

HIPFISH
Book Celebration
with **Florence Sage** pg4
Nevertheless: poems from
the gray area

HIPFISH

MONTHLY

the alternative press serving the lower columbia pacific region

NOVEMBER 2014

vol. 15 issue 190

NORTH COAST FOOD WEB



Growing a World of Vision

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at KALA pg 3

**Gas Attack
REDUX**
By Peter Huhtala
NO LNG IS 10!!!

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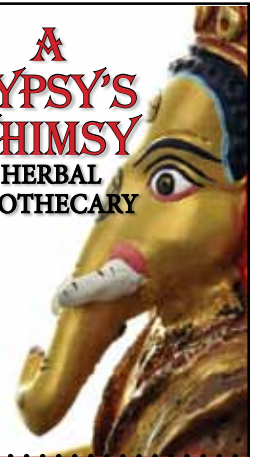
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Born to Heal: Sonja Grace's life as a Mystic and Earth Angel

By Robin Bacior

THE LIFE of a mystic is full time, to put it lightly. It's not something one decides on and works toward, but realizes and carries out. It's a life of heightened connection; of listening, knowing, and possessing something a little beyond the average.

"I live, breathe, and walk my life as a mystic and a healer, and it's not always by choice, it is by divine intervention, it is truly what I have surrendered to," said Sonja Grace, bonafide mystic, and coincidentally long-time columnist for Hipfish. "I have completely turned my life over to god, it's like, whatever you need me to do, wherever you need me to be, I'm on course. Tell me where to go; if I have to get a plane ticket, great, if I have to walk, make sure I have some shoes."

Grace is based in Portland, but is connected worldwide by her work. She's a healer in many capacities, and she's been aware of her gifts from her youngest years.

"My earliest memory of being all sensory on- I could see it, hear it, smell it, all of it- was as early as two years old," Grace said. "I remember my guide through the spirit realm, walking through my room. I used to roll the crib across the floor and bang it against the door so my mom would come get me because I was done with my nap, and cribs back in those days were extremely heavy, and pretty much impossible to move, and I remember seeing my guide on both sides of the crib helping me roll it across the floor. It's an amazing journey in that my whole childhood was very much a part of the spirit realm."

As one might imagine, having such a large gift at such a young age can be an overwhelming force to not only process, but tame. Luckily, Grace found her way through other art forms.

"I was seeing



so much, and my development as a mystic took a strong course when my mom put me in ballet class," Grace said. "When

you're dancing you have to be so spatially aware, you have to know that person next to you is two inches from you, and you can feel it, your whole sensory system is on. Being a ballet dancer- the structure and discipline of it- really helped me become very disciplined in my work."

Throughout Grace's versatile work she's been writing a series

of books about her life as an earth angel.

The term came from an experience Grace had when her father passed, and she helped him travel into the light to greet the afterlife.

"The arch angel has taken me into that parallel universe and that's the place where we all go when we die," Grace said. "I've been there many times, it's spectacular, it's beautiful, and I hope my experience with it- will inspire people to not be afraid about death."

The angels also told Grace that she needed to pass her knowledge onto others, from which came her newest work, *Become an Earth Angel*.

"I wrote the book from a perspective of being a healer, but I feel that this book is applicable to anybody- that there are people that are in service, or looking to be in service in all industries and I think it's great guidelines for that."

The work is challenging, and seemingly never ending, but it's beyond a job, and beyond in general. It's what Grace has been born to do.

I love helping people and helping them come to a realization of what's blocking them, and seeing that incredible breakthrough that they make. It's a joyful thing," Grace said.

"Yes there are hard things about this job, I would not wish this job on anyone. I'm out there clearing entities and aliens and all kinds of lower astral planes, demonic things, and it's not fun, it's not what I'd wish on anyone, but I'm able to do it and I'm good at it."



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HIPFISH PUBLISHING: BOOK RELEASE CELEBRATION

FLORENCE SAGE *Nevertheless: Poems From the Gray Area*



Photo: Don Frank

WHEN FLORENCE Sage reads to you her quirky, sly poetry she'll giggle, shake her head, maybe wag a finger, gasp softly. And if, at first, you find her curiously fond of her own words, listen a while. Shortly you'll discover, and then share, not simply delight in her poetry, but honest affection for the puzzled, puzzling people who populate it.

You might recognize yourself somewhere.

"I like to write about people at the point of bewilderment when they realize they have to give up on certainty. That's the gray area," she says. "That's where the good stories are, and the surprises."

Sage, who has been crucial grease in the FisherPoets Gathering gears since its beginning and a tireless encourager of others' poetry locally for years, has at last compiled a collection of her works. HIPFISHmonthly, as publisher HIPFISH Publications marks its foray into literary publishing with Sage's book. Editor and Publisher Dinah Urell says, "Working with Florence on this collection is a natural progression from our years of association. Her column, 'The Poetry Venue,' which ran for numerous years was a smart and unique contribution." The column presented a monthly poem, and two features: About the Poet, and About the Poem. Says Urell, "It's intention was to expose people to what good poetry is, I think it was successful, personally I learned a lot. But now we get to savor the poetry of Sage, and that's really exciting and rewarding to be a part of."

"Nevertheless: Poems from the Gray Area" gathers fifty poems, her favorites and others', that describe that space, she says, "between black and white, wrong and right, no and yes where much of life does its best to go on."

The poems are not autobiographical. They are, she says, "creations of the mind, developed from broad observation, conjecture and poetic fabrication." They are also exquisitely genuine, almost clinically down to earth.

In one, a mother living in our inevitable tsunami's path would bid her children sweet good-bye every night because the ocean's "monster of a tongue" is "big and bad and bitter cold / and has no fear and there's nothing you / can do but give in to it, tonight."

Elsewhere a fragile but stubborn elderly woman determines to descend her precarious front steps but finds suddenly she's forgotten to dress.

In Sage's poems sweet-hearts connect tenuously, and on uncommon terms. One couple love long enough, just, "to make him stare at the space / she left when they came apart."

Or former lovers happen coincidentally upon one another at PDX leaving one of them "all the next day / staring into a deep glass of wine, / pondering all the airports of the West, / (...) about tossups and trajectories and timing

/ and the urgent jet propulsion of loss."

Yet another, a docile couple, long-married, driving their two cars home, one "with the dry cleaning" the other "with salad and bread," are troubled by a reckless driver who pulls "into the nice three-car space we leave between us" and introduces an alluring, perhaps divisive, recklessness into their lives.

Friendships, too, diverge. New Year's Eve at the end of 1999, while his companion welcomes a new millennium "on the stroke of midnight / with a flick of (his) ecstatic electrified hand / across a

screen anticipating the next big thing" a simple soul is "glad to be this kind of goofy guy / who gazes at the balloons and streamers / dropping from the party sky, snorts at the bubbles up his nose, brightens from the midnight kisses..."

In the midst of their bewilderment, in the gray area, come surprising revelations, unexpected behaviors.

Sage repeats Robert Frost's maxim.

"No surprise for the poet, no surprise for the reader." Often Sage constructs a lyric melodious image, but brings it tumbling down, or makes us look upside down at it, or inside out, with

by Jon Broderick

a surprise in the final lines that even she, often, didn't expect.

Sage writes with her audience in mind and understands the power of the spoken word. She seeks, subtly, to affect her listeners, "to let their own thoughts and feelings about life emerge," she says. She doesn't write to be understood as a person or poet. "A poet should have a certain composure," she says. "Poetry isn't self-disclosure or self-display. People should be comfortable settling in to it – then be surprised."

Humanity's befuddled individual encounters with scientific principles animate many of her poems. In "Occam's Razor in the Night" a clear-thinking man ponders his reckless sweetheart's elaborate explanation of her return home "so very late, and such a mess."

The curious attractions and repulsions of atomic particles, the odd duplicities of quantum physics describe human behavior, too. In "Uncertainty: Travels of the Electron" at the moment of her anxious reunion with her husband whose car headlights she's been watching approach from afar, a woman describes herself suddenly "split in two, / unwilled and hoped for and impossible to stop." "Unpaired" she pulls out in her car "avid for some small collision to change my course / today..."

In "The Big Bang and the ever-expanding universe" the inevitable trajectory of a romance mirrors the universe's own. "Pure hot mystery we were / first light settling over. / like matter and antimatter collided and paired, / we popped, we crackled, / brilliant, weren't we / every way there was, and every where. / Only time could cool us down..."

Sage is something of a social scientist, fascinated by life in the gray area and people's bewildered behavior there. Yet she allows herself and her audience to cultivate a tenderness toward them. "As I write I develop a tenderness toward the often bewildered characters in the poems, and toward all us struggling human beings trying to make a good life and trying to understand it." Later she bursts out "I

love this guy!" after she's read about a dispirited old sumbitch in her poem "No Point."

Sage began writing poetry, with some reluctance at first, in 1998 late in a varied career in journalism, counseling and teaching. "I was afraid I'd be stodgy," she says, perhaps thinking of her poetry's allusions to art, literature and science. But, rather, she's meticulous, crafting poems that she reads in her clear, melodic, measured voice, a little like your first grade teacher's, where each word matters and is in exactly the proper place. See how she describes that paralyzing REM stage in a man "Unable to Explain his Sleep:"

"...he dreams / about elusive women he can't keep / with his cumbersome movements, his immobile arms / and stumbling legs weighed by his iron feet, / falling behind at each attempt to step..."

Her varied poems intentionally defy thematic categorization. So, in her polite Canadian way, she's organized them alphabetically. Her readers, and she, can find them easily. The collection itself is a gesture of politeness. Sage wanted to save her daughter Tori the trouble of someday deciding what to do with her mother's poems. "I thought my friends and family might like to read this. I knew I had some poems that other people remembered" and so she included some with friends in mind.

Sage's are poems to read more than once, to find among them a favorite to memorize, to read aloud yourself in her articulate Canadian cadence, to wonder at and be surprised by over and over again.



HIPFISH CELEBRATES!

Friday, Nov 7, 7:30pm

How Goes The Eve:

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Inside the Month:

NORTH COAST FOOD WEB pg 10-13
Connecting farmers, fishers and food providers, the economy and the greater community, the NCFW gets a new home -- founded in 2011, find out what this amazing organization has been doing and its vision for the future.

GAS ATTACK/LNG REDUX pg 8
In late 2004, a core group of people gathered to address the LNG terminal to be built on the Columbia River. Today, that very same core group with the help of hundreds of others in Oregon and Washington, and the Columbia River Keeper have succeeded in protection of the environment.

In 2005, HIPFISH, with the help of numerous writers and that same core group of concern, published a special 9 page LNG Edition, *Gas Attack*, focusing on the many issues of LNG. In tribute to 10 years of victory we rerun the lead story, by current county commissioner Peter Huhtala, a former frequent contributing writer to HIPFISH.

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Agnes Field

Totems and Fables

APRIL COPPINI of Portland, Oregon brings for her first exhibition at Imogen Gallery, *Totems and Fables*, a collection of gorgeously rendered charcoal drawings. Coppini portrays a focused record in her subject matter depicting the wild and unseen side of animalia, providing hints of a story seldom observed. A slight movement, the tension of muscle before a possible leap or the relaxed stance of bovine grazing on morning grass, are all elegantly conveyed through beautiful and gestural mark making.

Coppini has also taken great interest in the rapid disappearance of honey bees, also known as "colony collapse disorder". As a result she has created over 1000 drawings of bees. Her hopes in this practice is to create awareness of the significance bumble bees have on mankind. In her own words, Coppini states, "I believe, foolishly or not, in the possibilities of the human race. I believe the act of being called on to make these drawings is something that comes from a force bigger than us. Its stating, here's what needs attention, listen to the fables being told here. What we do next, what happens to all the imperiled species is, quite literally, up in the air."

2nd Saturday Art Walk, Nov 8, 5-8pm. IMOGEN is located at 240 11th St. in Astoria.



Lower Columbia Diversity Project Racism 101

LCDP presents: Racism 101 - What it is, how it looks, how it functions, and what must be done to eradicate it - a free workshop with Ahjamu Umi.

Sunday, Nov. 9th, from 2 - 4 p.m. in the Judge Boyington Building, 857 Commercial Street, Astoria, OR

What is racism? How does it manifest itself? And what we can do to eliminate it? - This workshop is a

two-hour journey into the history of institutional discrimination, where it started, how it's maintained, and what it looks like today. There will be interaction and opportunity for discussion around next steps to seriously address this systemic problem that plagues our entire society. There is no charge for this event.

Ahjamu Umi is a lifetime activist for Pan-Africanism and human rights. He has organized in Africa, Europe, the Caribbean, and throughout the U.S. He holds a Masters Degree in Economics, and he is the author of the social justice novels "Find the Flower that Blossoms" and the soon to be released "The Courage Equation".



Chinook: Our People, Our Story

LCDP presents: "CHINOOK: Our People, Our Story", with Tony Johnson - 2 pm, Sunday, November 16th, in the Judge Guy Boyington Building, 857 Commercial Street, Astoria, OR.

The Chinook Indian Nation consists of the western-most Chinookan people. In the early 19th century, the Chinookan-speaking peoples lived along the lower and middle Columbia River in present-day Oregon and Washington. The Chinook tribes were those encountered by the Lewis and Clark Expedition in 1805 on the lower Columbia.

Tony A. Johnson is a Chinook Tribal Council member, chair of their Culture Committee, a scholar of the Chinook language and culture, and an artist, born in his family's traditional territory on Willapa Bay in Washington.

FMI email: lcdiversityproject@gmail.com

10 Year CELEBRATION

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US Militarism and Islamist Radicalism

by Stephen Berk



DURING THE run-up to the 2003 invasion of Iraq, I posted on my office door at Cal State Long Beach a passage from the sitting President Bush's father, George H. W. Bush's, *A World Transformed* (1999), written with his former military adviser, Brent Scowcroft. In it they stated their reasons for not sending General Schwarzkopf's Army into Baghdad to "take out" Saddam Hussein, occupy and reconstruct Iraq. Following the Vietnam debacle, Creighton Abrams, Caspar Weinberger and Colin Powell laid out specific guidelines on how to fight and win limited wars. Abrams was the well-respected last commanding general in Vietnam. Weinberger was Reagan's defense secretary, and Powell, Chairman of the Joint Chiefs of Staff during the Reagan and first Bush administrations, was instrumental in planning the Gulf War of 1991. These men had specified that limited objectives, overwhelming force and a clear cut exit strategy were crucial. The Gulf War held to these guidelines. Saddam Hussein's army was ejected from Kuwait and decisively defeated on the battlefield. Bush and Scowcroft explained that they had not supported the Shia uprising against Saddam and his Ba'ath Party, because they believed that would invite open-ended sectarian conflict among Sunnis, Shiites and Kurds. In short, it was better to live with the tyrant we had previously supported in his war with Iran. His secular government had the authority and infrastructure to keep Iraq running as a regular source of oil for the West and to keep antagonistic religious factions at bay.

Iraq had been a monarchy cobbled together of these disparate groups by the League of Nations after the Ottoman Turks lost hegemony in the Middle East following World War One. The compliant monarchy installed was eventually supplanted by a nationalistic movement under the Ba'ath Party, which succeeded in nationalizing Iraq's oil. The secularist Ba'ath movement

eventually became the means of Saddam Hussein's rise to power, as it also produced the Assad ruling family in Syria, next door. While Ba'athist socialism has produced authoritarian governments often regarded as antagonistic to the West, it has been more stable and predictable than the Islamist movements presently vying to supplant it. Islamism is militantly sectarian and intolerant, seeking not a modern diverse society, as permitted by the Ba'athists, but narrowly construed Islamic orthodoxies, which violently suppress all forms of dissent and



act harshly repressive towards women. US policy makers have tried to find moderate Islamist groups they could support against Ba'athist and other socialistic governments in the Muslim world, but they have failed miserably, as the endless war against the Taliban has shown. The Taliban emerged from Afghanistan's Mujahedeen, which the US supported against Soviet-backed socialists.

In the Second Iraq War, engineered by the second George Bush's neoconservative imperialists, all the principles used to limit and win the Gulf War were violated. The neocon project was not only to topple Saddam Hussein but to decommission the existent Iraqi Army and outlaw the Ba'ath Party. These policies were eagerly enacted by Paul Bremer, Administrator of the Coalition Provisional Authority, which ruled Iraq by decree until the new govern-

ment was put in place. Knowledgeable Army officers and seasoned soldiers were sidelined, joining the growing number of resentful unemployed. And Ba'athist public officials shared their fate. The newly elected government strongly tilted toward the Shia majority. The result was a potent Sunni insurgency, characterized by hit and run tactics reminiscent of and inspired by the Viet Cong. And instead of a seasoned Iraqi state and military to oppose the insurgents, we had the incompetent, fledgling government and military created by the US.

While the first George Bush had left a functioning Iraqi state intact, the following two presidents, Bill Clinton and Bush II completely destroyed it, thus creating a dangerous power vacuum. The Clinton administration treated Saddam Hussein as an outlaw and collectively punished his country, bombing it daily and imposing ruinous sanctions, which destroyed water purification and led to the deaths of over 500,000 children. Thus, Clinton had gone far in destroying the Iraqi physical infrastructure before Bush II upended its government and military.

This became the groundwork for the rise of the Islamic State, the new and most virulent of Islamist movements yet. It arose amid the chaos created by post 1991 American destruction of Iraq. It has commandeered sizable caches of American weapons left in the country. And it recruits its insurgent army from the ranks of millions of angry, impoverished Iraqis, Syrians and other Muslims in the Middle East and Central Asia, whose relatives have been killed and countries ransacked by over two decades of American invasions, bombings, drone killings, and overall destruction. Many are drawn to the Islamic State because it provides life enhancing social services that have largely vanished amidst the chaos created by Superpower policy makers out to forcibly remake the Muslim world.



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every month in hipfish
pg 26

[pickled fish]

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GAS ATTACK!

LNG and the Columbia River • Living with a Ghastly Secret

reprinted from HIPFiSH 2005 • Special NO LNG Edition

By Peter Huhtala

FOR THREE MONTHS it was a well-kept secret. Few other than the Port of Astoria Commissioner and selected local elected officials from Warrenton, Astoria and Clatsop County (and some of their staff) knew the truth. They kept their lips sealed. A half-billion dollar investment was at stake, with tax revenue a-go-go. And what's more: family wage jobs! It was better to keep quiet, lest the not-in-our-backyard folks muck up a good thing. The cryogenic gold rush was heading for the Skipanon Peninsula.

Three days after the presidential election, the Port of Astoria convened a special meeting and granted a 60-year lease for 96 acres of the Skipanon Peninsula to a limited liability corporation (Skipanon LLC) set up by an energy company called Calpine, for the purpose of bringing in mass quantities of super-cooled liquefied natural gas (LNG).

Earlier in 2004, Calpine Corporation had withdrawn plans to build a similar LNG import terminal near Eureka, California. Fierce local opposition from fishermen, downtown business owners and conservationists forced the project to be shelved before a lease could be signed. Not so in Clatsop County, Oregon. Sure there is community opposition, now that the citizens know about Calpine's proposal. But that lease got signed, a full two days after the Port of Astoria let the press know that a lease was under consideration. Calpine had control of the property.

In this cryogenic gold rush, as in any other, control of property is essential if the riches are to be tapped. Calpine "staked their claim" to the Skipanon Peninsula. At least two competitors are working to secure viable LNG importing sites in the lower Columbia River. Calpine knows that only one such facility, at most, might be granted permits by the Federal Regulatory Commission (FERC).

The Port chose not to wait for a regularly-scheduled meeting to address the LNG issue, and didn't take the time to first fully inform the public as to the possible consequences of their action. As a result, many local citizens were outraged. When the Port and Calpine held meetings after the lease decision was made, the outcry at backroom politics coying up to the big bucks almost overshadowed the trepidation over the dangers of the project. The process to this point, even more than Calpine's project, has divided the community.

Peter Gearin, executive director of the Port of Astoria, defended the Port's handling of the situation in a letter to The Daily Astorian saying "In making its decision to follow normal and legal public process, not more, to lease the site to Calpine, the commissioners did so with an understanding that site control was the mechanism by which Calpine could assess the feasibility of the site, and that many different permits must be filed and approved by a variety of public agencies, each with their own public input process opportunities."

Big Projects like this require numerous approvals at the local, state and federal levels, right? Wrong.

The FERC insists that the federal government has sole siting authority over LNG import terminals. This doctrine of federal pre-emption is being challenged in court by the State of California, but right now, according to the Bush administration, Oregon-let-alone-Clatsop-County-or-Warrenton has zero control over whether Skipanon LLC, is allowed to build their LNG receiving station. If Calpine applies to Oregon's Energy Facility Siting Council and Oregon disagrees with the FERC, the feds win. Period.

Recently, dozens of proposals for LNG plants have surfaced nationwide. Coastal areas of lower population in particular are being targeted, partly because Congress has clearly stated a preference that these facilities be sited "remotely." Another motive for choosing small towns was offered by Mayor Ed Lambert of Fall River, Massachusetts, a city where LNG import is muscling in despite local opposition. Mayor Lambert said, "I think it is no accident that the industry has chosen places like Fall River, which tend to be lower-income, working class communities where they don't expect educated local opposition."

Remote siting sure sounds good to me after reading the December 2004 report by Sandia National Laboratories that depicts possible, though "not likely" events that could cause LNG to spill from a tanker which would then boil and ignite, melting steel a half mile away, and burning buildings and people more than a mile distant. And then there are the suffocating gas vapor clouds that could drift much further until they burst into a dramatic inferno.

But barring an unusual accident, sabotage or terrorism, what might it be like living with an LNG import terminal in our midst? Why might the Port of Astoria have considered a more extensive public process, or even some preservation of local control, before capitulating to Calpine's insistence that they must have control of the property?



Keep off the Company water!

Well, there's this matter of "exclusion" zones, otherwise known as "safety" or "security" zones. These zones are designed to keep terrorists, crazy people, sloppy boaters and idiots away from the LNG tankers and storage tanks. As they near the LNG facility near Kenai, Alaska, vessels must give the LNG takers 1000 yards of clearance. When LNG tankers roll toward Boston Harbor, all maritime traffic is cleared for two miles ahead and 1000 yards to the side, the bridge is closed and aircraft are barred from the vicinity.

One thousand yards. It seems like a considerable distance until you start to think about steel melting at a half mile, or flesh frying at twice that far – heck at four miles if you believe some studies.

There is no reason to believe that a 1000-yard clearance from these terrorist targets would not be required by Homeland Security and plenty of reasons why the space between these behemoth

(900-1200 feet long) LNG tankers and other ships, pleasure craft, and fishing vessels should not be considerably farther. Commercial fishing shipping and enjoyment of the wonders of the mouth of the Columbia River would have to wait – actually some would have to flee – as LNG tankers and their armada of gunboats take the river. (Escorts of up to a half dozen Coast Guard vessels accompany LNG tankers approaching other ports, along with two or three powerful tugs.)

At least four times a week the Columbia River entrance channel would be closed, along with much of the lower river fishing and crabbing ground. Homeland Security could also prohibit access to Warrenton Harbor while the tankers are at dock.

Well, there's one bit of adjustment we'd have to make – subjugating all commercial and recreational maritime traffic on the river in deference to the LNG gold.

What's a little cancer and lung disease when we need jobs?

Calpine Corporation has not yet fully disclosed the pollution that would accompany their 50-75 job producing enterprise. What Calpine suggests is to build a 150-megawatt gas-fired power plant to warm up the LNG even as it produces electricity. This plant and its associated activities would be the largest single source of air pollution in Clatsop County.

Much of the pollution generated by this plant would most severely harm our most vulnerable people – the very young and the elderly. We could expect, based on similar proposals, that 100,000 pounds of nitrogen oxides (which form the corrosive nitrite acid when combined with water) would be released from the power plant each year. Twenty thousand pounds of volatile organic compounds (VOCs), such as the cancer-causing Benzene, would be dumped into the air, along with 64,000 pounds of tiny, and potentially toxic particulates called PM-10.

Huge amounts more air pollution would come from the 100 tons of fuel per day the LNG tankers burn while in port, as well as from the diesel exhaust spewed by support craft.

Ok, that's another change in lifestyle we might not get to choose – inhaling toxic fumes that cause asthma and cancer.

Big Brother of the waterfront

Unfortunately, I can't help but imagine the easy transition from the government secrecy we've already observed to government oppression in the name of security. As with the periodic shipments of LNG to the Boston area, there is no reason to believe that armed guards will not line the shores of our communities as the LNG tankers come and go.

The Sandia National Laboratories report cited "enhanced" security measures as the primary means to reduce the chances of an intentional LNG spill and fire.

What do you think: would this police-state security encourage desirable tourism and clean, safe business and industry?

Aside from effectively abdicating local control over public safety issues surrounding LNG import, the Port of Astoria Commission left at least three areas of local concern to the whim of the federal government. Traditional maritime traffic, whether for business or pleasure would need to defer to petro-chemical transport. The air quality of our area would be substantially degraded and the health of many of our citizens sacrificed. And our freedom to visit the waterfronts of the region would be tempered by the presence of security forces with automatic weapons.

These are local issues that concern the quality of our life and the nature of economic activity we want to encourage. No federal agency should make those decisions on our behalf. It's up to us to insist that those we've elected, including the Port of Astoria commissioners, take a powerful stand to defend our values. Our leaders must forthrightly acknowledge that shutting the public out of the process before leasing public property for a dangerous and outrageously controversial enterprise was a ghastly mistake.

theatreroids

Q&A w/SOFIE Kline

North Coast Creative Jeanine Fairchild

JEANINE FAIRCHILD defies definition. If Astoria has a certain je ne sais quoi, Fairchild embodies it. From running a movie theater, bar and restaurant (Columbian Theater/ Café and VooDoo Room), to working in theatres and designing costumes she has contributed heaps to our coastal community, and all with a scotty dog in tow! Born and raised in Utah, Fairchild has been a proud Astoria resident for 30 years. On top of everything Fairchild does, she's been a driving force in making theatre happen here on the North Coast. As she transitions her role from producing theatre to appreciating it, we commend her for her years of dedication and service.

SK: What was your first experience of being involved with designing costumes?

JF: I use to design clothes for Barbie dolls. I was eleven, twelve years old. I would design the clothes and make them and then I would sell them to the neighbor kids for a quarter. It wasn't highly profitable. I wasn't that fast either; I'd work a couple of days for 25 cents.

SK: Was there a time in your life when you knew this was something you loved, was it around that time as a child?

JF: I probably didn't think about it that much as a kid, I just liked doing it. My mother taught me to sew on her old singer sewing machine and actually several years ago I had to be at her house in Utah for an extended period of time and I costumed a show for the Coaster Theatre using that old singer sewing machine! The same one I made the Barbie doll dresses on.

SK: I know you worked in New York during the era of the garment industry, did you do strictly clothing construction or did you do any costuming for shows?

JF: I didn't do costuming for shows but I did some costumes for some rock n roll bands.

SK: What was that like?

JF: It was super fun! Some of my stuff was on Saturday Night Live. But I worked in the garment industry. I was a member of the ladies garment workers union. I made designer clothes from top to bottom. We were a house that took fancy fabrics and ostrich feathers (It was the 70's!) and made some amazing stuff. But it basically was a sweatshop.

SK: So from there you...

JF: So then somehow I ended up here in Oregon. When I got here I worked in the fish cannery, and I had never really seen a fish before! I worked there until all the canneries closed down. After that I started doing more designs on my own and ended up working for Clatsop College when they had a theatre department, running their costume shop and designing most of their shows. Then I moved on down to Coaster Theatre.

SK: How long did you work at the Coaster?

JF: I worked at the College for 10 years and I worked at the Coaster for 23 years or more. When Clatsop lost its theatre department I segwayed down to the Coaster. I was also working backstage and working for a couple of theatres in Portland, Storefront Theatre and Civic Theatre. I was also a union stagehand during that time. I was in the union from about 1990 to 2005. Eventually it just became too much going back and forth.

SK: Do you have a favorite costume you've made, or one of the top ten?

JF: It would probably have to be something out of "Into The Woods." The wolf or the witch or something like that. It was probably my original witch dress that we used at the Coaster theatre for "Into The Woods" a while back. Although, I really don't know!

SK: Have you ever been on the stage?

JF: I was in a dance company, Amethyst Dance Company back in the early 80s. I danced for years and years and that actually contributed to my sense of how costumes work on stage. I was in a couple of plays here and there in town and I was in a musical!

SK: Is there something you can say about the difference between being on stage vs. the back? Is there something different in the reward?

JF: Well you know, it's like that smell of grease paint or the crowd. You know what they say, "The Tears! The Laughter! The Joy! And some of it happens on stage!" Backstage work is really incredible, and doing costumes you are so in control of your own world. The



Photo: Dinah Urell

actors can push you around as much as they want but in the end you have the final say. When your back stage, like when I was a union stagehand, I dressed big Broadway shows and these famous people would come and you'd be back there with these million dollar costumes, literally. That was a whole trip, sometimes it was super duper amazing and sometimes it was just a nightmare.

SK: What would you say has been your biggest reward for being involved in the community theatre?

JF: Golly, well I guess it's always something different. I really like doing period pieces and I really like working with most of the actors and most of the directors. It's a mixed bag - some things are way more satisfying than others. I think the enjoyment is in the midst of it. You start out and your like "Oh my god how am I going to do this," then you get the fabric and you just kinda stare at it for a long time, and you have your design, then at some point it kinda just clicks and your saying "Oh my god I love this so much!" Then you don't want to give it up. But the beauty about theatre is there is a deadline, and it ends.

SK: What would you like to see develop in the next 5 years as far as the theatre? What do you think would be the most beneficial thing?

JF: What I would really like to see is some new designers and some local designers get a good handle on what's going on, and that's really not to critique what anyone here is doing because everyone is working really hard. I think we need some focused people and some support for those people who are doing it, like financial support. It's hard because the resources are becoming slimmer as far as materials and tools to do it all. Back in the day when we actually

had a garment industry in this country, there was a lot more fabric, there were a lot more stores, and there were a lot more choices. Now there's.... JoAnn Fabrics! Or you go to Portland and there are two stores instead of one. The pickings are really slim and I feel for people who are trying to keep it going on such a small budget. We have so many great people and so much talent that has come through here, I hope we can keep it working. I know we're in flux a little with that, things are changing, some theatres have come and gone, theatres are hanging in there and trying to do what they can.

SK: Where do you see yourself in the next 5 years? Do you see yourself doing more theatre, less theatre, anything involved with that?

JF: I have sort of given that up, although it is certainly not out of the realm of possibilities that I would do a show here or there, just not all the time. I have the movie theatre, and you know the actors in the movie don't talk back! I'm not going to be retired that's for sure. We do our own shows here at the Columbian Theatre. I hope that I can learn to utilize that.

SK: Would you like to develop that more in the next couple of years?

JF: I don't want it to get too out of control. But definitely, it's here for us to use! It's our place we can do shows. It's here for all of us. I'm trying to focus more on films and what I can do in that area, if the community can be supportive of it. I know that everybody wants to see art films and foreign films, but when it actually comes down to bringing those things the attendance is not that great. So I hope to hone in on how to make it work, and that's going to take a little fine-tuning.



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NORTH COAST FOOD WEB

a new home and a world of vision By Erin Hofseth



The new home at 577 18th St, recently bestowed to North Coast Food Web

Food, we all need it. Bottom line, we need it for survival; beyond that, we need it for our health. Whether you're high income, middle income, or low income, the fact is that healthy food makes for healthy survival. In a thriving society, all people have access to good food, no matter their economic status. In order for this to happen, fresh food needs to be grown and sold on a local level. Community members need education, support, and opportunities to purchase fresh local food. Furthermore, systems need to be set in place to sustain this cycle. Sounds simple enough, but like most sustainable social systems, it takes the passion of people and organizations to invest time, energy and money to make it happen.

We are lucky here in Clatsop and Tillamook counties because we have people advocating for us; people working on our behalf to provide optimal opportunities to acquire healthy food and education.

The North Coast Food Web (NCFW), founded in 2011, is a non-profit organization with a mission to "cultivate healthy families and a vibrant economy through food and agriculture."

Merianne Myers, President of the NCFW Board elaborates, "We think of it as helping our community feed itself; to be a little

less dependent on the world outside and a little more independent on taking care of ourselves here."

According to one of the organization's founders, Teresa Retzlaff, NCFW unofficially

"It's really important to revitalize an agricultural economy base that was here in the old days and has over the years disappeared." - Pres. Merianne Myers

began in 2009 when the Oregon Food Bank and Clatsop Community Action - Regional Food Bank, facilitated a meeting in

Cannon Beach addressing the hunger issue in Clatsop County. Farmers, business owners, cooks, and consumers were brought together to offer insights and opinions on what some of the deeper causes of hunger were in our communities. There was an AmeriCorps volunteer present who had coupled with

the Oregon Food Bank to do a Community Food Assessment in Clatsop County. He gathered data regarding what was being

produced, who had access to it, and what the levels of hunger were. Retzlaff attended and presented as a local farmer. She, along with a small group of fellow attendees agreed to continue meeting once or twice a year in order to put the ideas and thoughts into action. Two years later, this group would officially become a non-profit organization.

Since 2011, the NCFW has done some amazing things for our coastal communities. They often partner with Tillamook Food Roots, a similar organization working on behalf of Tillamook County producers and consumers. According to Retzlaff, what the founding members of NCFW came away with after that initial 2009 meeting was that our county needed "some sort of organization that could act as a connector;" a connector between local producer and consumer. Local. This term is important. Outsourcing people's basic needs breaks down the fundamental structure of a sustainable community.

Myers explains, "It's really important to revitalize an agricultural economy base that was here in the old days and has over the years disappeared." She goes on to reiterate that the group's goal is to "do our best to make sure that everybody gets good food, not just some good...regardless...everybody." This is why NCFW has focused so much of their energy on building relationships with community groups and organizations in order to provide programs that reach all demographics. They have partnered with groups such as: OSU extension program, WIC (Women, Infant, Child), SNAP (Supplemental Nutrition Assistance Program), and Columbia Memorial Hospital, in order to build stronger programs, and in Retzlaff's words, "magnify what we can do."

One of the most well-known NCFW projects is the River People Farmers Market located on 13th and Duane Street in Astoria. According to Myers, the market "runs for 16 weeks during the summer and just finished its 4th season this past summer." This farmers market is unique for many reasons. Most notably, every vendor selling at the market is a small local producer. In fact, the rule for participation in the market is that if you grew it, you sell it. This means that consumers are paying the hands that grew their food. Another distinctive characteristic of this market is the SNAP Match Program. Not only do all vendors accept supplemental nutrition benefits, but through NCFW assistance, SNAP purchases are doubled dollar for dollar, up to \$10. This allows SNAP recipients to double their spending power, for \$10, they receive \$20 worth of fresh food.

"It's a way to get good local food into the hands of folks who may not be able to afford it in other ways," says Myers. Through NCFW's partnership with our local WIC chapter, the River People Farmers Market is also the monthly pick-up spot for nutritional assistance coupons. Included in the state assistance program are "farm direct nutrition coupons." This places mothers and children in the right place, at the right time, with the right resources to make healthy food choices and to meet our local producers.

These two fantastic projects only scrape the surface of what our NCFW facilitates. They, along with the Astoria Cooperative, and Vice Principal of Astoria High School, Chad Madsen, began the Fruit Basket Project. Every week



NCFW BOARD MEMBERS AT THE NEW BUILDING SHOW SIGNS OF EAGERNESS TO GET COOKING.

Back Row L to R: Pres. Merianne Myers, Vice Pres Pat Milliman, Board Member Kelly Huckestein, Middle Row L to R: Sec. Jennifer Rasmussen, Board Member Sharon Anderson, Staff Outreach Teresa Retzlaff, Front L to R: Board Member Miki'ala Souza, Board Member Norma Hernandez. Board Members not pictured, Renia Ydstie and Rod Nichols.

there is a basket of fresh, organic fruit donated to the High School so that kids of all demographics have access to free, healthy snacks. This is an idea carried on from Madsen's father, who worked with a local orchardist in Hood River to supply fruit to the elementary school he taught at, and Chad attended. The project is primarily funded by donation jars sitting on the check-out counters at the Co-op. According to Meyers, they do plan to add a few more schools to the fruit basket circuit soon. This will be afforded by money raised at a recent Farm to Fork fundraiser dinner put on by Columbia Memorial Hospital and the Astoria Cooperative.

More NCFW projects include: the Mobile Gardens Project, KMUN's Food Talk, Grow the Coast Conference, Meet Your Farmer, Food Week, North Coast Food Guide, and finally, Cooking

Matters - cooking classes taught in collaboration with local food banks.

Retzlaff wants to go beyond that limited platform and says, "We'll have cooking classes where we can bring together a spectrum of people from the community, and not segment people by economic status...but have everyone sit down at the table and build community by learning how to cook together." This vision will soon be a reality, as the group was recently gifted a building to call home.

According to Meyers, the group will "start a big capital campaign begins Nov 1st and will run for 4 months, to raise funds to pay for a commercially approved kitchen." They plan to offer a place for the community to gather in the form of fundraisers, shared meals, community cooking events, and cooking classes.

"You can't encourage people to eat fresh food if they don't know what to do with it," says Retzlaff. The building will also serve as a place for volunteers to gather, for mail to be delivered, for board meetings to take place, and for extra office space. The remodeling has begun and the group is excited about the future. Both Meyers and Retzlaff stress how important community support is.

"People need to step up and get involved. Food is basic to all of us," says Retzlaff. She continues, "Now that we have place that people can identify us with, we want to hear from the community, about what they see the challenges are in our food system, and what they'd like to see happen." Myers wants to remind everyone to keep their eyes and ears peeled for details of a grand opening party when their new building is finished. Let the feast begin! → p12



THE RAISON d'être of Astoria's River People Farmers Market, FRESH LOCAL FOOD! In the heart of downtown Astoria, from June to October, Meet your friends and fellow community members at the market for an afternoon of good food, great music and a Pie Walk (or two!).



MEET YOUR FARMER: Making connections between local farmers, ranchers, fishermen and foragers and the customers who want to buy fresh, local food from them is at the core of North Coast Food Web's mission.

In 2013, NCFW began hosting Meet Your Farmer events in the spring—gatherings where local food producers can come, set up a display, bring products to sample and sell and make those important connections with customers in a fun, social setting.

Farmers share information about their CSA (Community Supported Agriculture) programs, value-added products like jams and pickles, and

their growing practices. For farmers that don't sell through farmers markets, this can be an invaluable way to meet with customers face to face and build all-important personal connections.

Strong producer to consumer connections are a key part of a healthy local food system, Meet Your Farmer project is helping make those connections happen.

Another helpful way to meet your farmer is through the NORTH COAST FOOD GUIDE, a searchable database of food producers from Long Beach, Washington to Lincoln City, Oregon.

MOBILE GARDENS

Clatsop County is known for its challenging growing conditions and limited access to land. It's difficult to find a good sunny spot in a backyard or schoolyard to grow an edible garden. Additionally, the steps involved in building a strong school garden program—recruiting interested teachers and staff, and raising funds for construction and maintenance—was a barrier to bringing garden education into our local schools.

North Coast Food Web knew the importance of teaching children and families to eat better by helping them to grow their own food in ways that were inexpensive, made the most of our limited sunlight, didn't require a lot of space and didn't require a lot of summertime supervision by school staff.

How were they going to do this without any gardens?

Ideas began to germinate, wheels began to turn, connections were made, and the Mobile Garden Project was born!

NCFW gathered donated or unwanted shopping carts from



Portland. Carts were then lined with landscape cloth and filled with nutrient-rich potting soil.

Next, the carts were filled with edible plant starts and seeds—lettuce, kale, chard, strawberries and peas were a few favorites! Flowers like marigolds and pansies were planted in the carts where seeds were sown to make them look pretty until the seeds germinated.

Mobile gardens are loaned out to local classrooms, families and businesses. They've spent a summer at Camp Kiwanalong, and are hopefully making their way to Clatsop County Public Housing soon.

At schools, Mobile Gardens are used to help teach nutrition and gardening curriculum, providing students with a valuable and engaging hands-on learning experience.

Mobile Gardens have even taken part in the Cannon Beach



Earth Day Parade, and the Astoria Regatta Parade!

The carts were a big hit, inspiring people with how easy it can be to grow food in a small space.

If you'd like to start making Mobile Gardens happen in your community,

you can download North Coast Food Web's How to Make a Mobile Garden brochure from the North Coast Food Web website: northcoastfoodweb.org/projects/Mobile-Gardens-Trifoldpdf (resource, NCFW site).



SOIL CLASS at the Grow the Coast Conference, its mission is "Food, Farming and Community Resilience." Produced by North Coast Food Web and Food Roots, the conference offers workshops, resource information and displays on a wide range of food and farming topics, from pasture management and cultivating mushrooms to strategies for purchasing farmland and how to successfully market and sell what you produce. The 3rd Annual conference just took place the first weekend of November.



Photo: Tyler Little

Daric Moore's new band ... PARALLEL LINES

ASTORIA-BASED SINGER/SONGWRITER DARIC MOORE recently surfaced on the local music scene, performing solo, and somewhat courageously delivering an original set of acoustic rock tunes that, in his musical head, were accompanied by, a full rhythm section.

And now, by the power of positive thought, three musicians exist to take Moore's high energy rock tunes to the next level.

Parallel Lines is Moore's band. Jordan Okoniewski, a home grown Astorian who has played in bands in Eugene, plays keys, guitar and provides backup vocals. Brandon Bowers new to Astoria is a bass player from California, and Mike Morrow, a veteran of recording

and live shows in Portland, and 7 year resident of Astoria plays drums and percussion.

If you've loved Moore's tunes, guaranteed you'll love them even more, and enjoy "what's been in his head," screaming to get out. It's tough to categorize the style, part 70's rock flashback, part garage band, Parallel Lines arrangements strongly compliment Moore's infectious/passionate melodies, making no apologies for catchy impression.

Parallel Lines comes out on Nov 21st, for the very first time. If the band is as committed and talented as their frontman - LOOK OUT! - D. Urell

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NASHVILLE'S COOPER & THE JAM HEADLINES THE STORMY WEATHER ARTS FESTIVAL

CANNON BEACH'S Stormy Weather Arts Festival, November 7-9, features three days of arts events in the galleries and all around town including a headline concert with COOPER & THE JAM on Saturday, November 8.

An Oregon native, COOPER (sexy Red head pictured) was recently named one of Nashville's top five artists on the rise for 2014 by Nashville Lifestyles Magazine. Cooper & The Jam is a collective of over 20 musicians, back up singers and dancers who have been impressing audiences with their big sound across the country. Most recently, Cooper & The Jam opened for legends Mavis Staples and Robert Plant at the Waterfront Blues Festival in

Portland, Oregon. The concert in Cannon Beach will showcase the band's soulful style with an energetic performance at the intimate, 200-seat Coaster Theatre for the festival's headline concert Saturday, November 8 at 7:30pm.

Throughout the festival weekend, musicians will be performing around town and galleries will host artist receptions. The festival kicks off with the Friday night Art in Action event featuring several artists who will be creating their latest works as event attendees' watch.

Tickets are still available for the Cooper & the Jam concert for \$35. Concert tickets and Art in Action tickets can be purchased online at www.cannonbeach.org.

ALL IN Harmonize MADE IN TOKELAND

ALL IN is a dynamic trio creating music in the Tokeland/North Cove region. On December 6 the trio performs at the Tokeland Hotel for the 2nd Annual Made in Tokeland, featuring the work of numerous local artists, all happening at the vintage Tokeland Hotel, (see page 16). Post-art show, LIVE music begins at 5pm, flowing into the eve with a jam. ALL IN is known for their strong vocals, catchy original tunes, and their own twist on covers - they're joined by guest vocalist Dinah Urell for the eve. The band performs acoustic as well as electric music with strong bonds to the 70's and sassy hip blues.

Saturday, Dec 6, @Made in Tokeland, Live Music at 5pm at the Tokeland Hotel in Tokeland, Washington. (45 min. from the Megler Bridge).



Be An ASOC Angel Nov 13 • Astoria Event Center

THE ASTOR Street Opry Company holds an evening of fun and fundraising on Thursday November 13th at the Downtown Astoria Events Center starting at 6pm. The "Be an ASOC Angel" is sponsored by Steve Forrester and Brenda Penner and hosted by Betsy Johnson. The evening includes dinner prepared by Chef Peter Roscoe of Fulio's Tuscan Steak House, drinks and a silent and oral auction to follow along with entertainment from some of ASOC's finest performers.

Hundreds of items to win and bid on, from custom framed art to hotel packages,

boat tours, golf courses and more.

Coordinated by lead veteran "Shanghaied'ian" Chuck Meyer the purpose of this new annual "fundraising" event is to stabilize finances for ASOC and to demonstrate community support for ASOC's wonderful theatrical programs for all ages in our community.

Tickets are only \$30 for the an evening while supporting one of the best loved community organizations in the region! Become one of the "Hosts" of Angels and call to reserve your spot or table



for the "Be an ASOC Angel" Dinner and Auction. 503-325-6104.

And if you want to help or have items to donate to this worthy cause, call Chuck at 503-325-7969.

AAMC PRESENTS JUNGLERAVE DANCE Party 2 with DJ MESHBOX

from Portland, on Sat November 22nd at 9pm. DJ MESHBOX will be spinning vinyl only dance tracks including Dancehall, Dub, Drum & Bass, Electro Bass, Florida Breaks, Gabber (Hard-core techno), Jungle, Mash-ups, Miami Bass and Techno. DJ MESHBOX has been collecting vinyl since the mid '80's and has been playing house parties and bars/venues since 2000.

This will be an evening of hard core dance tracks- everybody bounce! 21+/Bar, \$5 cover and costumes encouraged @ 342 10th St. Astoria, 2nd Floor Ballroom



MONDAY

5:30-6:30pm Ballet with *Trixie Gunn*

6:45-7:45pm Zumba with *Nayelli Dalida*

TUESDAY

9:00-10:00am Zumba Fitness with *Nayelli Dalida*

5:30-6:30pm Lyrical Jazz with *Trixie Gunn*

WEDNESDAY

7:00-8:15pm Belly Dance with *Jessamyn Grace*

THURSDAY

9:00-10:00am Zumba Toning with *Nayelli Dalida*

5:15-6:15pm Irish Dance with *Gina Marie Newkirk*

FRIDAY

6:00-7:15pm Pre-Professional Adv Ballet: Concentration on Jumps/Extension with *Renee Meiffren*

SATURDAY

4:30-6:00pm Pre-Professional Adv Ballet: Concentration on Turns with *Renee Meiffren*

6:00-7:15pm Beginning-Intermediate Ballet for ages 9 to 12 with *Renee Meiffren*

SUNDAY

4:30-6:00pm Pre-Professional Adv Ballet: Concentration on Pointe Work with *Renee Meiffren*

6:00-7:15pm Beginning-Intermediate Ballet for ages 13+ with *Renee Meiffren*

Tuesday 4

MUSIC

Luke & Kati. 7pm at the Adrift Hotel in Long Beach.

ART

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

FOOD & DRINK

Iron Chef Goes Coastal. Cooking competition. \$40 - \$65, 5 - 10pm at the Seaside Civic & Convention Center.

Wednesday 5

MUSIC

Luke & Kati. 7pm at the Adrift Hotel in Long Beach.

HAPPENING

College Night in Oregon. Thinking about college? Join other students and parents for College Night. This is a free, college-planning event. Whether you are planning to attend college or simply evaluating your options, you can get answers to your questions about college admissions, the financial aid process and scholarships. 6 - 8pm in Columbia Hall Room 219 at CCC in Astoria.

Thursday 6

MUSIC

The Earnest Lovers. Honky Tonk. No cover. 8pm at the Sou'wester Lodge in Seaview.

Kathryn Clair. 7pm at the Adrift Hotel in Long Beach.

HAPPENING

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

LECTURE

The Epidemic of Autoimmune Disease: How the Body Attacks Itself. With Frances Makowski. 10am at the historic Oysterville Schoolhouse.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 7

MUSIC

Richard T & Chris Beer. No cover, 5pm at Primary Elements Gallery in Cannon Beach.

Freak Mountain Ramblers. No cover, 7pm at the Sand Dune Pub in Gearhart.

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

Kathryn Clair. 9pm at the Adrift Hotel in Long Beach.

ART

Stormy Weather Arts Festival. Three days of arts events, receptions, and exhibitions by local and prominent regional artists in the galleries and all around Cannon Beach. cannonbeach.org/events/Main-Events/Stormy-Weather-Arts-Festival

HAPPENING

HIPFISH Book Release Celebration. Hipfish celebrates its first literary publishing with North Coast Poet Florence Sage, "Nevertheless: poems from the gray area." Sage presentation is followed by a piano piece by Dinah Urell, and complimentary Finnish foods culminate the eve. Full Bar. Door at 7:30. \$6 cover. 1017 Marine Drive in Astoria.

Ocian in View Cultural Weekend. Speakers, bus and walking tours, Chinook tribal seafood dinner and special events at select local businesses. Some events held at the Columbia Pacific Heritage Museum in Ilwaco. columbia-pacificheritagemuseum.org/news-events/ocian-in-view-lecture-series/

Holiday Bazaar. Bake Sale, Treasure Room, Beautiful Quilts and Crafts. 10am - 4pm,

theater & performance.

Disney's Beauty and the Beast The Coaster Theatre's Holiday Musical



STEP INTO the enchanted world of Disney's *Beauty and the Beast*. Based on the Academy-Award winning animated feature, the stage version includes all of the memorable songs from the animated film plus a few new songs written especially for the Broadway musical.

Disney's *Beauty and the Beast* takes place in a small provincial town in France and begins when a prince is transformed into a hideous beast by an enchantress as punishment for his cruel and selfish ways. When Maurice, the town's eccentric inventor, becomes lost in the woods on the way to the fair to show off his latest invention, he seeks shelter in an old castle, only to find its master to be a horrible beast that takes him captive. The inventor's daughter, an adventurous young woman named Belle, trades herself for her father's freedom when she finds him in the castle. She soon discovers enchanted objects that serve the beast, and they try to make her new life easier. In order to become human again the Beast must earn Belle's love before it's too late. The story ends with her tears falling upon him, breaking the curse and turning him into the handsome prince in her dreams. They are married and of course, they live happily ever after.

Patrick Lathrop, Executive Director of the Coaster Theatre says, "This is the perfect musical for the holidays because it appeals to all ages. We're very fortunate to have so many talented actors here in Cannon Beach and on the Northwest Coast who are totally up to the challenge of taking on the 28 roles this production requires."

Principal Cast Members: **Amanda Payne** (*Belle*), **Ryan Hull** (*Gaston*), **Todd Payne** (*Lefou*), **David Hayes** (*Maurice*), **Darren Hull** (*Lumiere*), **David Sweeney** (*Cogsworth*), **Bree Heavenrich** (*Babette*), **Ellen Blankenship** (*Mrs. Potts*), **Parker Fergus** (*Chip*), **Richard Bowman** (*Beast*), **Sue Meyers** (*Madame De La Grande Bouche*), **Emily Estrada** (*Monsieur D'arque/Chorus*)

Ensemble Cast:

Beauty and the Beast requires a very large cast, and depends heavily upon the many roles played by all member of the ensemble: Carolyn Anderson, Aerial Bird, Ann Bronson, Eliza Davis, Priscilla Fairall, Duncan Fenison, Holly Fergus, Amie Fipps, Gretchen Hoekstre, Ellen Jensen, Katherine Lacaze, Josh Loring, Crystal Rouse

This show is sponsored by The Clark Family.

Performance Schedule:

Nov. 14, 15, 21, 22, 28, 29: 7:30 p.m.
Nov. 30: 3:00 p.m.
Dec. 5, 6, 11, 12, 13, 19, 20, 27: 7:30pm
Dec. 7, 21, 28: 3:00 p.m.

Ticket prices: \$18-\$23
Box Office: 503-436-1242
coastertheatre.com

Made In Tokeland At the Historic Tokeland Hotel

MARK YOUR calendars now for the second annual **Made In Tokeland** art happening, **Saturday December 6th at the historic Tokeland Hotel, from 11:00-6:00.**

Featuring photography, wood carving, sculpture, miniatures, painting and jewelry by five Tokeland based artists; **Jeffro Uitto**, **Earl Davis**, **Marcy Merrill**, **Judith Altruda**, **Paul Havas** and **Mark Murphy** of Astoria, OR. A special treat will be live music by acoustic trio **All In**, with special guest **Dinah Urell!**

The Artists:

Though based on the tiny peninsula of Tokeland, **Jeffro Uitto's** (**Knock on wood**) reclaimed wood furniture and sculptures have gained worldwide recognition. His US shows include the prestigious SOFA show in New York and Chicago. His work is always evolving and there will be new pieces on display.

Earl Davis, of the Shoalwater Bay Indian Tribe, is a carver who works in the style historically known to the Lower Columbia River, Willapa Bay and Grays Harbor. Earl was the recipient of the 2014 Governor's Art and Heritage award for Young Arts Leadership. He will be showing carvings and silkscreens.

Judith Altruda traveled to Ireland this summer to take a class in Celtic chasing with master Brain Clarke. Known for her jewelry featuring sea glass, Judith visited the beaches on the NE coast of England to hunt for sea glass and marbles. She will be debuting new jewelry that is inspired by her journey.

Marcy Merrill, photographer and beach cleanup crusader, has been documenting the random beach finds that wash up (or are left behind) on Washaway Beach. The images range from the sublime to the visceral (literally dead animals with their eyes popped out.) Working in alternative processes, including pinhole photography, she will most likely have her hand beaded vintage cameras on view as well.



Judith Altruda - Labrynth Necklace



Jeffro Uitto by Marcy Merrill

Mark Murphy, is a master craftsman/maker of miniature furniture, specializing in 18th/19th century pieces with a special focus on arts and crafts movement and Japanese designs. His work can be seen in museums in the mid-west and private collections worldwide.

Paul Havas, 1940-2012, was a painter of light and landscapes. He taught painting at the UW, Idaho State, and Stanford, and was one of the founders of the NW Figurative Artists Alliance in 1993. He and his wife

Margaret lived in Seattle and had a beach home in Tokeland, where he was inspired by to create beautiful and atmospheric paintings of local landmarks. His widow, Margaret, will have some of Paul's paintings on display and also books about his art.

The Tokeland Hotel 2964 Kindred Rd. (360)267-7006, is the perfect gathering place, with full restaurant, cozy lobby, and very reasonable rooms available. The live music starts at 5:00, with a jam session following at 6:00. Good art, good friends, good food-Why not book a room now make a night of it?

More about this event on Facebook events, Made in Tokeland Or call:(360)267-2326

New Paintings by Christopher Mathie At White Bird Gallery

CHRISTOPHER MATHIE is a vibrant regional painter well known for his dynamic abstractions that reference coastal landscapes. His warm style is a result of trusting personal artistic mark making, allowing pure color, texture, line and form to be distilled into essential elements. Mathie's mixed media paintings are filled with energetic movement, fluid emotion, and bold confident brushwork, as the artist builds up layer after layer of textural paint achieving complicated coloration and lively inviting textural surfaces.

The exhibit will feature many large canvases of coastal-inspired renderings, as well as moody and spirited abstractions. For this new exhibit Mathie also approaches animal and figurative subjects. Mathie's artwork conveys a realm that exists somewhere between reality and imagination, as the artist deconstructs images to their most important lines and organic forms allowing viewers to engage very personally with his paintings. The Washington-state artist is widely recognized in the Pacific Northwest with over two-decades of exhibition history. His paintings have been exhibited nationally and



are included in private and corporate collections nationally and internationally.

Stormy Weather Arts Festival Reception: Saturday, Nov 8, 5-7pm. Live Music by Anne-Marie Sanderson. The Portland-based British musician follows in the tradition of timeless singer-songwriters with her enchanting vocal stylings. 251 N. Hemlock in Cannon Beach.

Lit Meets Fine Art, Winter Coast Exhibition at Clatsop Community College Art Center Gallery



"Winter Coat", oil on canvas, Matthew Dennison

THE EXHIBITION WINTER COAT will open at the Clatsop Community College Art Center Gallery with a reception on Thursday, November 13 from 6:00 – 8:00p.m. The show continues through January 15, 2015. The gallery reception and exhibit are free and open to the public. The CCC Art Center Gallery, 1799 Lexington Avenue, Astoria, is open from 8:00

a.m. to 5:00 p.m. Monday through Friday, and on weekends and holidays by appointment.

Curator Ben Killen Rosenberg wanted to do something unique when asked to put together a show for the Art Center Gallery at Clatsop Community College. Instead of choosing an artist or a theme on which to base the show, Rosenberg asked his wife, writer Loretta Stinson Rosenberg, if he could use a short story she wrote titled Winter Coat. "I'm interested in how a group of wildly different artists might interpret a piece of literature without illustrating it, and as far as I know, something like this hasn't been done before," says curator Ben Rosenberg.

Stinson Rosenberg, a past recipient of an Oregon Literary Fellowship and author of *Little Green* (Hawthorne Books, 2010) gladly agreed. "Ben talked about using a story as the basis of a show and I was thrilled when he chose one of mine," she says.

Rosenberg sent the story to local and nationally known artists who work in different media inviting them to participate. His sole caveat was that the artists use the story as a starting place for their piece.

Artists participating in the Winter Coat exhibit are Holly Andres, Horia Boboia, Larry Clark, Matthew Dennison, Eduardo Fernandez, Jacques Flechemuller, Trish Grantham, Julie Keefe, Cynthia Lahti, Pat Lando, Bill Lepore, Mike McGovern, Hickory Mertsching, Jeffrey Mitchell, and J. Scott Wilson.

Tales of Tails Group Show

North Coast Artists Offer Observations on Life in Two Shows at RiverSea Gallery

RIVERSEA GALLERY presents two exhibitions featuring work by north coast artists this November. Meet the artists and enjoy catered refreshments during Second Saturday Artwalk on November 8, from 5:00 – 8:00. In addition, Marcy Merrill and Rex Martin from southwest Washington will be on hand to sign copies of their book, "Dogs Tell their Stories."

Tails to Tell is a group show that offers a view of the world through the eyes of dogs, our favorite four-legged friends. Bred to be our faithful companions for at least 15,000 years, dogs are certainly included in many adventures with their humans. We all have our favorite dog tales, but this is their side of the story. Five north coast artists capture the joie de vivre of dogs in their element in a lively variety of styles and mediums: watercolors with pen and ink by Marilyn Burkhardt, paintings by Brian Cameron and Jill McVarish, monotypes by Normandie Hand, and etchings by Paul Miller.

Astoria artist, JACK GUYOT is also known for portraying the canine perspective in his paintings, but this month he's exhibiting in a solo show titled, *Out of My Head* in the gallery's Alcove space. This new series of paintings, his



"Dog Park Discourse" by Jack Guyot, oil on canvas (for OUT OF MY HEAD)

first in several years, is a small assortment of random musings that dances between light hilarity and dark solitude. Guyot recaptures his quirky narrative style, offering odd interactions, improbable scenes, and situations that verge on the surreal. In Guyot's wry scrutiny of our world, small animals often make appearances, serving as punctuation points or silent observers.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria

Luminari Arts:

GATHERING: works by Gail Wahlstrom and Jill Merrill

LUMINARI ARTS presents **GATHERING**, the joint efforts of two Grays River artists, Gail Wahlstrom and Jill Merrill. Both work with an environmental consciousness, using natural and repurposed materials, and capture the spirit of the northwest with their creations.

Gail Wahlstrom has been drawing and creating since childhood, and delights in painting on organic surfaces such as birch bark, pressed leaves and feathers. Her pastoral paintings are miniature delights presented on these natural canvases; her life studies of local creatures and flora are detailed

and precise, yet fluid. Any possible material for a canvas is considered, including gourds, reclaimed boards and and bark, and each piece dictates what is painted on it, each a complete original.

Jill Merrill "lives and breathes" Willapa Bay through her art and her lifestyle. Her gathering is a series of screen prints with watercolor wash; she presents us with a cluster of chanterelles, a scoop of mussels, a pensive heron fishing. Like Gail, she also works with reclaimed materials such as copper and cedar planks.

Both artists join together as guests from the Tsuga Gallery in Cathlamet, Wa; both are founding members of this cooperative gallery that currently boasts 30 members. "Tsuga" translates to red cedar, and is a nonprofit gallery offering workshops, classes as well as showings.

Join Luminari Arts Saturday, November 8, 5-9pm. Live music by Robert Stevens (guitar) and Michael Bruhn (mandolin), wine and light bites. 1133 Commercial in Astoria

A natural canvas painted on by Gail Wahlstrom



Emotional Beauty

Portland Photographer's Forum Exhibit

LIGHTBOX PHOTOGRAPHIC Gallery hosts the opening and Artists' reception of "Emotional Beauty", a group exhibit featuring the work of members of The Portland Photographers Forum, on Second Saturday, November 8th from 6-9pm.

Portland Photographers' Forum educates its members on the subject of photography as a fine art through meetings, seminars, workshops, outings, and exhibitions of photography. The members include professional photographers, working artists, teachers, and photography enthusiasts. Members work in any variety of mediums with a common thread being a desire to improve their work and to share the love of photography with the public.

Laura Valenti Jelen juries 25 images. Laura is a photographer, curator, educator, and arts



Three Lemons, Tim Brill 11 - 5:30.

director based in Portland, Oregon. She works as Outreach Director at Photolucida, a Portland-based nonprofit that works to build connections between photographers and the gallery and publishing worlds. Previously, she worked as Program Director and co-Curator at Newspace Center for Photography.

For this exhibition, photographers were invited to submit images that express emotion and personal interpretation. The quote by photographer Minor White sums up the exhibit. "One should not only photograph things for what they are but for what else they are."

LightBox Photographic is located at 1045 Marine Drive in Astoria, open Tuesday - Saturday

Nature Painting of Phyllis Taylor at TEMPO Gallery



TEMPO GALLERY featured artist for the Nov. 8 Art Walk is recent transplant to Astoria, Phyllis Taylor, who has been diligently painting nature and flowers since retiring after 40 years as a graphic designer and illustrator for Indiana University. Taylor started out in botany in college and has maintained a love of plants ever since. Now she has time to paint them. Astoria's Sunday Market is a wonderful source of freshly-picked "models" from flowers to fruit and veggies. Stop by to meet Phyllis and see her new paintings. Refreshments will be served.

TEMPO Gallery, 1271 Commercial St., is open Thurs.-Sat. 12-4.



BOYS OF ASTORIA THE ART OF TYLER LITTLE

BOYS WILL BE BOYS and boy do they prove it in front of the lens of talented young Astoria photographer Tyler Little. Armed with his Canon 60 D, Little is a self-styled artist who not only has an eye for lighting his subjects, but with some kind of magic mojo is able to capture his subjects in telling masculine mayhem.

What started out as some casual fun, turned into a full-fledged 12 month pin-up calendar featuring, mostly male service industry guys, in their chosen setting. Whether fishing, using power tools, saunas-ing or posing naked on a fur rug in front of a fireplace, Boys of Astoria packs some impact and visual sarcasm. The message is clear, whether Astoria or Peoria, there is universal appeal to this creation.

If you viewed Astoria's Columbian Theater fundraising video, that was Little's work. You could have also heard his music work as the back track for Dragalution productions. The only problem Little says, in producing this sorta sexy pin-up masterpiece, "The guys are actually too good looking for the concept of beer bellied obnoxiousness. Also, so many guys were into it, I have lots more subjects for next year's calendar."

Pick up a BOYS OF ASTORIA calendar in Astoria, at Street 14 Coffee, Old Town Framing Co., Under The Bridge Cigarettes, and the ARC Arcade.

word.

Phillip Margolin: Worthy Brown's Daughter at the Hoffman Center November 15

PHILLIP MARGOLIN reads from his book *Worthy Brown's Daughter* at the Hoffman Center at 7pm on Saturday, November 15.

Known for his critically acclaimed contemporary thrillers, New York Times bestselling author Phillip Margolin explores intriguing new territory in "*Worthy Brown's Daughter*," a compelling historical drama, set in nineteenth-century Oregon, that combines a heartbreaking story of slavery and murder with classic Margolin plot twists. The novel was inspired by true events that occurred in Oregon.

Margolin is well known for his political/legal thrillers, especially since all of his 16 novels have been New York Times bestsellers.

Writing fulltime since 1996, Margolin has an interesting background to draw on: growing up in New York City, a Peace Corps stint in Liberia, West Africa,

putting himself through law school at night while teaching junior high in the South Bronx.

He moved to Portland Oregon in 1970 for his first job out of law school with a clerkship for the Chief Judge of the Oregon Court of Appeals. He spent 24 years in private practice, specializing in criminal

defense at the trial and appellate levels, handling all sorts of criminal cases in state and federal court and represented approximately 30 people charged with homicide, including several who faced the death penalty.

His first novel, *Heartstone*, was nominated for an Edgar for best original

paperback mystery of 1978 by the Mystery Writers of America. His second novel, *The Last Innocent Man*,

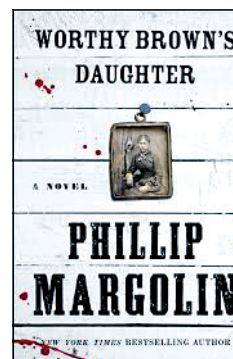
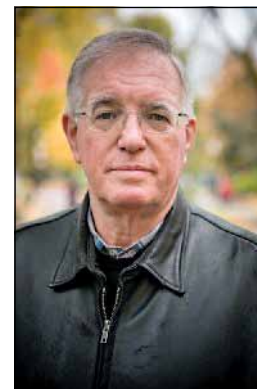
was made into an HBO movie. *Gone, But Not Forgotten* has been sold to more than 25 foreign publishers and debuted as a miniseries in 2004.

Following Margolin's reading and Q&A, we'll have our popular Open Mic where up to nine local writers will read 5 minutes of their original work.

Admission for the evening is \$5.

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

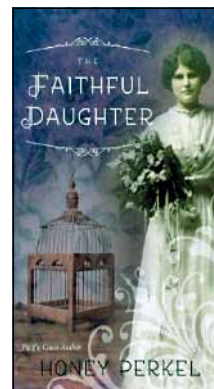
The Manzanita Writers' Series is a program of the Hoffman Center and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org



"The Faithful Daughter" With Local Author Honey Perkel At Seaside Public Library • Nov 20

ON THURSDAY, November 20, 7pm, The Friends of the Seaside Library host Honey Perkel, local author of "*The Faithful Daughter*". The event will take place in the Community Room and there will be book sales and signings.

"*The Faithful Daughter*" is a historical romance that begins in Denver Colorado in 1912. Peter Andrews, a journalist for the Denver Post, arrives at Rabbi Kirshman's Room and Board to interview the venerable scholar. While there he meets nineteen year old Rebecca, one of the Rabbi's four girls, and finds himself falling in love with the favored daughter of the household. When Rebecca's brother marries out of the faith, Peter comes to understand how his being an "outsider" threatens the ties she shares with her family. Thus begins



a forty-five year pursuit from the streets of the Jewish district in Denver to the shores of Seaside Oregon, as Peter follows his heart ... and the dream of making the Rabbi's faithful daughter his wife.

Honey Perkel is the author of *A Thousand Summers Trilogy* and the memoir "*Just Breathe: A Mother's Story*". She lives in the hills above Seaside with her husband and two Shi Tzu's. Honey is currently working on two books, "*The House of Sand*" and "*Between Two Shores*", which is a novel set in Ireland and Scotland.

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

Legacy: Reconstructing the Life of Tillamook son and WWII veteran Charles W. Hunter • At the Pioneer Museum • Tillamook Nov 8

IN 1942, Charles "Chuck" Hunter, son of Alice and Frank Hunter and younger brother to local legend Helen Hunter, enlisted in the Army Air Corps. Stationed in the South Pacific, Chuck delivered supplies to the troops and spent much of his time 10,000 feet above the islands. The Hunter family received devastating news via Western Union telegram in October of 1945. They had lost their son when his plane crashed into a Japanese mountainside. Their unimaginable loss was felt throughout Tillamook.

Seventy years later, and three thousand miles from Oregon's coastline, Karen Nudelman, a Washington D.C.-based author and self-proclaimed history buff, received a package of wartime letters. The letters were all addressed to Alice & Frank Hunter and ranged in date from 1942-1945. They were signed by their loving son, Chuck.

This unique collection of letters offered a personal perspective of the wartime experience, as well as an intimate and touching peek into the relationship between parents and son. "Legacy: Reconstructing the Life of Tillamook son and WWII veteran Charles W. Hunter" will be the topic of the Great Speaker Series at the Tillamook County Pioneer Museum on Nov. 8th.

Ms. Nudelman is co-writing a book of her experiences tracking down Chuck's story with freelance writer Kim Varner to highlight Chuck's wartime stories, as well as the impact the war had on the community of Tillamook, Oregon. Both women will be on hand for the Great Speaker Series to explain their journey so far. They also hope to speak to local residents who remember the Hunter family.

At The Pioneer Museum, Nov 8, 1pm, tcpm.org. 503.842.4553.



MOVIES & MUSINGS

by Les Kanekuni



FOXCATCHER (Nov. 14) Steve Carell stars in a rare straight dramatic role that's already being touted as an Academy Award performance. Bennett Miller (*Moneyball*) directs the true-to-life story of the strange relationship between millionaire John du Pont (Carell) and Olympic wrestling legends Mark (Channing Tatum) and Dave Schultz (Mark Ruffalo) that ultimately turns tragic. Although an Olympic wrestling champion, Mark is living a hand-to-mouth existence preparing for the 1988 Olympics, training by day, living on ramen noodles and making ends meet by selling homemade training tapes. Despite his success, Mark lives in the shadow of Dave, who is as gregarious as Mark is withdrawn, a family man and just as successful on the mat. So when du Pont calls Mark with an invitation to live and train at a US Wrestling training center du Pont has established on his estate – Mark jumps at the chance. Dave however, resists du Pont's invitation, not wanting to move his family from California to Pennsylvania. At first, Foxcatcher Farm seems like paradise to Mark. But soon, du Pont's strange behavior -- which yin yangs from declarations of patriotism and Olympic glory to his cocaine habit, love of firearms and threatening demeanor on the rare occasions when he does not get his way – creates an explosive environment, which does not lessen when Dave finally gives in to du Pont's offer to move to Foxcatcher.



THE HOMESMAN (Nov. 14 limited) Tommy Lee Jones returns to the director's chair for this offbeat entry to the Western genre. Although titled for the role of Jones' character, *The Homesman* is that rare Western that focuses on the lives of pioneer women, or rather the hardships they endure. And not just the physical ones. "People like to talk about death and taxes, but when it comes to crazy, they stay hushed up," says one townspeople. Hilary Swank plays Mary Bee Cuddy, a 31-year-old who works her farm by herself. Though successful working the land, Mary Bee is less so in finding a

husband, being too old for marrying age and told she is "too bossy" by a man she approaches. But Mary Bee still possesses her mind. Unfortunately, for three women, the hardships of pioneer life have caused them to lose theirs. Arabella Sours (Grace Gummer) has gone catatonic after losing her children; Theoline Belknap (Miranda Otto) tossed her baby down the outhouse after the family farm failed and Gro Svendsen (Sonja Richter) seems to be possessed. The town preacher Reverend Dowd (John Lithgow) decides the women must be escorted back East to Iowa where a minister's wife (Meryl Streep) has kindly offered to take them in. However, no man will take the job, leaving it to Mary Bee to lead the train of crazies. On the way Mary Bee lands a man literally at the end of his rope – shiftless claim jumper George Briggs (Jones) who is at the end of a noose. Making him promise to help her in exchange for cutting him down, the undependable Briggs joins the women on their journey across the plains through hostile Indian territory.



THE HUNGER GAMES: MOCKINGJAY PART 1 (Nov. 21) Part 1 of the final chapter in the Hunger Games trilogy bows. *Mockingjay Part 2* premieres November 2015. Official synopsis: The worldwide phenomenon of *The Hunger Games* continues to set the world on fire with *The Hunger Games: Mockingjay Part 1*, which finds Katniss Everdeen (Jennifer Lawrence) in District 13 after she literally shatters the games forever. Under the leadership of Commander Coin (Juli-

anne Moore) and the advice of her trusted friends, Katniss spreads her wings as she fights to save Peeta (Josh Hutcherson) and a nation moved by her courage.



THE IMITATION GAME (Nov. 28 limited) A probable Best Picture and Best Actor nominee, *The Imitation Game* tells the tragic true life story of English mathematician Alan Turing (Benedict Cumberbatch), who, in World War II, invented an early computer capable of deciphering the "unbreakable" Nazi code. While brilliant at math, Turing lacks people skills, abrupt to the point of rudeness to his fellow scientists. "That's actually not an entirely terrible idea," is a compliment by Turing's standards. Inwardly, Turing is tortured by his homosexuality in an era when it was still illegal. Structured as a flashback, Turing is arrested for "gross indecency" in 1952 for allegedly consorting with a young drifter. As he is questioned by a young policeman (Rory Kinnear) we flash back to 1939 when 27-year-old Turing applies for a job at a top-secret government project. With the Nazis overrunning Europe and bombing London, the British government assembles six math and chess whizzes to try to break the "unbreakable" Enigma code machine. The arrogant Turing immediately informs the others that they will be more hindrance than help to him. Needless to say, Turing is ostracized socially by the others. "He's different," one comments. After two years of frustration and nearly being fired, Turing recruits Joan Clarke (Keira Knightley), an expert puzzle-solver and the only woman in the group. In an era when women were traditionally allowed only clerical jobs, Clarke turns out to be even better than the men. Clarke and Turing become close, even leading to a half-hearted marriage proposal by Turing. With the Enigma code consisting of a series of numbers with millions of possible combinations and changed daily, Turing realizes that only a machine can break the code machine. He devises a room-filling contraption of dials and knobs that is recognizable as an early computer. With the code broken, Turing's achievement, like his sexuality, must be kept hidden due to its top secret nature, leading to tragic events.

THE PYRAMID (Dec. 5) A rare horror film released in the fall, *The Pyramid* is a contained horror set primarily inside a newly-discovered pyramid in Egypt. Official synopsis: A team of U.S. archaeologists unearth an ancient pyramid buried deep beneath the Egyptian desert. As they search the pyramid's depths, they become hopelessly lost in its dark and endless catacombs. Searching for a way out, they become desperate to seek daylight again. They come to realize they aren't just trapped they are being hunted.



FREE WILL ASTROLOGY

November

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ARIES (March 21-April 19): If you live in Gaza, you don't have easy access to Kentucky Fried Chicken. The closest KFC restaurant is 35 miles away in the Egyptian city of El-Arish. But there was a time when you could pay smugglers to bring it to you via one of the underground tunnels that linked Egypt to Gaza. Each delivery took four hours and required the help of two taxis, a hand cart, and a motorbike. (Alas, Egypt destroyed most of the tunnels in early 2014.) I recommend, Aries, that in the coming weeks you be as determined and resourceful to make your longed-for connections as the KFC lovers in Gaza were. Resort to guile, if necessary.

TAURUS (April 20-May 20): It's urgent that you expand your options. Your freedom of choice can't lead you to where you need to go until you have more possibilities to choose from. In fact, you're better off not making a decision until you have a wider selection. To playfully drive home this point to your subconscious mind, I suggest that you meditate and fantasize about the marvelous creature known as a slime mold. It comes in more than 500 different genders, at least 13 of which must collaborate to reproduce. Here's a photo: bit.ly/yellowslime.

GEMINI (May 21-June 20): In the animated sci-fi TV sitcom *Futurama*, Leela is the mutant captain of a spaceship. In one episode, she develops an odd boil on her hindquarters. It has a face and can sing. The actor who provides the vocals for the animated boil's outpouring of song is Gemini comedian Craig Ferguson, whose main gig is serving as host of a late-night TV talk show on CBS. Telling you this tale is my way of suggesting that you consider going outside your usual niche, as Craig Ferguson did, to offer your talents in a different context.

CANCER (June 21-July 22): Native American hero Sitting Bull (1831-1890) was a renowned Lakota chief and holy man. He led his people in their resistance to the U.S. occupation of their land. How did he become so strong and wise? In large part through the efforts of his doting mother, whose name was Her-Holy-Door. Let's install her as your exemplar for now. May she inspire you to nurture beauty and power in those you love. May she motivate you to be adroit as you perform your duties in service to the future. May the mystery of her name rouse you to find the sacred portal that ushers you to your next big gift.

LEO (July 23-Aug. 22): This is one of those rare times when it's OK for you to just throw out the dirty dishes that you are too lazy to wash. It's also permissible to hide from a difficult person, spend money on a supposedly foolish indulgence, eat a bowl of ice cream for breakfast, binge-watch a TV show that provokes six months' worth of emotions in a few hours, and lie in bed for an extra hour fantasizing about sex with a forbidden partner. Don't make any of these things habits, of course. But for now, it's probably healthy to allow them.

VIRGO (Aug. 23-Sept. 22): Our evolutionary ancestors *Homo erectus* loved to eat delicious antelope brains. The fossil evidence is all over their old stomping grounds in East Africa. Scientists say that this delicacy, so rich in nutrients, helped our forbears build bigger, stronger brains themselves. These days it's harder but not impossible to make animal brains part of your diet. The Chinese and Koreans eat pig brains, and some European cuisines include beef brains. I'm confident, however, that your own brain will be functioning better than ever in the coming weeks, even if you don't partake of this exotic dish. Be sure to take advantage of your enhanced intelligence. Solve tough riddles! Think big thoughts!

LIBRA (Sept. 23-Oct. 22): "The egromenious hilarity of psychadiscal melarmy, whether rooted in a lissome stretch or a lusty wobble, soon defisterates into crabolious stompability. So why not be graffenbent?" So said Noah's ex-wife Joan of Arc in her interview with *St. Crocodile* magazine. Heed Joan's advice, please, Libra. Be proactively saximonious. I'M KIDDING! Everything I just said was nonsense. I hope you didn't assume it was erudite wisdom full of big words you couldn't understand. In offering it to you, I was hoping to immunize you against the babble and hype and artifice that may soon roll your way. You might want to arm yourself with a device like Ernest Hemingway's shock-proof bullshit-detector. (For inspiration, check out these visuals: <http://bit.ly/bsdetector>.)

SCORPIO (Oct. 23-Nov. 21): In AMC's famous TV drama, a high school chemistry teacher responds to his awful luck by turning to a life of crime. The show's title, "Breaking Bad," refers to what happens when a good person cracks and veers over to the dark side. So then what does "breaking good" mean? Urban-dictionary.com defines it like this: "When a criminal, junkie, or gang-banger gets sweet and sparkly, going to church, volunteering at soup kitchens, and picking the kids up from school." I'm concerned that you are at risk of undergoing a similar conversion, Scorpio. You seem so nice and kind and mild lately. I guess that's fine as long as you don't lose your edge.

SAGITTARIUS (Nov. 22-Dec. 21): I've got two possible remedies for your emotional congestion. The first is captured by the English word "lalochezia." It refers to a catharsis that comes from uttering profane language. The second remedy is conveyed by the word "tarantism." It means an urge to dance manically as a way to relieve melancholy. If you're feeling audacious, try them both at the same time. Spout obscenities as you dance wildly.

CAPRICORN (Dec. 22-Jan. 19): You are at a point in your astrological cycle when you deserve to rake in the rewards that you have been working hard to earn. I expect you to be a magnet for gifts and blessings. The favors and compliments you have doled out will be returned to you. For all the strings you have pulled in behalf of others' dreams, strings will now be pulled for you. I have a vision of you as a beaming kid hauling around a red wagon full of brightly wrapped presents.

AQUARIUS (Jan. 20-Feb. 18): Two physicists in Massachusetts are working on technology that will allow people to shoot laser beams out of their eyes. Just for fun, I suggest that you pretend you have already acquired this superpower. Why? Because it's high time for you to be brash and jaunty as you radiate your influence with more confidence. Summon reserves of charismatic clout you haven't dared to call on before. Use your magic eyes to peer deeply into people's souls and draw them under your spell. For inspiration, let's say that your power animal for the month of November is the legendary Native American creature known as the thunderbird, which was thought to emit lightning from its eyes.

PISCES (Feb. 19-March 20): The African nation of Swaziland has passed a law prohibiting witches from flying their broomsticks any higher than 150 meters above ground. That will be a big problem for Piscean witches. There is currently an astrological mandate for them to swoop and glide and soar as high and free as they want to. The same is metaphorically true for all Piscean non-witches everywhere. This is your time to swoop and glide and soar as high and free as you want to.

Homework: Fantasize about ways you could make money from doing what you love to do. Report results! FreeWillAstrology.com.

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

By Margaret Hammitt-McDonald

Friendly Cycling Ghosts

DURING THIS season of holidays dedicated to remembering those who have gone on before us to that Great Bike Lane in the Sky, and to being thankful for our blessings (both wheeled and otherwise), I have dedicated this month's column to notable cycling ancestors.

According to Wikipedia ("Safety Bicycle," http://en.wikipedia.org/wiki/Safety_bicycle), Harry John Lawson, Thomas Humber, and John Kemp Starley all contributed to the development of what was called the safety bicycle at the end of the 19th century, now our most common frame style. In 1868, Mr. Humber was the first to produce a bicycle in this shape. The prevailing style was the "penny-farthing," with a huge front wheel and tiny rear wheel. They look so cool on vintage postcards, but they were difficult to steer and maintain equilibrium (as the rider's feet were far above the ground)—hence the name "safety bicycle."

coined in 1876 by Mr. Lawson for his design. Unfortunately, his bicycle did not meet with commercial success. That distinction goes to Mr. Starley, creator of the Rover safety bicycle, in 1885. It wasn't just the frame style that made these bikes special, though. In 1879, the first chain drive appeared. Pneumatic tires, rather than the original solid kind, softened what could be a bumpy ride.

ANNIE LONDONDERRY (Annie Kohen Chopkovsky) was a pioneer in both bicycling and women's rights. On June 25, 1894, she embarked on an amazing fifteen-month journey around the world, clad in men's cycling apparel and riding a bike designed for men. She undertook this remarkable feat to demonstrate women's physical and mental capabilities—not just to perform an act of endurance, but to demonstrate women's capacity to navigate the wide world alone, without male escorts (www.annielondonderry.com). A book describes Ms. Londonderry's exploits: *Around the World on Two Wheels* by Peter Zheutlin.

MARSHALL TAYLOR was a world-champion cyclist (winning the 1-mile/1.6

km track-cycling world championship in 1899, when he was 21). Starting when he entered the competitive arena at age 13, the African-American athlete battled discrimination on and off the track. Nicknamed "The Black Cyclone," he was allowed to compete in events in his home state of Indiana...until he started winning, whereupon officials forbade him from joining. Even when he was allowed to compete, he was required to start riding ahead of the other competitors so racist racers would not assault him. Unfortunately, that did not prevent him from being attacked, even beaten up on one occasion, after the end of the race. He relocated to Europe, a less



Annie Londonderry (Annie Kohen Chopkovsky) was a pioneer in both bicycling and women's rights.

hostile place, at the turn of the 20th century, and prospered there. Tragically, he lost his fortune in the Wall Street crash of 1929 and died in poverty. (Gilbert King, "The Unknown Story of 'The Black Cyclone,' The Cycling

Champion Who Broke the Color Barrier, *Smithsonian*, September 12, 2012. Online.)

Cycling is a recent addition to the roster of competitive sports for athletes with disabling conditions, debuting at the Paralympics in 1984 (with most competitors having cerebral palsy), with hand-cycling (where the athlete pedals with the arms instead of the legs) first appearing as a separate event in 2004. Notable athletes include 1988 champion **DOUGLAS WYETH**, **MONICA BASCIO**, who won the 2006 women's hand-cycle event, and **ALEJANDRO ALBOR**, men's hand-cycle champion of 2004 and founder of A-WON Handcycles ("Disabled Sports: Early History," <http://www.disabledsportsusa.org/disabled-sports-early-history/>).

Whether they're the friendly spirits of cycling greats or fantastic folks who are still alive to inspire the rest of us, I hope you've been edified by reading about their achievements, and may at least one reader become a cycling trailblazer of the future!



Messages Sonja Grace mystic healer

The Big Challenge

We are all being challenged with the need to let go and release something that is near and dear to us. Whatever it is in your life it requires immediate attention and a willingness to release what you are attached to. Each day I hear stories of clients being put to the test to release a loved one, a relationship, a house, a job, or a belief system that no longer works. It is the culmination of this higher frequency and how we are integrating the energy. This is not an easy task as many discover their attachments to the human experience. Our daily lives require a multitude of tasks and responsibilities to ourselves, Our families, community and the world. So how do we let go in this complexity

of earthly dwelling? We can take the high road and simply turn it over to Source, asking that this be managed by God and the Goddess and that we accept and recognizing we are humble human beings. Or there is the mid range road that involves our will and trying to make things happen according to our beliefs and expectations. The low road is fraught with the ego, believing we are all powerful and can manipulate based on what we want.

We can set ourselves free by understanding the lesson, processing and releasing what we are attached to. No one has the guidebook to living in the fifth dimension. This is the first time in human history our spe-

cies has moved into this vibration. Things are out of balance due to the fact the duality is splitting apart with extremes of good and bad being played out based on how we are holding the experience.

The more we resonate with what is bad and invest our energy into it, the more we continue to invest in the collective karma. If we swing over to the other side believing everything must be good and only focus on what is good, we cause the same reaction and invest in more karma. We have carried the unresolved emotional wounds of past lives continually sending our energy into the duality where we reinvest with each incarnation. We are keeping the pendulum swinging back and forth in the duality. This is clearly being displayed all over the world with pockets of good and bad being played out with the veil of illusion keeping humanity blind.

We can step back and release our attachment to what we think it should be and simply accept what is, without investing our energy on either side. This will help to maintain a place of balance. It is within the balance that we are able to release attachments and accept there is a plan for each one of us that requires a great deal of attention to our spiritual

path. This is not a surprise for the human race for we have been reincarnating for centuries and now we are being called to resolve old wounds, release attachments and live in a state of balance. There is nothing the outer world offers that will help you to find your inner peace. Your balance is truly found within. Meditation is the key.

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. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Other books by Sonja Grace are: 'Angels in the 21st Century' and 'Earth Ways Healing Medicine for the Soul'. The companion film presentation Earth Ways Series and her new Earth Angel Series is available on her website. www.sonjagrace.com

**SONJA GRACE
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word and wisdom

By Tobi Nason

Thanksgiving is Coming!!!

THAT TIME of year again. Thanksgiving spearheads the holiday frenzy. Lots of planning, things to buy, food to prepare. At least, that's what I saw around me. All these years. A lot of consumption. I've been perfectly okay minimizing the whole thing. It is, I would say to myself, it's just one day, this Thanksgiving day. And if I'm not buying and cooking more food than I need, is there some other thrill to be had? I found I liked my quiet day, reading, and yes, reflecting.

This year will be different. I'm in a new place, a condo in Warrenton, and surrounded by new people and new scenarios. I'm approaching the holidays with new eyes and a new spirit. Everything in my life has changed within the last four months, enough so that I expect the holidays will reflect my new life.

What a feeling! Anticipatory... a little subdermal thrill... a sense that surprises are in the air. Oh, it's been a long time coming!

As director of my new life, I get to decide what I'm going to do. I have no traditions to follow, and no other expectations put upon me. Liberating. Freedom. Unbound by tradition or expectations. That could be perceived as a major blessing.

Thanksgiving is manifested by a bounty of food and a gathering of family. Can it

possibly mean something else, something a bit different?

Yes, it can. Traditions are great- if they work. If at the end of the day, you feel, "Wow, that was good. So wonderful to see Aunt Mary again." Or "Wow, best Thanksgiving ever! Uncle Joe didn't fight with Aunt Sally, and Ralph from work did not show up." If sadness or anger or frustration seem to be the mood of the day, I'd say there's a problem.

Traditional events are designed to allow us to remember the past. If you recreate the same "scene" once a year, you can tap into that memory part that seems to have stored those memories. You can plug into other people's collective memories. Talk to Aunt Polly about which Thanksgiving was it that Mary had her heart attack? Most people have something to say about the holidays so it's also a source of intimate conversation. If you and a co-worker both have obnoxious family members that you only see at Thanksgiving, well, there's a shared experience, albeit in different times, different spaces.

The thrill of the unknown. I never thought I would write that because I've been someone who has clung to familiarity and routine as if my life depended upon it. I'm not sure days of regularity and

conformity made me especially content, much less happy. Part of me, I've discovered, likes surprises, despite my assertions otherwise. Life is full of so-called surprises.

What are you thankful for this year? Are you looking forward to Thanksgiving? If not, is there any part of it that you, yourself, can change?

I also do not advocate bringing forth Big Issues during this time. Despite what the movies show, emotions are running high to begin with, whether its stressing over the green bean salad or wondering if that crazy friend of June's is coming this time, and deciding to clear the air over some long-standing conflict is not a good idea. Add alcohol, any amount, will only blow the place up.

Go enjoy a good meal with friends and family. Feel good that there are friends and family in your life. Just enjoy. Enjoy. Make that your contribution to the day. Make the day enjoyable for yourself and others. Give thanks.

Tobi Nason is a counselor who recently moved to Warrenton. She has no idea what she is doing for Thanksgiving day and she likes it that way.

VOLUNTEER AT THE ANIMAL SHELTER



Can you donate a few hours a week to help the dogs and cats at the Animal Shelter? CAA needs help! The work's not hard and it's terrifically rewarding.

For more information, call the Clatsop County Animal Shelter at 503.861.0737 between noon and 4 pm, Tues. through Sat. Must be sixteen or older unless accompanied by an adult.



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bodies in balance

Healthy Aging

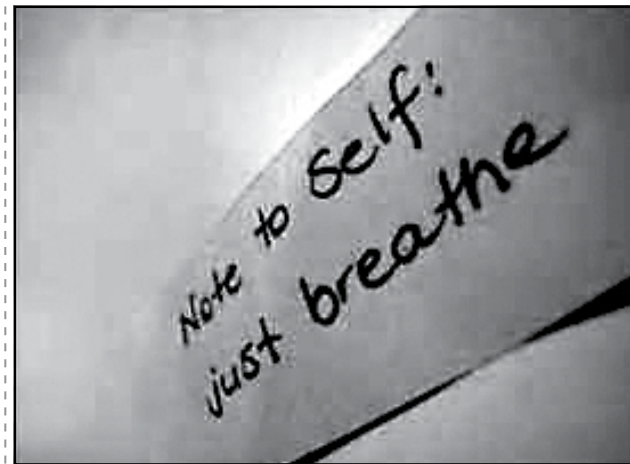
FALL AND Winter are the seasons of the year which most tax our respiratory system. It is commonly pointed out that our ability to breathe goes on without thought or consideration and the capacity of our lungs to provide us with oxygen is something we likely take for granted. This month I would like to explore respiratory function and ways to think about keeping this precious system in good health.

The lungs are richly vascularized tissues located under the rib cage. With each inhalation air flows in the nose (or mouth), through the sinus', down the trachea, through the bronchi and fills the alveoli with oxygenated air. The alveoli are tiny pockets within the lobes of the lungs which is where lung tissue comes into contact with blood vessels. Here red blood cells trade their unwanted carbon dioxide (a waste product of cellular metabolism) for the highly desirable oxygen. With each exhalation, therefore carbon dioxide travels back through the air passages and out into the atmosphere. This valuable exchange of gases not only provides the cells with much needed energy (from oxygen), but also assists the acid-base balance necessary for survival. In addition, it cannot be overlooked that another important function of the the lungs is detoxification.

Along with the digestive system and our skin the entire respiratory system is a key player in how we interface with the outside world. It is therefore not a stretch to imagine the necessity of a good immune response in this system AND the reason we see so many challenges here. A cough is the most common symptom alerting us that there is a problem in the lungs. But as you may have guessed not all coughs are created equal. The most common and benign cough is from bronchitis when the bronchial tubes become irritated and inflamed. Bacteria, post-nasal secretions, environmental irritants, or viruses may all cause bronchitis. A cough affecting the lobes and alveoli will often

lead to a more concerning illness. These types of coughs may be due to a bacteria, virus, or unwanted inhaled materials; when the illness reaches into this depth of the lung tissue it is pneumonia. A chronic cough or troubled breathing leads to other diagnostic possibilities including emphysema, COPD (chronic obstructive pulmonary disease), or asthma. If you have been experiencing a cough, shortness of breath, or accompanying chest pain for greater than one week it is time to seek out a health care professional.

So how can we assure good respiratory health? First the obvious QUIT SMOKING. There is no better thing you can choose for your health than stopping this behavior. For sure don't smoke in your home or car,



and make others who smoke in your life obey the same rules! Avoid inhaling heavy pollutants such as dusts, wood smoke, chemicals, gases, or any known allergens. Protect yourself while on the job with equipment designed to catch particulate matter. Some particulates are finer than others, so be informed and seek out the appropriate filtering equipment and use it. It may be awkward to use at first but you will adapt and keep in mind that it can't be any worse than living with an oxygen tank. Good news coastal residents, we are lucky to be living in some of the cleanest most oxygen rich air in the country, which is an excellent advantage.

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



For those who need to work on strengthening the lungs or immune system to support overall respiratory function there are some nutrients and tips to consider here as well. These tissue are very rich in Vitamin A which coincidentally also strengthens immune function. Vitamin A foods to consider are orange in nature,

nighttime bath for kids. Just a few drops into bath water and breath deeply or have kids put their face in the water and blow bubbles. Easy and effective!

The irony is that despite the fact that we don't have to think about breathing...we still don't do it right. We tend to be shallow breathers only using the upper lobes of the lungs. So here's a deep breathing exercise that I encourage you to introduce into your daily routine, especially if you suffer from a chronic lung condition. While lying, place your hands over your lower abdomen (around the belly button). Take a deep complete inhalation into your belly so that you feel your hands rise, exhale and feel your hands descend. Count as you inhale (1,2,3,4) and exhale (1,2,3,4) and work towards having the same number for each. After you can achieve that work towards increasing that number, then try holding the breath after your inhalation for the same count. I recommend trying this when you need a relaxing moment or when lying in bed; do at least 5-10 repetitions and let your thoughts focus entirely on the breath.

This exercise emphasizes more complete use of the lungs and greater oxygen exchange even if your lungs are compromised. As you read this you are likely thinking about your breathing and hopefully enjoying some refreshing deep breaths. Make the most of your lungs every day by taking time to breathe deep and easy.

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

Adventures in Community Gardening, Year Two: Lessons Learned.

By Cathy Nist



I'VE ALWAYS wondered if it would be possible for me to grow, produce or forage all of the food that I eat. My experiences at Gray School Community Garden in Astoria this year have shown

me that the answer could be yes. From tiny garden plots on a former school tennis court, I've harvested peas, beets, tomatoes, basil, zucchini, three kinds of winter squash, several varieties of kale and other greens, pumpkins, onions, rhubarb, radishes, lettuce, carrots, at least 70 pounds of potatoes, and an embarrassing amount of green beans. (Note to self: next year, don't plant the entire package of bean seeds.)

A community garden is a parcel of publicly or privately owned, land gardened collectively by a group of people. At eight community gardens in Clatsop County (three in Astoria, two in Warrenton, one in Hammond, and two in Seaside), small plots may be rented for a nominal yearly fee. At Gray School Community Garden in Astoria, forty 4' x 10' raised beds have been constructed on an old tennis court. Individual beds rent for \$25/year. Gardeners at Gray School may grow any vegetables and flowers they wish, but must use organic methods and may not sell their produce. Water, soil and tools are provided.

For the past several years, I've been on a personal journey with the goal of reconnecting myself to my "genetic food roots." I fondly recall visits to my Grandparents' home in Portland, which featured a large garden tended by my Grandfather. A small pantry in the basement was lined with well-stocked shelves of home-canned fruit and vegetables. I loved being sent down to the garden to pick strawberries or green onions for dinner and still yearn for the taste of Grandma's



PHOTOS: JESSICA SCHLEIF

green tomato preserves.

The taste and nutritive value of fresh food direct from the garden is far superior to anything available in supermarkets, in my opinion. With that being said, it was inevitable that at some point, I would start growing food. Could I learn to eat and live seasonally? Did I have the chops to take on a garden-to-table lifestyle? After two years at Gray School Community Garden, I know that the answer to both of those questions is a resounding yes!



Not being a connoisseur of rain, I prefer to spend winter days huddled indoors (curled up with a good book and a warm dog) rather than stomping about in the mud. With the first spring weather however, I can't wait to get my hands in the dirt. This year, I kicked off the season by planting potatoes in mid-March. As spring progressed, I went a little crazy with garden planning, trying to shoehorn everything I wanted to grow into the small space available to me. Spring became summer and on any given non-rainy evening after work, I could be found in the garden, cycling through a Sisyphean, yet enjoyable roster

of chores. July unleashed the kraken; a frenzy of harvesting that did not slow until mid-October.

This fall, I am thankful for that delicious bounty and for the lessons that I have learned at Gray School Community Garden, a selection of which follows.

Hedge your bets by planting different varieties of a particular vegetable. I planted 5 kinds of potatoes this spring. The blue potatoes failed this year, but because I diversified, I still ended up with 70 pounds of potatoes.

Be willing to try new things and be open to happy accidents. In pursuit of the best flavors, I like to incorporate a few new vegetables and growing methods. This summer, mystery vines sprouted in my plots, a byproduct of immature compost. I neglected to remove a few of the most vigorous plants and ended up with half a dozen nice little pumpkins. I plan to grow pumpkins on purpose next year.

If you don't like it, don't grow it. Space is at a premium in my garden, if something doesn't taste better than what I can buy in a store, I don't have room for it.

You get out of a garden what you put into it. Gardening in a community setting gives you the opportunity to observe the successes and failures of other gardeners. I have noticed that those who put the most effort into gardening get the best yields. It takes time and work to grow good food, but the results are entirely worth it.

Help others and rely on others. Give back to the community both in and around your garden. Share your bounty. Learn from your fellow gardeners and share your knowledge in turn. Work together to develop common areas in your garden. Pool labor to help with watering during hot weather. I watered my friend's plots last summer in exchange for freezer space for my veggies.

Don't go overboard. Because I love green beans, I planted two entire packages of pole bean seeds. Most of them grew. I hate waste, so I became enslaved by the ensuing green bean explosion. For what seemed like forever, I harvested a several pounds of green beans on a triweekly basis. I ate green beans, I froze green beans, I shelled green beans, I dumped them on my friends, foisted bags of them off on random strangers, and even made several batches of green bean kimchi. I am now officially over green beans, but the damn vines are still producing and I can't bear to tear them down. Perhaps by next summer, I will be in love with green beans again.

Have fun and eat well! Perhaps I will see you in the garden next year.

Visit clatsopcommunitygardens.org online to learn more about Community Gardens in Clatsop County and the availability of garden plots. Live outside of Clatsop County? Inquire at your local Extension Office to find gardening opportunities near you.



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NOVEMBER'S "BEERS TO YOUR HEALTH"

New Film **FOOD FOR CHANGE** examines Food Co-ops as political & economic movement
 Thursday, November 13, 7pm

NATIONWIDE—A PROVOCATIVE new film looks at the current resurgence of food co-operatives in America, and their unique historic place in America's economic and political landscape—somewhere between Adam Smith & Eugene Debs.

Food For Change, a feature-length (84 min.) documentary from Home Planet Pictures, tells the story of the co-op movement in the U.S. through a combination of interviews, rare archival footage, and commentary by co-op leaders and historians.

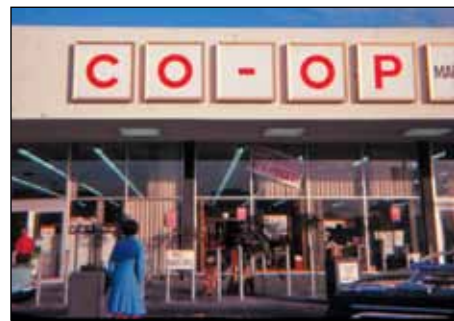
The film examines the key role played by consumer-led food co-ops during the decades-long debate over profit-driven capitalism vs. locally-controlled economic enterprises. Born in the heartland, cooperatives were seen as the middle path between Wall Street and Socialism.

Filmmaker Steve Alves describes his documentary as "one part food, to two parts politics, to three parts economics." Alves tracks the co-op movement's quest for whole and organic foods, and the dream of sustainable food systems. The film profiles several current food



co-ops that have revived neighborhoods and entire communities—right in the shadow of corporate agribusiness and national supermarket chain stores.

"Today we're experiencing a renaissance of American food co-ops," says Sean Doyle, General Manager of the Seward Co-op. "These are not marginal enterprises—they are successful and dynamic businesses that are revitalizing communities across the United States. People are once again taking more control over the economic forces in their lives."



But there were darker days for co-ops after World War II, Alves adds. "Big business regained an influential role within the government, laying the groundwork for a post-war culture based on a military expenditures and consumerism."



"Food Co-ops were a byproduct of the Great Depression," says co-op historian David Thompson, who is also featured in Food For Change. "The disparity in wealth between the haves and the don't haves was the

spark that ignited co-ops. As co-ops grew, they restored hope to millions of Americans who began to gain some economic control over their lives and their communities just as co-ops are doing today."

Astoria Co-op Grocery is sponsoring a screening of the film at its monthly lecture "Beers to your Health" at the Fort George Brewery Showroom, at 14th and Duane in Astoria. The film starts at 7 p.m. and doors open at 6 p.m. Food and drinks are available for purchase. This event is free and open to all ages.

A 15-minute version of Food for Change was screened at the United Nations in 2012, where it was given an award.

Steve Alves is an award-winning documentary filmmaker based in Massachusetts. Among his documentaries is Talking to the Wall: The Story of an American Bargain, about one town's battle against the world's largest retailer.

CHEW ON THIS!

by Merianne Myers



THE GARDEN turned in its notice a month ago. I blithely ignored the warning. After all, the sun was still shining, the lawn still needed mowing, the chanterelles were still tucked snug into their pine needle beds. Sure, the sun had taken to turning in earlier and the ducks were back from wherever they go in summer. But, I'm a busy woman. I don't have time to take notice of every little thing. Like an onslaught of tomatoes from a garden that, in typical years, scoffs at my audacity to hope for tomatoes. Like the annual, way-too-early planting of beets that rewarded my foolish optimism by actually producing beets. Then, in a fit of Disney-esque, Sorcerer's Apprentice sort of zeal, proceeded to produce 3 more crops of gorgeous red and gold deliciousness.

I didn't think time was passing. I thought things like maybe we need a bigger freezer and how could I possibly be out of Mason jars and if Peter Piper picked a peck of pickled peppers, could I interest him in umpteen quarts of pickled cukes, beans, beets, carrots, onions and garlic?

A couple of torrential rains and a big blow or two later, I'm reminded that I'm not the only one with a schedule to maintain. The garden has transitioned from full tilt boogie production to an alarming lack of concern for my welfare. The soil, once hell bent on a flamboyant display of its magical powers, has now taken to contemplating its navel.

A final pass through the faded glory that once was the most productive garden in memory, produced just enough lusciousness to bake into a pie. I suspect that most would consider that evidence of nature at work or the inexorable passage of time or a cosmic poke in the ribs. Did I mention I'm a busy woman? If I have to add reveling in nature's grandeur to my to-do list, I really just don't know how I'll manage to get everything done.

Nothing like a warm, velvety slice of pie, a glass of aromatic, garnet red, and a salad of rain-defying greens to reboot attitude, realign priorities and render a ridiculous to-do list benign.

Don't bother to call. I'm busy.

LAST GASP OF THE GARDEN SAVORY PIE

Every ingredient in this pie is optional save for the crust and the egg custard. Use what you have, it's a different pie every time. Here's what I did most recently:

- One pre-baked pie crust
- Big handful of Chanterelles or a couple Boletes, sliced
- 3 or 4 scallions or a shallot or a small onion, diced
- 4 slices of pepper bacon, diced
- 1 roasted red pepper, chopped
- Handful of green beans, blanched and cut into 1" pieces
- Handful of green peas, blanched
- Handful of cherry tomatoes, cut in half
- 2 Tablespoons of mixed fresh herbs (parsley, chives, oregano, thyme, basil, tarragon, whatever you have is fine), chopped
- 3 ounces chèvre or feta or grated cheese of your choice
- 3/4 cup whole milk
- 3/4 cup half and half
- 3 large eggs
- Tiny grate of nutmeg
- Salt & Pepper to taste
- 4 and 20 blackbirds, optional

Sauté bacon until just barely crisp, remove and drain. Add onion and mushrooms and cook until just golden. Add beans and peas, stirring just until warm. Remove from heat, add roasted pepper, fresh herbs and tomatoes and toss. Season to taste with salt and pepper. Beat eggs, milk, cream and nutmeg together. Fill pie shell with vegetable mixture, dot with cheese, pour custard over everything. Bake at 350 for 30 to 40 minutes or until custard is set.



Tillamook Master Gardener Association Gardeners' Tea

THE TILLAMOOK COUNTY Master Gardener Association will host their Annual Gardeners' Tea on Saturday, November 8, 2014 from 1:00 PM to 3:00 PM at the Church of the Nazarene, 2611 3rd St., Tillamook.

This year's Gardeners' Tea theme will be the traditional 'Afternoon Tea', modeled after the original teas served in Great Britain. It will be an occasion for attendees to wear their finery and enjoy an afternoon of warmth and hospitality with friends, family and that special child in your life. There will be a prize awarded for the best hat worn to the event so begin your selection now! The outstanding cooks and bakers comprising the TCMGA membership will serve a variety of tasty sandwiches,

scones, pastries and desserts and of course, a selection of excellent teas.

Admission tickets are \$12 when purchased in advance through the outlets listed below. Tickets purchased at the door will be \$14. Reservations for tables of 8 may be made in advance through all outlets except when purchased on line. Each admission will include 2 raffle tickets for items donated by TCMGA members and local businesses. Additional raffle tickets may be purchased during the event.

Doors open at 12:30 pm with serving beginning at 1:15pm. We would like all of you to be our guests for an afternoon of socializing, good food and an opportunity to support TCMGA's programs.

- On line at the TCMGA website - <http://extension.oregonstate.edu/tillamook/mg/tcmga> OR
 - On line through our Facebook page -
 - Pioneer Museum, 2106 2nd Street, Tillamook, OR
 - North County – Cammy Hickman (503-961-2212)
 - South County – Deb Lincoln (503-392-0931)
 - Tillamook County Extension Office November 3 – 6, 1pm – 4pm
- Additional information about the Gardeners' Tea can be found by calling Cammy Hickman – 503-961-2212 or at <http://extension.oregonstate.edu/tillamook/mg/tcmga>.



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