

HIPFISH MONTHLY

the alternative press serving the lower columbia pacific region

OCTOBER 2014

vol. 15 issue 189

THE CHANGE

AN EXCITING TIME FOR COASTAL TOWNS AS ELECTIONS BODE TRANSFORMATIONS

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GET DOWN WITH LOCAL RACES, PG 10

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Coastal Rag
THE UPPER LEFT EDGE
RESURRECTED
(center insert)



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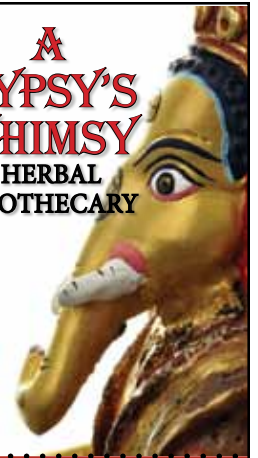
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By Robin Baciorek



Hora Tzigane
Saturday, Oct. 25
8pm

KlezMer at Kala

THE FLUID LIFE OF JACK FALK

Traveling Cantor and Klezmer Musician Explains How It Comes Naturally, Not Necessarily On Time.

JACK FALK has an inherent fluidity to him. It's in his ability to move between speaking about the history of Klezmer- its regional nuances, its American debut and its parallels to blues- all while giving directions to his wife on the phone driving through Mississippi. But you'd only get that sense from talking to him, whereas more people are able to listen rather than speak with him directly.

Hearing Falk comes in two forms. The first being his profession as a traveling cantor, or a 'boxcar cantor' as his son has nicknamed him (who has become a traveling cantor as well). Falk hoped to be a cantor from his earliest memories of leading sabbath services and learning yiddish songs with his grandfather, but his own father discouraged it because of the strenuous lifestyle. Despite his father's concerns, Falk pursued his passion. While most cantors are stationary to a specific pulpit, Falk's path diverged in 1989 when a community in Salem contacted Falk to see if he'd be interested in coming to fill in. From there, Falk began working all over the country, sometimes merely as a volunteer. In the last nearly three decades, Falk's work has taken him to places like New York City, Virginia Beach, Illinois, and more recently to Astoria.

Last year, Falk came to Astoria to participate in the Rash Hashana service, the first in more than 50 years. Although this was a huge milestone for the North Coast Jewish Community, Falk had already been involved with the community of Astoria for several years.

"My tie to Astoria goes back much longer," Falk said.

This brings up Falk's other fluid expression, his music. Falk is a Klezmer musician, and

began coming to Astoria to play with his old group, the Hester Street Troupe, years back. His current musical focus is his quartet, Hora Tzigane ('Gypsy Hora'). Falk and his bandmates - Martin Morgenbesser, Andrew Ehrlich, Ethan Chessin - have been playing together for nearly 20 years (with Chessin coming along in the last 12 years). Klezmer music is an Eastern European based genre, and though it's inherently tied to the Jewish community, it isn't a religious-based music.

"[It's] Jewish in terms of Jewish, as in Italian, as in Black, as in Latino, not Jewish as in Baptist or Methodist, it's Jewish ethnically, it's an ethnic music," Falk said. "It's taken on different flavors, just with Jewish vibration around the world. We've found that New York and Philadelphia was more of a big band approach to Klezmer music...and you got the Israelis who take on a little more of a hasidic flavor. The instrumentation and interpretation varies by geography, but I wouldn't call it religious."

Not only does Klezmer fluctuate within region, but within the rhythms and melodies themselves there's an emotive wavering.

"[Klezmer has] this rubato kind of thing," Falk said. "It's out of rhythm, it's slow and it can go on as long as possible. The tradition now is to pass the 'doina' on, like in the jazz club where you take solos and pass the solo. It's outside of rhythm."

Again, fluidity. To understand Klezmer, the ears have to let go of staunch rhythm and hear the expression before the melody.

"The hora is a ¾, it's like a waltz with a limp," Falk said. "Literally it's a limping waltz. If you listen to eastern European, spe-

cifically Romanian [Klezmer], you hear the sense of time is different from how we hear time in western movement. We hear a classical orientation where you don't really play around the beats and meter as much. You get into eastern Europe or specifically Hungary or Romania, and the meter gets funny."

That being said, it's still four essential instruments playing a traditional style of music.

"It's very much folkloric. We don't play around with electronic enhancements, we tend to use traditional rhythms. What we play is what we play."

The main focus for Falk, whether it be during his cantor work in various communities or his Klezmer music in different cities, is always the simplicity of the connection. Listening back.

"The interaction with the musicians, that's the language, passing expressions back and forth," Falk said. "There are tunes, there are the dots on the page, but to me that's a learning device and I try to get away from the dots as fast as possible and interact in the moment and in the emotion of what we're doing."

SHOW: Saturday, Oct 25, 8pm.
\$10 at the door. Doors open 7:30.
Cocktails. 1017 Marine Drive in Astoria.



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Astoria International Film Festival



"Wake Up!" This, says AIFF producer Ron Craig is the unofficial theme of the 2014 and 8th annual Festival that transforms the Liberty Theater to its original incarnation each October. This year AIFF partners with the Astoria Coop to bring the timely **GMO OMG** to the screen. AC will table the event to further inform. And Craig assures, "This is a fully informative film that will help you to understand Ballot Measure 92, coming right up.

And for those of you cognizant 22 years ago, the saga of government adviser Anita Hill, whom accused her boss, supreme court justice Clarence Thomas of sexual harrasment, Freida Mock's **ANITA: SPEAKING TRUTH TO POWER!** released May 2014, is both a celebration of Anita Hill's legacy and a rare glimpse into her private life with friends and family, many of whom were by her side that fateful day twenty-two years ago. **CITIZEN KOCH**, another spicy documentary addressing the imbalance of power, money, politics and the union rights of working class republicans, who do a switch-a-roony!

WINDING STREAM covers the epic sweep of the Carter family's saga all in one film. It is told by family members; including Johnny Cash, Rosanne Cash, Janette Carter, as well as the musicians they influenced. And their musical contribution is vividly illustrated in performances by roots music practitioners like John Prine, George Jones, Sheryl Crow, Kris Kristofferson and many others. Filmmaker Beth Harrington will be joining us in Astoria to present her film.

A continuing gem of the AIFF, the **BEST OF THE 40TH NORTHWEST FILMMAKERS' FESTIVAL** (2013). 10 short films in 78 minutes. A great way to spend a late Saturday morning.

AIFF is a fantastic opportunity to see fresh documentary and art film on the big screen in the small town. Support the efforts of this well-chosen film schedule, come sit in the dark in celluloid stimulation with river city brethren.

Full schedule detail at goaiff.com. Movies \$5 Bucks.

GMO OMG (2013)

Directed by Jeremy Seifert - 90 min. Documentary

GMO OMG director and concerned father Jeremy Seifert is in search of answers. How do GMOs affect our children, the health of our planet, and our freedom of choice? And perhaps the ultimate question, which Seifert tests himself: is it even possible to reject the food system currently in place, or have we lost something we can't gain back? These and other questions take Seifert on a journey from his family's table to Haiti, Paris, Norway, and the lobby of agra-giant Monsanto, from which he is unceremoniously ejected. Along the way we gain insight into a question that is of growing concern to citizens the world over: what's on your plate?

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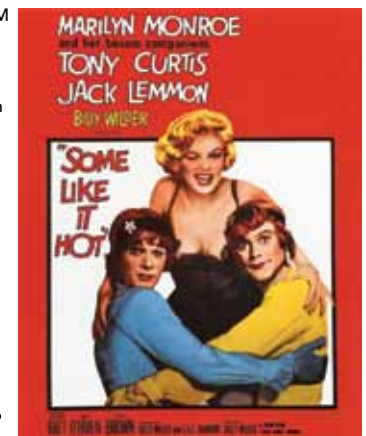
5:30-7:00pm: GMO OMG
 7:15-8:45pm: 20 FEET FROM STARDOM
 9:00-10:30pm: The Winding Stream

SATURDAY

11:00am-12:20pm: The Best of the 40th Northwest Filmmakers' Festival
 12:30-2:15pm: ANITA
 2:30pm: ANITA Forum @ Hotel Elliott
 2:30-4:00pm: Little White Lie
 4:15-5:45pm: SOMM
 6:00-7:30pm: The Winding Stream
 7:45-9:45pm: Big Joy

SUNDAY

noon-1:30pm: Citizen Koch
 1:45-4:00pm: Some Like it Hot
 4:15-5:30pm: Our Life in Make Believe



HOW HOT CAN IT GET?

ANNUAL AIFF PARTY AT KALA
SATURDAY, OCT 18, 8PM \$5 BUCKS

Controversial upon its release, but the American spirit refused to play the game of purity, Director Billy Wilder's gender play comic masterpiece - about two guys, who need to get out of town, so they dress up like a couple a dolls and join an all women traveling band - is wicked fun and just right for a town that loves DRAG!!!!

• **'SOME LIKE IT HOT' BACKGROUND SCREENING**

• **DANCING**

• **COMPLIMENTARY HORS D' OEUVRES**
BY ASTORIA COFFEE HOUSE

Watch if for real on Sunday, but on Saturday Night, AIFF throws a party, and Marilyn, Tony and Jack will be there, on screen, in the background. Astoria Coffee House caters the goodies. Come as Marilyn, do drag, or just an excuse to dress yourself up a little. Dancing, cocktails, hors d' houvres, and general celebration! 8pm to 11pm. \$5 Bucks.

LIGHTBOX PHOTOGRAPHIC

sets the tone of the season with AURA, following five previous annual exhibits at LightBox, "The Spooky Show" in October of each year. This year, "Aura" takes it's place with a haunting show during fall season.

"Feeling Feline," (shown right) by local photographer Michael Detoli, is one of 50 images from the show juried by Michelle Rogers Pritzl of Salem, Mass. For "Aura" the juror was looking for photographs that haunt, that capture a sense of beauty, that leave the viewer unsettled, images permeated by mystery and the unknown. Holding three degrees in fine arts and photography, Pritzl works mainly in historic processes and her work has been widely exhibited and published in both the US and Europe.

View AURA through October and November, opening Saturday, Oct. 11. LightBox is located at 1045 Marine Drive in Astoria, and is dedicated to fine art reproduction, restorations, photographic printing, and other photographic services. Every month LightBox exhibits Silver Gelatin prints from the LightBox Darkroom Members.



Inside the Month:

STAND: We proudly partner with the Rural Organizing Project each election season to bring you the Voter Ballot Guide. Here you'll find a refreshing take on how democracy can help frame the decisions you make as a voter.

The Upper Left Edge: Publisher Watt Childress brings the hard copy alive. As steward of the former lefty rag out of Cannon Beach, which has gone on to thrive online, local/regional writers in this revival issue deliver rich content on the theme of Kesey. (center insert).

Local Races: Bob Goldberg primes you on the big changes in Astoria. Amy Bugbee goes indepth with Warrenton candidates, and features a "someone different" mayoral candidate, Angela Fairless. Read Bugbee's 2-Part online at hipfishmonthly.com. We regret failure in our attempt to interview Warrenton mayoral candidate Mark Baldwin, due to time constraints on both parties.

HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

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Send general email correspondence: hipfish@charter.net
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EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

CALENDAR/PRODUCTION

Assistance/StaffWriter:

Cathy Nist

MAGIC WEB WORKER:

Bob Goldberg

KALA VISUAL ARTS CURATOR:

Agnes Field

NOVEMBER HIPFISH: On the racks Nov. 3

Cover: The Mayor's Watch
Design: Dinah Urell/Buggy Bison

Lower Columbia Diversity Project

Dr. Leigh Dolin on Caring for the Transgender Patient

The Lower Columbia Diversity Project invites the public to a free presentation - "Caring for the Transgender Patient: Why, How, and Larger Implications" - on Sunday, October 19, from 2-4 p.m. at the Boyington Building, 857 Commercial, in Astoria.

Dr. Leigh Dolin, Past President of the Oregon Medical Association, will be the presenter. The talk is aimed at both health professionals and lay people and will review medical issues related to care of the transgender patient as well as related social and psychological concerns. There will be ample time for questions and discussion after the formal presentation.

Dr. Dolin practiced Internal Medicine in Astoria from 1977-1987 at the Astoria Clinic and while an Astoria resident also did radio shows for KMUN on medical issues and on rock music. He subsequently moved to Portland where he continued his primary care practice and also became increasingly active in medical politics, serving as President of the Oregon Medical Association from 1994-5. Currently retired, he serves on the OMA Board of Trustees and its legislative committee. A significant portion of his practice in Portland was devoted to the care of transgender patients.

For more information please contact the Lower Columbia Diversity Project - lcdi-diversityproject@gmail.com

Parks & Rec Director Updates PFLAG on Teen Center

Oregon North Coast PFLAG welcomes Angela Cosby, the Director of Astoria's Parks and Recreation, Thursday Oct. 16. Cosby will bring attendees up to date on the new Teen Center going in at the Rec Center. Cosby wants to make sure the Teen Center will be LGBT-friendly, and is eager to get input from community members.

So please make an extra effort to attend the Oct. 16th meeting. Free pizza, and your chance to help shape an LGBT-friendly Teen Center!

Parents, Families and Friends of Lesbians and Gays - Oregon North Coast - Thursday, Oct. 16th, 6:30 - 8 pm, First Lutheran Church, 725 33rd Street (three blocks up the hill from Safeway).

Columbia Pacific Common Sense Hosts Food & Water Watch

You're invited to a special event in Astoria sponsored by Food & Water Watch and Sierra Club. Both organizations, based in Portland, have been active partners in the fight against NO LNG, testifying at hearings, speaking at NO LNG events, and working with Columbia Riverkeeper. Plan to attend the Global Frackdown Astoria on Thursday, October 9 at 6 pm, at the newly re-opened Loft at the Red Building.

ALSO: Attend the monthly COLUMBIA PACIFIC COMMON SENSE NO LNG MEETING on Thursday, October 16 at Three Cups Coffeehouse, 279 West Marine Drive, Astoria. Snacks and social at 6 pm; the meeting is 6:30 -

Stories and Social Hour Columbia River Keeper Oct 14

The Whole Magilla; Columbia River Keeper staff will be in Astoria to tour sites and learn more about the estuary. A perfect time to also meet with you, the community. Cannery Pier Hotel is hosting this casual event in the Union Fish Room, at 10 Basin St. 6:30pm to 8pm, Oct 14. Please park in lots prior to hotel.

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Spearhead of Imperialism

NATO, NOW the chief military means by which the US and EU project power, was created in 1949, before most people in the world were born. It was a product of the Cold War between the West and Soviet Union, which lasted roughly from 1946-89. NATO was a military alliance formed against the Soviet Union in the wake of the Berlin Airlift of 1948-9. After World War Two, the Allies divided Germany and also its capital, Berlin, into four segments: American, British, French and Soviet. The Soviet Army would enter and occupy Berlin first, together with the eastern part of Germany. Berlin, like the whole of Germany was also divided into an eastern Soviet sector and western sectors controlled by the US, Britain and France. The western segments of Berlin gave these powers a strategic outpost in the midst of the Soviet eastern sector of Germany.

Stalin saw the western segment of Berlin as a security threat and means by which East Germans could leave the Soviet orbit and relocate in the West. To force the western nations out, he blockaded access to Berlin. The western powers, determined to hold onto West Berlin, supplied it by air for over a year. The Soviet Union, devastated by Nazi Germany, was in no shape to risk new war with the West. So it refrained from shooting down the cargo planes and finally ended the blockade. Reaction in the West was jubilant, but now our former Soviet ally, without which the European war could not have been won, had become the new enemy.

In 1949 the Soviets exploded an atomic bomb and communist insurgents took over China. Communist political movements also threatened to take over the governments of Greece and Turkey. As alarm spread, the US and Western Europe formed the North Atlantic Treaty Organization, soon joined by Greece and Turkey. NATO was predi-

cated on the idea that the USSR and China were the leading edge of an aggressive worldwide communist movement characterized by political "subversion" and guerrilla



warfare on the Chinese model. Thus a Western military alliance, supported by covert agencies like the CIA, would be necessary to prevent communism from taking over the world.

In fact, neither the Soviet Union nor China could lead an international communist revolution. Cold War architects like George F. Kennan well understood this and advocated economic aid to poor and war torn countries, so as to stimulate prosperity which would promote investment and forestall communist politics. Thus occurred the Marshall Plan. But a growing US defense establishment saw the communist threat in military terms, and NATO became a means to spread US arms and bases. The Soviets countered with the Warsaw Pact involving its client states in Eastern Europe. For close to half a century the US and USSR built nuclear arsenals, while supplying opposite sides in proxy wars. But the nuclear balance of terror prevented war from occurring between the two great powers.

As Eastern European states ceased to be communist when the Soviet Union was

replaced by a smaller, capitalist Russian Federation, the Warsaw Pact dissolved, and so should have NATO. But the US, awash in triumphalism, now saw an opportunity

to dominate the world. Having what new militarists called "full spectrum dominance" would enable Wall Street and energy corporations that dominate US politics to gain access to resources worldwide. Thus, the decision was made to retain NATO and expand it eastward around Russia and the Caspian oil region in Central Asia. The chief springs of US and EU foreign policy are the growing need to acquire ever diminishing fossil fuels and rare earth metals to sustain the high tech globalized economy. For these purposes the Clinton administration used NATO

to detach Kosovo, a historic province of Serbia, making it into a separate state from which to launch the move into the Caspian oil fields. Similarly the costly thirteen year involvement in Afghanistan has been for the purpose of constructing and protecting a pipeline to carry Caspian oil out to the Indian Ocean. And the Western backed right wing coup in Ukraine has been so that oil companies like Chevron can do fracking in its sizable shale deposits.

But using military means to corner remaining resources is dangerous and shortsighted. It has for the first time caused a head-on confrontation between the US and a still powerful, nuclear armed Russia. It has cost trillions in continuous wars and has created lethal chaos in the fragile Middle East. Instead of using NATO to bully our way around the world, it would be far more effective to end this archaic military alliance and conduct multilateral summit negotiations to devise means by which countries around the world can cooperate in resource exploration and make necessary transition to new green economies.

by Stephen Berk



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pg 26

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Hoffman Center to Celebrate the Arts Oct 11 - 13

THE HOFFMAN Center in Manzanita will mark its tenth anniversary with a special three-day Celebration of the Arts October 11-13. The event will showcase Hoffman Center artists and programs, and introduce the newly remodeled building. The hours will be 11 a.m. to 4 p.m. each day. Saturday, Oct. 11 includes an art show featuring over 20 Hoffman Center artists, as well as writing, poetry and children's activities. The Center's clay studio artists will offer wheel throwing and hand building demonstrations. A silent auction will offer a wide variety of merchandise and local experiences. An overnight stay at the Inn at Manzanita, dinner at Blackbird, and a massage, will be raffled off during the celebration.

The art show will continue Sunday, with an Artists' Reception from 2 to 4 p.m. The reception will include a 10th anniversary ceremony with cake and other refreshments.

A Celebration of Music concert, featuring local musical groups, will be held Sunday evening at 7 p.m. Admission to the concert will be \$10, with all funds going to support the Hoffman Center.

The art show will continue all day Monday, Oct. 13, providing a last opportunity to view and purchase art.

The tenth anniversary year has been a significant one for Hoffman Center. The Hoffman House Studio Building was demolished, with the help of an anonymous grant from a local family. It was replaced by the new Hoffman Gardens, built with additional funds, labor and plants donations by the community. The Center's "Finish Off the Hoff" campaign raised enough money from community contributions and grants to complete remodeling the main building, just in time for the Celebration of the Arts.

FMI: Tela Skinner at mactela@nehalem.tel.net or Glenna Gray glenna@nehalem.tel.net.

Discussion on the Declaration of Independence

Pioneer Museum Oct 25

IF THE CONSTITUTION of the United States speaks to the head, the Declaration of Independence speaks to the heart and to the body; if the Constitution is prose, the Declaration is poetry. What does the Declaration of Independence have to offer us as twenty-first century Americans? What does it mean to have a right to pursue happiness? And how might we think about—and use—the Declaration to improve the state of our Republic?

Presented by the Tillamook County Pioneer Museum and sponsored by Oregon Humanities, this will be the focus of "The Truths We Hold: The Poetry and Lessons of the Declaration of Independence," a free conversation with Wendy Willis on Saturday, October 25, 2014 at 1:00 PM in the

Main Gallery of the Pioneer Museum.

Ms. Willis is a poet, essayist, and national leader in civic engagement and collaborative governance. She serves as executive director of the Policy Consensus Initiative, a national nonprofit organization that is housed at Portland State University and devoted to improving democratic governance. Her first book of poems, *Blood Sisters of the Republic*, was released in 2012.

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 Carla Albright at 503-842-4553.

In their Footsteps • Lost in the Fog

LEWIS AND CLARK National Historical Park, Fort Clatsop presents InTheir Footsteps free speaker series event. This program is *Lost in the Fog, November 7, 1805* by Roger Wendlick. Sunday, October 19, at 1:00 p.m.

Mr. Wendlick presents an enlightening program about the Corps of Discovery's November 1805 arrival near the Columbia River Estuary. His talk will correct errors of Lewis and Clark Expedition history commonly taught in schools and published in books. Come early and look at many copies of original maps of the lower Columbia River and learn the truth about "Ocian in View."

Roger Wendlick spent decades acquiring the premier collection of literature related to the Lewis and Clark Expedi-

tion. His collection is now in the Lewis & Clark College Aubrey R. Watzek Library in Portland. Wendlick is a recipient of the National Daughters of the American Revolution Award for Preservation of History and is a past board member of the Lewis and Clark Trail Heritage Foundation. He is an internationally recognized historian who continues to study and write about aspects of the expedition with a particular focus on civilian interpreter George Drouillard. Wendlick is a delightful and knowledgeable storyteller.

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

Pesticide fears put focus on Oregon forest practices

Rockaway Beach meeting draws large crowd By Scott Gilbert

CONCERNS ABOUT the health effects of aerial pesticide spraying on timber lands brought a large crowd to a town-hall gathering in Rockaway Beach, where Oregon forestry laws and practices came under scrutiny.

The Sept. 4 meeting was organized by Rockaway Beach Citizens for Watershed Protection, in collaboration with other groups including the allied North Coast Basin Coalition, which has members in coastal communities from southern Clatsop County through much of Tillamook County.

While the main topic was the spraying of pesticides near drinking-water sources, presenters gave broad overviews of subjects that included the frustration and expense of seeking notifications about pesticide spraying; the timber industry's shrinking importance as an economic driver; and state laws that favor timber operators over everyday citizens.

Nancy Webster, who grew up in a family of loggers and mill workers, told the crowd about the pesticide applications on clear-cut land that led to the formation of the Rockaway Beach group, calling the watershed that supplies the city "a municipal water source in an industrial forest."

"We all need courage" to examine water and air safety issues, said Webster, a Rockaway Beach resident who maintains an email list to notify others of aerial spraying and has been key to the formation of the watershed group. "Then I think we all need to work together to try to find solutions so that we can know that the air we breathe and the water we drink are safe."

Monitoring pesticide applications on clear-cuts is difficult for private citizens, since the Oregon Department of Forestry charges a \$25 yearly fee for mailed notifications for each section of timber land. Kate Skinner, the department's forester for the Tillamook District, said the state has begun an electronic notification system, but it is only available to timber landowners and operators.

"We've asked in our budget for additional funding to create a side where there's public access and a public e-notification process," Skinner said, "so it's something we're definitely working on."

No-spray buffers along streams are less stringent in Oregon than in other states, but Skinner said a state study found them adequate. The pesticides, used to kill vegetation that would compete with timber seedlings, "are just a tool in the toolbox of forestry," similar to chemicals for killing backyard brush "with stuff bought at Fred Meyer," she said.



Lisa Arkin, executive director of Eugene-based Beyond Toxics, addresses a Rockaway Beach crowd at a meeting about aerial pesticide spraying on timber lands. Oregon requires no buffer zone for spraying near homes and schools, she said. Photo by Scott Gilbert

Those characterizations didn't sit well with Lisa Arkin, executive director of Eugene-based nonprofit Beyond Toxics, which focuses on environmental health issues. Talking about a Eugene-area study in which 100 percent of people exposed to aerial pesticide drift tested positive for the chemicals in their urine, she said "these are not necessarily pesticides you can buy at Fred Meyer; these are restricted-use pesticides only available to people who have a license."

Under the Oregon Forest Practices Act, the buffer for spraying near streams is much weaker than in other states, and unlike other states, Oregon has no buffer — "that's a zero," Arkin said — for homes and schools.

York Johnson, Oregon Department of Environmental Quality north coast basin coordinator and Tillamook Estuaries Partnership water-quality coordinator, described water tests performed around Tillamook County. His "take-home message," he said, was that a small range of pesticides turned up, with concentrations far below the levels that officials consider dangerous.

Faith in officials wasn't expressed by attorney Chris Winter of Portland's Crag Law Center. He blasted Oregon's Right to Farm and Forest Act for stripping everyday people of legal recourse when pesticide applicators spray

"ultra-hazardous chemicals on your private property in a way that impacts your family, your livestock, your pets, your gardening, whatever it is."

The law, dating to the mid-1990s, not only gives applicators broad immunity but requires people who file losing lawsuits against them to pay the applicators' legal fees, Winter said. He has filed a challenge to the law, citing the state constitution, on behalf of people doused with pesticides in the notorious Cedar Valley case, in which homeowners were stonewalled in their attempts to learn the chemical mix and the applicator was ruled to have lied to state investigators.

Conventional wisdom portrays logging as a crucial element in keeping Oregon's economy afloat, but Ernie Niemi, the president of Natural Resource Economics in Eugene, set out to demolish that belief.

"By the time we got to the mid-1990s, we had a good understanding that the timber industry was one industry among many in the state," Niemi said. "It wasn't a dominant industry, it wasn't a particularly important industry in the state."

Timber industry employment is down over the last few decades, he said, largely because the industry broke the unions in the mid-1980s and began slashing jobs and wages. With



Ernie Niemi, an economist from Eugene, watches a speaker during a presentation in Rockaway Beach. Niemi told the crowd that the timber industry is a very small part of the Oregon economy, with wages that have dropped since the industry broke the unions. Photo by Scott Gilbert

wages and employment dropping, he added, "this industry is about 1 percent of Oregon's economy in terms of output."

Sen. Ron Wyden has proposed logging federal lands in western Oregon as a boost to the economy, but Niemi sees

another option: timber harvest taxes. The state did away with them in 1993, with the exception of a small amount that almost entirely benefits the timber industry, he said.

"If Oregon had Washington's timber harvest tax," Niemi said, "in recent years they would have collected about \$40 million."

"I am not anti-logging at all," Niemi told the Rockaway Beach crowd, adding that he looks at logging through the lens of an economist. "But I am saying that there are some issues here that are not commonly being discussed."

STAND SMALL TOWN ACTIONS FOR A NEW DEMOCRACY

Welcome to a Voter Guide by and for small town voters

Most of us share common dreams with our neighbors. We want decent jobs that allow us to put food on the table and to take the occasional vacation. We want to know that our schools are working hard to educate our children. We want services we can depend on in natural emergencies. We recognize that people may need help to weather economic storms. We want our families to be able to live safely and without fear. These are shared values.

We do not always agree on how to build and maintain these safe and functional communities. That's okay. The idea of democracy is that we get to debate options and make our voices heard. Through elections, we can tell our political leaders what our priorities are and create laws that build a more just society. Democracy should mean that We The People own the government. It is our duty to participate in elections, so that everyone can lend a hand in decision-making instead of giving offices to the highest bidders.

This year all of our State and Federal Representatives are up for election. Many

of our State Senators and one US Senator are also on the ballot. We will choose a Governor. Like any employer, we need to do a serious job review! In addition, seven ballot measures will be voted on. Some of these will change the face of the state. Which measures are useful reforms and which ones represent narrow special interests and fuel discrimination and hate?

Slick political ads clutter our mailboxes. This simple guide is different. It is paid for, produced by, and written for regular folks in small town Oregon. There is probably not a county in the state that has not contributed to this guide

through a local community group. And we didn't all agree on everything! What we do share is a commitment to inclusive democracy, and recommendations on making the best choices for small town and rural Oregon at the ballot this year. We hope it helps.

Every election cycle opens up conversations about frustrations and yearnings, but this election seems more important than most. A humanitarian crisis at the border, a broken immigration system, a looming energy crisis, and economic hardship for many rural families add urgency to the many local decisions of this election. Let's start talking about the communities we want and make this election move the country and Oregon forward.

Some people complain of a feeling of helplessness that one person or one vote can't change things. Individuals like Edward Snowden and Chelsea Manning have shown that it is possible for one person to make a difference. Not everyone has to do what they did, but casting a vote is one way that we can have an impact. Sometimes critical elections can be decided by just a handful of votes, especially in small town communities. Imagine the impact if all the voters who feel helpless came together and engaged.

What is ROP?

The Rural Organizing Project is a non-partisan, non-profit organization. **ROP works to advance democracy and human dignity in all 36 of Oregon's counties.** Learn more about ROP at www.rop.org.

Stay up to date with ROP! Email us your contact information at office@rop.org or call us at 503-543-8417.

En Español

Esta guía está disponible en español. Bájela de nuestra página web en www.rop.org, o llame a nuestra oficina para pedir una copia por correo postal o electrónico.

TALKING ABOUT TOUGH ISSUES

In this critical election year, we face important choices that will impact Oregon for years to come. Some of the choices that we are asked to make require us to respond to issues that can be misunderstood and manipulated in ways that do not support real democratic values.

A just democracy is defined by the World Book Encyclopedia as: the inclusion of all; respect for majority rule and minority rights; a well-informed and educated public; and a reasonable standard of living.

Vote Pro-democracy November 4th – We have a lot to win... or lose.

THINKING ABOUT OUR RIGHTS.

Measure 88 would create a four-year limited purpose, limited duration driver card for Oregon residents provided that they, 1) pass the driver's written test, 2) pass the behind-the-wheel test, 3) provide proof of residence in Oregon for more than one year, and 4) provide a passport, consular identity card or other document proving their identity.

If this sounds familiar, that's because in 2013 the Oregon legislature and the governor already agreed to make drivers cards available to everybody who qualifies. Now the bill they passed has been referred to the ballot, where a majority of votes must be YES to make the driver card a reality.

There are a lot of distractions flying around about what this measure is about, but don't be fooled! This is about all of our neighbors – including many immigrant families who would be impacted by the measure – having equal access to get safely to the places we need to go. And in rural and small-town Oregon where public transportation is rare, driving is often the only way to get around.

Vote our Values, Not our Fears

Here's a fact for people who eat food: according to the US Department of Labor, about half the people growing and harvesting our food crops are "not authorized to work" – they are undocumented workers. It has been this way for decades. What this means is that the riled up folks who would vote to take away driver cards for undocumented immigrants in Oregon would be sitting down to a breakfast provided to them by... undocumented immigrants.

So what is this really about? Do opponents of the driver card really want to prevent the critical workforce behind Oregon's \$1 billion per year agricultural industry from getting to work?

The few at the top hope that by turning workers against each other, they might be able to keep workers from thinking about the real solutions to the problem of making a living, such as better wages, the right to organize, fair taxation on the rich and corporations, and closing the huge wealth gap in our country.

In other words, the folks opposing the driver card are thinking very little about a common sense way for people to get to work and a lot about making all work pay as little as possible.

During this election season, let's all stay focused on our basic values of human dignity and respect for ALL members of our communities. Vote YES on Measure 88, YES for Safe Roads. All people should be able to get to work.

Still not registered to vote?

Did you move? Not sure if you are registered? You have until October 14th to register!

To register to vote or to update your current registration: Complete the voter registration form online at www.oregonvotes.org or a paper form that can be found at the county election office, post offices, the DMV, or most public buildings.

- You may register to vote in Oregon if:
- You are a resident of Oregon.
- You are a United States citizen.
- You will be 18 years old by Election Day, Nov. 4th, 2014.

If you have a felony conviction, you can vote in Oregon as soon as you are released from prison, even if you are still on parole or probation.

Ballot Basics:

Who represents you?

- Two US Senators represent Oregon in Washington D.C.
- One US Congressperson represents your region in Oregon in Washington D.C.
- Five US Congresspeople represent Oregon in Washington D.C.
- In Salem, you have one State Senator and one State Representative based on where you live.
- You have numerous other local elected officials that represent you in city, county, and state governments.



OREGON BALLOT MEASURES

Do these measures advance a just democracy and uphold basic rights for all?

Yes on Measure 86 (R)

Creates access to higher education for students in need by creating the Student Opportunity Fund and authorizes the state to issue bonds for the fund without raising taxes. Oregon has seen some of the highest tuition hikes in the nation and this is one step in addressing the student debt crisis.

Yes on Measure 87 (R)

Allows judges to serve in the National Guard and state colleges and allows school employees to serve in the Legislature. Determined to be straight forward and without unintended consequences.

Yes on Measure 88

Allows access to a four-year limited purpose, limited duration driver card for those who can provide proof of living in the state for at least one year and can pass drivers' tests. Advances safety and justice for all by allowing everyone to drive safely to work, school and the doctor, regardless of documentation status.

You Decide on Measure 89

Amends the Oregon Constitution to prohibit state and local governments from discriminating based on sex. Women are a group that experiences discrimination and we support all efforts to protect all communities that face discrimination. This measure, though, is redundant to existing protection in the Oregon Constitution (Article 1, Section 20). Symbolic repetition is a distraction to systematic action. Opponents worry this measure could put others who experience discrimination at risk - including people of color and gay, lesbian, bisexual and transgender folks - because it suggests that current constitutional protections against discrimination are inadequate. Advocates suggest that this could help with challenging gender discrimination such as wage gaps and hiring practices. You decide, is this repetition worth the risk?

No on Measure 90

Creates a top-two primary system. Allows all voters to vote on all primary candidates, regardless of party affiliation. Only the two candidates with the most votes would proceed to the general election. We firmly believe in the need to stop money from dominating politics, but we are concerned that this measure falls short. This measure may also have negative consequences, including increasing the overall cost to run for office, favoring more privileged candidates with more access to money. Is one primary for all voters more democratic? Will 3rd parties be helped by access to May primaries or hurt by being excluded from the November ballot unless they win "top two" in the primary? Will adding endorsements by multiple parties to the primaries hold major parties more accountable? These are important questions that concern us.

Yes on Measure 91

Legalizes use and tightly regulated sale of marijuana for adults 21 and over, freeing up law enforcement for more pressing priorities. Regulates and taxes the sale through the Oregon Liquor Control Commission; tax revenues would benefit schools, state and local police and alcohol and drug treatment and prevention programs. People of color are disproportionately more likely to be arrested for and incarcerated longer for marijuana possession than white people, also making this measure a step toward reducing unjust impacts of the prison system on people of color.

Yes on Measure 92

Gives consumers more information by requiring food manufacturers to label food containing genetically modified ingredients. Demonstrates support of small farmers to maintain control over their crops and livelihoods, and is a step towards taking back power from corporatized agriculture.

(R) indicates that these measures are referrals from the State Legislature. All others are citizen initiatives. ROP recommendations were decided by the Board of Directors with input from the overall membership. Our Board is comprised of small town Oregon leadership from eight counties: Crook, Deschutes, Douglas, Klamath, Marion, Polk, Yamhill and Union. ROP members live in all 36 counties.

A peek behind the curtain

Oregonians for Immigration Reform (OFIR) is the primary organization responsible for the driver card referendum. Since its founding in 2000, OFIR has pushed policies designed to create a hostile environment for immigrants and drive them out of the state. OFIR's efforts are supported by and follow the lead of national anti-immigrant groups like the Federation for American Immigration Reform (FAIR).

OFIR's efforts to overturn the driver cards through Measure 88 have been funded primarily by Loren Parks, a wealthy business owner who provided an infusion of \$100,000 (70% of OFIR's total budget!) in the eleventh hour, getting paid canvassers on the streets to collect enough signatures. This is not Loren Parks' first rodeo! He has

How to Choose a Candidate

It is hard to choose a political candidate. How do we know if a politician reflects our values and if they will work for our best interests?

Some people go by "brand name" - political party. Some folks try to figure out where a candidate is at by watching the TV ads, listening to radio spots, reading campaign junk mail (good luck if that's your method!). Then there's the trusty coin toss.

The most reliable way to choose a candidate is also the best way to keep that person accountable to you when in office: decide what issues matter most to you, make a list, then do what you can to find out where that candidate stands on your concerns.

For example:

All politicians say they support economic development that benefits working people. Is your candidate supportive of programs that benefit small businesses and living wage jobs, or policies that pad the pockets of large corporations?

What does your candidate mean when they say they support working families? Outside of Portland, 53% of private-sector workers across Oregon lack a single paid sick day. That's true for nearly 80% of low-wage workers. Would your candidate support a proposal that affords workers across Oregon the right to earn paid sick time through their job? What about a raise to the minimum wage in Oregon?

Co\$T of War: Let's Talk Money

Let's talk money. It's a subject that interests most people, but when the numbers get so big, it's hard to make sense of things. Since 9/11, the USA has spent over \$4 trillion for the wars in Iraq, Afghanistan and Pakistan (<http://costsofwar.org/article/economic-cost-summary>). What the heck does this mean?

A trillion is one million times one million, or one thousand times one billion. If you spent a million dollars a day, every day, seven days a week, every week of the year, from the day Jesus was born until today, you would not have spent a trillion dollars.

Every time the Bush or Obama administrations requested money for these wars, Congress approved it - without delay. Virtually all this money was borrowed money, with estimated interest costs of over \$300 billion.

Other Federal programs have not been so lucky. The Republican majority in the US House of Representatives refused to approve funding for the Department of Agriculture for an entire year, until they forced through \$9 billion in cuts to the food stamp and emergency heating assistance program. Here's what Rep. Greg Walden (Republican in Oregon's 2nd District), who voted for the cuts, had to say about cutting food and heating help for the needy:

"Of all the threats that face our nation, few loom larger than the ever-growing federal debt and the impact it has on jobs and our economy," Walden said in a statement. "That's why I've backed efforts to cut federal spending and

worked with buddies Bill Sizemore and Lon Mabon for over a decade, bankrolling political campaigns designed to make Oregon a haven for the rich and unlivable for communities that are already vulnerable, including creating new mandatory minimum sentences and cutting taxes for the wealthy.

Why is Loren Parks the largest political donor in Oregon history, even though he lives in Nevada? Oregon is often seen by big-money political movers as a testing ground, meaning that what can pass in Oregon can pass in other places around the country. This means that the way we vote here in Oregon has echoes around the country... which just goes to show that your vote as an Oregonian means a lot!

Politicians often say they can be trusted to "make the tough choices." Often, elected officials must make difficult choices when budgets are tight. When there is a budget crunch, does your candidate immediately propose cuts to services for the most vulnerable in our communities, such as health care for children or the elderly? Or does the candidate put everything on the table, including tax breaks for powerful corporations?

We believe in democracy: the majority rules, but minority rights are protected. In these uncertain times, some politicians play on people's fears of economic insecurity by scapegoating minorities. Immigration reform and the rights of child refugees crossing the border are being debated nationally and in every community. Does your candidate stand up for the rights of all?

One good thing about this election season is that candidates are reaching out to voters. Use the web sites and phone numbers from the campaign ads, contact the candidates or their staff and ask hard questions. Attend candidate forums and events. Get together with friends and neighbors, compare notes, and share information. Remember, information is power. The more you learn, the more you can make the system work for you!

The Rural Organizing Project (ROP) will help you to access election-year information. Call the ROP at 503-543-8417 or go to www.rop.org

get the federal budget in balance so we can begin paying down the nation's debt." - The Register Guard, April 14, 2014

So, Congress will borrow \$4 trillion for wars, costing \$300 billion in interest without a peep, but will cut \$9 billion in help for needy Americans because "of all the threats that face our nation, few loom larger than the ever-growing federal debt and the impact it has on jobs and our economy"? Right.

Almost half the war spending since 9/11 went for the fighting in Iraq. In June, the Iraqi army collapsed, which the US had spent over \$20 billion to fund, abandoning millions of dollars in US war equipment to ISIS, which has overrun much of the country. It's time to hold our elected officials accountable for this.

As a voter, here is what you can do:

Educate yourself about the cost of war: <http://costsofwar.org/>

Contact your US Representative or US Senator and tell them how you feel about the cost of war: <http://www.opencongress.org/people/zipcodelookup>

Organize. Join people who are working to put the needs of people above the needs of war spending. To find a grassroots group near you, contact: <http://www.rop.org/>

CHANGES IN THE AIR AS TEAM WILLIS REBUILDS

THE SHAKEUP began two years ago when Drew Herzig joined the team, replacing Peter Roscoe as Ward 2 rep on the Astoria City Council. Then a series of gaffes and miscalculations, including a trip to sister city, Walldorf, Germany, a controversial city land sale process, and finally, a botched city manager search, had Team Willis on the ropes.

Longtime city manager Paul Benoit, a key player and leader of the team, left with little fanfare earlier this year, and the council appointed Brett Estes, the community development director, to step into the fray and play two positions until a new city manager could be found. Estes was the original frontrunner, but withdrew as the selection process heated up. After whittling down the field to four candidates, the council rejected all of them, and begged Estes to reconsider, which he did.

The team was further rattled by the retirement of city planner Rosemary Johnson, the longest active player on the squad. With the appointment of Estes as city manager, there are now holes in the Community Development and City Planner positions, key positions on the team.

Meanwhile, the real bombshell arrived in July, when team leader Willis Van Dusen, Astoria mayor for 24 years, announced he was retiring. Yes, the Mayor for Life was leaving the team he built and managed for almost a quarter century!

And we're not done yet! Van Dusen's retirement was announced soon after Larry Taylor, longtime Clatsop County Democratic Party chief, declared his candidacy for mayor. Taylor didn't have long to think about his new position because Arline LaMear, the council rep for Ward 1, put her hat in the ring for mayor a few days after Van Dusen made his announcement.

This leaves a hole in the Ward 1 position, which will be filled by either George McCartin, who would be a brand new player on

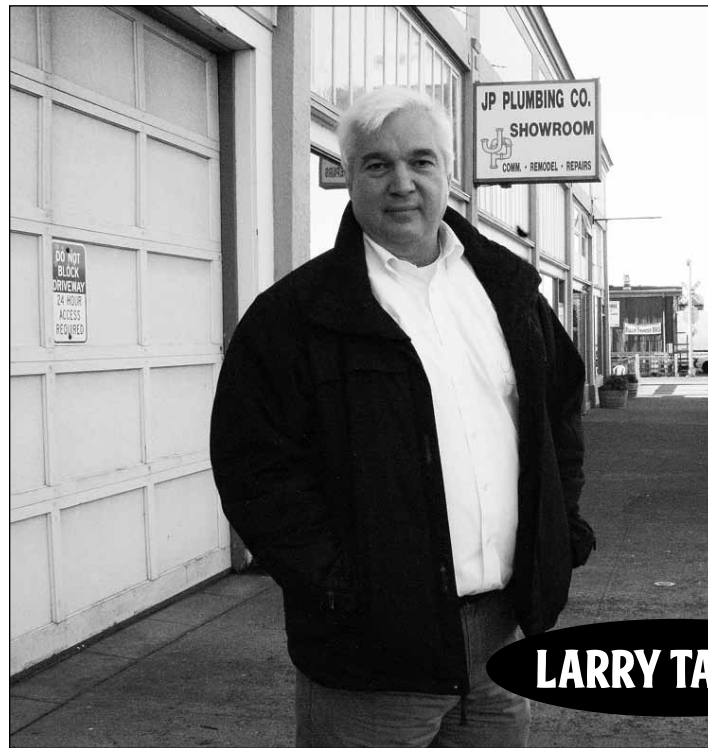
the team, or Zetty Nemlowill, who has been on the farm team (the Planning Commission) for nine years. If Nemlowill wins, there would be an empty seat on the Planning Commission, which would be appointed by the new mayor.

Finally, Cindy Price will be the new council rep for Ward 3, replacing the retiring Karen Mellin. This position originally had Price and Marco Davis challenging Mellin, but the latter two later dropped out and so Price will be a new Team Willis (oops, Team Larry or Arline?) player come 2015.

So, whatever the outcome of the election that ends on November 4, Team Willis will be in rebuilding mode for quite some time. An exciting time for the residents of the oldest white-people settlement west of the Rockies!

Here's a summary of the answers the candidates gave to three questions: why did you run for this position, what is your vision for Astoria or what are some ideas you have for the city, and who supports you.

MAYOR (ALL ASTORIA VOTERS) LARRY TAYLOR VS. ARLINE LAMEAR



LARRY TAYLOR

In our discussion, Taylor told of not one but two epiphanies he's had in politics. "In 2005, my epiphany was that no one was recruiting progressive candidates, which started the work on searching for candidates and then helping them get elected." Many current and recent-past elected officials in the area have been recruited by Taylor and the Clatsop County Democrats.

"In 2014, my epiphany at the beginning of the year was that I had a background that could be used to address some of the problems that the city council had. I'm intrigued with the challenge of applying my management skills and knowledge to the challenges facing the city."

Photos: Dinah Urell

Taylor has been a manager at Intel for most of his career. He has dealt with service delivery in his job, and would like to focus the city more in this area. He gave the new high school sports stadium being constructed on Williamsport Road as an example of the necessity of better project management and planning for the city and its council. "The council just agrees with staff, and they play shell games with budgets. I would address these management problems using my experience in this area," said Taylor. He added, "Transparency will also come from being open and honest about how money is handled. We need actual vs. budget reports presented monthly. We need to tell citizens where the money is being drawn from, and if shifted, what is being deprioritized."

"Partially because Larry declared and Willis quit," was LaMear's answer to the question of why she ran for mayor instead of again as Ward 2 councilor. But also, LaMear says, because she is the best qualified. She started her political life many years ago on the North Coast Women's Political Caucus, headed by Janet Stevenson, which helped women get into elected office. She also has been on the Astoria Planning Commission, the library board, the Parks & Recreation board and the budget committee. Initially tentative about serving on the city council, LaMear has "really enjoyed the ride" and is confident – even excited – about taking the step to mayor. "Astoria's doing well – we shouldn't change course," she concluded.

On vision and ideas for Astoria, the candidates aren't as far apart as the difference in support (see below) would suggest. Taylor discussed a couple aspects of his vision for Astoria – architecture/urban design and authenticity – and said, "Astoria must keep businesses downtown that provide real services and products. Jan Nybakke says it best - we need to evolve Astoria in ways that enhance the lives of residents, which the tourists enjoy sharing, rather than build out Astoria with tourist oriented businesses that residents wouldn't utilize."

LaMear gave some examples of her vision by recent council votes on the Riverfront Vision Plan – to prohibit fossil fuel terminals, keep over-the-water structures at least 500 feet away from shore and only 28 feet high,



ARLINE LAMEAR

and her vote against the Port of Astoria overlay, which the council voted to accept. She has been an opponent of LNG terminals for many years, but is a supporter of what is now being called a "truck route" – the bypass – that has eluded Astoria planners and leaders for decades.

Taylor has made a big deal of changing the commission appointment process to make it more professional, and LaMear echoed that idea in our discussion. She envisions a process similar to Clatsop County's system, where applications are available on-line and are reviewed by the county commission before the commission decides on an appointment. A unique idea Taylor has is to institute a complaint system similar to those used at most government agencies. In his words, "A huge benefit will be derived from developing a reporting system whereby citizens can submit their issues without attending a city council meeting and pitching a power point presentation. I would have issues raised by citizens routed to three places: the ward councilor responsible for that citizen, the city manager, and then to whatever department provides the service that triggered the issue. The citizen would receive an acknowledgement, and how the issue is to be dispositioned – either acted upon, deferred, not acted upon, or if it belongs to another governmental agency, routed to whoever owns the service."

The candidates are getting closer on goal-setting. Taylor says, "The city 'goals' process needs to be implemented properly. The goals should be measurable and achievable. They need to be submitted to the budget committee for funding, and then built into the performance plans of the managers. The progress on each of the goals should be reviewed periodically at council meetings. LaMear thinks quarterly reports and posting the goals in the council chambers would suffice.

Both candidates like the idea of meeting with the public on a regular basis outside of council meetings. LaMear says that monthly Meet the Mayor meetings would be something she'd entertain, and Taylor likes the model that Herzig uses. "I think the open forums Drew has hosted are great for talking through issues."

More information about the candidates' positions on issues and their visions can be found on their websites: lamearformayor.com and electlarrytaylor.com. Their Facebook pages are LaMear for Mayor and Elect Larry Taylor - Astoria Mayor.

A significant difference between the candidates is who supports them. LaMear is getting establishment support, which leans right and is develop-

WARD 1 (EAST ASTORIA)

GEORGE MCCARTIN VS. ZETTY NEMLOWILL

At first, McCartin thought he'd be challenging LaMear for the Ward 1 seat. He was first to file. Why? Well, McCartin had been attending city council meetings for a while, and was not happy with what he saw. Displaying what he mused might be a genetic compulsive tendency towards service in his family, he thought about running, but had to finally be convinced by several other residents that had been following the council and were also not pleased. One day he got an email that said, "George, it's time" and he filed the next day.

Within the week, LaMear filed for mayor and Nemlowill was McCartin's challenger. But McCartin has carried on with the campaign, printing his own T-shirts, getting the word out with a George for Astoria pamphlet, and making the rounds in his ward. He's managed to get the council to implement

ment-friendly. (She did say she was a little uncomfortable with this in our discussion.) Taylor gets none of this support, and instead is getting smaller contributions from traditional progressive supporters and some of the contingent of folks who have been critical of the council in recent years.

Here are some names and numbers: LaMear says that she has the support of Van Dusen, the current city council, Craig Hoppes (the Astoria Public Schools superintendent), Eric Thorsen (CEO of Columbia Memorial Hospital), Kevin Leahy (Executive Director of Clatsop Economic Development Resources) and the mayors of Seaside, Warrenton and Cannon Beach. Her contributors include: Sam Johnson (Executive Director of the Columbia River Maritime Museum; \$1000), Willis & Jan Van Dusen (\$500), Jon Englund (\$200), Don Haskell (\$250), Edith Henningsgaard Miller (\$200), Steve Emmons (\$250), Suzie & Bruce Conner (\$250), Bill Armington (\$250), Cary Johnson (\$150), Eric Paulson (\$250), Rod Gramson (\$1000) and Trila Bumstead (President and CEO of Ohana Media Group, owners of local radio stations KAST, KVAS, KLMY, KCRX; \$1900).

Taylor is supported notably by Jan Mitchell and Roger Rocka, Janet Miltenberger, Linda Oldenkamp and David Pollard, LaRee Johnson, Melissa Yowell, Sue Skinner and Dr. Tom Duncan, and Patty Morrow, among others. His contributors include: Keep Josh Marquis committee (\$111.50), Jim Attebery (\$200), John Nybakke (\$200), Ann Lederer (\$250), and Leon Jackson (\$300).

some of his ideas – displaying council meeting agendas in the library and getting maps of the property sales together – and has a few more to add to those.

Nemlowill is a native and daughter of artistic



GEORGE MCCARTIN

parents who rebelled a bit by becoming a reporter for KMTR television in Eugene, and later working with KAST and KMUN radio here in Astoria, and then, getting into politics! Her favorite thing to do is "talk to people about the city; I'm not afraid to speak my mind about the police, the DA, the mayor, whatever." She's been on the Astoria Planning Commission for nine years and its president for the last three, and has been considering the city council for many years. When asked why not run for mayor, Nemlowill responded that maybe she should get some experience with her ward first. She didn't rule out running for mayor in the future.

McCartin's vision for Astoria is nicely stated in



ZETTY NEMLOWILL

his brochure: "Keep it Green, Keep it Blue, Keep it Open, Keep it New." He's running on three main themes – information, money and the environment. He believes that residents should have a heads-up about issues, especially big issues like the property sales program, and there should

be a printed agenda available widely before council meetings in addition to an electronic version. He would meet at least quarterly with ward residents and keep his web page (georgeforastoria.com) and Facebook page (facebook.com/GeorgeforAstoria) going to exchange information with his constituents. He would focus on the city budget, and take a more detailed look at finances, especially loans and transfers. And due to his initial reasons for getting involved in city business – the property sales program and the disposition of natural areas in Astoria – McCartin's environmental plank in his platform is really interesting and unique among the candidates. Paraphrasing from his brochure, "Let's work as a Ward 1 Team to foster an ever diminishing carbon footprint; sustainable

goods and gardens to share; welcoming diverse identities and cultures to improve our neighborhood; and volunteer to maintain parks." He goes on to advocate for better mental health care, work on domestic violence, and "welcoming businesses that will provide living wage jobs and developers who will provide truly affordable housing."

Based on the many development proposals that have come before the planning commission, Nemlowill has developed a vision for Astoria that would keep our character, evolve our workforce even more, and maintain a vibrant year-round community -- what she calls "Astoria for Astorians". She's concerned about vacation rentals, and would like to keep the rate below 3%. She would like to see the trails plan that was finalized last year implemented with Coast Guard and Lewis & Clark National Park help. To get opinions from

everyone, she would use an "outreach, adoption, re-interpretation" model. She would continue to advocate for upholding the Riverfront Vision Plan that the planning commission has been looking at recently to implement zoning changes for the portion of the riverfront that goes from the maritime museum to just beyond the Pier 39 development (called the Civic Greenway in the plan). And she would support more "good jobs in harmony with livability, like Fort George" (the brewery and restaurant

complex whose co-founder is husband Chris Nemlowill). The cooperative model (Nemlowill works as marketing manager at the Astoria Co-op Grocery) and strategic planning are Nemlowill's ideas to help shape a future Astoria. She reminded me that her demographic – young couple with kids – is not represented on

WARD 3 (CENTRAL ASTORIA)

CINDY PRICE (UNOPPOSED)



CINDY PRICE

As the property sales program became generally known last summer, Price started going to council meetings to find out more. Miffed about the program, and other aspects of the council's business, Price started to think about running to replace Mellin, who ironically she had helped to recruit four years earlier as secretary of the Clatsop County Democrats.

When Mellin and then Davis filed, Price decided it was time, and filed for the Ward 3 seat. After running for the county commission and losing narrowly to Richard Lee (who was later recalled) in 2006, Price said that for various reasons, she didn't feel she was ready for another political run until this year. Soon after, Mellin dropped out, and then Davis followed suit. Price found herself unopposed, but has maintained a low-key campaign ever since, talking to constituents and maintaining a web page (electcindyprice.com) and Facebook page (facebook.com/electcindyprice).

Price is stressing restraint in her communications – reducing the over \$20 million in debt the city has racked up and developing goals for city properties before any further action is taken with them. She envisions that the properties would be divided into those that might benefit from development, those that would be best conserved, and those that might be leased for certain functions beneficial to the city's residents.

Price would like to focus her efforts initially in four areas: resolving the DUII dispute between the city and the DA, working to implement the Riverfront Vision Plan, dealing with city property (see above) and forest management.

When asked whether her marriage to DA Josh Marquis influences her thinking on some of the issues that the council might take up, Price was visibly miffed, and emphatic that she was her own person. Case closed.

Role models for Price are Betsy Johnson and Dirk Rohne. Supporters include Hal Snow and Jordan Schnitzer. Developers are not flocking to Price's cause. There is no financial activity recorded in the ORESTAR database for Price's campaign.

the council currently nor by any of the other candidates. (And then her youngest comes strutting in with her dad!)

Support for McCartin comes mainly from the group of folks that sprung up as the Friends of Astoria's Natural Areas as a result of the city's property sales program, which was terminated after some smaller lots were sold earlier this year (read more in the November 2013 and March 2014 issues of HIPFISHmonthly). Endorsements for Nemlowill include Van Dusen, campaign chief McLaren Innes and Allie Evans. Contributions include: Van Dusen (\$300) and mom-in-law Cindy Nemlowill (\$198). No contributions have been recorded for McCartin in the ORESTAR financial activity database as of this writing.



MEASURE 4-174 WOULD LIFT THE MORATORIUM ON MEDICAL MARIJUANA FACILITIES IN UNINCORPORATED CLATSOP COUNTY

THE OREGON Medical Marijuana Act was established by Ballot Measure 67 in 1998, passing with 54.6% support. It modified state law to allow the cultivation, possession, and use of marijuana by doctor recommendation for patients with certain medical conditions. Oregon became the second state, after California's Proposition 215 in 1996, to remove criminal penalties for medical marijuana. It established the first state registry for medical marijuana users. The Oregon Medical Marijuana Program administers the program within the Oregon Department of Human Services.

The 2005 Oregon Legislature passed Senate Bill 1085, which raised the quantity of marijuana that authorized patients could possess from seven plants (with no more than three mature) and three ounces usable to six mature cannabis plants, 18 immature seedlings, and 24 ounces usable.

In August 2013, Gov. Kitzhaber signed legislation, House Bill 3460, into law establishing regulations for the creation of state-licensed medical marijuana facilities. The law tasked the Oregon Health Authority with crafting rules and regulations over the following nine months to govern the new statewide distribution system.

Presently, an estimated 200 unlicensed medical marijuana dispensing facilities are operating throughout Oregon. An estimated 57,000 Oregonians are registered with the state to consume medical marijuana for therapeutic purposes.

Arizona, Colorado, New Jersey, Maine, New Mexico,

Rhode Island, Vermont, and Washington, DC now have licensed medical marijuana dispensaries up and running. (California dispensaries are not licensed by the state.) Similar dispensary outlets are in the process of opening in Connecticut, Illinois, Massachusetts, Nevada and New Hampshire.

In Clatsop County, only Astoria has operating medical marijuana dispensaries. There is a moratorium on dispensaries in the other cities and in unincorporated Clatsop County. The bill authorizing dispensaries that was signed into law in August 2013 allowed cities and counties to impose a moratorium on the dispensaries until the state and local jurisdictions could formulate regulations pertaining to their operation. This rulemaking has a deadline of May 2015, by which time a dispensary can open (or remain

open) if it meets the state and local regulations.

As a compromise between those who wanted to allow dispensaries in unincorporated Clatsop County and those who wanted to impose the full 9-month moratorium, the county commission this past summer voted to bring the issue to the voters in November. If Measure 4-174 passes, then the moratorium on medical marijuana dispensaries will be lifted immediately. If the voters turn it down, then the moratorium will be lifted next May.

Peter Huhtala, who is retiring as county commissioner at the end of the year, supports the measure and the idea of allowing medical marijuana (indeed, even recreational marijuana) to be available at regulated dispensaries. Josh Marquis, Clatsop County District Attorney, who is opposed to Measure 91 (see STAND), said that the state measure will likely have little impact on Clatsop County's medical marijuana program, since the medical marijuana question has been resolved in Oregon, and the dispensaries will open by May of next year in any case. Cities are already lining up to impose taxes on recreational AND medical marijuana purchases through these dispensaries, but these are unlikely to stick if Measure 91 passes, according to Marquis.

There are currently no medical marijuana dispensaries in unincorporated Clatsop County, and both Huhtala and Marquis agree that there are not likely to be any there any time soon.

- B. Goldberg

ANOTHER COLLEGE BOND MEASURE?

PATRIOT HALL REDEVELOPMENT PROJECT IS PHASE 3 OF CLATSOP COMMUNITY COLLEGE'S MASTER PLAN

MEASURE 4-176, on the ballot in Clatsop County for the November 4 election, seeks funding from property taxes to match \$8 million in state funding to renovate and expand Patriot Hall on the Jerome Campus of Clatsop Community College (CCC). According to Ann Gyde, project co-manager, the project is considered Phase 3 of the college's long-range master plan. Phases 1 and 2 were called the Jerome Campus Redevelopment Project (JCRP), which broke ground in October 2008. County voters approved a \$5 million bond measure in November 2008 for the main college campus to stay where it had been, after rejecting two measures that would have moved the main campus: (1) down the hill to the old Warren Field or (2) to Warrenton. The JCRP included the renovation of the old Astoria High School building, Towler Hall, and the replacement of Fertig Hall with Columbia Hall, as well as landscaping, parking lot, and other improvements. Completed in 2010, the JCRP made some improvements to Patriot Hall, which was initially built in 1921, but its disposition has remained in doubt ever since, with the college insisting that it is seismically unstable and unfit for student activity in 25% of its space. Until the money from the legislature became available, Patriot Hall was slated for destruction "eventually," since renovation was deemed cost prohibitive.

Phase 3 of the college's master plan is a health and wellness center. (The final Phase 4 addresses parking.) Again, according to Gyde, "Before choosing the Patriot site for Phase 3, several options were looked at [by the college]. When SB 5507 passed [in 2013; this

bill authorized the \$8 million for capital construction for the college], we looked at options including a joint project near the aquatic center [the Astoria Aquatic Center, on Exchange across from Warren Field], and on-campus options including the Alder Hall site [next to the Art Building], a free-standing building replacing Patriot, and the (then) Student



Services building [the Student Services building is now being used for other purposes]. The board originally chose the Alder site; discussions with the architects changed it to the Patriot site." Gyde further explained that the joint project mentioned above was "just discussing the site as an option, and included the college, Columbia Memorial Hospital, and the City of Astoria."

The Friends of Patriot Hall, the group promoting passage of the measure, in its brochure points out that the redeveloped Patriot Hall would have space for new programs the college is considering offering, including job training, paramedic training, mental and behavioral health, and drug and alcohol counseling certification programs. According to Larry Galizio, the college president, all these programs would have great community benefits and have been requested by local businesses and agencies for some time.

There doesn't seem to be an organized opposition to the bond measure,

as has been the case in the past when the college went to the voters for funding for capital construction. Nevertheless, the college realizes that any bond measure is difficult to pass without getting out the information. Therefore, two public forums have been scheduled to present the project, and receive comments on the project and its conceptual design (see photo):

Thursday, October 9, 6-7:30pm in Columbia Hall, Room 219 on CCC main campus, 1651 Lexington Ave, Astoria.

Wednesday, October 15, 6-7:30pm at the CCC South County Center, 1455 N Roosevelt, Seaside.

SRG Partnership, Inc., the architectural firm that designed the redevelopment of Towler Hall and CCC's Columbia Hall, was selected to design the project. Representatives will be present at both public forums to present their conceptual design, discuss their design objectives and welcome public comment. CCC representatives will discuss the project plans for related program enhancements, as well as project funding.

When asked what Plan B is if Measure 4-176 fails, Galizio said that there weren't any plans in the works as of yet. He pointed out that the legislature's "offer" of funding runs out in three years (including construction), and so there might not be enough time for subsequent bond measures or other funding packages to be assembled to provide the match required.

For more information, see the Friends of Patriot Hall website (friendsofpatriot.com) or the college's website (clatsopcc.edu).

- B. Goldberg

ANGELA FAIRLESS & HER FEARLESS FIGHT FOR THE MAYOR'S OFFICE IN SEASIDE

TOO OFTEN when we see the faces of our political leaders they appear to be on the mature side, perhaps even geriatric, and it has become somehow assumed that governance in America is up to the elders. A glance at the men on our money seems to confirm this notion, but a small amount of research into our founding fathers actually tells a completely different story. Thomas Jefferson was only 33 when he wrote the Declaration Of Independence. In fact, more than a dozen of the signers were under 35. Alexander Hamilton was 21 on July 4, 1776, and a decade later he was part of George Washington's Cabinet. Even Betsy Ross was only in her twenties when she created our nation's first symbol of freedom, not at all the matronly image we commonly see depicted.

Certainly wise elders have much to offer the world, but how wise are the elders that are leading us today? And, how wise is it when ALL of the leaders of a given community are elders? In Seaside for example, current mayor Don Larson has run unopposed for more than a decade, and last year the City Budget was presented for the 29th year in a row by City Manager Mark Winstanley. While the longtime mayor and the even longer City Manager have accomplished many great things in the last decade - a new library, a modernized process of water treatment, and a whole lot of development, what has Seaside missed out on? What opportunities did Seaside miss because current leadership did not even understand that they existed?

Could this be the time to hand the reigns over to the next generation of community leaders, bring in a fresh perspective, and represent more of the diverse population now living in Seaside?

That question brings us to a certain local political leader, a young woman already known to many in the community for her strong views and daring pursuits, from sleeping outside during the early days of the Occupy Movement to bring notice to the plight of the homeless population, to rallying and succeeding in building a free skate park for Seaside's youth, Angela Fairless has been fearless and outspoken on a number of issues to which she feels strongly. She is determined to create change in the small beach community, and her strong sense of community service has led her to run for mayor of Seaside.

I asked Angela what her view of an idealized Seaside might include. The image was fresh in her mind as its citizens recently finished a "Visioning Process" to guide leaders toward the wants and needs of the people. For Angela's part she suggested "more environmental efforts, education and an overall increased sense of reverence for nature. Improved economy with less of an "off-season" and less families struggling to feed themselves and enjoy life." Elaborating on her statement she explains. "I'd really like to see the people who need help the most like our homeless, mentally ill and drug-addicted citizens treated with more respect, compassion and concern. I'd also like to see more acceptance and respect for our ethnic minority citizens.

Fearless who has lived in Seaside her entire life, met her husband Eric during seventh

grade, and the couple chose to remain in the town to raise their son Rueben. "Unlike both my fellow candidates I was born and raised here, and therefore I know what it is like to grow up here and raise a family here. I also know what it is like to work in our town in the tourist/service industry. This gives me an intellectual and experiential understanding that neither of my fellow candidates have. In addition, I think that I am more in-touch with the town and its general populace. The simple fact that I am on social media and often put my email and personal phone number out to the public makes me more accessible and in-touch with the town and this matters more than the other candidates might think."

The facts are in, and Seaside is changing, it is no longer a few hotels and some summer entertainment for one section of the population and a timber and fishing resources economy for the other half. The town has grown into a vacation mecca with huge hotels, resorts, and timeshares getting a majority of its ocean views, while resources have turned from being ample commodities to small reserves now in need of protection and regeneration.

According to census numbers in 2010, 12.4% of Seaside's population is Hispanic, 5.8% is "other races", 11.5% are single mothers, and nearly a quarter of all households have a children under 18 living in them. On the other side of that, only 15.4% of households include one or more person over 65 years old. Looking at Seaside's city website (<http://www.cityofseaside.us>) it is apparent that all of its city council members represent the middle age and up population, which means the large number of young families have no representation in City Hall.

From where she is standing, Fairless sees two issues that are dominating the thoughts of the community. "First is the tsunami preparedness in general and moving the school. Second, is the economy and families just making ends meet. For issue one, I think we need more education and awareness, but we also REALLY need to address our bridges and exit strategies. I think my fellow candidate John Dunzer has a great plan for the school and if elected Mayor I would take his suggestions more seriously than anyone is currently."

"As for the economy and poverty, I think we need to continue doing our good work with the food bank and homeless shelter. Also, having adequate and affordable housing is of the utmost importance but for the most part seems to be poorly understood by those currently in power. This needs to continually be posed to them so that they don't forget who pours their coffee, makes their sandwiches, and pumps their gas. If we continue in the same way we have been going, then people will live outside of our community and travel in to work or they will continue to be documented as transient because they live in motels. Change is needed!

"A slightly side note to this problem of poverty is that our Safeway actually charges more for products than other Safeway stores because they know they have no competition. Uncool! Safeway and many other corporate entities in our town could really improve

the way they treat both the consumer and their employees."

Fairless is not afraid of demanding more than the status quo, she was instrumental in the construction of an impressive community skate park, even though she admits she does not even skate, "Growing up here there was sometimes just nothing to do. We needed this."

The skatepark idea arose in the mid 1980s, but it was Angela Fairless' organizational skills and sheer determination that made it happen. A large metal plaque at the entrance of the ramps tells how it happened, including her part, thus making her name immortal to the community's youth for generations to come. Fairless also worked as a reporter for the formerly independent town newspaper 'The Seaside Signal', and she is very active in pushing for the legalization of marijuana, the use of medical marijuana, and the cultivation of hemp. When she is not fighting to rid the world of injustice, or spending time with her husband and son, she is an artist and talented photographer.

"The office I am running for is a volunteer position and that is the kind of position that I am comfortable with," Fairless says. "My goal has been to inspire others to get active and to change the way we perceive a political campaign and how we think we have to go about getting elected. By hosting fundraisers for the food bank and having pink political signs with hearts on them I am showing that you CAN do things different and still be taken seriously and be respected. One of my favorite quotes is by Margaret Mead when she said 'Never doubt that a small group of thoughtful committed citizens can change the world - indeed it is the only thing that ever has!' When I started the Skate Park project most people told me I was wasting my time. I had people tell me I was both crazy and stupid and that change would never happen. It took me years of intense dedication and organizing and leading a group of young citizens but we were successful and that park is, for me, proof that we can make positive changes!"

One question that has long been debated is how "We The People" can best make change in our system - Do we need to be elected into office to affect change or is it better to attack from the outside via protest?

"I think its both. Nothing in life is ever really as black & white and either/or as our culture tries to play it off as, things are really a bit more of a grey mix. I do think of myself as more of an activist than a politician and most of my work to create change has been from the outside. This is my first attempt at getting "in the system" so to speak, so maybe I'll have a different opinion after this experience. I do feel its possible that if you're in the system too long you might become less effective or complacent, and of course we know that power can be corrupting. As far as getting involved in your community, political or otherwise, I don't think it matters so much if



By Amy Bugbee

Mayoral candidate Angela Fairless - pink campaign rally at the Skate Park she helped found.

you are in or outside the system, so long as you are active! Our world is what we make it, so I say do whatever you can to make our world a better place."

Affordable housing, living wage work, recreational activities that everyone can enjoy, and safety for all including those who are sleeping out of doors may seem lofty, but they are not pipe dreams either, and they are certainly not being addressed in Seaside currently, especially as housing prices skyrocket and more and more apartment complexes are turned into condos. And what of Angela Fairless' seeming preoccupation with the homeless? Like it or not there are large numbers of people who spend time exploring the magic of Highway 101, it is second only to Route 66 in recognition, and because of that notoriety each summer hundreds of people hike, bike, and hitchhike up and down our famous highway, often camping illegally, and Seaside is a part of that journey. Of course there are the truly homeless and the mentally ill that reach beyond the power of a city government into fixing the ills of society, but a town like Seaside could certainly set an example of compassion for those passing through, whether they be adventure hungry youths or damaged souls.

History seems to prove that if our system of democracy doesn't shake itself out once in a while those involved will become stagnant and unmoved, or at the very least merely rolling with the status quo. We need to rearrange every so often to keep things

fresh and ideas moving. The most progressive societies throughout history are always those that offer a diverse representation of its people. What could Seaside be missing out on by not having a youthful perspective in its ranks, especially from one of its own, and one aware of a completely different spectrum of opportunities, concerns, and desires than those currently with power are facing? Instead of lumber could Seaside become a leader in solar energy? Could Seaside become a major convention destination full of consultants, display builders, and other technologies? Could it be home to the growing number of telecommuters whose jobs do not rely on geography?

Do not underestimate all that Seaside could be doing to make it an even better place to visit, to live, and to work. Could Seaside be more? All it takes is a vote of the people to find out.

Seaside Candidate Forum

A forum for the public to learn more about candidates running for local Office in November will be held Thursday, October 9, 7:00 pm at Seaside City Hall.

Sponsored by Seaside AAUW (American Association of University Women), candidates will share some personal information as well as opinions on issues facing our city and region.

Among those featured will be Debbie Boone who is running for re-election to the Oregon House of Representatives and her opponent Rick Rose.

Also included will be Jay Barber, city councilor from Ward I; Tita Montero, Ward II; Greg Boat and Seth Morrisey, Ward IV.

Mayoral candidates appearing will be incumbent Don Larson, John Dunzer, and Angela Fairless.

Audience members will have the opportunity to address questions to the candidates.

Cindy Price Meet & Greet @ KALA

Astoria City Council Candidate, running uncontested in Ward 3, invites you to bring your questions and concerns about the work of the City. "This is not a fundraising event," Price said, "I just want to open up strong lines of communication early."

THURSDAY, OCT 16, 5pm-7pm. Complimentary Wine & Cheese. At KALA, 1017 Marine Drive, Astoria. Casual, Come as you are. www.electcindyprice.com

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- * Supports M92 (GMO labelling)
- * Supports continuing efforts to stop LNG in Clatsop County
- * Supports efforts to slow or stop the fossil fuel trains in Columbia County
- * Native Oregonian, long-term homeowner/resident in Tillamook County
- * An international media businessman, investor and entrepreneur - not a politician
- * Will introduce bills to develop a state bank, Pay It Forward to address crippling college costs and greater transparency in government, especially around spending and corporate giveaways
- * Committed to serving a maximum of two terms (eight years)

Betsy Johnson

- * Candidate of big moneyed interests, running as Democrat AND Republican
- * Accepts contributions from corporate lobbyists, including Monsanto and tobacco giant Altria
- * Worked to bring in state aid/infrastructure for fossil fuel trains and subsidize corporations involved
- * 31% environmental voting record in 2013 (lowest of any Democratic Senator)* * OLCV Scorecard 2013
- * Life-long politician, 14 years in Salem, seeking four more...

Andrew Kaza

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WARRENTON BEGINS FIRST EVER MAYORAL RACE AND FOUR FIGHT FOR SEAT 4 ON CITY COMMISSION: SMALL TOWN POLITICS AT ITS FINEST

PART I: MEET THE MAYOR

THE WARRENTON mayor's race marks a major turning point for a sleepy little fishing town that has grown into a land of major development. It's once largely forested stretch of Highway 101 is now a densely cultivated retail hub with Fred Meyer, a Home Depot, ironically a brand new Goodwill, Costco, and a slew of strip malls. It is moving fast, and their way of choosing a mayor is changing right along with it. For decades, perhaps longer, the voters elected a board of Commissioners, and the commissioners in turn pick one amongst them to serve a one-year-at-a-time role of mayor.

Mark Kujala, who will officially be remembered in Warrenton history as the last appointed mayor, and who may well become Warrenton's very first elected mayor explains the process that created this entirely new course of action for the community.

"It was pretty clear to me that the public wanted to vote on the mayor. They thought we are a growing town, so more people had a stronger feeling on who'd they like to see as the mayor. Year after year we had appointed a mayor, and we decided to give it to the voters and see if they decide it's an important matter or not. It was a split vote on the commission, it was a 3 to 2 decision on the commission whether or not to go out to the ballot. We did an advisory vote, to give direction to the commission, and it was 87% I believe. They wanted to direct elect the mayor. It was overwhelming. We put it on the ballot, then we made a charter change and put that on the ballot, and now in November 2014 we are having an election. It's obviously what the people wanted and demanded."

Kujala has been appointed mayor three times, in 2011, 2013, and 2014. He is running against another Commissioner, Mark Baldwin for the office. I ask what the major differences are between the two men since hours of reading the minutes and voting records from the last two years of commission meetings did

not show much variance in voting for most of the members.

"Mark Baldwin has a very good handle on construction issues because that is his profession, and I think I take a broader approach to the position. I've been on the commission since 2005 and been involved in a lot of different activities as a city commissioner or mayor, so my strength is that I have been able to work with a lot of different

facility and his brother Paul catching the fish. Fish is his day job, being a commissioner and mayor is strictly volunteer.

"I grew up in it. I actually worked when I was 12, 13, and 14, it was called Oregon Oceans Seafood at the time and we actually had our own boat, we bought some salmon off the river, but a lot of the stuff we produced was our own fish, our own bottom fish. Then there was a global change in the seafood industry, so we changed our operations. We built the cannery and the smokehouse and started doing farmer's markets back twenty years ago. That really became the focus, to find a niche for our own product. My dad retired, but he is still involved, he still comes down to check up on everything. He's been a fisherman his whole life. He went to Oregon State and studied oceanography and marine biology and then decided that he really loved fishing, so that's what he kept doing. That's how Ocean Seafoods got started in 1978."

I asked Mark Kujala what his dream would be for the perfect Warrenton?

"I think we've made a lot of master plans and visioning plans over the years and I've participated in a lot of what's come in to those. My dream is really what those master plans represent, it means that the marina is a vibrant place where you have businesses around the marina, and you have tourist opportunities for people to visit and walk around and see people on the boats and fishing. It's not as attractive of an asset as it could be. I want to see that improved. I want to see our downtown improved. We have an urban renewal district and that was set up specifically to put money into the marina and downtown. It's taken years to get off its feet and we're finally doing it, we've got a new marina office and facilities at the Warrenton Marina.

We've made a lot of improvements to the Hammond Marina already with the parking lot and paving. We just acquired it from the federal government, they are actually transferring ownership to us, we've been leasing it for many years from the Corps of Engineers. That's going to give us an opportunity to make all these improvements we need to make. I want to see the Hammond and Warrenton Marina master plans fulfilled and the Downtown Master Plan fulfilled, those are the things I want to see."

Spoken like a true mayor. We will come back to the marina in just a while with Commissioner candidate Richard Frisbee, a disabled veteran who lives in the marina and is running on a primarily "Fix the Marina" platform.

Meanwhile, there are the subjects that I see as the most important is-



sues facing Warrenton - Overdevelopment of Highway 101, downtown revitalization, and of course LNG. However Kujala, who is looking at Warrenton with a different pair of glasses on, points out an issue I had not considered - public safety. A candidate for Commissioner, NAPA Auto Parts store owner Rick Newton, will also be discussing this in Part II.

"We're lucky and fortunate that we're growing and bringing jobs to this area, but when you grow you also have a strain on public services, it's probably the most important thing that somebody that's on the city commission can do, is to insure public safety. In the election last year we actually passed a levy to get an extra police officer. Then we had a police officer that had to resign, so we had to hire a new person to fill his position. We also had to train the individual that we hired with the levy, so it left us short handed for a lot of the year, and the chief will attest that he was out doing patrols a lot of the time and needed an extra body.

"We just got a grant from the Federal Government through the Department of Justice, it's called a COPS grant - Community Oriented Policing Services, and that's going to pay three quarters of the position for three years. Warrenton is one of only four cities that got that grant. That will give us ten people and the chief, and that will really help us in doing police work and having a detective position open up so we can investigate property crimes, that is something that we've lacked. We've lacked a detective to fulfill investigative issues. I think that's the most important thing that a public entity can do is provide that public safety and assurance that we are doing all that we can because obviously drugs are an issue, crime is an issue. When the economy is bad those things escalate. I think we are making progress, and it will be a much different year in 2015 than what we saw in 2014.

STOP!

This is where you GO to the website to continue reading Amy Bugbee's special on the city of Warrenton races; Part 1 continued, and a full Part 2 - LNG, crime, development, council seats, city pride, and more on what's ticking in this transforming community.

Warrenton has changed so much in the last few years it is hardly recognizable from the largely forested stretch of Highway 101 to a retail district that threatens to turn that stretch of highway into "Anywhere USA". It must be questioned, is development really the answer?

"I don't think it's the answer, I think it's part of the mix, and we have a pretty diverse economic mix. We have the traditional industries like forest products, and we have the traditional industry of fishing, so we rely still on a commercial fleet. We rely on recreational fishing. We've had one of the best years we've had at the harbors for launches and for camping, and for all of the activity for Buoy 10. They had banner years at the Hammond and Warrenton Marinas, so it was really a boost to our Harbor Master and his budget to have this great fishing season. That is something you can't ignore, people come to Warrenton to go sport fishing because they are so close to the ocean if the ocean is open and they are so close to Buoy 10. When it's really good fishing you take advantage of it.

Fishing that's one thing, forestry with Warrenton Fiber and Hampton they are both big employers in this city so we want to support what they do because they bring a good tax base to Warrenton. The parks, Fort Stevens State Park, they basically balloon Warrenton to 10,000 people during those summer months. I don't think people realize how many people are at Fort Stevens State Park in June, July, and August, and how many people are at KOA and Campers West, so we have a lot of people utilizing recreational opportunities in Warrenton. I don't want to see that go away at all because it all helps and it's all part of the mix, but I think commercial development and retail development is part of it as well."

And what of over saturation?
And worse yet, taking the charm out of Warrenton?

ASpirted Photo Installation at Luminari Arts Gallery

HAUNTS.

LUMINARI ARTS promises to have some haunting imagery this October Art Walk. Not the spooky, creepy kind, but images that can be hauntingly beautiful, seared into memory, reminiscent of the past. Well-known local photographer Andrew E. Cier, focuses on those mesmerizing details, a shrine or marker preserving what many today consider noteworthy, a keepsake, a token. This collection takes the pages of antique photo albums and chronicles curious places you may remember somewhere in the long ago, well worn buildings or melancholy mood.

Andrew E. Cier lives and works in Astoria. His work has been shown in Portland, at the State Capitol during the Lewis & Clark Bicentennial, published in national magazines and still scene on scenic Oregon postcards. Most notably, his image, "O The Joy!" was selected to be on the 4th nickel in the series put out by the US Mint in 2005 to commemorate the Lewis and Clark Bicentennial. He and his wife, Laree Johnson, have shared a working studio in downtown Astoria for 13 years.

Favorite haunts have been cemeteries that hold lovely stone angels and markers, look for incarcerated spirits, a crime scene in Butte, Montana, plantation steps, people, places and far away cathedrals.



Masonic Temple, Astoria "Chronicing Curious Places"



Greenwood Cemetery, Astoria "Of people Cherished"

THE OPENING NIGHT of "Haunts" may haunt and waylay you. In addition to the gathering of longtime collected imagery, a multi-media ambiance - is set by seasonal fashion presented by vintage clothing collector Laree Johnson, lighting and sound, including Cier's creative water features - will tickle your spooky bones.

Luminari Arts is located at 1133 Commercial St. in Astoria. Astoria Art Walk, 5-8pm, Saturday Oct 11.



UK Church in Moonlight "An altered, magical place"



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THE 30TH WATER MUSIC FESTIVAL PEARLS FROM OUR PAST



NW Jazz Great Marilyn Keller

SOMETIMES, MUSIC is so good that it simply has to be repeated. Such is the case with the lavish entertainment being

provided October 17-18 by the Peninsula's Water Music Festival (WMF).

When the WMF Board of Directors contemplated how best to celebrate their 30th anniversary, the choice was simple: bring back artist ensembles who have been widely acclaimed, both at the Festival and throughout their distinguished careers. These 'Pearls from Our Past,' showcase a variety of musical genres.

Opening at the Inn at Harbour Village on Friday evening will be the Augustana Jazz Quartet. Vocalist Marilyn Keller's roots include dixieland, ragtime, gospel, soul and traditional jazz. Drummer Ron Steen has performed with such artists as Joe Henderson, Woody Shaw, and Dexter Gordon.

Kevin Deitz, bassist, has performed with symphonies as well as with Mose Allison,

Dave Brubeck and Mason Williams, among others. For over 30 years, pianist George Mitchell has been on call as first-call pianist for Diana Ross and continues to tour annually as part of her ensemble.

A social half-hour begins at 7PM, with small bites of fruit and cheese served both before the concert and during the intermission. A no-host bar will also be available. Tickets are \$35.

Grammy Award Winners Tingstad & Rumbel bring their unique blend of acoustical instrumental music to the Oysterville Church for a noon concert Saturday, October 18. The charming setting is ideal for this duo whose career has included the release of 19 albums in which ocarina, guitar, oboe and double reed and reed are all featured. Tickets for this concert are \$25.

In keeping with the extraordinary quality of the artists already described,



Grammy Award winners, acoustic duo Tingstad and Rumbel.

the Miramont Trio will perform Saturday evening. Soprano Janet Chvatal performed on Broadway in *The Fantastiks* and in Vienna in *The Phantom of the Opera*, while Baritone Marc Gremm's lead roles have included *Dance of the Vampires* and *Les Miserables*. Guitarist Scott Kritzer is a renowned performer and teacher. This concert is sold out.

For ticket purchases and additional information, please visit www.watermusic-festival.com.

North Coast Symphonic Band presents TALES OF THE SUPERNATURAL Rocktober 26

BE PREPARED for tales of ghosts, spirits and the supernatural as the North Coast Symphonic Band opens its 35th season with a concert at 2pm, Sunday, Oct 26 at the Liberty Theater in Astoria. Conductor and musical director Dave Becker prepares an afternoon of pre-Halloween fun with music for adults and kids of all ages. The family rock band Count Valters and the Zombies perform the pre-show starting at 1:20pm.

Becker chose music serious and challenging but most of all fun. Themed selections on the NCSB program include "Through Darkened Sleepy Hollow" by Eric Morales, "Ghost Train" by Eric Whitacre, and "Graceful Ghost Rag" by William Bolton. "Night on Bald Mountain" by Modest Mussorgsky will be a nod to pure classical music as will "Symphonic Prelude" from *The Cemetery at Colville-Sur-Mer* by Marc Camphouse.

The NCSB will also perform James Sochinski's "The Legend of Alcobaca" in its complete form with supertitles projected on a screen so all may follow this tale of supernatural and gore. Younger



audience members and the young at heart will enjoy "Highlights from Frozen," a recent Disney film about the magic found in Scandinavian countries.

As a novelty selection, Bob La Torre of Manzanita narrates "The Cremation of Sam McGee" with original music scored by La Torre. An admirer of Robert Service's poetry for many years,

La Torre found Sam McGee to be very easy to put to music as Service always employs a strong rhythm and rhyme in his writing. Hear sounds effects from the band accompanying Service's dark humor.

Count Valters and the Zombies formed because the Count (former music teacher Bob Walters from Ilwaco, Washington) celebrates his birthday on October 31st. who performs Halloween programs in the schools on an annual basis. His three sons, Lucas, Evan and Burton, grew up and asked to join the band as Zombies, performing together now since 2004.

Tickets: Liberty Theater Box Office, open 2-5:30 PM Tues-Sat and two hours before the perfor-

mance, or call 503-325-5922, ex. 55. \$15 Adults/\$7 Students. Tickets for the October concert also available in a \$40 SEASON TICKET package for the NCSB concerts in Oct, Feb and April. Student season ticket - \$15.

Online tickets TicketsWest.com include a service charge.

Visit the band webpage at www.northcoastsymphonicband.org, email ncsband@charter.net, or call Janet Bowler at 503-325-2431.

Hip Hop Class with N8 At AAMC

Nathan Boozer is N8, owner and choreographer of the highly motivated and dynamic hip-hop Work Dance Company in Eugene, Or. Old-School to New-School and jazz funk technique, get down with N8 and pick up your moves. Class \$10, all ages. 6pm at AAMC, 342 10th, 2nd Floor, Astoria

AAMC WEEKLY SCHEDULE OF CLASSES
We are located at 342 10th st in Astoria. For info about a specific class please contact the instructor directly by visiting: www.astoriaart-sandmovement.com

Monday
5:30-6:30pm: Ballet with Trixie Gunn
6:45-7:45pm: Zumba with Nayelli Dalida

Tuesday
9:00-10:00am: Zumba Fitness with Nayelli Dalida
5:30-6:30pm Intermediate Lyrical Jazz with Trixie Gunn

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

Thursday
9:00-10:00am: Zumba Toning with Nayelli Dalida
5:15-6:15pm Irish Dance with Gina Marie Newkirk

Friday
6:00-7:15pm: Pre-Professional Adv Ballet: Concentration on Jumps/Extension with Renee Meiffren

Saturday
4:30-6:00pm: Pre-Professional Adv Ballet: Concentration on Turns with Renee Meiffren
6:00-7:15pm: Beginning-Intermediate Ballet for ages 9 to 12 with Renee Meiffren (please note this class will be held from 3:15pm to 4:30pm on October 18th ONLY)

Sunday
4:30-6:00pm: Pre-Professional Adv Ballet: Concentration on Pointe Work with Renee Meiffren
6:00-7:15pm: Beginning-Intermediate Ballet for ages 13+ with Renee Meiffren



Star Wars Party

A GALAXY far, far, away comes to the SEASIDE PUBLIC LIBRARY on Saturday, October 10, 1pm - playing host to the Cloud City Garrison of the Star Wars Imperial Costuming Club, more fun than going to Jedi Academy.

The Cloud City Garrison is a group of "Star Wars" fans who dress in costume and attend non-profit events to interact and take pictures with enthusiasts. Kids

and their parents will have the opportunity to rub elbows with a galaxy full of characters from this beloved franchise as well as taking selfies with your favorite Wookiee, Storm Trooper, or maybe even an Ewok.

Jump in your A-Wing Fighter, throw the kids in an Alderaan Cruiser, grab your favorite droid and pilot your vehicle into the landing bay of the Seaside Public



Library, located at 1131 Broadway. (503)738-6742.

Wednesday 8

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Resident's Show & Tell. 6pm at the Sitka Center north of Lincoln City.

HAPPENING

Open Town Hall Meeting. Up for discussion, the possibility of a Dog Park. 6pm at the Astoria City Hall.

Night of All Knowledge Trivia Tournament. Teams of 1 - 6 compete for fun and prizes. Free, 6pm at the Seaside Library.

The Tell-Tale Heart. Story teller Christopher Leebick will perform chilling stories. Recommended for adults and teens 12 and up. Free, 6:30pm at the Tillamook Public Library.

THEATER

Angel Street (Gaslight). Drama, reader's theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 9

MUSIC

Paul Mauer. Indie Rock. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Global Frackdown Astoria. A massive day of international protests against fracking. It's a day for us to come together — to unify as Oregonians and as members of our global community — to demand an end to the dirty and dangerous practice of fracking. 6pm in the Loft at the Red Building in Astoria.

LECTURE

Artist Residencies - An International Tradition at Home in Oysterville. With Nina Macheel. 10am in the historic Oysterville Schoolhouse.

Community Forum in Astoria. The Redevelopment of Patriot Hall. Learn about plans for the redevelopment of Patriot Hall; view conceptual designs; add your comments. 6 - 7:30pm in Room 219, Columbia Hall, at CCC in Astoria.

Beers to Your Health. The Magic of Soup with Maggie Stuckey. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

LITERARY

Dark & Stormy Nights Series. With mystery author Ron Lovell. Free, 4pm at the Driftwood Public Library in Lincoln City.

THEATER

Angel Street (Gaslight). Drama, reader's theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Friday 10

MUSIC

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

Paul Mauer. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Peninsula Arts Association Fall Show. Presenting the work of over 60 local artists and will have works available for purchasing. Raffle proceeds benefit local high school scholarship. 10am - 5pm at the Long Beach Depot Building.

Opening Reception. Ben & Caroline Brooks Ceramic Art Exhibit. 5 - 7pm at the Lincoln City Cultural Center. 541-994-9994

HAPPENING

Star Wars Costume Event with the Cloud City Garrison. The Cloud City Garrison is a group of "Star Wars" fans who dress in costume and attend non-profit events to interact

and take pictures with enthusiasts. Kids and their parents will have the opportunity to rub elbows with a galaxy full of characters from this beloved franchise as well as taking selfies with your favorite Wookiee, Storm Trooper, or maybe even an Ewok. Free, 1pm at the Seaside Library.

LECTURE

The Next North Coast Tsunami: Impacts on Coastal Communities, Watersheds and Lakes. Free, 7pm at the Rogue Ales Public House in Astoria.

Oregon Humanities Conversation Project. Grave Matters: Reflections on Life and Death Across Cultures. 6pm at the Astoria Public Library.

THEATER

The Foreigner. \$5, 7pm at the ASOC Playhouse in Astoria.

True West. Drama. 7pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 11

MUSIC

KALA Variete. Comedy and music performance happen, after 2nd Saturday Art Walk at KALA. Comedian John Kulm, vocalist Aleesha Nedd, singer songwriter Cabel Tice, and electronic musician James Drinkard, plus more. Doors open for cocktails at 8pm. Show to follow. Dance party till midnight after performances. \$5 cover. 1017 Marine Drive in Astoria.

Beach Blanket Bash. With live music by Garcia Birthday Band at 7pm. At the Gearhart Hotel.

Lifelike Family. Portland's collectors & cultivators of new audio/visual exploratory works. Performers include The OO-Ray, El Owl, Neglect, and Existence Habit. Doanions encouraged, 8pm at the Blue Scorcher in Astoria.

The Way-Backs. 8pm at the Sou'wester Lodge in Seaview.

Billy D & The Hoodoos. No cover, 9pm at Roadhouse 101 in Lincoln City.

Hey Lover. Punk three piece. No cover, 9pm at the Voodoo Room in Astoria.

Science! Roots. No cover, 9pm at the Adrift Hotel in Long Beach.

Skid Plate. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Peninsula Arts Association Fall Show. Presenting the work of over 60 local artists and will have works available for purchasing. Raffle proceeds benefit local high school scholarship. 10am - 5pm at the Long Beach Depot Building.

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

ALCP Home & Chef Tour. 6 homes at Sunset Beach will be on the tour. \$25, 11am - 4pm. assistanceleaguecp.org/events/home-tour

Trashion Show/Upcycle Party. A runway show of fashion made from trash items plus live music, raffle, food & drink, and Upcycle dance party. \$25 admission. 7pm at the NCRD Auditorium in Nehalem.

Celebrate the Arts. Festivities will include art, clay studio, writing and other program demonstrations, children's activities, a silent auction and raffle, background music and an art show. 11am - 5pm at the Hoffman Center in Manzanita.

Opening Reception. For the Ben & Caroline Brooks Ceramic Art Exhibit. 5 - 7pm at the Lincoln City Cultural Center.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #5. 1 - 4pm at the Cellar on 10th in Astoria

Wild Mushroom Cook-Off. Free admission at the door with tasting-sized portions available for a small fee. 11am - 2pm at the Lincoln City Cultural Center.

HAPPENING

One Sky, One World Kite Celebration. The World Kite Museum joins people all over the globe to promote international friendship and peace. Participants can bring homemade kites or purchased ones; those who wish can make a kite at event headquarters. At the World Kite Museum in Long Beach.

Annual Cranberrian Fair. During the local cranberry harvest, the Fair celebrates cranberry foods and traditions with craft demonstrations, vendors, the Cranberry Trolley to bog tours and more. 10am - 4pm. \$5 admission to events at the Columbia Pacific Heritage Museum in Ilwaco.

Safety Fair. With face painting, free hot dogs, and a workshop for children. 10am - 2pm at Home Depot in Warrenton.

Ward 1 Talks with George. Residents of Ward 1 and other Astorians are invited to express their concerns, questions, and suggestions to City Council candidate George McCartin. 12 - 1:30pm at Pacific NW Occupational Therapy in Astoria.

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

AAUW Home Tours. Explore architecturally distinctive homes in the exclusive Salishan hills. Tours depart from 10am-3pm at the Salishan Pro Shop in Gleneden Beach. \$25. 541-994-2737

The Wild Geocache Chase. Begins at the Lincoln City Cultural Center at 10AM and continues on a journey through Lincoln City's Open Spaces with the finale at the Jennifer Sears Glass Studio at 4PM. FMI 541-996-1224

Let There Be Art Gala. \$60, 5:30pm at the Freed Gallery in Lincoln City. 541-272-9966 for tickets.

THEATER

The Foreigner. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

True West. Drama. 7pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 12

MUSIC

Greg Parke. 10am - 3pm at the Astoria Sunday Market.

Beach Blanket Bash. With BBQ contest, live music by the Garcia Birthday Band at 2pm and The Fabulous Garage Band at 7pm at the Gearhart Hotel.

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

3 Groups Celebration of Music. With The Sedona Fire Band, Fineline, Cliff & The Lemmings, and Fred & Friends. 7pm at the Hoffman Center in Manzanita.

Science! Roots. No cover, 8pm at the Adrift Hotel in Long Beach.

Ben Rice Band. 8pm at Fort George Brewery & Public House in Astoria.

Zuhg. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Peninsula Arts Association Fall Show. Presenting the work of over 60 local artists and will have works available for purchasing. Raffle proceeds benefit local high school scholarship. 10am - 5pm at the Long Beach Depot Building.

Celebrate the Arts. Artist's Reception for Hoffman Center artists, with a musical performance in the evening. 11am - 5pm at the Hoffman Center in Manzanita.

FOOD & DRINK

20th Anniversary Tea. 2 - 4pm at the Connie Hansen Garden in Lincoln City.

HAPPENING

One Sky, One World Kite Celebration. The World Kite Museum joins people all over the globe to promote international friendship and peace. Participants can bring homemade kites or purchased ones; those who wish can make a kite at event headquarters. At the World Kite Museum in Long Beach.

Annual Cranberrian Fair. During the local cranberry harvest, the Fair celebrates cranberry foods and traditions with craft demonstrations, vendors, the Cranberry Trolley to bog tours and more. 10am - 4pm. \$5 admission to events at the Columbia Pacific Heritage Museum in Ilwaco.

Bongo Bingo Fundraiser. \$20 for 12 games of bingo with prizes. Food & drink available. 3 - 5pm at the Eventuary in Lincoln City. 541-996-6614

LECTURE

Losing My Religion: Confessions of a New Age Refugee. With Seth Lepore. \$15, 7pm at the Lincoln City Cultural Center.

OUTSIDE

Great Columbia Crossing. 10K Run/Walk. The course crosses the Columbia River on Astoria Megler Bridge. \$40 - \$45 (does not include shirt. FMI and to register, visit greatcolumbiacrossing.com

Wild Mushroom Hike. Park rangers will explain the area's foraging regulations and offer instruction for mushroom identification on the one-mile round trip tour. Free, 1pm at Battery Russell at Fort Stevens State Park, Hammond.

Brews, Tees & Q Golf Tournament. \$55/player, cart rental \$15/player. At the Gearhart Hotel.

THEATER

True West. Drama. 2pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Monday 13

MUSIC

3 Groups Celebration of Music. With The Sedona Fire Band, Fineline, Cliff & The Lemmings, and Fred & Friends. At the Hoffman Center in Manzanita.

Lindsay Clark. 8pm at the Adrift Hotel in Long Beach.

ART

Celebrate the Arts. Artist's Reception for Hoffman Center artists, with a musical performance in the evening. 11am - 4pm at the Hoffman Center in Manzanita.

Tuesday 14

MUSIC

Lindsay Clark. 8pm at the Adrift Hotel in Long Beach.

Molybden. 8pm at the Sou'wester Lodge in Seaview.

HAPPENING

Emergency Preparedness Fair. 11am - 3pm in the Koplitz Fieldhouse, South Bend High School in South Bend.

Death Café. A Death Café is a small group conversation about death with no set agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. Our Death Cafes are always offered: - On a not for profit basis - In an accessible, respectful and confidential space - With no intention of leading people to any conclusion, product or course of action - Alongside refreshing drinks and nourishing potluck treats. 5:30 - 7pm at the Astoria Senior Center.

Stories & Social Hour with the Riverkeeper. This gathering is a great opportunity to meet amazing Estuary activists. Riverkeeper is coming to Astoria for a staff retreat to plan out how to kick butt, tour some sites, and learn more about the incredible estuary. 6:30 - 8pm in the Union Fish Room at the Cannery Pier Hotel in Astoria.

Candidates Forum. Gearhart City Council. 5 - 7pm at the Sand Trap Pub in Gearhart.

Bee Keepers, New Bee Keepers & Wabantee Bee Keepers. A monthly meeting to educate and answer questions about bee keeping. 7pm at Art Space in Bay City.

Wednesday 15

MUSIC

Lindsay Clark. 8pm at the Adrift Hotel in Long Beach.

CINEMA

Amos Burg. Author Vince Welch will be showing a short film on the life of "Amos Burg". You will enjoy the stories on his many travels along waterways. Free. 6:30pm at the Tillamook County Library.

LECTURE

Community Forum in Astoria. The Redevelopment of Patriot Hall. Learn about plans for the redevelopment of Patriot Hall; view conceptual designs; add your comments. 6 - 7:30pm at the CCC South County Center in Seaside.

Thursday 16

MUSIC

Sam Densmore. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Cindy Price Meet & Greet. City council, uncontested candidate Cindy Price talks about city issues and her role on city council. Complimentary Wine & Cheese. 5-7pm at KALA, 1017 Marine Drive in Astoria.

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

LITERARY

Author appearance. Biographer Christopher Sandford will read from his book "Harold and Jack: The Remarkable Friendship of Prime Minister Macmillian and President Kennedy." Free, 7pm at the Seaside Library.

Dark & Stormy Nights Series. With historical mystery author SL Stoner. Free, 4pm at the Driftwood Public Library in Lincoln City.

LECTURE

Nature Matters. The Unknown Sea: A Voyage on the Salish. With Mike Giacolini. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 17

MUSIC

Bruce Smith & The Boda Boyz. No cover, 7pm at the Sand Trap Pub in Gearhart.

Water Music Festival. Jazz. \$35, 7pm at the Inn at Harbor Village in Ilwaco. watermusicfestival.com/water-music-festival

Re:Voiced. A capella. \$10, 7:30pm at Nestucca Jr/Sr High School in Cloverdale.

Cascade Drifters. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Sam Densmore. 9pm at the Adrift Hotel in Long Beach.

CINEMA

Astoria International Film Festival. Most events at the Liberty Theater in Astoria. See schedule at goaiff.com.

Listings continued on pg. 21

MORE MUSIC



Hey Lover

HEY LOVER are an Astoria/Portland based band making enthusiastic, fruit-snack bedroom pop. Their garage-pop hooks are simple, concise and immediately effective. Hey Lover has been described by the Willamette

Week as "a band with a pop sensibility and a punk heart - not to mention an arrestingly frenetic stage presence."

Friday, Oct 11 at the Voodoo Room in Astoria, 9pm. Free!

Cedar Shakes



THERE'S NOT much about the Cedar Shakes on the world wide web, not even a pic, maybe because their sound is not from the time of the internet. Songwriter Travis Champ lives in the beautiful valley of Nehalem, OR with songs that reflect the rainy desolation that country music demands. His songs live in the

air. Literally, that's where songs live. The duo, Champ on guitar and vocals, James Greenam on sweet slide steel are wrapping up their album, recorded in Austin.

Sunday, Oct 19, 8pm, Fort George Brewery in Astoria. Free.

PORTLAND'S ROCKABILLY Quartet, the Twangshifters, twang in the witch of the season at the Sandtrap. Wear a good costume and be awarded generously in the costume contest.

Friday, Oct 31, 7pm - 10pm, at the Sandtrap in Gearhart.



Shift your Twang on Halloween

AFTER A tragic shipwreck, Viola finds herself washed ashore on the beach of Illyria, having lost her twin brother Sebastian in the storm. Masquerading as a young boy, Viola enters the service of Duke Orsino, who is in love with the lady Olivia. The Duke charges the disguised Viola to help him win Olivia's hand. Olivia, in pure Shakespearean style, falls in love with the disguised Viola who, in turn, has fallen in love with the Duke! Combine this wonderful and charming romantic comedy with the hysterical figures of Malvolio, Sir Andrew Aquecheek and Sir Toby Belch, and you have one of Shakespeare's most riotous comedies of mistaken identity!

The show is directed by Merrill Lynn Taylor, who has more than 50 Oregon directing credits including The New Rose, Artists Repertory Theatre, PSU, Pacific University, The Coaster Theatre and The River. She was also the Artistic



Director of Sandstone Productions in New Mexico and Manager of Portland Dance Theater. Twelfth Night is generously sponsored by Coaster Construction and Martin Hospitality. Performance Schedule: October 9 - 11, 17 - 19, 24 - 25. All performances begin at 7:30pm. Ticket prices: \$15-\$20. Box Office: 503-436-1242, coastertheatre.com.

CAST: Brandy Hussa - Viola, Cameron Lira - Olivia, Jennie Tronier - Maria, Ryan Hull - Sir Toby Belch, Jack Shields - Sir Andrew Aquecheek, Frank Jagodnik - Malvolio, Jason Hussa - Fool. Donald Conner - Fabian, Benjamin Van Osdol - Orsino, Slab Slabinski - Valentine. Josh Loring - Curio. Richard Bowman - Sebastian. Don Anderson - Antonio. Thomas Ayres - The Captain, Barbara Ayres - Lady to

Olivia, Deborah Carson - other Lady to Olivia. CREW: Emily Estrada - Stage Manager, The Collaborative Team of Costumers; what you will see on stage is the work of eight different sets of hands, and also includes costumes on loan from the theatre departments of Clackamas Community College, Portland State University and Portland Opera. Mick Alderman Lighting Designer, Cindy Karr - props.

ASOC Fall Murder Mystery The Foreigner Opens October 10



CAST: (l to r) Jordan Griffin, Susi Brown, Shanah Lindquist and Daric Moore.

THE FOREIGNER opens for three weekends starting October 10 at the ASOC Playhouse 129 W. Bond Street Astoria Oregon. Directed by Edward James FOREIGNER cast includes: Mark Erickson, Daric Moore, Susi Brown, Shanah Lindquist, Jordan Griffin, Barry Sears and Justin Germond.

THE FOREIGNER is Larry Shue's award winning comedy set at Betty Meek's fishing lodge in rural Georgia. It is a quiet place until English blokes Charlie Baker and Froggy show up. Charlie is so shy Froggy tells the locals that his friend is from some exotic land and doesn't understand English. But the plan backfires when the lodge's inhabitants reveal deep secrets and diabolical plans in front of him. Nonstop hilarity ensues and builds to an outrageously funny climax.

Sponsored by Cannery Pier Hotel, HIPFISH and the "Q" 94.9FM the show runs Fridays and Saturday evenings at 7:00pm (doors open at 6:30pm) October 10th to 25th with one Sunday Matinee on the 19th at 2:00pm (doors open at 1:30pm). Tickets are only \$15.00 to 8.00.

All proceeds go towards helping ASOC Production Committee to fund new productions and activities! And don't forget! All tickets are only \$5.00 on Friday nights! Appropriate for ages 9 and up. To purchase tickets call 503-325-6104 or online @ www.astorstreetycom.com.

TAPA PLAYS Sam Shepard's TRUE WEST

TAPA (TILLAMOOK Association for the Performing Arts) is proud to announce "True West" written by Sam Shepard and directed by Craig Wakefield. This story is a tale of brotherly love and competition, Hollywood producers and stolen toasters.

Well educated Austin, and thieving con-man Lee are estranged brothers from different worlds. They reunite in their mother's California home where Austin is working out a screenplay deal. When Lee comes up with his own big idea and steals much more than just the neighbor's TV's, challenges are issued, drinks are downed and the siblings find that they might not be such opposites after all.

"True West" dates left to play: Oct 10,11,12. Fri/Sat shows begin at 7pm and Sun Mat at 2pm. Doors are open 30 minutes prior to each show. TAPA is located at 12th & Ivy in Tillamook, Oregon Tickets may be purchased at Diamond Art Jewelers in Tillamook (503-842-7940) or at the door. Seating may be reserved.



Reader's Theater in the McTavish Room Angel Street (Gaslight) • October 8 and 9

ANGEL STREET (Gaslight) tells the story of the Mannings who live on Angel Street in 19th Century London. As the curtain rises, all appears the essence of Victorian tranquility. However, it quickly becomes apparent, that the suavely handsome husband Jack is slowly driving his gentle, devoted wife Bella, to the brink of insanity with an insinuating kindness masking his sinister motives.

While he is out, Mrs. Manningham has an unexpected caller: amiable, paternal Inspector Rough from Scotland Yard. Rough is convinced that Manningham is a homicidal maniac wanted for a murder committed fifteen years earlier in this very house. Gradually the inspector helps Bella restore her confidence as the evidence against her husband unfolds.

Rough convinces Bella to assist him in exposing Jack as the murderer, which she does, but not before she takes revenge on Jack by pretending to help him escape. At the last minute she reminds him that, having gone insane, she is not accountable for her actions. The play closes with Jack Manningham being led away by the police.

The author has built and sustained some of the most brilliant, suspenseful sequences in modern theatre.

This play gave rise to the term "gaslighting," as a form of psychological abuse in which false information is presented to the victim with the intent of making him/her doubt his/her own memory and perception.

CAST: Mr. Manningham - Sen Incavo, Mrs. Manningham - Susan Wentworth, Elizabeth - Lori Wilson Honl, Nancy - Carly Keone, Rough - Tom Berdine. Liberty Theater McTavish Room.

AUDITIONS FOR ASOC Winter Musical Melodrama Production

ANGELS AND Villians and ELVES! Oh My! The Astor Street Opry Company is once again seeking performers of all ages and experience for the 7th Annual Holiday Musical Melodrama SCROOGED IN ASTORIA! with auditions being held Sunday October 12, Noon to 2pm/ again 6 to 8pm.

Directed and written by Judith P. Niland with original music by Phil Morrill, Musical Direction by Chris Lynn Taylor and Co-Direction by Nate Bucholz, this fun and colorful show is a great way to learn the ropes of community theatre as we combine the traditional holiday story "Scrooge" with our own melodrama characters from SHANGHAIED IN ASTORIA.

No previous theatre or music experience is necessary for any of the small or large parts for over 26 actors and actresses, boys and girls (ages 12 and older please), as we specialize in working with those who always dreamed of being a stage performer, as well as the well seasoned veteran performer!

"Scrooged In Astoria" performs December 5 - 21, 2014 at the ASOC Playhouse 129 West Bond Street Uniontown Astoria. Rehearsals will begin Mon., October 13 7pm to 9pm. If you can not make these audition dates and are still interested call 503-325-6104 or email the director Judith Niland jniland@pacifier.com.

art happens.

Lucia Johnson at The Blue Scorcher

FOR THE months of Oct/Nov, Blue Scorcher presents Lucia Johnson. Say's Blue Scorcher art curator Nyk Steefens, "Once Lucia Johnson's art is up and on display at the Scorcher it will make total sense why. Her quirky enriching pieces scream autumn – all the colors there; hazelnut, deep bark browns, sky blue, creamy cloud white, organic and wondrous, it's hard to imagine they weren't created by nature itself." Hailing from South Carolina Lucia moved to Portland Oregon with her husband in 2001.

"My primary job is Mommy and when I can, I squeeze in some art projects. My originals are made, in general but not al-

ways: of layered acrylic sheets on birch wood backings or on the glass of vintage windows with wood backings. My husband or I then take high resolution photos of the originals, then I can make archival prints and mount the prints in between a sheet of acrylic sheet and birch wood backing and paint the white dotted frame by hand. This process allows me to sell affordable works of art that closely mimic the dimensional look of the originals."

View Lucia's work at the Blue Scorcher Bakery and Café, 1493 Duane Street in Astoria, Oct – Nov, open daily.

Tall Shadow, Lucia Johnson



Noel Thomas and Robert Paulmenn • At RiverSea



"The Conversation" by Robert Paulmenn, oil on linen, 19"x23"

THIS OCTOBER, RiverSea Gallery presents *Water and Oil*, a two-person exhibition featuring watercolors by Noel Thomas and oil paintings by Robert Paulmenn. The show opens on Saturday, October 11 with a reception from 5:00 to 8:00 during Astoria's

Second Saturday Artwalk and continues through November 4, 2014.

It is often proclaimed that oil and water don't mix, but two prominent local artists, Noel Thomas and Robert Paulmenn, disprove that old aphorism in this dual exhibition. They have been working in tandem for many months, painting scenes and people, indoors and out, all around Astoria. Sometimes

they would head out together to capture a landscape en plein air or hole up in a café where Paulmenn would capture the general scene while Thomas would deftly sketch various people. Both whim and weather conspired in these choices of place. Of course, each spent

time working solo on ideas generated while together. Their shared camaraderie and mutual respect led to new explorations for each artist, and thus engendered a richly varied body of work. The real star of the show is Astoria and its denizens, as seen through the contrasting viewpoints and styles of two mature artists at the top of their game.

ALSO AT RIVERSEA: Woodland Spirits from the Forge

Lauren Osmolski, an artist blacksmith from Seattle presents *Woodland Muse*, a show of new work inspired by animal spirits of the forest, opening Saturday, October 11 in RiverSea Gallery's Alcove space. The artist will be on hand and

refreshments will be served at a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00. The work will remain on display through November 4, 2014.

RiverSea Gallery is open daily at



"Laundry at St. Mary's" by Noel Thomas, watercolor, 16"x20"

1160 Commercial Street in downtown Astoria, Oregon. 503-325-1270.

Shadow Play: Helga Winters At IMOGEN

HELGA WINTER returns to Imogen Gallery for her second solo exhibition, *Shadow Play*. Shadow, an elusive marking of the physical can delight, frighten, obscure and distort. The word can also imply the work of the soul, representing the past. In this series, Winter explores the nuance of shadow, bringing her colorful lathe turned Madrone vessels, a new series of figurative encaustic paintings, as well as sculptural paintings utilizing vintage books and paper. The exhibition opens for Astoria's Second Saturday Artwalk Oct 11 5 – 8 pm. *Shadow Play* will be on view through Nov 4.

This new series, *Shadow Play* includes a further exploration of medium, this time combining three dimensional elements to a flat substrate. Winter refers to these pieces as sculptural paintings. She states "I have made something new, unfamiliar and possibly shock-

ing out of something very familiar to us." Taking literally the written word, she utilizes vintage books, sometimes even journals, to transform their content to create a new story.

Winter describes these works: "Taking a book full of words and possibly full of knowledge and turning it inside out – I have hidden the words that nevertheless are still there – we can't see but glimpses of them and might assume the words have vanished. Much of our true knowledge may be hidden, shapeless, quiet, buried deep inside – we can't see it, feel it and we often assume it is not there, like a shadow. By turning the book inside out I want to turn my stories inside out, recognize how they can diminish my life, and then create new conscious stories that are closer to the current truth, allowing for new



possibilities and greater potential freedom and strength."

Winter's work is included in the permanent collections of the Smithsonian American Art Museum as well as the Arrowmont School of Art and Craft. She also is honored to have been a past juror to the prestigious Art InThe Pearl, an annual art fair held in the heart of Portland's Pearl District.

Imogen Gallery is open daily at 240 11th Street, in Astoria. 503.468.0620.

Plein Air Drawing Group at Old Town Framing Co.

Old Town welcomes the PleinAir Drawing Group for the October Art Walk in Astoria. About 10 local artists will display paintings, drawings and some 3D works. Some of the artists include Marga Stanley, Vicki Baker, Greg Darms, Noel Thomas, and Gheri Fouts. Work will be for sale with most artists in attendance.

Old Town Framing is located at 1287 Commercial St. in Astoria



Gheri Fouts

Flowers & Stone at CB Gallery

Sculptor M.J. Anderson will be joined by fine art photographer Claudia Toutain-Dorbec in this dynamic two woman show which will run from October 2 – November 2.

Claudia Toutain-Dorbec shows large scale color photographs taken during her residency at Claude Monet's Garden over a five month period in 2009. T

M.J. Anderson is a well known Oregon sculptor who works in marble to create both figurative and abstract sculpture. M.J. has spent a portion of each year – for the last 25 years, working in a studio above Carrara, Italy. She finds marble, roughs out sculptures and completes larger commissions which are later shipped back to the United States.

CB Gallery is located at 1064 S. Hemlock Street the gallery, open from 10am - 4 pm WedMon, closed on Tues.

Tibetan Buddhist Thangka Art

Yvonne Edwards mixed media art show opens at 3 Cups Coffee House this October, and goes through November 30. Edwards applies Tibetan Buddhist Thangka art on boards and finishes with accouterments, such as beads and silver.

She'll be giving a short talk on the process of this art and the making of the Thangkas by Tibetan monks on Saturday, November 1 from 1-3 PM.

3 Cups is located at 279, West Marine Drive in Astoria, Or.

Call For Art NCRD Gallery

The invitation is to create art honoring the plants, trees, mosses, and other green beings that coexist with us here on the North Oregon Coast. Flora is the plant life occurring in a particular region or time, generally the naturally occurring or indigenous plant life. All media welcome, two pieces per artist.

Opening Dec 5 from 4-6. All work must be for sale, with 70% of all sales going to the artist, 5% to NCRD, and 25% to Wanderland Rainforest to support the work Gwendolyn Endicott does to protect our forest friends. in honor of her 80th birthday coming up in January.

At the opening, from 4-6 on Dec 5, a potluck reception and celebration of the art will be include an open mike performance time of readings by anyone inspired to create poetry or prose about our friends, the plants. Please contact (glenna@nehalem-tel.net) if you would like to participate.

TREES Anthony Stoppello at NCRD Gallery

"I'M FASCINATED by trees, their forms, diversity and all the things we do with wood, right down to coffee stir sticks," said Anthony Stoppello in explaining why he created an art show that focuses on trees. The show will be on view through October at North County Recreation District Gallery in Nehalem.

The artistic attraction of trees in their natural settings has taken his attention for decades; for this show, he has assembled paintings and drawings from many visits to one high-elevation lake in the Cascades, where Subalpine Fir and Mountain Hemlock create dramatic shapes in response to demanding weather.

An architecture by trade, Stoppello has been painting since 1989, beginning his watercolor studies with Allison Asbjornsen of Netarts. He was a member of Sea Level Gallery, the artists' cooperative in Manzanita, and has shown work at CARTM's Trash Art shows, 4th Street Gallery, Manzanita News & Espresso, the Oregon State Fair, Campiche Gallery in Long Beach, Washington, and many Long Beach Peninsula Art Association shows. NCRD is located at 36155 9th St. in Nehalem, just off Hwy 101.

Cari Luna: The Revolution of Every Day at the Hoffman Center October 18

CARI LUNA reads from her book *The Revolution of Every Day* at the Hoffman Center at 7 pm on Saturday, October 18.

The Oregonian named Luna's debut novel from Tin House a



Top 10 Northwest Book of 2013. The book has also received great reviews from Kirkus, Booklist, BUST Magazine, and Portland Mercury. It was chosen as Book of the Week by editors at Oprah.com.

Is access to housing a basic human right? The characters in the novel, a group of starry-eyed idealists, certainly believe so. Luna's novel tells the story of a colony of squatters, people priced out of the rental market, who stake claims on abandoned tenements in lower Manhattan and create a thriving community in the mid-nineties. Luna braids together the larger fight against the city's battering rams with the building's interpersonal dynamics. Her characters are deeply sympathetic and richly drawn, portrayed as struggling New Yorkers first, political outliers second. (Watch the trailer for the book at <http://vimeo.com/74156279>)

Luna's novel began as an exploration of gentrification, currently a hot topic for her new home of Portland as well as here at the coast.

Luna is a graduate of the MFA fiction program at Brooklyn College, and her writing has appeared in Salon, Jacobin, PANK, Avery Anthology, failbetter, Novembre Magazine, and elsewhere. She is

also known for the 'Writer, with Kids' column, a regular feature on her blog in which writers of every stripe talk about how parenting has influenced their process. She lives in Portland, Oregon.

Following Luna's reading and Q&A, we'll have our popular Open Mic where up to nine local writers will read 5 minutes of their original work. Admission for the evening is \$5.

Luna will teach a workshop from 10am to 3pm that day at the Hoffman Center: Writing Without a Map and Revision Strategies. "What if you skip the outline/plan and plunge ahead with nothing more than a few scraps of dialogue, an idea of something you want to explore, or even just a gut feeling? And then let's say you've done that and you reached the end of a draft? Now what? In this two-part workshop, we'll let go and allow the work to surprise us, and then we'll discuss revision strategies and techniques to bring those messy, exuberant first drafts under control." To save your spot for the workshop, email hoffmancenter@nehalem.tel.net. Workshop fee is \$50.

The Writers' Series Reading Group will meet the Thursday prior

to Luna's reading, October 16th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to both events.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue. For more info: hoffmanblog.org



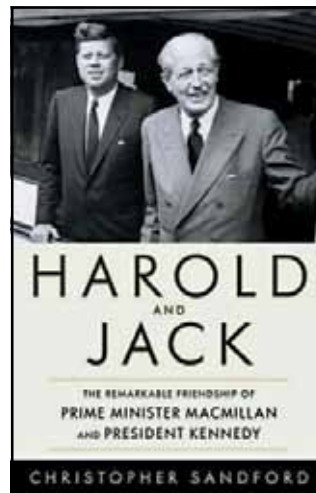
to Luna's reading, October 16th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to both events.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue. For more info: hoffmanblog.org

Harold And Jack: Author And Biographer Christopher Sandford At Seaside Public Library

ON THURSDAY, October 16, at 7pm The Friends of the Seaside Library host acclaimed biographer Christopher Sandford author of "Harold and Jack: The Remarkable Friendship of Prime Minister Macmillan and President Kennedy". The event will take place in the Community Room with book sales and signings.

This is the story of the many-layered relationship between two iconic leaders of the mid-twentieth century—British Prime Minister Harold Macmillan and American President John F. Kennedy. Based on previously unquoted papers and private letters of Pigs episode in Cuba, responding to the Soviet act of building the Berlin Wall, more of half of which are available for the



of Pigs episode in Cuba, responding to the Soviet act of building the Berlin Wall, the tense back-and-forth consultations

during the Cuban missile crisis, and the serious disagreement between the two allies over the Skybolt nuclear deterrent. Also presented are vivid portraits of the two first ladies and many extracts from personal papers that reveal the human factor rarely glimpsed by the public. This is the story of two key figures of the twentieth century, whose legacy helped shape our world today. Christopher Sandford is the acclaimed author of nineteen books and has written for a variety of publications including the Times of London, The Daily Telegraph, Cosmopolitan, and Rolling Stone. Born in London, Sandford has a masters degree from Cambridge University in modern history. The Seaside Public Library is located at 1131 Broadway. FMI: www.seasidepubliclibrary.org

Nature Matters presents:

The Unknown Sea: A Voyage on the Salish • Music, Film Oct 16

NATURE MATTERS presents an evening of music, film and focus on the waters and cultural history of the Salish Sea. Oct. 16 at Astoria's Fort George Brewery.

The Salish Sea is the newly named inland sea that includes the waters of Puget Sound, the Strait of Juan De Fuca, the San Juan Islands, the Gulf Islands, the Straits of Georgia, and their watersheds. Dive into this magnificent, life-giving water Oct. 16 when Deep Green Wilderness screens its new documentary, "The Unknown Sea: A Voyage on the Salish," as part of a

7pm Nature Matters presentation at the Fort George. The evening includes live music and discussion about Salish Sea conservation, the arts and sailing.

The event is free, open to the public, and will take place in the Fort George's Lovell Building showroom. Doors will open at 6pm for those wanting to purchase dinner or beverages at the George before the event.

It took two decades of effort for the Salish Sea to be officially recognized, and residents, as well as the US and Canadian governments, are

still adapting to this new designation. "The Unknown Sea" takes the audience aboard the historic ship Orion, a 64' sailboat, on a voyage to discover the Salish Sea through the people and places that make up this unique ecosystem.

The film is a fresh look at a place with one foot firmly rooted in tradition, and the other embracing future economic development. The Orion's captain and crew discuss the environmental threats that affect the health and sustainability of this ecosystem, and highlight the respect that the



local communities have for their home.

The film and tour are timely - the Salish Sea, containing the new San Juan Islands National Monument, proposed coal and tar sands export terminals, and endangered Southern Resident Killer Whales - is now in the international spotlight.

RAIN Magazine Accepting Submissions for 2015 Edition

RAIN Magazine, Clatsop Community College's annual literary and arts publication, is accepting submissions now through January 10, 2015 for the 2015 edition. Proud of its 40-plus years publishing the art and literature of our talented coastal community, RAIN welcomes submissions from the general public as well as CCC students.

Please submit no more than three items total including less than 5,000-word prose and poems, photographs, and high quality digital images of original artwork. Our ability to print color is limited, so artists submitting color images should indicate if the image may appear in black and white. **Include name, address, phone number, e-mail, title, medium, and a brief 2-3 line biography with all entries.** No SASE required; manuscripts are recycled.

Online submissions are encouraged. Email RTF, DOC, DOCX, TIFF, or JPG files [at least 300dpi] to rainmagazine@clatsopcc.edu. Please include your full

name, genre, and title in the subject line of email submissions. Submissions without proper contact information will not be considered. You can also mail submissions to: RAIN Magazine, Clatsop Community College, 1651 Lexington Avenue, Astoria, OR 97103.

Current CCC students and interested community members can join the staff of RAIN Magazine! Register for **WR270 Literary Publications**, Tuesday/Thursday, 12-2:20pm in Winter Term. Registration opens November 14. Students participate in all phases of producing a literary magazine (manuscript selection, graphic design, editing, fundraising, correspondence, and distribution). Course includes instruction in the industry standard publishing software *Adobe InDesign*. Instructors Alison Ruch and Lucien Swerdloff will lead the 2015 RAIN Magazine project.

Direct inquiries to: Alison Ruch, 503-338-5746; aruch@clatsopcc.edu

Writing Workshop with Jessica Morrell

JESSICA MORRELL will offer a writers' class on Saturday, October 18, from 9 to 4:30, addressing the challenge of a novelist or memoirist to tell a story so riveting that it will hold a reader's attention for hundreds of pages. The class will address such key issues as Inciting Incident, First Plot Point, Mid-point Reversal, Point of No Return, Dark Night of the Soul, Climax, and Resolution. Jessica Morrell knows writing from both sides of the desk as a developmental editor and published author. Jessica has taught writers since 1991 and coordinates three writing conferences. To register, send a check for \$80 to Jessica Morrell, PO Box 820141, Portland, OR 97282, or pay through PayPal. Visit her web site, jessicapage@spiritone.com or call 503-287-2150 for more information.

The class will be held at the Center for Contemplative Arts, located in Underhill Plaza, Manzanita Avenue & Division Street, Manzanita, OR. See the attached flyer for more details about the class.

THEATER

The Foreigner. \$5, 7pm at the ASOC Playhouse in Astoria.

She Loves Me Not. Musical. 7:30pm at the Lincoln City Cultural Center. 541-994-9994

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 18

MUSIC

Water Music Festival. Tingstad & Rumbel. \$25, noon at the Oysterville Church. water-musicfestival.com/water-music-festival

Mary Flowers. 7pm at the Pine Grove Community Center in Manzanita.

Bill Baird. No cover, 8pm at the Sou'wester Lodge in Seaview.

Hi Fi Mojo. No cover, 9pm at Roadhouse 101 in Lincoln City.

Justin Power of Horse Feathers. No cover, 9pm at the Voodoo Room in Astoria.

The Kingpins. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Kory Quinn. 9pm at the Adrift Hotel in Long Beach.

ART

Art Opening. For an exhibit of collages by Sid Deluca.

Public Art Contest. Weigh in on Lincoln City's public art by voting for your favorite bus shelter mural. On Saturday, watch the murals come to life at the Lincoln City Community Center. 541-994-3405

CINEMA

Astoria International Film Festival. Most events at the Liberty Theater in Astoria. See schedule at goaiff.com.

FOOD & DRINK

Wine Tasting. Wines for Fall. 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.

Free Shredding Event. Better Business Bureau Secure Your ID Day. On-site, secure shredding of up to 3 Boxes or Bags of unwanted sensitive documents. Cell phone collection to benefit Verizon's Hope Line, canned food collection for Clatsop County Regional Food Bank. Free, 9am - 1pm at Seaside High School.

Rotary Rocks Around the Clock. Annual dinner & auction. 5:30pm at the Seaside civic 7 Convention Center.

Dog Show on the Beach. A community event open to all dog lovers. There are prizes for over 20 categories. Pedigree is not the point, it's a fun day on the beach with your pooch. On the Beach in front of Surfsand Resort.

Pillar Party. The BCAC will host a Bollywood theme party with creative food and decorations and we encourage everyone to dress the part in their favorite Indian attire. 6 - 8pm at the Bay City Arts Center.

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

LECTURE

Local Plants, Local Communities: A Talk on Field Guides, Native Knowledge, and Personal Engagement with the Verdant Landscape. With Douglas Deur. 5 - 6pm at the Cannon Beach History Center.

Great Speaker Series. My Life as a Teen in the Palestinian Territories. With Juliana

Daboub. 1:30 - 3pm at the Pioneer Museum in Tillamook.

LITERARY

Written in the Sand. Meet fifteen local and regional authors of fiction, history, health and cooking. 1 - 4pm at Beach Books in Seaside.

Book Signing. Author Douglas Deur will sign copies of his book "Pacific Northwest Foraging" at 2:30pm at Jupiter's Books in Cannon Beach.

Manzanita Writers Series. Author Cari Luna will read from "The Revolution of Every Day." Open mic session follows. \$5, 7 - 9pm at the Hoffman Center in Manzanita.

Writers on the Edge. 2014 Oregon Book Award Winners CB Bernard & Jay Ponteri will read from their work. Open mic session follows. \$6, 7pm at the Newport Visual Arts Center.

THEATER

The Foreigner. \$5, 7pm at the ASOC Playhouse in Astoria.

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 19

MUSIC

Cedar Shakes. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Kory Quinn. 8pm at the Adrift Hotel in Long Beach.

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

CINEMA

Astoria International Film Festival. Most events at the Liberty Theater in Astoria. See schedule at goaiff.com.

ART

Public Art Contest. Weigh in on Lincoln City's public art by voting for your favorite bus shelter mural! Vote for your favorite from 11am - 6pm at the Lincoln City Community Center. 541-994-3405

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.

LECTURE

Lower Columbia Diversity Project. Caring for the Transgender Patient: Why, How, and Larger Implications. With Leigh Dolin. 2 - 4pm at the Boyington Building in Astoria.

In Their Footsteps Lecture Series. Lost in the Fog, November 7, 1805. With Roger Wendlick. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

THEATER

The Foreigner. \$5, 2pm at the ASOC Playhouse in Astoria.

Twelfth Night. Comedy. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 20

MUSIC

Ray Tarantino. 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Farm Bureau Landowners Meeting. Representatives from the Nature Conservancy will discuss what they have done in Tillamook County and what they plan/hope to do. 6:30pm at the Forestry Office in Tillamook.

FASHION is a wild

frontier. But go a step even further with "trashion" and prepare to have all the rules broken and then some: a wedding dress made from plastic bags, pants made from bicycle tires, a mini-dress made from fireplace screen, or even children's outfits made from tea bags. These are examples of past creations made for CARTM's beloved Trashion Show/Upcycle Party (TSUP) coming up on Saturday, October 11, 7pm at NCRD Auditorium in Nehalem.

Tickets are on sale now for this unique two-part memorable experience which begins with a classic fashion (trashion!) runway show in the auditorium and culminates in an after-party which celebrates imagination and offers an opportunity to get up-close-and-personal with the models and their creations.

This popular, creative fundraiser for CARTM continues to push the boundaries of what materials can be upcycled into something not only wearable but fashionable. Upcycling is the act of taking material and giving it a new use which is the basis of the design and making of "trashion."

"The amazing outfits in the show are made and modeled by men, women and teenagers from our local community and from as far away as Bellingham, Washington," said Trashion Show coordinator Mary Beth Moran. "We always look forward each year to seeing the remarkable spark of creative genius that turns trash into something not only wearable but beautiful."

This year's Trashion runway show will open with the high energy of the Tsunami Drummers, followed by a short skit created and performed by The Riverbend Players.

Event attendees don't have to be on stage to wear something created with upcycled materials to the event. Everyone is encouraged to become part of the ambiance by using everyday disposable materials to create a hat, a jacket or an accessory that embraces the trashion ethic.

The Upcycle Party which immediately follows the Trashion Show will showcase creative decor, most of which will be borrowed from CARTM's Refinery for the occasion. DJ Loud Glass will be playing his own dance mixes specially created for the event.

Tickets to the event on October 11 are on sale now at the CARTM Refinery Cashier, Wisteria Chic, T-Spot and Manzanita News in Manzanita, Creative Fabrics in Wheeler and the Beehive in downtown Nehalem. Only 150 tickets will be sold. Advance tickets are \$20/adults and \$10 for children 12 and under or \$25 at the door (if available) and include the Trashion Show and unlimited food, beverage and dancing at the Upcycle Party immediately following.

A pop-up raffle will run throughout the evening featuring unique items from the Refinery. FMI: 503-368-7764 or www.cartm.org.



Join your neighbors

Re-Elect Betsy Johnson

Our State Senator

Vote Nov. 4

Keep Betsy working for US!

www.betsyjohnson.com paid for by the Committee to Re-elect Betsy Johnson

Montessori-Based Preschool

Grace Episcopal Preschool

Register Now to secure your spot for the 2014-2015 School Year.

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www.graceastoria.org

Grace Episcopal Church - 1545 Franklin Ave., Astoria
For more information, call (503)325-4691

THIS WAY OUT

The International Lesbian & Gay Radio Magazine

On KMUN Coast Community Radio

Wednesdays at 10:30pm.

This Way Out marks almost 25 years on the air! Our first program was distributed on April 1, 1988, (no foolin').

It's THE award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.

This Way Out leads off each week with NewsWrap, a summary of some of the major news events in or affecting the lesbian/gay community, compiled from a variety of publications and broadcasts around the world. If you have a local news story you'd like us to report, please let us know!

This Way Out is sponsored in part by Qfolk/Hipfish.

KMUN 91.9 ASTORIA
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Get Your Ballet On

RENEE MEIFFREN returns to tune-up the ballet community in Astoria. Three 10-week ballet master workshops will be available at the Astoria Arts and Movement Center, part of a series called "Virtuoso Ballet Technique for the Dedicated Dancer," beginning Oct. 3



Renee Meiffren has been teaching classical ballet since she was 13 years old. Renee received a full scholarship to attend the world renowned professional dance school Rudra-Bejart in Switzerland where she trained under one of the dance masters of the 20th Century, Maurice Bejart. Renee has danced professionally with Bejart Ballet Lausanne, Ballet Arizona, State Street Ballet of Santa Barbara in addition to acting as guest artist for various U.S. companies and, most recently, as guest ballet master at Northwest Dance Project.

\$150 per workshop (total for 10 classes) or \$18 drop-in. For serious dance students ages 13+. Classes Fri, Sat, Sun eves. Call 503.583.7205

OUTSIDE

Wild Mushroom Hike. Park rangers will explain the area's foraging regulations and offer instruction for mushroom identification on the one mile round trip tour. Meet at 1pm at Battery Russell, Fort Stevens State Park, Hammond.

Tuesday 21

MUSIC

Ray Tarantino. 8pm at the Adrift Hotel in Long Beach.

Wednesday 22

MUSIC

Dan Coyle & Scott Mickelson. 8pm at the Adrift Hotel in Long Beach.

Thursday 23

MUSIC

The Horde & the Harem. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Timeless Magic. With Jason Andrews. An all-new magic how for the whole family. 7pm at the Lincoln City Cultural Center. 541-994-9994

LECTURE

Fine Art & the Collector. With Eric Weigardt. 10am at the historic Oysterville Schoolhouse.

Ales & Ideas. Smuggling, Torture, and the First English Bibles: Notes from Oxford. With Julie Brown. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

LITERARY

Dark & Stormy Nights Series. With mystery author Warren Easley. Free, 4pm at the Driftwood Public Library in Lincoln City.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 24

MUSIC

Country Music Jam. Free, 7 – 9pm at the Wickiup Senior Center in Svensen.

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

Joe Nichols. 8pm at Chinook Winds in Lincoln City.

The Horde & the Harem. 9pm at the Adrift Hotel in Long Beach.

CINEMA

The Great Northwest . Documentary. \$5, 7:30 – 9pm at the Hoffman Center in Manzanita.

FOOD & DRINK

Wild Mushroom Celebration. Wild Mushroom and Pike Brewing Co. Dinner. Reservations required. Shelburne Restaurant in Seaview. 360-642-2442

HAPPENING

Marie Mills Center Open House. 5 – 7pm in Tillamook.

OUTSIDE

Sittin' Seagulls Golf Championship. In the spirit of Caddyshack, enjoy antics and prizes. Friday at noon is a trick shot demo, followed by shotgun start at 1pm, then dinner and live music to top off the day. \$75 in advance-all inclusive. At the Gearhart Hotel. mcmenamins.com/system/uploads/assets/PDFs/Sittin-SeagullsEntryForm2014.pdf

THEATER

The Foreigner. \$5, 7pm at the ASOC Playhouse in Astoria.

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 25

MUSIC

Lincoln Pops Big Band Dance Concert. 7 – 10pm at the Lincoln City Cultural Center.

Tribute to Hank Williams. Enjoy music, food and family fun at the BCAC. The event will feature local musicians including: Fred Brandt, Ocean Bottom Country Blues, The “Gospel” Trip, Wil Duncan, and Eric Sappington. Tickets are \$10 which includes a Jambalaya dinner starting at 6pm and music beginning at 7pm. At the Bay City Arts Center. 503-377-9620

Cedar Shakes. No cover, 8pm at the Sou'wester Lodge in Seaview.

Joe Nichols. 8pm at Chinook Winds in Lincoln City.

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

John Bowers. No cover, 9pm at the Voodoo Room in Astoria.

Joy Mills Band. 9pm at the Adrift Hotel in Long Beach.

Ramble On. A Led Zeppelin Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

FOOD & DRINK

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

HAPPENING

Octoberfest. Beer garden, dinner, live music, auction, and raffle. \$20 admission includes dinner, \$5 admission without dinner. At the Chinook School.

Fall Fun Fest Carnival. Costume contest and other fun events. \$2, 5 – 8pm at the Bob Chisholm Community Center in Seaside.

Sunset Thriller. \$2, 6 – 9pm at Sunset Pool in Seaside. \$2, 6 – 9pm at the Sunset Pool in Seaside. 503-738-3311

Community Halloween Party. Family friendly with food, music, dancing and a fun time for all. Prizes for best costumes. Admission is 2 cans of food for the Tillamook County Food Bank. Open to the public. 6 – 9pm at the Marie Mills Center in Tillamook.

LECTURE

Great Speaker Series. The Truths We Hold: The Poetry and Lessons of the Declaration of Independence. With Wendy Willis. 1pm in the Main Gallery of the Pioneer Museum in Tillamook.

THEATER

The Foreigner. \$5, 7pm at the ASOC Playhouse in Astoria.

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 26

MUSIC

North Coast Symphonic Band. Tales of the Supernatural. With pre-show by Count Valter and the Zombies. \$15, 1:30pm at the Liberty Theater in Astoria.

Jeff Scroggins & Colorado. Bluegrass & Folk. \$12, 2pm at the historic Raymond Theater in Raymond.

Kirby. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Anna Tivel. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Joy Mills Band. 8pm at the Adrift Hotel in Long Beach.

John Bowers. No cover, 9pm at the Voodoo Room in Astoria.

HAPPENING

Talking Tombstones. Former citizens are expected to return from the great beyond for a

graveside chat with any and all willing to visit their tombstone. Donations are welcome. 1pm to dusk, location TBA. 503-325-2203

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 2pm at Theater West in Lincoln City.

Monday 27

MUSIC

The Don of Division Street. 8pm at the Adrift Hotel in Long Beach.

Tuesday 28

MUSIC

The Don of Division Street. 8pm at the Adrift Hotel in Long Beach.

Wednesday 29

MUSIC

The Don of Division Street. 8pm at the Adrift Hotel in Long Beach.

Thursday 30

MUSIC

The Press Gang. \$15, 7pm at the Hoffman Center in Manzanita.

Love Gigantic. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Cclairvoyant Tammy Holmes. A perfect season of the year, the thinning of the veil, clairvoyant Tammy Holmes conducts a group reading at KALA. Get in touch with your loved ones, and pay homage to the spirit world. A complimentary fall soup and bread will be served. \$15 at the door. At KALA. Doors open 6:30pm. 1017 Marine Drive, Astoria. More info call 503.338.4878.

HEALTH

Free Senior Wellness/Flu Shot Clinic. There will be lots of information regarding aging and multiple guest speakers. 2 – 5pm at the Bob Chisholm Community Center in Seaside.

LITERARY

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

Lunch in the Loft. Author Susan Winkler will read from her book “Portrait of a Woman in White.” \$20 includes a catered lunch and a signed copy of the book. Noon at Beach Books in Seaside. RSVP at 503-738-3500

Dark & Stormy Nights Series. With mystery author Lisa Alber. Free, 4pm at the Driftwood Public Library in Lincoln City.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 31

MUSIC

The Twangshifters. At a Halloween Dance Party. Costume contest. Free, 7pm at the Gearhart Hotel.

Fort George Brewery. Ma Barley plus . . .

Dirty Revival Collective. Halloween Party. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Holiday Friends. Halloween Party. No cover 9pm at the Voodoo Room in Astoria.

Love Gigantic. 9pm at the Adrift Hotel in Long Beach.

Skaraokee. Halloween party with costume contests and prizes. Starts at 9pm at Snug Harbor Bar & Grill in Lincoln City.

CINEMA

Nosferatu. Silent film with organ music. \$10, 7pm at the PAC in Astoria.

HAPPENING

Haunted House. At the Sou'wester Lodge in Seaview.

Monster Bash. Costume contest, games, refreshments, and prizes for each child participating 5 – 7:30pm at the Armory in Astoria.

Trick –or–Treat Tanger Style. For children under the age of 12. 5 – 7pm or until the candy runs out at the Tanger Outlet Center in Lincoln City.

Chamber of Horrors Halloween Party. At the Eventuary in Lincoln City. 541-994-3070

LECTURE

Are Monsters Real? A Philosophical Exploration of Shadows of the Mind. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 1

MUSIC

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

Dancin' with the Lincoln Pops Big Band.

\$12, 7 – 10pm at the Lincoln City Cultural Center. 541-994-9994

Primal Mates. Jazz. \$5, 5:30pm at the Bay City Arts Center.

Calico & The Pine Hearts. 9pm at the Adrift Hotel in Long Beach.

Rock N Roll Cowboys. No cover, 9pm at Roadhouse 101 in Lincoln City.

Water Brothers. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK

Grow the Coast Conference. An intimate, full-day learning and networking experience and an opportunity to celebrate with peers and supporters of our local food system. This year we'll provide hands-on presentations and both beginning and advanced level workshops. \$30, 8am – 4:30pm at the Seaside Convention Center. northcoastfoodweb.org/growthecoast

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

HAPPENING

No Shave November. Meet at the Tap Room at Fort George in Astoria for a clean shaven photo. One lucky, hairy winner will receive the coveted “Bearded Mug” at the judging party on December 1.

THEATER

The Man with a Plastic Sandwich. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 2

MUSIC

Sherrie Wolf & Hester Carr. Folk & 60s Classics. \$20 suggested donation. 4pm at the Awtrey House Bed & Breakfast in Nehalem. RSVP at hoffmancenter@hnehalemtel.net

Calico & The Pine Hearts. 8pm at the Adrift Hotel in Long Beach.

Bart Budwig with Gregory Rawlins. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Eugene Ballet. Performing Cinderella. \$30, 2 – 4pm at the Don Whitney Auditorium in Tillamook.

WEEKLY

Friday

MUSIC

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

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

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

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

HAPPENING

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

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

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

Saturday

MUSIC

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

Open Mic. Starting October 18. 3 – 6pm at the Beehive in Nehalem.

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

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

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

FOOD & DRINK

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

Sunday

MUSIC

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

North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.

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

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Monday

HAPPENING

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

Tuesday

MUSIC

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

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

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

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

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities

include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

THEATER

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

Wednesday

MUSIC

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

The Coconuts. Swing/Jazz/Country/Bluegrass/ Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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

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

HAPPENING

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

LITERARY

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

SPIRITUAL

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

Thursday

MUSIC

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

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

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

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

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

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

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

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

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

Floating Glass Balls. A string band. 8 – 11pm at Bill's Tavern in Cannon Beach.

MOVIES & MUSINGS

by Les Kanekuni

THE JUDGE (Oct. 10)

Robert Downey, Jr. steps out of his Iron Man suit for a rare foray into straight drama. In this father/son drama, Downey plays big city lawyer Hank Palmer, a glib but brilliant attorney who specialty is defending the "rich and guilty." As successful as he is in court, Palmer's personal life is fracturing. His marriage has fractured and Palmer is seeking custody of his child when he receives word his mother has died. Palmer returns home to the small Indiana town he left years ago after butting heads with his father, Judge Palmer (Robert Duvall), a tough old coot who is Hank's polar opposite – a pillar of moral rectitude who believes in justice while Hank just wants to win. Grieving his mother's death does not lessen the tension between the two men. Hank's brothers are also a piece of work. Glen (Vincent D'Onofrio) is a failed former ballplayer while younger son Dale (Jeremy Strong) is a mental midget. "This family is a f-ing Picasso painting," Hank says. Ready to leave town for good, Hank is forced to stay when Judge, who has resumed drinking after abstaining for 28 years and is experiencing memory blackouts, is arrested for the hit-and-run killing of town lowlife Mark Blackwell (Mark Kiely) whom Judge abhorred. Despite his father's resistance, Hank must defend Judge against the tough, wily local prosecutor Dwight Dickham (Billy Bob Thornton).

ST. VINCENT (Oct. 10)

Bill Murray makes his contribution to the bad-role model school of characters with his portrayal of Vincent, a drunken, financially insolvent curmudgeon who lives a solitary life except for visits from Russian hooker Daka (Naomi Watts) and a mysterious older woman Sandy who Vincent visits regularly at a retirement home. Not terribly fond of children, Vincent is forced to adapt when single mom Maggie (Melissa McCarthy) and her son Oliver (Jaeden Lieber) move in next door. Oliver is a scrawny kid and is immediately picked on at school in Brooklyn. Maggie works long hours at her job and in desperation approaches Vincent to babysit Oliver. Nearly destitute, Vincent has no choice and takes the \$11 per hour job, but resolutely refuses to change his lifestyle, so Oliver ends up accompanying Vincent on his rounds of bars, the racetrack and Daka's strip club. In addition, Vincent gives Oliver life lessons by employing him to mow the patch of dirt he calls a yard because "that's how the world works." In addition to learning about betting, prostitutes and booze, Vincent shows Oliver how defend himself against his bully, something Oliver immediately puts to use. Inevitably, in these kinds of movies, the child reforms the immature adult. When Oliver's priest at school gives the kids the assignment to find someone they know who has the spiritual qualities of a saint, Oliver of course, seizes on his new friend Vincent.

WHIPLASH (Oct. 10 limited)

Damien Chazelle's film of a sadistic music school teacher and his student who will stop at nothing to succeed created a storm at this year's Sundance Film Festival, where it was described as Full Metal

Jacket meets Julliard. J.K. Simmons (Oz, Juno) is already being touted for Best Supporting Actor for his ferocious performance as Terence Fletcher, leader of the top jazz band at a prestigious Julliard-type music school in New York who will say and do anything to get his students to excel to his lofty standards. Miles Teller (The Spectacular Now) plays Andrew, a drumming prodigy desperate to ascend to the top ranks of drummers like his hero Buddy Rich, and escape the influence of his failed writer father (Paul Reiser). As a first year student, Andrew is beneath the radar of Fletcher, who has the power to make or break careers, but a chance encounter leads to a miraculous invitation to join the "A" band. But at his first rehearsal, Andrew learns Fletcher is far from the cuddly, positive-reinforcement school of teaching. Quite the contrary. "There are no two words more harmful than 'good job'" is Fletcher's mantra. Instead, he screams invective, humiliates and physically abuses his terrified charges, kicking them out of the band on a whim and setting them against each other, all toward winning a national competition and making them, particularly Andrew, better players. Andrew advances to the lead drummer's chair, but his advancement has a personal price. Andrew meets Nicole (Melissa Benoist) at the concession stand at a movie theater and strikes up an acquaintance. Nicole is hoping for



more, but after internalizing Fletcher's cutthroat approach, Andrew cuts the relationship off cold to focus on getting to the top. Basically, this is what the movie is about – what is the price of success? Will Andrew be destroyed by Fletcher in his quest and even if successful, will he retain the slightest shred of humanity?

FURY (Oct. 17)

Brad Pitt toplines director David Ayer's World War II story of a tank crew thrown into mission against impossible odds while trying to break in a young recruit exposed to combat for the first time. Pitt plays Wardaddy, the commander of a tank named Fury in the waning days of the war. The Allies are winning, but from the grunt-level point of view of this film it's hard to tell. The fighting is brutal. Wardaddy and the crew are introduced cleaning up the remains of their dead gunner. There's religious zealot Bible (Shia LaBeouf), drunken Gordo (Michael Peña), and good-old-boy Coon-Ass (Jon Bernthal), all thick-skinned, death weary veterans, none more so than Wardaddy. Into this group is thrown clerk typist Norman Ellison (Logan Lerman), the dead gunner's replacement. Not only has Norman not been to

tank school, he's never been in combat. In his first battle, Norman freezes, causing Wardaddy to initiate him by forcing him to kill a German prisoner or be shot himself. The horrors of war force Norman to become hardened like the rest of the crew, but he still retains some of his humanity as he enjoys a brief interlude with a German girl. On a mission, Wardaddy's tank platoon is decimated, leaving the Fury alone to defend a crossroads against overwhelming odds. As realistic as Saving Private Ryan, Fury is more episodic, while avoiding obvious flag-waving.

**BIRDMAN (Oct. 17 limited)**

Michael Keaton, who's performance as Batman is the signature role of his career, sends up himself and the whole acting profession in Alejandro Innarritu's black comedy Birdman. Already being touted as an Academy Award contender, Keaton plays Riggan Thomson, faded movie star, who 20 years previous turned his back on Hollywood when he refused to do Birdman 4. Thomson attempts to resurrect his career by writing, directing and starring in a stage adaptation of a Raymond Carver short story. When a co-star is injured, egocentric star Mike Shiner (Edward Norton) steps into the part, destabilizing the show when he appears to act rings around Riggan. If this isn't enough, Riggan's daughter Sam (Emma Stone), who's just left rehab signs on as Riggan's personal assistant and disparages dad as a loser who's aversion to social media proves it. As always, Riggan's struggle to regain his self-respect is overshadowed by his always-present alter-ego, Birdman. With Zach Galifianakis and Naomi Watts.

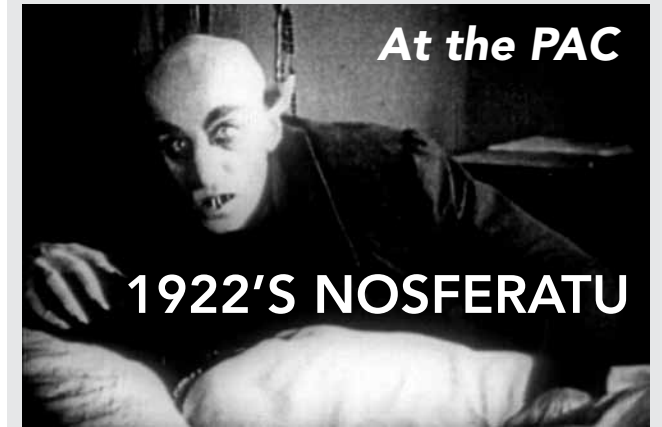
INTERSTELLAR (Nov. 7)

Director Chris Nolan's much-anticipated new film drops November 7. Mathew McConaughey, Anne Hathaway, Jessica Chastain and Michael Caine star in this sci-fi drama where interstellar travel holds the key to mankind's existence. Official synopsis: A group of explorers make use of a newly discovered wormhole to surpass the limitations of human space travel and conquer the vast distances involved in an interstellar voyage.



HALLOWEEN

At the PAC



1922'S NOSFERATU

Film buffs, vampire fans or anyone planning to observe Halloween by watching a creepy movie, won't want to miss director F.W. Murnau's silent film classic "Nosferatu", presented by Partners for the PAC, Friday, October 31, at 7:00 pm, at the CCC Performing Arts Center located at 16th and Franklin in Astoria. Costumes are encouraged and there will be prizes for the best costumes! Parental discretion is advised. The Halloween event is one of three upcoming fundraisers to benefit the iconic "PAC" at the corner of Franklin and 16th Streets in Astoria

Watch this landmark film as it was meant to be watched, on a big screen. And don't expect just a visual feast. Organist Jeff Fox will be on hand to coax some suitably scary music from the bowels of the PAC's historic Estey pipe organ. It promises to be the perfect pairing—a chance to savor the wonderfully macabre images on the screen as bone-chilling notes emerge from the organ's formidable array of pipes (it's sounds truly fill the space) in this the earliest visualization on film of the vampire legend.

Nosferatu's behind-the-scenes story rivals its on-screen counterpart. The film was an unauthorized adaptation because Murnau and company couldn't get the rights to Bram Stoker's popular novel, "Dracula." They got around this by changing a few details—mainly changing Count Dracula to Count Orlok and, of course, Nosferatu to Dracula. After Nosferatu's release in 1922, Stoker's heirs sued for copyright infringement and won! The court ordered all copies destroyed. Luckily, a few bootleg copies survived—stories differ as to just how many.

Actor Max Schreck, in the lead role, delivers a marvelous, menacing performance. Virtually unrecognizable in makeup, the actor brought an added air of mystery and dread to things. Director E. Elias Merhige plays on this in his 2000 movie, "Shadow of the Vampire". The later film was a fictionalized account of the making of the original Nosferatu. In it, a real vampire (actor Willem Dafoe) is hired to play Count Orlok. Other contemporary films clearly riffing on "Nosferatu" include, obviously, the remake by German director Werner Herzog starring Klaus Kinski, his muse; Woody Allen's "Shadow and Fog"; and even Tim Burton's "Ed Wood."

Nosferatu is widely regarded as a hugely influential masterpiece of cinema. It's also a textbook example of German Expressionism which flourished in said country in the 1920s, reflected primarily in the painting, architecture and cinema of the day. Films in the genre were "characterized by unique set designs with wildly non-realistic, geometrically absurd sets (and) designs painted on walls and floors to represent lights, shadows, and objects. Plots frequently dealt with madness, insanity, betrayal and other 'intellectual' topics as opposed to action-adventure and romantic films" (Wikipedia).

The movement's roots emerged from the chaos of WWI (Germany had a hard war and an even harder peace afterward) and the subsequent rise of Hitler. The latter forced many of Germany's finest directors to leave the country, mainly because they were Jews. Turning up in Hollywood and bringing expressionism with them were Fritz Lang, Billy Wilder, Fred Zinnemann, Otto Preminger and Max Ophuls, to name a few. A number of directors from the 1940s already in Hollywood—Hitchcock, Carol Reed, Orson Welles and Michael Curtiz—were inspired. To make a long story short, Nosferatu (and similar films coming out of Germany, e.g. Lang's Cabinet of Dr. Caligari, M and Metropolis, etc.) are the acknowledged precursors to both to modern horror movie-making and film noir.

This event, a must see for serious film goers, is a fundraiser—part of ongoing efforts to support the PAC's continued operation as a venue for affordable public arts and educational offerings. Thanks to Columbia Coffee Roaster/3 Cups and the Cannery Pier Hotel for their support.

Tickets are \$10, available at the PAC box office which opens at 6:15 pm. Refreshments!

FMI: www.SupportThePac, facebook page www.facebook.com/partnersforthePac.



FREE WILL ASTROLOGY

October

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ARIES (March 21-April 19): As I hike through the wilderness at dusk, the crickets always seem to be humming in the distance. No matter where I go, their sound is farther off, never right up close to me. How can that be? Do they move away from me as I approach? I doubt it. I sense no leaping insects in the underbrush. Here's how this pertains to you: My relationship with the crickets' song is similar to a certain mystery in your life. There's an experience that calls to you but forever seems just out of reach. You think you're drawing nearer, about to touch it and be in its midst, but it inevitably eludes you. Now here's the good news: A change is coming for you. It will be like what would happen if I suddenly found myself intimately surrounded by hundreds of chirping crickets.

TAURUS (April 20-May 20): In three years, you will comprehend truths about yourself and your life that you don't have the capacity to grasp now. By then, past events that have been confusing to you will make sense. You'll know what their purpose was and why they occurred. Can you wait that long? If you'd rather not, I have an idea: Do a meditation in which you visualize yourself as you will be three years from today. Imagine asking your future self to tell you what he or she has discovered. The revelations may take a while to start rolling in, but I predict that a whole series of insights will have arrived by October 15.

GEMINI (May 21-June 20): The journey that awaits you is succinct but epic. It will last a relatively short time but take months to fully understand. You may feel natural and ordinary as you go through it, even as you are being rather heroic. Prepare as best as you can, but keep in mind that no amount of preparation will get you completely ready for the spontaneous moves you'll be called on to perform. Don't be nervous! I bet you will receive help from an unexpected source. Feelings of *deja-vu* may crop up and provide a sense of familiarity – even though none of what occurs will have any precedents.

CANCER (June 21-July 22): In the wild, very few oysters produce pearls – about one in every 10,000. Most commercial pearls come from farmed oysters whose pearls have been induced by human intervention. As you might expect, the natural jewel is regarded as far more precious. Let's use these facts as metaphors while we speculate about your fate in the next eight months. I believe you will acquire or generate a beautiful new source of value for yourself. There's a small chance you will stumble upon a treasure equivalent to the wild pearl. But I suggest you take the more secure route: working hard to create a treasure that's like a cultivated pearl.

LEO (July 23-Aug. 22): In June 2012, a U.S. Senator introduced a bill that would require all members of Congress to actually read or listen to a reading of any bill before they voted on it. The proposal has been in limbo ever since, and it's unlikely it will ever be treated seriously. This is confusing to me. Shouldn't it be a fundamental requirement that all lawmakers know what's in the laws they pass? Don't make a similar error, Leo. Understand exactly what you are getting into, whether it's a new agreement, an interesting invitation, or a tempting opportunity. Be thoroughly informed.

VIRGO (Aug. 23-Sept. 22): Oliver Evans (1755-1819) was a prolific Virgo inventor who came up with brilliant ideas for steam engines, urban gas lighting, refrigeration, and automated machines. He made a radical prediction: "The time will come when people will travel in stages moved by steam engines, almost as fast as birds fly, 15 or 20 miles an hour." We may be surprised that a visionary innovator like Evans dramatically minimized the future's possibilities. In the same way, I suspect that later in your life, you might laugh at how much you are underestimating your potentials right now. In telling you this, I'm hoping you will stop underestimating.

LIBRA (Sept. 23-Oct. 22): When Jimmy Fallon was a senior in high school, he received a weird graduation gift: a troll doll, one of those plastic figurines with frizzy, brightly colored hair. Around the same time, his mother urged him to enter an upcoming comedy contest at a nearby club. Jimmy decided that would be fun. He worked up a routine in which he imitated various celebrities auditioning to become a spokesperson for troll dolls. With the doll by his side, he won the contest, launching his career as a comedian. I foresee the possibility of a comparable development in your life: an odd blessing or unexpected gift that inspires you to express one of your talents on a higher level.

SCORPIO (Oct. 23-Nov. 21): "Dear So-Called Astrologer: Your horoscopes are worse than useless. Mostly they are crammed with philosophical and poetic crap that doesn't apply to my daily life. Please cut way back on the fancy metaphors. Just let me know if there is money or love or trouble coming my way – like what regular horoscopes say! -Skeptical Scorpio." Dear Skeptical: In my astrological opinion, you and your fellow Scorpions will soon feel the kind of pressure you just directed at me. People will ask you to be different from what you actually are. My advice? Do not acquiesce to them.

SAGITTARIUS (Nov. 22-Dec. 21): Tomatoes are a staple of Italian cuisine now, but there weren't any tomatoes in Europe until the 16th century, when Spanish explorers brought them from Central and South America. Likewise, Malaysia has become a major producer of rubber, but it had no rubber trees until seeds were smuggled out of Brazil in the 19th century. And bananas are currently a major crop in Ecuador thanks to 16th-century Portuguese sailors, who transported them from West Africa. I foresee the possibility of comparable cross-fertilizations happening for you in the coming months, Sagittarius. Do you have your eye on any remote resources you'd like to bring back home?

CAPRICORN (Dec. 22-Jan. 19): Years ago, you experienced an event that was so overwhelming you could not fully deal with it, let alone understand it. All this time it has been simmering and smoldering in the depths of your unconscious mind, emitting ghostly steam and smoke even as it has remained difficult for you to integrate. But I predict that will change in the coming months. You will finally find a way to bring it into your conscious awareness and explore it with courage and grace. Of course it will be scary for you to do so. But I assure you that the fear is a residue from your old confusion, not a sign of real danger. To achieve maximum liberation, begin your quest soon.

AQUARIUS (Jan. 20-Feb. 18): This is prime time to do things that aren't exactly easy and relaxing, but that on the other hand aren't actually painful. Examples: Extend peace offerings to adversaries. Seek reconciliation with valuable resources from which you have been separated and potential allies from whom you have become alienated. Try out new games you would eventually like to be good at, but aren't yet. Get a better read on interesting people you don't understand very well. Catch my drift, Aquarius? For now, at least, leaving your comfort zone is likely to be invigorating, not arduous.

PISCES (Feb. 19-March 20): Your oracle is built around the epigrams of conceptual artist Jenny Holzer. From her hundreds of pithy quotes, I have selected six that offer the exact wisdom you need most right now. Your job is to weave them all together into a symphonic whole. 1. "It's crucial to have an active fantasy life." 2. "Ensure that your life stays in flux." 3. "I have every kind of thought, and that is no embarrassment." 4. "Animalism is perfectly healthy." 5. "Finding extreme pleasure will make you a better person if you're careful about what thrills you." 6. "Listen when your body talks."

Homework: Make nonsense noises for a minute straight every day this week. Report results to Truthrooster@gmail.com.

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

By Margaret Hammitt-McDonald

Bite Jack Frost Before He Bites You

WHEN I was a fifth grader, my teacher considered it morally instructive rather than nightmare-inducing to assign stories where scruffy heroes grapple

the Forces of Nature (basically anything by Jack London). On one early-morning ride decades later, my fifth-grade Great Books selection came back to bite me. Frost lay on the ground, the thermometer hovered at 32, and despite my biking gloves, my hands grew so numb that I had to breathe on them at every spotlight, reviving them into sharp pain. I feared I'd be the laughingstock of the local emergency department if they had to amputate my digits as a result of exposure in a place not known for frigid weather—the suburban wilds of Beaverton, Oregon.

I've learned not to underestimate the harm even our wimpy winters can deliver. If you intend to ride during Jack Frost's reign, I advise you to modify your wardrobe accordingly.

Many people belong to the Bulky Garment School of cold-weather defense. You may remember pleading with your parents to let you play out in the snow, only to be mummified in a snowsuit worthy of North Pole explorers, a wool scarf wrapped around your neck twelve times, with six layers each of mittens and socks. By the time you got outside, you couldn't move, and when you tried, you perspired as if you were in a sauna. By the time you managed to squirm out of that nylon prison, your damp self promptly froze.

When exercising out-of-doors in winter, the idea is to keep vital spots warm without overheating. While protecting your hands and feet (circulation gets shunted to the vital organs), you'll need to sheathe your hard-working muscles in layers that trap warm air but allow for adequate ventilation. That's where

the Dreaded Technical Fabrics come in: materials designed to keep the balance between warmth and dryness. (They are fearfully expensive, but the shopping-

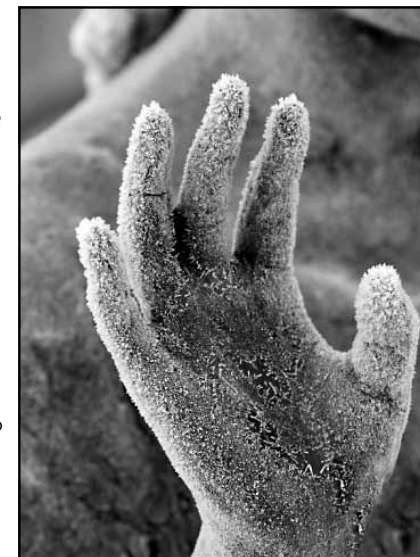
savvy can find good deals on used stuff or end-of-season models.) There are cycling-specific items to keep hands and feet protected, such as booties to go over your shoes. I also like those light fleece helmet liners, as you lose significant body heat through your head, especially if your helmet is as airy as Swiss cheese. Warm cycling gloves are a must, since the clunky gloves made for other

activities rob you of manual dexterity, tempting you to go bare-handed...no, bad.

Try dressing a little lighter than you think you need. After about five minutes, you'll be warm with exertion but not perspiring dangerously. Dress in layers—wind- and rain-resistant shell jacket and pants, insulating shirt, and wool or synthetic undershirt and long-johns—which you can put on and take off to fine-tune your comfort level. I love natural materials, but other than wool (which stays warm when wet), comfy and inexpensive materials like cotton get damp and stay damp, a potentially deadly situation in icy weather. On the other hand, synthetic materials are famous for absorbing body odor, so be sure you have something to change into when you reach your destination.

To protect your face from chapping or worse, you can either apply special creams or wear one of those funky neoprene ski masks (if you're not easily embarrassed).

As the weather turns brisk, keep Jack Frost from gunning for your sensitive spots. After all, you don't want to end up as the tragic character in some future Jack London's survival story and become fodder for fifth-grade nightmares.



WORKSHOPS/CLASSES

AROMATHERAPY AT CCC. Learn the benefits and joys of aromatherapy in a variety of classes offered once a month at Clatsop Community College, and taught by local wellness educator and practitioner, Angela Sidlow. All classes are offered on the CCC main campus in Astoria. The cost for each class is \$15 with an additional supply fee of \$15. Essential Oils – A Beginner's Guide is offered Saturday, October 11, 9-12:00 pm. Aromatherapy – Managing Stress & Anxiety will Saturday, November 8 from 9-12:00 pm. The final class in the series, Aromatherapy for Health & Wellness, Saturday, December 6, 9--12:00 pm. Register now at www.clatsopcc.edu/schedule and search under Course Title listed above or call 503-325-2402.

Clamming Clinics. Let the staff at Harborview Inn & RV Park show you the ropes on how to clam. Clamming Clinics will be held on October 10th & 11th. Clamming tides are after dark so come prepared with headlamps, flashlights, lanterns and flashlights and a sense of adventure. Event will be repeated on October 24. At Harborview Inn in Garibaldi. Preregistration required, call 503-322-3251

Fall Craft Class. October 15. Linoleum Block Prints or make a portfolio out of old books. Registration required. 6:30pm at the Tillamook County Library. 503-842-4792

Friday Night Clay. October 17. Looking for something fun and relaxing to do on a Friday night? Get creative with clay in this one night course. Participants learn the basics of hand-building while having fun in our relaxed classroom environment. Ages 12 and up. Cost \$15. At the Lincoln City Cultural Center. 575-621-2634

Painting with Words – The Art of Visual Ideas. Monday afternoons. With Sandra Foushee. Focus will be on helping writers visualize and paint with verbal images in poetry, music lyrics, short stories, stories for children or lyrical essays. Tuition is \$20 per session or \$60 per three-session sequence. 2pm - 5pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

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

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

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

Illuminated Journaling. October 25. With Susan Long. At this workshop, students will have an opportunity to add new dimensions to their work by creating and sharing in a safe, encouraging environment. Illuminated Journaling helps people explore mindfulness, deepen spiritual interests, problem solve and see the world in new ways. 10am – 3pm at the Hoffman Center in Manzanita. Hoffman-centerbog.org

Toddler Arts Group. Every Wednesday 10 to 11am –Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must

be accompanied by a caregiver. Bay City Arts Center, Bay City.

Wild Mushroom Cooking Class. October 25. With cookbook author Cynthia Nims. Call for availability 360-642-2442. In the demo kitchen at the Shelburne Restaurant in Seaview.

BODY WORK • YOGA • FITNESS

AQUANASTICS. Gentle Water Exercise that's Lots of Fun! This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. Need to swim is not required. Tues & Thurs, Beginning Nov. 4 thru Dec. 11, a total of 11 classes, 9-9:50am and 10-10:50am. WHERE? KOA heated indoor pool, 1100 Ridge Road in Hammond. Arrive with swim suits on and bring their own towels. Shampoo, conditioner and shower gel is provided in the newly remodeled showers. Parking car tags need to be picked-up at the main office at KOA before the first class. Only 12 students can attend these classes. The cost is \$35.00 Call CCC 503 338-2402 to register. KATHLEEN HUDSON, ARC Water Safety Instructor, Arthritis Aquatic Instructor Training program, Completed A Matter of Balance, CMH, and Aqua Aerobics training from Pismo Beach Athletic Club.

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

LOTUS YOGA ASTORIA. Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

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

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

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

simple yoga postures with props, breath and energy work, meditation and relaxation.

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

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

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

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

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

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

QIGONG. Free. Easy relaxing exercise & meditation qigong class. Helps arthritis & fibromyalgia, reduces stress, helps balance. Tues & Thurs, 9am to 10am, Astoria Methodist Church, 1076 Franklin Ave. Enter 11th St door Call Linda Williamson. 503.861.2063.

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

WAVES OF CHANGE. TAI CHI, TU/TH 10-11am - Advanced Fan Form. TU/TH 5:30-6:30pm - Beginning Sun Style. Instructor: Angela Sidlo. QIGONG/TU 830-930am Instructor: Linda Williamson, Sat 1030-1130am, Instructor: Janet Maher PILATES M/W/F 8:45-9:45am, Instructor: Sam Peters. GENTLE STRETCHING, M/W 5:30-6:30pm & 6:45-7:45pm, Sat 9-10am Instructor: Angela Sidlo Private lessons available \$25/hr. Drop In rate for classes \$10. Contact Angela at 503.338.9921 to sign up for a class. Fee: Tai Chi class \$50 per month. Qigong class \$40 per month. Stretching class is \$75 per month for M/W/F and \$50 for M/W. Yoga \$50/month M/W classes. Get a punch card for \$50 and mix 'n match 8 class sessions.

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

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Sunday Sept. 14, 2014, 10:30 to 12:30ish. In Seaside, Oregon at Barbara's home. 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.

PAINTING/MEDITATION FOR WOMEN. Fridays, October 24 – November 14. With Linda Wiebenson. These classes are a series of four quiet mornings of meditation, reflection, and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$20/4-week session. 9:30am – 12:30pm at the Center for Contemplative Arts in Manzanita. 541-231-0136

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

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

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

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

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog their 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 this society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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

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

VISITOR CENTER SEEKS VOLUNTEERS. The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster

A Community Grief Ritual with Sobonfu Some Friday Nov 7 – Sunday Nov 9



This is a transformational and soul-invigorating ceremony that leads to the release of grief. The suppression and denial of emotion in general, and grief in particular, has been linked to spiritual drought, emotional confusion and certain illnesses. To regain a serious and lasting sense of connectedness with ourselves and with spirit, we need to find a proper place to feel and release our grief in a healthful way. The Grief Ritual is such a place.

In the traditional world of the Dagara of Burkina Faso, West Africa, the Grief Ritual is conducted regularly in different parts of the tribe. It is the Dagara people's way of releasing the tensions caused by loss, and to restore continuity in their relationships. The Community Grief Ritual follows the traditional model of the Dagara. It is our hope that it brings a deep sense of release, peace and joy to your life, and greater connectedness to family and community.

About Sobonfu:

Sobonfu Some, whose name means "keeper of rituals", is a daughter of the Dagara Tribe of Burkina Faso. Mentored by her Dagara elders, she brings ancient indigenous wisdom to our modern culture in a compassionate, loving and joyful way. She teaches and leads rituals throughout North America, Asia and Europe and has published three books:

To Register: Call Rob Miller at (541) 895-4432 or Darel Grothaus (206) 818-4833, or email: darelgrothaus@raincity.com www.sobonfu.com

Bay City Arts Center (5 miles north of Tillamook, OR)
\$220 early registration before Oct. 15, \$250 thereafter

their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

OPEN MICS

THE BEEHIVE IN NEHALEM is hosting an open Mic from 3-6 every Saturday afternoon starting October 18th. For more information and/or to get your name on the list contact Mick Taylor at micktaylor@praisal@gmail.com

LAST THURSDAY poetry open mic. Port of Call, 9th & Commercial, Astoria, 7 to 9 p.m., Oct., 30. Sign up onsite for a short time slot to read your own poems or a poem you like. Host: poet Ric Vrana.

MEETINGS AND MEET-UPS!

4-H Youth Science Day. "Rockets to the Rescue", the 2014 4-H National Science day experiment. Youth will design, build and test an aerodynamic food transportation device that can deliver food to disaster victims. Open to all youth grades 3-7. Please join us on October 15th, 6:30pm at the Clatsop County Fairgrounds to participate in this high flying experiment! Call the Clatsop County Extension office at 503-325-8573 with any questions.

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

need the directions to get there, you may call Steve Jordan at 503-325-1807

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

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

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

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



Messages Sonja Grace mystic healer

Finding Home

WE SPEND our lives moving all over the country and even beyond to other cultures and cities around the world. We step out of the comfort called 'home' when we go to college, or move into our own place. We live in all kinds of dwellings from apartments, condos and homes to buses, cars and yurts. Some chose to be nomadic and travel in RV's heeding the call of the seasons. It is a myriad of home and hearth that meet our needs and gives us a sense of where we belong. We can also experience not having a home and find ourselves feeling ungrounded and lost without a base.

As the world shifts and changes in this fifth dimension we can redefine home by going within. Long ago, as tribes of people we moved camp due to

a change in weather, season or a sign we received from spirit. We moved according to the stars finding the best place for summer and a protected area for winter. In today's world we sign a lease, buy a house and commit far beyond the instinctual drive that might otherwise move us.

People are feeling the fifth dimension and a new frequency in all areas of life. Headaches, neck pain, teeth problems, thyroid and throat issues are the current trend with this higher energy. We can take comfort knowing our body gives us the signs we need to navigate in life. We manifest in the physical form so we can pay attention to the emotional body. Health issues are often related to unresolved karma or emotional wounds from past lives. When

we have a tooth ache and wonder how this relates to the fifth dimension, we can look at our karmic past and find where we had unresolved emotional wounds in a lifetime that caused us pain or even death. Our teeth represent wisdom and when we have a tooth problem or need dental work, the emotional component often is a need to trust yourself and honor your wisdom.

In my work I take clients through a series of emotional processing that helps to excavate what is stored in the body. When I look at a client's past lives I pinpoint where this issue began and then I go in and clear the karma. This is something that helps free the client from the physical issue moving it much faster and resolving what has possibly been an issue for many lifetimes.

The desire to crawl out of your skin has everything to do with the current vibration and a need to integrate this energy. Any resistance we have in our body is a sign for us to pay attention and do the inner work so we can live more comfortably in these new times. We have become complacent as a species with not much desire to make changes. Yet the more we resist what is changing in our lives, the more challenged we become. Our ability to raise our consciousness actually helps us to dissolve any resistance.

When we release our attachments to this world and look for a home within, we are able to find that space of comfort by quieting the mind. All of your feelings are there to help you. When we can meditate and create a space of comfort inside ourselves, we can be anchored in a home that is far greater than anything outside of ourselves.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Other books by Sonja Grace are: 'Angels in the 21st Century' and 'Earth Ways Healing Medicine for the Soul'. The companion film presentation Earth Ways Series and her new Earth Angel Series is available on her website. www.sonjagrace.com

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word and wisdom

By Tobi Nason

Let The Fun Begin!

WILLIAM GLASSER, M.D., a bigwig figure in the psychology field, developer of the Choice Theory and Reality Therapy, believes that fun is a result of laughing and learning together and sharing good times. How much fun is to have a hole-in-one with nobody there to share the experience? Replace the hole-in-one with any thrilling moment, and the impulse is to share it with others. One of the reasons FaceBook is successful?

I seldom considered "fun" as a basic need, although in the last few years, prior to downsizing my life, I remember thinking, "This (my so-called life) is not fun." I worked too much, and had no extra energy, time, or money for fun. I counted my blessings instead. I probably should have listened a bit more to the little voice inside.

When I review Glasser's assertion, I realize that yes, fun is best as a shared activity. Which means, once again, I'm back to confronting my solitary lifestyle. Funny things still happen to me within my life, but to actively get the full import, sharing it with someone adds a needed belly laugh.

We are social beings, no question. Laughing with others is like a loose glue - for a few moments, you are all on the same page and connected. Which leads to a more basic need which is: To be "known" and understood and loved on a simple level, for who we are, warts and all.

When we are growing up, we all look to our families for that sort of validation. Sad fact - sometimes families hurt, alienate and/or de-value its members. The laughs are few. With luck, validation is found out in the world via friends and other adults.

We grow up and find those that seem to "get" us. The laughs flow. The simplest event is fun. The feeling of connection with the world at large increases. We belong.

Laughing is physiologically good for people, just as a good cry can be. (The sign of many mental health dysfunctions ie: depression, anxiety, paranoia, etc. is a lack of humor.)

Notice that laughing is best when it is with others. Relational. Yes, you can laugh at your favorite TV show or your cat's anc-

tics but the best laughs are when you tell your neighbors and they laugh with you.

Counselor's advice:

Recognize your own particular need for fun. What does it look like? If this is hard for you, remember one of the most fun times in your life and dissect it. What made it fun? Use that knowledge for today's fun.

Smile. Go into the world smiling. Be ready to laugh. Find the humor when and wherever you can.

Share. Share your "take" on things with almost strangers. You know, the store clerks, the person in the next seat to you, the lady in line behind you. Connect a little. An unconnected life is lonely and unhealthy in the long run. You owe it to yourself to maximize your chances for love, life, and happiness.

Tobi Nason, counselor, lives in Warrenton, reached at (503) 440-0587. Any thoughts or suggestions are welcomed. She plans on doing stand-up comedy sometime, just because it sounds like fun.

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- Repeatedly opening doors to trick-or-treaters you risk your pets running out. Keep an eye on their whereabouts at all times. If feasible, keep cats in a secure area, especially the black ones!
- Candles - pets may be attracted to the flame, especially in dark areas, and get burned or even start a fire!
- Xylitol - candy or gum sweetened with xylitol is toxic and should be kept away from your pets.
- All forms of chocolate can be harmful to your pets. The high fat content can poison them or inflame their pancreas.

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bodies in balance

Healthy Aging

AS WE embrace fall and the bounty of summer begins to wilt and wither it makes me think of the aging process normal and natural to all living things. It is not a fact of life many of us enjoy exploring but being prepared for the course of aging can benefit our quality and quantity of life. Understanding that there are too many specific health challenges to cover in this article, I hope I can touch on some basics, which I expect will apply to most.

Digestion...I will repeat what I've said before...this is the cornerstone of health. As we age so does this valuable system. The release of stomach acid decreases and with it the cues to pancreatic and gall bladder function begin to weaken as well. Individuals may have a lessening appetite, eat fewer and smaller meals, clearly this varies but is not uncommon. As digestion starts to deteriorate a VERY common symptom that arises is heartburn, for which acid-reducing medication is regularly prescribed. Sadly this quick fix is not a healthy long-term solution as the acid is required for essential vitamin and mineral absorption as well as overall digestive flow. Instead I would suggest a strong lemon or lime and water mix, or apple cider vinegar before or with your meals. This naturally acidic solution will instead strengthen the innate digestive function creating better health.

Inflammation...This is the root of disease, it's really that simple. So logically if we can support the inflammatory pathways in a healthy and beneficial manner we can reduce the progression of diseases that deteriorate our health. The theory is simple it's the practice that is a challenge, and again as individual lifestyles, genetics, etc vary there is no one simple way to assist this. One no brainer, however, is to reduce your stress or at least learn techniques to manage it. Stress is pro-inflammatory, but when managed can lessen its impact on your overall health. I think as our world has become more stressful we see activities like Yoga, Tai Chi, Qi Gong and meditation gaining popular-

ity because they offer natural stress reduction. Really any kind of exercise will count here, but if you are a go-go-go, anxious, or putting others before yourself type personality then a high impact workout would not necessarily be as nourishing as a slow-down, self-reflective one. Food choices are another must in this category. Quality fresh foods will be less inflammatory than highly processed foods...seems obvious. Foods that may be affecting our gut health and immune health are also worth avoiding or at least eating as conscientiously as possible. Other wise known as food allergies or intolerances these foods are an irritant to the system, and constant irritation can over time cause inflam-



mation. There are a variety of ways to discover what these foods may be if not obvious already, a great reason to seek the attention of your local naturopath or health care provider. Anti-inflammatory nutrients come from fish oils, turmeric, bromelain, alpha-lipoid acid and fresh fruits and vegetables.

Cognition...For many memory, thinking and speaking clearly are extremely important indicators of the aging process. Without touching on any one condition I think there are some terrific everyday tools, and nutrients that can support good cognition. Variety is not only important but also more fun. New foods, books, games, puzzles, routes to work, exercises, all increase the pathways in the brain. Doing some activity in your life where you are moving with

**Dr. Tracy Erling is a
naturopath physician in the
Lower Columbia Region.
Questions?
erflingnd@hotmail.com**



your eyes closed is also great for the brain and your balance too. Learning in any way, like a language, artistic skill, craft or hobby can improve both the quality of your life and your brain function. One nutrient essential to brain function is B-12, remember to compliment any one B vitamin with a B complex

to assure you are not creating deficiency elsewhere. I know you've likely all heard about Ginkgo, wonderful for helping to open and access those small blood vessels and capillaries throughout the body, especially prevalent in the brain. Ginger is another circulatory tonic that I would combine for brain function, along with Gotu Kola an herb full of antioxidants to assist in blood vessel damage and repair. A basic multivitamin would cover many of the nutrients discussed here, in addition a sublingual B-12; the herbs can be added if this is an area of special concern.

Appearance...the way we look can create much apprehension for many aging adults. This is not only our skin, and hair, but the way we move and carry ourselves. For both men and women it is extremely valuable to build muscle mass

before our 50's; this means performing weight bearing exercise in addition to cardiovascular or the more stress alleviating exercises discussed above. After menopause women have a more profound shift in their physiology which includes muscle and bone loss. This occurs in men too, just not a dramatically. Keeping our musculoskeletal systems well nourished and flexible helps with ease of movement and long-lasting strength. Our skin is not so unlike this system as it is made of many of the same basic building blocks, namely collagen and muscles. Since the skin is such a rapidly growing organ, it shows the signs of aging more readily. The skin as a whole benefits greatly from the use of antioxidants... vitamins A,C,D,E, bioflavonoids like rutin, quercetin, resveratrol, and foods like blueberries, acai berries, pomegranate, dark leafy greens and green tea. These antioxidants are a valuable toolbox which enhance the health of our aging bodies, they are incidentally also useful anti-inflammatory agents.

This month I am having yet another birthday and am happy to report that I feel as healthy as ever! I'm sure as I continue to age my opinions may shift, but for now I am not in the anti-aging camp, as with all things naturopathic I believe in supporting the natural processes of the body...of which aging is part. I certainly support any efforts to age in a healthy and vital way and hope these simple reminders can help you to achieve a bounty of health throughout your life.

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



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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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ALMOST HOME COOKIN' The North Coast Food Web Gets a New Home by Merianne Myers

THE NORTH Coast Food Web is celebrating close to five years of community food system work with a move into our very own home. Since its beginning in 2010, NCFW aka The Web has set up camp as a guest of OSU, as a denizen of the brilliant Co-Commercial space and is presently tucked cozily in the lofty office overlooking the shop floor of Pat's Pantry in downtown Astoria. Living above a spice shop has its definite advantages, not the least of which is the aroma of freshly made spice blends wafting up from below.

However, when it comes to the work The Web does, there truly is no place like home. Our official mission is 'To cultivate healthy communities and a vibrant economy through food and agriculture'. For those of us on the board, the shorthand becomes 'helping our community feed itself.' One of the most powerful tools in that process is cooking and eating together.

It should come as no surprise to readers of CHEW ON THIS, that I am evangelistic about the power of food to unite people. Bringing folks from all over the area together to cook, meet their farmers and ranchers, grow a bit of their own food and form relationships over meals together is simply the loveliest way to address almost all aspects of our mission.

Web volunteers have been teaching cooking classes, creating and hosting River People Farmers Market, co-hosting the annual Grow The Coast Conference, bringing Food Day Week to area schools, planting and distributing a fleet of shopping cart gardens, producing Food Talk on Coast Community Radio, working with school and community gardens, facilitating the Fruit Box Project and so much more for the past 4 years. Having a facility of our own is the key to becoming even more productive in our community and more sustainable as a non-profit.

With the generous help of a private donor who bought us a building, we will soon be removing walls, rearranging spaces and moving into a place we will use to help our community become less dependent and more skilled at providing and utilizing our own food. We will be offering a wide variety of cooking opportunities from one-off specialty classes to multi-week courses and a long hoped for program we think of as Community Cooks where folks can come together for a day, cook a variety of entrées and go home with several meals to put in the freezer and warm up at the end of a long work day. We'll be cooking for particular dietary concerns, for and with kids, for big families and meals for one or two. We'll have a variety of instructors and local producers to teach us all the many ways we can become more self sufficient out here on the edge.

Perhaps most importantly, at the end of each class we will sit down and eat together.

Keep an eye on our building at 577 18th Street in Astoria as it morphs into a dream come true. Think about volunteering to help in our work - both in the food community and in the renovation of our building. Contribute to our capital campaign, raising money to fund the refurb of our new space. Keep an eye out for news of our open house. Think of us when you need an event catered - we have creative food artists on hand to help.

Sign up for email updates and donate at northcoastfoodweb.org

"Local Plants, Local Communities: A talk on Field Guides, Native Knowledge, and Personal Engagement with the Verdant Landscape"

By Douglas Deur, author of *Pacific Northwest Foraging*

DOUGLAS DEUR is a seasoned spokesperson for nature on the North Coast of Oregon. For decades he has worked to improve the relationship between



people and our local environment, as professional geographer and civic volunteer. He sits on the faculty of Portland State University and his work is published in several books. Locally, he serves as president of the Ecola Creek Awareness Project. For many years he wrote columns for the Upper Left Edge.

Now, thanks to his new book *Pacific Northwest Foraging* (Timber Press, 2014), Deur is also a best selling author.

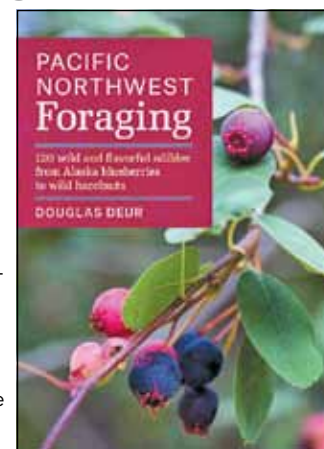
"Timber Press made the New York Times Best Seller List for the very first time thanks to *Pacific Northwest Foraging*," says Emma Alpaugh, publicity manager with the publisher. "This is a sign the book is selling exceptionally well with all book retailers -- regionally, and beyond!"

Deur is pleased people are reading his book, and not just because of sales.

He hopes it will further our understanding of what it means to fully engage with this special place on earth.

"The word 'foraging' is often misused to imply a casual gathering" says Deur. "Yet from all we know, people have long cultivated a deep relationship with the plants of our region."

On Saturday, October 18th, Deur will give a special presentation titled "Local Plants, Local Communities: A talk on Field Guides, Native Knowledge, and Personal Engagement with the Verdant Landscape." The talk will be from 5 to 6 pm at the Cannon Beach History Center and Museum. Copies of Deur's book will be



provided for purchase and signing by Jupiter's Books. Deur will also be available for signing at Jupiter's Books earlier in the afternoon, from 2:30 until 4:30. FMI: contact Watt Childress: 503-436-0549 or wattchildress@yahoo.com.

Three Village Massage and Healing Arts opens in Nehalem Oregon

JANET MAHER L.M.T. has been practicing massage and acupressure for over 20 years. In 2003 she moved to the North Oregon Coast from the Willamette Valley and for several years had a massage business in Manzanita, and worked also in Cannon Beach. Maher has recently opened Three Village Massage and Healing Arts in charming Nehalem located at 35750 on HWY 101.

Three Village Massage and Healing Arts offers a variety of massage and healing services. Therapeutic massage, acupressure, aromatherapy, hot stone massage, reiki, and workshops in qigong.

Therapeutic massage treatments include deep tissue massage and trigger point therapy to help heal sore and overworked and injured

muscles. If you like a little more pampering there is luxurious, relaxing hot stone massage, 30 minute hand and foot treatments using hot towels and reflexology points, or a facial massage for relaxing the face muscles that includes massage for the neck, shoulders and scalp helping you to feel and look refreshed and radiant. To protect your skin, hypoallergenic, organic lotions are used, in addition to custom aromatherapy.

Acupressure and Reiki treatments help balance the body's energy. In acupressure treatments, finger pressure is used on points along energy pathways or "meridians" this helps to open blocked, painful areas. Acupressure helps with backaches, headaches, sleeping problems, digestive

problems, health imbalances, and healing emotions blocks.

Reiki is a very deep and quiet treatment that works to strengthen the body's energy field helping to heal body and emotions. There is no need to disrobe for Acupressure or Reiki treatments.

Qigong classes start this fall. Qigong is an exercise form that uses breathing and simple movements that increases the qi, or life force in the body. Janet is certified to teach medical qigong from the Ling Gui International Healing Qigong School.

To learn more about Three Village Massage and Classes: facebook group; Oregon Coast Healing Qigong, threevillagemassage.com/ email janetm55@yahoo.com Open Tuesday thru Saturday. 503-368-3693.

AAUW Dessert Theater Scholarship Benefit

Love, Loss and What I Wore • NOV 21-22

THE AMERICAN Association of University Women (AAUW) will present its annual scholarship benefit on Friday November 21st and Saturday November 22nd with a change in its format. The dessert will be served as always on Saturday evening November 22nd with the reading of the play and the raffle. In addition to the Saturday performance, there will be a Friday evening, November 21st performance without serving dessert.

Karen Kenyon, Donna Wright, Toni Ihander, Rhonda Alderman, and Nancy Montgomery, under the direction of Susi Brown, will present *Love, Loss and What I Wore*, a play by Nora and Delia Ephron.

This production is a series of monologues and ensemble pieces about women, clothes and memory, covering all the important subjects: mothers, prom dresses, buying bras, hating purses, the wearing of black, and of course mothers. *Love, Loss* proves funny, compelling, poignant, and best of all, revealing.

Fri, Nov 21 at 7pm, \$10, doors open 6:30/ Sat, Nov 22, \$15, door open 6pm, curtain at 6:45. At the Presbyterian Fellowship Hall at 11th and Harrison Streets in Astoria. Tickets available through AAUW members and at the door. FMI: call Sara Meyer at 503-325-7969.



AAUW Dessert Theater Players, directed by Susi Brown, take on the Ephron sisters.

CHEW ON THIS!

by Merianne Myers



IT'S AUTUMN.

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

Actually, I love Fall. For at least a month. The seductive impulse to snuggle up and stay in is offset by days of brilliant sun hell-bent on getting me outside. Ultimately, the sun loses the tug-of-war and we're plunged into the Dark Times. Thankfully, I have the antidote ready to

dispel gloom in just 15 minutes. It's called preheat. Once the oven is hot, there are so many things it can do, I'm liable to forget about the weather entirely until, say, February. There is no good excuse for February. But that's another story. This story is about pumpkin which comes into season just when we need it most and offers up a delicious diversion.

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

Or try this:

RADIANT ROASTED WINTER VEGETABLES

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

Preheat oven to 400.

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

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

Mix the vegetables and sauce, adjust seasoning, top with sage leaves.

Serve over soft parmesan polenta seasoned with cayenne or curry.

Then:

Toss the leftovers of any of the above in a sauce pan, add stock and whatever else trips your trigger, simmer until bubbly. Puree and top with a dollop of creme fraiche and a sprinkle of pumpkin seeds you have tossed with some oil, salt and pepper and toasted. It's soup! However you choose to cook it up, the scent of pumpkin will infuse the house with the luxuriant essence of Fall. Next time the wind makes you shudder, turn the Tappan to 400 degrees, uncork the wine and carve a pumpkin that does more than decorate the porch.

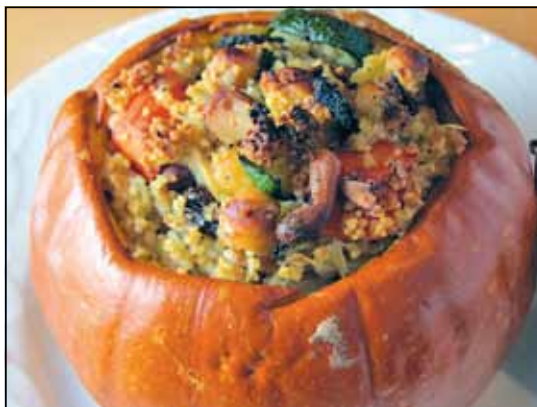
LUMINESCENT STUFFED PUMPKIN

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

Preheat oven to 400.

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

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



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THE MAGIC OF SOUP

By Maggie Stuckey

THERE WAS a time, not all that long ago, when people knew everyone on their block, when neighbors watched out for each other, helped each other, enjoyed getting together. Nowadays, people are more likely to hurry home from work, stay inside with eyes fixed on some type of screen, interacting with pixels rather than human beings. Many of them wish things were different, but aren't sure how to break out of their isolation.

Here's a simple solution: make a huge pot of soup, invite your neighbors over, and watch what happens.

I can tell you what will happen, because I have seen it myself in my home town (Portland).

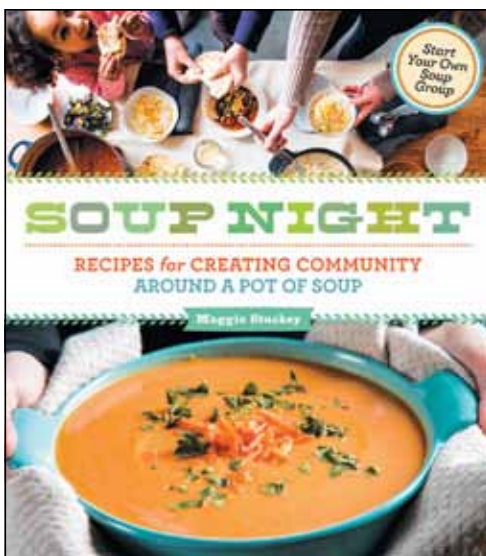
Within a very short time, strangers become friends. Warm connections develop between people who are very different from one another on the usual measures of occupation, education, and political persuasion. Children, under the loving watchfulness of all the adults, are free to be kids. Meanwhile, their parents are free from the awful modern anxiety of having to watch them every single second. There is less crime. Seniors and people living alone feel

more secure, knowing help is right at hand.

All because they get together for a simple supper of soup and bread once a month. They call it Soup Night, and it has become a huge part of their lives. No one wants to miss it.

Once I witnessed the magic of this particular Soup Night, I decided to look a bit farther. And quickly found neighborhood groups all over the country doing much the same thing: Organizing a soup get-together for the explicit purpose of creating community. In Boston, New York, Chicago, Milwaukee, Pittsburgh, Cleveland, Detroit, Houston, Denver, Tucson, folks are making soup and inviting strangers to their home -- with amazing results.

Soup is simple, unpretentious, warm, nourishing (in every



sense of that word), and has a way of putting people at ease. It's also easy to make, nutritious, inexpensive, infinitely expandable, and it tastes wonderful. There is nothing better for bringing people together.

• UP COMING CLASSES AT ASTORIA COOP

OCTOBER 24, 5-5:30 pm: Shopper's Guide to GMO's with Co-op GM Matt Stanley. With genetically modified organism labeling on the Oregon ballot this election, there's been a lot of talk

13TH ANNUAL WILD MUSHROOM CELEBRATION

CHEFS, AUTHORS, foragers and the mushroom loving public will come together on the Long Beach Peninsula from October through November 15 for the 13th annual Wild Mushroom Celebration. Highlights include special dinners, classes, workshops and wild mushrooms featured at participating restaurants and inns.

Oct. 17 through 19, BOREAS



Chantrelles and King Boletus at the Boreas Inn

BED & BREAKFAST INN, Long Beach, will present Boreas' Wild Mushroom Celebration Special. The package features a five-course Wild Mushroom and Wine Pairing Dinner on Saturday night. It also includes two nights luxe accommodations, breakfast, and a six-course Wild Mushroom Sunday Brunch Extravaganza with forager VERONICA WILLIAMS, ALL WILD. And, offered exclusively to Boreas guests will be a private foraging foray with Veronica for an

additional \$45 per person. Package price is \$575 including tax and restaurant gratuity. For those wanting to stay in the adjacent Dunes Suite, the cost is \$606 for two people. For reservations, please call 360.642.8069.

In addition, Boreas will also be featuring wild mushrooms three or more times a week in the gourmet breakfasts served to overnight guests throughout the Celebration.

From Oct 17 through 19, 42ND STREET CAFÉ AND BISTRO will offer Wild Mushroom Dinner packages as well as wild mushroom scrambles for breakfast on Saturday and Sunday mornings.

Then on Oct. 24, the SHEL-BURNE RESTAURANT, Seaview, will present its 5th Annual Wild Mushroom and Pike Brewing Co. Dinner, at 7PM. Shelburne chefs will pair Pike Brewing beers with the season's best wild mushrooms. Guest hosts are Pike Brewing's Charles and Rose Ann Finkel. Reservations are required and may be made by calling 360.642.2442.

And at the Shelburne Inn on Oct. 25, from 1 to 4PM, WILD MUSHROOMS author, CYNTHIA NIMS, will conduct a cooking class in the demo kitchen. To reserve a spot, please call 360.642.2442.

"I'd always thought of wild mushroom habitat as associ-



Brunch with seasoned forager Veronica Williams

ated with a bit of elevation, forested areas, lush and dank and moderately mountainous," writes Nims. "But there we were, a quick stroll from the beach, hearing the crashing waves in the background and harvesting amazing porcini mushrooms."

PICKLED FISH will be running nightly wild mushroom specials throughout October, and LOST ROO will feature wild mushroom menu specials throughout the Celebration.

Visitors can pick up a pocket guide to wild mushrooms at TIME ENOUGH BOOKS, Port of Ilwaco, and ADELAIDE'S COFFEE & BOOKS, Ocean Park. Adelaide's will be selling a classic guide to Western mushrooms -- All That the Rain Promises and More -- by American mycologist and naturalist David Arora, as well as other useful guides.

FOOD GROOVE

Beers To Your Health at Fort George Brewery Maggie Stuckey, Author of Soup Night

Maggie Stuckey, Author of "Soup Night" will speak at the Co-op's monthly food and wellness lecture "Beers to Your Health" at Fort George Brewery, Thursday, October 9, at 7pm. (Doors open at 6pm). 14th & Duane, Astoria

Books will be available for sale and a free small cup of soup for those who attend (while supply lasts). Event is free and open to all ages. Thursday October 9 at 7 p.m. (Doors open at 6 p.m.)

about this controversial subject in the news. This is a great opportunity for those wanting to learn more about GMO's and food. The class will include information about the different types of labels, how to know if the food you eat contains GMO's and the highest risk foods.

NOVEMBER 22, 11:30 -12pm: Artisan Cheese with Brandon Massey (Co-op Cheesemonger). The holidays are a great time to indulge in artisan cheese platters with friends and family. This class will include information on local and regional artisan cheeses, cooking and cheese pairing ideas, plus a cheese tasting with the maker of Crooked Cow Cheese from Naselle, Washington.



Assistance League of the Columbia Pacific 7th Annual Home & Chef Tour • Oct 11 To Benefit Operation School Bell

FALL IS in the air and so are the plans for Assistance League of the Columbia Pacific's 7th Annual Home & Chef Tour which is set for Saturday, October 11, 2014 from 11:00 a.m. to 4:00 p.m. This year the tour features six beautiful homes in the Sunset Beach area along with fantastic treats provided by some of Seaside, Gearhart and Warrenton area restaurants at each residence.

Tickets for the 2014 Home & Chef Tour are available for \$25.00 and can be purchased at Holly McHone Jewelers at 1150 Commercial Street in Astoria and at all branch locations for Columbia Bank within Clatsop County. Tickets will also be available for sale at each home on the day of the tour. Just turn at Astoria Golf & Country Club and watch for ALCP signs. Addresses of homes

on tour are: 33031 Pacific Bellevue Lane and 90850 Kennedy Rd, 33250 Silverspot Lane, 89332 Manion Dr, 89556 Shady Pines Rd and 89080 Easy Way Rd..

This tour directly benefits ALCP's signature program, Operation School Bell® which provides clothing for Clatsop County schoolchildren and it is the nonprofit volunteer organizations' major fundraiser for each year. Other programs include providing duffel bags of comfort items to kids entering the foster care system, assistance in covering athletic fees for schoolchildren and providing prom gowns for high school students through Cinderella's Closet.

For more information about this upcoming event, contact Mary Davies at 503-738-2672 or visit www.assistanceleaguecp.org.

Grow the Coast Conference

Registration is open!

JOIN FOOD Roots, North Coast Food Web and Oregon State University Extension Service for Grow the Coast on Saturday, November 1st in Seaside. This full-day conference on farms, food and community is back for its third year in a row, with both beginning and advanced level workshops for farmers, gardeners and homesteaders and local food enthusiasts.

November 1, 8am-4:30pm. \$30/person or two for \$50 (early bird price ends October 26th!) \$45/person or two for \$80 (price after October 26th through day of)

*Online registration closes October 30th. Ticket sales will be available at the door by cash or check. www.northcoastfoodweb.org/growthecoast



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Beach Blanket Bash
Saturday, October 11
 Garcia Birthday Band - 7 'til 10 pm
 Columbus Day Weekend!

Sunday, October 12
 "Brews, Tees & Q" Golf Tournament and BBQ Contest
 Garcia Birthday Band - 2 'til 6 pm on the lawn
 The Fabulous Garage Band - 7 'til 10 pm in Livingstone's

"Sittin' Seagulls – McMenamins Golf Championship"
Friday, October 24
 "Those Sittin' Seagulls tournaments were the craziest things...in fact, growing up in Gearhart, at the Gearhart Course...it was just unbelievable!"
 – Sally Heron Valade, whose family ran the Original Sand Trap and Golf Course
 In the spirit of Caddyshack, enjoy antics and prizes at this 18-hole team event.
 Dinner and live music top off the day!
 \$75 in advance – all inclusive – 21 & over

halloween dance party
Friday, October 31
 7 pm - Free All ages
 Costume contest and live music by
THE TWANGSHIFTERS

Gearhart Hotel & Sand Trap Pub
 1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159
 mcmenamins.com



2nd Saturday ART WALK
5:00 pm
Downtown Astoria
 Every month
 Year round

Oct 11th

Visit Downtown Astoria on the 2nd Saturday of every month for Art, Music, and General Merriment!

Presented by Astoria Downtown Historic District Association



astoriadowntown.com



EXPERIENCE COUNTS!

LaMear Taylor
YES NO

- Has served on Astoria's City Council.....
- Has served on the Planning Commission.....
- Has served on the Astoria Budget Committee.....
- Has served on the Astoria Library Board
- Has served on the Parks & Rec Board
- Has served on the Clatsop Co. Commission on Children and Families.....
- CASA (Court-appointed Special Advocate).....
- Clatsop Community College Fndn. Board
- Lives and works in Astoria

Paid for by LaMear for Mayor Committee

The choice is clear
VOTE LaMear!

Liberty Theater present



Angel Street (Gaslight)
Reader's Theater in the McTavish Room
 by Patrick Hamilton
 October 8 & 9 • 7pm • \$15

Astoria International Film Festival
 Oct 17 – 19
 Films \$5
 Full Schedule
 www.goaiiff.com

North Coast Symphonic Band
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 Oct 26
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