

# HIP FISH

## MONTHLY

alternative press serving the lower columbia pacific region • february 2015 • vol 15 • issue 193

NUDES DOWNTOWN  
2ND SAI ARTWALK

OIL SPILL, OIL SLICK  
ROBIN ROSEMOND IN  
WEARABLE PERFORMANCE ART  
BY KARI GLASS,  
YEAR OF THE DALL SHEEP FISH OUT OF WATER  
KINETIC INSTALLATION AT KALA  
IN TIME FOR FPG!

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meet tattoo artist  
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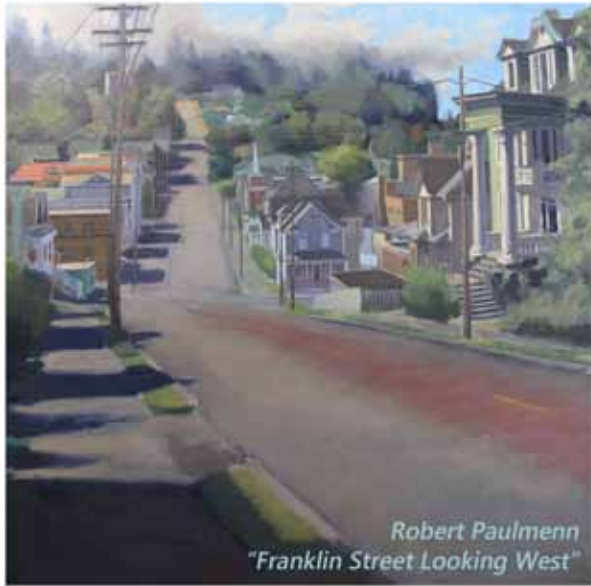
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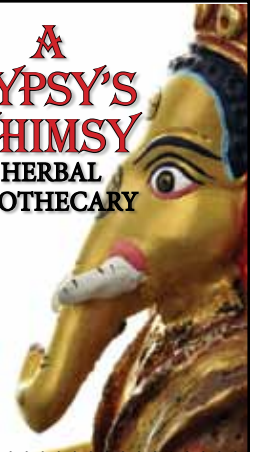
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# Astoria Painter DARREN ORANGE at the John Jacob Astor Hotel

## ORANGE ON BLUE • Feb 7 - 28

**A**STORIA artist Darren Orange took a six month hiatus from painting and when he returned to the canvas, it was with a tube of phthalo blue, a brilliant pigment that is now the primary subject of a new body of oil paintings, "Orange on Blue" that opened in the relic lobby of the John Jacob Astor Hotel, Saturday, Feb 7.

By the end of the 60's, a sign on the south end of the hotel read, (for those who lived in Astoria may remember) "The Fur Trader," its façade replicating something akin to a historic trading post. It was more or less, a drinking hideout, just down the street from a similar venue, "The Cinders."

Once the hub of social activity in Astoria, built in the 20's, condemned in the late 60's and renovated to low income apartments in the 80's, one of the tallest buildings on the Oregon Coast has seen the contemporary trend in repurpose. For the last five years Vintage Hardware, now down the street, drew all curious to shop for reclaimed architectural treasures and the opportunity to explore in the 2-story lobby featuring Corinthian columns amidst crumbling plaster, an architectural treasure itself, and was the location of my parents wedding reception in '52.

Now the empty space proves extraordinary possibilities. This month of February, Darren Orange invites the public to view his new works, in conjunction with a series of performances, opening the space to a diverse selection of artists. Sound experimentation, dance performance, a DJ night, and various musician collaborations; one such event features a soundscape propelled by alcohol breath; breathalizers and those who breath into them will directly modify sound altered by consumption.

Nine large format works hang in the negative spaces of the lobby, and 30 small paintings in the adjacent bare-walls room. The oil paintings, produced over a 3-month period are a divergence from Orange's bold, earthy landscapes. Nature in a different light, light on water set in abstract architectural forms. Orange dove deep into the blue, free from a picture in his mind or hand, to play out a color, a paint, that he claims "he's not done with yet," and that phthalo blue "supremely changes with light." The only light during the show, especially significant in the dark hours, is that reflecting off the paintings.

These great blue visions, ever-so resonant of north coast monochromatic backdrops, while void of corporeal life, draw the viewer in like a sole inhabitant, to discover if they are in a



structure or on the outside. The large paintings, like a deep, rich translucent maze, to reflect on or get lost in, the gift of the abstract artist to give us freedom in composition, that we may plunge into its mystery. This is an opportunity to literally soak in what is abstract art, and to engage with the artist himself, present.

To offer a sense of abstract design, Orange is constructing a game of Aesthetic Chess, there for any and all, to try their hand. A chess lover himself, he's mixing the cerebral with right brain artist. Instructions, chess board and pieces supplied; providing an exercise, an experiment in play.

Darren Orange first made the scene in Astoria in The Rosberg Show 2001, at Clatsop College - one of three then unknown artists in an exciting debut. Along with the burgeoning visual arts in the region, Orange has made intense headway, choosing to promote himself, rather than be with a gallery. It's not for everyone, but for the inventive and vital person and painter that Orange is, this current undertaking will be a touchstone.

To refrain from the term pop-up gallery, more like diggin' a happenin' in a ruin, half expecting Salomé to show up . . . well, in the form of dancer Jessamyn Grace, she will, and Orange On Blue, the new archeological treasure of Astoria.

[www.darrenorange.com](http://www.darrenorange.com)

**Friday, Saturday, Sunday**  
**2-5pm or by appointment**  
**1421a Commercial Street**  
**Astor Hotel**

### SPECIAL EVENTS:

**February 14 • 5-10pm**

**Derek Ecklund,**

An Oregon based multi-instrumentalist, composer, sound artist, and digital creative, Ecklund uses a variety of instruments, field recordings, and digital music tools to create an ecstatic listening space, evoking beauty, wildness, and trance. Derek's work explores mystical approaches to music, how it relates to culture, and how it can affect our collective experience and perception.  
<http://www.soundmaps.net>

**Existence Habit**

Roger Hayes/Prepared Guitar and Greg Skloff /Upright Bass

**Soundscape**

Christi Denton, Heather Perkins, Jesse Mejia of Portland. A sound installation that crowd sources alcohol breath. The soundscape will be modified by and enhanced by 16 breathalizers. Alcohol consumption and non-consumption will directly modify the sound.  
 Jesse Mejia: <http://www.anestheticaudio.com/>  
 Heather Perkins: <http://www.landonews.com>  
 Christi Denton: <http://www.christidenton.com>

**February 20 • 8-10pm**

**DJ Ali Aht**

Minimal and Techno House DJ Ali Aht has shared bills with the likes of Portishead, the Fugees, DJ Andy Smith, Donald Glaude, and Sterling Moss of Planet Techno. As well as Headlined sets at Burning Man's KSF Stage.

**February 21 • 5-10pm**

**Jessamyn Grace**

Jessamyn Grace started studying Egyptian Cabaret in 1994 with her first instructor, Aziza, and has been compelled by the art of Belly Dance ever since. She is the Director of the Astoria Arts and Movement Center where she teaches Belly Dance. And KMUN's host Day Of The Velvet Voice.  
[www.jessamyngace.com](http://www.jessamyngace.com)

**Dusty Santamaria**

Songwriter and poet Santamaria works in the vein of American roots music. He abides by the mantra: "The best ingredients for a good song are three chords and the truth." FML: [dustysantamaria.bandcamp.com/](http://dustysantamaria.bandcamp.com/)

**Friday 27 • 8pm**

**Domovoy** (Nick Stephens) and Olaf Ydstie.

**February 28 • 5-10pm**

**Parallel Lines**

Daric Moore, Jordan Okoniewski, Mike Morrow and Brandon Bowers Playing a number of different styles of rock music their songs have energy, emotional depth, lyrical diversity and catchy melodies. They are currently recording their first album.

**Kathryn Claire**

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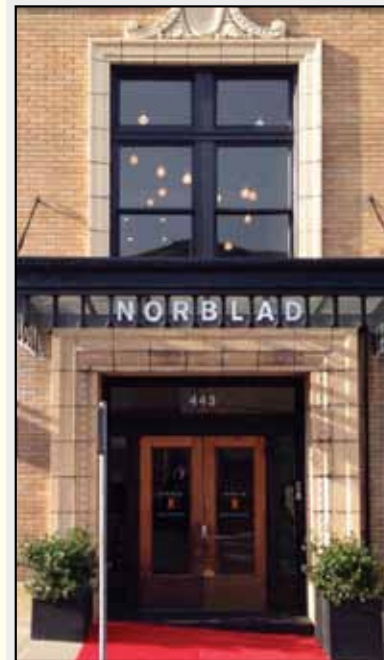
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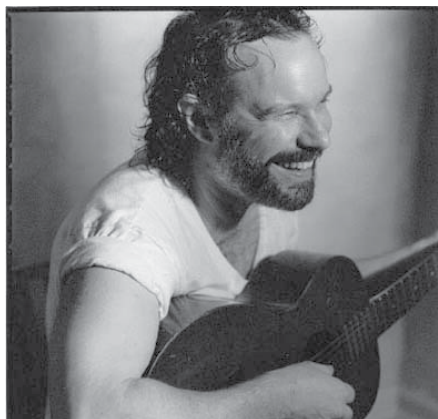
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**JOHN GORKA** plays a concert in celebration of his 12th studio album, *BRIGHT SIDE OF DOWN*, out now on Red House Records. The first release in over four years from the acclaimed songwriter widely regarded as "one of contemporary folk music's leading talents" (*Vintage Guitar*), the album's 12 songs are beautifully produced and sequenced from beginning to end. With guest vocal appearances by Red House labelmates *Lucy Kaplansky*, *Eliza Gilkyson*, *Claudia Schmidt* and *Michael Johnson*, the collection resonates with the classic, "Gorka-esque" sound and lyrical insight that's earned him generations of devoted fans and a career that's found him gracing the stages of PBS' *Austin City Limits*, NPR's *Mountain Stage* and venues worldwide.

KMUN presents

## John Gorka at the Liberty • March 6 New Folk Movement

**ONE MAN ON STAGE** with a guitar can change the world. That's the way it is with world-renowned singer-songwriter John Gorka, who's been stopping audiences in their tracks with his magical take on contemporary folk music since the 1980s.

Join Coast Community Radio in welcoming Gorka to the Liberty Theater in Astoria March 6, 2015 for a memorable evening of music – and his only Oregon appearance in 2015.

Gorka's iconic ballads on life, love and flying horses will touch your heart and soul, make you rethink your assumptions about how things are. His multifaceted songs are full of depth, beauty and emotion. *Rolling Stone* magazine called him "the preeminent male singer-songwriter of what has been dubbed the New Folk Movement."

Many well known artists have recorded and performed John Gorka's works, including *Mary Chapin Carpenter*, *Nanci Griffith*, *Mary Black* and *Maura O'Connell*. John has graced the stage of *Austin City Limits*,

*Mountain Stage*, *Etown*, and has appeared on CNN. His new song, "Where No Monuments Stand" is featured in the upcoming documentary *Every War Has Two Losers*, about activist and Oregon Poet Laureate *William Stafford* (1914-1993).

Coast Community Radio listeners often hear Gorka's music on KMUN Astoria 91.9 and KTCB Tillamook 89.5 FM. Seeing him live is another thing entirely – Gorka is as kind and thoughtful in person as he is in song.

The Liberty's blend of great acoustics and intimate surroundings are the perfect setting for this music legend. So be there with KMUN on March 6 for an evening you won't forget.

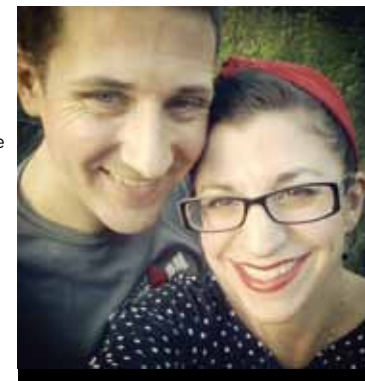
Tickets \$25, \$20 and \$15 available through [TicketsWest.com](http://TicketsWest.com) and by calling The Liberty Theater box office Tuesday – Saturday 2:00pm – 5:30pm and two hours before the show. All proceeds go to Coast Community Radio. [CoastRadio.org/Gorka](http://CoastRadio.org/Gorka)

## Age of Aquarius NCSB Concert

**FEELING GROOVY?** Conductor Dave Becker and the North Coast Symphonic Band will offer an afternoon of peace, love, harmony and understanding along with nostalgic tunes from the 60's and early 70's at their Age of Aquarius concert at 2 pm on Sunday, February 22, at the Liberty Theater in downtown Astoria. The Basin Street NW duo featuring former rocker David Drury on guitar and Todd Pederson on bass will perform the pre-show at 1:30pm and Andy and Rachel Becker of Portland will be the guest vocalists. Audience member: wear tie dye and flowers in your hair!

Conductor Dave Becker says, "We'll include some great pop hits of the period but also look at how social change and challenging or questioning the status quo brought influenced all types of music. We'll have pieces reflecting peace, war, love and the infusion of rock and roll into the mainstream pop music and musical theater." Drury and Pederson, with backgrounds in rock, blues, funk, and psychedelic rock will blend these styles with their customary jazz sounds. NCSB performs selections by the Mamas and the Pappas, Simon and Garfunkel, and "MacArthur Park" by Jimmy Webb. Classic concert band pieces

include "Mars" from *The Planets* by Gustav Holst, "The Entertainer" by Scott Joplin, and "To Rejoice in the Beauty of Peace" by Alfred Reed. Tickets available at the Liberty Theater Box Office, \$15 for adults and \$7 for students. This concert is part of the season ticket package that many patrons purchased in the fall. Online tickets are available at [TicketsWest.com](http://TicketsWest.com), include service.



NCSB concert vocal soloists Andy and Rachel Becker perform "Gethsemane" from the musical *Jesus Christ Superstar* especially arranged by NCSB arranger David Robertson of *Rockaway Beach*. The Beckers perform together a tune from *Spamalot*, the musical comedy based on the 1975 film *Monty Python and the Holy Grail*. Andy and Rachel also lead a sing-a-long of "California Dreamin'" and "Monday, Monday."

## Aaron Larget-Caplan 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: Coaster Theatre for a special Valentine's Concert on Saturday Feb 14; and the Lincoln City



## Virtuoso Guitar – Bach to the 21st Century

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.

For concert info visit: [alcguitar.com](http://alcguitar.com)



## Inside the Month:

FPG - pg 12

A Record 90 poets converge this February for a Gathering that just ain't

gonna quit! CRK's Jasmine Zimmer-Stucky has fun with FP Dave Densmore.

MMA is a cool way of life, that's thriving on the Coast at Valhalla Alpha Fitness School . . . E. Hoseth. pg 9



CPO'S!!!!!! - pg7  
New Economy Boosters.

...> Cathy Nist.

DARK ARTS SCHED - pg25

Aaron Toledo of Keepsake Tattoo . . . Erin Hofseth

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March 2015 HIPFISH: On the racks March 6

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Cover: Collage by Sid Deluca

## Riverkeeper, Agencies, and Tribes Identify Risk of LNG Terminal For Fish and Fishing

Already, Riverkeeper, key local and state agencies, and tribes have identified major problems with Oregon LNG's proposal for the Skipanon. These groups and agencies registered their concerns with the Army Corps of Engineers, which must decide whether to approve massive dredging in critical salmon habitat for the proposed terminal and pipeline. In its comments to the Corps, Riverkeeper commissioned an expert review of the proposed Oregon LNG terminal, which concluded, "...it is clear that construction and operation of the proposed OLN project would negatively impact ESA-listed salmonids of a variety of species and life stages throughout the entire year." [i] Riverkeeper is not alone in raising concerns about Oregon LNG. In comments to the Corps, the Columbia River Estuary Study Taskforce (CREST) summarized Oregon LNG's impact by stating, "The proposed project will impact limited and fragmented habitats and ongoing salmon recovery efforts." CREST continued by explaining that the site of the proposed Oregon LNG terminal would be more appropriately used for salmon restoration, writing, "The entire peninsula has a high potential for restoration, is close to the mouth of the Columbia River, and is hydrologically connected to ongoing restoration work in the Skipanon River, Youngs Bay, and Youngs Bay tributaries."

Not only would the project harm salmon habitat, but it also presents a risk to a vibrant local fishing industry. The Oregon Department of Fish and Wildlife (ODFW) identified major potential disruptions to local commercial and sports fishing because of exclusion zones required for LNG tankers to keep LNG export tankers safe. ODFW stated: "the application does not adequately characterize the potential for substantial disruption of this socially and economically important fishery during construction and operation of the marine terminal complex. For instance, this fishery experienced 107,700 angler trips in 2014 with a combined catch of nearly 84,500 salmon." Because the Oregon LNG project could disrupt access for fishers and other boaters in the Warrenton area, several fishing groups also urged the Corps to deny the Oregon LNG proposal. source: columbia river keeper

## Women Interested in Going to School WINGS 2015 CONFERENCE

WINGS is a gateway to a promising and productive future for women of all ages. This conference provides information on all aspects of returning to school and gets women started in the process. WINGS helps women in your community gain the confidence and information they need to pursue a GED certificate or attend a two-year college. The WINGS conference can be especially helpful to women who want to return to school after taking a break due to life circumstances.

The Astoria and Seaside Branches of AAUW(American Association of University Women) and Clatsop Community College are again offering women in our area the exciting opportunity to attend a free, award-winning conference about returning to education. The 2015 WINGS Conference will be held on Saturday, March 7 from 8am to 3:30pm in Columbia Hall, 1651 Lexington Avenue, Astoria.

Any woman interested in earning a GED, degree or certificate, training for a new career, updating job skills or other educational opportunities will find WINGS helpful and exciting. College staff will provide information about admissions, scholarships, financial aid, support programs, career planning, non-traditional careers, conquering math anxiety, distance learning and more.

Participants receive breakfast, lunch, snacks and fabulous door prizes as well as educational benefits. Professional day care is provided on-site for children under 12 at no cost.

For more information, or to register for WINGS 2015, go to [www.wings-clatsop.com](http://www.wings-clatsop.com) or call Pat at 503-717-1852. Pre-registration (online or by phone) is required.

## Join "The English Hour" at CCC

THE VOLUNTEER LITERACY Program at Clatsop Community College announces a new monthly gathering — "The English Hour". "The English Hour" provides an opportunity for English language learners, their friends and families, literacy tutors and those interested in meeting some of the newest members of our community to meet, visit and discuss common interests. All are invited to participate in this unique forum for cultural exchange.

"The English Hour" will be held Thursday, February 19, at 6pm in the CCC Services Building, 1717 Lexington Avenue, Astoria. Coffee and sweets will be provided. Later dates will be announced as they are scheduled. FMI: contact Eileen Purcell, 503-338-2557; [epurcell@clatsopcc.edu](mailto:epurcell@clatsopcc.edu).

## The Clothesline Project: Breaking the Silence of Violence

CLATSOP COMMUNITY COLLEGE invites the community to share in breaking the silence around gender violence. CCC will host the Clatsop Clothesline Project kick-off event Wednesday March 4, 2015, 5:00 P.M. – 7:00 P.M. in the Towler Hall 3rd floor atrium, 1660 Lexington Avenue, Astoria. The event will include a display of t-shirts painted by community members, speakers and local resource information tables. T-shirts from previous Clatsop Clothesline Projects will also be on display. Presentations by speakers will begin at approximately 5:30 P.M. CCC is grateful to the survivors and friends who courageously share their stories. Community members are also invited to decorate t-shirts. Shirts and materials for decorating are available



On January 22, over 50 people gathered in Warrenton to learn more about the impacts of the Oregon LNG project on public safety and critical salmon habitat. With help from artist Janet Essley, participants in the meeting created new stenciled artwork to express their love of the estuary and their concerns about the Oregon LNG project. The event was the latest step in raising public awareness about the Oregon LNG project and the role local, state, and federal agencies can play in denying the destructive, polluting terminal and pipeline. There's a great video on the River Keeper website -- see local folks get creative!

Attend the next Columbia Pacific Common Sense NO LNG meeting  
Thurs, Feb 19 6pm - potluck/snacks social 6:30-8pm Meeting.  
Three Cups Coffee House, 279 W. Mrine Drive, Astoria

Send your comments to DEQ and the Army Corp of Engineer to deny permits to OLN via [www.columbiariverkeeper.org](http://www.columbiariverkeeper.org)

to the public free of charge at three community painting gatherings: February 12, 1:30-3:00 P.M.; February 17, 7:00-8:30 P.M.; and February 23, 12:30-2:00 P.M. All gatherings will take place in the Lives in Transition (LIT) Resource Room, Alder Hall 2nd floor, 1775 Lexington Ave, Astoria. Shirts can be decorated at the gathering, or they may be completed elsewhere and dropped off before March 4 at the LIT Resource Room- ATTN: Clothesline Project.

FMI: visit CCC Women's Studies Facebook Events  
Page at [facebook.com/CCCWomensStudies/](http://facebook.com/CCCWomensStudies/)



## Give kids a voice. Join the Kids' Art Quilt.

KIDS (and parents) shouldn't have to drink water poisoned by pesticides and clear-cuts. Kids bodies are especially vulnerable.

The North Coast Basin Coalition is creating a kid's art quilt that will travel to Salem. Governor Kitzhaber and our legislators must protect the water we drink and the air we breathe.

Kids, please put your age and town on your drawing, your name is optional. Before February 28 mail or email your art to Beyond Toxics, 1192 Lawrence Street, Eugene, OR 97401. Info@ [beyondtoxics.org](http://beyondtoxics.org).





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# What's Behind the Movement to End Modern Slavery

by Stephen Berk



ON DECEMBER 2, 2014, the United Nations International Day for the Abolition of Slavery, a body of interfaith clergy representing the Global Freedom Network announced a faith-based campaign to end slavery by 2020. The group met in the Vatican's Pontifical Academy of Sciences, where a spectrum of clergy representing Sunni and Shia Islam, Buddhism, Judaism, Anglican, Roman Catholic and Orthodox Christianity, and Hinduism pledged to work within their faith communities for the abolition of human trafficking. Notably absent was any representation of the immense Protestant orbit, which includes tremendous resources for social action. Perhaps this oversight indicates that the Global Freedom Network was not a Vatican initiative, but the brainchild of Australian mining billionaire and philanthropist, Andrew Forrest, who founded the anti-trafficking NGO, Walk Free, and who sat front and center at the conference.

With its new faith-based affiliates, Walk Free is only one of the later participants in a burgeoning movement. Human trafficking, or enslavement for purposes of sexual or labor exploitation is as old as humankind, but it has notably increased in recent decades. Measures of enslavement vary from the UN International Labor Organization's 2012 estimate of 20.9 million to Freedom Fund's 2014 figure of 35.8 million. Freedom Fund, also philanthropic in nature, with headquarters in New York and London, boasts former President Clinton among its most active notables.

A more grass roots endeavor is the Polaris Project, birthed in 2002 by two Brown University students who became aware of a sex slavery ring operating out of a massage parlor near the university. Polaris, named for the North Star, which guided enslaved African Americans to freedom, focuses less on slavery in Asia and Africa than the above two large philanthropies, and more on that in the US. But like the other two, Polaris

stresses rescue, medical treatment, and vocational education. Polaris has been most sophisticated in developing hotlines and compassionate, well-placed ads to encourage people trapped in slavery to self report. Emphasis on rescue, rehabilitation, training and placement characterizes the antislavery movement as a whole. This individualized approach, while life-saving to many, fails to appreciate that much of modern slavery is rooted in the deregulated, privatized economy that constitutes the neoliberal world.

Since the 1970s, the trade liberalization movement, led by the US and EU, has been



the chief factor in breaking down regulations in countries all over the world which controlled labor exploitation, often through trade unions, while protecting a nation's industries and agriculture from predation by transnational investment ventures and resource extracting corporations. The liberalization or deregulation of markets and privatization of public services that characterizes neoliberal capitalism, while enriching a worldwide investor class, has displaced and impoverished indigenous populations in much of Asia, Africa and Latin America. This forms the basis of massive migrations to developed nations in places like North America and Europe to regain lost livelihoods. Migrants, often undocumented,

become the huge pools of cheap labor, detached from their homes and available for worldwide exploitation. They constitute a growing, desperate under caste without rights and most vulnerable to enslavers' enticements.

Astute religious leaders are aware that enslavement rises due to deep structural inequities. "Yet now," says Pope Francis, "in this system devoid of ethics, there is an idol and the world has become the idolater of the 'god money'. Money is in command! Money lays down the law... and those on the margins are done down, the elderly fall away, because there is no room for them... And the young who do not find a job collapse and their dignity with them." Organizations and media in the developed world, on the other hand, generally portray human trafficking as social deviance in individual nations, a matter for policing, rescue and rehabilitation, rather than the byproduct of deep structural inequities, tilted in favor of elites in the developed nations in the prevailing world order which people like Bill Clinton played key roles in creating.

Siobhan McGrath and Fabiola Mieres, writing for Open Democracy, critique the US established Global Slavery Index, which posits a three tier system, with most slavery existing in Africa, Asia (India, Pakistan, Uzbekistan), Russia and China. The Index, finding little slavery in the US or EU, ignoring the vast prison labor system, finds it in countries the US considers adversarial, as well as those historically victimized by Western imperialism. McGrath and Mieres see the Index as allowing the US to use "its diplomatic alliances and conflicts to influence its rankings." Treating slavery on a national basis also enables the US, playing global sheriff, to ignore systemic interdependence. In Thailand, for example, transnational corporations created the conditions for forced labor by demanding rock bottom prices for farmed prawns. And so a well-purposed anti-trafficking movement is compromised by US and other Global North nations' continued paternalism toward the poorer nations of the Global South.



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## A Photographic Journey in Support of the Alaska Wilderness

Neal Maine and Daniel Dietrich • Feb 21

On Saturday, Feb. 21, 7pm in the historic Gilbert Block Building, located on the corner of Holladay and Broadway, Neal Maine and Daniel Dietrich, acclaimed nature photographers, will open a conversation in support of the Alaska Wilderness League.

Alaska Wilderness League's mission is to lead the effort to preserve Alaska's wild lands and waters by engaging citizens and decision makers with a courageous, constant, victorious voice for Alaska.

Doug Ray, environmental consultant working with North Coast Land Conservancy, NCLC, who traveled to Kaktovia, Alaska with Maine and Dietrich will be the Master of Ceremonies.

Neal Maine, after a thirty-year career as an award winning biology teacher at Seaside High School, became the first executive director of North Coast Land Conservancy, which he co-founded in 1986. Since his retirement from the land trust in 2010, he has pursued his passion for nature photography through PacificLight Images.

With each purchase of an Arctic Light art work by Neal Maine/PacificLight Images, the book (valued at \$40) "The Last Polar Bear" will be offered. Through Steven Kazlowski's unparalleled imagery, the most critical environmental issue of our time is brought to life.

"The Last Polar Bear" places the reality of climate change in our hands.



Neal Maine, Pacific Light Images

The Arctic Light presentation goes beyond incredible photographs, for the adventure began and ended in the Pacific Ocean, the largest ocean on earth, offering a take-home awareness through the lens of one x three. The event will help remind us that being aware of an incredible moment can change a thought with ripples that may affect many.

Co-sponsored by Denise Fairweather of Fairweather House and Garden and Karen Marlsten-Emmerling of Beach Books. Through the generosity of Avery Loschen, the Gilbert Block Building, a satellite pop-up community room was made possible.

## Listening to the Land: Our North Coast Through Indian Eyes



To the indigenous people of Oregon's north coast, geography and culture are inseparable: tribal beliefs and lifeways all begin with the land. Join Richard and Roberta

Basch, members of the Clatsop-Nehalem Confederated Tribes, as they speak and share stories about the spirit of the land and our responsibility to care for it in "Our North Coast Through Indian Eyes," the second of this year's Listening to the Land programs, on Wednesday, Feb. 18, at 6pm, at the Seaside Public Library. Admission is free; refreshments are served.

A member and vice-chairman of Clatsop-Nehalem Confederated Tribes, Richard Basch has worked in Indian and tribal education for 35 years and currently serves as tribal liaison for Lewis and Clark National Historic Trail. His wife, Roberta Basch, is also a long-time educator and past president of the Washington Indian Education Association. She is a member of the Puyallup and Coeur d'Alene tribes and has been adopted into the Clatsop tribe.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council. FMI: NCLCtrust.org.

## Botanizing Oregon's North Coast Kathleen Sayce Feb. 19

Oregon's North Coast is rich in plant communities and has more than its fair share

of rare plants found nowhere else but here. Learn more about these plants, their habitats and what makes them special Thursday, Feb. 19 when scientist Kathleen Sayce presents at 7pm, Nature Matters presentation at the Fort George.

Sayce grew up in Ocean Park, Wash., and has studied biology, botany and lichenology. She lives on Willapa Bay north of Nahcotta, Wash., and botanizes Pacific and Clatsop Counties in her free time.

Sayce has written about local geology, natural history, sustainability and banking, and gives talks on these topics. Read her natural history column for the Chinook Observer, reposted at Columbia Coast Natural History (<http://columbiacoast.blogspot.com/>) Nature Matters, a lively conversation about the intersection of nature and culture, the third Thursday of the month and hosted by Lewis and Clark National Historical Park.

FREE! Doors open at 6pm for dinner and beverages.

## Join the Great Backyard Bird Count at Fort Clatsop, Feb. 13-16

Give Mother Nature a valentine this year and show you care about birds by counting them for the Great Backyard Bird Count. The 18th annual count is taking place February 13 through 16. Anyone in the world can count birds at any location for at least 15 minutes on one or more days of the count and enter their sightings at [www.BirdCount.org](http://www.BirdCount.org). The information gathered by tens of thousands of volunteers helps track changes in bird populations on a massive scale. The GBBC is a joint project of the Cornell Lab of Ornithology and the National Audubon Society with partner Bird Studies Canada.

• From Friday, February 13 through Monday, February 16, visitors to Lewis and Clark National Historical Park, Fort Clatsop can learn about participating in the count,

record bird numbers in the park and make plans to count birds in their own backyards. Binoculars will be available for loan within the park during this event.

Along with the actual bird counting activities, the park has planned four days of bird-related opportunities. A "pink heron scavenger hunt" will be on-going using the Netul River Trail along the Lewis and Clark River. A "Birds of Fort Clatsop" display is in the visitor center lobby.

• Saturday, February 14, Mike Patterson leads a birding walk starting - 9am in the Fort Clatsop Visitor Center lobby. Sorry, dogs are not allowed at this morning walk. Dress for the weather. Wheelchair accessible; non-motorized users might need assistance for about 200 yards.

• Saturday: 10am to 3pm, a bird-themed children's crafts, face-painting and education corner will be available in the visitor center.

• On Sunday, February 15, Josh Saranpaa, a wildlife rehabilitator with the Wildlife Center of the North Coast, will talk about the center's work at 1pm in the Netul River Room. Plus, featured live bird species from the center such as common murre, rhinoceros auklet, northern fulmar, and American kestrel.

Sunday: 2pm to 4pm a bird-themed children's crafts, face-painting and education corner will be available in the visitor center.

FMI: (503) 861-2471 or check out [www.nps.gov/lewi](http://www.nps.gov/lewi) or Lewis and Clark National Historical Park on Facebook.



Josh Saranpaa Wildlife Center of the North Coast

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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*.



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## fitness

# 5th Annual Cannon Beach Yoga Festival • March 6 - 8

## Yoga Meditation Art Kirtan World Renowned Teachers



Brad Waites, College of Purna Yoga

Cannon Beach, OR will host the 5th Cannon Beach Yoga Festival, March 6-8, 2015. Yoga practitioners of all levels are welcomed for a weekend of yoga, meditation, music, art, massage & body work, shopping, and celebration.

This year 200 yoga enthusiasts are anticipated to take part in the workshops and festivities to inform and develop yoga practice and lifestyle. Festival Director Christen Allsop says, "We have something for everyone – from yoga teachers to beginners to children. I'm so excited about this year's program."

### The 2015 faculty include:

- Simon Chokoisky, a teacher at the renowned Ayurvedic Institute in New Mexico. He is known for making difficult concepts easy to understand, and simple concepts profound. He is the author of *The 5 Dharma Types: Vedic Wisdom for Discovering Your Purpose & Destiny*.
- Julie Gudmestad, PT, a certified Iyengar Yoga teacher and physical therapist; director of Gudmestad Yoga Studio in Portland, OR; and author of *Yoga Journal's Anatomy of a Yogi* column for seven years.
- Sarahjoy Marsh, a yoga teacher, therapist and founder of DAYA Foundation, a nonprofit yoga center in Portland, OR. Her new book *Hunger, Hope & Healing: A Yoga Approach to Reclaiming Your Relationship with Your Body and Food* will be published in February 2015.
- Dave Stringer has been widely profiled in publications all over the world as one of the most innovative artists of the new Kirtan (call and response chant) movement. Initially trained as a visual artist, filmmaker and jazz musician, he has released six CDs and his voice also appears on numerous soundtracks, including the blockbuster film *Matrix Revolutions* and the video game *Myst*.
- Brad Waites is one of a few to be certified at the 2,000-hour level by the College of Purna Yoga, and is currently a member of

the college faculty. He also holds a professional level teacher's certificate from Kripalu Center for Yoga and Health, where he lived and taught for several years. Brad leads workshops and classes throughout North America.

The festival events include Optional All Day Workshops on Friday 3/6 with Simon Chokoisky and Sarahjoy Marsh; Opening Ceremony on Friday night; 20 Main-track Workshops; 10 Optional Workshops; Morning Meditation; Saturday Night Kirtan and the Closing Ceremony.

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

Local Cannon Beach businesses are pulling out all the stops with special offers and discounts on lodging, dining, spa treatments and shopping throughout the weekend. Please see all the specials and the full schedule on the website: [www.CannonBeachYogaFestival.com](http://www.CannonBeachYogaFestival.com).

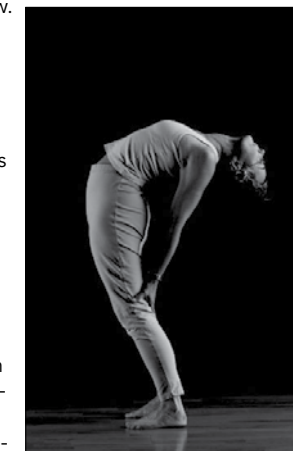
Friends of Haystack Rock, a nonprofit preservation, protection and education organization, received a grant from the City of Cannon Beach through the Tourism and Arts Commission to fund this nonprofit event. With help from enthusiastic volunteers and local businesses, they will create a rich and lively experience for all.

The Full Festival Pass includes choice of 10 hours of Main Track Workshops, Morning Meditation on Saturday and Sunday, Opening Ceremony, Saturday Night Kirtan with Dave Stringer, and Closing Ceremony. A Partial Festival Pass may be purchased for Optional Workshops and events; all are priced individually. Main Track Workshops will be open for individual registration on 2/14/15, based on availability. Due to small venues, space is limited in all workshops.

**FMI/Register: [www.cannonbeachyogafestival.com](http://www.cannonbeachyogafestival.com).  
Call Christen Allsop 503.440.1649**



Dave Stringer, widely-known Kirtan artist



Julie Gudmestad, Yoga Teacher and Writer

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One of few women fighters, Denise Lofman, feels good in the mix at Valhalla

# MMA LIFESTYLE

## Ira Evansen, Coach and "Good Friend" Valhalla Alpha Fitness School of Combat

He works a crew of dedicated fighters.

Story  
Photos  
By  
Erin  
Hofseth

**G**RAFFITI-STYLE ART peppers the walls, climbing ropes hang from the ceiling; dancers move to their own beat on one side of the building while MMA fighters throw punches in a professional fighting cage on the other. It's not your average gym, because the people, they're not your average people. They're an eclectic mix of many different lifestyles and interests.

"I want to make this the hub where everyone wants to go at the end of the day, a place where they can laugh and have fun," says owner of Valhalla Alpha Fitness School of Combat, Ira Evansen, former professional Mixed Martial Arts (MMA) fighter, and Cannon Beach native. Valhalla offers an array of fitness classes including: Jiu-Jitsu, Cardio Dancing, 24-hour access to exercise equipment, and Alpha-fit, commonly known as Cross-fit. Alpha-fit classes are held 4-5 times a day, 5 days a week, with a morning class on Saturdays. The environment is a direct reflection of Evansen himself. He's creative, outgoing, and accepting. It's an "everybody is welcome" sort of vibe; wear what you want, do what you want, and be who you are. It seems Evansen's only rule is this, "We've got to laugh, and we've got to have fun. If you're not smiling and having fun, then it's really not worth it."

Valhalla, located in Seaside, right off of Highway 101, opened its doors in 2011. Evansen moved back home to the Oregon coast five years ago, after training and fighting in other states for over six years. He began his training career in Seattle at the age of 22, "whatever my passion is, I'm

doing it 24/7. When I was growing up around here, it was surfing, and then when I moved to Seattle, there was no more ocean, so I had to find something to do," says Evansen. He started with Taekwondo, moved into Kickboxing and eventually landed on MMA. "Basically I went to college for doing this stuff... this is what I was meant to do," he says in reference to his years of intensive training. After competing in a few amateur Kickboxing fights and lots of amateur MMA fights, Evansen competed in his first professional MMA fight in Texas at the age of 24. He would go on to compete in a total of four professional MMA fights in the following three years, coming away with two wins and two losses. "I think I definitely wanted to be famous, I wanted to go big. I didn't go big or anything, but I won some fights, I had some fun, and it gave me the opportunity to travel a little bit."

Although his professional fighting days are over now, Evansen certainly has no problem finding ways to stay active. He's maintained his love for surfing and all things outdoors. He moved back home to "re-group," and focus on his future. He loves his current role as coach. "I like being the drill sergeant. I remember being

on the other end of that stick, my coach was such a drill sergeant," he says with a smile. Anyone who knows Evansen knows that he embraces the "tough love" manifesto. He takes kids in to fight-train as young as 14, and it's not just MMA skills that they come away with. "If these kids have a short fuse and they're losing their tempers on people for no reason, put them in a gym with me for 3 hours. When they get home they're going to fall asleep, I mean it really takes a lot out of you." Many of the kids that he takes in are getting into trouble and are in need of some constructive activity. "Training gives a person a

physical outlet. So now you're not going out and smoking weed, or going out to the bars at night, because you've got to come to the gym and train. When I started training it was physically impossible to keep doing any of that shit. It was really good for me." According to Evansen, the discipline of training hones some positive life skills as well, "If you get a kid to commit to the gym and come in every single day at 4:30, 4 days a week, and he has to stay until the end of the night, and he does that every

week of every month for a year; now that kid can have a job because he'll show up on time and he'll stay there and he'll actually do it."

Beyond the good lifestyle habits, Evansen says, "[MMA] can give people a lot more confidence in situations; and maybe they'll use their skills in the wrong way here and there, but the majority of the time it makes people a little more comfortable with themselves and how to use their body. If they're in a situation now, they can actually defend themselves. Like Denise, at least now if some guy tried to mug her, she'd have a basic idea of how to throw a punch and how to get away." Denise Lofman is one of a few female fighters that train

at Valhalla. She's been training with the MMA team for three years. When asked what drives her, she says, "It's

month ago. "It's good for the guys to train in the cage; now when they go fight in the cage they've been

in the cage every single day." Training isn't Evansen's only goal with his new purchase. His vision is to begin hosting smoker status MMA fights. "The only difference between smokers and amateur fights is that there's no winner at the end, so both hands get raised," Evansen explains, "the fighters wear a little thicker



The Cage, soon to become a spectator stage.

such a challenge, and I love the technicality; it's really hard and really fun at the same time." She also pays tribute to her coach, "Ira is a big part of the reason that I keep coming back. He's a great coach. He really knows the best way to push each person that he's working with in an individual way." She goes on, "He keeps an eye out for me, and he makes sure that whatever I'm doing, I'm safe doing it. This is a really safe place for a woman to learn how to fight." Denise also loves her team, "It's a great group of guys and they've made me feel included. Many of them are amateur fighters, and they fight in the cage on a regular basis, but they are so welcoming to beginners and those doing it for recreational purposes."

Each member of Valhalla's MMA team has something to offer. Jordan Guenther is the Fight Team Manager, "Jordan is constantly working with other gyms in the surrounding area, looking for fights for our fighters. He also keeps our fighters on task," says Evansen. Guenther is an amateur fighter and does one-on-one MMA training sessions at Valhalla. Travis Makala is the gym's Muay Thai coach, Casey Lunzman is Valhalla's amateur heavyweight fighter who was undefeated until recently. Joey Dursse and Sean McNulty are two amateur fighters with a strong background in wrestling, and Carson Cooper is a tough fighter who came to Valhalla four years ago at the age of 20. There is never a dull moment on MMA training nights, especially with the gym's newest addition, the cage.

Evansen purchased a professional fighting cage for his gym about a

gloves, shin pads and head gear, and you don't have to worry about having the [Oregon State Athletic] Commission there." His hope is to start hosting fights within the next three months, charging \$10 a head. This would be just one more unique facet of Valhalla Alpha Fitness School of Combat.

"I want 30 people in this gym at all times when there's a class going on. I want people in the fitness center, I want jokes being cracked, I want people talking to each other, I want people meeting new people, I want girls meeting guys and guys meeting girls, I want kids learning new stuff, I want people lifting heavier weight, I want to see people going from being over-weight to getting six packs."

For more information visit: [www.valhallacombat.com](http://www.valhallacombat.com), call 541-310-2649, or email: [Ira@valhallacombat.com](mailto:Ira@valhallacombat.com)



Ira Evansen, Valhalla's Benevolent God





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# Oregon's New Community Public Offerings Law Sparks a Grassroots Revolution in Local Investment

By Cathy Nist



**LAST MONTH, OREGON LAWMAKERS** enacted a new Community Public Offerings (CPO) Administrative Rule that allows any Oregon resident to become an investor in a small Oregon company. Using a crowdfunding model, Amy Pearl of Hatch Innovation (a Portland-based 501-C that promotes community economic development) headed a statewide team that worked together with regulators to create the new law.

This new law is seemingly a small change, but this change can breathe life into struggling small businesses, supercharge local economies, and offer small investors returns

that until now have mostly been reserved for the wealthy. "It's the most transformative thing that's going to happen to Oregon," said Pearl recently at a Launch Oregon event at White Clover Grange near Nehalem.

SEC regulations passed in the 1930s and 40s, have strictly governed who can invest and what kind of investments they can make. Basically this has prevented anyone outside of the wealthiest 1% from investing in small businesses. The rest of the population, the 99%, was limited to investing only in enterprises that could afford to pony up \$50,000 - \$100,000 for legal fees in order to be able to offer securities to

the public. Entrepreneurs seeking the capital to start or expand their small businesses often must secure funds by cashing in retirement plans, mortgaging their homes, and/or maxing out credit cards as banks are often reluctant to offer loans to many kinds of small start-ups. These small companies are also often unable to qualify for angel or venture capital investments.

One result of these restrictive regulations is a massive leak of money out of our communities directly to Wall Street and the large corporations that can afford to trade there.

Oregon's new CPO law permits a form of crowdfunding that enables any Oregon resident to make investments in qualified Oregon-based companies. The companies must have fewer than 50 employees, and total investment in any one company is limited to \$250,000. Individual

investment is capped at a maximum of \$2,500 per person per company with minimum investment

levels as low as \$100 per offering. In other words, the new regulations will allow investment in 96% of Oregon-based businesses by 100% of Oregon residents.

According to Pearl, "The reason that these two caps, both on the amount you can raise and the amount you can invest, are low is because the regulators here in Oregon felt that we should start slow and small to protect investors." Most folks are not likely to go bankrupt over a loss of \$100 - \$2500.

Unlike donation-based crowdfunding programs like Kickstarter, CPOs will ideally bring a return to the investor, either as loan interest or in dividends of money, products, or services.

In concert with the new law, Hatch Oregon (an offshoot of Hatch Innovations) has assisted the launching of nine small Oregon-based entrepreneurs who are currently offering CPO securities to investors. Recently, representatives of Hatch Oregon and the first businesses from across the state to use the new securities crowdfunding rules toured Oregon presenting a Road Show titled "The New Oregon Trail: From Wall Street to Main Street!" The fourth stop on this tour was at the White Clover Grange near Nehalem where members of the public had the opportunity to learn more about the new CPO rules, meet some of the entrepreneurs taking advantage of the new rules, sample their products, and invest live with their companies.



Amy Pearl of HATCH



Ginger and Brigham Edwards of North Fork 53



Ben Tilley, owner of Agrarian Ales, a farmhouse brewery near Eugene.

Most of the nine companies offering the new style of securities are related in some way to the growth and production of food. These startup and growth phase companies include an artisanal ice cream producer, a farmhouse brewery, a manufacturer of natural honey-sweetened sodas and, a mashup of craft beer taproom and old-fashioned barbershop in one storefront. (Visit hatchoregon.com for the complete list.)

North Fork 53, is a new agritourism company (the first on the coast), is one of the newly launched businesses that is offering securities. Co-founder Ginger Edwards owns R-Evolution Gardens, a small organic farm that supplies vegetables to 65 CSA subscribers, the Manzanita Farmers market and other customers. Two years ago, she began offering onsite farm stays through Airbnb.

"It became the biggest income stream on our farm very quickly," said Edwards. She is hoping that by selling shares in North Fork 53, the company can accrue enough capital to acquire the note on a nearby property and make improvements to the existing house and barn in order to expand the farm stay capacity and complete a commercial kitchen and event space. Edwards sees North Fork 53 as an opportunity to develop into a food hub that serves as an educational incubator for visitors and local community members. "The real capital that we are generating here is community," said Edwards during a recent interview.

Oregon's new CPO law may usher in a sea change that injects much-needed revenue into our local economies. Amy Pearl says, "If every Oregonian invested 1% of their savings into the Oregon economy, nearly 1 billion dollars would be invested in our state."

The revolution has begun!

## For more information on Oregon's new Community Public Offerings:

- View the Immense Possibilities Investment for the People episode: [immensepossibilities.org/ipr-podcasts/investment-for-the-people/](http://immensepossibilities.org/ipr-podcasts/investment-for-the-people/)

- Listen to the OPB Think Out Loud Crowdfunding Oregon Businesses Episode: [opb.org/radio/programs/thinkoutloud/segment/crowdfunding-oregon-businesses/](http://opb.org/radio/programs/thinkoutloud/segment/crowdfunding-oregon-businesses/)

- hatchoregon.com has many resources on local investing. You can browse prospectuses of the nine Oregon companies with CPOs and register as an investor online.



## CCC Announces Au Naturel Award Winners

THE OPENING RECEPTION of Clatsop Community College's ninth annual juried art exhibit, Au Naturel: The Nude in the 21st Century was held Thursday, January 29, 2015 in the CCC Art Center Gallery.

This year, artists from 28 states, the District of Columbia, and Canada, Turkey, New Zealand, and South Africa submitted over 500 images for consideration. This year's juror Barbara Shaiman, an independent curator based in Seattle, selected 56 works of art representing 41 artists from 14 states in addition to an international artist from South Africa. The award presentation was recorded and may be viewed at [www.aunaturelart.com.com](http://www.aunaturelart.com.com).

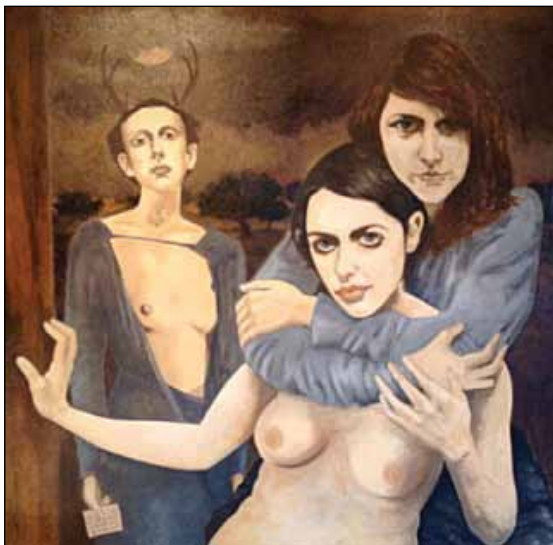
This year's Au Naturel exhibit will remain on display in the CCC Art Center Gallery, 1799 Lexington, Astoria, through March 5th, 2015. All visitors are invited to cast a vote for the People's Choice award, which will be announced at the close of the exhibition.

This is the fifth year that First Place Winner

Reed Clark, who resides in both Portland and Gearhart, OR, has exhibited his artwork in the Au Naturel. His large oil painting Apparition Number Four, was also selected for a purchase award. Ms. Shaiman

selected an oil painting entitled Pearls by Carrie Alter of Chapel Hill, NC for the second place award. Linda Andrei of Ithaca, NY was awarded third place for her oil painting entitled Ode to Man.

All of the artists selected to participate in the 2015 exhibit were invited to submit proposals for the solo show and workshop awards, which were reviewed by the art faculty. From among these submissions, David Allison of Seattle, WA was chosen for the solo show award. This solo show will open the CCC Art Center's 2015-2016 exhibition season next fall, and the featured art-



1st Place/Purchase Award, Reed Clark, *Apparition No. 4* will conduct a workshop in conjunction with the exhibit.

Another award-winning artist in this year's Au Naturel is Portland-based Henk Pander,



Henk Pander, Workshop Award

who was born in Haarlem, The Netherlands, and whose artwork is represented in prestigious museums and collections across the globe, including the Rijksmuseum in Amsterdam. Pander has accepted a special workshop award, which will tentatively be held

during the fall term of 2015, date and time to be announced. The Au Naturel exhibit is free and open to the public. The CCC Art Center Gallery is located at 1799 Lexington Avenue, Astoria. The gallery is open Monday-Friday, 8am-5 pm and Saturday, 11am-4pm; Sundays and holidays by appointment only.

View images of the award-winning artwork as well as those of this year's exhibit and prior exhibits [www.aunaturelart.com](http://www.aunaturelart.com)

## NUDES DOWNTOWN 2015 RiverSea KALA LightBox

Old Town Framing Co.

In celebration of the Art Center Gallery's annual exhibition, Au Naturel: The Nude In the 21st Century, at Clatsop Community College, Astoria art venues present Nudes Downtown: A Compendium of Art Inspired by Au Naturel. This annual exhibition, now in its 5th year, is designed to be a companion show to Au Naturel, bringing into the broader community a tribute to the nude in contemporary art. A diverse collection will be shown in galleries throughout downtown Astoria, creating a grand tour of art entirely focused on the theme of humankind in its most elemental form. All the venues involved have scheduled opening receptions for Nudes Downtown 2015 during Astoria's Second Saturday Artwalk on February 14, from 5:00 to 8:00 pm.

RiverSea Gallery includes a special exhibit of artists represented by the gallery, including Robert Paulmenn, Marie Powell, Noel Thomas and Penny Treat. Two guest artists, Kay Henning-Danley and Arkady Roytman, have been chosen for this exhibition especially for their affinity in depicting the human figure. Both also have the honor of showing this year in Au Naturel at the college gallery. Together, Au Naturel and Nudes Downtown celebrate the figure in art, a source of inspiration for artists since ancient times.

LIGHTBOX GALLERY is honored to have Robert Gojevic, founder and editor of Blur Magazine, as juror for the 5th Annual Photographic Nude. Blur is an online PDF magazine promoting international creative fine art photography. Blur is published by CREATUS, a non-profit located in Zagreb, Croatia. Blur is an international publication with a team of volunteer photographers and editors from around the world. The worldwide team is what makes Blur a special publication, along with the quality of the work and the beautiful presentation of the online PDF magazine. All accepted images to The Photographic Nude 2015 exhibit will be published in the upcoming April edition of Blur magazine. [www.blur-magazine.com](http://www.blur-magazine.com).



Kay Danley at RiverSea



Bette Trone at KALA



CAVE by Mark Dierker at LightBox

## ARTIST CALL Astoria Music Festival 2015 Poster Contest

The Astoria Music Festival is pleased to announce our first POSTER ART CONTEST. The contest is open to all artists, professional and amateur in Northwest Oregon and Southwest Washington. The winning image will creatively depict subject matter harmonious with our festival, be it music, composers, Astoria, the landscape – whatever the imagination evokes. Highlights of the 2015 Astoria Music Festival include Gaetano Donizetti's opera Mary Stuart, Wolfgang Amadeus Mozart's opera The Magic Flute, works by Ludwig Van Beethoven and will celebrate the 150th anniversary of composer Jean Sibelius' birth.

### POSTER ART CONTEST INFORMATION

- The poster art contest is open to the public. Amateur and professional artists are encouraged to submit their work.
- The winning artist receives \$500 and two Festival Platinum Cards for entry to all events of the Astoria Music Festival.
  - The top 10 finalists' art will be displayed in a "People's Choice" exhibit at the Astoria Music Festival Office/Tempo Gallery during the April 2nd Saturday ArtWalk. Visitors to the Office/Gallery may vote on their favorite and the winner will receive a prize of \$100 and two Weekend Passes to the Astoria Music Festival.
- **Deadline for entries is March 15, 2015.**
  - The winner of the poster art contest will be announced **Friday, March 27th.**
- The official 2015 Astoria Music Festival Poster will be unveiled at the May 2nd Saturday ArtWalk.
- For submission guidelines and Entry Form, please contact Carol Shepherd at 503-325-9896 or [office@astoriamusicfestival.org](mailto:office@astoriamusicfestival.org)



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# River Interview: Dave Densmore

By Jasmine Zimmer-Stucky  
Community Organizer of Columbia Riverkeeper

Save the Date: Feb. 27-March 1; Fisher Poets Gathering in Astoria, Oregon. Columbia Riverkeeper will host a concert by **DAVE DENSMORE** and singer-songwriter **ALEXA WILEY** on Saturday, February 28. At The Event Center • 4 to 5pm.



**F**ULL-TIME FISHERMAN. Full-time poet. Both describe Dave Densmore. Long time friend of Columbia Riverkeeper as well. I caught up with Dave one afternoon to talk about fishing, poetry, and the changing landscape of the Columbia River. I called during a rare moment of downtime, when a December downpour put an early end to his day of boat repairs. "I got a Christmas tree for the boat instead," he told me.

I asked Dave whether certain circumstances (like a landless sunrise or recorded-setting catch) spark his creative writing. "When they decide to come, they come. My poem, Fish N' Poems, talks about how sometimes it'll be in the middle of the night, sometimes it'll be a beautiful day and sometimes it'll be blowing and storming and I'll have my hands full on the gear and taking care of business. But, a poem comes and I have no choice but to run down and get a piece of paper and write it down before the paper dissolves in my hand."

I pressed him for harrowing details about foregoing safety to guarantee a poem makes it onto paper. He laughed and reminded me, "I've been doing the boating and the fishing for so long it's automatic." Life on a fishing boat has become second nature. "At

night I can just listen for a second, feel they way the boat feels, smell the air, and then be back asleep, knowing that things are alright and be hardly unaware of servicing." Raised in a small fishing village in the Aleutian Islands, Dave bought his first commercial fishing boat at thirteen.

With more than a half a century as a commercial fisherman, plus family roots in the business, Dave has hard-earned wisdom and perspective. "I have harvested millions of pounds of fish in my life, and I hope to harvest more. I'll tell you something. I have respect for the resource. Respect for the ones that are dying. I think that if fishermen start thinking about it as something different than a means for getting a lot of junk that we don't need to exist then some of the problems would straighten themselves out. It's about respect."

Dave is a cornerstone poet at the annual Fisher Poets Gathering in Astoria. I asked Dave if he's seen an uptick in the number of fishermen writing poetry since he started sharing his work. "Now it's pretty common," Dave said. "Quite a few fishermen are starting to write. And I think when they start writing about [fishing] they start seeing it different. It opens up the spirituality of this life."

## Special Events Schedule

Writing and Issues-related workshops • Tours of old canneries and working fishing boats. Film at the Columbian Theater • Story Circle at the Astoria Event • The Gearshack Bookstore • favorite Fisherpoets' books and cds • silent auction items • musicians' jams • annual Poem Contest • open mic • Fisher Poet Dance • Ray Troll & The Wranglers • Sunday morning Gospel Singin' • Farewells!

## 2015 Fisher Poet Gathering Feb 27 - 29

### Friday, February 27

2 to 10 p.m.  
FisherPoets Gearshack  
1144 Commercial  
Silent Auction  
Fisherpoets' CDs, books and gear for sale

3 to 5 p.m.  
Columbian Theater  
Films at the FisherPoets Gathering  
"In the Same Boat" -Elijah Lawson  
"The Breach" -Mark Titus

4 to 5 p.m.  
Voodoo Room  
Open mic, all comers

4 to 7 p.m.  
IMOGEN Gallery  
George Wilson Artist Reception

4 to Open of FPG Program  
KALA Gallery  
Fish Out of Water • Kari Glass & Robin Rosemond

### Saturday, February 28

9 a.m. to noon  
Pier 39  
Open Boat aboard the Cold Stream - Dave Densmore

9 a.m. to 5 p.m.  
Pier 39  
Hanthorn Cannery Museum - self-guided tour

10 to 11:15 a.m.  
Columbia River Maritime Museum  
Kern Room  
Global Ocean Health - Brad Warren

Columbia River Maritime Museum  
Ford Room  
(to be determined)

Columbia River Maritime Museum  
Barbey  
Center Prose and Poetry workshop - Erin Fristad

11:30 a.m. to 12:45 p.m.  
Columbia River Maritime Museum  
Kern Room. Salmon Beyond Borders -(facilitator)

Columbia River Maritime Museum  
Ford Room  
Troll Art - Ray Troll

Columbia River Maritime Museum  
Barbey Center  
Songwriting workshop -John Palmes

Noon to 9 p.m.  
FisherPoets Gearshack  
1144 Commercial  
Silent Auction ends at 7 p.m.  
Pick up winning bids by 9 p.m.  
1 to 3 p.m.  
FisherPoets Gearshack  
"Anchored in Deep Water" readings by contributors - Pat Dixon

Noon to 4pm  
Fish Out of Water Exhibit • Kari Glass & Robin Rosemond  
KALA Gallery

2 to 3:30 p.m.  
Astoria Event Center  
Story Circle - Jay Speakman

3 to 5 p.m.  
Columbian Theater  
Films at the FisherPoets Gathering  
"In the Same Boat" - Elijah Lawson  
"The Breach" - Mark Titus

4 to 5 p.m.  
Astoria Event Center  
Columbia Riverkeeper:  
Alexa Wiley in concert with Dave Densmore -Brett VandenHeuvel

5 to 6 p.m.  
Voodoo Room  
Open-mic, all comers

10 p.m.  
Columbian Theater  
Ray Troll and the Ratfish Wranglers in concert

10:30 p.m.  
Astoria Event Center  
On-Site Poetry Contest

11 p.m.  
KALA Gallery  
Annual FisherPoets Dance  
**Sunday, March 1**  
9 to 9:30 a.m.  
Astoria Event Center  
Singing Harmony workshop -John Palmes

9:30 to 10 a.m.  
Astoria Event Center  
FisherPoets Gospel Sing, just for fun

10 a.m. to noon  
Astoria Event Center  
FisherPoets Farewell open-mic for participants

Noon to 3pm  
KALA Gallery  
Fish Out of Water Exhibit • Kari Glass & Robin Rosemond





## ANCHORED IN DEEP WATER: THE FISHERPOETS ANTHOLOGY

*Anchored in Deep Water: The Fisherpoets Anthology*, is a seven-book set of work by writers, poets and songwriters who have performed at the annual Fisherpoets Gathering in Astoria, Oregon, edited by fisher-poet Patrick Dixon, with original cover art by award-winning Portland, Oregon artist Chelsea Stephen. Over 40 writers from the USA, Canada and Japan are represented, with seven interviews of the fishermen and women engaged in commercial fishing along the coasts of the North American continent. Released in July 2014, the books are available individually or as a complete set. *Anchored in Deep Water* is available at [www.fisherpoets.org](http://www.fisherpoets.org), a handful of bookstores and this year featured at the FPG Gearshack.

- Reading Frenzy, 3626 N. Mississippi Ave, Portland OR 97227
- Cannon Beach Book Company, 130 N. Hemlock, Cannon Beach OR 97110
- Columbia River Maritime Museum, 1792 Marine Dr., Astoria OR 97103

### Fisher Poets Read

A great line-up of contributing Fisher Poets will read from "Anchored in Deep Water," at KALA, on Saturday, Feb 28, 2:30pm to 4pm. (A non-FPG Button Event.) Over 20 poets read one of their contributed poems. A POET'S SHORT MARATHON!

### Writing The Tides

**A Daylong Writing Workshop  
w/Fisher Poet  
Erin Fristad  
Fri., Feb 27, 10-4pm**

WRITING THE TIDES is offered by longtime Fisher Poet Erin Fristad. Erin is a regular performer and workshop instructor at the Fisher Poet Gathering. This year she wants to give students the opportunity to take their writing deeper than what can be offered in the 90 minute course she usually teaches. Writing the Tides will be offered from 10-4 pm on Friday, February 27th, writers will be done in time for the official opening of the gathering at 5 pm. Erin is using the theme of tides, the unexpected challenges and treasures they bring, as a jumping off point for this workshop. Writers will generate new work through a series of exercises and practice tools of the writing craft that will support their work indefinitely. Erin invites attendees to send her work in advance so she can tailor the class specifically for their needs and interests.

"I want all students, regardless of where they are currently, to take their writing to the next level. This is a class they'll remember." The class is limited to 10 writers with the intention of creating a supportive environment where everyone is encouraged to take risks and have fun doing it.

All writing levels are welcome, and while fishing and writing is on our mind late February in Astoria, you don't have to be a fisher poet to attend and you don't have to write about fishing, boats or the ocean! At The Heritage Museum in Astoria. \$125. (Mention you saw it in Hipfish for \$10 off).

Important note: This workshop is offered in conjunction with the Fisher Poet Gathering but it is completely independent from the Gathering. Please direct all questions to Erin at [erin@erinfriestad.com](mailto:erin@erinfriestad.com).



Erin Fristad survived fifteen years as a deckhand on a wide array of vessels and adventures. She chased herring near Togiak; crab off the Columbia River; salmon more places than she can remember; and for five years pursued fish in the name of science. Her work is widely published in journals and anthologies including most recently in *Raising Lily Ledbetter: Women Poets Occupy The Workspace*, *Floating Bridge Review #7*, *Hooked! True Stories of Obsession, Death*, and *Love from Alaska's Commercial Fishing Men and Women and Poets of the American West*. She holds a Masters of Fine Arts in Creative Writing and have taught writing workshops for over 10 years. Erin is a regular performer at the Fisher Poet Gathering and is grateful for its community of generous and tenacious sea folk.

fishtail adaptation of the lunar zodiac

## Fish Out Of Water YEAR OF THE DALL SHEEP

north-wind new year spin from the deep blue

gala opening artwalk celebration with valentine-making love fest

**Sat 14 Feb: Artwalk 5-8 PM**

Thurs 18 Feb:

Lunar New Year's Eve!

FisherPoets Fri-Sun

AT KALA in Astoria

2015 Fish Out Of Water Year of the Dall Sheep follows the North Star on a boreal adventure where the Spirit of Aurora Borealis reigns over winter's endless night. This inspiring fishtail is a north-wind spin on the twelve-animal cycle Chinese Lunar Zodiac. Hipfish and Kala Art Gallery invite you in from the cold on Valentines Day to usher out the Year of the Moose and embrace the coming Year of the Dall Sheep. Rejoice in the dynamic effervescence of the Northern Lights and discover where you and yours dwell within the enchanted realm of the Northern Zodiac.

KARI GLASS and ROBIN ROSEMOND both born to the north under the sign of the Dall Sheep. Robin and Kari have been scheming since 2005 when they met while working at the Alaska Center for the Performing Arts. Kari resides in Alert Bay on Cormorant Island off the northeast end of Vancouver Island and Robin moves between Alaska, Oregon, Louisiana and Mexico. Together mythology and folk tales evoke their artistic sense of wonder. Their process involves a collaborative exchange to create kinetic improv-installations repurposed from jetsam and flotsam—the raw matter for concept and construction.



## Port to Port • From Portknockie to Portland

Paintings by George Wilson

February 14, 5-8pm

Fisher Poet Reception

Friday, Feb 27, 4-7pm

With the annual FisherPoets Gathering just around the corner, **IMOGEN GALLERY** is pleased to host **PORT TO PORT**, an exhibition by professional artist/fisherman, George Wilson, who now resides in Portland, Oregon. The exhibition opens February 14th for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm, followed by an artist/welcoming reception held Friday, February 27th from 4 – 7 pm, to kick off the full weekend of events scheduled for FisherPoets Gathering. The exhibition will remain on display through March 10th.

One wouldn't come quickly to draw a parallel of career choices between the fishing industry and the arts, whether visual or literary, yet it seems more prevalent than one might assume. Year after year the fishermen who might be poets, or vice versa, convene in Astoria to share their prose, their short stories, their livelihood with those of us who have perhaps never been to sea, let alone experienced first-hand the hard work of being a commercial fisherman. Likewise, with visual artists who make their living from the sea. George Wilson is one of those unique individuals, who from childhood has enjoyed the beauty, sometimes solitude and unpredictability of the fishing industry while combining that with his other love, that of the visual language which he utilizes to narrate his observations as a fisherman.

Wilson brings to Astoria a collection of watercolor paintings that depict his transition from his hometown, a small coastal fishing village in North East Scotland, to his new home in Portland, Oregon. **Port to Port: From Portknockie to Portland** is a personal record of transition. Wilson, who spent 49 years of his life living in the same village where he was raised, sums up his exhibition as "My journey from Portknockie to Portland, with fifty years worth of memories in my sea bag". His work comes from his experiences of 20 years working on the North Sea as a commercial fisherman, "immersed in the rhythms of the natural world; weather, tide, the movements and migrations of fish and birds."





**GYPSY PASSION**  
**Kim & Josef Romance the PAC • Feb 13**



**G**YPSY VIOLINIST KIM ANGELIS and accompanist/husband Josef Gault are two musicians, if there are any, that represent and express passion, not just on Valentines Day, but through a dedicated career performing the world over, and they just happen to live and love in Astoria. Romancing the PAC is now a bonafide tradition in the region, and one that they generously perform

as a fundraiser for the PAC. The PAC, and the people behind it too, are passionate about the continued existence of this facility, a 250 seat theater that has seen many a creative effort in its 40 some decades as a performing arts center – one that is valued, because of its particular seating capacity, the stage, the newly renovated organ, that it is a special venue to proceed to, as a lover

of cultural arts on any given eve - the home of the NC Symphonic Band whose members fill its stage, and provide listeners, with up close and personal music experience. Let the Liberty and the PAC reside together like two old friends and lovers.

In 2014, Kim Angelis was a featured performer at Beijing World Music Week and one of the headline acts at the Beishan World Music Festival in Zhuhai, China. Kim has recorded seven albums, and received accolades through the ASCAP Plus Awards, Global Rhythm Magazine's international song contest, her music was highlighted on NBC's world-wide coverage of the 2000 Olympics in Sydney, and her composition, "The Astoria Waltz," is a favorite among fans in the Columbia Pacific Region.

At this concert, Kim and Josef will share photos and programs from their recent musical journeys to Africa and China, and also feature a world premiere performance of Kim's composition, "The Oregon Concerto." Special guest, Cabaret Belly Dance performance artist Jessamyn Grace joins the dynamic duo.

**Dance Your Joy at AAMC**

**ARGENTINE TANGO WORKSHOP**

Saturday, February 28th- 5:30 – 7pm!!!

Join Portland instructor Estelle Olivares for an intro level Tango workshop. No partner/experience necessary, \$15 drop-in. Questions? Contact Estelle at [estelledances@gmail.com](mailto:estelledances@gmail.com)

**Monday**

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

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

**Tuesday**

**9:00-10:00am Zumba** with Joy Sigler

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

**6:30-7:30pm Ballroom** with Jen Miller

**7:30-8:30pm West Coast Swing** with Jen Miller

**Wednesday**

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

**Thursday**

**9:00-10:00am Zumba** with Joy Sigler

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

For current schedule and instructor contact: [astoriaartsandmovement.com](http://astoriaartsandmovement.com). 342 10th St. in Astoria

**Portland Chamber Orchestra**  
**It's Better with a Baritone!**  
At The Liberty  
Feb 14 • 7:30 pm



**T**WO-MEN ARE BETTER THAN ONE . . . under certain conditions. And in this case, two baritones. Celebrate Valentine's Day with the Portland Chamber Orchestra and the world's most romantic voices! Acclaimed baritones Rocky Blumhagen and Ron Spivak present a special edition of their two-man Broadway revue featuring some of musical theatre's most impassioned ballads by Stephen Sondheim, An-

drew Lloyd Webber, Jerry Herman, Michael Valenti and many others. The program includes seductive selections from Phantom of the Opera, Les Misérables, A Little Night Music, The Pajama Game, and La Cages aux Folles Valentines Day,

**Feb 14, 7:30pm, Tickets \$25 Stud/ Mltry \$20. Liberty Box office or [ticketswest.com](http://ticketswest.com)**

**LOTS OF NEW**  
**at the World Kite Museum**

**L**OCAL, COMMUNITY-BASED **WORLD KITE MUSEUM** announces exciting new changes and events for 2015. The World Kite Museum in Long Beach is the only American Museum dedicated exclusively to telling the exciting and amazing story of kites, through hands on exhibits and programs. Their unique collection has over 1,500 kites from 26 countries, while also offering museum-goers the opportunity to build and fly their own kite.

Recent additions, the WKM Theater audio-visual room, updated and refreshed exhibits, including the new and complete collection of WSIKF Annual Posters, technical and facility updates, and now will oversee the WA. ST. Intrnl. Kite Fest.

- The Museum makes its grand debut on March 7, "A Night at the Kite Museum."
- Rob Beamguard Workshop – Help build an 8' x 6' Kite. February 14 – 16.



- Asian New Year Celebration – Giant Kite Culture, make origami cranes, symbols of kite decoration, and a special section on the last Edo kite maker in Tokyo. Kicks off Feb 20-21.
- Spring Break Family Fun – March 22 - April 20 [www.worldkitemuseum.com](http://www.worldkitemuseum.com)

**Monday 9**

**HAPPENING**

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

**Tuesday 10**

**FOOD & DRINK**

Beer Pairing Dinner. This ticketed event will include a special menu of 5 courses with talks by our chefs and brewers. Tickets can be purchased at [buoybeer.com](http://buoybeer.com) or at the taproom. 6 – 8pm at the Buoy Beer Company in Astoria.

**HAPPENING**

A Mostly Accurate Historic Tour. Of Lincoln City with local resident Elizabeth Black. South Tour at 10am. North Tour at 2pm. Bus leaves from the Cultural Center. To sign up call 541-994-9994.

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

**LECTURE**

Past to Present: Columbia River Maritime History. Fishing Vessels of the Pacific Northwest. With James Cole. \$5, 10:30am – noon at the Columbia River Maritime Museum in Astoria.

**Wednesday 11**

**MUSIC**

Fernando. No cover, 8pm at the Adrift Hotel in Long Beach.

**HAPPENING**

Night of All Knowledge Trivia Tournament. A fun team trivia competition. Free, 6pm at the Seaside Library.

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

**Thursday 12**

**MUSICFERNANDO.** No cover, 8pm at

the Adrift Hotel in Long Beach.

Sol Seed. Reggae fusion. No cover, 9pm at the Nauti Mermaid in Lincoln City.

**HAPPENING**

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

A Mostly Accurate Historic Tour. Of Lincoln City with local resident Elizabeth Black. South Tour at 10am. North Tour at 2pm. Bus leaves from the Cultural Center. To sign up call 541-994-9994.

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

**LECTURE**

Beers to Your Health. A Farm to Table Talk with Eric Bechard, Marco Davis, Teresa Retzlaff, Fred Johnson and Johnny Besch. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

Oregon Railroads. With Ed Kamholz. Free, 7pm at the Cannon Beach History Center and Museum.



## Friday 13

**MUSIC**  
David Drury. Jazz Guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Rod Whaley. No cover, 7pm at the Sand Trap Pub in Gearhart.

Romancing the PAC. With Kim Angelis & Josef Gault. \$15, 7pm at the PAC in Astoria.

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

Johnny Wheels and the Walkers. No cover, 9pm at Roadhouse 101 in Lincoln City.

Sol Seed. Reggae fusion. \$5 cover, 9pm at the Lighthouse Pub & Grub in Manzanita.

Michael Hurley, Larry Yes & Nate Lumbard. No cover, 9:30pm at the Voodoo Room in Astoria.

### FOOD & DRINK

Chocolate Extravaganza. 4 – 7pm at the Hotel Cathlamet in Cathlamet.

### HAPPENING

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

Comedy on the Coast. 21 and over. 8pm at Chinook Winds in Lincoln City.

### OUTSIDE

Cupid, Birdies, & Eagles Golf Tourney. \$60 per player, cart rental is \$15 per player. Noon shotgun start at the Gearhart Hotel.

### THEATER

Take a Number, Darling. Comedy. \$15, 7pm at the NCRD in Nehalem.

'Night Mother. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 14

**MUSIC**  
Tom Trudell. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Derek Ecklund and Existence Habitat. 5 – 10pm at the Orange on Blue exhibition in the Astor Hotel in Astoria.

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

Aaron Larget-Caplan. Guitar. 7pm at the Coaster Theater in Cannon Beach.

Elizabeth Nicholson & Bob Soper. Valentine's Show. \$12, 7pm at the Peninsula Arts Center in Long Beach.

It's Better with Baritone. With the Portland Chamber Orchestra and baritones Rocky Blumhagen and Ron Spivak. Show tunes. \$20 - \$25, 7pm at the Liberty Theater in Astoria.

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

Neil Darling Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Strange Tones. No cover, 9pm at Roadhouse 101 in Lincoln City.

Ted Vaughn Blues Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Neil Darling Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

### ART

Second Saturday Artwalk. Free 5 – 8pm at galleries and businesses in downtown Astoria.

### CINEMA

Winter Food Film Festival. Chocolat. Admission by donation, movie-themed small bites

available for sale. 9:30pm at the Columbian Theater in Astoria.

### FOOD & DRINK

Wine Tasting. Rombauer (Napa Valley). 1 – 4pm at the Cellar on 10th in Astoria

Valentine's Day Tea Party. 2 – 4pm at the Driftwood Public Library in Lincoln City.

### HAPPENING

Festival of Dark Arts. 55+ specialty stouts plus the darkest collection of entertainment on the coast. Craftspeople, musicians, artists, and entertainers, all while sampling the largest stout collection ever assembled at a one-day festival. Limited tickets are available at festivalofdarkarts.com. \$30 procures your stout tasting glass, ten tokens, and admission to the fest. A \$10 non-drinking/minor ticket is also available. Admission free to children 5 and under. Noon – 10pm at Fort George in Astoria.

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

Casino Night Out. Try your luck at Blackjack, roulette and craps to raise money for the Cannon Beach Children's Center. All day at the American Legion Hall in Cannon Beach.

Your Heart's Desire: A Celebration of Chocolate, Wine & Art. Art exhibit and sale, no admission noon – 5pm. Chocolate & wine party with live music, \$30, 6:30 – 10pm. Kiawanda Community Center in Pacific City.

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

Sweetheart Dance. The Lincoln Pops Orchestra will perform romantic favorites you and your sweetheart can dance to. Tickets: \$14 per person, \$25 for couples. 7pm at the Lincoln City Cultural Center. FMI call 541-994-9994

Comedy on the Coast. 21 and over. 8pm at Chinook Winds in Lincoln City.

### THEATER

Take a Number, Darling. Comedy. \$15, 2pm at the NCRD in Nehalem.

Starbright & Vine. Dramady. \$15, 7pm at the PAC in Astoria.

## Sunday 15

**MUSIC**  
Jennifer Goodenberger. Jazz piano. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Aaron Larget-Caplan. Bach to the 21st Century. Guitar. \$15, 3pm at the Lincoln City Cultural Center.

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

The Lonesome Heroes. No cover, 6:30pm at the San Dune Pub in Manzanita.

Ghost Towns. No cover, 8pm at the Adrift Hotel in Long Beach.

Nu Blu. 8pm at Fort George Brewery & Public House in Astoria.

Marjorie LaFrenz & Russ Wilson. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

### FOOD & DRINK

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

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

### HAPPENING

Antique Week. Featuring citywide antique sales, exhibits, appraisals, antique float drops and more. In Lincoln City. FMI 800-452-2151

### LECTURE

In Their Footsteps Lecture Series. Wildlife Center of the North Coast. With Josh Saranpaa. 1pm in the Netul Room at Fort Clatsop in Astoria.

### THEATER

Starbright & Vine. Dramady. \$15, 2pm at the PAC in Astoria.

'Night Mother. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

The Train Station Trilogy. Dramady. 7pm at the Bay City Arts Center.

## Monday 16

### MUSIC

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

### FOOD & DRINK

Ice Cream Social. The public is invited for cake & ice cream + birthday celebration. \$1 suggested donation, free if it's your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

## Tuesday 17

### MUSIC

Ghost Towns. 8pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Beer Pairing Dinner. The chefs and brewers of Buoy Beer Company will present a unique menu of five courses pairing local fare and Buoy Beer brews. Tickets & reservations at the Buoy Beer Taproom in Astoria. 6 – 8pm. 503-325-4540

### LECTURE

Past to Present: Columbia River Maritime History. Beeswax Wreck Project. With Scott Williams. \$5, 10:30am – noon at the Columbia River Maritime Museum in Astoria.

### LITERARY

Reading. Author Kurt Fausch will read from his book "For the Love of Rivers." 6pm at the Sitka Center, north of Lincoln City.

### WEDNESDAY 18

### MUSIC

Ghost Towns. 8pm at the Adrift Hotel in Long Beach.

## Thursday 19

### MUSIC

Ghost Towns. 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

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

### LECTURE

Learning a Second Language: An Approach from My Own Experiences. With Fernando Rodríguez. Noon – 1pm in room 219 of Columbia Hall at CCC I Astoria.

### THEATER

'Night Mother. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Friday 20

### MUSIC

David Drury. Jazz Guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Ted Brainerd. Blues. Free, 6pm at the Astoria Public Library.

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

Edmund Wayne. 9pm at the Adrift Hotel in Long Beach.

Gregory Rawlins. No cover, 9:30pm at the Voodoo Room in Astoria.

### HAPPENING

Asian New Year Celebration. Including a special exhibition on giant kite culture. At the World Kite Museum in Long Beach. kitefestival.com/asian-new-year

North Coast Legal Clinic for Tillamook County. For free legal advice on civil matters, stop by in the morning during the walk in hours or call ahead to make an appointment. Walk in hours are 10-12 and 1-4 for appointments. If you would like to make an appointment, please call the Oregon Law Center at 503-640-4115. They do NOT give advice on criminal matters. At CARE in Tillamook.

### THEATER

Take a Number, Darling. Comedy. \$15, 7pm at the NCRD in Nehalem.

'Night Mother. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 21

### MUSIC

Tom Trudell. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Steve Blanchard & Slipshod. 7pm at the Lincoln City Cultural Center. 541-994-9994

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

Dixie Wrecked No cover, 9pm, Roudhouse

house101 in Lincoln City. Edmund Wayne.

9pm at the Adrift Hotel in

Long Beach.

### ART

Opening Reception. Blue, a fiber art exhibit will be showing at the Cannon Beach History Center and Museum. Reception at 6pm.

### FOOD & DRINK

Wine Tasting. Wines from Australia/New Zealand. 1 – 4pm at the Cellar on 10th in Astoria.

Jambalaya Cook-off. Free, at the Culinary Center in Lincoln City. 800-452-2151

### HAPPENING

Asian New Year Celebration. Including a special exhibition on giant kite culture. At the World Kite Museum in Long Beach. kitefestival.com/asian-new-year

Shanghai Roller Dolls vs the Trampires. Roller Derby. Tickets are \$10 and may be purchased in advance at shanghairollerdolls.org 6pm at the Astoria Armory.

Arctic Light Event. This events presents the photographic documentation of the journey of 3 naturalists to the high Arctic last September. Photographs will be on display and for sale. Neal Maine and Daniel Dietrich, acclaimed nature photographers, will open a conversation in support of the Alaska Wilderness League. 7pm in the historic Gilbert Block Building in Seaside.

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

Listings continued on pg. 19

# MORE MUSIC



## Sol Seed

"Making waves all over the North West and beyond, Reggae Fusion band Sol Seed from Eugene brings their eclectic style of Reggae mixed with elements of Hip Hop, Soul and Rock to the Northern Oregon Coast. With thought-provoking lyrics, infectious grooves and high-energy performances, Sol Seed creates

a memorable experience for all ages to enjoy. **Catch them in Lincoln City at The Nauti Mermaid on Thursday, February 12th. Music @ 9pm | Free show! Also, Catch them up North at the Manzanita Lighthouse Pub and Grub on Friday, February 13th. Music @ 9pm | \$5 Cover!**



## Nu-Blu

A happen-chance meeting in Anaheim, California and a last minute cancelation leads us into the rare opportunity to witness some World-class bluegrass music. on February 15th at the Fort George Brewery. Nu-Blu, on a national tour, just happened to have a day off and an interest to check out the Oregon coast for

the first time. Recently hitting the charts with a collaboration with Sam Moore (of Sam and Dave fame), Nu-Blu will bring their finely-crafted blend of banjo, mandolin, bass and guitar along with their pitch-perfect harmonies. **Sunday, February 15, 8pm at the Fort George Brewery.**

## Fernando

**THIS IS** a new chapter in Viciconte's ever-evolving musical trajectory, a career marked by creative integrity and an almost painful honesty which attracts fans from high and low that still believe in the redemptive power of rock and roll. And 'that voice'.

**Feb 11-12 at The Adrift in LB. NO Cover. 7pm**





## COASTER THEATRE Opens 2015 Season with NIGHT MOTHER

**THE COASTER THEATRE** opens the 2015 Season with the drama *Night Mother*. Written by Marsha Norman and Directed by Sheila Shaffer, it features actors Ann Bronson and Margaret Page. *Night Mother* opened January 30, and continues through February 21.

Synopsis: Jessie's father is dead, her marriage ended in divorce, her absent son is a petty thief, her last job didn't work out and, in general, her life is stale. As the evening unfolds she sets about tidying the house and making a list for her mother of things to be looked after as we discover what has brought her to this desperate place in her life. Winner of the Pulitzer Prize – this eloquent and ultimately shattering play explores the final moments in the life of a woman who has decided that it's no longer worth living.

This is a brutal, hard, thought-provoking play with multiple facets. When first produced over 30 years ago the issue of suicide was not a subject frequently discussed and is not a topic easily broached to this day. It can always be asked, "What would I do in a similar situation?" There is no one answer. No one really knows until they are there. In interviews with the playwright she says, "I felt with 'Night Mother' that Jesse's decision to commit suicide was quite brave. She finally decided that she could decide what to do with her life...The point was not to kill herself; the point was to take charge." "When approached about the irony that it looks like self-annihilation but it actually is self-activation, Marsha Norman responded, "For people who understand that, great; the ones who don't will have another experience with it." Norman's play, one person's perspective walking in someone else's shoes.



Margaret Page (left) and Ann Bronson (right) in the riveting drama, *Night Mother*

Margaret Page (Thelma Cates) has appeared in countless productions at the Coaster Theatre, with the Tillamook Association for the Performing Arts, with the Tillamook Community Choir, Cannon Beach Chorus, North Coast Choral and the Midway Messiah Chorus.

Ann Bronson (Jessie Cates) marked her debut at the Coaster Theatre in 2000. She has appeared on the Coaster stage in numerous principal singing roles - a classically trained Soprano, her latest role as the witch in the 2014 production of *Into The Woods*.

**PERFORMANCES:** Fri/Sat, 7:30pm and some Sunday Matinees, 3pm, through Feb 21. Talkback Thurs - Feb 19. Purchase Tickets by calling 503.436.1242 or online at [coastertheatre.com](http://coastertheatre.com). \$20 - \$15. Talkback Thurs - Feb 19.



Julie House, Tom Berdine, Seth Tichenor and Stacy Brown

**OPENED ON FEBRUARY 6** at Clatsop Community College's Performing Arts Center, the Partners for the PAC presents a staged reading of the comedy/drama *Starbright & Vine*, written by Richard J. Allen, a two-time Emmy-Award winning writer who serves as Professor of Film, Television and Digital Media (FTDM) at Texas Christian University (TCU) in Fort Worth, Texas. He won his Emmy Awards in 2001 and 2002 as a writer for CBS's daytime drama, *As the World Turns*. Former Head Writer at NBC's *Days of Our Lives*, he has also written for ABC's *General Hospital*, *One Life to Live* and NBC's *Another World*.

*Starbright & Vine*, Allen's most recent play,

the Partners' production of *Starbright & Vine* (S&V). Marty Vine is played by Tom Berdine, a veteran of theater at the PAC in the 80s and 90s who got his start with the Jewell Box Players. The other title character, Jacqueline (Jackie) Cole will be played by Julie House, veteran of Astor Street Opry Company (ASOC) productions, former roller derby queen, and now the co-owner of Coldwater Surf and Skate. Marty's "bastard" son Blake is a relatively straight-laced tax accountant who hires Jackie to help his father – who he thinks is faking dementia – write the jackpot script that comes with Marty's selection as the "best living comic of the 20th century." Clatsop

## Starbright & Vine PARTNERS FOR THE PAC

is a comic look at a fictional, once famous, now fading comedian (Marty Vine) who gets another chance at glory. In his directing debut, Bob Goldberg will lead

Community College and ENCORE philosophy teacher and Philosofarian Seth Tichenor will play Blake. Donna is the latest in a long line of live-in girlfriends for Marty, and is played by Stacey Brown, executive director of United Way of Clatsop County, and another ASOC player.

No less than four of George Carlin's seven dirty words are used in S&V, and sexual innuendo is liberally spiced throughout the play, so you may want to keep the little ones away. For anyone with a friend or relative who has or had dementia, this play will resonate. And it's hilariously funny, especially if you are tuned to East Coast humor.

The playwright will be in Astoria to catch the evening performances of S&V, and will stick around afterwards to answer questions from the audience.

**PERFORMANCES:** February 6 & 7, 7 pm, with playwright Q&A afterwards. February 8, 14 & 15, 2pm. Tickets \$15, and \$16.50 via Brown Paper Tickets. Rated R – strong language and sexual innuendo. Clatsop Community College Performing Arts Center, 16th & Franklin, Astoria. Info and tickets, see [www.supportthepac.org](http://www.supportthepac.org). *Starbright & Vine* by Richard J. Allen, a benefit to keep the PAC open to the community, produced by Partners for the PAC.

## Take a Number, Darling. Riverbend Players Comedy Opening February 7!

"Take a Number, Darling" by Jack Sharkey is scheduled for three weekends in February at the North County Recreation District (NCRD) in Nehalem. This contemporary farce, directed by Linda Makohon, includes crazy confusion when former romantic liaisons are revealed! The cast includes Sedona Torres, the over-the-top soap star; Michael Dinan, an insecure concert pianist; Rosa Erlebach, the flamboyant Spanish surprise; Aftyn Garvin, the clever PR gal; Michael Sommers, a Navy Commander friend; and Jeff Slamal, a tabloid reporter.

**PERFORMANCES:** Evening performances start at 7pm on Feb 7, 13, 20, 21. Matinees are 2pm on Feb 8, 14, 22. Tickets are \$15 with some proceeds going toward renovation of the NCRD Theater, 36155 Ninth St. Call 503-368-5764 or check [NCRD.org](http://NCRD.org) for further information.

## The Train Station Trilogy by Local Playwright Helen Hill The Tillamook Highschool Drama Group

Tillamook High School Drama Group presents *The Train Station Trilogy*, an original three act play by local playwright Helen Hill; a rollicking comedy/drama/sci-fi/romance. Produced by Junior Lizzie Nelson-Harrington as part of her senior community service project, all cast members are students at Tillamook High. The different acts have been separately produced and won awards in New York, California, New Mexico and Michigan. The trilogy is presented here for the first time in its entirety. It is a work ten years in the making.

The show features Lillie Elkins, Brianne Kephart, Gabe Martin, Christina Mata, Lizzie Nelson-Harrington, Max Norris, Julie O'Brien, Noah Pelter, Ken Poblador, Miguel Sanchez and Colton Weeks.

**PERFORMANCES:** At the Bay City Arts Center. Concessions and ticket proceeds all go towards Charity Drive and Bay City Arts Center. Tickets are \$7 at the door.

Friday, Feb. 6 at 7pm; Sunday, Feb. 8 at 7pm; and Sunday, Feb. 15 at 3pm.

## ASOC Winter Children's Theatre Little Red Riding Hood

The Astor Street Opry Company's 7th season of Winter Children's Theatre presents the musical "The Real Story of Little Red Riding Hood."

Everyone has listened to the immortal yarn of Little Red Riding Hood and a hungry wolf. But it's rare we get a chance to get the infamous Wolf's point of view of this popular story. In this hilarious musical, however, our compassionate and sympathetic beast is understandably upset. He's been maligned for generations because of the well-known children's parable. Determined to defend his own good intentions, he reveals Red Riding Hood's real nature, rarely shown to the outside world. With an abundance of toe-tapping tunes, this side-splitting cuddly tale will show that there are two sides to every story.

Directed by Heather Ramsdell with Music Direction by Chris Lynn Taylor and back stage assistance from the ASOC Teen Theater Club.

**PERFORMANCES:** Fridays - 7pm, March & 13; Saturdays & Sundays - 2pm, March 7 - 8 & 14 -15. At the ASOC Playhouse 129 West Bond Street Uniontown Astoria. For ticket info call: 503.325.6104



## Astoria Studio Tour Summer 2015

**THE ASTORIA SOCIETY** of Artists invites local artists to participate in its Astoria Studio Tour 2015 on the last weekend of July. The Astoria Society of Artists was formed last year to organize and manage the studio tour, now in its fifth year. As was the case last year, this year's event will focus exclusively on welcoming area residents and outoftown visitors to meet artists in their studios.

This year's Astoria Studio Tour will be Saturday and Sunday, July 25-26, 10am to 4pm both days. As in previous years, the tour remains free for the public, and there is no charge for the map brochures that will be available to the public early in July.

"Astoria's art scene is becoming increasingly vibrant" said Astoria artist Kimberly Reed, "and after last year's immensely successful tour, we intend to present another well organized and well publicized event that will benefit all local artists and the entire community."

Members of the Astoria Society of Artists' 2015 Studio Tour production team are Paul Haist, Drew Herzig,

Isabelle Johnston Haist, Gin Laughery, Robert Paulmann, Kimberly Reed, Charles Schweigert, Christine

Trexel, and Constance Waisanen.

"All of us participated in last year's studio tour and are eager to promote the local art scene," said Christine

Trexel, book and paper artist. "We strongly encourage artists in all media to take part in this year's tour."



**IN STUDIO:**

**Christine Trexel, Book and Paper Artist**

More information, including the application to participate in the tour, is at <http://astoriaartists.org>. Application deadline is April 30. Artists with studios in the 97103 zip code are eligible to participate. Also, artists from adjoining communities may participate by sharing a local artist's studio.

The brochure/map of participating artists and their studio locations will be available in early July. Contact [info@astoriaartists.org](mailto:info@astoriaartists.org) or Drew Herzig, 503.325.1895, for more details



## Art Every Day 366 Collage by Diane Jackson Luminari Arts

project, resulting in 366 collages ("It was a leap year" she said).

The goal was to focus on the process rather than the outcome, to incorpo-

rate the practice of "doing art" daily, every day, for a year. In that process, Jackson learned much about gels, inks, collage production and added to

her already extensive art skills. "Instead of sitting on the couch, I did art," says Jackson.

The fantastic result is a collection of pieces, all the same size, incorporating a vast array of materials and ephemera.

Luminari Arts is located at 1133 Commercial in Astoria. Join them February 14, 5 to 8pm to share in this celebration of an entire year's work in art as a daily practice. Snacks, beverages, music and joy provided.

**LUMINARI ARTS** invites you to celebrate **ART EVERY DAY** for the February Astoria Artwalk. Co-owner Diane Jackson shares her collages, one created each day for a year long

## Sticks and Stones Dan Pillars at RiverSea Gallery

**RIVERSEA GALLERY** presents *Sticks and Stones*, a solo exhibition of sculpture by Portland artist, Dan Pillars, which explores the deep effect of common expressions on both a personal and cultural level. The show opens on Saturday, February 14, and continues through March 10, 2015. The opening reception will be held during Astoria's Second Saturday Artwalk from 5:00 to 8:00. All are invited to meet the artist and enjoy art, conversation, complimentary light bites, Valentine sweets and celebratory beverages.

Dan Pillars is a Portland artist working in found object assemblage to create both wall-mounted and free-standing sculptures rife with deep personal and cultural meaning, structures literally built on the power of words and dreams. At first glance, many of his works present as large, fanciful display cases constructed of intricately turned wood and etched glass. Upon closer inspection the contents convey a message and the words etched in the glass have the power to shock. The taunting old phrases work with the provocative contents to evoke a not so distant cultural past, and cause the viewer to take pause and become aware of deep feelings and memories.

Pillars builds each sculpture around a feeling induced by words, "Sticks and stones will break my bones..." and "This hurts me more than it hurts you," are some of the milder sayings. Kind phrases are tucked in here and there, as well as much stronger and more painful terms. "Faggot" is one word he explores repeatedly, using bundles of sticks to indicate its many layers of meaning. As a gay man born in the mid-20th century, he has spent a lifetime dealing with many of these expressions and

uses his art to work through the feelings they bring up. He approaches each new creation with a cynical wit and a kind heart.

After a rough sketch to determine the general look of the

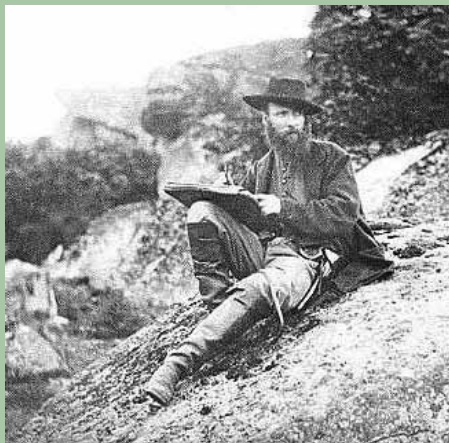
piece, Pillars leaves it up to his dreams. Each sculpture is built, start to finish, in a very lucid dream, and some nights he "constructs" several works before waking. His dreams are so detailed that, once in his studio, he simply follows the steps laid out during slumber. Each sculpture links the power of words and memory and offers a key to understanding our cultural roots.

RiverSea Gallery, open daily at 1160 Commercial Street in the heart of historic Astoria, Oregon. For more information, call the gallery at 503-325-1270, or visit the website at [riverseagallery.com](http://riverseagallery.com).



**Dan Pillars, Be Kind!**

## AVA Announces! Artist Residency Program



**ASTORIA VISUAL ARTS** announces the launch of an Artists-in-Residence Program ("AVA A-I-R"), which is designed to encourage the creative, intellectual and personal growth of emerging artists. Residency finalists (currently limited to local artists) will be chosen on the basis of artistic merit by an independent panel of established working artists and arts patrons. Selected artists will be provided with a small studio in the Downtown Astoria Historic District free of charge for a three-month residency, with the first residency commencing no later than April 1, 2015.

For more information on the AVA A-I-R program and how to apply, please visit <http://astoriavisualarts.org>

## ARTIST CALL Animal Art UNITED PAWS



**FAUNA AN** open community art show and sale will open at the North County Recreation District Gallery on March 3 and be up through March 30. The opening reception will be from 4-6 PM on Friday, March 6. Focused on the wildlife of the North Oregon Coast, art will be accepted from 10-1 on Monday, March 2. Your animal related art is welcome. The show is a fundraiser for United Paws, to help support their work spaying and neutering cats. Join us for the opening on March 6 or during open hours at NCRD (9-5 daily) during the month to enjoy local interpretations of 'Fauna.' If you caught December's show, you'll know the depth of talent to be displayed.



## Tolovana Arts Colony presents: The Beat Poets and the Beachnik Café Feb 13-14

Explore the Beat Poets, one of the most controversial and revolutionary eras of American literature with Mark Mizell. This class includes a very cool book containing a graphic history of the Beat Poets, especially ordered by Mizell. Two classes take place Friday, February 13 from 6-9pm and Saturday, February 14 from Noon to 3pm. The class is being held at Tolovana Hall, which is located at 3779 South Hemlock Street in Cannon Beach. (blue building, set off the street, south of the Tolovana Inn, on the west side of Hemlock.) The total for both classes is \$35.



Poets Le Roi Jones and Diana Di Prima, who published the magazine *Floating Bear*, in the 60's.

**BEACHNIK CAFÉ:** On Saturday evening, February 14, from 7-10pm, The first ever "Beachnik Café" will be held at the Gallery location of Cannon Beach Arts Association, in mid-town Cannon Beach at 1064 S. Hemlock St. (right next to the Bald Eagle Café.)

Writers, readers, and listeners are invited to come and read your own work, the work of someone you admire, or just to be a great audience and listen. The goal is to make every-

one feel comfortable and hear great poetry and prose read at the open mike. Watt Childress will MC the event. The Bald Eagle is generously donating coffee and the Cannon Beach Arts Association is donating the space in the gallery. Drag out your beret, slip on a leotard, paste on a goatee and come out to celebrate the Beat Era coffee culture. For registration info call: Lisa Kerr, 503.440.0684/tolovanaartscolony@gmail.com.

## Author Adam Selzer stories and music Sou' wester Feb 21



**PORTLAND AUTHOR/Acoustic** Musician Adam Selzer, (of Alialujah Choir and former band Norfolk and Western) reads his short story entitled "Art Garfunkel's Old People" while accompanied by live musical score from musicians Peter Broderick, Cory Gray, Raul Pastor Medal, and John Askew.

The anti-heroes of Selzer's work often seek escape from the desperation of both their external and internal landscapes via the open roads of the West, seedy small town bars, and the arms of temporary lovers who offer fleeting salvation.

"Art Garfunkel's Old People" is from his collection of short stories, "Leaving," which comes with a CD of tracks to accompany and enhance the mood for the listener/reader. A treat to hear live. Feb 21, 8pm, relax in the comfort of the living room @ Sou'wester, 3728 J Place in Seaview. **ALSO at Sou' wester:** On Sat, Feb. 7, at 8pm, SUB POP U.S.A.: The Subterranean Pop Music Anthology, 1980-1988, by Bruce Pavitt, founder of Sub pop Records. Pavitt reads and K Records Calvin Johnson follows with a spin of some 45s from the era of the Subterranean Pop fanzine (1980 - '83). All welcome.



## Oregon's Railroads Travel by Train CB History Center

Looking for something to do for Valentine's Day week? Look no further than the Cannon Beach History Center & Museum's free lecture series. The series kicks off on Thursday, February 12th at 7:00 p.m. with a presentation by Oregon author Ed Kamholz.

Edward J. Kamholz grew up in Vernonia, Oregon, home of Oregon-American operations. His grandfather, Alfred "Paddy" Hughes, was the chief electrician of the Vernonia mill. He co-authored the book, *The Oregon-American Lumber Company: Ain't No More*. He has given presentations all over the Pacific Northwest on Oregon's logging industry and transportation.

## Manzanita Writer Series Lauren Kessler • Feb 21

**LAUREN KESSLER** will read from her book *Counterclockwise: My Year of Hypnosis, Hormones, Dark Chocolate and Other Adventures in the World of Anti-Aging* at the Hoffman Center at 7pm on Saturday, February 21.

Counterclockwise falls into the "immersion journalism" or "guinea pig" journalism categories which Lauren follows in two previous works. Not only does she do

extensive research with the subject experts, Kessler uses herself as a test case for much of the subject she's writing about.

The Wall Street Journal chose *Counterclockwise* as one of "Year's best books for the Road Ahead." Describing her book as informative and witty WSJ adds, "journalist Lauren Kessler sets out to find 'the best research and the worst scams' in the wannabe-fountain-of-youth marketplace."

"You could not hope for a smarter, savvier, more committed guide to the multibillion-dollar anti-aging industry than Kessler."—*The Oregonian*

Previous works include *My Teenage Werewolf: A Mother, A Daughter, A*

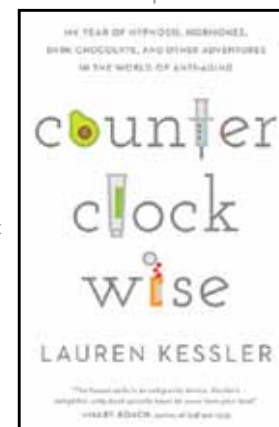
*Journey Through the Thicket of Adolescence*; Pacific Northwest Book Award winner *Dancing with Rose* (published



in paperback as *Finding Life in the Land of Alzheimer's*), the Washington Post bestseller *Clever Girl* and Los Angeles Times bestseller *The Happy Bottom Riding Club*. Kessler is author of Oregon Book Award winner *Stubborn Twig*, which was chosen as the book for all Oregon to read in honor of

the state's 2009 sesquicentennial.

Following Q&A, Open Mic welcomes up to nine local writers, 5 minutes on original work. Admission for the evening is \$7.



**SATURDAY WORKSHOP** from 10 to 3pm: Kessler will teach a writing workshop on Character Development. How do you create living, breathing, believable -- and memorable -- characters? This workshop, for both fiction and nonfiction writers, explores the four main ways writers can create three-dimensional characters." At the

Hoffman Center, the workshop is \$50. Registration forms and information at [hoffmanblog.org](http://hoffmanblog.org).

## 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!

This is Kamholz's second time at the Cannon Beach History Center & Museum, but his presentation couldn't be anymore different from his last. He'll be discussing the luster of a bygone era, of a time when trains were the way to get where you needed to go. With historic images of some converted or closed depot stations and even Portland's Union Station, he'll share the story of Oregon's railway system. Starting with the Oregon's first wooden tramway. Join CB History Center in a journey through the past of Oregon's transportation systems through today.

All of this is part of the Oregon Historical Railroads Project, of which Kamholz is an active member. The project's object is to map all Oregon's historical railroads from 1846 until now and in so doing, give a virtual roadmap illustrating how Anglo culture and much of today's vehicular road infrastructure developed throughout the state.

For those who love maps, who love tales of bygone eras, and who especially love the romanticism associated with traveling by train. A FREE presentation at the CB History Center, 1387 S. Spruce St, in Cannon Beach.



Lincoln City Super Auction II. Bid on a variety of items donated by local merchants, artists, and community members. 541-994-3070

#### LITERARY

Reading and Musical Score. Author Adam Selzer will read his short story, "Art Garfunkel's Old People" while accompanied by live musical score from musicians Peter Broderick, Cory Gray, Raul Pastor Medal, and John Askew. Free, 8pm at the Sou'wester Lodge in Seaview.

Manzanita Writer's Series. Author Lauren Kessler will read from her book "Counter-clockwise: My Year of Hypnosis, Hormones, Dark Chocolate and Other Adventures in the World of Anti-Aging." Open mic session follows. \$7, 7pm at the Hoffman Center in Manzanita.

Writers on the Edge. Author and journalist Mateo Hoke will read from his work. He is co-editor of "Palestine Speaks: Narratives of Life Under Occupation," a collection of oral histories from Gaza and the West Bank. Open Mic follows. \$6, 7pm at the Newport Visual Arts Center.

#### THEATER

Take a Number, Darling. Comedy. \$15, 7pm at the NCRD in Nehalem.

'Night Mother. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 22

#### MUSIC

Richard T and Friends. Jazz. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

The Age of Aquarius. With the North Coast Symphonic Band. Music from the 60s and 70s. \$15, 1:30pm at the Liberty Theater in Astoria.

Loren & Mark. \$12, 2pm at the Historic Raymond Theater in Raymond.

Anna Tivel. 8pm at Fort George Brewery & Public House in Astoria.

Jaime Wyatt. 8pm at the Adrift Hotel in Long Beach.

Ronnie Jay Pinnell. 8:30pm at the Snug Harbor Bar & Grill.

#### LECTURE

Lower Columbia Diversity Project. Creating the Next Generation of Storyteller with Scott Tucker and Cydonie Fukami. 2 – 4pm at the Guy Boyington Building in Astoria.

#### THEATER

Take a Number, Darling. Comedy. \$15, 2pm at the NCRD in Nehalem.

## Monday 23

#### MUSIC

Jaime Wyatt. 8pm at the Adrift Hotel in Long Beach.

#### LECTURE

Listening to the Land. Or North Coast Through Indian Eyes. With Richard and Roberta Basch. Free, 6pm at the Seaside Library.

## Tuesday 24

#### MUSIC

8pm at the Adrift Hotel in Long Beach.

#### LECTURE

Past to Present: Columbia River Maritime History. Helicopter Pilot for the Columbia River Bar Pilots. With Bruce Jones. \$5, 10:30am – noon at the Columbia River Maritime Museum in Astoria.

## Wednesday 25

#### MUSIC

8pm at the Adrift Hotel in Long Beach.

## Thursday 26

#### CINEMA

Sometimes a Great Notion. With a presentation by author Matt Love and a special musical guest. Free, 6:30pm at the Big O Saloon in Olney.

#### FOOD & DRINK

Special Wine Tasting. Quady North. 4 – 6pm at the Cellar on 10th in Astoria.

Stout & Oysters Brewer's Dinner. A five-course meal prepared in the Fort George wood-fired oven, pairing locally sourced oysters and dark beers. Seating is limited. \$65 for one - \$60 each for parties of two or more. At Fort George in Astoria. Reserve your space at the table online at store.fortgeorgebrewery.com or by calling the pub at (503) 325-PINT.

#### HAPPENING

Ales & Ideas. The Power of Song with Deac Guidi and Nancy Cook. A dynamic exploration into the Power of Song in movements for social change, mental health treatment, storytelling on stage and film, and even in advertising. Audience members will be entertained by a slideshow, lecture, performance, and even audience participation. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

#### LITERARY

Last Thursday Poetry Open Mic. With host Ric Vrana. Sign up onsite for a short time slot to read your own poems or a poem you like. 7 – 9pm at Port of Call in Astoria.

## Friday 27

#### MUSIC

Brian Johnstone. Jazz & Spanish guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Bruce Smith. With special guest John Koonce. No cover, 7pm at the Sand Trap Pub in Gearhart.

Satori Bob. \$12, 7pm at the Cannon Beach History Center and Museum.

The Winterlings. 9pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Fisher Poets Gathering. Poetry, performances, music, art, workshops, and more. At various locations, most in Astoria. \$15 for a button good for all events. For schedule and more information, visit fisherpoets.org.

Masters of Illusion. Magic Show. At Chinook Winds in Lincoln City. 888-MAIN-ACT

## Saturday 28

#### MUSIC

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

Tom Trudell. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Jasper Lepak. \$12, 7pm at the Peninsula ArtsCenter in Long Beach.

Tribute to Hank Williams. With Fred Brandt, Ocean Bottom Country Blues, The "Gospel" Trip, Wil Duncan, and Eric Sappington. \$10 includes a jambalaya dinner. Diner at 6pm, music at 7pm at the Bay City Arts Center.

Bad Motor Scooter 7. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

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

The Winterlings. 9pm at the Adrift Hotel in Long Beach.

#### FOOD & DRINK

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

#### HAPPENING

Fisher Poets Gathering. Poetry, performances, music, art, workshops, and more. At various locations, most in Astoria. \$15 for a button good for all events. For schedule and more information, visit fisherpoets.org.

Spaceness Event. With Julia Barbee. Presentations and fun events. \$20 suggested donation. Starting at non at the Sou'wester Lodge in Seaview. souwesterlodge.com/event/spaceness-julia-barbee/?instance\_id=401

Community Talent Showcase. 7pm at the Hoffman Center in Manzanita.

Masters of Illusion. Magic Show. At Chinook Winds in Lincoln City. 888-MAIN-ACT

## Sunday 1

#### MUSIC

Jennifer Goodenberger. Jazz piano. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

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

Too Long Sparks. 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Fisher Poets Gathering. Poetry, performances, music, art, workshops, and more. At various locations, most in Astoria. \$15 for a button good for all events. For schedule and more information, visit fisherpoets.org.

#### OUTSIDE

Lincoln City Half Marathon. Starts at 9am at Wapiti Park. Register by calling 541-996-1233

## Monday 2

#### MUSIC

Luke & Kati. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 3

#### MUSIC

Luke & Kati. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 4

#### MUSIC

Luke & Kati. No cover, 7pm at the Adrift Hotel in Long Beach.

## Thursday 5

#### MUSIC

Sky Colony. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

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

#### THEATER

Social Security. Comedy. 8pm at Theater West in Lincoln City.

## Friday 6

#### MUSIC

Jennifer Goodenberger. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

John Gorka. Folk. \$15 - \$25, 7:30pm at the Liberty Theater in Astoria.

The Weather Machine. 9pm at the Adrift Hotel in Long Beach.

#### ART

Opening Reception. For Fauna, an open community art show. 4 – 6pm (exhibit is up through March 30) at NCRD in Nehalem.

#### HAPPENING

Cannon Beach Yoga Festival. A weekend of yoga, meditation, music, health & wellness treatments, and festivities. CannonBeachYoga Festival.com

#### THEATER

Winter Children's Theater. \$10 for adults, \$6 for kids 12 and under. 7pm at the ASOC Playhouse in Astoria.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

## Saturday 7

#### MUSIC

David Drury. Jazz Guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Celtic Song & Dance with the Stomptowners. 7pm at the Lincoln City Cultural Center. 541-994-9994

Marissa Anderson. Folk/Blues/Country. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Sonny Hess. & Vicki Stevens. No cover, 9pm at Roadhouse 101 in Lincoln City.

The Weather Machine. 9pm at the Adrift Hotel in Long Beach.

#### ART

First Saturday Artwalk. Free, 5 – 8pm at galleries and other businesses in Seaside and Gearhart.

#### FOOD & DRINK

Wine Tasting. Wines from Southern Oregon. 1 – 4pm at the Cellar on 10th in Astoria

UnWined 2015. Sip & savor award-winning wine during this tasting event. \$25 includes 10 tastes, appetizers, and more. 5 – 8pm at the Liberty Theater in Astoria.

Italian Dinner & Silent Auction. \$10 for adults and \$6 for kids. 5 – 7:30pm at the Rockaway Civic Center in Rockaway Beach.

#### HAPPENING

A Night at the Kite Museum. Fun, food, and festivities. \$25, 6pm at the World Kite Museum in Long Beach. kitefestival.com/night-at-museum

WINGS Conference. Sessions and Workshops for women who are interested in pursuing a finer quality of life through a good investment of a day's time into their futures. 8am – 3:30pm on the second floor of Columbia Hall at CCC in Astoria. FMI and to register. Go to: wings-clatsop.com/Home.html

Cannon Beach Yoga Festival. A weekend of yoga, meditation, music, health & wellness treatments, and festivities. CannonBeachYoga Festival.com

#### THEATER

Winter Children's Theater. \$10 for adults, \$6 for kids 12 and under. 2pm at the ASOC Playhouse in Astoria.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

# WEEKLY

## Friday

#### MUSIC

Bill Hayes. Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.

Tom Trudell. Jazz piano. No cover, 6 – 9pm at the Shelburne Restaurant & Pub in Seaview, WA.

Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

Maggie & The Cats. Blues/Classic Rock. No cover, 6:30pm at Sweet Basil's Café in Cannon Beach.

#### HAPPENING

Happy Hour for Higher Ed. With significant layoffs looming at Clatsop Community College, faculty, administrators, and the public are gathering weekly to discuss the situation and provide information about restoring teaching jobs. This in a fun setting that anyone can come to, at the Fort George Lovell Taproom, and the brewery is donating a dollar from each pint sold during Happy Hour for Higher Ed, Fridays 3-6 p.m., to a faculty fund, which is dedicated toward maximizing faculty positions.

Friday Night Family Skate. 5 – 9pm at the Astoria Armory.

## Saturday

#### MUSIC

Musician's Jam. Free, 2 – 4pm at the Tillamook Library.

Jennifer Goodenberger. Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

The Honky Tonk Cowboys. Country. No cover, 7 – 10p at the Astoria Moose Lodge.

#### FOOD & DRINK

Wine Tasting Special. \$9 for 4 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

## Sunday

#### MUSIC

All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.

Honky Tonk Cowboys. No cover, 3 – 6pm at the Astoria Moose Lodge.

Brian Johnstone. Flamenco/Jazz/Blues. 5 – 7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

## Monday

#### HAPPENING

Burgers & Jam Session. 6 – 9pm at the American Legion hall in Cannon Beach.

## Tuesday

#### MUSIC

Richard T. Blues. No cover, 5:30 – 8:30pm at T Paul's Supper Club in Astoria.

Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA

## Wednesday

#### MUSIC

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria,

Suzanne Knutzen. Piano. No cover, 7 – 8pm at the Shelburne Restaurant & Pub in Seaview, WA

#### HAPPENING

Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

Open Mic Night. 7 – 9pm at Lush Wine Bar in Cannon Beach. (every Wednesday except 1st of the month)

## Thursday

#### MUSIC

Live Music. No cover, 6pm at U Street Pub in Seaside.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Randy Weese. Bluegrass/Country. 6:30 – 9pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Jam Session. No cover, 7pm at the Triangle Tavern in Astoria.

Jim Wilkins. 7pm at the Voodoo Room in Astoria.

#### ART

Knitting/Spinning Group. 3 – 5pm at the Astoria Fiber Arts Academy.

#### HAPPENING

Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

Poetry Open Mike. No cover, 8:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.



**BEST PICTURE** For most of the fall, Richard Linklater's *Boyhood* was the odds-on favorite. Shot over a 12-year period, film is a coming-of-age drama portraying the same period in the life of 6-18 year-old Mason (Ellar Coltrane), his older sister Samantha (Lorelei Linklater) their mother Olivia (Patricia Arquette) and Olivia's ex Mason Sr. (Ethan Hawke). What seems a gimmick comes off as almost like real life as we literally see the kids grow up onscreen as their mother struggles to bring them up through frequent moves and bad husbands. After the Producers Guild Awards, though, Alejandro Iñárritu's *Birdman* scored an upset win, vaulting it into the driver's seat for Best Picture. Eighteen of the last 25 Best Picture winners have won the PGA award. *Birdman* tells the story of down on his luck actor Riggan Thomson (Michael Keaton), once famous for playing superhero *Birdman* but now reduced to a desperate attempt to revive his career by producing, directing and starring in a Broadway adaptation of a Raymond Carver short story even as his alter ego *Birdman* appear and degrades him.

**Pick:** *Birdman*

**Other Nominees:** *Boyhood*, *American Sniper*, *The Imitation Game*, *Selma*, *The Theory of Everything*, *Whiplash*, *The Grand Budapest Hotel*

**BEST DIRECTOR** With a win, *Birdman* director Alejandro Iñárritu could create a Mexican New Wave in Hollywood, with last year's win by Alfonso Cuarón (*Gravity*). The Best Director prize is not always paired with a Best Picture win as we saw two years ago when *Argo* took top honors but director Ben Affleck was not even nominated and last year when Cuarón won, but *Gravity* did not. However, bravura directing is usually rewarded and Iñárritu's work on *Birdman* certainly qualifies. Constructed of long takes with no visible cuts, the director's work is a tour de force. More importantly, the cast as a whole was excellent, from comic actor Zach Galifianakis to burgeoning star Emma Stone to topline Michael Keaton's career comeback. *Boyhood* could still win Best Picture, but Iñárritu's work is undoubtedly the most impressive.

**Pick:** Alejandro Iñárritu (*Birdman*)

**Other nominees:** Richard Linklater (*Boyhood*), Bennett Miller (*Foxcatcher*), Wes Anderson (*The Grand Budapest Hotel*), Morten Tyldum (*The Imitation Game*)

**BEST ACTOR** Eddie Redmayne scored an upset win over Michael Keaton at the Screen Actors Guild awards for his performance as Stephen Hawking in *The Theory of Everything*. Basically a romance, story follows Hawking as a young man at university who meets fellow student Jane Wilde (Felicity Jones). As Hawking struggles with his thesis, he collapses. Doctors inform him he has a motor neuron disease that will cause his muscles to waste away and cause his death in two years. Despite this, Jane and Stephen fall in love. Jane sacrifices her career to care for Stephen and their family. As his disease progresses, Jane's burden grows heavier and heavier, even as Stephen's career hits the stratosphere. The SAG awards are voted on strictly by actors, while the Academy as a whole votes for Best Actor. Still, actors are the largest segment of the Academy, so Redmayne could win again. While Redmayne's character was clearly different from him, former *Batman* Michael Keaton could be seen as playing himself, something that has hurt nominees in the past. The 63-year-old Keaton could be the sentimental favorite.

**Pick 'em:** Michael Keaton Eddie Redmayne

**Other nominees:** Bradley Cooper (*American Sniper*), Steve Carell (*Foxcatcher*), Benedict Cumberbatch (*The Imitation Game*)

**BEST ACTRESS** In a year of great performances of perhaps not-great characters, Julianne Moore is the favorite for her portrayal of a woman in the prime of her life stricken with early Alzheimer's disease. In *Still Alice*, Moore plays Columbia University linguistics professor Alice Howland. Celebrating her 50th birthday, Alice's husband John (Alec Baldwin) salutes her as the most beautiful, intelligent person he's ever known. But soon, Alice begins to forget words. Going for a jog around campus, she loses her way. When the diagnosis comes, Alice bears up better than her family does. John initially won't accept the diagnosis. Lawyer daughter

Anna (Kate Bosworth) is in denial. Youngest daughter Lydia (Kristen Stewart), a struggling actress in L.A. handles the situation best. Even with the disease's inexorable progress, Alice finds ingenious strategies to cope with perhaps the worst situation a person is faced with – the destruction of self. Five times previously nominated, but never a winner, Moore looks due for a win.

**Pick:** Julianne Moore

**Other nominees:** Reese Witherspoon (*Wild*), Rosamund Pike (*Gone Girl*), Felicity Jones (*The Theory of Everything*), Marion Cotillard (*Two Days, One Night*)

**BEST SUPPORTING ACTOR** The surest bet of the acting awards has to be J.K. Simmons for his searing performance as the sadistic conductor Terrence Fletcher in *Whiplash*. At the prestigious Shaffer Conservatory music school, Fletcher rules the top jazz band with an iron fist – berating, cajoling, insulting, even resorting to physical violence – all in his single minded pursuit of excellence. As Fletcher constantly reminds his players, success with his band can lead to professional careers. Failure is for losers and is not to be tolerated. Players are dismissed routinely for the slightest of infractions. "There are no two words more harmful in the entire English language than 'good job'" is Fletcher's mantra. Desperate for success, the students have the demeanor of beaten dogs. Into this is thrown 19-year-old Andrew Neyman (Miles Teller), who idolizes jazz drummer Buddy Rich and aspires to his heights. But he immediately becomes the pet whipping dog of Fletcher who sees talent and perhaps a little of his own ruthlessness in Andrew. With every insult and knock-down from Fletcher, Andrew comes back for more.

**Pick:** J.K. Simmons

**Other nominees:** Robert Duvall (*The Judge*), Mark Ruffalo (*Foxcatcher*), Ethan Hawke (*Boyhood*), Edward Norton (*Birdman*)

**BEST SUPPORTING ACTRESS** Patricia Arquette leads this category for her complex, nuanced performance in *Boyhood* as a single mother trying to cope while raising two children. Olivia (Arquette) clearly has a good head on her shoulder practically and just as clearly is a poor judge of men. Bringing up 6-year-old Mason, Jr. (Ellar Coltrane) and his older sister Samantha (Lorelei Linklater) alone after she and the kid's irresponsible father Mason, Sr. (Ethan Hawke) divorce, Olivia moves the family to Houston to complete her degree so she can get a job. But for every step forward Olivia takes professionally, she backslides with her choice of men. After marrying her professor Bill Welbrock (Marco Perella), she discovers he is an extreme disciplinarian, forcing Mason, Jr. to cut off his long hair. Over time, Bill becomes a violent, abusive alcoholic. Olivia moves the family and divorces Bill. Over time, she becomes a psychology professor. As the kids grow up, they become closer to Mason, Sr. who has matured and started a new family. But Olivia falls back into her old pattern when she weds Iraq war veteran Jim, who disapproves of Mason, Jr.'s late nights after he develops an interest in girls.

**Pick:** Patricia Arquette

**Other nominees:** Laura Dern (*Wild*), Keira Knightley (*The Imitation Game*), Emma Stone (*Birdman*), Meryl Streep (*Into the Woods*)

**BEST ORIGINAL SCREENPLAY** *Birdman* director Alejandro Iñárritu and his team of writers fashioned the most original tale of the year with their story of an over-the-hill actor famous for playing a superhero being haunted with self-doubt (voiced by his *Birdman* alter ego) while trying to resurrect his career by mounting a Raymond Carver short story adaptation on Broadway. The director has said the impetus for the dark comedy was his turning 50 and personal events that mirrored what the character Riggan Thompson was going through.

**Pick:** *Birdman* (Alejandro Iñárritu, Nicolas Giacobone, Alexander Dinelaris, Jr. & Armando Bo)

**Other nominees:** *Boyhood* (Richard Linklater), *Foxcatcher* (E. Max Frye and Dan Futterman), *The Grand Budapest Hotel* (Wes Anderson), *Nightcrawler* (Dan Gilroy)

**BEST ADAPTED SCREENPLAY** Damien Chazelle's screenplay for *Whiplash* was nominated by the Writers Guild in the original screenplay category, but move to adapted for the Academy Awards after it was deemed to have been based on his short film of the same name. No matter. Chazelle's crackling script about the battle of wills between conductor and student in music school is the favorite here. Chazelle has said the drill sergeant conductor character of Terrence Fletcher was based on a demanding high school music teacher of his. Unlike the protagonist Andrew Neyman in *Whiplash*, who possesses Buddy Rich-like talent, Chazelle realized he was not talented enough to make it in music and went into filmmaking.

**Pick:** *Whiplash* (Damien Chazelle)

**Other nominees:** *American Sniper* (Jason Hall), *The Imitation Game* (Graham Moore), *Inherent Vice* (Paul Thomas Anderson), *The Theory of Everything* (Anthony McCarten)

**BEST CINEMATOGRAPHY** Mexican cinematographer Emmanuel "Chivo" Lubezki goes for two wins in a row after his Oscar last year for *Gravity*. His impressive work on *Birdman* with its constantly moving camera and long takes could win over the Academy. The portrait-like black and white cinematography for Polish film *Ida* is a challenger.

**Pick:** Chivo gets the double

**Other nominees:** *The Grand Budapest Hotel* (Robert Yeoman), *Ida* (Lukasz Zal and Lyszard Lenczewski), *Mr. Turner* (Dick Pope), *Unbroken* (Roger Deakins)

**BEST FOREIGN LANGUAGE FILM** Polish direct Pawel Pawlikowski's *Ida* tells the story of young Anna (Agata Trzebuchowska) a novice nun, about to take her vows. However before she does, her Mother Superior insists she meet her only living relative, an aunt Wanda (Agata Kulesza), a judge in the Communist system who is Anna's polar opposite. Wanda smokes and drinks up a storm and promptly tells the young girl that her real name is *Ida* and she is Jewish. She insists on them taking a trip to her former family farm to learn the truth about the disappearance of her family. Shot in ravishing black-and-white, the film feels like a straight-up art film from the early '60s, when the story is set.

**Pick:** *Ida*

**Other nominees:** *Leviathan*, *Tangerines*, *Timbuktu*, *Wild Tales*

**BEST DOCUMENTARY FEATURE** Laura Poitras's film *Citizenfour* documents in almost real time the chilling emergence and allegations of whistleblower Edward Snowden – that the U.S. government was illegally spying on its own citizens under the guise of "national security." An anonymous emailer using the name "citizenfour" contacts Poitras, a well-know documentary filmmaker. After tense, close to paranoid communications, Poitras and fellow journalist Glenn Greenwald meet Snowden in Hong Kong where he discloses to them how the National Security Agency is collecting information on Americans emails, cell-phone conversations, bank records and even web searches. After turning over reams of documents to the journalists, the journalists decide between themselves and their editors how to break the story without compromising security, knowing that their bombshell revelations will attract the full wrath of the U.S. government on Snowden and possibly themselves.

**Pick:** *Citizenfour*

**Other nominees:** *Finding Vivian Maier*, *Last Days in Vietnam*, *Virunga*, *The Salt of the Earth*

The 87th Academy Awards Will Be Presented,  
Sunday, February 22nd. Enjoy!





# FREE WILL ASTROLOGY

February

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**ARIES** (March 21-April 19): Do you have an entourage or posse that helps you work magic you can't conjure up alone? Is there a group of co-conspirators that prods you to be brave and farseeing? If not, try to whip one up. And if you do have an inspirational crew, brainstorm about some new adventures for all of you to embark on. Scheme and dream about the smart risks and educational thrills you could attempt together. According to my reading of the astrological omens, you especially need the sparkle and rumble that a feisty band of allies can incite.

**TAURUS** (April 20-May 20): The cosmos seems to be granting you a license to be brazenly ambitious. I'm not sure how long this boost will last, so I suggest you capitalize on it while it's surging. What achievement have you always felt insufficiently prepared or powerful to accomplish? What person or club or game have you considered to be out of your league? What issue have you feared was beyond your understanding? Rethink your assumptions. At least one of those "impossibilities" may be more possible than usual.

**GEMINI** (May 21-June 20): When I attended the University of California at Santa Cruz, my smartest friend was Gemini writer Clare Cavanagh. She headed off to Harvard for her graduate studies, and later became a pre-eminent translator of Polish poetry. Her work has been so skillful that Nobel Prize-winning Polish poet Czeslaw Milosz selected her as his authorized biographer. Interviewing Milosz was a tough job, Clare told blogger Cynthia Haven. He was demanding. He insisted that she come up with "questions no one's asked me yet." And she did just that, of course. Formulating evocative questions is a Gemini specialty. I invite you to exercise that talent to the hilt in the coming week. It's prime time for you to celebrate a Curiosity Festival.

**CANCER** (June 21-July 22): "Somewhere someone is traveling furiously toward you," writes poet John Ashbery, "at incredible speed, traveling day and night, through blizzards and desert heat, across torrents, through narrow passes. But will he know where to find you, recognize you when he sees you, give you the thing he has for you?" This passage might not be literally true, Cancerian. There may be no special person who is headed your way from a great distance, driven by a rapt intention to offer you a blessing. But I think Ashbery's scenario is accurate in a metaphorical way. Life is in fact working overtime to bring you gifts and help. Make sure you cooperate! Heighten your receptivity. Have a nice long talk with yourself, explaining why you deserve such beneficence.

**LEO** (July 23-Aug. 22): In 1768, Britain's Royal Society commissioned navigator James Cook to lead a long naval voyage west to Tahiti, where he and his team were supposed to study the planet Venus as it made a rare transit across the face of the sun. But it turned out that task was a prelude. Once the transit was done, Cook opened the sealed orders he had been given before leaving England. They revealed a second, bigger assignment, kept secret until then: to reconnoiter the rumored continent that lay west of Tahiti. In the coming months, he became the first European to visit the east coast of Australia. I foresee a comparable progression for you, Leo. The task you've been working on lately has been a prelude. Soon you'll receive your "sealed orders" for the next leg of your journey.

**VIRGO** (Aug. 23-Sept. 22): According to computer security company Symantec, you're not in major danger of contracting an online virus from a porn website. The risk is much greater when you visit religious websites. Why? They're often built by inexperienced programmers, and as a result are more susceptible to hackers' attacks. In the coming weeks, Virgo, there may be a similar principle at work in your life. I suspect you're more likely to be undermined by nice, polite people than raw, rowdy folks. I'm not advising you to avoid the do-gooders and sweet faces. Just be careful that their naivete doesn't cause problems. And in the meantime, check out what the raw, rowdy folks are up to.

**LIBRA** (Sept. 23-Oct. 22): Life has a big, tough assignment for you. Let's hope you're up for the challenge. There's not much wiggle room, I'm afraid. Here it is: You must agree to experience more joy and pleasure. The quest for delight and enchantment has to rise to the top of your priority list. To be mildly entertained isn't enough. To be satisfied with lukewarm arousal is forbidden. It's your sacred duty to overflow with sweet fulfillment and interesting bliss. Find ways to make it happen!

**SCORPIO** (Oct. 23-Nov. 21): You may have never sampled the southeast Asian fruit called durian. It's controversial. Some people regard it as the "king of fruits," and describe its taste as sweet and delicious. Naturalist Alfred Russel Wallace said it was like "a rich custard highly flavored with almonds." But other people find the durian unlikable, comparing its aroma to turpentine or decaying onions. TV chef Anthony Bourdain asserts that its "indescribable" taste is "something you will either love or despise." I foresee the possibility that your imminent future will have metaphorical resemblances to the durian, Scorpio. My advice? Don't take things personally.

**SAGITTARIUS** (Nov. 22-Dec. 21): Talking will be your art form in the coming weeks. It'll be healing and catalytic. You could set personal records for most engaging phone conversations, emails, text messages, and face-to-face dialogs. The sheer intensity of your self-expression could intimidate some people, excite others, and generate shifts in your social life. Here are a few tips to ensure the best results. First, listen as passionately as you speak. Second, make it your intention to communicate, not just unload your thoughts. Tailor your messages for your specific audience. Third, reflect on the sometimes surprising revelations that emerge from you. They'll give you new insights into yourself.

**CAPRICORN** (Dec. 22-Jan. 19): Let's say you want to buy an 18-karat gold ring. To get that much gold, miners had to excavate and move six tons of rock. Then they doused the rock with poisonous cyanide, a chemical that's necessary to extract the good stuff. In the process, they created toxic waste. Is the gold ring worth that much trouble? While you ponder that, let me ask you a different question. What if I told you that over the course of the next five months, you could do what's necessary to obtain a metaphorical version of a gold ring? And although you would have to process the equivalent of six tons of raw material to get it, you wouldn't have to use poison or make a mess. Would you do it?

**AQUARIUS** (Jan. 20-Feb. 18): In 1899, the King of the African nation of Swaziland died while dancing. His only son, Sobhuza, was soon crowned as his successor, despite being just four months old. It took a while for the new King to carry out his duties with aplomb, and he needed major guidance from his grandmother and uncle. Eventually he showed great aptitude for the job, though, and ruled until his death at age 83. I'm getting a Sobhuza-type vibe as I meditate on you, Aquarius. New power may come to you before you're fully ready to wield it. But I have confidence you will grow into it, especially if you're not shy about seeking help.

**PISCES** (Feb. 19-March 20): In the 1951 animated movie version of Alice in Wonderland, Alice says to herself, "I give myself very good advice, but I very seldom follow it." I hope you won't be like her, Pisces. It's an excellent time for you to heed your own good advice. In fact, I suspect that doing so will be crucial to your ability to make smart decisions and solve a knotty problem. This is one of those turning points when you really have to practice what you preach. You've got to walk your talk.

[Editor: Here's the homework:]

Homework: What's the most important thing you've never done? Testify at [FreeWillAstrology.com](http://FreeWillAstrology.com).

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

By Margaret Hammitt-McDonald

### Bike Messengers: A Disappearing Urban Frontier?

**I**N MY TWENTIES, I attended graduate school in New York City, a place never lacking in adventure, including the two-wheeled kind. My cycling journeys were tame in comparison with what I imagined as the exciting life of the bicycle messengers darting in and out of midtown traffic, astride stalwart steeds with frames covered in duct tape (to discourage theft or protect them from damage?) I watched these wild riders grab onto the frames of taxis to give themselves a speed boost. I didn't envy their exposure to tailpipe fumes and combative drivers, but I admired their elan andchutzpah. They inhabited an urban Wild West, jockeying with buses in lanes "that ain't big enough for the both of us," sometimes cast as the heroic Lone Rangers of the delivery world, at other times cursed at as outlaws.

Now that fax machines, the Internet, and cell phones have made possible instantaneous delivery of time-sensitive materials, have these jousting knights of the city streets vanished like that iconic, mythical frontier?

There's evidence that the population of bicycle messengers has declined, but a cursory search on the Internet turns up a healthy number of businesses delivering items that can't travel through the airwaves, anything from food to legal documents requiring a non-electronic signature. Every time I visit Portland, I notice cyclists mounted atop specially designed heavy-duty bikes that transport not just a take-out order but an entire food cart. I've also spotted bicycle movers hauling items as large as mattresses and couches.

The industry has also left its stylistic mark on cyclists, with everything from the eponymous messenger bag to skinny jeans as riding garb and funky fixed-gear bikes personalized with rubber critters glued to the handlebars.

Ironically, reports Neil Bezdek (who used to be a bike courier in New York City), most of the folks who look and ride as they imagine messengers do



aren't professional messengers. He notes that while the job does have its hazards, the typical messenger rides more slowly and takes fewer chances than the public assumes they must do in order to deliver materials quickly. He notes that they earn their reputation for speed for the way they navigate mail rooms and office buildings with which they become familiar, not for their zippieness in traffic ("5 Myths About NYC Bike Messengers,"

Velojoy, June 20, 2012).

Perhaps Chicago is a hairier place for messengers than New York, as former messenger Travis Hugh Culley's lyrical yet hard-hitting memoir, *The Immortal Class: Bike Messengers and the Cult of Human Power*, erupts with scary encounters on the road, injuries to self and bike, and even one death in the line of work. His co-workers, like Bezdek's, are hard-working blue-collar types, not affluent hipsters whose skinny jeans would have cost Culley's monthly pay from his piecemeal, benefit-free job. He describes movingly how the hit-and-run death of a fellow messenger galvanized a group of fiercely independent mavericks to cohere as a community, united for justice and laws to protect cyclists. He makes the case that bike advocacy would not have achieved its current prominence, or met so many of its goals, without the expertise, energy, and persistence of the messenger contingent. (If you appreciate having the right to occupy the whole lane on a city street, thank a cycle courier!)

The bike frontier may be as mythic as the Wild West of dime-store novels and movies, but the cycling world would be a poorer, duller place without its messenger vanguard.



## WORKSHOPS/CLASSES

**FULL MOON GATHERING WORKSHOP.** March 6 - 8. With Kate Ruttner and Cara Denison. \$110 - \$170 sliding scale registration. At the Sou'wester Lodge in Seaview. FML: [souwesterlodge.com/event/atelier-cornelia-heartcave-full-moon-gathering-workshop/?instance\\_id=425](http://souwesterlodge.com/event/atelier-cornelia-heartcave-full-moon-gathering-workshop/?instance_id=425)

**CLAMMING CLINIC.** February 17. Cost is \$25 per person and you will need to have your license. Rakes & buckets will be provided along with how to clam and also how to clean & cook your clams. At Harborview Inn & RV Park in Garibaldi. To register please call 503-322-3251.

**WRITING WORKSHOP** on Character Development. February 21. With Lauren Kessler. Characters propel plot. Characters make us care. How do you create living, breathing, believable -- and memorable -- characters? This workshop, for both fiction and nonfiction writers, explores the four main ways writers can create three-dimensional characters. \$50, 10am - 3pm at the Hoffman Center in Manzanita. Register at [hoffmanblog.org](http://hoffmanblog.org)

**FIBER ARTS.** NCRD is hosting the North Coast Fiber Arts Group on Mondays from 1-3 pm in the Riverbend Room. If you do handwork of any kind...knitting, crocheting, weaving, macramé, needlepoint, etc. You are welcome to come and join like-minded folk. Bring your knitting problems on the 3rd Monday of the month and get help from knitting instructor Lou Stine. The group will be working on charity projects in the future such as Warm Up America or Carewear. email Jane for further information. [knappgj@yahoo.com](mailto:knappgj@yahoo.com)

**ZUMBA.** Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Winter class runs through March.

**Attire:** Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach - instructor. Ncrd. 36155 9th Street Nehalem, Or 97131(503) 368-4595 [Rerlebach@gmail.com](mailto:Rerlebach@gmail.com)

The Hoffman Center Clay Studio. Manzanita. Drop by studio to reserve or e-mail [hoffmanclaystudio@gmail.com](mailto:hoffmanclaystudio@gmail.com). The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

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

**French Conversation Group** Re-Start. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/ person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

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

## BODY WORK•YOGA•FITNESS

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

**LOTUS YOGA ASTORIA.** Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative

6:30pm, Thursday - Level 2&3 6pm, Friday -Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

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

**YOGA • NCRD.** Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level 1, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

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

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

**LINE DANCING.** NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out an do Bootin' Scootin' Boogie and MANY more. Fun for all ages. \$1.00 admission fee. North Coast Rec District in Nehalem.

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

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

Yoga in Gearhart. Gearhart Workout. For more information log on to [www.gearhart-workout.com](http://www.gearhart-workout.com) 3470 Hwy. 101 N. Suite 104 in Gearhart

**YOGA • Nehalem.** Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

**QIGONG.** Free. Easy relaxing exercise & meditation qigong class. Helps arthritis & fibromyalgia, reduces stress, Helps balance. Tues & Thurs, 9am to 10am, Astoria Methodist Church,

1076 Franklin Ave. Enter 11th St door Call Linda Williamson. 503.861.2063.

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

**WAVES OF CHANGE. TAI CHI, TU/TH 10-11 am** - Advanced Fan Form. TU/TH 5:30-6:30pm - Beginning Sun Style, Instructor: Angela Sidlo. QIGONG TU/TH 8:30-9:30am Instructor: Linda Williamson, Sat 1030-1130am, Instructor: Janet Maher PILATES M/W/F 8:45-9:45am, Instructor: Sam Peters. GENTLE STRETCHING, M/W 5:30-6:30pm & 6:45-7:45pm, Sat 9-10am Instructor: Angela Sidlo Private lessons available \$25/hr. Drop In rate for classes \$10. Contact Angela at 503.338.9921 to sign up for a class. Fee: Tai Chi class \$50 per month. Qigong class \$40 per month. Stretching class is \$75 per month for M/W/F and \$50 for M/W. Yoga \$50/month M/W classes. Get a punch card for \$50 and mix 'n match 8 class sessions.

**ZUMBA.** Low Impact Fitness for many ages. Licensed instruction. Tolovana Community Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503.738.6560

## SPIRITUALITY

**CONVERSATIONS WITH MOTHER MARY.** Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Sunday Jan 11, 2015, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beach-house11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Registration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: [ronmaxted@wwestsky.net](mailto:ronmaxted@wwestsky.net)

**MEDITATION/PAINTING FOR WOMEN.** Fridays, February 27 - March 20. With Linda Wiebenenson. These classes are a series of four quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$20/ 4-week session. 9:30am - 12:30pm at the Center for Contemplative Arts in Manzanita. Register at 541-231-0136

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

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

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

## VOLUNTEER

Clatsop Care Center is looking for volunteers to assist in our Quality of Life Department. Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music, singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check

& a TB screening test. For more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 2222".

**CLATSOP COUNTY GENEALOGY SOCIETY** is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at [www.clatsopcountygensoc@gmail.com](http://www.clatsopcountygensoc@gmail.com) or call 503-325-1963 or 503-298-8917.

**VOLUNTEER AT THE CANNERY MUSEUM.** The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands of visitors from all over the NW and beyond. The Hanthorn Foundation (a 501(c)3) needs volunteer staff to welcome people to this unique site and share a little local history. No experience needed, no age limits, and you definitely do not have to stand! Nor will you at the end of the day, smell like a fish. To learn more, please call Peter Marsh: 503-470-0356 or [seatosummitpm@gmail.com](mailto:seatosummitpm@gmail.com)

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

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

## OPEN MICS

**THE BEEHIVE IN NEHALEM** is hosting an open Mic from 3-6 every Saturday afternoon. For more information and/or to get your name on the list contact Mick Taylor at [micktaylorappraisal@gmail.com](mailto:micktaylorappraisal@gmail.com)

**LAST TUESDAY poetry open mic.** Port of Call, 9th & Commercial, Astoria, 7 to 9pm, Jan 27. Sign up onsite for a short time slot to read your own poems or a poem you like. Host: poet Ric Vrana.

**WEEKLY JAM SESSION** happens every Wednesday evening from 7 to 10 at the "Port of Call" in Astoria (used to be the Shipyard). A 3 piece host band to jam with any one who wants to sit in. Peter Unander on keys and/or bass, Tom Peake on drums and Richard Thomasian on guitar and/



The Big O Saloon's Feb 26 screening of Sometimes a Great Notion.

What better place to watch the greatest movie ever made about logging than in a real logger bar decorated with chainsaws and saw blades?

On Thursday Feb. 26, the Big O Saloon in Olney will host a rare public screening of Sometimes a Great Notion. The movie, adapted from Ken Kesey's epic novel about a defiant family of loggers, starred Paul Newman and was filmed on the Central Oregon Coast during the summer of 1970. The film was released in 1971 to an indifferent nationwide audience but remains a cult classic in the Pacific Northwest.

The Big O will offer a Hank Stamper Olympia and meatloaf sandwich special, free popcorn, the warmth of crackling woodstove fire to enjoy the film, and a special musical guest. Astoria writer Matt Love, author of Sometimes a Great Movie: Paul Newman, Ken Kesey and the Filming of the Great Oregon Novel, will introduce the movie and take questions after the screening. He will also discuss new revelations about the legend of whether Newman cut the

legs off a tavern pool table with a chainsaw during the production. **The event is free and begins at 6:30 p.m. The Big O is located 9.5 miles up Highway 202.**

or bass. Jazz, Blues, Funk, Country, Reggae, Rock, Folk, etc. All players welcome.

## MEETINGS AND MEET-UPS!

**PFLAG NORTHCOAST.** Parents and Friends of Lesbian, Gay, Bisexual, Queer people, meets every third Thursday of the month. This month Dec 18. 6:30-8:30pm. At the First Lutheran Church, 725 33rd Street, Astoria OR.

**VETERANS FOR PEACE.** The North Coast Chapter of V for P will meet on Thursday, December 11 at the NCRD, on 9th Street in Nehalem. Gather in the Riverbend Room at 6:30 for a social half-hour (refreshments provided) and at 7pm for a short meeting. The main focus will be how to make Christmastime more meaningful for Tillamook County veterans who are in need. We will also talk about a local veteran who was a World War Two prisoner of war and discuss what we can do to honor his passing. Please feel free to join us! You don't need to be a veteran to participate -- men and women, veteran and non-veteran, all are welcome to attend. We look forward to seeing you!

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

**THE ASTORIA CHESS CLUB.** meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For

more information, contact us at [astoriachessclub@gmail.com](mailto:astoriachessclub@gmail.com) or visit our Facebook page."

**TILLAMOOK PILOTS ASSOCIATION.** A non-profit organization, meets the first Saturday each month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Next meeting is August 2nd and breakfast is available. If you are interested in learning to fly, or are simply interested in general aviation why not come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. Check out [tillamookpilots.org](http://tillamookpilots.org) for more information.

**MEN'S GROUP FORMING.** Forming a new more inclusive Men's Group in North County. Every other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of view - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens. Contact: Darel Grothaus 206-818-4833.

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





## Messages Sonja Grace mystic healer

### Star Beings

People around the world have practiced some sort of spiritualism throughout history. The human experience lends to our soul body having physical form and the opportunity to feel achievement. Our natural state is in spirit form. The pain and bliss all rolled into one when we incarnate is the threshold of transformation spiritually. This is why many religions have pursued everything from fasting to self-flagellation. The body can endure so much with our constant need to test and measure our strength. What did humans believe in and pray to prior to our known history? Archeology has provided much of the evidence with carvings, art

and inscriptions of figures that were revered. But who are these beings and where did they come from?

The number of star beings that have visited earth far exceeds the imagination of humans. We have experienced higher intelligence and their ability to cut stones with precision that can't be reproduced even today. We have monuments in the earth that tell time and mark the seasons with mathematical and astronomical accuracy and yet we refuse to look beyond our own earthly existence. How can God create such a magnificent place and out of an infinite universe only create life on earth? This is the

limited thinking of our species. Scientists today are finding other galaxies with earth like planets. They have even stated that life on other planets seems more and more likely. Extraterrestrials or star beings come in all shapes and sizes, some more advanced than humans and with physical form. Some aliens have no form and try to inhabit other bodies that are already here. We have limited our minds to believe if we can't see it then it's not real. That negates your energy systems, what you feel and the entire spirit realm! The unseen can be scary to many people and this comes from living in a society that has nurtured the wounded child. Until we parent that inner five year old and comfort their fear we have a tendency to experience 'fear' as if we were still five years old. This results in a lot of adults running around acting out their wounded inner child.

Our beliefs coupled with our fear about facing the truth has perpetuated this problem resulting in a wide spread denial. It seems nearly impossible to ignore the facts that science has discovered thus far. We once thought humans existed for the past 200,000 years. That number recently jumped to 400,000 years. That is mind bending in relationship to religion and puts what people worshiped in the past into

more perspective. Star beings have come to earth to help our species, educate, experiment on and simply observe. Others have already integrated and cross pollinated with humans. There is an influence from above that has marked many sites around the world from Stonehenge to the Great Pyramids. We have been intercepted by the Gods in many lifetimes and those who experienced such an encounter left us the messages carved in stone with a much different understanding for the star beings that came to earth.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new documentary 'Spirit Traveler' is being filmed in England and you can follow her @spirittraveler on twitter. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Her companion film series 'Earth Angel' can be found on her website [www.sonjagrace.com](http://www.sonjagrace.com) <<http://www.sonjagrace.com>>

### word and wisdom

By Tobi Nason

### To Be (in Love) or Not To Be (in Love)... That is The Question.

Do we have that choice - to BE in love, or not?

Something to think about, that's for sure. It's February and time for Valentine's Day. I said before, I love, love. I especially love, love when it brings out the best in someone and the person beams with happiness.

Another version of love is distorted. There's a version that's obsessive, insecure, tormented by jealousy, and displays all sorts of weird manifestations.

Some of this is semantics: Love as interpreted by the individual and applied to specific people. ("I love my mother" is different from "I love my girlfriend.")

If one had a choice, being "in love" may be the better decision. Lots of endorphins, happiness makes the skin glow, and all sorts of good benefits result from a relationship. But, there are reasons not to be "in love." I'm thinking of those relationships that trigger dysfunction. A passive-aggressive person can trigger issues with someone with a borderline personality disorder. Abandonment issues

and push-pull on the part of the borderline make this dynamic go on and on and on. An angry person can attach to someone with self-esteem issues, and that will work for a while. The combinations are endless. The beginning of the relationship can look good. All is well. Once the word, "love," exchanges lips, dynamics can change for the worst.

So many times we are drawn in by the familiar and comfortable which can often turn out to be a repeat event with repeat results.

To Love or Not To Love....

1. Be objective. A man with five divorces may have issues. A woman who claims nothing but bad luck in her past relationships may raise a flag or two.

2. Let time pass naturally. There's no rushing an unfolding relationship. If there's pressure to move faster - via you or the other person, I would question why.

3. Are you willing to walk away from an ill-fated relationship? It means giving up the good stuff with the bad - hard to do, for

some, almost impossible. "Something, somebody," is better than "nothing, nobody," or so the thinking goes.

The phrase, "Love is Blind," is accurate. Our hormones and endorphins go into overdrive and we forget to think. "Yes, I know he/she is a murderous felon. I know he/she's been married 6 times. I know this, but you don't understand - I love him/her!" Later, the phrase becomes, "I should have known."

We all want to love and be loved. Love should feel good and beneficial (or at the very least, not detrimental) to one's life.

This month, make sure you love yourself. Love from others shouldn't hurt, demean, bewilder, alienate or decimate a person. If you love yourself, you will take care, pay attention to the facts, and not ignore red flags.

Happy Valentine's Day! Please love wisely.

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

## VOLUNTEER AT THE ANIMAL SHELTER



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

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



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## Shelter Moods



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## bodies in balance

### Good Night, Sleep Tight!

**T**HE LONG NIGHTS of winter is that time of year when sleep issues are most profound. Anyone who has ever suffered through a night of lying awake, tossing and turning, and looking at the clock every 30 minutes can attest to the value of a good night's sleep. Sleep is one of those stubborn health concerns I somewhat dread treating as there are so many reasons for sleep disturbance and not as many sure fire solutions. That being said it is a critical health concern worth exploring.

Research shows that 6-8 hours of sleep is essential to our health. There are many hormones and cellular processes that come alive during our sleeping hours to stimulate repair and healing. Sleep disturbances can come when falling asleep, attempting to stay asleep or inadequate duration of sleep. These disturbances may be caused by underlying medical conditions, emotions (namely stress and anxiety), medications, work schedules, pain or blood sugar irregularities.

Adrenal issues (those under appreciated stress management glands) are worth a look when exploring causes of sleeplessness. These glands release the hormone cortisol which is key in setting the wake/sleep cycles our bodies experience everyday. Poor stress management, lack of regular exercise, poor eating habits and lack of good relaxation can all contribute to these glands being weak. Shift work is especially tough on these little glands as the inherent challenge of going against natures light/dark cycle creates a likely deterioration of their important function.

As for sleep solutions, let's begin in the bedroom. Ideally we are spending 6-8 hours a night here so this room should

be welcoming and comfortable, free from distraction and conflict. Your bed should be a place filled with soothing and inviting materials and support (mattress, pillows, bed frame, lighting, color choices, etc) appropriate for your needs. Items I would avoid in the bedroom are televisions, work of any kind, electric blankets (unless using it to warm the bed but turn it off before sleep) and food. Instead try a good book, your favorite music, a warmer comforter or hot water bottle and a nice cup of herb tea. This room should also be clean, especially if you suffer from allergies. Make an effort to keep dust to a minimum, and run your bedding through the wash regularly. Keep the room clean of clutter as well, as this may contribute to the churning of your mind late at night. A journal can be of great value to make lists, write down worries, or generally reflect before bed to clear your conscious for a restful sleep.

What you do before you get to the bedroom may also assist in a good night's sleep. Being active during your day may be a missing element. Quality exercise of the cardiovascular get-your-blood-pumping variety may be just what you need during the day to sleep more soundly at night. Another idea I often counsel my patients to do is to come up with a before bed ritual, doing the same thing each night will remind your body and mind it is time to wind down and relax. Hot baths, reading, music, journaling, or some simple breathing exercises can relax the body and mind. Eating just before bed is often a no-no as the amount of energy it takes to digest will keep your body busy and unable to relax; not to mention may contribute to acid reflux, which is very dif-

By Tracy Erfling, N.D.

**Dr. Tracy Erfling is a naturopath physician in the Lower Columbia Region.**

**Questions?**  
erflingnd@hotmail.com



ficult to sleep through. On the other hand if you are regularly awakening in the early morning hours you may be suffering from low blood sugars. When blood sugars drop too low, your body's natural instinct is to wake you up in order to feed yourself...so for this case a protein snack before bed is worth a try. Bottom line is to consider what you could be doing each night to assist the winding down process to fall and stay asleep.

There are numerous treatment options for sleep disturbance which have a variety of success. First easy go to is to try taking a quality calcium, magnesium supplement before bed. These minerals help with muscle relaxation, not only skeletal muscles but the smooth muscles surrounding our arterial and digestive systems as well. These minerals have a calming effect to the nervous system and can be useful for restless limbs at night. One of my favorites for people who are suffering from concurrent sleeplessness and depression is 5-HTP (5-hydroxytryptophan). This amino acid precursor naturally assists the body in making serotonin and melatonin two hormones necessary for mood elevation and quality sleep. Please note that if you are currently taking an antidepressant, check with your doctor before starting this nutrient. Other options include any number of sedative herbs; their gentle actions

can assist one in feeling sleepy without the hangover so common from prescription sleep aids. Some of my favorites are Valerian, found in many sleep aid herbal teas; Hops the infamous bittering herb in beer and Passionflower, a wonderful nervous system relaxant. Hypnotherapy can give you some simple tools to assist in falling asleep using only the power of your own mind. A series of Acupuncture treatments may be another pill-free method worth trying. And of course deep breathing exercises are the body's inherent relaxation trigger. Bottom line is if you have suffered with insomnia for more than three weeks it is time to get some help.

Sleep is one of those things that is good when it's good and super frustrating when it's not. Natural medicine has some terrific tools worth exploring to assure that you will have a good night sleeping tight.

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





## SHANGHAIED ROLLER DOLLS

take on the Trampires in their home season opener at the Astoria Armory  
Local roller derby league's February 21 bout is the first of 6 home games this season



ON SATURDAY, FEBRUARY 21, the Shanghaied Roller Dolls will battle Tacoma's Trampires at the Astoria Armory-407 17th Street, Astoria-in their first home game of 2015. Doors open at 5pm and the bout begins at 6pm. Admission is \$10 and all ages are welcome. As previous bouts have sold out quickly, SRD encourages fans to purchase advance tickets at [shanghaiedrollerdolls.org](http://shanghaiedrollerdolls.org). Limited tickets will be available at the door.

Roller derby is one of the fastest growing amateur sports in the world, with over 1,100 leagues in over 40 countries. Evolved from 1930s marathon speed skating competitions, modern day roller derby is a fast-paced, competitive, full contact sport that requires speed, strategy, and athleticism.

Shanghaied Roller Dolls, founded in 2011, is Clatsop County's flat-track women's roller derby league. SRD is a non-profit organization powered by a community of adult and junior league skaters, officials, and other dedicated volunteers. The mission of SRD is to empower people of all shapes, sizes, and skills to be braver, kinder, smarter, and stronger through the sport of roller derby. To learn more about SRD and roller derby, visit [shanghaiedrollerdolls.org](http://shanghaiedrollerdolls.org) or like the Shanghaied Roller Dolls on Facebook.



## Piedmont, Rags, Country and Swing Blues Guitar Library after Hours • Feb 20

Astoria Public Library Hours presents a free series of cultural events that take place at the library after regular hours of operation. they're FREE with light refreshments. A recent addition to Astoria, Ted Brainard began his 40-year career as a musician while a teenager in Los Angeles, CA. A guitarist, banjoist, mandolin player, fiddler and vocalist, he's performed solo and with groups in venues nationwide. Besides playing music, Ted is also a luthier and instructor. At the February 20 concert, he will perform blues music in Piedmont, rags, country, swing, and finger styles.

FMI: Library After Hours and other library programs and services, contact 503-325-7323 or visit [astorialibrary.org](http://astorialibrary.org).

# FESTIVAL OF THE DARK ARTS

IN THE HEART of Stout Month, Fort George Brewery's Festival of Dark Arts is not your normal Stout Beer Festival. Outside of 55+ of the best Craft Stout Beers that the World has to offer, Fort George will host a bevy of dark entertainment to feast your senses on. On Valentine's Day, 2014, the Fort George Brewery Block will be converted into a 1 Day Only, Carnival of Stout. Your Ticket to Darkness will give you access to taste the Stout Beer as well as more entertainment than you can shake a beer at. Tickets can be purchased at [FestivalofDarkArts.com](http://FestivalofDarkArts.com) until Friday, February 6 will be sold at 9am on the day of the festival. To control crowds, tickets are limited and are recommended to be purchased in advance, (\$30). Tickets for non-drinkers are also available, (\$10) The Stout pours at noon.

### Fort George Pizza Joint Stage

- 12pm - Blue Skies for Black Hearts
- Power Pop/A Deeper Shade of Awesome
- 2pm - Michael Hurley - Freak-Folk/Snock Rock
- 4pm - Marty O'Reilly and the Old Soul Orchestra - A Drunken Minor Swing/Stout Down Blues
- 6pm - Summer Cannibals - Dark Surf/Surf Dark
- 8pm - Orquestra Pacifico Tropical - ¡Vamos a bailar!/¡Vamos a gozár!

### Lovell Showroom Stage

- 5:00 - Derek Ecklund
- 6:00 - Belly Dance with Jessamyn Grace
- 7:00 - Too Long Sparks

### Fort George Courtyard

- Sisters of Fire - Fire Dancing
- 5:30 + 7:30

### Other Dark Arts around the Fort:

- Keepsake Tattoo + Aaron Toledo
- Rotten Photography
- Tarot by Jessamyn Grace
- The Beer Painter, Karen Eland
- Glass Blowing by Fernhill Glass
- The Solstice Blacksmith Forge
- Live Painting
- Cigar Tent
- Ice Sculpture
- The Dark Forest Minstrels

## AARON TOLEDO • TATTOO ARTIST

see him work at the Dark Arts

I GOT MY FIRST TATTOO when I was eighteen. It adequately shocked my parents and gave my personality a slight edge for a couple of months. Fifteen years later and I'm seeking the best way to gracefully turn the generic, stark sun on my left ankle into something beautiful. Thankfully I've found one of the best tattoo artists on the Oregon coast, Aaron Toledo, owner of Keepsake Tattoo in Astoria. His personable, down to earth demeanor is what won me over a year ago when I decided to venture back into the world of body art as a grown, (somewhat mature) adult. Aaron really likes the "person-to-person contact" that he gets in his line of work, and it shows. He looks people in the eye, he's patient, and he listens carefully to the nervous ramblings of clients trying to explain what they want. He believes that he's doing what he's good at in an ideal setting.

"I like the little freedoms that [tattooing] gives me. It allows me to just sort of hang out and be myself and talk to people all day." Aaron loves connecting with people, but he is by no means an exhibitionist. "I'm a totally introverted individual, I don't do well in big groups. I can't talk to a large room of people; like literally, my voice doesn't carry that far, so dealing with people in this sort of situation is something that I identify with." The artistic aspect of his job comes naturally. He says that he was always, "the quiet kid with the sketch book," and that ever since he can remember he's been journaling in the form of illustration.

Aaron completed his schooling and apprenticeship at Captain Jack's Tattoo School in Portland, where he also got hired on as an employee right after completing his training. After a few years there he was coast-bound, relocating to Astoria nine years ago. He worked for two years at a tattoo shop in Seaside before opening Astoria's own Keepsake Tattoo, located in a modern, revamped garage-style space right next to the Astoria Coffee House and Bistro. There is purpose behind Aaron's style of business and it's to his client's benefit.

"One of the reasons that I do business the way that I do, in the form of meeting with people, doing consultations, and talking with them about what they want, is so that I can really get a feel for who they are in per-



By  
Erin Hofseth

son. That gives me good insight into what I think they would like." Although the human body is, "just another medium" to him, it's a fascinating canvas to the average observer, which is why he's been a popular exhibit at the past few Dark Arts Festivals, hosted by Fort George Brewery.

This year the dark-beer inspired festival will be taking place on February 14th, Valentine's Day, from 12pm-10pm. Aaron plans on dressing up for the occasion. He'll be properly adorned and made-up in true Dark Arts fashion, performing on-sight tattoos on some choice clients. They'll be set up amongst the brew tanks right next to the tap room. "I've got a couple of really awesome clients lined up to do some really awesome tattoos." He's looking forward to the unique venue, "I'm just going to show-case my work and take the opportunity to get exposed to people that I wouldn't normally get exposed to in an environment that I don't normally get to tattoo in."

Although in the past he has been open to taking walk-ins at the festival, this year he's sticking primarily to his appointed canvases. He's not closed off to the possibility though, "If there's a walk-in that comes along who strikes me, I might take it." The vibe will be interactive. People can ask questions, make comments and buy merchandise; last year he surmised to have had around 50-75 people in his general vicinity at all times. His clients have been prepped for the crowds, and Aaron, he's use to it now. "It's really fun to work outside of my own studio," he says. "It's Jack Harris's brainchild. He's brought in a lot of local, off-the-beaten-path crafters and artists and put them together in one venue, with beer." I can't think of a better way to celebrate our national day of love.



**Beers To Your Health**

**Astoria Co-op Teams up with AAUW Farmers, Chefs and the Growing Farm to Table Movement**



**Restaurantour Eric Bechard of Albatross**

photo: Dinah Urell

**A**STORIA CO-OP GROCERY is teaming up with the American Association of University Women (AAUW) to host a lecture called "Food Culture of the Lower Columbia: the growing Farm to Table Movement" in February. Farmers and chefs will make up a panel that will discuss the opportunities and challenges of sourcing fresh local food on a commercial scale. The panel includes Eric Bechard of Albatross, Marco Davis of the Columbian Café, Johnny Besch of Pickled Fish, Fred Johnson of Fred's Home-grown and Teresa Retzlaff of 46 North Farm.

AAUW will lead the discussion in a question and answer format that the group traditionally uses at its candidate forums. Meredith Payton of AAUW came up with the concept of featuring local food culture in an educational way and asked if the Co-op, a community-owned grocer, would like to be involved. Last year the duo teamed up to do a lecture on local food culture, and this year's theme places an emphasis on the growing farm to table movement.

"When Meredith Payton from AAUW and I talked about a theme for this year's lecture, the farm to table movement made a lot of sense

because there has been an increased interest regarding local sourcing at restaurants in the area, and we at the Co-op are lovers of local food," Astoria Co-op Marketing Director Zetty Nemlowill said.

The Co-op offers monthly food and wellness lectures at Fort George Brewery called "Beers to Your Health". It is a 40 year-old community-owned grocery store and deli that focuses on natural, organic, and local food in downtown Astoria.

Founded in 1881, AAUW is a national organization whose mission it is to empower women through advocacy and education. The Astoria branch of AAUW was founded in 1927. As the organization evolves it is branching out with new types of events and collaborations such as this lecture, in order to attract a younger generation.

**THURSDAY FEBRUARY 12, Doors open at 6 p.m. (food and drinks available for purchase) Presentation 7pm to 8pm. Fort George Lovell Showroom, 1483 Duane St. Astoria. The lecture is free and open to all ages.**



**Master Gardeners Spring Seminar April 11**

**F**OOD GLORIOUS FOOD This year Clatsop County Master Gardeners are collaborating with the North Coast Food Web who will present seminar topics and also provide Food Demonstrations and Food Tastings. "FOOD GLORIOUS FOOD" will cover all dimensions of growing food from soil to mouth. Clatsop County gardeners have the ability to grow and savour the best food in the world. Spring Garden Seminar 2015 will show you how to do it. Great Soil for Great Flavor and Best Varieties to Grow in Clatsop County are seminar topics. Meet Your local Farmer will also be a new feature as we encourage eating the best of local produce.

Plant Sale, Vendors, Gardening Demos, and hands on family activities and lots of information will again be regular features of the Seminar. For more info contact: Pam Trenary, Clatsop Co Master Gardener @ 503.325.1130.

**CHEW ON THIS!**  
by Merianne Myers



**ONCE** upon a time, I spent a month in Rio. For years I had cooked alarmingly large quantities of food for eternally starving Brazilian surfers who cruised through my house on Oahu's North Shore each winter. Naturally, I wasted exactly no time accepting a friend's invitation to visit Brazil and let someone else do the cooking. My memories of Rio are compelling...

...Boating across the expansive bay to a private island where hot, sunny days were spent alternately lazing in a hammock or picking my way along the rocky water line armed with an oyster knife and a pocketful of fresh limes.

...Sailing to a small island where we dropped anchor and waded ashore to find a tiny restaurant, at once absurdly inaccessible and teeming with customers. We dripped dry on the deck, peeling and eating our way through piles of huge boiled prawns and tossing back shots of Cachaca. Cachaca is Brazilian rum which comes to the U.S. in its party clothes; refined, bottled, taxed. In Brazil, Cachaca is as likely to appear as wanton, boot-leg nectar poured into whatever bottle or jar is handy and sold by the roadside. It is noted for its ability to enable the drinker to see God, a phenomenon I suspect is connected to the near-death experience promised with overindulgence. It is liquid fire that burns all the way down and lights up the brain. It's delicious.

...Ending a great meal with a plate of Goiabada and Requeijao, sweet, grainy guava paste paired with the creamy soft "king cheese". A combination so perfect, it's referred to as Romeo and Juliet.

...Samba-infused conversations over bowls of steamy Feijoada and rice. Feijoada (Fay zwah dah) is life affirming food. It is cheap and luscious, making it the perfect fare for everybody.

The recipes for Feijoada are as many as there are cooks in Brazil. I share with you the recipe from my friend Rico's kitchen.

**FREAKIN' FABULOUS FEIJOADA**

This makes a washtub of food. Invite the neighbors. Enjoy the leftovers warmed up with a poached egg on top.

- 3 cups black beans
- 1/2 pound beef jerky
- 1/2 pound linguica Portuguese sausage
- 1/2 pound chuck steak or pork butt
- 1/4 pound side pork or bacon

You can use any combination of meats you like. The amounts are strictly a matter of taste.

- 1 Tablespoon olive oil
- 1 large chopped onion
- 2 or 3 minced garlic cloves
- 1 chopped tomato
- 1 minced chili pepper, your choice
- Manioc meal
- Cooked white rice

Soak beans and beef jerky overnight in separate pots. In the morning, rinse and drain the beans, cover with cold water and cook covered over medium heat until tender. Check periodically and add water if necessary.

Drain the jerky, cut into bite-sized pieces and add to beans as soon as they begin to bubble. Cut beef or pork in half and salt pork or bacon into thick slabs and toss in the pot. Prick sausages with a fork and add to the pot.

When the beans are done, remove about 1/4 cup of the bean liquor and set aside. Taste the beans and add salt and pepper to taste. The pot is full of salty meats, you may decide you don't need to add more salt.

Sauté onion, garlic, tomato and chili pepper in



oil until soft. Add about a cup of beans and the bean liquor, mash and return to the pot.

When ready to serve, remove meats, slice and arrange on a platter. Ladle beans over steamed white rice and sprinkle with manioc meal. Serve with orange segments.


The only way to make this meal better is to add a drizzle of . . .

**MOLHO DE PIMENTA E LIMAO**

- 3 or 4 malagueta, jalapeno or habanero chilies
- 1/2 teaspoon salt
- 1 sliced onion
- 1 clove garlic
- 1/2 cup fresh lemon juice

Put first 4 ingredients in blender. Add lemon juice and let stand 1 hour. You have to make this stuff every time you serve it. It does not keep.





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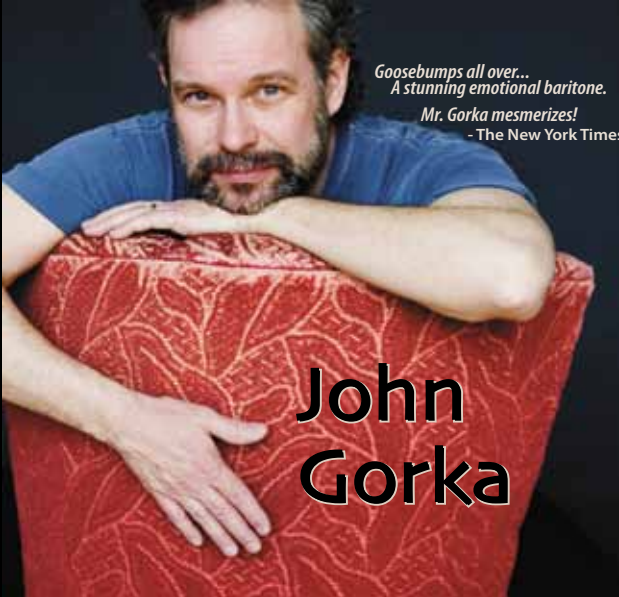
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## Valentine's Dinner Chef's Special

Saturday, February 14

Enjoy a special 'Fireside Filet for Two'—filet mignon with cherry demi glaze, a twice-baked potato, vegetable side and chocolate-dipped strawberries—how romantic!

Or, feel free to stop by for drinks or dessert; we're open late!

## Valentine's Sweethearts Package

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February 14th, 2015

7:30pm

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• George Casey

Authentic Irish Comedian March 19

• Ventriloquist, Lynn Trefzger April 16

Adults \$25, Stud/Sen/Military \$20

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### NCSB Concert

The Age of Aquarius

Feb 22, 2pm

Pre-show 1:30pm

# LIBERTY THEATRE

## LIBERTY THEATER BOX OFFICE

Tues – Sat, 2 – 5:00pm & 2 hours before curtain • 503.325.5922 ext. 55  
1203 Commercial Street, Astoria, OR (Corner of 12th & Commercial)

www.liberty-theater.org

A Play  
by  
Richard Allen

## Starbright & Vine ... a love story?

Don't Miss This Show!

Last Dates:

February 14 -15, 2pm

at The PAC

16th & Franklin

Astoria

Tickets \$15 @ door

A Partners For the  
PAC Production  
www.supportthepac.org

## Calling All Kids!

Kids are especially vulnerable to the effects of herbicide sprays and the carcinogens produced when clear-cut turbidity pollutes our coastal drinking water.

Kids' drawings will be joined to form a paper quilt that will travel to Salem.

Governor Kitzhaber and our legislators must protect the water we drink and the air we breathe.



Join Colton from Garibaldi.  
Please send your art.

Kids (and parents) shouldn't have to drink water poisoned by pesticides and clear-cuts. Our schools and homes shouldn't be sprayed.

Oregon's rural drinking watersheds need the same protections as Portland's Bull Run.

Kids, please put your age and town on your drawing.

Your name is optional.

Send your child's drawings by mail or electronically to:

Beyond Toxics

541-465-8860

1192 Lawrence Street, Eugene, OR 97401

info@beyondtoxics.org