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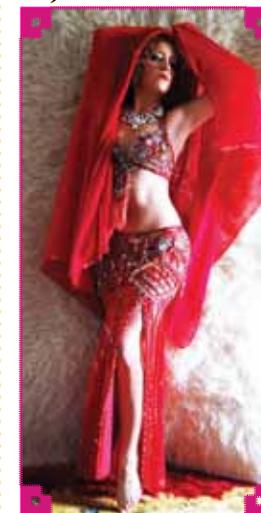
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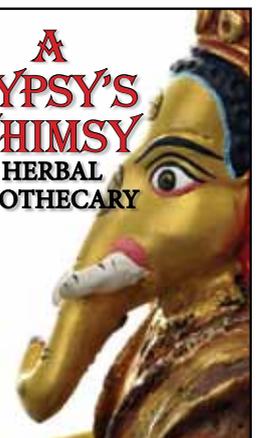
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Special for HIPFISH: October 2017 BIGFOOT INTERVIEWS BOB PYLE

BF: Dr. Pyle, what is the significance of your book *Where Bigfoot Walks* being reissued now?

BP: As you know, the powerful Sasquatch traditions go back far before history recorded them. But I believe serious and respectful interest in the subject—in you and your kind—has never been higher. So my book has been in some demand, but it has lately been out of print. I'm delighted to have it back out from Counterpoint Press, who also publish Gary Snyder and Wendell Berry.

BF: Anything else?

BP: Yes! It's been exactly half a century since the famous Patterson-Gimlin film was made at Bluff Creek, California, giving us Patty: one of the most widely recognized images in the world. The film has never been debunked, and we're going to celebrate its anniversary—October 20—with a gala event at KALA.

BF: What is different between our myth and other giant myths around the world?

BP: Every culture has its giant stories. Even giants have giants: in Gulliver's Travels, the Brobdingnagians speak of a former time when there were giants—and they are giants! Everyone seems to need a big brother or bogeyman. The difference is, THIS giant myth might actually be true, in flesh and blood and upon the land. On evidence of present company, it appears that it is.

BF: Thank you, What do you feel are the key traits that would make it possible for creatures such as we are to remain largely concealed?

BP: 1) High intelligence; 2) keen ecological and physical fitness for their surroundings, and ability to move around with speed and agility; 3) the vast extent and tangled wildness of your purported habitat; and 4) self awareness, and recognition that it might not be advisable to hang about the other two-leggeds with their big guns and big trucks. (Self excluded.)

BF: Very perceptive! And how does your new edition differ from the classic book of 1995?

BP: The original text is preserved intact. I have added a new final chapter that brings the subject up to date in terms of research, evidence, and personal experience. I bookend this chapter with two dramatic track-findings over the twenty years since original publication, my third such experience in all.

BF: Interesting. All in the same area?

BP: Yes, all within one square mile of the Dark Divide, and all with the same proportions—suggesting the possibility of the same animal occupying a home range over several decades. By the way, where are you from?

BF: Never mind that. So, what would you say is the point of your book?

BP: To quote myself: "If we manage to hang onto a sizable hunk of Bigfoot habitat, we will at least have a fragment of the greatest green treasure the temperate world has ever known. If we do not, Bigfoot, real or imagined, will vanish; and with its shadow will flee the others who dwell in that world. Looking at that tangled land, one can just about accept that Sasquatch could co-exist with towns and loggers and hunters and hikers, all in proportion. But when the topography is finally tamed outright, no one will anymore imagine that giants are abroad in the land."

BF: I'll drink to that. It remains only to ask: do you believe in me?

BP: You make a convincing case. But I don't want to give it away that easily—after all, I want people to read the book! So with your permission, and with thanks for your kind attention, I will reply with a poem: →

Where Bigfoot Walks • 10th Anniversary Reissue Book Event with Robert Michael Pyle Oct 20 at KALA

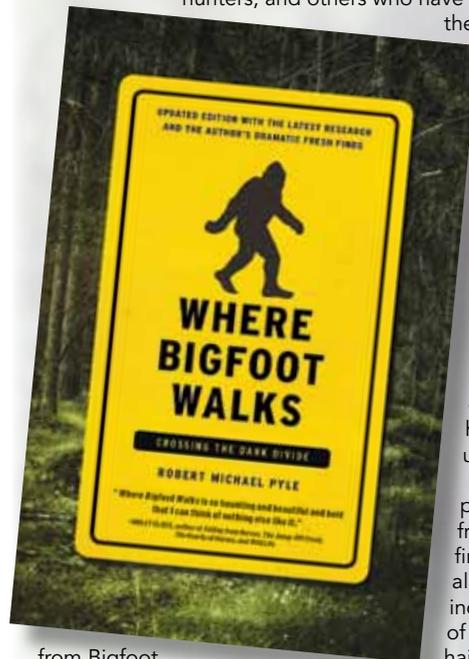
KALA welcomes author/ecologist Robert Michael Pyle in a Book Release Celebration, Friday, Oct 20 at 7:30pm. The newly reissued *Where Bigfoot Walks* by Robert Michael Pyle is a spectacular, moving, and witty narrative exploration of not only the phenomenon of Bigfoot, but also the human need to believe that something is out there beyond the campfire, and that wildness remains as well.

Awarded a Guggenheim to investigate the legends of Sasquatch, Robert Pyle trekked into the unprotected wilderness of the Dark Divide near Mount St. Helens, where he discovered both a giant fossil footprint and recent tracks. He searched out Indians who told him of an outcast tribe, the Seeahstiks, who had not fully evolved into humans. He attended Sasquatch Daze, where he met scientists, hunters, and others who have devoted their lives to

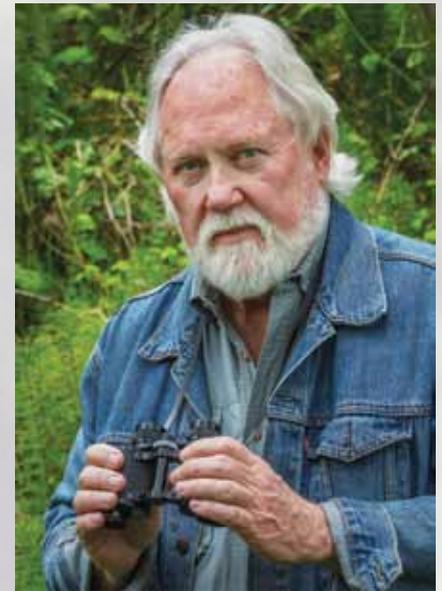
the search, and realized that "these guys don't want to find Bigfoot—they want to be Bigfoot!" A handful of open-minded biologists and anthropologists countered the tabloids he studied, while rogue Forest Service employees and loggers swore of an industry conspiracy to deep-six accounts of unknown, upright hominoid apes among us.

In the years since publication, the author's fresh experiences and finds—detailed in an all-new chapter which includes an evaluation of recent DNA evidence hair and scat, the study of speech phonemes in the "Sierra Sounds" purported Bigfoot recordings, Pyle's examination of the impact of the wildly popular Animal Planet series *Bigfoot Hunters*, the reemergence of the famous Bob Gimlin into the Bigfoot community, and more—have kept his own mind wide open to one of the biggest questions in the land.

Friday, Oct 20, 7:30pm. Pyle reads. Book signing and complimentary pie social follow. Cocktails available. \$8. Doors open 7pm. KALA is located at 1017 Marine Drive in Astoria. Catch Pyle at the Astor Library for a Q&A Preview at 5pm.



from Bigfoot speech phonemes in the "Sierra Sounds" purported Bigfoot recordings, Pyle's examination of the impact of the wildly popular Animal Planet series *Bigfoot Hunters*, the reemergence of the famous Bob Gimlin into the Bigfoot community, and more—have kept his own mind wide open to one of the biggest questions in the land.



BIG FOOT POEM

Professors who have the time of day for Bigfoot are few and far between. There was Professor Holm, UW, said in '69 that every Indian he knew, still of land and water, had no doubt Dzonozqua walks, like bear and beaver; thinks us silly even to ask.

And Professor Krantz, WSU, Keeper of the Open Mind and greatest horde of footprint casts and tracks. He broke trail, took academic hell for it. "I don't believe," he said. "I accept—on the evidence." Next came Professor Meldrum, Idaho State U. Named a mob of proto-hominids new to science, and one fossil species based on footprints: the very ape of whom we speak.

There was Professor Napier of the Smithsonian, Head of Primatology. Concluded either Bigfoot was real, which he thought ridiculous, or a hoax of such elegance as to be impossible. Preferred the ridiculous over the impossible.

And Professor Goodall, of Gombe Forest, who asked me why I was so circumspect in my book. "The evidence," said Jane, "seems overwhelming to me."

So what about you, Professor Pyle? What do you believe? I'm not sure, having never seen one. But those sounds...those tracks: I have no better explanation. I am awaiting word from the final source.

But Bigfeet who have the time of day for professors are few, and far between.



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VELLAMO From FINLAND

KALA is excited to announce and welcome Finnish duo VELLAMO, on tour in the US. A special short notice booking, KALA (Finnish for FISH) was contacted by another coastal Finn that the duo was on tour in the NW region. VELLAMO is the performing and songwriting team of Pia Leinonen and Joni Tiala. They have graciously fit a gig in Astoria into their ambitious touring schedule.

In Finnish mythology, VELLAMO is the goddess of the sea. Based in Kokkola, on the western coast of Finland, Vellamo combines the rich tradition of Finnish folksong with an appealing "retro" sensibility, creating a modern folk music experience.

Pia Leinonen, originally from the arctic region of Lapland, is Vellamo's lead singer. Her exquisite voice combines her love and vast knowledge of Finnish folk music with the western singer-songwriter tradition in a unique and beautiful way. Her moving and evocative expression has been compared to other story-centric performers such as Joan Baez and Marlene Dietrich.

Joni Tiala, originally from the Finnish port of Kokkola, began playing guitar at the age of 11. His eclectic musical background includes writing and performing for theater, progressive and alternative rock and Finnish and western folk. In addition to his work in Vellamo, Joni is an accomplished theater and session musician, and is founding member of the renowned Finnish progressive rock band, Moonwagon.

In addition to shows in their homeland, Vellamo spends half of each year touring abroad; their adventures have led them throughout the United States, Europe and New Zealand.

Vellamo released their first album in early 2013. The album was engineered and co-produced by renowned folk musician Ken Anderson (Hungrytown) in Vermont, US. It features both original and traditional songs.

The second album Trad came out in June 2014 and was recorded with a full band featuring bass player Janne Ylikorpi and Timo Tikkamäki. This folk-rock gem contains beautiful arrangements of traditional songs from the Finnish and Scandinavian traditions.

Vellamo's third album "Koskenkylä" (Whitewater Village) is named after songwriter Leinonen's home village. This versatile modern Nor-



dic folk album features all original material written both in English and Finnish and was released in November 2015.

So skip the Crown of Thrones and come give a big welcome to Vellamo's first performance in Astoria. It's about time. What else are you doing on a Monday? Take a listen at vellamomusic.com.

Monday, October 16. 7:30pm, \$8 Cover. Doors open 7pm. Good Vodka!! KALA, 1017 Marine Drive in Astoria. 503.338.4878. 16+ Welcome w/l.D.)

SPEND A SPOOKY FRIDAY THE 13TH in one of Astoria's most famously haunted places! Start with a group of beautiful and talented dancers, add a hint of Hitchcock, a touch of Vampire, top it off with a healthy dose of ghosts and zombies and you get BLOODYVOX, a dance theater experience that mines cinema, folklore and our collective nightmares to bring the season of spirits and All Hallows Eve to life. Funny, bloody, and full of great dancing, this is Halloween as only BodyVox can imagine it. This delightfully creepy show is a must see for the entire family!

Doors open at 6pm for this event. Bring your Liberty Cups and grab a drink in our Lower Lobby. While there, be sure to visit our Lower Lobby restrooms! Many guests and even volunteers have had chills run down their spines in this area.

The Liberty Theatre is standing on what used to be the Weinhard Astoria Hotel. At 2:15 in the morning on December 8, 1922, amidst mixed rain and snow, a fire ripped through downtown and consumed 30 square blocks of Astoria. The Liberty rose from the ashes and opened for business on April 4, 1925. Since then, we've become famous for our resident shadows: The Woman, The Guys, the Man in the Audience, and many more.

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BLOODYVOX

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WRITE ASTORIA Showcase October 19 • ASTOR LIBRARY

ASTORIA PUBLIC LIBRARY's Write Astoria group will be hosting a showcase on Thursday, October 19 from 6–8pm. Ten local writers will be reading from their work, and the event is free and open to the public.

Kate Deeks and Ann Ornie are coordinating the showcase. "It's mostly made up of the core group of people who've been showing up for the last two years and pouring their hearts out," says Deeks, who runs the twice-monthly Write Astoria group and will MC the event.

This is the first Write Astoria Showcase, and some of the writers will be reading in public for the first time. The audience can expect to see a diverse collection of work that includes poetry, fiction, memoir, and humor. "I think Astoria's a hot area for people who have something to say," says Deeks.

"I'm beyond impressed with the talent in Write Astoria, and the writers deserve to show off their skills and hard work," says Ornie, who will also be reading at the event. Deeks continues, "And if it goes well, we'll for sure do another one. It's a great opportunity."

"At first they were going to have us in the back room and we were like 'no, no—we're going big on this!' This is a main floor library event," says Deeks. "I want people to come without expectations and then be blown away by the quality of the readings."

The Write Astoria group meets first and third Wednesdays from 5–7pm in the Flag Room of the Astoria Public Library.

Deeks, who offers writing facilitation services and is Chair of the Asto-

ria Library Advisory Board, founded the group in November 2015. It has since doubled in size. "We had 6–8 people for the first couple of months, and people enjoyed it so much they asked me to do it twice a month. So we've had really good success, and now we're up to 12–13 people per session."

The format of the group is modeled after Dangerous Writers, a writing group in Portland run by Tom Spanbauer. Each session starts with a meditation to set the tone. "I wanted to create a safe space for all types of writers to collaborate, not necessarily to critique or do a workshop," says Deeks. And there's no pressure to come regularly if you can only make it occasionally. "If you're there, you're there; if you're not, we'll see you next time."

Deeks describes the group as welcoming to all writers, including those just starting out. And for people who might be intimidated about coming to such a group? "I'd say it's a very gentle introduction to talking to other writers about the craft," Deeks says. "Definitely come if you're even vaguely interested. We're very serious about not taking ourselves too seriously."

Oct 19 Showcase Participants:

Kate Deeks, Joy Diamond, Alyssa Graybeal, Don Hutton, Bruce Jones, Poppy Normark, Kimberly O'Bryant, Ann Ornie, Angela Stephen, Jane Tucker

- A. Graybeal

Great Columbia Crossing Expect Traffic Impacts

Still time To Sign Up!

THE GREAT COLUMBIA CROSSING 10K event is Sunday morning, October 15, 2017. The Astoria-Warrenton Area Chamber of Commerce is looking forward to a great event weekend with 3,000 event participants and volunteers during this once-a-year opportunity to cross the Astoria-Megler Bridge on foot. Traffic changes and delays are expected to occur between 6:00 AM and 11:30 AM.

Your patience on race morning is greatly appreciated while traffic on and around the Astoria-Megler Bridge is affected. There will be heavy traffic in this area beginning at 6:00 AM as participants arrive for the event. Shuttle buses to the starting area begin operating by 7:00 AM creating a steady flow of vehicles on the bridge. At approximately 8:30 AM, vehicle traffic will be guided by a pilot car in alternating directions using one lane of the bridge. Due to the reduced speed on the bridge during this time, vehicles may wait up to 45 minutes to cross. Traffic flow should be back to normal shortly after 11:00 AM when the participants are cleared from the bridge.

Drivers are urged to be prepared for this delay. If you need to cross the bridge on Sunday morning, plan for the extra time you may need for your trip, or consider crossing before the traffic flow is impacted. You can help to alleviate congestion by avoiding unnecessary trips on the bridge during this time. Assistance and coordination comes from the many agencies that provide traffic control, security and safety for this event.

For more information, please contact the Astoria-Warrenton Chamber of Commerce at 503-325-6311 or visit www.greatcolumbiacrossing.com. There is still time to be a part of the event - sign up to run or walk today online or in person during packet pick up on Thursday, Friday and Saturday, October 12-14.

50th Anniversary Celebration Astor Library & Veterans Memorial



ON SUNDAY, OCTOBER 8, 1967, Astorians gathered to observe the dedication of the new Astor Library & Veterans Memorial. A half-century later, on Sunday, October 8, 2017 the Astoria Public Library marked the 50th anniversary of the original dedication with a free public event.

Mayor Arline LaMear spoke at the celebration, which included historical displays, activities for children, and cake. Guests had the opportunity to tour the library basement, which houses materials encompassing over 100 years of local history.

"We're pleased to have this occasion to reflect on the history of the library within this community and share our excitement for how the library will

continue to serve Astoria," said Jimmy Pearson, Library Director. In addition to honoring the history of the library, the 50th Anniversary Celebration kicks off the Astoria Library Foundation's campaign to raise \$3.5 million for the renovation of the library. Community-based fundraisers will be critical to the effort to upgrade the 1967 building to meet current and future library users' needs.

The Astoria Public Library is department of the City of Astoria, guided by the mission statement "Explore ideas, engage minds, excite imagination". For more information about library programs and services, contact library staff at 503-325-7323 or comments@astorialibrary.org.

The Warrenton Community Library Levy M4 - 189

THIS NOVEMBER 7, Warrenton voters will have the opportunity to support a five-year local option levy to fund the operations of the library, now located at its new site at 160 S. Main Ave. The levy will be in the amount of \$0.330 per \$1,000 of assessed value for fiscal years 2018-2022/23. For a home assessed at \$100,000, that would be \$33.00 per year, or roughly 9 cents per day.

The previous five-year levy was administered at \$.095 per \$1,000 of assessed value. This amount did not cover the costs of operating the library at its old location in Hammond. The derelict state of the Hammond library building and the costly required repairs necessitated a new

location for the library. The library's new building on S. Main, which is nearly double the square footage of the old space, already provides a separate book sorting area, an office for the site manager and seating options for library patrons to utilize.

It is the hope of the Warrenton Community Library Board and library staff that this levy will allow for expanded hours of operation, additional staffing, a digital book check out system and e-books, among other things. The library is not supported by the City of Warrenton's annual budget, but is only supported by this five-year levy. Without this levy, library operations will cease entirely.

To learn more about the library and it's campaign go to:
www.savethewarrentonlibrary.com



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PRESIDENT TRUMP'S refusal to condemn white nationalism in his statement regarding the fracas in Charlottesville, VA over removal of a Robert E. Lee statue, has increased his standing with those holding such racist views. Believing they have Trump's tacit

ism generally supports rule by people of European Protestant heritage, excluding African Americans, Hispanics, Jews, Muslims and Asians.

During the Civil Rights Movement of the 1960s, when African Americans first gained political equality, white nationalism became the backlash. And as inclusiveness and opposition to racism was institutionalized in the following decade, some whites who felt adversely affected by these practices began to publicly oppose compensatory legislation such as affirma-

White Nationalism's Renewed Appeal by Stephen Berk

support, white nationalists, usually in the shadows of American politics, have become quite visible. This does not mean that their ideas are any more acceptable to most Americans. But their new found prominence, following the violence erupting around the march to save the statue and its continuous coverage on media, will likely draw other white nationalists out of the woodwork. And some of the movement's fellow travelers might be tempted to become full-throated participants. It is important, therefore, to understand what is causing the rise and increasing visibility of white supremacist organizations.

White nationalism had its origins in the Reconstruction era following the Civil War. At that time a congressional Northern Republican majority passed legislation to establish African American political equality. Reconstruction governments were thus set up in the South, and under their supervision, blacks were elected to both houses of Congress as well as many state offices. When Reconstruction was ended and its progressive governments withdrawn in the late 1870s, a backlash set in, and white supremacists took over Southern governments. Jim Crow segregation eventually spread through most of the country, whether by law in the South or custom elsewhere. The original vehicle of white supremacy was the Ku Klux Klan, which arose in the form of terrorism against African Americans and their supporters in the Reconstruction governments. The Klan has many times been outlawed, but it keeps returning, along with other white supremacist organizations. White national-



ism generally supports rule by people of European Protestant heritage, excluding African Americans, Hispanics, Jews, Muslims and Asians. During the Civil Rights Movement of the 1960s, when African Americans first gained political equality, white nationalism became the backlash. And as inclusiveness and opposition to racism was institutionalized in the following decade, some whites who felt adversely affected by these practices began to publicly oppose compensatory legislation such as affirmative action. Sociologists have used the terms "status anxiety" and fear of "status displacement" in reference to people, often working class / lower middle class, who fear immigrant and minority competition for increasingly scarce jobs. We have been living for several decades in an increasingly tight and stagnant economy. Noam Chomsky, in his 2017 book, Requiem for the American Dream, sees spiraling income inequality as wealth and power concentrate, dampening economic growth and lessening opportunity for growing numbers of Americans.

The prevalence of international free trade has set the US, an older industrial economy, in competition with up and coming countries advantaged by modernized industrial infrastructure and very cheap labor. As jobs become fewer due to offshoring and competition grows

fiercer, insecurity becomes the norm. These are the conditions that are apt to produce more open displays of anti-immigrant and anti-minority sentiment.

Such insecurity was prevalent in the recession after the Second World War. With the prosperous war economy ended, many men feared the country would return to the high unemployment of the depression. Hence suddenly there appeared much propaganda urging women to leave the work force and become full-time wives and mothers. Women had been a major part of labor during the war, and many had hoped to keep their jobs. But widespread male job insecurity brought about a revival in the fifties of separate spheres for men and women. If such fears could operate to remove large numbers of women from the workplace, they would operate all the more in a tight economy against minorities and immigrants.

Recent growth in white nationalism then is the product of increasing fears of status displacement among the relatively less educated, more economically at-risk classes. One of the phrases chanted by the white nationalists who marched in Charlottesville was: "Jews will not replace us." Replace them where? At work, in leadership positions and the like: that is the fear of status displacement

speaking loudly. Jews, like Asians, greatly value education and have been iconic for their upward mobility. White nationalists are often people who fear, maybe unconsciously, that they are in danger of being "replaced" on the job market and thrown on the economic scrap heap. Their white nationalism cloaks fears that they cannot compete with educated immigrants and minorities in a stagnant economy. The message of the 2012 Occupy Wall Street movement, stifled by a wealth engorged ruling oligarchy, applies here. Different as they are, both Occupy Wall Street and white nationalism are responses to exploding inequality. A genuine attempt to restore our egalitarian heritage by addressing the issue of growing poverty would go far to calm the waters of unrest. But such reform is unlikely in an America dominated by the wealthiest.



Sonja Grace
Mystic Healer

www.sonjagrace.com
Read MESSAGES
every month in hipfish
pg 23

Upcoming Fall Art Classes

Robert Paulmenn: Drawing & Oil Painting
October 7, 14, & 28 | 12:30pm

Brigitte Willse: Driftwood Carving
October 11 | 10am-3pm

Sabina Turner: Portrait Painting
Choose your medium
October 13, 14 & 15
www.SabinaTurner.com

Stan Riedesel: Let's Paint Boats
October 20-21

Christine Trexel: Paper Box Making
October 21 | 9:30am until finished

Sandi Kelley: Zentangle Card Making
October 28 | 9:30am until finished

The Great Holiday Gift Sale
December 2
9:30am-4pm



2nd
Saturday
Art Walks

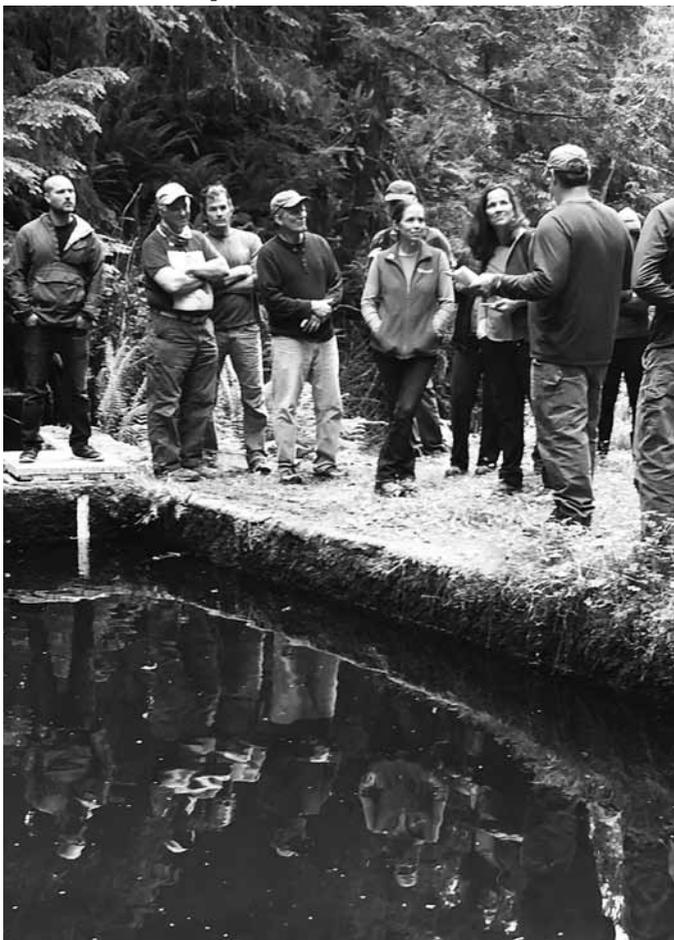
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NATURE NEWS

Proposal to help fund Arch Cape Community Forest advances

By Bonnie Henderson



Arch Cape Water and Sanitary Districts Manager Phil Chick (at right) speaks to North Coast Land Conservancy Executive Director Katie Voelke and staff from NCLC and current property owner EFM during a tour of the proposed Arch Cape Community Forest in May.

acre Arch Cape Community Forest would include land within those 3,500 acres as well as additional low-elevation forestland.

The US Forest Service's Forest Legacy Program provides funding to protect forest lands from converting to non-forest uses. It complements private, federal, and state programs by directly supporting property acquisition by a public entity for forest conservation.

"It's not just the fish and wildlife that benefit from conservation," said NCLC Executive Director Katie Voelke. "People are the greatest beneficiaries. This project—working together with the community to ensure clean, clear drinking water—is the perfect example."

NORTH COAST LAND CONSERVANCY and the Arch Cape Water and Sanitary Districts moved one big step closer to protecting the source of Arch Cape's drinking water this September. On Saturday the Oregon Department of Forestry's State Forest Stewardship Coordinating Committee announced that it had recommended that the US Forest Service consider the two organizations' request for \$4.5 million to help acquire the watershed that provides Arch Cape's water. A recommendation from the committee was necessary in order for the grant request to move forward. The funding, if approved, would be granted in fiscal year 2019.

That land, once acquired, would become a community forest, managed by the District for the benefit of residents, visitors, and the broader public. Currently the land is privately owned and has been managed for many years as industrial timberland.

"Our partnership with North Coast Land Conservancy and the Forest Legacy opportunity is a huge step toward realizing the vision of a natural forest managed with the protection of drinking water sources as a top priority," said ACWSD Manager Phil Chick. "The ability to provide clean, safe, and affordable drinking water to residents and visitors of Arch Cape for generations to come is extremely motivating for the Water District. We look forward to engaging the public in the community forest vision very soon."

The Arch Cape Community Forest concept grew out of North Coast Land Conservancy's Rainforest Reserve proposal, which seeks to conserve 3,500 acres of timberland above Arch Cape and adjacent to Oswald West State Park. The 2,100-

Know Your Forests, Know Your Trees: Native Tree Identification and Ecology Nature Matters kicks off season Oct. 12

ARE YOU CURIOUS about the forests of Clatsop County? Want to sharpen your skills at native tree identification? Would you like to turn hillsides from blurs of green to trees you know by name?

You're in luck Thursday, Oct. 12. That's when Valerie Elder, Oregon State University Extension Forestry and Natural Resources faculty, will guide you through an indoor forest discovery session at the first Nature Matters of the season. The 7pm presentation takes place at the Fort George. The event is free, open to the public, and will take place in the Fort George's Lovell Building showroom. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages at the George before the event.

In her extension role, Elder works primarily with small woodland owners, helping them meet their diverse management objectives like increasing wildlife habitat or productivity of their land. She is also an adjunct professor in Dendrology at Tillamook Bay Community College. Her Thursday presentation will focus on where common coastal trees are found, why they are well suited to the Coastal Fog belt and how wildlife and people use them.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George.

For more information, call the park at (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.



In Response: BearCreek Watershed Of Water and Forests Sept 2017 Issue

LETTERS



I AM AN AVID ENVIRONMENTALIST and I oppose almost all parts of Oregon's forestry policies. I hate that the law requires replanting, ESPECIALLY on Public Lands. A clear-cut is an ~approximation~ of the cycle of fire, but replanting is not! Replanting requires the use of chemicals to replace the nitrogen that alders would have provided. Little fir trees are over shaded and outgrown by brush, so spray it? Mono-cultures of stressed trees succumb to pathogens, so spray fungicides and pesticides- This is not good for the mycology that is a huge part of a forest.

If private timberland owners want to roll the dice on a 40 year investment, so be it. But Public Lands should be allowed to be forests with zero chemical applications and zero replanting. What hubris to plant the same cloned tree in a deep valley and on top of a sunny hill. If the forests went through natural succession, we would end up with a... forest in 100 years. Maybe the Public Lands that become actual forests would hold values greater than mono-culture plantations behind locked gates awaiting machines (not people with jobs) 40 years from now. And in 100 years, by the time large Douglas Fir, Hemlock, Spruce, Maple, and Cedar are ready to harvest, there will be more social and economic value to preserve our Public lands.

As long as we allow timber companies to lock us out of Public Lands, and to set the forestry by chemistry policy as law, nothing will change because there is very little value for any other use or method of managing the forests.

Instead mechanically balance the scales back in favor of native species. It is hard work, but if everyone managed the Public Lands the way that Public Works manages the 3,700 acre Astoria Watershed, there would be more jobs and no risk of chemical contamination.

Roger Lindsley
Astoria Or

BATS, SPIDERS, OWLS—OH MY!

Lewis and Clark National Historical Park presents an evening of stories, activities and exploration of night creatures at 5 p.m., Friday, October 27.

Spiders got you down? Are you up in the air over bats? Are you wise about owls? Sounds like you'd enjoy a ranger-led evening walk filled with fun stories and fascinating facts about night creatures that inhabit our forest. This event will include about an hour of craft activities, silly puppets and non-spooky stories, with one in Spanish. The walk will be about 1/4 of a mile over an uneven trail through the dark forest. Flashlights or headlamps are required.

Event begins at 5pm with the last walk at 6:30 p.m. on Friday, October 27 at the Fort Clatsop Visitor

Center. Wear sturdy shoes and dress for the weather. These activities will be held indoors if Mother Nature decides to rain really hard.

No registration required. All zombies, vampires, and superheroes, especially Batman, Batgirl, and Spiderman are welcome. For more information or questions call (503)-861-4414.



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Blithe Spirit
By Noël Coward



Sept. 22 - Oct. 28, 2017

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SUNDAY SHOWS START AT 3:00 P.M.

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Cannon Beach, Oregon

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



Lower Columbia Q Center Board Meeting
Astoria Armory - 1636 Exchange Street Astoria, 3rd
Wednesday of the month, 6pm-7pm

Attention all LGBTQ 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 LGBTQ 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 LGBTQ community, friends, family, and allies of the Lower Columbia Region.

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTQ group. This group is designed to help connect LGBTQ people in the Lower Columbia Region which includes Clatsop, Columbia, Tillamook and Pacific County. Finding community in these rural counties can be challenging. The Lower Columbia Q Center builds community and discusses LGBTQ issues freely and confidentially. This group meets at the Astoria Armory, 1636 Exchange St. every 2nd Wednesday of the month at 6:00pm. **THE NEXT MEETING WILL BE AUG 9TH.** Please Contact Chris Wright at (425)314-3388 with any questions.

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 Monday 7-8:30pm
Contact LCQCAstoria@gmail.com.

Every Friday Skate night and LGBTQ+ teen social nights -5-9pm

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 Hurbert 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

Clatsop Cultural Coalition Grant Application Deadline Approaches

THE CLATSOP COUNTY CULTURAL COALITION is funded by the Oregon Cultural Trust to award funding that supports, maintains, preserves and promotes cultural programs in visual and performing arts, as well as heritage, and humanities-based projects within Clatsop County. Individuals and groups located within Clatsop County are eligible to apply. The status of 501(c)3 not-for-profit is not necessary to apply.

Grants will be awarded in December 2017 to support programs and/or activity occurring between January 1 and December 31, 2018. Funding is available for up to \$2000 per project, and 2017 offers the most money to be awarded to date with over \$10,000 to be distributed. The application for the Clatsop Cultural Coalition 2018 grant cycle is available online at www.clatsopculturalcoalition.org. Completed applications must arrive before Wednesday, November 1, 2017, which means that they should be mailed no later than Saturday, October 28, 2017. Applications may be mailed to the following address: CLATSOP CULTURAL COALITION, P.O. Box 864, Astoria, Oregon 97103. Faxed, e-mailed, or hand-delivered applications will NOT be accepted. Incomplete proposals or applications arriving after the deadline will not be processed. Successful grant applicants will be invited to receive award checks, and speak briefly at the awards ceremony later that month.

If you have questions regarding the application process or the project that you wish to propose, visit the coalition website, clatsopculturalcoalition.org, inquire at information@clatsopculturalcoalition.org, or contact Sunny Klever at 503-575-0504 or Charlene Larsen at 503-325-0590.

NC PREVENTION WORKS COALITION

Please join us at our monthly coalition meeting!
3rd Thursdays. 3:30-5pm. Agenda items include: -Drug Free Communities Grant- mORe Campaign -Youth Recognition Awards. Warrenton City Hall Chambers. 225 S Main, Warrenton

PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. FMI: contact jacquelinedevaney@gmail.com

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

Monthly Meeting - 2nd Mondays, 7pm, North County Annex
1216 Robert Bush Drive, South Bend, WA

CREATE • Oct 19

Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique, fertile and beautiful Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorcher.

GOVERNOR KATE BROWN signed the Clean Energy and Coal Transition Act into law on March 8, 2016. This gave local electric power company, Pacific Corp, the confidence to make initial contracts with a number of commercial solar power utilities to begin building solar farms in Southern and Eastern Oregon. They could contribute more renewable power to the grid, which we all use for electric power in our homes. So with this in mind I went to Solar Power International 2017 to see how big the solar industry is and how they can impact our rain drenched paradise on the coast.

Held once a year, the **SOLAR POWER INTERNATIONAL** (SPI) conference draws together an international community of; Contractors, Solar Cell, Transformer, Inverter, and External Solar Storage (ESS) Manufactures, as well as Legal, Finance, and Regulatory experts. It's sponsored by Solar Energy Industry Association (SEIA) and Smart Electric Power Alliance (SEPA). Over 700 booths represent the span of the industry. Workshops and technology seminars round out the offerings.

New technology in the solar industry includes external storage systems combining storage, transformers, and inverter functions. These "Plug and Play" units are then directly connected to the photovoltaic (PV) array of cells. Many have Wi-Fi control systems, which the residential owner can adjust with a smart phone or computer, limiting professional technician scheduling. Ideal Power, LG, ABB, and Flex are a few of the companies with these units currently available.

Battery composition has changed in many ESS companies to eliminate the instability, toxic properties, lower storage capability, and child labor practices of cobalt, which is inherent in many older storage options. The LiFePO4 batteries by SimpliPhi, Battle Born, and Flex are lightweight, non-toxic, and stable. And LG CHEM has a Lithium-ion Polymer battery with similar qualities.

The physics of photovoltaics have advanced in a variety of ways, which don't have to do with the increased percentage of electricity they now create, making them useful even in overcast weather conditions. Companies, Enphase and Huawei are putting microinverters directly into the solar cell array, reducing equipment needs and increasing the amount of power directly flowing into the home. New inverters, Wi-Fi controlled, would change the way solar will be used in the future. And companies, specializing in solar carports utilize translucent Bi-Facial solar cells. Many come with car chargers like Baja Solar Support Systems or Voltage River patio covers and canopies, letting light through while charging your car or home storage system.

The federal government is wrestling with our ancient transmission lines. Digital substations are a key component to enable

a smarter grid with fiber optic communications. They will begin to replace traditional copper connections using analog signals. Much like radio stations used to broadcast until digital took over. This will increase safety, flexibility, and availability, while reducing cost, risk, and environmental impact.

Solar is booming all over the world right now as those following the Climate Accords are taking climate change seriously. It's one of the cheapest power sources now on the market. And with many new companies entering the arena, efforts to standardize the industry are coming from a combination of regulatory bodies and certification agencies, such as International Electrical Contractors (IEC), Underwriters Laboratories (UL), and the world's largest technical professional organization for the advancement of technology (IEEE). But right now UL and IEEE has standards, so if you want to attach your system to the grid, they will tell you what you may and may not do in North America. The utility companies are also

the price of solar panels in the United States. The imposition of tariffs and price floors for imported Crystalline Silica Photovoltaic (CSPV) cells and modules would damage the entire solar industry. The proposed tariff could double the price of solar panels in the U.S., crippling demand and costing 88,000 jobs. As one of the least expensive energy sources in America, solar is a major force in the U.S. economy, spurring bil-

lions of dollars in investment each year.

This incredible growth will be stopped in its tracks and would slash new solar projects by two-thirds if the proposed tariffs and price floors are enacted.

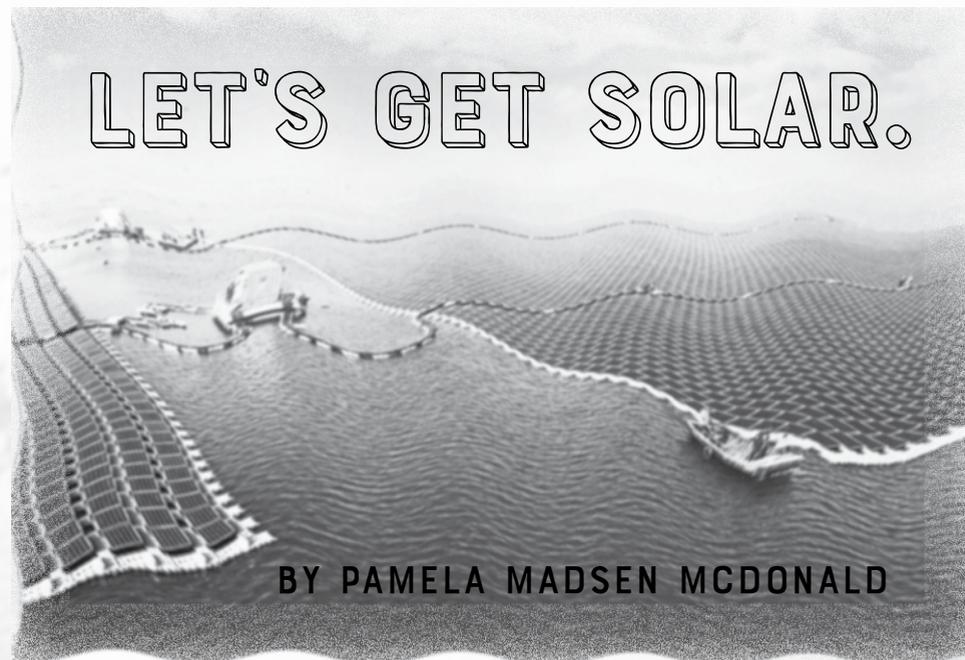
Solar is currently providing resilient power for critical loads. Harvey, Irma, Katrina, and other natural catastrophes have shown the short sightedness of the municipalities effected. If power sources were diversified, mitigation of a natural disasters impact would ensue. For example, a South Side, Astoria City property could become a small solar farm for charging local emergency equipment to power pumps, emergency equipment, and charge cell phones.

There are great benefits to outlying communities for stability, especially with the all-in-one units for PV array. And those dwellings of the disabled who rely on electricity to assist them in living would benefit from back up solar and batteries. Encouraging the United States Public Service Commission to provide solar energy emergency plans and support emergency services using solar. Even our local Citizens Emergency Response Team (CERT) organization

should begin to budget for solar generated battery back ups. The solar industry has been in this country evolving for over fifty years. In the last ten it's been ia runaway train in technology upgrades, innovations, and digital systems management. When engaging the services of a solar installer make sure you've done your homework and the installer is certified by North American Board of Certified Energy Practitioners. (NABCEP). It's also important for the Department of Energy to support the strengthening of our electric grid and to see how developing solar energy is good for business, good for consumers, and a win for the environment.

HOW SOLAR WORKS

The sun's light, and all light, contains energy. Usually, when light hits an object the energy turns into heat, like the warmth you feel while sitting in the sun. But when light hits certain materials the energy turns into an electrical current instead, which we can then harness for power. The solar panels, made up of groups of photovoltaic cells, made out of Silica, are assembled in an array to track the sun. It then sends it's energy to an inverter to turn it from Direct Current (DC) to Alternating Current (AC), which is what North America uses in it's energy grid to power appliances. Next it's sent to a transformer, to power the wiring system of your home or if it's in a big commercial system, the power grid. Some new technology has built inverters right into the solar panels, so it can be sent directly to a transformer / battery, "plug and play" relay system and then into a residence or business or back to the grid.



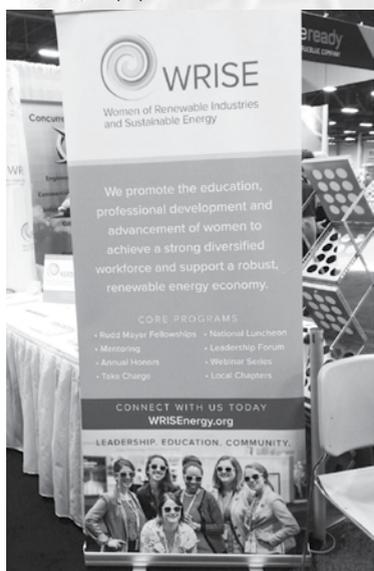
BY PAMELA MADSEN MCDONALD

forcing standardization in terms of grid interactive features.

Since most of these standards are being imposed from outside of the industry. It's up to the companies in the solar business to meet and exceed those standards. Like what happened with the first personal computers and the many different cords and accessories. It will need to be done in a way that's beneficial and cost effective to the customer. The North American Board of Certified Energy Practitioners (NABCEP) provides membership, training and certification for electrical and solar professionals. They're working towards codifying a training curriculum for a standard of education that strengthens the industry overall. As for manufacturers, it behooves them to come to an agreement on standards, but there are outliers.

As the Software and Tech industries work at increasing the number of women in the business, so does the field of sustainable energy. Women of Renewable Industries and Sustainable Energy (WRISE) is a national non-profit holding educational seminars, mentoring, and presenting scholarships to women pursuing occupations in solar and wind. At the K-12 level, they hold teacher trainings and sponsor student design challenges. They help women already in the field with job postings and helpful webinars. They also assist companies who want to diversify their employees to be more inclusive.

More solar than ever is being built now in the United States. According to Clear View Energy Partners and Bloomberg New Energy Finance, the proposed tariff and price floors would double



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"women have been central to the environ-
mental movement and our understanding of
ecology since its earliest stirrings and fragile
beginnings in the 19th century"
Excerpted from "Rachel Carson and
Her Sisters" by Robert K. Musil

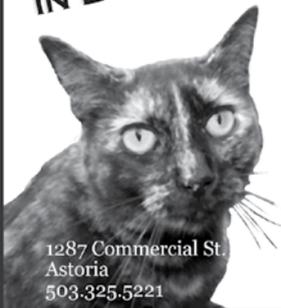


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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS OCTOBER

Astoria Community Group Meeting
Tuesday, Oct. 10, 6pm
at Winekraft (Astoria).

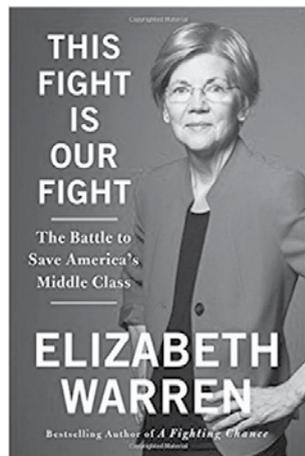
Resistance School
Thursday, October 12, 6 pm
Seaside Library Community Room

Congresswoman Suzanne Bonamici
Town Hall
Tuesday, October 17, 6 pm
Cannon Beach Chamber of Commerce

INCO Vote the Future Team
Wednesday, October 18, 6:30 pm
Seaside Library Board Room

INCO Cannon Beach/Manzanita
(Upper Left Coast)
Wednesday, October 25, 6 pm
Tolovana Hall, Cannon Beach

INCO Book Club
This month's
selection:
Elizabeth
Warren's
*This Fight
IS Our Fight*
Thursday,
Oct 26,
6:30pm
For location,
email
incoregon@
gmail.com



IF YOU'VE watched a local parade this year, there's a good chance you saw Lady Liberty. Here, she tells how she came to take on this role.

One day, when I was a young woman traveling the United States with a giant suitcase filled with gold, gemstones and pearls and conducting one-day jewelry trunk shows at major department stores, I saw a psychic. I had the whole world ahead of me and I sought answers to those unanswerable questions we crave in our youth: Who or what will I be in the future? What the psychic told me sounded like my hard-earned cash flushing down the toilet. (The session was 100 bucks in '70s dollars!) The completely implausible answer was, "First I see you in the legal field, and then you will go into politics."

Today I am a retired court reporter who belongs to the Warrenton Indivisible chapter. For much of my life, like "a good woman," I kept my opinions to myself, which is really easy when you're sitting behind a stenograph and have attorneys introducing you to their clients as "a piece of furniture." But I am now elated to say I have finally found my voice at the mouth of the Columbia.

Like many others, I went beyond despondent after the 2016 election. I didn't realize it at the time, but as a victim of sexual assault the whole "pussy gate" scandal, combined with copious amounts of misogyny, threw me into PTSD mode, and I was desperate to keep my sanity. How could this be happening to my country? Indivisible gave me the hope that I could actually get out in

Indivisible's Lady Lib

by Kathleen Zunkel

the streets and use my newfound voice to "resist" and "persist."

So one day at our Saturday morning Indivisible meeting, our membership decided to join the Warrenton Fourth of July parade to illuminate not only our chapter but also the need to vote. Somehow, and this part is very sketchy to me, no wine involved, we had the idea to use the Statue of Liberty as our foil. With that decision and a \$50 credit card payment to Party City, Lady Lib was born. Oh, and by the way, I would model the Liberty costume.

Word travels fast in the world of Indivisible, so my services as Lady Lib have been called upon numerous times since those early days of the Warrenton parade. Lady Lib has showed up for Indivisible rallies and even the Seaside Fourth and Astoria Regatta parades. What is most surprising to me is the effect this costume and resulting persona has. All of a sudden the world is transformed. People are grinning wide, heartfelt smiles. Their eyes are filled with wonder and love. They want to hug you. They want to touch you, the American Dream: Give me your tired, your poor, your huddled masses yearning to breathe free...

This is the America we carry in our hearts and DNA, an ideal still cherished by most in our country. So Lady Lib has taught me that there is great hope, that the American Dream is truly a reality, and I am honored to be a small conduit to that, a reminder of who we really are as Americans. That I would embody "America" dressed as the Statue of Liberty in my 60s—my psychic never predicted that.

Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. It's among thousands of grassroots Indivisible groups that formed nationwide in response to the 2016 presidential election.

INCO's community groups (CG) are active in Manzanita/Cannon Beach, Seaside/Gearhart, Warrenton, Astoria, and the Washington peninsula. Sign up to receive the INCO e-newsletter and Action Alerts at www.indivisiblenorthcoastor.blogspot.com. To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.



Garry & Linda's Wedding

Residents of Coast Rehabilitation Services Joyfully Tie the Knot



By Kaisa Schlarb

Gary, I learn, is a poet. On another day, he might have been returning to his poetry rather than his crossword. I had the privilege of reading some of Gary's poems, beautiful nature pieces about lovely rivers, lakes and creeks and small creatures like birds and spiders.

House staff, titled "Direct Service Providers" or DSPs were responsible for laminating and preserving Gary's prolific poetry, ensuring that he has it memorialized.

DSPs and other CRS staff have been supporting Gary and Linda's relationship since they were first noticed holding hands during day activities years ago. Given the critical role of care in the residential environment, DSPs have always been there to support Gary and Linda as their relation-

ship has grown, helping the two of them plan and execute dates and outings, and assisting them out of their chairs so they could have their first kiss. Fittingly, the week prior to Gary and Linda's wedding - September 10th-16th, was Oregon Direct Support Professional Recognition Week, to honor and recognize those that do the hard and important work on caring for those who require 24 hour support.

After years of dating, it was Gary who proposed. Carrie Humphries, a DSP and the Lead House Worker, was there. Gary was getting ready for bed one night and wanted to say goodnight to Linda. "He then said something to her about making her his wife. I asked if he was wanting to marry Linda and he said yes. We got him a ring that she had in her jewelry box. He then put the ring on her finger and asked very low if she would marry him. She didn't hear him, so we repeated to her what he had asked and she very happily said yes."

Some time after Gary's proposal, Linda expressed to CRS staff that she wanted a wedding. "It was clear Miss Linda had been dreaming of her own wedding for years" said Stevens. With their intentions and wishes known, the next step was for CRS to get organized to help the couple plan and execute their dream wedding. Stevens became one of the leaders in wedding planning, and soon a team was formed that included CRS staff, Clatsop Behavioral Health and family members.

"I was contacted by CRS in the Spring of 2017, asking if I was on board with the wedding" recalled Linda's legal guardian and niece, Cathy Reiter. Reiter, who had known about Linda and Gary's relationship for years, was ecstatic.

One of the most exciting parts of wedding planning, was the tux fitting and picking out the dress.

Gary chose to do a fitting at the house. "We were surprised, he has kind of like a Victorian style that we were not aware of," said Stevens. "He wanted the double vest, and he had a top hat and cane." Gary added a unique personal touch to his formal-wear by choosing a camouflage vest and bow tie. "Every outfit has to have a little bit of cammo," explained Stevens "that is his thing."

Finding Linda's dress was a full-scale adventure, traveling to Portland for a traditional gown fitting at David's Bridal with Reiter,

Stevens and others from the CRS crew. In Portland, Linda "said yes to the dress," a short, sleeveless gown with a bird-cage veil and racy red boots. She rang the bell to celebrate finding her dream dress, in David's Bridal tradition. According to Reiter, and echoed by others in attendance, the experience was one of pure emotion and joy.

Emotion was most certainly on display, along with the vibrant red and white decorations, on the day of the wedding, both for the bride and groom as well as those in attendance. The sense of community, love, and support was strong.

Friends, family, and caregivers honored the couple's commitment to one another in a ceremony on September 23rd, hosted by Clatsop Behavioral Health and Coast Rehabilitation Services at the Warrenton Community Center. The Reverend Katie Trees officiated the ceremony. The Maid of Honor was Cathy Reiter, and the Best woman was Carrie Humphries. The couple exchanged promises, read by Reverend Trees, and Dinah Urell sang and played guitar to "Blue Moon," as the couple held hands at the altar. They shared their first dance to Elvis's rendition of "Can't Help Falling In Love." Dry eyes were few.

The reception culminated in cake and a champagne toast. Few words were spoken, but Gary took Linda by the hand and declared, in his quiet low voice, "I'll love you for forever." Humphries was there to make sure he was heard.

Two people who had already been growing old together, shone brightly that day as a couple of newlyweds.



Photos: Dinah Urell

AMONG THE IMAGES we foster of marriage and what it looks like to spend a life with someone, it usually comes down to growing old together. Whether we are looking for it or not, we know the picture of sitting at peace as we age next to the one we love. Possibly on a porch. Maybe there is handholding. The details are variable, but the dream itself is timeless.

Garry Colson and Linda Patson are growing old together, and although they've been doing it for nearly 20 years, they just got married. When I met them, on a sunny autumn afternoon the day before their wedding, they were the embodiment of the dream. Sitting next to one another on the shady side of their patio, Linda had her wheelchair set to recline while Gary sat next to her in his own wheelchair, coffee and crossword in hand.

Garry and Linda are both residents of Coast Rehabilitation Services (CRS), in Warrenton, where they met in the 90s. The organization provides a variety of services, including residential, employment, supported employment, supported living, in-home care, and day support for people living with intellectual and developmental disabilities. CRS's Assistant Director Shantell Stevens accompanied me to meet Gary and Linda. There are two other residents in the house, both younger than Gary and Linda and Stevens says the two have embraced their role as house old couple.

Did you know you look pretty in pink today Miss Linda?" Stevens asks as we sit and get acquainted. I'm told that Linda is always well dressed, she has an eye for color coordinating. Linda tells me she would never let herself go out in any old shirt. Even to enjoy the afternoon from home Linda is dressed in pink with matching jewelry and red hot nails.

As we visit, Linda calls Gary both a "sour grape" and a "rotten pickle," all within five minutes and with a smile. As she chuckled along with her fun, Gary looked up from his crossword momentarily to give her an acknowledging, if subtly ornery look of response. I feel as if I know what Stevens means when she says Gary and Linda have embraced their role as house old-couple, picking on each other and the other residents a little bit, and it all feels very classic to the growing-old-together picture.

Junk, Elevated

Works by Bonny Gorsuch



THE COASTAL OREGON ARTIST RESIDENCY PROGRAM, a joint project of Astoria Visual Arts (AVA) and Recology Western Oregon (RWO), will host "Junk, Elevated," an exhibition and reception for current artist-in-residence Bonny Gorsuch on Saturday, October 14, 5-8pm, at Astoria Vintage Hardware, plus a gallery walk-through with the artist beginning at 6pm. Additional viewing will be available during Vintage Hardware's regular hours during the month of October and beyond. The exhibition is the culmination of three months of work by Gorsuch, who has scavenged materials from the RWO transfer station to make remarkable pieces of art and promote recycling and reuse.

"Bonny is extraordinary – she was making "green" art from junk as a kid, even before the recycling movement began. And what a work ethic," says Fred Stemmler, RWO General Manager. "Bonny has been working pretty much non-stop on her art at Recology, showing up Monday through Friday since July. And she is an absolute a joy. We'll miss having her around, that's for sure."

Gorsuch spent months elbow- and knee-deep at the Recology transfer center, followed by sorting, riveting, soldering and painting her finds at Recology's onsite studio. "The residency was the perfect fit for me," she says. "I have never worked so hard or had so much fun. And the end result of what I have created will show, I hope, what I learned because of the COAR opportunity. Without question, the experience has catapulted me to a new level of creative output."

Lisa Smith, president of the Board of Astoria Visual Arts, calls Bonny Gorsuch "the real deal, a true artist." "Bonny has a fabulous eye, an exceptional wit, and an indefatigable spirit – and all that comes through in her work," says Smith. "She has elevated cast-offs, debris, rubbish and assorted detritus—whatever you want to call it—into eminently collectible pieces of art. Thus, the title of the show: 'Junk, Elevated.'"

Vintage Hardware, 1162 Marine Drive, Astoria. Admission is free and open to the public, all ages welcome, wheelchair accessible. Additional Viewing Hours: Monday – Saturday 10am-5pm, Sunday 12pm-4pm.

LAYERS BOUTIQUE is Costume à la Carte and Ready for Halloween

By Alyssa Graybeal

LAYERS BOUTIQUE is celebrating its one-year anniversary this month. Owner Summer Oja opened its doors on October 08, 2016 and has had a successful first year.

"We have all these fun events in town and people were having to drive to Portland or look on Amazon for last-minute wigs or costume pieces. So I wanted to have everything we needed right here in one spot, whether it's for Dragalution, Pride, or whatever the next dance party or celebration."

Layers Boutique offers one-of-a-kind vintage clothing, jewelry, and accessories, including prom dresses, gowns for New Year's, and a vintage lingerie and peignoir collection. Its vintage bridal collection will soon be moving up to Oja's studio across from Muse Beauty Bar so it feels more private.

"I'd been collecting vintage for about five years," says Oja. "And my favorite thing is when people tell me what they're looking for and I get to go out and bring things back for them. Even when I'm not on a mission, I usually have a specific person in mind. When I find a piece, I send them a message to say, 'I found something I think you're gonna love.' That's what gets me really excited about the business; personal shopping comes easy to me because it's what I love to do."

Oja does basic repairs on her inventory and also has a seamstress in Portland who collects vintage zippers. "I send anything that needs zipper work done off to her. She's awesome. I just couldn't believe I found somebody who could do it totally true to how it should be." Oja continues, "My husband, Jeffrey Oja, also sews. He's been a huge part of helping me with everything, from the sign work to design."

The shop also carries party décor, like vintage glassware. "I definitely want people to know I have party stuff because no one else in town carries it. If you're throwing someone a party, the little touches that make it feel more special and fun are so important," says Oja. "I know these details don't matter to everybody, but they matter to me. My shop is a hodge podge of fun."

Located on 12th Street at Marine Drive, the space had never been a storefront before Layers Boutique took over. "This part of the building was one of the first grocery stores in Astoria, so there's still an old hoist on the ceiling. There are also ink stains on the floor because they had a printing press in here for a little bit, which is still down in the basement with the last newspaper run through it."

Oja continues, "When I got this space, the front was a roll-up garage door, so we completely redid it. We had a vision." Now, Oja loves doing fun window displays and her attention to detail makes the shop feel like it's been there forever, with vintage furniture for display and even an old wooden cash register.



Layers proprietor Summer Oja

Oja makes sure the selection at Layers Boutique is continually changing, and she says to be on the lookout for new seasonal lines. "If locals come in and it all looks the same, they don't come back to look around," Oja says, "so I change things around a lot."

For Halloween, Oja placed an extra large wig order. "All year



PHOTOS: Dinah Urell

long, I collect little pieces thinking 'this could be a killer piece for a costume.' I'm also bringing in some new stick-on masks that look like the most elaborate eye makeup you've ever seen."

Oja has craft nights with her sister, Calandra Reding, who creates custom pieces for the shop, like feather shawls and hairpieces. "For Pride, we did a bunch of floral crowns. And we're going to do some Halloween fascinators," Oja says. "Sometimes people don't really want to do a full costume. They just want some crazy cool head explosion to wear."

Even though she hunts for pieces all year long, Oja can relate to those who leave their costumes to the last possible second. "I'm pretty last-minute with my Halloween stuff. I love to costume but every year I'm here on the night of just grabbing pieces."

So whether you're looking for that one special thing for an event or a complete ensemble, Layers Boutique is a great place to start. Oja named her business Layers because it's all about the different layers of a party or celebration, top to bottom. "I describe the shop as costume à la carte," Oja says. "I don't sell like, a Mini Mouse kit, but I have all these different pieces you can grab to make your own thing. That's the way I've always made my own costumes. I find one magical piece that inspires me and it takes off from there."

**Layers Boutique is located at 205 12th St. in Astoria.
503.791.5876/layersastoria@gmail.com
Open: Thur-Sat 12pm-5pm.**



Jazz & Soul Food Oct 28 at KALA

JAZZ ARTIST CATARINA NEW makes her Astoria Debut at KALA, Saturday, October 28 as the featured headliner in a 1st annual Astoria Jazz Fest. In addition, **SOUL FOOD** cuisine maven **LANICIA WILLIAMS** of Coastal Soul, will offer her delicious traditional southern stylings for the eve. Tickets are \$16, and on sale at the Liberty Theater website, libertyastoria.org. Doors open at 6:30pm for food and drink, show at 7:30pm. Food and drink are available throughout the performance. KALA offers an intimate comfortable setting. Seating is limited, Advance Tickets highly suggested.

Portland-based Catarina New is bandleader, saxophonist, vocalist and composer/arranger, bringing her quartet that includes: Al Martin- Percussion & Flute, Al Criado-Bass, Ben Graves-Guitar, Catarina New-Sax & Vocals.

About Ms. New: Of Swedish decent, and growing up in the small town of Vindeln, News's father was a lifelong musician who encouraged his daughter to appreciate jazz. New began sitting in with her father's band on her first instrument, guitar. Later, she received a degree in Music Education in Sweden, with piano as her instrument—but in the beginning—but came out as a saxophone player, she says, "because it was the instrument closest to the voice."

Leading her band, and with 3 albums under her belt, Ms. New arranges compositions, solos on sax and sings in her cool, clear voice, a natural jazz timbre. As sax player she is dynamic, expressive, formidable. Her latest release with six-piece band Brazilian Touch is an undeniably uplifting, new jazz sound, with the beauty and sophistication of Latin rhythms, a little bit of funk, and inspired instrumental lyricism.

Ms. New studied at the New Jazz School in New York, with such greats as Reggie Workman, Hal Galper, David Liebman, Bob Mintzer and Bill Evans, but eventually moved to Los Angeles to begin a Masters in jazz, and where she met her husband Al Martin, a Latin percussionist who today performs with New's ensemble. While in Los

Angeles she led a six-piece band and also served as musical director for "L.A. Woman in Blues."

A seasoned performer, Catarina New has among her track record; The House of Blues, B.B. Kings, La



COASTAL SOUL

LANICIA WILLIAMS is a resident of Nehalem, Or., and the maker of cornbread so good that just one piece will never be enough. Her Private Dining business Coastal Soul, brings southern comfort food to your kitchen and table for cooking classes and parties — from shrimp&grits to tantalizing greens, mac&cheese, black-eyed peas and distinctive southern fried chicken to-die-for. An in-demand connoisseur, when dining on Ms. William's Coastal Soul, most often the response is "Mmmmmmm!" Her secret ingredient—seasoned with LOVE! On Oct. 28 at KALA a select menu offering will be available throughout the eve, served in bistro basket style, ready to serve. Read more about LaNicia's offerings at coastalsoulnw.com



Rebecca Hardiman

tional, expression of musical creativity, Jazz.

The Astoria Jazz Festival started as the vision of Ron Craig, whose vision and dedication has brought us the Astoria International Film Festival for the last 11 years. After a film discussion at last year's festival Ron talked about his desire to create a jazz festival. Enter Ron's jazz festival co-founder Bruce Watts. As a lifelong Jazz appreciator, and an artist manager and promotor in the 80's, Bruce's passion and

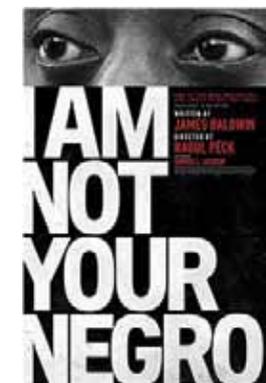
Ve Lee, Playboy Jazz-Fest in Los Angeles, Idyllwild Jazz festival, New York, New Orleans, Pori Jazz Festival in Finland, and performances in Brazil, Tahiti, Hawaii, Germany and Scandinavia. As a saxophonist Ms. New has performed with Trumpeter Bobby Shew and Bobby Rodriguez, Pianist Chuchito Valdez, Guitarist Kenny Burrell, Saxophonist Justo Almario, Drummer Thelonious Monk Jr., Vocalists Anita O'Day, Barbara Morrison and Nikki Harris to name a few. In 2006 Catarina won the "Southern California Music Awards" in the category "Best Jazz solo artist". Portland, Oregon Jazz Scene awarded Catarina as the "Jazz musician of the month" in July 2012. Since then, she has been very active in many bands and with her own band "Brazilian Touch".

Known for her rapport with audiences, don't miss this exciting jazz artist in an intimate setting—soulful music paired with soulful food! KALA is a professional sound stage in a converted vintage Astoria storefront, with natural acoustics and New York jazz club atmosphere. It is also the performance space of HIPFiSH monthly.

Doors open at 6:30pm for food and cocktails. Show 7:30-9:30pm. Read more t astoriajazzfestival.info and caterinanew.com. Limited seating. Tickets in advance highly suggested. Tickets available online at the Liberty Box Office until noon on the day of the show. \$16 per/person. 21+ please. KALA is located at 1017 Marine Drive, Astoria. 503.338.4878



ASTORIA INTERNATIONAL FILM FESTIVAL Oct 20 - 23



AIFF is an intimate film festival where you can view, learn about, and discuss documentary, dramatic, and short films by international and USA independent filmmakers.

Enjoy viewing in the Historic Liberty Theater,

Astoria's film house founded in the 20's, providing film for the North Coast through the 90's.

AIFF offers the opportunity to view films once a year in this historic film house.

AIFF offers a curated viewing experience, complemented by intellectual and social amenities and access to select filmmakers.

The festival is dedicated to bringing independent filmmakers from around the world and their work to an appreciative audience. We feature films that we love. We're captivated by the respective director's compelling subjects, storytelling, cinematography skills, and by the ways in which their work can enrich our lives. We then screen the films in a unique, experientially distinctive film festival setting.

Film Price. \$10 per film.

Enjoy a full pass @ \$80. Purchase at libertyastoria.org. Review the film festival showings at www.goaiiff.com

2017 Festival Films Theme "The Human Spirit"

Friday Oct 20

5:00-6:40pm - A Man Called Ove

7:00-8:30pm - Whiplash

8:45-10:30pm - Dina

Saturday Oct 21

11:30am-1:00pm POW -

Portland Oregon Women's Film Festival

1:15-2:45pm - I'm Not Your Negro

3:00-4:00pm - Forum: I'm Not Your Negro

4:30-6:15pm - Neither Wolf Nor Dog

6:30-7:45pm - America's First Foodie

The Noble Spirit

8:00-9:30pm - A Tribute to James Beard

at Baked Alaska Restaurant

Sunday Oct 22

11:30am-12:15pm - Croissants & Coffee

12:30-3:30pm - Neither Wolf Nor Dog

4:20-5:50pm - The Defiant Ones

1st Astoria Jazz Fest

Astoria is an established and growing mecca for arts and creativity. With an active local and touring music scene, prolific visual artists, live theater and the annual international film festival, the time felt right to its founders to launch an annual celebration of that most American, and interna-

onal, expression of musical creativity, Jazz. Ron's experience are making the Jazz magic happen in Astoria this Fall. Headliner Catarina New is the main, full jazz quartet attraction, with non-cover casuals about town.

The 1st Annual Astoria Jazz Festival takes place over 3 days, Friday Oct 27, Saturday 10/28, & Sunday 10/29, in 6 different Astoria venues: KALA, Carruthers, Bridgewater Bistro, WineKraft, Inferno Lounge, & Charlie's Chop House.

Hear Longtime coastal jazz guitarist Dave Drury at his usual music and food haunt, The Bridgewater Bistro on Saturday the 28th, and guitarist John Orr at Winecraft on Oct 27.

Vocalist Rebecca Hardiman and husband pianist Ray Hardiman will be swinging the jazz tunes at Carruthers Oct 27 - 28 beginning at 8pm. Other venues include Inferno Lounge and Charlies Chowder House.

For updates go to www.astoriajazzfestival.info

Tarot Unveiling at Luminari Arts

LUMINARI ARTS FEATURES

JUDITH P. NILAND FOR

OCTOBER 2ND SATURDAY ART

WALK. Niland unveils her original Tarot Card Deck with 78 original illustrations and a 250-page companion guide book, "Judith's Tarot Guide Spirit Sez..."

A self-taught reader of the Tarot for over thirty-five years, Judith has taken inspiration from a variety of sources and teachers. "Tarot Card reading is an art form that can propel you forward into your destiny rather than be stuck in the past. Used as a therapeutic tool, the cards help us understand the mystery of that which is often hidden from us. It can tap into your spirit, connect with your highest good and open doorways through which visions, dreams, ideas and solutions to life's dilemmas can enter," say Niland.

Niland says it's been a dream to create her own deck since graduating from University of Santa Cruz, receiving a Bachelor in Book Arts and Illustration in 1981. She started the illustrations fifteen years ago, but as life unfolded she put them aside. In 2016 she picked up where she left off, first creating all drawings in pencil sketches, then finishing each of the original 78 illustrations with colored pencils, watercolors and pens. For the guidebook, she wanted to create something as unique as her drawings. So, she began tracking her daily personal readings, keeping copious notes on index cards. This process continued for the last six years. In the end, there were over 5000 index cards of definitions and meanings based on the reading outcomes. Much organizing, compiling and sorting, culminated in an easy-to-use guide that will assist the beloved student of tarot to dig deeper into learning who they truly are, and with the intention toward a more joyful, peaceful, and happy life. In addition to the unveiling of Judith's Tarot and Guide Book she will be offering short readings to visiting patrons of Luminari Arts on that night.

Niland will also debut the latest in her Chakra Wind Chimes series, "Charaka Jellyfish," flowing mobile art, designed to hang by an open window, where they can "sing in the wind" and give the illusion of floating in air. In addition, Niland's Purristence Kitty Art along with Astrology and Tarot Canvas Art, Cards & Candle will be on display.

Luminari Arts, retail arts and art gallery is open daily at 1133 Commercial in Astoria. Artist reception 5-8pm.

LIVING THE TAROT

Learn tarot by living it! Julia Hesse, producer of the Living Tarot Oracle™ is offering monthly classes at AAMC. Participants will experience tarot from the inside out by selecting a major arcana card to embody for the evening. Sound and movement activities, guided visualizations and interactive scenarios will bring the cards to life through you in surprising and profound ways.

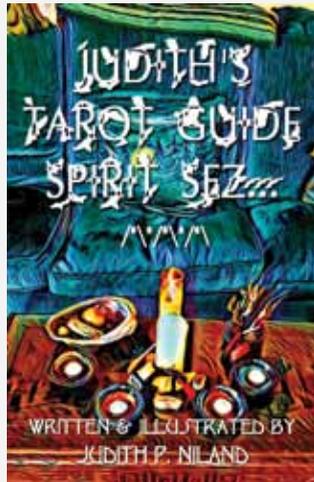
Expect to have fun, be amazed, and creatively deepen your tarot wisdom. Great for tarot beginners to masters, as it's always a new experience! Second Friday of every month.

Astoria Arts and Movement 342 10th St Astoria 6:30-8pm. \$10 October 13, November 10, December 18 (970)570-9323 or insight@juliahesse.com

TAROT WISDOM CIRCLE WITH JULIA HESSE

Tarot Wisdom Circles are an opportunity to explore the infinite ways tarot can speak to us. It's learning by doing around the table. Explore a topic and learn how use the cards to add insight to a chosen situation. Everyone works with their own cards and does their own reading with input from Julia and the group, all learning from each other.

These circles are open and accessible to all levels from beginner to advanced. A wide assortment of extra decks are supplied for your use. **Meet on the 3rd Monday of each month, 7-9pm in Astoria. (970)570-9323 or insight@juliahesse.com \$10**



ASTORIA MAKERS Secures Its New Location Downtown

CREATIVE LOCAL STARTUP Astoria Makers is excited to finally make the move from their current location in Miles Crossing to the Van Dusen building in downtown Astoria. Plans have been in the works to relocate the soon-to-be makerspace since early this year but have been delayed by a rigorous real estate hunt for the right property to house the unique operation, which includes membership access to high-end tools and workshop space, educational classes in a variety of creative and technological subjects, and in-house design and fabrication

Owner Glen Herman and a small team of local individuals with backgrounds in art, design, construction and historic preservation are working hard to finalize plans for the build-out of the space and open the doors to the public as soon as possible (hopefully late 2017- early 2018). Until now, the business has been focused primarily on its design and fabrication sector, waiting to grow the membership and education arms until the move would occur. Current projects include work for local clients such as new platform beds for the Cannery Pier Hotel and Spa, various branding signs and laser projects for Fort George Brewery and tea box displays for The Astoria Coffee Co.

"We're excited to incorporate many of our own designs into the new space, including furniture, shelving, signage and creative space design," Herman says. "The main level and basement will feature a full-scale workshop with tools and classes in trades such as woodworking, welding, silversmithing/jewelry-making, screen printing, sewing, ceramics and digital design. A retail gallery for members will also be on the main level." The top floor of the building will be developed into artist studio spaces available for rent with access to the makerspace, and will include a community kitchen and lounge/meeting area. Interested parties should contact Steff Eiter at steff@astoriamakers.com for rental information.

Lucy Barna, local artist and member of the Astoria Makers startup team shares her excitement about the new space. "Once open to the public, we'll be accessible to everyone and



Makers rejoice on the rooftop of the Van Dusen Building

can really live out the vision of the whole business. I'm excited to show people of all ages and backgrounds how many ways there are to create and how much better it is to do it with others. We hope to become a true creative hub in Astoria." Local ceramicist Audrey Long has recently joined the project and is thrilled about bringing a professional ceramics program into the space. "I was looking to do something like this on my own, but when I learned about what was happening here I knew a collaboration would be awesome! The more community, the better," she enthusiastically states. Astoria Makers will be the regular host site for the popular Repair Cafe events, as well as other local community events, workshops and talks. Stay tuned for more information on ways to get involved with the makerspace through volunteer opportunities. Creative minds and hands are welcomed!

To learn more visit: www.astoriamakers.com, Instagram @astoriamakers, or Like on Facebook at www.facebook.com/astoriamakers



THE HOFFMAN CENTER for the Arts in Manzanita will host a showing of encaustic works -- entitled "EARTH. WATER. SKY." -- by Washington artist **Lara Blair** throughout the month of October.

The works are available for viewing during regular Gallery Hours -- Fridays and Saturdays, 3 to 5pm, plus anytime the Center is open

for other events.

Blair is a photographer who discovered years ago that encaustic wax could enhance her photographs. After much experimenting, she realized that painting satellite views of the beach with encaustic medium was extremely fulfilling. This led to a studio filled with coastal creations done on birch panels and a career as an encaustic artist.

"Earth, water, and sky are the three essentials that inspire me to create art from a bird's eye view," said Blair. "I was always the child craning her neck to see the world from an airplane window. So I choose to take small pieces of this beauty, using wax, oil paint and various mediums, molding them into how I see the world -- one piece at a time."

Blair lives with her husband and two daughters on forested acres in Southwest Washington and enjoys teaching in the creative environment of a project-based Camas middle school. FMI: LaraBlairArt.Com

Hoffman Center is located at 594 Laneda Avenue in Manzanita

Fairy Tales and Nuclear Bombs at LightBox



Julie Moore Blue Sky Barbed

LightBox Photographic Gallery hosts "Fairy Tales and Nuclear Bombs" (What happened to the Summer of Love), with an opening artist reception on Astoria 2nd Saturday, October 14, from 5-8 pm. The group exhibit features the work of 36 photographic artists from around the country exhibiting images that focus on their reaction to this year's political environment. The exhibit features work in many photographic processes and varied interpretations of the theme. Diane Fenster of Pacifica, Ca. juried the exhibit of 54 pieces.

Diane Fenster's art first received notice during the era of early experiments with digital imaging. Her work has been called an important voice in the development of a true digital aesthetic. Her images have appeared in numerous publications on digital art. She has been guest lecturer at many seminars and conferences, her work has been internationally exhibited and is part of museum, corporate and private collections.

LightBox is located at 1045 Marine Drive in Astoria, Open Tues - Sat 11am - 5:30pm. 503.468.0238. visit lightbox-photographic.com



POSTCARDS FROM EUROPE • NCSB OCT 29

THE NORTH COAST SYMPHONIC BAND open its 38th season of performing quality wind band music at 2pm on Sunday, October 29th, at the Liberty Theater in Astoria. Dave Becker of Manzanita and former director of bands at Lewis and Clark College returns as conductor and musical director. The afternoon's musical program is titled "Postcards from Europe" and features Becker's favorite wind band selections with an European theme. Doors open at 1:15pm and the Beach Buddies will present a pre-show of light jazz starting at 1:30pm.

Tickets are available at the Liberty Theater Box Office, 1203 Commercial, in Astoria, from 2 to 5:30 PM Wednesday through Saturday and two hours before the performance. Regular admission is \$15. Student tickets for those 18 and under are \$7. visit www.libertyastoria.org. www.northcoastsymphonicband.org, find them on Facebook or call 503-325-2431.

Tuesday 10

MUSIC

The Last Reel. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Sound of Nature, Sound of Art. A collaboration of art, music, and ecology. With the Three Centuries Ensemble. \$24, 7pm at the Lincoln City Cultural Center.

LECTURE

Art of Aging, of Dying Series. Priorities: Getting Clearer About What You Want for the Rest of Your Life. With Tela Skinner. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

Wednesday 11

MUSIC

Wonder. No cover, 6:30 – 8:30pm at the San Dune Pub in Manzanita.

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

HAPPENING

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

Thursday 12

MUSIC

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

ART

Opening Reception. For Body Politic: Contemporary, Classical Drawings. With work by Ghislane Fremax and Henk Pender. 6pm at the Royal Nebeker Gallery at CCC in Astoria.

HAPPENING

The Tell-Tale heart and Other Chillers. Master storyteller Christopher Leebrick brings. Free, 2pm at the Library in Manzanita, 6pm at the Tillamook Library.

LECTURE

Nature Matters. Know Your Forests, Know Your Trees: Native Tree Identification and Ecology. With Valerie Elder. Free, 7pm at the Fort George Lovell Showroom, Astoria.

Friday 13

MUSIC

Water Music Festival. Swing Fever with Denise Perrier. \$40, 7pm at the Inn at Harbour Village in Ilwaco. watermusicfestival.com

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

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

Lindsie Feathers. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Portals Into Fiber, an exhibit of the work of 10 Oregon Fiber Artists. 5 – 7pm in the Chessman Gallery at the Lincoln City Cultural Center.

CINEMA

The Wandering Reel Film Festival. You. Me. We. A traveling film collection of short documentaries explores what tears us apart and what brings us together. \$10 suggested donation, 7pm at the Lincoln City Cultural Center.

FOOD & DRINK

Wild Mushroom and Wine Dinner. 7:30pm at the Depot Restaurant in Seaview. Reserve a seat by calling 360-642-7880

October Cultural Calendar

HAPPENING

BLOODYVOX. Dance theater by BodyVox. \$20 - \$35, 7pm at the Liberty Theater in Astoria.

Fairview Grange Dinner. Plus open mic and art sale. 6 – 8:30pm at Fairview Grange, Tillamook.

OUTSIDE

Wild Mushroom Hike. Meet at Battery Russell, Fort Stevens, Warrenton for a Ranger guided hike to look for and identify wild mushrooms. Free, 1 – 3pm.

THEATER

The Birds. Drama. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 14

MUSIC

Water Music Festival. Music at the Mission. \$50. Cocktail Hour at 6pm, music at 7pm at Ledbetter Farms Lighthouse, Ocean Park. watermusicfestival.com

Audio Tattoo, Fred Basset & Sonya Kazen. \$15 suggested donation. 6pm at the Burkhardt Gallery in Cloverdale.

Harvest Gold. A Tribute to Neil Young. \$12, 6pm at the Lincoln City Cultural Center.

Rumors. A Fleetwood Mac Tribute Show. \$25, 7pm at the Liberty Theater in Astoria.

Three Leg Torso. \$25, 7:30pm at the NCRD Performing Arts Center in Nehalem.

Malachi Graham & Jamie Stillway. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Astoria Artwalk. Free, 5 – 9pm at galleries and other businesses n downtown Astoria.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #4. 1 – 4pm at the Cellar on 10th in Astoria.

Food Roots Pie Night Event. Pie auction, all-you-can-eat pie feast, and live music. \$10, 7pm at Pacific Restaurant in Tillamook. foodrootsnw.org/tickets

HAPPENING

Wahkiakum Fair Flea Market and Used Book Sale. 9am – 3pm at the Fairgrounds in Skamokawa.

Cranberrian Fair and Harvest Festival. A celebration of local harvest including all things cranberry. At the Columbia Pacific Heritage Museum in Ilwaco and at the Pacific Coast Cranberry Research Foundation, Long Beach. \$5 covers all events at the Heritage Museum, the Cranberry Museum is free.

Sad Night Live. A night of readings, music, and discussions relating to or inspired by sorrow and miserableness. Featuring Patrick DeWitt, Michael Hurley, Shelley Short, Brian Mumford, and Eric Isaacson, and Libby Werbel. Free, 7 – 9pm at the Sou'wester Lodge in Seaview.

Cornhole Tournament. Free to observe, \$10 per team to participate. 7 – 9pm at Port of Call.

Home and Chef Tour. Five Stunning Clatsop Plains and Warrenton Homes will be featured including the Warren House built in 1885 and Camp Rilea's Beautiful log Cabin , The Chateau. Each location will house a local chef offering delicious bites. \$30, 11am - 4pm. Get tickets at Holly McHone Jewelry of at Columbia Bank branches.

LITERARY

Author Reading/Book Signing. Robert Michael Pyle, "Where Bigfoot Walks; Crossing the Dark Divide." 7pm at the Skamokawa resort in Skamokawa.

OUTSIDE

Mushroom Walk: Free, 10am at the Sitka

Wetlands, Nehalem. (503)-368-3203 Mysterious Mushrooms of Ft Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi. \$5 day use fee. 1 – 3pm at the Coffenbury Lake Picnic Shelter at Ft Stevens, Warrenton.

THEATER

The Birds. Drama. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaste

Sunday 15

MUSIC

Water Music Festival. Music at the Mission. \$50. Cocktail Hour at 1pm, music at 2pm at Ledbetter Farms Lighthouse, Ocean Park. watermusicfestival.com

Malachi Graham & Jamie Stillway. No cover,

8pm at the Adrift Hotel in Long Beach.

The Desert Kind. Folkin rock n roll. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENING

Cranberrian Fair and Harvest Festival. A celebration of local harvest including all things cranberry. At the Columbia Pacific Heritage Museum in Ilwaco and at the Pacific Coast

Cranberry Research Foundation, Long Beach. \$5 covers all events at the Heritage Museum, the Cranberry Museum is free.

Celebrating Spirituality, A Gathering of Faith Traditions. 4 – 6pm at the Bob Chisholm Community Center in Seaside.

LECTURE

In Their Footsteps Lecture Series. America's Master Park Maker: Frederick Law Olmstead. With Laurence Cotton. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

OUTSIDE

The Great Columbia Crossing 10K Run/Walk. Across the Astoria/Megler Bridge. greatcolumbiacrossing.com

THEATER

The Birds. Drama. \$7 - \$16, 3pm at the ASOC Playhouse in Astoria.

Blithe Spirit. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 16

MUSIC

Vellamo. Direct from Finland. Folksters Pia and Joni are on an American Roadtrip and their stopping at KALA (Finnish for FISH)! In Astoria. 7:30pm. \$8

Malachi Graham & Jamie Stillway. No cover, 8pm 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 17

MUSIC



An ensemble that needs no introduction, the charismatic 3 Leg Torso creates charming, elegant and daring modern chamber pop music infused with equal parts tradition and innovation.

Influenced by tango, Eastern European folk and other world music traditions, 3 Leg Torso's cosmopolitan style embraces wit and humor within thoughtful, uncommon and beautiful musical arrangements.

The NCRD Performing Arts Center will host 3 Leg Torso on Saturday, October 14th, 7:30 pm. \$18 in advance. \$23 at the door. TicketTomato.com.

BLITHE SPIRIT At The Coaster Theatre
A Supernatural Comedy To Die For



PHOTO: George Vetter Cannon-Beach.Net

Sceance - (left to right) Thomas Ryan, Katrina Godderz, Karen Martin, David Sweeney, Cathey Ryan

THIS FALL Noel Coward's supernatural comedy, *Blithe Spirit* haunts the Coaster Theatre stage weekends through October 28.

Socialite and novelist Charles Condomine, invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next book. The scheme backfires when he is haunted by the ghost of his temperamental first wife, Elvira, after the

séance. Elvira makes continual attempts to disrupt Charles's marriage to his current wife, Ruth, who cannot see or hear the ghost. As the (worldly and unworldly) personalities clash, Charles risk being haunted into perpetuity.

This charming romantic comedy features North Coast actors Evelyn Isakson (Edith), Katrina Godderz (Ruth), David Sweeney (Charles), Thomas Ryan (Dr. Bradman), Cathey Ryan (Mrs. Brad-

man), Karen Martin (Madame Arcati), Ellen Jensen (Elvira) and is directed by Edward James. Tickets are \$25 or \$20 and can be purchased online at coastertheatre.com or by calling 503-436-1242.

Performance: through October 28. Shows begin at 7:30pm. Sunday shows start at 3pm. Tickets: \$20 or \$25 coastertheatre.com

**AAUW
Dessert
Theater
THE PORCH
Nov 3 - 4**



Slab Slabinski, Meredith Reiley, Gigi Chadwick, Sheila Shaffer, Frank Jagodnik

THE AMERICAN Association of University Women (AAUW) is presenting *The Porch* by Jack Neary; a two-act comedy set during Labor Day weekend in 2004, in Eastern Massachusetts. This is AAUW's annual Dessert Theatre Scholarship fundraiser.

New features for this year's production: back to its home at the Presbyterian Fellowship Hall with newly installed handicapped access and the reinstated Dessert Theatre (only on Saturday).

Cast includes Meri Reiley (Gert), Sheila Shaffer (Marjorie), Gigi Chadwick (Alma), Slab Slabinski (Leo), and Frank Jagodnik (Pat).

All action occurs on Alma's front porch. Five friends discuss everything from soup to nuts, including sex, sports, scandals, shared tragedies, love and enduring friendships. Other subjects

included in these discussions are long marriages, family dynamics and historical events such as the Bill Clinton and Monica Lewinsky liaison.

It's a comedy; it's a drama; it's about people like you or people you know.

PERFORMANCES: 7pm on Friday, November 3 and 7pm on Saturday, November 4 in the Presbyterian Fellowship Hall at the northeast corner of 11th and Harrison Streets in Astoria. The tickets are discounted on Friday for \$12 which includes homemade cookies and on Saturday the tickets are \$15 which includes the reinstated famous Dessert Theatre. Tickets are available from AAUW members and at the door. For more information contact Sara at 503-325-7969.



THE ASTOR STREET OPRY COMPANY presents its fall production of "The Birds" by Daphne du Maurier and Directed by Sheila Shaffer!

"Daphne du Maurier's short story, also the basis for Alfred Hitchcock's classic film, is boldly adapted by Conor McPherson—a gripping, unsettling, and moving look at human relationships in the face of societal collapse. In an isolated house, strangers Nat and Diane take shelter from relentless masses of attacking birds. They find relative sanctuary but not comfort or peace; there's no electricity, little food, and a nearby neighbor may still be alive and watching them. Another refugee, the young and attractive Julia, arrives with some news of the outside world, but her presence also brings discord. Their survival becomes even more doubtful when paranoia takes hold of the makeshift fortress—an internal threat to match that of the birds outside."

CAST & CREW: Diane - Barbi England, Julia - Stacey Brown, Nat - Brandon Hurd, Tierney - Justin Germond. Director-Sheila Shaffer, Stage Manager-Jayne Osborn, Costumer-Sheila Shaffer, Set Design / Dressing-Sheila Shaffer, Light Design-Mick Alderman, Light/Sound Operators - Bill Carr, Sound Design - William Ham, Live Sound-Slab Slabinski, Justin Germond and Jayne Osborn, Set Builder - Markus Brown.

The show run is October 13, 14, 15 (2pm Matinee) 20 & 21. The ticket office opens at 6pm and the show begins at 7pm. For tickets call 503-325-6104. www.astorstretoprycompany.com

Q & A with Director Sheila Shaffer

HF: What interested you in directing *The Birds*?

SS: I was initially attracted to the play because of its perspective on human behavior. I'm always looking to do newer scripts and this is a relatively new script written by Conor McPherson in 2009, performed for the first time in the US at the Guthrie in 2012. Also, because ASOC is stretching its wings into more drama versus melodrama, I wanted a script that had name recognition that would interest people.

HF: How different /how does it differ from the iconic Hitchcock film?

SS: "The Birds" was originally a novelette by British writer Daphne du Maurier, first published 1952. It is NOT the Hitchcock movie but it is where Hitchcock got his idea for his bird apocalypse. He took the story and "Hollywood-ized" it. Conor McPherson gave it his own spin and adapted it for the stage.

HF: Is this a chiller, a thriller or an outright scary play?

SS: I would categorize it more as a thriller. Yes, the attacking birds add the fright element but the bones of the story are how the people are reacting and dealing with an unimaginable scenario and, especially, with each other.

HF: What might you envision your audience taking away from this production?

SS: I want people to leave the theatre talking... there are no clear cut answers to the questions the play presents. (And also do a double-take when they see a bird.)

HF: Are you interested in directing more plays by the playwright Conor McPherson?

SS: I'd love to direct more of his plays. The *Seafarer* was already presented by Pier Pressure Productions some years ago already, but McPherson has been a prolific writer. However, this was a very intense show to direct, both for acting and tech, so I'll probably take a break before tackling another of his scripts.

Reader's Theatre at The McTavish Room TURN OF THE SCREW

THE TURN OF THE SCREW originally published in 1898, is a novella written by Henry James. The story, a part of gothic and ghost story genres, first appeared in serial format in *Collier's Weekly* magazine (27 January – 16 April 1898). In October 1898 it appeared in *The Two Magics*, a book published by Macmillan in New York City and Heinemann in London.

Due to its original content, *The Turn of the Screw* became a favorite text of academics who subscribe to New Criticism. The novella has had differing interpretations, often mutually exclusive.

Many critics have tried to determine the exact nature of the evil hinted at by the story. However, others have argued that the brilliance of the novella results from its ability to create an intimate sense of confusion and suspense within the reader. Directed by Sen Incavo

PERFORMANCES: October 18, 19, 25, 26 7pm. At Liberty Theatre McTavish Room in Astoria. Doors open at 6:30pm, Showtime 7pm. Sorry, no late seating. All shows \$15 - opening night enjoy a free glass of wine!

HOPE IN ANOTHER at IMOGEN

The Paintings of Bethany Rowland

THE ARTS have the power to connect humanity and a profound ability to recognize love, beauty, sorrow and compassion. For artist Bethany Rowland of Portland, Oregon these emotive qualities have always been the backbone of her work. Now more than ever, in a world seeped in what seems unending anguish, she brings a new series of acrylic paintings, "Hope In Another". She portrays through definitive gesture and mark making a shared sense of place; the visible and the invisible, the remembered and the forgotten, the imagined and the numinous. Practicing an intuitive process she depicts the power and sometimes quiet beauty of both landscape and its wildlife; her foremost source of inspiration and utilized as metaphor to provide quiet reflective space for hope. Hope In Another opens for Astoria's Second Saturday Artwalk, October 14th with an opening reception from 5 – 8 pm. Bethany Rowland will be available to answer questions about the collection and her painting techniques. The exhibition will remain on display through November 7th.

Rowland readily sights such artists as Phil Sylvester of The Drawing Studio in Portland, OR as well as others including Andrea Schwartz-Feit, William Park and the late Royal Nebeker for giving her the courage to trust her own intuition in her practice. She understands form and allows herself freedom to explore the nuance of posture through the discipline of painting the human figure. Her



Hope In Another acrylic on clayboard 11x14

figurative work has been juried into Clatsop Community College's annual Au Nature! The Nude In The 21st Century, 2009, 2013 and 2014, exhibitions. Her work is regularly included to the annual Sitka Art Invitational as well as the juried annual Cascade Aids Project art auction. This is her third exhibition at IMOGEN.

Imogen Gallery is located at 240 11th Street in Astoria. Mon-Saturday, 11 to 5, 11 to 4 ea Sun and closed Wed. 503.468.0620 www.imogen-gallery.com.

2 Exhibits Open at RiverSea Gallery

RIVERSEA GALLERY opens two separate shows during Second Saturday Artwalk on October 14, with a reception from 5:00 to 8:00 pm. Jill McVarish and Dave Benz show paintings in *Night at the Haunted Big Top*, and in the Alcove, Jesse Narens presents mixed-media paintings on wood in *Things Growing Slowly, Nothing Sitting Still*. All are invited to attend and meet the artists, enjoy lively folk tunes by local singer/songwriter, Lucy Barna, and a selection of catered refreshments. The artwork displayed in both shows will remain on view through November 7, 2017.

In a two person exhibition McVarish and Benz riff on the glamor, glitz and grit of the circus and all its habitués, animal and human. Looking back to the heyday of what is now a lingering memory, the two artists have each created paintings that portray the darker and surreal aspects of this fabled American institution. A vestige of the not so distant past, the touring circus under the big top can now be visited only in the imagination.



JMcVarish Snake Charmer 42x30

Astoria's McVarish is known for her imaginative, narrative paintings, using traditional techniques in oil on linen to create works that (often irreverently) depict figures from contemporary culture in a classic, old world style. Benz, a Portland artist best

ART HAPPENS



DBenz The Suns Progress Across the Sky 1922-12x15

known by his studio name, Benz and Chang, creates delicately defined paintings worked in walnut ink on watercolor paper, a technique that lends them the look of sepia toned photographs from days gone by.

Exhibiting in the Alcove, Portland artist Jesse Narens offers a series of mixed media paintings on wood panels which capture the spirit of the forest and the dense layering of plant and animal life that combine in a never ending cycle of growth, death and renewal. Narens intends his artwork to serve as an encouragement to become aware of and engage with the natural world.



JNarens Tracing Shadows in a Root Cage 8x48

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.

"O! How Glorious Our Weeds!" Pottery Exhibit At Pioneer Museum

PORTLAND POTTER ADRIENNE STACEY will present her show "O! How Glorious Our Weeds!" at the Tillamook County Pioneer Museum through November 27. Stacey has been inspired by the native flora at Kilchis Point Reserve, the Tillamook Forest Center, Cape Lookout, Bob Straub State Park, the Little Nestucca River and several other locations around Tillamook County. She has used this inspiration for her pottery.

In a process that has been two years in the making, Stacey collected native plant materials throughout Tillamook County – always with permission from the landowners - and used that plant matter to make artistic designs on her thrown and hand-built pieces and tiles. At the high temperatures her pottery is fired, the plant materials disintegrate, leaving imprints that are then finished using Ms. Stacey's own glazes. Some of the plant matter "flashes" in residues when fired and results in oranges and browns on the fired clay. The end product is a warmly-colored "botanical print" on pottery and in 3D. Her artwork will be offered for sale during this exhibit with a portion of the proceeds to benefit the Pioneer Museum.

Pioneer Museum is located at 2106 Second Street, Tillamook. Open 10am-4pm Tue – Sun. FMI: TCPM at 503.842.4553 or visit www.tcpm.org.



AVA Pop Up Gallery SEEDS

AVA POP-UP SPACE will host an installation: SEEDS by local artist Jessica Schleif from 5-8 pm on Saturday, October 14th.

The environmental installation focuses on the concept of seeds, and the idea the DNA in such a small vessel is capable of growing large life forms in a single season cycle. The work is a reaction to the tensions that continue to exist in the struggle between science, nature and human nature. The artist examines contemporary issues, such as genetic engineering and cloning, and how these issues show the urge to control, contain or sometimes exploit nature.

Jessica Schleif is also an avid landscaper, gardener and active in the Community Garden Project through Astoria Parks and Recreation.

AVA Studio on the pier at the foot of 11th in Astoria (across from Inferno Bar & Grill), opening Sat. Oct 14, 5-9pm.



**WRITING SCARY WORKSHOP
Author Melissa Eskue Ousley**

JUST IN TIME for Halloween, local author Melissa Eskue Ousley will share secrets to writing scary stories at a free workshop at the Astoria Public Library – 450 10th Street, Astoria – on Saturday, **OCTOBER 14** at 3pm. The workshop is open to teens and adults. Registration is recommended, but not required – contact library staff at 503-325-7323 or comments@astorialibrary.org to reserve a spot.

In the Writing Scary workshop, Eskue Ousley will cover topics including sensory details, character-driven fiction, point of view, and foreshadowing. Participants will learn techniques for writing spooky and suspenseful scenes and for engaging readers.

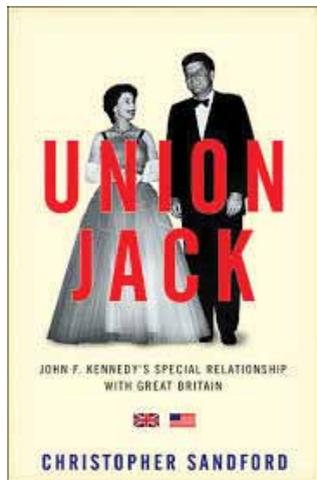
Eskue Ousley is the author of five novels, two of which – including her latest, *Pitcher Plant* – are set on the Oregon coast and feature murder and restless spirits. Her short stories have appeared in *Rain Magazine* and *The North Coast Squid*. In addition to writing, Eskue Ousley enjoys



mentoring new authors and leads Writers@Work, a group that meets monthly at the Seaside Public Library. Connect with her at MelissaEskueOusley.com.

The Astoria Public Library is department of the City of Astoria, guided by the mission statement “Explore ideas, engage minds, excite imagination”. For more information about library programs and services, contact 503-325-7323 or visit astorialibrary.org.

**Union Jack: John F. Kennedy’s Special Relationship
With Great Britain Author Christopher Sandford
at Seaside Library**



SEASIDE LIBRARY welcome author Christopher Sandford, on **OCTOBER 19**, 7pm. He will be speaking on his new book “Union Jack: John F. Kennedy’s special relationship with Great Britain,” in the Community Room to include book sales and signings.

John F. Kennedy carried on a lifelong affection for England and the English people. From his speaking style to his tastes in art, architecture, theater, music and clothes, his personality reflected his deep interest in a certain kind of idealized Englishness. In “Union Jack”, noted biographer Christopher Sandford tracks Kennedy’s exploits in Great Britain between 1935 and 1963. He delves into the unique way Britain shaped JFK throughout his adult life and how Kennedy charmed British society.

This mutual affinity took place against a backdrop of

some of the twentieth century’s most profound events including The Great Depression, Britain’s appeasement of Hitler, the Second World War, and the proliferation of weapons of mass destruction. The book is based on extensive archival work as well as firsthand accounts from former British acquaintances, including old girlfriends. “Union Jack” charts Kennedy’s struggle to escape the shadow of his father, who was the former Ambassador to Great Britain, and his pro-British rhetoric that was rivaled only by Winston Churchill. In the centennial year of his birth, this unique and enduring portrait gives us a glimpse into another side of JFK.

Christopher Sandford is the author of nineteen books and has written for a variety of publications including the *Times of London*, *The Daily Telegraph*, *Cosmopolitan*, and *Rolling Stone*.

WRITE ASTORIA

WRITE ASTORIA is a free, open forum where writers read from works in progress and offer each other constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wednesdays from 5-7pm.

RIC’S POETRY MIC

1st Tues @ Winecraft
IN HONOR of founder Ric Vrana, Ric’s Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place 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>

Diana Abu-Jaber *Life Without a Recipe* at the Hoffman Center Oct. 21

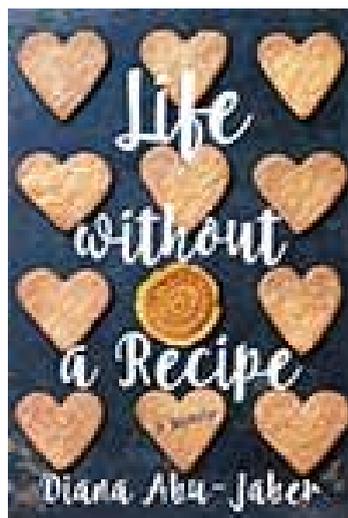
DIANA ABU-JABER’S new culinary memoir, *Life Without A Recipe*, has been described as “a book of love, death, and cake.” Ruth Reichl calls it “bold and luscious” and “indispensable to anyone trying to forge their own truer path.”

Abu-Jaber was born in Syracuse, New York to an American mother and a Jordanian father. Her family moved to Jordan a few times throughout her childhood, and elements of both her American and Jordanian experiences, as well as cross-cultural issues, especially culinary reflections, appear in her work.

Her novels and a previous memoir have won numerous awards, including the Arab-American National Book Award, the PEN Center Award for Literary fiction, the American Book Award, the Northwest Booksellers’ Award and the Oregon Book award for Literary Fiction. Her books have been included in many “top books of the year” lists by National Public Radio, the LA Times, the Washington Post, the Oregonian and others.

Diana teaches writing and literature at Portland State University and divides her time between South Florida and Portland, Oregon.

Abu-Jaber will teach a writing workshop at the Hoffman Center for the Arts during the day on Saturday, from 10-1230.



Sweet and Salty: Writing the Food Memoir.

Tell me what you eat, said Brillat-Savarin, and I shall tell you what you are. Lives are filled with stories and plots but none is juicier than the one told with food.

Culinary memoirs are wildly popular, taking readers beyond memory into the senses—especially the deep pleasures of the appetite. Food sharpens the focus, introduces universal themes, and endows writing with imaginative, emotional, and physical layers of complexity.

This workshop will look at ways to write life stories by peering through the culinary lens.

There will be writing prompts, exercises, discussions, and food. We’ll be tasting and thinking and comparing notes, considering all the ways that our connections to eating give rise to remembering and inspiration. Come and see what you cook up. Bring your curiosity and your appetite, a sense of play and a sense of humor.

The workshop will be held at the Hoffman Center for the Arts and tuition is \$40. Register at <http://hoffmanblog.org/register-for-workshops>

Following Abu-Jaber’s reading and Q&A in the evening, the popular Open Mic features up to nine local or visiting writers reading 5 minutes of their original work. The suggested (not required) theme for the evening’s Open Mic is “Food Memories.”

Admission for the evening reading is \$7. Doors open at 630.

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.)



HoffOnline launches two new writing workshops

Publishing Your Chapbook

We are currently enjoying a small press renaissance, with countless publishing options for emerging authors. From submitting to reputable chapbook publishers to creating handmade, locally printed, limited editions of your work, the world has never been more open to an author’s specific vision.

Award-winning poet and literary agent John Sibley Williams created this hands-on workshop to explore the ins-and-outs of organizing and publishing your chapbook.

For writers of both poetry and prose, “Publishing your Chapbook” will guide you all the way from inspiration to publication.

Visibility & Sales: Marketing Your Small Press Book
With over 800 books per day published in the US alone, publicity for small press books has never been more necessary... and more difficult.

As an editor, literary agent and Marketing Director of Portland-based Inkwater Press, John Sibley Williams has learned all of this firsthand. In this course,

he provides the expertise to help authors take on these obstacles.

The goal of “Visibility and Sales: Marketing Your Small Press Book” is to provide writers of all genres with the necessary tools, money-saving techniques, and networking skills to market their books with maximum effectiveness.

John Sibley Williams serves as editor of *The Inflectionist Review* and works as both a literary agent and Marketing Director of Portland-based Inkwater Press. He is the editor of two Northwest literary anthologies and the author of nine poetry collections, including *Disinheritance* and *Controlled Hallucinations*. A five-time Pushcart nominee and winner of the Philip Booth Award, American Literary Review Poetry Contest, Nancy D. Hargrove Editors’ Prize, Confrontation Poetry Prize, and Vallum Award for Poetry, John has an MA in Creative Writing from Rivier College and an MA in Book Publishing from Portland State University.

Tuition for each course is \$49. Register at <http://hoffmanblog.org/hoff-online>

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

HAPPENING

Congresswoman Suzanne Bonamici Town Hall. 8pm at the Cannon Beach Chamber of Commerce.

Wednesday 18

MUSIC

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

FOOD & DRINK

Local Food Open House. 6 – 7pm at Nestucca Valley Elementary School in Cloverdale.

THEATER

The Turn of the Screw. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 19

MUSIC

Kory Quinn. No cover, 8pm at the Adrift Hotel in Long Beach. \$15, 7pm

CINEMA

Contemporary Color. Documentary. 6pm at the Manzanita Library.

FOOD & DRINK

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

HAPPENING

Third Thursday Craft Fair. 10:30am – 12:30pm at the Bob Chisholm Community Center in Seaside.

La Leche League Monthly Meet-up. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. 10am – noon at the Seaside Library.

LECTURE

Oysterville Town Hall and Lecture Series. Rails in the Surf. With Gary Kobes. 10am at the Oysterville Schoolhouse.

Tap Into History. Getting Salty: A Convenient Situation to Make Salt. With Tom Wilson. Free, 7pm at the Fort George Lovell Showroom, Astoria.

LITERARY

Write Astoria Writers Showcase. A free, open forum where local writers read from works in progress and offer each other constructive feedback and support. Open to the public. 6 – 8pm at the Astoria Public Library.

Author Presentation. author Christopher Sandford. He will be speaking on his new book "Union Jack: John F. Kennedy's special relationship with Great Britain." Free, 7pm at the Seaside Library.

THEATER

The Turn of the Screw. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Friday 20

MUSIC

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

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

Kory Quinn. No cover, 9pm at the Adrift Hotel in Long Beach.

LITERARY

Where Bigfoot Walks. Naturalist Robert Michael Pyle Book Release Event and Pie Social. \$8. 7:30. Doors at 7pm. At KALA in Astoria.

CINEMA

Astoria International Film Festival. \$90 for Festival Pass or \$10 per single film. At the Liberty Theater in Astoria. goaiff.com

Wandering Reel Film Festival. 7:30 – 9:30pm at the Hoffman Center in Manzanita.

HAPPENING

Contra Dance. Clatsop County Stringband with caller Dave Ambrose. \$5 - \$10 sliding scale. 7 – 10pm at the AAMC in Astoria.

OUTSIDE

Wild Mushroom Hike. Meet at Battery Russell, Fort Stevens, Warrenton for a Ranger guided hike to look for and identify wild mushrooms. Free, 1 – 3pm.

THEATER

The Birds. Drama. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Saturday 21

MUSIC

John Nilsen. \$10, 3pm at Nehalem Bay United Methodist Church in Nehalem.

Stephen Beus Classical Piano Concert. \$10, 6pm at the Cannon Beach Community Church.

Pig Honey. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

Astoria International Film Festival. \$90 for Festival Pass or \$10 per single film. At the Liberty Theater in Astoria. goaiff.com

FOOD & DRINK

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

HAPPENING

Nehalem Music & Variety Show. 7pm - 9pm (doors open at 6:30pm) \$10 North County Recreation District, Performing Arts Center, 36155 9th Street, Nehalem

Oktoberfest Chinook Style. Dinner, silent auction, raffle, live music and more. Silent auction starts at 7:30. At the Chinook School Event Center in Chinook.

Harvest of Talent Community Talent Show. 7 – 1pm at the NCRD in Nehalem.

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.

LECTURE

Why Build the Pyramids? Exploring ancient Egypt's most fascinating phenomena with Sarah Sterling. 4pm at the Cannon Beach History Center and Museum.

LITERARY

Book Signing and Discussion. Nick Benas and Michelle Hart will be discussing their new book "Mental Health Emergencies." 1 – 2pm at Beach Books in Seaside.

Manzanita Writer's Series. Author Diana Abujaber will read from her latest book. Open mic. \$7, 7pm at the Hoffman Center in Manzanita.

Author Presentation. Hiking the Tillamook Coast with Adam Sawyer. 10:30am at Library in Pacific City and 2pm at the Manzanita Library.

THEATER

The Birds. Drama. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Sunday 22

MUSIC

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

Out West. No cover. 8pm at Fort George Brewery & Public House in Astoria.

CINEMA

Astoria International Film Festival. \$90 for Festival Pass or \$10 per single film. At the Liberty Theater in Astoria. goaiff.com

Monday 23

MUSIC

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

Tuesday 24

MUSIC

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

Wednesday 25

MUSIC

Jamie Stillway & Ben Bonham. \$18, 7pm at the Lincoln City Cultural Center.

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

LITERARY

A Doctor's Journey of Literary Discovery. With Liz Cole. Liz will share glorious readings from the writings of the early 20th-century physician Sir William Osler. \$10, 7pm at the Hoffman Center in Manzanita.

THEATER

The Turn of the Screw. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 26

MUSIC

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

LECTURE

Wit & Wisdom. What Makes a Fact Possible. Free, 7pm at the Fort George Lovell Showroom, Astoria.

THEATER

The Turn of the Screw. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Friday 27

MUSIC

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

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

John R. Stahl Exhibit at Rowboat Gallery Through Oct 29

Rowboat Gallery in Pacific City is pleased to be able to extend for an additional three weeks a special memorial exhibit of paintings, sculptures, prints and other work reflecting the career of the eminent Oregon artist John R. Stahl.

Stahl is survived by his wife Janet Stahl, who has been instrumental in organizing and cataloguing his impressively diverse oeuvre. John and Janet met as teenagers and worked closely together creating a life driven by the creation of art, but also firmly anchored in an abiding sense of their place in the environment and in their North Coast community.

The Rowboat show has been curated with Janet's invaluable assistance, and includes items from her own personal collection that she has graciously loaned for this exhibit, including a sampling of exquisitely crafted valentines from John to Janet, and hand-carved duck decoys that John would deploy in front of their home on Netarts Bay.

A near-capacity crowd turned out for the opening reception on September 9th, and included tributes from a number of other artists who have worked with, and been influenced by John and his art. This influence came not only directly through his role as a long-time teacher and mentor (beginning at Portland's Museum Art School in 1973), but also as an active collaborator in a vibrant community of committed professional Northwest artists who shared John's deep connection with Oregon's natural environment and the importance of communicating shared values through a cohesive, organic esthetic vocabulary.

Many of the pieces from the exhibit are still available for purchase. Proceeds will help fund the completion of a monograph about Stahl and his work that is being produced by the Hallie Ford Museum of Art in Salem. More information is available at the gallery's website: rowboatgallery.com.

Rowboat Gallery is located at 34950 Brooten Rd in Pacific City.



FOOD & DRINK

Wild Mushroom and Pike Beer Diner. 7pm at the Shelburne Inn in Seaview. 360-642-2442

HAPPENING

Halloween Dance Party. AAMC in Astoria. 342 10th st. 2nd Floor Ballroom. at 9pm. Costumes, prizes, bar, \$5 cover, 21+

THEATER

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Saturday 28

MUSIC

Catarina New Jazz Quartet. Featuring Soul Food from Coastal Soul on the menu. \$16. Advance Tickets libertyastoria.org. At KALA in Astoria.

The Brownsmead Flats. \$10, 7pm at the Hoffman Center in Manzanita.

Halloween Dance Party. With The Strange Tones. Come in costume! No cover, 7pm at the Sand Trap Pub in Gearhart.

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

Little Sue. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

BIG Raffle and Open House. Raffle, children's activities, and more. 11am – 4pm at the South Pacific County Humane Society in Long Beach.

The Doll Asylum. A Halloween open house. Admission is free and doll donations are accepted. 6 – 10pm at 1188 Harrison Ave in Astoria. FMI, visit dollasylum.com

1st Annual Astoria Zombie Crawl. Meet at the Port of Call in Astoria from 5 – 6pm to get

zombieified for \$3. Then take part in Thriller dance on the Riverwalk and then "crawl to local bars.

Silent Auction & Raffle Night. 5 – 9pm at the Barbey Maritime Center in Astoria.

Halloween Happenin's. A variety of fun activities in downtown Seaside. seasidedowntown.com

Halloween ComicFest. 11am – 7pm at Oregon Coast Comics in Tillamook. in Tillamook.

FOOD & DRINK

Wine Tasting. Premium NW Wineries. 1 – 4pm at the Cellar on 10th in Astoria.

THEATER

Blithe Spirit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Sunday 29

MUSIC

North Coast Symphonic Band. With the Beach Buddies. \$15, 1:30pm at the Liberty Theater in Astoria.

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

Matt Hopper & The Roman Candles. Rock and Roll - Hatcher Pass, AK. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Talking Tombstones XI. Dead Man Talking. 1pm until dusk, location TBA.

The Doll Asylum. A Halloween open house. Admission is free and doll donations are accepted. 6 – 10pm at 1188 Harrison Ave in Astoria. FMI, visit dollasylum.com

Trunk or Treat. For children up to 6th grade and their adults. Games, candy, decorated car maze, and more. 1 - 3pm. In the North Coast Family Fellowships parking lot in Seaside.

cont. p20

Monday 30

MUSIC

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

Tuesday 31

MUSIC

Halloween Hellorium! Taylor Kingman and the Holy Know-Nothings and Deadstring Family Band (upstairs 21+)/Sheck Pee (Lovell Taproom all ages). Fort George in Astoria.

HAPPENING

Trick or Treat & Monster Bash. Trick or Treat in downtown Astoria, followed by the Monster Bash at the Armory.

The Doll Asylum. A Halloween open house. Admission is free and doll donations are accepted. 6 – 10pm at 1188 Harrison Ave in Astoria. FMI, visit dollasylum.com

Wednesday 1

MUSIC

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

Thursday 2

MUSIC

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

CINEMA

Frank & Ollie. 6pm at the Manzanita Library.

LECTURE

Oysterville Town Hall and Lecture Series. Providing Safe Passage. With Dan Jordan.

THEATER

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Friday 3

MUSIC

Native American Flute with Peter Ali. 2pm at the Tillamook Library.

Charley Pride. \$30 – \$45, 8pm at Chinook Winds in Lincoln City.

Champagne Sunday. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Stormy Weather Arts Festival. At several venues in Cannon Beach.

HAPPENING

Astoria Junk Queens. Primitives, antiques, vintage items, country collectables, recycled, reused, and re-purposes. Live music and more. 5 – 9pm at the Clatsop County Fair & Expo.

LITERARY

Reception for Author Ron Lowell. The author will read from and discuss his latest book "A Dangerous Assignment." 5 – 7pm at the Lincoln City Cultural Center.

THEATER

The Porch. Comedy. \$12, 7pm at the Presbyterian Fellowship Hall in Astoria.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Saturday 4

MUSIC

Native American Flute with Peter Ali. 1pm at the Manzanita Library.

Steinway Grand Piano Concert Series. "Water~Wind~Fire~Earth": Piano Meditations

Charley Pride. \$30 – \$45, 8pm at Chinook Winds in Lincoln City.

Strange Hotels. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

Stormy Weather Arts Festival. At several venues in Cannon Beach.

OUTSIDE

Rainforest Walk. Grab your raingear (if weather permits) and experience the wonders that the rain brings on a short, family-friendly stroll around the Tillamook Forest Center. Free, 11:30am – 12:30pm.

THEATER

The Porch. Comedy. \$15, 7pm at the Presbyterian Fellowship Hall in Astoria.

Vintage Hitchcock. A Live Radio Play. \$15, 7pm at the NCRD in Nehalem.

Calendar Girls. Comedy. 415, 7:30pm at the Lincoln City Cultural Center.

Sunday 5

MUSIC

Meccore String Quartet. \$25, 3pm at Camp Winema Strange Hotels. No cover, 7pm at the Adrift Hotel in Long Beach

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

ART

Stormy Weather Arts Festival. At several venues in Cannon Beach.

THEATER

Vintage Hitchcock. A Live Radio Play. \$15, 2pm at the NCRD in Nehalem.

OUTSIDE

Mysterious Mushrooms of Ft Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi. \$5 day use fee. 1 – 3pm at the Coffenbury Lake Picnic Shelter at Ft Stevens, Warrenton.

Monday 6

MUSIC

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

Tuesday 7

MUSIC

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

HAPPENING

La Leche League Monthly Meet-up. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning.

5:30 – 7pm at Blue Scorch in Astoria.

LITERARY

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

Wild Mushroom Hike. Meet at Battery Russell, Fort Stevens, Warrenton for a Ranger guided hike to look for and identify wild mushrooms. Free, 1 – 3pm.

Thursday 9

MUSIC

FLASH CUTS MOVIES & MUSINGS

Coming Previews

FILM.

BY LES KANEKUNI



THE FLORIDA PROJECT

(OCT. 6 limited) Filmmaker Sean Baker, who made a splash with *Tangerine*, his ultra-colorful portrait of LA characters on the margins of society, (famously shot on an iPhone) is back with another story of people on the margins, this time in Orlando. Story follows Halley, a blue-haired stripper who lives with her 6-year-old daughter Moonee in a brightly painted motel, just outside Disney World called the Magic Castle. In truth, it's a flophouse, managed by the good-hearted Bobby (Willem Dafoe). Halley gives Moonee a lot of love, but she's a terrible mother – basically a child herself. Halley takes after her mother, is rebellious and acting out in an adorable way, while Bobby fights

- less act of politically motivated terrorism. His relentless search to find the terrorists leads to a cat-and-mouse conflict with a British government official whose own past may hold the clues to the identities of the elusive killers.

MARSHALL (OCT. 13)

- Chadwick Boseman (42) plays Thurgood Marshall, the first African-American appointed to the Supreme Court. It's 1940 and Marshall is chief counsel for the NAACP when he's called on to defend a black man accused of assaulting and raping a white woman. Marshall travels to Bridgeport, Connecticut where he meets the defendant, Joseph Spell (Sterling K. Brown) an employee of wealthy Eleanor

Sturbing (Kate Hudson), who he allegedly raped and threw off a bridge. Told by Marshall that he only defends innocent men, Spell declares "I never touched that woman." The brash, confident Marshall teams up with portly, Jewish local counsel Sam Friedman to defend Spell in a cause that seems doomed from the start. Marshall is delegating to an



- advising role when the presiding judge (James Cromwell) rules that only Friedman can speak in court, something that throws the insecure insurance lawyer into a panic. But on closer examination, Marshall realizes that both the victim and the defendant might be lying.

SUBURBICON (OCT. 27)

- George Clooney directs a script by the Coen brothers, a satire of American suburban life in the '50s, with murder and racism thrown in. *Suburbicon* is a cookie cutter development that boasts of its diversity, yet is all white, until the shock and displeasure of the residents, the Meyers family moves in. A town meeting where residents voice their concern about the Meyers leads to overt mob harassment. The story shifts to their neigh-

- monosyllabic, stodgy character. Synopsis: Imprisoned on the other side of the universe, the mighty Thor finds himself in a deadly gladiatorial contest that pits him against the Hulk, his former ally and fellow Avenger. Thor's quest for survival leads him in a race against time to prevent the all-powerful Hela from destroying his home world and the Asgardian civilization.

ROMAN J. ISRAEL, ESQ.

- (NOV. 3) Denzel Washington plays a 70s throwback idiot savant lawyer in Dan Gilroy's followup to *Nightcrawler*. Israel is an eccentric, 60-something former civil rights activist who now defends clients in barely functioning two-person law firm. Roman himself is a man out of time. He wears an Afro, mismatching



SUBURBICON

Coen Bro's satire of American suburban life in the '50s.

- bors, the Lodges. Gardner (Matt Damon) is a buttoned-down financial executive, married to Rose (Julianne Moore) who is wheelchair ridden due to a car accident in which Gardner was driving. In the middle of the night Gardner wakes his son Nicky, saying "Men are in the house." The robbers tie up the family and chloroform them. Rose, unfortunately, never wakes up. Very shortly, Rose's identical twin sister Margaret (also Moore) moves in to "stabilize" the family. Gardner's culpability seems clear when he fails to identify the robbers in a police lineup. However, an insurance investigator (Oscar Isaac) immediately sees the lurid situation for what it is, and things unravel for Gardner, eventually tying in with the Meyers family who are increasingly being harassed.

THOR: RAGNAROK (NOV. 3)

- Chris Hemsworth returns for his third individual Thor movie, showcasing a funnier, more sarcastic side to the formerly

- suits and lives in an apartment full of vinyl records and ephemera of the 60s/70s. Israel is a contradiction: a formidable legal mind who has the entire California legal code memorized but fumbles with social interactions. When his partner dies, the law firm is dissolved, leaving Roman a fish out of water with no place to go. Still idealistic at his core, Roman attempts to get work at a nonprofit run by Maya (Carmen Ejogo), but he can't in with the young volunteers. But an old pupil, George (Colin Farrell), offers Roman a job at his upscale L.A. law firm. When Roman is assigned to defend a young man accused of murder, he ends up profiting personally when the young man gives him the identity of the real murderer. Roman goes on an untypical spree – changing his hair, buying clothes for the first time in decades, renting a fabulous apartment, but will his straying from his idealistic code end up ruining him?

Don Robinson and Thomas Robinson's Nature Photography. \$10 donation at the door, 5 – 7pm at Cannon Beach Community Church.



FREE WILL ASTROLOGY

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OCTOBER

ARIES (March 21-April 19): Conceptual artist Jonathon Keats likes to play along with the music of nature. On one occasion he collaborated with Mandeville Creek in Montana. He listened and studied the melodies that emanated from its flowing current. Then he moved around some of the underwater rocks, subtly changing the creek's song. Your assignment, Aries, is to experiment with equally imaginative and exotic collaborations. The coming weeks will be a time when you can make beautiful music together with anyone or anything that tickles your imagination.

TAURUS (April 20-May 20): Some newspapers publish regular rectifications of the mistakes they've made in past editions. For example, the editors of the UK publication *The Guardian* once apologized to readers for a mistaken statement about Richard Wagner. They said that when the 19th-century German composer had trysts with his chambermaid, he did not in fact ask her to wear purple underpants, as previously reported. They were pink underpants. I tell you this, Taurus, as encouragement to engage in corrective meditations yourself. Before bedtime on the next ten nights, scan the day's events and identify any actions you might have done differently -- perhaps with more integrity or focus or creativity. This will have a deeply tonic effect. You are in a phase of your astrological cycle when you'll flourish as you make amendments and revisions.

GEMINI (May 21-June 20): It's high time to allow your yearnings to overflow . . . to surrender to the vitalizing pleasures of nonrational joy . . . to grant love the permission to bless you and confound you with its unruly truths. For inspiration, read this excerpt of a poem by Caitlyn Siehl. "My love is honey tongue. Thirsty love. My love is peach juice dripping down the neck. Too much sugar love. Sticky sweet, sticky sweat love. My love can't ride a bike. My love walks everywhere. Wanders through the river. Feeds the fish, skips the stones. Barefoot love. My love stretches itself out on the grass, kisses a nectarine. My love is never waiting. My love is a traveler."

CANCER (June 21-July 22): One of the oldest houses in Northern Europe is called the Knap of Howar. Built out of stone around 3,600 B.C., it faces the wild sea on Papa Westray, an island off the northern coast of Scotland. Although no one has lived there for 5,000 years, some of its stone furniture remains intact. Places like this will have a symbolic power for you in the coming weeks, Cancerian. They'll tease your imagination and provoke worthwhile fantasies. Why? Because the past will be calling to you more than usual. The old days and old ways will have secrets to reveal and stories to teach. Listen with alert discernment.

LEO (July 23-Aug. 22): The United States has a bizarre system for electing its president. There's nothing like it in any other democratic nation on earth. Every four years, the winning candidate needs only to win the electoral college, not the popular vote. So theoretically, it's possible to garner just 23 percent of all votes actually cast, and yet still ascend to the most powerful political position in the world. For example, in two of the last five elections, the new chief of state has received significantly fewer votes than his main competitor. I suspect that you may soon benefit from a comparable anomaly, Leo. You'll be able to claim victory on a technicality. Your effort may be "ugly," yet good enough to succeed.

VIRGO (Aug. 23-Sept. 22): I found this advertisement for a workshop: "You will learn to do the INCREDIBLE! Smash bricks with your bare hands! Walk on fiery coals unscathed! Leap safely off a roof! No broken bones! No cuts! No pain! Accomplish the impossible first! Then everything else will be a breeze!" I bring this to your attention, Virgo, not because I think you should sign up for this class or anything like it. I hope you don't. In fact, a very different approach is preferable for you: I recommend that you start with safe, manageable tasks. Master the simple details

and practical actions. Work on achieving easy, low-risk victories. In this way, you'll prepare yourself for more epic efforts in the future.

LIBRA (Sept. 23-Oct. 22): Be realistic, Libra: Demand the impossible; expect inspiration; visualize yourself being able to express yourself more completely and vividly than you ever have before. Believe me when I tell you that you now have extra power to develop your sleeping potentials, and are capable of accomplishing feats that might seem like miracles. You are braver than you know, as sexy as you need to be, and wiser than you were two months ago. I am not exaggerating, nor am I flattering you. It's time for you to start making your move to the next level.

SCORPIO (Oct. 23-Nov. 21): In accordance with the astrological omens, I invite you to take extra good care of yourself during the next three weeks. Do whatever it takes to feel safe and protected and resilient. Ask for the support you need, and if the people whose help you solicit can't or won't give it to you, seek elsewhere. Provide your body with more than the usual amount of healthy food, deep sleep, tender touch, and enlivening movement. Go see a psychotherapist or counselor or good listener every single day if you want. And don't you dare apologize or feel guilty for being such a connoisseur of self-respect and self-healing.

SAGITTARIUS (Nov. 22-Dec. 21): A queen bee may keep mating until she gathers 70 million sperm from many different drones. When composing my horoscopes, I aim to cultivate a metaphorically comparable receptivity. Long ago I realized that all of creation is speaking to me all the time; I recognized that everyone I encounter is potentially a muse or teacher. If I hope to rustle up the oracles that are precisely suitable for your needs, I have to be alert to the possibility that they may arrive from unexpected directions and surprising sources. Can you handle being that open to influence, Sagittarius? Now is a favorable time to expand your capacity to be fertilized.

CAPRICORN (Dec. 22-Jan. 19): You're approaching a rendezvous with prime time. Any minute now you could receive an invitation to live up to your hype or fulfill your promises to yourself -- or both. This test is likely to involve an edgy challenge that is both fun and daunting, both liberating and exacting. It will have the potential to either steal a bit of your soul or else heal an ache in your soul. To ensure the healing occurs rather than the stealing, do your best to understand why the difficulty and the pleasure are both essential.

AQUARIUS (Jan. 20-Feb. 18): In 1901, physician Duncan MacDougall carried out experiments that led him to conclude that the average human soul weighs 21 grams. Does his claim have any merit? That question is beyond my level of expertise. But if he was right, then I'm pretty sure your soul has bulked up to at least 42 grams in the past few weeks. The work you've been doing to refine and cultivate your inner state has been heroic. It's like you've been ingesting a healthy version of soul-building steroids. Congrats!

PISCES (Feb. 19-March 20): There are enough authorities, experts, and know-it-alls out there trying to tell you what to think and do. In accordance with current astrological factors, I urge you to utterly ignore them during the next two weeks. And do it gleefully, not angrily. Exult in the power that this declaration of independence gives you to trust your own assessments and heed your own intuitions. Furthermore, regard your rebellion as good practice for dealing with the little voices in your head that speak for those authorities, experts, and know-it-alls. Rise up and reject their shaming and criticism, too. Shield yourself from their fearful fantasies.

Homework: Would I enjoy following you on Twitter or Tumblr? Send me links to your tweets or posts. Truthrooster@gmail.com

Bike Madame

By Margaret Hammitt-McDonald

I ENCOUNTERED the term "tactical urbanism" for the first time in a magazine. A do-it-yourself combination of repair, beautification, and transformation, tactical urbanism happens when, instead of waiting for city planners to address problems in a top-down manner, citizens intervene directly. Most actions are small-scale, in response to specific problems, from one person planting seeds in a vacant lot to a whole neighborhood filling cracks in a sidewalk that's low

sized clipper (for blackberry canes), a small folding saw (for fallen branches or saplings too large to be moved off the shoulder), work gloves (to protect myself from blackberry thorns...I forgot gloves the first time...ouch!), and reflective clothing. (During the rainy season, I'm already wearing reflective rain gear, but in the summer, I take along a reflective vest.) I pick a section of my commute to work on and plan an extra hour at least, depending on how far along my

Tactical Urbanism Rides Out to Rural Roads Near You

on the city's repair priorities.

The movement's slow-paced, small-scale focus lends itself well to the humble bicycle, already a solution for various local problems, from traffic congestion and parking trouble to air quality/pollution. What better way to scout out problems to be solved, and then to bring small-tools and expertise to the area, than with human-powered vehicles?

Quick, decisive repairs to small but irritating problems shouldn't be limited to cities either. My commute takes me along rural routes, and on every ride home, I stop and move fallen tree limbs and other debris out of the bike lane/shoulder. From time to time, I go out on planned maintenance rides equipped with hand tools to trim those pesky blackberries that dangle into the bike lane to snag passing riders and to lop protruding limbs from fallen trees. Your on-wheels fix-it projects are sure to be different from mine, responding to local problems and priorities, but to get you started on your own tactical campaign, here's what I've learned from doing simple road-maintenance activities to make my, and my fellow cyclists', ride safer and more pleasant.

When I take a planned maintenance trip, I carry a sturdy pocket-

route I travel. (If you're fussy...um, thorough and detail-oriented, you'll be surprised at how much longer it takes you to travel your usual route when you're stopping every few feet to lop an ambitious blackberry cane that's starting to reach out and touch you.) You can also bring a trash bag, though unless you're working on a short section, I recommend taking a separate trip for picking up trash. (When you start noticing all the stuff that needs fixing or cleanup, you might end up spending a whole hour restoring an area the size of a lunchbox to its former pristine glory—that's happened to me on beach cleanups every time I focus on all the teeny plastic bits in the sand!)

Witnessing all the problems that need fixing—from the never-ending quest to clean up trash people toss out their car windows to the big ones like climate disruption—can be daunting and depressing, to say the least. Yet doing nothing isn't much of an alternative. You're already doing something by choosing to make human-powered transportation part of your life. Why not find some local infrastructure issue that troubles you, gather some friends and tools, and ride out to fix it? (A suit of armor and knight's banner are optional for contemporary crusaders.)

WORKSHOPS/CLASSES

THE BASIC ENERGY HYGIENE. online class includes heart focused coursework, mentoring, and coaching via video conferencing. Ongoing classes are on Mondays and Wednesdays by appointment. 60 minute sessions weekly. \$99 month for local residents. facilitator:Linda Lawson.heartlink-ed.com.720-301-3993

SHAKESPEARE BY THE BAY WORKSHOP. Saturdays, October 14 – November 25. Reading and discussion of 3 plays in 6 weeks (Taming of the Shrew; Merchant of Venice; Othello). \$20 for full course. 10am – noon at the Bay City Arts Center.

SPINACH PIE And the Science of Salad Dressing. October 17. With Rod Nichols. Learn to make spanakopita and more. \$45, 6 – 8:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

STRESS AND CAREGIVING. Taking a Brain Break. October 19. With Robin Rose. Recognize the physical, mental, and emotional indicators of both positive and negative stress. Know when and how to debrief stressors that are causing you worry or fear. Identify what self-care and communication practices prevent burnout. \$10 suggested donation. 5:30 – 7:30pm at the Tillamook Library.

PROFESSIONAL RESILIENCE. Leaving it at the Door. October 20. With Robin Rose. Learn how high brain function is negatively impacted by stress, hurry, or worry. Understand the relationship between the brain, thinking, and high pressure. \$10 suggested donation, 9am – noon at Tillamook Bay Community College.

PRINTMAKING. OCTOBER 20. With Christine Harrison and Dennis Worrel. Learn printmaking on fabric, using watercolors, water soluble crayons and pencils, and a press. No experience necessary. \$25. Supplies and snacks provided. 6 – 8pm at Art Accelerated in Tillamook. Tickets available at Eventbrite.com

INTRODUCTION TO PHOTOGRAPHY. October 26. You bought the camera, now learn how to use it. We'll review f-stops, shutter speeds, composition and more. 3pm at the Manzanita Library. 503-368-6665

SHOREBIRDS, SEABIRDS, & LITTLE BROWN BIRDS. October 29. With Mark Elliot. A Birding Field Trip. Learn about bird behavior and how to identify birds by using "fieldmarks" and habitat. We will be hiking in and around Cape Disappointment State Park, Ilwaco. \$5 per person or \$10 per family. Meet at 9:30am at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

WRITING IS MAGIC: Intuitive Writing. November 11. With Nick Jaina & Olivia Pepper. This workshop is about finding methods to let go of your critical voice to generate material that will surprise you, teach you more about yourself, help you deal with questions. \$50, 1 – 5pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

WRITING IS MAGIC: Mythological Writing. November 12. With Nick Jaina & Olivia Pepper. This workshop is focused on Mythological Writing: understanding forms of writing and storytelling structures found in Tarot, alchemy, and mythology to help structure your stories and your writing practice. \$50, 1 – 5pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK-YOGA-FITNESS

TRIGGER POINT RELEASE CLASS. Oct 12. How to Release a Tight Muscle in 30 Seconds or Less. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gentle technique. Free, 5 – 7:15pm at Dawn Sea Kahrs, DC, in Wheeler. GRACFUL WAVES.

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system

practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

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.

CB YOGA. Barbara's yoga class focuses on alignment, strengthening and balancing. Yoga is good for the body and soul. Please come and join us. All ages and skill-levels welcome. Class is \$9. Sunday from 8:30-9:50am. First class FREE! Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. FMI: barbarafucc@outlook.com online at tolovana-artscolony.org.

YOGA IN NEHALEM. North County Recreation District. Mon 5:45-7:15pm, Level 1 Yoga.Wed 8-9:30am, Mid-Life Yoga "leading you into your 50's, 60's, 70's and beyond!"Wed 5:45-7:15 pm, Restorative Yoga. Thurs 8-9:30am, Chair Yoga. Thus 5:45-7:15pm, Hatha Yoga. Fri 8-9:30am Very Gentle Yoga Sat 8-9:30am, Mixed Levels Yoga Sun 5:45-7:15, Level 2-3 Yoga. 3 different RYT instructors. \$8 drop-in. contact 503-368-7160

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. http://riverszen.com or 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/GEARHART. Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

CB 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. Private lessons in Ocean Park, WA (home gym) with Black Belt instructor Jon Belcher in Kenpo Karate (Adults only, \$10.00 per 1 & 1/2 hr lesson). Currently teaching Mondays & Thursdays from 1:00pm on. To try a free introductory lesson contact instructor at: Phone: 360-665-0860 or E-mail: jonbelcher1741@Yahoo.Com Instructor teaches the Ed Parker system of American Kenpo Karate.

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

NEHALEM 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

SOULCOLLAGE FOR WOMEN. Beyond Gratitude: The Gift of Blessing and Being Blessed. September 16. With Kathryn King. Make SoulCollage cards. Whether you are brand new to this process or experienced, you will enjoy the day of calmness and the opportunity to be with other wonderful women. \$60, 10am – 3pm at the Center for Contemplative Arts in Manzanita. Register by calling 360-513-0409

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets every Tuesday in Astoria, from 7:00 – 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem

to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center activity room located at Exchange & 20th St., first floor, (next to the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

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 developing a regular practice. All welcome.

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 amyseleena888@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.

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-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.

Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek



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

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.

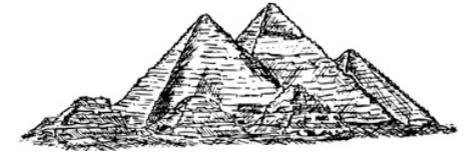
INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. Next meeting Sept 10. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 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.

Celebrate International Archaeology Day "Why build the pyramids? Exploring one of ancient Egypt's most fascinating phenomena."

Dr. Sarah Sterling • Saturday, October 21 at 4pm
Cannon Beach History Center & Museum
Free and open to the public



In this presentation, we will explore the intertwined history of Egyptian beliefs about the afterlife, the construction of early tombs and later pyramids, and the economic and environmental motivations for their construction with Sarah Sterling, Assistant Professor in Anthropology at Portland State University. Her research interests and publications focus on the relationship between pyramid construction and environmental change, Old Kingdom ceramics, and the development of taxation during the Early Dynastic and Old Kingdom periods. Her fieldwork includes projects at the Giza Pyramids, and also the sites of Memphis and Mendes. She serves on the board of the American Research Center in Egypt, Oregon chapter, and she received her PhD from the University of Washington.

CB Museum is located at 1387 South Spruce Street in Cannon Beach

Dance Your Joy at AAMC

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astoriaartsandmovement.com

• MONDAY

8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:00pm: PreYoga Self Care with Jude MatulichHall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:15 – 8:00pm Meditation with Jude MatulichHall

• TUESDAY

8:30-9:30am: Zumba with Joy Sigler
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller
7-8pm: Beginning West Coast Swing with Jen Miller
8-9pm: Student Led West Coast Swing Practice Hour with Jen Miller

• WEDNESDAY

9:30-10:40am: Gentle Yoga with Terrie Powers
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

8:30 - 9:30pm: Argentine Tango Practica with JL Gil-likin

• THURSDAY

8:30-9:30am Zumba with Joy Sigler
9:30 - 10:40am: Gentle Yoga with Terrie Powers
6:30-8:00pm Living the Tarot with Julia Hesse (2nd Friday of the month ONLY)
7-10pm: Contra Dance with Dave Ambrose (3rd Fridays)

• SATURDAY

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

SUNDAY

9-10:30am: Tri-Dosha Yoga with Melissa Henige

Fri. Oct 27 HALLOWEEN DANCE PARTY at 9pm. Costumes Prizes \$5 21+

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."

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorcher Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.

Messages Sonja Grace

mystic healer



Sudden Death

THERE is a powerful lesson for us learn when a loved one has crossed over. We are often paralyzed by grief and unable to move forward. If the loss is shocking and sudden, a car accident or illness it can leave the entire family in a state of paralysis for years to come. We do not imagine what life would be like without our spouse, mother, brother or loved one.

Most people live as if life is a sure thing, taking it for granted that we are here for years to come. The shock when someone leaves suddenly is hard to fathom if you have not experienced it yourself. Throughout the centuries our species has experienced this shock through famine and wars. Except for suicide, the people who leave us suddenly aren't randomly deciding to go. They are called by Creator. They receive that once in a lifetime call that we all

get at the end of our lives. Their call is sudden.

That moment when time and space freeze and they hear God's voice saying I need you to come home. We get so lost in our grief we blame everyone and everything feeling nothing but our own loss. Each person that crosses over is in Creator's timing of karmic events. When someone leaves suddenly it is not punishment for those left behind but rather a completion of karma that needed to play out once again.

What needs to be addressed in humans is the healing of these historic emotional wounds. The question we should ask is what are the needs in heaven? I was recently in a phone session with a client communicating with her daughter who had died in a sudden car accident. My client still heartbroken years later

could not come to terms with her 20-year-old daughter being taken from her. I communicated with her daughter and she told us her love and joy was needed on the other side. She went on to say God called me and she thought her mother would be proud of her for being called by God to help in heaven. After years of grieving that was definitely a different perspective to comprehend.

I marvel over how short sighted we can be here on Earth. In heaven, they are helping us keep the balance here. The perspective that what she carried in her soul body was needed on the other side confirms that we all play a part in this sacred experience.

Our egos keep us focused on our lives, rarely looking past what is needed here or in heaven. We become so self-absorbed we do not take others into account. The pain and suffering we feel from loss overwhelms us and yet if we truly understood death we would view the process from a much different place. Buddhists understand that it is not about us but the one who is passing. They are concerned

with their journey, not the loss of their loved one. Historically death has been received as an unwanted boat that collects a fee and takes our beloved but today, we feel gypped and abandoned with even less spiritual understanding.

As infinite souls, we hold the keys to a powerful experience here on Earth. We come and go so many times we end up with amnesia, conveniently forgetting our core nature. May we all change our perspective on the greatest passage of our lives and give focus to those making the journey, honoring and respecting them, trusting we will meet again. For in this vast space we live in, called the universe, we are one of many miracles that happen daily.

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

wordwisdom

DOG PARK. WOOF!

FOR MONTHS NOW, I've been bringing my Milly dog to the local dog park in Warrenton.. Twice a day sometimes. Milly loves it, the ability to be a dog. She barks, runs, investigates at whim. She runs to the car when we leave the house, anticipating the dog park.

You may be wondering by now... so what? Here's the so-what: I found community can exist in all sorts of places, even dog parks. An assorted mix of people come regularly, same time, same place, twice a day. At first, dog park is for the dogs. Then it becomes a people thing. I want to know how someone's trip went. Did someone get the job they wanted? How's the housing coming for the older lady? Let's have a party for the one that leaves for several months, but promises to be back.

Dog Park. The mix is eclectic. Yes, both canine and human mixes. I found a few new real friendships just by sharing same bench space. Sometimes I would go a bit early, to be alone. I wanted to feel my

sense of gratitude while sitting in sunshine and a light breeze.

Who would have thought? Dog Park. I even got a heads up on a job opening from a dog park friend. I raced to apply and got the job! When asked where and how I heard of the job, I mentioned a friend at the Dog Park. The interviewer seemed to really like that answer.

It's a phenomenon that probably occurs in many other venues in variations. I just happened to wander into Dog Park. It fits well with my spiritual beliefs quite well, which is you are led to where you are meant to be. For months now, I floundered, as you all probably know from my columns. Bad things seemed to be heaped on me in rapid fire. Dog died, lost job, broke leg, lost a beloved aunt... I did not have it in me to even grieve, because the financial concerns took priority. It all felt too much and my future felt uncertain.

In the darkest of moments, I did some reflection. I reminded myself that I did not get to this point, this stage in life, just to be miserable and anxiety ridden. I have

been tended to often by the Powers that be, often at what could be called the final hour.

So I wander into Dog Park. Or maybe I was led to it. In any case, the sense of community is immense. If someone is missing, we wonder why. We care.

Wandering can often get you places you never knew existed. I had the time to wander in many ways these last few months. I had no direction except to land somewhere. I feel like I landed.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587. Out of respect for others, no names are in order. While I believe in God and call myself an Episcopalian, I want everyone's beliefs to be honored.



Jamie Herman



Yeah!

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bodies in balance

By Tracy Erfling, N.D.

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



Goodnight, Sleep Tight

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

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

A brief review of the basic physiology of sleep is worth a moment. It can take the average person up to 30 minutes to fall asleep, although your bed partner may seemingly fall asleep instantly that timing can vary from person to person. The normal sleep cycle is one of deep sleep with interludes of near wakefulness, this means there are a series of times you are awake enough to sense your surroundings and then ideally fall back to sleep. And although there are some broad stroke recommendations out there, each person has their own unique needs for both timing and duration of sleep.

Before we look at direct sleep solutions, thought it worth mentioning one other influential system...the adrenals. The adrenals are worth a look when exploring causes of sleeplessness as these glands release the hormone cortisol which is key in setting the wake/sleep cycles our bodies experience everyday. Poor stress management, lack of regular exercise, poor eating habits and lack of good relaxation can all contribute to these glands being weak. Shift work is especially tough on the adrenals as the inherent challenge of going against nature's light/dark cycle creates a likely deterioration of their important function.

As for sleep solutions, let's begin in the bedroom. Ideally we are spending 6-8 hours a night here so this room should be welcoming and comfortable, free from distraction and conflict. Your bed should be a place filled with soothing and inviting materials and support (mattress, pillows, bed

frame, lighting, color choices, etc) appropriate for your needs. Items I would avoid in the bedroom are televisions, work of any kind, electric blankets (unless using it to warm the bed but turned off before sleep) and food. Instead try a good book, your favorite music, a warmer comforter or a hot water bottle and a nice cup of herb tea. This room should also be clean, especially if you suffer from allergies. Make an effort to keep dust to a minimum, and run your bedding through the wash regularly. Keep the



room clean of clutter, as this may contribute to the churning of your mind late at night. Again, consider clearing the room of ALL electronics...cell phones, TV's, clocks, etc. it's amazing how much these items disturb sleep even subconsciously. A journal next to the bed can be of great value to make lists, write down worries, or generally reflect before bed to clear your conscious before sleep.

What you do before you get to the bedroom may also assist in a good night's sleep. Being physically active during your day may be a missing element, yet relaxing before bed is too. I often counsel my patients to come up with a before bed ritual, doing the same thing each night will remind your body and mind it is time to wind down and relax. Hot baths, reading, music, journaling, or some simple breathing exercises can relax the body and mind. Eating just before bed is often a no-no as the amount of energy it takes to digest will keep your body busy and unable to relax; not to mention it may contribute to acid reflux, which is very difficult to sleep through. On the other hand if you are regularly awakening in the early morning hours you may be suffering from low blood

sugars. When blood sugars drop too low, your body's natural instinct is to wake you up in order to feed yourself...so in this case a protein snack before bed is worth a try. Bottom line is to consider what you could be doing each night to assist the winding down process to fall and stay asleep.

There are numerous treatment options for sleep disturbance which have a variety of success. First easy go-to is trying a quality calcium-magnesium supplement before bed. These minerals help with muscle relaxation, not only skeletal muscles but the smooth muscles surrounding our arterial and digestive systems. These minerals have a calming effect to the nervous system and can be useful for restless limbs at night. One of my favorites for people who are suffering from concurrent sleeplessness and depression is 5-HTP (5-hydroxytryptophan). This amino acid precursor naturally assists the body in making serotonin and melatonin two hormones necessary for mood elevation and quality sleep. Please note that if you are currently taking an antidepressant, check with your doctor before starting this nutrient. Other options include any number of sedative herbs; their gentle actions can assist one in feeling sleepy without the hangover so common from prescription sleep

aids. Some of my favorites are Valerian, found in many 'sleep' herbal teas; Hops the infamous bittering herb in beer and Passionflower, a wonderful nervous system relaxant. Lavendar either as aromatherapy or internally can have a soothing, calming effect to the nervous system too. Hypnototherapy provides some simple tools to assist in falling asleep using only the power of your own mind. A series of Acupuncture treatments may be another pill-free method worth trying. And of course deep breathing exercises are the body's inherent relaxation trigger. There are SO many online tools you can access through your smartphone it's a potential aid at your fingertips. Bottom line is if you have suffered with insomnia for more than three weeks it is time to begin the search for your sleep aid tools.

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

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

FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



LUMINESCENT STUFFED PUMPKIN

1 small to medium pumpkin, top and seeds removed. Save the top.
3 shallots, chopped
1 apple, peeled and chopped
1/2 pound mushrooms, sliced
1 sweet red pepper, chopped
2 cloves of garlic, minced
1 hot pepper, minced
1/2 pound mild Italian sausage
1/2 pound hot Italian sausage
A bit of fresh rosemary, marjoram and sage chopped fine
A pinch each of Madras curry and cumin
Salt & Pepper to taste

Preheat oven to 400.

Sauté the sausage in a bit of olive oil until lightly browned. Set aside to cool while you sauté the veggies and spices just until the herbs become fragrant. Mix everything together and stuff into the pumpkin. Replace the top and bake until fork tender, about an hour for a small pumpkin.

Or fill the pumpkin with your favorite beef or vegetable stew.
Or try this:

Radiant Roaster Winter Vegetables

3 parsnips, peeled and cubed
1 small pumpkin, seeded, peeled and cubed
1 red onion, peeled and cut in wedges
A handful of Chanterelles, sliced
2 garlic cloves, crushed
1 Tablespoon butter
1/2 cup cream
Fresh sage leaves
Fresh Rosemary
Pinch of dry mustard or dollop of Dijon
Olive oil
Salt & Pepper to taste

IT'S AUTUMN. Not because the calendar says it is. Because the rain pelting my roof sounds like a massive air drop of pebbles. Because it was dark at 7:30. Because the impending time change is set to detonate the drearies all too soon. Because the furnace, awakened with a shock by the house temp falling below 68 degrees, shuddered to life briefly last night, requesting a new filter with musty insistence.

Actually, I love Fall. For at least a month. The seductive impulse to snuggle up and stay in is offset by days of brilliant sun hell-bent on getting me outside. Ultimately, the sun loses the tug-of-war and we're plunged into the Dark Times. Thankfully, I have the antidote ready to dispel gloom in just 15 minutes. It's called preheat. Once the oven is hot, there are so many things it can do, I'm liable to forget about the weather entirely until, say, February. There is no good excuse for February. But that's another story. This story is about pumpkin which comes into season just when we need it most and offers up a delicious diversion.

I'm not talking pumpkin pie. What I want is something savory and hearty and accompanied by an adult beverage. Cooking up a whole pumpkin is like roasting a chicken: the culinary gift that keeps on giving. You can roast it whole and stuffed with whatever sounds good.



Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10:00am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.

Preheat oven to 400.

Put parsnips, pumpkin and onion on a baking sheet, drizzle with olive oil, sprinkle with salt & pepper and finely minced rosemary. Roast until tender, about 20 minutes.

Sauté the mushrooms and garlic in the butter. Remove and sauté sage leaves until crisp, adding oil if needed. Remove sage and add cream, mustard and salt & pepper to the pan. Heat through and reduce by half.

Mix the vegetables and sauce, adjust seasoning, top with sage leaves. Serve over soft parmesan polenta seasoned with cayenne or curry.

Then: Toss the leftovers of any of the above in a sauce pan, add stock and whatever else trips your trigger, simmer until bubbly. Puree and top with a dollop of creme fraiche and a sprinkle of pumpkin seeds you have tossed with some oil, salt and pepper and toasted. It's soup!

However you choose to cook it up, the scent of pumpkin will infuse the house with the luxuriant essence of Fall. Next time the wind makes you shudder, turn the Tappan to 400 degrees, uncork the wine and carve a pumpkin that does more than decorate the porch.

Cooking Up Community!

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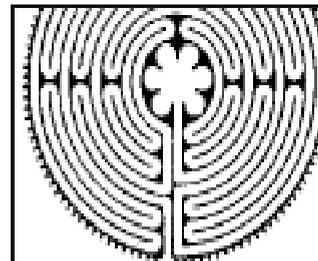
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FOOD ROOTS PIE NIGHT



FOOD ROOTS invites community members to participate in our annual Central County Pie Night event on Saturday, October 14th doors open at 6:30, event begins at 7pm at Pacific Restaurant in downtown Tillamook on the corner of 2nd and Main. Tickets are \$10 for adults and \$5 for youth under 12.

The event will kick off with a live pie auction at 7pm. Participants can bid on scrumptious pies from individuals and restaurants throughout Tillamook County. Pies will include savory, sweet, gluten free and vegan; a little something for everyone!

Following the live auction, everyone can sit back and indulge to their stomachs content during the all-you-can-eat feast of pie while enjoying live music performed by the Oak Bottom Boys, and enjoying beer provided by Pelican & Fort George Breweries, wine from the Blue Heron French Cheese Company, and non-alcoholic beverages too!

Proceeds from the event will support Food Roots and their community programs including the Farm to School Program, Local Food Access program, and Farm and Food Business Support.

Tickets are available at TLC a division of Fibre Federal Credit Union, the Food Roots office, and online on our website at www.foodrootsnw.org/tickets. Also, we are still seeking additional volunteers, sponsors and pies for the event. If you are interested in participating, please contact us at 503-815-2800.

Assistance League of the Columbia Pacific Annual Home & Chef Tour Oct 14

ASSISTANCE LEAGUE of the Columbia Pacific® is excited to present their 10th annual Home & Chef Tour! Saturday October 14, 2017 from 11am to 4pm.

Six Stunning Clatsop Plains and Warrenton Homes will be featured including the Warren House built in 1885 and Camp Rilea's Beautiful log Cabin, The Chateau !!

Each location will house a local chef offering delicious bites from one of these participating restaurants: Warrenton Deep Sea, Clemente's, El Compadre, Fort George, and Dough Dough Bakery, Mo's Restaurants and lovely Floral arrangements by Bloomin Crazy Floral, Erickson Floral and Mimi's Floral

Tickets are thirty dollars and available now through the event day at Holly Mc Hone 1150 Commercial Street Astoria and Columbia Bank locations in Astoria, Warrenton and Seaside Home & Chef Tour, Clatsop Plains and Warrenton Homes, directly benefits Assistance League of the Columbia Pacific's Operation School Bell Program, which will provide new clothing to over 650 Clatsop County School Children in 2017/18. The Home Tour is the nonprofit volunteer organization's major fundraiser.

Other Assistance League Programs include Duffel Bags of Comfort for children entering Foster Care, after school activities fees for children and providing prom gowns for high school students.

Please come to Assistance League of the Columbia Pacific's 10th annual Home & Chef Tour Clatsop Plains and Warrenton Homes Saturday October 14, 2017 from 11am to 4pm!

For more information visit assistanceleaguecp.org

Astoria Co-op Grocery takes another big step toward expansion Together We Grow Owner Investment Campaign

ASTORIA CO-OP GROCERY has embarked on a grassroots effort to make a bigger store a reality. The Co-op, a consumer-owned cooperative, has launched an owner investment campaign called "Together We Grow", and as of early October has already collected \$700,000.

The Co-op is also unveiling conceptual renderings of the new store at 23rd and Marine Drive in Astoria's Millpond; a location that's been secured with a lease which includes construction of a new store. The new building will be about 12,000 square feet; four times the size of the current store.

Preferred shares are an issuance of stock for Oregon residents who are Co-op owners. The shares are available starting at a minimum investment of \$2,500. The Co-op is issuing 25,000 shares each with a value of \$100 and is selling them to raise equity for the expansion. The annual dividend is 3% and for those who invest \$10,000 or more the dividend is 4%.

The Co-op's portion of the project is about \$3.8 million with a minimum of \$1.5 million coming from owner investments. Co-op General Manager Matt Stanley feels the Co-op can beat its minimum goal of \$1.5 million and is aiming to sell as many of the shares as possible, totaling \$2.5 million.

"The more folks invest the less the Co-op needs to go to traditional financing, so more dollars stay local," Stanley said, "This is a rare opportunity to see your dollars at work growing a local business that brings tremendous benefit to our community." The campaign goal is \$1.5 million by Oct. 31.

The Co-op sources many goods from local producers and looks forward to growing the marketplace for local food. For every dollar that's spent at the Co-op, 52¢ goes back into the local economy, according to a report by National Co-op Grocers.

FOODGROOVE



The Co-op has unveiled conceptual renderings of the new store at 23rd and Marine Drive at Astoria's Millpond.

"I think of investing in the Co-op as truly investing in our community. You're investing in me as a farmer and you're investing in my business too. You're investing in all these small local food producers. For us, that's so meaningful," Teresa Retzlaff of 46 North Farm said.

The Co-op has been in the community for 43 years with a proven track record including double digit growth in the last five years and growing owners, recently reaching 4,000. This success has led to the Co-op needing more space and amenities. The new store will have a much-needed loading dock, more parking, a larger deli with more hot and cold offerings and seating area, fresh meat/seafood counter, and wider selection of organic and local produce.

Expansion and investment information is available at www.astoria.coop or stopping by the store.

Cranberrian Fair a Harvest Festival Oct 14-15

A CELEBRATION of local harvest including all things cranberry kicks off the Fall season on the Long Beach Peninsula, October 14 and 15, 2017 from 10 am until 4 pm. Foods, crafters, local artists, and more will showcase the area's rich heritage during this popular fair. Collectible Cranberrian Fair buttons are \$5 each and cover admission to all events at the Columbia Pacific Heritage Museum. The Cranberry Museum is free.

As part of Cranberrian Fair activities, the Columbia Pacific Heritage Museum in Ilwaco will host a variety of local artists offering handmade items such as pottery, jewelry, paintings, cranberry vine baskets, baked goods, and more. Demonstrations include, the Peninsula Rug Hookers, the Peninsula Quilt Guild, Blacksmith Gary Lewis and other artists will take place throughout the day both Saturday and Sunday throughout the Columbia Pacific Heritage Museum.



is on a first come first serve basis). Self-guided tours of cranberry harvesting will be underway at the Pacific Coast Cranberry Research Foundation.

The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, Washington. The Cranberry Museum is located at 2907 Pioneer Road, Long Beach, Washington. For further information on the Long Beach Peninsula visit funbeach.com.

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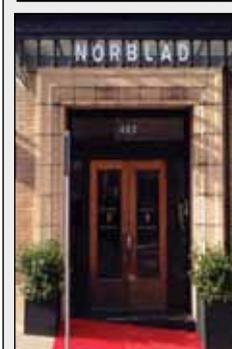
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