

January 2018 • vol 19 • issue 227

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**SONJA GRACE •
PREDICTIONS 2018**

Clean Energy Jobs Bill 2018

***Astoria Co-op
Expansion Update!***

***Workers Tavern •
New Verve/Old Joint***

***Merianne Myers riffs
on Time & Pot Pie***

***New Poetry Release:
Mary Lou McAuley goes
The Nine Hundred Moon Journey***


***Opening Jan 19 • FROZEN
soul searching the intensely dark***



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FROZEN

January 19-20, 25-26
KALA/Astoria 7:30pm

REVENGE, grief, mercy—the unthinkable, Theatre Director Susi Brown was actually looking for a different play title, when this one appeared. Bryony Lavery's FROZEN.

"I was curious about how someone would create art from such horrific circumstances so I ordered the scripts and invited Toni, Daric, and Rhonda to read it. This play provoked a lengthy, charged discussion. I could not dispel this story, these characters, and the poetic vision of this playwright from my thoughts and knew I wanted to direct it."

This January FROZEN goes up for four performances at KALA, as staged reader's theatre. This includes minimal costuming, lighting design, and is further enhanced by the sound design of coastal actor/KMUN producer Bill Ham.

Director Susi Brown touches down on just about every stage on the coast. She is a frequent director at The Coaster, drives the yearly AAUW Dessert Benefit Theater, in the past of course the former River Theater, and a year stint running the Pier Pressure Productions, a diminutive theater spot on a side street in Astoria, that garnered great audiences and spoke to the hunger for the medium in this region—a hunger for engaging and provocative theatre. The kind of theatre Susi Brown likes best!

This is the third directorial by Brown at KALA (BTW where the Pier Pressure theater lights now live and light), following Christopher Durang's dark comedy, *Laughing Wild*, and a timely non-political play about politics called *Political Suicide*, by Ernest Thompson (On Golden Pond). As the producer at KALA, we welcome thought-provoking material and applaud Brown's theatrical gumption. Theater is hard work, and even harder to do it well.

FROZEN, by British Dramatist Bryony Lavery, is a courageous and poetic telling of a serial killer (Ralph) played by Daric Moore, his victim's mother (Nancy) played by Toni Ihander, and a New York criminal psychologist (Agnetha) interviewing Ralph as a case study, played by Rhonda Alderman. We are introduced to each of the characters through a series of monologues and gradually the character's stories intertwine.

According to an article in the British newspaper, *The Guardian*, playwright Lavery had written almost 40 plays by the time she wrote the 1998 *Frozen*. Although successful and prolific in theater, it was *Frozen* that brought

her international notoriety. While she had predominantly written entertaining and witty plays with feminist undertones, it was with *Frozen*, according to Lavery, that as a writer she was able to go "somewhere deeper and darker." After the death of her mother, who died following a mistake on the operating table, Lavery poured her grief and pain into a story about forgiving, and finding a way to thaw our frozen hearts.

Frozen, which has been described as "strangely beautiful," is a 1998 Barclays Award for Best New Play winner, and after

In conversation with cast members of the upcoming production, the three veteran actors did a blind read with Brown. "We had no idea what we were reading," says Alderman. But they were clearly exhilarated by it.

"I've done shows that I haven't liked," say Ihander, "and this is not one of them."

I asked Daric Moore what he liked about his character, and he states, "I like that he's human, he's doing the best that he can, given what he's given. We do get a slice of what his life was like – growing up—the play asks difficult questions of you, regarding forgiveness."

The play is set in London, and Alderman's character Agnetha travels there to present her study to colleagues and interview Ralph, "Sin or a symptom, is it evil, or is it illness ... that's where she's coming from." While it appears she has it together as a profiler, "She has some challenges to overcome, sometimes at the most inappropriate moments," says Alderman.

For the character of Nancy, the question becomes can she face her demons? "Especially in this social/political climate, all the things we don't talk about, the things we avoid, for fear of upsetting people—this piece takes one of the darkest subjects there is in the human experi-

ence, and exposes the gray area, verses the black & white that we assign things," says Alderman.

Moore adds, "It's the artistic realm where you can talk about these things."

"I can't imagine anyone leaving this show and not talking about it. Even if they hated it," says Ihander.

While the topic matter is chilling, the cast members in this particular conversation leave one feeling that FROZEN is a story that needs to be told.

"It's not a play that leaves you hanging for the sake of shock value or for arty-ness," says Moore, "It actually has a conclusion, a surprising conclusion. It has an ending that gives you humanity in many different lights, not just the bad stuff, it is I honestly think, quite uplifting to a degree."

- Dinah Urell

TICKETS: \$15 at the door. Doors open 7pm. ADULTS ONLY SHOW. Full Bar. 1017 Marine Drive in Astoria. Talkback Thursday Jan 25. Q&A w/cast after show.



Rhonda Alderman, Toni Ihander and Daric Moore

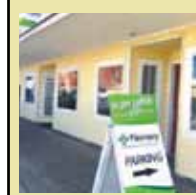
runs in Britain's theaters became a hit on Broadway in 2004, and was nominated for a Tony Award for Best Play and earned a Tony Award for Best Featured Actor in a Play (Brian F. O'Byrne).

To further her notoriety, newspapers around the world reported allegations of plagiarism on Lavery's part, as significant portions of her play (nearly 675 words) were taken from a 1997 article in *The New Yorker* by writer Malcolm Gladwell, about real life criminal psychologist Dorothy Lewis, in addition to Lewis' own book *Guilty By Reason of Insanity*. Lavery did base the character of Agnetha on this external material, as well as other real-life stories, as she later told Gladwell, "I wanted [the play] to be accurate." Then in a second article Gladwell terms Lavery's stealing as permissible borrowing, and giving the words an artistic life of their own. Gladwell's article is an enlightening look at the issue of plagiarism throughout various artistic genres today. In brief, Lavery, appalled by her own negligence, says the only thing to do was to write her way again through the dark times.



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THE LATER SHOW ART + VINTAGE VINYL DJ DANCE JOEY ALTRUDA • JAN 13

THE SOUND OF VINTAGE vinyl on the turntable, in a sweet acoustic space, is amazingly fresh. You can hear and feel the nuance in the grooves! KALA welcomes back veteran L.A. musician, producer and DJ Joey Altruda for another swinging night of dance. The vibe is comfortable, and the feet are well-loved by the old fir floor, providing the perfect ambience for Funk, Soul, 60's Go-Go and tropical groove—adjust your heartbeat and let the music take you. It may be retro, but with the 45's in Altruda's extensive collection, it's a new experience

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Altruda has been going strong for the past four decades in esoteric genres as diverse as Rockabilly/Americana, Jazz/Swing, Afro-Cuban, Jamaican Ska/Reggae, Brazilian, Funk, Soul, and music for films. His lifelong record collecting is a direct reflection of his musical capabilities as a performer, bandleader, and multi-instrumentalist.

View art at KALA, doors open at 7pm. Artists Featured: New collaborative collage by Joi Smith & Sid Deluca as they share their provocative, intricate and, sometimes, irreverent views of society, culture and social mores.

Also Paul Soriano, Rene Rowe, Pooka Rice, Anne Eskelin, and Bill Atwood.

The Later Show kicks in at 8pm. Full Bar. 21+ please. \$8 cover. KALA at 1017 Marine Drive in Astoria.



Smith/DelUCA collage



Veteran Jazz Guitarist David Drury Unexpected Amenities • Feb 3 Jazz at the PAC for the PAC!

PARTNERS for the PAC presents "UNEXPECTED AMENITIES", a concert featuring guitarist **David Drury**, bassist **Dave Captein**, drummer **Charlie Dogget** and saxophonist **Rob Davis**. The concert takes place February 3, 7pm at the Performing Arts Center, 588 16th Street in Astoria and will benefit the Performing Arts Center. Tickets are \$15 at the door.

The quartet of world class musicians takes their audience on a musical tour that personifies modern, mainstream and contemporary jazz and will feature some of Drury's compositions inspired by his experience playing jazz, rock, classical, funk and maybe a little "R and B".

Drury selected the title "Unexpected Amenities" for the performance because it describes what happens when the musicians improvise together and the music flows. Vocalist Dinah Urell will be featured as one of the amenities too!

David Drury began playing professionally in the early 1960's. He has performed in much of the U.S., including engagements at major night clubs, concert halls and resorts in Los Angeles, Phoenix, Denver, Dallas, Kansas City, Las Vegas, and Portland. Recently he performed with The Jonathon Griffith singers in Barcelona Spain. He has also recorded and performed with a number of bands and artists in Phoenix, Tucson, Los Angeles, Las Vegas, Dallas and Portland.

Other notable performances include concerts with the Phoenix Symphony, one under the direction of David Rose and again with Percy Faith conducting.

In 1969, he and the group he worked with contracted with R.C.A. Records and moved to L.A. where they recorded a nationally released album entitled "Myrth," which contained 10 original songs. The single, "Gotta Find A Way" was listed in Billboard Magazine's poll. During an additional period of performing and writing, Drury recorded another album of original material in 1975 at Lee Furr's Studio in Tucson, Arizona.

Based in the Astoria area since the early 1980's Dave Drury divides his time between performing, writing and recording music, and is in his 27th year offering private instruction in guitar and bass guitar at Clatsop Community College. Drury has performed in concert and on recordings with Portland Oregon luminaries: Ron Steen, Dave Captein, Charlie Dogget, Warren Rand, David Evans and John Stowell among others.

This program is supported by a grant from the Clatsop County Cultural Coalition and the Oregon Cultural Trust. For more information, visit www.supportthepac.org.



MUS@KALA

CHRIS PARKER Composer/Pianist Friday, Jan 12 KALA



KALA welcomes pianist/composer Chris Parker, Friday, Jan 12. Doors open at 7:30pm. Show 8pm. Tickets are \$16. Tickets in advance are suggested @ libertytheatre.org/ShowsandEvents.

Originally from Portland, Or, Parker is Professor of Music and head of the jazz studies at SUNY Orange College in New York. In the late 70's and early 80's he made the Upper Left Edge of Oregon his home, where he taught music at Clatsop Community College, as well as providing live jazz to the region.

The January date at KALA includes, NW premiere jazz artists Tim Willcox-saxophone, Damien Erskine-bass, and Jason Palmer-drums.

Parker has two CD's out on the OA2 label. "Late in Lisbon" and the latest release, "Full Circle" which features the unusual frontline of saxophone and violin. The albums are an exciting mix of Parker's original jazz compositions ranging in style from burning Latin and straight ahead, to funky tunes and laid back ballads.

Parker fronts his own group on the east coast, Contemporary jazz icons Randy Brecker, Bob Mintzer, Chris Vadala and Lyn Seaton have all performed with Parker's band.

Cocktails are available before and during the show. 21+ please. KALA provides cabaret seating style and excellence in acoustics and sound for an intimate, up close and dynamic music experience.

1017 Marine Drive in Astoria.
503.338.4878. Advance tickets at libertyastoria.org



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Free Comprehensive Shelter Course Back at Clatsop Community College Seaside

COMING UP January 19, 20 and 26-28 will be the next opportunity to learn or update skills for helping in or setting up a local emergency shelter during a disaster.

Everyone here in the Lower Columbia region is well aware that disasters can and do happen here. Winter storms, winds and power outages, and now wildfires, combine with the ever-increasing potential



for a "Cascadia event" earthquake and tsunami as part of our price of admission to this neck-of-the-woods where we've all chosen to live. January's course is an opportunity to do something proactive.

A 20-hour, two-weekend Comprehensive Shelter Training taught by Red Cross certified instructors through Clatsop Community College will be offered in five sessions. The first two will be Friday, January 19, 6:00 – 9:00 PM and Saturday, January 20, 9:00 AM – 4:00 PM. The final three sessions will be held the following weekend on the same Friday – Saturday schedule plus a final simulation exercise on Sunday afternoon, January 28th from 1:00 – 5:00 PM.

The free course trains and certifies participants in all aspects of emergency shelter operation plus related areas such as Psychological First Aide.

The entire course is free. Classes meet at Clatsop Community College's Seaside campus, 1455 N. Roosevelt Drive (Highway 101), adjacent Diamond Heating in Seaside.

Register now by phoning Clatsop Community College at 503-338-2402. Or, register online at www.clatsopcc.edu/schedule by typing in the course number SOC93001 or the title, Red Cross Comprehensive Shelter Training. For more information email jenny.carver@redcross.org or phone 503-325-6886.

Voices of Leadership AAUW Forum

ON JANUARY 16, the American Association of University Women (AAUW) Astoria Branch begins the new year with the forum "Voices of Leadership" featuring Liane Donovan, Astoria High School Assistant Principal; Tiffany Mitchell, INCO (Indivisible North Coast Oregon) co-organizer; Joanne Rideout, KMUN News Director and Kathleen Sullivan, Clatsop County Commissioner (pictured right).

Liane Donovan received a Bachelor's and Master's degrees in mathematics and mathematical education from Arizona State University. She has taught high school classes for more than a decade.

Tiffany Mitchell co-organized INCO which defends democracy by opposing authoritarianism, bigotry and corruption.

For seven years Joanne Rideout has been the KMUN Manager of the Station Manager and now is the News Director. Rideout is the recognizable voice of the "Columbia River Ship Report."

Kathleen Sullivan graduated from Michigan State University at Hamline.



She served on the Astoria Budget Committee and helped rebuild the Pioneer Shelter at Camp Kiwanilong.

Representing diverse backgrounds and professions, these leaders, will discuss their leadership style, the challenges in their role, and how those challenges are met, and how the public can understand their roles.

The presentation, will be held at the Flag Room in the Astor Library from 5:30 pm. to 6:30 p.m. It is free and open to the public. Light refreshments will be served. For more information contact Jan Nybakke at 503-325-4592. nwcall.org

Coast Community Radio Receives a Clatsop County Cultural Coalition Grant



Dylan Hauser-Shaulk and Gabe White, KAYR Hosts

[ASTORIA] - The Clatsop County Cultural Coalition made dreams come true this month for local nonprofits during their annual awards ceremony at Clatsop Community College in Astoria.

Among the dozen Clatsop County recipients this year was the Tillicum Foundation, which operates Coast Community Radio.

Station Manager Graham Nystrom sought this grant to upgrade two production studios at the Coast Community Radio station. Nystrom states that computers and software in these rooms are ancient and have functional limitations that inhibit the production of quality, local programming.

The purpose of the station is to provide the opportunity for community members to produce culturally relevant, creative content. The studios are heavily used by staff and programmers, especially in training new volunteer on air people including high school students.

The upgrade will take a couple of days. It involves installation, setup and configuration of computer workstations, software and broadcast audio equipment. "When complete this project will improve, expand and preserve our facilities and training services. We are very appreciative to the Cultural Coalition for providing Coast Community Radio this opportunity," states Nystrom.

REPAIR ASTORIA

ON WEDNESDAY January 24, from 6 to 8 pm, Repair Café will once again convene at the Lovell Showroom to fix items – anything one person can carry in.

Repair Astoria hosts these FREE monthly repair events that bring people with broken stuff together with people who know how to fix it. These include opportunities for mending, bike repair, knife and scissor sharpening, general small appliance repair, electronics repair, and other items you can carry in.

The Lovell Showroom of Fort George Brewery is located at

the corner of Duane and 14th St in downtown Astoria Oregon. The Taproom will be open for beer and food purchases during the Repair Café.

Find us on Facebook <http://facebook.com/repairastoria>
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outside the box



STEPHEN BERK

THE Rise OF THE INDEPENDENT VOTER

WHEN I WAS growing up in the fifties and during my younger adult years, voters generally identified with either Republican or Democrat, the two major parties. Today the number who do so has shrunk immensely, as most voters now prefer to register as Independent. The reason seems to be a general public disillusionment with party politics, whether or not these Independents have voted in one of the party primaries. So they often forfeit their chance to choose the Republican or Democratic nominee in order to remain pure. Seems self-defeating to me.

Even though the major parties are largely sold out to big monied interests, generally there is at least one candidate in each party fighting that trend. Or if there is not, then a group of insurgent reformers could get together and nominate someone more "populistic," as literally happened in 1896, when the Democrats nominated the Populist, or People's Party candidate, William Jennings Bryan. Bryan was in fact defeated three times by the well-oiled Republican corporate money machine. But he came close enough so that he gained lots of traction in the Democratic Party and served as Wilson's first secretary of State.

In the past election, lots of voters, disillusioned with the corporate control of the two major parties, voted in the primaries for the Independent socialist, Bernie Sanders. Bernie, as we all know him, was an attractive candidate, and he made it respectable to be a socialist again in the US, since it has not been since the McCarthy era of the 1950s. But as a third party candidate he did not have a chance of victory. We are locked into a two party system. That does not have to be as bad as it has become, with ho hum establishment candidates. The British have a two party system, and Labor manages frequently to run socialists, which has had the effect of making the Conservatives somewhat more than corporate shills. Of course, the main reason for that is that the British do not vote for the head of state separately, as we vote for the president. Instead, they vote only for their local MP

(Member of Parliament) and the party with the most MP's forms the government, choosing a head of the party to be prime minister. That is the way it works in every cabinet-parliamentary system. They function more efficiently and more in line with the people's wishes than our system that elects the president separately as a four

What happens is a lot of small deal making, or exchanges of one's support of a particular piece of legislation for another's support of his or her counterpart's. With such wheeling and dealing around specific issues, often on an interparty level, party discipline barely exists, and voters have a difficult time figuring out what each

party actually stands for, even as they know what certain individuals stand for, at least on certain issues. Republican senior senator, John McCain, for example, will generally vote conservatively, with much of his party on war issues, but he is also likely to vote more liberally on domestic legislation.

Hence, as with many of our other institutions, our political ones are very individualistic. Even though we have only two major parties, with very few of third parties gaining election, different legislators in those two parties are all over the map. There is no established Republican or Democratic position today on exercising a more aggressive or peaceful foreign policy. And the same is true of domestic legislation, where many Republicans support the underpinnings of the welfare state, rather than deconstruct them as conservative Republicans are more wont to do. And because of such variation of personal political

philosophy in each party, voters are much more likely to vote for individuals than for parties.

There was a tradition of that prior to the Democrats adopting such liberal ideals during the New Deal and its aftermath and then the Republicans moving in a much more conservative direction in the Reagan period. But we are now seeing a return to the common American tradition of pragmatism, or independent, rather than party views on particular issues. And this trend has led voters to follow suit. Fewer legislators are as lockstep liberal or conservative as they were in the FDR or Reagan eras. They tend to be more issue oriented. Such legislative behavior has been influenced by issue oriented voters and the independence of legislators has in turn influenced the voters.



or eight year constitutional monarch, who may or may not have a Congress of their own party. In the cabinet-parliamentary system, the PM functions as head of the legislative branch and can thus get their party's program through the government.

I believe voters have moved from party loyalty to independent here simply because party loyalty is meaningless, compared to how it functions in a cabinet-parliamentary system. We can have a president of one party and a Congress of the other. That often makes for gridlock and certainly prevents the presidential party from enacting their program. Our system ends up a kind of free-for-all, where smaller sub-party caucuses form – progressive, conservative, women's, African American, etc. – and try to influence the party or Congress as a whole toward their program.

NATURE NEWS

In Their Footsteps “Altho’ no regular botanist”- Jefferson Jan 21

LEWIS AND CLARK National Historical Park, Fort Clatsop announces the next In Their Footsteps free speaker series event. “Altho’ no regular botanist” - Jefferson by Carol Lucas will be on Sunday, January 21, at 1:00 p.m.

It would have been customary for Jefferson to have sent a botanist on the Lewis and Clark Expedition. One of the many purposes of the trip was to assess what resources, including plants, were in the lands to the west. Jefferson knew Meriwether Lewis and that, “Altho’ no regular botanist,” Lewis had the ability to catalog plant discoveries, due mostly to his herbal knowledge. In his childhood, Lewis’ mother was the local healer/herbalist, and a well-respected one. So, in addition to identification, he had valuable healing knowledge of plants that an orthodox physician of his day might not possess. There was no doctor on the trip.

Carol Lucas is an herbalist in Gearhart and considers herself a “plant person.” She became serious about medicinal herbs after having a major turnaround in a serious health crisis, for which conventional medicine had no answers. A search for good schooling led her to Nature’s Sunshine Products and their extensive educational system. Since 1989, Carol has been a Nature’s Sunshine Manager, mentoring those who just want more health and vitality, and those who want to become professional

herbalists. She is a member of the Gearhart CERT team (Community Emergency Response Team), where she teaches people how to use what grows around them at times when a doctor can’t be reached, or may be out of medicines. She continues regular herbal study, and hopes to bring a nation-wide workshop on herbal use in emergencies to Clatsop County.

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



Yarrow collected by Lewis.

Help provide ‘de-vine intervention’ at land conservancy property in Warrenton



NORTH COAST Land Conservancy is planning a volunteer ivy removal stewardship day on Saturday, Jan. 20, from 10 a.m. to 1 p.m. at its Sand Creek Wetlands Habitat Reserve, next to the cemetery in Warrenton. All are welcome to join the conservancy’s first stewardship day of 2018.

Sand Creek Wetlands is a hidden gem: a pristine, intact scrub-shrub coastal wetland, one few people have visited. The vegetation is very dense, making it hard to walk through. The conservancy scheduled this stewardship day in the winter, when the deciduous vegetation has died back and it’s a little easier to move around, but participants can still expect rough walking. Most of the ivy at Sand Creek is growing on large Sitka spruce trees, but volunteers may find some on the ground as well. NCLC staff will provide the handsaws, loppers, and other tools needed to remove this invasive vine. Participants should wear gloves and work boots and bring their own water and snacks (no potable water or toilets at the site). Dogs are not allowed on NCLC properties.

Interested volunteers are asked to email Stewardship Director Melissa Reich at melissar@nclctrust.org; she will provide directions to the site and additional details. She will also notify volunteers if the date changes due to inclement weather.

Learn Natural Science Illustration At CRRM



Explore techniques in drawing natural objects related to rivers and oceans with instructor **DOROTA HABER-LEHIGH**. Practice how to render form, use line, value, shape, texture, color, proportion and perspective. Combine scientific inquiry with artistic rendition. Practice drawing from observation: sea shells, crab shells, sea urchin shells, driftwood, animal bones and skulls, preserved birds and other objects. \$50/Members - \$75/Non Members. February 1, 8, 15 and 22, 2018, 1:30 - 4:30pm. Call 503.325/2323 to register.

SALTY TALKS

Jan 18
Salt Hotel & Pub
Ilwaco

MARINER and shipboard naturalist, Bette Lu Krause presents a SALTY Talks presentation about her adventures on the high seas Thursday, January 18th at the Salt Hotel and Pub.

“In 1976, when I was 24, I ran off to sea” Krause said, “that began a 20 year career as a Merchant Marine.” During her long career, Krause has traveled the world as an able bodied seaman, received her big ship license, sailed as a tugboat captain, and worked for Linblad Expeditions. “I’ve driven a ship (I call it driving but you can say piloted) up and down the Columbia at least 50 or 60 times,” Krause said. “From Astoria, up as far as Clark-son and back. Every trip is a story in itself.”

Salty Talks are in partnership with the SALT Pub & Hotel, Columbia Pacific Heritage Museum, and Washington State Parks and Recreation Commission, with support from Friends of Columbia River Gateway.

The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco. Museum hours are Tuesday through Saturday 10-4. Admission is free on Thursdays thanks to the Port of Ilwaco.

Salty Talk presentations are located upstairs in the Salt Hotel and Pub, located 147 Howerton Ave on the Ilwaco waterfront. The event is free to the public and starts at 6:30 p.m. Come early or stay late for those wanting to grab dinner or beverage. Seating is limited. No reservations.



Lower Nehalem Community Trust Hosts Free Pruning Workshop at the Alder Creek Farm Community Garden

Nehalem, Oregon - The Lower Nehalem Community Trust will host a Tree Pruning Workshop at the Alder Creek Farm Community Garden on Saturday, January 13th from 10am-12pm. This event is free and open to the public 10 years old and up.

January is the perfect time to get your trees and shrubs ready for a season of producing the fruits and berries of summer. Local arborist David Sipp, of Ecologic Trees will teach this workshop on how to properly prune your fruit trees for the best health and more fruiting. David brings a wealth of advice on the best way to prune both young trees and mature heritage, or overgrown fruit trees to maximize their production.

Join Lower Nehalem Community Trusts group of Community Gardeners as we all learn together on the proper tools and techniques for this annual garden care. The orchard at Alder Creek Farm has just about every fruit and berry imaginable and our orchardists and garden leaders will be demonstrating how to prune blueberries, cane berries and more.

Bring your gloves and your favorite pruner (we have loaner tools and gloves too if you need them) and join the group as we learn about pruning for maximum fruiting benefit. Alder Creek Farm is located between Nehalem and Manzanita off of Hwy 101. Turn on Underhill Lane and follow the gravel road to the farm at 35955 Underhill Lane.

The Trust’s Community Garden Program grows food for the North County Food Bank, Senior Lunch Program, and the Community Garden members. 2018 will be the 13th season of growing and the Community Garden is accepting new members who want to learn how to garden and share in the bounty with fellow gardeners. Garden startup is set for February 24, 2018.

To learn more about the Pruning Workshop or Community Garden program pick up a brochure at the farm, visit our website at www.nehalemtrust.org/alder-creek-farm/community-garden/ or call the Lower Nehalem Community Trust at 503-368-3203.

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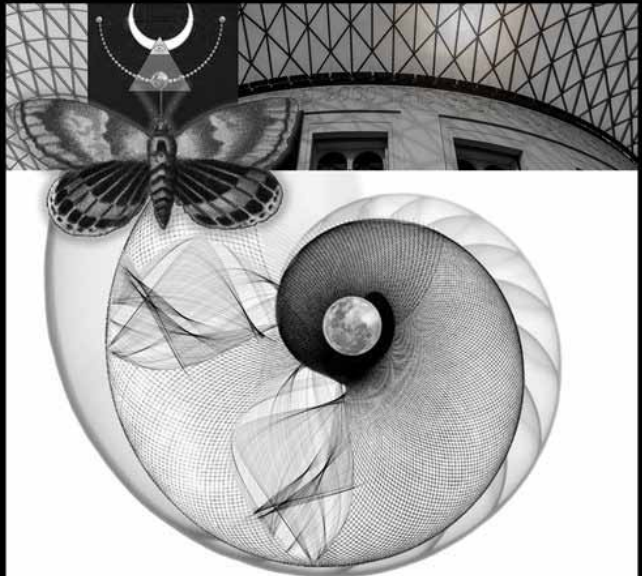
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LGBTQ news and culture
for the lower columbia pacific

QFolk

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

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

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

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTIQ group. This group is designed to help connect LGBTIQ 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 LGBTIQ 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.
Start up March**

**Every Friday Skate night and LGBTIQ
+ 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 County Residents Invited
To Talk About Death And Dying
Jan 18 CB History Center**

WHAT DO WE think about when we think of dying? When we think about our own dying, what do we want most? Death is part of the human experience; all of us have experienced loss, and all of us will die one day. Yet conversations about death and dying are difficult and often avoided even with our closest family members and friends.

This is the focus of "Talking about Dying," a free conversation with Jennifer Sasser on Thursday January 18, 2018, at 4:00 pm at the Cannon Beach History Center & Museum. This program is hosted by the Cannon Beach History Center & Museum and sponsored by Oregon Humanities. This conversation provides an opportunity for participants to hear perspectives and ideas from fellow community members.

Facilitators of Talking about Dying discussions are trained professionals working in the fields of chaplaincy, counseling, gerontology, facilitation, and hospice care around Oregon.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Elaine Trucke at 503-436-9301 or elaine@cbhistory.org.

Cartwheels for Canned Food

"Step up and help out the community while getting a free cartwheel clinic! Join Encore Dance Studio in their annual Cartwheels for Canned Food event for an hour of tumbling fun, all focused on cartwheel technique! This event is open to the public and no membership is required. All participants must be at least 4 years old and all abilities and levels are welcome! Saturday January 27th from 11am to 12pm at Encore's Gearhart location. The clinic is free with a non-perishable food donation to help out our local community."



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 Clatsop County Democrats meet the fourth Monday of each month at 6:00 p.m. in room 221 of Columbia Hall at Clatsop Community College in Astoria. Parking next to Columbia Hall is accessed off of and above Lexington Avenue, between 15th and 16th Streets. For more information about the Clatsop County Democratic Party, please go to www.clatsopdemocrats.org or www.facebook.com/clatsopdemocrats.

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

**CREATe • Jan 18
Columbia River Estuary Action Team**

CREATE is a group of citizens working to protect the unique 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.

January 23 Oregon Special Election Vote on the Health Tax Measure 101

What is Measure 101?

Measure 101 is a fee on hospitals and insurance companies that funds Medicaid, which provides healthcare coverage to 1 in 4 Oregonians. The money from 101:

- Ensures every child in Oregon has access to healthcare
- Protects healthcare for working families, seniors and people with disabilities
- Stabilizes healthcare costs and insurance premiums for people who buy their own insurance

How does Measure 101 fund healthcare?

Measure 101 provides direct funding for Medicaid in Oregon and also leverages essential federal healthcare dollars. Without Measure 101, Oregon would lose up to \$5 billion in federal funds and hundreds of thousands of Oregonians could lose their healthcare coverage.

If Measure 101 passes in the January Special Election, what happens?

An important step toward making basic healthcare affordable and accessible to every Oregonian. There will be no reductions to healthcare coverage or benefits for one in four Oregonians who count on Medicaid. There will be funding necessary to ensure every child in Oregon has a doctor and receives the care they need to stay healthy. And Measure 101 stabilizes healthcare costs by lowering premiums for Oregonians who buy their own insurance an average of \$300 a year.

If the measure does not pass, what happens?

Funding for Medicaid will be cut by between \$210 and \$320 million, resulting in the loss of potentially \$5 billion in federal funding. Oregon families who rely on Medicaid – including 400,000 children, seniors and people with disabilities – face the prospect of losing healthcare benefits or coverage altogether.

What exactly could be cut?

The legislature would have to make difficult choices in the February session and would be cutting the budget mid-cycle. Federal requirements limit the options of the Legislature. One option would be to cut coverage for the 350,000 Oregonians who joined Medicaid under the Affordable Care Act because the state is not required to cover them. Other options could include cutting things like prescription drug coverage or other services or cutting other budgets, like education.

Can the shortfall be made up elsewhere?

This budget came together after months of negotiations between healthcare stakeholders and lawmakers. Making up the budget shortfall could require cuts to education, public safety, senior services, child welfare, or other essential services.

Who pays for Measure 101?

Measure 101 includes assessments (or fees) on hospitals, insurance companies and other healthcare providers. These assessments raise between \$210 and \$320 million dollars, which are wholly dedicated to healthcare. The federal government matches what we raise here in Oregon, bringing billions of dollars of healthcare funding to the to help us continue funding Medicaid at its current level.

How would rolling back the healthcare funding package increase premiums for people who buy their own insurance?

Part of the package includes funding for a State Reinsurance Program, which protects consumers from carrying the cost of covering people with serious health conditions. According to the state Department of Business and Consumer Services, the Reinsurance Program lowers premiums for people who buy their own insurance by 6 percent, or on average, \$300 per year. That affects about 210,000 Oregonians. If the funding package is repealed, rates will increase.

How does Measure 101 impact rural Oregonians?

In some rural counties, more than a third of families rely on Medicaid. Without Measure 101, Medicaid funding would be slashed, impacting the health families and local economies. What's more, in early 2017, 20 rural Oregon counties were at risk of losing coverage options on the individual insurance market. Thanks to Measure 101 funding that's dedicated to stabilizing insurance premiums, every Oregon county now has at least one available insurance option.

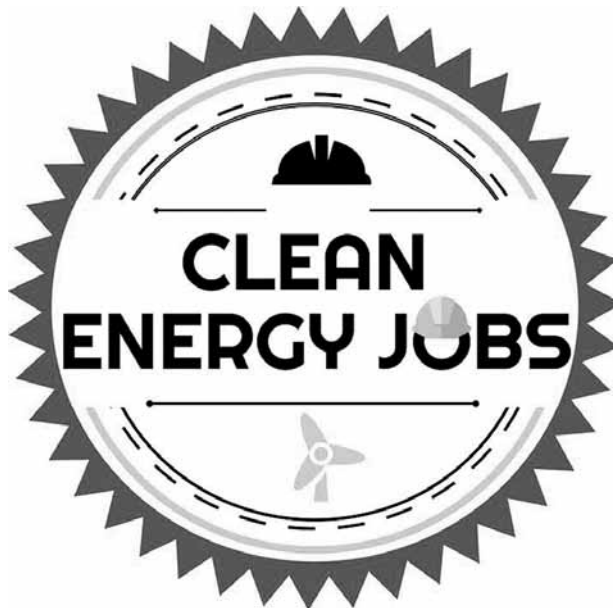
How many other states use provider assessments to fund healthcare?

These kinds of provider assessments are used in 49 states to access federal support for healthcare and are a federally approved and essential path to providing healthcare coverage to the most vulnerable populations.

*This informational questionnaire was written
by the Yes For Healthcare campaign*



Clean Energy Jobs Bill SB 1070 CAP AND INVEST COMES TO THE OREGON LEGISLATURE



ACCORDING to the Union of Concerned Scientists (UCS), if climate change is left unchecked, global warming will subject communities to worsening heat waves, more frequent drought, rising sea levels, and more extreme weather over the course of this century. Here in the Pacific Northwest we've experienced challenging weather patterns affecting farmers, fiercer forest fires, and ocean warming which has impacted our shellfish industries and fishermen. To avoid the worst impacts of climate change, UCS says, the United States must reduce its emissions at least 30 percent by 2020, and 80 percent by 2050.

To address this challenge, Oregon State Senators and House members have crafted The Clean Energy Jobs Bill, SB 1070. It goes in front of the Legislature during the 2018 session. This launches a cap and invest program, which establishes a limit (cap) on emissions of global warming pollution in Oregon (i.e. power plants, chemical manufacturing, etc.) and lowers that limit over time. The Oregon Department of Environmental Quality (DEQ) regulates these contaminating businesses and plays a part.

Polluter's paying for permits to pollute are called allowances. These allowances are auctioned raising proceeds and may be traded between regulated entities. Thus, value is created for reducing pollution. Polluters who can reduce their impact on greenhouse gases the fastest can sell (trade) their allowances to other businesses that need them. For example, as a power plant transitions to sustainable energy it can trade its permits to pollute to an industrial chemical facility. And changing to a sustainable energy source supports clean economics.

Before 2017's Paris Global Warming Agreement Conference in Bonn, Germany, Governor Kate Brown adopted broad green building and battery electric vehicle goals. An editorial in the Daily Astorian on November 16, 2017, insured that Oregon Senate Bill 1070 would hurt Oregon business. On the contrary, thousands of solar manufacturers, battery, transformer and sustainable construction material companies now exist worldwide. Supplying the building industry with roofing, insulation, wind power manufacturing, solar generation and storage options. There are now nineteen electric vehicle (EV) companies in the world and five in this country. EV charging infrastructure multiplies monthly. And many of these businesses are located in Oregon, employing manufacturing assemblers, installers, sales people, and designers.

Locally, three solar arrays were installed last year at Buoy Beer and Alderbrook Station as well as Clatsop Community College's Patriot Hall remodel by P & C Renovation, Portland, who added additional solar panels. Their Physics department has instrumenta-

tion which tracks and records the power the installations contribute to the college's energy savings. Seaside has an eight bay Tesla fast charging station. Sunset Empire Transit has an AeroVironment charger with two plugs, one a level 2 and the other a DC fast charger. There are two established companies installing solar here, A&R Solar and Precision Indoor Heating and Air Quality. Search the Internet under, solar home construction Oregon, and a number of regional builders appear who specialize in sustainable home building with solar energy benefits.

Not only does Oregon profit from these environmentally conscious businesses, but training has been offered for over a decade in the state. The Oregon Institute of Technology, Columbia Gorge Community College, and Lane Community College train wind technicians. And locally, Clatsop Community College offers two sustainable energy classes.

All these courses follow the long established Limited Renewable Energy Technician guidelines established by the State of Oregon in their Apprenticeship and Training Division.

So for over a decade this state has been establishing a firm foundation in sustainable energy businesses and the education to support it's successful implementation.

SB 1070 will:

- Create a limit or cap, on Oregon's climate pollution, which lowers each year.
- Caps emissions from transportation, utilities, and industrial processes.
- It will set a price on each ton of climate pollution emitted by large utilities, fossil fuel companies, and other big industrialists.
- It will reinvest the proceeds in clean energy solutions such as solar, wind, energy efficient homes and businesses, public transit, electric vehicles and EV infrastructure.
- Enforce the state's existing climate goals and sets interim targets for 2025, 2035 and a final reduction of 80% by 2050.
- Promotes transparency through an inclusive advisory and oversight committee.

Regulated companies can meet their obligations in three ways:

1. Reduce their climate emissions on-site, below cap.
2. Purchase allowances at auction or trade for them for the balance of their emissions.
3. Meet part of their obligation through "offsets", where a different entity reduces their emissions by an equivalent or greater amount.

Thirty-nine countries and ten states in the U.S. have a system to price carbon pollution. In the 1980's and 1990's the United States solved the acid rain problem with a similar pollution pricing system. California and nine Northeastern States have adopted the Regional Greenhouse Gas Initiative. Over the last ten years greenhouse gas production is falling while the economies in the Northeast are ahead of the rest of the nation. California, Ontario, and Quebec are in a North American cap and trade market, with other Canadian provinces joining soon. Oregon could link up with this successful system, reducing costs and giving businesses more options to diminish their emissions. Joining a tried-and-true policy that has been tested elsewhere.

The Clean Energy Jobs Bill has the potential to raise 60 million dollars per year, which can benefit communities across the State by making clean power, such as solar and wind, available. Oregon has limits for climate pollution already on the books, but this bill would enforce those laws. Many different people are employed in a clean energy economy; manufacturing workers, construction trades, engineers, sales people, designers, administrators, and custodians. This is a bill that can both clean up our atmosphere and stimulate the economy.

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"women have been central to the environmental 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 January

IncoWa Postcard Party

Every Friday, 1-3 pm
Ocean Park, WA (private home; email gwenbrake@gmail.com for details)

INCO Happy Hour

Every Wednesday, 4 - 6 pm
Astoria (email incoregon@gmail.com for details)

INCO Oppose Bigotry Team Meeting

Tuesday, January 2, 6 pm
Astoria (private home; email incoregon@gmail.com for details)

Astoria INCO Community Group

Tuesday, January 9, 6 pm
Winekraft, Astoria

INCO Vote the Future at Clatsop

County Commissioners meeting
Judge Guy Boyington Building, Astoria
Requesting action on Voter Pamphlets for all elections
Wednesday, January 10, 6 pm

INCO Reading Group: American Nations: History of the Eleven Rival Regional Cultures

Wednesday, January 10, 6:30 pm
Astoria (private home; email incoregon@gmail.com for details)

Seaside/Gearhart INCO Community Group

Thursday, January 11, 6:30 pm
Seaside (private home; email incoregon@gmail.com for details)

Warrenton Community Group Meeting

Saturday, January 13, 11 am
Dooger's Seafood and Grill, Warrenton

INCO Vote the Future Team

Wednesday, January 17, 6:30 pm
Seaside Library Board Room

TURN THE TIDE 2018

Indivisible North Coast Oregon Regional Summit



Summit keynote speaker Jen Hoffman

EVERYONE OPPOSING the Trumpian threat to democracy and human decency is invited to take part in "Turn the Tide 2018," a regional summit presented by Indivisible North Coast Oregon (INCO). The summit is Saturday, January 20 at the Lovell Showroom, 426 14th Street, Astoria. The event is free and open to the public. Doors open at 8:30 a.m.

"Whether you're newly concerned or a longtime activist, we invite you to join us for a single session or the entire program," said INCO co-leader Deb Vanasse, from Warrenton.

Guest speakers will share strategies for framing the dialogue, sustaining activism, and transforming grassroots energy into action. Small group workshops on inspired activism round out the program.

"We're delighted to offer this opportunity to strengthen community networks and build new skills for defending democracy and promoting progressive values," said Laurie Caplan, INCO co-leader, from Astoria. Caplan and Vanasse were two of the planners of the Astoria Women's March in January, 2017, which drew more than 1300 residents from across the region. Since then, INCO has become a regional leader of resistance and productive action.

Summit keynote speaker **JEN HOFFMAN** of Salem writes the weekly Americans of Conscience action checklist, with over 70,000 subscribers. In "Answering the Call," she'll share strategies for sustained activism.



Lindsay Hessel

Explaining brain research that she used to coach the US Synchronized Swimming Olympic Team to double Bronze medals, **LINAI VAZ** of Portland will share ways progressives can re-frame the debate. Sister District team leader

Saturday, January 20

Lovell Showroom, 426 14th Street, Astoria
Open to everyone determined to defend our democracy
Free • Donations welcome

8:30 - 4:30 Come for one session or stay for the day

- Energize & strategize for 2018
- Community networking and engagement
- Resources, opportunities, action

4:30 - 5:30ish "Run for Something"

Q&A for potential candidates: open positions, how to run, how to campaign, how to enjoy the process

Hosted by INCO's Vote the Future Team

8 - 10 pm Rock the Resistance Dance

Free • Donations welcome
DJ Joey Altruda

LINDSAY HESSEL,

also of Portland, will discuss deepening the bench of candidates and the essential grassroots work that gets people elected.

At the Summit, community members can engage with INCO's Oppose Bigotry, Vote the Future, and

Events Teams as well as the INCO Book Club. Members of INCO Community Groups in Manzanita/Cannon Beach, Seaside/Gearhart, Warrenton, Astoria, and the Washington Peninsula will also be on hand. A box lunch from Good to Go will be available for ordering and purchase by 9:30 am.

People considering running for office are invited to an informal session at 4:30 at the Lovell Showroom. "Run for Something" features conversation with local campaign experts about open positions, campaign strategies, and enjoying the process.

Registration is not required, but seating is limited. For the full Summit schedule, visit www.indivisible-northcoastor.blogspot.com, or contact incoregon@gmail.com. A box lunch from Good to Go will be available for ordering and purchase by 9:30 am. For more information about INCO and this event, go to www.indivisible-northcoastor.blogspot.com, or contact incoregon@gmail.com.

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.

Sign up to receive the INCO e-newsletter and Action Alerts at www.indivisible-northcoastor.blogspot.com. To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.



Linai Vaz

POET MARY LOU MCAULEY

Nine Hundred Moon Journey

Book Release Celebration

By Alyssa Graybeal

MARY LOU MCAULEY of Astoria will launch her second book of poetry, *The Nine Hundred Moon Journey*, at KALA on February 02 at 7:30pm. "That's how many moons I've been alive," McAuley says. She explains that measuring time in lunar cycles feels like a softer way to refer to age, and it also includes that sense of distance.

McAuley describes her poetry as a narration of what she sees. "Very often it's about an encounter or something I see in the street. I'm more of a watcher and a terrible eavesdropper," she says. "But for one or two of them I woke up with the opening line." Her voice is joyful when she talks about following where those single lines want to take her, and the epigram for the first part of the book, from Irish Poet Michael Longley, echoes this sense of wonder: "If I knew where poems came from, I'd go there."

The second part of the book includes more from her own life; it begins with a quote from jazz musician Orenette Coleman: "The theme you play at the start of the number is the territory, and what comes after...is the adventure."

McAuley was born in Chehalis, grew in up in Goldendale, and went to college in Seattle, and she was the first owner of what is now Jupiter's Rare & Used Books in Cannon Beach. She met her husband, painter Robert Paulmenn, in Colorado before moving back to Oregon. "My husband says from the

moment he met me, all I could talk about was the Columbia River and getting back. So we moved here six years ago." She also describes how, when they bought a house, friends joked, "They gave you guys a 30-year mortgage?" But, of course, none of us knows how many moons we have left.

McAuley loves the generosity of spirit she finds in Astoria, and the amount of art that comes out of here, whether locals see it or not. "The light and the water and just the goodwill," she says. "I like the sensibility of Oregon."

After the publication of her first book of poetry, *The Other Door*, McAuley was surprised when people came up to her with tears in their eyes because something she wrote had touched them so deeply. "One of my friends took the book on the Pacific Coast Trail and used it as her journal, writing as she read," she says. "I think a strength for me is that once something's done, it's done, so I was really touched that people were still holding it close, because it meant a lot to me."

She sometimes includes real people in her work but always makes sure to do so with integrity. "The constraints on that have really loosened up in the last little while, and people are acknowledging that personal feelings, perspectives, and memories are your own." She adds, "Due to the sheer amount of information out there with social media and blogging and print, people wade their way through the maze as they choose. They aren't looking at one thing on the shelf and calling it representative of a genre anymore."

McAuley jokes, "Sometimes when I tell people I've written a book of poetry, I can tell from the look in their eyes that they think they're going to be really embarrassed to read it. I don't think it's conscious but they have that feeling of 'oh, I can't bear to look.'" But what she loves most about the writing process is that it whispers. "It's pretty hard to shout poetry," she says. "Over the years I've chosen to listen to the whispers."

McAuley's readers are lucky to have such an attentive listener to reflect back both her observations of Astoria and her nine hundred moon journey. She's also a supporter of the multiplicity of voices in Astoria and MCs Ric's Poetry Mic at WineKraft on the first Tuesday of every month. The group welcomes all listeners and readers of prose pieces or poems (under five minutes long). Readings are from 7 to 8:30pm, and sign-ups are at 6:45pm.

Copies of both of Mary Lou McAuley's books of poetry will be available for sale at KALA on February 02 at 7:30pm. Doors 7pm, cover \$8. Following the reading enjoy a complimentary dessert social and book signing. KALA is located at 1017 Marine Drive in Astoria.



Photo: Dinaiah Orell

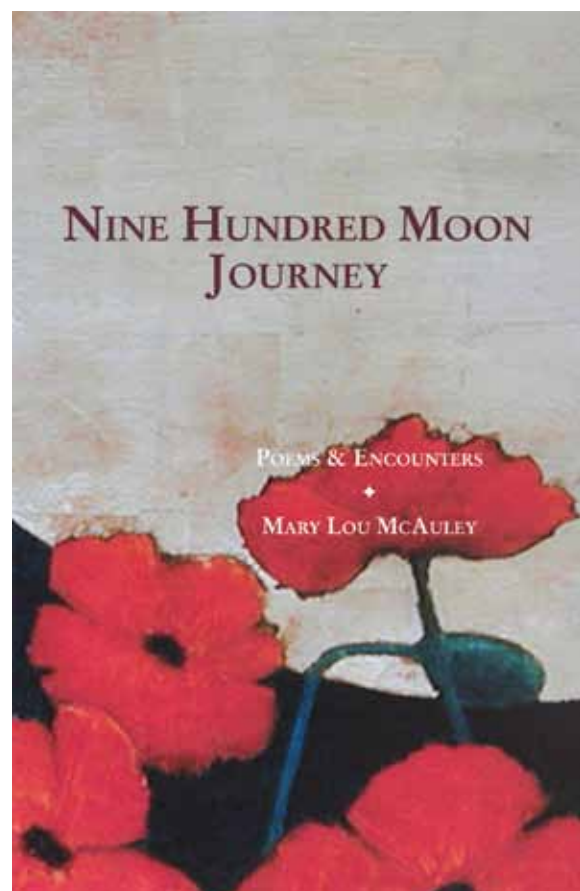
Paintbrush

As we drove from Seaview to Astoria today, through landscape very much like the fields and wetlands where I grew up in southwest Washington, I felt the stirring of a memory. A cherished memory of watching the Disney Storybook movies of my childhood.

In the opening sequence, a paint brush moved across the screen. As the paint flowed off the brush, a full color scene appeared. When the scene was fully painted in, it came to life and started to move. I remember its moving tip bringing the color and movement of living blossoms to Johnny Appleseed's orchards, listening to him whistle while he planted the seeds. Its swipe across the buttes and towers of the Painted Desert dripping in reds and purples with smoke signals rising and 'tom-tom's' beating in the distance.

This is the memory that was seeping through the landscape I saw today. It seemed as though that paintbrush was still ahead of me, drawing rain soaked fall meadows, dark russet, dripping vines, the shiny blackness of my tall rubber boots. For some minutes, I was back once more on a childhood walk through fields near my home, filled with the belief that I was walking through my forever territory, my world as it would always be.

By Mary Lou McAuley





Envisioning a greater future for local/independent producers ASTORIA CO-OP GROCERY Begins Land Use Approval Process for Expansion

By Alyssa Graybeal

the new store too," says Zetty Nemlowill, Marketing Director. Currently, the office also serves as the break room and the receiving area and where the accounting is done and where the buyers are making their calls. "It's kind of exciting and a wonderful work culture, but it's so obvious behind the scenes that we've outgrown that space."

Stanley adds, "Right now we're schlepping everything through the front door, no matter the weather." The goal is to increase efficiency, making the new store more accessible to more people. "The Co-op is still a little boutiquey, and it's not in a facility that looks or operates like a grocery store. But we can expand and still have

walking neighborhood with a mixed-use component." The neighbors to the new store are, for the most part, supportive. However, some residents have expressed concerns with traffic congestion on Marine Drive.

To address these concerns, says Stanley, "The owner commissioned a full traffic study; as of now, it's not showing any required mitigations. It didn't find the volume of traffic the store will generate to be a concern for safety or pedestrians." If traffic turns out to be a problem, the city can override the traffic study, but Stanley doesn't anticipate this happening. For a size comparison, Safeway has about 50–60,000 square feet of retail space, while the new Co-op store will have about 7,000 square feet.

"The cool thing about the site is there are two ways into it. You can go down 23rd Street or you can go along Commercial Street in front of City Lumber," says Stanley. Columbia Memorial Hospital has also recently undertaken mitigations in that intersection, which used to be all open curb cut, to make it safer.

Nemlowill adds, "Unfortunately, traffic congestion is a big problem all over Astoria, and every site we looked at was along Marine Drive because we want to be visible. We want to gain the most sales possible so we can leverage our Co-op to source from local food producers and farmers, doing things with sustainability in mind, things that chain retailers aren't doing."

"There's a lot of 'local-washing' going on," says Nemlowill. "Everyone is touting local, but who knows where the producers are from." The Co-op flags independent producers from Oregon and Washington, but both Stanley and Nemlowill are most excited about working with hyper-local producers. These are the farmers who deliver directly to the Co-op. "The stories we tell in our communications are really about coastal producers," says Nemlowill.

"You walk into the store now and you see beautiful portraits of local producers by Trav Williams at Broken Banjo Photography—Blue Scorchers Bakery & Cafe, Glory B Farms, Josephson's Smokehouse, 46 North Farm, Backwater Farm—that reflect the hyper-local producers we like to promote."

"Eventually, the new produce department will do close to the amount of sales that the entire store does now. That's a big impact," says Stanley. Nemlowill adds, "It could change farmers' lives to be able to sell the volume that we're going to be able to sell."

The completion of the new store does not yet have a firm date. The land use process will end in March 2018; Astor Venture LLC will get the permits to break ground in late spring/early summer. After that, it will be six to eight months of construction. Until then, says Nemlowill, "we're not forgetting about our operations right now."

IN NOVEMBER 2017, Astoria Co-op Grocery met its fundraising goal of \$1.5 million in owner investment for a new store, which is a testament to the amount of local support. Of the \$8 million project, the Co-op's portion is \$3.8 million, says Matt Stanley, General Manager, who is currently seeking to secure outside financing to make up the difference.

The new store will take up approximately 60% of the vacant commercially-zoned property in the Mill Pond neighborhood at 23rd Street and Marine Drive, and the Co-op recently signed the lease. For the building itself, the Co-op partnered with Astor Venture LLC and Don Vallaster, an architect from Portland who also owns the Baked Alaska building on 12th Street. "We found a partner who really believes in what we're doing and is able to do something that's community-focused," says Stanley.

About 90% of the approximately 1,000 people who took the Co-op's comprehensive shopper study a few years ago favored expansion. In response, the new store will include almost four times the amount of retail space, a full-service deli, an expanded meat and seafood department, and more parking.

It's not only customers who will benefit from the expansion. "The staff is really excited about

very strong cooperative principles," says Stanley.

One critique of the Co-op is that it's too expensive. However, a recent \$800 comparison shop found that the Co-op's prices are within 4% of a large local retailer. "We're getting better and leveraging all of our resources to lower prices," says Nemlowill, "and this new store will give us the purchasing power to get us even more competitive on price." Stanley adds that this was one of the reasons the Co-op decided to partner with an owner to lease a building instead of own one. "It allows the Co-op to take our capital and focus it back into the store."

In addition to securing the remainder of the financing, the Co-op is currently going through a land use approval process with the City of Astoria's Planning Commission. The Planning Commission will meet on January 24 at 7pm, and the public will have an opportunity to comment.

Nemlowill explains why changes to the current code are needed. "The city was trying to prevent a big box store from coming in when they designed that area, so square footage of a retailer is limited. What we need to build is slightly larger than the code currently allows, but there is a process to amend that. That's what we're starting."

According to the original Mill Pond development plan, the area was always meant to be a



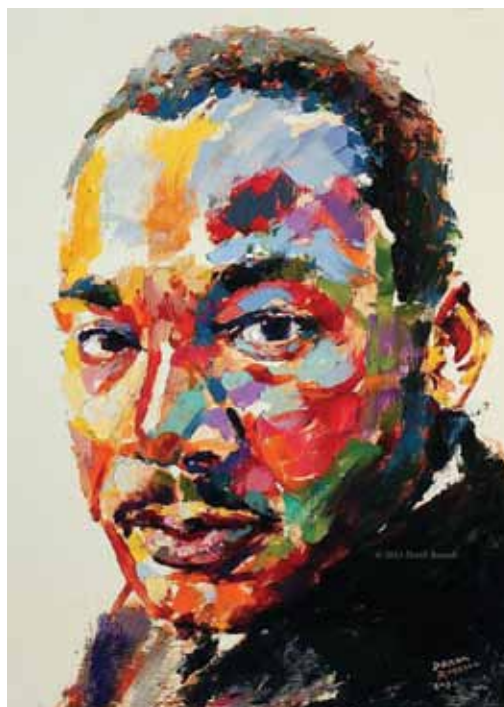
Michael Schultz "PIC" (person in charge) Grocery, and Carissa Conklin/Produce, work the stock room destined for expansion.

2nd Annual Dr. Martin Luther King Jr. Celebration: The Power of LOVE!

“Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”

Martin Luther King Jr.

The Oregon Coast Love Coalition (OCLC) invites you to join the 2nd annual Dr. Martin Luther King Jr. weekend celebrating his message of love, hope and unity. January 13-15, 2018
The theme for this year is “The Power of LOVE!”



January 13

The weekend kicks off on Saturday, January 13th at 4pm with a showing of the documentary film, “No Joke!” at Nehalem Bay United Methodist Church, 36050 10th St., Nehalem OR. The film tells the story of three clergymen—a Rabbi, an Imam, and a preacher—who forge a lasting friendship that doesn’t require abandoning the unique beliefs they each hold. These three men have learned the art of “staying in the room with difference,” the deep connection that comes from “being unusually interested in each other,” and the freedom that comes when we “stop comparing my best with your worst.” Following the film, we will share a meal and break bread together. We will then have a discussion using the World Café model: shaping our futures through conversations that matter. The discussion will be moderated by Pastor Steve Wolfe.

Sunday January 14

On Sunday, January 14th at 6 pm, join us for an evening of storytelling. In “Unsung Heroes: Their Lives, Their Stories” members of the community will take attendees on a journey into the lives of others who made a substantial impact to the civil rights movement: Ruby Bridges, Bayard Rustin, Fannie Lou Hammer, Howard Thurman, Andrew Goodman, Bernice Fisher, Claudette Colvin, Tracy Sims, Emmett Till, Willa Brown, Ella Baker and Mahalia Jackson. The performance (featuring songs of the movement by LaNicia Williams) will take place at the Hoffman Center of the Arts, 594 Laneda Ave, Manzanita, OR.

January 15

In celebration of Dr. Martin Luther King Jr. Day on Monday, January 15th a community day of service takes place from 8:30am – 2pm. The Oregon Coast Love Coalition is partnering with

Habitat for Humanity to provide service within the community through Tillamook county Habitat’s Ramps & Rails Program which offers loans to qualifying seniors, people with disabilities, and veterans. For more information on qualifying for a loan through Habitat or having a home serviced, please email Cami Aufdermauer at caufdermauer@tillamookhabitat.org. If you would like to sign up to be a volunteer, please email LaNicia Williams at coastalsoulnw@gmail.com.

- A continental breakfast for team members is offered at each location. Following work, a community lunch will be prepared by Jake Burden, owner of Offshore Grill (Rockaway, OR) at Nehalem Bay United Methodist Church, 36050 10th St., Nehalem OR.

- All events are free to the public and family friendly. Sponsors include: Habitat for Humanity of Tillamook County, NorthWest Senior and Disability Services Nehalem Bay United Methodist Church, Nehalem Lumber, Offshore Grill, Cash & Carry, and community/friends of Oregon Coast Love Coalition.

The Oregon Coast Love Coalition was founded in 2016 by LaNicia Williams to help create and foster a culture of inclusion in the communities of the Oregon Coast, so anyone can visit or live here and be respected regardless of race, economic standing, political or religious background, sexual orientation or disability status. The group is dedicated to creating an environment where differences are set aside for the common denominator of love and community. For more information please call 425-243-3765 or email coastalsoulnw@gmail.com.

Walk in Solidarity Astoria Jan 14 In Honor of Dr. Martin Luther King Jr.

JOIN the Astoria International Film Festival and The Lower Columbia Diversity Project and INCO (Indivisible North Coast Oregon), for a special showing of the film, SELMA, at the Liberty Theater in downtown Astoria, at 2pm on Sunday, January 14, 2018, in celebration of Dr Martin Luther King Jr’s Birthday(January 15).

Following the film, there will be a public candle-light walk down Commercial Street, ending at The Blue Scorchers Bakery and Cafe, for hot beverages and discussion. On Monday, January 15, there is an opportunity to help the Astoria Warming Center from 9am-noon. After the work morning, participants are invited to a pizza lunch.

About SELMA, presented by the Astoria International Film Festival:

Written by Paul Webb , Directed by Ava Du-Verney, Starring David Oyelowo & Carmen Ejogo

A chronicle of Dr. Martin Luther King, Jr.’s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

Tickets can be purchased through libertytheater@showare.com or by calling 503-325-5922, ext 55

About Astoria International Film Festival: AIFF 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. Astoria International Film Festival is a non-profit organization.

For more information, contact Janet Weidman at 503-325-1306 or janet.weidman@icloud.com



RiverSea Gallery Greet the New Year with Two Separate Shows



J Piety, *In the Company of Bears and Auks*, 24x19

RIVERSEA GALLERY opens two separate shows during Second Saturday Artwalk on January 13, with a reception from 5:00 to 8:00 pm featuring live music and catered refreshments. The exhibited artwork in both shows will remain on view through February 6, 2018. Endangered is a themed group show dedicated to species that are on the path to extinction and to those already lost. Paintings, works on paper, and sculpture by twelve regional artists depict extinct species and those teetering on the brink due to drastic climate change and incursions by human civilization into natural habitats. View artwork by: Bill Atwood, Mark Hansen, Patricia Jollimore, Mark Larson, Jill McVarish, Hickory Mertsching, Melissa Monroe, Jesse Narens, June Piety, Jesse Reno, Penny Treat, and Claudia Zimmerman.

In the Alcove space, Noel Thomas presents an abundant new selection of small watercolors and drawings in a solo exhibition titled, *All Over the Map*. Covering a broad range of subject matter, the artist shows works that celebrate life on the north coast and vignettes from his travels. The show encompasses both framed and unframed works, most 12" x 15" and smaller. Featured local musical duo, TaTaTa presents tiny, sensitive, original music, inspired by science, the mind of a child, lost art, and thoughts from inanimate objects. It is imagined, composed, and performed by: Stunning Raygun guitarist, Raymond Martin and vocalist/lyricist, Mary de la Salandra.

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

AfroCaribe Dance Workshop w/ Kimberly Miguel Mullen

AFROCARIBE DANCE Workshop with Visiting Artist, Kimberly Miguel Mullen with Live Drum Accompaniment led by Jesse Berdine! Thursday, **January 25th 6:30 to 8:30pm** at the AAMC. \$20 at the door (no pre-reg required), all skill and fitness levels welcome. This spirited workshop will celebrate the art of living through the joyful dances from The Caribbean, Cuba & Brazil. FMI: www.kimberlymiguelmullen.com or www.astoriaartsandmovement.com

Kimberly Miguel Mullen, M.A. is an internationally touring dance artist and cultural ethnologist who travels the world to create links among cultures through the expression of dance. The Los Angeles Times has

described her movement as "spectacularly supple," owing to her natural beauty, grace and technical expression of sacred and secular cultural dance forms from the Caribbean, Cuba & Brazil. Among her many achievements over the course of her 20+ year professional dance career, she is a University Dance Professor, a solo performance artist, an internationally acclaimed award winning Dance DVD artist, Retreat facilitator, and Co-Founder of Tambor Y Danza Cuba, a cultural arts Drum & Dance Immersion Program across Cuba. She offers spirited AfroCaribe & AfroBrazilian dance classes, workshops, residencies, retreats and cultural arts immersion programs worldwide.



The Busine\$\$ of Art • Winter Term CCC

ART SCHOOLS, in general, teach the skills to develop an artist's vision or voice. But rarely do they give their students the practical tools to establish stability and prosperity so they may maintain a creative livelihood for which they have trained.

Coming winter term, at Clatsop Community College, is a ten week course, The Busine\$\$ of Art. Registration begins November 2017. Held on Saturdays at 10 a.m. in Towler Hall, starting January 13, 2018, it will endow students with three major skills, organization, self-promotion, and how to find reliable sales opportunities.

The twelve specific areas covered are: Writing the Artist Statement, The Business Card, Resume – Shows and Gallery, Finding a Photographer, Portfolio Arrangement, Looking for a Gallery, Shop, or Showroom – Questions to Ask, Applying to Shows and Exhibitions – Tips and Tricks, Writing the Press Release, Show Display, Studio Organization, Office and Shipping Organization, Preparing for Media Questions from the Press.

Two or more of these specific areas are combined over a ten-week course, one day per week, lasting one and a half hours each. Every class has power point examples, hands on activities, and

valuable contact information. The workbook for the course is \$30. At the end of the term students will have the tools to organize, research, promote, and display their work with, possibly, a presentation in the Visual Arts Building or Library.

The Busine\$\$ of Art course is suitable for 2-D & 3-D visual artists, as well as musicians, craftspeople, and performers.

Pamela Mattson McDonald was a nationally represented architectural ceramic designer and manufacturer for almost two decades. Selling through the America Craft Council, Oregon Potters Association Showcase Show, through showrooms, galleries, and exhibitions. Her work is featured in some of the most attractive homes in the country and has taught this workshop previously for art organizations and schools. She received her Bachelors of Fine Art in Ceramic Technology and Design at the New York State College of Ceramics at Alfred University and her Masters in Teaching at Pacific University.

Contact: Pamela Mattson McDonald matmcd2002@gmail.com
Mary Kemhus, CCC Dean of Community Education mkemhus@clatsopcc.edu

ART ON

TNT Lecture: A Family Residence in Decline John Goodenberger

THE CLATSOP COUNTY Historical Society's Thursday Night Talks (TNT) lecture series continues January 18th with "A Family Residence in Decline".

The descendants of Capt. George Flavel are among Astoria's most talked about residents. Reclusive, mysterious, and fodder for endless gossip, no other family garnered more newspaper ink in the last half century. Thirty years ago, their house, an imposing Colonial Revival—a symbol of wealth and respectability—began showing signs of decay. Then, the family disappeared; the house was swallowed by vines. Astoria nearly lost one of its grand structures while its citizens wondered aloud what had happened to the Flavels and what could be done about the house.

John Goodenberger, trained in architecture and historic preservation, will speak about the Flavel family tree, the history of the house, and the circumstances surrounding its descent. "A lot of people run amok with the facts regarding the Flavels," noted Goodenberger. "There's no need to embellish this story."

The Clatsop County Historical Society's TNT lecture series is a free event at Fort George Brewery on the third Thursday of each month. Doors open at 6:00 pm, with lectures beginning at 7:00 pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult.



Trail's End Art Center

Honors Lou Kister With Lifetime Membership Award

LONGTIME Trail's End Art Center member, Lou Kister, was recently honored for her participation and support of the center – by outgoing President Richard Newman – during the center's recent year-end meeting, potluck, and announcement of new officers for 2018. Kister has been a member of Trail's End since 2003, enjoying a variety of art classes, being part of the center's celebrations and exhibitions, and volunteering in many aspects of its operations. The Lifetime Member Award signifies the Center's appreciation for all her efforts.

Kister's interest in art began following her retirement in 2001 after many years of teaching school and raising her four children. "As a child, I loved to draw," she says. "The only art classes I had were my eight years in elementary school. I did not pursue art in high school because I was too busy with violin, piano, and singing!" She adds "In 1988 I started taking a watercolor class during summer school at Whitworth College in Spokane, Washington. I enjoyed it so much that I continued taking watercolor classes for the next two summers. In my third year, I worked on portraits."

When she retired from teaching, she took a trip to Italy. While in Florence, she realized how little she really knew about art, but definitely wanted to learn more. Kister took all the two dimensional art classes she could find at Clatsop Community College, along with art history. "I have worked in pencil, oil, pastels, mixed media and acrylic. I joined Trail's End Art Association in 2003 in order to continue working in watercolor and to have year 'round contact with other artists."

Trail's End Gallery will open its first show of the New Year on February 3rd with a reception serving wine and hors d'oeuvres from 2:00-5:00.

People will find artwork by new and longstanding members in watercolor, pastel, oil and acrylic, mixed media, photography and sculpture in the gallery and smaller three-dimensional items, cards and prints in the front lobby entrance.

The classroom will be open for all ages to do a Make It and Take It Valentine project. All materials will be provided and directed by Janet Hutchings, a talented new member.

The gallery is located in Gearhart at 656 A Street one block south of Pacific Way.



January Cultural Calendar

Tuesday 9

FOOD & DRINK

Farmers, ranchers, fishermen, cheese makers, all kinds of food producers can make connections with chefs, bakers or other food company buyers. 10:30am – Noon at the North Coast Food Web in Astoria.

LITERARY

Pacific University Master of Fine Arts in Writing Program Reading Series. 7:30pm at the Best Western Ocean View Resort in Seaside.

Wednesday10

HAPPENING

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

LECTURE

HRAP Lecture Series. The Marine Reserves Research Project, with Wolfe Wagman. 7pm at the Cannon Beach Library.

Art of Aging/Dying Series. Jump Into Your Second Adulthood. 3pm at the Hoffman Center in Manzanita.

LITERARY

Pacific University Master of Fine Arts in Writing Program Reading Series. 7:30pm at the Best Western Ocean View Resort in Seaside.

Thursday 11

MUSIC

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

CINEMA

The Maltese Falcon. Free, 6pm at the Manzanita Library.

LECTURE

Nature Matters. A Future for Oregon Wolves. With Quinn Read. 7pm at the Ft George Lovell Showroom in Astoria.

LITERARY

Pacific University Master of Fine Arts in Writing Program Reading Series. 7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Friday 12

MUSIC

The Junebugs. No cover, 7pm at the Gearhart Hotel.

Kate & The Crocodiles. \$23, 7:30pm at NCRD Performing Arts Center in Nehalem.

Jazz w/ Chris Parker. NYC Jazz pianist/composer Chris Parker performs with NW contemporary artists Damien Erskine, Tim Wilcox and Jason Palmer. \$16. Advance tickets available. @ libertyastoria.org/Shows & Events. Show 8pm, doors 7:30pm. AT KALA in Astoria.

Those Willows. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Connect US 20 Exhibit. 5 – 7pm in the Chessman Gallery in the Lincoln City Cultural Center.

Artistry in Wood Show and Sale. Free admission and free seminars. 10am – 5pm at Chinook Winds in Lincoln City.

CINEMA

Fandom Friday Film Screening. Blade Runner. Free, 6pm at the Astoria Public Library.

LITERARY

Pacific University Master of Fine Arts in Writing Program Reading Series. 7:30pm at the Best Western Ocean View Resort in Seaside.

THEATER

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Saturday 13

MUSIC

Bar K Buckaroos. 6pm at Public Coast Brewing in Cannon Beach.

Two Crows Joy. 7pm at WineKraft in Astoria.

Russian Gold III. A Russian “Old New Year’s Eve” concert with Sergey Antonov and Ilya Kazantsev. \$40, 7:30pm at the Liberty Theater in Astoria.

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

ART

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

Artist Reception. 3 Squared: Line Light, Layers. 6 – 7:30pm at the Cannon Beach Gallery.

THE JUNEBUGS

Portland’s funnest High Energy Folk Rock Trio. The eclectic taste of this group ranges from turn of the century Americana to modern Hip Hop, all with a strong emphasis on vocal harmony and fun times galore!

Friday, Jan 12, 7-10pm at the Sandtrap in Gearhart. All Ages No Cover

ASTORIA MUSIC FESTIVAL Presents Russian Gold III: A Russian “Old New Year’s Eve” Saturday, January 13 in the Liberty Theater

ASTORIA MUSIC FESTIVAL SUPER STARS, the Internationally acclaimed and Gold Medal Winner, International Tchaikovsky Competition (Moscow), cellist **SERGEY ANTONOV** and Gold Medal Winner, Nikolai Rubinstein International Competition (Paris) pianist **ILYA KAZANTSEV** return for their annual winter recital just in time to celebrate “Old New Year’s Eve.”

Russia’s old Julian calendar puts New Year’s Day on our January 14, so we have second chance to celebrate. Join the party! The all-Russian program includes music by Tchaikovsky and Rachmaninoff.

Level A Seating and Post-Concert Reception \$40. General Admission \$20. Students \$5.

Tickets available at the Liberty Theater. In person: Box office, 1203 Commercial St., Astoria. Online: libertyastoria.org. By phone: 503.325.5922 extension 55.

An Artists Reception for \$40 ticket holders follows the concert at the Wine Bar at the Hotel Elliott (357 12th Street, Astoria).



CINEMA

No Joke! Free, 4pm at the Nehalem Bay United Methodist Church in Nehalem.

FOOD & DRINK

Meet Your Farmer Event. Meet Your Farmer’s aim is to connect local farmers with individuals and families on the North Coast that are interested in joining annual Community Supported Agriculture (CSA) programs or learning about other food offerings from local purveyors. 1 – 3pm at the North Coast Food Web in Astoria.

HAPPENING

Builders and Tinkerers. Come to the library to tweak, test, try out and build using a variety of library materials and collections. Free, 2- 3pm at the Ilwaco Library.

Dr Martin Luther King, Jr Celebration: The Power of Love. The weekend kicks off on Saturday, January 13th at 4pm with a showing of the documentary film, “No Joke!” at Nehalem Bay United Methodist Church, Nehalem. The film tells the story of three clergymen—a Rabbi, an Imam, and a preacher— who forge a lasting friendship that doesn’t require abandoning the unique beliefs they each hold. Following the film, we will share a meal and break bread together. We will then have a discussion using the World Café model.

Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

The Later Show. DJ Dance with vintage vinyl veteran L.A. DJ Joey Altruda. 8pm. \$8 @ the door. KALA in Astoria.

Tillamook Head Gathering. Entertainment provided by Brian Bovenizer and the New Old Stock, Max Strozzi, Jim Stewart and John Mersereau. Local artist silent auction and light fare by The Stand. 6:30 – 10:30pm at the Seaside Convention Center.

LITERARY

My Three Friends. With author Linda Eddleston. 1pm at the Seaside Library.

THEATER

Dare to Tell. Crossing the Columbia with York. A dramatic one-man show, starring Gideon F.

For-mukwai as York of the Lewis and Clark Expedition 1804 -1806. \$10, 7pm at the Hoffman Center in Manzanita.

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Sunday 14

MUSIC

Eric John Kaiser. 6pm at Public Coast Brewing in Cannon Beach.

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

An American Forrest. Western from Adna, WA. No cover. 8pm at Fort George Brewery & Public House in Astoria.

CINEMA

Astoria International Film Festival. Selma. \$10, 2pm at the Liberty Theater in Astoria. Following the film, there will be a public candle-light walk down Commercial Street, ending at The Blue Scorchers Bakery and Cafe, for hot beverages and discussion.

HAPPENING

Dr Martin Luther King, Jr Celebration: The Power of Love. Unsung Heroes: Their Lives, Their Stories. An evening of Storytelling. featuring songs of the movement by LaNicia Williams. 6pm at the Hoffman Center in Manzanita.

THEATER

Edge of Darkness. Thriller. pm at TAPA in Tillamook.

Monday 15

MUSIC

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

FOOD & DRINK

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

HAPPENING

Volunteer Opportunity. Help the Astoria Warming Center from 9am-noon. After the work morning, participants are invited to a pizza lunch. At the United

Methodist Church in Astoria.

Dr Martin Luther King, Jr Celebration: The Power of Love. We will celebrate Dr. Martin Luther King Jr. Day with a community day of service from 8:30am – 2pm. The Oregon Coast Love Coalition is partnering with Habitat for Humanity to provide service within our community through Tillamook county Habitat’s Ramps & Rails Program. If you would like to sign up to be a volunteer, please email LaNicia Williams at coastalsoulnw@gmail.com. We will have a continental breakfast for team members at each location. Following work, we will have a community lunch at Nehalem Bay United Methodist Church

Tuesday 16

LECTURE

AAUW Forum. Voices of Leadership. With Liane Donovan, Tiffany Mitchell, Joanne Rideout, and Kathleen Sullivan. Free, 5:30pm in the Flag Room at the Astoria Library.

Wednesday 17

MUSIC

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

Thursday 18

MUSIC

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

Mary Flower & the BBQ Boys. \$45 for dinner and music. At Bread and Ocean in Manzanita. Call 503-368=5823 to make reservations.

LECTURE

Salty Talks. An evening of conversation with Bette Lu Krause who will discuss her experiences as a Merchant Marine. 6:30pm at Salt Hotel 7 Pub in Ilwaco.

→ cont. p18



TAPA Dark Thriller EDGE OF DARKNESS Opens Jan 12

THE EDGE OF DARKNESS sounds like a pretty ominous title for a play, until you find out it's a psychological thriller written by the talented Brian Clemens. Directed by Steele Fleisher this can't-miss production opens January 12th and runs through January 27th.

The dark and sinister thriller is set in the early days of the 1900s, with a daughter who has amnesia and a fear of knives and silver bells...but why? Who is the mysterious handyman, what secrets are the parents hiding, and why does the young woman sleepwalk...while talking fluent Russian? From an expert at the art of thriller writing with over fifty years of screenwriting experience...this is excellent entertainment for the dark winter nights of January!

"The Edge of Darkness" opens January 12 with a Gala Celebration, and runs through January 27. Friday and Saturday shows start at 7pm, Sunday shows start at 2pm. Tickets are \$15/person and available at Diamond Art Jewelers, 503-842-7940.



Edge Cast: (back row l to r) Kevin Josi, Kari Fleisher, Scott Malmquist, (front row l to r) Trish Bush, Robyn Eley.

For more information, email info@tillamooktheater.com or find them on Facebook.

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

Fit To Kill Opens at the Coaster Feb 2

A COMEDY NOIR that tells of infidelity and murder, with dark humor and multiplying plot twists. Adrian, a charming but self-indulgent chess master, enjoys a life of luxury thanks to his marriage to Janice, an older but still sexy and vibrant woman who has made a fortune as the CEO of an exercise empire. The arrival of Amy, a reporter with an agenda of her own, unleashes a whirlwind of deadly schemes that will keep audiences guessing until the final seconds. Directed by Jean Rice. Feb 2 - 24, Fri/Sat 7:30pm, Sundays 3pm. Tickets: coastertheatre.com

Also at The Coaster

ONE OF Oregon's long playing treasures of jazz/jazz fusion, **MR. TOM GRANT**

comes to the Coaster Theater on Jan 20. Grant teams up with vocalist **SHELLEY RUDOLPH** for a night of splendid song making.

Saturday Jan 20, 7:30pm, TICKETS: \$20 or \$25. Tickets available online, at the theatre box office or by calling 503-436-1242



Freddy and Francine



Hear their unique blend of soul, R&B and folk. Based in Los Angeles, Lee Ferris and Bianca Caruso met in the 40th Anniversary of a musical production of HAIR in LA in 2007. As individuals, Caruso developed a comedy television show with ABC and Ferris racked up 500 performances as Carl Perkins in the Broadway musical "Million Dollar Quartet." Freddy & Francine have released two EPs and three full length records since 2008. Their latest, "Gung Ho," was produced by renowned producer Todd Sicksafoose (Ani DiFranco, Andrew Bird, Anais Mitchell) and featured members of Ryan Adams, Rufus Wainwright, and Andrew Bird's touring bands.

Wednesday Jan 24, 7pm, Lincoln City Cultural Center. Following a special art unfolding engagement at The Chessman Gallery. \$15 advance, \$17 @ door. 18 and under \$10. Online at lincolncityculturalcenter.org

One Man Show: Gideon F. For-mukwai Portrays York

"Dare to Tell: Crossing the Columbia with York," is a dramatic one-man show, starring Gideon F. For-mukwai as York of the Lewis and Clark Expedition 1804 -1806. York was Captain Clark's black slave. His status notwithstanding, the records show he contributed immensely to the success of the expedition, as an indispensable bridge-builder.

Gideon takes the audience on a panoramic journey from Camp Dubois in Missouri to Fort Clatsop in Astoria, Oregon. In the course of the journey, York experiences 850 days of freedom. Unlike other slaves of that era, he was allowed to carry a rifle, vote alongside the soldiers, and given express permission to hunt and trade with the Indians.

But for the footnotes in the journals of his fellow explorers, York's story would have been lost. York's story is an open invitation to all of us to explore and to tell the stories of today's unsung heroes in communities, corporations and institutions. Who is the York of your community? Dare to tell the story of your own unsung heroes and keep their legacy alive.

After two years of researching and piecing together York's untold story, Gideon did test performances in Portland, Oregon and St Louis, Missouri. Prior to attempting this project, Gideon spent over 15 years honing the craft of business storytelling in Asia, Europe, Africa and America.

He combines a natural flair for telling stories with dramatic and poetic characters that blend entertaining serio-comedic messages with topical issues that engage and educate across cultures. With speaking awards from Nevada, California and Singapore, Gideon's public speaking and storytelling have taken him to countries such as Hong Kong, Singapore, Germany, Iraq, Canada



and United Arab Emirates.

Gideon is a bestselling author of The Science of Story Selling. Growing up in Africa, he was very mischievous and often got himself into deep trouble with all the villagers. Everyone in his village predicted that he'd end up in jail. He ended up in Portland, Oregon. Not bad for a kid with a weird name and goofy accent from Africa.

At The Hoffman Center for the Arts; 594 Laneda Avenue, Manzanita, OR, at 7pm on Saturday, January 13, 2018. Admission fee is \$10.

AUDITION See How They Run ASOC

THE ASTOR STREET Opry Company announces open auditions for "See how They Run" by Philip King and Directed by Edward James.

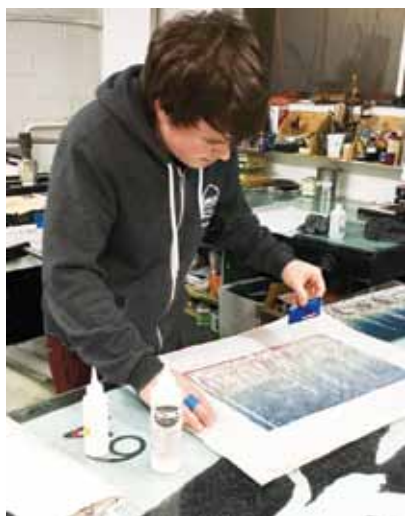
Auditions are set for Feb 4 at 6pm and Feb 5 at 7pm at the ASOC Playhouse. The play calls for nine players; 6 Men (appearing 20's and up), and 3 Women (appearing 18 and up). Ages are flexible. Ideally all players will have either a British, Cockney or Irish Accent, but not mandatory. No previous experience is necessary.

"Galloping in and out of the four doors of an English vicarage are an American actor and actress (he is now stationed with the

Air Force in England), a cockney maid who has seen too many American movies, an old maid who "touches alcohol for the first time in her life," four men in clergyman suits presenting the problem of which is which (for disguised as one is an escaped prisoner), and a sedate Bishop aghast at all these goings-on and the trumped up stories they tell him."

The show runs March 30, 31, April 6,7,8,13,14,20,21,22,27,28 with two Sunday Matinees on April 8 & 22 at 2pm. For more information, please contact Edward James, Director, at ejames1@charter.net or call at 503-799-0892.

Printmaker Stirling Gorsuch Selected for AVA Artist Residency



ASTORIA VISUAL ARTS welcomes artist Stirling Gorsuch to work in its studio at 80 11th Street in Astoria, rent-free, as part of the AVA artist-in-residence ("AVA a-i-r") program. The residency runs from January 1 through April 30, 2018.

Gorsuch, whose work is widely known regionally, has worked almost exclusively in the realm of printmaking the last six years, including mixed media, combining prints with drawings, paintings and collage. He plans to use the AVA a-i-r studio to work on larger-scale paintings. The planned pieces will be done on rag paper and panel using oil paint. The format size will be 18" x 24" and larger. Gorsuch will be working across media as well (monotype and painting, linocut and watercolor, for example).

"A residency with AVA is an opportunity for me to

expand on themes and ideas in my work, which I otherwise wouldn't be able to produce," wrote Gorsuch in his residency application. "I've always shared print studios, but have never had the luxury of a space to spread out my work, or the ability to rotate pieces around without needing to store them at the end of a painting session."

Stirling Gorsuch's current work is driven by a general curiosity about how the natural world develops over time. From memories and drawings, he depicts certain places he has visited as starting points to build on. He focuses intently on these particular locales, contemplating their history, while also re-discovering them through the creative process. "As I spend more time revisiting these places, I become more enamored with their complex natural history, and the rich visual experience accompanying them," he explains. "In consideration for new images, I'm searching for a story in the landscape that I can accentuate through visual means. Signs of geological activity, or indications of how weather has shaped the land are examples of what fascinate me as an observer."

During Astoria's 2nd Saturday Art Walk in February, Gorsuch will be showcasing both completed works and works-in-progress.

AVA a-i-r is designed to encourage the creative, intellectual and professional growth of local artists. The program is supported by the members of Astoria Visual Arts and the generosity of the Astoria Coffee House & Bistro and the Merry Time Bar and Grill.

Kim Rose Adams PNW Landscapes

SHOWING for 2nd Sat Art Walk at Good To Go Deli in Astoria, artist Kim Rose Adams presents framed prints, images on wood panels, iconic imagery and collectible photo magnets. Adams works in the medium of photography, shooting natural landscapes and iconic objects that reflect geological history and human culture. Through exploration and observation of the natural world, she enjoys making deeper connections to history of place and learning the meanings of cultural objects, which often leads to these kinds of curious questions and research.

By incorporating images into product design, art can be appreciated on a functional level in



"Ocean in the Sky," the Lady Washington

our daily Routines—thus imagery becomes the "spirit" of rather mundane objects.

Explore Adams work at <http://notyoureveryday-dreamer.rock>

Good To Go Deli is located at 1132 Commercial in Astoria. Art Walk 5-9pm.

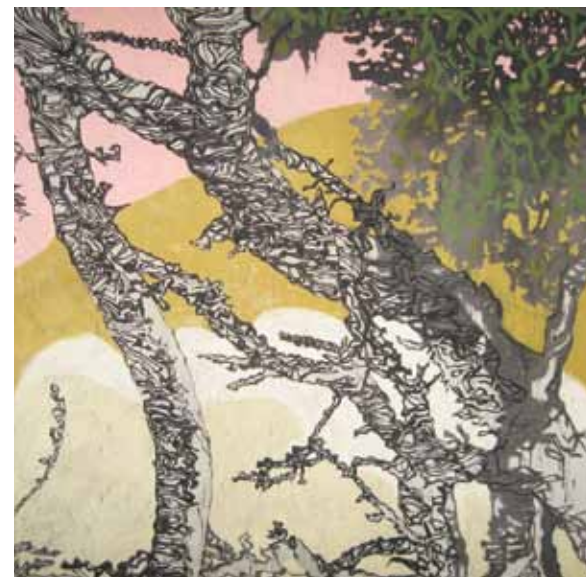
Roger Hayes MEMENTO MORI At IMOGEN

LOCAL FAVORITE and internationally renowned outsider artist Roger Hayes returns to Imogen for his third exhibition. Painting primarily in acrylic, he brings a new series of abstract and representational paintings considering memento mori, a Latin phrase translating to "remember you must die", or in this case artwork intended to remind the viewer of mortality and of the shortness and fragility of human life. The end of one year and the beginning of a new brings a time of transition.

Memento Mori will be on exhibit through February 6. Food and drink provided for the artist's reception during Artwalk, 5-9pm by our friends at Astoria Coffeehouse and Bistro.

Hayes imagery includes depictions of skulls as direct metaphor of his theme, but he also brings imagery of trees and other life forces of the forest to further narrate the philosophical concept of memento mori. About this series he states, "although trees seem to be long living, the northwest atmosphere is severe with other life forms such as moss, lichen, fungus, that slowly convert the forest back into biochemical constituents, bringing a kind of sad fleeting memory of things that were, or things that are surrendering their being. They both seem to have a kind of conversation together on this theme."

One of the better known painters of Memento Mori was surrealist Salvador Dali, with imagery that reminds us of time slipping away through symbols such as hourglasses, clocks and even skulls



Coffenbury | 75x77 ink and conte crayon on muslin

to depict the practice of recognizing one's own mortality, with life comes the acknowledgement of time passing, moving forward. The practice of honoring one's impending death is not to be feared but looked upon as a guide to self-reflection. The concept of memento mori came from a group of philosophizers known as the stoics. On the spiritual belief is was Roman philosopher Seneca who stated "Let us prepare our minds as if we'd come to the very end of life. Let us postpone nothing. Let us balance life's books each day. ... The one who puts the finishing touches on their life each day is never short of time."

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468. www.imogengallery.com .

Wendy Harmon at WAKE Gallery

ORIGINALLY from NYC, visual artist Wendy Harmon is having her first show in Astoria at The Wake Gallery in Astoria this January. Ms. Harmon spent much of her childhood at The Metropolitan Museum of Art and later at The NJ Center for Visual Art every day after school. Summers were spent at art programs at Skidmore and Carnegie Mellon. She received her BFA from MICA in 1995, and in 1996 had four solo shows in one month, was awarded an Individual Artist Award, as well as a Governor's Citation. She went on to do a yearlong residency at a Zen Buddhist monastery, where she studied brush work with Kazuaki Tanahashi, author of Brush Mind.

In 2001 Wendy entered the MFA program at Johnson State College with the VT Studio Center. While there she received a Partnership Award from MICA and Pilchuck, where she studied glassblowing with Sonja Blum Dahl, who nominated her for a Corning Award.

Ms. Harmon has exhibited all over the US and is in various collections, including that of Patrick MacDonnell, author of the comic strip Mutts.



In a Small Town at the Edge of Nowhere
acrylic on cotton

Her work in this exhibit reflects her time spent in Astoria, her interest in lettering/calligraphy and the challenges life brings.

The Wake Gallery is located at 160 10th St. in Astoria, 5-9pm.

My Three Friends Author Linda Eddleston At Seaside Public Library

ON JANUARY 13 The Friends of the Seaside Library welcome local author Linda Eddleston as she tells the story of *My Three Friends*, taking place in the Community Room at 1pm, with book sales and signings.

My Three Friends tells a coming of age story with charm and delight. Eddleston's memoir is the account of four young girls who come together in the city of Portland, Oregon in the 1950's. She describes the choices, successes, trials, tragedies and most of all, enduring friendship of four women, framed by the events of the decades they grow up in. From a third grader's demand, "Why me? It's your brother's pigeon coop," though broken arms and broken hearts, separations and reunions, and a last walk on a beach, "My Three Friends" reminds the reader what it was like to be young ... and to grow together. Although these women came of age in the 1950s and '60s, their experiences and responses to them are universal, so much so that even today's teenagers will appreciate the book's characters and their



story. The book also includes Linda's summer experiences in Seaside and will touch on the riot of 1962.

Linda Eddleston is a retired elementary and special education teacher. She is the author of the anthology *That Holiday Feeling* and has published works in *The Children's Ministry Magazine*.

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

LORI TOBIAS WANDER BOOK SIGNING EVENT 2ND SAT ART WALK • ASTORIA

AS PART OF the January 2nd Saturday Art Walk, Lori Tobias will be signing her novel *Wander* on **JANUARY 13** from 5pm to 8pm at Kit's Apothecary, 1168 Commercial St, Ste. 204. *Wander* is the 2017 Nancy Pearl Book Award winner in the literary category and is a finalist in the International Books Awards contest in new fiction.

Set in 1980s rural Alaska, Wander tells the tale of Patrice "Pete" Nash, who finds herself spending the frigid Alaskan winter alone after her husband decides to accept a job working on "the slope." In her solitude, she fosters a new friendship with the new guy in town, Ren, and begins to learn about the other paths her life could have followed, had she not ended up with her country-raised husband. The new friendship with Ivy-League educated Ren ends up taking a surprising turn when she learns that he came to town with one goal in mind: to end his life. By the time her husband returns from the slope, everything has changed. *Wander* was published by Red Hen Press in August of 2016 under the Boreal Books imprint, which focuses on producing literature and fine art from Alaska and is edited by Peggy Shumaker.

Lori Tobias left her Pennsylvania hometown at 18 for a brief visit with her Air Force-enlisted sister in Alaska. She stayed eight years, studying journalism at the University of Alaska and marrying her husband Chan in an A-frame church with a view of Denali. She has since lived in Connecticut, Washington, Southern Oregon, and Colorado. In her 25-years in journalism, she worked as a columnist and feature writer for the Rocky Mountain News, and covered the Oregon Coast as a staff writer for *The Oregonian*. She is a recipient of an Oregon Literary Fellowship. She currently lives on the Oregon Coast with her husband Chan and shelter rescue Mugsy.



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.

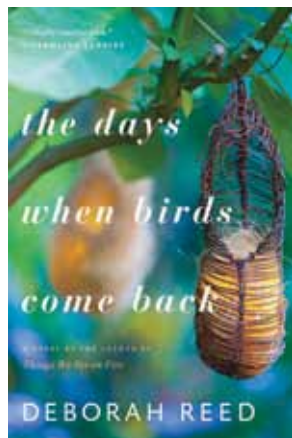
RIC'S POETRY MIC

- **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



DEBORAH REED *THE DAYS WHEN BIRDS COME BACK* JAN 20, HOFFMAN CENTER + NOVEL WORKSHOP

DEBORAH REED is the author of four literary novels, most recently, *The Days When Birds Come Back*, published January, 2018 by Houghton Mifflin Harcourt. Her other novels include *Olivay*, a *Bustle* magazine pick of the year for 2015; *Things We Set on Fire*, which sold over 100K copies in the first six months; and *Carry Yourself Back to Me*, an Amazon Editor Pick of the year for 2011. She has also authored two popular thrillers under the pen name Audrey Braun.



The renovation of an old house on the Oregon Coast brings two people together in this emotionally searing novel of love and second chances. Brimming with empathy, *The Days When Birds Come Back*, like the house itself, is a graceful testament to endurance, rebuilding, and the possibilities of coming home.

"An emotionally satisfying novel about the lingering effects of trauma and how

people deal with guilt." – *Publisher's Weekly*

Deborah holds a Masters in Fine Arts in Creative Writing and is co-director of the Black Forest Writing Seminars at the University of Freiburg in Germany. She teaches creative writing at workshops around the U.S. and in Europe. She lives on the coast of Oregon.

Open Mic: Following Deborah's reading and Q&A. Up to nine local or visiting writers will read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Starting Over."

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

NOVEL WRITING WORKSHOP: Deborah will lead a 10-week novel-writing group in Manzanita, starting March 21.

Interested writers must submit a writing sample of no more than ten pages to hoffmancenter@nehalem.tel by February 25th. No more than ten people will be accepted, so please apply early. Fee for the course will be \$350. For a complete description of the course, and the requirements, go to hoffmanblog.org or contact Kathie Hightower, kathiehightower@gmail.com.

This workshop will cover the importance of effective structure, rhythm, pacing, and texture, with an emphasis on finding your book through exploring voice, viewpoint, and characterization. We will also cover the more elusive and finer sensibilities of depth, meaning, theme, and nuance where the emotional ties of a novel pull the reader in, keep her turning the page, and cause her senses to resonate with its worth long after the final page has been turned.

Most importantly, each student will be guided according to his or her own vision and needs. You will be provided with instructor feedback on submitted workshoped pages, including a summarized statement, as well as written feedback on your pages from fellow writers. Each writer will have the opportunity to submit pages twice, at a minimum, during the ten weeks, depending on the size of the group.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts. Located across from Manzanita Library at 594 Laneda Avenue.) FMI: hoffmanblog.org online or contact Kathie Hightower, kathiehightower@gmail.com



Manzanita Writers' Series new online workshop group MWS Surge

IS ONE OF YOUR NEW YEAR'S resolutions to write more? To write weekly? Looking for a "sudden strong increase or boost, a surge" to your writing in the new year? Looking to improve the craft as well as the continuity of your writing? Join the new online writing workshoping group, MWS Surge, the newest offering from HoffOnline.

If you've ever wanted to be part of a regular writing workshop/critique group but can't seem to make the time, or can't fit other people's schedules to your own, or would simply prefer to write at home but with feedback, here's your chance. Starting Tuesday, January 16, 2018, the Manzanita Writers' Series will offer a new online workshop group.

MWS Surge: Forward Momentum for Your Writing will include up to eight writers max, and will be lead by authors Jennie Shortridge and Megan Kruse. Each author will cover four weeks of the eight-week sessions. There will be one break for the week of February 12.

Every week, the writing of two students will be reviewed with both teacher and students providing feedback. Each student will submit two works of writing, 5 to 15 double-space pages each, over the eight weeks.

The key to workshop groups, especially with a writing teacher involved, is that each student/writer learns not only from the critiques of their own work, but from the workshoping of everyone's work. In fact, most people would say that you actually learn more from the workshoping of others because it is easier to see what works and what doesn't in a piece of writing that you are not personally invested in.

Whether you are working on a novel, short stories, memoir or essay, this critique group will support your own surge in your writing, both in frequency and craft.

Fee for the 8 weeks is \$179 and can be paid online at hoffmanblog.org. Remember, registrations will be maxed out at eight students so register soon.

For questions, contact Kathie Hightower at kathiehightower@gmail.com.

TNT Lecture Series. A Family Residence in Decline. With John Goodenberger. Free, 7pm in the Lovell Showroom at Ft George.

THEATER

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Friday 19

MUSIC

Eric John Kaiser. No cover, 7pm at the Gearhart Hotel.

Creedence Clearwater Revisited. \$35-\$50, 8pm at Chinook Winds in Lincoln City.

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

THEATER

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

FROZEN. HIPFISH and Pier Pressure Prod. present this contemporary piece by British playwright Bryony Lavery. A compelling drama of revenge, grief and mercy. A staged Readers Theater production. 7:30pm. Doors open 7pm. \$15 @ the door. Adults Only. KALA in Astoria.

Saturday 20

MUSIC

Sarah Kwak with Cary Lewis. Suggested donation of \$20, 3pm in the McTavish Room at the Liberty Theater in Astoria.

Two Crows Joy. 8pm at the Workers Tavern in Astoria.

Hollis Peach. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Tom Grant & Shelly Rudolph. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Creedence Clearwater Revisited. \$35-\$50, 8pm at Chinook Winds in Lincoln City.

CINEMA

Crazy Possible. Film screening & Q&A with the filmmakers. Free, 6 – 8pm at the Sou’wester Lodge in Seaview.

Saturday Matinee. Close Encounters of the Third Kind. Free, 3pm at the Astoria Public Library.

FOOD & DRINK

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

HAPPENING

Windless Kite Festival. The event includes performances, competitions, workshops and open flying for kite enthusiasts of every age and ability. 8:30am – 4pm in the Long Beach Elementary School Gymnasium.

Turn The Tide 2018. Indivisible North Coast Oregon Summit. 8:30-4:30-Summit sessions. 4:30-5:30 How to Run as a Candidate. 8-10pm Rock the Resistance Dance. Lovell Showroom at Fort George, 426 14th St. in Astoria. See p.10 feature in Hipfish.

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.

Open Mic. Family oriented open mic for local musicians, authors, poets, comedians, singers. Free, 6:30 – 8:30pm at Yo Time Frozen Yogurt in Tillamook.

LITERARY

Manzanita Writer’s Series. Author Deborah Reed will read from her book, “The Day when Birds Came Back.” \$7, 7pm at the Hoffman Center in Manzanita.

OUTSIDE

Beach Clean Up Day. All are invited to participate. Head to a beach approach on the Long Beach Peninsula at 9:30am.

THEATER

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

FROZEN. HIPFISH and Pier Pressure Prod. present this contemporary piece by British playwright Bryony Lavery. A compelling drama of revenge, grief and mercy. A staged Readers Theater production. 7:30pm. Doors open 7pm. \$15 @ the door. Adults Only. KALA in Astoria.

Sunday 21

MUSIC

On the Rocks. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

The Queen’s Cartoonists. \$25 - \$30, 2pm at Don Whitney Auditorium in Tillamook.

Mike Coykendall + Stinking Badges. Dual Bill of Astoria’s SB and Portland’s Living Legend, MC. No cover. 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

Windless Kite Festival. The event includes performances, competitions, workshops and open flying for kite enthusiasts of every age and ability. 8:30am – 3pm in the Long Beach Elementary School Gymnasium.

LECTURE

In Their Footsteps Lecture Series. “Altho’ no regular botanist” – Jefferson. With Carol Lucas. 1pm in the Netul Room at Fort Clatsop, Lewis and Clark National Historical Park.

THEATER

Edge of Darkness. Thriller 2pm at TAPA in Tillamook.

For Better. A romantic comedy. 2pm at the Lincoln City Cultural Center.

Monday 22

MUSIC

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

Tuesday 23

MUSIC

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

Wednesday 24

MUSIC

An Evening with Freddy and Francine. 7pm at the Lincoln City Cultural Center.

Brian O’Connor. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

CINEMA

The Art of Aging/Dying Series. Living and Dying: A Love Story. \$5, 3pm at the Hoffman Center in Manzanita.

THEATER

FROZEN. HIPFISH and Pier Pressure Prod. present this contemporary piece by British playwright Bryony Lavery. A compelling drama of revenge, grief and mercy. A staged Readers Theater production. 7:30pm. Doors open 7pm. \$15 @ the door. Adults Only. KALA in Astoria.

Thursday 25

MUSIC

Adam Miller. Going to the West concert. Free, 7pm at the Seaside Library.

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

ART

Au Naturel. The Nude in the 21st Century. Opening Reception, 6pm at the Royal Nebeker Gallery at CCC in Astoria.

LECTURE

History and Hops. Building the Jetties. With Gary Kobes. Free, 6pm at Seaside Brewing Co.

THEATER

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

FROZEN. HIPFISH and Pier Pressure Prod. present this contemporary piece by British playwright Bryony Lavery. A compelling drama of revenge, grief and mercy. A staged Readers Theater production. 7:30pm. Doors open 7pm. \$15 @ the door. Adults Only. KALA in Astoria.

Friday 26

MUSIC

The Commons Concert Series. Join folk artists Lucy Barna and duo Hollis Peach in an evening of original music and social gathering at the newly renovated Van Dusen Building in Astoria, 372 10th St. 6pm – 9pm. Meet the artists at a 5pm reception. Tickets \$15, available at eventbrite.com

Bill Wadhams and Friends. No cover, 7pm at the Gearhart Hotel.

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

CINEMA

Manzanita Film Series. \$5, 7:30pm at the Hoffman Center in Manzanita.

OUTSIDE

Oregon Spirits Tour Golf Tourney. Noon shotgun start. At the Gearhart Hotel.

THEATER

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Saturday 27

MUSIC

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

Jesse Lee Falls Band. 7pm at The Workers Tavern in Astoria.

Hollis Peach. Free, 8pm at the Sou’wester Lodge in Seaview.

THE FIRST of the freshly conceived The Commons concert series on the 2nd floor of the newly renovated Van Dusen Building in Astoria (aka The Makers Building) gets underway, Fri. Jan 26. First up, one of the Makers project people, artist/musician Lucy Barna, sharing the bill with Ashland duo Hollis Peach.

While the building which will house artist studios, is not yet open to the public, The Commons Room, will be used for events, openings, music, classes and more. The concert series will feature an artist meet-n-greet, plus complimentary wine and hors d’oeuvres. Take this opportunity to enjoy the folk of these fine musicians and learn more about the new enterprise.



The Commons Concert Series
Friday, Jan 26.
5pm Reception, Music 6-9pm. Tickets \$15 available online at [eventbrite.com /e/the-commons-concert-series](https://www.eventbrite.com/e/the-commons-concert-series).
Van Dusen Building, 372 10th St. Astoria.

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

FOOD & DRINK

Community Crab Feed. (Date may change due to crab availability). Price based on the seasonal cost of crab. Noon at the Long Beach Elks.

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

HAPPENING

Cartwheels for Canned Food. An hour of tumbling fun, all focused on cartwheel technique. For children 4 years and older. Open to the public. Free with a non-perishable food donation. 11am – noon at Encore Dance Studio in Gearhart.

Daddy Daughter Dance. Live DJ, dessert, dancing, photo booth, raffle prizes, and more \$25/ couple, \$5 for each additional child. 6 – 8pm at the Seaside Convention Center.

THEATER

Edge of Darkness. Thriller. 7pm at TAPA in Tillamook.

For Better. A romantic comedy. 7pm at the Lincoln City Cultural Center.

Sunday 28

MUSIC

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

Travis Riddle & Shane Brown. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Monday 29

MUSIC

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

Tuesday 30

MUSIC

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

Wednesday 31

MUSIC

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

Thursday 1

MUSIC

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

HAPPENING

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

FEBRUARY Friday 2

MUSIC

Beth Willis. 6pm at Public Coast Brewing in Cannon Beach.

Kevin Burke. With Castletown. \$23 at the NCRD Performing Arts Center in Nehalem.

Live Music. No cover, 9pm at the Adrift Hotel in Long Beach.

The RJ Marx Quartet. No cover, 7pm at WineKraft in Astoria.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

CAI cont. p20

Saturday 3

MUSIC

Cecilia Zabala. 7pm at the Lincoln City Cultural Center.

Kevin Burke. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Unexpected Amenities Concert. \$15, 7pm at the PAC in Astoria.

Baptist Arms + Anna Fritz. No cover, 8pm at the Sou'wester Lodge in Seaview.

Live Music. 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.

CINEMA

Astoria International Film Festival. Paris Blues. \$100, 2pm at the Liberty Theater in Astoria.

FOOD & DRINK

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

HAPPENING

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

LITERARY

Poet MaryLou McCauley. Book Release event, "The Nine Hundred Moon Journey." Join the poet in a reading, book signing and complementary eats to follow. 7:30pm, doors at 7pm. \$8 @ the door. KALA in Astoria.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 4

MUSIC

Mel Brown Quartet. \$18, 2pm at the NCRD Performing Arts Center in Astoria.

Song and String Trio. \$20, 3pm at the Liberty Theater in Astoria.

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

Seth Walker. Blues. No cover. 8pm at Fort George Brewery & Public House in Astoria.

THEATER

Auditions. For See How They Run. The play calls for nine players; 6 Men (appearing 20's and up), and 3 Women (appearing 18 and up). Ages are flexible. Ideally all players will have either a British, Cockney or Irish Accent, but not mandatory. No previous experience is necessary. 6pm at the ASOC Playhouse in Astoria.

Monday 5

MUSIC

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

THEATER

Auditions. For See How They Run. The play calls for nine players; 6 Men (appearing 20's and up), and 3 Women (appearing 18 and up). Ages are flexible. Ideally all players will have either a British, Cockney or Irish Accent, but not mandatory. No previous experience is necessary. 5pm at the ASOC Playhouse in Astoria.

Tuesday 6

MUSIC

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

Wednesday 7

MUSIC

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

Thursday 8

MUSIC

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

Friday 9

MUSIC

Guitars of the East and West, With Aaron Larget-Caplan and Hiroya Tsukamoto. Free, 7pm at Grace Episcopal Church in Astoria.

Two Crows Joy. No cover, 7pm at WineKraft in Astoria.

Live Music. No cover, 9pm at the Adrift Hotel in Long Beach.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 10

MUSIC

Bar K Buckaroos. 6pm at Public Coast Brewing in Cannon Beach.

Petty Fever. A Tom Petty Tribute Band. \$20 - \$25, 7:30pm at the Liberty Theater in Astoria.

Live Music. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

Your Art's Desire. A celebration of art, wine & chocolate. Art sale, silent auction, raffle, live music, food & drink. \$35 admission, 6:30 – 9:30pm at the Kiawanda Community Center in Pacific City.

FOOD & DRINK

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

HAPPENING

Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

LECTURE

Volcanism in the Solar System. NASA ambassador Greg Carmak will take you on a tour of the volcanism throughout our universe. Free, 1 – 2pm at the Tillamook Library.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 11

MUSIC

Alexander String Quartet. \$25, 3pm at Wi-Ne-Ma Christian Camp, Cloverdale.

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

Golden Promise. Country and Western. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Antique Boutique. 10am – 4pm at the Lincoln City Cultural Center.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 3pm at the Coaster Theater in Cannon Beach.

FLASH CUTS MOVIES & MUSINGS

Coming Previews

FILM. BY LES KANEKUNI



THE POST (JAN. 12) Meryl Streep and Tom Hanks topline this media drama about *The Washington Post's* fight to publish the Pentagon Papers in 1971. As the Vietnam war accelerates, young think tank analyst Daniel Ellsberg (Matthew Rhys) discovers a secret history of American involvement in Vietnam dating back to the '40s. The most damning information in the 7,000 page report is that America is losing the war and that American leaders have been lying to the public for years. Ellsberg leaks the report to *The New York Times*, which publishes two excerpts before the Nixon White House legally shuts them down. Enter Katherine Graham (Streep), publisher of the sedate, unthreatening Washington Post who is more comfortable hosting dinner parties than she is exercising editorial judgment or making business decisions. The other side of the coin is her take-no-prisoners editor Ben Bradlee (Tom Hanks), who after being scooped by the Times is desperate to obtain a copy of the Papers and publish them. To that end, Bradlee dispatches assistant managing editor Ben Bagdikian (Bob Odenkirk) to New York to meet with Ellsberg and obtain a copy for the Post. Bagdikian returns with the prized documents, but then the drama shifts to an internal debate between Graham and Bradlee. There are legal, social and business implications to printing the Papers that could destroy Graham, Bradlee and the Post. Graham must grow into her role as leader of the Post to preserve its future and break a story that could change public opinion on the Vietnam War.



THE COMMUTER (JAN. 12)

After a long and varied career as an actor, Liam Neeson at 56 in 2008 unexpectedly became an action star with his turn in *Taken* as an ex-CIA operative with a "special set of skills." Since then Neeson has kicked ass in *The A-Team*, *The Grey*, *Non-Stop*, *A Walk Among the Tombstones* and two *Taken* sequels. In September, Neeson declared his retirement from action movies, saying "I'm sixty-f*****-five. Audiences are eventually going to go: 'Come on.'" Two weeks later, Neeson unretired from action saying "I'm going to be doing action movies until they

bury me in the ground." In *The Commuter*, Neeson re-teams with his Non-Stop director Jaume Collet-Serra for this ordinary man caught in extraordinary circumstances thriller boasting a better than normal cast for the genre with Vera Farmiga, Sam Neill and Patrick Wilson. Synopsis: Insurance salesman Michael (Neeson) is on his daily commute home, which quickly becomes anything but routine. After being contacted by a mysterious stranger (Farmiga), Michael is forced to uncover the identity of a hidden passenger on the train before the last stop. As he works against the clock to solve the puzzle, he realizes a deadly plan is unfolding, and he is unwittingly caught up in a criminal conspiracy that carries life and death stakes for everyone on the train.

CLOVERFIELD 2018 (FEB. 2) (aka God Particle) The third installment in the Cloverfield low budget scifi/horror genre arrives. Parts 2 and 3 (*10 Cloverfield Road* and *Cloverfield 2018*) were both unrelated scripts that were cannibalized to fit into the Cloverfield universe originated

imprisoned, but then Mundy, another crewmember, turns up murdered. Thus begins a game of cat and mouse to determine whether there is a murderer among them – or are the Europeans somehow responsible? And is the particle accelerator the focus of the deaths?



by J.J. Abrams. In the midst of a World War between the United States and Europe triggered by an invasion of alien creatures, a team of American astronauts are sent to space aboard the space station Dandelion. Their mission: to test an experimental particle accelerator that may be the key to mankind's survival. But when the accelerator is first turned on, the crew is shocked to discover that the Earth itself has vanished! Although the space station is self-sufficient, the crew, led by Captain Ava Hamilton, begin to realize they may spend the rest of their lives on the Dandelion. Depression sets in. After two months, some are close to suicide when an enemy European space shuttle approaches the station, requesting supplies. After a discussion, the Americans allow the Europeans to board, a decision that immediately seems to backfire when Evan, Hamilton's boyfriend is poisoned. Suspicion immediately falls on the Europeans. Hamilton has the Europeans

WINCHESTER: THE HOUSE THAT GHOSTS BUILT (FEB. 2)

Academy Award winner Helen Mirren tolines a rare venture into the horror genre with this inspired-by-true-events haunted house story. Synopsis: On an isolated stretch of land 50 miles outside of San Francisco sits the most haunted house in the world. Built by Sarah Winchester (Mirren), the heiress to the Winchester fortune, it is a house that knows no end. Constructed in incessant, twenty-four hour a day, seven day a week mania for decades, it stands seven stories tall and contains hundreds of rooms. To the outsider it looks like a monstrous monument to a disturbed woman's madness. But Sarah is no building for herself, for her niece (Sarah Snook), or for the troubled Doctor Eric Price (Jason Clarke) whom she has summoned to the house. She is building a prison, an asylum for hundreds of vengeful ghosts, and the most terrifying among them have a score to settle with the Winchesters.



FREE WILL ASTROLOGY

JANUARY

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ARIES (March 21-April 19): “I need more smart allies, compassionate supporters, ethical role models, and loyal friends, and I need them right now!” writes Joanna K., an Aries reader from Albuquerque, New Mexico. On the other hand, there’s Jacques T., an Aries reader from Montreal. “To my amazement, I actually have much of the support and assistance I need,” he declares. “What I seem to need more of are constructive critics, fair-minded competitors with integrity, colleagues and loved ones who don’t assume that every little thing I do is perfect, and adversaries who galvanize me to get better.” I’m happy to announce, dear Aries, that in 2018 you will benefit more than usual from the influences that both Joanna and Jacques seek.

TAURUS (April 20-May 20): In the Scots language spoken in Lowland Scotland, a watergaw is a fragmented rainbow that appears between clouds. A skafer is a faint rainbow that arises behind a mist, presaging the imminent dissipation of the mist. A silk napkin is a splintered rainbow that heralds the arrival of brisk wind and rain. In accordance with the astrological omens, I propose we use these mysterious phenomena as symbols of power for you in 2018. The good fortune that comes your way will sometimes be partially veiled and seemingly incomplete. Don’t compare it to some “perfect” ideal. It’ll be more interesting and inspiring than any perfect ideal.

GEMINI (May 21-June 20): In 2018, half-buried residues from the past will be resurfacing as influences in your life. Old dreams that you abandoned prematurely are ripe to be re-evaluated in light of what has happened since you last took them seriously. Are these good or bad developments? It will probably depend on your ability to be charitable and expansive as you deal with them. One thing is certain: To move forward into the future, you will have to update your relationships with these residues and dreams.

CANCER (June 21-July 22): Poet Diane Ackerman tells us that human tongues, lips, and genitals possess neural receptors that are ultra-responsive. Anatomists have given unsexy names to these bliss-generating parts of our bodies: Krause end bulbs, also known as bulboid corpuscles. (Couldn’t they have called them “glimmering rapture hubs” or “magic buttons”?) In any case, these sweet spots enable us to experience surpassing pleasure. According to my understanding of the astrological omens for 2018, Cancerian, your personal complement of bulboid corpuscles will be even more sensitive than usual. Here’s further good news: Your soul will also have a heightened capacity to receive and register delight.

LEO (July 23-Aug. 22): Mise en place is a French term whose literal translation is “putting in place.” When used by professional chefs in a restaurant kitchen, it refers to the task of gathering and organizing all the ingredients and tools before beginning to cook. I think this is an excellent metaphor for you to emphasize throughout 2018. In every area of your life, thorough preparation will be the key to your success and fulfillment. Make sure you have everything you need before launching any new enterprise or creative effort.

VIRGO (Aug. 23-Sept. 22): Experimental composer Harry Partch played one-of-a-kind musical instruments that he made from objects like car hubcaps, gourds, aluminum ketchup bottles, and nose cones from airplanes. Collage artist Jason Mecier fashions portraits of celebrities using materials like noodles, pills, licorice candy, bacon, and lipstick tubes. Given the astrological configurations for 2018, you could flourish by adopting a similar strategy in your own chosen field. Your most interesting successes could come from using things as they’re not “supposed” to be used. You could further your goals by mixing and matching resources in unique ways.

LIBRA (Sept. 23-Oct. 22): I wish I could make it nice and easy for you. I wish I could proclaim that the forces of darkness are lined up against the forces of light. I’d like to be able to advise you that

the opening months of 2018 will bring you a showdown between wrong and right, between ugliness and beauty. But it just ain’t that simple. It’s more like the forces of plaid will be arrayed against the forces of paisley. The showdown will feature two equally flawed and equally appealing sources of intrigue. And so you may inquire, Libra, what is the most honorable role you can play in these matters? Should you lend your support to one side or the other? I advise you to create a third side.

SCORPIO (Oct. 23-Nov. 21): In 2018, your tribe will be extra skilled at opening things that have been shut or sealed for a long time: heavy doors, treasure boxes, rich possibilities, buried secrets, shy eyes, mum mouths, guarded hearts, and insular minds. You’ll have a knack for initiating new markets and clearing blocked passageways and staging grand openings. You’ll be more inclined to speak candidly and freely than any other generation of Scorpios in a long time. Getting stuck things unstuck will come naturally. Making yourself available for bighearted fun and games will be your specialty. Given these wonders, maybe you should adopt a new nickname, like Apertura (the Italian word for “opening”), Ouverture (the French word for “opening”), Šiši (Yoruban), Otevřací (Czech), Öffnung (German), or Kufungua (Swahili).

SAGITTARIUS (Nov. 22-Dec. 21): I predict that the coming months won’t bring you the kinds of opportunities you were imagining and expecting, but will bring you opportunities you haven’t imagined and didn’t expect. Will you be alert and receptive to these sly divergences from your master plan? If so, by September of 2018 you will have become as smart a gambler as maybe you have ever been. You will be more flexible and adaptable, too, which means you’ll be better able to get what you want without breaking stuff and wreaking whirlwinds. Congratulations in advance, my daring darling. May your experiments be both visionary and practical. May your fiery intentions be both steady and fluidic.

CAPRICORN (Dec. 22-Jan. 19): Hungarian psychiatrist Thomas Szasz dismissed the idea that a person should be on a quest to “find himself” or “find herself.” “The self is not something that one finds,” he said. Rather, “it is something one creates.” I think that’s great advice for you in 2018, Capricorn. There’ll be little value in wandering around in search of fantastic clues about who you were born to be. Instead you should simply be gung-ho as you shape and craft yourself into the person you want to be.

AQUARIUS (Jan. 20-Feb. 18): Is there anything about your attitude or your approach that is a bit immature or unripe? Have you in some way remained an amateur or apprentice when you should or could have become fully professional by now? Are you still a dabbler in a field where you could be a connoisseur or master? If your answer to any of these questions is yes, the coming months will be an excellent time to grow up, climb higher, and try harder. I invite you to regard 2018 as the Year of Kicking Your Own Ass.

PISCES (Feb. 19-March 20): In 2018, one of your themes will be “secret freedom.” What does that mean? The muse who whispered this clue in my ear did not elaborate further. But based on the astrological aspects, here are several possible interpretations. 1. You may have to dig deep and be strategic to access resources that have the power to emancipate you. 2. You may be able to discover a rewarding escape and provocative deliverance that have been hidden from you up until now. 3. You shouldn’t brag about the liberations you intend to accomplish until you have accomplished them. 4. The exact nature of the freedom that will be valuable to you might be useless or irrelevant or incomprehensible to other people.

Homework: Name ten items you would put in a time capsule to be dug up by your descendants in 500 years. Testify by going to RealAstrology.com and clocking on “Email Ro

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Walking or Riding to School Warms Up Your Brain for Learning

LAST WEEK, I was reading the bulletin for the Oregon Education Association and came across an article about ongoing budgetary difficulties with implementing a comprehensive physical-education program in the state’s public schools. We’re familiar with the benefits of regular exercise for avoiding chronic disease in children, but did you know that moving around is beneficial for brain development and learning? (Is it any wonder kids dislike being confined to desks?) It’s my hope that this link between physical activity and cognition convinces legislators to restore funding to physical-education programs (and to bring back recess). But in the meantime, one easy way to incorporate movement into children’s daily lives is to encourage walking or riding a bike to school.

In 2003, researchers Benjamin A. Sibley and Jennifer L. Etnier co-authored “The Relationship Between Physical Activity and Cognition in Children: A Meta-Analysis,” which appeared in *Pediatric Exercise Science* (Volume 15, Issue 3, pages 243-56). As I learned in medical school, a meta-analysis pools the results of multiple studies on the same subject to provide stronger proof for a hypothesis—in this case, that “there is a significant positive relationship between physical activity and cognitive functioning in children” (page 243). Since then, other researchers have investigated the benefits of exercise for children with learning disabilities, depression or anxiety, or attention deficit hyperactivity disorder and have revealed similar benefits. Anyone who’s enjoyed a chance to think things through on a brisk bike ride or walk has experienced the way our species, which evolved to travel distances on foot in pursuit of a meal, is wired not just for movement, but also for learning as we move through our environment. This triad—exercise, the outdoors, and thinking—come together in bike-riding and walking. What better way to start out one’s school day than after a body-mind warm-up?

Two obstacles—weather and safety—raise their ugly speed-bumps in the way of progress on this front. There’s a popular perception that inclement weather means Scrabble, TV, and traveling to school in something motorized.



As a parent to an intrepid five-year-old, I’ve discovered that what works for getting kids outdoors despite rain is a combination of good foul-weather gear (including protection for hands and feet—nothing ruins a day outdoors quicker than wet feet), parental attitudes (if you dislike bugs, vegetables, and rain, so will your kids), and accustoming children to getting out in the rain from an early age. (My daughter, who wants to be a Columbia bar pilot when she grows up, relishes stormy weather. On one windy morning hiking in the hail, she enthused, “I love it when the sky darkens!”)

Organizations like Safe Routes to School are working hard to create walking and biking routes children can take to school without fear of traffic. The organization makes route maps available, partners with schools, and encourages safety in numbers by implementing adult-chaperoned “walking school buses” or group rides. (Why not imitate the school bus’ lead and “pick up” kids as your group walks or rides by their homes?) To learn more, visit their website: <https://www.oregonsaferoutes.org>.

Neurologists, psychologists, educators, and other experts continue to explore the benefits of physical activity for mental as well as physical health. I hope their findings will encourage expanding the place of bikes in young people’s lives—not just as fun recreational devices but as a mode of transportation that builds muscle and mind while enhancing our relationship with the environment we ride through.

WORKSHOPS/CLASSES

INTRO TO ENERGETIC HYGIENE. Does your energy system need a shower? Learn the abc's of maintaining a clean energy system. This on-line workshop covers what energetic hygiene is, how to do it, and gives participants simple tools to begin practicing right away and at home. Check website for upcoming dates. \$20. Register at Heartlink-Ed.com, 720-301-3993. Self Mastery Mentor/Coach Linda Lawson.

PRUNING WORKSHOP. JANUARY 13. Local arborist David Sipp, of Ecologic Trees will teach this workshop on how to properly prune your fruit trees for the best health and more fruiting. David brings a wealth of advice on the best way to prune both young trees and mature heritage, or overgrown fruit trees to maximize their production. Free and open to members of the public 10 years old and up. 10am – noon at the Alder Creek Farm Community Garden in Nehalem.

WRITING THE PERSONAL MEMOIR. January 27. Athena will teach how to prepare to write the story of your life. 1 – 2pm at the Library in Manzanita.

LEARN BRIDGE FREE Wonderful social game - make many friends and give your brain a workout. Four free and easy weekly lessons with Sue Kroning starting both Monday January 22 10 am-12 noon and Sunday January 28 2-4 pm (your choice) at the Mary Blake Playhouse, 1225 Avenue A, Seaside. The classes will be followed by ongoing mini-lessons and supervised play at \$5 each. Call Sue at 503-738-7817 or 503-739-0264, or email skroning@centurylink.net, or just come along.

THE GUT-BRAIN CONNECTION. How to Maintain Mental Health from a Nutritional and Herbal Perspective. February 4. With Geena Barker & Ingrid Abbate. The purpose of this workshop is for people to walk away with a better understanding of how their brains and bodies function so that they can have a fuller image of mental health and it's intricacies and apply that knowledge to practicing holistic self-care with themselves and their loved ones. \$30 plus \$5 materials fee. 10am – 2pm at the Sou'wester Lodge in Seaview. RSVP via sou-westerfrontdesk@gmail.com or 360-642-2542

THE WORLD OF SPICE COOKING CLASS: Lebanese. January 31. With Pat Milliman. Participants will be introduced to the cuisine of Lebanon and the spices used to create those flavors in this hands-on cooking class. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking techniques. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

FINANCIAL EDUCATION WORKSHOP. February 3. The Financial Education Workshop teaches budgeting, saving, goal setting, credit management, and improving overall financial health. Community Action Team is your local HUD Approved Agency. Free, 8:30am – 4:30pm in Astoria. Call 503-325-8098 to register and for location.

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: barbarafulci@outlook.com online at tolovana-artscolony.org.

YOGA IN NEHALEM. North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga. Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. 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. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. http://riverszen.com or Facebook.com/RiversZen.

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

LEARN SELF DEFENSE. 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 deveoping 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 amyselena888@gmail.com

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

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

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

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the mostvaluable 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 Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habi-



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, lnc@nehaletel.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.



First Time Homebuyer Workshop FREE!

First Time Homebuyer Workshop. January 20. The First Time Homebuyer Workshop teaches shopping for a home, financial readiness, understanding mortgages, the closing process and how to protect your investment.

Free, 8:30am – 4:30pm in Tillamook. Call 503-325-8098 to register and for location.

Dance Your Joy at AAMC

342 10th St. in Astoria.
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 (all Swing-resume Jan 9)
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
- **FRIDAY**
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

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 astoriachess-club@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

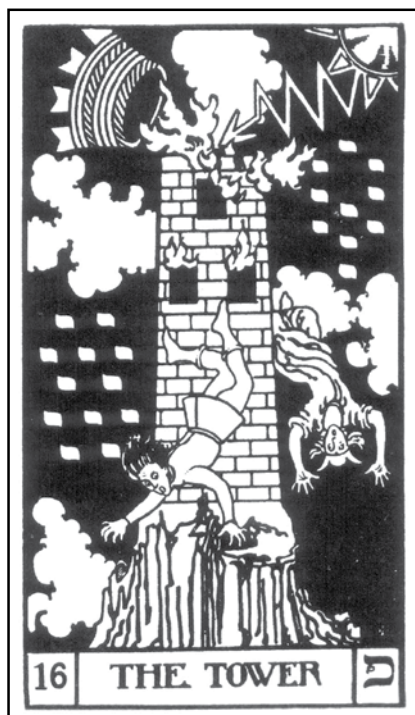
mystic healer

2018 is off and running at a fast pace. Hold onto your hats and get ready for a year of extreme highs and lows. We will be faced with a menagerie of fight or flight scenarios that will leave this country stunned and paralyzed. The government begins the year with more upheaval that will bring to light deep dark secrets. The fall brings the end of an era with history repeating itself once again. The prospects of war are upon us and although we want to avoid this, it will not be the compliance of other countries.

We are viewed as spoiled, entitled, and fortunate by countless people around the world and this year we will gain some grit. Marshal law, civil war and nuclear war are all swirling about like a bad storm out at sea. Disease will make demands and new strains of old plagues return. Manmade genetically altered viruses will keep the medical community jumping.

The east will rise fierce and powerful creating a new understanding with allies. The financial market will feel like a roller coaster ride with much of the country hanging on for dear life. This may seem like a bleak outcome but as a species we have incurred karma for centuries and are facing our greatest acts of betrayal, abandonment, resentment, jealousy and egocentric behavior. We have all participated in this as either the victim or the perpetrator. Our decision to invest in these roles have been the accumulative karma that we now face.

This is not judgement day, this is the balance of how we have manifested our energy and what we have done with it. Our energy spans across the universe, held together by a grid system. We are a mere spec on that grid, but our energy is the karmic glue that manifests our collec-



The Tower Key 16

Sudden Change

Disruptor

Crumbling of an
existing structure

or way of life

Moment of Truth

Spiritual Awakening

Being Freed

PREDICTIONS 2018

tive consciousness. This year will bring a level of truth that will illuminate what has been hidden for centuries. We are already facing new truths with the discovery of bones and disease as the ice melts in the artic. Water will continue to rise, and Florida will face evacuations. The contamination of good water will force water treatment plants to open at year's end.

A new world in our galaxy will create a shift that affects Earth. This galactic shift will be a pathway for all travelers. Extra-terrestrials will be captured on film for the first time in main stream media. The galactic shift will happen October 11, 2018.

Ring in the ears will cease with this shift taking place. People will face starting over in parts of the world that have been damaged from war. Earthquakes and volcanic eruptions will be on the rise, but the west coast will remain unscathed until 2025. Hurricanes and tornados will grow to greater heights causing severe damage in the Midwest. Crops in the south will be compromised from these storms.

When all is said and done we have to sit back and review 2017. We made it through a difficult year and weathered storms we couldn't even imagine.

As the truth is told remember the many layers that define what is. You may be looking at a tree, it's shape and size but what is under the bark? What is at the root of the tree? The deeper levels of are truth will be revealed. Stay grounded, clear your mind and breathe. We are all in this together.

For over thirty years, award winning 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



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bodies in balance

Hydrotherapy The Healing Power of Water

AS WE LOOK to the new year it is a time of reflection on what is important now and into the future. I have a great regard for water (H₂O), not only for the fact that I can drink it, swim in it, clean with it, grow plants with it, and so on... Not only because it is one of our most valuable natural resources, but simply because it is a substance absolutely essential for our survival. As we look to the future of humanity; water, I believe, will pose one of our greatest challenges. Therefore I find it prudent to take some time to appreciate all it does and how it can facilitate our health.

Hydrotherapy is one of Naturopathy's cornerstones. Hydrotherapy literally translated is healing with water. Practically it is the external application of hot and cold water in order to improve the quantity and quality of blood flow. And yes, it is truly as simple as it sounds. This is a favorite therapy of mine as it is cost effective and can be done in the comfort of one's own home. Following are a few of my take home favorites.

Heating compresses are ideal for home use. They are moist heat applications, which are most effective if in place for several hours (I sometimes recommend wearing a compress overnight). This treatment is initially a cold compress (thin cotton cloth wet and wrung out with cold water), placed over a body part and covered with dry wool, fleece, or flannel cloth. This insulating fiber allows the compress to be warmed by the circulation to create the heat of this heating compress. Try this around your neck at the onset of your next sore throat, or over achy feet (using socks) after standing all day. Yes, it is initially cold, cold drives blood away, but with the heating your circulation provides (which takes only moments), new oxygenated blood replaces old stagnant blood and assists in healing the inflamed tissues. If you

are chilled take a hot bath before applying cold, and if you are really averse to cold then try lukewarm and work your way into cold more slowly.

My next favorite is alternating hot and cold, again another easy home application. This can be done in compress format or in the shower with a removable shower-head or in a hot bath with a nearby icy cold washcloth. This is a great therapy for varicosities, sprains and strains, or any musculoskeletal condition that are slow

increase the circulatory effect of a sauna try interspersing some cold throughout the sauna or at the very least end your sauna with a cold application. As with all hydrotherapy treatments use extra precautions if you've had a diagnosis of peripheral vascular disease, cardiovascular disease, skin conditions that are aggravated by excessive moisture (i.e. sweating), or if you're extremely intolerant to temperature changes.

Water internally is of course essential too.

The amount and quality of the water we drink can create an important foundation for how we feel and function. Water is involved in a vast array of chemical reactions in the body helping with metabolism, detoxification, digestion, urination and wound healing (to name a few). And just to be clear, water is water; water is not coffee, juice, tea, or any of the litany of carbonated beverages. And while not all these things are detrimental they are simply not water. In fact some of

them will increase our need for water as they are inherently dehydrating. If you are a poor water consumer then this would be a great health resolution for 2018...at least worth considering.

In our world of increasingly complex solutions to our health problems it is a refreshing alternative to return to the simplicity of healing with water. If performed with regularity these simple treatments will have surprising effects. This year, take some time to realize and appreciate the power of water...our greatest natural resource.

Being that many of our older northwest homes have saunas, let us not overlook the value of a dry heat sauna. Saunas have been used for centuries to improve health via circulatory stimulus. The dry heat can assist with drying wet secretions of the nose and chest. It is also a gentle way of detoxifying our bodies by increasing circulation to the skin and opening those sweat glands to facilitate elimination. To

to heal. The recommendation is 3-30-3, 3 minutes hot, 30 seconds cold, repeated 3 times. Remember to end with cold!! This has similar action to the compress except it is shorter and has more intense temperature changes to really invoke a strong circulatory response. The flushing of blood directed at a specific area will increase oxygenation, red and white blood cells counts as well as overall skin tone. The end result is a lowered inflammatory response...naturally.

Happy New Year Hipfish Readers!

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

By Tracy Erfling, N.D.

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



CHEW ON THIS!

by Merianne Myers



TIME OUT OF (MY) MIND POT PIE SERVES 6



Then suddenly, 2018!

Time is such a control freak. For decades Time has hurtled by in a blur, passing on the right just as I'm pulling over, not held to the same rules of the road as we mere humans. Then, just as the motion sickness begins to abate, it slams on the brakes and leaves me foundering in the shallows of Junior English for what reportedly was an hour but experientially was several weeks.

The older I get, the more defensive I am about my tiny cog in the big time machine that ticks out my life. I disprove the theory that we get more patient with age. I eschew meetings, conference calls, and most all, the things I used to do 'just to be polite'. I reserve the right to waste my time my way.

I am at once encouraged and amused by the knowledge that if I don't die, I'll get older. But Time, ever the trickster, seems to institute a sprint-to-the-finish sort of pace with each passing year. The result is a heaping helping of appreciation, a handful of I-gotta-get-busy and a pinch of hopeful regret Osterized into a queasy miasma that hangs around and stinks up the place for as long as I let Time drive the bus. It is possible to distract Time briefly. That's why meditation, music, a good book, a luscious meal and bourbon were invented. But inevitably Time reminds me that, though I may have invested it wisely, I still spent it.

There is a compelling scientific theory that Time is a human construct. That the whole time/space thing on a cosmic level is not the "Time flies like an arrow" sort of deal that Groucho Marx would have had us believe. It's an interesting notion but frankly, I haven't the time to pursue it. In my small-thinking way, Time is a skilled huckster, a wicked witch, a delectable carrot at the end of a very long stick, a whitewater rapid and a contentious committee by turns.

With Time fleeting and winter upon us, there is little left to do but make dinner. Pot pie is just the ticket to spending Time in a way that makes everything around and inside of you flush with happiness.

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.

This can be made with or without meat. It can be a single 10" deep dish pie or 6 ramekins for individual servings. You can make the filling, freeze it in individual, sealable bags and thaw it out as needed. You can use leftover meat. You can top it with pie crust, puff pastry or mashed potatoes Shepherd's Pie-style. You can use fresh or frozen corn and peas depending on the season. It's flexible!

2 carrots, peeled and cut into pea-sized dice
1 celery stalk, cut like the carrots
1/2 cup onion, cut like the carrots & celery
1 1/2 cups chicken, beef or vegetable stock depending on the pie you want
1 cup frozen corn kernels
1 cup frozen green peas

If you are making vegetable pie, add winter squash, potatoes, mushrooms, etc., all cubed to about the same size to replace the quantity of meat

OR

2 cups cooked and cubed chicken or beef
3 Tablespoons butter
3 Tablespoons all-purpose flour
3/4 teaspoons salt
Pepper to taste
1/2 cup milk
1/4 cup chopped parsley

A couple of sprigs of thyme, leaves stripped from stem

1 single pie crust or 1 sheet of puff pastry, rolled to fit or leftover mashed potatoes
1 egg

Preheat oven to 350. In a bowl, toss the vegetables & meat together until mixed. In a saucepan, melt the butter over medium high heat. Add the flour and seasonings and stir until bubbly and slightly pasty. Add the stock and milk and bring to a bubble, stirring constantly until thickened. Add parsley, pour over veggie/meat mix and stir well. Spoon mixture into pie pan or ramekins. Top with pie crust or puff pastry cut slightly larger than the baking container. Whisk egg and use a pastry brush to coat the outside top edge of the container with egg wash. Cut steam vents in the center of the crust, then place atop the baking container and press the edges against the egg-washed sides of your dish. Bake until crust is golden and filling is tender, about 40 minutes.



Walk With Ease Virtual Class

Start the New Year off on the right foot!

Jan 8th-Feb 14th Mondays & Wednesdays 9:30am -10:00am
Walk With Ease is a simple fitness program free to all Oregonians.

The program aims to:

- Reduce pain
- Build confidence in being physically active
- Improve overall health
- Enjoy connecting with others across the state

Class will meet twice a week virtually for 6 weeks and help you create your own walking plan. Free resources and individual support provided to help you be successful! If you are unavailable during the designated class times, you may register to receive recorded classes at:

walk.oregonstate.edu walk@oregonstate.edu 541-572-5263 Ext. 25285

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Relax into Meditation

Need to relax naturally? Curious about meditation ?

This group will learn and practice simple relaxation exercises and guided meditation to prepare you for further meditation practice. This is a great way to support the healing and harmony of yourself and the planet.

Jan. 7 preview . 14, 28. 2nd and 4th Sundays ongoing
11- 11:45 am

Cannon Beach .Tolovana Hall

\$5, drop in/Linda Lawson : Facilitator heartlink-Ed.com

.....

Strong Women. Strong Bones. 5-Week Program

This program is a national evidence-based community exercise and nutrition program targeted to midlife and older women.

The program assists women in maintaining muscle mass, strength and function. It is easy and fun.

Mondays & Wednesdays . January 8—February 14, 2018 (No class on January 15 & February 19)

5:30—6:30 PM Clatsop Community College (Patriot Hall)

Register online at www.columbiamemorial.org, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org. Please check our website for other Strong Women - Strong Bones class dates at www.columbiamemorial.org.

We have mats and weights, but if you'd like to bring your own that is fine. Wear comfortable clothes to move in, supportive shoes, and bring a water bottle.

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Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Thursday Jan 25, 6:15 to 7:15pm. 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 gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). gracefulwaveschiropractic.com



By Dan Hagg



NEW LIFE: The Workers Tavern

PHOTOS: DINAH URELL

Good bars are hard to find.

The kind where minors aren't allowed. The kind where locals can gather and commiserate about everything from fishing to cruise ships to the weather. The kind you might hear about from a Fisher Poet.

A bar like that, born and bred in old Astoria, is the rarest of treasures. That's why when one goes up for sale, you jump at the opportunity. That's why when it needs some serious TLC, you provide it.

That's why when you respect the workers who are the beating heart of Astoria's history, you make sure they have a place to gather and share a beer and a few laughs.

That's a lot of boxes to check, especially when demolition can be cheaper than restoration.

Enter Diana Kirk, new owner of Worker's Tavern.

Changing hands

In the summer of 2017, longtime Worker's Bar & Grill owner Mary Todd was ready to move on and began entertaining offers for her iconic Astoria watering hole. The Uniontown tavern was a staple with local workers who gathered there for everything from chicken fried steak to friendly rounds of "Meat Bingo." The building also features a backyard beer garden and several apartment units. Kirk moved to Astoria with her family three years ago. A published author and prolific writer, she instantly recognized the value of bar stories as conduits to the community.

"I'd go have lunch there and meet some of the characters and I loved them, they would talk to me and tell me stories," she said. When Kirk learned that Todd was serious about making the sale, she realized that Astoria needed to preserve places like the Worker's for locals to gather. Losing the tavern meant losing the people and stories she was just getting to know. Still, Todd's original asking price was too high for Kirk, especially when considering the amount of work needed. When Todd dropped the price, Kirk made an offer in July with the full intent of preserving the bar. This was in contrast to another offer Todd received at the same time from an individual whose plans included gutting the tavern and replacing it with a modern-day Irish pub with a fish-and-chips eatery next door.

"The Worker's would have been completely gone," Kirk said.

Roadblocks along the way

Top-to-bottom, the tavern and surrounding structure was in dire need of rehab. The sale was in contract for 4 months and during that time an intense inspection period yielded some major concerns.

"The reason the sale took so long was the building was almost un-



The iconic Astrology Wheel ritualizes The Workers front door, crafted by Vern Wilson in 1972.

financeable," Kirk said. Case in point: inspections revealed significant fire damage dating back 30 years that had since been covered over.

After the fire, water made its way into the structure through neglect and washed away the burned area. Kirk, who also owns a real estate investment company, thought she'd seen it all when it came to structural issues. She conceded that the building's infrastructure was the worst of any project she'd ever worked on.

"It was post and beam fire and the actual beams at the front of the building weren't even touching, they were a good six inches away from each other," she said. "There basically just air there, it was extraordinarily dangerous." After consulting foundation expert Joel Bergman, Kirk halted negotiations on the sale to figure out the next step. A creative solution was agreed upon where the loan money for the fire damage would be placed in a separate account immediately upon purchase. "It was an emotional roller-coaster," she said.

What's in a name?

Finally, papers were signed, money exchanged hands, and Kirk officially took ownership November 3rd. The only aesthetic change came in the form of a new name, from Worker's Bar & Grill to Worker's Tavern, a nod to its early 20th century origins. Kirk and her son did some research through the State of Oregon, the City of Astoria, and the Daily Astorian and had difficulty pinpointing the year it opened. Thanks to Astoria's Heritage Museum they found a phone book listing from October 1926 that listed the Worker's Cafe as the establishment's original name. The cafe's then-owners – William Still and his wife of Russian descent, Daisy – were socialists who placed cafe ads in the Tyommies, a Finnish publication that was one of the preeminent socialist newspapers in the country and had its largest printer in Astoria. Names like Uniontown and Worker's point to an early socialist client base at the Worker's Cafe.

"It's been a lot of different places, but 'Worker's' was always the basis," Kirk said. Kirk stresses the importance of making the bar an altar of sorts honoring the backbone of Astoria: cannery workers, fishermen, loggers; working men and women that made up the backbone of a town that predates the Lewis and Clark expedition. "I'd like to have a place for folks to get off work and have fun, but celebrate the fact that they are the ones who built this town," she said.

Up and running

As a patron, Kirk looked at the venerable Uniontown building and saw stories waiting to be told just beneath the surface. As an owner, getting to them would take some work, however, and a growing list of projects need immediate attention. Just sit at the familiar bar and look up: you'll notice a wide swath of patched ceiling, courtesy of water damage from a washing machine in one of the upstairs apartments. Immediately, Kirk closed the bar for 10 days and dealt with a long list of projects: pest control, garbage removal, replacing kitchen appliances, raising the foundation and re-doing the bar floor. Other tweaks included eliminating the long-time "Cash Only" rule accepting credit cards and adding six more beer taps. Kirk is pragmatic about the interior changes.

"It's already a bar, it doesn't really need me to mess with its ambiance," she acknowledged, adding that her priority is to make the building safe.

From the get-go, Kirk has had to deal with the kind of things that don't rear their head until you've opened your doors to the public.

"The first thing that happened on the night we opened, the power blew at 10 p.m. and would not go back on," she recalled, adding that the culprit was a newly installed dishwasher overloading the circuit. Additionally, Kirk has had to learn bar management on the fly.

"At least 4 or 5 bar owners in this town stepped forward to help me," she said. "They didn't treat it as competition, just being nice." Also, Worker's Tavern is in the Astor West Urban Renewal Area, meaning the building is eligible for the city's Storefront Improvement Program, which provides clean-up funds for Uniontown businesses. Kirk is confident that she's well on her way and plans on building an outdoor stage in the beer garden, bringing in video lottery and darts, and adding on a laundry mat. A live music schedule is beginning to take shape, starting with Two Crows Joy on January 20.

She also hopes to participate in the annual Fisher Poet's Gathering, an event she sees as a natural fit for the Worker's. But it's the bar and the stories it has yet to tell that hold Kirk's attention.

"Owning a bar is a good fit for me," she said. "I love the living room aspect of a bar which is just people finding other people for temporary comfort. I like that."

Worker's Tavern is at 281 West Marine Drive in Astoria. To find out what's new, visit www.facebook.com/workerstavern or call (503).325.7291




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LIBERTY THEATRE
ASTORIA OREGON

"The Heart Room of our Community"

Classical Series

2017-2018 Debut Season!

Nine concerts in the beautiful historic Liberty Theater.

Sept 23, 4pm: Portland Chamber Orchestra with pianist Ruusamari Teppo
Oct 4, 7pm: The Schubert Ensemble of London
Nov 17, 7pm: The Tacoma Opera
Jan 4, 7pm: PROJECT Trio
Feb 4, 3pm: Song & String Trio
Feb 17, 3pm: The Bodhi Trio
March 16, 7pm: The Delgani String Quartet
April 26, 7pm: The Oregon Brass Quintet
May 25, 7pm: The Solstice Wind Quintet


Tickets available at the
Liberty Theatre Box Office and online at libertyastoria.org

Box Office hours:
 Wednesday through Saturday 2:00 pm - 5:30 pm

503-325-5922 x55

Photo by Laura Burt

Pianist Composer



Friday January 12 8pm KALA

Doors open 7:30pm
 Cabaret Seating

Chris Parker

with:
 tim willcox/saxophone
 damien erskine/bass
 jason palmer/drums

Tickets: \$16
 In advance
libertyastoria.org/Shows-and-Events

The Later Show @ KALA
 Vintage Vinyl Dance Party
 w/ LA DJ Joey Altruda
 Jan 13 • 8pm • \$8
 View Art 7pm . . .
 Funk • Soul

BOOK RELEASE PARTY
 Mary Lou McAuley
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 Fri Feb 2 \$8
 + Dessert Social

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LIVE MUSIC

Friday, January 5
Sam Chase Duo
 Rock

Friday, January 12
The Junebugs
 High-energy folk pop

Friday, January 19
Eric John Kaiser
 Americana

Friday, January 26 • Billy Wadhams & Friends
 Pop rock
 7 p.m. 'til 10 p.m. • Free • All ages welcome

Happy 32nd Birthday, Hammerhead!
Thursday, January 25
 \$4 pints/\$8 growler fills of Hammerhead all day long
Join Us For Breakfast in the Pub
 Offered 7 a.m. 'til 11 a.m.

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Jazz at the PAC for the PAC



Partners for the PAC present:
UNEXPECTED AMENITIES

Saturday, February 3 7pm \$15
Tickets @ the door

FEATURING:
 GUITARIST DAVID DRURY
 with Rob Davis/Sax
 Dave Captein/Bass
 Charlie Doggett/Percussion

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 588 16th Street in Astoria
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modern, mainstream and contemporary jazz, with a few unexpected amenities

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2nd Saturday ART WALK


5:00 pm
Downtown Astoria

Every month, year 'round!

Jan 13

Visit Downtown Astoria on the 2nd Saturday of every month for art, music, and general merriment!

Presented by the
 Astoria Downtown Historic District Association


astoriadowntown.com

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FROZEN

By Bryony Lavory Directed by Susi Brown

JANUARY 19-20, 25-26
7:30pm
Doors open at 7pm
\$15 (at door)
Talkback Thursday • Jan 25

Cast
Toni Ihander
Daric Moore
Rhonda Alderman

SOUND DESIGN
 Bill Ham

SOUND TECH
 Les Kanekuni

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