-665-0028, or send an email, players@peninsula-palyers.com to have tickets in will-call to be picked up and paid for at the door. Tickets will be available at the door if seats are available.



Jazz and a Bic Pen

Andy Gundthardt at Seaside Public Library

BEGINNING TUESDAY, March 11, 2014 and running through April 29, 2014 the Seaside Public Library will be exhibiting pen and ink drawings by local artist Andy Gundthardt.

Gundthardt's inspirations are jazz and blues music, rock and roll, fashion, and black & white photography. One amazing aspect of the work is he creates it with a standard Bic pen. The detail, texture, and shading that are Andy's trademark is accomplished with the most inexpensive drawing tool imaginable. After you have viewed this exhibit, you will never look at a Bic pen the same way again.

Gundthardt's interest in art developed at an early age and he honed his skills in art classes during his high school years. With an eye towards the practical he earned a structural engineering degree from the University of California San Diego and began a career doing research in earthquake design. After ten years as an engineer, he relocated to his wife's hometown of Seaside and was able to rekindle his love of drawing.

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

Charles Schweigert: Paintings Grace Benedict: Drawings At RiverSea Gallery

RIVERSEA GALLERY

celebrates the first glimmers of spring with two exhibitions opening on Saturday, March 8. In a solo show, Charles Schweigert offers a new series of paintings featuring fanciful birds, and in the Alcove space, visiting artist, Grace Benedict will show colorful mixed-media drawings depicting figures in lush landscapes. A reception for both artists will be held March 8, from 5:00 to 8:00 during Astoria's Second Saturday Artwalk, and the work will be exhibited through April 8, 2014.

In Flock: Birds of a Feather, Astoria artist Charles Schweigert continues his fascination with feather, wing and flight. Each of his delicately executed paintings makes some sort of reference to birds, and collectors of his Tiny Bird series will find much to delight in. Yet in this new body of work the artist takes flight toward



Grace Benedict



Charles Schweigert

broader horizons, and many of his paintings border on abstraction, emphasizing brush-stroke and gesture over form.

This is Schweigert's third solo show at RiverSea Gallery. Prior to moving to Astoria in 2009 he exhibited widely on the West Coast and in the Southwest, including seven one-person

Drawing from the Elements is an exhibition of colored pencil and mixed media drawings by Grace Benedict, who is in town to teach a Design and Figure Drawing workshop at Clatsop Community College. She combines figures with natural elements, and uses pattern, color and the context of landscape to visually explore mysteries and myths of human experience.

RiverSea Gallery is open open daily at 1160 Commercial Street in downtown Astoria. Oregon.

Otherworld: The Salton Sea Jody Miller at LightBox

LIGHTBOX PHOTOGRAPHIC Gallery hosts the opening and artist reception for "Otherworld: The Salton Sea", an exhibit of photographs by Jody Miller, on Saturday evening March 8th from 6-9pm.

Jody Miller has kept Astoria as her beloved part time home since 2006, sharing her time between Astoria and Los Angeles where she makes a living as an animator for the ABC television network. The serenity and beauty of Astoria and the North Coast seduced her the minute she first saw it, and that hasn't waned in the years since. This area has inspired much of her landscape and night photography during the last eight years. The North Coast provides a welcome counterpoint to the busy, full, and hectic pace of her life in LA, 120 miles from the Salton Sea.

A mistake. That's what the Salton Sea is to most Californians. An early 20th century dam that held back the Colorado River failed in 1904 and the ensuing flood created the current sea, filling an ancient dry lake bed near the Mexican border in the southeastern corner of California. From a distance, it is a beautiful sight.

There was a short heyday of recreational use and development during the 1950s and 1960s, due to its proximity to Palm Springs. That started to change as evaporation and increased salinity started to kill off fish by the millions, creating a toxic stench, and the area became a wasteland practically overnight. By the 1970s, only vultures could be seen wandering around the empty marinas at the shoreline.

Every summer, algae bloom and increased salinity kill off fish by the millions and on several



occasions thousands of sea birds have also died as a result of eating contaminated dead fish.

Some say within years the Sea will dry up completely, leaving a toxic dust bowl that will blow into populated areas, and destroy an important habitat for the hundreds of species of birds, many endangered, that winter there every year.

"My experience of the Sea has been personally overwhelming," Jody says, "I've been making visits to the Sea for the last ten years now. I see it as an area of great distress but also great beauty and life that is worth the effort and expense of preservation. With these photographs I hope to convey some of that wonder and reverence I feel for both the majesty and melancholy of this unique corner of the desert, and to reaffirm the pressing need to restore and protect this singular and spectacular inland Sea."

LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. Contact LightBox at 503-468-0238 or info@lightbox-photographic.com.

Abstraction Revisited at the Cannon Beach Gallery Tom Small, Clement Lee and Barbara Mason

IT HAS been over 100 years since, Wassily Kandinsky painted Picture with a Circle in 1911, which is considered by art historians as the first abstract painting. Since that time, artists have been exploring the concept of abstraction in paint, stone, glass and every other imaginable media in an ongoing conversation that will now continue at the Cannon Beach Gallery in a show entitled, Abstraction Revisited.

A three man show featuring Cannon Beach painter, Clement Lee, sculptor Tom Small from Friday Harbor, Washington and print-maker, Barbara Mason from Portland, Oregon. Abstraction Revisited runs through March 31.

Sculptor, Tom Small, grew up whittling everything within reach, including bars of soap and butter on the table. While living in the Olympic Mountains, in mid 1980s, Small fell in love with carving river stone. This eventually prompted Small

to build a studio in the woods on top of a little mountain on the Island of San Juan in 1989.

"If my pieces had a theme, it might be about the movement of energy from earth and stone in to sky and stars.

Our Earth is mostly stone, centering gravity in our feet. Our bodies reach skywards and our heads to the stars," Small explains about the inspiration for his work.

Cannon Beach Gallery is located at 10164 Hemlock. Hrs: Thur - Mon, 10am-4pm during the winter season.



Tom Small, *If Stones Could Fly*

New Narratives

Roger Hayes, Brandon Hoffman and Philip Johnson At Imogen

ASTORIA ARTISTS Roger Hayes, Brandon Hoffman and Philip Johnson bring NEW NARRATIVES, a collection of paintings exploring nuance of abstraction. Coming from distinct and diverse backgrounds, each artist employs a direct style in narration of thought and idea.

ARTISTS'RECEPTION MARCH 8th from 5 - 8 pm. Learn firsthand the concepts and processes of each individual artist. Light bites and beverages will be provided by the Astoria Coffee House and Bistro. The exhibition will remain on display through April 8th.

Finding connection through their art and personal philosophies, Brandon Hoffman, Roger Hayes and Phillip Johnson come together for the first time with an exhibition that is specific to this trio. The three have a long history of working together, even spending several months at one time, alternating between their three studios to work collaboratively on paintings. This was done as a practice for the three, rather than with an intention of creating a finished body of work intended for exhibition. The spirit of working together and exploring comradery through artistic vision and processes, has been longstanding and typifies the mutual respect each has for the other as artist. Through this they share a common interest in the process of art making, as opposed to primary focus remaining as end result of didactic narrative.

Despite the shared connections and beliefs about process, the three come from distinct

backgrounds. Roger Hayes, who is originally from Detroit, has enjoyed an eclectic career as a painter that extends well beyond the diverse art community of Astoria, Oregon. He established himself early on in his career into what was known as the International Neo-Expressionist movement.

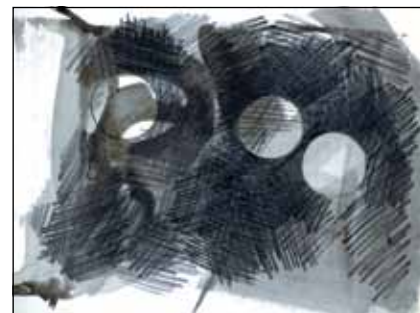
Brandon Hoffman hails from Wyoming and lived throughout the western states. He earned a BFA in painting from Western Washington U. before moving to Astoria in 2001 where he has continued his practice of painting, focused on mark making and gesture. Hoffman paints with deliberate and unquestioning confidence, his marks creating composition reminiscent of a master poet or musician.

Philip Johnson, who earned his Bachelor of Fine Arts from Boise State University is known to be a prolific and dynamic painter, with a resume that holds steady and strong. Known primarily as an abstract artist, Johnson is quite adept at jumping into the representational realm, without sacrificing his ability to obscure and abstract subject matter. He has the ability to maintain a distinct style of abstraction while applying it to known subject matter, be it human form or landscape. He is twice juried into the prestigious Au Naturel: Nudes in The 21st Century international exhibition as well countless reputable juried exhibitions throughout the Northwest.

Imogen Gallery is located at 240 11th Street. Hrs: Mon - Sat, 11 to 5, 11 to 4 Sun, closed Weds. 503.468.0620



Brandon Hoffman



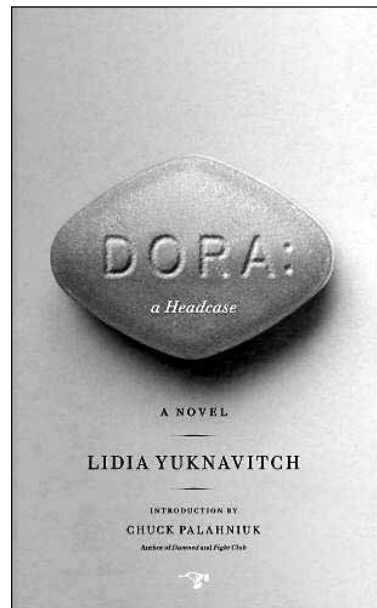
Phillip Johnson



Roger Hayes

Lidia Yvuknavitch reads from *Dora: A Head Case* Hoffman Center, March 15.

LIDIA YUKNAVITCH reads from her book *Dora: A Head Case* at the Hoffman Center at 7pm on Saturday, March 15.



Dora: A Head Case is a contemporary coming of age story based on Freud's famous case study retold and revamped through Dora's point of view with shotgun blasts of dark humor and sexual play.

"It's dirty, sexy, rude, smart, soulful, fresh, and risky," says Karen Karbo, author of *Julia Child Rules*. "Think of your favorite out-there genius writer; multiply by ten, add a big heart, a poet's ear, and a bad girl's courage, and you've got Lidia Yuknavitch."

Lidia Yuknavitch is the author of *The Chronology of Water* and three works of short fiction: *Her Other Mouths*, *Liberty's Excess*, and *Real to Reel*, as well as a book of literary criticism, *Allegories of Violence*. Her work has appeared in *The Sun Magazine*, *Ms.*, *The Iowa Review*, *Exquisite Corpse*, *Another Chicago Magazine*, *Zyzyva*, and online

at *The Rumpus*, *The Nervous Breakdown*, and *PANK*. Her book *The Chronology of Water* won the Oregon Book Award—Reader's Choice, and she is a recipient of a 2012 Pacific Northwest Booksellers Association (PNBA) award.

Dora: A Head Case is Yuknavitch's first novel. It was recently optioned by director Katherine Brooks.

She teaches writing, literature, film and women's studies at Mt. Hood Community College and lives in Portland.

Following Yuknavitch's reading and Q&A, the popular Open Mic follows where up to nine local writers will read 5 minutes of their original work. Admission for the evening is \$5.

During the day, from 10 a.m. to 3 p.m., Yuknavitch will lead a workshop titled "From the Hea(r)t to the Page." For more information and to register, please go to hoffmanblog.org and click on the Workshops category.

The Writers' Series Reading Group will meet the Thursday prior to Lidia's reading, March 13th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to all events.



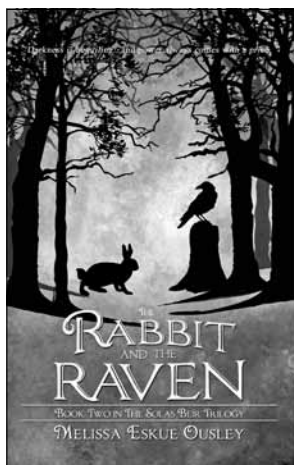
The events are programs of the Hoffman Center and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) (Further information is available at hoffmanblog.org online or contact Vera Wildauer, vwildauer@gmail.com

Local Author Launches Second Book, Donates to Clatsop Community College

Melissa Eskue Ousley: *The Rabbit and The Raven @ Beach Books*

LOCAL AUTHOR Melissa Eskue Ousley will launch the second book in her young adult trilogy this March, kicking off a regional and online book tour. She will be reading from *The Rabbit and the Raven* at 2 p.m. on Saturday, March 15 at a book launch party at Beach Books in Seaside (616 Broadway). She will also be reading at Lucy's Books in Astoria at 2 p.m. on Saturday, March 29. For every book sold during the first two weeks of its release (March 15-30), the author will donate one dollar to Clatsop Community College for student scholarships (up to \$500) to assist students with financial need.

The fantasy adventure began with *Sign of the Throne*, released September 2013. Haunted by dreams that come true, Abby's world is turned upside-down when she meets David, the doppelgänger of the mysterious young man in her dreams. Discovering that he is the lost heir to the throne of Cai Terenmare, Abby and David must battle blood-thirsty monsters in a race to claim his birthright. The story continues in *The Rabbit and the Raven* as David and Abby journey to the outer regions of their magical new world, seeking the loyalty of four Oracles in an effort to win the war against the evil lord intent on stealing the young king's throne. Along the way, they will learn just how beguiling darkness can be, and that power always comes with a price.



"While the story is set in a magical parallel realm, Oregonians may notice that the forests of Cai Terenmare are inspired by the forests along the Oregon coast," said Eskue Ousley, a former educator. "They are full of wildlife, but the creatures that lie in wait in Cai Terenmare are not animals and have never been human. But they will have you for dinner, if you are not careful and clever."

Published by Seattle-area based Castle Garden Publications, *The Rabbit and the Raven* has already received strong praise from reviewers: "Once again, a job well done, well written and magnetic by this talented author who deftly travels that fine, yet twisted line of magical YA fantasy!" — Tome Tender

The second book builds on the success of the first book in *The Solas Beir Trilogy*. *Sign of the Throne* was nominated for a 2014 PNBA Book Award, and was an Amazon Best Seller on Kindle, reaching #1 in Romance and #3 in Fantasy for Action and

Adventure.

Four stops, excerpts from the book, and a book trailer can be found on the author's web site, MelissaEskueOusley.com. The first and second books in the series will be available at local bookstores, Powell's, Barnes and Noble, Redroom.com, and Amazon.com.

Sometimes A Great Movie with Matt Love At the Seaside Public Library

ON MARCH 20, 2014, The Friends of the Seaside Library will welcome Matt Love, author of "Sometimes a Great Movie: Paul Newman, Ken Kesey and the Filming of the Great Oregon Novel". The event will take place in the Community Room at 7:00 p.m. and there will be book sales and signings.

In June 1970, the biggest movie star in the world traveled to the Oregon Coast to film an epic novel about a defiant family of loggers written by a home grown counterculture hero. The Star was Paul Newman. The author was Ken Kesey. The story was "Sometimes a Great Notion" and it has a fanatical following in the Pacific Northwest.

What ensued was a wild working vacation between Hollywood and Oregonians involving beer, sex, scotch, loggers, beaches and perhaps, a spectacularly vandalized pool table. In "Sometimes a Great Movie: Paul Newman, Ken Kesey and the Filming of the Great Oregon Novel" author Matt Love documents the legend of that magical summer. In the course of four years, Love interviewed close to a hundred people one of whom claimed to be an eyewitness to Paul Newman cutting the legs off a pool table, with a chainsaw, in a Toledo bar. "Sometimes a Great Movie" is a truly funny and



poignant narrative about an unprecedented earthy collaboration between Hollywood and an out of the way place they went on location to make a movie.

Matt Love is the author/editor of ten books about Oregon. In 2009 he won the Oregon Literary Arts' Stewart H. Holbrook Literary Legacy Award for his contributions to Oregon history and literature. He lives in Astoria and his latest book is "Of Walking in Rain".

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



OREGON HUMANITIES

Call for Submissions on the theme "START"

THE MAGAZINE will accept proposals and drafts for its summer 2014 issue through March 24, 2014. Oregonians are invited to submit an essay or article for Oregon Humanities magazine's summer 2014 issue on the theme "Start."

The triannual magazine seeks stories, ideas, thoughts, and arguments about good starts, bad starts, false starts, late starts, head starts, flying starts, running starts, jump starts; about starting over, starting from scratch, starting on the wrong foot. Oregon Humanities is looking for fresh ideas, insights, and perspectives, to show readers something from a different angle and make them see the world through new eyes.

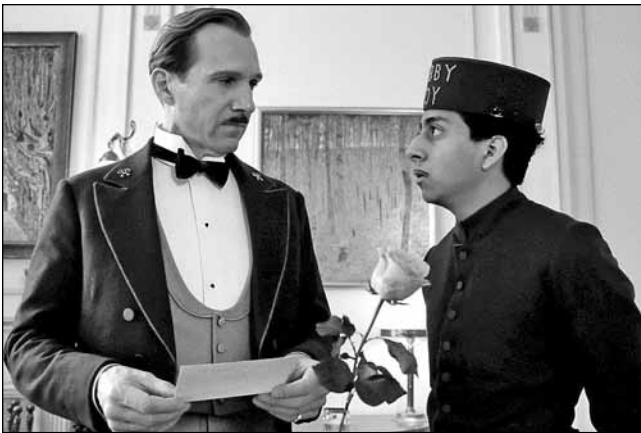
Contributors are encouraged to visit oregonhumanities.org to review the guidelines and call for submissions, and to familiarize themselves with the publication. No phone calls, please.

Submit a proposal or draft by March 24, 2014, by email to k.holt@oregonhu-

manities.org or post to Kathleen Holt, Editor, Oregon Humanities magazine, 813 SW Alder Street, Suite 702, Portland, Oregon, 97205.

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

by Les Kanekuni



THE GRAND BUDAPEST HOTEL (March 7) Quirky filmmaker extraordinaire Wes Anderson (*Moonrise Kingdom*) returns with his most extravagant movie yet with an all-star cast and his trademark quirky to the point of distraction visuals and characters. Part of the fun of Anderson's films is the way his very assured technique clashes with his almost sophomoric stories and actors who relish playing soulful stereotypes – like Stanley Kubrick directing a screwball comedy. Ralph Fiennes stars as Gustave H, the ridiculously suave concierge of the Grand Budapest Hotel, a luxury pink palace in the fictional country of Zubrowka in 1932, just prior to World War II. Gustave sees to the needs of the hotel's wealthy guests, including older women who seek him out for his "exceptional service." Gustave spends the night with 80-something Madame D during the stay. After it is reported that Madame D has died under mysterious circumstances, Gustave inherits "Boy With Apple," a priceless painting, enraging her family. Soon after, Gustave is framed and jailed for Madame D's murder. But aided by lobby boy/sidekick Zero (Tony Revolori), Gustave goes on the run to clear himself. Plot is superfluous when discussing Anderson's – the point is really a joke told in utter seriousness.

VERONICA MARS (March 14) From '04 to '07, Kristen Bell played Veronica Mars on TV, a high school student who solves crimes while trying to survive the social hell of high school. With a gritty tone and tough-minded heroine, Veronica Mars was an instant critical favorite, but ratings were never as high as the praise and after three years the series was canceled. Almost immediately though, series creator Rob Thomas began pushing a Veronica Mars movie, which Kristen Bell agreed to star in. But after Warner Bros., which produced the TV show, was cool on the movie idea, the project died. But in 2013, Thomas, Bell and regular cast members started a Kickstarter campaign to raise \$2M toward the film's budget. Within ten hours, the group raised its goal and became the most successful film project on Kickstarter, eventually raising nearly



\$6M. The new movie depicts Veronica nine years later in New York City with a burgeoning legal career, having left sleuthing behind when events draw her back to Neptune, California when old boyfriend Logan Echolls is charged with murder.

DIVERGENT (March 21) Sort of a poor man's Hunger Games, *Divergent* is the first film of a proposed trilogy based on the books by Veronica Roth. In a future dystopian Chicago, people are separated into five groups based on personality traits – Abnegation (selfless), Amity (peaceful), Candor (honesty), Dauntless (bravery) and Erudite (knowledgeable). On one day of every year, sixteen-year-olds undergo a personality test to determine which group they are best suited for. They must then decide whether to stay with their families or move to a new faction. Tris Prior (Shailene Woodley) is born into Abnegation, but feels like she does



not fit in. When the results of her test come back she is informed she is Divergent – she shows equal aptitude for Abnegation, Erudite and Dauntless. Much to her family's dismay, Tris chooses Dauntless for her faction. In her new faction, Tris makes friends with fellow newcomers Christina, Al and Will, but Peter, Drew and Molly take a dislike to her and torture her as the new recruits go through initiation, weapons and hand to hand combat training. Although weaker, Tris proves herself a ferocious fighter. But just before her final test, Tris discovers a sinister plot for one of the factions to invade her family's faction.

NOAH (March 28) One of two big budget Hollywood biblical movies this year – the other being Ridley Scott's *Exodus*, *Noah* is director Darren Aronofsky's long gestating follow up to *Black Swan* (2010). Fascinated with the character since he was 13, Aronofsky has been trying to make the movie since 2007. After *Black Swan* grossed more than \$300M worldwide and was nominated for five Oscars, he finally had the clout to make his dream project. After Christian Bale and Michael Fassbender turned Aronofsky down, Russell Crowe was cast as Noah. Aronofsky's Noah is not the traditional picture of a white-haired man intent on saving the world, but in typical Aronofsky fashion, a man tortured by apocalyptic visions and obsessed with first discovering their meaning, then obsessed with building the ark and defending it from the brutal Tubal-cain (Ray Winstone) and his men. Some have described Aronofsky's take on the Biblical tale as an eco-thriller, with a desert-like ravaged earth patrolled by armed bands of brigands, prompting God to wipe



the slate clean with an apocalyptic flood. Although not letter faithful to the Bible, Aronofsky said in *The Hollywood Reporter* that he wanted to create this "fantastical world a la Middle Earth," while also trying to make a film for people "who take this very, very seriously as gospel."

CAPTAIN AMERICA: THE WINTER SOLDIER (April 4) The newest installment in the Marvel universe arrives with Captain America (Chris Evans) struggling to adjust to a modern world where distinctions between good and evil have become finer and finer – to the point where Cap questions who friends and enemies are. To underscore the point, world security is threatened when the Winter Soldier, a Soviet agent, destroys their floating headquarters and becomes Cap's deadliest adversary, a literal ghost from his past. To fight off the threat, Cap re-teams with Natasha Romanoff (Scarlett Johansson) and Falcon (Anthony Mackie). Samuel L. Jackson returns as Nick Fury. Robert Redford who's career was revitalized with his turn in *All is Lost*, makes his first appearance in a superhero movie playing Alexander Pierce, a high ranking S.H.I.E.L.D. official.

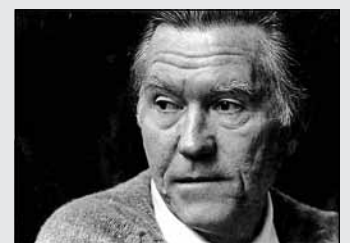


FILM IN TILLAMOOK: Every War has Two Losers

Based on the Journals of William Stafford

TILLAMOOK COUNTY

Citizens for Human Dignity (TCCHD) will show the film, "Every War Has Two Losers" on TUESDAY, MARCH 11, 6 P.M., IN THE HATFIELD ROOM OF THE TILLAMOOK COUNTY LIBRARY.



The film, shown last month in honor of William Stafford's 100th birthday celebration, is a poet's meditation on peace based on his journals.

Stafford, born in Hutchinson, Kansas in the first year of World War I, grew up hearing what had happened in that terrible conflict. When World War II came along, he knew war wasn't the answer. As a conscientious objector, Stafford performed alternative service and emerged from the war as a writer and voice of reconciliation.

This short film (33 minutes) will inspire and remind us all of the importance of individual witness and action and includes commentary and readings by other poets including Alice Walker, Robert Bly, W.S. Merwin, Maxine Hong Kingston, and Naomi Shihab Nye.

Join for a conversation immediately following the film. Beverages will be provided.

For more information about the film or TCCHD, call Linda Werner, 503 398 5223.



FREE WILL ASTROLOGY

March

© Copyright 2013 Rob Brezsky

ARIES (March 21-April 19): The battles you've been waging these last ten months have been worthy of you. They've tested your mettle and grown your courage. But I suspect that your relationship with these battles is due for a shift. In the future they may not serve you as well as they have up until now. At the very least, you will need to alter your strategy and tactics. It's also possible that now is the time to leave them behind entirely – to graduate from them and search for a new cause that will activate the next phase of your evolution as an enlightened warrior. What do you think?

TAURUS (April 20-May 20): "Life is like Sanskrit read to a pony," said Lou Reed. That might be an accurate assessment for most people much of the time, but I don't think it will be true for you in the coming days. On the contrary: You will have a special capacity to make contact and establish connection. You've heard of dog whisperers and ghost whisperers? You will be like an all-purpose, jack-of-all-trades whisperer – able to commune and communicate with nervous creatures and alien life forms and pretty much everything else. If anyone can get a pony to understand Sanskrit, it will be you.

GEMINI (May 21-June 20): Does Kim Kardashian tweak and groom her baby daughter's eyebrows? They look pretty amazing, after all – elegant, neat, perfectly shaped. What do you think, Gemini? HA! I was just messing with you. I was checking to see if you're susceptible to getting distracted by meaningless fluff like celebrity kids' grooming habits. The cosmic truth of the matter is that you should be laser-focused on the epic possibilities that your destiny is bringing to your attention. It's time to reframe your life story. How? Here's my suggestion: See yourself as being on a mythic quest to discover and fully express your soul's code.

CANCER (June 21-July 22): The 19th-century American folk hero known as Wild Bill Hickok was born James Butler Hickok. At various times in his life he was a scout for the army, a lawman for violent frontier towns, a professional gambler, and a performer in Buffalo Bill's Wild West Show. Women found him charismatic, and he once killed an attacking bear with a knife. He had a brother Lorenzo who came to be known as Tame Bill Hickok. In contrast to Wild Bill, Tame Bill was quiet, gentle, and cautious. He lived an uneventful life as a wagon master, and children loved him. Right now, Cancerian, I'm meditating on how I'd like to see your inner Wild Bill come out to play for a while, even as your inner Tame Bill takes some time off.

LEO (July 23-Aug. 22): "If I was a love poet," writes Rudy Francisco, addressing a lover, "I'd write about how you have the audacity to be beautiful even on days when everything around you is ugly." I suspect you have that kind of audacity right now, Leo. In fact, I bet the ugliness you encounter will actually incite you to amplify the gorgeous charisma you're radiating. The sheer volume of lyrical soulfulness that pours out of you will have so much healing power that you may even make the ugly stuff less ugly. I'm betting that you will lift up everything you touch, nudging it in the direction of grace and elegance and charm.

VIRGO (Aug. 23-Sept. 22): "You miss 100 percent of the shots you don't take," says hockey great Wayne Gretzky. In other words, you shouldn't be timid about shooting the puck toward the goal. Don't worry about whether you have enough skill or confidence or luck. Just take the damn shot. You'll never score if you don't shoot. Or so the theory goes. But an event in a recent pro hockey game showed there's an exception to the rule. A New York player named Chris Kreider was guiding the puck with his stick as he skated toward the Minnesota team's goalie. But when Kreider cocked and swung his stick, he missed the puck entirely. He whiffed. And yet the puck kept sliding slowly along all by itself. It somehow flummoxed the goalie, sneaking past him right into the net. Goal! New rule: You miss only 99.9 percent of

the shots you don't take. I believe you will soon benefit from this loophole, Virgo.

LIBRA (Sept. 23-Oct. 22): If you are the type of person who wears gloves when you throw snowballs, Germans would call you Handschuhschneeballwerfer. They use the same word as slang to mean "coward." I'm hoping that in the coming days you won't display any behavior that would justify you being called Handschuhschneeballwerfer. You need to bring a raw, direct, straightforward attitude to everything you do. You shouldn't rely on any buffers, surrogates, or intermediaries. Metaphorically speaking, make sure that nothing comes between your bare hands and the pure snow.

SCORPIO (Oct. 23-Nov. 21): In his song "4th of July, Asbury Park (Sandy)," Bruce Springsteen mentions a disappointing development. "That waitress I was seeing lost her desire for me," he sings. "She said she won't set herself on fire for me anymore." I'm assuming nothing like that has happened to you recently, Scorpio. Just the opposite: I bet there are attractive creatures out there who would set themselves on fire for you. If for some reason this isn't true, fix the problem! You have a cosmic mandate to be incomparably irresistible.

SAGITTARIUS (Nov. 22-Dec. 21): "Some people say home is where you come from," says a character in Katie Kacvinsky's novel *Awaken*. "But I think it's a place you need to find, like it's scattered and you pick pieces of it up along the way." That's an idea I invite you to act on in the coming weeks, Sagittarius. It will be an excellent time to discover more about where you belong and who you belong with. And the best way to do that is to be aggressive as you search far and wide for clues, even in seemingly unlikely places that maybe you would never guess contain scraps of home.

CAPRICORN (Dec. 22-Jan. 19): What words bring the most points in the game of Scrabble? Expert Christopher Swenson says that among the top scorers are "piezoelectrical" and "ubiquitarianism" – assuming favorable placements on the board that bring double letter and triple word scores. The first word can potentially net 1,107 points, and the second 1,053. There are metaphorical clues here, Capricorn, for how you might achieve maximum success in the next phase of the game of life. You should be well-informed about the rules, including their unusual corollaries and loopholes. Be ready to call on expert help and specialized knowledge. Assume that your luck will be greatest if you are willing to plan nonstandard gambits and try bold tricks.

AQUARIUS (Jan. 20-Feb. 18): Sorry to report that you won't win the lottery anytime soon. It's also unlikely that you will score an unrecognized Rembrandt painting for a few dollars at a thrift store or discover that you have inherited a chinchilla farm in Peru or stumble upon a stash of gold coins half-buried in the woods. On the other hand, you may get provocative clues about how you could increase your cash flow. To ensure you will notice those clues when they arrive, drop your expectations about where they might come from.

PISCES (Feb. 19-March 20): Avery, a character in Anne Michaels' novel *The Winter Vault*, has a unique way of seeing. When he arrives in a place for the first time, he "makes room for it in his heart." He "lets himself be altered" by it. At one point in the story he visits an old Nubian city in Egypt and is overwhelmed by its exotic beauty. Its brightly colored houses are like "shouts of joy," like "gardens springing up in the sand after a rainfall." After drinking in the sights, he marvels, "It will take all my life to learn what I have seen today." Everything I just described is akin to experiences you could have in the coming weeks, Pisces. Can you make room in your heart for the dazzle?

Homework: What is the best gift you could give your best ally right now? Testify at <http://FreeWillAstrology.com>.

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

By Margaret Hammitt-McDonald

Comfortable Riding At Any Size

A REGAL frame shouldn't keep you off a bike frame! If you're an active king- or queen-sized person, cycling is an ideal form of exercise: it's gentle on the joints and you determine your level of effort. For the safest and most pleasant experience, you'll benefit from the advice of larger athletes and recreational riders which I gathered in researching this article, and don't forget to discuss your intentions with your health-care provider before beginning this or any other type of physical activity.

I want to thank my sources: Sheila Ascroft (an informative, irreverent cyclist-blogger who calls herself "Fat Broad On A Bike"), the Livestrong website, and two friends whom I interviewed, "Moe" and "Curly." As a petite (minus-sized?) cyclist, I appreciate their practical suggestions and first-hand experience.

Getting comfortable in the saddle starts, but doesn't end, with the saddle itself. Make sure your "sitz" bones both fit on the seat and check that it offers at least two inches of clearance from the top tube (that bar you swing your leg over to get on). Upright styles are preferable, especially if a bump in the road threatens to slam your stomach into the handlebars. Alternatively, some majestic riders prefer recumbent bikes. An adult tricycle adds confidence with the better balance of the third wheel. Beach cruisers are ideal, with their wide tires and strong frames. Mountain bikes are another nice option, as the suspension can reduce the likelihood of injury to the joints and results in a more pleasant ride. Other important features are a steel frame and steel wheels and spokes, which are stronger and more supportive, and wide pedals. Check the maximum load (weight-bearing capacity) for the model you're interested in to be sure it's structurally sound for you. Consider purchasing a bike (or trike) with a triple chainring so you get more low-gear options for climbing hills.

In order to obtain a larger selection, better-made bikes assembled by an expert, and assistance with finding the right match between your body and the



bike, I strongly advise you to meet your future steed at a bike shop rather than purchasing it from a department store... I won't name the names of those ubiquitous discount chains lest I get hit with a libel suit, but you know what I mean. Not only are these inexpensive bikes not very durable, versatile, or well-made, but they are assembled by store personnel who are minimally trained and who are unlikely to give you good guidance on proper fit. Naturally, this means that you'll need to lay out more for the initial purchase, but in the long run, you'll save in repairs and replacement parts.

Curly and Moe learned the hard way when they purchased bikes at their local discount outlets on a college-student budget. The first time they rode their new wheels to school, Moe shifted a gear and the chain popped off. Other problems showed up, and they ended up taking the brand-new bikes to Mike's Bike Shop for repairs. Moe also needed to replace her handlebars, which not only forced her into an uncomfortable slouch, but also spun around when she leaned on them. She discovered that "ape hanger" handlebars, like the kind on an old low-rider motorcycle, worked better.

Accessories deserve consideration, such as bike shorts with extra padding to avoid the dreaded thigh chafe and a well-ventilated helmet to avoid overheating.

With these suggestions in mind, may you enjoy a royally good time on your pedaling adventures!

WORKSHOPS/CLASSES

KNITTING GROUP. A knitting group is coming to NCRD in January! The Lou Stine/Skip Rognlien 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 : knappj@yahoo.com

CHILDREN'S ART CAMP. Ages 8-12, March 24, 25, 26, & 27, Noon-3pm. IN-D Hair Gallery, 2921 Marine Drive, Astoria. By Yvonne Edwards and Sheryl Redburn, Art & Psyche. Drawing, collage, painting, sculpture. Fee for 4 afternoons, \$100 per child. 2 siblings \$150. \$50 deposit. Register by phone: 503 338 7202/email: Astoriayme@aol.com

PAINTING WITH WORDS – The Art of Visual Ideas. Monday 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 \$60 per three-session sequence. 2pm - 5pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

CLASSICAL AND FUTURISTIC PAINTING. Thursdays through April 3. With Shirley Dahlsten. The class offers an array of options. Students work independently on the various problem-solving assignments, will take turns providing refreshments, and can work on their own in the studio following class. No experience needed. \$60, 10am – 1pm at the Trail's End Art Center in Gearhart. Register at andsdahlsten@gmail.com

THE HOFFMAN CENTER CLAY STUDIO. Manzanita. Drop by studio to reserve 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 Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

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.

FREE COMPUTER CLASSES at Driftwood Public Library. These classes are designed for beginners to feel more comfortable using a computer and to enable you to use technology more independently. Classes are free and open to the public but class space is limited, so pre-registration is required. Classes are being offered through April. 2nd flr of the Lincoln Square Civic Center, 801 SW Hwy 101 in Lincoln City. FMI: Morgan Sohl at 541-557-1166 or msohl@lincolncity.org

Workshop: Weekly Writing Lounge. Wednesdays. Are you trying to set aside time to work on a writing project? Are you looking for inspiration to re-energize your writing? Would you like feedback on your writing, but are reluctant to join a regular critique group? You're invited to join us for a weekly drop-in session.

You'll find plenty of resources, including books on writing craft, games and tools to help prompt new writing as well as local writing mentors for feedback on your works in progress. \$3 per session, 10am – 12:30pm at the Hoffman Center in Manzanita.

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.

Social Media Workshops. February 17 & 18. Workshops include The Billboard, You Can't Pay to Be On, Why Instagram is the Next Platform Businesses Need to Understand, Understanding the Admin Panel on Your FB Page, and more. \$30 per workshop, at Community Hall in Cannon Beach. FMI and registration: cannonbeach.org/documents/Social-Media-Workshop-Flyer.pdf

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.

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow, Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. <http://riverszen.com> or Facebook. com/RiversZen.

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 1, 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.

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@creoscomm.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.

AKHANDA YOGA. Join 500 hour RYT Subhadra (Katie) in a four week introduction to Akhanda Yoga: Hathya Yoga with some added spice. The workshop will be themed on learning the key components of Akhanda Yoga with an introduction to chakras, nadis and bhandas. The workshop will be offered at two different times to cater all schedules. Thursdays February 6th - February 27th 10 am- 11:30 am in room 5 at NCRD or Fridays February 7th - February 28th 5:45 pm- 7:15 pm at Contemplative Art Center in Underhill Plaza, Manzanita. \$50/4 week session. Pre- registration is encouraged. For inquiry and registration message Subhadra subhadrayoga@gmail.com or call 503-368-5843.

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.ncrdnehalem.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. seasideyogaretreats.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, 12 and over. 5.00 per class. First class FREE.

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

YOGA • Manzanita. The Center for the Contemplative Arts, Manzanita: Tuesdays 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

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.

JADE WOMAN QIGONG. This form was especially created to help balance a woman's body during all phases of life. It is a graceful and beautiful form that follows the movements of the crane, helping to build blood by opening the Tan zhong acupoint and purifying the liver. Qigong classes at the Center for Contemplative Arts Underhill Plaza, Manzanita Avenue and Division Street, in Manzanita. Thursdays, 4pm and at Waves of Change Wellness Center 1, 12th street, suite#10 .Astoria Saturday 10:30am Instructor Janet Maher. More info janetm55@yahoo.com

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. No. 1 12th Street Suite #8, Astoria. Pre-register at 503.338.9921. TAI CHI TU/TH 10-11 AM Advanced Fan Form, TU/TH 5:30-6:30pm, Beginning Sun Style Instructor: Angela Sidlo. QIGONG, TU/TH 8:30-9:30 AM Instruc: Linda Williamson, Sat 10:15-11:15am, Instruc: Janet Maher. PILATESM/W/F 9-10 AM. Instruc: Sam Peters, GENTLE STRETCHING, M/W 5:30-6:30 PM, Sat 9-10am, Instruc: Angela Sidlo, YOGA, M/W 8-9am.

SPIRITUALITY

SPRING EQUINOX: HOLY DAY CEREMONY. Thursday, March 20, 12-2at Wanderland Rainforest Iseum. "Sing frog, sing! Bring the rains that cleanse the earth--and make us whole again." On Spring Equinox, night and day are momentarily balanced. We celebrate the return of the sun, for after Spring Equinox, every day is brighter than the one before as Earth blossoms into spring. This Holy Day ceremony will be led by Gwendolyn Endicott, author, mythologist and Priestess of Isis. We will focus on the goddess Tara, whose name translates as "Star" or "She Who Leads Across." Using mantra, prayer, visualization, and sensory experience, we will call on Her for balance and healing as we grow into the new. Donations toward the maintenance of the forest sanctuary are welcome. The ceremony starts at noon. Please do not come late Gwendolyn@nehalem.tel.net or 503-368-6389. For Wanderland Sanctuary and Iseum, go to our website: wanderlandrainforest.org

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

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,

The Bay City Arts Center in collaboration with the Oregon State University's Open Campus present a new program called ART TO MARKET. This program will consist of 3 workshops designed to provide tools, resources, information, and inspiration to local artists interested in taking their passion and turning it into profit. The first workshop, "Producing your Product" is scheduled for Wednesday, April 2 from 5:30pm - 8:30pm at the Bay City Arts Center. This course is open to individuals of all ages with an interest in the Arts.

Join local arts professionals to share tips and tricks of the industry, network with fellow arts enthusiasts, and learn valuable skills to start up or fine tune your very own arts business. The first workshop, "Producing your Product" will focus on cost saving tips and resources when creating quantity sales orders, techniques for do-it-yourself projects that can save valuable time and money when creating your art, and resources to purchase discounted, quality arts supplies that can achieve the same quality product for significantly less investment.

The "Producing your Product" workshop will be led by local artist and high school art teacher Breanna Moran, local artist and photographer, Charles Wooldridge, and local graphic designer, Rick Henry. Each of these artists have years of industry experience covering a diverse array of arts mediums and interests. There will be information provided to help artists of all types including: pottery, photography, painting, hand-made goods and textiles, stone sculpting, and greeting card creation to just name a few.

Upcoming workshops in this series include "Promoting your Product" and "Profiting from your Passion" held in late April and early May. Tuition is \$10 per class, or \$25 for all three if you are a Bay City Arts Center member. All supplies and handouts for the course will be provided and light snacks and refreshments will be served. Please contact Leeauna Perry at the Bay City Arts Center office to reserve a space; drop-in participants are welcome.

For more info regarding events and programs offered by the BCAC, please contact us at (503) 377-9620, visit our website at www.baycityartscenter.org or check us out on Facebook.

Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

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

VOLUNTEER

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

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

MEETINGS AND MEET-UPS!

THE 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

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."

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.

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

No More Separation

I RECENTLY met two women who were right out of 'sex and the city'. One was tall and beautiful and the other was brunette and brilliant. They had no clue they were meeting Morganie from the 'Mists of Avalon'. I smiled and noticed the nervous energy of the tall one and the brunette's overly confident attitude. I filled the room with love and made sure they were both comfortable. I spoke to them about my work as an energy surgeon and described several people I had healed long distance over the phone. They were interested in every detail for both of them had recently been stung with the spiritual quest that has many people leaving their jobs

and seeking enlightenment. This new found energy and love for things that might actually be real had them enthralled with my every word. It was clear they were talking to Morganie in essence desperately wanting to enter Avalon. I spouted my truth right out of the book. "I am unwilling to have doings with charms and magic. We are taught in Avalon that simple folk may need such things, but the wise meddle not with them, but bear the lot the Gods have sent them." I couldn't have said it better myself. I felt both of these women were ready to leave their jobs and jump off the nearest Reiki cliff to live a life of service. I told them there

is nothing wrong with your desire to change, the energy is shifting daily and these higher frequencies are making demands on humanity to deal with their unresolved karmic history. They smiled as I spoke and ordered another drink. I had tea and wondered how we would reach ascension as a species with alcohol in hand.

'I am not enough' is on the lips of millions of men and women as they try to get a job in their field and fail, or gain the status they need through social media working hard for the 'like'. I shared with both these women the need for people to reconnect with the earth's sacred energy for it is the very foundation of our existence. The energy of the earth fills our energetic body and helps us to stay grounded as we navigate the fifth dimension. They talked about the various workshops they had attended and the confusion over information. I told them they both need to find a teacher and dedicated themselves to learn from one person; gaining the knowledge that will help them develop their skill. They were both anxious to be in service to humanity. I encouraged them to take this new found spirituality into their daily lives and

current jobs. There is a need for everyone to be connected to source. This is something we must put into motion so that there is no separation between our lives and our spiritualism. I felt the ancient voice in my heart remind me this is the last time for many of us to incarnate on earth. This is why there is a big rush on enlightenment. Humanity yearns to no longer experience separation from the Divine. I hugged them both good night and told them they have always been connected to source. I could feel the weight of the earth, as I walked away.

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

Anticipation . . .

By Tobi Nason

word and wisdom

HAVE YOU EVER anticipated something? Anticipation is akin to hope, desire, want. It also sounds - expectant. Desirous. Waiting on the sidelines...for the good stuff of life.

It has a more immediate sound to me. It sounds like something's about to make my heart pound. Maybe I'm thinking of Carly Simon, and her song. Something right around the corner... and I can't wait.

A funny funny word. . Ideally, it'd be nice to wake up every day, anticipating something. If you're anything like me, that's not the case. I sometimes dread a day or two for odd reasons: a financial concern, a personal dilemma that needs resolution, or something as basic as grumpiness which can only improve with a cup of coffee.

Periodically, I need to get myself psyched up about something. Since I'm a most regular creature, day in, day out, it's hard to find myself surprised by much, unless it's some spontaneous act of karma generated by the world. You know, those rare synchronicities that feed the soul. The coincidences that seem like sheer blessings, with you spe-

cifically in mind. But when those don't occur, it helps me to generate my own sources of anticipation. I have to actually "do something." - I have to be proactive and ... anticipate what hopefully is a good result.

Being pro-active generally suggests the result will be positive. Who ever heard of someone actively choosing a behavior that is almost guaranteed to be a negative result? Uh oh. People do that all the time, don't they? Drugs, alcohol abuse, infidelity, self-sabotage - those can be the chosen behaviors, but the anticipated results are negative. That's when anticipation turns to dread.

This is the beginning of Spring. Daffodils, fresh fragrant air, grassy smells, and lots of bird activity lightens my heart. I find myself - Anticipating: New buds on bushes, crocuses, fresh light breezes, and yes, love. I find myself wanting to fall in love. So much brand new and surprising via nature, why not love?

If I were to give a counselor slant to this, I would say - write a wish list of how you would like your life to look like. Then take small pro-active steps in that direction. My wish list is wild, full of big and

small desires. I look at it daily, and know that the small steps will get me where I want to go. I anticipate success. I may not get it, but I anticipate it.

Life is hard these days. Economy is bad. Relationships are stressed. People are working harder and longer. Or, they are out of work and have to create a different sort of wish list. Anticipation, especially self-generated, is a wonderful thing. Sending out a resume, writing a heart-felt letter, or extending an invitation are setting gears in motion. There is an anticipation that Something will happen. Something. A good Something. A wonderful result.

Give it a try. Wish list. Small steps. Take yourself out of your ordinary and dream big. Life is not long and a whole lot more fun if you set yourself up for the good things in life. Anticipate more than the mundane. Anticipate a life of wonder and love and surprise. I bet you will get it. Yep, that's what I think.

Tobi Nason is a counselor from Manzanita. Eternally optimistic with brief moments of dismal depression, she anticipates good things to happen. Always.

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



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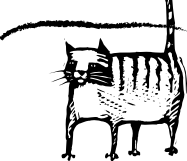
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WHAT'S THIS INVISIBLE
DOG NONSENSE?



By Tracy Erfling, N.D.

Gout it Out!

GOUT IS one of those troublesome metabolic conditions which most typically manifests as big toe joint pain. It is usually characterized by an acute onset of pain, swelling and redness. It can, however, become a more chronic condition and affect more joints as well as the kidneys as time progresses and without proper treatment. Typically people are told this is something they have to live with, which to some extent is true in that once you have a propensity for this condition it is something that may need constant attention to keep in control. This article will look at Gout more closely to unfold its disease process and solutions for treatment and prevention.

Once known as 'rich man's disease' this was a condition typically seen only in those who could afford a richer diet including meats and alcohol which was not available to the poor. Now however this condition affects 1-2% of our Western population, 90% of which are men over 40... lucky guys. It is caused by hyperuricemia which is high uric acid levels in the blood. This can be determined by a simple, inexpensive blood test, although the definitive diagnosis is identification of uric acid crystals in the synovial fluid of the joints. These uric acid crystals accumulate when not properly filtered by the kidneys. They are heavy, so 'fall' through the circulatory system and settle into the lower limbs. This is why the big toe joint is most common, but anywhere in the feet as well as knees may be subject to this gravitational effect.

Uric acid is created as part of the normal breakdown of purines, which are a final step in protein digestion. Uric acid cannot be broken down in the body so must be excreted in the urine via the kidneys. When the kidney are unable to excrete enough of the uric acid or there is an excess from intake, a build up occurs. The

uric acid then congregates into crystals called tophi. Once these tophi settle in the joints they are detected by the immune system which then

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



initiate the inflammatory response in order to try and clear them out. So now there is swelling and redness and pain and voila Gout!

Naturopathically when I look at this condition as laid out above I see two issues, protein (purine) intake and kidney function. What foods are rich in purines? The top of the list are those fabulous oil rich small salt water fish like anchovies, herring, mackerel and sardines, also mussels and clams, fish eggs (roe), game meats, organ meats, and yeast (yep this is where beer comes in). Certainly more common meats like fish, poultry, beef and pork contain purines esp. if they are heavy in the diet. Drinks sweetened with high fructose corn syrup or even fruit juices have also been shown to increase gout symptoms. And what would compromise kidney function? Low to no water intake would be on my list here. I am regularly faced with patients who just don't like water, or drink very little... this on-going dehydration

will concentrate the uric acid levels more quickly. Certainly some pre-existing medical conditions are included here such as Diabetes, insulin

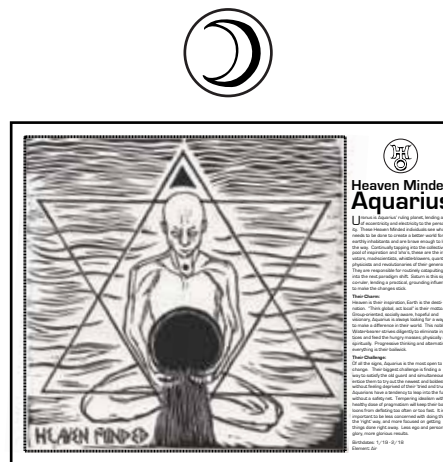
resistance, obesity and metabolic syndrome, also high blood pressure, high cholesterol levels, kidney or heart disease and lead poisoning; these may all increase risk. Many diuretics can increase gout risk and then as with all conditions there is some contribution by good ole genetics.

What can be done to Gout it out? Colchicine is the oldest and most traditional therapy still in use today. It is derived from the Autumn crocus which was discovered for use in this disease in the early 1800's! It works to keep the uric acid crystals from forming; it is now a medication of course. That being said a first go to conventionally speaking

would be NSAIDs like aspirin or ibuprofen; these are used to control the pain and inflammation. A last resort would be the use of steroids to stop the inflammatory process altogether, not a long-term solution in my view. Naturopathically we have other options. Clearly doing things to encourage better kidney function and reduce inflammation would be a must; there are many herbs here which could include dandelion leaf, turmeric, yucca and yarrow. Black cherry juice concentrate has also had some nice results as do strawberries; these foods among others naturally reduce uric acid levels. One of my favorite topical therapies for joint inflammation which will get mention here too is topical castor oil packs. These won't alter uric acid levels but will help reduce the associated pain and swelling.

As always however, the best medicine is an ounce of prevention. Following a low purine diet, reducing or eliminating sugary beverages and replacing them with ample water, getting out for that daily dose of exercise, etcetera etcetera... these are the ongoing health goals we should all strive to uphold. And with that being said I will remind you all to...

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



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CHEW ON THIS!

by Merianne Myers



"Spring Can Really

Hang You Up The Most." The jazz classic from lyricist Fran Landesman and composer Tommy Wolf pretty much sums it up. It is said that the inspiration for the song came from T. S. Eliot's The Waste Land. Even if poetry is not your thing, you probably know that "April is the cruellest month." So very true for so very many reasons. But read the verse launched by that phrase and you have a description of Spring so romantic and heartbreaking and evocative of the thing we all feel this time of year, we should collectively know it by heart.

*April is the cruellest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.*

Oof! T. S. Eliot was very sexy. This poem and this season make me long for Spring Onions, a big bouquet of Grape Hyacinth and Daffodils, less gray and a bit more jittery bright sunlight bearing a little warmth, Pussy Willows bursting forth in all their furry finery, Asparagus shoots peeking out of their warm bed, fat Chinook Salmon making their way up river to my dinner table...and a cigarette. Although it has been years since I smoked, I remain unrepentant and susceptible to the longing conjured up by certain poetry, a great meal, a snifter of Brandy. I'm not interested in actually smok-

ing again. I just like the twinge of melancholy and desire.

The transition from Winter to Spring is tangly and fraught with emotion, promise, seduction and anticipation. It's the Christmas Eve of seasons, exciting and seemingly endless.

Seasonal changes in food also cause me to feel nostalgic for the impending loss of some favorites and woozy at the thought of tastes available only in my imagination for months. Sort of like a bruise you can't stop touching - it hurts but it feels good. Or maybe it's just me. It's entirely possible that this whole treatise on the transitioning of seasons is merely a parade of my own neuroses and the process is actually clean and angst-free for the rest of you. Sadly, I'm a tad too neurotic to consider that very seriously.

I know this for sure. I will miss Pears, Cara Cara Oranges, Butternut Squash, the crunch of frosty grass underfoot, the winter sky and crawling into a snugly bed pre-warmed by an electric blanket and three cats. All the while, I can hardly wait for early salad greens even now beginning to come up in a pot outside the window, the blaze of tulips growing taller daily in the bed by the front door, the shenanigans of the yard ducks and birds looking for love and mostly the smell of dirt as I pull weeds from my neglected beds. Spring dirt smells infinitely more promising than winter dirt.



Here is a completely appropriate farewell to Pear season and perfect chilly evening treat that may leave you wanting a cigarette.

NOT STOLEN, JUST POACHED PEARS

4 pears, peeled, cored and cut in quarters, chunks or thick slices. Of course, you can leave them peeled and whole, they just take longer to cook. This is a rich dessert and can serve up to 6 easily if you cut the fruit rather than leave it whole.

- 1/2 teaspoon fennel seeds
- 1/ teaspoon coriander seeds
- 1/4 teaspoon black peppercorns
- 3 cloves
- 1 cinnamon stick
- 1 cup superfine or sifted sugar
- 1 cup hearty red wine - Cabernet, Rioja, Sangiovese, etc.
- 1 cup water
- 3 tablespoons fresh squeezed orange juice
- 2 tablespoons fresh squeezed lemon juice
- 2 tablespoons sherry

Heat the fennel, coriander and pepper in a dry saute pan until they start to smell wonderful. Crush them coarsely in a mortar.

Over medium high heat, bring the sugar, wine, water, citrus juices, sherry and all the spices to a boil. Don't stir it. Let it bubble for 5 or 6 minutes.

Add the fruit and reduce to simmer until tender. Remove the fruit and chill. Return

the juice to a boil and cook until it thickens to a light syrup. Let it cool.

Serve over ice cream, pound cake, rice pudding or all by itself drizzled with the syrup.



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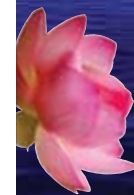
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Beers To Your Health

Learn How to Turn Your Yard into an Edible Landscape



Wapato, a small potato that grows in marshes, a staple of native peoples.

EDIBLE LANDSCAPES and instruction on how to enhance the aesthetics of your yard while growing your own food will be the focus of a lecture in Astoria Thursday March 13. "Beers to Your Health", the Astoria Co-op's monthly food and wellness lecture series at the Fort George Brewery's Lovell Showroom will feature Farmers Dixie and Scott Edwards from Watershed Garden Works in Longview, Washington. North Coast Food Web is co-sponsoring the event.

Dixie and Scott's main business at Watershed is growing and selling northwest native plants

for stream and wetland restoration, but the farmers also grow plants and produce for farmers markets. You can find their edible and ornamental plants, fruits, vegetables, jams, jellies, and pickles in Astoria at the River People Farmers Market. The farmers will share their expertise with a focus on edible landscaping.

"Edible landscaping can mean a lot of different things such as aesthetically pleasing vegetables in your flower beds... all the different types of common edible plants that would fit in with the existing landscape and how to create zones in your landscape where you're trying to produce food year round in our unique climate," Farmer Scott Edwards said.

Farmer Dixie Edwards also plans to touch on local ethnobotany, the scientific study of the traditional relationship between people and plants.

"Wapatos were a staple food for a large population of people here before Lewis and Clark. Wapato, Camas, berries and how they were used also fits into the landscaping because those plants are adapted to our climate," Farmer Dixie Edwards said. A Wapato is a small potato that grows in marshes. Camas was another root vegetable food source

for native people.

Scott and Dixie will provide a list of tried and true plants that grow well in our area and they will bring some plants to the lecture, which will be available for purchase.

Thursday March 13, doors open at 6 p.m. for food and drinks. Lecture is 7 p.m. to 8 p.m. Fort George Lovell Room in Astoria. FREE and Open to the public.

Where: Fort George Lovell Showroom, 1483 Duane St. Astoria

We Are What We Eat: Connecting Food and Citizenship

Free Discussion about Food and Citizenship

THE LOWER Columbia Diversity Project and the North Coast Food Web invite the public to "We Are What We Eat: Connecting Food and Citizenship," a free conversation with Wendy Willis, on Thursday, March 13th, 7 - 9 pm, at the Judge Boyington Building, 857 Commercial Street, Astoria, OR.

Oregon is famous for its food—for its long traditions in agriculture and fisheries, and also for its role in the movement to promote whole food in communities, schools, and home kitchens. In addition to the daily practice of cooking and eating, many Oregonians also think, talk, and write about food. Might our relationship to food production, preparation, and consumption create deeper connections to our place and our neighbors and a pathway to increased self-sufficiency? - This is the focus of "We Are What We Eat: Connecting Food and Citizenship," hosted by the LCDP and the NCFW, and sponsored by Oregon Humanities.

Wendy Willis is a poet, essayist, and national leader in civic engagement and collaborative



Wendy Willis

governance. She serves as executive director of the Policy Consensus Initiative, a national nonprofit organization housed at Portland State University devoted to improving democratic governance. Her first book of poems, Blood Sisters of the Republic, was released in 2012.

Taste Wines from 40 Northwest Wineries

At the Savor Cannon Beach Wine Walk

THE WINE Walk is the largest event of the four-day Savor Cannon Beach festival March 6-9, benefitting Cannon Beach Preschool and Children's Center.

Forty Northwest wineries will be featured in the Savor Cannon Beach Wine Walk on Saturday, March 8, the largest event of the four-day Savor Cannon Beach festival March 6-9. Up to 500 participants who purchase a glass can make the tour of Cannon Beach galleries, shops, restaurants and hotels, each hosting a winery offering tastings. The Cannon Beach Community Hall will feature eight small or boutique wineries in the Willamette Valley Winemakers' Showcase.

The Wine Walk is one of six Savor Cannon Beach wine tasting events over the four days of the festival. Tickets for the Wine Walk and other Savor Cannon Beach wine tasting events are \$30 each and a \$119 Festival Pass is good for all six



of the festival's wine tasting events including the Wine Walk.

The day of the event, any remaining tickets for the Wine Walk may be purchased beginning at 11am at the Coaster Theatre Box Office (108 N. Hemlock) in downtown Cannon Beach. Proceeds from the Wine Walk go to support the non-profit Cannon Beach Preschool & Children's Center. Advance tickets can be purchased and a complete schedule of events can be found at savorcannonbeach.com.

Seed Starting Class March 15, Saturday 11 a.m. - Noon

TRICKS AND tips to successfully grow flowers or veggies from seed. In the greenhouse. Dress for the weather. Free! Seeds and seed starting supplies will be on sale for attendees. Sign ups will begin March 1st for this limited space class.

The class takes place at Brim's Farm and Garden, 34963 Hwy 101 Business in Astoria.

Grow your own! See our FAQ link on our website to learn more about growing here on the north coast. www.brimsonline.com

Local Food Production Classes at CCC

Clatsop Community College and Oregon State University (OSU) Clatsop County Extension announce a new series of courses designed to educate coastal residents about growing and food production in our local environment. All classes will be held at Clatsop Community College. (the Grafting workshop has already taken place).

Advanced Berry Cultivation - will be taught on March 18 from 6:00 p.m. - 9:00 p.m. Designed for small-scale farmers or the advanced hobbyist, this class will explore aspects of berry production such as varietal selection, disease and insect management, maintaining fruit quality, pruning, and specialized production techniques, all in the context of growing conditions found along the Oregon Coast. The instructor for this class is Joe DeFrancesco, Assistant Professor, OSU North Willamette Research and Extension Center. Cost is \$35.00.

Backyard Chickens - is being planned for late April or early May. This class will cover the basics of raising a backyard flock for subsistence, or for small-scale commercial operations. Topics will include breed selection, selection and care of chicks, techniques for raising meat and egg birds, harvest and marketing.

Beekeeping for Beginners - taught by Thom Trusewicz, beekeeper since 2000 and owner/operation of Beehaven Natural Raw Honey Farm. This one-day class is Saturday, March 8 from 9am - 4pm. Novice beekeepers will learn how to be successful keeping honey bees. Topics covered include bee behaviors, equipment, care of hives, diseases and medications, safety, honey production, marketing and year-round maintenance. Cost is \$20 per person or \$30 per family. You may pre-register online or by phone or register in class.

Students can register or obtain registration information by calling Clatsop Community College at 503-338-2408, or visit www.clatsopcc.edu/schedule and search under course title. Information about the three-class food production series can be found at the OSU Extension office in Astoria or by calling 503-325-8573.



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St. Patrick's Day Celebration
Monday, March 17
Spud & The Snake Skinner · Pub
 Irish or not, you'll want to celebrate like a wee lad, right? All day we'll be serving our lucky Irish Stout, Irish coffee, Irish reubens and more.
All day! Music 6 p.m. 'til 9 p.m.

Great Northwest Music Tour
March 21 · The Howlin' Brothers
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Astoria Music Festival Presents "Russian Gold" Concert
SERGEY ANTONOV – CELLO AND ILYA KAZANTSEV - PIANO
 March 21, 2014 • 7:30 PM, Liberty Theater
 Tickets: Patron \$35 (includes special reserved section and post-concert reception). \$20 General

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 2014 Lady Liberty Award Luncheon: A Salute to People of Distinction
 Thursday, April 10, 2014. 12 - 1:30 pm
 Keynote Speaker: Betsy Johnson

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