

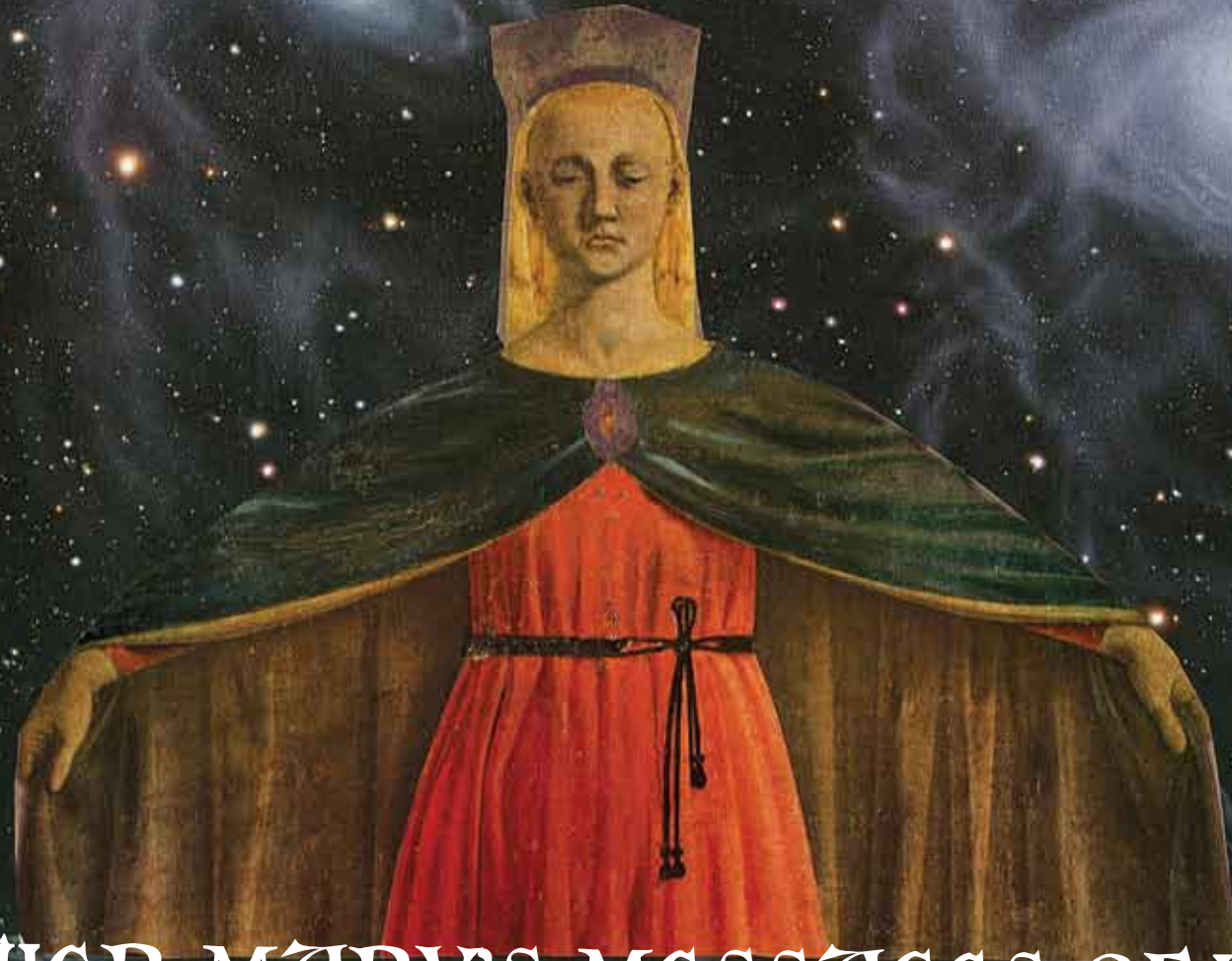
HIPFISH MONTHLY

the alternative press serving the lower columbia pacific region

JANUARY 2015

vol. 15 issue 192

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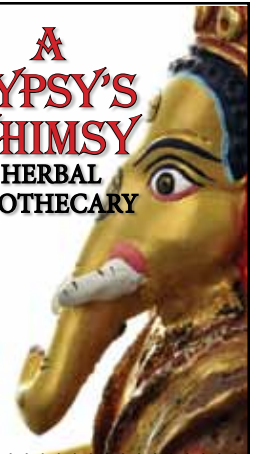
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Poets at KALA

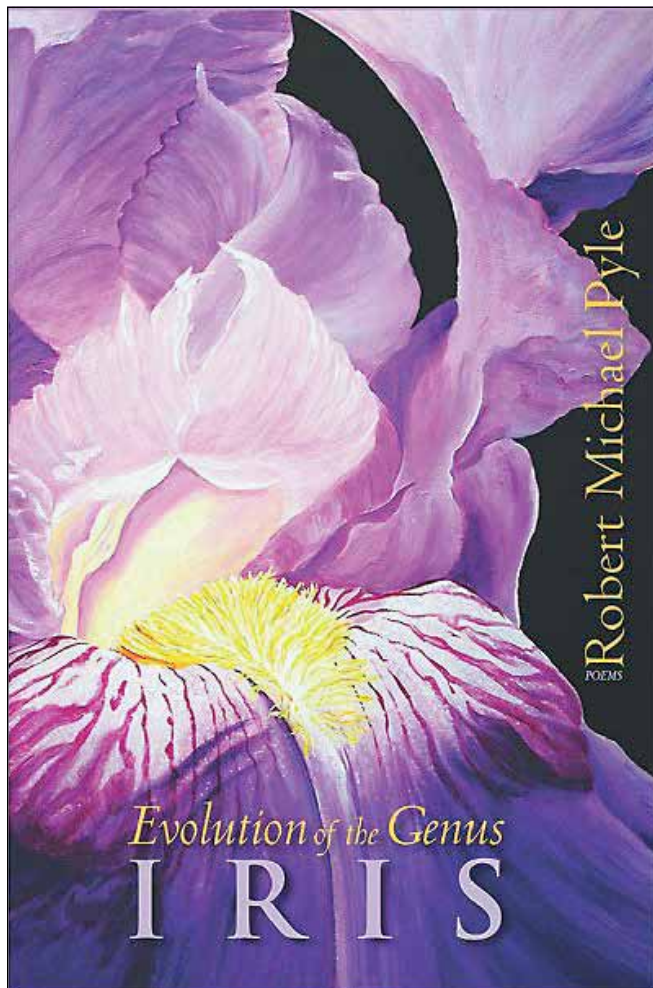
THE MONTH of January brings two poet performances to KALA; Jason Graham aka Mosley Wotta (mostly water), a Bend-based Hip Hop performance poet and visual artist; and lauded Gray's River nature writer Robert Michael Pyle.

Different genres, same medium. If the two poets were on stage together, styles might clash, but nature and social commentary would surely intertwine in cosmic dance, as the poets share in common their gift to illuminate the people.

MOWO+MOsleyWOtta+Jason Graham

JASON GRAHAM returns to KALA, Saturday, January 10. New work by the artist will be exhibited, and a MOWO performance follows the art walk. MOWO is Jason Graham and back-up musician Colten Williams-electronic loop artist. Get ready to bounce, and be enlightened. Jason Graham is a 3 time TED X performer, featured artist on Oregon art beat and winner of the Art Beatification and Culture award. This says legendary music critic Reynolds Mathis, "the kind of effeminate revelry that is rarely seen in so called Hiphop music. Raw, honest, inspired!"

Jason Graham's highly graphic works, reminiscent of the late Neo-Expressionist painter Jean-Michel Basquiat, are on exhibit through January at KALA. Available for viewing at events and by appt. Please give us a call 503.338.4878.



Robert Michael Pyle at KALA

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Read: Bob's "Iris" pg. 10

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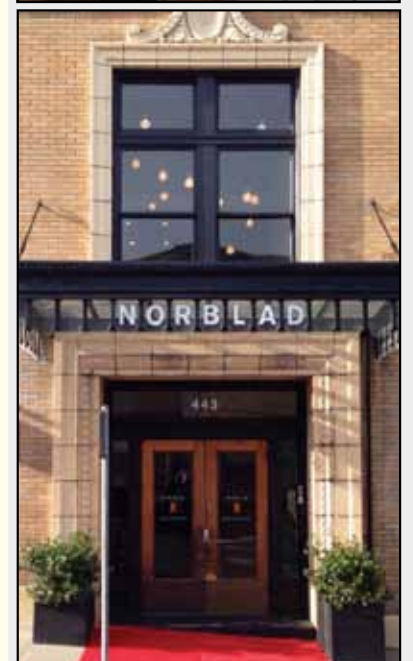
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CULPA



COASTAL GORILLA VIDEO GROUP TELLS ORIGINAL DRAMATIC STORIES TWO LIVE PREMIERES OF EPISODE 02 SET THIS JANUARY

Culpa, Latin for the fusion of fault and guilt is defined as the space between our sacred and our sin. CULPA is also the web-series produced by the start-up video production company *Arch Cape Studios*. Based in the Nehalem Bay Area, this gorilla video group was formed to tell original dramatic stories. Season 01 is a series of six episodes each telling a different tale with reoccurring characters. Using mostly local casts and crews, they focus on this amazing edge of the earth as the main player.

Culpa episode 02 'Edgar' is premiering January 09th 2015 at the Hoffman Center in Manzanita and on January 17th at KALA in Astoria. Episode 02 is a fast paced drama about Edgar who loves his wife, Mona, so much that 'till death do us part' just isn't good enough. After passing, Edgar has himself "dug up, cleaned up then wired up" and hung in a comfortable corner of his old house - until he is stolen. Ronny Glasswell P.I., a guy with his own bag of skeletons, searches to find Edgar despite the old man's dysfunctional family, a hammer wilding junkie and a retired psycho cop bent on revenge. No good deed goes unpunished as Ronny soon finds out.

Arch Cape Studios was formed in 2013 by Nehalem resident Drew Reid. With a background in Forensic Animation, in this case the digital reconstruction and presentation of compromised objects and structures to be used as part of a civil litigation, he brings a technical skill-set as well as the curious eye of a landscape painter. Along with writing, producing and directing the first three episodes, Reid has formed a very talented production team.

Wheeler resident, Winston Laszlo, has appeared in several Coaster Theatre productions. He has past on-air and television production experience from his work at KBDI, public television in Denver. He produced film in college at the University of California. He is helping with CULPA as an actor, as a member of the crew, and by offering input into the editing process. "It is a unique project," says Laszlo. "I'm very impressed with Drew's vision and dedication to the idea that a scripted, dramatic video series can be produced locally on a shoestring budget. I'm pleased to support the project in any way I can," he says.

Judson Moore developed his interest in media production while studying journalism at the University of Oregon. He went on to work as a production assistant on the motion picture, *Imaginary Crimes*, which was filmed in Portland and Oregon Coast. As well as playing the part of Norm in Episode 2, he was also an actor in the coastal production of Hellen Hill's play, *Time Out of Mind*.

Ronny Glasswell is the main driver in the first two episodes and is played by Nehalem Valley local organic farmer Jeff Trenary. Along with owning and running Kingfisher Farms, Jeff has always wanted to try on screen acting and CULPA is his first gig. A recent and real life hospital stay has been worked into the script and has changed the ending of episode 02 and the whole story line of ep03.

Jen Flouton, Glasswell's paralegal is played by in-spirit local Nicole Poole. Jen is the counter force to Ronny's chaos and bedlam. Nicole borrows from her own experience as a full-time student and single mom to express the pressure, responsibility and concern.

Winston Laszlo, as well as co-producing the web-series plays the parts of Ken and

The Actors



Jeff Trenary



Judson Moore



Pia Shepherd



Winston Laszlo

Shawn Kepler. One a convicted pedophile and the other a retired police detective, Winston has drawn on his rich experience in regional stage theater to move in those dangerous worlds. The Kepler brothers will weave in and out of further stories.

Other local talents featured in episodes of *Culpa* are Judson Moore, Pia Shepherd, Greg O'Neill, Kerri Browne, Marleen Torian, Nula Reid, Jeff James, Starlight Frost and many wonderful extras. From Portland we are proud to feature Murri Lazaroff-Babin, Jena SanCartier and Emily Welch.

Culpa episode 03 is in full production with a planned spring 2015 release. The title must remain secret, as it gives away the ending of episode 02. Local actor Aftyn Garvin will play the part of Amy Randle an eager turned disillusioned cub reporter on a small town paper. With the help of her editor Bev, played by the River Bend Player's own Betsy McMahon, Amy must sort out a tangled and dangerous secret.

Please join the cast, crew and fans of original, local entertainment at the Premieres of *CULPA* ep02 'Edgar'. IN MANZANITA JAN. 09, 2015 AT 7PM AT THE HOFFMAN CENTER AND JAN 17, culpa-online.com/index.html At the website you can also watch episode 01 and more of *CULPA*- the space between our sacred and our sin.

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Op^Ed

CR3PA: Committee to Restore, Rebuild, and Revitalize the Port of Astoria

Submitted by Dianne Widdop & Renee Ruscoe

IN MAY 2015, the voters of Clatsop County will be asked to vote on an initiative proposing to change the selection process of Port of Astoria Commissioners and change the name to Port of Clatsop County. With broadly-based community support, the Committee to Restore, Rebuild and Revitalize the Port of Astoria (CR3PA) is leading this effort.

The Port of Astoria has long been viewed as biased, out of sync with the needs of the whole County, and unwilling to invest in any projects other than those on port-owned land or which have a direct correlation to localized port operations. It is well past time to identify the Port as a county-wide agency and not one purposed solely to benefit Astoria and Warrenton.

When the initiative passes, a non-partisan process of evaluating the most qualified commissioners will be performed by no less than thirty Clatsop County elected officials.

Each city council will select a maximum of two candidates for Port

Commission consideration. The Clatsop County Commissioners will also select two candidates for consideration. A maximum of twelve candidates will be presented to the governor's office for final review and confirmation. In addition to the twelve, any Clatsop County resident may apply directly to

the Governor's office for consideration. Five confirmed candidates will serve four-year terms.

With all five cities and the county involved in the selection of the commissioners, we will realize a cohesive partnership serving the interests of all Clatsop County residents and businesses and will be able to actively engage in the governance of the Port and the commissioners who oversee it.

When we elect city and county officials, we elect them to represent us in selecting individuals to serve on city and county commissions. In the same way, through this initiative, we will

elect city and county officials to represent us in selecting individuals to serve on the Port Commission. By recognizing that the cities and county boards are providing oversight and engagement with the Port Commission, we will vote to elect these representatives based upon their ability to direct and oversee the vital economic agency the port should be.

In confirming the port as an arm of these agencies, the original intent of economic development by way of established ports is enhanced and in step with regional needs. As a state port we become a partner with the entire state of Oregon. And by having the Governor and state staff involved with the Port of Clatsop County, we will have oversight of the performance of our Commissioners that is currently unavailable.

Question: Why would we turn over the usual election process to one of an appointment by the five cities of Clatsop County and Clatsop County Board of Commissioners?

Answer: In the opinion of many, the Port of Astoria is broken, performing well below acceptable standards. What we see written in the press confirms this. Unfortunately, for many years the expectation has been that bringing on a new Executive Director will somehow reform a dysfunctional Board of Commissioners. Obviously this has not worked. This is not the role of an Executive Director and has resulted in several departures due to conflicts which develop each time a manager tries to redirect the commission to follow good governance practices and strategic plans. A continuance of this failed strategy, relying upon a port manager to monitor and oversee an elected commission, is a recipe for another departure of management and a further delay in any progress on deferred maintenance, return on investment, and staff stability. Only by changing who has oversight of

the commission can we expect to change this culture of micro and self serving management.

By recognizing that the cities and county boards are providing oversight and engagement with the appointed port commission, you will vote to elect these representatives based upon their ability to direct and oversee the vital economic agency the port should be.

Any commissioner found guilty of malfeasance or of repeated failure to attend Port Commission meetings can be removed by the Governor. This eliminates the need for costly and divisive recall campaigns.

Since the Port of Astoria is so often out of the public eye, commissioners are most often elected by a popularity contest of their name recognition and ability to raise funds from supporters. This is not to say some candidates are not qualified, but the discovery process of a potential port commission candidate is usually based upon a person's interest, sometimes as has been witnessed, personal interest that often does not consider the entire taxpayer district of Clatsop County.

Question: What happens to the elected or appointed port commissioners when the initiative passes -are they removed, and if so, doesn't that circumvent the voters' rights?

Answer: Commissioners will serve out their elected terms and may apply to have their terms extended by appointment for another four years. In other words, the election process is upheld and NO, they will not be removed. In May 2015, three commission positions will be up for election. The three newly-elected commissioners' terms will expire in July 2019. Under the initiative change, each sitting commissioner will be able to apply for another term but will go through the same vetting process each candidate must go through every four years.

NO LNG On The Columbia Actions

Thursday, January 22

COMMUNITY OUTREACH & HEARING PREPARATION

6 - 8pm Warrenton Community Center
170 SW 3rd Street, Warrenton - 2 blocks west of Main

This gathering will include updates, plus the basics about how to testify at public hearings - both for Oregon's Department of Environmental Quality (DEQ) in January and for City of Warrenton hearings expected in February.

Thursday, January 27

DEQ Information Meetings about Water Quality Certification for Oregon LNG
6pm Warrenton Community Center
Red Shirts Event!

This is a great opportunity to share your questions and concerns w/ Oregon's Department of Environmental Quality. The focus remains, DENY the water quality certification that Oregon LNG must have. This is the opportunity to bring up specific issues; what the regulatory pro-

cess is, what is expected from OLNG and NO LNG, the agency's timetable, etc.

Thursday, January 29

Not able to make the Warrenton DEQ meeting, you are invited to attend the one in Vernonia.

DEQ Information Meetings about Water Quality Certification for OLNG
6pm
Cabin in Vernonia, 901 Park Drive, Vernonia, OR

Comments due to Corps and DEQ

Comments to the Army Corps of Engineers (Corps) are due by January 17. The deadline for comments to Oregon's Department of Environmental Quality (DEQ) has been extended to February 16. You can submit the same comments to both agencies.

The simplest way to submit your comments is through the Columbia Riverkeeper website, www.columbiariverkeeper.org. Even if you have submitted comments before, it's very important to do so again.

• The Oregon Court of Appeals ruled in favor of Clatsop County, upholding the County's decision to deny a key permit for the Oregon Liquefied Natural Gas (LNG) pipeline. Last year Oregon LNG challenged the County's decision to deny the permit on the grounds of bias. Columbia Riverkeeper intervened on behalf of Clatsop County. The Oregon Land Use Board of Appeals (LUBA) sided with the LNG company on a preliminary issue, finding that one of the County Commissioners was biased. In a unanimous decision, the Oregon Court of Appeals reversed LUBA's decision, rejecting LUBA's conclusions that a county commissioner was biased and affirming the process that led to the October 2013 County's 5-0 vote to reject the Oregon LNG pipeline. As a result, the Court sent the County's decision to deny Oregon LNG's pipeline back to LUBA to reach the merits. If LUBA upholds the decision on any ground, the County's decision to deny the pipeline stands.

• In an unexpected development, Oregon LNG is suing the federal government for the right to use the

land where the company plans to build a massive LNG export terminal. Specifically, Oregon LNG is challenging the U.S. Army Corps of Engineers in federal court because the Corps owns an easement to dispose dredge spoils in the exact location where Oregon LNG had hoped to construct and operate its terminal.

Oregon LNG's lawsuit against the Corps throws into question the most fundamental aspect of the proposed LNG terminal in Warrenton - Oregon LNG's right to use the land where its terminal would be built. Depending on how the lawsuit is resolved, Oregon LNG may lack access to its proposed terminal site.

• Currently, there are two proposals to locate LNG facilities on the Oregon Coast and the Columbia River, coupled with associated proposals to construct hundreds of miles of new natural gas pipelines throughout Oregon and Washington. Columbia Pacific Common Sense was formed in 2009 to oppose the Oregon LNG and Bradwood Landing LNG projects planned for sites along the Columbia River.



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The Twin Pillars of the American Warfare State

by Stephen Berk



THE UNITED States is today a vastly different country from the one I came of age in in the early 1960s. At that time, we had a functioning republic. The two-party system was flawed, but it had developed in both parties as loose coalitions. The Republicans were more business oriented, the Democrats more supportive of organized labor, though not hostile to business. Antitrust legislation kept corporations from getting too large and powerful. And an equilibrium existed between labor and capital, as business created millions of living wage domestic jobs with benefits. Both parties supported Cold War anti-communism, and at least initially, the proxy wars in Korea and Vietnam that grew out of the US-Soviet rivalry. The Cold War fed the ever expanding defense industries, together with aerospace.

The generations that piloted the country in those days had lived through the Great Depression and Second World War. Understanding the need to legislate for the common good, they committed a progressive income tax to developing infrastructure, as well as fighting poverty and unemployment. Federal largesse redistributed wealth downward, creating greater equality and a large, consuming middle class. Having lived through the most destructive war in history, they preferred to rely on diplomacy. And, given the nuclear status of the Soviet Union and China, leaders saw the necessity of negotiating and developing working relationships with these adversaries and avoiding war. It was indeed the more hardline anticommunist Republican presidents, Nixon and Reagan, who made the most progress with both communist countries.

The postwar generations worked under rough consensus in both domestic and foreign policy. Their leadership was flawed, as it led to the terrible debacle in Vietnam and the corruption of the Watergate Affair. But elected officials of both parties were able to

exercise the flexibility and cooperation that enabled the country to recover from such deep crises and reform itself.

These characteristics of a flawed yet functioning republic no longer exist. They have been replaced by a transnational business oligarchy which controls the federal and much of state government. Neoliberalism, rule by global financial and corporate firms that use government and military for



self-aggrandizement, is the first of the twin pillars. The oligarchs own all three branches of the federal government, pouring endless money into political campaigns to fill the Congress, state houses, and judiciary with their lackeys. They own all mainstream media outlets, which exude propaganda. So the majority are politically compliant or uninvolved. Urban police are militarized and surveillance ubiquitous. Strong unions no longer exist due to offshoring of manufacturing to countries with the lowest wage scales, rendering our economy low wage and stagnant. Wars to obtain diminishing resources are constant. Open opposition is scant and never covered by Big Media. Government no longer subsidizes higher education, reserving subsidy for agribusiness and fossil fuels industries. Having to pay ever higher tuitions with no guarantee of lucrative jobs, the young elect not to attend college, or they acquire mammoth student debt, forcing them to work all hours for low wages. Hence they lack the time

my generation had to work for peace and equality.

The second pillar of the new authoritarian state is neoconservatism, an imperialistic philosophy that posits a chaotic world in need of our "benign" leadership. With the US no longer the industrial giant it was in the last century, neoconservatives seek to maintain American supremacy by force. Over the past three decades they have sponsored a relentlessly expansive militarism. The only big domestic industry the US still has is arms production. And the neocon game is to extend arms through entities like NATO to project US power. Diplomacy of any substance barely occurs. Neocon foreign policy is all coercive: sanctions, bombing, drone attacks, coups d'états (regime change) – these are America's present main instruments of persuasion. And if Russia, has returned to the great power status commensurate with its immense

size and resource base, then the neocon establishment projects our own imperialism and fascism onto Putin's Russia, condemning and sanctioning it for permitting an ethnically Russian Crimea to exercise self-determination in rejoining Russia following the US involved fascist, anti-Russian coup in Ukraine.

But resource wars in the Middle East, Central Asia, and now, most dangerously on the Russian border in Ukraine, are a losing proposition. Neoliberal capitalism is unsustainable due to its rape of the earth and vast inequalities, and newly industrialized states are rising to challenge American domination. Much of Latin America has thrown off US hegemony, nationalizing its resources, as in Ecuador, Venezuela and Bolivia. The US, if it is to make any contribution to the emerging multipolar world, must abandon force, return to diplomacy, engage with Russia, China, newer powers, and traditional allies, in a community of equals to tackle the ecological crisis that faces us with the possibility of extinction.

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[pickled fish]

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TIMEBANK 2.0

by Bob Goldberg

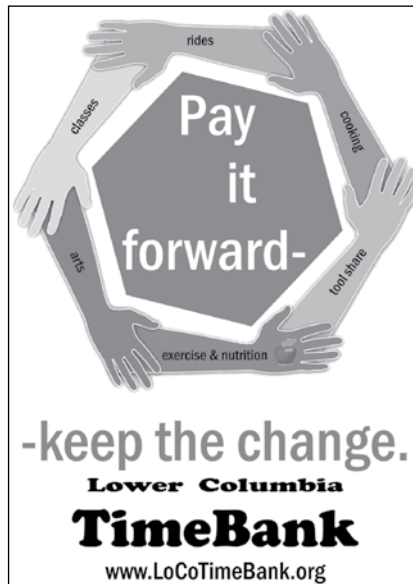
Lower Columbia TimeBank (LCTB) regroup and expands its programs in 2015

THE REMAINS of a rotted-out bird feeder (built locally!), rotted wooden siding, weeds and tree cuttings, and miscellaneous scraps were piling up in front of my house this summer, when I decided that it had to go. In the past, I hired local folks to gather and haul the stuff to the transfer station, or relied on my neighbor, who has a truck. But last year, I decided to give the TimeBank a go at it. So I posted a request on the LCTB website, locotimebank.org, and within a day or two, got an offer from a woman who lives on the Long Beach peninsula (!), but would be happy to come over with her truck and help get my stuff to the transfer station. All told, it took about four hours of her time (getting here, doing most of the work of loading the truck and unloading at the transfer station, and getting home), and it was a pleasant experience, where we exchanged stories and got to know each other a little. For her efforts, she got four hours credit, I gave up four hours from my TimeBank "balance", and no money was exchanged. Very cool.

Last fall, after another bumper apple harvest, we (my wife Nancy and I) needed a juicer to process some of our apples, lest they go to waste. Again, the TimeBank came to the rescue. Our request was almost instantly answered by Christopher Paddon, a newly-minted board member, and one of the founding members of LCTB. Turns out he has the perfect device for not only making apple juice, but also pulp (which Nancy has since made into muffins!). While I was in his kitchen helping peel and core the apples to be processed, we discussed the idea of maybe including tool lending and/or use in the TimeBank. "Great idea," Paddon said. A team was organized, and only a few months later, a Tool Share category was added to the TimeBank.

Last March, HIPFiSHmonthly featured an article on the Lower Columbia TimeBank, which at the time was celebrating its second birthday. A lot has happened since then, and 2015 will introduce even more exciting changes and enhancements.

After lots of input from members, a board of directors was selected to guide the TimeBank into its next phase. Readers might recognize some of the names (in addition to Paddon): Craig Holt, Jimmy Vaughn, Karmen Hughes, Seth Tichenor



and Stephen Berk (longtime HIPFiSH columnist). The board chose some members to be coordinators on the leadership team, including Leslie Morgan as Wellness Program Coordinator and Karin Temple as Computer-Free Program Coordinator. Along with the new Tool Share program, the wellness and computer-free programs will expand the services of LCTB tremendously in 2015.

Morgan, the wellness coordinator, told me that the TimeBank's wellness offerings will be part of the Way to Wellville program being administered through the Columbia Pacific Coordinated Care Organization, a partnership of local health-related organizations, and the Clatsop County Health Department. The county was chosen as one of five winners in a nationwide competition

to try out new and interesting methods of improving health in their geographic areas. LCTB's wellness program will focus on encouraging healthy behaviors by pairing people knowledgeable in exercise, nutrition and general wellness with those in need of their help, as well as enhancing community in general, according to Morgan. The program will soon be distributing a wellness survey to members attending get-togethers in their communities, where they can find out about resources to improve their health and wellness, and find partners to make it more fun.

For those TimeBank members (and potential members) without access to a computer or the Internet, Temple will lead an initiative to make TimeBank services available. Locations are being sought to leave a folder with up-to-date offers and requests for members to access, and members will be able to call the TimeBank to make offers or requests, according to Temple. Look for these services in the next few weeks. No excuse not to join and participate!

So, let's see, sometimes I could use a substitute dog walker (Lilly runs me hard!); I've been searching for a tennis partner for a while; and then there are those items that you can only get in Portland... No problem. All available through the TimeBank! Nancy has already racked up hours baking a birthday cake for a member - twice! And tell me, where else can you get "paid" for attending a meeting as a volunteer?!

It's very likely that someone in your neighborhood has the tool you need, the expertise, the car or truck, the time, and/or the resources to help you achieve just about anything, and there is equally likely someone (or many) that need your skill set, or just your company. The Lower Columbia TimeBank facilitates these exchanges, and in the process, builds community and resilience. Sounds like a great deal to me.

For more information, go to <http://www.locotimebank.org/> or e-mail lctimebank@aol.com.

Bob is LCTB Outreach Coordinator for Clatsop County.

teer position. Contact Chris, Volunteer Coordinator, at 503-325-3426, or stop by our office at 1361 Duane St, Astoria to receive your volunteer application packet.

Astoria Sunday Market Market Biz Kidz Open House Tuesday, January 26

DREAM BIG! The Astoria Sunday Market Young Entrepreneur program is hosting its annual Open House on Tuesday, January 26, at 6 pm. The Open House takes place at Astoria Event Center (255 - 9th Street, Astoria) and is a great opportunity to learn what it takes to be a Market Biz Kid during the 2015 Astoria Sunday Market season. Astoria Sunday Market partners with Clatsop County 4-H to run the Young Entrepreneurs and Biz Kidz program. The Open House kicks off a series of free workshops to help kids prepare a product for sale at Astoria Sunday Market. The program remains free thanks to underwriting from Recology Western Oregon, Wauna Federal Credit Union and Clatsop Community Bank. Pizza and beverages will be served and kids are encouraged to bring their ideas and enthusiasm to share as they learn how to become a Young Entrepreneur. For a brochure email AstoriaSundayMarket@charter.net or call 503-325-1010.

THE HARBOR

New Volunteer Training Scheduled to start January 20

HAVE YOU BEEN looking for a way to give back to your community? Do you want to help individuals who have been affected by domestic violence and/or sexual assault? Are you looking for a way to increase job skills, while doing work that makes a difference in your community?

Volunteer Training begins January 20th 2014, 5:30pm to 8:30pm. Come learn the basics in Compassionate Communication, Crisis Intervention, Active Listening, the impact of Oppression on individuals and communities, DV and the Law and more. The training includes educators from the Harbor as well as experienced guest speakers from the community.


We currently have volunteer opportunities at the shelter, during community events and special projects. Some volunteers work in our client service office, Déjà Vu's donation center, and as ongoing advocates for individuals accessing services.

All volunteers will need to attend the first training January 20th 2014. Training requirements vary depending on the type of volun-

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Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil



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Healthy Hub Wellness Center Kick off the New Year with a Sugar Detox



By Erin Hofseth

IT'S THAT time of year again, time to welcome in a New Year. Some of us will take advantage of this annual opportunity to seek a better version of ourselves. We jot down a few resolutions with hopes that we'll actually follow through this time. Local massage therapist, Jennifer Visser, believes that the key to success in setting personal goals is the support received from others. This is the vision of her new business, Healthy Hub, located in downtown Seaside overlooking the Necanicum River.

"The Healthy Hub is a massage and wellness center with the goal of bringing community together over health and wellness," states Visser. It will offer massage therapy, esthetician services, a membership-discount program, local art and jewelry for sale, an infrared sauna, and perhaps even hot tubs and a float tank. Visser received her massage license four and a half years ago, and has since found much success practicing both independently and for other establishments. "Luckily, through word of mouth and the good grace of being in a small town, and having a good name about you, I've been able to have my own practice and stay really busy." Visser is a dreamer and a visionary though, and she wants to offer more to her clients. The Healthy Hub will do just that.

"We are living in a stressed nation," states Visser. "Everything is go-go-go, no one stops and rests. Stress can manifest in ways that people don't realize. Looking at the computer screen too much is stress, constantly being plugged in is stress, watching an intense movie is stress. Taking a little bit of time and actually decompressing is so beneficial to people; I really believe that you have to be fully full before you can give to others."

"The Healthy Hub will be opening its doors January 2nd, but the grand opening will be in March." Visser has been putting in long hours transforming her new business space into a cozy haven of healing. Part of this preparation has been planning a free community event hosted by the Healthy Hub. Visser says that, "because the business is about community getting together over health and wellness, the Healthy Hub is sponsoring a free, 10-day, community-wide, sugar detox in January."

She goes on to explain, "We're going to meet a week before we start to go over protocol. We'll be going over recipes, how to stock cupboards, and assigning people accountability partners." This initial gathering will take place on January 5th, 6:30pm, at the Seaside Coffee House. One week following, on January 12th, 6:30pm, at the Seaside Coffee House, the detox will kick off with a free, detox-approved meal, provided by the Healthy Hub. Michelle Wunderlich, owner of the Seaside Coffee House will be partnering with Visser and offering a sugar-free menu for the duration of the detox. This will include one meal a day, along with a full beverage menu accommodating those on the detox.

So, why on earth would any of us want to go 10 days without sugar? Visser offers some pretty convincing insight, "It's really about getting blood sugar back to normal levels. We are constantly running on this high level of inflammation, because of blood sugar spikes and the merry go round of sugar highs and lows."

She goes on to say, "People don't realize that they are a slave to food. I use to be like that. I use to have to eat every two hours. That's the blood sugar spike and drop. After getting blood sugar back to normal levels, people are surprised to see how much less they eat because they are satiated and satisfied. People are amazed at how much better they sleep. A lot of people see that their skin is glowing; a lot of people typically lose some weight. Some people discover food allergies."

The detox goes beyond 10 days of abstinence from cookies and ice cream, the "sugar" on this detox refers to any foods that the body converts into glucose upon entering the mouth. This includes: grains, legumes, dairy, potatoes, fruits, alcohol, and processed sugar in any form. "This is about discovering your own powers for your health," says Visser, whose passion seems to rub off onto everyone she meets. Join her, and the over 40 people who have already signed up, and kiss those sugar cravings goodbye.

Contact Jennifer Visser at the Healthy Hub: vissermassage@yahoo.com 504.440.3518

From The Lower Columbia Diversity Project

Don't Let Go! – Keeping the Dream Alive

THE LOWER Columbia Diversity Project invites the public to "Don't Let Go! – Keeping the Dream Alive" – with Kathleen Saadat. Friday, January 16, 7 – 9 pm, in the Judge Guy Boyington Building, 857 Commercial Street, Astoria, OR. The presentation is free, and everyone is welcome to attend.

Born in St. Louis, MO, and raised in a family committed to justice and education, Kathleen Saadat graduated from high school in Chicago in 1957 and from Reed College in Portland, Oregon in 1974, earning a BA in Psychology.

Ms. Saadat retired from the position of Manager of Diversity and Affirmative Action for the City of Portland at the end of 2012. She has continued to work as a private consultant and trainer in the areas of human diversity, organizational development and as a motivational speaker.

Ms. Saadat has received lifetime achievement awards from Portland PFLAG Black Chapter and Portland's Equity Foundation; a Civil Liberties Award from the Oregon chapter of the ACLU; and a Lifetime Achievement Award from the World Arts Foundation in recognition of her contributions to the efforts to "Keep Living the Dream" of Dr. Martin Luther King Jr.

She is concerned with social and economic justice, what happens to our children and with the issue of peace.

This presentation is made possible in part by a grant from the McKenzie River Gathering Foundation.



Candlelight Walk • January 19

MONDAY, JANUARY 19th, the Lower Columbia Diversity Project invites the public to join in honoring the life and legacy of Martin Luther King, Jr. A candlelight walk through downtown Astoria will start at the corner of 12th and Commercial at 5:30 pm. Following the walk, everyone is invited to Peace Lutheran's Fellowship Hall for a free soup dinner and a short program.

Free Discussion About Perceptions Of Disability

January 25

THE LOWER Columbia Diversity Project presents "Understanding Disability: Family and Community Stories," a free conversation with Jill Crawford Hurt on Sunday, January 25, at 2 pm, in the Boyington Building, 857 Commercial Street, Astoria. This LCDP event is part of Oregon Humanities' statewide Conversation Project.

The disability community accounts for 12 percent of the US population and almost 14 percent of the population of Oregon. All Oregonians are influenced by the disability community, whether as individuals with a disability or as family members, friends, or allies of someone with a disability. This is the focus of "Understanding Disability: Family and Community Stories." Participants in this conversation will look at what they know of the stories of their own family, friends, and colleagues and consider the sources of their perspectives. Whether these stories contain themes of pride, oppression, resistance, failure, or success, they offer us an opportunity to rethink our perceptions.

Hurt is a proud member of the disability community. As the second of three generations to share a hereditary neuropathy, she devotes her personal and professional life to disability advocacy. She holds a master of rehabilitation administration degree from the University of San Francisco. Her professional experience includes facilitating community advocacy and youth peer support activities and serving as director of a parent advocacy organization.



ASTORIA NEEDS YOU!

by Bob Goldberg

Open positions on city boards & commissions to be filled by end of month

ONE OF the first things on the plate for new Astoria mayor Arline LaMear is appointing people to open positions on the city's various advisory boards and commissions. In the campaign, the procedure used for these appointments was a major issue, and LaMear promised that she would make the process more transparent and involve the whole city council and the public. She gets a chance to make good on that promise right away, as there are openings on the Budget Committee, Design Review Committee (opening is for a design professional – see below), Hospital Authority Board, Library Board, Parks & Recreation Board and the Planning Com-



mission. So, there's something for everyone (well, almost everyone...). If you're interested, the application form is available on the city's website (astoria.or.us), or you can pick one up in city manager Brett Estes' office, downstairs at the city hall service counter, or at the Astoria Public Library just down

the street. Or, you could just cut out the form on this page and fill it out right away! Submission deadline is 5pm on Thursday, January 15, and appointments will be made, according to LaMear, by Friday, January 30. Return the form to city hall and hand it in at the service counter, or go upstairs to the city manager's office on the 3rd floor. You can also mail in your application to: Mayor's Office, Astoria City Hall, 1095 Duane St., Astoria, OR 97103.

The Following Advisory Committee Descriptions Are Available On The City Website, And Reprinted Here With Permission:

BUDGET COMMITTEE

MEMBERS: 5 in addition to 5 City Council members
FUNCTION: This committee's job is to review the budget submitted by the staff and to set spending policy and the tax rate for the coming year. A knowledge of general finance is helpful and an understanding of the business operated by the City. These are not absolutely necessary since the City is a huge business and it does take considerable time to understand all of the city operations.

TERM: 3 years

DATES: The Committee generally meets during the month of April in the City Hall Council Chambers.

DESIGN REVIEW COMMITTEE

MEMBERS: 5
FUNCTION: This committee's job is to evaluate the design of proposed projects based on established design review guidelines in Overlay Areas. The committee consists of a builder, a design professional (architect, landscape architect, building designer, or artist), a businessperson, a citizen representative, and a Historic Landmarks Commission representative. This committee's decisions can be appealed to the City Council.

TERM: 4 years

DATES: 1st Thursday each month at 5:30 p.m. in the City Hall Council Chambers.

HISTORIC LANDMARKS COMMISSION

MEMBERS: 7

FUNCTION: It is the commission's job to promote and encourage the preservation, restoration, rehabilitation, and adaptive use of buildings, structures, appurtenances, objects, sites, and districts that are indicative of Astoria's historical heritage; to carry out certain provisions of the Land Conservation and Development Commission; and to review historic design review permits. This commission's decisions can be appealed to the City Council.

TERM: 4 years

DATES: 3rd Tuesday each month at 5:15 p.m. in the City Hall Council Chambers.

HOSPITAL AUTHORITY BOARD

MEMBERS: 5

FUNCTION: The committee meets as needed. The Authority was created when the new Columbia Memorial Hospital was built and they cooperate with the Hospital Board and staff.

TERM: 3 years (there is a 2 term limit)

DATES: When necessary.

LIBRARY BOARD

MEMBERS: 5

FUNCTION: The committee meets with the Library Director monthly to set general library policy. Their recommendations are reviewed by the Council and generally made operational upon Council approval. The Board thinks about long-term library services and generally consults with the Library Director concerning the type of books that are inventoried in the collection.

TERM: 4 years (there is a 2 term limit)

DATES: 4th Tuesday of each month at 5:30 p.m. in the Flag Room at the Library.

PARKS AND RECREATION BOARD

MEMBERS: 10

FUNCTION: The Parks and Recreation Board is made up of nine (9) members who shall reside within the City of Astoria; one (1) member may reside outside of Astoria at any given time. Each of the ten (10) regular board members shall serve a term of three years with a term of at least one regular board member expiring annually. The Board advises the Parks and Recreation Director concerning the management, care and control of public parks and recreation facilities owned by the City of Astoria and Ocean View Cemetery.

TERM: 4 years

DATES: 4th Monday of each month at 6:45 a.m. at the Astoria Recreation Center (ARC) – 1555 W. Marine Drive.

PLANNING COMMISSION

MEMBERS: 7

FUNCTION: The Planning Commission carries certain authorities involving conditional uses, variances, amendments, and other land use permits; however, their decisions can be appealed to the City Council. It is their duty to maintain the Comprehensive Plan of the City, which is required under the Land Conservation and Development Commission rules and regulations.

TERM: 4 years

DATES: 4th Tuesday of each month at 6:30 p.m., in the City Hall Council Chambers. Work sessions are needed from time to time.

If you have any questions about the process, the application or the boards and committees involved, please contact the city at (503) 325-5824, or email jyuill@astoria.or.us, or stop into city hall at 1095 Duane St. Good luck! Remember, applications are due by 5 pm on Thursday, January 15.

CITIZEN ADVISORY COMMITTEES APPLICATION FORM

Due date: January 15, 2015

NAME: _____
HOME ADDRESS: _____
HOME TELEPHONE: _____
OCCUPATION: _____
BUSINESS ADDRESS: _____
BUSINESS TELEPHONE: _____

I would like to be considered for the following citizen advisory committee(s): _____

I have served on the following citizen advisory committees, civic and charitable organizations (please include dates and length of service): _____

My qualifications for this position include (please list any skills, activities or training not otherwise found on this resume): _____

I am applying for this position because: _____

THIS WAY OUT

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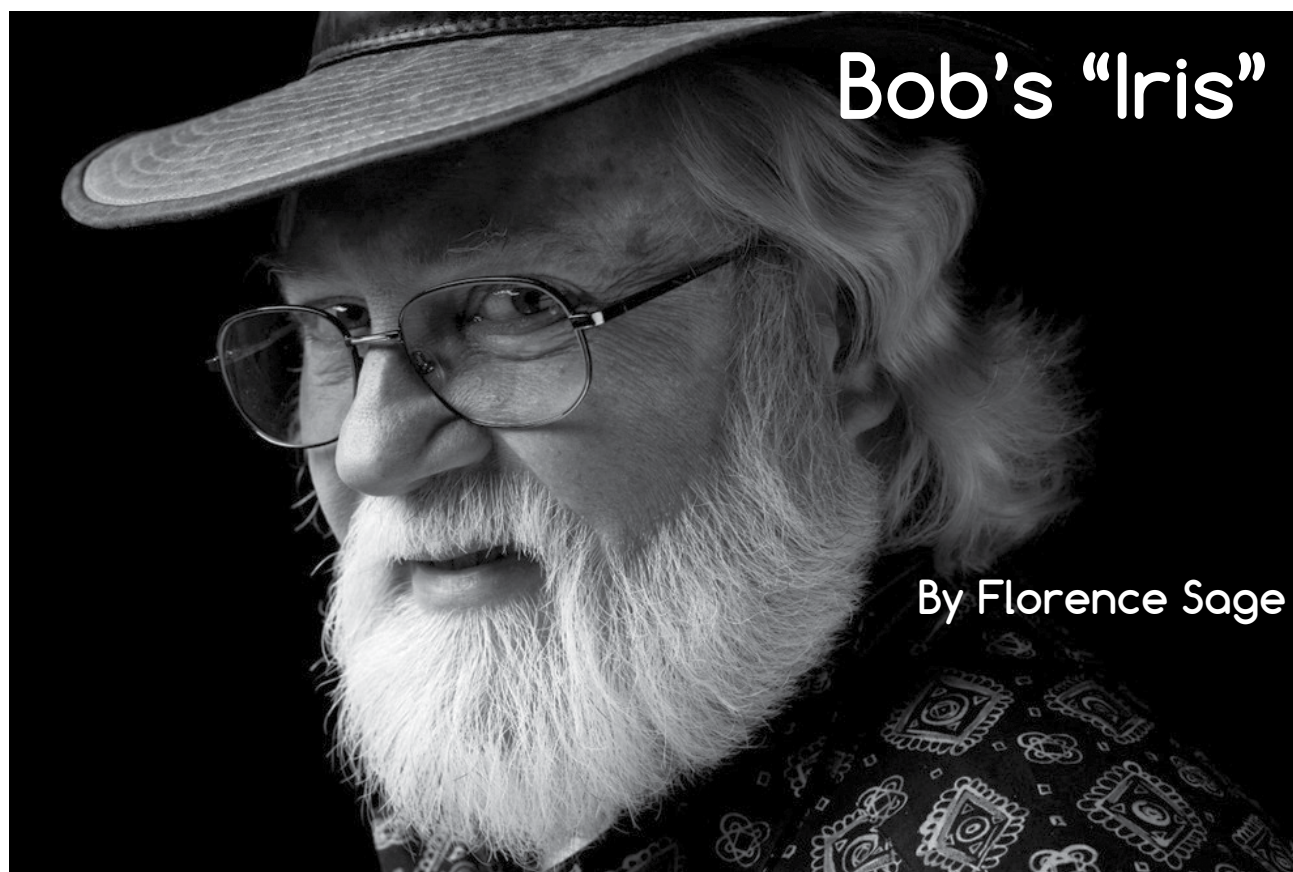
This Way Out leads off
each week with NewsWrap,
a summary of some of the major news events in or
affecting the lesbian/gay community, compiled from a
variety of publications and broadcasts around the world.
If you have a local news story
you'd like us to report,
please let us know!

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



KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

Robert Michael Pyle reads at KALA • *Evolution of the Genus Iris*



Bob's "Iris"

By Florence Sage



Winter 2015 Food Film Festival

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North Coast Food Web's Community Kitchen Fund

The Coaster Theatre Playhouse Presents

'NIGHT
MOTHER
BY MARSHA NORMAN



JANUARY 30 - FEBRUARY 21, 2015

TICKETS \$20 OR \$15
PERFORMANCES BEGIN AT 7:30 P.M.
ALL SUNDAY SHOWS BEGIN AT 3:00 P.M.
TALKBACK — THURSDAY, FEBRUARY 19TH
SPONSORED BY MIKE & TRACEY CLARK



Tickets: 503-436-1242 or coastertheatre.com
108 N Hemlock Street, Cannon Beach, OR

READERS are calling *Evolution of the Genus Iris* simply "Iris" – the way friends tend to call Robert Michael Pyle "Bob."

That fits. Iris deserves a personal name, with its quiet presence, observant eye, warm personality, headful of natural science and tender heart. Quite like Bob, who gave all these to the book.

As a naturalist with a Yale PhD in ecology, and a much published, much lauded nature writer and teacher at institutes and universities, Pyle notices and names the living creatures – animal, bird, plant – as he proceeds through any landscape, working the detail of their characteristic shapes, colors and moves into the poetry that is his own attentive, human response.

After 18 books of prose, hundreds of essays, distinguished keynote lectures, articles and scientific papers, he has collected his unpublished poetry: stories of a poetic soul observing the life around him, told with new cadence, attention to the poetic line, and thick with the imagery of poetry: "When Lorquin's admiral seals her eggs/ on willow leaves above the falling wall,/ then glides the rim where buckwheat feeds/ the butterfly whose wings turn UV indigo." ("When Once in Mount St. Helen's Lap") There is no mistaking the eye of the naturalist used

to taking careful field notes, or the human heart responding.

Creatures in distress move him: flies caught against his screen door ("Releasing the Horseflies"); birds caught in human structures ("The Starling in the Stove,"

"The Girl with the Cockleburs in Her Hair"

We were talking about how children don't get out any more. She showed me her daughter on her cell phone: big pout, and four big burs caught up in her hair.

That girl, I said, is going to be okay.

- Robert Michael Pyle

"Two More Birds That Didn't Make It"); a baby thrush mangled by his own cat, he takes into hands used to handling butterflies for study in the wild. Of grieving mother thrush: "If you'd flown/ 10,000 miles, found a mate, fashioned a nest, hunted down/ 10,000 caterpillars, only to lose it all to a cat at fledgling,/ maybe you too would circle and keen, circle and keen." ("The Grief of Thrushes")

Even the poems of indignation and mess-ups are thoughtful and kind, befitting an essayist used to keeping balance.

Pyle is widely known for his publications, including *Where Bigfoot Walks*, *Mariposa Road*, *The Tangled Bank* (a collection of his essays for Orion Magazine), and for co-editing the grand tome, *Nabokov's Butterflies*, letters and drawings of author and fellow lepidopterist Vladimir Nabokov.

Pyle is notably the founder of the international Xerces Society for Invertebrate Conservation. A Guggenheim Fellow, he has won the John Burroughs Medal, three Governor's Writer's Awards, a Pacific Northwest Booksellers' Award, the Harry Nehls Award for Nature Writing, and the National Outdoor Book Award for natural history literature.

For his work with butterfly ecology and conservation, he received the John Adams Comstock Award and a Distinguished Service Award from the Society for Conservation Biology. He was recently appointed Honorary Fellow of the Royal Entomological Society and Senior Fellow of the Spring Creek Project at Oregon State University.

For thirty-five years he has dwelt beside, observed, and drawn inspiration from Gray's River in the Willapa Hills of southwest Washington.

Robert Michael Pyle reads at KALA, Friday, January 23, 7:30pm. Doors open 7pm. Book signings and complimentary treats featuring Finnish mustard follow. \$8 at the door. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

Barbara Beach, Scribe to Mother Mary

Trance-Channeling Author and Counsel Speak to Love By Erin Hofseth



Photo by Don Frank

“It all started in September, 2010,” says Barbara Beach, sitting peacefully in her living room recliner. “There is a woman on the internet named Peggy Black, and she has a website called Morning Messages, and I felt that I needed to get a reading with her.” She goes on, “During the reading, Mother Mary came through Peggy and asked me to start scribing letters from her.” Barbara tells me that her verbal answer was an enthusiastic “of course!” but her internal answer was a firm, “no way!”

“Mother Mary doesn’t just go away gently when she wants you to do something, so she just kept knocking on my head,” says Barbara smiling. One month later, Barbara found herself sitting at her computer saying, “Ok, if we’re going to do this, then what are we going to do?” As soon as she said it, the words started coming, and she completed her first letter as Mother Mary. Although she was initially hesitant to show anyone, she was amazed to see how the letter affected those who did read it, “It’s like they could feel the energy and the love coming through.” Soon she began sending the letters out to people via email. This wasn’t enough. Mother Mary wanted Barbara to put it on the internet. Despite Barbara’s apprehension and resistance, she ended up starting a blog where she publishes all of her Mother Mary’s letters. Once they hit 159 letters, Mother Mary told her that she wanted her letters in a book. “I had no idea how to do that,” says Barbara, “but then somebody told me

about Kickstarter.com, and I decided to try it.”

Barbara is convinced that Arch Angel Michael’s sense of humor is responsible for her acceptance into the Kickstarter program. She offered anyone who gave over 1000 dollars, a hand delivered bouquet of flowers, coffee and donuts, and their favorite bottle of scotch or whiskey.

“I think Arch Angel Michael was right there, because he’s a real trickster. All of the sudden, I heard ‘offer a bottle of whiskey,’ and I swear that’s the only reason they approved me. A few days after I turned in my application, I got an email back that said, ‘You cannot give whiskey Barbara, but you’re approved; go ahead.’”

The Kickstarter program is an all-or-nothing deal; you must raise all of the money, or you receive nothing. The financial goal for the book publishing was \$8,300. On the last day, Barbara was \$850 short of her goal. She called in a favor from a friend, who donated the last 10% right in time. The book, entitled, *The Living Letters of Mother Mary*, got published, and it is available for purchase at a

variety of book stores, the book’s website: thelivinglettersofmothermary.com, or from Barbara Beach herself.

The book was a success, but Mother Mary was not finished. “About two years ago, Mother Mary wanted me to start channeling her voice-wise,” says Barbara. “I really didn’t know exactly how I was going to do that.” Barbara had been seeing an energy worker in Portland named Diana Byrnes for some time. “From the beginning of this process, I could

Mother Mary Speaks at KALA
Sunday, January 18, 2pm
\$15 - door at 1:30pm
1017 Marine Drive in Astoria

see that some of my own self-esteem and confidence issues were stopping me,” explains Barbara. She arranged to meet with Diana whenever she felt hung up to do 15 minute energy tune-ups. This

practice helped Barbara as she was writing the book. Shortly after Mother Mary had talked to Barbara about channeling her, Diana called Barbara and said, “Now, you’re going to trance-channel Mother Mary.” This came as a surprise to Barbara as she had never spoken of this with Diana. Diana proceeded to explain to Barbara exactly how she was supposed to go about the channeling.

“While I am channeling Mother Mary, she has a room that I go to. I simply visualize in my mind walking into that room. It’s a room filled with white light and unconditional love. That’s where I get to go while she’s talking through me. It’s quite lovely.”

.....
I have the honor of sitting in on a Mother Mary channeling. I am surrounded by warm, peaceful women, and gray cat named Smokey Bear. After we listen to a short, guided meditation recording, Barbara takes about 45 seconds to go to her room and allow Mother Mary to begin speaking. Eyes closed, body relaxed, she greets us:

Good morning Dear Ones. I am so honored to be able to be here with you today, to talk to you, to have a conversation with you. It always fills my heart with great joy when I am able to come and be with you at this gathering. And I have a new favorite subject. For the next few weeks I will be talking a lot about it. It is about this time in your world; about this time before your New Year begins...and a little bit into the New Year. There is a tremendous amount of energy, of love, of support, coming into your world and into each of you, whether you are aware or not. It is coming. And the reason for all of this tremendous amount of energy and support coming to you at this time and into the new year, is to give you more support, more encouragement, more courage and more strength to let go of anything that you are carrying from the past; any issues that you might be holding onto, whether it’s from hurt feelings, anger, resentment, anything that is stopping you from allowing your light to shine as brightly as it can.

And I will say that most of the beings on Mother Earth are not aware of how brightly they can shine. You are each like huge, huge, abundant diamonds. Only there’s been a blanket over some of the light and it’s time for that to come off and now is a time when there is such energy coming to each of you, to the whole of your world, that you will be able to do this with more ease than what you’re accustomed to having.

I am talking about standing as a witness for yourself and allowing all that may be buried to just come up and let it come out.

The Living Letters of **Mother Mary**



Mother Mary, Author
Barbara Beach, Scribe

Once this has happened, your energy will be so much stronger.
Q. What if you’re not sure how to let it go?
A. Just ask. It can feel as if you have a whole new life.

The above channeling is just a snippet, to read full channelings, visit Mother Mary’s blog: www.lettersfrommothermary.blogspot.com

KALA in Astoria welcomes Barbara Beach and Mother Mary on Sunday, January 18, at 2pm. Mother Mary will give an opening presentation, with an attendee question session to follow. The session lasts approximately one hour, with complimentary snacks to follow, and books will be for sale. \$15 admission. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

Barbara Beach offers:

- Personal, one-on-one, conversations with Mother Mary for \$55
- Trance-channeling gatherings at her home in Seaside every 2nd Sunday of the month
- Trance-channeling gatherings in Beaverton, at The Sage Center, every 4th Sunday of the month

There is a suggested donation of \$15 for each group sessions.
Email her at: beachhouse11111@gmail.com or Call her at: 503-717-4302.

Books can be purchased at: Beach Books, Amazon.com, Barnes and Noble (online only), Barbara Beach, www.thelivinglettersofmothermary.com

Rushing Backwater

By Robin Bacior

Artist Nicholas Knapton on his own work and Astoria's strong culture



WHEN ONE thinks of where art is thriving, the mind quickly jumps to city scenery; artists living in cramped small spaces or sharing huge dilapidated lofts; heavily populated, over-saturated

Susan Harlan.

Knapton's paintings nearly resemble sculptures, with distinct lines that appear more carved

Flowers For Clementine: Even In The Darkness There Is Light From Berlin to Astoria, a new collection of oil paintings

Nicholas Knapton At IMOGEN

Opening January 10 thru February 10
240 11th St. in Astoria

squares on the map surging with creativity. What one doesn't automatically think of are small coastal towns like Astoria, a quiet old port city nestled in hills. For some it's hard to imagine such a small city facilitating an active, art scene. However, for artists like painter and printmaker Nicholas Knapton, Astoria is not only a home base, but a burgeoning artist community, all depending on how the artists themselves approach it.



than stroked, bordering vibrant, rich color, embodying sometimes abstract, bold pieces, or shadowy figures. His paper work seemingly focuses more on bodies, made with more spherical, thin-lined shapes, bringing a feeling of motion to the still pictures. The colors are far more muted, but there's still a cohesive quality throughout Knapton's pieces, something bold but not loud, but tastefully prominent.

Although Knapton remains a huge part of the Astoria community, he's spent the last several years on-and-off in Berlin. Knapton first moved to Berlin in 1994 for brief period, and has in recent years returned indefinitely. While in Europe at that time, he assisted with restoration of the Royal Opera House at Covent Garden, London, and participated in the Wrapped-Reichstag project by famed installation artists Christo and Jeanne Claude in Berlin.

"Berlin is perfect for me because I know it well," Knapton said. "In the 1990s Berlin was still a broken city which was very similar to Astoria

"I think Astoria is what one brings to it, but it also has something to offer for artists even if it's considered sometimes to be "backwater,"" Knapton said. "To tell the truth, I have met some of the most interesting people I know in Astoria."

Born in York, England in 1971, Knapton arrived with his family to Astoria in 1980, and since then has been embraced by the community as a native Astorian. Knapton began his involvement in Astoria's artistic community in 1989 at Astoria High School under the guidance of Judy Hogan. Since then, Knapton's been rooted within artistic endeavors, including several solo and group exhibitions, along with four Au Naturel Juried Exhibition awards from Clatsop Community College. He studied under the tutelage of Royal Nebeker and Richard Rowland at Clatsop Community College, Knapton headed to Portland where he attended Portland State University studying under Northwest notables such as Mel Katz, Linda Wysong and

when I was growing up. One had to be pretty rugged to make it through. Now Berlin is completely new, very modern, very attractive and the rough brutal edges seem to have been rubbed off. The vibrancy continues with a fresh intensity."

Although Knapton is thousands of miles removed, he's still very much a presence within the Astoria artistic community, and showing his work fairly frequently. Knapton's newest exhibit, "Flowers For Clementine," is currently being displayed at Astoria's IMOGEN Gallery. The series was inspired by a piece Knapton received from a close friend. The picture, called "Even In Darkness There Is Light," depicted a dark background with light shining onto a flower in a vase. Knapton felt so moved by the image's juxtaposition of light and dark that he put together a series of similar paintings comprised of single objects illuminated amidst dark background.

"Maybe it is even symbolic of the person making the painting; her painting and mine," Knapton said in his artist statement for IMOGEN.

The result is five pieces with a floral focus, along with three larger abstract pieces.

"His work is something that I have always admired and respected as it shows of great independence, both to our local art community as well as Berlin's," said Teri Sund, founder of IMOGEN Gallery.

Sund herself has been strongly involved in the Astoria arts community for over a decade. She opened IMOGEN in 2012 and has been showing Knapton's pieces since the beginning.

"His work isn't something that readily fits into a concise category, whether that's here in Astoria



Photo by Thom Dickerson

or Berlin, it is timeless and about him, something personal that people respond well to."

It might seem strange or difficult to stay so rooted in Astoria's culture from such a distance, but for Knapton there seems to be a strong resemblance between his two homes.

"Strangely enough [Berlin] mixes a bit of that lifestyle of the Pacific Northwest into an urban setting," Knapton said. My experiences growing up in Astoria definitely shaped my attraction to Berlin."

As to which city Knapton will ultimately choose as his homebase is still yet to be determined.

"Optimally I would be satisfied with going

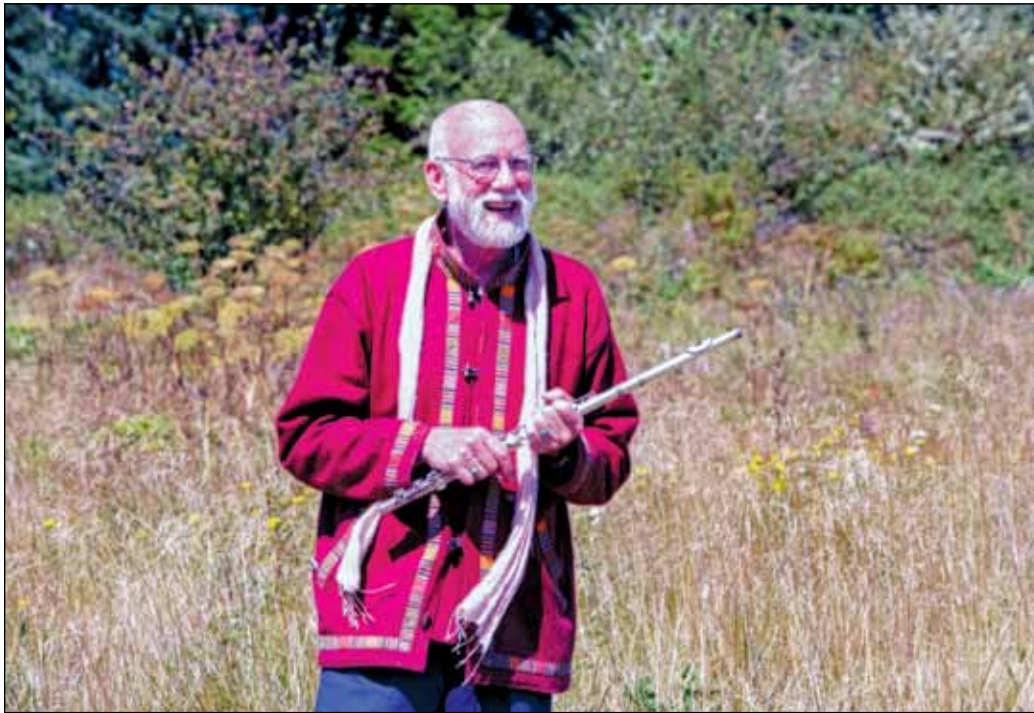
back and forth to Astoria and Berlin as much as I can," Knapton said. "I am very rooted in Astoria and could never imagine it not being a part of my life, but for now I am spending most of my time in Berlin."

For those curious about his work in Berlin, or for more information about Knapton, you can check his new web site, nicholasknapton.com.



One of three large abstracts via Berlin

Larkin Stentz
Inside the Astoria Column
CD release concert and Friends of the Column Benefit
Sunday, January 11, 2pm • Liberty Theater McTavish Room



THE FIRST recording of its kind, "Inside the Astoria Column," showcases the beautiful acoustics of the historic landmark, becoming an instrument itself, the chamber-like column sustains musical notes for 7 seconds, according to its recent musical inhabitant Larkin Stentz. Stentz equally known as a purveyor of local organic gardening, with his business Green Angel Gardens, spent a dark hour in the column one eve this past August, recording an album of pure, resonant flute. This is the 12th recording by Larkin who has given concerts in 15 countries on 3 continents. Due to the interference of electrical circuits in the column, all electricity and lights were turned off for the recording allowing Larkin to play in total darkness for the hour recording. This resulted in an "Amazingly Beautiful" recording of solo flute as one listener is quoted.

Sunday's performance features Larkin on silver and bamboo flutes accompanied by Tom Trudell on piano. The price of the ticket includes the cd and the concert. \$25. Proceeds benefit the restoration fund for the column. Tickets available at the Liberty Theater Box Office and the Column Gift Shop.



The Liberty Theater Marks it's 90th and the 10th Anniversary of the Grand Reopening.

Saturday, January 24 kicks off a year-long celebration for The Liberty. Visit the Open House (1-3pm) for cake, tours and surprises!

A Celebration Dinner at 5:15pm in the McTavish Room precedes the eve's concert featuring Victoria Tenor Ken Lavigne. \$90 includes dinner and concert. Concert Tickets are \$25. The 7:00 pm performance is "The Road to Carnegie Hall" featuring Ken Lavigne.

Ken Lavigne
"The Road to Carnegie Hall"

Upon reading this, visit Tenor Ken Lavigne's website. All you need do is hear as one critic describes, "the liquid gold." Performing contemporary and classical crossover in the style of Andrea Bocelli and Josh Groban, Ken Lavigne is a highly acclaimed tenor who, for the last nine years, has performed on many world stages, including New York's Carnegie Hall. He has worked with producer David Foster, performed for His Royal Highness Prince Charles, and has released his Fifth solo CD, entitled Showtime. An incredible treat and perfect match for a 90th Celebration, Lavigne's show "The Road to Carnegie Hall" takes his audience on a riveting and enchanting journey, retelling his personal campaign to sing at Carnegie Hall with the New York Pops. It's an unbelievable account of a man who, against all odds found a way to live out his dream of singing on the world's most prestigious concert stage.

Told with spectacular songs and entertaining and hilarious stories Lavigne embodies the spirit of the underdog - audacity, tenacity, tragedy and ultimately... triumph.

Aaron Larget-Caplan
Virtuoso Guitar – Bach to the 21st Century
Coastal Tour Feb 7 - 14

"**A RIVETING Artist**" as described by the Washington Post, classical guitarist Aaron Larget-Caplan returns to the Oregon Coast on a swing through Oregon and Washington for a series of one-time only performances: Grace Episcopal Church in Astoria on Sat, Feb 7; Oysterville, WA on Sunday Feb 8; Coaster Theatre for a special Valentine's Concert on Saturday Feb 14; and the Lincoln City Cultural Center on Sunday, Feb 15 at 3pm. A "Guitar Virtuoso", Aaron will perform a wide-ranging solo program titled 'Virtuoso Guitar – Bach to the 21st Century', which includes Aaron's arrangements of compositions by Johann

Sebastian Bach, Domenico Scarlatti and Franz Schubert, original works by Latin American, Spanish and Japanese composers, and new lullabies written for Aaron's New Lullaby Project including a world premiere by Bay-Area composer Garrett Shatzer. For the Coaster Theatre a special program titled 'Of Dreams and Love' will commemorate Valentine's Day.

An avid solo and chamber music performer, Aaron's performances combine the traditional expressivity with contemporary passion. A gifted speaker



and performer, Aaron has a unique ability to connect with audiences allowing both the traditional and new repertoire to come to life. Coastal residents have enjoyed Caplan's concert visits to the coast over the years, interspersed while visiting his mother, noted NO LNG Activist Laurie Caplan.

For concert info visit: alcguitar.com



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in the columbia pacific

DRAG IT OUT DANCE PARTY AT THE AAMC!!!



COME CELEBRATE Marco's birthday with Daylight Cums and the cast of Dragalution! Surprise performances sure to please and get loose to

the beats of DJ imcodefour in your unapologetic Drag attire. Sparkle on Astoria!! FMI: www.astoriaartsandmovement.com

Friday, January 30th at 9pm at the Astoria Arts and Movement Center (342 10th st, Astoria). 21+ / Bar. \$5 Cover.

Dance Your Joy at AAMC

Two new instructors join the Astoria Arts & Movement Center. Kick up your Irsih heels with GINA MARIE NEWKIRK every Thursday at 5:15pm. Gina has studied many forms of dance, including Irish Dance since 1998. Her class is upbeat, inspiring & welcomes everyone! Questions? Contact Gina at 541-580-5928 or lusherg73@gmail.com. JEN MILLER teaches a West Coast Swing series Thursday eves through December. Intermediate 6:30pm, and Beginning at 7:30pm. Contact jen@floorplay.net

Monday

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

Wednesday

7:00-8:15pm Belly Dance with Jes-samyn Grace

Thursday

5:15-6:15pm Irish Dance with Gina Marie Newkirk
6:30-7:30pm West Coast Swing (Intermediate) with Jen Miller
7:30-8:30pm West Coast Swing (Beginning) with Jen Miller

For current schedule and instructor contact: astoriaartsandmovement.com
News: Zumba instructor Nayelli Dalida is taking a month off and will be back teaching during her normal times in February-please visit our website for updates!

CHIPPENDALES Girls Night Out The Show

LADIES, MARK your calendar! Direct from Las Vegas and coming in hotter than the Nevada Desert is "Girls Night Out The Show" starring cast members from the original Chippendales touring shows, "Thunder from Down Under", "Men of Playgirl" and "Men of Las Vegas!" "Girls Night Out" is taking place Wednesday, January 28, at Astoria Event Center. Port of Call Bistro & Bar has made all the arrangements and will be serving inside Astoria Event Center. Tickets are on sale now but already going fast. Advance ticket prices are \$15 or \$20 at the door. VIP tickets are \$30 and includes front row seating with a meet & greet and photo opportunity with the Chippendales. To purchase tickets visit Port of Call Bistro & Bar at 894 Commercial or purchase online at www.GirlsNightOutTheShow.com. For more information call 503-325-4356. Astoria Event Center is located next

door at 255 - 9th Street. The show starts at 8 pm.

In an exhilarating production, "Girls Night Out The Show" revisits classic fantasies and fresh, exotic temptations with a new twist and style. "Girls Night out the Show" offers the perfect balance of sex appeal and tasteful teasing, complete with intricate dance numbers covering a wide range of female fantasies providing multiple opportunities for intimate audience participation. Designed, choreographed and created with one goal in mind: Your best night out ever!



Li Xi

FOR THOSE "old lovers" of Stereo Lab, and newby SMILE and Pet Sounds officianados, don't miss Li Xi. The sonic timbre of analog synth, fuzzy guitars, infectious rhythms and the dreamy vocals of Maryann Tran, this is knob turner heaven. The San Fran troupe of sound wizards moves through psychedelia-pop-noise, and brings a new thing to it. TIP: Go to www.lixiband.com and hear their new hit single Carriages off the debut album Meet Me Somewhere. **Saturday, January 17, 9pm, The Voodoo Room in Astoria. No Cover.**

•••calendar•••

Friday 9

MUSIC

Bruce Smith & The Boda Boyz. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

Redwood Son. 9pm at the Adrift Hotel in Long Beach.

Robin Bacior. No cover, 9pm at the Voodoo Room in Astoria.

CINEMA

CULPA episode 02. Join cast and crew and fellow fans of home grown entertainment to watch the second episode of the web-series 'Edgar'. 7:30pm at the Hoffman Center in Manzanita. Details and a trailer can be found at culpa-online.com/index.html

FOOD & DRINK

Crab Dinner. 4 - 8pm at the Warrenton Community Center.

HAPPENING

Comedy on the Coast. 21 and over. 8pm at Chinook Winds in Lincoln City. Call 888-MAIN-ACT

THEATER

Sorry, Wrong Chimney. \$12, 8pm at Theater West in Lincoln City.

Saturday 10

MUSIC

Mosley Wotta. Hip Hop performance artist Mosley Wotta performs at KALA. 8:30pm, \$5.

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

Anne Weiss. Sliding scale admission \$12 - \$20, 7pm at the Hoffman Center in Manzanita.

Backsliders Country Band with Tobias Berblinger. No cover, 8pm at the Sou'wester Lodge in Seaview.

Bar K Buckaroos. No cover, 9pm at the Voodoo Room in Astoria.

Beth Willis Rock Band. 9pm at Roadhouse 101 in Lincoln City.

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

Redwood Son. 9pm at the Adrift Hotel in Long Beach.

ART

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

Resident's Show & Tell. Starting at 1pm at the Sitka Center for Arts & Ecology north of Lincoln City.

CINEMA

Winter Food Film Festival. Dinner Rush. Admission by donation, movie-themed small bite appetizers will be available for sale. 9:30pm at the Columbian Theater in Astoria.

FOOD & DRINK

Crab Dinner. 4 - 8pm at the Warrenton Community Center.

HAPPENING

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

Meet with Your City Council. The public is invited to meet with Drew Herzig, Astoria City Councilor for Ward 2. Come and share your thoughts, suggestions, questions, and concerns about Astoria. Free, noon to 1:30pm, in the Astoria Public Library's Flag Room.

Comedy on the Coast. 21 and over. 8pm at Chinook Winds in Lincoln City. Call 888-MAIN-ACT



TAPA The Lion In Winter Opening January 23

TILLAMOOK ASSOCIATION for the Performing Arts (TAPA) is delighted to announce the cast of *The Lion In Winter*, written by James Goldman and directed by Kelli McMellon.

Opening January 23rd, *The Lion in Winter* is comedic in tone and dramatic in action. The play tells the story of the Plantagenet family who are locked in a free-for-all of competing ambitions to inherit a kingdom. The queen, and wealthiest woman in the world, Eleanor of Aquitaine, has been kept in prison since raising an army against her husband, King Henry II. Let out only for holidays, the play centers around the inner conflicts of the royal family as they fight over both a kingdom, as well as King Henry's paramour during the Christmas of 1183. As Eleanor says,

"every family has its ups and downs," and this royal family is no exception.

CAST: Mark Johnson (Henry), Joni Sauer-Folger (Eleanor), Chris Chiola (Richard), Sid Givens (Geoffrey), Riley Peterson (John), Liz Tosch (Alais), Steele Fleisher (King Philip of France).

Tickets can be purchased by contacting Diamond Art Jewelers, 503-842-7940.

Join TAPA January 23rd, for an Opening Night Gala celebration. Every opening night ticket includes a complimentary beverage of choice and hors d'oeuvres. Additional show dates are January 24, 30 -31, February 1, 6, 7, & 8. Friday and Saturday shows start at 7pm and the Sunday matinees start at 2pm. The doors open 30 minutes prior to curtain. FMI: www.tillamooktheater.com

Tillamook Head Gathering Literary and Performance fund High School Arts Special Guest Author Karl Marlantes



Seaside Grad, Author Karl Marlantes.

NEW YORK Times best selling author and a former Seaside High School student body president Karl Marlantes, headlines the first annual Tillamook Head Gathering. A special arts event organized to fund the arts at Seaside High. Supporting the arts with the arts. That's the concept behind the first annual gathering, held at the Seaside Convention Center on Saturday, January 17.

Marlantes shipped off to Vietnam in 1968 as a second lieutenant in the Marine Corps. A medal commended soldier, after leaving Vietnam, raising a family the next 30 years and working as a business consultant with an MA from Oxford, he grappled with the memories of war and post traumatic stress syndrome. His novel *Matterhorn*, and memoir "What it is like to

go to War," weave his personal recollections of Vietnam with analysis of the effects of war on those who fight, and how we can better prepare soldiers for the experience of war.

Marlantes joined by Cannon Beach writer Peter Lindsey will give a talk followed by a Q and A session.

Seaside High School choir teacher Vanessa Unger, along with Sydney Morrisson and Alyssa Smith, will sing at

the event. Former Seaside Kelsey Mousley will be bringing her band over from Portland to perform. Dave Quinton and Jackson Andrews will share some songs as will John Mersereau.

A silent auction features works by local artists. Various North Coast restaurants will provide hors d'oeuvres for the event.

The doors open at 6pm. The show starts at 7pm.

Tickets are on sale now at the Seaside Coffee House, Beach Books, and Seaside High School. \$10.00 advance; \$15.00 at the door.

All proceeds benefit literary, musical and visual arts enrichment at Seaside High School.



Seaside Grad, Soul Singer Kelsey Mousley



La Fête Fashion Fun Benefits THE HARBOR January 17

THE HARBOR teams up with Déjà Vu, *thrift store galore*, for a fashion fundraiser extravaganza. Think Project Runway, but with thrift items from Déjà Vu. La Fête is a fundraiser for The Harbor, the domestic and sexual violence resource center for Clatsop County. Fashion show competition replete with judges and People's Choice awards, (where

you can vote with donations), makes for all-in-fun competition. Food, wine and DANCE PARTY follows. Create your own fashion, in other words, "Get all dolled up!" and support survivors and the mission of The Harbor.

Saturday, January 17 at the Astoria Arts and Movement Center. Admission is just \$7. 342 10th St. 2nd Flr. In Astoria.

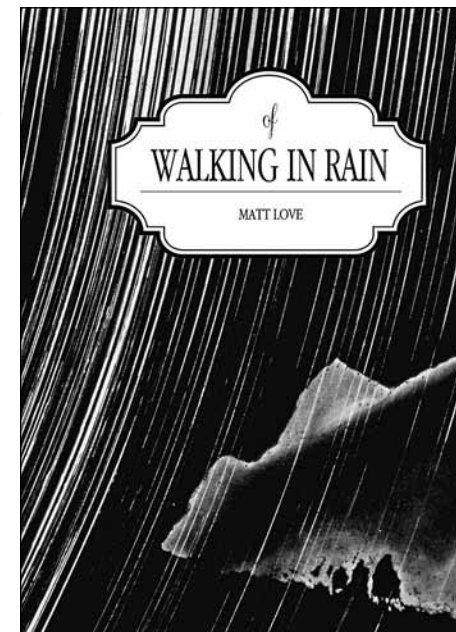
The RAIN Event

"Don't threaten me with love, baby.
Let's just go walking in the rain."
- Billie Holiday

A deluge of rain-infected art, music and spoken word pour down in Manzanita, Saturday Jan 17, at The Hoffman Center. The night features purveyor of everything rain, author Matt Love (*Of Walking in Rain*, Nestucca Press), Sedona Fire Band, Fineline, and Cliff and the Lemmings, all singing the rain songs, various local performers and a 3-d art show AND SALE by clay studio artists!

Bring a word to describe rain and your price of admission is \$10, rather than \$15. Attendee rain descriptors will be posted on raindrops on the Hoffman Center walls. Let the liquid sun shine, come in from the rain and celebrate one of Ma Nature's most spectacular wonders.

Saturday, January 17. Doors open 7pm. \$15, or \$10 if you come with some rain. The Hoffman Center on Laneda in Manzanita.



Creature and Myth play in Two Exhibits at RiverSea Gallery



"Peregrine" by Marla Baggetta, acrylic on panel, 14"x18"

RIVERSEA GALLERY rings in the New Year with two exhibitions showcasing a variety of artists from the Pacific Northwest. Both shows open on Saturday, January 10, and continue through February 10, 2015. A reception will be held during Astoria's Second Saturday Artwalk from 5:00 to 8:00. All are invited to meet the artists and enjoy art, conversation, complimentary light bites and celebratory beverages.

In *Close Encounters: Extraordinary Lives* each invited artist has chosen extraordinary characters from history, myth, fiction or contemporary life, illustrating their essential nature through context or interface with the world rather than portraiture. Here, objects or surroundings are the clues to characters and their stories. Paintings and drawings by Mary Lou Epperson, Sarah Fagan, Hickory Mertsching, Pamela Mummy, Paul Rutz and Julie Ann Smith are featured.

Lending a darkly humorous edge to this exploration of human character, Pamela Mummy delves deep into recesses of the human soul as she turns to ceramic sculpture to portray the Eight Deadly Sins as a series of harlequin busts, each of which boasts a visage that gives full expression to the sin it represents. In addition to envy, gluttony, greed, pride, sloth, lust and wrath, the artist has tacked on an eighth sin, a surprise addition to the roster that will be revealed opening night.

In the Alcove exhibition space is *Winter Forest*, a two-person show featuring paintings of forest creatures in a wintry environment with work by Claudia Zimmerman and Marla Baggetta.

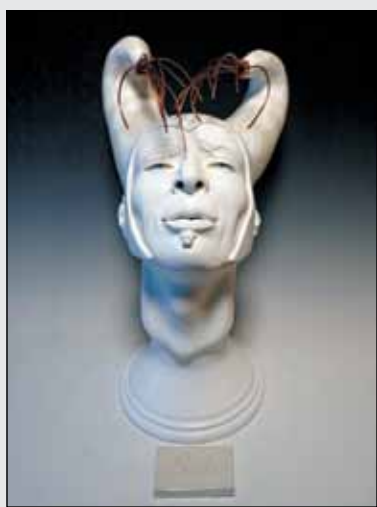
Zimmerman contributes a series of creatures painted in oils with an enchanted storybook quality, each seeming to take part in a fable set in lush surroundings. Imaginary foliage, quirky interactions, and improbable entities make a showing, including Diana the Huntress. The Seattle artist has exhibited in galleries and

juried art shows in her home city and throughout the Pacific Northwest for over 15 years.

Baggetta's animal paintings are a clear departure from the serene pastel landscapes for which she has achieved national acclaim. With this series, the artist has returned to the basics of drawing in order to become open to new ideas. The paintings are worked in acrylic and are an exploration of line and

gesture, confident mark making that underlines the vibrant colors that breathe life into each creature. Brimming with unrestraint, each work coalesces the essence of the animal into a vivid portrayal. Baggetta, from Portland, Oregon, is a prolific artist and teacher whose artwork and workshops have been nationally recognized for over 30 years. She is best known for her work in pastel and is the author of *Step by Step Pastel* as well as many articles published in various art magazines.

RiverSea Gallery, open daily at 1160 Commercial Street, 503-325-1270, or visit the website at riverseagallery.com.



PAMELA MUMMY portrays "Eight Deadly Sins" as a series of harlequin busts, each of which boasts a visage that gives full expression to the sin it represents. In addition to envy, gluttony, greed, pride, sloth, lust and wrath, the artist has tacked on an eighth sin, a surprise addition to the roster that will be revealed opening night at RiverSea on Jan. 10.

Artist's Gallery on 10th

ArtWalk Saturday, January 10th 5 - 8 PM

STOP BY to meet the artists showing at the Artist's Gallery on 10th, the new kid on the art block! This is a gallery for and by the artists! Over 20 local Clatsop County artists, ranging from student to experienced professionals, are showing a variety of

acrylic, watercolor, pastels, photography, collage, fused glass, sculpture, as well as water features for your garden or deck.

The gallery is located at 106 Tenth Street, almost at the river's edge. 2nd Sat. Art Walk, Jan 10, 5-8pm. Light refreshments served.



Works in Progress At Luminari Arts

JOIN LUMINARI Arts' celebration of the new year in the unveiling of the work-in-progress studio space. Co-owners Diane Jackson and Charlotte Bruhn have created an in store work space for ongoing art projects, specializing in ceramic, collage,

and found object assemblages. "Interested in big things, happy in small ways" sums up the philosophy of the working studio. Join them for food, fun, good music and creative idea sharing. 1133 Commercial in Astoria.



Peter Greaver & Carl Annala at the Cannon Beach Gallery December 21 – January 25



THE WINNER of the 2014 Individual Artist Grant, Peter Greaver, presents his year-long project in an exhibition at the Cannon Beach Gallery. The exhibit will run until January 25, 2015.

Greaver has spent the last year exploring the hidden world of fairies in a reflection on the mystical aspects of the natural world. Greaver will show a collection of Fairy Houses and mixed media work, two-dimensional work.

"Raised in a family of artists, I have been drawing since I could hold a crayon. Many of my earliest drawings are images of elves and fairies," Greaver explains about his

early inspiration for the project that he has been working on for the last year.

"These fairy houses are inspired by Victorian fairy painting and vintage children's books, as well as older folklore. I am also inspired by old Chinese spirit houses; miniature houses where the

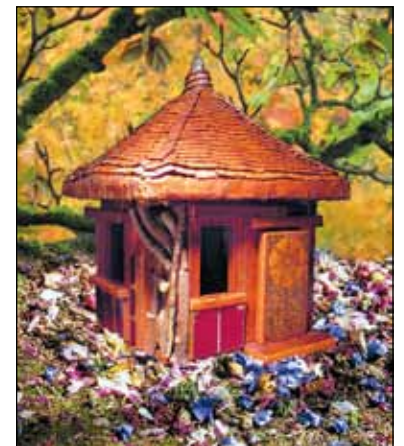
spirit of ancestors were welcomed and remembered," Greaver writes in his artist statement.

Painter Carl Annala will be exhibiting a series of paintings of the forest as a personal cathedral to accompany Greaver's work.

"The forest is a cathedral and my heaven lies in the quiet wreckage of the forest. In the forest I see echoes of the modern world; networks, collapse, growth, fruit and homes. I look with a modern painter's eye to find powerful compositions to photograph in the most chaotic areas of the forest. Being a student of both Lucinda Parker and Christie Wyckoff, I see

their marks in me now, I stand one foot in a pile of minute twigs the other in a heap of thick paint, pushing photography towards abstract expressionism, pushing painting towards neo-post-impressionism," Carl Annala writes of his latest body of work.

Funds were received from U. S. Bank's charitable giving grant program for the Columbia Pacific Region to sponsor the Individual Artist Grant show as an Exhibit Underwriter.



"My Life In Hollywood" With Jorjett Strumme Seaside Public Library • Jan 15

ON THURSDAY, January 15, at 7pm The Friends of the Seaside Library will host Jorjett Strumme who will be speaking about "My Life in Hollywood." The event will take place in the Community Room.



It's rare that a person with Jorjett Strumme's experiences and credentials comes to a small coastal community like ours. Fortunately for us she lives here. Jorjett's lifelong dream of designing glamorous fashion for the legends of Hollywood came true when she moved from Seaside to Los Angeles. In the right place at the right time, Jorjett, with guts and determination, was able to work her way into

a job with two time Oscar winner, Helen Rose, as well as Emmy Award winning designer, Nolan Miller. Strumme worked on Dynasty, Hotel, Love Boat, and 15 movies. She was the in-house model for many of Joan Collins Dynasty costumes, hand painted June Allison's shoes, made a tiara for Esther Williams, and worked with Barbara Stanwyck, Lana Turner, Bette Davis, and Ginger Rogers, just to name a few.

What happened next was another dream come true. An offer to organize Elizabeth Taylor's closet on weekends led to Jorjett becoming Taylor's full time personal aide-de-camp in 1985. "For ten years, I traveled the world with Elizabeth Taylor, as her personal assistant and stylist."

Jorjett's career includes a successful line of loungewear and caftans. She was a featured designer in the book



California Design and several of her creations were worn by Elizabeth Taylor in perfume and bath product ads. After over 20 years in Hollywood and London, Strumme resides once again in Seaside, where she creates one-of-a-kind masks, headpieces, hats, and apparel. Seaside Public Library is located at 1131 Broadway. For more information call (503)738-6742 or visit us at www.seasidepubliclibrary.org and www.facebook.com/seasidepubliclibrary.

hiSTORY – Engaging with Living History Karen Haas Workshop • Jan 17

LEWIS AND Clark National Historical Park, Fort Clatsop is hosting a free living history and story-telling workshop with Karen Haas, on Saturday, January 17, 9-4:30pm. hiSTORY – Engaging with Living History, will be held in the Netul River Room of the Fort Clatsop visitor center.

Museums and historic sites have stories to tell, and the challenge of bringing them to life. Living history performer, storyteller, teacher and former museum education curator Karen Haas will present an interactive workshop full of ideas for interpretation; adding storytelling and using living history - which can be an elaborate extravaganza or a simple one-on-one demonstration. Whether you have experience as a teacher, docent, tour guide, ranger, or are just curious, if you enjoy sharing history this no cost opportunity is for you. Bring your lunch and be ready for a day of exchanging ideas.



This workshop is sponsored by the Lewis & Clark National Park Association and the National Park Service.

For more information, call the park at (503) 861-2471 or (503) 861-4424. You can follow the park on its website at www.nps.gov/lewi or on Facebook at www.facebook.com/LewisandClarkNationalHistoricalPark

Listening to the Land: Geologist Tom Horning Traces the coast's rise from the sea • Jan 21



headlands are remnants of North America's largest lava flows invading the coast. Horning will explain how these and other elements of our landscape changed over time—and are continuing to change.

Seaside native Tom Horning has a master's degree in geology from Oregon State University. After a varied career as an exploration geologist, he returned to Seaside in 1994 and became a natural hazards and geotechnical consultant doing business as Horning Geosciences.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with generous support from the Seaside Chamber of Commerce. This year's Listening to the Land series is focused on the natural and cultural heritage of the Oregon Coast.

THE EARTH is in a constant process of rebuilding itself, and Oregon's north coast is no exception. Join Seaside geologist Tom Horning on a journey through time and space in "Rising from the Sea," this year's first Listening to the Land program, on Wednesday, Jan. 21, at 6 p.m. at the Seaside Public Library. Admission is free. Refreshments are served.

The mountains that define our eastern horizon were once a volcanic seafloor covered by thousands of feet of mud and sand, and our most familiar

Nature Matters Rose Rimler on the Olympian Oyster • January 15

FRESH OYSTERS are a culinary symbol of the bounty of the Oregon Coast, but the oysters currently raised, sold, and eaten here are not native to our waters. The story of the Olympia oyster—the West Coast's "nearly forgotten native oyster"—tells us a lot about the history, ecology, and economy of our coast. We'll discuss the over-harvest of the Olympia oyster around the turn of the 20th century; the fascinating life cycle of this species; current efforts to restore the population to its former abundance; and the ecological benefits of a healthy population of native oysters.

critical estuarine and riverbank habitat in Tillamook County and monitors water quality in its bays and rivers. Rose is spending a year there coordinating the revision and update of TEP's management plan. Her background is in marine invertebrates and in ecology and evolution in general: she graduated in March of 2014 with an M.S. in marine biology from the Oregon Institute of Marine Biology (the marine laboratory of the University of Oregon) in Charleston, and received her B.A. in integrative biology from the University of California, Berkeley in 2008. Along the way, Rose worked and volunteered at three different aquariums in California, caring for jellyfish, rays, tropical fish, eels, and many other species; and she is currently a volunteer at the Haystack Rock Awareness Program in Cannon Beach.

This program takes place in the Fort George Lovell room. Doors open at 6pm. The program is free. Nature Matters is a program from the North Coast Watershed Association and Lewis and Clark National Historical Park in partnership with the Fort George Brewery + Public House.

Rose Rimler is a recipient of the 2014-2015 Oregon Sea Grant Natural Resources fellowship, which she is carrying out at the Tillamook Estuaries Partnership (TEP) in Garibaldi. TEP works to protect and restore

Open Mic Poetry Night

Last Tuesdays

JOIN HOST Ric Vrana every last Tuesday of the month for Open Mic Poetry, 7pm at the Port of Call at 9th and Commercial in Astoria. Brings poems . . . each event, there's something a little bit different. Poetry is an adventure!

MOVIES & MUSINGS

by Les Kanekuni



INHERENT VICE (Jan. 9) Paul Thomas Anderson directs this “stoner noir,” an adaptation of Thomas Pynchon’s novel, the first ever screen translation of the author’s. Set in 1970 Los Angeles, Joaquin Phoenix stars as “Doc” Sportello, a mutton-chopped, frequently befuddled private investigator who spends as much time tracking down his dealer as he is solving cases. When ex-flame Shasta Fay Hepworth (Katherine Waterston) asks Doc to track her vanished lover, sleazy real estate developer Mickey Wolfmann (Eric Roberts), Doc is thrown into a vast landscape of interlocking characters, much like LA itself, all of which have something to hide and aren’t what they appear on the surface. When Doc follows one of Wolfmann’s biker bodyguards to a South Bay sex parlor, he’s knocked out and wakes up next to the dead biker, he’s accused of murder by flat topped cop Bigfoot Bjornsen (Josh Brolin) who despises Doc. Doc avoids a murder charge but as is usual in noir, a simple case leads the detective into discovering bigger and deeper crimes that can lead high up the food chain. Pushed by Bigfoot, Doc encounters a coke-addicted dentist (Martin Short) and presumed-dead musician Coy Harlingen (Owen Wilson) as well as more femmes fatales, including bouffanted sometime girlfriend Penny (Reese Witherspoon). Against this array of shaggy dog characters is the mysterious ship the Golden Fang, which may be owned



by a movie star, a drug cartel or even a consortium of dentists.

SELMA (Jan. 9) A pivotal moment in the Civil Rights movement is the subject of director Ava DuVernay’s film depicting the freedom march from Selma to Montgomery, led by Dr. Martin Luther King (David Oyelowo). Although the subject of numerous documentaries, the march and Dr. King’s role in it have surprisingly never been the subject of a feature film. Movie takes a micro view of the event defining the man, much like the political maneuvering in Lincoln did for the legendary President. Story opens with King receiving the Nobel Prize, then depicts the open racism of the ‘60s with the bombing of a church in Birmingham resulting in the death of 4 girls, followed by a scene where woman in Selma (Oprah Winfrey) is refused the right to vote. Although the Civil Rights Act had been passed the previous year, the South was still a racial battleground. King’s Southern Christian Leadership Council strategize over where their public protests can most benefit the cause. Selma

is selected partially because of its reactionary sheriff, leading to an explosive atmosphere. After aborted marches and a violent confrontation with Selma police, film concentrates on the events leading to the famous march, with King, racist Alabama governor George Wallace (Tim Roth) and President Lyndon Johnson (Tom Wilkinson) all having a hand. More the story of an event than biopic, Du Vernay also depicts infighting within the movement, with the less confrontational Student Nonviolent Coordinating Committee to the extremist Malcom X (Nigel Thatch). Film does not shrink from King’s failings as a husband, matter of factly depicting his damaged marriage as a result of his affairs.

AMERICAN SNIPER (Jan. 16) After several flawed efforts, Clint Eastwood returns to form with what has been called his best film since his WWII pair *Flags of Our Fathers* / *Letters from Iwo Jima*. Film centers on the life and tours of duty in Iraq of Navy SEAL sniper Chris Kyle (Bradley Cooper), who has been called the most lethal sniper in U.S. military history. Film throws us into Kyle’s situation immediately – on a rooftop in Fallujah he spots a woman and her young son approaching some



American soldiers. Judge, jury and executioner, Kyle must decide within seconds whether they present an immediate threat to the troops – with fatal consequences if he is wrong. Film flashes back to Kyle’s childhood in Texas, where his shooting skill is evident early. After a rodeo career is ended by an injury, Kyle joins the SEALs. At a bar he meets Taya (Sienna Miller), who rejects all “arrogant, self-centered pricks” known as Navy SEALs. Predictably, they end up a couple, married just before 9/11. Kyle is shipped off to Fallujah where we catch up with the opening mother and child situation – now seen sporting a deadly grenade. In short order Kyle proves his deadly prowess as a sniper, to the point where the enemy posts a bounty on his head. But Kyle pays a personal price for his battle success. Back home on leave he’s distant, uncomfortable. Film’s setpiece battle scenes arrive when Kyle’s unit is ordered to eliminate Al Qaeda bigwig Abu Musab al-Zaqawi and his bloodthirsty right hand man nicknamed “The Butcher”, while fighting off a Syrian sniper who’s as skilled as Kyle. *American Sniper* is ultimately about the personal struggle of Kyle on the battlefield and at home, where he attempts to make sense of the war and his own part in it.

STILL ALICE (Jan. 16) Julianne Moore gives a likely Academy Award-nominated performance as college professor stricken with early-onset Alzheimer’s disease. Moore plays Alice Howland, a brilliant Columbia University linguistics professor who basically has it all – a loving



researcher husband John (Alec Baldwin) and three children – Anna (Kate Bosworth), Tom (Hunter Parrish), and struggling actress Lydia (Kristen Stewart). The onset of the disease is subtle at first – forgotten words during a lecture or conversation. When Alice loses her way on campus after a jog, she consults a

neurologist who after testing suspects early-onset Alzheimer’s. Alice keeps the news to herself but after greeting her son’s girlfriend at dinner twice after forgetting the first time, she breaks the news to John, who’s resistant to the diagnosis. After the confirmation of the disease by her neurologist and the news that it is genetic in nature, Alice informs her children, devastating news since the odds of inheriting it are 50%. A complication arises when Alice asks John to take a year’s sabbatical to spend time together while she is still herself. But John receives an enticing job offer and is reluctant to put his career on hold. As the disease progresses, Alice copes as best she can – triumphing at times, comically botching others when she flubs suicide instructions she’s left herself. In a real life parallel, one of the co-directors directed from an iPad after contracting ALS syndrome.

BLACK SEA (Jan. 23) Sierra Treasure of the Madre in a submarine describes this Jude Law thriller. After being laid off from his salvage job, old sea dog Robinson (Law, sporting an odd Scottish accent), rounds up a motley group of unemployed ne’er do wells for an adventure beneath the waves. Hearing that a Nazi U-boat loaded with Russian gold is sunken somewhere in the Black Sea, Robinson hires a barely-seaworthy old sub and sets off to find it, promising every man aboard an equal share of the booty. However, Robinson’s democratic approach does nothing to quell the inherent greed in the ship’s Russian and British factions, both of which have figured out that the fewer the survivors of the dangerous mission, the more gold for each of them. Needless to say, the greatest dangers lie within the sub rather than outside it.



AIFF Winter Sunday Series pays tribute to two passing legends

Kick Off • Good Morning Vietnam
Jan 18 • 2pm • Winter Sunday Series
Liberty Theater in Astoria

ASTORIA INTERNATIONAL

Film Fest producer Producer Ron Craig, this season pays tribute to two film legends, Lauren Bacall and Robin Williams. Enjoy a piece of history on Sunday afternoons when the Liberty transforms to its original incarnation, film house. First up, January 18 is the triumph comedy of 1987, “Good Morning Vietnam.” February 1 features Lauren Bacall and Humphrey Bogart in the vintage film classic “To Have and Have Not.” Rest of season TBA. Admission is \$5. BYOP!

Set in Saigon in 1965, during the Vietnam War, the film stars Robin Williams as a radio DJ on Armed Forces Radio Service, who proves hugely popular with the troops, but infuriates his superiors with what they call his “irreverent tendency”. The story is loosely based on the experiences of AFRS radio DJ Adrian Cronauer. Most of Williams’ radio broadcasts were improvised. The film was a critical and commercial success; for his work in the film, Williams was nominated for an Academy Award for Best Actor in a Leading Role. The film is number 100 on the list of the “American Film Institute’s 100 Funniest American Movies”.

Cast (partial list) Adrian Cronauer – Robin Williams is Adrian Cronauer, and Forest Whitaker is Edward Garlick. 1987, 120 min. Director: Barry Levinson, Writer: Mitch Markowitz.





FREE WILL ASTROLOGY

January

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ARIES (March 21-April 19): Most salamanders reproduce by laying eggs, but the alpine salamander doesn't. Females of that species give birth to live young after long pregnancies that may last three years. What does this have to do with you? Well, I expect you to experience a metaphorical pregnancy in the coming months. Even if you're male, you will be gestating a project or creation or inspiration. And it's important that you don't let your the incubation period drag on and on and on, as the alpine salamanders do. I suggest you give birth no later than July.

TAURUS (April 20-May 20): Maybe you have had a dream like this: You're wandering around a house you live in, and at the end of a long hallway you come to a door you've never seen before. How could you have missed it in the past? It must have been there the whole time. You turn the knob, open the door, and slip inside. Amazing! The room is full of interesting things that excite your imagination. What's more, on the opposite wall there's another door that leads to further rooms. In fact, you realize there's an additional section of the house you have never known about or explored. Whether or not you have had a dream like that, Taurus, I'm betting that in 2015, you will experience a symbolically similar series of events in your waking life.

GEMINI (May 21-June 20): The Greek god Zeus had seven wives. Themis, Leto, Eurynome, and Hera were among them. Another was his older sister Demeter, and a sixth was his aunt Mnemosyne. Then there was the sea nymph Metis. Unfortunately, he ate Metis – literally devoured her – which effectively ended their marriage. In 2015, Gemini, I encourage you to avoid Zeus's jumbled, complicated approach to love and intimacy. Favor quality over quantity. Deepen your focus rather than expanding your options. Most importantly, make sure your romantic adventures never lead to you feeling fragmented or divided against yourself. This is the year you learn more than ever before about what it's like for all the different parts of you to be united.

CANCER (June 21-July 22): Here are three of my top wishes for you in 2105: You will have a clear, precise sense of what's yours and what's not yours . . . of what's possible to accomplish and what's impossible . . . of what will be a good influence on you and what won't be. To help ensure that these wishes come true, refer regularly to the following advice from Cancerian author Elizabeth Gilbert: "You need to learn how to select your thoughts just the same way you select your clothes every day. That's a power you can cultivate. If you want to control things in your life so bad, work on the mind. That's the only thing you should be trying to control."

LEO (July 23-Aug. 22): Author Robert Moss has published 27 books. When he talks about the art of launching and completing big projects, I listen attentively. There's one piece of advice he offers that would be particularly helpful for you to keep in mind throughout the first half of 2015. "If we wait until we are fully prepared in order to do something, we may never get it done," he says. "It's important to do things before we think we are ready." Can you handle that, Leo? Are you willing to give up your fantasies about being perfectly qualified and perfectly trained and perfectly primed before you dive in?

VIRGO (Aug. 23-Sept. 22): The fish known as the coelacanth were thought to have become extinct 66 million years ago. That was when they disappeared from the fossil record. But in 1938 a fisherman in South Africa caught a live coelacanth. Eventually, whole colonies were discovered in the Indian Ocean off the east coast of Africa and near Indonesia. I foresee a comparable phenomenon happening in your life during the coming months, Virgo. An influence you believed to have disappeared from your life will resurface. Should you welcome and embrace it? Here's what I think: Only if you're interested in its potential role in your future, not because of a nostalgic attachment.

LIBRA (Sept. 23-Oct. 22): "Nothing brings people closer than business," said composer Arnold Schoenberg. You could be living proof of that hypothesis in 2015, Libra. Your drive to engage in profitable activities will be at a peak, and so will your knack for making good decisions about profitable activities. If you cash in on these potentials, your social life will flourish. Your web of connections will expand and deepen. You will generate high levels of camaraderie by collaborating with allies on productive projects.

SCORPIO (Oct. 23-Nov. 21): Deathwatch beetles have a peculiar approach to the mating game. Their seduction technique consists of smacking their heads against a hard object over and over again. This generates a tapping sound that is apparently sexy to potential partners. I discourage you from similar behaviors as you seek the kind of love you want in 2015. The first rule of romantic engagement is this: Sacrificing or diminishing yourself may seem to work in the short run, but it can't possibly lead to lasting good. If you want to stir up the best results, treat yourself with tenderness and respect.

SAGITTARIUS (Nov. 22-Dec. 21): Dieterich Buxtehude (1637-1707) was a German composer whose organ music is still played today. He was a major influence on a far more famous German composer, Johann Sebastian Bach (1685-1750). When Bach was a young man, he decided it was crucial for him to experience Buxtehude's music first-hand. He took a leave of absence from his job and walked over 250 miles to the town where Buxtehude lived. There he received the guidance and inspiration he sought. In 2015, Sagittarius, I'd love to see you summon Bach's determination as you go in quest of the teaching you want and need.

CAPRICORN (Dec. 22-Jan. 19): Even in normal times, you are a fount of regeneration. Your ever-growing hair and fingernails are visible signs of your nonstop renewal. A lot of other action happens without your conscious awareness. For example, your tastebuds replace themselves every two weeks. You produce 200 billion red blood cells and 10 billion white blood cells every day. Every month the epidermis of your skin is completely replaced, and every 12 months your lungs are composed of a fresh set of cells. In 2015, you will continue to revitalize yourself in all these ways, but will also undergo a comparable regeneration of your mind and soul. Here's my prediction: This will be a year of renaissance, rejuvenation, and reinvention.

AQUARIUS (Jan. 20-Feb. 18): "Sometimes I can feel my bones straining under the weight of all the lives I'm not living," says a character in Jonathan Safran Foer's novel *Extremely Loud and Incredibly Close*. If you have ever felt that way, Aquarius, I predict that you will get some relief in 2015. Your bones won't be straining as much as they have in the past because you will be living at least one of the lives you have wanted to live but haven't been able to before. How you will handle all the new lightness that will be available?

PISCES (Feb. 19-March 20): "Erotomania" is a word for the erroneous fantasies people entertain when they imagine that a celebrity is in love with them. Laughable, right? Just because I have dreams of Game of Thrones actress Lena Headey texting me seductive notes doesn't mean that she genuinely yearns for my companionship. And yet most of us, including you and me, harbor almost equally outlandish beliefs and misapprehensions about all kinds of things. They may not be as far-fetched as those that arise from erotomania, but they are still out of sync with reality. The good news, Pisces, is that in 2015 you will have the best chance ever to become aware of and shed your delusions – even the long-running, deeply-rooted kinds.

Homework: Send me a list of your top five New Year's resolutions. I'm at Truthrooster@gmail.com

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

By Margaret Hammitt-McDonald

Science Fiction Bicycles

I'M BOTH a reader and a writer of science fiction, but I'm disappointed that among all the nifty inventions that abound in SF literature and movies, I haven't encountered a futuristic bicycle. Perhaps this is because so many people (including writers) haven't ridden a bike

since from light tubes in the frame itself. It was designed in China and, despite the increasing number of autos on the road, is apparently popular in this still bike-filled nation. You can learn more at www.thefutureofthings.com/5928-tong-city-bike.



Unless you restrict your riding to off-road bike paths and trails, you've inhaled the noxious effluvia of the cars and trucks traveling next to you. Don't you wish you could wear a gas mask during rush hour? Still

since childhood; perhaps it's because bikes are embodiments of perfection whose basic design has not changed much over generations. Maybe I'll be pioneer of a bike SF subgenre, but until then, I'm contented to investigate what's coming to a road or bike path near you, in the near or far future.

While cruising through Earth orbit via the Internet, many of the innovations I encountered are variations on the folding bicycle, a convenient steed for commuters who combine riding with taking public transit—spaceships not included. I saw a number of bikes that folded in unique ways so they could be packed into small spaces. To me, the most intriguing was a bike that folded away into its own backpack so that outdoor enthusiasts could combine a backpacking trip with mountain biking. You can check out the bike (called a Bergmoench) for yourself at www.bergmoench.com/de, but you'll need to brush up on your German!

Another target of that marvelous resource, geeky inventiveness, is evolving better ways to illuminate a bike at night. Although bicycles are becoming more common denizens of the roadway, their narrow profiles aren't glaringly obvious to some motorists. A variety of lighting systems address this problem by being, well, glaring, but in a good way. One example is the Tong City Bike, a streamlined steed that derives its radi-

ance from light tubes in the frame itself. It was designed in China and, despite the increasing number of autos on the road, is apparently popular in this still bike-filled nation. You can learn more at www.thefutureofthings.com/5928-tong-city-bike.

In honor of our beloved liquid precipitation, I'd design something involving rain. Perhaps I'd fashion a force-field that downpours would bounce off of so riders wouldn't have to worry about forgetting to bring their rain gear. Then, if you get nostalgic for the feel of rain on your face, you can turn off the force-field and get an authentic North Coast riding experience. Or perhaps I'd create an electric-assist bike that ran off rainwater. (Why not make use of this abundant resource?) Imagine: the deluge enters some handy receptacle, transforms into kinetic energy, and you whiz up that giant hill you'd been chugging up before.

While I and my fellow science-fiction (and cycling) enthusiasts can't predict the future, I know this: it would be a dull spacetime if it didn't have a place for bicycles! Our eight-legged visitors from Alpha Centauri would need a custom model, but that's another story...

Messages Sonja Grace mystic healer

Change Your Mind

AS WE face a new year we might stop and ponder what we did, places we traveled to, family events, work successes and more. As you review 2014 what did you feel this past year? Go ahead list it all! Did you feel bad, depressed and alone? Did you experience happiness and a touch of resentment along with bouts of anger? Feel your feeling and acknowledge them. When we try to hide our feelings it only gets worse. Often we feel better when we can get something off our chest. The difficult part is finding people who can hear you and acknowledge what you are feeling. Acknowledging ourselves at a deeper level is the key

to being heard. Validate what you feel and understand your feelings can not be discounted because someone else said otherwise. Your willingness to let it go once you've expressed your feelings will free you. When we finally express the back log of unresolved emotional wounds we tend to get over zealous and annihilate others with sharp words and hurtful statements. Keep your compassion hat on and remember the person you are unloading to probably feels unheard as well! We can get caught up in 'it's all about me' and forget others experience similar feelings. Many people cross the river to co-dependency and set

their feelings aside always dealing with everyone else and their problems. Finding clear boundaries and expressing them without hurt or blame takes a deeper look within. We are programmed all over the world to experience life through our culture, religion and family dynamics. Feeling our feelings often gets reduced to 'stop that' 'don't cry' and my favorite 'that didn't happen'!

These statements and more create the wounded child who felt unheard, betrayed and shut down. We push our chests out and posture as the bully stating no one shuts me down growling and terrifying everyone around just to hide the wounded child within or we wave the flag of victim always having problems never getting what we need and being down trodden with our difficult life. Both are enough to cause the top layer: depression which keeps the anger down suppressing what the inner child was not allowed to feel. Before you rush to the blame department and place an order remember we are all a party to this creation. We have hundreds of lifetimes on earth and our karma defines the people and experiences we have. Communicate with your inner child and give to them what you might not have received back in the day. There is no need to blame for that time is over but

the child remains with you always! Validate your feelings and process them, release them, for the ones we store in our body can lead to illness and disease. Start your New Year off with a new review 'what am I feeling' and if that gets overwhelming just imagine yourself as a child in front of you and love him or her. The New Year will be yours to create as your thoughts and feelings shape your reality. Don't miss out on the incredible pallet of feelings this life has to offer.

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

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Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP
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It's A New Year ... (Make it a Good One!)

I DECIDED to "Think Big." Life just keeps moving on and on, and I decided to make every day count. That doesn't sound very radical or precise, I know. In many ways, this last year put me in that spot, where I had to make every day count. I also had to think about the "Big Stuff." Where did I want to live? What kind of place would work for me and my two dogs? What were my priorities? I think it's safe to say, I landed myself in a fine spot, a place where I'm reasonably happy. I learned a lot about myself and the world and the way it works.

Happiness. I read about it all the time, because that is often the general lament of many clients. A vague sense of unhappiness. A lack of happiness. It's a general state of being, one that needs to be peeled away, layer by layer. What does it really mean??

My plan is to optimize my chances of Being Happy. I won't be pursuing Happiness directly. I will really dig into those areas that traditionally have given me some sense of Happiness. Writing. Knitting socks and sweaters. Keeping somewhat healthy. I'm willing to start "Thinking Big."

It means shifting out of my comfort zone. It may mean I take a chance or two. I may fail. I may not. But every little effort is a learning experience. Whether it produces something that makes me happy is not the point. The point is to grow a bit. Try things. Imagine myself doing the things I love and having those things become part of my daily life.

We live in strange times. Lots of violence. Incomprehensible politics. Weird weather. It could be depressing, if one dwells on it. It also can be a focus of one's energy - working for peace or for environmental concerns. There's so many ways to be. (That line is either from Mr. Rogers or from the movie "Harold and Maude.") In any case, it's true. So many ways to "Be." How do you want to "Be?"

Probably best to work with what you know about yourself. Be a bigger version of yourself. Be consistent. Be in the world. Be a positive in this world. Be true to yourself.

This year is going to be different for me. I went through such an upheaval when I closed out my store, sold my house in one day, and scrambled to find new housing - temporary and long term. It all worked out. Much was a combination of effort plus happenstance. When all was said and done, I feel like I am exactly where I should be. I also have a job I love, as Activity Director at an assisted living facility- another result of "Happenstance."

Happenstance. My word of the month. Much of life is happenstance. Being in the right place at the right time. There are ways to maximize happenstance. Being active in the world, in general, will enlarge your unofficial connections. Volunteer, work, become a regular somewhere. Let the world know you exist. Be friendly to everyone, from store clerks to strangers on the street. So many people out there, and you never ever know who's married to who, who's daughter is waiting on

your table. Be truly interested in others. I say this easily, because I am. I love the stories of others. Why they do what they do, how they ended up wherever it is they are, and how they do whatever they do. I realize people are different, and you may not be of that nature. You may be more analytical, an engineer type, perhaps. Approach life, then, with the idea of glean information about your home turf and its inhabitants.

So many ways to Be! Happenstance! Sounds like a journey to me.... And I'm ready. One thing to remember - happenstance comes about like a big surprise. You can't mandate happenstance, but you do have to be open to possibilities. Play the "What if...?" game with yourself. What if I did volunteer a few hours here or there? Pros and cons? What if I have coffee with that neighbor? What if I write that letter to the editor? What if I try out for the orchestra? What if I try tennis/golf/walking? What if...? The worst that can happen is you find you don't like this, that or the other. The best that can happen is you tried and you met some nice people along the way.

Maximize your life.
Allow for Happenstance.

So many ways to Be.
Happy New Year, Everyone!

Tobi Nason is a counselor located in Warrenton. She can be reached at (503) 440-0587.

word and wisdom

By Tobi Nason

Shelter Moods



There are days I just can't participate in life.



OMG!



I've told you before. I don't DO shelters!



It's my whiskers. doctor. They're alive!!!!



We've been framed!!!



Dear self today you will shine!!

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bodies in balance

By Tracy Erling, N.D.

Weighing in on the Problem of Weight

THERE IS no more concerning issue facing my patients, our country and the world than our increasing weight. It is a complex and multifaceted issue, which is by no means solved with a single recommendation, but instead a careful evaluation of the individual. I would like to attempt in this article to shed light on some of the contributing factors and potential solutions. Some of you will relate, others will continue to be perplexed, but my hope is that everyone will see the possibilities for success.

Starting with the obvious, diet and exercise is a must. When counseling people on weight control it is imperative that this issue is explored in detail. Just laying out the basics is often an eye opening experience for many, especially if they have never been given some simple guidelines, which frankly are rarely addressed. Let's first look at eating patterns...do you regularly skip meals, go long periods of time without eating, or frequently go without breakfast? Now by the calorie only theory this method would seemingly work because we are using more calories than we are consuming...indeed a useful thought, unfortunately there is a big BUT here (unintended pun). When there is no fuel coming in we have to create it from within and this happens by means of cortisol, our adrenal stress hormone. When we overproduce this hormone there are many consequences, one of which is the release of insulin, our storage hormone, so fat storage begins. When insulin is released in this way (as opposed to the increase of blood glucose from food digestion) we begin to become less sensitive to its message, which then compounds the whole problem.

Another important question is not so much what you eat but what are you drinking? Many are consuming high amounts of sweet beverages...sodas, juices, flavored waters, sport

drinks, and the ever popular coffee drinks. Now granted many of these drink may be sugar free or have low calories, but even so they are sweet! Just having something sweet sets off this whole insulin cascade; add to that the fact that beverages are fairly instantly absorbed into the blood stream (no fat, protein or fiber to slow the digestion) means they almost immediately affect the blood sugar/insulin system. So back to plain old boring water huh? Yep! OR make sure your sweet beverages are consumed with a meal versus alone, AND set some limits on this treat for your taste buds. Also worth checking out are beverages that aren't sweet, green or herb teas, black coffee, or mineral waters (for those who like the bubbles) are some ideas to try.

Exercise (like water) is just a must, I can't think of any way around it. These bodies are meant to move, they were not designed to sit all day! This is where we return to calories in calories out. It is indeed an important balance of weight maintenance. So for a very sedentary person there are WAY fewer calories necessary than for a more active person (regardless of weight). There are some terrific websites or apps for your smartphone to help track this balancing act, and of course this is also the keystone for many popular weight loss programs. I will add that exercise is very different from an active job/lifestyle. There are some very essential reactions from a vigorous walk as opposed to running around after your toddler. One of which is the effect on blood sugars, so yes I am saying that if you have that

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



double mocha latte AND go to your spinning class you've created far more balance than without...FIND THE TIME!!

So you knew this already, many of you did and hopefully you are employing that knowledge!

The connection recently made to me, and hopefully a new insight for you, was related to estrogen. This is a powerful hormone which although associated primarily with women is also produced in small amounts by men and is certainly a player in weight management for both sexes. Estrogen and cortisol

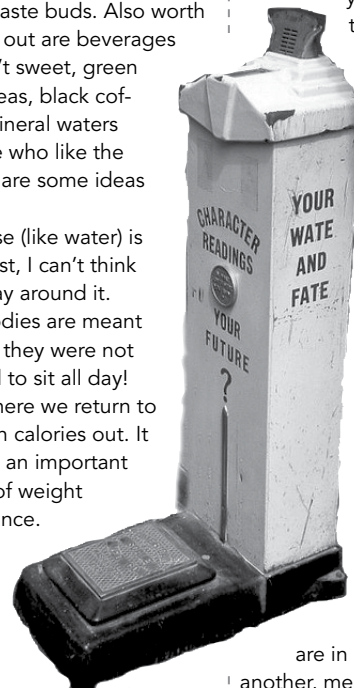
are in cahoots with one another, meaning when one is high it can increase the other. Estrogen is also increased with inflammatory conditions again through this cortisol connection. What are some other sources of estrogen? Well if you are already overweight it is stored in and released from your fat cells, and sadly much comes from our environment. Plastics, skin care products, food additives (i.e. dairy and meat) to name a few; it is an incredibly prevalent hormone which is creating some unfortunate consequences in our health. What's the answer? Good quality dietary fiber,

cruciferous vegetables (broccoli, cauliflower, kale, brussel sprouts and cabbage), and progesterone balance. But as with all hormones this is not a solution to take lightly, whenever I suggest hormones I can only recommend doing it under the supervision of a qualified professional as all too often I see self administration of hormones causing as many problems as it can potentially solve.

Sleep! A good night's sleep will help to clear many of the problematic hormones mentioned above. Good elimination, this is something to optimize from the bowels, liver, skin and kidneys. If you are not pooping, peeing, sweating or detoxifying properly, weight loss will be more difficult. And how can we ignore the ever important endocrine glands, especially the thyroid and adrenals. There are of course some great lab tests available to evaluate these, but a simple in home test would be to average your first morning temperatures for 5-7 days. If you are averaging below 98 degrees Fahrenheit then you may be a good candidate for professional evaluation and treatment.

Phew, weight loss is exhausting and for many a life-long pursuit. I hope I have shed light on some new food for thought, or better yet action against this weighty concern.

Do something you love, Be with someone you love, Eat your vegetables, Drink clean water, Breathe deeply, and Move your body EVERYDAY!!





Event Focuses On Heritage Of Nehalem Community Workshop, Auction And Feast Promise Delicious Fun

MAKE PIE, buy pie and feast on pie—all three are guaranteed at the upcoming 7th



Join happy pie baker Amy Pulitzer at the Heritage Pie Making Workshop on January 23, 2015 at the White Clover Grange in Mohler. Photo by Lorraine Ortiz.

annual Pie Day Auction/Feast/Workshop. The annual beloved Nehalem-based Pie Day events have even more to offer this year and will be hosted by Food Roots and White Clover Grange. With the focus on the heritage of the Nehalem Valley, the Pie Day festivities will begin with a heritage pie-baking workshop and followed with the much anticipated Pie Auction and Feast. Make plans to attend one or both.

The workshop will be offered on **FRIDAY, JANUARY 23** from 10:00 a.m. - 2:00 p.m. and the auction/feast will take place on **SATURDAY, JANUARY 24** at 2:30 p.m. All Pie Day events take place at the White Clover

Grange, 36585 Hwy 53 in Mohler.

The pie-baking workshop on Friday, will be facilitated by fifth generation local Marie Scovell. Marie's family homesteaded in the Nehalem Valley in 1870 and were charter members of the White Clover Grange which began in 1887. Marie will be demonstrating her family's "never fail pie crust" and participants will have the opportunity to make the crust and fill with a choice of sweet or savory pies. The \$30 workshop fee includes all ingredients, instruction, local lore from Marie and a pie to take home and bake. This special heritage-focused workshop is limited to 10 enthusiastic bakers. To save a spot, early registration is encouraged. Call Joel Caris at 503-368-7323.

The workshop will be followed by the lively pie auction on Saturday, which will feature both sweet and savory pies made by some of the best pie bakers in the Nehalem Valley and surrounding communities. Pies for all tastes will be up for auction including some gluten-free and vegan options. As an added bonus to the event, Nehalem Valley's own Megan "Liz" Cole will be reciting the "Ode To Pie"—an annual tradition at the event. Those successful in procuring a pie from the auction can safely tuck them away to take home and partake in the final slice of fun, the pie feast. Pies of all kinds will be on the feast table for Pie Day revelers to enjoy.

An \$8 suggested donation gets you in the door for an exciting, fun-filled pie auction and an all-you-can-eat pie feast. Yes,—all-you-can-eat pie (and ice cream thanks to TCCA)! This family-friendly event is an annual fundraiser for the two organizations and designed to bring the community together for the fun of pie buying, pie eating and honoring pie as a slice of the American Dream.

The doors open at 2:00 p.m. for the auction, so bring your pie loving friends, get a good seat and prepare for an afternoon of delicious winter fun. Proceeds from this event will further the work of the two hosting non-profits. Food Roots, a community food organization supporting local food and farm awareness, production and access on the north coast, www.foodrootsonw.org, and White Clover Grange for their "replace the roof" fund, www.whiteclovergrange.com.



Pie Day Auction attendees study the pies up for auction. The 7th Annual Pie Day Auction and all-you-can-eat pie feast will take place on January 24, 2015 at the White Clover Grange in Mohler. Photo by Lorraine Ortiz.

White Clover Grange is located on Oregon Highway 53, two miles east of U.S. Highway 101 about a mile past the Mohler grocery store and Nehalem Bay Winery.

Pie Day is a Zero Waste event with assistance of CARTM in Manzanita who encourages zero waste for all events in the local community.

For more information about the Pie Day Workshop and Auction events call 503-368-7323 or 503-812-2800.

Food for the Local Soul: ideas to grow our coastal farm economy

SATURDAY, JANUARY 17, 2015; 10 am - 2 pm, including soul food lunch; White Clover Grange*; Nehalem, Oregon

- Would you like to learn about community investment? Are you looking for capital to start an agricultural or food-related business?
- Are you a new farmer seeking access to land, or a landowner who hopes to lease or sell property to an aspiring farmer?
- Are you interested in the economic potential of agritourism? Join farmers, entrepreneurs, and educators to discuss ways to build a robust future for farming in Clatsop and Tillamook Counties.

Enjoy a soul food lunch



featuring fried chicken, collard greens, beans and cornbread (with as many local ingredients as possible).

Facilitators: Community investment -- Jared Garner, beef farmer and access-to-capital consultant, Access to land -- Trav Williams, Chair, Nehalem Valley Farm Trust, Agritourism -- Ginger Edwards, farmer and entrepreneur



Lunch prepared by LaNicia Williams of Coastal Soul. Suggested donation \$15, or whatever you can afford.

For lunch please RSVP: Trav Williams at info@nvft.org, or 330-822-2656 or contact Emily Vollmer, north-coastgrown@foodrootsonw.org, 503-815-2800

* White Clover Grange is located at 36585 Highway 53, two miles east of U.S. Highway 101



about a mile past the Mohler Co-op Store.

Presented by the Nehalem Valley Farm Trust and Food Roots of Tillamook County. Not-for-profits working to support a healthy productive food system for Oregon's north coast.

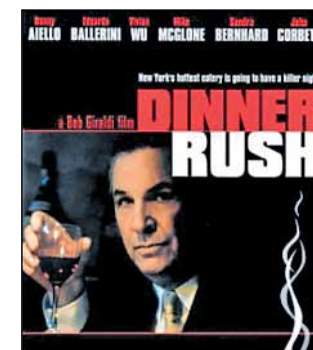
WINTER FOOD FILM FESTIVAL Following Astoria 2nd Sat Art Walk

NORTH COAST Food Web and The Columbian Theatre are joining forces to host a Winter Food Film Festival on Second Saturday Artwork nights from January through April. The festival brings some favorite food-themed films to the historic Columbian Theatre's big screen. Part of NCFW's It Takes a Kitchen campaign, the festival is helping raise funds to construct a community kitchen at NCFW's new home building in Astoria. Once completed, the kitchen will host classes and workshops to teach cooking skills to people of all ages and walks of life, with a special focus on using fresh, local foods.

Food Film Festival events will begin as the Astoria Art Walk winds down. You're invited to head over to the Columbian's VooDoo Room and get warmed up with a special cocktail created by the VooDoo's legendary bartender Josh Baer in honor of the film du jour. Film admission will be by donation, the show will start at 9:30 pm. Movie-themed small bite appetizers catered by Merianne Myers and NCFW's Accidental Catering team will be available for sale throughout the evening, as well as beer, wine and a variety

of non-alcoholic drinks. "This is a chance to eat good food, enjoy food-centric entertainment and help raise money so that everyone can know how to cook fresh, healthy food for themselves," said Myers, Food Web board member. First up on January 10th is the critically acclaimed Dinner Rush set in New York City and starring Danny Aiello with a strong ensemble cast. In a nutshell, the city's hottest restaurant is about to have a killer night. The Food Web will also premier their new video celebrating local food, created by Astoria filmmaker Colin Smith and featuring music from Luke Ydstie and friends.

When the idea of a food-themed film festival came up, Myers turned to her longtime friends Jeanine Fairchild and Uriah Hursley, owners of the Columbian Theatre, Columbian Cafe and VooDoo Room to enlist their support. "We all agreed that it would be fun to watch delicious movies on a big screen. It's a wonderful, cozy way to spend an evening with friends on a dark winter night. It's a worthy cause. And there's food!" In addition to Dinner Rush, they'll be screening Chocolat in February, Tortilla



Soup in March and Big Night in April.

Can't make the movie? Stop by North Coast Food Web's Open House at 577 18th Street in Astoria from 5-8 pm during ArtWalk. They'll be dishing up tasty nibbles and warm, spiced cider. You can find out more about the great things in store for the north coast's local food system in 2015, and about how you can get involved.

North Coast Food Web is a non-profit working in the Lower Columbia Pacific region to build strong communities and a thriving economy through local food and agriculture. For more information visit www.north-coastfoodweb.org, or call (503) 468-0921.

Spice up your life with Astoria Co-op, Fort George, and Pat's Pantry

Local businesses collaborate to offer lecture on healthy eating in the new year



BORED WITH cooking and want to spice things up a bit? Or perhaps you're trying to lose weight or your doctor has told you to stay away from salt. Either way, there's an event coming up for all cooks. There are methods to make food taste flavorful while being healthy, according to a local spice expert. Pat Milliman, owner of Pat's Pantry in Astoria, will be the guest speaker at the Astoria Co-op Grocery's monthly lecture, Beers to Your Health at Fort George Brewery.

"Sometimes it's as simple as a Tuscan seasoning, a Mediterranean blend on oven baked chicken breasts adding flavor without salt. You can bring flavors together in a way that salt does. Lemon or citric acid can achieve that," Milliman said.

For foodies looking for the next culinary adventure, Milliman says Zahtar, a Middle

blends, combining flavors, to make it simple for their customers to add creativity to their



standard recipes. The most exciting part of the business is not so much about spice, but about cooking and food in general.

"I love food. I love everything about food. I love cooking it I love talking about it, I love eating it with people, I love reading about it. I read cook books like most people read novels. In this business I get to talk to people about food every day because people are coming in sharing information with me or asking for information. I love that exchange. I'm always amazed in this little town, how many people end up here from all over the world. So I've met some really interesting people, and had great conversations about food," Milliman said.

Beyond her store, Milliman is an active community member, pitching in at local

non-profits; a board member of North Coast Food Web and host of "Food Talk" on Coast Community Radio.

You can attend Milliman's lecture on Thursday January 8th at the Fort George Lovell Showroom (14th and Duane Streets in Astoria). Doors open at 6 p.m. and the talk is from 7-8 p.m. Food and drinks are available to purchase. The event is free and open to all ages.



Eastern spice has been popular in the last few years. And her personal current favorite is Aleppo Pepper, a deep red crushed chili with a bit of heat and a fruity flavor. She takes it out to eat, sprinkling it on her pizza, or mixes it with scrambled eggs for breakfast—adding the spice to anything that needs a pop of flavor.

Milliman owns Pat's Pantry with her partner Tom Leiner. The couple specializes in custom

CHEW ON THIS!

by Merianne Myers



WHAT THE H-E-double toothpicks is going on?

That's my first question. Every night I go to bed hoping to wake up to a recognizable form of planetary sanity, and then I read the paper. I then make really good coffee, break off a chunk of baguette and take a walk along the river.

An hour later when my blood pressure no longer resembles the sulfur pots at Yellowstone, I wonder about this stuff:

How did we seemingly hardworking, conscientious, ethical folks manage to pick such unlikely people to make decisions for us?

How did a nifty idea like capitalism get severed from even the vaguest hint of morality?

How did morality get so hopelessly tangled up with religious mythologies?

When did admitting error become so abhorrent given that making errors daily is pretty much the definition of 'human being'?

When you're being killed do you prefer it to be by your own government or the invading forces?

Why do we think we know what's best for the rest of the planet when our own house is in such a mess?

When did we start thinking that the things we once held as priceless - our water, air, land and wildlife - were suddenly up for sale?

Maybe all this fruitless wondering is the natural result of the dark months. Maybe it's the cold. Maybe it's reality. Maybe it's 'D'. All of the above.

In self-defense, I generally opt for the long view which appears to go something like this:

At some point a second person took up residence on the planet and things have been screwy ever since. It's pretty clear they'll stay that way until we all decamp. Then woe be unto wherever we land.

At any given time, I only know a handful of things for certain. Today, I know that I'm cold. Turtleneck - sweater - vest - knee socks - turn up the furnace - cold. I know that a sure cure for the chills is something savory bubbling in the oven. I know what's for dinner.

Scalloped potatoes are creamy, comforting luxury. Putting a dish of them on the dinner table just makes me happy. And warm. They are also the gift that keeps on giving. Leftovers become a deluxe breakfast when sautéed in a bit of butter and topped with an over easy egg. Leftover leftovers become creamy potato soup with addition of some stock. Make some. They'll please the person across the table from you.

As far as I can tell, pleasing those closest to us is the best defense against a cold, cruel world.

And the portal to seeing the beauty and magic that abounds either despite or because of the madness. That last part is not on my current list of "Things I'm Sure Of."

H-E-DOUBLE TOOTHPICKS SCALLOPED POTATOES

Preheat oven to 350. I use an 8" X 12" baking dish. You can use whatever you like. The size will determine the amount of ingredients and number of layers you'll need.

Start with:

- 3 medium Russet or Yukon Gold potatoes, peeled (or not) and thinly sliced
- 1 medium to large onion, peeled and thinly sliced in half-rounds
- 1 1/2 cups diced ham or a handful of crisped, chopped bacon or tiny chunks of smoked salmon (all optional)
- Make a Béchamel or White Sauce:
 - 3 Tablespoons butter
 - 3 Tablespoons flour
 - 2 1/2 Cups milk or cream
 - Nutmeg
 - Dry mustard
 - Salt & Pepper

Melt the butter in a saucepan over medium heat. Add the flour and stir to form a paste. Cook for a couple of minutes but do not allow to brown. Add the milk or cream and heat through, stirring until it thickens to a velvety sauce. Add salt and



pepper to taste along with a grate of nutmeg and a pinch of dry mustard.

Butter the baking dish. Layer the bottom of the dish with meat or fish. Top with a layer of potato slices and onions. Sprinkle sparingly with salt & pepper. Ladle cream sauce over the layer and repeat until you have used up all the ingredients or the pan is full. Finish with a layer of sauce.

Bake for 45 minutes to an hour or until potatoes are tender when pierced with a fork.

Start with this and adjust the amount of sauce, potatoes and onions to suit your fancy. It only takes a few minutes to make more sauce or peel and slice an extra potato.

While this loveliness is baking, toss some greens, diced apple, celery, toasted almonds and dried cranberries in a nice orange vinaigrette. Share the meal with someone and enjoy the feeling of warmth and well-being that results. All might not be right with the world but if your world is right, right now, don't forget to notice.



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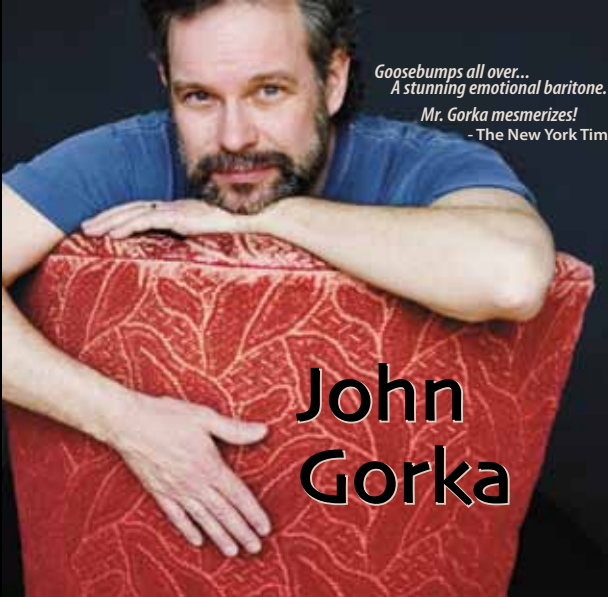
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Winter 2015 | Arts & Ideas

Upcoming Events

Check for updates at:
www.clatsopcc.edu/arts&ideas

ONGOING	Winter Coat: Exhibit curated by Ben Rosenberg CCC Art Center Gallery, Continues through January 15
JAN. 22	Dr. Donna Larson: Ebola, Bioterrorism, and the Global Healthcare Challenge Fort George Lovell Showroom, 7:00pm
JAN. 29	Au Naturel: The Nude in the 21st Century CCC Art Center Gallery, Reception January 29, 6:00pm; Continues through March 5
FEB. 6-8	Partners for the PAC Present: Starbright and Vine: A Play by Richard Allen CCC Performing Arts Center, February 6, & 7, 7:00pm and February 8, 2:00pm; \$15 at the door
FEB. 13	Partners for the PAC Present: Romancing the PAC with Kim Angelis & Josef Gault CCC Performing Arts Center, 7pm; \$15 at the door
FEB. 14, 15	Partners for the PAC Present: Starbright and Vine: A Play by Richard Allen CCC Performing Arts Center, 14th, 7:00pm and 15th, 2:00pm; \$15 at the door
FEB. 6-8	Ales & Ideas: Deac Guidi & Nancy Cook: The Power of Song Fort George Lovell Showroom, 7:00pm



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