

December 2016 • vol 17 • issue 215

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

THE FOREST WITHIN US

BY ROGER DORBAND

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AND TO THEE HOLIDAY
THEATER YOU GO . . .

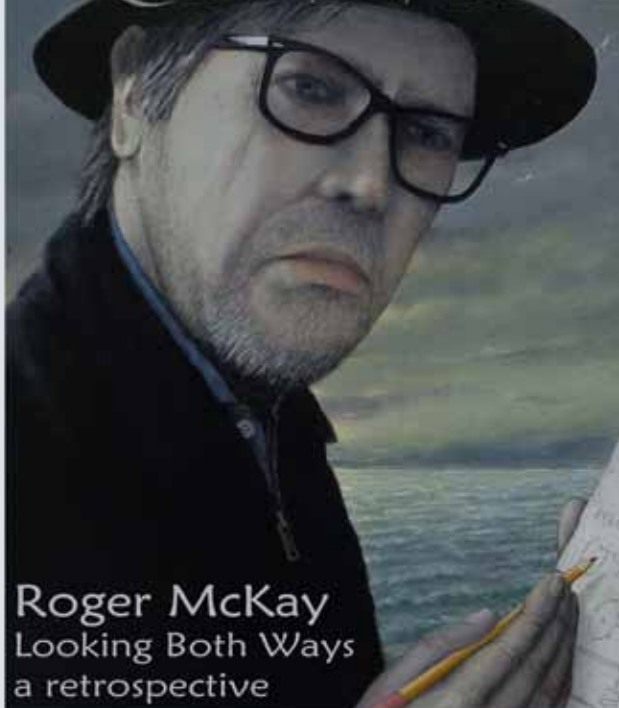
Sacred Giving (And Living)
by heather strang

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Enjoy The Holiday Stages



Scrooged in Astoria Directed by Bill Carr

The Astor Street Opry Company presents its 10th Annual Holiday production of "Scrooged in Astoria", written by local playwright, Judith Niland and Directed by Bill Carr with Musical Direction by ChrisLynn Taylor.

Stylized as a 1960's style Holiday TV special, this show will take you through a magical tale of love, loss and renewal, loosely based on the "Christmas Carol" by Charles Dickens, but with characters straight out of the ASOC long running summer melodrama "Shanghaied in Astoria". This show even has singing commercials written by ChrisLynn Taylor!

Performance dates are Fridays and Saturdays @ 7pm, December, 9-11 and 16-17 and 18th. There will be two matinees, December 11 & 18th at 2pm. The house opens 30 minutes before each performance. At The Astor St. Company Playhouse, 129 West Bond St. in Uniontown Astoria. Call the Box Office 503.325. 6104, online at astorstreecompany.com

In our American culture It's a Wonderful Life has become almost as familiar as Dickens' A Christmas Carol. The saga of George Bailey, the Everyman from the small town of Bedford Falls, dreams of escape and adventure only to have them quashed by family obligation and civic duty. His guardian angel descends on Christmas Eve to save him from despair and to remind him – by showing him – what the world would have been like had he never been born and that his life has been, after all, a wonderful life. This faithful adaptation celebrates the faith of the season, as well as the American philosophy of life: hard work, fair play and the love and support of one's family and community will be rewarded.



It's a Wonderful Life, at The Coaster Directed by Sheila Shaffer

Performances thru December 23 at 7:30pm. Sunday shows start at 3:00pm. \$15 or \$20 at the Coaster Theatre Playhouse in Cannon Beach
coastertheatre.org

See more Theater & Performance pg. 16

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Deluca/Gorsuch • CoolLab

KALA presents a collaborative series of work by artists Sid Deluca and Stirling Gorsuch the month of December, opening for 2nd Saturday Art Walk, Dec. 10, 5pm – 8pm.

This series was created during an Artist Residency at the Sou'Wester Lodge in Seaview, WA. This unusual, somewhat remote locale gave the artists ample space to carefully piece together the

take, the images became records of two artistic intents compressed into snapshots of people and places that never were.

Astoria-based Deluca practices the art of collage, utilizing vintage imagery predominantly from the 50's to the 70's, and has likened his work to that of for instance, when dialogue from outer sources is dubbed into a film, creating a surreal effect. Viewers of

Deluca's collage work often state the immediacy of social commentary, often not easily describable, yet clicks with conscious cultural cues. Deluca's art is shown in various galleries and venues in Astoria, Portland and Seattle.

Stirling Gorsuch, native of Cannon Beach has become a recognizable printmaker – he currently resides in Portland, recently graduated from OSU in printmaking, and remains strongly connected to visual arts on the coast, with a recent show at the Cannon Beach History Museum, and work in numerous group shows in the Northwest. Signature works by Gorsuch often represent animated



Camillia, mixed media



Blue Drink, mixed media

work. Gorsuch created several monotype "flats" as starting points, and Deluca brought an array of vintage collage media. Over time, the separate forms of media engaged in a dance of abstract textures, color fields, and representational forms. Through give and

coastal landscapes fused with metaphysical concept. As a student, just out of high school at Clatsop College, Gorsuch tackled original designs of the 12 signs of the zodiac in linocuts – a stellar series of work.

NCSB And Liberty Theater Present Joyful Christmas Traditions



Deac Guidi and Aleesha Nedd are special guests with the North Coast Symphonic Band on Sunday, Dec 18, 4pm.

a Steve Reineke arrangement titled Merry Christmas, Everyone. Feature selections for the afternoon include a Jerry Brubaker arrangement of tunes from The Polar Express and The Saint's Hallelujah combining Handel's Hallelujah Chorus with When the Saints Go Marching In including solos from several of NCSB's hottest jazz musicians. The North Coast Chorale directed by Dr. Denise Reed will perform a set that includes a Chanukah song Light the Legend, a John Rutter Christmas Lullaby, and Dashing Through the Snow - a Jingle Bell Spectacular.

THE NORTH COAST SYMPHONIC BAND and the Liberty Theater team up to present their annual holiday event titled "Joyful Christmas Traditions" at 4pm on Saturday, December 17, at the Liberty Theater, 1201 Commercial in Astoria. Dave Becker is conductor and musical director for a late afternoon concert celebrating familiar and new holiday traditions for audience goers of all ages. Concert organizers hope that community members and North Coast visitors will suspend their holiday shopping and preparations on the last weekend before Christmas to relax and enjoy the best of music inspired by the December holidays. Come early at 3:30 P.M. to enjoy the pre-show of seasonal music by the Astoria Tuba Quartet.

Musical director Dave Becker has selected a program to please the ears and the soul. The concert starts with Leroy Anderson's classic arrangement of familiar carols in A Christmas Festival. Many of the carols repeat in the sing-a-long finale at the end of the concert in

favorites Deac Guidi and Aleesha Nedd. Nedd will be featured on vocals on a Dave Robertson arrangement of Frank Loesser's Baby, It's Cold Outside. Guidi will narrate a stunning version of The Night Before Christmas arranged by Randol Alan Bass and Nedd will be featured on two solo numbers with the NCSB Jazz Combo. Cheri Walker of Long Beach will perform a harp solo from Benjamin Britten's Ceremony of Carols and Bob Walters of Ilwaco will return as Santa and lead the finale sing-a-long.

Tickets available at the Liberty Theater Box Office, 1203 Commercial, in Astoria, from 2-5:30 PM Wed - Sat and two hours before the performance. Regular admission is \$20. Student tickets for those 18 and under are \$5. visit www.liberty-theater.org. www.northcoastsymphonicband.org, find us on Facebook or call 503-325-2431.



Inside the Month:

COVER FEATURE

By Roger Dorband . . . p 12

SACRED GIVING . . . p11

By Heather Strang

NATURE News. . . p7

NCLC Gains 3300 Acres at Oswald West

STAND UP FOR FOREST HEALTH . . .p9

BLACK LIVES MATTERING. . .12

We're here, We're Queer!!
MONTHLY LGBTQ eVenTs, and
political organizing... p8

FILM: GEN SILENT

E Book excerpt: The Tom Petty Xmas Mission . . . p26

COLUMNS

STEVE BERK . . . 6

THEATER . . . 18

ART HAPPENS . . . 19, 23

WORD/Literary EVents . . . 20

FLASHCUTS KANEKUNI 24

BIKE MADAME . . . HAMMITT-MCDONALD . . 25

FREE WILL ASTROLOGY . . . BREZNY 25

NETWORK COMMUNITY LISTINGS . . . 26

SONJA GRACE MESSAGES . . . 27

BODIES IN BALANCE.ERFLING ND 28

WORD & WISDOM . . . NASON27

FOODGROOVE NEWS . . .30

CHEW ON THIS . . . MYERS 25

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MEMORIES OF MEGLER

Celebrating the 50th anniversary of the completion of the Astoria-Megler Bridge and the last link in U.S. Highway 101

from Baja to British Columbia

FOURTEEN MILES from the mouth of the Columbia River, the 4.1-mile Astoria-Megler Bridge links Astoria, Oregon, to Point Ellice at Megler in Pacific County, Washington. The area now known as Megler stretches around a historically important point of land with a rich transportation history for the Lower Columbia River. Water crossings by ferry began in 1908 at the site that is now the Dismal Nitch Rest Area and continued until the opening of the Astoria-Megler Bridge fifty years ago on July 29, 1966.

Thanks to the sponsorship of Lighthouse Realty, the Columbia Pacific Heritage Museum in Ilwaco will re-open its popular exhibit exploring Megler from its acquisition by the Ilwaco Railroad and Navigation Company through the steamship era and into the auto-ferry years. Utilizing historic photographs and first person memories, Memories of Megler captures the end of the ferry era and the beginning of contemporary auto travel on U.S. Highway 101.

"The ferry years are still remembered fondly by locals and visitors to the Long Beach Peninsula," said Betsy Millard, executive director of the Columbia Pacific Heritage Museum. "We are excited to re-hang this exhibition with additional photographs and memories of crossing the Columbia by ferry."

Memories of Megler will be on view from December 10, 2016 – March 11, 2017.

The Museum's Community Historian Project participants were involved in much of this exhibit; conducting research into Megler's history, arranging interviews, identifying images and contributing photographs. The Community Historian Project will be starting its 5th session in January. For more information about the Community Historian Program, call the Museum at 360-642-3446 or visit our website at www.columbiapacificheritagemuseum.org. Applications for participation are due December 16th.

Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, WA. Museum hours are Tuesday through Saturday 10am to 4pm. Admission is free on Thursdays thanks to the Port of Ilwaco. FMI: 360-642-3446 or visit columbiapacificheritagemuseum.org.



GED Orientation Set for Winter Term

CLATSOP COMMUNITY COLLEGE is holding GED orientation on December 13, from 4:00-8:00PM at the Lexington campus in Astoria in Columbia Hall room 114. GED classes are open to students age 16 and older who wish to earn a high school credential. If you are under 18, you must provide a "Release from Compulsory Education" form from your high school before attending classes or taking the GED Tests. GED classes are offered in English or Spanish, and Clatsop Community College also offers ESL classes and tutoring for students.

There is no cost for enrollment and study materials are provided. The GED will enable you to pursue further education, improve your employment status, or fulfill a personal goal.

Class offerings are available in Astoria (M-Th, 9:00AM to 1:00PM and M/W 6:00-9:20PM), Clatskanie (M/W 6:00-9:00PM), and Seaside (T/Th 4:30-8:30PM). Students attend an orientation before starting classes, and will enroll at the first class session (Winter Term classes begin January 9, 2017).

For more information, contact Allison deFreese, 503-338-2347 or adeFreese@clatsopcc.edu.

SAVE THE DATE! WOMEN'S MARCH SATURDAY, JAN 21, 12PM



Be a part of Women's Marches across the country on January 21, and walk with women in Astoria. March for Liberty and justice for all - to support democracy, civility, and a healthy planet. More info on: the route, speakers and related details will be forth coming in the media.

Oregon AFL-CIO Resolves to Act Against Hate Incidents and Crimes

PORTLAND, OR – Following reports of hate incidents and crimes in the media and a recent report by the Southern Poverty Law Center showing Oregon as having the highest per capita rate of hate incidents nationally in the two weeks following the November election, the Oregon AFL-CIO has pledged to take a stand against hate incidents, particularly when it happens in the workplaces.

"The labor movement was built on a simple but powerful idea: when one person is wronged, we are all wronged," said Tom Chamberlain, President of the Oregon AFL-CIO which represents 300,000 union members and working people. "We are hearing reports of hate incidents and crimes happening more frequently in the workplace. The job of our federation and the job of the labor movement is to help working people stand together to protect their rights, both civil and economic."

On Friday, December 2nd, the Oregon AFL-CIO's Executive Board passed a resolution calling for the state federation to pursue a strategy to help workers report hate incidents and crimes and find resources when their civil rights are violated. As part of the resolution, the Oregon AFL-CIO will launch a telephone hotline in the coming weeks where workers can call to report incidents and be directed to appropriate resources. Information about the hotline will be available on the state federation's website, www.orafcio.org.

"We are going to focus on providing tools for workers to report these incidents and begin training union representatives to provide help directly to union members in their workplaces," said Chamberlain. "It falls upon those of us entrusted to stand up for working people to do everything we can to protect all of our rights."

READ: Black Lives Mattering in America By Darrell Clukey pg 12



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



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IN THE EARLY DAYS of the Cold War, Germany was divided between a western sector under control of the US, UK and France, and an eastern sector under the Soviets. Its capital, Berlin, deep in the eastern sector, contained an identical division between West and East, capitalist and communist.

Toward a Multipolar World by Stephen Berk

Because it was within the Soviet controlled sector, West Berlin posed a threat to the USSR and its German client state, the German Democratic Republic. It was a convenient means for the West to gather intelligence and for people to flee repressive communism for a more open social order. Cognizant of this vulnerability, Soviet dictator Josef Stalin in 1948, ordered a blockade of West Berlin in order to unify the city under GDR control. Determined to hold their sector, the Western allies resorted to an airlift to supply West Berlin. The Soviets refrained from shooting down the cargo planes, as they did not wish to provoke another world war, and in 1949, Stalin ended the blockade. In that year, the Soviets also exploded their first nuclear bomb and Mao Zedong's communists took over China.

With the Soviets now nuclear armed and, with the Chinese, having communized much of the Asian mainland, Cold War tensions heightened. Having secured West Berlin, the US-led West created the North Atlantic Treaty Organization (NATO), a defensive military pact composed of Northern and Western Europe as well as Greece and Turkey, both of which had active communist movements. The Red Army was not about to invade Western Europe. Communism, if it advanced there, would do so by internal state politics. Germany had invaded the Soviet Union in 1941, laying waste its cities and countryside and killing over twenty-five million. At the Russian Black Sea port of Yalta, Roosevelt, Churchill and Stalin had agreed in early 1945 that the nation whose army liber-

ates a country has the right to determine its government and economic structure. Thus, the Soviets, having liberated Eastern Europe, imposed Soviet style communism on the nations there, creating a buffer against the West. The USSR had been invaded from the West twice in the twentieth century, first by the victorious Allies following World War One, for the purpose of restoring the monarchy. Second, Hitler abrogated a 1938 Non-Aggression Pact with Stalin, setting the Wehrmacht on the Soviet Union with plans to hollow it out to create "living space" for

Cold War

the "master race." Stalin had just seized the three Baltic countries, Estonia, Latvia and Lithuania. After the war, the USSR retained them and communized Poland, Hungary, Czechoslovakia, Rumania and Bulgaria. To oppose NATO, the Soviets used these client states to create the Warsaw Pact.

At the end of the Cold War, as the Soviet Union broke up and Eastern European countries gained self-determination, the Warsaw Pact ended. On the other hand, US president, George Bush senior retained NATO but promised it would go no further east than the reunified Germany. However, Bush and the next president, Bill Clinton, both envisioned a worldwide free trade regimen led by the remaining "superpower," the United States and dominated by transnational financial and corporate capital. When Clinton took office, he broke Bush's promise,

beginning expansion of NATO eastward, incorporating the former Soviet client states. As subsequent administrations added more member states to NATO, this military alliance, replete with missiles and armies would surround Russia and plan military projection against China.

With both Russia and China now firmly part of a capitalist world order, the latter an economic powerhouse doing much of world manufacturing, there is no defensive basis for NATO's continued existence. Its present purpose, pursued avidly under the last three American presidents, has been to establish American worldwide hegemony. This is the pet project of a bipartisan cabal of highly influential neoconservatives. For them, NATO is the military outthrust of American empire. Countries which join, presently twenty-four in number, have to spend some three percent of their budgets buying US arms. American made "missile defense," anti-ballistic missiles that can easily be reprogrammed offensive, now occupy Polish and Rumanian territory.

The US fomented right wing anti-Russian 2014 coup in Ukraine, a country with ancient ties to Russia, seriously undermined Russian security, provoking counter-measures to retain her over 200 year old Crimean naval base. NATO, now hyperactive on the Russian border, projects US imperium under the guise of a multi-state alliance. An

attack or incursion within any member state, for whatever reason, is considered an attack on all NATO members and would pull them and the US into world war.

NATO represents a dangerous militarism that keeps no country safe. It has provoked an unnecessary new cold war, more dangerous than the last, and it has devastated Middle Eastern countries, Iraq and Libya. It provides international cover for unbounded militarism largely responsible for twenty trillion dollars of American debt. We need to acknowledge that Russia and China are great powers whose territorial spheres of influence ought to be recognized. A wiser US would end NATO, respect each country's independent sovereignty, and utilize the UN to tackle crushing global problems of dire poverty, climate change and the sixth great species extinction, fruits of the present world order.



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North Coast Land Conservancy advances plans to conserve 3300 acres adjacent to Oswald West State Park



ON NOV. 18, North Coast Land Conservancy took the first steps toward the acquisition of approximately 3300 acres of timberland between Arch Cape and Manzanita, Oregon, marking the single largest conservation initiative in the Conservancy's history. The agreement with Onion Peak Holdings, a private investment entity, gives NCLC a unique opportunity to arrange the financing required to acquire the property in phases within the next five years. The transaction is on track to becoming the largest single private acquisition of land for conservation in western Oregon.

The property is in the heart of what NCLC characterizes as the "Coastal Edge," an area between Tillamook Head and Nehalem Bay where mountain peaks abruptly rise 3,000 feet within 1 mile of the shoreline, creating an unusually compressed, biogeographically concentrated ecosystem unlike anywhere else in Oregon. The Conservancy's goal is to transition the property to long-term, local, conservation-oriented ownership and management. It will be the first place in Oregon, and one of few places in the world, where an entire coastal watershed is permanently conserved, from the headwaters to the ocean. Together with Oswald West State Park and Cape Falcon Marine Reserve, this acquisition will create a contiguous conservation corridor of more than 29 square miles linking land and sea.

"For nearly a decade, NCLC has been envisioning this monumental act of conservation," said NCLC Executive Director Katie Voelke. "This agreement is the first on-the-ground step in making this vision a reality. Now the fun begins: working with the whole community on a program that will conserve this special land, water, and wildlife for all time to come." Samuel Boardman, Oregon's first state park superintendent, originally envisioned this property as an extension of Oswald West and Nehalem Bay state parks, which he created beginning in the 1930s. He hoped that, altogether, it would become "one of the outstanding natural parks in the nation," stretching from the ocean shore to the tops of the adjacent coastal-fronting mountains. An agreement with Onion Peak

Holdings to acquire the property puts NCLC in a position to advance Sam Boardman's vision. The Conservancy is seeking conservation dollars from public agencies and private donations to enable this acquisition.

In the interim period, Ecotrust Forest Management, will manage the property on behalf of Onion Peak Holdings. EFM facilitated the acquisition of a larger holding of about 5,000 acres from Stimson Lumber Company, which had owned the property since 2004. Stimson Lumber Company, with roots dating back to the 1850s, is one of the oldest continuously operating integrated wood products companies in the United States and currently owns and operates on more than 500,000 acres and six mills. Stimson Lumber Company will reinvest the funds raised from this sale in other strategic timberlands in Oregon and other regions. "Stimson Lumber is deeply committed to the landscape and communities of western Oregon, and parting with this property was a difficult decision," said Scott Gray, Director of Western Resources. "We were compelled by the uniqueness of the property and the Coastal Edge vision and the potential long-term benefit to the public through the realization of this vision."

EFM, a forestland investment management company, manages some 32,000 acres in Oregon and Washington. "We are grateful to Stimson Lumber for this opportunity and look forward to stewarding this unique property, including enhancing its timber, carbon, habitat and water provision values while working toward the ultimate acquisition by North Coast Land Conservancy and its partners," said EFM CEO Bettina von Hagen.

Lower Nehalem Watershed Council Seeks Applications For 2017 Board Of Directors

Nehalem, Oregon – Might you, a colleague, or a friend be interested in helping to guide your local watershed council in 2017? Are you enthusiastic about native fish? Love to better the environment and your community? Would you like to learn more about conserving and enhancing the Nehalem watershed? Then this might be the opportunity you are looking for! Lower Nehalem Watershed Council (LNWC) is seeking applications for its 2017 Board of Directors.

Watershed Councils are locally organized, voluntary, non-regulatory groups established to improve the condition of watersheds in their local area. Watershed Councils are made up of people from the local communities. They represent local knowledge and have ties to the existing community in all its complexity. Watershed Councils work across jurisdictional boundaries and agency mandates to look at the watershed more holistically. The Council can be a forum to bring local, state and federal land management agencies and plans together with local property owners and private land managers. Through the Council, partnerships between residents, local, state and federal agency staff and other groups can be developed.

Local watershed councils are highly effective in the development and implementation of projects to maintain and restore the biological and physical process in the watersheds for the sustainability of their communities.

Councils bring varied interests together in a non-regulatory setting to form a common vision for the ecological and economic sustainability and livability of their watershed. Councils often identify landowner participants for important projects, develop priorities for local projects and establish goals and standards for future conditions in the watershed.

LNWC is a citizens' group and

be held on Wednesday, December 7th, 2016. The agenda will include Board elections, current and future projects, and other Council Business. This is a great opportunity to get more involved in the Council and learn about exciting projects. LNWC's partners and the public are encouraged to join!

The Council welcomes participation from a diverse citizenry, including active or retired farmers, foresters, woodland owners, rural and urban residents, business owners, and government, university or NGO staff and scientists. LNWC is committed to watershed improvement action (e.g. water quality, habitat for fish and wildlife) through community discussion, broadly-inclusive decision making, and voluntary action. We are dedicated to the protection, preservation, and enhancement of the Nehalem Watershed through leadership, cooperation, and education. LNWC brings grant dollars to the area and leverage

donations to achieve both programs and projects.

New Board of Director members will be elected at the January 12th, 2016 Annual Meeting & Speaker Series event at 7:00 PM at the Pine Grove Community House in Manzanita (225 Laneda Ave). Interested applicants should contact the Council Coordinator at lnwc@nehaletel.net or 503-368-7424 for more information and to receive a Board of Directors nomination form. Nomination forms will be received until December 15th, 2016.



tax-exempt nonprofit corporation. The duties of a Board Member include providing leadership and direction to the Council, guiding the work of the Council, reviewing project and grant proposals, and regular attendance at monthly meetings. LNWC's Board is made up of 5-7 Members, including the Chair, Vice Chair, Secretary and Treasurer. The Board of Directors meets monthly, typically the first Wednesday of the month, at Nehalem City Hall (35900 8th Street, Nehalem) from 3:00 pm to 5:00 pm. The next LNWC meeting will

HAYSTACK ROCK LECTURE SERIES

THE HAYSTACK ROCK Awareness Program (HRAP) is a stewardship and environmental education program whose mission is to protect, through education, the intertidal and bird ecology of the Marine Garden and Oregon Islands National Wildlife Refuge at Haystack Rock. Since its modest beginnings in 1985, HRAP has educated and inspired over one hundred thousand adults and children to learn about the natural resources at Haystack Rock and in other places on our Earth.

Friends of Haystack Rock supports the Haystack Rock Awareness Program in cooperation with the City of Cannon Beach, promoting the preservation and protection of the intertidal life and birds that inhabit the Marine Garden and the Oregon Islands National Wildlife Refuge at Haystack Rock.

Library Lecture Series is held second Wednesday of each month, November to April at 7:00 to 8:30 p.m. Cannon Beach Library, 131 N. Hemlock St, Cannon Beach. Upcoming Talks:

January 11, 2017 Roy Lowe "The Precipitous Loss of China's Coastal Wetlands and Impacts to Migratory Birds in the East Asian-Australasian Flyway"

February 8, 2017 Bob Van Dyk "How to Help Protect Over 50,000 Acres of Forest in Clatsop County"

March 8, 2017 Tommy Swearingen "Oregon Marine Reserves: An Overview of the Human Dimensions Research Program"

April 12, 2017 Tom Horning "Geology of Haystack Rock"

RECYCLING DATE MOVED • AHS Band Booster

Due to scheduling conflicts in December and January the regular Can and Bottle recycling day has been moved to Sunday, December 11th and January 8th. It will return to the regularly scheduled 1st Sunday of each month beginning February 5th, 2017.

The monthly can and bottle recycling program is a primary source of income for the support of the Astoria school's band programs. The monies raised are used for such items as instrument repair and replacement, uniform care and cleaning, show expenses, and other expenses not provided for in the school budget's.

In addition to supporting the bands, the recycling program benefits our community and environment.

"As a result of What We Do, more than 138 million pounds of beverage containers stay out of our landfills each year and we all enjoy a cleaner, greener Oregon."

—Oregon Beverage Recycling Cooperative

For more information about this topic or how you can support the bands, please contact Sam Rascoe at 503-791-8134 or email president@astoriabands.org.

The Astoria Band Boosters (ABB) is a 501(c)(3) non-profit organization dedicated to the educational and musical goals of the Astoria School District bands through its work with the students and directors, and to provide volunteer and financial support for those participating in the band program.

THIS WAY OUT
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On KMUN Coast Community Radio
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Lower Columbia Q Center Meeting

Astoria Armory - 1636 Exchange Street Astoria, 3rd Wednesday of the month, 6pm-7pm

Attention all LGBTIQ community members and allies! We meet at the Astoria Armory to discuss the great strides we have made in our efforts to build awareness, community, educational opportunities and pride, as well as future endeavors to increase safety, visibility and support services in Clatsop County and beyond. Something often said in the LGBTIQ community is that "we get to choose our family". We want to extend a welcome to the people of the Lower Columbia Region to join our family.

Mission: The Lower Columbia Q Center is a safe and welcoming resource and peer support service for the LGBTIQ community, friends, family, and allies of the Lower Columbia Region.

Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30 pm at the Q center. For Information call Jeralyn O'Brien @ 503-341-3777

Over the Rainbow Radio Show on KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm

LCQC Choir meets every Tuesday 7-8:30pm
Contact LCQCAstoria@gmail.com.

Coming this Fall. Youth and Young Adult Social groups for LGBT Youth 15-18 and Young Adults 18-25

2nd Wed each Month. Open LBGTQ Friends and families peer support group 6-9pm. Everyone Welcome.

On the web: LCQCAstoria.org/facebook
LCQCAstoria@gmail.com

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
 - 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
 - 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hubert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

FILM: Gen Silent Fri Dec 16



On December 16, 2016, from 1 pm to 3 pm, at Clatsop Community College, Columbia Hall Room 219, there will be a showing of Gen Silent and a discussion following the film.

The film, Gen Silent, features people from the LGBTQIA Community who fought for equal rights in their early years, have now been faced with hardships including, but not limited to, discrimination, abuse and bullying. Many aging LGBTQIA people are hiding their lives, afraid to ask for help out of fear of discrimination, but more and more people are working to break the silence.

Following the film, there will be a discussion with Max Micozzi, SAGE Metro Portland, Program Coordinator, about the barriers to healthcare and housing for the LGBTQIA Community. Refreshments will be provided.

This event is brought to you by the Lower Columbia Q Center, Services and Advocacy for Gay, Lesbian, Bisexual & Transgender Elders (SAGE), and NorthWest Senior & Disability Services.

LOWER COLUMBIA Q CENTER HOLIDAY BASH

Yes it is Holiday party time and, with these darker days, another opportunity to share the joys and love this community just shines with. Friends and advocates are invited to celebrate the holidays with the Lower Columbia Q Center **Friday, December 16 at 7:00 at KALA** on 1017 Marine Dr. The LCQC Choir performs, share some potluck treats and the infamous A White Elephant gift exchange will take place— and like the lottery, you have to give one to win one (\$10 buckish!). This is an all ages event so please feel free to include the family, allies and friends.

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin. www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS
2nd Mondays, 7pm, North County Annex
1216 Robert Bush Drive, South Bend, WA

CREATE • Dec 15

Columbia River Estuary Action Team

Save the date: Meets Thursdays at the Blue Scorcher in Astoria, at 6-8pm. CREATE is the Columbia River Estuary Action Team, working on forests, salmon, ports and plants, and an exciting array of other issues we estuary-ites care about. CREATE is the group emerging from Columbia Pacific Common Sense. CREATE's coordinators, are Kathleen Zunkel, of Warrenton, and Roger Rocka, of Astoria. All interested welcome.

CONSERVATION AND FISHING GROUPS

Urge Oregon Governing Bodies to Stand Up for Forest Health

North Coast fishing and conservation interests advise taxing districts to “vote no” in timber-backed lawsuit that could lead to clearcut state forests.

Milwaukie, Oregon; November 29, 2016 — The North Coast State Forest Coalition today asked counties, school districts and other government bodies across Oregon to opt out of a timber industry-backed class action lawsuit against the state that could force Oregon to clearcut much of its state forests.

The lawsuit, brought by Linn County and funded by two Oregon timber companies, seeks \$1.4 billion in state payments dating back to the late 1990s. The county claims the payments are due to it and more than 150 other taxing districts because the state adopted a state forest management plan that sought a balanced mix of timber revenue, conservation, and recreation. At the time, counties were on record supporting the new plan. But now, Linn County claims the state was required to maximize industrial timber harvest for the taxing districts to the exclusion of other values.

Many taxing districts in Western Oregon, including counties, school districts, fire districts, libraries, and community colleges, receive a portion of the timber harvest revenue from state forests. These districts are automatically included in the new lawsuit’s class. To opt-out, they must write Linn County’s legal counsel within 60 days from the date of letters mailed to all members of the class before Thanksgiving.

Conservation and fishing interests support the approach the state adopted in 1998, which under Oregon statutes, require the lands to be managed for the “greatest permanent value of those lands to the state.” The state has managed more than 700,000 acres of public forestland for salmon and wildlife habitat protection, recreation interests, and clean water procurement, as well as significant timber production.

Despite high levels of logging on state forests over the last two decades, timber interests have worked unsuccessfully to overturn the state forest management plan through the Board of Forestry. The lawsuit has become an alternative vehicle for changing forest management. Given the tough budget situation facing the state, especially in light of the rejection Measure 97, it is likely that

far higher harvest levels on state forests could result if Linn County and its timber backers win the case.

The state of Oregon is opposing the case.

Bob Rees, a professional fishing guide and board member of the Northwest Guides and Anglers Association, noted the importance of state forests to the fishing industry. “Our fisheries have paid a high price for decades for industrial logging in the past, and great progress has been made to put our public lands on a more sustainable path for all the values Oregonians hold dear,” said Rees. “We can’t sacrifice our fisheries and fishing jobs for unsustainable timber harvests.”

Ian Fergusson, a board director at the Association of Northwest Steelheaders, said: “A state independent science review of an industrial approach to timber harvest on state lands found that it

would increase stream temperatures, increase sediment in streams, increase intensive plantation management (which includes intensive pesticide spraying), decrease older forests, decrease downed wood and legacy trees for wildlife, and decrease habitat for threatened and endangered species. The science panel also found it would decrease fishing and non-motorized recreation opportunities, decrease partnerships and stewardship, and have a lower social acceptability.”

“This is not what local communities across Oregon want for their forests, and not what local leaders should support.”

Bob Van Dyk, a Forest Grove resident and Oregon and California policy director at Wild Salmon Center said: “We understand the difficult budget climate facing many governmental bodies. Our kids and many supporters depend on these government services, and we see the challenges of funding our schools, keeping communities safe and healthy, and caring for those in need. But we also believe that the way to address these problems is not through a timber-sponsored lawsuit to maximize timber harvest from state lands. The much better path is to try to work with the Department of Forestry and other stakeholders to find a way forward that balances the many values at stake.”



More Background

The dispute in this lawsuit can be tied back to an Oregon Board of Forestry decision in 1998 to seek a balanced approach on a class of state forests that now total more than 700,000 acres. The 1998 decision has had, according to Linn County, “devastating effects on local communities” and caused unemployment to “skyrocket.” Subsequent reports since the lawsuit was filed have suggested that timber revenue from state forests in Linn County “is about half of what it was in the 1990s.”

The story is actually just the opposite. Timber revenue is not half what it was in the 1990s, because the adoption of the new rule in 1998 led directly to substantial harvest increases. The 1998 rule grew from changing public expectations of how forests should be managed. First, federal law identified endangered species that needed protection. Second, recreational use of state forests was starting to boom, especially in the Tillamook State Forest, west of the Portland metro area. Oregon did not have a comprehensive plan to manage these forests according to these changing expectations. The state risked lawsuits without a detailed and science-based guidance document.

Fortunately, Oregon law clearly allows state forests to accommodate multiple values. State law says these forests should be managed “to secure the greatest permanent value ... to the state.” This law specifically identifies multiple uses, such as providing for fish and wildlife, protecting drinking water, protection against floods and erosion, and allowing recreation, as well as timber sales. No hierarchy of uses is mandated.

Through collaborative planning, the state responded to the new demands in the 1990s by developing detailed plans. The Board of Forestry sought high timber harvest levels while also protecting salmon streams, restoring lands damaged by earlier timber practices, managing recreation and protecting critical wildlife habitat. It was not an easy balance to find. The result was a dramatic increase in harvest levels. In Linn County, the level of timber harvest doubled in the 15 years after 1998, compared to the previous 30 years. Rather than causing “economic devastation,” the state forests became a reliable economic engine.

The majority of the lands at issue in the suit are in Tillamook, Clatsop, and Washington counties in Northwest Oregon. State Forest planners and the Oregon Department of Fish and Wildlife have identified a set of Aquatic Anchor Habitats on state forests to help conserve the valuable salmon fisheries on the north coast.

In the current state forest plan, 55% of the landscape is devoted to clear cutting and roads, 18% is open to thinning and road construction, and 27% is dedicated to stream protection, protecting steep and rocky slopes, and habitat for endangered species.

Meanwhile, demand for forest recreation opportunities continues to rise in growing counties such as Washington and Clatsop.

The North Coast State Forest Coalition is a coalition of conservation and fishing groups working together for a balanced plan to protect the Tillamook and Clatsop State Forests’ natural legacy. Member organizations are: Association of NW Steelheaders, Native Fish Society, Pacific Rivers, Oregon Chapter Sierra Club, Oregon Council Trout Unlimited, Northwest Guides and Anglers Association, and Wild Salmon Center.



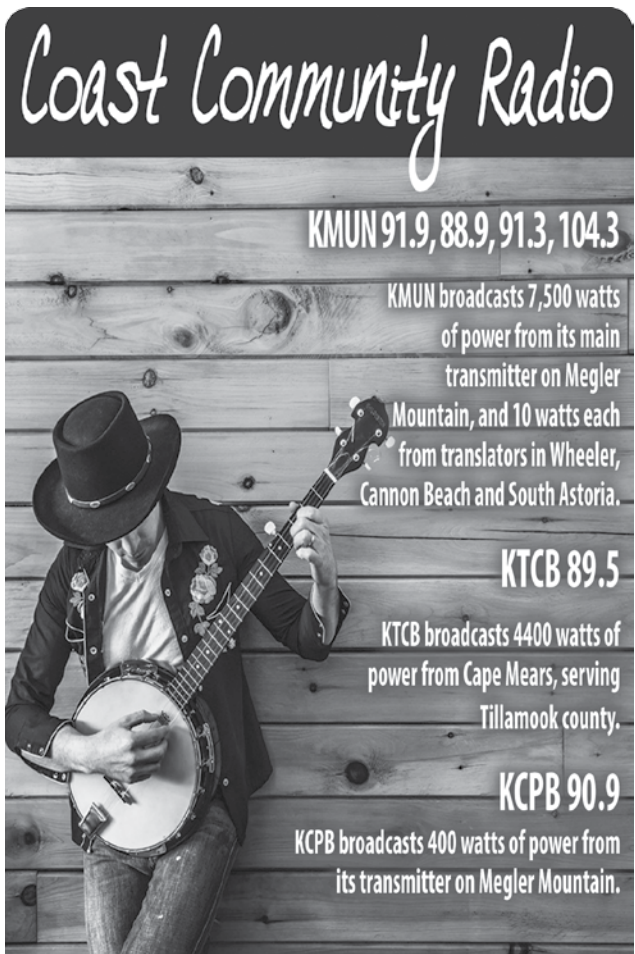
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KTCB 89.5

KTCB broadcasts 4400 watts of power from Cape Mears, serving Tillamook county.

KCPB 90.9

KCPB broadcasts 400 watts of power from its transmitter on Megler Mountain.

Black Lives Mattering in America By Darrell Cluckey

BEFORE SUNRISE ON AUGUST 28, 1955 in Money, Mississippi, Roy Brant and J. W. Milan kidnapped Emmett Till, a teenager who had flirted with Brant's wife, forcing him to the banks of the Tallahatchie River where they brutalized young Emmett beyond recognition then sank his body in the water. Brant and Milan would never have gone on trial except that Emmett's mother insisted on an open coffin to share with the world her son's disfigured remains. Under pressure, authorities convened a trial. Within days, the jury acquitted Brant and Millan after an hour's deliberation, because in America a young, black life like Emmett's did not matter.

This practice of violent intimidation, and the irrelevance of human life that goes with it, traces back to colonists and early Americans enslaving Africans as a commodity to be bought and sold. It persisted after the freeing of slaves, following the Civil War, as punitive, harsh, but legal, racism. For example, from the war's end until 1960 upright citizens lynched over five thousand blacks because dark-skinned people did not matter in white eyes. These were wanton killings done with impunity, inflicted mostly on young men when whites decided they had stepped out of bounds like young Emmett. Lynching was the great threat to blacks who strayed from their place of oppression. Their place was defined by the laws and practices established to segregate blacks from whites, as well as from their rights as American citizens. All manner of rules and mores created an environment where blacks were subjugated and not allowed to live healthy, thriving lives as integrated citizens.

In spite of modern laws to free blacks from threats of violent death and the bondage of segregation, black lives still do not matter like white lives matter in America. Young people like Emmett continue to be killed for little reason. George Zimmerman killed Trayvon Martin because he looked suspicious with his dark skin and hooded sweatshirt in a neighborhood which had been experiencing a rash of burglaries. Zimmerman, a neighborhood-watch citizen, dogged Trayvon and shot him dead when he felt threatened. Martin's body gave up a bag of candy, an iced tea drink, and a cell phone as weapons. The protests which followed re-exposed the underlying tension America displays with its black citizens. This tension intensifies white confrontation of blacks, whether by police or citizens.

#BlackLivesMatter, a project started by three black women, two of whom are queer women and one who is a Nigerian-American, has opened up the political space for that new leadership, and as a result, a new movement to emerge. Black trans people, Black queer people, Black immigrants, Black incarcerated people and formerly incarcerated people, Black millennials, Black women, low income Black people, and Black people with disabilities are at the front, exercising a new leadership that is bold, innovative, and radical.

- Opal Tometi, "Celebrating MLK Day: Reclaiming Our Movement Legacy," Huffington Post Black Voices Blog, January 18, 2015

manner similar to an execution when police confronted a group of black men whom they thought were fighting on a BART train in Oakland. Jordan Davis died in a parked car, from which loud music was blaring. Michael Dunn, who was irate over the music, fired several shots into Davis' car killing him. None of these young men deserved to die, nor do the hundreds of others who are killed yearly because their darker skin engenders disregard for their lives.

Injustices persisting from segregation practices are exposed in the high rates of abject poverty and imprisonment found among blacks because of education, housing, and job discrimination. That black lives do not matter in America is shown by the harsh difficulties of receiving a good education, finding a decent home, gaining employment, and avoiding incarceration. Whites have the same issues, but not to the same degree. With blacks, the haunting subtleties of segregation make it even more difficult to thrive. Racism that lingers from past oppression denies most blacks full access to opportunities that most whites take for granted. For example, such practices as school districts allocating fewer resources to predominately black schools, businesses not calling applicants for job interviews because they have black sounding names, and real estate agents limiting the number and kinds of rental properties shown to blacks are among the myriad ways those who still do not matter are kept down and away from white society. Housing offers a prime example of whites keeping blacks in their place. It is understood in America, that blacks are to live in their own areas. However, if that neighborhood becomes desirable to whites, they move in with ease and blacks must find a way to leave (gentrification). If too many blacks move into a white area, property values start falling (devaluation) and whites leave (white flight). Racism like this weakens the hold blacks have on their own future and lessens the moral strength of America.

Racial discrimination is failing America's claims to be inclusive in promoting its citizens' general welfare. Even though the nation's tolerance of racism has waned, the narratives around blacks that hold them in a position of less-than are stubborn in disappearing. Children who come from poverty enter school with fewer abilities needed for success. Their schools mostly do not have the same resources as those in more affluent communities, so they fall further behind. From there, far too many drop into despair and end up in prison. There have been vast improvements since young Emmett died, but subtle discrimination persists because remnants of old beliefs that black lives do not matter remain embedded in American culture in spite of the good words of its constitution.

Wholehearted concern for justice and opportunity for all is present in America, but fear prevents its fulfillment. Whites fear blacks out of a history of moral transgressions which feeds the terror that the oppressed will become the oppressor. Blacks fear they can never lead a free and open life because they

have to be cautious at every turn not to provoke the man.

To do so means exclusion from available housing, expulsion from even the substandard school they must attend, denial of employment, imprisonment, and harassment or death at the hands of police or citizens who fear their blackness. Yet, the overwhelming desire of this nation is to find the compassion to effect a free nation for all. America continues to heed the call that the lives of all people do matter and that deep-felt changes in old ways must be found if blacks are to be part of the all in the white retort that all-lives-matter not just black ones.

There is some consolation in knowing that young Emmett did not die completely in vain. The Civil Rights movement arose from his tragic story in an attempt to end segregation and the brutal treatment of blacks. That attempt continues with laws to eliminate the subtle discriminations which followed. But laws are not enough to end the persistence of the moral failings of racism which lead to injustice. A hewing cry continues for equitable public education, full access to the housing market, sustainable jobs, and a color-blind criminal justice system. The stench of racism chokes freedom in America, and more and more citizens are wanting to breathe compassion into ending the veiled mistreatments and needless killings of black citizens.

America stares at its racist face in the mirror every day there is another shooting, another protest, another excuse. This ugly reflection of longstanding injustice is why so many citizens are screaming that black lives matter. Recent shootings have again pierced the American conscience, reviving cries for justice and action against inhumanities inflicted on those who are made expendable. In its heart, America knows that fear must deny justice no longer and that its indomitable faith in democratic principles can find ways of ending the prolonged intolerance of millions of its own citizens. How citizens treat each other stands as the character of a nation, and this young country has much to overcome to be the land of freedom and opportunity it claims to be. Americans are all the same children of creation with differences that make for rich and rewarding relationships. Now is America's moment, out of human decency, to step away from racism and embrace the promise of shared equality, remembering that the dream of liberty and justice for all can be realized only when America truly knows, without fear, Black lives matter.

Darrell Cluckey, a white, retired educator from Portland, now lives in Astoria. He revels in the music scene of the North Coast.



Sacred Giving (And Living) This Holiday Season



THE HOLIDAYS are a time of giving. But they can also be a time of overwhelm and stress as we hurriedly attempt to fit it all in – holiday parties, shopping, gift-giving, family time and more.

Spoiler alert - it doesn't have to be this way. We can instead see this time as an opportunity, a time of choice – will we frantically speed through the holidays in attempt to fit it all in or will we allow it to be a sacred time of giving to ourselves, to those we Love, to those in our community and to the greater whole?

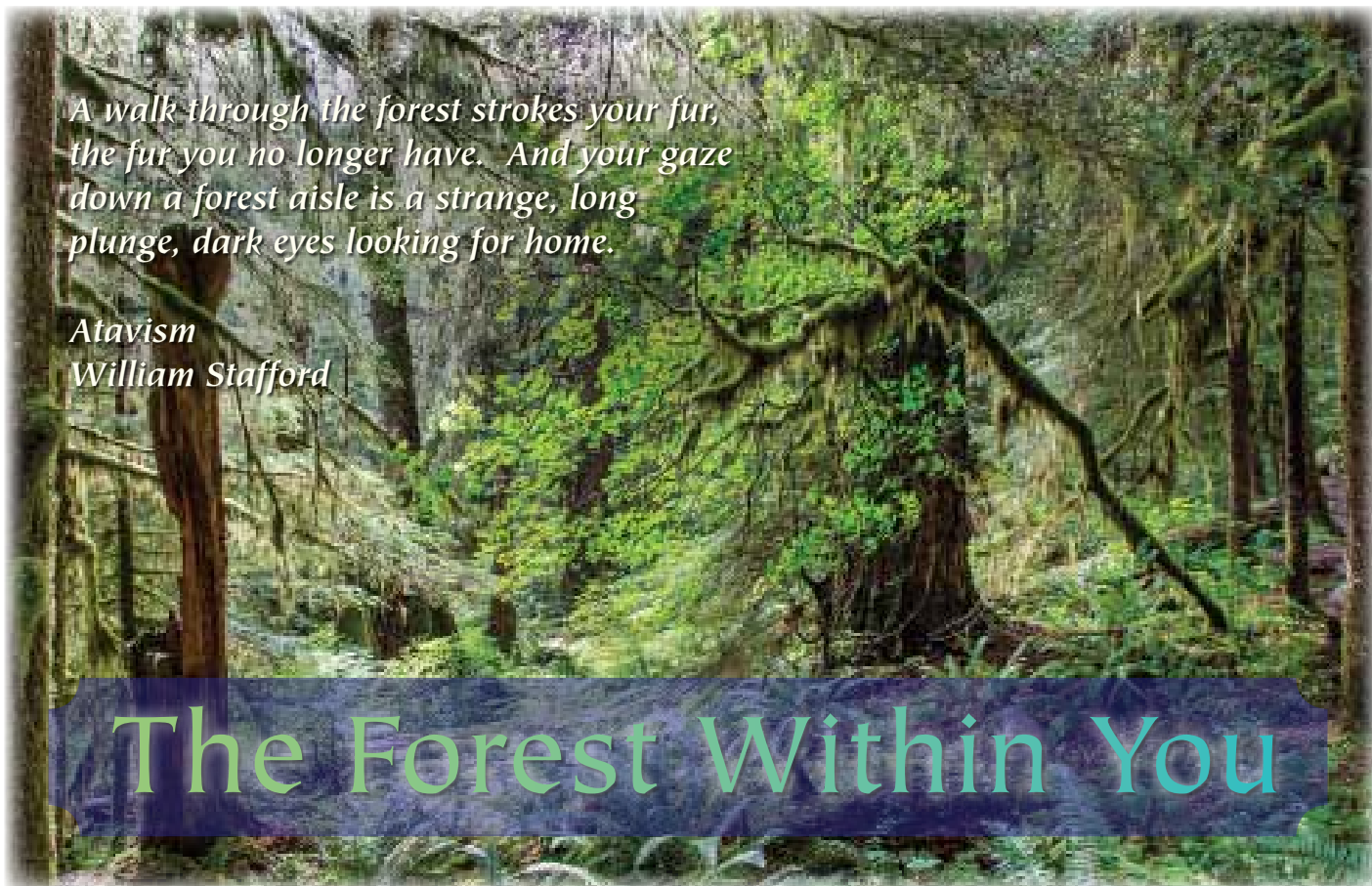
Here at HIPFISH, we would like to encourage you to make this holiday season one filled with Love, ease, peace and sacred giving.

And so, to make it easy on you, below are 11 ways you can do exactly this, this holiday season:



Heather Kristian Strang is a Spiritual author and guide. Her books include *A Life of Magic: An Oracle for Spirit-Led Living*, *The Quest: A Tale of Desire & Magic* (currently optioned as a film), *Following Bliss*, *And Then It Was You*, and *Anatomy of the Heart: Love Poems*. She has written for and been featured in *Bustle*, *Sedona Journal of Emergence*, *The Huffington Post*, *Elephant Journal*, *FinerMinds*, *The Oregonian*, *Portland Monthly*, and the book *Fierce on the Page*. You can learn more at: www.HeatherKristianStrang.com.

1. Every morning, engage in a ritual with a combination of prayer, meditation, and sending blessings to those you Love and to all sentient beings.
2. In lieu of gifts this year, ask that friends and family make a donation to a charity of your choice and find out which charity of theirs you can support as their gift this year. As a bonus: go through your home and take anything and everything you have not used in the past six months and donate it to a local thrift store. This provides a more abundant offering in your community of goods available for those who are less fortunate.
3. Make amends with any individuals that you have unresolved pain with. Write a letter or card expressing your apologies and to ask for forgiveness and peace between you.
4. Every day, speak out loud or write down three aspects of this life that you are grateful for. Bonus: share these with someone you Love and/or on your social media to spread the vibration of gratitude.
5. Make sure the people you Love, know you Love them. Say to at least one person a day, "I love you."
6. Look at your friends and family – who could use support, upliftment and encouragement? Reach out and offer to be of service to them in some way.
7. Take anywhere from 1-11% of your income for the month and donate it to a cause of your choice (see sidebar of Oregon-based non-profits for inspiration).
8. Holiday eating (and the subsequent holiday weight gain) is as much of a tradition as any other during this season. Buy local food products whenever possible. Bless your food before each meal. Ask that blessings be brought to all involved in bringing the food into your life. Bless any animals, farmers and farms and organizations that brought the food to you.
9. Look at your local community – how can you be of service during this holiday season? Volunteer for a local organization for a cause you care about.
10. Instead of a stressful holiday party, host a holiday potluck, invite Loved ones and include one or two people you may not yet know well. Bless the meal beforehand as well as all in attendance.
11. Every night before going to bed ask that peace, harmony and unity bless the land you live on, the state you live in, the country you live in and the world you live in.



*A walk through the forest strokes your fur,
the fur you no longer have. And your gaze
down a forest aisle is a strange, long
plunge, dark eyes looking for home.*

*Atavism
William Stafford*

The Forest Within You

HEALING HIS HEART

IN THE LATE SPRING OF 1986 a friend of mine was diagnosed with stage 4 lung cancer. The disease had already spread beyond his lungs when he finally sought medical help. The prognosis wasn't good. None of us who knew Bruce were very shocked by the turn of events. Years of bad habits had finally caught up with him. Our group of friends were not angelic by any means but among us Bruce was considered a hard case, heavy smoker, serious drinker.

After his diagnosis Bruce's emotions ran the classic gambit through denial, fear, anger and depression. His depression deepened as he grew weaker during the first round of chemotherapy. Those of us who cared about him called to try to cheer him up and at least let him know we were thinking about him. When I called I was careful not to suggest any kind of spiritual remedy or guidance knowing Bruce's deep cynicism about such matters.

A couple of weeks after the first round of chemotherapy ended Bruce felt some of his energy returning. He and his wife decided to spend a few days down in the northern California redwoods. When I visited him a few weeks after their return to Portland I noticed something different about Bruce. The hard edges of anger at his fate seemed to have softened. The despair of "Why me?" had shifted to a sigh of resignation. He even joked a little about his situation.

When I mentioned the change I saw in him Bruce began talking about the trip to the redwoods. "Those trees, man! They're something else. Makes you recognize your place in the big picture." His walk through a grove of thousand year old trees seemed to make a particularly profound impression on him. He took ownership of the experience as though he possessed something that couldn't be taken from him. To my great surprise he even described the experience as "spiritual".

I only saw Bruce once more before his death and on that occasion he didn't mention the trip to the redwoods. He had been through more rounds of chemotherapy and the prognosis

remained bleak. In spite of the pain he was in, as we talked I felt a kindness exuding from him that had been missing since his diagnosis. In such a raw situation as that which he was facing I surmised that he had achieved a degree of peaceful acceptance of what was soon to come. There was no "cure" for Bruce at that point, but his heart had most certainly received a healing.

OUR ANCESTRAL HOME

If Bruce hadn't gone to the Redwood Forest who knows whether he could have found such equanimity. The experience of being in nature, seeing its beauty and sensing its infinite interconnectedness seemed to revive his own sense of belonging and place in the universe.

The uplift in Bruce's attitude after his walk in the redwoods is best described as a change of consciousness. To expand consciousness is to become more aware of our surroundings and simultaneously more aware of the domain within us known as our inner self. It is a sentient, feeling state, a state of wakefulness that enlarges our sense of who we are and our place in the great order of the universe. If we can quiet our minds, slow down and just look around us and feel with all of our senses, each walk in a forest can expand us in this way to some degree.

The artists and writers among us have best been able to put words around what we all share and take away from our time spent in forests. David Lee Myers, local photographer and teacher, has written beautifully on his experience while practicing his art in forests over many years.

"Forests give me an experience of beauty and fascination... When I am able to expand my consciousness sufficiently (through open minded looking and feeling), my separation from the forest, from Nature, dissolves: Instead of me perceiving it, it becomes my way of perceiving. And instead of being an observer, I become its consciousness, its awareness of itself. Now I am at home, in my ancestral way, my home of enchantment. Nature and I are within each other."

By Roger Dorband
Photos by David Lee Myers

Myers choice of words is essential to understanding our deep connection to forests. To be "at home" in an "ancestral" way touches on a fundamental truth about our species. We literally evolved from ancestral life forms that lived in the trees. No wonder we feel a sense of recognition in forests. They were literally our home for millennia. Stated more broadly, we came out of nature, not into it.

The "enchantment" that Myers references raises another of our deep inner connections to forests. Even for a naturalist and lepidopterist like Myers, for whom butterflies are a frequent subject of his photography, we can never seem to learn enough to satisfy our sense of the knowledge and mystery our forests contain. We become spell bound by their stunning detail and complexity. Myers describes his enchantment in looking up through the canopy of an old growth forest:

"This vast space is at once intimate and untouchable; no wonder it's so often felt as cathedral. Close at hand the ornamental details are myriad and minute beyond recounting: Cup fungi, chalices for dew drops, spore capsules held aloft on thread thin stalks, a heron's feather and, in my gentle fingers, the burnt orange belly of a wriggling rough-skinned newt."

There is great value in the curiosity and marvel that forests inspire. The depth of their complexity can compel and sustain these basic human impulses while providing an ever deepening understanding of our planet. This is true for everyone regardless of their education, experience or background. For artists like Meyers, forest provide both inspiration and something more fundamental to his art:

"Everything I figure out in the woods or learn from books or people sharpens observations and opens up new questions. Each plant, bird, or sound, every procession in the forest life that I learn engages my attention to a new aspect of the woods and helps me see."

The seeing the forest aids can be literal or it can be metaphoric. The former allows the artist to accurately depict, the latter to go inward into the enchanted realm of the imagination. As a catalyst to imagination its no wonder that forest mythology is full of fairies, green men, hobbits and all manner of imaginary creatures.

FUNGI REIGN

Sometimes science also fosters our sense of the magic in forests. Recent research has opened previously uncharted ecological territory that underscores how inadequate our understanding of trees has been. One of the foremost researchers in forest ecology, Dr. Suzanne Simard of the University of British Columbia, has shown that the interconnectedness of trees with each other, with other plant species and with the environment at large is vastly more extensive than we have known.

In her more than two decades of research Simard has found that trees form communities via an inter connective underground web of ectomycorrhizal fungi that allows them to send nutrients to each other, share defensive responses and even "mother". Her scientific method based on using radioactive isotopes injected into trees whose movement she then traces throughout the forest community has revealed the details of how this happens.

The research of Simard and other forest ecologists around the world has resulted in a body of knowledge which Simard

feels justifies calling trees' interconnection a form of "communication". A simple example is when a tree is dryer than the others around it, or is short on a nutrient such as carbon, it can send out a "message" resulting in a nearby "neighbor" sending water and carbon to the tree in need. More startling is the fact that a tree with offspring seedlings in its vicinity will show a preference to nourish them over other seedlings of the same species near by giving rise to what Simard calls "mother trees".

German forester, Peter Wohlleben, has collated and elaborated on the latest research in forest ecology in his captivating new book, *The Hidden Life of Trees*. It is the hope of Wohlleben and scientists like Simard that the current revelations about forests will advance silviculture and help eliminate the destructive practice of clearcutting which renders trees nothing more than objects that translate into dollars.

The proponents of clearcutting do not acknowledge the accelerated onset of global warming and pay no heed to the destruction of the underground web of fungal life that supports healthy forests. Their 30 year cutting cycles allow no opportunity for the network to rejuvenate. Many forest ecologists say that once the forest is clearcut it will never return to the richness and abundance that it was in any meaningful human time frame. Ironically, the science of forest ecology shows us that the interconnectedness of forests inhabited by a variety of trees of a wide age range yields lumber of a much higher grade if selectively logged. Clearcutting is outmoded, a 20th century practice being applied in the 21st century simply because it produces more short term profits.

While being careful not to go beyond what the data shows, Simard and others have chosen a vocabulary to talk about trees similar to the way we talk about ourselves. In so doing Simard believes that humans will begin to "understand deeper, more viscerally, what's going on in these living creatures". We can only hope that some of those humans are the ones making decisions about logging our few remaining natural forests.

As we go beyond our perceptions and rigid thought structures that reduce trees to objects its possible to feel more kinship and intimacy with trees. Like us, they have a span of years. The life of a tree in many ways parallels the life cycle of the salmon whose courage, persistence and generosity to future generations reflect some of our deepest values. Similarly, a fir tree dies gracefully, gives itself to the earth then decomposes releasing nutrients that feed the next generation. New trees rise from its fallen body to live for hundreds of years and then die in turn, repeating a cycle that takes a millennium. Certainly that is worth honoring.

JUST THE FACTS, MA'AM

Feeling healed by a walk in the forest, finding inspiration and food for thought there, identifying with the life of trees ... No matter the changes in ourselves that we feel as a result of time spent in the forest, our secular, materialistic world demands proof that these sensations are more than simply subjective, anecdotal or, in the parlance of the day, just plain tree hugger woo woo. The cynics want data, hard facts, and hard facts there are.

The most obvious fact of our direct benefit and interconnectedness with trees is photosynthesis. Simply stated, an interaction with light energy allows trees and other plant forms to absorb and convert carbon dioxide and release oxygen. Without that oxygen we die within minutes. So our lives are absolutely dependent on the "breath" of trees and plants. For that alone we should get down on our knees in forests and give thanks.

To carry the literal impact of the forest within us a step further it is now estimated that millions of people benefit from medicines derived from the wood, bark, roots, leaves and flowers of trees. As an example all yew trees including the species growing in Oregon forests are used to produce Taxol, a che-

of Japan's preventive health care strategy. Many companies have enacted programs that allow employees to spend time in Japan's forests where there are currently 31 forest therapy bases. Forest bathing is also beginning to show up in some Japanese health care plans.

The studies associated with Shinrin-Yoku have also produced hard data demonstrating that even brief periods in a forest can reduce stress and foster relaxation and a sense of peace. The proof is derived from tests measuring levels of the stress hormone cortisol and testing blood pressure before and after time spent in the forest. Other scientifically verified benefits include improved mood, accelerated recovery from illness, increased energy, and better focus even in children with attention deficit disorder and hyper activity.

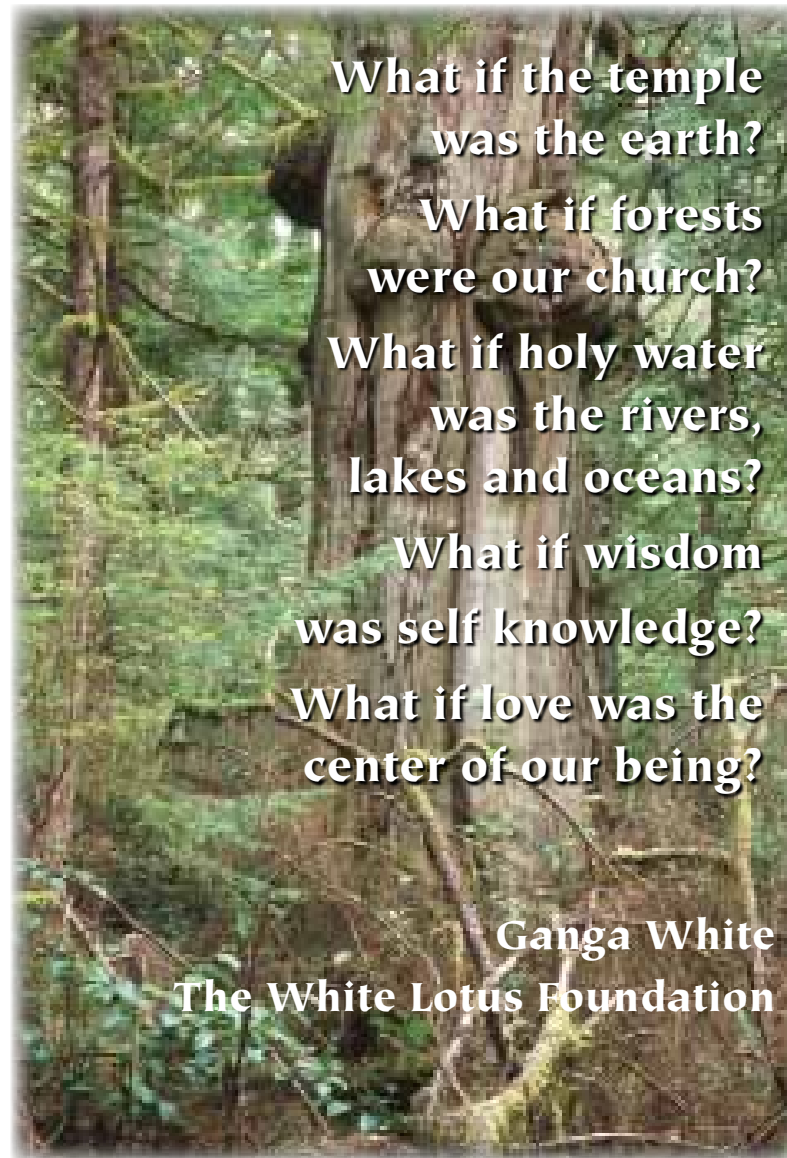
In light of these findings its no wonder that Shinrin-Yoku is beginning to take hold in the United States. Clearly the need is far greater now than when John Muir, one of the early proponents of spending time in forests said at the end of the 19th century, "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home. Wilderness is a necessity."

THE TAKE AWAY

The need for material benefit from forests has long been with us and will be far into the future. We need lumber, wood products and paper. The change needed is in our values and in the method of extraction. Until we reduce the export of timber and curb the greed that values forests strictly for economic gain, we will be dishonoring the forests and dishonoring ourselves and our deeper needs.

For the most part the manifold emotional and health benefits derived from spending time in the forest are lost when the forest is clearcut and turned into a tree farm. You can't take a hike through a densely planted parcel of trees. Once the trees are thinned trails may be established but gone is the variety of wildlife, gone is the floral intricacy of the understory and gone is the experience of walking through a cool, serene forest.

Perhaps the greatest sin of foresters and timber companies is their insistence that the tree farms that grow up after replanting clearcuts are "forests". Natural beauty cannot be replaced by replanting and there is no measure of what is lost when the beauty of a forest is destroyed. Where else in the natural world can you feel as though you are in a cathedral surrounded by beings hundreds of years old? Where else can you find your place in an endless cycle on this glorious planet in a magnificent universe?



motherapy drug. Cedar bark can yield a tea effective against fevers, flu and chest colds. Alder can be used to produce an astringent that cleans and heals deep wounds.

The benefits of ingesting substances derived from forests doesn't stop with medicines made from the tree's body. When we inhale the aroma in a forest we are inhaling phytoncides, an airborne chemical given off by trees to protect them from insects. Proponents of the value to humans of phytoncides have gathered scientific data that shows they boost our immune system by stimulating the release of natural killer cells, immune cells that destroy cancer cells. This effect can last for up to three weeks after a walk in the forest.

Many studies of the benefits of phytoncides have been conducted in Japan where other measurable physiological benefits of spending time in the forest have also been documented. An entire movement called Shinrin Yoku, a term meaning "forest bathing" or "taking in the forest", began there in the 1980s. Bolstered by scientific studies verifying what had previously been anecdotal, forest bathing has become an important part



Roger McKay a Retrospective Show at RiverSea Gallery



RMcKay-Selfie

RIVERSEA GALLERY honors esteemed Astoria artist, Roger McKay, with a solo show, *Looking Both Ways*, which combines a select retrospective of his work along with new pieces created for this exhibition. The show will open Saturday, December 10, with a reception from 5:00 to 8:00 during Astoria's Second Saturday Artwalk. The artist will be in attendance to talk about his past and present inspirations.

In this tribute to McKay, a longtime Astoria resident, the gallery has assembled a group of works from public and private collections that exemplify the artist's output over more than the past four decades. Some of the pieces will be offered for sale, and others are on loan just for this exhibition, including one painting normally on display at the Astoria City Hall. McKay has worked across many styles and mediums, and this show includes works in watercolor, oil painting, wood carving and a new series of mixed media dioramas. Viewed together, the old and new works convey the powerful story of an artist with deep roots on the north coast.

The older paintings and carvings present the artist's response to beautiful surroundings and simple pursuits in bygone days, and collectively provide a journey to the quieter times of Astoria's recent past. The works impart an idyllic quality to a time not that long ago, to an Astoria that lingers just on the edge of memory. McKay is adept at depicting the mystery and intimacy of deep shadow from cloud and forest, the misty expanse of the broad river, and the ubiquitous shambling structures along its edge. His landscapes are often literal representations, yet they are occasionally spiced with unexpected elements from his mischievous wit and vivid imagination. At times he delights in venturing into the realm of the absurd and poking fun at a few social mores, teasing the viewer along on a captivating jaunt. Some of his earlier works are carefully crafted and painted wooden panels that portray dream sequences or

imagined adventures carved in bas relief. These scenes are yet another expression of McKay's immersion in north coast culture, and creations of a master artist whose work is infused with gentle humor as well as finely-wrought talent.

McKay's background combines a formal art education from Portland's Museum Art School in the early 1960s with many years spent as a wood carver, sign maker and muralist. McKay is perhaps best known locally for his commissioned murals, some of which can be found at the Astoria Aquatic Center, Fort Astoria Park and the Heritage Museum. In the summer of 2015, he was part of a team of artists who restored the artwork on the Astor Column. He has previously been featured in shows throughout the region, including at RiverSea Gallery where he has been a represented



RMcKay-AstoriaHouse1985-oil-28x36

artist for many years.

ALSO AT RIVERSEA: A Photographic Mystery Tour of Astoria

Showing in the Alcove at RiverSea Gallery is Astoria Mystery Tour, a two-person show featuring charismatic aspects of Astoria through the lens of photographers, Jody Miller and Donna Lee Rollins.



DLRollins-AstoriaMansionII

atmospheric color photographs portray both well-known sights and unusual views of the area. Rollins presents a unique take on Astoria with a series of photos taken with plastic, toy cameras and a pin-hole camera. The show will open Saturday, December 10, with a reception from 5:00 to 8:00 during Astoria's Second Saturday Artwalk.

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



THE "ARGOSY TRAILER PORTRAIT SERIES" Jane Herrold Paintings at the Lovell Room • Dec 10

"IT'S LIKE A LIVE version of the Café Vaquera Show," described one of the 12 subjects who sat for local artist Jane Herrold in a recent series of paintings to be on exhibit at the Fort George Lovell Room during the Astoria's December Art Walk, on Dec 10. Yes folks, join Jane Herrold for a 3-hour art show, 5-8pm, and then these particulars gems will be gifted to the subjects.

BTW, Herrold's Café Vaquera Show for many years on KMUN was a mash-up of acoustic music with a countrified twinge, retro cowboy, hippie folk-rock, kitchy blues, you can't really put your finger on it, but you knew when you were listening that you were listening to the unique shape and selection of programming that made the show Café Vaquera (Spanish for cowgirl).

Herrold, 65 years of age, raised in Ilwaco by a fishermen father and loving mother has contributed her unique style to the region ever since she hit the ground running, as a hair dresser, theater geek to the Portland scene in the days when the creatives were getting it rolling; as performer, costumer and set designer, and she also made sure to attend graphic design school. Her colorful paintings and all forms of creative works are a continuum, including a healthy stint as one of few women in the early days of the Fisher Poets Gathering, bringing in a humorous and touching perspective from a Fishermen's daughter point of view.

If your reading this and yer' out and about on Dec. 10, 12 familiar locals have been caught on canvas, with acrylic paint, sitting for an hour or so on Jane's leopard settee

in the vintage Argosy Trailer turned studio. Whilst posing, subjects were served a lunch of tasty beans and rice, and if so inclined, Jane's special whiskey ginger cocktail, and of course a great roster of tunes on the music box.

"I'm choosing to focus on what I can do," says Herrold, "Instead of wasting energy on what I can't." Herrold refers to her arthritis, a life challenge she has battled with over the years, but with a pro-active state of mind, and a music lover who finds great enjoyment in traveling to music festivals, (and is quite the expert festival camper), she's a star example of "if there's a will there's a way!"

A sneak-peak at the selection of paintings and being familiar with Herrold's work over the years, in addition to owning my own favorite pieces—a combined animated essence captures the likeness and the spirit of just about anything she paints really. One Argosy subject said, "Sitting for Jane was fun, like running away with gypsies for a couple of hours. She made me a tuna sandwich and painted me like a Mexican Jesus."

Herrold reveals that the project was impelled as a self-imposed class in portraiture, and for the subject, an honorable moment when someone has taken the time to really see you.

Jane's original Vintage Trailer Coloring Books will be available at the show for purchase, they make a great holiday gift, and of course 12 colorfully recognizable folks on easels . . . if you're from around these parts.

- D. Urell

December Cultural Calendar

Concert for a Winter Night



12/19

CONCERT FOR A WINTER'S NIGHT:

Music for Chanukkah, Solstice and Christmas is presented by flutist Shelley Loring, and pianist Jennifer Goodenberger on Monday December 19th at 7:00 pm at Grace Episcopal Church, 1545 Franklin Avenue, Astoria. There is a \$10 suggested donation at the door. The concert will include Jewish, Celtic, Carols, holiday music, and original compositions to celebrate the Season. These long-term friends are thrilled to create music together for this concert.

At a young age, Loring performed concerts of Jewish music with her father, a Jewish cantor. She has toured the Western States with the Community Concerts Association in addition

to playing with many regional and local music organizations. Most recently she returned to performing her life-time passion - jazz and improvisation. Goodenberger is active as a solo pianist, performing her original compositions, classical music, and arrangements of folk and Celtic music. Her recordings are often used in the healing arts, and as film soundtracks. She recently released her 8th solo piano CD. FMI: call 503-325-5310.

Portland Gay Men's Choir The Most Wonderful Season Dec 18 at The PAC

12/18



PGMC will bring *The Most Wonderful Season* to Astoria, OR. This holiday outreach concert is sponsored by the North Coast Chorale. Proceeds from the concert will benefit both the North Coast Chorale and the Clatsop Community College Performing Arts Center. Tickets are \$15 at the door.

Gather your family and friends and join the Chorus for a festive celebration of the season, with music of Christmas, Hanukkah, Kwanzaa, Winter Solstice, and the New Year. There's no better sound for the holidays than the 130 voices of the Portland Gay Men's Chorus and elegant instrumentals filling the room.

Saturday 10

MUSIC

Tuba Christmas Concert. With the Astoria Tuba Quartet. Free, 2pm at the Columbia Pacific Heritage Museum in Ilwaco.

Bruce Thomas Smith and Friends. At Port of Call in Astoria.

The Columbia River Symphony. With the Warrenton Middle & High School Choirs. Free, 7pm at the Liberty Theater in Astoria.

North Coast Chorale. Here We Come a Caroling. \$10, 7pm at the PAC in Astoria.

Tim Connell. \$20, 7pm at the Hoffman Center in Manzanita.

Dr Love. A Kiss Tribute Band. \$10 at the Astoria Event Center.

Kellie Pickler. \$23 - \$38 at Chinook Winds in Lincoln City. 888-624-6228

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

Steve Sloan. 9pm at Snug Harbor in Lincoln City.

Zuhg. 7pm at the MIST Restaurant at Surftides in Lincoln City.

ART

Astoria Art Walk. 5 - 8pm in downtown Astoria.

FOOD & DRINK

Gingerbread Tea. Enjoy homemade gingerbread with a variety of teas, hot cocoa and spiced cider while being entertained by live holiday music. \$5, 1 - 4pm at Butterfield Cottage in Seaside.

Wine Tasting. Wines for Holiday Entertaining. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Deck the Hall. Holiday shopping. Unique treasures created by Local Artists. Noon - 4pm at Redmen Hall in Skamokawa.

Gifts that Make a Difference. Meet folks from local nonprofit organizations; learn what they do and how you can get involved. Sign up! Volunteer! Make year-end donations! And...Then buy the gifts that will truly make a difference this holiday and all next year: Make a donation and put your best friend's name on it! Noon - 4pm in the McTavish Room at the Liberty Theater in Astoria.

Clatsop Animal Assistance Year-End Fundraiser. Silent auction, treats, raffle, photos with Santa and more. Bring your leashed furry friends to the Lovell Showroom at Fort George in Astoria from 9am - 4pm.

Pictures with Santa. 1 - 4pm at the Cannon Beach Library.

Slide Show. Journey to the Bottom of the Grand Canyon. 3 - 5pm at the Manzanita Library.

The Nutcracker. \$5, 2pm in the Don Whitney Auditorium at Tillamook High School.

Log Cabin Christmas Bazaar. 10am - 3pm at 2060 Bilyeu Ave w. Netarts.

A Whale of a Christmassin Depoe Bay. Amidst festive decorations the city Christmas tree is lit at the Whale Center.

LITERARY

Book Signing. Author Cindy Brown will be signing her mystery novels. 1 - 5pm at Beach Books in Seaside.

Author Presentation. "Reporting the Oregon Story: How Activists and Visionaries Transformed a State" with Floyd McKay. 1pm at the North Lincoln County Historical Museum in Lincoln City.

THEATER

Scrooged in Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dear Santa. Holiday-themed short scenes. \$15, 7pm at the Barn Community Playhouse in Tillamook.

It's a Wonderful Life. \$15- \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 11

MUSIC

Torrey Pines. Animated film with Live band Your Heart Breaks, a coming of age trans-punk story. \$10 at door. All Ages. KALA in Astoria.

Water Music Festival Christmas Concert. Free, 2 - 4pm at the Inn at Harbour Village in Ilwaco.

North Coast Chorale. Here We Come a Caroling. \$10, 7pm at the PAC in Astoria.

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

Marty O'Reilly and Royal Jelly Jive. No cover. 8pm at Fort George Brewery & Public House in Astoria.

June Rushing and Friends. 8:30pm at Snug Harbor in Lincoln City.

FOOD & DRINK

Gingerbread Tea. Enjoy homemade gingerbread with a variety of teas, hot cocoa and spiced cider while being entertained by live holiday music. \$5, 1 - 4pm at Butterfield Cottage in Seaside.

HAPPENING

Deck the Hall. Holiday shopping. Unique treasures created by Local Artists. Noon - 4pm at Redmen Hall in Skamokawa.

Standing Rock Holiday Fundraiser. Featuring musical acts Barney Perrine and Sir and the Realists and beautiful works

of art by local artists for silent auction. 5 - 7pm at Waters Edge Spa in Astoria.

THEATER

Scrooged in Astoria. \$7 - \$16, 2pm at the ASOC Playhouse in Astoria.

Dear Santa. Holiday-themed short scenes. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 12

MUSIC

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

Tuesday 13

MUSIC

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

Wednesday 14

MUSIC

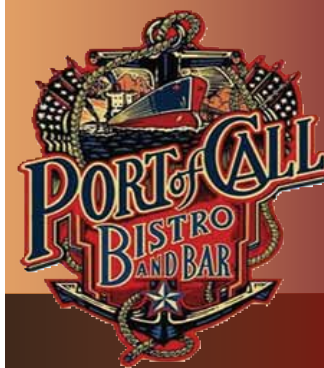
MacMinn. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Salty Talks. There's a Buzz Going Around, Let's Keep it That Way. A lecture on pollinators with Julie Tennis. 6:30pm at the Salt Hotel and Pub in Ilwaco.

The World of Haystack Rock. The Oregon Beach Bill - 50 Years with Neal Maine.

cont. p19



EVENTS

894 Commercial Street
503.325.4356
astoria

AT PORT OF CALL

- OPEN MIC & JAM SESSION - EVERY THURS, 6-8pm open mic, jam session 8-11pm. Free.
- JESSE LEE FALLS BAND - FRIDAY, December 9. The cover classic rock music.
- BRUCE THOMAS SMITH & Friends - Saturday DEC 10. Rock band.
- RUSTY SPURS-FRI DECEMBER 16 - local country band
- CHRISTMAS EVE PAJAMA PARTY, SAT, DECEMBER 24
- NEW YEARS EVE PARTY - SAT DECEMBER 31. Cash balloon Drop, prizes & give aways, Black and white apparel.

Port of Call Daily Specials:

- THURS: Burger and Draft beer for \$10
- EVERY FRI/SAT: DJ Karaoke/live bands
- SAT/SUN: Breakfast at 10am - 3pm
- SUN: \$10 Bloody Mary Bar/10am to 2pm. \$10 bottomless mimosas for 2 hours anytime between 10am to 2pm.
- SUN: 20% active military appreciation day (with proof of service.)
- SUN: Game day (life size Jenga and Corn Hole)
- SATURDAY & SUNDAY: Football ticket. Football is on both days!!

DR LOVE KISS Tribute BAND

Dec 10 - 8:30pm - \$10/door
Astoria Events Center

Pacific Northwest Professional Wrestling

SUN DEC 18

Tickets \$10
at the door
doors open 4:30pm

cont. p19

PORT OF CALL HRS:
Mon-Wed: Closed
Thurs: 3pm to 2:30am
Fri: 3pm to 2:30am
Sat: 10am to 2:30am
Sun: 10am to 2:30am

ALL IN THE TIMING set for the PAC

LOCK THREE CHIMPANZEES in a room with typewriters. Could they eventually write "Hamlet"? What if they shared an affinity with three famous authors?

If a construction worker announced he was the Lindbergh baby, would you believe him?

And, if you went on a first date and said the wrong thing, would you like to start the conversation over?

Odd, seemingly unrelated questions, but they form the premise of some zany scenes in David Ives' play "All In The Timing,"

staged at the Clatsop Community College Performing Arts Center in Astoria in January: Jan 13, 14, 20 and 21 at 7pm, and 4pm Jan. 15 and 20. Tickets are \$15, cash or check, at the door.

The play is directed by Edward James of Astoria and features a cast of North Coast

actors. It has five comic segments which share a focus on words, language and almost inevitable miscommunication.

Written in 1993 and first staged Off-Broadway, the contrasting scenes highlight often existentialist perspectives on life.

Several are complicated by romance.

Ives is an American playwright, novelist and screenwriter, born in Chicago but based in New York. Although he has written many full-length scripts and adaptations of other works, his skill in writing one-act comedies prompted the New York Times to label him the "maestro of the short form."

The show is produced with permission from Dramatists Play Service, Inc. For details, go to www.supportthepac.org

Gigi Chadwick appears in "All In The Timing" at the PAC in January, playing a timid woman trying to enhance her confidence by learning a "universal language." But do the numbers add up?



It's A Wonderful Life At The Coaster • Thru Dec 23

THIS HOLIDAY SEASON the Coaster Theatre Playhouse brings the American classic *It's A Wonderful Life* to the stage starting Friday, November 18, 2016.

In our American culture *It's A Wonderful Life* has become almost as familiar as Dickens' *A Christmas Carol*. The saga of George Bailey, the Everyman from the small town of Bedford Falls, dreams of escape and adventure only to have them quashed by family obligation and civic duty. His guardian angel descends on Christmas Eve to save him from despair and to remind him – by showing him – what the world would have been like had he never been born and that his life has been, after all, a wonderful life. This faithful adaptation celebrates the faith of the season, as well as the American philosophy of life: hard work, fair play and the love and support of one's family and community will be rewarded.

It's A Wonderful Life is directed by Sheila Shaffer and features Ben Ruderman (George Bailey), Slab Slabinski (Clarence Obody), Stewart Martin (Mr. Gower/Mr. Potter's Goon), Marin Donohue (Young George/Pete Bailey), Timothy Garvin (Harry Bailey/Sam Wainwright), Susi Brown (Mother Bailey), Karen Martin (Aunt Tilly), Aftyn Garvin (Violet Petterson), Markus Brown (Bert/Mr. Welch), William Ham (Ernie), David Sweeney (Uncle Billy), Emily Dante (Mary Hatch/Bailey), Donald Conner (Henry F. Potter), Carolyn Anderson (Mr. Potter's Secretary/Mrs. Thompson), Nancy McCarthy (Mrs. Hatch/Mrs. Martini), Eliza Davis (Miss. Andrews/Miss. Carter), Bob Goldberg (Mr. Martini), Parker Fergus (Newspaper Boy/Tommy Bailey), Aerial Bird (Zuzu Bailey), Hannah Dante (Janie Bailey).

Performances: November 18 – December 23. Performances begin at 7:30pm. Sunday shows start at 3:00pm. Tickets: \$15 or \$20 coastertheatre.org

TAPA tackles the big guy in the red suit **DEAR SANTA** Thru Dec 17



COMPOSED of a number of short scenes, "Dear Santa" ranges from the hilarious to touching. Written by Rob Frankel, and directed by Ann Harper, this production views Santa from various viewpoints - from a child who alphabetizes her Christmas list and sends it out in August, to children at various stages of belief...and disbelief! Santa and his helpers shed light on many of the mysteries surrounding him, including why you don't always get the gift you ask for, how Santa delivers all those gifts in one night, how he finds children spending Christmas away from home, and how his power transcends the boundaries of race, gender and religion. Of course, sometimes being Santa isn't all that great - your helpers fight over which one is best and occasionally you get arrested for shoplifting by those of little faith. But in the end, it is the faith of the many that sustains Santa.

"Dear Santa" runs through December 17th. Friday and Saturday performances begin at 7pm, Sunday matinees, 2pm. Doors open one half hour prior to curtain.

Reserved seating is available through Diamond Art Jewelers located at 307 Main Street in Tillamook, call (503) 842-7940 for reservations. Tickets are \$15/ person, children 12 and under are \$10. For more information, email info@tillamooktheater.com or find us on Facebook.

Celebrating over 35 years in Tillamook, TAPA is a non-profit community theater dedicated to providing high quality performing arts experiences through entertainment, education, and community participation. TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, one block west of Hwy 101.

A CHRISTMAS CAROL A Unique Performance In December

CHARLES DICKENS wrote two versions of "A Christmas Carol". One was printed in the newspaper, where he was paid by the word and the other one he condensed so it could read it at public gatherings.

The cast is Dida DeAngelis (Reader), Jennifer Crockett (Clairnet), Nate Crockett (Violin), Ann Bronson (Soprano), Stacey Brown (Alto), Patrick Corjay (Bass) and Sen Incavo (Reader).

Sen Incavo has adapted the shorter version of the tale into a Reader's Theater that involves only two readers, reading all the parts and they are accompanied by a quartet of singer, a clarinet, a violin, and two dancers from the Astoria School of Ballet.

This is a very unique performance at the Holiday time. Tickets are for sale on line at TicketsWest.org or at the Liberty Box Office for \$15.00 each.

The January show for Reader's Theater is "Death and the Maiden", by Ariel Dorfman starring Kate Brister, Bill Ham, and Daric Moore, is a psychological thriller.

The March show for Reader's Theater is "Doubt, A Parable", by John Patrick Shanley, starring Susi Brown and Bereniece Jones.



A Christmas Carol Shows: December 14-15 7pm in the McTavish Room at The Liberty Theater. \$15 @ the door.

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

IMOGEN celebrates the holidays with a rich and diverse invitational exhibition exploring fiber. 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 collection including a new selection of hand hooked rugs by Roxy Applegate, wall hung and free standing paper art by Lâm Quãng and Kestrel Gates of HiiH Lights, nuno felted scarves and wraps by Julie Kern Smith, felted wool sculpture by Kristy Kun, and hand bound book art by Christine Trexel, are just a few of the exquisite examples of fiber in art to be presented for the exhibition. The exhibition will open for Astoria's Second Saturday Artwalk, December 10th 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.

Fiber art is both an old and new art form, with weaving techniques dating back to Neolithic times some 12,000 years ago. It is respected as one of the oldest surviving craft forms in the

world that evolved from multiple cultures, including the Incans who utilized textiles as currency, which held a more prominent role then gold for trade. Native Americans, for centuries have created elaborate basketry for all uses, including vessels that were water tight, made from regionally known plant materials. Middle Eastern nomadic tribes, have been respected for intricate hand knotted rugs made of wool and silk, dating back over 4000 years, and the rich illustrative tapestries of the 14th and 15th centuries of European cultures, all helped to forge what we appreciate as textile based art today. The term "fiber arts" came to be applied much later, post World War II with the resurgence of the craft movement. With this came the recognition of craft as fine art and the diminishing of the idea of utilitarian needs.

Imogen Gallery is located at 240 11th Street in Astoria, on the vibrant block shared with Cargo and Astoria Coffeehouse & Bistro. Open Mon - Sat, 11 to 5, 11 to 4 Sunday and closed Weds. 503.468.0620 Facebook or at www.imogengallery.com.



Felted Wool Sculpture, K. Kun



HiiH detail Wall Hanging

SEASON OF LIGHT At Luminari Arts

LUMINARI Arts celebrates the Season of Light with artwork from four local artists.



Patty Thurlby Lamp

Judith Niland, long time Astorian, shares her brilliant up cycled windchimes. Working with hand colored plastic and branches from her yard, Niland creates fantastical pieces reminiscent of Chihuli, but with her own take on color and dimension.

Sage McClellan, from across the river, debuts her hand worked hangings which feature found seaglass, shells, antlers and beads.

Seaside favorite Patty Thurlby delights with her upcycled lamps, incorporating glass, driftwood, wire and beads. J. Griffin of Astoria, presents hand made crystal ornaments, rain chains and a new collection of sterling silver chain mail jewelry.

Join Luminari Arts for a night of riotous color and light, live music and holiday cheer! Located at 1133 commercial in Astoria. 503.468.0308



Chihuli-like Chimes by Niland

SUSAN BISH at the Astoria Art Loft

"ART comes from within. If you channel your innermost emotions and feelings into your art, your painting will be successful and memorable," says well-known North Coast artist Susan Bish.

Bish paints in nearly all media including oil, watercolor, acrylic, collage, and so forth. While she paints all subject matter in her studio, she especially enjoys plein air painting. "I enjoy being outdoors, soaking up a scene and committing it to canvass."

Like many artists, Bish continues to study and take workshops. She has studied with Shirley Dahlsten, Christopher Shenck, Judy Morris, and numerous other well known artists. "One learns different things, different approaches, from other artists. One always can learn more," she states.

Susan's work is marked by vibrant colors, appealing designs, humor and compassion. Susan likes to paint from photographs occasionally but recognizes the limitations of doing so. "When painting from a photo, you have a fine painting of a photo. Much better to work from your imagination, work spontaneously."



Bish's paintings will be the featured artist at the Second Saturday Art Walk, December 10 at the Astoria Art Walk, 106 Third Street, Astoria, from 3 p.m. – 6 p.m. Her exhibit will remain throughout December.

Of Two Minds: A Collaborative Exploration

Tim Liddiard and Kristin Shauck through February 2017

Cannon Beach History Center & Museum

IN KEEPING with a fantastic departure from the usual textile and quilt exhibits, the Cannon Beach History Center & Museum will be opening a new art installation featuring the work of two well-known local artists. Join Kristin Shauck and Tim Liddiard as they open their latest exhibit "Of Two Minds: A Collaborative Exploration Between Tim Liddiard and Kristin Shauck."

Tim Liddiard was born in Chihuahua, Mexico and moved the United States when he was 15 years old. He lived and studied in Texas and Utah before relocating to the Northwest. He holds a Bachelor of Arts in Mathematics from Portland State University in Oregon, and has been taking art classes and practicing art for fifteen years. His artmaking approach is process based and is strongly influenced by his broad work experience, including garment dyeing, working in construction, teaching, and truck driving. He has exhibited his artwork regionally in the state of Oregon.

Kristin Shauck holds a Bachelor of Fine Arts degree in painting and drawing (magna cum laude) from Baylor University in Waco, Texas (1989) and a Masters of Fine Arts degree in painting and drawing from Texas A&M Commerce (1993). Having taught at the college level in both Texas and South Dakota for over a decade prior to relocating to the Northwest, she is currently in her thirteenth 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. She has exhibited her own artwork in various regional and national exhibitions as well as internationally in England, Japan, and India.

The exhibit is an exploration of both artists varied past and experience. Each piece is an inspiration of color. Liddiard says, "Inspired by color field paintings as a springboard for my explorations, I am interested in experimenting with how colors interact, starting with simpler color combinations and progressing to more complex." The show integrates Shauck's own philosophy and love of nature as well. Shauck says,



T. Liddiard, mixed paints on alternative canvas, 4' x 4'

"Since my childhood, I have always felt a deep connection to and fascination with animals of all kinds, from the tiniest insect to the largest mammals, and have always experienced a profound sense of both awe and joy while in their presence. I seek to capture the essence of both humans and animals by beginning each painting with a very spontaneous, gestural approach, drawing initially with either chalk or directly with a brush, and progressing with many obsessive layers of vibrant color."

Of Two Minds: A Collaborative Exploration Between Tim Liddiard and Kristin Shauck" will be on display December 3, 2016, through February of 2017. Cannon Beach History Center & Museum is open from 1:00 to 5:00 p.m., Wednesday and is donation based. Located at 1387 South Spruce Street in Cannon Beach, Oregon. 503-436-9301.

Heather Douglas to Read from New Book Poetry Collection Created During Residency at AVA's North Coast Writers' Retreat

LOCAL WRITER and illustrator Heather Douglas will read from her new book of poems, *Creosote and Rain*, on Saturday, December 10, at the Blue Scorchers Bakery, located at 14th and Duane Streets in Astoria. The readings will coincide with the Second Saturday Art Walk and are (loosely) scheduled to occur at 5:30pm, 6:30pm and 7:30pm. The readings will be accompanied by a display of illustrations created by Douglas that represent the ways in which writing has shaped her life. Blue Scorchers fare such as artisan pizza, assorted savories and sweets and a variety of drinks will be available for purchase during the evening. Copies of *Creosote and Rain* will be available for purchase at the event, as well.

Creosote and Rain is a deeply personal, often funny and sometimes painfully honest book, in which Douglas explores everything from her childhood growing up in Astoria to body image, friendship, love and feminism. A deft touch, keen eye and dry wit serve to both deepen and leaven the collection. The poems were written over the last few months during Douglas's fall 2016 residency with Astoria Visual Arts' North Coast Writers' Retreat.

The North Coast Writers' Retreat writer-in-residence program ("AVA W-i-R") offers local and visiting writers

a unique opportunity to launch new endeavors, revise works in progress, or conclude longstanding projects. The program seeks to provide writers with writing time and space in an idyllic setting at the base of 11th Street, featuring panoramic views of downtown Astoria and the Columbia River. For more information on the program, visit: <http://www.astoriavisualarts.org/north-coast-writers-retreat.html>

Astoria Visual Arts (AVA) was founded in 1989 as a non-profit membership organization to enhance, strengthen and promote the arts in the Greater Astoria Area.



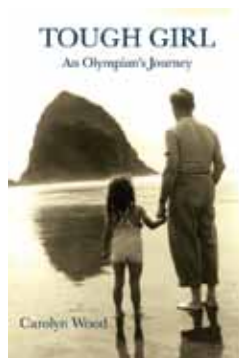
Tough Girl: An Olympian's Journey Author Carolyn Wood At Seaside Public Library

ON THURSDAY, DECEMBER 15, The Friends of the Seaside Library host Carolyn Wood, author of "Tough Girl: An Olympians Journey." The event will take place at 7pm and there will be book sales and singings by Beach Books.

Carolyn Wood was born in Portland and swam for the Multnomah Athletic Club and Beaverton High School, where she won seven individual state championships in butterfly, freestyle and the individual medley. At the 1960 U.S. Olympic Trials, at the age of 14, she finished first in the 100-meter butterfly and was favored to win the gold medal in Rome. At the Olympics, during the women's 100-meter butterfly final, Carolyn swallowed water during the turn and did not finish the race. She did win a gold medal as a member of the women's 4X100-meter freestyle relay team, together with Joan Spillane, Shirley Stobs, and Chris von Saltza. The U.S. relay team set a new world record in the event final—nine seconds faster than the previous record. Wood at 14 years old, was the youngest member of the 1960 U.S. Olympic team to win a medal.

Wood's story in "Tough Girl" details the training and commitment it took to become an Olympian at just 14 years old. She also tells of growing up in mid-century Portland, of being a closeted athlete, and of coming out and fighting for gay rights. It is the account of youthful dreams and exuberance, of struggle and the will to overcome obstacles in sport as well as in life.

Following the Olympics, Wood returned to her hometown of Portland and completed her studies at Beaverton High School. She attended the University of Oregon, became an English teacher, and taught at both Beaverton and Wilson High Schools. She was inducted into the Oregon Sports Hall of Fame in 1992. "Tough Girl" is her first book. *Seaside Public Library is located at 1131 Broadway. (503)738-6742 or visit us at www.seasidelibrary.org*



Ric's Poetry Mic First Tuesdays @ Winecraft

FORMERLY "The Last Tuesday Poetry Open Mic" has a new name, a new place to meet and a new date. In honor of the founder Ric Vrana, the event is named Ric's Poetry Mic and is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event moves to the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <mmcauley05@gmail.com>

RAIN MAGAZINE Invites Submissions for the 2017 Edition

RAIN Magazine, Clatsop Community College's annual literary and arts publication, invites submissions now through Feb. 1 for the 2017 edition. Proud of its 40-plus years publishing the art and literature of the local talented coastal community, Rain welcomes submissions from the general public as well as CCC students and area high school students. For submission guidelines rainmagazine@clatsopcc.edu.

Current CCC students and interested community members can join the staff of Rain Magazine. Register for WR 270 Literary Publications, which takes place noon to 2:20 p.m. Tuesdays and Thursdays during winter term. Registration opens Nov. 9. In this class, students participate in all phases of producing a literary magazine (manuscript selection, graphic design, editing, fundraising, correspondence and distribution). The course includes instruction in the industry standard publishing software Adobe InDesign. Instructor Ryan Hume will lead the 2016 Rain Magazine project.

For more information, contact Hume at 503-338-2517 or rhume@clatsopcc.edu

Submit Your One-Act Play: Competition at the Hoffman Center for the Arts in Manzanita.

SUBMIT YOUR one-act play! The Hoffman Center for the Arts is hosting a new one-act play competition. Submissions are due January 14, 2017. Each entry will be randomly assigned to one of three judges. All submissions will be blind submissions for judging (guidelines below). The top three submissions will be performed in a Reader's Theater event at the HCA on March 11, 2017. Anyone interested in participating in the Reader's Theater contact Suzanne Jelineo at sjelineo@nehalemtnet.net.



THE JUDGES:

ANNE OSBORNE Coopersmith of Nehalem is an accomplished local actor with the Tillamook Association for the Performing Arts, The Coaster and Riverbend Players. She has adapted material for and directed and read in readers theater as well as acted in multi-act plays.

GEORGE DZUNDZA of Tillamook is well known as a character actor for his roles on stage and in front of the camera, including among others "The Deer Hunter" and "Basic Instinct," and performances on "Law & Order" and "Grey's Anatomy." Dzunda has been involved in productions on Broadway, national tours, off-Broadway, off-off-Broadway, regional theater, dinner theater and community theater. He is founding member of the coastal nonprofit Rising Tide Productions and recently directed the play "I am My Own Wife" at NCRD in Nehalem.

CAROLE ZUCKER, Ph.D., of Portland, is Professor Emerita, Film Studies, Concordia University, Montreal, Quebec and known as Montreal's "Acting Guru." She studied at The Neighborhood Playhouse, and with Uta Hagen at HB Studios, both in New York City. Carole has performed in numerous off-Broadway productions, as both an actor and a singer, and in regional theater in the U.S. and Canada. She has a doctorate from New York University in Cinema Studies, has authored seven books, and has lectured widely on performance in the US, Canada, and Europe, has taught workshops at the Flynn Center for the Performing Arts and The Off Center for Dramatic Arts in Burlington, Vermont, and The Portland Actors Conservatory and The Portland Playhouse.

GUIDELINES for submission of One-Act Play for Competition:

NOTE: if you'd like a detailed handout on One-Act Play writing please send a request to Suzanne Jelineo at sjelineo@nehalemtnet.net.

1. FORMAT: Microsoft Word document. Play title only on document; do not include your name. One act plays should be 30 minutes or less which equates to a script of 30 pages or fewer.

Play description should begin with brief description of setting and a list of characters, including any important characteristics (age, gender, etc.) Note: as these will be performed as Readers' Theater, use stage directions sparingly if at all. Character name should be in caps followed by dialog. Use one blank line after each character's dialog, for readability.

2. SEND as an attachment by email to Sue Jelineo at Suzanne Jelineo <sjelineo@nehalemtnet.net>. Include in email message: Title of Play; your full name; Short writer's bio, max 50 words.

3. DEADLINE for submission: January 14, 2017.

4. JUDGES choices of top 3 plays will be made by March 1. Plays will be performed as Readers' Theater on March 11 at the Hoffman Center for the Arts.

THE MANZANITA Writers' Series is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) Further information is available at hoffmanblog.org <<http://hoffmanblog.org>> online or contact Sue Jelineo, sjelineo@nehalemtnet.net.

HAPPENING

Night of All Knowledge Trivia Tournament. A free and fun team trivia event. 6pm at the Seaside Library.

THEATER

A Christmas Carol. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 15

MUSIC

Kory Quinn. No cover, 7pm at the Adrift Hotel in Long Beach.

Lincoln Pops Big Band. \$6, 7:30pm at the Gleneden Beach Community Club.

HAPPENING

Third Thursday Craft Fair. 10:30am at the Bob Chisholm Community Center in Seaside.

LECTURE

Calvin Tibbits: Oregon's First Pioneer. With Jerry Sutherland. 7pm in the Lovell Showroom at Ft George in Astoria.

LITERARY

Tough Girl: An Olympian's Journey. With author Carolyn Wood. 7pm at the Seaside Library.

THEATER

A Christmas Carol. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Friday 16

MUSIC

Simon Levene. Simon plays a mood covers and originals in a Brit-pop, folk-rock style utilizing ukulele and acoustic guitar No cover, 7pm-9pm at WineKraft in Astoria.

Rusty Spurs. Local country. At Port of Call in Astoria.

The Talbott Brothers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Relapse. 8pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

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

Grand Lake Islands. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

Gen Silent. 1 – 3pm at Rm 219 in Columbia Hall at CCC in Astoria. Register by calling 503-861-4205

Seed: The Untold Story. \$5, 7:30pm at the Hoffman Center in Manzanita.

FOOD & DRINK

Christmas Tea. A benefit event for the Manzanita Tornado Relief Fund. 1 – 3pm at the Pine Grove Community Center in Manzanita.

HAPPENING

Q Center Holiday Bash. Friends and advocates celebrate community. Potluck, Q choir, No Host Bar, bring a dish and a white elephant present. 7pm at KALA in Astoria.

North Pole Express. Take a magical ride on a virtual journey to the North Pole. \$15.95, 5:45pm at the Chinook Winds Play Palace in Lincoln City. 541-996-5790 for reservations.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Scrooged in Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dear Santa. Holiday-themed short scenes. \$15, 7pm at the Barn Community Playhouse in Tillamook.

It's a Wonderful Life. \$15- \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 17

MUSIC

North Coast Symphonic Band. Joyful Christmas Conditions. \$20, 4pm at the Liberty Theater in Astoria.

Kory Quinn. 7pm at the Peninsula Arts Center in Long Beach.

Relapse. 8pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Grand Lake Islands. No cover, 9pm at the Adrift Hotel in Long Beach.

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

CINEMA

Saturday Morning Cinema. Babes in Toyland. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Breakfast with Santa. \$5, 10am – noon at the Astoria Moose Lodge.

Gingerbread Tea. Enjoy homemade gingerbread with a variety of teas, hot cocoa and spiced cider while being entertained by live holiday music. \$5, 1 – 4pm at Butterfield Cottage in Seaside.

Wine Tasting. Wines for Christmas. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

Handmade Bazaar. 10am – 5pm at the Sou'wester Lodge in Seaview.

Holiday Bazaar. 10am – 4pm at the Adrift Hotel in Seaview.

Cannon Beach Museum Holiday Event. Refreshments, story time, Christmas Banana, free raffle and more. 11am – 5pm at the Cannon Beach History Center and Museum.

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

Santa is Coming to Hangar B. Bring in 1 can food item per person and get your picture taken with Santa at the Tillamook Air Museum. Enjoy cookies, cocoa & raffles. 1 – 4pm.

North Pole Express. Take a magical ride on a virtual journey to the North Pole. \$15.95, 12:45pm at the Chinook Winds Play Palace in Lincoln City. 541-996-5790 for reservations.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

The Spirits of Winter Poetry Slam and Literature Night. Open mic. 5pm at the Phoenix Exchange in Tillamook.

THEATER

Scrooged in Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dear Santa. Holiday-themed short scenes. \$15, 7pm at the Barn Community Playhouse in Tillamook.

It's a Wonderful Life. \$15- \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 18

MUSIC

Christmas Music. With Tillamook United Methodist Church Chancel Choir and the Pacific Chimes. 11am at the Tillamook United Methodist Church.

Portland Gay Men's Chorus. The Most Wonderful Season. \$15 at the Astoria High School Auditorium.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

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

Steve Sloan. 8:30pm at Snug Harbor in Lincoln City.

FOOD & DRINK

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

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

Gingerbread Tea. Enjoy homemade gingerbread with a variety of teas, hot cocoa and spiced cider while being entertained by live holiday music. \$5, 1 – 4pm at Butterfield Cottage in Seaside.

HAPPENING

Pacific Northwest Professional Wrestling. \$10, 5pm at the Astoria Event Center.

Santa is Coming to Hangar B. Bring in 1 can food item per person and get your picture taken with Santa at the Tillamook Air Museum. Enjoy cookies, cocoa & raffles. 1 – 4pm.

LECTURE

In Their Footsteps Lecture Series. The Corps and the war of 1812. 1pm with Lorna Hiansworth. 1pm in the Netul River Room at the Fort Clatsop Visitor Center, Warrenton.

THEATER

Scrooged in Astoria. \$7 - \$16, 2pm at the ASOC Playhouse in Astoria.

It's a Wonderful Life. \$15- \$20. 3pm at the Coaster Theater in Cannon Beach.

Monday 19

MUSIC

Concert for a Winter's Night. Music for Chanukkah, Solstice and Christmas with Shelley Loring and Jennifer Goodenberger. \$10 suggested donation, 7pm at Grace Episcopal Church in Astoria.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Food & Drink

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

Tuesday 20

MUSIC

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 21

MUSIC

The Horsenecks. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Pop-Up Farmer's Market. 2:30 – 5:30pm at the North Coast Food Web in Astoria.

Thursday 22

MUSIC

The Horsenecks. No cover, 7pm at the Adrift Hotel in Long Beach.

THEATER

It's a Wonderful Life. \$15- \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Friday 23

MUSIC

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

Steve Sloan Band at the Seafood Grill at Chinook Winds in Lincoln City.

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

HAPPENING

Zumba Fitness Dance Party for Charity. Proceeds will benefit the Harbor. 8:30 – 9:30am at the AAMC in Astoria.

North Pole Express. Take a magical ride on a virtual journey to the North Pole. \$15.95, 5:45pm at the Chinook Winds Play Palace in Lincoln City. 541-996-5790 for reservations.

THEATER

It's a Wonderful Life. \$15- \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 24

MUSIC

Christmas Eve Concert. With John and Val Kendall. At the Lincoln City Cultural Center. 541-994-9994

Steve Sloan Band at the Seafood Grill at Chinook Winds in Lincoln City.

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

FOOD & DRINK

Wine Tasting. Christmas Eve Surprise. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

Christmas Eve Pajama Party. At Port of Call in Astoria.

Sunday 25

MUSIC

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

Monday 26

MUSIC

Norman Baker. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 27

MUSIC

Anna Tivel and Jeffrey Martin. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 28

MUSIC

Anna Tivel and Jeffrey Martin. No cover, 7pm at the Adrift Hotel in Long Beach.



Acappella Greatness

Nationally touring artists, **THE COATS** are the Pacific Northwest's premiere a cappella band. Spanning two decades, their intensely arranged yet hilarious, interactive performances blend music and comedy so seamlessly audiences are left stunned and wondering, "how did all of that come out of only four guys?!"

It's doo-woppin' takin' right out of the universe. A great holiday show-stopping treat.

At The Coaster Theater, Wednesday, Dec 28, 7:30pm. Tickets \$39 p/seat. coastertheater.org

The Coats. \$39, 7pm at the Coaster Theater in Cannon Beach.

Thursday 29

MUSIC

Anna Tivel and Jeffrey Martin. No cover, 7pm at the Adrift Hotel in Long Beach.

THEATER

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City. 541-994-5663

Friday 30

MUSIC

DOMOVOY, Los Datos. A benefit for the Oakland Ghost Ship survivors. More bands TBA. At the Astoria Armory.

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

The Usual Suspects. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Under the Sea New Year's Eve Party. 9pm at Chinook Winds in Lincoln City. Call 888-CHINOOK for tickets.

THEATER

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City. 541-994-5663

New Years Eve • 31

MUSIC

Troll Radio Revue. 11am at Fort George in Astoria.

New Year's Eve Dance. With the Lincoln Pops Orchestra. \$45 per person, 8:30pm at the Lincoln City Cultural Center. 541-994-9994

New Year's Eve Party. With Karaoke from Hell. 9pm at the San Dune Pub in Manzanita.

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

CINEMA

Saturday Morning Cinema. Kennel Murder Case. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. New Year's Eve Surprise. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

New Years Eve Party. Cash balloon Drop, prizes & give-aways, Black and white apparel. At Port of Call in Astoria.

Under the Sea New Year's Eve Party. 9pm at Chinook Winds in Lincoln City. Call 888-CHINOOK for tickets.

THEATER

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City. 541-994-5663

Sunday 1

MUSIC

Peter Kartsounes. No cover, 7pm at the Adrift Hotel in Long Beach.

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

Monday 2

MUSIC

Peter Kartsounes. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 3

MUSIC

Drunken Prayer. No cover, 7pm at the Adrift Hotel in Long Beach.

LITERARY

Ric's Poetry Mic. Every first Tuesday. 7 – 8:30pm, sign up at 6:45. At WineKraft in Astoria.



ROGUE ONE: A Star Wars Story (Dec. 16) The most anticipated film since, well, Episode 7, Rogue One is the first standalone film of the series and is the imme-

JACKIE (DEC. 2 limited) Natalie Portman stars as Jacqueline Kennedy in Chilean filmmaker Pablo Larrain's intimate portrait of a First Lady whose world is upended when the President is assassinated and she must fight to protect his legacy, their children and herself. Two weeks after the assassination journalist Theodore White (Billy Crudup) is summoned to the Kennedy compound where he interviews a shaken Jackie who recounts the terrible day in Dallas. Story flashes back to recount in non-linear fashion, from Jackie's perspective, the details of the campaign trip to Dallas, the assassination, and the immediate aftermath where Jackie refuses to change out of her bloodstained pink suit in order to show the world "what they've done." Infighting immediately starts between the camp of newly-sworn in President Johnson led by his henchman Jack Valenti and the Kennedy camp led by Bobby Kennedy



STONE AND GOSSLING - a good old fashioned dance extravaganza in LA LA LAND

(Peter Sarsgaard). As opposed to her gracious, understated public face, in private Jackie's strength and tenacity rises when she has the difficult task of informing her children about their father's loss and fights for a public funeral procession against opposition from Valenti and the Secret Service.

LA LA Land (Dec. 16) Director Damien Chazelle (Whiplash) returns with another musical-themed movie, this one a full-blown old school Hollywood musical starring Ryan Gosling and Emma Stone. Tone of the movie is set with an opening sequence on a backed-up 105 that turns into a giant production number when one by one, the drivers leave their cars and burst into song. Among them our the leads Sebastian (Gosling) and Mia (Stone) who after angry honks, go their own ways. Story is a simple boy meets girl, fall in love, then things get in the way narrative. Both romantic leads have frustrated artistic ambitions. Stone plays Mia, a would-be actress works a café job and goes on endless auditions. Sebastian plays tinkly piano jazz at bars but yearns to open his own club. After the two not-so-opposite meet again and fall in love, complications ensue, but above all, La La Land is a colorful confection for the eyes and ears.



mediate prologue to Episode 6 A New Hope, which sets the story for Rogue One in its opening crawl: "Rebel spaceships, striking from a hidden base, have won their first victory against the evil Galactic Empire. During the battle, Rebel spies managed to steal secret plans to the Empire's ultimate weapon, the DEATH STAR, an armored space station with enough power to destroy an entire planet." Director Gareth Edwards has said that Rogue One is grounded in reality -- a group of ordinary people banding together to fight the Empire without the aid of the Force or Jedi. Edwards also stated that opposed to the black and white morality of the series, Rogue One would be more gray. Felicity Jones stars as Jyn Erso, a renegade recruited by the Rebellion to form a group to find the plans to the Empire's ultimate weapon -- the Death Star. Erso's quest is complicated by the fact that her own father might have been instrumental in creating the Death Star. Familiar characters making appearances are Darth Vader, C3PO, and possibly, Princess Leia. Edwards initially described Rogue One as a war movie. Reportedly, finding Edwards movie too dark, Disney ordered reshoots to lighten the tone to make the movie more compatible with the rest of the Star Wars canon. Disney has stated that no sequels are planned for Rogue One.

PASSENGERS (DEC. 21) Jennifer Lawrence and Chris Pratt topline this sci-fi romance. Pratt plays James Preston, one of 5,000 customers of the Homestead Company hibernating in pods on the spaceship Avalon who will eventually populate a distant world when they arrive in 120 years. Except something goes wrong with Preston's pod. He's awakened from hibernation early. 90 years too early, to be exact. He's alone on a huge, luxury spaceship with only service robots for company. Despite his best efforts, Preston can't awaken the crew, go back into hibernation or even call for help. He's doomed to live out the rest of his life alone. The only relief Jim gets is from Arthur (Michael Sheen), the chatty android bartender. A year



Passengers - SciFi Romance

passes, Jim has given up, grown slovenly and drowns his sorrows in alcohol. Then, one day Aurora (Jennifer Lawrence) awakes. Aurora goes through the same stages of denial, rage and eventually, acceptance that Jim does with the added benefit of companionship. Eventually, Jim and Aurora date, fall in love and enjoy a blissful romance until a wedge drives them apart and the Avalon is threatened with destruction until the two put aside their differences to save the dying ship.

PATRIOTS DAY (DEC. 21) Mark Wahlberg stars in true life story of the 2013 Boston Marathon bombing and the manhunt for the terrorist bombers. Synopsis: In the aftermath of the Boston Marathon bombings, police Sgt. Tommy Saunders (Mark Wahlberg) joins courageous survivors, first responders and other investigators in a race against the clock to hunt down the suspects.

FENCES (DEC. 25) Denzel Washington and Viola Davis star in the film version of August Wilson's acclaimed play. A domestic drama set in 1950's Pittsburgh, Troy (Washington) is the unquestioned top dog of the household -- "I'm the boss around here," he frequently reminds everyone. Rose (Davis) is his devoted wife who puts up with Troy's erratic behavior. Gabe (Mkelti Williamson) is Troy's younger brother who has come home from World War II damaged. Cory, Troy's teenaged son, is the butt of Troy's tough love. Despite Troy's ego, the truth is humbling. Troy ekes out a living as a garbage collector, albeit one that has advanced to driving the truck. He had a failed professional baseball career when he was younger, to which he blames racism. And the tidy house they live in was paid by money that was rightfully Gabe's. Troy browbeats Cory's dreams of playing football in college and refuses to give his older son Lyons money when he asks for a loan. Troy is withholding from his family to a hurtful, unfathomable degree, until it is finally revealed what demons he suffers from.



Playwright August Wilson to the screen.



FREE WILL ASTROLOGY

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DECEMBER

ARIES (March 21-April 19): "I frequently tramped eight or ten miles through the deepest snow," wrote naturalist Henry David Thoreau in *Walden*, "to keep an appointment with a beech-tree, or a yellow birch, or an old acquaintance among the pines." I'd love to see you summon that level of commitment to your important rendezvous in the coming weeks, Aries. Please keep in mind, though, that your "most important rendezvous" are more likely to be with wild things, unruly wisdom, or primal breakthroughs than with pillars of stability, committee meetings, and business-as-usual.

TAURUS (April 20-May 20): For you Tauruses, December is "I Accept and Love and Celebrate Myself Exactly How I Am Right Now" Month. To galvanize yourself, play around with this declaration by Oscar-winning Taurus actress Audrey Hepburn: "I'm a long way from the human being I'd like to be, but I've decided I'm not so bad after all." Here are other thoughts to draw on during the festivities: 1. "If you aren't good at loving yourself, you will have a difficult time loving anyone." - Barbara De Angelis. 2. "The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else." - E. E. Cummings. 3. "To accept ourselves as we are means to value our imperfections as much as our perfections." - Sandra Bierig. 4. "We cannot change anything until we accept it." - Carl Jung.

GEMINI (May 21-June 20): Are your collaborative projects (including the romantic kind) evolving at a slower pace than you expected? Have they not grown as deep and strong as you've wished they would? If so, I hope you're perturbed about it. Maybe that will motivate you to stop tolerating the stagnation. Here's my recommendation: Don't adopt a more serious and intense attitude. Instead, get loose and frisky. Inject a dose of blithe spirits into your togetherness, maybe even some high jinks and rowdy experimentation. The cosmos has authorized you to initiate ingenious surprises.

CANCER (June 21-July 22): I don't recommend that you buy a cat-o'-nine-tails and whip yourself in a misguided effort to exorcize your demons. The truth is, those insidious troublemakers exult when you abuse yourself. They draw perverse sustenance from it. In fact, their strategy is to fool you into treating yourself badly. So, no. If you hope to drive away the saboteurs huddled in the sacred temple of your psyche, your best bet is to shower yourself with tender care, even luxurious blessings. The pests won't like that, and -- if you commit to this crusade for an extended time -- they will eventually flee.

LEO (July 23-Aug. 22): Nobel Prize-winning novelist Gabriel García Márquez loved yellow roses. He often had a fresh bloom on his writing desk as he worked, placed there every morning by his wife Mercedes Barcha. In accordance with the astrological omens, I invite you to consider initiating a comparable ritual. Is there a touch of beauty you would like to inspire you on a regular basis? It there a poetic gesture you could faithfully perform for a person you love?

VIRGO (Aug. 23-Sept. 22): "For a year I watched as something entered and then left my body," testified Jane Hirshfield in her poem "The Envoy." What was that mysterious *something*? Terror or happiness? She didn't know. Nor could she decipher "how it came in" or "how it went out." It hovered "where words could not reach it. It slept where light could not go." Her experience led her to conclude that "There are openings in our lives of which we know nothing." I bring this meditation to your attention, Virgo, because I suspect you are about to tune in to a mysterious opening. But unlike Hirshfield, I think you'll figure out what it is. And then you will respond to it with verve and intelligence.

LIBRA (Sept. 23-Oct. 22): A reporter at the magazine *Vanity Fair* asked David Bowie, "What do you consider your greatest achievement?" Bowie didn't name any of his albums, videos, or performances. Rather, he answered, "Discovering morning." I

suspect that you Libras will attract and generate marvels if you experiment with accomplishments like that in the coming weeks. So yes, try to discover or rediscover morning. Delve into the thrills of beginnings. Magnify your appreciation for natural wonders that you usually take for granted. Be seduced by sources that emanate light and heat. Gravitate toward what's fresh, blossoming, just-in-its-early-stages.

SCORPIO (Oct. 23-Nov. 21): According to traditional astrology, you Scorpios are not prone to optimism. You're more often portrayed as connoisseurs of smoldering enigmas and shadowy intrigue and deep questions. But one of the most creative and successful Scorpios of the 20th century did not completely fit this description. French artist Claude Monet was renowned for his delightful paintings of sensuous outdoor landscapes. "Every day I discover even more beautiful things," he testified. "It is intoxicating me, and I want to paint it all. My head is bursting." Monet is your patron saint in the coming weeks. You will have more potential to see as he did than you've had in a long time.

SAGITTARIUS (Nov. 22-Dec. 21): A journalist dared composer John Cage to "summarize himself in a nutshell." Cage said, "Get yourself out of whatever cage you find yourself in." He might have added, "Avoid the nutshells that anyone tries to put you in." This is always fun work to attend to, of course, but I especially recommend it to you Sagittarians right now. You're in the time of year that's close to the moment when you first barged out of your mom's womb, where you had been housed for months. The coming weeks will be an excellent phase to attempt a similar if somewhat less extravagant trick.

CAPRICORN (Dec. 22-Jan. 19): Hundreds of years ago, the Catholic Church's observance of Lent imposed a heavy burden. During this six-week period, extending from Ash Wednesday to Easter Sunday, believers were expected to cleanse their sins through acts of self-denial. For example, they weren't supposed to eat meat on Fridays. Their menus could include fish, however. And this loophole was expanded even further in the 17th century when the Church redefined beavers as being fish. (They swim well, after all.) I'm in favor of you contemplating a new loophole in regard to your own self-limiting behaviors, Capricorn. Is there a taboo you observe that no longer makes perfect sense? Out of habit, do you deny yourself a pleasure or indulgence that might actually be good for you? Wriggle free of the constraints.

AQUARIUS (Jan. 20-Feb. 18): "The Pacific Ocean was overflowing the borders of the map," wrote Pablo Neruda in his poem "The Sea." "There was no place to put it," he continued. "It was so large, wild and blue that it didn't fit anywhere. That's why it was left in front of my window." This passage is a lyrical approximation of what your life could be like in 2017. In other words, lavish, elemental, expansive experiences will be steadily available to you. Adventures that may have seemed impossibly big and unwieldy in the past will be just the right size. And it all begins soon.

PISCES (Feb. 19-March 20): "I have a deep fear of being too much," writes poet Michelle K. "That one day I will find my someone, and they will realize that I am a hurricane. That they will step back and be intimidated by my muchness." Given the recent astrological omens, Pisces, I wouldn't be shocked if you've been having similar feelings. But now here's the good news: Given the astrological omens of the next nine months, I suspect the odds will be higher than usual that you'll encounter brave souls who'll be able to handle your muchness. They may or may not be soulmates or your one-and-only. I suggest you welcome them as they are, with all of their muchness.

Homework: If you had a baby clone of yourself to take care of, what would be your child-rearing strategy? Tell me at Freewill-astrology.com.

Bike Madame

By Margaret Hammitt-McDonald



The History and Mystery of Bad Kids on Bikes

"Preteen Bicycling Hoodlums Menace Motorists!" blares the headline on the first page of my parents' local paper. The article, accompanied by a photo of a tween pulling a wheelie down the center line on a busy street, gushes with sensationalistic details about how five local kids cause rush-hour mayhem as they weave between cars against traffic, balanced on the back wheels of their one-speed bikes. When confronted by a motorist, they gleefully flip her the bird and zip away. Police have been stymied about whether to fine the kids' parents, enroll the kids in a "scared straight" program, or just write off the pranks as the age-old test-your-mettle rituals of adolescence.

Bikes may not have the same rebellious, scofflaw cachet as motorcycles, but not long after their invention, disproving elders weighed in against the new contraptions and their speed-demon riders, tearing through pedestrian zones at unheard-of velocities (say, 20 mph). I used to think my favorite bakery, Astoria's Blue Scorcher, was named after a pastry that was a little too well-done until one of the owners explained the association with carefree, perhaps crazy young bike riders who "scorched" through the streets at the dawn of the 20th century.

Today, bikes and their riders occupy an uncertain territory—what anthropologists might call a liminal zone—between drivers and pedestrians. Because of our narrow profile, some of us take advantage of situations a driver cannot, such as sailing between two lanes to catch a green light. (For that matter, some riders treat stop signs and stop lights as if they

don't apply to us.) Cyclists have been surprised to find themselves pulled over by a cop for speeding. (I have a hard time imagining that fate for my slow self.) Even the most law-abiding of riders has endured the jeers of motorists hollering for us to get off the road and onto the sidewalk. On the other hand, every driver I meet has a tale about a nutty cyclist whom they almost crashed into.

So are we all bad kids on bikes if we take to the road? While we're there, should we be held accountable for unpredictable behavior, such as weaving in and out of traffic and running stop signs? Since my primary means of getting around is a bike, I'm all for regulations like our exemplary bike laws in Oregon, which treat cycles as vehicles and grant us the right to be on the road. This means we also need to rethink those times when we take advantage of our smaller, nimbler rides to save time and take shortcuts. If we're to be granted the rights of other vehicle operators, then we need to accept the downside of the occasional traffic ticket for misbehavior. That shouldn't stop the rebels among us from covering their bikes in protest stickers, stylin' along in shades and motorcycle jackets, or wheelie-ing down the road for a mile. It just means not to do it in the middle of the road.

As for those preteen punks on their trick bikes, building a teen center in their area, complete with a skate/bike park, would give them something to do besides giving the neighbors heart attacks...and the rest of us riders a bad name.

WORKSHOPS/CLASSES

THE MINDFUL CALENDAR. Setting Intentions for Your Fabulous Life and Making it Happen. December 11. With Iris Daire. This workshop will be a combination of inner seeking and art making to document the life you are going to live in 2017. Going far beyond "resolutions" you will create a workbook and planner to keep you on track to reach your dreams, and transform the world. Participants will leave with an individual detailed Plan that outlines actions integrating both personal and vocational life. They will also learn skills to keep making progress towards their dreams all year long. \$30, 10:30am – 2:30pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

HEALTH BUILDING SMOOTHIE and Juice Class. December 12. With Jenn Visser. Learn how to concentrate the healing power of whole foods into delicious smoothies and juices. You'll learn how to design your own smoothies and juices to your own desired focus of healing, immune boosting, weight loss, and more. \$40, 6:30 - 8pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

DIABETIC FRIENDLY COOKING CLASS FOR ALL. Healthy for the Holidays. December 14. With Grace Laman. Does it seem the holidays are all about food? Parties and special celebrations serving up rich, delicious meals we look forward to all year long. It is important to remember how to manage your diabetes while you take part in the holiday fun. \$15, 10:30am – 1:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

CLAMMING CLINIC. December 13. Clamming for beginners and families. Learn regulations, equipment use, harvesting, and cleaning during this hands-on class. Shellfish License required for ages 12 and up. \$25, children under 12 free with a paid adult. 5:15 – 7:30pm at the Harborview Inn and RV Park in Garibaldi. 503-322-3251

CRABBING CLINIC. December 28. This hands-on clinic includes equipment and covers harvesting methods, regulations, and proper cooking and cleaning of your catch. Fun and easy for all ages. \$25, children under the age of 12 are free with a paid adult. 9 – 11:30am at the Harborview Inn and RV Park in Garibaldi. 503-322-3251

CRUCIAL CONVERSATIONS: Tools for Talking when Stakes are High. January 4. This will be an interactive session where we will explore what drives people to avoid tough conversations and how those who deal with them successfully actually do it. Bring a copy of the book "Crucial Conversations: Tools for Talking when Stakes are High", or order one with your reservation. \$20 includes lunch. 11:30am 1pm at Buoy Beer in Astoria. Register online at lchma.org

BEACHCOMBING CLINIC. January 2. Unearth treasures from the sand and sea. Learn how to hunt for agates, gemstones, fossils, jasper and petrified wood from a local expert. Free, 9am at the 35th St beach access in Lincoln City.

BODY WORK-YOGA-FITNESS

GET FIT WITH AQUANASTICS Winter Class. This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. This is not a swimming class and is conducted in a 3-5 feet deep heated pool. You do not have to know how to swim. Games and safety tips too. For women and men. Tues and Thurs beg. January 5 - February 28, a total of sixteen classes, from 9:00 to 9:50 A.M. or from 10:00 to 10:50 A.M. Only 12 students can attend each section. The cost is \$39.00. Held at KOA CAMPGROUND. Taught by Kathleen Hudson, experienced instructor, with certifications from ARC Water Safety Instructor, Arthritis Aquatic Instructor Training program, completed A

Matter of Balance at CMH, and Aqua Aerobics training from Pismo Beach Athletic Club. Register now at www.clatsopcc.edu/schedule and search under Course Title or call 503-338-2402. Please direct inquiries to: Mary Kemhus, 503-338-2408; mkemhus@clatsopcc.edu.

CLASSICAL BELLY DANCE. Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 S. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

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

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.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

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

T'AI 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

A COURSE IN MIRACLES . The Astoria ACIM study group meets weekly on Tuesdays from 3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For information call 916-307-9790 or send email to moffett@cgiFellowship.org.

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.

COLUMBIA RIVER MEDITATION GROUP. Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation,

focus on deveoping a regualr practice. All welcome.

7TH ANNUAL JIZO BON FESTIVAL. Saturday, August 27 3pm to 10pm. Great Vow Zen Monastery. Come join us for the fun and festivities at our seventh annual Jizo Bon. This special festival includes painting lanterns, Obon dancing, a play, and an informal dinner. The evening will also include a Ksitigarbha ceremony, and a lantern procession through the Jizo garden. All are invited; families with children are especially welcome. Donation of \$10 or \$15 for families or groups of friends, and \$5 for individuals, is suggested to cover the cost of tea, lanterns, and supplies. Please RSVP to let us know how many are coming.

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 art 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

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.

MEDITATION/PAINTING FOR WOMEN. March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$15/ 3 week session. Register by calling 734-476-6941

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-genesoc@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, Inct@nehalemtnet.net

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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. Questions call: 503-338-6230.

KNITTING CLUB. Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:30pm. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for seven years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

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 instruction or for general use for licensed pilots who are members of TPA. tillamookpilots.org.

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 Coordinator, 503-338-2408, or toll free at 1-855-252-8767.

Zumba Fitness Dance Party for Charity! For the Harbor Dec. 24th 8:30-9:30am at Astoria Arts and Movement 342 10th Street

Class appropriate for men and women ages 12-80!

Participating instructors will be from Knappa, Astoria, Warrenton, Seaside, Cannon Beach and Nehalem.

“Giving never felt so Good!”

Can't attend ? Donate directly to The Harbor (www.harbornw.org)



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. 342 10th St. in Astoria. astoriaartsandmovement.com

• **MONDAY**
5:30 - 6:30pm: PreYoga Self Care with Jude MatulichHall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:00 – 7:30pm: Kashmir Shavaism Teaching and Meditation with Jude MatulichHall

• **TUESDAY**
8:45-9:45am: Zumba Fitness with Joy Sigler
6:00– 7:00pm: Beginning West Coast Swing with Jen Miller
7:30 – 8:30pm: Level 2 West Coast Swing with Jen Miller
8:30-9:30pm: West Coast Swing Practice Hour with Jen Miller
• **WEDNESDAY**
8:30-9:40am: Gentle Yoga with Terrie Powers

5:30 - 6:30pm: Pilates with Jude MatulichHall
7:00-8:15pm: Belly Dance with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**
8:45-9:45am: Zumba with Joy Sigler
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige
7:30-8:15: Silent Meditation w/Terrie Powers

• **FRIDAY**
9:30 - 10:40am: Gentle Yoga with Terrie Powers
6:30-8:30pm: Sacred Women's Gathering with Melissa Henige (3rd Fri. of ea. month)

• **SATURDAY**
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8:30pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

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 Oien@503.440.4942 or Janet Weidman@503.741.0345

Messages Sonja Grace mystic healer

Hope for the New Year

THE CLOSE OF 2016 is not just the end of another year but the end of an era. We have seen many changes take place and experienced feelings of shock and fear. Whatever side of the political fence you sit on the feelings that we all share unite us in the collective karma. This is a recycling of unresolved emotional wounds from past lives. We share lifetimes of wars, violence, illness and untimely death, all of which create karma.

At the heart of our psyches is the core wound that we are separated from Source. This emotional wound is something shared across the globe by every human. We try in each lifetime to prove we are right and we separate often by banning together in different groups and

focusing on differences. Or we try to prove it isn't true by banning together and insulating ourselves to only one group. Humans are very good at disguising old scenarios into new stories that surprise us, shock us and create fear. Once we reconnect with familiar feelings we expand into the collective consciousness.

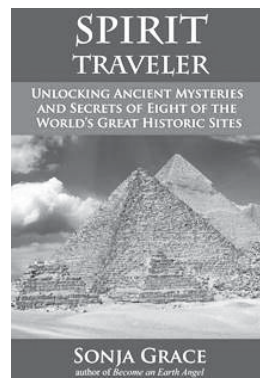
Of all the emotions, the most destructive is fear. It can take us over and rule the day. Why do we feel fear? Fear is a part of our fight or flight mechanism that kept us alive and hard wired to our core wound, the belief we are separated from Source. Why do we feel shock? We can't believe that in all the goodness that exists, Creator would allow us to suffer in any way. This is how a child

feels when they fall for the first time, shocked that something happened and fearful from the pain. Betrayal is the back up for fear and feeling separated from Source. Many people experience betrayal as an integral part of our society. For example, not being accepted for your beliefs. We are watching betrayal right now at Standing Rock as the original people of this country peacefully protest the Dakota Access Pipeline. This profound stand to protect the water of millions of people has brought many feelings to the forefront including shock, betrayal, fear and uncertainty.

This year represents a growth spurt for humanity. We are no longer the child shocked that the ground is hard and it hurts when we fall. This new year brings forth the adult fully responsible and present. Hope is the foundation we share with our children and grandchildren. Hope is what helps us through difficult times. Every day presents the opportunity to be present and in a state of inner peace. Let's approach this new year with hope for the future so we can create the world our children deserve. Recognize that even in the face of be-

trayal, shock or fear we can rise like the phoenix and transform. When we find that place of inner peace within ourselves, we can manifest a peaceful world. It all starts within you.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new book 'Spirit Traveler' Findhorn Press is now available at www.sonjagrace.com



word and wisdom

By Tobin Nason

Let it go, let it go

Yes, it's That Time of The Year.

What's that song? The weather is really frightful, the food is so delightful, and the blah blah blah, blah, let it go, let it go, let it go. I know- it's "let it snow, let it snow, let it snow." I like "Let it go" better. Let it go... expectations, pressure, mandatory stuff.

How do we maneuver through the holiday season? We've done it before, we can do it again. I want to validate those of you that are loners and choose to spend time home with the dog. Oh, that's me! I am a homebody who ventures forth occasionally. I'm okay with that. The holidays are really more for extroverts. Introverts get to join in somehow. That somehow is problematic. If you are too reclusive, the invites stop coming. Yet you want to be invited. You just don't want to actually go. I get it.

Here's the plus side of being a quiet housemouse: You have learned to live peacefully with yourself. Being alone is no longer an uncomfortable loneliness. There's a routine and quietness that translates into a form of gentle living.

Here's the down side: Nothing.

Sometimes introverts need to stretch their boundaries and mingle, if only to appreciate their chosen solitude. Sometimes Extroverts need to settle down into their own lives and take stock of what is. Christmas is the time



for emotions to pile up, overwhelm, collide, and disturb somewhat regular lives. All the partying! The excess food and sweets! The gift-wrap, decorations, crowds, extra advertising....

No wonder it's such a crazy time of year. Overstimulation, at the very least. Then it's over.

Try to keep perspective. It is a brief span of time, this month of December. Try to pick and choose those things that will make you grateful for the season. Choose not to do those that are obligatory. Make conscious and meaningful choices.

I wrote this with all readers in mind. Take some time to figure out if the routines and celebratory traditions you follow are still meaningful. Those wonderful extroverts who actually throw the party...this applies to you too. Is it tradition or desire? Do you love doing it, or is it just something you do yearly? Introverts... take the time to eat the cookie, join the festivities. You can always go home early.

Take time for yourself. Say no thanks. Be reasonable. Enjoy festivities at the simplest level, be it good company, good food, or a glass of wine. Be in the moment. Be thankful. Always be thankful. You have choices.

Merry Christmas, Everyone!

Tobin Nason is a counselor located in Warrenton (503) 440-0587.

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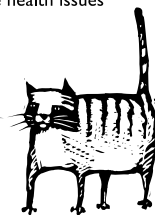
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bodies in balance

Creativity...a tool for healing

PAINTING, playing music, dancing, writing, sculpting, decorating, knitting, scrapbooking, gardening, the list goes on and on...ever thought that doing these creative things would be beneficial to your health? Well indeed churning up your creative forces has a profoundly deep and healing effect to the body. And it doesn't have to be gallery worthy creations to heal the soul and lift the spirits. Moods, brain function, disease prevention and stress management are just a few benefits. But more importantly creativity is a way to break free from the form and constraints of the day and let other forces flow.

Creativity is a right-brained activity. It is this side of our brain that is centered in the moment; it takes in sensory information and puts it in a perspective we use to create a relationship to our current space and presence. Sounds like something we could all benefit from nourishing. This is in contrast to the left side of the brain, which is focused on organizing the details and minutia of our lives into a user-friendly timeline past, present, and future. It is indeed the synthesis of these perspectives that complete the picture, but to give them individual challenges will strengthen the overall function. This is clearly a very simplistic definition of our brain function, nonetheless poignant for our purposes...back to creativity.

So what are we healing with creativity exactly? Well I will grant you the obvious; this is not a tool to heal a broken toe. It is certainly more a means for the broken heart, i.e. a way to tap into that emotional side which is so central to our health. There are many ways that our emotions cause physical illness; just think of how stress can make your neck and shoulders tight and sore, or how something sad causes that lump in your throat, or how the pressure of performance makes you a little nauseous. Those are all passing experiences, which demonstrate the possibilities of how long lasting unresolved emotions could more deeply affect your health.

Creativity is not something that can be initiated or enhanced with a vitamin, mineral, or herb per se; but something we need to nourish and foster with time and effort. Now that's not to say there aren't nutrients that assist in brain function, blood flow, or nervous system function...but that is not our



focus here. Creativity, like exercise, is a time when we are really focused, working our brains in new ways. It demands us being in the moment in order to transform something internal to something external, which takes a unique and thoughtful effort.

So how do we enhance this creative part of our lives? Well first we must find the right fit, and that is really up to you, what is available to you, and what feeds your soul. Let's say it's dancing...a great option since it's pretty much free, you can do it by yourself, and it doubles as exercise!! You can pick the music that fits your mood and use that to move your energy, and body, around. If you're happy it will let you celebrate, if you're sad it will allow you a safe and defined space to express your sorrow, and if you're

By Tracy Erfling, N.D.

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



angry it will give you the freedom to stomp your feet and flail your arms to let it all out...and voila you're on your way to better health! Do you have trouble feeling overly anxious or depressed? What does that look like, how would you describe it, what would you do to express that emotional state? I think you can imagine how any creative outlet could provide the same healing effect. To help you seek some inspiration try looking for classes in your local community or online.

Not the creative type? Well how about taking the time to appreciate art that others create...this could take the form of art galleries, architecture, gardens or performances. This could open up some possibilities for you, let you see what others make or do that could inspire your own creative juices. It could help you meet new people, get out in your community and socialize, which is certainly an art form in and of itself. Journalling is a way for the more introverted to get somewhere creative, could be as simple as making lists, writing phrases or doodling...pen to paper is quite healing. As is music, and we all have access to that!

Time is of the essence when it comes to creativity. Those of you/us talented and lucky enough to make creativity a career will attest to the time it takes to cultivate this, so don't deny yourself the time. Although, I think this an important activity for everyone, I see many middle aged menopausal women

who would benefit, so I'm going to give an extra plug to you ladies. This is a time when the body, mind and spirit often need a new focus, a new way to nurture, and I think any creative activity would fulfill this function well...just give it a try.

I hope that during this holiday season you are inspired to create for yourself or maybe others! I assure you it will give your body an influential tool for healing. Happy Holidays Hipfish Readers!

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



PIECE PRIZE PINENUT TART

From Chef Bob Hopkins,
Southpark Seafood/Portland
Makes about 6, 4-inch tarts

TART DOUGH

- 1 cup butter
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 large eggs, beaten
- 2 1/2 cups all purpose flour
- zest of 1 orange

Cream butter, sugar and salt until light and fluffy. Add 3/4 of the beaten eggs and emulsify. Add flour and zest, mixing well. Portion into a log for small tarts or a disk for a large tart. Slice log into equal disks. Roll out on a lightly floured surface, making a round slightly larger than your tart pan. Place dough in pan without stretching it. Use your fingers or the bottom of a measuring cup to make sure the dough is tucked into the flutes of the pan. Trim off excess dough by using your rolling pin to roll across the top of the tart pan. Chill before baking.

FILLING

- 1/3 cup honey
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup butter
- 1/2 cup cream
- 5 whole eggs
- Plus 1 egg yolk
- 2 cups +/- pinenuts

Place honey, sugar, salt and butter in a saucepan and slowly bring to a boil over medium heat. It is important that the butter melts before the mixture boils. Remove from heat and pour into a large bowl. Allow to cool for 20 minutes. Whisk in cream, then eggs and extra yolk. You can make this ahead and refrigerate. Bring to room temperature before using.

To finish, sprinkle pinenuts in a single layer on tart bottoms. Pour filling slowly over nuts to top of tart. Bake at 325 for about 20 minutes for small tarts until filling is caramelized and darkening but still a little jiggly in the middle. Allow to cool, serve at room temperature.

Chef Hopkins serves this with Blood Orange Curd and Vanilla Semifreddo, but that's another story altogether.



MEA CULPA CHOWDER: Last month's recipe taught me some things.

1. You actually read this column! Like the radio shows I host on KMUN, writing CHEW feels like a solitary exercise. Then you contact me and I am reminded that we are in this together. It's comforting to know somebody is out there. It is also unsettling because I am jolted into realizing I should take care where I am most often nonchalant.

2. I mentioned milk or cream in the chowder recipe and did not give you details.

3. I send this column off to our revered editor, Dinah, without a second thought and often at the very last minute. She is then left to scour the internet for a photo to accompany the recipe. The internet simply cannot imagine chowder without dairy so the photo can never match the reality.

The result of all of the above is, "What the hell about the cream?" My favorite way to make my friend Gretchen's chowder is with no dairy at all. It makes a broth, luxurious chowder. My error was not in omitting the amount of dairy, but in failing to say that dairy is optional. If you want a creamy style chowder, add milk, half & half or cream to your liking and adjust the seasoning accordingly. But, try it without. You'll find it's ginger peachy with just the clam nectar and water.

Meanwhile, back at the ranch. . . .

My beloved Dad died a few years ago and left me with an endless case of missing him, some unfailingly useful life skills and a modest bit of money. America was in the pit of despair at that time (and this time and pretty much all the time) and I was able to buy a condo in an old, renovated hotel in Portland for a song. It's true! A mere 5 years ago, one could purchase a condo in Portland for less than \$100,000. You simply can't assume ANYTHING in this life. If you do, you will be consistently poleaxed by what you don't know.

Stick with me, there is a point in here somewhere. This little pied-à-terre has been enjoyed by many over the years and sits across the street from what has become my neighborhood bar. I have spent many an evening at that bar, enjoying excellent bourbon and an exquisite dessert.

SOUTHPARK SEAFOOD boasts a bodacious oyster bar, three of the best bartenders anywhere and Bob Hopkins, pastry chef extraordinaire. Dessert there is so consistently excellent, it is unnecessary to agonize over a choice. Randomly pointing to something on the dessert menu is a completely reliable route to happiness.

One of my all-time favorites is not currently on the menu but remains forever in my heart. One day, while dawdling over a delicious beverage, I wondered aloud when Pinenut Tart would reappear on the menu. The result? Chef Hopkins came out from the kitchen to talk tarts. His skill in the kitchen is matched by his unselfishness in sharing knowledge. He reduced the recipe to home cook proportions, emailed it to me and granted permission to share it. I nominate him for the Nobel Piece Prize, a category whose absence until now has been a grievous oversight. A piece of this tart imparts happiness, the warmth of human kindness and a peaceful feeling.



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New E-book Release (Winter 2016) The Tom Petty Christmas Mission & Other Holiday Tales By Matt Love



The Tom Petty Christmas Mission & Other Holiday Tales

Matt Love

EXCERPT From: A Tom Petty Christmas Mission

THEY sat on plush stools near the big window of their loft in Portland's tony Pearl District. It commanded a gorgeous second-story view of an overpass to I-405. They watched the snow fall at 3:00 p.m. on December 24. Well, they sort of watched, because you can't really watch snow fall if you're fiddling on your phone at the same time. You certainly won't throw open the window and listen to snow fall, either, and hear that sublime sound of snow falling on a big hurried city and slowing it down to civility.

There wasn't a single Christmas decoration in the loft. They were smug in their mutual loathing of holiday music and wouldn't even purchase the red vinyl .45 single produced by Portland's indie lightweight rock stars to free child slaves working call centers for high tech companies. They easily had the money to fly home to Kansas City or Minneapolis and visit his or her parents, but it was a hassle, and they could just Skype with them anyway.

Below the loft, out on the street, a phalanx of homeless men rolled their shopping carts to somewhere. They wore Santa's hats and castoff ugly Christmas sweaters and their carts were decorated with garland, holly and bells. The men's dogs were even dressed up in red and green and wore goofy reindeer horns. Someone had a radio going and the faint frosty sound of Burl Ives drifted through the snowflakes. They knew it was Christmas.

This beautiful young couple had everything in a way that O. Henry's beautiful young couple in "The Gift of the Magi" had nothing. Henry's characters were much better off, however, and infinitely richer in spirit because spirit is all they had. Not a lot of people can say that.

LAST WORD



JUST IN TIME for the holiday season, Nestucca Spit Press announces the E-book only release of *The Tom Petty Christmas Mission & Other Tales*, by Astoria author Matt Love.

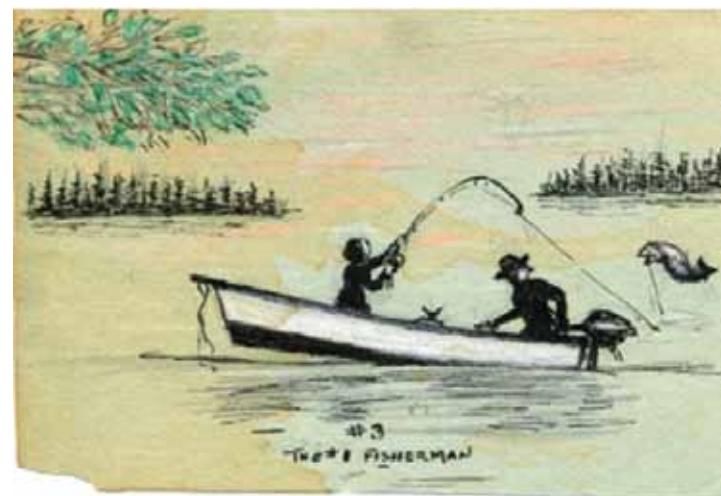
Rescuing dogs, rescuing humans, the ocean, pot, booze, beer, Ziggy, an English teacher, beach bonfires, rain, the reincarnation of Ebenezer Scrooge, Tom McCall, Oswald West, rock and roll, hippies, surfers, O. Henry twists. The Tom Petty Christmas Mission & Other Holiday Tales is quite unlike any collection of Christmas stories ever published and certainly the only one that invokes the rock and roll heart of Tom Petty.

In these four tales, all set on the Oregon Coast, Love introduces you to a fashionable Portland couple who try to channel the "American Girl" spirit of Tom Petty on Christmas Eve to save their vapid souls; a young boy who rescues an abused dog for Christmas; a teenage boy from Nebraska who receives the ultimate gift when he sees the ocean for the first time; and a wealthy developer from Los Angeles who comes to Oregon and runs afoul of its unique legacy of publicly-owned beaches.

"I wrote these tales to get myself in the Christmas mood," said Love, "and I used the the unique qualities of living on the Oregon Coast to help the characters transform themselves and their communities."

Tom Petty Christmas Mission & Other Tales is available exclusively on the Nestucca Spit Press web site at <www.nestuccaspitpress.com> in all E-reader formats.

Matt Love is the author/editor of 17 books about Oregon. In 2009, Love won the Oregon Literary Arts' Stewart H. Holbrook Literary Legacy Award for his contributions to Oregon history and literature.



Request for stories about Uniontown saloon owner and folk artist Arvi Ostrom

The Clatsop County Historical Society is seeking stories for an upcoming exhibit at the Heritage Museum.

The exhibition will focus on Astoria's prolific folk artist and saloon operator Arvi Ostrom. Many people will remember Arvi's Union Town tavern the Snug Harbor before it became Rae Goforth's Fiddler's Green Family Pub.

During his forty-year ownership of the "Snug", as it was often referred to, Arvi produced more than 10,000 drawings, paintings, and carvings; a fraction of which will be in the new temporary exhibit at the Heritage Museum in 2017.

While his prolific works of art have been collected, the stories of the man and his tavern have not. Arvi's grandson Ken Carlson is creating a documentary about his grandfather and is working with the Historical Society to gather personal stories and remembrances of Arvi and the Snug Harbor.

If you remember Arvi or the Snug Harbor, please contact the Clatsop County Historical Society by emailing to cchs@cumtux.org or by calling 503-325-2203.

Clatsop County Historical Society is a 501(C)(3) non-profit educational organization dedicated to preserving and presenting the history of Clatsop County Oregon and the surrounding area. The Society operates the Flavel House Museum, The Heritage Museum, the Oregon Film Museum and the Uppertown Firefighters Museum.

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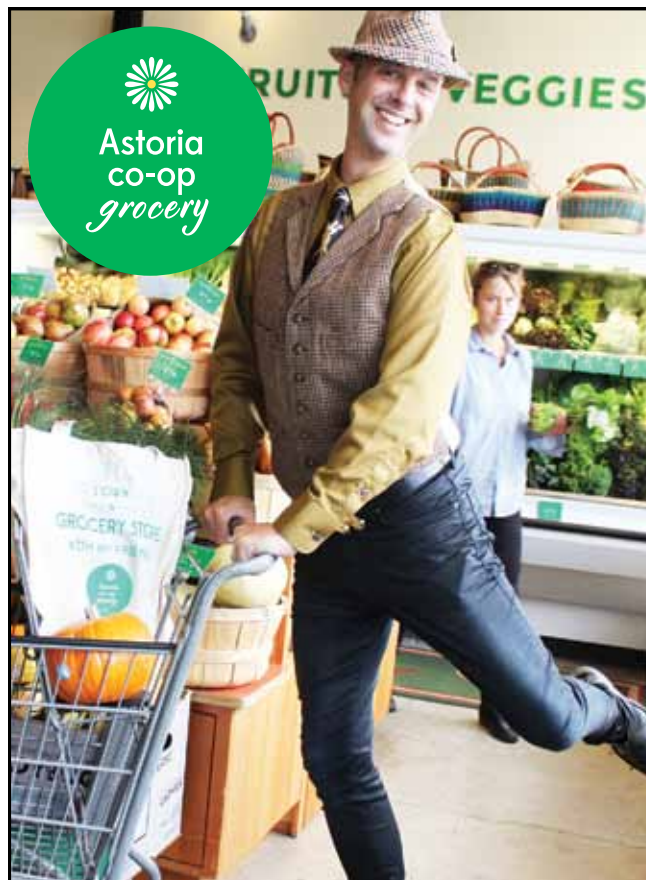
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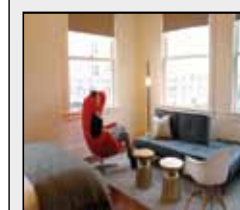
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