

november 2015 • vol 16 • issue 202

# HIPFISH MONTHLY

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**THE NEW FARM TO TABLE:**  
Local Cannabis finds its  
legal place in Oregon  
agriculture p12



**Sleepy Monk in Cannon Beach**  
**Old School Coffee Roasting**  
**Wins a GOLDEN BEAN p11**



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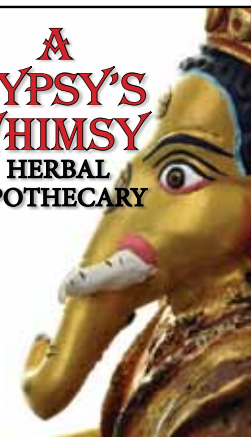
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# MUSIC@KALA

**DIRECT FROM FINLAND**, KALA proudly presents Pekka Pentikäinen and Perttu Paappanen. The Finnish Folk duo will perform directly after 2nd Saturday Art Walk, at 8:30pm, on November 14.

Steeped in the traditions of Finnish Folk and a revival scene that's alive and well, Perttu and Pekka, based in Helsinki, perform and work in the music arena of theater, dance ensemble, teaching, arranging, and band performance.

By day Perttu Paappanen tunes, repairs and imports accordions, teaches workshops, and frequently he performs and arranges music for theater/play performances in Helsinki, on both fiddle and accordion. A student at the Sibelius-Academy, Perttu has studied both classical and folk, taught in schools, and has produced 3 albums with bands Koinurit and the Progmatiks.

Pekka Pentikäinen, specializing on the 2-row and chromatic accordion, also a 1994 Graduate of the Sibelius Music Academy, is a band leader and musician and composer for theater and opera in Helsinki. He founded the folk music groups Pirnales and trio Mr. Mäläskä (w/Pekka Pentikäinen, acc. and Antti Soininen, vl.) whose CD "Mr. Mäläskä - Northern music for accordion and violin" was released in March 2000. That CD consists mainly of Pekka Pentikäinen's music for the accordion and the violin. Pekka Pentikäinen has performed



Nov  
14

on all the continents. Currently he works for the Finnish Folk Music Association, teaching, giving concerts and developing folk music activity in surroundings of Helsinki.

**Doors open at 8pm right after Art Walk. \$10 admission. Cocktails. Teens (13+) welcome, accompanied w/ parents.**



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**Jaime Leopold & the Short Stories**

KALA welcomes 6-piece music project Jamie Leopold and the Short Stories, on Nov 28 at 8pm, a great name for a band whose front person regales with stories from his rich past as a musician and artist in the halcyon days of the 60's.

Jaime Leopold was the original bass player in the cult band "Dan Hicks and the Hot Licks". For the past several years he's been writing songs and performing with his band "Jaime Leopold and the Short Stories". They call their music "American Quirk": it's a hard to pin down style influenced by folk music, country, jazz and Jaime's unique storytelling.

Jaime spent his formative years in the Haight-Ashbury as a part of the youth culture movement of the day. He hung out

with many legends of those times, Allen Ginsberg, Neal Cassady, Jerry Garcia and was present at seminal counterculture events like the "Human Be-in", Ken Kesey's Acid Tests, "The Death of Hip" and of course the Avalon Ballroom and Fillmore Auditorium music scene. "My approach to my life and art was strongly influenced by those freewheeling times", says Jaime. "I saw a lot of wondrous things in that California trip and they bubble to the surface in my writing."

"The Short Stories" are from Portland but play all over the Northwest. The band features Jaime on guitar and

vocals, Jennifer "the Polish Princess" Smieja on vocals, Clark "the Reverend" Salisbury on guitar; Aaron "gatemouth" Lowe, harmonica; J. Michael "king" Kersey bass and Eugene Fred Ingram on drums. The band has new CD "Live at O'Connor's" which is getting a lot of airplay.

**The evening at KALA features full cabaret table seating and full bar. \$13 @ the door, but to assure seating, get advance tickets at [www.BrownPaperTickets.com](http://www.BrownPaperTickets.com) (includes small service charge). Doors open at 7pm, show at 8pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878**

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# ART TRIFECTA

@ KALA

**Zac Caswell  
 Tim Liddiard  
 w/Kristin Shauck**

WHEN ZAK CASWELL was a kid, he was fascinated by the merging layers of paint spills on the garage floor at home, his father a contractor. A couple decades later, and Caswell has become an art-fiendish mixologist – intertwining a connection to the heavens, and a penchant for experimentation.

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

Zac Caswell creates visually provoking pieces by way of explorative mediums. Most pieces are constructed of recycled material. Cosmic series was created to capture chemical reaction. Melting Imagery series was created to capture the uniqueness of layering different shapes and lines forming a melting effect within the piece.

ioned for the purpose of applying paint in innovative ways."

While the horizontal orientation of the bands of color have a tendency to evoke the sense of a landscape in Liddiard's colorful pallets, it is not the intention to create any specific references. Enter Kristin Shauck.

Shauck's animal figures appear on Liddiard's canvases in a magical and almost metaphysical way. Entranced by color, the process of painting says Shauck is an exploration of the infinite possibilities of iridescence, luminosity, and polychromatic interactions. "My creative work has evolved from my experience practicing art and teaching art over the past two decades.

"Although in my professional career I have focused primarily on the enormous challenge of capturing the human form, recently I have turned to the subject of animals. Since my childhood, I have always felt a deep connection to and



**Zac Caswell and Cosmic Imagery Series**



**Tim Liddiard, Untitled, Acrylic on Synthetic Fabric, 2015**

The two mediums couldn't be more different from one another, one a wild organic abstract form, and the other, whimsical, yet mysterious figures crawling with life and through each other. What they do share is Caswell's addiction to playing heavily with color. In addition to this dichotomy of art medium, Caswell too is a musician, dedicated to playing numerous instruments – and at the age of 29, has already logged some 18 years in both artistic genres. He sites a supportive background in the arts in high school where he focused on ceramics, and later studied sculpture as an art major at Wichita State.

Tim Liddiard, with a Bachelor of Arts in Mathematics, has been practicing art for 15 years, taking classes and states that his art-making approach is process based and is strongly influenced by his broad work experience, including garment dying, working in construction, teaching, and truck driving.

Often using alternative canvas culled from his work sites, Liddiard says, "The progression of my work extends logically from my experience in printmaking and painting combined with my concrete finishing experience, including the use and adaptation of various construction tools. I consider my approach to artmaking to be a process-based experience in which I am learning how to use these adapted tools for the application of paint. I set up experiments for myself in which I explore the nature of the tools that I have fash-



**Kristin Shauck and Tim Liddiard  
 Sky Dog II  
 Acrylic on Synthetic Fabric**

fascination with animals of all kinds, from the tiniest insect to the largest mammals, and have always experienced a profound sense of both awe and joy while in their presence," says Shauck.

Of her process she says, "I seek to capture the essence of both humans and animals by beginning each painting with a very spontaneous, gestural approach, drawing initially with either chalk or directly with a brush, and progressing with many obsessive layers of vibrant color. It is my hope that every mark conveys a world of meaning within itself, not only in terms of anatomy and proportion, but also in terms of the energy and emotion of the physical act of mark-making."

From Zac Caswell's planetary explosions formed from found paints to Liddiard's unusual tools and canvases, while the two artists have not yet to meet, there is a mutual fondness for each other's work, and serendipitous that they share this particular art walk. Shauck, who has spent years refining and teaching form is the ironic twist in this trifecta of artists.

**Opening November 14, 2nd Saturday Art Walk, 5pm - 7:30pm. Muisc following. 1017 Marine Drive in Astoria. CALL for viewing appt. 503.338.4878.**

## Inside the Month:

Cover Story: New Farm to Table  
pg 12

Sleepy Monk - p11 . . . HofSeth

Holiday Alternative Faires - p7

Indie First Book Event - p8

NATURE MATTERS p9

Don Your Caroling Chops! - p10

CCC FACULTY AT SHOW  
Honors Royal Nebeker p13

## COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS . . . . . KANEKUNI 22

BIKE MADAME . . . HAMMITT-MCDONALD . . 23

FREE WILL ASTROLOGY . . . BREZNY 23

NETWORK COMMUNITY LISTINGS . . . 24

SONJA GRACE MESSAGES . . . 25

BODIES IN BALANCE . . . . . ERLING ND 26

WORD & WISDOM . . . NASON 25

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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**Agnes Field**

## Governor Brown Makes an Appearance At FERC offices via Volunteer Climate Actioneers RISING TIDE

Portland, OR – Governor Kate Brown (look-a-like) made a public declaration of opposition to the transportation of natural gas for liquefaction and export in Oregon today at the downtown Federal Energy Regulatory Commission (FERC) offices. Additionally, Brown used her executive powers as governor to use the power of eminent domain to issue a Notice of Condemnation of FERC's presence in Oregon.

Brown stated "The legal right of eminent domain is government's right to take private property for public good. I wouldn't seize a federal agency office without good reason unlike, for example, FERC's willingness to give multi-national corporations the power to use eminent domain to build export pipelines for corporate profit. In this case, it is in the clear public good of the state of Oregon to use my power as governor to oppose FERC's rubberstamping of destructive pipeline projects." A broad coalition of Oregonians across the state object to FERC's September 30th approval of a Final Environmental Impact Statement on the Pacific Connector Pipeline Project and Jordan Cove liquefaction plant in North Bend and to the plans for the Oregon LNG project in Warrenton.

Governor Brown further stated "Clearly the public good of the state of Oregon is combating climate change by keeping fossil fuels in the ground and the protection of forests, watersheds, and rural communities." Brown's decision to use eminent domain against FERC is unprecedented but nonetheless follows in the footsteps of Governor Kulongoski who in 2010 threatened to sue FERC over the Jordan Cove project. "I stand today with other shining examples of historical Oregon leadership on environmental issues." said Brown.

Brown also made it clear that the state agencies who would also have to approve LNG projects in Oregon including the Oregon Department of Environmental Quality and the State Land Board would stand with her



in promoting the best interests of Oregon communities. Both agencies have previously rejected LNG proposals in 2010.

Supporters of a livable planet and thriving rural communities throughout the state were overjoyed by the wave of public opposition to LNG. Portland Rising Tide activist Katie Behrendt said, "I am glad that our state leadership is standing with us to confront root causes of climate change, like the collusion of government agencies and corporations, but I confess I'm shocked that Governor Brown is actually willing to join us in using direct action."

In Medford, members of Southern Oregon Rising Tide addressed Senators Wyden and Merkley at a climate change conference this month. Activists and community members called on the Senators to "walk their talk" on climate change and to take a public stance against the Jordan Cove LNG export project.

*Rising Tide is an international, all-volunteer, grassroots network of groups and individuals who organize locally to promote community-based solutions to the climate crisis and take direct action to confront the root causes of climate change. portlandrisingtide.org*

## Learn About Electric Vehicles With Pamela Mattson McDonald At Seaside Public Library

Are you thinking about buying a Chevy Volt or Nissan Leaf or any of the new electric Vehicles (EV's)? If so, The Friends of the Seaside Library are hosting Pamela Mattson McDonald speaking about the growth of Electric Vehicles. The event will take place in the Community Room on November 12, at 7:00 p.m.

Oregon has no petroleum refining within its borders. Every drop of fuel comes into the state on barges, ships, and tanker trucks. Last year six billion dollars flowed out of state to the petroleum corporations.

Fresh from lobbying the Oregon State Legislature on House Bill 2092, Pamela Mattson McDonald will speak about the electric vehicle industry and charging station infrastructure. She will describe how House Bill 2092 will create a tax credit for Zero-Emission Cars for each purchase of an electric vehicle and

how the world phenomena of EV's is impacting the United States. Mattson McDonald will also detail in the ways California's laws have influenced the market, and how, in this country Tesla's innovations have made EV's more of a reality. In addition, she will describe the ways in which the growing solar electricity utility is assisting in this new industry as well as giving information on EV charging stations, types of charging, history of the electric car, and resources for further exploration.

Pamela Mattson McDonald is a writer and researcher for magazine, Internet, and e-books. Her book "Slingin' Hash and Haulin' Oil" is currently being considered for publication by Ten Speed Press and Sourcebooks.

Seaside Public Library is located at 1131 Broadway. FM: (503)738-6742 or visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org)

## The Oregon Health Plan For The Hispanic Community At The Seaside Public Library

On Saturday, November 21, at 1:00 p.m. The Lower Columbia Hispanic Council will be presenting a program in Spanish about the Oregon Health Plan. The event will take place in the Community Room.

Maritza Beltran of the Hispanic Council will be answering questions like: What is health insurance and why do I need it? What is the Oregon Health Plan? Who can qualify for the plan? How can I get help to enroll in the OHP? She will also speak about low-cost emergency insurance for those who do not qualify for the OHP, and there will be the opportunity to get help completing your first application or renewal of the OHP.

## Harbor Peer Center

The Harbor's Sexual Assault Peer Center will be offering a multi-week support group for women who are survivors of sexual violence. This group will run Wednesdays from 4:00 pm to 5:00 pm, November 18th thru January 27th. Group topics include: the importance of self-care, developing coping skills to manage stress and anxiety, identifying the effects of sexual violence, and inner strength identification.

For more information and to register please call Sharon at The Harbor: 503-325-3426 ext. 106 or visit [www.harbornw.org](http://www.harbornw.org)

## Columbia Pacific Common Sense • NO LNG meeting

Thursday, November 19

6:00pm potluck snacks & social

6:30 - 8 pm meeting

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Discussion and Q&A w/ Dan Serres,

Conservation Director of

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## The TPP and One Dimensional Consciousness

**TRANS-PACIFIC PARTNERSHIP**, or TPP, the behemoth trade agreement negotiated over some eight years in secret, is now completed and ready for passage by the national legislatures of the eleven countries involved. These include Japan and many of the smaller Asian countries, such as Vietnam, together with the US and Canada. While Asian giant, China, looms conspicuously absent from the pact, an opening for its affiliation will likely emerge. The free trade elite proffers an economic system to engulf the entire world. China is a member of the World Trade Organization and has just completed a deal with American aircraft giant, Boeing. Like all such deals it is lucrative purely for the corporation, not American workers, since the planes will be manufactured in China. American power brokers view large trade agreements as means for the US to project economic power at the same time as it projects military might through a farflung network of bases. The Obama administration has strongly backed the TPP to advance US influence in Asia. But such power projection mainly benefits business elites, chiefly the military industrial fossil fuel energy complex. The urgent questions are how TPP will affect common people and how it will impact now spiraling impoverishment and ecological crisis.

Provisions of the TPP have from the outset been worked out in complete secrecy. If they were as beneficial to the world as touted, would this be necessary? Even Congressional lawmakers, when pressured to fast track the final treaty, meaning either vote it up or down with no amendments, were only given the most general sense of its contents. The vote was very close, and many conservatives as well as progressives opposed passage. Lawmakers in other

signatory countries evince even greater skepticism of the pact's benefits. While its particulars remain shadowy, the TPP is a giant step in the direction of complete integration of world trade under the control of transnational banks and corporations. While TPP spokespersons talk up new protections for labor's right to organize and new rules against wildlife poaching and overfishing, whether serious enforcement will occur is another question. Existing trade pacts, including the WTO, exist for the purpose of eliminating all national trade barriers in the world. This hinders newly developing nations from protecting and thereby growing their own industries, and it continues the process of draining off American jobs,

= **ecocide** =

because corporations invariably locate in lower wage countries. TPP will also foster monopoly by granting, e.g. pharmaceutical giants exclusive patent rights on new drugs for a decade or more before other companies may produce generic versions affordable to low wage workers.

Because trade itself and ensuing enrichment of the transnationals is the one great priority, other vital matters, like a country's right to protect its food supply and environment from contamination are never of primary consideration. In fact, under WTO rules countries or regions resisting importation of certain toxic industrial products are subject to legal suit, loaded to favor the corporation. Under TPP, if the state of Oregon should keep outside investor based Oregon LNG from building a plant in Warrenton, the company could sue and probably win. So much for protecting residents of a subduction zone with eventual likelihood of a 9.0 earthquake and tsunami from massive gas

by Stephen Berk



explosion. Dominion of big transnational capital promotes a one-dimensional world-view favoring accumulation at the top, while ignoring the public good. Trade negotiators pour far more time and energy into servicing transnational capital than anyone pays to solving the vast ecological and climate crises which unbounded trade has greatly accelerated.

The reason that presidential candidate, Bernie Sanders, is attracting such enthusiastic and broadening support is because he draws attention to the human and ecological consequences of the neoliberal world order. As an open socialist in this most capitalist of countries, he makes no pretense of homage to the almighty "free" market, or unrestrained movement of capital across national boundaries. Like past socialists, he calls attention to corporate rule's generation of massive wealth disparities, with poverty and homelessness engulfing ever greater

numbers, while the middle class disappears, and a few fabulously wealthy families dominate the world. Sanders, like Pope Francis, can see through the superficial glitter of technological consumerism. Both men see values higher than wealth accumulation and consumerism. They focus not on individual material success, but the good of the entire biosphere. That means that impoverishment of people and extinction of species through destruction of land and sea habitat is unacceptable.

The regulated capitalism, or mixed economies, that were emerging in many industrialized countries, including the US, in the middle third of the twentieth century supported measures to redistribute wealth downwards and began to address the deep ecological damage wrought by untrammeled industrialism. But neoliberalism, with its return to one dimensional accumulation and consumption, now threatens the world with ecocide.

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# Holiday Giving Faires

Astor Street Opry Co. Starving Artist Faire • Nehalem Bay Area hosts 3 Gift Fairs

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**A**STOR STREET OPRY COMPANY celebrates the 20TH Season of the local and creatively endowed **STARVING ARTIST FAIRE**, Dec 4 – 6, now a favorite annual tradition for the Winter Holidays in the region.

ASOC'S charming holiday show and faire is again held at the Astoria Armory at 16th and Exchange in downtown Astoria! Over 60 artisans will be displaying and selling their wares of quality one of a kind gifts, ranging from photography, collage art, paintings, home and holiday decor, soap, wreaths, jewelry, candles, hats, glass art, pottery and much, much more!

ASOC Starving Artist Faire began its endeavors to support local artists and musicians in 1996, and like its fun family summer melodrama SHANGHAIED IN ASTORIA, the Starving Artist Faire (SAF) first began at the downtown Eagles Hall until it the building was sold. About the same time the ASOC moved into their permanent home at the ASOC Playhouse in Uniontown but to keep the faire going they needed to find an outside location since the theater schedule was completely full. They then moved the SAF Faire to the Old Yacht Club by the Old Youngs Bay Bridge, but when the city decided to remodel, the faire was kept alive by Lum's Automotive Show Room in Warrenton. Following they landed at the Star of The Sea Auditorium for a few years run and are happy now to be back in downtown Astoria at the very popular Armory.

And during all these moves, was one person, Cindy Peake, an artistian herself, who stayed at the helm to keep this valued tradition alive for the over 60 different artists who came to rely on this event for their holiday season. Peake took over the art faire from longtime ASOC icon Judith Niland back in 2000.

Niland said "We created this faire long before there was a Sunday Market and there were very few art galleries and gift shops that carried quality one-of-a-kind hand crafted work. I also wanted those artisans who can't give all their time to their art because of work and family life, to have a chance to show the world what they can do. I'm a big believer that "Art saves Lives" in more ways than one. In the beginning our faire drew a large group of eclectic cutting edge artists, who really could not find galleries, who yet perceived their work as "Art". We were a part of a new movement that included art in the expanding mediums of collage, digital, fabric, paper, book, mixed mediums and beads. We also created a family like atmosphere that called artists back year after year, to share, connect and trade their art with their fellow creative friends."

Peake added "I keep coming back to do the faire as it is a fund raiser for two worthy causes, the ASOC and the food bank. Our community needs all members to band together to keep it great! I love this faire as there are so many talented people in our community and surrounding areas. It's important to showcase their talent. And it's a great venue to meet interesting and fun people each year."

Join ASOC in celebrating it's 20th Anniversary Season of the Starving Artist Faire the first weekend of December. BUT! Shop early, you only have three chances to pick up a few quality gifts to give to your loved ones during this special time of the year! There is a donation at the door of two cans of food for the Clatsop County Food Bank or St. Vincent De Paul Food Bank or a \$2.00 suggested contribution to help the Astor Street Opry Company keep up its good work in our community.

For more information please about being an artist at this faire please call coordinator Cindy at 503-458-6250 or email at cindykp\_6@hotmail.com

## GIFTS THAT MAKE A DIFFERENCE

Once again the most amazing people in Clatsop and Pacific counties will light up the Liberty Theater's elegant McTavish Room when the area's nonprofits gather for Gifts That Make a Difference, Saturday, December 12th from noon until 4pm.

Shoppers can make holiday giving meaningful by donating in the name of someone else! Giving takes the form of a beautiful holiday card that reads "in your name"... a child was helped, someone had shelter, education became available, an animal was saved. Gifts like these embody the true spirit of the holidays, making a difference for all of us, not only the giver and recipient. And, helping others never comes in the wrong size.

Donations of money, needed goods or volunteer time to one of dozens of local not-for-profit groups are the Gifts That Make a Difference. Choose from arts groups like the Columbia River Symphony and the Liberty Theater, or service organizations like CASA, Lower Columbia Hospice, Safe Kids North Coast and the Astoria Warming Center. Community groups like 4-H and Master Gardeners, or education groups like Libraries Rural Outreach and Clatsop Community College, and animal advocates River Song Foundation and Wildlife Rehabilitation Center will join many other worthy organizations. There will be a group to honor everyone on anyone's gift list.

Local nonprofits may still register for table space at the event. Fees requested are \$30 for large tables and \$20 for small. Interested groups should contact Caren Black at 503-325-6886 as soon as possible to reserve a place.

Featured Music Guests: Larkin Stentz on flute and hammer dulcimer, Vocalist Dinah Urell, plus a special appearance by the Maddox dancers. Columbia River Coffee Roaster's provides hot beverages, and plates of special treats from local favorites including Astoria Coffee House, Bridge-water Bistro, Baked Alaska, Buoy Beer, Home Bakery, Jalisco, Silver Salmon and T Paul's.

Astoria Kiwanis and the Lower Columbia TimeBank have worked together to bring back this popular holiday event, with sponsors Columbia Bank, Columbia Memorial Hospital, Mary Jean and Jon Englund, Cannery Pier Hotel, Warrenton Deep Sea, Blue Scorcher Bakery Café, Laurie Caplan, and the Liberty Theater.

The date and time are easy to remember! 12/12 at 12.

FMI or to register your nonprofit for table space at the fair, contact Caren Black at LCTimeBank@aol.com, or Robert McClelland at 503-894-0187. Or visit LoCoTimeBank.org/gifts-fair



## NEHALEM BAY AREA HOSTS 3 GIFT FAIRS

Continuing the successful tradition of holding three Nehalem Bay area holiday gift fairs on the same day, this year's big event will take place on Saturday, Dec 5th from 10-4. For the fourth year in a row, shoppers can make the rounds at the White Clover Grange, Fulcrum's Alternative Gift Market at the Pine Grove in Manzanita and the Methodist Church in Nehalem. Here's what you will find:

- White Clover Grange, 36585
- Hwy 53, about 2 miles east of Hwy 101, landmarked by a humorous cow sculpture, will emphasize locally produced gift and food items, quality resale tables and a raffle with 2 prizes—a quilt or a turkey. Lunch will be served from 11-2 featuring Reuben sandwiches and applesauce, veggie chili and cornbread and dessert and pie. For more information, call 503-368-8255.

- The Alternative Gift Market, Pine Grove Community House, 225 Laneda Avenue, Manzanita, provides a different direction in meaningful holiday giving. Shoppers make contributions to any of a large variety of local nonprofits or worldwide projects. They then receive gift cards to give friends and loved ones to let them know a gift was made in their name to a cause that will benefit others. Roughly two-thirds of the funds raised go to local nonprofits and one-third to international projects. Soup and bread provide the sustenance at this venue. The 11th annual Market is again sponsored by Fulcrum Community Resources, whose mission is to create sustainability in north Tillamook County. For more information, call 503-368-6874.

- Nehalem Bay United Methodist Church, 45th Annual Christmas Bazaar & Clam Chowder Luncheon, 10th & A Streets, Nehalem. This long-running bazaar has added Christmas only tables and continues to offer the traditional outside crafts people; handmade boutique; cookies, candy and jam; silent auction; and filled baskets and jewelry areas. Eats here include clam chowder, vegetable soup, crackers, pie, ice cream and beverages. For more information call 503-368-5612.

## THREE VILLAGE AFFAIRE-

- Thursday November 26th at 10am Tri-Village Turkey Trot 2.4 mile Walk/Run.

- Friday November 27th Old Fashioned Holiday Celebration-5-8pm Pine Grove Community Center in Manzanita.

- Kids Holiday Fun Faire & crafts 5-8pm

- Santa arrives at 5:30 on a Fire truck (Pictures Santa and Mrs. Claus at the Kids Holiday Fun Faire).

- Tree Lighting at 6 pm.

- Saturday November 28th – Holiday shopping Market and Trunk Show 10-6pm The Three Village Market at the Pine Grove in Manzanita will continue to have 20 vendor spots and will continue to showcase only handmade/personally created goods.

- The Three Village Trunk Show in Nehalem at NCRD gym will have 30 vendor spots and will showcase all variety of gifts & goods. There will also be a kid's bounce house and kid crafts available while people shop.

- Sunday November 29th – Pancake Breakfast 8:00 to Noon at the Pine Grove

- Sponsored by Rinehart Clinic

- Sunday November 15th -December 15th Shopping Passport

- Contact April at, phone: 503-368-3792, email: aprilmari@aol.com

- Or Darcey at, phone: 503-314-6623, email: darcEyk@gmail.com Web-site: <http://threevillageaffaire.weebly.com/>





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## INDIES FIRST Event at Cloud & Leaf Bookstore in Manzanita on Saturday, November 28.



**TWO YEARS AGO** the award-winning poet and author Sherman Alexie came up with a simple but powerful way for authors to be what he called "superheroes for independent bookstores." He named it INDIES FIRST. To participate, authors and illustrators had only to show up at their local independent bookstores on the Saturday after Thanksgiving and hand-sell books. More than eleven hundred of his colleagues did.

What Sherman began with one great idea has quickly become a movement of authors and illustrators directly supporting the independent booksellers who so directly support them.

Join Cloud & Leaf Bookstore at 148 Laneda Ave in Manzanita for the INDIES FIRST event on November 28th, 2015. That day is Small Business Saturday, one of the busiest shopping days of the year, coming as it does right before the holidays. It's the perfect time for you to find gift books for everyone on your list.

"Shortly after we moved to Manzanita fulltime in 2006," Kathie Hightower, author and cofounder of the Manzanita Writers' series said, "My husband and I attended an evening where Mike Powell of Powell's Books said something that really struck me. 'You have one of the best indepen-

dent bookstores here, in Cloud & Leaf. You need to support them... the book business is incredibly challenging these days especially because of Amazon.' I decided to order all my books from Cloud & Leaf because I do want them here in town."

One of the things that independent bookstores do so well is to "hand-sell" books, to introduce you to books you might not hear about otherwise. These can be the big bestsellers, but just as often are great books from small publishing houses or self-published books that don't quickly get press, titles that might not gain a foothold in the book world without the efforts of indies.

"When my book came out in February," new author Phyllis Mannan shares, "Jody bolstered my confidence by placing a stack of copies on the counter at Cloud & Leaf where customers couldn't miss them. I owe her a debt of gratitude."

A number of local authors will be at Cloud & Leaf Saturday, November 28, from 11-4, sharing some of their favorite books, hand-selling books. Not their own books,

but other books they personally love.

INDIES FIRST is a way to say thank you to independent booksellers for all they do, and specifically to show Jody and her crew at Cloud & Leaf how important they are to our town.



The local authors at Cloud & Leaf on Saturday November 28th are:



**KATHIE HIGHTOWER**, coauthor of *Military Spouse Journey*, and *1001 Things to Love About Military Life*.

**LAUREN KESSLER**, author of *Raising the Barre*, *Counterclockwise*, *Stubborn Twig*, *The Write Path*, and others

**HOLLY LORINCZ**, author of the novel *Smart Mouth*, and coauthor of *Step By Step Pitches And Proposals: A Workbook For Writers and How Do I Find A Literary Agent? And 101 Other Questions Asked By Writers*.

**PHYLLIS MANNAN**, author of *Torn Fish: A Mother, Her Autistic Son, and Their Shared Humanity*.

**DEBORAH REED**, author of *Things We Set on Fire*, *Olivay*, *Carry Yourself Back to Me*, and others.

**FLOYD SKLOOT**, author of *Approaching Winter*, *Reverigo: An Off-Kilter Memoir*, and others.

**MARK SCOTT SMITH**, author of *Enemy in the Mirror: Love and Fury in the Pacific War*.

Stop in and say hi, and discover some great books at the same time. Shop local as you take care of your holiday shopping this year.

For information, contact Kathie Hightower at 503-739-1505, or Jody Swanson, at 503.368.2665.

## Columbia River Symphony Nov 14 -15 *a musical message of peace & harmony*

**THE COLUMBIA RIVER SYMPHONY** presents two family-friendly concerts November 14 & 15, featuring music to celebrate the beauty of the autumn season with a message of harmony and peace for humanity. With music as the universal language, the Columbia River Symphony will perform a number of musical selections intended to lift people of different backgrounds and beliefs above the differences that set us apart. Set to the theme of Autumn Magic, the program reflects the fall season that progresses so quickly and beautifully with constant colorful changes, lending itself to a potpourri of delightful sounds and expressions. Each piece has been carefully selected to reflect upon these changes and the differing effects that they have on cultures throughout our world.

The concerts are scheduled for 7 p.m. Saturday, November 14th at the Astoria Masonic Lodge, and at 3 p.m. Sunday, November 15th at the Coastline Christian Fellowship in Olney, along Hwy. 202. Both concerts are free, but donations are welcome.

Musical selections will include Albert Davis's "Anasazi II: The Night of the Yellow Moon," representing the life of early Native Americans of the Southwest United States; Carl Strommen's "Cumberland Cross," an exuberant selection reminiscent of bluegrass fiddling containing a chorale representing the sunset and sunrise over the mountains; Elena Lucas's "Tatarian Dances," featuring four movements that offer a variety of textures and depictions of the Tatar people, whose ancestors settled in



what is now Russia; and other selections celebrating the differences of life on our planet.

Led by conductor Cory Pederson, Columbia River Symphony is an all-volunteer, nonprofit performing arts group. The mission of the Columbia River Symphony is to provide quality musical entertainment, to increase visibility of its performers' talents, and to serve a leadership role in the community while promoting cultural enrichment.

For those interested in performing with the symphony, visit [www.columbiariversymphony.org](http://www.columbiariversymphony.org), and check out our new Facebook page under the name Columbia River Symphony.



## Nature Matters • Welcome Back Otter! • Nov 19

**SEA OTTERS** are coming home to Oregon and we are working hard to give them a warm welcome.

For much of the last century, the chances of seeing a sea otter playing in the waves off of Cannon Beach or Depoe Bay were virtually zero. But that may be changing. In the last several years, a steady trickle of confirmed sea otter sightings along the Oregon coast has revived hope that these intelligent, highly-social animals may once again flourish off our shores. Come hear what we can do so that we can all once again see these intelligent

and playful critters thrive in their native Oregon home. Join North Coast Watershed for the presentation of “Welcome Back Otter!” Thursday, November 19 at the Nature Matters Lecture series.

Philip Fensterer of Oregon Zoo and Marielle Cowdin of Oregon Wild are teaming up to talk about sea otters in Oregon. Fensterer will give the bulk of the presentation from the perspective of his 16 years of experience caring for Oregon’s ambassador sea otter population at the Oregon Zoo. Cowdin will follow up with more on Oregon Wild’s

advocacy work and how the public can get involved more directly in sea otter recovery.

Fensterer has worked with the sea otters at the Oregon Zoo since the Steller Cove exhibit opened in 2000. He has found wild sea otters in Seward, Alaska, Tofino, British Columbia, and Monterey, California, and says he looks forward to the day when he can count on seeing sea otters on the Oregon coast.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the third Thursday of each month, October through May. Nature Matters is hosted by Lewis and Clark National Historical Park, The North Coast Watershed Association, and the Fort George. The series delves into the many ways that human beings look to the natural world for inspiration, sustenance and survival - the intersection of nature and culture.

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

## Help Plant 10,000 Violets In Gearhart and Warrenton

**THE PRESENCE OF THE EARLY BLUE VIOLET** (*Viola adunca*) is essential to the survival of the Oregon silverspot butterfly, a butterfly native to the coastal prairie stretching from northern California to southwestern Washington. On Nov. 20 and 21, North Coast Land Conservancy is orchestrating the planting of more than 10,000 early blue violet seedlings on land it owns or manages in the Clatsop Plains—the grassy dunes west of U.S. 101 stretching from Gearhart to Warrenton. The land conservancy is seeking volunteers to help with this landmark conservation effort.

Oregon silverspot butterflies lay their eggs near these violets; their larvae (caterpillars) eat the dried stems and leaves of the violets and nothing else. The 10,000 violet seedlings to be planted Nov. 20 and 21 are among more than 16,000 grown for this purpose from seed collected from violets growing wild in the Clatsop Plains beginning in 2006. The rest of the seedlings are being planted in coastal prairie habitat at Willapa National Wildlife Refuge in southwestern Washington and at Lewis and Clark National Historical Park property in Clatsop County.

North Coast Land Conservancy is organizing teams of volunteers to plant the violets at several sites. No experience is necessary, all ages are welcome, and tools are provided. Volunteers should wear boots and clothing appropriate for the weather. Please e-mail Stewardship Director Melissa Reich at [melissar@NCLCtrust.org](mailto:melissar@NCLCtrust.org) in advance for location and other details and to let her know you (or your group) are coming. For more details, visit [NCLCtrust.org](http://NCLCtrust.org).

## Nehalem Basin Salmon Abundance Trends and Forecasts for 2015

Manzanita, Oregon. Anglers and fish enthusiasts alike – you won’t want to miss this presentation! The Lower Nehalem Watershed Council will welcome acting District Fish Biologist Paul Atwood, from Oregon Department of Fish and Wildlife’s Tillamook District office, during our upcoming Speaker Series event on November 12th at 6:30 pm. Please join us for an exciting update on the latest coho and Chinook salmon populations in our local rivers. The presentation will be held at the Pine Grove Community House, 225 Laneda Ave, Manzanita. Doors open at 6:30 pm for refreshments. The presentation will start at 7:20 pm following an update from Lower Nehalem Watershed Council.

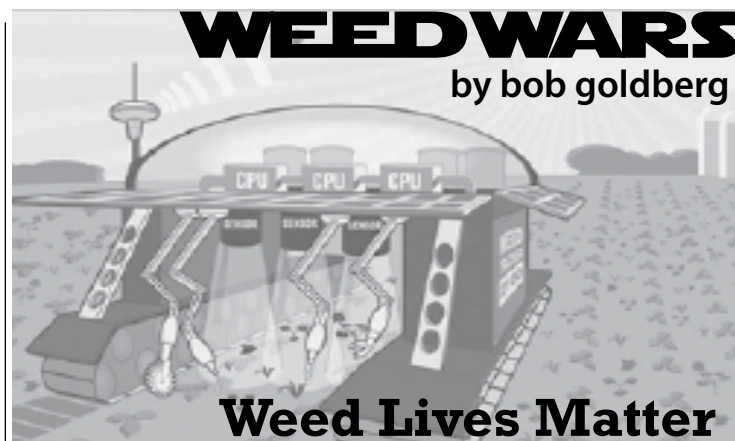
Interested in getting more involved with restoration and enhancement of the Nehalem? Lower Nehalem Watershed Council (LNWC) is seeking applications for Board of Directors membership. LNWC is a citizens’ group and tax-exempt nonprofit corporation. The Council welcomes participation from a diverse citizenry, including active or retired farmers, foresters, woodland owners, rural and urban residents, business owners, and government, university or NGO staff and scientists. LNWC is committed to watershed improvement action (e.g. water quality, habitat for fish and wildlife) through community discussion, broadly-inclusive decision making, and voluntary action. We bring grant dollars to the area and leverage donations to achieve both programs and projects. New members will be elected at the January 14th, 2016 Annual Meeting & Speaker Series. Please send a letter of nomination to the Nominating Committee at [lnwc@nehalem.tel](mailto:lnwc@nehalem.tel), net or to the Council mailing address (PO Box 249, Nehalem, OR 97131). The letter should include at minimum your name, contact information, and a statement of interest. Please apply by December 15th, 2015.

LNWC November Meeting Canceled: The Lower Nehalem Watershed Council will not be holding a separate meeting in the month of November, previously scheduled for November 4th at 3:00 pm. Please join us for our next Council meeting on Wednesday, December 2nd, 2015 from 3:00 pm to 5:00 pm at Nehalem City Hall (35900 8th Street, Nehalem). We will be discussing Board elections, current and future projects, and other Council Business. This is a great opportunity to get more involved in the Council and learn about our exciting projects. We encourage our partners and the public to join us!

Event Information: Refreshments and snacks will be served. This event is FREE and open to the public. Find more information on our speaker series on our Facebook page (<https://www.facebook.com/lnwc1>).

# WEED WARS

by bob goldberg



**IMMIGRANTS** are definitely in the news lately. Europe is having fits figuring out how to deal with millions of people fleeing conflicts in Syria and elsewhere in the Middle East and northern Africa. In the U.S. presidential campaign, Republican primary candidate Donald Trump stirred the pot by saying that Mexican migrants coming into the U.S. are rapists and criminals. Several of the Republican candidates running against Trump echoed his call for repeal of section 1 of the fourteenth amendment that gives citizenship to all people born in the U.S. Trump went as far as to say that we need to send all the illegal immigrants in the country back to their homelands – no exceptions – now.

The Black Lives Matter movement in the U.S. has sprung up after several unarmed African-Americans were killed by police in the last year or two, where videos from bystanders conflicted with the official police description of the incidents, and many of the police involved did not receive punishment. The gist of the movement is that the white establishment of the country needs to acknowledge the misdeeds of the past and the present, and make the effort to not only change things now, but make up for the past in words and deeds.

For our purposes, the key element of these literal and figurative movements is that they involve people who were brought, or came to, another place from abroad, through no choice of their own, and were and are persecuted solely for their origins. Can you figure out where I’m going with this?

This column has featured species after species of plant and animal that could easily empathize with the plight of the Syrian refugees, the Mexicans and Central Americans coming to the U.S. to escape poverty or violence in their country, or the Africans that were snatched from their homeland to work the plantations in America (and elsewhere around the world). Or for that matter, the Jews and other minorities that were persecuted and killed by the Nazis in World War II, just for being who they were. Name your genocide – these so-called “in-

vasive species”, also called “aliens” – are often feeling the same pain, as they are systematically eradicated for being who they are, in the wrong place at the wrong time.

You may not feel empathy for a field of Scotch broom or Japanese knotweed being poisoned, or even for acres of spartina grass sprayed to oblivion, but you may start to feel something for cormorants or sea lions killed to save salmon. Maybe you don’t tear up thinking about millions of rats and mice being eradicated on islands off the California coast to help bring back “native” birds, but perhaps you have some feeling for cats or horses destroyed to save some other “endangered” species, or just because we think there are too many of them, or they don’t belong wherever they are.

In Part II of David Theodoropoulos’s book *Invasion Biology - Critique of a Pseudoscience* (Avvar Books, 2003), which started me thinking differently about invasive species, he attempts to answer the question, Why? Why do we hate and kill these innocent plants and animals? There are many recent quotes from prominent scientists and environmentalists that are scarily similar to quotes and policies of the Nazis which justified the mass killing of Jews and others in the chapters of this section. Plenty of xenophobia to go around. U.S. presidential candidates or European leaders don’t have a corner on this market.

We play God and decide which species should live and which should die, just like we decided, and still decide, which race, religion, or people should live or die. We’ve spread all over the world, and brought plants and animals with us, some purposely, some not. Some we’ve decided are good, and we encourage their proliferation, and some we’ve decided are bad, and we try to eradicate them. Our preferences change with time, sometimes reversing the fortunes of millions of individuals and scarring landscapes in the process.

If black lives matter, and immigrant lives matter, then weed lives matter too.

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



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## Caroling Competition and Cookie Bake-Off a new Astoria Winter Festival Tradition get the goods on 2 awesome ways to "rock the holidays!"

ASTORIA, OR – The Astoria Winter Festival is holding a Caroling Competition and Holiday Cookie Bake-off as part of its three-days of festivities. So warm up your singing voice and dig up your best holiday cookie recipe to win fun prizes and raise money for your favorite local charity

"We encourage carolers to begin downtown to spread good cheer to shoppers before coming to The Armory for the competition," added festival coordinator Cyndi Mudge. THE CAROLING COMPETITION takes place Saturday, December 20. Registrations can be downloaded at [www.AstoriaSundayMarket](http://www.AstoriaSundayMarket) starting December 1.

### THE HOLIDAY COOKIE BAKE-OFF

is Sunday, December 21. Cookie contestants are asked to bring a plate of their best family holiday cookies to The Armory by 1pm. Winners will be announced at 4:30 pm. Judges include

Anna Holen, daughter of Chris and Jennifer Holen from Baked Alaska, one of Santa's Elves and a local cookie expert! The Festival is a program of Astoria Sunday Market showcasing up to forty vendors that make or grow their products and a Beer and Bacon themed concessions. Wet Dog Café is the featured brewer and the North Coast Chefs Syndicate is providing the bacon treats. Home Depot is hosting a Kids Clinic on Friday for kids who want to make a gift (while supplies last). The Festival takes place Friday, Saturday and Sunday December 19, 20 and 21. Festival hours are 3 to 8 pm Friday, December 19 and 10 am to 5 pm Saturday and Sunday.

For the caroling competition, teams are invited to have fun and to feel free to share traditional, cultural or crazy renditions of favorite holiday songs. Families and individuals can form caroling teams or groups from

businesses, non-profit organizations, government offices, military, and religious organizations can register a team. Caroling Award categories are: People's Choice Giving Award given to the top three teams that raise the most money for their chosen charity; Creativity Award to the most creative presentation; and the Scrooge Award to the "Ok, so you're not a great singer or maybe 'Bah-Humbug' is your holiday mantra but by-gosh you tried" team. Astoria Sunday Market has agreed to donate \$100, \$75 and \$50 to a local charity chosen by the top three winners. Charities must be a registered non-profit. Registration deadline is Friday, December 19.

Registrations will be available online by December 1 at [www.AstoriaSundayMarket.com](http://www.AstoriaSundayMarket.com)

The Holiday Cookie Bake-off is a great opportunity to showcase your family's favorite cookie.

"Every family seems to

have a cookie favorite they bake for the holidays," noted Mudge. "This is a fun way to share your family tradition!" Anna Holen graciously agreed to be a judge along with one of Santa's Elves. "We appreciate Santa offering to let one of his favorite elves participate during his most busy week of the season," noted Mudge. To participate simply bring your fully baked cookies on a tray with the recipe to The Armory on Sunday, December 21 by 1pm. There will be display tables and instructions at the Festival. Prizes will be given to the top three winners selected.

Mudge says, "We hope the Caroling Competition and Holiday Cookie Bake-off become annual traditions here in Astoria as a way to give back to our local charities, share our traditions and spread the joy of the season!"



## Sleepy Monk Coffee Roasters sight and sound and vision and . . . a Golden Bean!



Story and photos by Erin Hofseth

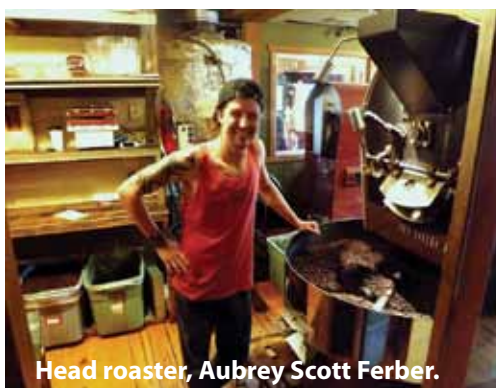
**T**HERE'S A REASON that Cannon Beach, Oregon is a romantic-getaway hotspot. Fine foods, bakeries, beaches, wine, sunsets, classy hotels; the town is home to many vacation indulgences. We mustn't forget coffee though; especially here in Oregon, where a well pulled espresso shot is equivalent to unwrapping a golden ticket.

So, it's no surprise that Cannon Beach is also home to one of the Oregon Coast's most renowned coffee shops: Sleepy Monk Coffee Roasters. Opened originally in 2000 by Jane and Victor Harding in what's known as "midtown" Cannon Beach, the coffee shop traded hands three years ago. It is now collectively owned by twin sisters, Rebecca Parker and Rachel Conyers, and original co-owner, Joel Bernhard. The shop reaches customers around the globe with their award winning coffee. Tourists and locals alike would describe the one-of-kind organic coffee shop as welcoming and cozy. The coffee, roasted on site, is described on their website as, "brilliant, rich, complex, and almost mystical." It is certainly a must stop for anyone visiting town. The shop's popularity amongst tourists and locals alike is evident to any passerby, on any given day. The line stretches out to the street, the porch is crowded with smiling, coffee sipping customers, and the doorways are bustling with people awaiting their orders.

A big part of the business's continued success has been the personalities of those running it from the beginning. Jane and Victor set the tone fifteen years ago, creating a laid back and inviting environment for employees and customers alike. "Jane and Victor's motto was, 'We live to work, not work to live.' They passed that along to us. It's about quality, not quantity," says one of three owners, Rachel Conyers. The current owners also credit the Hardings for teaching them how to treat their employees; which for the record, is really, really well. Sleepy Monk employees receive full benefits packages, a solid hourly wage plus gratuities, and paid time off for the entire month of January when the shop shuts down. Rachel and Rebecca refer to their business as "employee owned," because they admittedly could not do it without every person there.



Co-owners and Twin sisters, Rebecca Yarker and Rachel Conyers.



Head roaster, Aubrey Scott Ferber.



Co-owner Joel Bernhard



"We treat our employees as equals. We are all a team here. No one is better, no one is lesser. We are all even," says Rebecca. The effects of this philosophy are evident. Their employees stick around; they smile, they're helpful, and they're proud of the product they're selling. The Sleepy Monk has 12 year-round employees who stay busy throughout the seasonal shifts of this area. Upon entering the shop, one cannot help but notice the unique attributes of each employee. They style-up their Sleepy Monk t-shirts by cutting the sleeves to make tanks, tying them at the side, or cutting the necks into a trendy V. They have piercings, tattoos, dramatic hair colors and styles. Freedom of expression is what originally drew Rachel and Rebecca to this line of work. Both women had been working for a larger establishment in town for many years. They were ready for a change of scenery, environment, and schedule. "We didn't want to work corporate anymore," says Rebecca. "We were looking for something where we could have our own individualities. We could have piercing and tattoos if we wanted to, and we wouldn't have to work so many hours." So, when Jane and Victor approached the two women and proposed that they begin to learn the coffee business in order eventually take over, both women whole-heartedly agreed. After one full year of hands on, five-days-a-week training, the women took over the business in January of 2012, with existing co-owner Joel Bernhard.

Joel had been with Jane and Victor from the beginning, training as their coffee roaster. He eventually became a co-owner and the head roaster. He is now passing his knowledge and expertise on to the current head roaster, Aubrey Scott Ferber. The artisan craft of roasting that Jane and Victor established when they opened still exists, and the product is earning some well-deserved praise. In September Aubrey went over to the Jupiter Hotel in Portland to receive a bronze medal at the Golden Bean North America Com-

petition. They took 3rd place in the Organic Espresso category for their Monastery Blend, a well-known Sleepy Monk favorite.

The Golden Bean Competition is an event that is held yearly in Australia. This was the first year that it was held in North America as well. According to Aubrey, "it's a world-wide competition and you can enter from anywhere in the world. Sleepy Monk was invited and asked to submit a few coffees." He was excited for the opportunity to get some feedback on his trade, "There's a lot of competitions these days for farmers growing organic coffee beans and especially for baristas, but there's not much that really highlights what the roasters do." Aubrey was honored to attend, and to receive the award on behalf of the Sleepy Monk, "It was a special experience to go up there and mingle with all the other roasters from around the nation and around the world." Coffee samples from all contesting roasters were sent in a week before the week-long judging process. World-class baristas were on sight preparing drinks for the judges to sample. "There were over 200 roasters invited, and over 400 coffees judged in 8 different categories over the week," says Aubrey. "They are going to try to do it every year in North America, and they said that they are going to use Portland as their head-quarters. Hopefully we will be able to go back next year."

Aubrey is humble; just like his bosses. He credits Jane and Victor for implementing the roasting methods that he currently uses to produce consistent, high quality beans. "Victor and Jane started to train me under Joel a couple years back and since then I've kind of taken over as the head roaster." It takes some effort to stand out though; Aubrey's job is time intensive. "We roast all of our beans single origin to the specifications of each bean. Then we do our blending after all of it has been roasted." He goes on to explain, "We're running old school roasters that are not com-

puter controlled. They don't have any timers or anything. It's all done by sight and sound."

It is somewhat uncommon these days for roasters to use these methods, especially for consumer coffee. "I don't want to say we're exclusive but we're in a small group of people who are still roasting by sight and sound and watching the development of the beans the whole time and just controlling the temperatures." Aubrey does all the roasting on-sight, so their old school techniques, and their small 40 pound roasters, are used partially because of their limited space. "We don't have the means to mass produce so we kind of have to do everything by itself. It takes more time but we feel better about it and we know that we're getting a better product by doing it."

All the coffee at the Sleepy Monk is Fair Trade and Organic. They have about 30 blends for sale at the shop at all times. Coffee is shipped globally, and orders can be made through their website, [www.sleepymonkcoffee.com](http://www.sleepymonkcoffee.com). "We have a pretty good wholesale following. We ship to a lot of companies in Oregon and Washington," says Aubrey. The charm is really in the faces behind the counter though. "We want people to feel like they are coming into our homes," says Rebecca, and this is certainly one of the reasons people keep coming back.

"We remember people's names, and what they drink. We try to make each individual customer feel really important, even if we only get them for a half a minute to a minute. We want to give them eye contact, and we want to them feel special."

A cup of coffee has never sounded so good.

*Sleepy Monk is located at 1235 S. Hemlock St. in Cannon Beach. Hours: Mon, Tue & Thu : 8 am - 3 pm; Fri - Sat : 8 am - 4 pm; Sun : 8 am - 4 pm; \* somewhat consistent \**

# The New Farm to Table - And Oregon's first "Bud & Brunch!"

## Local Cannabis finds it's legal place in Oregon agriculture

By Cathy Nist

**T**HE LEGALIZATION of cannabis for Oregon opened up more than just dispensary doors this fall. Farmers all over the state, as well as Oregon's Department of Agriculture, are on high alert for what could be the most influential new crop since wine grapes vined their way into the Willamette Valley.

Marijuana is poised to join in the local farm to table movement, taking it's place along side craft beers, micro-distilled liquors and regional wines, as a signature Oregon harvest which can be paired with seasonal foods. Like wine, cannabis has distinct strains that reflect the plants heritage and region where it was grown. It's appetite inducing properties are famous, making it a perfect complement to a meal. In addition, cannabis can be consumed as food or added in tincture form to drinks as well as smoked, giving it a versatility that makes pairing it throughout a meal an endless, creative, fun process.

But is this legal? The answer is mostly - yes! Chefs, farmers and even wedding planners are now brainstorming innovative ways that Oregon's new law could be a huge boon to local food lovers as well as the cannabis industry.

Two Oregon coast farmers that are pioneering the conversation around all things local and sustainable are Brigham and Ginger Edwards of North Fork 53. Ginger is the owner of organic vegetable farm, R-evolution Gardens and has been feeding the North Coast for over 7 years through her CSA veggie boxes and at farmer's markets and local restaurants. Brigham is a student of herbalism and founder of PNW Potions, a Cannabis tincture company creating herbal blends for pain relief and increased vitality. "We have been having so many conversations lately with friends about what the legalization of cannabis means to us as small farmers," reflects Ginger Edwards. "People are just starting to realize that we don't need to sneak around the subject or be embarrassed. In my opinion, cannabis is probably one of the most amazing plants out there." It is true that cannabis is an agricultural wonder plant. It is easy to grow, highly adaptable to different regions and can produce everything from high protein foods, to fabric and paper, to powerful cancer fighting drugs. "It was ridiculous that it was ever illegal and now that the ban is lifted we can celebrate and start visioning how this plant fits into our farm plan". Brigham Edwards adds, "I have been fascinated by the medicinal qualities of marijuana for years. It started as a party thing for my friends and then expanded as I found my tinctures were helping people with PTSD sleep peacefully for the first time in years, and stopping migraines and other chronic pain."

Ginger and Brigham together own a new farm-to-table venture on Highway 53 in Nehalem called North Fork 53. Opened in Oc-

tober, North Fork 53 promises to play a leading role in increasing local sustainable agriculture on the North Oregon coast. North Fork 53 features a bed and breakfast (serving food grown on their farm) as well as a commercial kitchen for teaching cooking classes and hosting visiting chefs, a year round farm store that offers value added farm products as well as fresh produce, local grass fed meats and line caught seafood. "North Fork 53 is a vision that we have had for years. We wanted to create a local food hub, a place

where people could eat, stay and learn all about food, medicinal herbs and their health" Brigham Edwards notes.

In November, North Fork is hosting the first "Bud and Brunch" in Oregon. "We want to invite our friends who farm cannabis locally to the table. They are growing a crop just like the rest of us. By pairing it with food we can start to de-stigmatize it and bring it into the realm of something as normal a

farm brunch." Ginger is careful to add, "Cannabis will be free to sample, not sold. We are just a farm and not a dispensary - but we can legally give out free cannabis testers with the brunch and let people try out the local strains in a safe and informative way." North Fork 53 has invited cannabis industry expert Stephanie Calderon of TJ's Organics in Eugene to lead a pairing of locally grown cannabis and locally grown foods. There will be information presented about the new Oregon law and how it impacts rural communities, health and farm economies. "If people are curious about cannabis or the new law this will be a great place to learn".

North Fork 53 also hosts non-cannabis brunches, cooking classes, community events and a 4-room bed and breakfast. Brigham Edwards explains, "We don't grow cannabis commercially ourselves. Ginger farms 3 acres of organic vegetables." Both Brigham and Ginger are more interested in the agritourism potential of cannabis for their farm.

North Fork 53 was started as an agritourism destination as well as educational community center. If Oregon follows in Colorado's footsteps, our state will see a huge boom of agritourism in 2016. Local farmers are taking note. "It's hard to finance small farms on veggie sales alone. We started North Fork 53 to help us fund our farm and expand our CSA and distribution along the coast to more people. The Oregon coast already has lots of dispensaries selling legal cannabis, what it doesn't have is any place folks can pair it with local food in a safe and healthy atmosphere," Ginger clarifies. Only time will tell whether cannabis tourism will be a revenue source to farmers other than pot growers. What is clear is that North Fork 53 is breaking new ground and could be a state leader in how local communities can steer the marijuana economic boom towards a local, sustainable and healthy future.

### BUD AND BRUNCH NOV 22. Stephanie Calderon leads a pairing of locally grown cannabis and locally grown foods

Stephanie's cannabis career got it's start in 2006 in Los Angeles' dispensaries. She began her work to help her family find an alternative to treatments for cancer and multiple sclerosis. Her experience spans from budtending, processing, growing, and now managing dispensaries. She relocated to Oregon earlier this year in pursuit of a profession in cannabis. With two dispensary opening under her belt, Stephanie is currently the manager at TJ's Organic Provisions in Eugene, OR.



### TJ'S ORGANIC GARDENS' MK ULTRA

placed first in the hybrid category at the NW Cannabis Classic Competition. Named after the famous L.S.D. experiments in the '50s, this mostly Indica hybrid will truly hypnotize you. A cross of the legendary G-13 and LA's finest O.G. Kush that produces very tight resin coated buds with qualities that cannot be underestimated. A piney flavor that lasts and lasts and a hypnotic high make MK the ultimate head stash! MK Ultra is an especially helpful strain for pain, stress and insomnia.



### Upcoming at North Fork 53:

- Nov 13th - Fresh Pasta Making Class and Dinner (with PDX chef Shimron Tubman)
- Nov 14th- Learn to Make Soap! (make your own gifts this year!)
- Nov 17th- Holiday Pies 101 (using local pumpkins and apples)
- Nov 22nd- Bud and Brunch (Cannabis educational event with free sampling)
- Nov 27th- Green Friday (Buy nothing day, come make crafts and gifts on the farm!)

The North Fork farm store is open every Saturday and Sunday from 11am to 3pm. To see all of North Fork 53's upcoming events visit [www.northfork53.com](http://www.northfork53.com)

New events are added weekly!

## Art Faculty Exhibit Honoring Royal Nebeker CCC Art Center Gallery thru January 14

IN A VERY SPECIAL EXHIBIT honoring the memory of the late Royal Nebeker, the Clatsop Community College Art Center Gallery will feature a selection of Nebeker's artwork in addition to recent work created by current art faculty who teach in the areas of both credit and community education studio art classes. The reception will be held at 6:00 p.m. on Thursday, November 12 with light refreshments, including special treats provided by Rebecca Kraft of Winekraft and beverages from the Fort George Brewery. The exhibit will be on display through January 14. The gallery reception and exhibit are free and open to the public. The CCC Art Center Gallery, located at 1799 Lexington Avenue, Astoria, is open from 8:00 a.m. to 5:00 p.m. Monday through Friday, and on weekends and holidays by appointment.

For more than three decades in his role as teacher, colleague, mentor, and role model, Nebeker enriched the lives of countless individuals through his dedication and passionate guidance in the visual arts and set the highest standards in terms of shaping the art department's educational philosophy and rigorous curriculum emphasizing creative expression, critical analysis and thoughtful dialogue, research, empathy, and integrity.

In addition to setting extremely high standards for teaching excellence, Nebeker also set a very high standard for CCC faculty to actively create and professionally exhibit their own work. Following Nebeker's remarkable example, the art faculty are pleased to present several examples of their own recent work in a range of disciplines, including drawing, painting, printmaking, ceramics, sculpture, photography, and calligraphy. Current faculty represented in the exhibit are: Bill Antilla, Dwight Caswell, David Homer, David Lee Myers, Rebecca Read, Ben Rosenberg, Richard Rowland, Lucien Swerdloff, and Kristin Shauck.

Not only did Nebeker dedicate his life to teaching, but he showed by example the importance of the arts in all aspects of our lives, and his presence will be felt in the CCC art department for generations to come. The CCC art faculty are committed to carrying on Nebeker's extraordinary legacy.

LIGHTBOX PHOTOGRAPHIC GALLERY will host the opening and artist' reception of "Cómo juegan los niños" (How Children Play), 2nd Saturday Art Walk, November 14, 6-9pm. Photographer Calvin Chen of Portland, Oregon includes 25 Pigment Ink prints of his signature work, which was voted into the 2014 Top 50 Critical Mass Photographic series.

All sales will be donated to one of Calvin's favorite charities. Vibe of Portland, an organization that offers music classes and visual art classes to low income children; and

Reach Out and Read, which supports medical providers in giving books to children and advice to parents about the importance of reading. Portland Rescue Mission - a homeless shelter that provides food, shelter, addiction services to the homeless.

"Cómo juegan los niños" will be on display in the gallery from November 14 until December 8. Also opening on this night at the Gallery is the first of a new series of LightBox Pop Up Shows, that will exhibit at the gallery during Second Saturday's Art Walks every month. Also in the gallery, new work from LightBox Darkroom Members, presenting archival fiber silver gelatin prints. LightBox offers supporting memberships for those who would like to help promote the creative photographic arts on the North Coast of Oregon. LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. Contact LightBox at 503-468-0238 or [info@lightbox-photographic.com](mailto:info@lightbox-photographic.com).



Royal Nebeker  
"Untitled Memory 44"  
Oil and collage on canvas, 60" x 48"

RECEPTION: 6pm, Thursday, November 12 with light refreshments, including special treats provided by Rebecca Kraft of Winekraft and beverages from the Fort George Brewery. The exhibit will be on display through January 14. The gallery reception and exhibit are free and open to the public. The CCC Art Center Gallery, located at 1799 Lexington Avenue, Astoria, is open from 8:00 a.m. to 5:00 p.m. Monday through Friday, and on weekends and holidays by appointment.



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# GoingsOn: NOVEMBER '15 day-by-day

## in the columbia pacific

### Secret Drum Band Saturday Nov 28, Sou 'Wester

is a noise & percussion ensemble that started as a four-piece in Olympia, WA in 2006. Lisa Schonberg is the primary composer, and many of her pieces are place-based and reflect on landscape, ecology, and soundscapes. Instrumentation includes up to five drummers and two musicians creating noises, loops and tones. Secret Drum Band features Heather Treadway (explode into colors), Sara Lund (hungry ghost/unwound), Allan Wilson {chk chk chk, HITS), Sam Humans (modernstate/orquestra pacifico tropical), Alison Clarys (tiburonones), and Anthony Brisson and Eddie Bond of Psychomagic. Heather Treadway designs costumes for the ensemble. Recently Secret Drum Band merged with HITS (Schonberg's other band with Wilson and Treadway), and SDB is now also performing selections written by the trio. 8pm.

• • • • •

### Golden Donna

Misé (Me zay)

Dec 5 @ KALA  
Double Bill at KALA on Dec 5, brings Golden Donna to A. Town. Joel Shanahan, from the mid-west but now posed in Portland plays hypnotic grooves. Golden Donna is the electronic outlet of a project that draws on genres ranging from psych to house music to create layered tracks built on powerful, danceable rhythms and bass lines and intricate, headphone-worthy synth composition. "[Golden Donna's second album, II, is] a tour de force of dance music styles whose constituent parts are themselves accomplished hybrid." —Little White Earbuds.

Misé is a new locally-based duo who plays THE sweetest of indie-pop. Opening act, you'll be ready to ooze into the house after being emotionally lifted from your heart of songs.

Doors Open 7:30. Muisic following 8ish. And, \$8 @ the door. KALA, 1017 Marine Drive in Astoria. 12+please.



### Thursday 12

#### MUSIC

Moon Grass. No cover, 8pm at the Adrift Hotel in Long Beach.

#### ART

CCC Faculty Show. Featuring the work of Royal Nebeker. Opening Reception at 6pm in the CCC Art Center Gallery in Astoria.

#### HAPPENING

Fall Teen Programs at the Tillamook Library. Build a Hexbot Maze, lego mazes for little bug like robots to race through. Stop in at the Tillamook Library to show your skills at maze building. Free, 5:30 – 7pm.

ASOC Be an Angel Fundraiser. \$40 admission includes dinner. 5pm at the Astoria Event Center.

#### LECTURE

Learn About Electric Vehicles. Are you thinking about buying a Chevy Volt or Nissan Leaf or any of the new electric Vehicles (EV's)? If so, The Friends of the Seaside Library are hosting Pamela Mattson McDonald speaking about the growth of Electric Vehicles. Free, 7pm at the Seaside Library.

Lower Nehalem Watershed Council Speaker Series. With Paul Atwood. An exciting update on the latest coho and Chinook salmon populations in our local rivers. 6pm at the Pine Grove Community Center in Manzanita.

Learn More about Medicare, Medicaid & OHPO. Learn about Medicare, Medicaid and the Oregon Health Plan Options. Get answers to your questions. Guest speaker will be Dwayne Scales. 10am in the Hatfield Room at the Tillamook Library. RSVP to Susie at 503-842-3900 ext. 1060

Beers to Your Health. Where does Wellness Begin? With Angela Sidlo. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

#### THEATER

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

### Friday 13

#### MUSIC

David Drury. Jazz guitar. No cover, 6pm at the Bridgewater Bistro in Astoria.

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

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

### Friday 6

#### MUSIC

David Drury. Jazz guitar. No cover, 6pm at the Bridgewater Bistro in Astoria.

Tim Snider. 9pm at the Adrift Hotel in Long Beach.

#### ART

Stormy Weather Arts Festival. A celebration of the arts featuring special exhibits, artist demonstrations, and host receptions for guest artists. At various locations in Cannon Beach. cannonbeach.org/events/Entertainment/Copy-of-Stormy-Weather-Arts-Festival

#### FOOD & DRINK

Wild Mushroom and Wine Dinner. Reservations requested. At the Shelburne Restau-

rant in the Shelburne Inn in Seaview. 360-642-4150

#### HAPPENING

Ocian in View Cultural Weekend. Lectures, dinners, bus tour, and other themed events. At various locations Near Astoria or on the Long Beach Peninsula. columbiapacificheritagemuseum.com/news-events-2/ocian-in-view/

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

#### LITERARY

Fall Book Sale. 9am – 5pm at the Seaside Library.

#### THEATER

Shakespeare Experience. With historical-dress actress Tames Alan. 9am at the Hilltop Auditorium in Ilwaco.

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

### Saturday 7

#### MUSIC

Tom Trudell. Jazz piano. No cover, 6pm at the Bridgewater Bistro in Astoria.

Marie Antoinette's 260th Birthday Bash. With cake (of course), and an evening of vaguely Marie-related songs by Fred Bassett and Sonya Kazen, Eric Sappington, Jim Nelson and Tim Hines, and Wayne Frampton and Joe Wrabek (with special guest Steve Bauer). Free, 7pm at the Bay City Arts Center.

Zak Borden. \$11, 7pm at the Peninsula Arts Center in Long Beach.

Ages and Ages. No cover, 8pm at the Sou'wester Lodge in Seaview.

Big Monti & Doug Rowell. 9pm at Roadhouse 101 in Lincoln City.

Bolt Upright. 9pm at Snug Harbor Bar & Grill in Lincoln City.

Tim Snider. 9pm at the Adrift Hotel in Long Beach.

#### ART

Stormy Weather Arts Festival. A celebration of the arts featuring special exhibits, artist demonstrations, and host receptions for guest artists. At various locations in Cannon Beach. cannonbeach.org/events/Entertainment/Copy-of-Stormy-Weather-Arts-Festival

#### FOOD & DRINK

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

Winemaker's Dinner. Antinori. 6pm, reservations required. At the Cellar on 10th in Astoria. 503-325-6600

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

#### HAPPENING

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

Ocian in View Cultural Weekend. Lectures, dinners, bus tour, and other themed events. At various locations

Near Astoria or on the Long Beach Peninsula. columbiapacificheritagemuseum.com/news-events-2/ocian-in-view/

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

#### LITERARY

Fall Book Sale. 9am – 5pm at the Seaside Library.

#### OUTSIDE

Photo Hiking. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20 per person. 9 – 11am at Spring Lake Trail, Lincoln City.

#### THEATER

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

### Sunday 8

#### MUSIC

Richard T and Friends. No cover, 11:30am at the Bridgewater Bistro in Astoria.

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

Ezza Rose. No cover, 8pm at the Adrift Hotel in Long Beach.

Leon Forrest. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

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Ocian in View Cultural Weekend. Lectures, dinners, bus tour, and other themed events. At various locations Near Astoria or on the Long Beach Peninsula. columbiapacificheritagemuseum.com/news-events-2/ocian-in-view/

### LITERARY

Fall Book Sale. 1pm – 5pm at the Seaside Library.

### Monday 9

#### MUSIC

Leon Forrest. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

### Tuesday 10

#### MUSIC

Leon Forrest. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

### Wednesday 11

#### MUSIC

Moon Grass. No cover, 8pm at the Adrift Hotel in Long Beach.

## HAPPENING

Night of All Knowledge Trivia Tournament. A team trivia competition. Free, 6pm at the Seaside Library.

Veterans Day Celebration. "Honoring The Medics" beginning at 11am at the Tillamook Air Museum. Enjoy guest speakers, High School Choir & Community Choir, traveling Military Museum, local band Buffalo Kitty, fundraiser breakfast 7:30am - 10:30am.

## LECTURE

The World of Haystack Rock. Effects of Variable Ocean Conditions & Climate Change on Marine Food Chains, Salmon, and other Fishers. With Bill Peterson. Free, 7pm at the Cannon Beach Library.

## LITERARY

Driftwood Poets Open Mic. Poetry Reading. Free, 6 – 8pm at the Driftwood Public Library in Lincoln City.

## OUTSIDE

Free Admission to Washington State Parks.

## Thursday 12

### MUSIC

Moon Grass. No cover, 8pm at the Adrift Hotel in Long Beach.

### ART

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CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

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

## ART

Art About Agriculture Opening Reception. 5 – 7pm at the Lincoln City Cultural Center.

## HAPPENING

Haystack Holidays. Women Only Weekend. Fabulous food, divine wine & sensational shopping in Cannon Beach. facebook.com/wowcannonbeach

Craft & Bake Sale. 10am – 4pm at the Eagles Lodge in Tillamook.

Holiday Fair & Bazaar. Free admission, Noon – 7pm at the Tillamook County Fairgrounds in Tillamook.

## LITERARY

Lunch in the Loft. Author Jonathan Evison will read from his new book, "This is Your Life, Harriet Chance." \$30, includes catered lunch and a copy of the book. Noon at Beach Books in Seaside. RSVP at 503-738-3500

## THEATER

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

Visiting Mr Green. A staged reading. \$15, 7:30pm at the PAC in Astoria.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Saturday 14

### MUSIC

Finnish Folk. Pekka and Perttu from Finland, rock the violin and button accordion only the way a Finn can. \$10 @ door, right after Art Walk. 8pm. KALA in Astoria.

Niall Carroll. 6 – 8pm at the Wet Dog Café in Astoria.

Tom Trudell. Jazz piano. No cover, 6pm at the Bridgewater Bistro in Astoria.

Columbia River Symphony. Autumn Magic. Free, donations welcome, 7pm at the Astoria Masonic Lodge.

Ryan Stively & The Luke Ydstie Band. No cover, 8pm at the Sou'wester Lodge in Seaview.

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

Curtis Interrupt Us. 9pm at Snug Harbor Bar & Grill in Lincoln City.

The Ocean. 9pm at Roadhouse 101 in Lincoln City.

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

## ART

6x6 Art Show and Auction. \$10 admission. 5- 8pm at the Columbia Pacific Heritage Museum in Ilwaco.

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

## FOOD & DRINK

Chowder Cook-Off. Event features "Best Chowder" competition, local beers and wines, live music, kids' activities and a Native American Celebration. \$5 admission, 11am – 4pm at the Lincoln City Outlets. oregoncoast.org/chowder-cook-off/

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

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

Winemaker's Dinner. Longshadows. Reservations required. At the Cellar on 10th in Astoria. 503-325-6600

## HAPPENING

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Holiday Fair & Bazaar. Free admission, Noon – 7pm at the Tillamook County Fairgrounds in Tillamook.

Haystack Holidays. Women Only Weekend. Fabulous food, divine wine & sensational shopping in Cannon Beach. facebook.com/wowcannonbeach

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

Restoration Pow Wow. Celebrate the heritage of the Confederated Tribes of Siletz Indians. At Chinook Winds in Lincoln City.

## LECTURE

Gliding Through Art & History. Presenting Astoria's unique history, art and amazing vistas from atop Coxcomb Hill, home the Astoria Column. This will be held on the grounds of Astor Park in Astoria. Free, donations accepted.

## LITERARY

Northwest Author Series. Author Urban Waite will read from his work. Free, 2pm at the Cannon beach Library.

## THEATER

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

Visiting Mr Green. A staged reading. \$15, 7:30pm at the PAC in Astoria.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Sunday 15

Jennifer Goodenberger. Jazz piano. No cover, 11:30am at the Bridgewater Bistro in Astoria.

Aeolus String Quartet. Chamber music. \$25, 3pm at the Camp Winema Chapel, near Neskowin.

Columbia River Symphony. Autumn Magic. Free, donations accepted, 3pm at the Coastline Christian Fellowship in Olney.

The Cabin Project. No cover, 8pm at the Adrift Hotel in Long Beach.

Billy Strings & Don Julin. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Larry Blake Medicine Show. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

## FOOD & DRINK

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

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

Chowder Cook-Off. Event features "Best Chowder" competition, local beers and wines, live music, kids' activities and a Native American Celebration. \$5 admission, 11am – 3pm at the Lincoln City Outlets. oregoncoast.org/chowder-cook-off/

## HAPPENING

Haystack Holidays. Women Only Weekend. Fabulous food, divine wine & sensational shopping in Cannon Beach. facebook.com/wowcannonbeach

## LITERARY

Nancy Slavin Poetry Reading. Poet Nancy Slavin will read from her new poetry collection "Oregon Paicific." 3pm at Three Arch Inn in Oceanside.

## THEATER

Two One-Act Plays. The Dear Departed and A Separate Peace will be performed as Readers Theater. \$10, 2pm at NCRD in Nehalem.

## Monday 16

### MUSIC

The Cabin Project. No cover, 8pm at the Adrift Hotel in Long Beach.

## FOOD & DRINK

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

## Tuesday 17

### MUSIC

North Oregon Coast Symphony. Norwegian Melodies. \$15, 7pm at the Cannon Beach Community Church.

## Thursday 19

### MUSIC

Lincoln Pops Big Band. \$6, 7:30 – 10pm at the Gleneden Beach Community Club.

Matthew Zeltzer. 8pm at the Adrift Hotel in Long Beach.

## HAPPENING

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

## LECTURE

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

## Friday 20

### MUSIC

The Flat Nines. Free, 6pm at the Astoria Public Library.

Jennifer Goodenberger. Jazz piano. No cover, 6pm at the Bridgewater Bistro in Astoria.

Freak Mountain Ramblers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Ken Lavigne: The Road to Carnegie Hall. 7pm at the Lincoln City Cultural Center.

North Oregon Coast Symphony. Norwegian Melodies. \$15, 7pm, at the PAC in Astoria.

The Twangshifters. No cover, 9pm at the Adrift Hotel in Lincoln City.

## HAPPENING

Vicki Lawrence & Mama: A Two-Woman Show. \$10 - \$25, 8pm at Chinook Winds in Lincoln City.

## OUTSIDE

International Peace Day Golf Tourney. Tie-dye shirts, Beatles' music, and hugs. \$60/player, cart rental is \$15/player. Noon shotgun start at the Gearhart Hotel.

## THEATER

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

## MORE MUSIC



## Rabbit Wilde

Folk-stomp Americana via ukes, cello, foot-stomping and 3 distinct vocal styles, Voted best band in their home city of Bellingham, WA for the past two years, they have quickly risen to local renown and now tour extensively throughout the U.S. – recording their most

recent EP at Bear Creek Studio (Fleet Foxes, Vance Joy, The Lumineers) and is available on iTunes, Spotify and at [www.rabbitwilde.com](http://www.rabbitwilde.com).

**November 15, 8pm, Fort George in Astoria, All ages, No cover.**



## The Twang Shifters

Emerging from the garages of Portland, OR, The Twangshifters busted down the doors of the Rock 'N' Roll/ Rock-a-Billy/ Roots/ Blues scene in 2010 and

continue to set the Rose City & Pacific Northwest on fire. There is no rain on this parade!

**November 20-21, 9pm, at the Adrift Hotel in Long Beach.**

# The SKINKS

## SKINKS play Kinks

It is an all star lineup, comprised of members of Evolutionary Jass Band, Pendejo, Plants, Sad Horse, and Thinking Fellers Union Local 282, will perform the legendary and well beloved Kinks studio LP "The Kinks Are the Village Green Preservation

Society" in its entirety. Performed once in Portland, this will be their second and quite possibly final performance of this amazing record.

**Friday, Nov 27, 8pm at the Sou'Wester Lodge in Seaview.**



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

**CAUTIONS:** Mild adult themes. If this were a movie it would be rated PG.

**CAST:** Princess Winnifred The Woebegone - Amanda Payne; Prince Dauntless - Todd Payne; Lady Larkin - Ann Bronson; Sir Harry - Timothy Garvin; Queen Aggravain - Ellen Blankenship; Wizard/Nightengale Of Smarkand - Sheila Shaffer; Minstrel - Richard Bowman; King Sextimus The Silent - David Sweeney;

Jester - Darren Hull. Ladies-In- Waiting: Aftyn Garvin, Lisa Fergus, Holly Fergus, Carolyn Anderson, Nancy Taylor, Crystal Rouse. Knights: T.J. Newton, Parker Fergus, Ben Faubion, Eric Bredleau, Duncan Fenison

Purchase tickets by calling 503-436-1242 or online here.

**DIRECTOR** Arnie Hummasti grew up in the wings (his mother, aunt and grandparents acted in Finnish theatre) and he's been involved in theatre most of his life. He graduated from Portland State with a degree in Theatre Arts, and, through California State, studied British Theatre and Shakespeare in London and Stratford-Upon-Avon. He acted for three seasons at the Oregon Shakespearean Festival in Ashland. He taught drama and directed plays at all levels: an elementary school in Washington, high schools in Oregon and California, College of the Redwoods, and various community theatres. In the 70's, he directed *The Fantasticks* and *Macbeth* at the Lewis and Clark Civic Theatre in Astoria (now the Columbian movie theatre).

**Performance:** 11/13 - 12/20 **Time:** Fri/Sat 7:30pm. Sunday shows 3:00pm. **Ticket prices:** \$18-\$23 **Box Office:** 503-436-1242 coastertheatre.com

## Riverbend Players Present 2

Two One-Act Plays directed by Mary Moran featuring local talented thespians.

*THE DEAR DEPARTED* is a touching satire focusing on family preconceptions.

Written by Stanley Houghton. *A SEPARATE PEACE* - a sly, yet gentle, dig at society's conventions. Written by Tom Stoppard.

**Friday 11/13 & 11/20 - 7pm. Saturday 11/14 & 11/21 - 7pm. Sunday 11/15 & 11/22 - 2pm.** North County Recreation District, Riverbend Room. 36155 Ninth Street, Nehalem. \$10 (children under 12 are free). For information or advance tickets Call: 503-368-7008.

## AAUW Dessert Theatre Visiting Mr. Green

AAUW PRESENTS its annual scholarship benefit staged reading of Jeff Baron's *Visiting Mr. Green* at the PAC this year. This well-loved event will offer scrumptious desserts at intermission and as always, the fund-raiser evening will feature an auction and theatrical entertainment. The performance dates are Friday and Saturday, November 13 and 14 at 7:30pm in Astoria at 16th and Franklin. Tickets are \$15 and include desserts.

This year's production is directed by Sheila Shaffer, a resident director/actor on the Oregon coast for the last 13 years. She holds a degree in Theatre Arts from the University of Wisconsin. Since moving to this area, her dramatic talent has been seen at the Coaster Theatre in Cannon Beach. She has worked with community, regional, and non-profit theatres periodically for over 30 years.

The playwright, Jeff Baron, told producer Susi Brown about the world premieres in Rome and The Hague (The Netherlands) which open the same week as AAUW presents its show. It also opens that week in Dublin and will be seen in November in Israel, Brazil, Kazakhstan, The Czech Republic, Denver, and Romania.

A crotchety old widower (Bill Honl) survives his loneliness by clinging to religious rules. A successful young man, Ross Gardiner (Bill Ham) insulates himself against his isolation by burying his emotions and focusing on his career. Their paths would have been unlikely to cross but then the young man almost drives into the



widower and is charged with reckless driving. A community service sentence, in the form of regular visits to Mr. Green, has been imposed. Both resent being forced together, but in the soul-searching days that follow, the men sort through family and social issues including the absurdity of pushing love away if it doesn't conform to certain conditions.

*Tickets are available at 3 Cups Coffee House, Blue Scorchers Bakery, and Rusty Cup in Astoria. They can also be purchased at the PAC door (performance evenings), and from any Astoria AAUW member, or by calling Sara Meyer at 503-325-7969.*

## TAPA presents Six Dance Lessons in Six Weeks



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

In roles

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

This international hit play has quick-hitting wit, scathing sarcasm, and many touching moments between the two characters. Playing Lily and Michael are Ann Harper and Robert Buckingham. Both actors have been in many TAPA productions but *Six Dance Lessons in Six Weeks* is the first time either of them has had to formally dance on stage. "Dancing has added an additional layer of complexity to the show that I hope audiences enjoy" says Director, Chris Chiola. The actors have had to learn many ballroom dances including the Cha-Cha and Tango with the help of sponsor Oregon Coast Dance Center's, Lisa Greiner, along with Wally and Diane Nelson.

*Six Dance Lessons in Six Weeks* runs Nov 26 - Dec 13. Fri/Sat 7pm, Sun Mats (11/29 & 12/13) 2pm. The Barn Community Playhouse: 1204 Ivy Street, at the corner of 12th St and Ivy Ave, and adjacent to Les Schwab Tires.

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



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CSchweigert Crossfire4, 20x24

Charles Schweigert reaffirms his interest in abstract painting and ventures into three dimensions by introducing a collection of mixed-media sculpture in a show titled, *Clearing the Mind and the Holiness of Broken Things* at RiverSea Gallery. The show adds a multi-media dimension by incorporating the poetry of noted local writer Karin Temple, who has written poems inspired by several of the sculptural pieces. An opening reception will be held during Astoria's Second Saturday Artwalk on November 14, from 5:00 to 8:00. Temple will start things off with a poetry reading at 5:00 and Schweigert will be on hand to discuss his latest work. The artwork and accompanying poems will remain on view through December 5, 2015.

*Clearing the Mind* is a reference to the title of several of the paintings, each called *Suburi*, a Japanese word referring to the practice of using a sword to trace movements through space to help focus and clear the mind. The paintings have a very linear quality suggesting rapid movement and are on paper using graphite and oil color. The sculptures also have a very linear quality and are constructed from rusted metal, copper wire, and various other materials, including ceramic, bent bamboo, and acrylic paint.

The sculptural component of the show is titled *The Holiness of Broken Things*, since the pieces suggest relics that have been long buried and unearthed, revealing aged, broken, and corroded surfaces. Some reference religious reliquaries designed to house bones and objects relating to Christian saints, while others take the reliquary idea a step further by denoting

## Charles Schweigert At RiverSea Paintings and Sculpture with Poetry by Karin Temple

ASTORIA ARTIST Charles Schweigert reaffirms his interest in abstract painting and ventures into three dimensions by introducing a collection of mixed-media sculpture in a show titled, *Clearing the Mind and the Holiness of Broken Things* at RiverSea Gallery. The show adds a multi-media dimension by incorporating the poetry of noted local writer Karin Temple, who has written poems inspired by several of the sculptural pieces. An opening reception will be held during Astoria's Second Saturday Artwalk on November 14, from 5:00 to 8:00. Temple will start things off with a poetry reading at 5:00 and Schweigert will be on hand to discuss his latest work. The artwork and accompanying poems will remain on view through December 5, 2015.

a vessel designed to contain the remains of something revered and held dear, and two examples carry an environmental statement. Also included are vessels simply intended. This is Schweigert's third solo show at RiverSea Gallery. Prior to moving to Astoria in 2009 he exhibited widely on the West Coast and in the Southwest, including seven one-person shows in Denver and in Santa Fe, where he lived for ten years before moving to Oregon in 2005.

### ALSO AT RIVERSEA: Ceramic Dolls and Sculpture Express the Romance of the Sea

Showing in the Alcove at RiverSea Gallery is *Lost Dolls at Sea*, introducing the engaging and delightfully enigmatic ceramic figurative sculpture of Portland artist Dawn Panttaja. The exhibit opens Saturday, November 14 during Astoria's Second Saturday Artwalk, and the artist will be present to explain her inspirations and technique.

Featured in the show is a collection of poseable figures created with riveted joints similar to dolls treasured in centuries past, along with sculpture inspired by sailing ship figureheads, mermaids, sea sprites, bathing beauties and other subjects evoking rollicking and romantic tales of the sea. The artist applies oxides, stains and underglazes to add subtle color to her figures to lend them an age-worn effect appropriate to the survivors of fantasy adventures. *RiverSea Gallery, open daily at 1160 Commercial Street in Astoria. 503-325-1270, riverseagallery.com.*



DPanttaja Figurehead

## Woodcut Artist Peter Nevins Jeweler Molly Jaber at Luminari Arts

LUMINARI ARTS features two artists this month, both local and both recent transplants from Portland. Woodcut artist Peter Nevins is a largely self taught (by studying the masters) print maker whose work focuses on 'the emotional life of the imagination.' He works extensively with musicians and

received a Grammy nomination (2011) for album cover art.

Sunday Market visitors will remember seeing Peter's work on sunny days: vivid woodcut images of monsters and beasts, and intricate directives of "Read", "Dig", "Grow" and others. Peter's most recent works, including "Sea Monster" will be exhibited at Luminari Arts through December 7.



Cannon Beach jeweler Molly Jaber shows new work with an Art Walk Trunk Show. Molly found her niche in recreating styles from the 70's; enjoy her journey into hammered brass, bronze and silver, creating a faceted, "aged" look. She also works with leather, combining it with fresh water pearls and other natural elements for an earthy, distinctive look.

Join Luminari Arts at 1133 Commercial in Astoria for an artist reception and trunk show on November 14, 5-8 pm. Live music by Bill Hayes, snacks and beverages.



Nevin Serpent

## Facing You An Exploration of Portraiture At IMOGEN

IMOGEN presents a three person exhibition exploring humanity through portraiture. Included to this exhibition will be the work of Reed Clarke, April Coppini and Christos Koutsouras. This evocative collection moves beyond capturing the likeness of an individual, instead inviting the viewer to consider the underlying, perhaps even to see ourselves through the eyes of others, and what it means to be human. Each portrait tells a story; Imogen invites viewers to participate. The exhibition will open for Astoria's Second Saturday Artwalk, November 14th with a reception for the artists, 5 – 8 pm. The exhibition will be on view November 14th thru December 8th.



Coppini Viva Las Vegas oil on canvas 12x12

Most artists at some point in their career have placed focus on the human form as subject matter, for many it's a form of study, for others it's a means to participate with humanity on a more intimate level. Artists Reed Clarke, April Coppini and Christos Koutsouras fall into that category. Portraiture becomes a vehicle utilized to explore deeper reflection of who we are, what we convey without speaking, simply by stance, expression or direction of gaze. These artists, all incredibly skilled with chosen medium, bring suggestion of story and history through portrayal of individuals.

Reed Clarke of Portland, Oregon has dedicated much of his career as a fine artist painting others. Known for his skill as a painter and printmaker, he has had his work juried into Clatsop Community College's prestigious *Au Naturel: Nudes in the 21st Century* exhibition 5 times, receiving a first prize award as well as a purchase award from CCC. He has exhibited his

work throughout Portland including a show at the White Gallery of Portland State University.

April Coppini of Portland, who is well known for her gestural charcoal drawings of bees and other flora and fauna, has also found herself drawn to the human face for her own reasons. After accidentally giving herself a black eye and hearing stories from other people's experiences, she became intrigued with the imagery and the connection and collaboration that ensued from shared stories. Coppini began painting a series of individuals she encountered, her focus being the story behind a physical mark, in this case a blackened eye.



RClarke What I Know Can Hurt Me 20x16 oil

Christos Koutsouras, prior to his move to Astoria, had for years focused on the human form for inspiration and subject matter. He brings two large graphite drawings on wood panel. The individual portrayed is honest, straightforward and soulful, daring the viewer into wordless conversation. Koutsouras too, found himself intrigued with the presence of his subject matter. Like many artists who focus on painting or drawing "someone", the goal is to create not so much an exact likeness, but to convey the essence of an individual.

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

## Robert Michael Pyle WINTERGREEN Thirtieth Anniversary Edition Reading Dec 4

**ROBERT MICHAEL PYLE'S** classic book *Wintergreen: Rambles in a Ravaged Land* has just been published in a thirtieth anniversary edition by Pharos Editions of Seattle, an imprint of Counterpoint Press. Pyle will introduce the new edition in a reading, discussion, and booksigning at the Astoria Library on Friday, December 4, at 7:30 p.m. The book's publisher, Harry Kirchner, will also be on hand for this free event. *Wintergreen* has been described as "a love song to the Maritime Northwest" and "an owner's manual for the temperate rainforest."

This edition, *Wintergreen's* fifth since it was first published in 1986, includes a new afterword that brings things up to date in Willapa, and an introduction by novelist David Guterson (*Snow Falling on Cedars*), who selected the book for this series. In his introduction, Guterson says "We need, and will continue to need, this singular, celebratory, and heartfelt book." Author William Dietrich (*The Final Forest*) wrote: "Not just a classic of Northwest nature writing and literature, *Wintergreen* is a book that transcends the wounded Willapa Hills where it is set and becomes a meditation on the relationship of all people to all places." And as well-loved local denizen Krist Novoseli describes the book, Pyle looks past the stumps and clear cuts to rediscover the essence of the Willapa Hills. Even though scarred from decades of logging this terrain is still a wilderness. The author puts the pieces together to create an example of nature trying to survive our species' demands."



## Oregon Poet Laureate Visits Astoria Dec 5

Oregon's Poet Laureate, Peter Sears, will lead a poetry workshop at Astoria Public Library – 450 10th Street, Astoria – on Saturday, December 5 at 3:00pm. As space is limited, registration is encouraged.

Peter Sears was named to a two-year appointment as Oregon's seventh Poet Laureate by Governor John Kitzhaber on April 25, 2014. Sears has taught creative writing at Reed College, Bard College, and Pacific University, and is the founder of the Oregon Literary Coalition and co-founder of Friends of William Stafford and Cloudbank Books. He is a widely published poet, with four collections: *Tour* (2002), *The Brink* (2004), *Green Driver* (2006), and *Small Talk, New and Selected Poems* (2014). His poems have appeared in numerous magazines and newspapers, including the *New York Times*, the *Atlantic* and *Rolling Stone*.

Sears has received several awards, including the Gibbs-Smith poetry prize and the



Western States Book Award for Poetry for his second full-length collection, *The Brink*. This collection of poems was also named one of Oregon's 150 best books by the Oregon State Library in 2009. Sears is the author of two supplementary teaching texts, *Secret Writing* and *I'm Gonna Bake Me a Rainbow Poem*. He has dedicated himself to teaching and leading poetry workshops in public schools, libraries, colleges, community centers and literary festivals throughout the state.

For more information about this free event and to register, please contact Ami Kreider at 503-325-7323 or [akreider@astoria.or.us](mailto:akreider@astoria.or.us).

## At The Hoffman Center Deborah Reed : A writing workshop on the Elements of Suspense November 21

SATURDAY, NOVEMBER 21, from 10 a.m. to 1230, Deborah Reed will teach a writing workshop on the Elements of Suspense.

Learn techniques to keep your reader turning the page. Students will read examples illustrating various ways to build suspense and should bring examples of work they aspire to. Everyone should also bring a piece of their own writing, which Deborah will critique in the class.

Deborah Reed is author of the recently released novel *Olivay*. Her novel *Things We Set On Fire* sold over 100,000 copies in the first six months, and *Carry Yourself Back to Me* was a Best Book of 2011 Amazon Editors' Pick. She wrote the bestselling thriller



*A Small Fortune* and its sequel, *Fortune's Deadly Descent*, under her pen name, Audrey Braun. All of her novels have been translated or are forthcoming in German.

"If you've read any of Deborah's books, you know she is a master at making her reader turn the page," says Kathie Hightower, local writer.

Reed's nonfiction has appeared in publications such as *Poets & Writers*, and the *Literarian*. Deborah holds a Masters of Fine Arts in Creative Writing (fiction) and teaches at UCLA's Extension Writing Program, the Black Forest Writing Seminar at the University of Freiburg, Germany, as well as workshops and conferences around the United States and in Europe.

Held at the Hoffman Center, the workshop is \$30. Register and get more information at [hoffmanblog.org](http://hoffmanblog.org).

*This workshop is just one of the events of the Mystery Weekend put on by the North Tillamook County Library, the Hoffman Center for the Arts, CARTM, and NCRD. For a complete listing of events, go to [hoffmanblog.org](http://hoffmanblog.org).*

## Rene Denfeld :The Enchanted at the Hoffman Center Nov 21

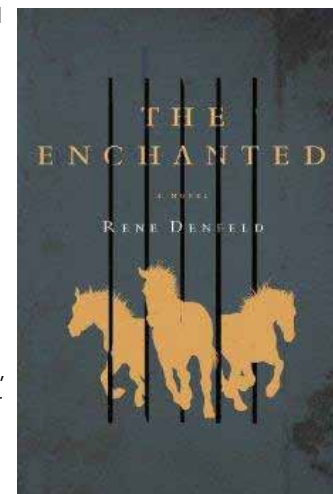
Rene Denfeld will read from her book *The Enchanted* at the Hoffman Center for the Arts in Manzanita at 7pm on Saturday, November 21, 2015.

Denfeld's first novel has garnered many awards and rave reviews to include: #1 Book of the Year, the *Oregonian*; One of the Top #5 Books of the Year, *Powell's Books*; an Indie Next Pic, and winner for Best Foreign Novel 2014 for the French Prix Award.

"Filled with themes of pain and suffering and still a pleasure to read, this impressive debut... is set in a decaying, dark, corrupt prison, but as the opening line reveals, it 'is an enchanted place.' ...Read this magical book, and prepare to be spellbound." \*\*\* Starred Review "

-- Library Journal

"Rene Denfeld is a genius. In *The Enchanted* she has imagined one of the grimmest settings in the world—a dank and filthy death row in a corrupt prison—and given us one of the most beautiful, heartrending, and riveting novels I have ever read." – Donald Ray Pollock, author of *The Devil All the Time*



Denfeld has written for many publications including *The New York Times Magazine*, *The Oregonian*, and the *Philadelphia Inquirer*. She has published three non-fiction books. In addition to her writing career, Denfeld is a death penalty investigator who works with men and women facing execution. She calls herself "the happy mother" of three children she adopted from state foster care.

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

Admission \$7. This evening's reading is just one of the events of the Mystery Weekend put on by the North Tillamook County Library, the Hoffman Center for the Arts, CARTM, and NCRD. For a complete listing of events, go to [hoffmanblog.org](http://hoffmanblog.org).

*At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) [hoffmanblog.org](http://hoffmanblog.org) <<http://hoffmanblog.org>> online or contact Kathie Hightower, [kathiehightower@gmail.com](mailto:kathiehightower@gmail.com)*

# GIGANTIC

## Fall Book Sale

### At The Seaside Public Library

Beginning Friday, November 6, and running through Sunday, November 8, 2015, the Seaside Public Library will host a ginormous Fall Book Sale. It will be open during library hours, which are: Friday, 9:00 a.m. to 5:00 p.m., Saturday, 9:00 a.m. to 5:00 p.m., and Sunday 1:00 p.m. to 5:00 p.m.

The Friends of the Seaside Library have been collecting items, from our generous patrons, over the past few months and there will be a huge selection. You will find Tom Clancy, James Patterson, kitchen makeovers, travel books, and much more. All items will be sold at unbelievably low prices.

So come on down to the Seaside Public Library, at 1131 Broadway, for a gigantic Fall book sale right in your own backyard.

For more information please call (503)738-6742 or visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org) and [www.facebook.com/seasidepubliclibrary](http://www.facebook.com/seasidepubliclibrary)

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

## Saturday 21

**MUSIC**  
David Drury. Jazz guitar. No cover, 6pm at the Bridgewater Bistro in Astoria.

Ara Lee. \$12, 7pm at the Peninsula Arts Center in Long Beach.

The Gospel Trio. Free, 7pm at the Bay City Arts Center.

Jenny Don't & The Spurs. No cover, 8pm at the Sou'wester Lodge in Seaview.

The Twangshifters. 9pm at the Adrift Hotel in Long Beach.

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

Dixie Wrecked. 9pm at Roadhouse 101 in Lincoln City.

Ian's Musical Memorial. 9pm at Snug Harbor Bar & Grill in Lincoln City.

### FOOD & DRINK

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

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

### HAPPENING

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.

Gay Skate Night. \$3 admission, \$3 skate rental. 8 – 11pm at the Astoria Armory.

Vicki Lawrence & Mama: A Two-Woman Show. \$10 - \$25, 8pm at Chinook Winds in Lincoln City.

### LECTURE

The Oregon Health Plan for the Hispanic Community. The Lower Columbia Hispanic Council will be presenting a program in Spanish about the Oregon Health Plan. Free, 1pm at the Seaside Library.

### LITERARY

Manzanita Writers Series. Author Rene Denfield will read from “Going Somewhere: A Bicycle Journey Axross America. Open mic session afterward. \$7, 7pm at the Hoffman Center in Manzanita.

### THEATER

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

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

## Sunday 22

**MUSIC**  
Tom Trudell. Jazz piano. No cover, 11:30am at the Bridgewater Bistro in Astoria.

The Good Co. \$12, 2pm at the Historic Raymond Theater in Raymond.

Ken Lavigne. \$30, 2pm at the Tillamook High School Auditorium.

North Oregon Coast Symphony. Norwegian Melodies. \$15, 3pm at the Rockaway Community Church.

Simon Levene. No cover, 6 – 9pm at Port of Call in Astoria.

Marty O'Reilly and the Old Soul Orchestra. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

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

### THEATER

Two One-Act Plays. The Dear Departed and A Separate Peace will be performed as Readers Theater. \$10, 2pm at NCRD in Nehalem.

Once Upon a Mattress. Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

## Monday 23

**MUSIC**  
Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

## Tuesday 24

**MUSIC**  
Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

## Wednesday 25

**MUSIC**  
Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

## Thursday 26

**FOOD & DRINK**  
Thanksgiving Buffet. \$30 for adults, \$18 for kids 5 – 12, kids 4 and under free. Reservations required. 11am – 5pm at the Sand Trap Pub in Gearhart. 503-717-8150

### 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.

## Friday 27

**MUSIC**  
The Skinks. Performing The Kinks are the Village Green Preservation Society. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Franco & the Stingers. 9pm at Roadhouse 101 in Lincoln City.

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

### ART

Peninsula Arts Association Studio Tour. 10am – 4pm throughout the Long Beach Peninsula. See a printable studio map online at beachartist.org/

### CINEMA

Manzanita Film Series. Mostly documentaries from the Northwest Film School in Portland. \$5, 7:30pm at the Hoffman Center in Manzanita.

### FOOD & DRINK

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

### HAPPENING

Holiday Gift Fair. Noon – 5pm at the Seaside Convention Center.

Mimosa Madness. A shopping extravaganza in Cannon Beach. 8 – 11am. facebook.com/ MimosaMadness

Tree Lighting with Santa. Artisan vendors, ornament-making, a cake walk, complimentary refreshments and the arrival of Santa Claus. Noon – 7pm at the Lincoln City Cultural Center.

Not Quite 11th Hour Santa Sale. Shop for handmade gifts and goodies for the holiday season. Free, noon – 7pm at the Lincoln City Cultural Center.

### THEATER

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

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

## Saturday 28

**MUSIC**  
Jamie Leopold and The Short Stories. Former Dan Hicks band member Jamie Leopold leads a six piece band, playing folk, country and Acid Memory, aka American Quirk. Story telling and music – great for post –turkey weekend. Full table seating, Full Bar, \$13 @ door, tickets in advance at www.brownpapertickets.com. Doors at 7:30pm, show at 8pm. KALA in Astoria.

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

Tom Trudell. Jazz piano. No cover, 6pm at the Bridgewater Bistro in Astoria.

Secret Drum Band. No cover, 8pm at the Sou'wester Lodge in Seaview.

Blue Evolution. 9pm at Roadhouse 101 in Lincoln City.

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

Erotic City. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

### ART

Peninsula Arts Association Studio Tour. 10am – 4pm throughout the Long Beach Peninsula. See a printable studio map online at beachartist.org/

### FOOD & DRINK

Breakfast with Santa. All ages welcome. \$18 adults, \$13 kids ages 6 months to 10 years; under 6 months free. 9am at the Sand Trap Pub in Gearhart.

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

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

### HAPPENING

Holiday Gift Fair. 10am – 5pm at the Seaside Convention Center.

Not Quite 11th Hour Santa Sale. Shop for handmade gifts and goodies for the holiday season. Free, noon – 4pm at the Lincoln City Cultural Center.

### LITERARY

Indies First Event. A number of local authors will be at Cloud & Leaf Bookstore in Manzanita from 11-4, sharing some of their favorite books, hand-selling books. Not their own books, but other books they personally love.Indies First is a way to say thank you to independent booksellers for all they do.

### THEATER

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

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

## Sunday 29

**MUSIC**  
Richard T and Friends. No cover, 11:30am at the Bridgewater Bistro in Astoria.

North Coast Chorale. Messiah Sing-A-Long. Donations support Clatsop County Food Bank. 4pm at the PAC in Astoria.

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

The Earnest Lovers. 8pm at the Adrift Hotel in Long Beach.

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

### FOOD & DRINK

Breakfast with Santa. All ages welcome. \$18 adults, \$13 kids ages 6 months to 10 years; under 6 months free. 11am at the Sand Trap Pub in Gearhart.

### HAPPENING

Holiday Gift Fair. 10am - 3pm at the Seaside Convention Center.

### THEATER

Six Dance Lessons in Six Weeks. 2pm at the Barn Community Playhouse in Tillamook.

Once Upon a Mattress. Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

## Monday 30

**MUSIC**  
Te Earnest Lovers. 8pm at the Adrift Hotel in Long Beach.

Tuesday 1

MUSIC

The Earnest Lovers. 8pm at the Adrift Hotel in Long Beach.

ART

Monthly Photo Salon. 7 – 9pm at the Hoffman Center in Manzanita.

Wednesday 2

MUSIC

McDougall. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Tree Lighting. 5:30pm in downtown Cloverdale.

Fantasy of Trees. Free admission to view trees. Noon – 8pm at Chinook Winds in Lincoln City.

LECTURE

Workplace Bullies: Control Them Before They Destroy You. With Jennifer Bouman-Steagall. \$20, includes lunch. 11:30am – 1pm at Buoy Beer in Astoria. Register at lchrma.org/blog/

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

LECTURE

Ales and Ideas. Can Anybody Here Count? Developing an Energy Policy for the United States. With Pat Keefe. Free, 7pm. At the Lovell Showroom, Fort George, Astoria.

# WEEKLY

## Friday

### MUSIC

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

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

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

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

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

### HAPPENING

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

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

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

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

## Saturday

### MUSIC

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

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

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

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

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

### FOOD & DRINK

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

## Sunday

### MUSIC

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

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

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

## Monday

### HAPPENING

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

## Tuesday

### MUSIC

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

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

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

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

### HAPPENING

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

### THEATER

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

## Wednesday

### MUSIC

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

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

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

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

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

### LITERARY

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

### SPIRITUAL

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

## Thursday

### MUSIC

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

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

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

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

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

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

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

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

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

**CAROL (NOV. 20 LIMITED)** Director Todd Haynes brings Patricia Highsmith's 1952 lesbian classic "The Price of Salt" to the screen in a movie version that is already being heralded as an Academy Award nominee. What made Highsmith's book an underground classic is that unlike most lesbian stories of the time, her story's characters unconventional choice does not end in tragedy. Set in the gray, repressed setting of mid-'50s New York, Carol follows mousy shopgirl Therese Belivet (Rooney Mara) who works in the doll section of a Manhattan department store. With a job and boyfriend she doesn't care for, Therese's prospects seem dismal. Into this dreary setting steps Carol Aird (Cate Blanchett), whose chic, vivacious personality is like a ray of light. Therese is immediately smitten. Their courtship proceeds slowly, but despite their opposite personalities, the mutual attraction is obvious. But there are (male) complications. Therese's nice but fumbling boyfriend expects her to marry him, despite her obvious indifference. Carole's situation is more complicated, with a child, Rindy, and husband Harge (Kyle Chandler), who live apart from her. Although all too aware of his wife's true nature, Harge is desperate to hold his family together and invites Carol to spend the holidays at his parents with Rindy and him. In order to see her daughter, Carol will have to conform to Harge's wishes. Instead, Carol and Therese take off on a blissful road trip where their relationship blossoms – only to have it threatened by Harge who sends a detective after them to gather evidence to blackmail Carol.



**THE 33 (NOV. 13)** The 2010 Chilean mining disaster comes to the screen in this true story of 33 miners trapped in a collapsed mine and their struggle to survive that lasted more than 2 months. Opening with the sobering statistic of just how dangerous the profession is – 12,000 miners die every year from mining accidents, the movie cuts to the retirement party where the main characters are fleshed out. There is a miner who is retiring soon, one who asks for extra hours, one who does a mean Elvis impersonation. At the center is shift supervisor Don Lucho (Lou Diamond Phillips), the one man cognizant of how safety measures have been ignored at the 121 year-old San Jose Mine. Antonio Banderas plays "Super" Mario Sepulveda, the leader of the 33. When the collapse comes, the men are trapped underground beneath 700 tons of rock with only 2-3 days food and water. Sepulveda has the 33, as they come to call themselves, ration the food and tries to keep up spirits while the Chilean government begins a rescue mission led by the minister of mines (Rodrigo Santoro) and its chief engineer (Gabriel Byrne). Meanwhile, the loved ones of the trapped miners gather at the site and start a vigil at the make-shift "Camp Hope".

**THE HUNGER GAMES: MOCKINGJAY PART 2 (NOV. 20)** One of the most anticipated movies this fall is the final chapter of the Hunger Games series. Synopsis: Realizing

the stakes are no longer just for survival, Katniss Everdeen (Jennifer Lawrence) teams up with her closest friends, including Peeta (Josh Hutcherson), Gale (Liam Hemsworth) and Finnick for the ultimate mission. Together, they leave District 13 to liberate the citizens of war-torn Panem and assassinate President Snow, who's obsessed with destroying Katniss. What lies ahead are mortal traps, dangerous enemies and moral choices that will ultimately determine the future of millions.

**SECRET IN THEIR EYES (NOV. 20)** Captain Phillips screenwriter Billy Ray directs this remake of the Academy Award-winning Spanish crime thriller. Julia Roberts and Chiwetel Ejiofor play FBI investigators Jess and Ray. Called to a murder scene, they are horrified to discover that the body is that of Jess's teenage daughter. After a chase through the middle of a football game, the two capture the man they believe to be the culprit, only for icy blond District Attorney Clair (Nicole Kidman) to release the smirking suspect. Thirteen years later, Ray contacts Jess, telling her he believes he knows the identity of the suspect they were forced to release. When Jess asks him how he found the suspect, Ray reveals he has spent the past 13 years poring over the photos of every white male in the U.S. prison system until he found him. With a second chance at justice, and not trusting the legal system, Jess takes matters into her own

hands and sets out to track down the man. Ray then teams up with Claire to find the man first before Jess finds him and possibly murders him in revenge.

**THE DANISH GIRL (NOV. 27 LIMITED)** Academy Award winner Eddie Redmayne appears to have a second straight nomination lined up with his performance as the early 20th century transgender groundbreaker Lili Elbe. Einar Wegener (Redmayne) is a thriving landscape painter in 1926 Copenhagen, while his wife Gerda (Alicia Vikander), also a painter, is a struggling portraitist. Everything changes when Gerda asks Einar to sub for usual model Ulla. When Einar puts on Ulla's stockings and jeweled slippers, a side of him he'd never acknowledged rises to the surface. After gaining confidence, Einar ventures out as Lili, as Ulla calls Einar's alter ego. Taking a job as Lili behind the perfume counter in a chic department store, Lili observes the female body language of his customers. Living a double life however, is something Lili/Einar cannot reconcile, even as wife Gerda both encourages and profits from him as her model. Gerda, too is torn between her love for the man she married and her encouragement of the woman he wants to become. Eventually Einar takes the plunge and sees gender surgeon Dr. Kurt Warnekros (Sebastian Koch) to complete his transformation into what he realizes is his true identity.

## Astoria International Film Festival 2015: It's A Wrap!

The 9TH Astoria International Film Festival screened some of the world's finest films in the culturally and historically robust small town of Astoria on the northern Oregon Coast, where the Columbia River meets the Pacific Ocean.

Billed as "10 Smart. Intriguing & Stimulating Films from Around the World" AIFF 2015 (October 16, 17 & 18) enjoyed the greatest audience attendance in the film festival's nine year history.

Beyond the record attendance, the major coups, well they turned out to be major coups for any film festival, and super major for a film festival of AIFF's intimate size.



### FESTIVAL

#### HIGHLIGHTS

**INGRID BERGMAN: IN HER OWN WORDS** (Jag är Ingrid)

Sweden | Director: Stig Bjorkman

AIFF's Centerpiece film -- a love letter to Astoria to pay tribute to Astoria's Scandinavian heritage. To put this coup in perspective, even Italy had to wait. Ingrid did not screen in Rome until two days after Astoria. Ingrid has been winning Special Citation Awards and Audience awards around the world. Sweden has named Ingrid their submission to the 2016 Academy Awards. Ingrid will have only limited theatrical release in New York and Los Angeles (to make it eligible for the Academy Awards). If you saw Ingrid in Astoria you enjoyed a very rare opportunity to see this beautiful film.

**SEYMOUR (BERNSTEIN): AN INTRODUCTION**

U.S. | Director: Ethan Hawke

Seymour: An Introduction — AIFF's tribute to the stellar work and achievements of the Astoria Music Festival — was another highly acclaimed, compelling and beautiful documentary. A major coup for AIFF, this uplifting and inspiring documentary has screened at all of the major film festivals around the world — Toronto, Telluride, New York ... and Astoria!

**VOYAGERS WITHOUT TRACE** (Les Voyageurs Sans Trace)

U.S. | Oregon Filmmaker | Director: Ian McCluskey

A World Premiere for this amazing documentary by Oregon filmmaker Ian McCluskey. The week after Voyagers' headliner screenings in Astoria,

Voyagers screened to a sold-out crowd of 500 in Portland, as well as a second encore screening (to accommodate the high level of audience interest).

Next up for Voyagers will be the Banff Mountain Film Festival in Banff, Alberta, Canada, and the National Geographic Theater in Washington, DC; both screening are in November.

**BLACK ROAD**

U.S. | Oregon Filmmaker | Director: Gary Lundgren

The Northwest Premiere of Black Road — just two days after their World Premiere in Beverly Hills, CA — for this stunning dramatic by Oregon filmmaker Gary Lundgren; with final scenes filmed on the Oregon Coast. The week after Black Road's screening in Astoria, Black Road screened to sold-out crowds in Ashland, OR.

#### AUDIENCE AWARD WINNERS ANNOUNCED

Cynthia Baker Craig Humanitarian Award  
VOYAGERS WITHOUT TRACE (Les Voyageurs Sans Trace)

Directed by Ian McCluskey

Audience Award: World Cinema Documentary  
INGRID BERGMAN: IN HER OWN WORDS  
Directed by Stig Bjorkman

Audience Award: U.S. Documentary  
VOYAGERS WITHOUT TRACE (Les Voyageurs Sans Trace)  
Directed by Ian McCluskey

Audience Award: U.S. Dramatic  
BLACK ROAD  
Directed by Gary Lundgren

Audience Award: Short Film: U.S. Fiction  
THE RADIO  
Directed by Michael Boylan

Audience Award: Short Film: U.S. Animation  
THE LONELIEST STOPLIGHT  
Directed by Bill Plympton

Congratulations to all of the winners.

FROM AIFF: *To Astoria with love. We hope that you enjoyed. We invite you to join us again next year.*

Astoria International Film Festival  
Astoria, Oregon USA  
goaiff.com



# FREE WILL ASTROLOGY

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## November

**ARIES** (March 21-April 19): The next seven weeks will NOT be a favorable time to fool around with psychic vampires and charismatic jerks. I recommend you avoid the following mistakes, as well: failing to protect the wounded areas of your psyche; demanding perfection from those you care about; and trying to fulfill questionable desires that have led you astray in the past. Now I'll name some positive actions you'd be wise to consider: hunting for skillful healers who can relieve your angst and aches; favoring the companionship of people who are empathetic and emotionally intelligent; and getting educated about how to build the kind of intimacy you can thrive on.

**TAURUS** (April 20-May 20): You may have seen websites that offer practical tips on how to improve your mastery of life's little details. They tell you how to de-clutter your home, or how to keep baked goods from going stale, or why you should shop for shoes at night to get the best fit. I recently come across a humorous site that provides the opposite: bad life tips. For instance, it suggests that you make job interviews less stressful by only applying for jobs you don't want. Put your laptop in cold water to prevent overheating. To save time, brush your teeth while you eat. In the two sets of examples I've just given, it's easy to tell the difference between which tips are trustworthy and which aren't. But in the coming days, you might find it more challenging to distinguish between the good advice and bad advice you'll receive. Be very discerning.

**GEMINI** (May 21-June 20): On a windy afternoon last spring I was walking through a quiet neighborhood in Berkeley. In one yard there was a garden plot filled with the young green stems of as-yet unidentifiable plants. Anchored in their midst was a small handwritten sign. Its message seemed to be directed not at passers-by like me but at the sprouts themselves. "Grow faster, you little bastards!" the sign said -- as if the blooming things might be bullied into ripening. I hope you're smart enough not to make similar demands on yourself and those you care about, Gemini. It's not even necessary. I suspect that everything in your life will just naturally grow with vigor in the coming weeks.

**CANCER** (June 21-July 22): "I am rooted, but I flow," wrote Virginia Woolf in her novel *\*The Waves\**. That paradoxical image reminds me of you right now. You are as grounded as a tree and as fluid as a river. Your foundation is deep and strong, even as you are resilient in your ability to adapt to changing circumstances. This is your birthright as a Cancerian! Enjoy and use the blessings it confers. (P.S. If for some strange reason you're not experiencing an exquisite version of what I've described, there must be some obstacle you are mistakenly tolerating. Get rid of it.)

**LEO** (July 23-Aug. 22): Should I offer my congratulations? You have corralled a gorgeous mess of problems that are more interesting and provocative than everyone else's. It's unclear how long this odd good fortune will last, however. So I suggest you act decisively to take maximum advantage of the opportunities that your dilemmas have cracked open. If anyone can turn the heartache of misplaced energy into practical wisdom, you can. If anyone can harness chaos to drum up new assets, it's you. Is it possible to be both cunning and conscientious, both strategic and ethical? For you right now, I think it is.

**VIRGO** (Aug. 23-Sept. 22): Let's say you have walked along the same path or driven down the same road a thousand times. Then, one day, as you repeat your familiar route, a certain object or scene snags your attention for the first time. Maybe it's a small fountain or a statue of the Buddhist goddess Guanyin or a wall with graffiti that says "Crap happens, but so does magic." It has always been there. You've been subconsciously aware of it. But at this moment, for unknown reasons, it finally arrives in your conscious mind. I believe this is an apt metaphor for your life in the

coming weeks. More than once, you will suddenly tune in to facts, situations, or influences that had previously been invisible to you. That's a good thing! But it might initially bring a jolt.

**LIBRA** (Sept. 23-Oct. 22): The 20th century's most influential artist may have been Pablo Picasso. He created thousands of paintings, and was still churning them out when he was 91 years old. A journalist asked him which one was his favorite. "The next one," he said. I suggest you adopt a similar attitude in the coming weeks, Libra. What you did in the past is irrelevant. You should neither depend on nor be weighed down by anything that has come before. For now, all that matters are the accomplishments and adventures that lie ahead of you.

**SCORPIO** (Oct. 23-Nov. 21): A windbreak is a line of stout trees or thick bushes that provides shelter from the wind. I think you need a metaphorical version: someone or something to shield you from a relentless force that has been putting pressure on you; a buffer zone or protected haven where you can take refuge from a stressful barrage that has been hampering your ability to act with clarity and grace. Do you know what you will have to do to get it? Here's your battle cry: "I need sanctuary! I deserve sanctuary!"

**SAGITTARIUS** (Nov. 22-Dec. 21): Your fellow Sagittarian Walt Disney accomplished a lot. He was a pioneer in the art of animation and made movies that won numerous Academy Awards. He built theme parks, created an entertainment empire, and amassed fantastic wealth. Why was he so successful? In part because he had high standards, worked hard, and harbored an obsessive devotion to his quirky vision. If you aspire to cultivate any of those qualities, now is a favorable time to raise your mastery to the next level. Disney had one other trait you might consider working on: He liked to play the game of life by his own rules. For example, his favorite breakfast was doughnuts dipped in Scotch whisky. What would be your equivalent?

**CAPRICORN** (Dec. 22-Jan. 19): October is Fix the Fundamentals Month. It will be a favorable time to substitute good habits for bad habits. You will attract lucky breaks and practical blessings as you work to transform overwrought compulsions into rigorous passions. You will thrive as you seek to discover the holy yearning that's hidden at the root of devitalizing addictions. To get started, instigate free-wheeling experiments that will propel you out of your sticky rut and in the direction of a percolating groove.

**AQUARIUS** (Jan. 20-Feb. 18): Have you made your travel plans yet? Have you plotted your escape? I hope you will hightail it to a festive playground where some of your inhibitions will shrink, or else journey to a holy spot where your spiritual yearnings will ripen. What would be even better is if you made a pilgrimage to a place that satisfied both of those agendas -- filled up your senses with novel enticements and fed your hunger for transcendent insights. Off you go, Aquarius! Why aren't you already on your way? If you can't manage a real getaway in the near future, please at least stage a jailbreak for your imagination.

**PISCES** (Feb. 19-March 20): Pablo Neruda's *\*Book of Questions\** consists entirely of 316 questions. It's one of those rare texts that makes no assertions and draws no conclusions. In this spirit, and in honor of the sphinx-like phase you're now passing through, I offer you six pertinent riddles: 1. What is the most important thing you have never done? 2. How could you play a joke on your fears? 3. Identify the people in your life who have made you real to yourself. 4. Name a good old thing you would have to give up in order to get a great new thing. 5. What's the one feeling you want to feel more than any other in the next three years? 6. What inspires you to love?

Homework: Send testimonies about how you've redeemed the dark side to: Sex Laugh, uaregod@comcast.net.

# Bike Madame

By Margaret Hammitt-McDonald

## The World Beneath Your Feet!

**PEDALS** aren't a bicycle's most glamorous part. They don't have the cachet of derailleurs, with their exalted gear-shifting function and the chance to babble about gear ratios. They don't present maintenance difficulties. And yet these things you stand on enable you to work the physics miracle that is your bicycle, that efficient transfer of energy from feet to pedals to drive chain to wheels.

Pedals come in three flavors. The basic model is the platform. These workhorses are stable, don't require you to purchase special footwear, and some models have pins to increase grip. Some riders

like these unadorned pedals because your foot doesn't get caught in something if you fall off. On the downside, there's nothing to keep your foot in place and give you extra traction when you're climbing a hill. That's why you'll see these pedals most often on casual riders' bikes.

If you want to keep your foot in the saddle, you have two options: clips or clipless pedals. Toe clips, which I use, are metal or plastic "cages" with straps. They come in small, medium, and large sizes, and you need to adjust the strap to provide the right size opening for your foot. Inserting first foot is easy. With the second one, you have to get used to kicking off with the foot and slipping it in as you start to pedal. The clips are weighted to facilitate this move: a little turn of the pedal pops the clip up so you can slide your foot inside. This maneuver takes a few tries to perfect, but you're unlikely to get tangled.

When you come to a stop, you just slip your push-off foot straight backward out of the clip—no twisting needed. I like clips because they give you more "oomph" going uphill, as you can pull up against the pedal as well as push down.

Clips present two maintenance issues. The screws holding them on loosen with road vibration, so tighten them periodically to avoid losing a clip. The webbing straps wear through after a while. I replace them with zip ties—cheap and durable, if not good-looking.

Clipless pedals are the luxury car of the pedal world. You need to purchase a shoe and pedal system that are compatible with each other. The pedal and a part

at the bottom of the shoe clip into place when they come together. I confess that I've never tried clipless pedals; the combination of price and the possibility of not being able to get off my pedal in a hurry have encouraged me to stick with my faithful, low-tech, and cheap friends the clips. Clipless fans have told me that their preferred pedal gives them the best bond with their bikes when they hop curbs (or logs) and zip along at racing speed. I'm unsure what maintenance issues clipless pedals present; of course you need to keep them clean so that grit does not get in the way of clipping in.

As with the many possible modifications you can make to your steed, whether you want to attach clips to your platforms or replace them with a clipless system depends on how you ride. Now what I'm waiting for is a set that comes with rain booties attached. Wouldn't that be cool?



## WORKSHOPS/CLASSES

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

**Soap Making Class.** November 14. With Nadine of Black Market Soaps. Each student will go home with one pound of home made soap and a hand crafted soap mold and recipes to craft your next batch. Due to process of working with lye in cold processed soap we don't recommend this class for kids. \$65, noon – 2pm at North Fork 53 near Nehalem. Register by emailing northforkginger@gmail.com

**Holiday Pie Making Workshop.** November 17. Want to up your holiday cooking game this year? Join us for this fun and scrumptiously simple pie making class just in time for Thanksgiving! We will be using farm fresh organic ingredients to make two classic pies, Apple and Pumpkin, that participants can take home with them and freeze until the big day. No stress and no mushy crusts. \$50, Noon – 3pm at North Fork 53 near Nehalem. Register by emailing northforkginger@gmail.com

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

**Holiday Wreath Making.** November 28 and December 5. Get creative at the Cannon Beach Chamber of Commerce from 11am until 3pm. This wreath making event even comes with an instructor - along with refreshments and holiday music. To register, call 541-992-4292

**FIBER ARTS.** NCRD is hosting the North Coast Fiber Arts Group on Mondays from 1-3 pm in the Riverbend Room. If you do handwork of any kind...knitting, crocheting, weaving, macramé, needlepoint, etc. You are welcome to come and join like-minded folk. Bring your knitting problems on the 3rd Monday of the month and get help from knitting instructor Lou Stine. The group will be working on charity projects in the future such as Warm Up America or Carewear. email Jane for further information. knappgj@yahoo.com

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

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

**Toddler Arts Group.** Every Wednesday 10 to 11am - Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City.

## BODY WORK•YOGA•FITNESS

**YOGA NAMASTE.** Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for

weekend workshops. www.yoganam.com. 530 440 9761.

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

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

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

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

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

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

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

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

**T'AI CHI.** The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

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

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

**ZUMBA.** Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. Fall term thru Dec. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach - Instructor. Ncrd. 36155 9th Street Nehalem, Or 97131 (503) 368-4595 Rerlebach@gmail.Com

## SPIRITUALITY

**CONVERSATIONS WITH MOTHER MARY.** Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish.

In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**Art & Mindfulness.** With Amy Selena Reynolds. Once a month, 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where are and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. 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@wwetsky.net

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

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

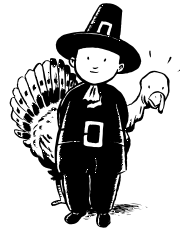
**LABYRINTH WALK • Grace Episcopal Church,** 1545 Franklin St, Astoria, 3-6. Every 1st Sunday.

## VOLUNTEER

**CLATSOP CARE CENTER** is looking for volunteers to assist in our Quality of Life Department. Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music, singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check & a TB screening test. For more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 222.

**CLATSOP COUNTY GENEALOGY SOCIETY** is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-genosoc@gmail.com or call 503-325-1963 or 503-298-8917.

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



## MEETINGS/MEET-UPS

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

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

**LA MESA CONVERSATION GROUP.** Join us on Tuesday nights this summer to share food, community, and culture! La Mesa de Conversacion (conversation table) brings together a group of community members to discuss common themes and informally practice both English and Spanish over shared meals. La Mesa will be held all summer on Tuesdays from 6-8, and is a family event, with activities for kids. Join us tomorrow night-- we'll be talking about summer celebrations and traditions over a meal of fajitas provided by the Bunkhouse! For more info, contact Willa Chidress at (503) 812-1056 or at wchidreg@macalester.edu. The Lower Columbia Classics Car Club. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. For directions call Steve Jordan at 503-325-1807.

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

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

## ASTORIA WELLNESS FAIR

Presented by Thrivent Financial and RiversZen Yoga and Resistance Stretching on Sunday, November 22nd from Noon to 4:00 at 399 31st Street on the Riverwalk in Astoria.

The Entrance is free to this one-day event at the RiversZen as local practitioners gather to showcase their services and education about Holistic Health and Wellness options available to the community.

Topics to be covered include massage therapy, yoga, resistance stretching, reflexology, aromatherapy, health coaching, acupuncture, infrared sauna, float tank, meditation, relaxation and rejuvenation, healthy food choices and resources, financial health and more.

In addition all yoga that day will be free, we'll be offering simple stretches and self-stretch sessions all for free and the North Coast Food Web will be serving snacks.

Columbia Memorial Hospital will be on hand to facilitate health screenings with immediate results by appointment for \$25 by appointment only. The assessment will include: blood pressure, height/weight, waist circumference, body fat percentage, body mass index and blood sugar. To schedule a screening, contact Venus Fromwiller, Columbia Memorial Hospital Community Outreach at 503-338-4520. Additional participants are Prana Wellness Center, Waves of Change, Allow Your Body to Heal and North Coast Food Web. Call 503-440-3554 for questions about the event. For more information about the RiversZen please call Peggy at 503-440-3554 or go online @ http://riverszen.com.

## Dance Your Joy at AAMC

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

• **Monday**  
10:00-11:00am: Tai Chi with Angela Sidlo  
5:30 - 6:15pm SloFlow  
Vinyasa Yoga with Jude MatulichHall  
6:20 - 7:15pm QuikFlo  
Vinyasa Yoga with Jude MatulichHall

• **Tuesday**  
9:00-10:00am: Zumba Fitness with Nayelli Dalida  
10:30 - 11:30am Therapeutic Chair Yoga with Jude MatulichHall  
12:10-12:50pm: Qigong with Angela Sidlo (starts Sept 22nd)  
1:15 - 2:15pm Tai Chi with Margaret Murdock  
6:30-7:30pm: Ballroom w/Jen Miller  
7:30-8:30pm: West Coast Swingw/J. Miller

• **Wednesday**  
10:00-11:00am: Tai Chi with Angela Sidlo

5:30 - 6:30pm Tri - Dosha  
Yoga with Melissa Henige  
7:00-8:15pm: Belly Dance with Jessamyn Grace

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

• **Thursday**  
9:00-10:00am: Zumba Toning with Nayelli Dalida  
12:10-12:50pm: Qigong with Angela Sidlo (starts Sept 24th)  
4-5pm: Slomo w/Kestrel Gates  
5:30-6:30pm: Tai Chi with Angela Sidlo

• **Friday**  
2nd Friday of each Month  
6:00 - 7:30pm Restorative/ Yin Yoga, optional meditation until 8:00pm with Jude MatulichHall (November 12, December 11)  
Saturday  
6:00-7:00pm: Argentine  
Tango with Estelle Olivares  
7:00-8:00pm: Argentine  
Tango Practica with Estelle Olivares

**News: New Fall Classes!!**  
Slomo with Kestrel Gates,  
Qigong with Angela Sidlo,  
Ballroom/West Coast Swing

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

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

**BREASTFEEDING INFORMATION & SUPPORT.** La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. Meetings are held on the Third Thursday of each month from 11:00 – 12:30 at 320 South Street, Astoria. La Leche League Leaders are available to answer breastfeeding questions and concerns. Megan Olen@503.440.4942 or Janet Weidman@503.741.0345

## Messages Sonja Grace mystic healer

### Everyone's A Guru

**H**UMANITY has rushed to the fore seeking spiritual enlightenment in this higher frequency. As we rush past the gates of centuries of religious practice, demanding the final result, very few ask what then? Our society is built upon competition and addiction. These front runners have an underlying sequence which leads back to fear; competition to be the best, the most popular, the most acknowledged and the most enlightened. Addictions run rampant because we no longer exercise our fight or flight sequence utilizing the basic human nature of survival, unless we live in a war torn country. We cover our feelings, misunderstandings and emotional wounds with everything we can be addicted to. Sports, cell phones, texting, the internet, gaming, sex, drugs, sugar,

shopping, alcohol which are all the layers of avoidance in our society. Fear of failing, fear of not being loved, fear of success, fear of being abandoned are the underlying issues.

When we are born we enter physical form and inherit a state of amnesia. Packed with lifetimes of karma we face once again the biggest fear all humans carry: separation from God. This primary experience connects us to the root of fear. We remain in a state of turmoil just being in physical form and the duality of our experience is like a maze. So how do reach this coveted state of being called enlightenment? We can start by recognizing this is just one of many journeys we make. Our evolution is an ongoing process and nothing to sneeze about. Taking time to work on oneself is the key to higher con-

sciousness. Everyone is a guru because our accelerated level of competition leaves people feeling they might be left behind. The ego bolsters up spiritual pride and a desire to be seen. Our need to be spiritually elevated is an illusion that exists in the duality. Humility is not something we admire or promote in our society. Rather we focus on how many likes you have on social media and how popular you are.

We set the stage early insisting all children receive a certificate for various activities like soccer or other sports, with the good intention of not leaving a child behind. This however teaches children that they do not have to invest their time and energy with serious study. A certificate gives them a sense of completion. We allow our kids to try everything and compete fiercely for the top spot, best role, first chair and starting position. We forget this is the very template from which they will live by.

A state of nothingness is the path of the guru. There is a deep understanding that there is no attachment to anything. They fully embrace that they are nothing. It is within the nothing that they experience everything. In ancient times the gurus lived in caves and literally had

nothing. As the metaphysical community swings their crystals and marches to weekend workshops let's embrace the truth of spiritual enlightenment. We are not attached to anything here on earth. Our dedication to our inner journey is all that matters. Our first responsibility is to the earth. We are the caretakers of this planet. Once you are enlightened, then what? Your life becomes a state of service to humanity and the real work begins.

*For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Her companion film series 'Earth Angel' can be found on her website [www.sonjagrace.com](http://www.sonjagrace.com)*

## Tis the Season

By Tobi Nason

word and wisdom

### THE HOLIDAYS ARE COMING! THE HOLIDAYS ARE COMING!

Yep, you betcha. As I write this, there's less than 2 months of fun and frenzy, until the New Year when we get to recoup and sweep up the mess.

It is the season of frenzy, no doubt. Since I have no means to indulge in physical excess, that is not my concern. My focus is just that - Focus.

It's easy to let the Holidays overwhelm and drain a person. Too much to do, not enough time. Too many choices, and not enough ways and means to do it all. Even with that in mind, there's still a sense of hyperspeed and overconsumption and too much to it all. Overeating the hors d'houerves at free events is still an indulgence. That extra glass of wine, once more cookie, and more, more, more....

It starts now, people. The retailers have their stuff on display. Colorful, sparkly, and

I admit, it triggers some little person in me that goes "Awww! Pretty!"

At one time, I would and could indulge in stuff. Decor, candles, cute hand towels. You name it, I was a suburban housewife married to a working man. Now I'm a downsized older person, single, who chose to live simply (or simply live?) I actively gave away all my decorations, years of decorations, lots of memories attached to the Hallmark cuteness, yes, I was on my way to a new life and I wanted to clear the path. I wanted my Christmases to reflect my new life. My best memories are not gone with the decorations. They have stayed with me - a picture here, a scarf, a letter.

I want you to know this: There's a sense of excitement in Not Knowing how my Holiday season will pan out. I have choices to make, like an array of goods on display, only these are big and small events. My emphasis is on Doing, rather than Having. Much as I'd like

to buy a few odds and ends, if it's something I have to pack away in a box in January, most likely I will not buy it.

I believe that infusing more thought and feeling into the season takes time and energy, something money can't buy. I'm discovering the world where money does not reign.

So much of life is adapting to Change. The best adaptations have a flow to them, a natural sense of Rightness. Trying too hard to hang onto things that once were is a sure way to frustration and a waste of time. My suggestion: Adapt to "what is." Get comfortable with reality and work with it. No family in town? Volunteer somewhere. No money? Do a good deed and say kind words. Feeling sad and lost? Join the crowd. Literally. Get out and mingle. Just be. Feel grateful that the option of mingling is still within your physical powers.

Happy Holiday Season, Everyone!

## The Joy of Pets

**Treat yourself - adopt from the Animal Shelter and Enjoy!**

"I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon, and a cat that comes home late at night."

Marie Corelli

**Clatsop Co. Animal Shelter**  
1315 SE 19th in Warrenton  
Ph. 503.861.0737 | Hrs. noon to 4 pm  
Tuesday through Saturday

Visit our website at:  
[www.dogsandcats.org](http://www.dogsandcats.org)  
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Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

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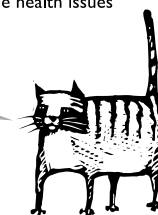
#### Tasks include the following:

- Cleaning and restocking cat cages
- Grooming and socializing felines
- Assisting with adoptions
- Watching for and reporting possible health problems

#### Tasks include the following

- Walking the dogs
- Grooming and socializing them
- Feeding the canines periodically
- Watching for and reporting possible health issues

**Call for  
orientation  
training**



**Clatsop County Animal Shelter**  
1315 SE 19th in Warrenton  
Phone: 503-861-0737

Hours: noon to 4 pm, Tues. thru Sat.

Visit our website at [www.dogsandcats.org](http://www.dogsandcats.org)

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Office: 503.436.0335 Fax: 503.436-0604

## bodies in balance

# Holiday Cheer Giving You the Blues?

**THE HOLIDAYS** can be a hard time of year for many people. Whether it is remembering a loved one who has passed, financial instability or just the gray weather; it's a season when symptoms of depression can reach an all time low. Depression is one of those terms like organic, which seems overused and poorly defined. There is no one size fits all when managing depression, so let's explore some naturopathic basics to this common experience.

It is important when seeking attention for depression that you thoroughly explain what depression means to you. It is purely lethargy and loss of motivation, or is there also trouble sleeping (too much OR too little), an element of anxiety, and difficulty concentrating. Is it a seasonal problem, or something that you struggle with year-round. All of these specifications can help a practitioner refine treatment to better fit your needs.

The root of depression may stem from a variety of causes: a mental-emotional trigger, a nutritional deficiency, an overload of heavy metals, or a biochemical imbalance. Anti-depressant drugs, which focus solely on the biochemical imbalances, are among the leading prescriptions in this country. But often these drugs just flatten emotions so that neither joy nor sadness seem intense, and they come with unwanted side effects. Many people do experience significant relief from anti-depressants, but let's explore a few non-drug choices for you to consider.

For those who are beginning to recognize the symptoms of depression, there are some simple nutritional therapies to try before drugs. My first go to is always vitamin D3, this all too common deficient vitamin can often work wonders for seasonal depression. The use of a quality B complex vitamin is a must try as well. A deficiency in almost any one particular B vitamin can cause a whole range of emotional problems from irritability and anxiety to depression and mood swings. Minerals such as Magnesium and Zinc are key to many physiological reactions in the body. With a deficiency of minerals one may experience low energy, poor memory, fa-

tigue and lethargy. Amino acids, which are precursors to neurotransmitters, can cause depression if not at adequate levels. Tyrosine (a precursor to dopamine, epinephrine and norepinephrine) or Tryptophan (a precursor to serotonin and melatonin) are two of the twenty amino acids, which are key players in depression. The latter our bodies cannot produce itself and must come from protein food sources such as nuts,



seeds, dairy, meat, quinoa and seaweed... OR you can supplement them (under the advisement and supervision of a health care professional of course).

The wonderful world of plant medicines can also supply our bodies with the necessary tools to aid in easing the blues. Again depending on your specific depressive symptoms there are choices that may be more appropriate. If your depression takes on more of an anxiety, edgy, angry, racing thoughts and insomnia form then soothing, sedative nervines are for you. Consider Passionflower, St John's Wort, Skullcap, Linden Flower or Valerian to ease your emotional lability. If you are a lethargic,

apathetic, fatigued person with poor concentration you might consider more energetic, tonic, restorative herbs. Ginseng, Rhodiola, Oat Straw, Skullcap or Rosemary which are nourishing to the nervous and endocrine systems. Herbs are safe when used correctly, but always best to seek the attention of a licensed professional who can design and advise something specifically for your needs, especially if you are already taking an anti-depressant medication. Flower essences are also a favorite of mine and can be a subtle yet powerful tool to help with emotions. Finding the one to fit your emotional needs is the art to using these remedies. Elm for overwhelmed, Mimulus for fear of the known, Aspen for fear of the unknown and Holly for anger... this is just a sampling of the emotional states that flower essences may be able to help. I like to tell my patients that flower essences won't necessarily take away the emotion but put you in more control.

Other lifestyle choices can impact the way that you mentally move through your day. Obviously eating well, making quality food choices and taking time for digestion will help your body maintain many of the vitamins, minerals and amino acids mentioned above. Getting exercise has been shown in numerous studies to improve your moods...the BEST all-natural anti-depressant. You may want to consider taking up an old hobby or starting a new one. Sewing, painting, writing, playing music or woodworking may speed up those long, dark nights and keep you away from the all too depressing television. If you are lonely consider adopting a pet, even a fish (non-allergenic) can make a nice change in a lonely home. Pets have been reputed to lower blood pressure, help us feel more relaxed and live longer; there is no shortage of loving pets waiting for a happy home.

Happy Holidays Hipfish readers, I hope your holiday season is filled with warmth, love and good health!!

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

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



## FOOD GROOVE

### DAYLIGHT

Savings Time has left us to twist in the pitch dark wind and the rains have returned at last. The furnace has occasionally groaned into action resulting in a house-wide search for the source of the mysterious sound and the musty smell. The sound, once identified, quickly becomes a comfort and the smell, a penalty for forgetting that filters were meant to be cleaned, is soon remedied and replaced by pots of stuff bubbling aromatically on the stove. Winter may be weeks away on the calendar but I reserve the right to say when it starts in my house. That would be when a hot shower is required just to warm up, when slippers start to trump bare feet and when deliciousness is daily born in the warmth of a 350 degree oven. Goodbye sun and sweat. Hello dark and toasty. The seasons are not only magnificent, they're the perfect length. Ninety days, give or take, is just right to make me happy to see them come and happy to see them go. Sort of like out-of-town guests.

The separation anxiety that creeps in at the thought of fresh corn, melon and berries disappearing steals away cloaked in the steam from endless roasting and braising. My fondness for summer proves to be fickle in the face of winter squashes, persimmons, pears and root vegetables, stuff so rich, dense and sexy there is simply no reason to pine for love lost. Food that takes time and perfumes the house and radiates heat conjures powerful memories of standing on a chair at my grandmother's stove stirring butter into the mashed potatoes or whisking gravy or watching the late harvest green beans slowly turn gray in the face of severe over-

### CHEW ON THIS!

by Merianne Myers



cooking. Sure, lightly

steamed, semi-crisp, brightly colored vegetables

are scrumptious. So are homegrown string beans, diced onion and bacon tossed in a saucepan with a little water and a dollop of bacon grease and simmered within an inch of their lives.

All that nostalgia inevitably leads me to baked custard, a food so old fashioned if you crave it, you'd better be able to make it because you'll not find it waiting to be added to your shopping cart anytime soon. Baked custard has to smell like butter and cream and vanilla. It has to surrender delicately to a spoon, be silky smooth on your tongue and taste equally luscious warm or cold. Bread pudding lovers will argue that there is no higher calling for custard. I beg to differ. Rice pudding is pudding's raison d'être (with raisins). Warm from the oven, rice pudding dares dinner to step aside all together. A day later, rice pudding requires one to have spoon in hand whenever opening the fridge for any reason. It's a beautiful bite of home and love and winter. It's a key ingredient in a season that suggests I set the oven to 350 and leave it there until May. Happy to oblige.



## REASSURING RICE PUDDING

Serves 4 if you're generous or 1 if you're smart

- 1 1/2 cups water
- 3/4 cup white rice
- 1/4 teaspoon salt
- Or replace the above with 2 cups of leftover cooked rice
- 3 cups whole milk and 1 cup heavy cream (or 4 cups half & half)
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- Tiny grate of nutmeg
- Handful of golden raisins (the spices and raisins are optional)
- 1 vanilla bean (not negotiable)

If you're starting from scratch, bring the water, rice and salt to simmer in a saucepan. Reduce heat and cover. Cook until the water is absorbed, about 15 minutes. If you're using leftover rice, place it in a saucepan and continue.

Add milk and cream or half & half and the sugar. Split the vanilla bean and scrape out the seeds. Put seeds and the whole bean in the pot along with cinnamon and nutmeg. Cook over medium low heat until rice is tender and the whole works becomes soft and creamy. It takes about a half hour and you need to give it the occasional stir.

When it's just right, which you will know because you have tasted it compulsively throughout the process, remove the vanilla bean and spoon the gorgeousness into bowls to serve warm or cover with plastic wrap placed directly on the pudding's surface and tuck it in the fridge.

This is perfection unto itself but is graciously welcoming of a dollop of whipped cream, a whisper of citrus zest, a spoonful of warm compote created from summer berries unearthed from the freezer or 'D', all of the above.



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## Cooking Up Community!

by Merianne Myers

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

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

northcoastfoodweb.org



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**Re: Where Does Wellness Begin?**  
**Astoria Co-op Grocery's monthly talk**  
**Local Wellness Coach: Angela Sidlo**

**"WHERE DOES WELLNESS BEGIN?"**  
That's the title of a talk Wellness Coach Angela Sidlo will be giving as she answers that question. Her presentation will begin with the concept of primary food and secondary food and focus on soil, organics and how to choose the best way to nourish one's self to create healthy bodies, families and ultimately healthy communities.

Sidlo has been out and about in the community conducting interviews, getting to the root of wellness. For example, Dr. Jennifer File, a local pediatrician, feels that wellness begins first as a mindset, while Farmer Teresa Retzlaff believes wellness begins in the soil. Sidlo will bring her findings and knowledge to the public in a talk titled "Where Does Wellness Begin".

"I personally believe that wellness begins with awareness: just the simple act of being aware of what you put on your plate, what you choose at the grocery store, where you spend your restaurant dollars," Sidlo said.

Sidlo says food is only one aspect of wellness. Also important are your choices when it comes to exercise such as al-

locating some of your budget to a gym membership, a tai chi class or a meditation group.

"By raising awareness about wellness we all begin to start making better choices about food, exercise, re-relationships and all the things that create a healthy mind, body and spirit. It is what I am passionate about and what I love to teach the most," Sidlo said.

Sidlo is a wellness coach, licensed reflexologist, certified holistic aromatherapist, certified tai chi instructor, and Usui Reiki Master Teacher. She owns Waves of Change Wellness Center. Sidlo is also a member of the Astoria Co-op Grocery's board of directors.

Learn more from Sidlo on Thursday November 12 at 7pm at Astoria Co-op's monthly food and wellness talk "Beers to Your Health" at Fort George Brewery. It happens in the brewery's Lovell Showroom, located at the corner of 14th and Duane Street in downtown Astoria. Doors open at 6 p.m. for food and drinks (available from the Taproom). The talk lasts about an hour, with an opportunity for questions and answers. This is a free community event open to all ages.

**FOOD GROOVE**

**2016 OSU Master Gardener Training Class**



Now is the time to register for the OSU Clatsop County Extension Service Master Gardener Program. Classes are held at Clatsop Community College – South County Campus in Seaside on Wednesdays from 8:30 a.m. to 4:00 p.m. beginning January 6 and ending March 23. Students will receive over 60 hours of intensive gardening education in the classroom and an additional 60 hours of Volunteer Service as hands-on training. The cost is \$150 and includes your handbook.

The Master Gardener curriculum provides the volunteer with information and references on subjects such as botany, soil management, pruning techniques, integrated pest management and more. The classes are taught by OSU Extension Faculty, veteran Master Gardeners and experts in their respective fields. Students of all ages and abilities, beginners and experienced gardeners alike, are welcomed in the program.

Your Volunteer Service time is a fun time spent working on projects such as the OSU Extension Master Gardener Information Line, Sunday Market or other plant clinics, as well as hands-on gardening in the Demonstration Garden with Veteran Master Gardeners. The remainder of your community service may be spent on many different projects as diverse as helping to develop and maintain a pet friendly garden project at the Animal Shelter, teaching high school students the basics of gardening, and the annual "Spring into Gardening" and "Winterizing your Garden" events.

If you like to have fun exploring gardening, and are prepared to learn more about sustainable gardening methods to share with the local community please apply to the Extension Office by Monday, November 30, 2015.

Applications: <http://extension.oregonstate.edu/clatsop/gardening/master-gardener-classes-events>, at the Clatsop County Extension office, 2001 Marine Drive, Room 210, Astoria, (503) 325-8573, or request an application by email from Stacey Hall at [stacey.hall@oregonstate.edu](mailto:stacey.hall@oregonstate.edu)

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This fabulous afternoon will feature live music, delicious food and tasty northwest wine and beer. Art a la cARTe 2016 promises once again to be a magical winter afternoon.

Liberty Theater and NCSBpresent  
**"Home For Christmas"**  
**Saturday, December 19th at 4:00 pm**

Joining in the fun are vocalists from the North Coast Chorale and Cannon Beach Chorus. Our special guest performers this year are Astoria native Mark Goodenberger, percussionist, and his wife Denise Dillenbeck, violinist. Both are music faculty members at Central Washington University.



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