

december 2015 • vol 16 • issue 203

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HIPFISHmonthly proudly presents
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 with
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Dave Captein • Bass
Charlie Doggett • Drums



Jazz Great, PNW Bassist
Dave Captein

funky tunes and laid back ballads. Reviewing "Late in Lisbon", Ben Ohmart, Assistant Editor of Music Dish, says, "Parker is one of the greats ... not simply because he knows how to play piano, but he knows how to write some truly memorable piano-driven jazz" and Scott Yanow, reviewer for the All Music Guide, calls "Late in Lisbon", ... a particularly strong and memorable release of accessible of modern jazz".

Jakob Baekgaard, reviewer for All About Jazz says of "Full Circle", "this is music filled with life and rhythm" and Dan Mc Clenaghan also of All About Jazz, says of "Full Circle", "this is about the ensemble sound and Parker's terrific compositions".

Parker leads a quartet for the KALA show with premiere NW jazz artists, Rob Davis – Tenor and soprano saxophones, Dave Captein – Bass, and Charlie Doggett – Drums.

Tickets in advance are \$13 (with small service charge) available at www.brownpapertickets.com. \$15 @ the door based on availability. Seating is limited. Doors open at 7pm. Show at 8pm. Cabaret table seating and Full Bar. 21+please. For more info call 503.338.4878.

KALA is located at 1017 Marine Drive in Astoria. KALA is the performance presentation space of HIPFISHmonthly.

HIPFISH PROUDLY PRESENTS New York based pianist Chris Parker on Friday, January 8, at 8pm. Parker is a multifaceted performer and composer who has written for everything from small jazz groups and chamber ensembles to full symphony orchestra. With a long list of original works, he heads his own group that offers a diverse, lineup of Latin, funk and straight-ahead jazz. Contemporary jazz icons Randy Brecker, Bob Mintzer, Chris Vadala and Lyn Seaton have all performed with Parker's band.

Originally from Portland, Oregon, Parker holds Bachelor's and Masters degrees in music composition. He taught music theory and jazz classes at Clatsop Community College for nine years before moving to New York where he has been Professor of Music and head of jazz studies at SUNY Orange for the past few decades. A New York Chancellor's Award winner, Parker engages and inspires students as he teaches them the skills they will need as future musicians.

His two CDs on the OA2 label, *Late in Lisbon* and the newly released *Full Circle* feature the unusual frontline of saxophone and violin. The albums are an exciting mix of Parker's original jazz compositions ranging in style from burning latin and straight ahead, to

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AUDITION NOTICE

TWELVE ANGRY MEN



"Twelve Angry Men" is based on the film by Reginald Rose and adapted for the stage by Sherman L. Sergel.

AUDITIONS January 6 - 7 at 6:30pm at the Performing Arts Center downstairs in the green room. The show calls for 13 men. The role of the guard can also be played by a woman. Auditions will consist of reading prepared sides from the script. Rehearsals will start the first week of February and the performances are March 11, 12, 13, 18 and 19. Any questions can be sent to: (Sheila Shaffer) email: lucidreamer@wildmail.com . Directed by Sheila Shaffer.

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FORGET PUSHING A CART up and down crowded aisles. Come join the festivities and enjoy great entertainment, sample the tasty treats, and find the most meaningful gifts available anywhere.

December 12th from 12:00 noon until 4:00 pm, over two dozen local not-for-profit groups will celebrate the holiday season in the McTavish Room upstairs at the Liberty Theater.

Arts groups from the Liberty Theater itself to Astor Street Opry and Astoria Arts and Movement. Columbia River Symphony and KMUN radio will appeal to art buffs. Animal lovers will find the Wildlife Rehabilitation Center and River Song. For the community-minded, the Warming Center and VOCA join Warrenton Elementary, Lewis and Clark Parents, Clatsop Community College Foundation, White Water Institute and Libraries' Rural Outreach programs, plus many more. Check the list below or visit the website.

After a three-year hiatus with no sponsoring host organization, the Lower Columbia TimeBank and Astoria Kiwanis have joined forces to bring the fair back to the Liberty. Co-sponsoring are nine other businesses and groups, listed below, including HIPFiSH.

Three local musicians, Dinah Urell, Larkin Stentz and Dave Ambrose, all members of the TimeBank, will blend vocals, flute, hammer dulcimer and bass, weaving holiday favorites and originals into the afternoon's festivities.

Columbia Coffee Roaster's local favorites, plus teas and cocoa will accompany sweets and savory treats from 3 Cups Coffee House, Baked Alaska, Bridgewater Bistro, Drina Daisy, Home Bakery, Jalisco, Silver Salmon, and T Paul's.

Everyone making a donation will become part of a raffle for a complimentary stay at the Cannery Pier Hotel and Spa, a basket of seafoods from Warrenton Deep Sea, or a pound of Thundermuck Coffee.

WHEN YOU GO: Use the 12th Street (side) entrance.

Out of town on the 12th? Visit www.LoCoTimeBank.org/Gifts-Fair, click "Donate" and be sure to type the name of the group to which you're donating in the box marked "Memo".

Gifts like these make a difference in the community, touching many lives while they touch the heart of the person being honored. If you don't see the Difference, if it doesn't truly inspire you as well as offer the perfect gift for those "already-have-everything's" on your list, there's still plenty of time for the proverbial cart with the wobbly front wheel, the concrete floors, the muzak, the fluorescent lighting and the lines.

For more information, phone 503-894-0187, email LCTimeBank@aol.com or visit www.LoCoTimeBank.org/Gifts-Fair.

Saturday, Dec. 12th
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Groups

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4-H / Master Gardeners
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Assistance League of the Columbia Pacific
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Astoria Arts & Movement Center
Astoria Kiwanis
Astoria Warming Center / Grace Episcopal Jubilee Ministries
Clatsop CASA
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Columbia River Symphony
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HIPFISHmonthly takes a winter break - The January issue will publish January 11.
A Safe and Happy Holiday to All of You.

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Astoria Parks and Recreation Past & Future Beers to Your Health

Astoria Co-op Grocery's Monthly Talk at Fort George Brewery

THE PLACES AND PROGRAMS that Astoria Parks and Recreation manages are as vast and intriguing as the historic city that it's a part of. "Astoria Parks & Recreation: Past and Future" is the theme for the next Beers to Your Health, Astoria Co-op Grocery's monthly food and wellness talk at Fort George Brewery. The presenters include Historian John Goodenberger, Former City Planner/Special Projects Manager Rosemary Johnson and Parks and Recreation Director Angela Cosby.

"The parks and recreation department is a vital and essential public service. It improves everyone's health whether you're utilizing the pool, taking fitness classes, walking through a park, or even driving by. The presence of greenery and children playing can have significant health impacts for everyone," Cosby said.

The presenters will describe some of the unique history of local parks. Shively Park is one of the oldest, built in the late 1800's and then hugely developed for the city's centennial in 1911 with a zoo, amphitheater, replicas of Fort Astoria and a native American village, botanical gardens, and one of the largest flag poles in the world. Ocean View Cemetery

in Warrenton was adopted by Astoria in 1897. Caskets would be floated up river and stored until family members could gather.

Many historic sites in Astoria are parks in order to keep them accessible to the public. A walkway at the foot of 14th Street is where a ferry picked people up to take them across the river before there was a bridge. Parks commemorate sites of the west coast's first post and customs offices and Fort Astoria.

Some of the most popular places and programs of today's Parks and Recreation Department include the aquatic center, Fred Lindstrom and Tapiola Parks, and maritime memorial. The city's Little Sprouts daycare is so popular it has a waiting list. There are also little-known amenities, such as community gardens, the Alderbrook lagoon area, and Alameda Park.

A master planning process to shape the future of Astoria Parks and Recreation is underway. There will be an opportunity to



R to L: Historian John Goodenberger, Former City Planner/Special Projects Manager Rosemary Johnson and Parks and Recreation Director Angela Cosby.

provide feedback on the future of parks at Beers to Your Health. An online survey is also available at www.astoriaparks.com.

"I want folks to come to the event, to learn about park history and then tell us what they want to see in the future. This is a key time for the community to get involved," Cosby said.

The talk happens on Thursday December 10 at 7 p.m. at the Fort George Lovell Showroom. Doors open at 6 p.m. and food and drinks are available from the Taproom. The event is free and open to all ages.

Sunset Empire Transportation District announces special transportation funds available

SUNSET EMPIRE TRANSPORTATION DISTRICT (SETD) announces the opportunity for eligible parties within Clatsop County to apply for funding through a discretionary Special Transportation Fund (STF) program being offered through the Oregon Department of Transportation Funds. This competitive grant will be awarded in 2016. Eligible parties include: County, Cities, Transportation Districts, public or private agencies, Indian Tribes, individuals or any of these joined in cooperative agreements. Only applications that provide transportation services for older adults and persons with disabilities will be considered. Grant applications are available on the SETD website at

www.ridethebus.org or may be picked up at the Astoria Transit Center, 900 Marine Drive daily from 7:30 AM to 6:00 PM or at the SETD Seaside Transit Kiosk at 1111 N. Roosevelt Drive Thursday thru Monday 9:00 AM to 6:00 PM. Applications will be mailed upon request. Completed applications may be emailed to jeff@ridethebus.org, turned in at the Astoria Transit Center or Seaside Transit Kiosk or mailed to: SETD 900 Marine Drive, Astoria OR 97103 Attn: Jeff Hazen. Applications are due by 5:00 PM on December 28, 2015. For more information contact Jeff Hazen at 503-861-5399 or at jeff@ridethebus.org.

City Hires New City Planner / Project Manager

THE CITY OF ASTORIA is pleased to announce that Nancy Ferber has joined the Community Development Department as the new City Planner/Project Manager. Ferber, originally from Portland, OR, is currently a project manager in Minneapolis, MN and will start work with the City on December 14. Her role will focus on supporting the community development team on a range of projects including permits, economic development, historic preservation, and urban renewal related projects.

While in Minneapolis, Ferber was a project manager and planner with The Musicant Group – an award winning placemaking and public space management firm dedicated to transforming underutilized urban spaces. Her projects included improving wayfinding and signage for a historic downtown district, and spearheading a public engagement process

for a streetscape redevelopment project. She also planned and coordinated the first public "parklets" with the City of Minneapolis Office of Public Works and Planning and Economic Department.

Nancy holds a Masters in Urban and Regional Planning from the Humphrey School of Public Affairs at the University of Minnesota, and a BA from Portland State University. Prior to moving to Minnesota, Nancy was a sustainability intern with TriMet, and has administrative experience supporting large research grants at Portland State University.

"I am very excited to head back to the Pacific Northwest and start building relationships in Astoria," Ferber said in a statement. "Astoria is great community in a beautiful part of Oregon. I'm looking forward to meeting community members and jumping in on projects."

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THE LEGACY OF EURO-AMERICAN IMPERIALISM, since the advent of the oil economy a little over a century ago, has been a carved up Middle East, created to serve the economic needs of the West. Militant Islam, its Jihadi adherents reaching periodically into the West in terrorist blow-back, now grows because it invariably elicits wars of overkill by the Western imperium. The oft proclaimed design of Jihadists has been to draw the US, Europe and Russia into costly wars in Muslim countries in the Middle East and Central Asia. These wars have proved unwinnable, despite the invaders' disproportionate fire power, since great powers cannot "win the hearts and minds of the people" in nations they seek to dominate. They can bomb cities to rubble, creating dire suffering among civilians. But in so doing, they merely sow the seeds of ever greater resistance. Why would people in the Middle East or Central Asia on the receiving end of continuous bombing, invasion, and espionage not engage in armed resistance?

The Islamic State, like previous Jihadi organizations, works to galvanize the people's anger at imperial war in places like Iraq by giving them the means to defend their way of life from the onslaught of "crusaders." They relieve horrors created by war, providing civilians with food, shelter and medical assistance. At the same time, they initiate terrorist events like those last month killing 132 in Paris, which provoke more war overkill, which in turn creates ever more fertile ground for recruitment of more Jihadists to the cause of creating an Islamic State which straddles the Middle East. The lesson the Islamic State wants to teach Muslims from North Africa to Malaysia is that Europeans and Americans, who have trampled them with their empires for centuries, remain their

mortal enemies. Thus, their only source of safety and meaning in life is in the Islamic State. Any other status will lead them to become the victims or lackeys of imperialism.

Independent journalists and seasoned diplomats in Europe, the British Commonwealth and the United States have continuously tried to get their leaders to respond to Jihadism with effective international police work, rather than all out war. But heads of state and their foreign policy flaks don't get it. French Prime Minister Hollande's statement that the Paris terror events were acts of war and would be met with the usual bombings and likely "boots on the ground" in places like Syria and Iraq, where the Islamic State is presently most operative, was the equivalent of George W. Bush's response in 2001. After fourteen years of fruitless war, with at least a million Middle Eastern and Central Asian civilians killed and at least twice that number driven into exile, creating the biggest refugee crisis since World War Two, European and US leaders offer more of the same.

Terrorist events are in fact not the equivalent of war. Because they do not involve invasion of armies or broad scale bombings that the US, Europe, Israel and Russia have done, but much more limited acts of suicide bombers, hijackers or the like, they are much closer to individual acts of criminal violence against civilians. This was true in the recent Paris events and in the blowing up of the Russian commercial airliner over Sinai. Given high technology and international cooperation, surveillance and hunting down of terrorist cells could be effectively accomplished. Why then do advanced states where terrorist events occur react disproportionately with wars that devastate Muslim countries, when it is obvious that these only create fertile ground for the spread of

Jihadism? The US, with its worldwide militarism, as well as other states that have sought imperial domination of Muslims, like the UK, France and sometimes Russia, are stuck in a war paradigm.

Part of the cause is that well established industries, especially in the US, profit mightily from the sale and use of munitions. Back in the 1930s, Marine General Smedley Butler, most decorated American soldier of World War One, spoke across the country denouncing war profiteering. In the same period a Senate committee headed by Gerald Nye conducted in-depth investigations of banks, companies and individuals that had made fortunes from the Great War. Butler later published his findings in a 36 page booklet, War Is a Racket, still in print, which gave facts and figures on the massive sums pocketed by those who financed and ran the war industries. The US demobilized after World War One, but following the Second World War it created an imperial "defense" establishment, which through military alliances like NATO, has sold arms and projected power from Western to Eastern Europe and Central Asia. In the massive destruction of Iraq following the ill-conceived 2003 invasion, Vice President Cheney's Halliburton pocketed over \$40 billion, and war profiteering is now accepted practice.

Conservatives and progressives against imperial war should create a mass movement to end it and to help its victims rebuild their countries. As for Syria, it would seem that the US, Russia and now France would have to help the Assad government beat back the Islamic State and then convene negotiations, perhaps under UN auspices, to help the government and its more moderate opponents work out some kind of power sharing compromise

by Stephen Berk



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A PeaceVoice Op-ed

A project of the Oregon Peace Institute

Can We Please Stop

By Dr. Laura Finley

SURELY SOME UBER-CONSERVATIVE POLITICAL CANDIDATES will call me out on "politicizing tragedy" but I don't care. I don't want to pray for victims. I don't want to seek vengeance on perpetrators. I want this never to happen again; I want to never feel this weight again.

Not just something but so many things must be done. My heart is so heavy to learn of not one but two mass shootings in the U.S. today. While the news is focused on San Bernadino, California, as I write at least 14 people are dead and 17 seriously injured, another mass shooting occurred earlier in the day on December 2 in Savannah, Georgia. We have now endured more shootings in 2015 than days in the year. Yes, that's right, an average of more than one per day.

What do we do? It won't be easy, that's for sure. But there are some obvious components, and some other things we need to consider that are rarely part of the public dialogue.

Gun control? Check. We have to create sensible policies that at least make it more difficult for dangerous people to acquire dangerous weapons.

Provide better mental health services? Check. Without a doubt we need to be way better at recognizing who is suffering from mental illness, who among that population might be a threat to themselves or others, and offer supports for them to reduce the chances of horrific violence.

But in addition to those seemingly obvious answers, we also need to think about what motivates mass shooters in the first place. While some suffer from mental illness, many are simply people who have lost hope, who see themselves as worthless. The above-listed solutions do nothing to address how we change the hearts and minds of people. I do not profess to have all the

answers, nor do I think any one thing is "the" solution, but I do think we need to talk a lot more, and act a lot more, to create a populace that sees violence itself as abhorrent. We need to create a society in which people's natural instinct for dealing with difficult times is not to pull out a gun or other weapon but rather to seek help and guidance and to use their humanity and creativity to work out another answer.

What I am not hearing much about is the importance of teaching people to think and act differently. We need to teach young people (and every age—it's never too late!) that they can and have to express how they feel. We need to teach people how to receive that information and how not to judge but to empathize and support. We need to help people learn how to adapt when things don't go as planned, and we need to learn to be better cheerleaders for one another. We need to teach people resiliency, as things will likely be challenging at some point but with ample coping skills we can not only survive but thrive. We need to figure out how to help people see a ray of light, a bit of hope, in what can often be perceived as a hopeless situation.

In essence, we need peace education. Everywhere. All the time. Peace education teaches people that not only are there nonviolent ways to resolve conflict but that each one of us is responsible for doing so. It emphasizes that we have to build our capacities for love, acceptance, and understanding if we want a better world. Laws and policies can help, but changing the way we think is imperative.

Can we please agree to do this? It's hard, but also not that hard. Our future seriously depends on it. Another way is possible, people. Let's make it happen.

Laura Finley, Ph.D., teaches in the Barry University Department of Sociology & Criminology and is syndicated by PeaceVoice.

PeaceVoice is a project of the Oregon Peace Institute and is an idea whose time has come. PeaceVoice is devoted to changing U.S. national conversation about the possibilities of peace and the inadvisability of war.

www.peacevoice.info

Columbia Pacific

Common Sense

NO LNG meeting

Thursday, December 17

6:00pm potluck snacks & social

6:30 - 8 pm meeting All are Welcome!

3 Cups Coffee House -

279 West Marine Drive, Astoria

Discussion and Q&A w/ Dan Serres,

Conservation Director of Columbia Riverkeeper.

NOTE: The decision is expected this month by the Hearings Officer for the city of Warrenton concerning the LNG terminal permits!

Volunteers needed:

Make a difference in your community this holiday season!

Volunteer with CHIP-in

at Lil' Sprouts & Port of Play

December 20th from 1-4 PM

ASTORIA PARKS AND RECREATION is excited to announce that on Sunday, December 20th, Citizens Helping Improve Parks (CHIP-in) will be helping to improve the facilities at Lil' Sprouts and Port of Play. From 1 - 4 PM, volunteers will be cleaning both the inside and outside of the Facilities. They will be helping with various creative paint projects, putting in bark chips, vacuuming, and picking up trash. Participants and their children may utilize Port of Play for FREE during this event and there will also be a giving tree from which all volunteers may choose a gift!

All interested volunteers are invited to attend the CHIP-in event at Lil' Sprouts and Port of Play located at 785 Alameda Ave. in Astoria, Oregon. Volunteers may show up and chip-in for any amount of time and will be provided with T-shirts, snacks, beverages, and all tools necessary to complete tasks.

CHIP-in has other volunteer opportunities available with monthly park clean-ups as well as park adoption. More information is available on the Astoria Parks & Recreation Facebook page and website (www.astoriaparks.com).

If you are interested in volunteering, sponsoring a clean-up, or joining the CHIP-in e-mail list, please contact Melissa Keyser, CHIP-in Volunteer Coordinator at chip-in@astoria.or.us or (503) 741-5965.



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QFolk LGBTQ Events

Lower Columbia Q Center 1st Annual Holiday Party

Q Center holds a 1st Annual Holiday Potluck Party on Dec 11 at 7:30pm. Whether you celebrate Christmas, Kwanzaa, Chanukah, the Solstice, or none of the above, all friends and allies are WELCOME. Music, a chance for singing and dancing, shared food and a White Elephant Gift Exchange (under \$20 Bucks please).

Share in the good cheer and common thread we create as community. KALA is located at 1017 Marine Drive in Astoria.

Nightmare before Christmas Skate Party Get your Q skate on!

Astoria Armory- 407 17th St Astoria, Oregon
Saturday December 19th 8pm-11pm

The Lower Columbia Q Center and the Astoria Armory Present: Nightmare before Christmas Skate Party! Come join us as we take to the floor with our holiday cheer. Move to the beats of DJ imcodefour. This is an all-ages skate party so everyone is welcome. Come and celebrate the holiday season with your local LGBTQ friends, families and allies. Your donations support the mission of the Lower Columbia Q Center to provide a safe and welcoming resource and peer-support service for the LGBTQ community, friends, family, and allies of the Lower Columbia Region. Festive costumes are always encouraged. See you there!

While the Q Center meets in Astoria we welcome all interested individuals in the Lower Columbia Region and beyond to participate.

Basic Rights Oregon Statewide Tour

Basic Rights Oregon is continuing its Statewide Tour to the cities of the north coast and the west! Stops will be in Astoria, Tillamook, Newport, Salem, Corvallis, and Eugene. These events will be an opportunity for us to meet long-time supporters, new folks, and share our priorities for 2016, one of which is expanding our statewide presence. Here are the specifics of our dates and locations:

- Astoria, Friday, Dec. 11, Fort George Brewery, 6-8 pm
- Tillamook, Saturday, Dec. 12, Hidden Acres Greenhouse, 11-1 pm
- Newport, Saturday, Dec. 12, Central Lincoln Electric Utility Company, 4-6 pm
- Salem, Sunday, Dec. 13, IKE Box Coffee Shop (The Red Room), 2-4 pm
- Corvallis, Sunday, Dec. 13, Grace Lutheran Church, 6-8 pm
- Eugene, Monday, Dec. 14, University of Oregon College of Education, room 176, 6-8 pm
- Eugene Phonebank!, Dec. 14, SEIU Local 503, 6:30-9 pm

Monthly LGBTQ Gatherings taking place in Lincoln County

- Tues., Dec. 1 at 6 pm at Lincoln City Cultural Center is the World AIDS Day observance.
- Wed., Dec 2 at 7 pm is Trans Parents Coffee Hour at the Chalet in Newport.
- Tues. Dec. 8 at 4 pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
- Wed., Dec. 9 at 6 pm is PFLAG OCC's Holiday Party at St. Stephen's in Newport.
- Sun., Dec. 27 at 11 am is Women's Group at Cafe Mundo in Newport.

ASTORIA WINTER MARKET – A CELEBRATION OF THE HOLIDAYS! Caroling For Change & Holiday Cookie Bake-Off

ASTORIA, OR – Astoria Winter Market is a celebration of the holidays featuring up to forty artisans and craftspeople at Pier 11 the first two weekends of December. Festivities include Caroling For Change and a Holiday Cookie Bake-Off. "This is a boutique Market and a fun way to begin your holiday shopping here in downtown Astoria," noted director Cyndi Mudge. "We hope people make this part of their holiday tradition and take time to experience all the wonderful restaurants and shops that are within an easy walk from here." WineKraft, located on the west end of Pier 11, is already planning special holiday activities during the Market and Inferno Lounge plans on being open special hours throughout both weekends so come Sip and Shop! Astoria Winter Market takes place Friday, Saturday and Sunday December 4, 5 & 6 and 11, 12 & 13. Hours are 3 to 8 pm on Fridays and 11 am to 4 pm Saturday and Sunday.

Astoria Winter Market is encouraging families and organizations to Carol for Change at Astoria Winter Market. The purpose is for people to sing for tips to raise money for their favorite charity. "We hope they stop by Pier 11 but also take their Caroling to the streets of Astoria," added Mudge. "The holidays have always been a time for giving and our hope is that the singing raises spirits and funds for the many worthwhile non-profits in our community."

The Holiday Cookie Bake-Off takes place the final Sunday of Winter Market. Special judges – including one of Santa's Helpers – will choose the top three winners. Entering is simple. Just bring a plate of your family's favorite Holiday Cookie to Pier 11 by Noon on Sunday, December 13. Each plate should have a minimum of eight cookies. Plating and presentation as well as tasting will be considered during the judging. There will be prizes for winners.

Sweat Your Prayers at the White Clover Grange



Due to widespread interest in dancing year round at the Oregon Coast, Beach Dance Oregon is headed indoors for the winter. A weekly Sunday morning free-form, conscious movement dance at the White Clover Grange in Nehalem takes place from November 15, 2015 - May 29, 2016. Beach Dance will head to the sand again in June 2016.

Here are the indoor dancing details:
Sweat Your Prayers at the White Clover Grange
Sundays, 10:00am-12pm
Playlists will be about 1.5 hours
Cost: \$10-20 sliding scale
Be sure to bring a water bottle and wear layers as the room will start out chilly and warm up

White Clover Grange
36585 Highway 53
Nehalem, Oregon, 97131

Located on Oregon Hwy 53, 2 miles east of U.S. Hwy 101, about a mile past the Mohler grocery store and Nehalem Bay Winery.



Chinook Canoe & Indian Nation Culture Nature Matters Dec. 17 at Fort George Brewery

CANOES FLOURISH in Chinookan culture today with the members of the Chinook Indian Nation using their canoes in family events, ceremonies and the annual "Tribal Journeys." Join Tony Johnson, Chinook Indian Nation Chairman, in a discussion about canoe technology and the Chinookan canoe culture. Tony will focus on the creation, and life, of Lewis and Clark National Historical Park's canoe, Okulam. Tony will present Thursday, December 17 at the Nature Matters Lecture series. Nature Matters is free, open to the public, and takes place in the Fort George's Lovell Showroom. Doors open at 6 p.m. and the talk begins at 7 p.m.

Tony Johnson was recently elected Chairman of the Chinook Indian Nation, is a scholar of language and culture, and an artist born in his family's traditional territory on Willapa Bay. He attended the University of Washington and Central Washington University and directed the Language Program for the Confederated Tribes of Grand Ronde in Oregon from its beginnings in 1997 until 2010. He acquired Chinuk Wawa as a second language from his elders. Johnson cur-

rently is the education director for the Shoalwater Bay Indian Tribe, is a teacher of students of all ages and lives with his wife and five children on the Willapa River in Washington.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the third Thursday of each month, October through May. Nature Matters is hosted by Lewis and Clark National Historical Park, Lewis & Clark National Park Association, the North Coast Watershed Association, and the Fort George. The series delves into the many ways that human beings look to the natural world for inspiration, sustenance and survival - the intersection of nature and culture. For more information, see www.nps.gov/lewi or follow the park on Facebook, [lewisandclarknationalhistoricalpark](https://www.facebook.com/lewisandclarknationalhistoricalpark)

NATURE MATTERS is free, open to the public, and takes place in the Fort George's Lovell Showroom. Doors open at 6pm and the talk begins at 7pm.

In Their Footsteps Lewis and Clark: the Big Picture

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. This program is Lewis and Clark: the Big Picture by Richard Brenne on Sunday, December 20 at 1:00 p.m.

Only John Ledyard, Alexander Mackenzie, David Thompson, David Douglas, Ernest Shackleton and the Apollo Project come close to matching the accomplishments of Captains Meriwether Lewis and William Clark and their Corps of Discovery. Lewis and Clark: the Big Picture is a humorous, scholarly look at their place in history.

Richard Brenne is a mountain climber, world traveler, tour guide, freelance writer and award-winning screenwriter whose works have been produced by the Discovery Channel, HBO, and Warner Brothers. Brenne also produces and moderates panel discussions and town meetings about human impacts on the earth.

This monthly Sunday forum is sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

For more information, call the park at (503) 861-2471.

Haystack Rock Lecture Series

HAYSTACK ROCK Awareness Program is celebrating 30 years of educating and protecting the marine environs surrounding Haystack Rock, including the Oregon Island National Wildlife Refuge, Oregon State Marine Garden and State Park.

Library Lecture Series is held second Wednesday of each month, November to April at 7 to 8:30pm at the Cannon Beach Library, 131 N. Hemlock St, Cannon Beach.

Wednesday, Dec 9, features Jesse Jones, former Coordinator for North Coast Watershed Assoc and currently assisting local watershed councils. Her talk is titled "Perspectives On Ecola Watershed Health."



The Ecola watershed, where the communities of Cannon Beach, Arch Cape and Falcon Cove are, is rich in a wild ecosystem. The survival of these plants and animals depends on the quality health of the ocean, the wetlands and the streams that feed them. Human health and survival depends on this health, too. As science and conservation enter more into our day-to-day dialogue and lifestyle, more is known about where to go to experience nature and see for yourself what the buzz is about. More is known about why this nature is worth protecting. Less is known however about the actual data of the water - How warm? How clean? How alive? This lecture will share what long and short term water quality data has been collected by volunteers and others in the Ecola watershed, focusing from 1996 - 2014. It will briefly touch on procedure and local plans.

Jesse Jones was the coordinator of the North Coast Watershed Association between 2011 and 2015. She has been working with watershed councils, water districts, and municipalities in Clatsop and Columbia counties since 2006, assisting with research, outreach, negotiations, grant writing, project management, advocacy and water quality training. In the summer of 2015, Jesse worked to organize a team of volunteers in Clatsop and Tillamook Counties to collect and sample ocean water on a regular basis, supported by Surfrider's North Coast Blue Water Task Force Chapter. She has a BS in Community Development from Portland State University and did Masters course work in Natural Resource Policy at Portland State. Jesse is from Vernonia, and lives in Astoria. She is currently assisting local watershed councils with organizing water quality data.

See Schedule @ friendsofhaystackrock.org

REDD ZONE: Astoria Company Saves Trout at Naselle Hatchery



STORIES OF FISH DYING at hatcheries around the Pacific Northwest were all too common this summer with extended drought conditions coupled with high summer temperatures. At the Naselle Youth Camp the students operate a very small fish hatchery as a hands-on educational experience and not unlike other bigger facilities their water supply dropped precipitously low as the summer progressed. Not wanting to have their one hundred-or-so rainbow trout meet the same demise as many hatcheries have experienced, Richard "Rudy" Rudolph, the instructor and hatchery over-seer made a call to Redd Zone, a start-up company in Astoria, Oregon. Redd Zone specializes in hatchery incubation equipment including their "Chilled Fog" incubators and the "Best Fry" incubators as well as methods of oxygenating the water in which hatchery fish are reared. Redd Zone had worked with Rudy and his students before testing their prototypes on small lots of eggs when none were available in Oregon.

Roger Warren and Tod Jones, principles of Redd Zone, had an idea for improving how water is oxygenated. They seized the opportunity to try their idea and hopefully save the fish for Rudy.

Hence was born the "Water Spike" as Tod and Roger refer to it. In twenty-four hours they showed up with their unit along with a portable oxygen separator and forty feet of three-inch diameter pipe. Within half an hour the unit was in place in the raceway with the trout, pipes connected and electrical drop cord and air hoses laid out. As luck would have it two Washington Department of Fisheries staff were on site helping to re-do the hatchery water diversion and had with them an instrument that measures dissolved oxygen in water. Once the system was hooked up and turned on, the State staff began seeing an immediate increase in oxygen in the water. The warmer water gets the less oxygen it can hold, but even with warm water the completely dissolved oxygen shot up to 220 % of normal. "Almost beyond belief..." was the comment by the State employee.

Needless to say, the idea proved successful and all the fish were saved. Redd Zone has filed for a patent on the "Water Spike" and is already getting inquiries about how soon the product will be available.

"I'm just glad these guys are around," said Rudolph, "They're really on to something, and I was the first one to benefit from it."

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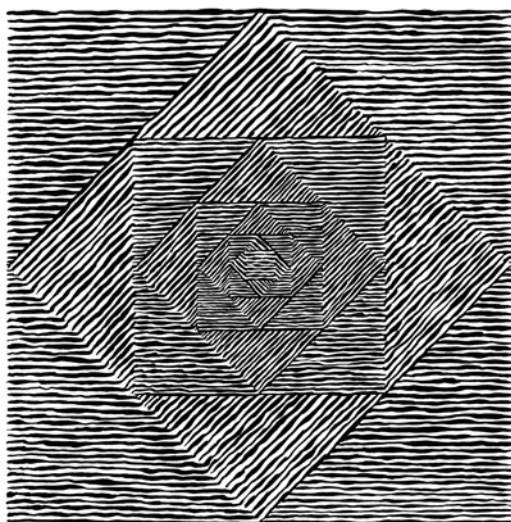
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ART ON



Liz Harris, *Water Geometric*

AVA HAPPENINGS

**Astoria Visual Arts, Artist in Residency,
Liz Harris Open Studio
December 19th**

Liz Harris welcomes the public into her studio Saturday December 19th from 5-8pm. Liz is one of two artists currently in term of Astoria Visual Arts Artist in Residency program.

Liz Harris, presents: finished paintings, new shirt edition; vinyl set. Liz's ink and paint work is incredibly detailed in repeating patterns woven into exquisite mind dancing arrangements. On the side of buildings or in the palm of your hand size has no bounds for her fingers and toes. HOURS: 5-8pm, at 1198 Commercial Street.

**Astoria Visual Arts, Artist in Residency
Kinzi Gordon Open Studio
December 12th**

Kinzi Gordon welcomes the public into her studio Saturday December 12th during the Second Saturday Art walk from 5-8pm. Kinzi is one of two artists currently in term of Astoria Visual Arts Artist in Residency program.

Last month Kinzi's studio was open to the public and participants took part in the manipulation of her paintings, combining them in a game of aesthetic chess. This month it's a hand's off theme, with emphasis directed by the artist. Her works are delicately painted waterborne paint onto transparency film. Each image carries a minimal yet lush painterly approach. HOURS: 5-8pm, River Studio 11th and the waterfront. Above the fishmarket.

AVA (Astoria Visual Arts)NEWS
AVA a-i-r STUDIO SPACE FOR
LOCAL ARTISTS • Artists Apply
Astoria Visual Arts Artists-in-Residence
Program ("AVA a-i-r") seeks applications
from local artists interested in the upcoming
artist's residency (January 1st-March 30th
2016). Residency finalists (currently limited
to locally based visual artists) are chosen on
the basis of artistic merit by an independent

blind selection panel of esteemed working professionals in the arts, and arts patrons. The selected artists are provided with a studio in the Astoria Downtown Historic District free of charge for a three-month residency period. Artists who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes. Deadline for application is December 28th 2015. <http://astoria-visualarts.org>.

NON-PROFIT AVA HAS EXCITING NEWS to release about the progress and changes in the organization. It recently elected from a nomination slate seven terrific community members to serve on the Board of Directors for a two year term:

Deborah Armington, Michael Granger, Jesse Jones, Matt Love, Robert Paulmann, Teri Sund and Dulcye Taylor. For detailed information about these new members please visit astoriavisualarts.org. These new Board Directors will be joining Rebecca Rubens, Loretta Maxwell, Ray Merritt, Darren Orange and Lisa Smith to serve AVA by increasing support for on-going projects and programs, and to increase the mission to enhance the arts in the Greater Astoria area.

AVA currently support two Artist in Residence (a-i-r) studios located in the Historic Hobson Building on Commercial Street and the Allen Building on the RiverWalk. AVA/a-i-r provides two local emerging artists with three months free studio space, along with generous donations of goods and services from local businesses: Dots and Doodles, Astoria Bistro and Coffeehouse, City Lumber, Astoria Community Store and Co-Op and Ft. George Brewery.

They are currently in a third a-i-r session which runs October through December. New a-i-r applications are currently being accepted through Dec. 28th. Please check the ADHD Second Saturday ArtWalk schedule for Open Studios for the a-i-r artists, and the opportunity to see their work in progress. AVA/a-i-r Program will expand to include two more artists early next year.

Other on-going AVA Programs include: Luna Phaser Project (public art/tidal clock by artist Jim Fink); OBON 2015 Project, which currently has exhibits in the Columbia River Maritime Museum and the Oregon Historical Society; Art in Astoria www.artinastoria.org.—online artist directory and Facebook networking group; and the Miss Bea Johnson Scholarship Fund which supports art programs for local youth. This is an exciting time to be involved in the growing art community the Greater Astoria Area. FMI: contact: rebeccarubens72@gmail.com 503.440.3007

LightBox: 2015 Members Group Exhibit

LightBox Photographic Gallery will host the opening and artists' reception of the LightBox Members Group Exhibit on Second Saturday, December 12th from 6-9pm. LightBox members are a community of photographers that support the mission of the gallery, to

promote and educate in the photographic arts through exhibits, education, events and members gatherings. Members meet twice a month for educational nights and print and image critique nights, held on the 1st and 3rd Wednesday of every month. Michael and Chelsea Granger, owners of LightBox, juried the images that were submitted for the show.

This Exhibit celebrates the members by showing the work of 25 members of the group on the walls of the gallery. Featured photographers include Rebecca Akporiaye, Mickey Anderson, Chris Bryant, David Carter, Dwight Caswell, Michael Datoli, Roger Dorband, Chelsea Granger, Michael Granger, Eleanor Gorman, Friderike Heuer, Darryl Hodson, Deborah Jaques, Thomas Kittel, Leigh Oviatt, Jim Leisy, Bob Levine, Jon Lingel, Jody Miller, David Lee Myers, RL Potts, Donna Lee Rollins, Jeff Ross, George Willse and Mark Wiltrakis. The Members Exhibit will show in the gallery from December 12th until January 5th.

LightBox Pop Up Shows are a new event for the gallery. Every image is printed by LightBox, hung on the gallery walls for a week, and featured during the monthly Artwalk openings. Every month submitted images from around the country are selected by renown jurors for this featured exhibit in the Gallery loft. Each print is mailed to the photographer after the show.

LightBox is located at 1045 Marine Drive in Astoria, Open T – S, 11 - 5:30. 503-468-0238 or at info@lightboxphotographic.com



George Willse, *Untitled-1*

Darren Orange: Cascadian Slipstream, part 2, Downstream

Northwest artist Darren Orange continues an exploration in reflection and abstraction of the natural environment. Cascadian Slipstream, was his most recent exhibition at the Lower Columbia College in Longview during the month of November. After the success of the event and a few additions of newer paintings not included in the show Orange brought the show home! Cascadian Slipstream part 2 "Downstream" is a body of oil paintings created mostly by an intuitive automaton nature, or a surrealist automatism with subtle references of the Columbia River gorge, and the greater Northwest. His works have been exhibited nationwide and have been included in collections worldwide and calls Astoria Oregon home.

In this exhibition both large and small format works will be shown and available for sale. December 12th –through January 3rd. HOURS: weekdays 4-5pm or by appointment, Saturday and Sunday 2-5pm RECEPTION: December 12th 5-9pm, 1198 COMMERCIAL ST., Astoria, www.darrenorange.com



KALA CONTINUES TRIFECTA, exhibiting the new-to-Astoria Zak Caswell's work, in a triple show with two artists on the scene for over a decade now. TRIFECTA presents new work by Tim Liddiard, an artist in the frontier world of color exploration, also in collaboration with partner Kristin Shauck currently in her twelfth academic year teaching painting, drawing, and design at Clatsop Community College in Astoria, where she also serves as founding director of Au Naturel: the Nude in the 21st Century, an annual international competition of figurative art.

Zak Caswell creates visually provoking pieces by way of explorative mediums. Most pieces are constructed of recycled material. Cosmic series was created to capture chemical reaction. Liddiard's color landscapes, while not necessarily landscapes, are an experimental process, stand as pieces and in addition provide backdrops for Shaucks luminescent animal figures. Dec 12, 5-9pm, and by appt. KALA is located at 1017 Marine Dr. in Astoria.

ASTORIA'S OLDEST HOUSES OF WORSHIP

a flourishing community spirit within

Story and Photos
By Erin J. Bernard

LOFTY BELL TOWERS and church spires soaring toward the heavens are a beloved mainstay of the Astoria skyline, but what's hidden inside the doors of our longest-standing local houses of worship?

DONE UP in an array of architectural styles including Gothic, Classical and Colonial Revival, Astoria's churches are the brick-and-wood repositories of a century's worth of local history, for sure.

If you've ever been curious about what lies across the thresholds of Astoria's most picturesque churches, you're in luck this holiday season: on DEC. 13, the Lower Columbia Preservation Society will invite the public in to explore the nooks and crannies of four Astoria churches, each dating back a century or more.

A collection of finely crafted stained glass windows, towering pipe organs and magnificent statuary will be on proud display during the free self-guided tour, says Tour Organizer Gayle Starr. At each stop, visitors will find docents ready to answer questions as well as donation baskets to collect funds for individual church preservation projects.

Astoria is home to more than 30 churches, but these four were selected for their age and architectural significance, says Starr: "The newer [Astoria] churches don't quite have some of the detail that the old ones have. There's just more detail in antiquity."

However, these sanctuaries are far more than mere monuments to a city's storied past. In addition to offering Sunday services, they also provide a retinue of vital community services from pre-schools and group meeting spaces to food pantries and warming shelters as they work to stay useful and relevant in an increasingly secular world. Each church is also very active in the surrounding community, and Starr says she hopes the tour will spark renewed public interest in the life of local churches, which struggle in modern times to attract an active membership.

It's a trend playing out across the nation as sentiments about a church's role in the community shift and secularism gains ground. In a 2014 Gallup Poll, only 40 percent of U.S. respondents reported attending church services, with piety being particularly scarce

in the Northeast and West—just 24 percent of Oregonians say they attend church, and some experts suspect actual attendance numbers may be even lower.

Locally, the dip in membership has created a host of practical dilemmas for Astoria's churches. As congregations age and shrink, the pool of funds for vital upkeep grows shallower, as does the pool of volunteers available to help tend to the daily needs of the church. Many churches have cut costs by scaling back ministers to part-time, but this does little to offset the substantial cost of maintaining and preserving large historic buildings.

Astoria's houses of worship are a gift from the past, says Historic Building Consultant John Goodenberger, and the secular and religious communities alike ought to treat them as such, no matter the monetary cost.

"We are a small community of 10,000 people, but we have many churches," he says. "Many of these churches are old and large and difficult to maintain and are doing it with a small congregation. Astoria is blessed with this architecture, but with that blessing comes the task of maintenance and preservation."

Losing these churches would irrevocably change the character of Astoria's neighborhoods and would mean the loss of vital community gathering places, he adds.

Goodenberger hopes the tour will draw curious members of the community who might not otherwise feel comfortable stepping into a church: "One of the neat things about this tour is that people who are of any religious faith or none at all get to go in and see these beautiful spaces and can feel free to be there," he says. "Some people feel uncomfortable if they're not religious going into those spaces...this really opens it up so they can just go in and appreciate the buildings as examples of wonderful architecture."

Above photo: Choral rehearsal at Grace Episcopal

Nationally, some churches are shuttering their doors in the face of the challenges

growing secularism presents, but these four churches have opted instead to freshen their approaches and double down on efforts to function as vital social hubs.

How do you stay relevant when a community's priorities shift? You've got to shift, too, say local church members and leaders. You've got to get better and more creative at identifying and meeting local needs. You've got to join forces. And you've got to open your doors—and your hearts—to a much broader swathe of humanity.

First Presbyterian Church: We've Got to Reach Out More

Over the course of 45 years, the view from the pews of the First Presbyterian Church's sanctuary has changed considerably, observes longtime congregant Tom Scoggins.

Some of the changes have been philosophical: young families questioning the relevance of religion in their lives, and often opting to spend their free time immersed in non-religious forms of fellowship and community-building. Other changes, though, are undeniably rooted in the physical: First Presbyterian's aging historic building requires constant and ever-complex upkeep (currently, the church is drumming up funds to replace its worn-out windows), volunteers are harder to rally, and of a Sunday morning, those polished wood pews are often a sea of white hair.



Reverend Lance Peeler in the Bell Tower of Grace Episcopal



45 year congregant Tom Scoggins is instrumental in the Food Bank, the first in the region.

for its welcoming atmosphere, and to this day, First Presbyterian prides itself on its neighborliness, he says: "We're very friendly. If you came in and people didn't recognize you, you'd make 20 new friends instantly."

That neighborly spirit extends far beyond simple smiles and handshakes. In addition to housing the Astoria Conservatory Of Music, First Presbyterian also houses the Clatsop Emergency Food Bank, an important source of food assistance for families across the county for 40 years running.

"They [previous church members] saw the need and felt the social consciousness," Scoggins says. "Back then, we were the only food bank in the whole county...and over the years, we've been fortunate enough to continue."

The food bank operates its pantry out of the church basement on a budget of \$8,000-\$10,000 per year and serves an average of 200 families per month. In the 11 years that Scoggins has sat on the food bank's board, need for assistance has remained pretty constant, he says, though there are now more resources available around the county to help meet it.

As church attendance drops, however, some gaps are proving harder to fill. First Presbyterian is currently in search of a new part-time minister, and the church is eternally casting about for more volunteers and members.

Running the pantry is definitely a time-intensive operation, says Scoggins, but a commitment to service has long been in this congregation's blood, and members of other local churches sit with him on the pantry board and regularly pitch in as pantry volunteers.

No matter the challenges, Scoggins believes a church is morally compelled to connect with its surrounding community.

"I don't think we reach out enough," Scoggins says. "The church is a family—it's supposed to be the body of Christ—but sometimes the church looks too much at its own family and not enough at society as a whole. I'd like to see us do better."

The best way to engage others is by making the first move, he believes: "For people to want to come in our doors, we need to be better at getting out into the community and ministering to them."

Grace Episcopal Church: Thinking Smaller, Thinking Bigger

The needs of a community change constantly, says Grace Episcopal Rector and Reverend Lance Peeler, and our most important task will always be recognizing and meeting those needs

"In 1967, when I joined, I was 22," Scoggins recalls. "I was one of the younger people in the church then, and I've been one of the younger people the whole time ever since... Now, younger people aren't attending church. They look at it differently than past generations."

Other things haven't changed much at all. Scoggins was initially drawn to the church

with open hearts and open minds.

"It's about social justice," he says. "And Astoria needs to rise to the challenge."

Grace Episcopal is the oldest continual-use church in both Astoria and the Episcopal Diocese of Oregon, and it's also the second oldest continual-use church in the Northwest, but Peeler has been working hard since his arrival in 2013 to keep things fresh and forward-moving.

Once upon a time, Peeler says, many Episcopalian churches prided themselves on being country club churches, which is to say they were usually populated by wealthy congregants of high social status, with even the rectors often enjoying the perk of a country club membership.

That's been changing for awhile now, Peeler notes, and Episcopalian congregations have opened their arms and their ranks to people from all economic and philosophical walks of life, with many congregations and diocese pushing spiritedly for increasing visibility for and acceptance of women as well as the LGBTQ community.

Grace Episcopal was the first church in its diocese to have a female ordained priest serve as rector, and it's currently home to folks from a variety of backgrounds in a mix of ages from the very



Grace Episcopal Church. Like the Flavel House, this church was designed by architect Carl Leick, most famous for his lighthouses. The church dates back to 1885, making it one of the oldest standing churches in Astoria.

young to the very old.

Unconditional acceptance is deeply woven into the fabric of faith, says Peeler, and by opening their collective arms to others, congregations make good on a solemn obligation handed down from on high: "When we baptize our children, we say, 'We love you for who you are.' That's a sign that nothing you can do in your life can separate you from the love of God."

Membership at Grace has steadily increased from a previous average of 30 or 40 weekly attendees to about 70 since Wheeler was called to serve, and even though attendance numbers remain lower than they once were for Grace and many other churches, those shrinking ranks do offer some advantages to members and leaders, alike, notes Peeler: "Our mission is to seek and serve Christ in all persons," he says. "And one of the ways we can serve now is by getting smaller."

A small church can quickly and creatively respond to complex individual needs, he explains: if a member of Grace comes to him



First Presbyterian Church. The name of the architect behind First Presbyterian may have been lost to the annals of history, but this Carpenter Gothic-style wooden church remains a testament to the grandeur of its founders' visions.

seeking help with rent, or groceries, or filling a prescription, no red tape prevents Peeler from engineering his own workable solutions right off the cuff, with the goal being to meet that need compassionately and expediently.

"We can do that because we're not huge," he says. "We have fewer limitations. Ours is local money going to help local people."

The church runs a preschool and its own food pantry right out of the church building, and Grace is also helping First United Methodist Church with its efforts to establish and run a warming center for the homeless. Peeler hopes to see even greater coordination among local churches in the future.

It's the best way to bolster not only the spiritual life, but also the daily lives all Astorians, he says: "That's my goal. That this community is one of welcome."

First United Methodist Church: Worshipping Outside the Box

It's one thing to preach inclusivity, but another entirely to physically modify a worship environment to accommodate a range of needs. Meet that task head-on, though, says First United Methodist Pastor Carol Prichard, and you'll invite all sorts of new perspectives—and what better way to get a community conversing?

Bold idea number one: bag traditional Sunday school, and welcome the kids in to the sanctuary to worship right alongside the adults. United Methodist's congregation skews older, but it's also got plenty of pint-sized members in its ranks, with congregant ages



Pastor Carol Prichard



United Methodist Church was originally designed by two architects by the names of Whitehouse and Fouilhoux, who separately went on to help design numerous iconic buildings across the country, including the Columbia River Gorge Hotel and Radio City Music Hall.

ranging from 3-90. That membership is stable, says Prichard, but to keep the younger church members engaged, she's pushing an intergenerational worship model. Each Sunday, kids take a seat at their very own table right up front, where they do curated arts and crafts and eat snacks as they listen to the same sermon the adults hear.

"Surprisingly, they listen to a lot of what's being said," says Prichard. "They can run back and forth [to their parents] if they need. It's really to me a miracle that it works so well!"

Kids are also invited to sing in the church choir, and each summer, United Methodist teams up with five other churches to put on a popular four-day vacation bible school.

That welcoming spirit benefits Astoria's grown-up population, too, with congregants being encouraged to take an active role in services whenever possible, says Prichard: "One thing that's unique about our church is that for as traditional as it looks, it has an untraditional feel because we've encouraged congregational participation throughout the service."

Every fifth Sunday, there's a soup-and-music fueled get-together in lieu of a traditional service, with the entire community invited to attend. And United Methodist also takes its mission of worship beyond the doors of the church entirely. Each month, the church hosts a lively "Theo Pub" event at Baked Alaska, during which attendees drink brews and talk about God.

This winter, First Methodist has taken on a new and particularly ambitious project: community volunteers are in the process of outfitting its lower level to house the Astoria Warming Center,

which offers a hot meal and shelter to homeless citizens on chilly nights.

The partnership with the Warming Center feels very natural, says Prichard: "What they [the volunteers] are doing fits with our mission to reach out into the community and to just be the hands and feet of Jesus and to show God's love to people rather than just be talking about it."

The church has also long nurtured relationships with the local recovery community, Prichard adds, offering downstairs meeting spaces for AA and Al-Anon groups, and it's not unusual for members of these groups to make their way upstairs into the sanctuary to begin attending services.

Continued ingenuity has become all but essential for any church eyeing lasting longevity, says Prichard. She, for one, welcomes the challenge wholeheartedly: "It's a time for creativity, and there's no question about it that it is a time of, I would say, re-formation. We're re-forming, and we need to be relevant."

St. Mary, Star of the Sea Catholic Church: We're All Children of Abraham

In a maritime town, there's no escaping the elements, and wind, salt and water have no doubt had a hand in shaping Astoria's inhabitants as much as its landscape over passing time.

Historically, local seafaring folks seeking protection from those unpredictable and sometimes violent forces called upon the good graces of St. Mary, Star of the Sea, an iteration of the Virgin Mary who offered comfort and refuge to mariners and their families.

A local Catholic church bearing her name has sat high above the city for more than a century, now, and though the congregation's sea-going contingent has dwindled to a select few, St. Mary's continues to position itself as a guide and protector of Astoria's inhabitants.

For congregation member and Tour Organizer Gayle Starr, St. Mary's is a serene place of sanctuary offering food for both body and spirit, and she wants as many people as possible—whether Catholic or not—to step inside and experience a bit of that serenity for themselves.

Starr knows full well that the journeys of the faithful are often winding. A born Catholic and self-professed "seeker," Starr left the Catholic Church as a younger woman to explore other religious traditions, from Unitarianism to Presbyterianism to Buddhism.

She loved it all, but eventually the aesthetics, the singing and the meditative quiet of the Catholic mass drew her back. When Starr returned to Catholicism and joined St. Mary's, she found a congregation that was aging, but also home to a vibrant collection of younger

church members and an active Latino population as well as a rotating cast of visiting Catholics from off docking cruise ships. Today, the congregation is home to around 450 households, with membership remaining steady. A new priest was recently assigned and is scheduled to arrive next April.

St. Mary's housed one of the oldest Catholic schools in Oregon until a financial shortfall forced its closure in 2011, and although maintaining an aging historic building and a now-empty school building isn't always easy, St. Mary's continues to invest in regular preservation projects.

"There's some pious and dedicated people," says Starr. "It's one of the reasons the church still exists and is in such good condition."

In addition to these internal projects, St. Mary's regularly supports the endeavors of other local churches and charities, but like Grace's Reverend Peeler, Starr would like to see even more collaboration and fellowship among Astorians, whether they're religious, secular or simply seekers, like herself.

At the end of the day, despite variations in doctrine and practice, Astoria's churches have more similarities than differences, both aesthetically and philosophically, Starr notes, and these commonalities make the prospect of community-wide fellowship even more pleasing. Starr hopes this year's event will be just one of many opportunities to showcase all these houses of worship have to offer, both to congregants and to the community at large.

The time is ripe for collaboration, she insists: "At one time, you did not go into each others churches. And now it's OK, and I think that's totally wonderful. It's about time...We are all children of Abraham. So let's get together and have a party or a meal or a Christmas sale."



Catholic congregation member and Tour Organizer Gayle Starr



St. Mary, Star of the Sea Catholic Church. Get a glimpse of the Catholic Church's rich iconographic history at this towering wooden church, built high above the city in 1902

Feature cont. pg 26



Read More on the
Historic Churches Tour
on page 26

GoingsOn: December '15 day-by-day

in the columbia pacific

NCSB Home For The Holidays Concert December 19 At The Liberty

BUILDING on its successful holiday concert in 2014, the North Coast Symphonic Band is again partnering with Liberty Presents to present a home-grown celebration of the season at 4pm on Saturday, December 19, at the Liberty Theater in Astoria. Conductor Dave Becker serves as musical director and has amassed regional choirs and soloists with Astoria ties for a fast-paced afternoon of seasonal music in the splendid and comfortable surroundings of the Liberty Theater.

The North Coast Chorale directed by Denise Reed and the Cannon Beach Chorus directed by John Buehler present short sets of holiday music and then join their voices together with the North Coast Symphonic Band for carols and songs.

Featured soloists for the afternoon are **MARK GOODENBERGER** and his wife **DENISE DILLENBECK**. Goodenberger is Director of Percussion Studies at Central Washington University in Ellensburg, Washington. He is active as a Baroque specialist and performs on kettledrums with the Portland Baroque Orchestra. As a concert recitalist, he performs many of his own compositions joining elements of theater, dance and vaudeville into the diverse world of percussion. Goodenberger graduated from Astoria High School and was a student of Lee Stromquist, NCSB associate conductor and former AHS band director. The Goodenberger name is well-known in the region. Parents John and Peggy Goodenberger lived in Astoria for many years and siblings John and Jennifer are active community residents now. Dillenberg is a concert violinist who has performed with the Philadelphia Orchestra, Seattle Symphony, Baltimore Symphony, and Oregon Symphony. She currently is a member of Central Washington University's Kairos String Quartet and performs chamber music for violin and percussion with her husband Mark Goodenberger.

Goodenberger and Dillenberg will perform together briefly and be featured in solos accompanied by the North Coast Symphonic Band. Goodenberger will solo on xylophone with a classic piece from the 1920's, "Xylophonia" by Joseph Green of the Sousa Band. Dillenberg will perform Cécile Chaminade's "Concertino," a late romantic French composition with lyric melodies.

The remaining selections for the afternoon will focus on the holiday season. Dave Becker will conduct joint numbers with the choirs and band and Bob Walters of Ilwaco will be present in his red suit and Santa beard to lead sing-a-longs. By popular request, the finale will be Handel's "Hallelujah Chorus" from the Messiah with both choirs and the added treat of Mark Goodenberger on Baroque kettledrum. The North Coast Symphonic Band and Liberty Presents invite you to take time out from the hustle and bustle of holiday shopping and preparations to meet your friends and family and enjoy a relaxing home-grown concert in the luxury of the Liberty Theater.

Tickets for the December 19th North Coast Christmas event are available at the Liberty Theater Box Office, 1203 Commercial, in Astoria, from 2-5:30 PM Wednesday through Saturday and two hours before the performance, or call 503-325-5922, ex. 55. Regular admission is \$20. Student tickets (age 12 to 21) are \$10, and Children's tickets are \$5. For more information, visit www.liberty-theater.org. For more information on the North Coast Symphonic Band, visit www.northcoastsymphonicband.org, find us on Facebook or call 503-325-2431.



Tuesday 8

MUSIC

Holiday Music Program. Enjoy an afternoon of listening to Adam Miller Holiday Music & Storytelling on Autoharp. Free, 2pm at the Tillamook Library.

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

LITERARY

Lunch in the Loft. Join author Polly Campbell for lunch. She will read from her book "How to Live an Awesome Life." \$25 includes lunch and a copy of the book. Noon at Beach Books in Seaside. RSVP at 503-738-3500

Wednesday 9

MUSIC

Holiday Music Program. Enjoy the sounds of the season with John Doan, one of the best known harp guitarists in the world. Free, 6:30pm at the Tillamook Library.

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

HAPPENING

Night of All Knowledge Team Trivia Tournament. Fun and prizes. Free, 6pm at the Seaside Library.

Zumba Dance Party Fundraiser. \$10 suggested donation. 9am at the AAMC in Astoria.

LECTURE

The World of Haystack Rock Lecture Series. Perspectives on Ecola Watershed Health. With Jesse Jones. Free, 7pm at the Cannon Beach Library.

Thursday 10

MUSIC

Holiday Music Program. Enjoy the sounds of the season with John Doan, one of the best known harp guitarists in the world. Free, 6:30pm at the Manzanita Library.

Michael Dean Damon. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Teen Craft Night. Make buttons/magnets, friendship bracelets, felt monsters, or perler beads. Free, 5:30 - 7pm at the Tillamook Library.

Clatsop Cultural Coalition Grant Awards Ceremony. Awards, refreshments, Cindy Flood will speak about "The Survival of the Arts." 8:30pm at the Liberty Theater in Astoria.

Friday 11

MUSIC

Christmas Unplugged. Reclaiming the Holiday Spirit. Suggested donation \$12 - \$15, 7pm at Lewis and Clark Bible Church near Astoria.

The Nutcracker. Presented by Oregon Coast Dance Center. \$5, 7 - 9pm at the Don Whitney Auditorium in Tillamook.

The Oak Ridge Boys Christmas Show. \$20 - \$35, 8pm at Chinook Winds in Lincoln City.

Michael Dean Damon. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. For Suggesting Reality by Katie Kyte. 5 - 7pm at the Lincoln City Cultural Center.

HAPPENING

Astoria Winter Market. 3 - 8pm at Pier 11 in Astoria.

Open Stage for Music and Word. Performers can sign up at the door for 10-minute slots. \$3 donation, 7 - 8:30pm at the Hoffman Center in Manzanita.

Q Center Holiday Party. Lower Columbia Q Center serving the LGBTQ Community celebrates the end of year with a seasonal party. Friends of Q Center and LGBTQ folks are invited. Bring a White Elephant Gift - \$20 and under, and food item of your choice. Gift exchange, singing, dancing and general QUEER Merriment! 7:30pm at KALA in Astoria. 1017 Marine Drive.

THEATER

Scrooged in Astoria. A holiday-themed musical melodrama. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

Six Dance Lessons in Six Weeks. 7pm at the Barn Community Playhouse in Tillamook.

Once Upon a Mattress. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 12

MUSIC

The Nutcracker. Presented by Oregon Coast Dance Center. \$5, 2pm at the Don Whitney Auditorium in Tillamook.

Social Insecurity. Christmas Concert. \$5 suggested minimum donation, 2 - 4pm at the Inn at Harbour Village in Ilwaco.

Spanish Brass Christmas Concert. Free, 2pm at Nestucca Valley Elementary School near Cloverdale.

Water Music Festival Christmas Concert. With Social Insecurity and the Ilwaco High School Show Choir. \$5 suggested donation, 2pm at the Inn at Harbour Village in Ilwaco.

North Coast Chorale. Fall/Winter Concert. 7pm at the PAC in Astoria.

The Oak Ridge Boys Christmas Show. \$20 - \$35, 8pm at Chinook Winds in Lincoln City.

Snowblind Traveler & Thayer Sarrano. No cover, 8pm at the Sou'wester Lodge in Seaview.

Michael Dean Damon. No cover, 9pm at the Adrift Hotel in Long Beach.

Revolving Door. 9pm at Snug Harbor Bar & Grill in Lincoln City.

ART

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

FOOD & DRINK

Wild Edible Mushroom Foray & Dinner. With an identification seminar. \$150, 10am - 8pm at North Fork 53 near Nehalem. Register at jordansmushroom.com/workshops-and-events/#calendar

Tea & Plum Pudding Preview. \$12, reservations required. 1 - 4pm at the

Flavel House Museum in Astoria. 503-325-2203

Wine Tasting. Annual Holiday Sparkling Tasting. 1 - 4pm at the Cellar on 10th in Astoria.

Wine Tasting. 1 - 5pm at the Wine Shack in Cannon Beach.

HAPPENING

CAA's Fundraiser & Holiday Party. Bake Sale, Silent Auction & Raffle, pet photos with Santa, and more. 9am - 4pm in the Lovell Showroom at Fort George in Astoria.

Astoria Winter Market. 11am - 4pm at Pier 11 in Astoria.

Gifts That Make a Difference. A holiday showcase for nonprofit groups. Plus live holiday music and sweet and savory treats. Noon - 4pm in the McTavish Room at the Liberty Theater.

Bed & Breakfast Holiday Open House. Donations of canned food will be accepted for local food banks. 1 - 4pm at certain B&Bs on the Long Beach Peninsula. FMI, see funbeach.com/event/bed-breakfast-holiday-open-house/

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

Pictures with Santa. 1 - 4pm at the Cannon Beach Chamber of Commerce.

Tree Lighting. 5:30pm in downtown Pacific City.

THEATER

Scrooged in Astoria. A holiday-themed musical melodrama. \$8 - \$13, 7pm at the ASOC Playhouse in Astoria.

Six Dance Lessons in Six Weeks. 7pm at the Barn Community Playhouse in Tillamook.

Once Upon a Mattress. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 13

MUSIC

North Coast Chorale. Fall/Winter Concert. 2pm at the PAC in Astoria.

Tuba Christmas. Free, 2pm at the Columbia Pacific Heritage Museum in Ilwaco.

Kelsey and the Next Right Thing. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Richard Silen & Deane Bristow. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

Eza Rose. 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Tea & Plum Pudding Preview. \$12, reservations required. 1 - 4pm at the Flavel House Museum in Astoria. 503-325-2203

HAPPENING

Astoria Winter Market. 11am - 4pm at Pier 11 in Astoria.

Bed & Breakfast Holiday Open House. Donations of canned food will be

theater & performance



THIS HOLIDAY season the Coaster Theatre Playhouse brings to life the classic fairytale of The Princess and the Pea in *Once Upon A Mattress*. Although...you may think you know the story but will be in for a wallop-surprise! Did you know, for instance, that Princess Winnifred actually swam the moat to reach Prince Dauntless the Drab? Or that Lady Larken's love for Sir Harry provided a rather compelling reason that she reach the bridal altar post haste? Or that, in fact, it wasn't the pea at all that caused the princess a sleepless night? Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic of royal courtship and comeuppance provides for some side-splitting shenanigans. Chances are you'll never look at fairytales quite the same way again.

CAUTIONS: Mild adult themes. If this were a movie it would be rated PG.
CAST: Princess Winnifred The Woebegone - Amanda Payne; Prince Dauntless - Todd Payne; Lady Larkin - Ann Bronson; Sir Harry - Timothy Garvin; Queen Aggravain - Ellen Blankenship; Wizard/Nightengale Of Smarkand - Sheila Shaffer; Minstrel - Richard Bowman; King Sextimus The Silent - David Sweeney; Jester - Darren Hull. Ladies-In- Waiting: Aftyn Garvin, Lisa Fergus, Holly Fergus, Carolyn Anderson, Nancy Taylor, Crystal Rouse. Knights: T.J. Newton, Parker Fergus, Ben Faubion, Eric Bredleau, Duncan Fenison. Director: Arni Humasti
Purchase tickets by calling 503-436-1242 or online here. PERFORMANCES: 11/13 - 12/20 Time: Fri/Sat 7:30pm. Sunday shows 3:00pm. Ticket prices: \$18-\$23 Box Office: 503-436-1242 coastertheatre.com

WAITING FOR GODOT will be performed in Astoria in early 2016. Partners for the PAC will stage the production 7pm, Jan. 29 and 30; 3pm, Jan. 31, and 7pm, Feb. 5 and 6.

The show is directed by Karen Bain of Astoria and includes a cast of local actors. Tickets are \$15, at the door of the Clatsop Community College Performing Arts Center at 16th Street and Jerome Avenue in Astoria.

The play follows two men as they dally by the side of a road, expecting the imminent arrival of another man. They've asked this man for nothing very definite, but eagerly anticipate his appearance. And though they admit that they do not know him — and won't even recognize him when they see him — they wait for Godot.

Samuel Beckett wrote the play in the aftermath of World War II. It was first performed in Paris in 1953 and stage historians consider it spawned the "theater of the absurd" movement.

One of the saddest comedies and funniest tragedies written in the modern era, it was voted the most significant English-language play of the 20th Century in a poll of 800 playwrights, actors, directors and journalists conducted the Royal National Theatre in London.

Productions have been staged worldwide during the past 60 years in locations as diverse as prisons, war-torn Sarajevo, New Orleans after Hurricane Katrina, and in apartheid South Africa.

Reviewers have called it, "a witty and poetic conundrum" (The Guardian), "humorous and deeply human" (The Press), "entertainment of a high order" (New York Times) and "something that will securely lodge in a corner of your mind for as long as you live" (The Sunday Times).

The play's two main characters appear to have lost everything, but they hang on to hope, just as they hang on to each other. As one says, "Right here, in this place, at this time, we are all mankind, whether we like it or not."

SO...MAYBE SCROOGE ISN'T SO SCROOGIE AFTER ALL? Yes, Virginia it's true! The 9th Season of the warm holiday tradition for the whole family SCROOGED IN ASTORIA continues at the ASOC Playhouse (129 West Bond Street Astoria) at 7pm (doors opening at 6:30pm) and runs Fri/Sat evenings until the 20th with two Sunday Matinees on the 13th and 20th at 2:00pm doors opening at 1:30pm.

Sponsored by Columbia Memorial Hospital Pediatrics, "Bridge" 94.9 HIPFISH, MossyTel, ACTIVE, Bliss in Downtown, Holly McHone Jewelry, Purple Cow Toys, FernHill Glass, RiversZen Yoga & Kihara Studio and The Columbia Veterinary Hospital.

SCROOGE IN ASTORIA is written and directed by Judith Niland with original songs by Philip Morrill and music direction by ChrisLynn Taylor. This ASOC melodramatic adaptation of the beloved timeless classic by Charles Dickens, 'A Christmas Carole', winds sentimental Holiday Tunes with Scandinavian traditions to create the perfect way to entertain out of town guests, your employee company party or just yourselves!

In the original story we find the penny-pinching, miserly, Max Krooke Jr., the not so beloved charac-

ter from Shanghaied, being guided by of the Ghosts of Christmas, Past "The Big Krooke, Presents "Miss Yul Macie" and the Future "Saint Lucia" to learn the errors of his ways! Hero Eric Olsen, all grown up with a family of his and Virginia's alone along with a cast of characters to warm your hearts as they show

Krooke the way to happiness. But can Krooke really change? Come see for yourself!

CAST: Dena Tuveng, Jason Scanlon, Charlotte Mendenhall, Dorothy Frace, Mandi Anderson, Tim Murphy, Nancy Van Beek, Timothy Mendenhall, Sadie Blacksten, Malachi Keefe, Torin Keefe,

Josie Posie, Colton McMaster, Austin Brown, Dave Bennett, Bill Carr, Mae Loya, Nate Bucholz, ChrisLynn Taylor, and introducing our Elf in Training, Terry Robinette.

The Miss Vivian Saloon and Miss Virginia Soda Fountain will be open too! Seating is limited and reservations are recommended.

Tickets are \$15 to \$8 with great group pricing for your office party! And don't forget Family Fridays! That's right! All seats are only \$10 for Adults and \$5 for kids 14 and under. So don't be a Scrooge! Go online @ www.astorstreetprycompany.com or call 503-325-6104 to make your reservations NOW! Before it is too late!



CATCH TAPA'S Six Dance Lessons in Six Weeks

TAPA and the Oregon Coast Dance Center are pleased to announce the cast of Six Dance Lessons in Six Weeks written by Richard Alfieri, directed by Chris Chiola and produced by Diane Cross.

In roles originated by Uta Hagen and David Hyde Pierce, this two-character comedy opens as an aging, but still formidable, woman hires an acerbic dance instructor to give her lessons in St. Petersburg Beach, Florida. Antagonism between the two gives way to friendship as they reveal themselves to each other. As Michael, the dance instructor takes Lily by the arm as they both transcend fear and mortality while the sun sets on the last dance.

This international hit play has quick-hitting wit, scathing sarcasm, and many touching moments between the two characters. Playing Lily and Michael are Ann Harper and Robert Buckingham. Both actors have been in many TAPA productions but Six Dance Lessons in Six Weeks is the first time either of them has had to formally dance on stage. "Dancing has added an additional layer of complexity to the show that I hope audiences enjoy" says

Director, Chris Chiola. The actors have had to learn many ballroom dances including the Cha-Cha and Tango with the help of sponsor Oregon Coast Dance Center's, Lisa Greiner, along with Wally and Diane Nelson.

Thru - Dec 13. Fri/Sat 7pm, Sun Mats 2pm. The Barn Community Playhouse: 1204 Ivy Street, at the corner of 12th St and Ivy Ave.

Tickets: Diamond Art Jewelers, 503-842-7940, 307 Main Street in Tillamook. Reserved seating is recommended. \$15. This show does deal with adult themes and has some adult language, children under 12 are cautioned. www.tillamooktheater.com



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Sherry Boyd-Yost & Jamie Boyd ILLUSTRATED GLASS at Luminari Arts

SHERRY BOYD-YOST AND JAMIE BOYD are sisters and glass artists who use glass as an expressive medium. They transform glass, glass paints, powders and frits into painting and drawing tools to tell stories, render figures, and produce portraits.

Sherry launched into glass in the mid '70s and studied at Pilchuck Glass School with Joachin Klos and Lutz Hauschild in Stanwood, Washington. She also studied Architectural Stained Glass at Hein Derix Glass Studio, Kevelaer, West Germany, and warm glass with Richard Lalonde, and Bulls-eye

Glass Co. Sherry's list of commission and liturgical windows can be seen on her web site, Lost Art Originals, based in Spokane, WA. Jamie's works in glass began with Sherry's influence in the 80s at Our Glass Co. in Bellingham, WA. Jamie continued her study with Bullseye Glass in Portland.

Jamie's works have been accepted to Bullseye's Emerge Show 2012 and at the Museum of Glass Red Hot Party & Auction in Tacoma, WA. Jamie is an Astoria resident and has worked at Studio 11 since 2006.

Join Luminari Arts for food, drink and live music by the ever popular "Geezer Creak" featuring Bob Lennon on mandolin and Dale Clark on guitar. 5-9pm, Luminari Arts is located at 1133 Commercial St. Astoria, Open Daily.



Jamie Boyd, *Flight*



Sherry Boyd-Yost, *Tulip Detail*

Holiday Group Show @ RiverSea Stories from the Edge



Robert Paulmenn, *Alderbrook Autumn*



David Lee Myers, *Columbia River Water*



Stirling Gorsuch, *Afterlife*

STORIES FROM THE EDGE

is a group show that explores the essence of Astoria and its environs through the talents of seven regional artists. The show opens Saturday, December 12 during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00 pm. All works in the show are on the small side, perfect for holiday gifts, and all will be available to take home or ship from December 15 onward. The remaining work will be shown through January 5, 2016.

Included in the exhibition are paintings by Brian Cameron, Rich Hoffman, Robert Paulmenn and Noel Thomas, pastels by Thomas Benenati, relief prints by Stirling Gorsuch and photographs by David Lee Myers.

RiverSea Gallery is open daily at 11:00 in the heart of downtown Astoria at 1160 Commercial Street. 503-325-1270, riverseagallery.com or on Facebook.

Hook, Pulp and Weave An Exploration of Fiber as Medium At IMOGEN

IMOGEN is pleased to be presenting a group invitational exhibition focusing on use of fiber as art form. Functional and non-functional work will be included in this unique exhibition of textile based arts. Color, texture and composition form the backbone of this diverse collection including hand hooked rugs by Roxy Applegate, wall hung weavings and baskets by Leena Riker, mobiles and book art by Kathy Karbo, felted sculpture by Andrea Burnett are

just a few who will be included to this delightful collection. The exhibition will open for Astoria's Second Saturday Artwalk, December 12th with a reception for the artists, 5 – 8 pm. All are invited to attend and enjoy good company and cheer. Food and drink will be provided by the Astoria Coffeehouse and Bistro. All work will be available to take at the time of purchase, with the gift giving season in mind.

HOOK, PULP AND WEAWE is a collection of just a few examples of what textile or fiber arts has evolved into. With the lessening of the importance of function, and the consideration of pure artistic concept being delivered through the fiber medium, artists have found a new voice to explore ancient arts, utilizing texture, color and form. While much of the work included to this exhibition is functional, several pieces are



Leena Riker, *Fall Aster* Finnish paper twine, hand dyed bamboo yarn



Roxy Applegate hand hooked hand dyed wool on linen *CityScapes* 42x12

based strictly on sculptural methods, incorporating some form of fiber. Andrea Burnett of Portland brings 3-dimensional soft sculpture created from needle felted wool, Christine Trexal of Astoria includes her intricate hand-made boxes that house their own story, utilizing handmade paper fiber. Leena Riker, born in Finland and now residing in Gearhart, is known and respected for her skills as a weaver, she brings wall hung weavings and baskets. Riker incorporates paper from Finland as well as other fibers such as linen and bamboo into her intricately loomed and handwoven pieces. Gloria Freshley of Portland has a new collection of clean and contemporary design work carefully considering hue and texture through use of block print and stitch, she brings scarves and table runners. Roxy Applegate of Astoria has for years focused on the creation of hook rugs, sometimes dying her own materials and creating her own vibrant designs, she loves color! Her finished pieces are meant for the floor, but they look equally grand on the wall, presented as strictly an art form. Kathy Karbo of both Portland and Gearhart, keeps her focus on paper and shape created through cutting, she creates delicate mobiles and elaborate book forms, and Julie Kern Smith of Portland, shares her rich and sophisticated scarves and wraps made of nuno felted wool. Hook, Pulp and Weave is an eclectic, tactile and exciting blend of fiber forms that all will enjoy.

Imogen Gallery is located at 240 11th Street. Open Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday and closed Wednesdays. 503.468.0620 www.imogengallery.com.

Investigative Journalist David Neiwert: *Of Orcas and Men* At Seaside Public Library

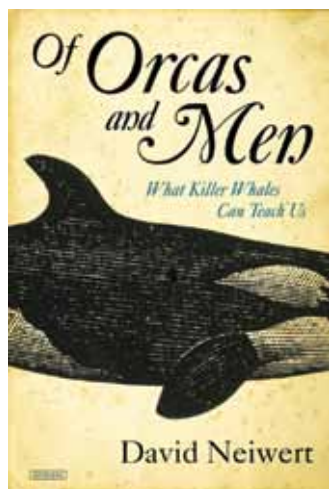
THE FRIENDS OF THE SEASIDE LIBRARY will be hosting David Neiwert, author of *"Of Orcas and Men: What Killer Whales Can Teach Us"* on Thursday, December 17, at 7:00 p.m. The event will be held in the Community Room and there will be book sales presented by Beach Books.

The Orca—otherwise known as the killer whale—is one of Earth's most intelligent animals. Remarkably sophisticated, orcas have languages and cultures and even long-term memories, and their capacity for echolocation is nothing short of a sixth sense. They are also benign and gentle, which makes the story of the captive-orca industry—and the endangerment of their population in Puget Sound—that much more damning.

In *"Of Orcas and Men"*, a marvelously compelling mix of cultural history, environmental reporting, and scientific research, David Neiwert explores an extraordinary species and its occasionally fraught relationship with human beings. Beginning with their role in myth and contemporary popular culture, Neiwert shows how killer whales came to capture our imaginations, and brings to life the often catastrophic environmental consequences of that appeal. *"Of Orcas and Men"* is a powerful tribute to one of the animal kingdoms most remarkable members.

David Neiwert is an investigative journalist based in Seattle. He is the author of many books, including *"And Hell Followed with Her"* and *"Strawberry Days"*. His reportage for MSNBC.com on domestic terrorism won the national Press Club Award for Distinguished Online Journalism. Neiwert is also the senior editor of *Crooks and Liars*.

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



RAIN WRITING Workshop Astoria w/With Matt Love Jan 23

RAIN IS UBIQUITOUS on the Pacific Northwest Coast, an essential part of living here, but many creative people—in business and art—fail to embrace what rain has offer the creative temperament.

Join author, educator and rain fanatic Matt Love for his one-day Rain Writing Workshop in Astoria, one of the great rain cities in the

Whether you are a writer, musician, visual artist, photographer, woodworker, teacher, or some other kind of creative person, diving into rain as a source of inspiration could enliven your mind and take your creativity in new, unforeseen directions.

"When I finally learned to embrace rain for everything creative and spiritually it had to offer me, it changed my entire teaching and writing styles—for the better, I like to think," said Love. "I think thinking and writing and talking about rain can do something just as powerful for other creative types."



The workshop will be held at the Fort George Brewery Lovell Showroom on Saturday, January 23, 2016 from 10:00 a.m. to 3:30 p.m. The cost is \$80 and participants will pay at

world. In this creative thinking, visualization and writing workshop, Love will assist participants to confront rain in non-metrological terms with the intent of unlocking powerful metaphors that will enhance the creative process.

the first session. Students should be prepared to walk in rain if weather is favorable. Email Love at nestuccaspitpress@gmail.com to register. The class will be capped at 15 participants.

Contact lovematt100@yahoo.com

Writing Workshop Author Mindy Halleck: *How Objects Tell a Story* Hoffman Center in Manzanita

AUTHOR MINDY HALLECK will teach a writing workshop on *"How Objects Tell a Story"* on Saturday, January 9, from 10 to 3 at the Hoffman Center for the Arts in Manzanita.

This workshop is useful for writers working in Novel, Short Story or Memoir.

What is lord of the Rings without the RING, Cinderella without GLASS SLIPPERS? These iconic objects are shorthand for legendary stories that could not be told without them. Objects, sometimes called plot-devices, in fiction writing can be over done. However a well-crafted plot device, or one that emerges naturally from the setting or characters of the story, can enrich the story and provide an added layer of reader satisfaction. Students will learn to create a narrative for an object that can be backstory shorthand, enhance storytelling, help eliminate pages of narration and aid in telling a more layered tale. The workshop will look at the when, where, and how objects intersect with plot, and how to create more depth in stories. There will be writing exercises, visual presentations, displays, Q & A, handouts, and powerful story discovery worksheets.

Mindy will do a reading from her novel, *Return to Sender* at the Cloud & Leaf Bookstore after class from 4:30-5:30pm.

Mindy Halleck is an award-winning author, and instructor. Her novel *Return to Sender* – set in the

Manzanita Oregon of the 1950s – was a featured debut novel in Kirkus Review Magazine in 2015, and also won a 'Readers Favorite' award. Recently, Halleck won a Writer's Digest fiction contest with her short story, *A Mother's Confession*, which is published in the Nov/Dec 2016

Writer's Digest Magazine. Halleck blogs at Literary Liaisons and is an active member of the writing community. A one-time magazine columnist and travel writer, she is a happily married, globe-trotter currently working on her second novel, *Garden of Lies*.

Please visit the Hoffman Center website to register by January 3, 2016 for this fast paced informative writer's workshop. <http://hoffmanblog.org/ongoing-classes/register-for-workshops>.

Held at the Hoffman Center for the Arts, the workshop is \$50. Register and get more information at hoffmanblog.org.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts and will be held at the Hoffman (across from Manzanita Library at 594 Laneda Avenue.) Contact Vera Wildauer, vwildauer@gmail.com



Manzanita Writers Series Heads into their 8th Year, 2016.

MWS THIS YEAR will kick off with Ellen Urbani, author of *Landfall*. Other authors include Thor Hanson - *The Triumph of Seeds*; Nicole Hardy - *Confessions of a Latter-Day Virgin*; Jonathan Evison - *This is Your Life*; Harriet Chance, Liz Prato - *Baby's On Fire*; and Cat Winters - *The Uninvited*.

A number of the authors will also teach workshops during the day. Also additional writing workshops throughout the year, beginning in January. Check the schedule and registration information at hoffmanblog.org.

PoetryFest will expand this year to a three-day event April 22-24, with workshops and readings by poets John Brehm and Andrea Hollander.

The Manzanita Writers' Series will also host a number of added special events for 2016.

MARCH 5, MATT LOVE, will teach a writing workshop titled *Getting the Writing Going*. He'll do an evening reading at the Hoffman from his new book *The Great Birthright*.

JULY 16, MEGAN KRUSE, author of *Call Me Home* and recently honored with a National Book Foundation "5 under 35" award, teaches a workshop. That evening there'll be a reading/discussion with Megan and with Tom Spanbauer, acclaimed author and founder of *Dangerous Writing*.

The admission price for author events is \$7. Workshop fees vary by workshop so check hoffmanblog.org for details and registrations.

This year continues a "suggested theme" for Open Mic for each event. Writers are welcome to write to theme for their 5-minute piece although it is not a requirement. Themes will be announced in advance of each event.

Open Mic Poetry Night

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. Bring poems . . . each event, there's something a little bit different. Let poetry be your adventure!



The Trial Band. Haystack Holidays Concert. \$39, 7pm at the Coaster Theater in Cannon Beach.

CINEMA
Sometimes a Great Notion. Film Screening by author Matt Love. Free, 7pm at the Sou'wester Lodge in Seaview.

FOOD & DRINK
Holiday Tea and Plum Pudding. \$12, includes museum admission. 1 – 3pm at the Flavel House Museum in Astoria.

NYE 2016

MUSIC
Big Bad Band New Year's Eve Dance Party. Featuring the Lincoln City Pops Orchestra. \$40/ person or \$75 per couple. 8:30pm – midnight at the Lincoln City Cultural Center.

Condition White. 9pm at the Adrift Hotel in Long Beach.

Will West & The Friendly Strangers. No cover, 9pm at the Sand Trap Pub in Gearhart.

HAPPENING
New Year's Eve Dance Party. At the Sou'wester Lodge in Seaview.
New Year's Eve 50's Party. \$100. At the Astoria Masonic Lodge. FMI, call 503-325-2203
New Year's Eve Party. With Five Guys Named Moe. At the Convention Center at Chinook Winds in Lincoln City.

Dragalution. Daylight and Friends New Year's Eve Celebration. Drag show and dance party. \$10, 21 and over, 10pm at the Columbian Theater.

Fireworks at Midnight Over the Ocean. In front of the boardwalk at Long Beach.

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.

THEATER
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Friday 1

MUSIC
Bradford Loomis. 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK
Black Eyed Pea Potluck. All day at the Sou'wester Lodge in Seaview.

HAPPENING
First Friday Nights. A mix of live music, games, film screenings, skills demonstrations, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 – 9pm at the Barbey Maritime Center in Astoria.

THEATER
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Saturday 2

MUSIC
Bradford Loomis. 9pm at the Adrift Hotel in Long Beach.

ART
Seaside Art Walk. 5 – 8pm at galleries and businesses in downtown Seaside and Gearhart.

FOOD & DRINK
Wine Tasting. Wines from Italy. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. 1 – 5pm at the Wine Shack in Cannon Beach.

HAPPENING
Game Day at the Library. Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

THEATER
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Sunday 3

MUSIC
Bradford Loomis. 7pm at the Adrift Hotel in Long Beach.

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

HAPPENING
First Sunday Family Program. A time for fun filled family experiences and are inspired by the museum's 3D movies: Galapagos and Turtle Vision. Included with paid admission. 10:30am – 3:30pm at the Columbia River Maritime Museum in Astoria.

Monday 4

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

HAPPENING
Open Stage for Music and Word. Performers can sign up at the door for 10-minute slots. \$3 donation, 7 – 8:30pm at the Hoffman Center in Manzanita.

Tuesday 5

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

Wednesday 6

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

Thursday 7

MUSIC
Slater Smith. 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
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Friday 8

MUSIC
Chris Parker Jazz Quartet. NYC-based jazz pianist/composer Chris Parker performs as a quartet, with Portland jazz venerable's. Doors open 7pm. At KALA in Astoria. Doors open 7pm. Show at 8pm. Ticket \$15@ door. \$13.00 in advance at brownpapertickets.com. See story page 3.

North Coast Chorale's Winter Concert Dec 12 & 13

THE NORTH COAST CHORALE will present its Annual Winter Concert titled *Seasonal Gifts & Celebrations* on Saturday, December 12 at 7:00 pm and on Sunday, December 13 at 2:00 pm at Performing Arts Center (PAC), 588 16th Street, Astoria.

The concert will include Traditional Holiday Music with Audience Sing- along; *Mid-Winter Songs* by Morten Lauridsen (an original composition based on the poems of Robert Graves); and feature the *The Nguzo Saba Suite* (A Special Kwanzaa Celebration with Biblical Text by Glenn Edward Burleigh) with the Maddox Dancers and North Coast Printmaker's Collective Visual Representations. Tickets \$10 @ the door.

Astoria Public Library After Hours presents the Consort of All Sorts Dec 18 • 6pm

Astoria Public Library and Astor Library Friends Association present Library After Hours, a free series of cultural events that take place at the library after regular hours of operation. The series continues on Friday, December 18 at 6pm, with a holiday concert. Admission is free and light refreshments will be provided.

This festive event will feature Astoria's own early music ensemble, the Consort of All Sorts, playing instrumental and vocal music from the 17th and 18th centuries with themes appropriate for the winter holiday season. On the program will be baroque trio sonatas by Quantz, Telemann, Schickhardt, Sammartini, and Boismortier, plus several unusual carols sung by baritone Drew Herzig accompanied by the Consort.

Members of the group participating in this concert include Phyllis Taylor on cello, Hannelore Morgan on recorder, Charles Schweigert on baroque flute, Donna Carson on bassoon, Ray Lund on

harpsichord, and Drew Herzig on percussion and vocals.

Slater Smith. 9pm at the Adrift Hotel in Long Beach.

ART
Opening Reception. Robert Thomlinson's paintings and installation art overflow with symbolism and poetry. 5 – 7pm at the Lincoln City Cultural Center.

THEATER
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Saturday 9

MUSIC
Scratchdog Stringband. 9pm at the Adrift Hotel in Long Beach.

ART
Artist-in-Residence Show & Tell. 1pm in the Boyden Studio at the Sitka Center, near Otis.

FOOD & DRINK
Wine Tasting. Wines from Spain. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. 1 – 5pm at the Wine Shack in Cannon Beach.

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

THEATER
Seasonal Allergies. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Sunday 10

MUSIC
Coffee Concert. Local musicians will perform with pastries and java provided. 3pm at the Lincoln City Cultural Center.

Neskowin Chamber Music Series. Pacifica String Quartet. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

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

Scratchdog Stringband. 7pm at the Adrift Hotel in Long Beach.

THEATER
Once Upon a Mattress. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Nature Matters. Welcome Back Otter! With Quinn Read. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

\$60/player, cart rental is \$15/player. Noon shotgun start at the Gearhart Hotel.

THEATER

Two One-Act Plays. The Dear Departed and A Separate Peace will be performed as Readers Theater. \$10, 7pm at NCRD in Nehalem.

WEEKLY

Friday

MUSIC
Maggie & The Cats w/ The Tolovana Brass. A New Orleans Gumbo of eclectic covers, soul, blues, r&b, and a Lagniappe of originals. No cover, 6:30 – 9:30 at the Wine Bar at Sweet Basil's in Cannon Beach.

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.

Jackson Andrews & Dave Quinton. Blues/ Folk/Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo's Brew & Cork in Astoria,

HAPPENING
Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 – 7pm at Imogen Gallery in Astoria.

Trivia Night. Find out how much useless (or even useful) stuff you know at the weekly Trivia Night. 7pm at Baked Alaska in Astoria.

Family Skate Night. The Shanghaied Roller Dolls host a family friendly Open Skate Night. There's also Shanghaied Roller Doll merchandise available to purchase and concessions if you need a snack during all the fun! Come on Friday and see if your favorite Doll is there. \$2 at the door and \$3 for skate rentals. 5 - 9:00pm at the Astoria Armory.

Spirit Dance 2. A free-form dance celebration. Music by DJ Pranawave. 6pm warm-up & stretch. 6:15 circle opens and dance begins. 8pm finish. Suggested donation \$10, free for kids. At Pine Grove Community House in Manzanita.

Saturday

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

Open Mic. 3 – 6pm at the Beehive in Nehalem.

George Coleman. Pop/Jazz/Folk/Rock guitar. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

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

Saturday Night Dance Party. With DJ Nacho Bizznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

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.
North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.
Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Monday

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

Tuesday

MUSIC
Richard T. Blues. No cover, 6 – 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

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING
Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

THEATER

Teen Theater Club. Classes will present acting skill development and a monthly focus on a specific area of theater, including stage make-up, set design and lighting, script writing, budgeting and stage management. For ages 14 to 17. \$10/ month. At the ASOC Playhouse in Astoria.

Wednesday

MUSIC
George Coleman. Pop/Jazz/Folk/Rock. 5:30 – 9pm at Shelburne Restaurant and Pub in Seaview.

The Coconut. Swing/Jazz/Country/Blue-grass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Jam Session. No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.

Jam Session. Hosted by Richard Thomasian. No cover, 7 – 10pm at the Port of Call in Astoria.

Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.

LITERARY
Weekly Writing Lounge. A weekly drop-in writing environment with resources. \$3/ session. 10am – 12:30pm at the Hoffman Center in Manzanita.

SPIRITUAL
Ocean Within Awareness Group. Mission: to actively move toward our true nature and become one with the Ocean Within. Meetings will have two short meditation sessions, group discussions, and a focus practice for the week. All faiths/paths welcome. 6:30 – 7:30pm at the Astoria Indoor Garden Supply. FMI 503-741- 7626

Thursday

MUSIC
Alex Puzauskas. Jazz. 6pm at the Shelburne Inn in Seaview.

Dallas Williams. Folk/Americana. No cover, 6:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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

Live Music. Thursday Night Gigs, 6pm at the Cannon Beach Gallery.

Richard T. Blues. No cover, 6 – 8:30pm at T Paul's Supper Club in Astoria.

Two Crows Joy. 6 – 8pm at the Sand Dollar Restaurant & Lounge in Rockaway Beach.

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

Music Jam. All are welcome. 6:30 – 8:30pm at the Astoria Senior Center.

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

JOY (DEC. 25)

Already being touted for a Best Actress nomination, Jennifer Lawrence toplines this Rocky-esque of a woman whose pursuit of a happy life is dealt a devastating setback, only to pull herself together for the sake of her children and herself by literally re-inventing herself. Lawrence plays Joy Mangano, a Long Island Italian-American woman brought up to believe she can have it all and for a while she does, marrying and starting a family with husband Tony (Edgar Ramirez) until she catches him having an affair. After Tony leaves, Joy takes a job as a waitress. Observing the inefficient mess of a mop she has use cleaning up, a light bulb goes on in Joy's head. She invents a self-wringing mop and tries to market it to HSN. An HSN exec (Bradley Cooper) is skeptical, but gives Joy a shot. Thus begins Joy's battle to regain her life and self-esteem against naysayers, unscrupulous businessmen and betrayal from someone very close to her. Synopsis: A story of a family across four generations, centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise in a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.



Director Alejandro Innaritu (Birdman) returns with a tale of frontier revenge that star Leo DiCaprio has called the most grueling experience of his acting career.



IN THE HEART OF THE SEA (DEC. 11)

After examining hyper-competitive and dangerous world of Formula 1 racing in Rush, director Ron Howard examines the perils of the sea in this whaling survival story that inspired Herman Melville's Moby Dick. In 1820, as it does now, oil drove the world, and the whaler Essex is on a two-year voyage from Nantucket to the South Pacific to harvest 2,000 pounds of oil. The voyage soon becomes a test of wills between experienced first mate Owen Chase (Chris Hemsworth) and owner's son George Pollard (Benjamin Walker), a greenhorn at sea, whose father has made captain. After initially finding pickings slim, the Essex rounds the Horn and ventures deep into the Pacific to find whales in abundance. While in South America they hear rumors of one in particular – a “demon” whale that has sent more than one ship to its grave. Sure enough, the Essex encounters a behemoth whale nearly

as large as their vessel. With one flick of its tail, the whale turns the Essex into a blazing wreck. The survivors take to two whale-boats, but with no sails, equipment or food and the nearest land 3,000 miles away, survival seems

hopeless.

STAR WARS: THE FORCE AWAKENS (DEC. 18)

When Disney spent \$4B to purchase Lucasfilm in 2012, the goal was always to revive the Star Wars franchise that George Lucas himself had nearly destroyed with three universally-despised prequels high on special effects and low on memorable character and story unless the much detested Jar Jar Binks counts. With director J.J. Abrams at the helm, Disney started from scratch and went back to the original trilogy for inspiration, eventually going so far as to include the

three leads from the original trilogy in the new movie – Harrison Ford, Carrie Fisher and Mark Hamill, as well as fan favorites Chewbacca, C3PO and R2D2. But the leads of The Force Awakens will be two newcomers – young British actors Daisy Ridley who plays Rey and John Boyega who plays Finn. Adam Driver plays Darth Vader worshipper Kylo Ren and there is even a new cute droid – the rolling BB8. Disney is moving quickly on the Star Wars train with the director of the next film already announced as Rian Johnson (Looper) and a standalone film, Rogue One, coming in 2016.

CONCUSSION (DEC. 25) In this pro football expose story, Will Smith plays Nigerian Dr. Bennet Omalu, a pathologist who discovers CTE, a brain trauma disease caused by the violent collisions

required by the game. A non-football fan who works in the Pittsburgh coroner's office, Omalu is unbothered when the body of former pro football player Mike Webster (David Morse) shows up in the morgue. Intrigued by the death of a seemingly healthy man who suffered from depression, memory loss and mood swings after retirement, eventually ending up homeless, Omalu runs tests on Webster's brain. What he finds is a brain deterioration resembling Alzheimer's disease. Theorizing that thousands of violent collisions throughout a pro football career led to the condition, Omalu publishes a paper in a medical journal detailing the condition. Naively assuming the NFL would welcome his findings to help make the game safer, Omalu is jolted when billion dollar business instead pushes back and tries to bury them. As more and more ex-football players come forward with similar symptoms, Omalu finds allies like a former Steelers doctor (Alec Baldwin) who help him expose the truth even while the FBI raids Omalu's boss' office and he receives a threatening phone call.

THE HATEFUL EIGHT (DEC. 25 LIMITED)

A Reservoir Dogs-like story of bad men with guns stuck in a room together. Synopsis: While racing toward the town of Red Rock in post-Civil War Wyoming, bounty hunter John “The Hangman” Ruth (Kurt Russell) and his fugitive prisoner (Jennifer Jason Leigh) encounter another bounty hunter (Samuel L. Jackson) and a man

who claims to be a sheriff. Hoping to find shelter from a blizzard, the group travels to a stagecoach stopover located on a mountain pass. Greeted there by four strangers, the eight travelers soon learn that they may not make it to their destination after all.

THE REVENANT (JAN. 8) Director Alejandro Innaritu (Birdman) returns with a tale of frontier revenge that star Leo DiCaprio has called the most grueling experience of his acting career. Loosely based on real characters, Leo plays Hugh Glass, who works for the Rocky Mountain Fur Co. in the early 1820s. Glass is a guide for fur trappers, taking them deep into dangerous territory. His group includes his son, Hawk (Forrest Goodluck), Captain Henry (Domhnall Gleeson) and a nasty piece of work named Fitzgerald (Tom Hardy) who makes it clear he is only there for the money. Theirs is a life of privation, hard work and sudden death as they are attacked by a Pawnee tribe and several meet their ends. With winter coming, the survivors decide to head back. While alone in the forest, Glass is attacked and mauled nearly to death by a mammoth grizzly bear. With terrible wounds and unable to walk or talk, carrying Glass over rough terrain threatens the safety of the group. Capt. Henry decides that Hawk, Fitzgerald and young Jim Bridger (Will Poulter) will care for Glass until he dies. It doesn't take long for Fitzgerald to convince the impressionable Bridger to leave Glass to die, which they do, killing Hawk and burying Glass in a shallow grave. But Glass does not die, which begins his next ordeal, staying alive in freezing weather with no food or weapons – kept alive only by his burning desire for revenge.





FREE WILL ASTROLOGY

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December

ARIES (March 21-April 19): "Charm is a way of getting the answer 'yes' without having asked any clear question," wrote French author Albert Camus. I have rarely seen you better poised than you are now to embody and capitalize on this definition of "charm," Aries. That's good news, right? Well, mostly. But there are two caveats. First, wield your mojo as responsibly as you can. Infuse your bewitching allure with integrity. Second, be precise about what it is you want to achieve -- even if you don't come right out and tell everyone what it is. Resist the temptation to throw your charm around haphazardly.

TAURUS (April 20-May 20): I suspect that in the coming days you will have an uncanny power to make at least one of your resurrection fantasies come true. Here are some of the possibilities. 1. If you're brave enough to change your mind and shed some pride, you could retrieve an expired dream from limbo. 2. By stirring up a bit more chutzpah that you usually have at your disposal, you might be able to revive and even restore a forsaken promise. 3. Through an act of grace, it's possible you will reanimate an ideal that was damaged or abandoned.

GEMINI (May 21-June 20): To the other eleven signs of the zodiac, the Way of the Gemini sometimes seems rife with paradox and contradiction. Many non-Geminis would feel paralyzed if they had to live in the midst of so much hubbub. But when you are at your best, you thrive in the web of riddles. In fact, your willingness to abide there is often what generates your special magic. Your breakthroughs are made possible by your high tolerance for uncertainty. How many times have I seen a Gemini who has been lost in indecision but then suddenly erupts with a burst of crackling insights? This is the kind of subtle miracle I expect to happen soon.

CANCER (June 21-July 22): In September of 1715, a band of Jacobite rebels gathered for a guerrilla attack on Edinburgh Castle in Scotland. Their plan was to scale the walls with rope ladders, aided by a double agent who was disguised as a castle sentry. But the scheme failed before it began. The rope ladders turned out to be too short to serve their intended purpose. The rebels retreated in disarray. Please make sure you're not like them in the coming weeks, Cancerian. If you want to engage in a strenuous action, an innovative experiment, or a bold stroke, be meticulous in your preparations. Don't scrimp on your props, accouterments, and resources.

LEO (July 23-Aug. 22): If you give children the option of choosing between food that's mushy and food that's crunchy, a majority will choose the crunchy stuff. It's more exciting to their mouths, a more lively texture for their teeth and tongues to play with. This has nothing to do with nutritional value, of course. Soggy oatmeal may foster a kid's well-being better than crispy potato chips. Let's apply this lesson to the way you feed your inner child in the coming weeks. Metaphorically speaking, I suggest you serve that precious part of you the kind of sustenance that's both crunchy and healthy. In other words, make sure that what's wholesome is also fun, and vice versa.

VIRGO (Aug. 23-Sept. 22): Your mascot is a famous white oak in Athens, Georgia. It's called the Tree That Owns Itself. According to legend, it belongs to no person or institution, but only to itself. The earth in which it's planted and the land around it are also its sole possession. With this icon as your inspiration, I invite you to enhance and celebrate your sovereignty during the next seven months. What actions will enable you to own yourself more thoroughly? How can you boost your autonomy and become, more than ever before, the boss of you? It's prime time to expedite this effort.

LIBRA (Sept. 23-Oct. 22): Police in Los Angeles conducted an experiment on a ten-mile span of freeway. Drivers in three unmarked cars raced along as fast as they could while remaining

in the same lane. The driver of the fourth car not only moved at top speed, but also changed lanes and jockeyed for position. Can you guess the results? The car that weaved in and out of the traffic flow arrived just slightly ahead of the other three. Apply this lesson to your activities in the coming week, please. There will be virtually no advantage to indulging in frenetic, erratic, breakneck exertion. Be steady and smooth and straightforward.

SCORPIO (Oct. 23-Nov. 21): You will generate lucky anomalies and helpful flukes if you use shortcuts, flee from boredom, and work smarter rather than harder. On the other hand, you'll drum up wearisome weirdness and fruitless flukes if you meander all over the place, lose yourself in far-off fantasies, and act as if you have all the time in the world. Be brisk and concise, Scorpio. Avoid loafing and vacillating. Associate with bubbly activators who make you laugh and loosen your iron grip. It's a favorable time to polish off a lot of practical details with a light touch.

SAGITTARIUS (Nov. 22-Dec. 21): "Like all explorers, we are drawn to discover what's out there without knowing yet if we have the courage to face it." Buddhist teacher Pema Chödrön said that, and now I'm telling you. According to my divinations, a new frontier is calling to you. An unprecedented question has awakened. The urge to leave your familiar circle is increasingly tempting. I don't know if you should you surrender to this brewing fascination. I don't know if you will be able to gather the resources you would require to carry out your quest. What do you think? Will you be able to summon the necessary audacity? Maybe the better inquiry is this: Do you vow to use all your soulful ingenuity to summon the necessary audacity?

CAPRICORN (Dec. 22-Jan. 19): "Once I witnessed a windstorm so severe that two 100-year-old trees were uprooted on the spot," Mary Ruefle wrote in her book *Madness, Rack, and Honey*. "The next day, walking among the wreckage, I found the friable nests of birds, completely intact and unharmed on the ground." I think that's a paradox you'd be wise to keep in mind, Capricorn. In the coming weeks, what's most delicate and vulnerable about you will have more staying power than what's massive and fixed. Trust your grace and tenderness more than your fierceness and forcefulness. They will make you as smart as you need to be.

AQUARIUS (Jan. 20-Feb. 18): Aztec king Montezuma II quenched his daily thirst with one specific beverage. He rarely drank anything else. It was ground cocoa beans mixed with chili peppers, water, vanilla, and annatto. Spiced chocolate? You could call it that. The frothy brew was often served to him in golden goblets, each of which he used once and then hurled from his royal balcony into the lake below. He regarded this elixir as an aphrodisiac, and liked to quaff a few flagons before heading off to his harem. I bring this up, Aquarius, because the coming weeks will be one of those exceptional times when you have a poetic license to be almost Montezuma-like. What's your personal equivalent of his primal chocolate, golden goblets, and harem?

PISCES (Feb. 19-March 20): "Unfortunately, I'm pretty lucky," my friend Rico said to me recently. He meant that his relentless good fortune constantly threatens to undermine his ambition. How can he be motivated to try harder and grow smarter and get stronger if life is always showering him with blessings? He almost wishes he could suffer more so that he would have more angst to push against. I hope you won't fall under the spell of that twisted logic in the coming weeks, Pisces. This is a phase of your cycle when you're likely to be the beneficiary of an extra-strong flow of help and serendipity. Please say this affirmation as often as necessary: "Fortunately, I'm pretty lucky."

Homework: What's the most selfish, narcissistic thing about you? Do you think that maybe you should transform it? Testify at FreeWillAstrology.com.

Bike Madame

By Margaret Hammitt-McDonald

Things You Can Make out of a Bike (or Bike Parts)

MY MOTHER always used to tell my brother and me that the best gifts were the ones we made ourselves. This was a generous statement, since our parents were the most frequent recipients of our goofy, non-functional presents. With an increasing number of people becoming concerned about the hyper-consuming, wasteful first-world lifestyle, handmade gifts are making a comeback—well, maybe

not that reproduction of Da Vinci's "Last Supper" using uncooked elbow noodles, but...do you have decrepit bikes and bike parts moldering in the back of your garage? If you're good with your hands (welding skills are a plus), then you can turn unride-able bikes into something useful, beautiful, or both. Here are a few ideas to get you started.

A paddle-bike: During my childhood summer vacations, my family stayed in a lakeside cottage where some residents across the way turned two old three-speeds into paddle-wheelers by replacing the wheels with the Mississippi River-inspired apparatus for a paddleboat (I don't know the proper name for these things), along with floats to keep the contraptions above water. (The idea was not to pedal your way along an underwater tour.) It was hilarious to watch somebody coming from across the lake on a bike, looking as if he/she was pedaling on water. Designs abound online, ranging from a paddleboat that uses a bike's crank and pedals to power it to a complete bike frame on pontoons. My favorite is the deluxe Amphibious Red Couch (<http://laughing-squid.com/the-amphibious-red-couch-a-bicycle-pedal-powered-paddlewheel-pontoon-couch/>), still in development by Dawn Thomas and Robert van de Walle. When complete, it will "become an aquatic conveyance of extraordinary utility and amusement," in the steampunk-esque words of its creators.

Pedal power: If your holiday gift budget doesn't extend to purchasing a home

wind power or geothermal system for the renewable-energy enthusiasts in your circle, then consider this low-tech alternative. Stationary bicycles (or a regular bike on a training stand) can be used to power appliances, from blenders to washing machines.

Popular Mechanics makes their design available online (<http://www.popularmechanics.com/technology/gadgets/how-to/a10245/pedal-power-how-to-build-a-bike-gener->



ator-16627209/), and you can find many others by searching the Web. For the rider, I suggest starting with a small appliance, such as a blender, not something that would cause catastrophe if you got tired of pedaling in the middle of a lengthy process, such as washing a load of laundry.

Home décor: Artists have turned bike components into everything from fashion (Ruthie Waddy's Goth-inspired gowns made from inner tubes) to fixtures (Jo O'Connell and Blessing Hancock's beautiful chandelier made from sprockets), to furnishings (Andy Gregg's "stuffed" chairs, named for the results of a head-on collision, at least for the bikes involved). You can see images of these remarkable bike artworks at <http://totalwomen-scyling.com/lifestyle/10-mindblowing-things-made-from-bicycle-parts-37455/5>.

If you're not mechanically or artistically inclined, there's always the simple but useful gift to fall back on. Like many cyclists, a friend of mine had a pile of perforated inner tubes in the back of her basement, the kind that have been punctured too many times, or too severely, for repair. She couldn't bear to toss them in the landfill, so they accumulated...until she realized she could use them to keep her yard's gate closed so her goats wouldn't wander. What guardian of backyard livestock wouldn't love such a gift? You get extra points if you glue googly eyes on, or add a festive bow made from an outstretched bungee cord.

Of such ingenuity and thriftiness, our parents would all be proud.

WORKSHOPS/CLASSES

MEDITATION CLASS AT CCC. Learn how to sit quietly, be in your body, and listen to your heart in the practice of developing compassion for yourself and others. A secular class of self discovery, students help each other to create a home practice of meditation. Starting this fall - Thursdays 6-7:30pm. at the college room 209 Towler Hall. Register at Clatsop College. For more info: Ron Maxted 503.338.9153, email ronmaxted@wwetsky.net

Natural Dye & Weaving Workshop. December 19 & 20. With Brooke Shepherd. During a walk on the beach, participants will gather materials for dye baths, preparing fabrics and yarns using seawater as a mordant. learn the basic techniques of weaving on a small loom and we will incorporate themes of winter, darkness, and light as you learn to create plain weave, rya knots, and shapes with hand dyed yarn. All supplies provided. Families are encouraged to participate together. Suggested donation \$15-\$20 for adults, \$10 for kids. RSVP to souwesterlodge@gmail.com or call 360-642-2542

Handmade Soap/Japanese Tawashi Workshop. November 22. Learn to make handmade cold process vegan bar soap. Learn the entire process from beginning to end. From there, learn how to create a crocheted flower shaped washcloth in the Japanese Tawashi method. The combo workshop is \$60 or soap workshop is \$45/Tawashi workshop \$25. At Lucky Bear Soap Company in Tillamook. Please register by November 15th by calling 503-812-3595 or 541-418-2329.

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

The Hoffman Center Clay Studio. Manzanita. Drop by studio to reserve or e-mail hoffman-claystudio@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).

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 NAMASTE. Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for weekend workshops. www.yoganam.com. 530 440 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. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. http://riverszen.com orFacebook.com/RiversZen.

YOGA—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. Saturday 8-9:30am Mixed-Levels Yoga. 4 different instructors, \$8 drop-in fee each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Café, turn left uphill). Call 503-368-7160 for more information.

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

YOGA—Manzanita, Center for Contemplative Arts, Manzanita Ave., Tuesday 5-6:30pm. \$10 drop-in fee. Call 503-368-3733 for more information.

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

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.

THAI CHI /QIGONG. ASTORIA. Angela Sidlo teaches Tai Chi at Astoria Arts & Movement Center! Mon 10-11, Wed 10 - 11, Thur 5:30 - 6:30, QiGong, Tue, 12:10 - 12:50, Thur 12:10 - 12:50. Starts in Sept. Call Angela to register 503-338-9921

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

LEARN SELF DEFENSE. American Kenpo Karate (Ocean Park, Wa) Private & Semi-Private Lessons (Adults Only, \$10.00 Per Lesson. Currently Teaching Wednesdays And Saturdays). For Free Introductory Lesson Contact Instructor Jon Belcher At:Phone: 360-665-0860 E-Mail:Jonbelcher1741@Yahoo.Com

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

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. Fall term thru Dec. 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

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@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.

Art & Mindfulness. With Amy Selena Reynolds. Once a month , 2nd Saturdays, 1–4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where are

and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee:\$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

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. Regration 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@wwetsky.net

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

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

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

VOLUNTEER

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. 222*.

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at www.clatsopcounty-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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@nehalementel.net



MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St, Astoria. Qeustions call: 503-338-6230.

LA LECHE LEAGUE OF ASTORIA. 2015 Fall Series Meeting Notice Breastfeeding Information and Support. If you are interested in breast-feeding your baby, consider attending a La Leche League meeting. You will meet other mothers who have breastfed their babies and mothers with babies around the same age as your own. Group meetings provide an opportunity for both new and experienced mothers to connect and share their questions and concerns with each other. Babies and toddlers are always welcome. Meetings are held on the Third Thursday of each month from from 11:00 – 12:30 at 320 South Street, Astoria. Come join us! • November 19 What to Expect: The Normal Course of Breastfeeding-December 17 New Beginnings: Baby's First Foods. La Leche League Leaders are available to answer breastfeeding questions and concerns. For more information on meetings or questions, please call/text Megan Olen @ 503.440.4942 or Janet Weidman @ 503.741-0345

LA MESA CONVERSATION GROUP. Join us on Tuesday nights this summer to share food, community, and culture! La Mesa de Conversacion (conversation table) brings together a group of community members to discuss common themes and informally practice both English and Spanish over shared meals. La Mesa will be held all summer on Tuesdays from 6-8, and is a family event, with activities for kids. Join us tomorrow night– we'll be talking about summer celebrations and traditions over a meal of fajitas provided by the Bunkhouse! For more info, contact Willa Childress at (503) 812-1056 or at wchilddr@macalester.edu.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. For directions call Steve Jordan at 503-325-1807.

TILLAMOOK PILOTS ASSOCIATION. Meets 1st Sat ea. month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Interested in learning to fly? Or simply interested in general aviation, come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for

ENCORE. Join us for the ENCORE Lunch Bunch the first Tuesday of the month. Questions about Lunch Bunch? Call Reta Leithner 503-717-2297. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE is sponsored by Clatsop Community College, and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinatior, 503-338-2408, or toll free at 1-855-252-8767.

GIVING NEVER FELT SO GOOD!

Zumba Dance Benefit

Dec. 24th 9 am there will be a Zumba Dance Party benefiting the Brown Family of Astoria. Due to a sever house fire the Browns have been displaced from their home

Suggested donation for this 70 min class is \$10.00. 100% of donations will be given to the Browns as a community expression of care and support. The class will be held at the Astoria Arts and Movement Center 342 10th St. Astoria.

Five instructors from Cannon Beach, Seaside, Astoria and Ilwaco will be leading the class.

Jingle Some Bells!,
Its the Perfect Day to
Dance, Donate, Be Merry

For more information contact Joy

503.738.6560

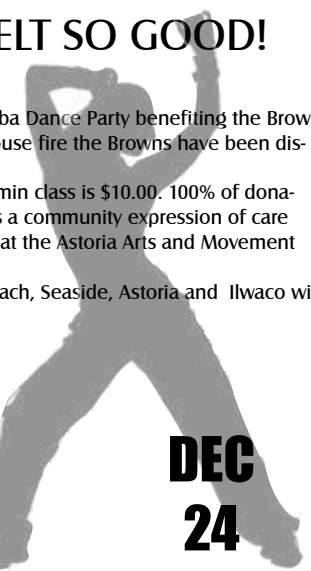
Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you. Located at 342 10th St. in Astoria.

• **Monday**
5:30 - 6:15pm SloFlow
Vinyasa Yoga with Jude MatulichHall
6:20 - 7:15pm QuikFlo
Vinyasa Yoga with Jude MatulichHall

• **Tuesday**
9:00-10:00am: Zumba Fitness with Nayelli Dalida
10:30 - 11:30am Therapeutic Chair Yoga with Jude MatulichHall
1:15 - 2:15pm Tai Chi with Margaret Murdock
7:30-8:30pm: Beg. West Coast Swing w/Jen Miller
8:30-9:30pm: West Coast Swingw/J. Miller Prac. Hr.

• **Wednesday**
9:00 - 10:00am Zumba Toning with Nayelli Dalida
10:30 - 11:30am Tai Chi with Margaret Murdock
7:00-8:15pm: Belly Dance with Jessamyn Grace



WEd cont.

8:30 - 9:30pm Argentine Tango Practica with Peter von Payens

• **Thursday**
9:00-10:00am: Zumba Toning with Nayelli Dalida
10:30 - 11:30am Tai Chi with Margaret Murdock
Slomo w/Kestral Gates
5:30 - 7:00pm Tri-Dosha Yoga with Melissa Henige

• **Friday**
9:30 - 10:40am Gentle Yoga with Terrie Powers
6:30 - 7:30pm Zumba with Nayelli Dalida (every other Friday Dec 4th, 18th)

• **Saturday**
6:00-7:00pm: Argentine Tango with Estelle Olivares
7:00-8:00pm: Argentine Tango Practica with Estelle Olivares

News: New Fall Classes!!
Slomo with Kestrel Gates, Ballroom/West Coast Swing with Jen Miller, and Zumba with Nayelli Friday evenings!

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

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

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. Meetings are held on the Third Thursday of each month from 11:00 – 12:30 at 320 South Street, Astoria. La Leche League Leaders are available to answer breastfeeding questions and concerns. Megan Olen@503.440.4942 or Janet Weidman@503.741.0345

Messages Sonja Grace mystic healer

Gratitude

IT'S that time of year where we celebrate with holiday lights, stressful preparations and family dysfunction. We try to get through this time of year without incident but inevitably we have some reoccurring pattern that crops up. We see our families and unite over holiday cheer but experience frustration, anger, anxiety and depression. How does this wondrous group of people push our buttons each year? This is the karma we share and are here to work out. When we address these issues within ourselves we start the healing for the whole family. One way to approach this holiday season is to focus on gratitude.

The Winter Solstice is the shortest day of the year, often dark and cold welcoming the

light. Over the centuries we have celebrated the Winter Solstice with ceremonies of renewal with the coming spring.

This year I propose we all relax and focus on being grateful for what we have. Even if you only have a can of soup and a loaf of bread be thankful you have just that. We increase our abundance through gratitude. Let's all find gratitude for the earth this year and celebrate her darkest day, welcoming the light through some kind of ritual or ceremony. Go outside on the Winter Solstice on Tuesday, December 22nd and say a prayer for the earth. Thank her for all that she gives to the life that inhabits her body. Her unconditional love for

each one of us providing food, shelter, water, air and an abundance of resources that make our lives easier. Celebrate this ancient marker of time with the understanding we are passing through the darkest day into the light and like a birth we are renewed.

Put your hands on a tree, a rock or the ground and send your love and gratitude into this planet. She is alive and feels our every move. Allow your holiday depression to flow out your hands into the ground as the earth will take that from you. She has an amazing way of transforming the negative energy we carry through her body. If you have lost a loved one and mourn at this time of year allow that pain to be released through your hands into the earth. Give it all to her. Long ago we spoke to the earth before there was technology and gave her our pain and sorrow, joy and laughter. Tell her how you are doing. Allow yourself to release what you no longer need into the ground. Receive the earth's energy up through your feet and hands

allowing her to heal you. This time of year is difficult as is the passage from darkness into the light. Let your footsteps be soft and your voice quiet with the understanding that we are all in the cosmic birth canal preparing to be reborn into the light. Let's make this holiday season about gratitude for our lives, the earth, each other and Source.

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 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

word and wisdom

Time to close the book.

HAVE YOU ever read a novel that you just did not want to end? Yet, it did. With some reticence, you flip through the pages one last time and find the perfect spot for it on your bookshelf.

Chapters, stories, running themes. Much like life! I once thought my child-rearing days complete with nice husband and lovely home would last forever. Children grow up and partners sometimes move on - separately. That book is closed and shelved forever.

The end of the year is approaching. New Year's Eve is full of reflection and reminiscing among friends. New Year's day is cause for those silly resolutions. A new start!

So we shelve one book - 2015 - and start a new one. If we do it right, if we can look at

the structure and recurring themes of the past year, and the years before that, we can move forward with knowledge. Not aimless wishes and hopes but maybe something more satisfying and relevant.

This past year was a settling down into a busy, satisfying life. I realized I love having downsized. I liberated myself from a lot of stuff. In the process, I changed the way I looked at life. My life currently feels more grounded and spiritual. I have bills. I pay them. I have a job. I do it. I have a roof over myself and food to eat. I feel gratitude. I have time to spare for developing relationships, with others and.... with myself.

Certain books of my life are shelved. I get to work on my life this coming year and create

the life I think I want. I don't expect the good things to last forever anymore. I do expect new adventures and relationships to be part of the coming months. Life is more an adventure than a still-life painting.

Any good story or novel shows how characters change. The characters evolve. I want my life stories to be worthy of reflection. I want to grow with the life that I've been given. At the end of my days, I want my life to have been lived. I want no regrets and no remorse.

Counselor advice: Imagine your life as a series of chapters and stories. Any bad parts? That's okay. It's just one story in the bigger thing called life.

Tobi is a counselor in Warrenton. Her resolution for 2016 is to live life more fully.

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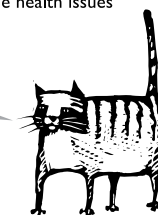
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bodies in balance

Health Care...Use it Wisely

THIS IS THE TIME OF YEAR when we're looking to use our health care dollars; the winter weather makes us more sick and depressed which makes for a busy time in health care. Alas as many have lost the routine of regular health care check-ups and even more are lacking a family doctor who may help them focus more on prevention. Instead we turn to emergency rooms, urgent care, and even the internet to fill the role of what primary health care once offered. This month I'd like to explore some of the variety in our current 'system' and help guide you through what's available.

Ideally we would all have a primary care doctor that would know all the nuances of our health issues, who could refer us for appropriate tests and specialists as needed, but was the constant point of care. This centralized person would know all our medications, supplements and our unique health challenges. They would guide us through the maze of health care so that we would be well-cared for, healthy individuals. This ideal person would also be caring for our children, spouse or partner to really understand the whole picture of our lives. Thanks to Obama care this primary care doctor has become more a priority than in the first 12+ years I was in practice and I have to say that Naturopaths can fill this role as well as some chiropractors, nurse practitioners, and medical doctors. As we embrace this model the transition is still a bit rough and slow, however. Young people entering the medical profession are looking to specialize, not generalize; it's sexier to be a rich neurosurgeon using cutting edge technology, than a rural family doctor advising a young mom on her baby's fever, or a teenager on his acne...alas I digress.

There are times, however, when you are ill or hurt and need more urgent attention. You cannot get an appointment with your primary care provider, or don't have one, or it's a day when the office is closed...what now? Many would choose the emergency room. Now if you are indeed experiencing a medical emergency i.e. broken bone, severe bleeding, concern about a life threatening event, etc. then YES by all means go to the emergency room. There the doctors and nurses will work to alleviate the emergent aspects of your situation...they will stabilize you and send you home or admit you to the hospital. They will not follow-up with you, refill your prescriptions, or necessarily diagnose the root cause of your health problem. They will also send you the biggest bill as they specialize in saving lives and understandably that carries a big price tag!

Now if you are not in an emergency situation but have an urgent health care issue for which you cannot wait for an appointment 3 days from now; then you would be better suited to an urgent care clinic. I'm thinking of things like a suspected infection, a bad sprain, a minor cut or injury which is not life threatening. Here the health care providers will evaluate your condition and treat you appropriately, they may provide minor follow-up care, but are not designed to be a primary care clinic i.e. are not going to follow the complexities of your entire health picture outside the main complaint of your visit. The bill for this type of visit will be much less than taking the same complaint to the emergency room. Of course if you are able to wait to see your primary care doctor this would be the



least expensive option depending on the issue you are experiencing and its relative cost to your health...a question worth weighing!

Another type of clinic that is commonly used is a public health clinic. Here there are nurses on staff to give vaccines, help with concerns surrounding infectious or communicable disease, including testing and treatments as well as family planning. Family planning is designed to offer counseling surrounding a reproductive life plan including birth control options for mainly women, but men as well. These clinics do often have great check-up and follow-up protocols, but have a limited offering to monitor overall health. For example they can often diagnose common conditions like high blood pressure, or bronchitis, but they cannot treat or monitor those conditions as they fall outside of the scope of family planning. Public health is typically government funded so the cost of these services are reduced or free.

By Tracy Erfling, N.D.

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

Questions?

erflingnd@hotmail.com



I also see many people use traveling screening services. There are many types, for example stroke risk assessments, bone density, or cholesterol screening. They can often be less expensive than the hospital or local lab. The limitation is that often there are nurses or technicians (someone not trained in diagnosis and treatment) performing and advising people of their results. Sometimes these tests are reported in different scales and measurements from their conventional counterparts, so it makes the results difficult to compare...apples to oranges. Overall I'm okay with these screenings if there is a consultation with a provider who can properly advise on how to manage the results, or if you are given a copy of the results and advisement to follow-up with your preferred provider.

Finally the mighty internet...a curse and a blessing when it comes to health care. I learn a GREAT deal from my patients who are committed internet researchers, for there is indeed so much information out there I cannot possibly wade through it alone. What I appreciate is functioning as their buffer, a reasonable voice between my patient and the www. I can look at sights and information through my own filters and advise them accordingly and then we both learn something. But when individuals use the internet with no buffer, no person knowledgeable in anatomy, pathophysiology, or basic biochemistry; a little bit of information can become problematic. It is worth remembering that many, if not most, websites are designed to sell you something; so be diligent about using your filters, checking and double checking information and claims before making health care decisions based on your computer's advice.

Don't forget to check out your health insurance options, thankfully these have really increased and will give you access to a much bigger circle of affordable health care options. Our 'system' is far from perfect, but it is changing in ways I remain optimistic about. Understanding what's available, what you can afford, and what is most prudent to your situation will help you use it wisely.

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

CHEW ON THIS!

by Merianne Myers



IT'S DECEMBER . . .

the month of expense and exhaustion. If my experience in the stores lately is any indication, it is the time of year that many people have not very much fun spending money they don't yet have on stuff nobody needs. Forgive me. My cynicism just escaped through a crack in my courtesy and took a spin in that opening sentence.

I don't need to spend valuable column inches carrying on about my dislike of gift giving holidays and religion. I'm pretty sure I've already done that. Repeatedly. Suffice it to say, I'm not big on either one and they tend to meet in a contemptible confluence in otherwise lovely December. December comes bearing the Winter Solstice, the shortest day of the year and with it the promise of more light to come. The Solstice pre-dates anything else humans have cut and pasted onto the month of December. It will be with us until the sun burns out. It has unrivaled seniority requires no shopping whatsoever, happens whether we celebrate it or not and subtly but surely impacts our lives every year. Seems like that ought to be enough.

However, if you are moved to observe Ramadan, Christmas, Eid al-Fitr, Saint Nicholas Day, Fiesta of Our Lady of Guadalupe, St. Lucia Day, Hanukkah, Kwanzaa, Three Kings Day, Boxing Day, Omisoka, Yule, Saturnalia, Bodhi Day, Las Posadas, Pancha Ganapati or Festivus for the Rest of Us, you still should have a little something in your glass by way of celebration. I leave it to you to toast the occasion of your choice. As for me, I will be lifting a glass

to my long-standing family tradition of no gifts and to my loved ones and good friends as well as to the 23rd when a few more seconds of daylight come peeking through December's holiday-weary dark.

Eggnog is a swank solution to any December drink dilemma. It's hearty, packed with flavor and brimming with satiny, nutmeggy luxury. It can be enjoyed with or without booze included. (Pssst... Definitely, add the booze!), making it a holiday drink the whole family can share. There is no comparison between eggnog out of a carton from the grocery store and eggnog you make at home. None. Anyone who claims there is no difference is not to be trusted on this and probably many other things.

DECEMBER'S REDEMPTION EGGNOG

MAKES ABOUT 2 QUARTS

- 6 eggs, separated
- ¾ cup sugar
- 1 quart whole milk
- 1 pint half & half or heavy cream

- 6 oz. bourbon
- 6 oz. spiced rum
- 1 whole nutmeg, for grating

Beat the egg yolks until light and fluffy, add the sugar and beat until dissolved. Blend in the milk and half & half or cream and the booze. Beat the egg whites to stiff peaks and fold in. Serve topped with a grate of fresh nutmeg and a knowing smile.



Cooking Up Community!

by Merianne Myers

ALL OF US at North Coast Food Web are through promising the kitchen so many of you have helped build is coming soon. We are now cooking in that very kitchen and you are invited to join us. Cooking classes have begun and more are being added weekly. Class fees are reasonable and scholarships are available.

Regardless of your cooking acumen, there is something on the agenda for you. There is just nothing that creates joy, impressive skills, improved health, new friends and dinner quite like cooking and eating together.

northcoastfoodweb.org



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Lower Columbia Preservation Society Astoria Historic Churches Tour Sunday Dec 13, 2 - 5pm

SPEND THE SUNDAY AFTERNOON in a self-guided tour on Dec 13. Pick-up a brochure at the LCPS office at 1013 Franklin, next to the Methodist Church. A social hour with refreshments begins at 1pm.

Docents will be available at each of the churches to inform tourees. Donation baskets at each church will benefit historic restora-

tion of these historic churches. There is no charge for the tour.

The Lower Columbia Preservation Society is a non-profit organization established in 1998. Its mission to Preserve, Protect and Promote the historic architecture of the Lower Columbia region.



First Presbyterian Church

The name of the architect behind First Presbyterian may have been lost to the annals of history, but this Carpenter Gothic-style wooden church remains a testament to the grandeur of its founders' visions. First Presbyterian began its life in 1903 at the site of the current US Bank Parking lot, but was later moved up the hill thanks to a donation from the Flavel Estate.

Inside, a sprawling hammer truss system dances across the ceiling, and the eye is drawn irresistibly to the sanctuary's towering Estey pipe organ, which holds pride of place at the front of the house. This church's real crowning jewels are its Povey stained glass windows, created by the Portland-based Povey brothers, once among the most prolific and imaginative stained glass makers around. A functioning church bell rings out from the church tower to this day.

Grace Episcopal Church

Like the Flavel House, this church was designed by architect Carl Leick, most famous for his lighthouses. The church dates back to 1885, making it one of the oldest standing churches in Astoria. From the exterior, Grace's Gothic Revival embellishments hint at an ornate history, and inside, ornamentation abounds and delicate truss work spans the ceiling. Stop to admire the stained glass windows, some of them the work of local stained glass artist Jim Hannen, which throw brilliant light across the sanctuary each afternoon. Pay special attention to the window behind the altar, a relic from the original church location on Commercial Street.



A Signed Povey window graces United Methodist

Located way up high in the church tower of Grace Episcopal sits a set of historic bells named Thomas and Gloria. You can't see them, but keep an ear out and you might catch wind of their rich ringing on tour day.

United Methodist Church

Built in 1916 in the Colonial Revival Style, the sole brick beauty of the tour got its start at the bottom of the hill at the current site of Heritage Square.

United Methodist Church was originally designed by two architects by the names of Whitehouse and Fouilhoux, who separately went on to help design numerous iconic buildings across the country, including the Columbia River Gorge Hotel and Radio City Music Hall.

Outside, admire the oversized light fixtures, then step inside the sanctuary's stark, light and simple interior. The ornamentation is minimal, but more beautiful Povey stained glass is on proud display, including a round stained glass piece that some local artists say is the finest in all of Astoria. Be sure to keep an eye peeled for a particularly rare signed pane at the bottom right-hand corner of one of the sanctuary's Povey windows.

St. Mary, Star of the Sea Catholic Church

Get a glimpse of the Catholic Church's rich iconographic history at this towering wooden church, built high above the city in 1902. The original architect's name is unknown, but the church mimics the style of British Architect Christopher Wren, famous for designing many of the churches erected in London after the Great Fire of 1666.

Indoors, large windows and light paint and wood lend the church an airy feel. The church interior houses a host of objects of worship dating back to its inception, including a crucifix, sculpted stations of the cross, and a statue of Christ that was recently "resurrected" from the church basement. At the back of the church, you'll also find a more modern addition: a Lady of Guadalupe, brought from Mexico by current congregants. The church bells are in the process of being restored.



Lady of Guadalupe, at the Catholic Church, brought from Mexico by current congregants.



Scrolled arms adorn the pews at First Presbyterian

Architectural details courtesy of Historic Building Consultant John Goodenberger

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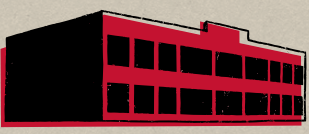
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