

February 2016 • vol 17 • issue 205

HIPFISH MONTHLY

alternative press s

olumbia pacific region

LOVE FOR ALL:
THE Q CENTER
IS COMMUNITY

**Stunning Rays Guns
are stunning p4**

**Learn Native Planting
On Fred's Farm p5**

Aerial Art *suspend joy* p10


Q Center p11

**FP Programs
and Workshops p12**

**Flash Cuts Oscar Picks
(he's always right!) p20**

**FISHER POETS
GATHERING**
98 Fisher Poets and a whole lot a' truth & beauty

RIVERSEA GALLERY
contemporary works of art



Donna Lee Rollins

Open Daily at 11:00
1160 Commercial Street Astoria, Oregon
503.325.1270 riverseagallery.com


follow us on facebook

finnware

crystal & pottery
dinnerware
cooking products
textiles home decor
sweet treats
jewelry sweaters t-shirts
discover scandinavian design
books & souvenirs Christmas year
round sauna supplies cookware

Since 1987

finnware.com • 503.325.5720
1116 Commercial St., Astoria OR • Open Daily



Imogen Gallery contemporary works

240 11th street, astoria, or • 503.468.0620
mon – sat 11 to 5:30, sun 11 to 4 • www.imogengallery.com

Reclaim your Health Vitality & Wellness Naturally!

Restorative Spinal Care: offering gentle specific neurological work restoring function to the body and its ability to heal.
- affordable plans & also billable to insurance as Chiropractic care -

Re-Organizational Healing: our specialty & premium service
- serving our community & humanity at the juncture of healthcare & personal development!

Since 2004

Dr. Dawn Sea Kahrs, DC
gracefulwaves@gmail.com
(503) 368-WELL (9355)

Graceful Waves Chiropractic



Forsythia
home & garden ARTS

- artisan decor for home and garden
- traditional toys

1124 Commercial St • Astoria, OR Open Mon - Sat 11 - 5:30, Sun 12 - 4

Wellness through Natural Practices

Angela Sidlo
Licensed Reflexologist
Certified Holistic Aromatherapist in Astoria
503.338.9921
Lic. # RF60411242
reflexology_works@yahoo.com



Celestine Durham
hair designer

15% off all Gift Certificates for Feb!!!

Hair Cutting
Color Services
Extensions
Brow Waxing & Coloring
Over 30 Years Experience

at Nadia's Exclusive Salon, 112th St. Ste. 3 Astoria 503.325.8667 Cell: 791.7285



4 SEASONS CLOTHING

OPEN DAILY

8 REASONS TO SHOP FOR YOUR LOVER! 1405 COMMERCIAL ASTORIA



BELLY DANCE WITH JESSAMYN



Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and levels are welcome.

* Coin belts, zills, veils, & music are provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

A GYPSY'S WHIMSY
HERBAL APOTHECARY



Enter into the Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871
Hrs: Tue - Sat 11am - 6pm
closed sun - mon
1139 Commercial St.
Astoria, OR 97103


Aerial Classes by Elevated Arts Aerial

Classes:
Sunday 6:30pm - 7:30pm
Wednesdays 7pm - 8pm

For Holiday Specials and Specials for Teenagers call Astoria Full Fitness (503) 338-0191.

astoriafullfitnesscenter.com
Astoria Full Fitness • 3975 Abbey Ln, Astoria

Sara Hill
Instructor



La Luna Loca

Global Treasures to Adorn Body & Home

Now in Downtown Astoria, too!

382-12th St. in the Liberty Theater Building
107 N Hemlock St. across from the Coaster Theatre
503.468.0788 Astoria • Cannon Beach 503.436.0774
www.LaLunaLoca.com



CCC Celebrates the Tenth Anniversary Au Naturel

THE TENTH ANNUAL international juried exhibit *Au Naturel: The Nude in the 21st Century* will be on display from January 21 through March 10, 2016 at Clatsop Community College's Royal Nebeker Gallery located at 1799 Lexington Avenue, Astoria, OR. Gallery hours are from 8:00 a.m. - 5:00 p.m. Monday through Friday, and Saturdays from 11:00 a.m. - 4:00 p.m. The gallery is open on Sundays and holidays by appointment only.

This exhibit marks the competition's tenth consecutive year and is being held in memory of Royal Nebeker, internationally renowned artist and beloved instructor who taught at Clatsop Community College for over 30 years and who served as the first juror for the competition. This year's juror is Lisa Harris, the Director and Owner of Lisa Harris Gallery in Seattle, which represents thirty Northwest and West Coast contemporary artists including Royal Nebeker. Harris is a founding member of the Seattle Art Dealers Association and a member of Art Table, the national organization of women in the visual arts.

This year, artists from 33 states plus the District of Columbia, as well as international submissions from Canada, Mexico, and Romania submitted nearly 500 images for consideration. The 2016 exhibit will represent 52 artists from 17 states plus the District of Columbia, in addition to international artists from Canada and Romania.



Katie Gentner, Kenosha WI; *lan #6*, Oil on panel, 32"x 48

"I'M FASCINATED by how gender has become so tangled into how our society functions. Why are we uncomfortable when someone is not either or, and can there be beauty in both and neither? I am also interested in the abstract concepts of gender and vulnerability, and the many ways our views can manifest."

Ben Rosenberg, Portland/Manzanita, exhibits in the *Au Naturel* for the third consecutive year. Rosenberg, who has taught the printmaking class at CCC multiple times and always encourages his students to experiment, enjoys exploring a wide variety of media in his own work. "My natural instinct as an artist is to work like a scientist, collecting and investigating through a wide variety of media from drawing and painting to sculpture and filmmaking," he reveals. "I surrender myself to new materials and use them in new ways."



Ben Rosenberg, Portland, OR; *The Shadow Knows*, Charcoal, pencil wash on wood panel, 18"x 18"

The Photographic Nude 2016 Feb 13 - March 8 LightBox Photographic Gallery

LIGHTBOX PHOTOGRAPHIC GALLERY opens the exhibits, "The Photographic Nude 2016" and *Mortal Temples* with an artists' reception on Saturday, February 13th from 6-9 p.m. This is the sixth year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

James Wigger of Portland, Oregon was selected by the gallery to be the featured artist this year with his exhibit, "Mortal Temples"

LightBox directors Chelsea and Michael Granger developed "The Photographic Nude" series to reveal compelling imagery and the mastery of the medium, as well as to foster appreciation of the nude in the photographic medium. This year Michael and Chelsea juried the images for the exhibit, allowing them to give their personal touch to the exhibit which they began in 2010.

This year's exhibit consists of work from photographic artists' from around the globe, this time including Russia and Germany, with a total of 50 images selected for the exhibit, representing many of the very talented practitioners of the photographic fine art nude from around the country. LightBox

developed this exhibit to bring further recognition to the photographic medium and the artists who practice the art with the theme of the nude, and in order to advance a better understanding of the historical theme in the photographic art form.

Also opening in the gallery on the evening of February 13th is *Mortal Temples*, an exhibit of alternative imagery of the nude by Portland photographic artist, James Wigger. James was invited to be the featured artist in association with "The Photographic Nude 2016"

James Wigger is a photographer whose work reflects his fascination with what lies just out of reach. His work is often reminiscent of a relic forgotten in time as decay, texture, and darkness shrouds the subject from the eyes of its viewers, keeping its meaning ambiguous. Through the usage of visual cues and subtle symbolism in his work, he seeks to explore the topics of spirituality, religion, desire, and hope, wishing to confront the issues he believes makes us inherently human.



James Wigger, *Consecration*

The exhibits run from February 13th through March 8th 2016. LightBox is located at 1045 Marine Drive in Astoria, Hrs: Tue - Sat 11 - 5:30. 503-468-0238 or at info@lightbox-photographic.com, and visit lightbox-photographic.com.

Pacific Pro Realty

Professional Real Estate Services

- Local Knowledge
- National Exposure
- Attention to You

503-468-0915

www.PacificProHomes.com

207 12th St., Astoria, Oregon



TEST DRIVE
THE NEW
LIGHT
FRAME
DETROIT
BIKE



11th and Marine Drive in Astoria

503.325.2961 • OPEN DAILY • www.bikesandbeyond.com

MERRY TIME BAR and Grill

HOME OF THE MERRY MONSTER!
(Burger, that is!)



**The Merriest
Happy Hour
in town!**

7 days a week 4-7pm
Featuring \$3 well drinks,
all draft beer and
a buck off bar snacks.

"Breakfast served daily until 3pm"



503.468.0852
995 Marine Drive Astoria

21 and over only
www.merrytimebar.com

Coast Community Radio

KMUN 91.9, 88.9, 91.3, 104.3

KMUN broadcasts 7,500 watts of power from its main transmitter on Megler Mountain, and 10 watts each from translators in Wheeler, Cannon Beach and South Astoria.

KTCB 89.5

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

KCPB 90.9

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



Tale of Beauty and the Beast



February 26 to March 8
Fridays & Saturdays • 7pm
& Sundays • 2pm

6th Annual Real Lewis & Clark Story Or...
How the Finns Discovered Astoria!
Fri. & Sat. 7pm April 8 to 24
AUDITIONS Sat. Feb 20th 6pm - 8pm



ASOC PLAYHOUSE

129 West Bond Street
in Uniontown Astoria
tickets online @
astorstreetoprycompany.com

ticket info call
ASOC Box Office: 503-325-6104

MUSIC@KALA

March
4



Double Bill Double Bill Double Bill Double Bill Double Bill Double Bill Double Bill

Neo Classical Pop + Cosmic Rock

Robin Baciorek & The Stunning Ray Guns

MARCH 4 AT KALA performance space marks the return of two artist ensembles joyfully welcomed back to the stage. While vastly different genres of contemporary music, the beautiful neo classical pop renderings of singer-songwriter Robin Baciorek and the cosmic collision of rock experimentors Raymond Martin and Collin Colebank aka The Stunning Ray Guns bring together an artistry that offers a fresh take on music making – because both ensembles commit to sound and song as something mystic, effecting, awakening and beautiful.

The mellow tones of Portland-based Robin Baciorek, who plays both piano and guitar, have been in duet with cellist in performance and recordings but as all things change, Baciorek has now expanded to a 4 piece, with drummer, harmonizer (second voice) and Nord (keyboard). Luscious, yet minimal, nontraditional but harmonically accessible, the instrumentation of Baciorek plays to her clear, honeyed vocals, and one is taken in. Her songs have received praise from press from NPR's All Songs Considered, Vh1, MTV, NYLON, L

Magazine, CBS, Stereomood, Soundcloud, along with various blogs and college radio stations throughout the states. As of this writing she is on tour in Europe.

The beautiful/manic psychedelic soundtracks of Stunning Ray Guns are created with electric guitars, drums and computer noises, which collide and careen to form sonic tapestries on their constant quest for new musical exploration. At their opening date at KALA this past year, one could also identify an exciting John Barry (Bond soundtracks) edge. Audience never knows when the song may end, some are short, some longer, but each piece was as sonically fascinating as the next, and after an encore, still left the room wanting more. Expanding guitar melodies, rhythmic grooves, and far reaching musical ideas lead you into a kaleidoscope reality - a great place to be.

Make this date. You'll be glad you did. Friday, March 4, 8pm, \$7 @the door. KALA, 1017 Marine Drive in Astoria. Full Bar.

Multi-talented blues/folk songster

Lauren Sheehan

Cannon Beach History Center & Museum

February 26



.... in the Elizabeth Cotten/John Hurt vein... a one-woman Americana jukebox... her fingerwork and sensitive singing, Piedmont picking... all sounds deceptively easy, which is a testament to her huge talent and hard work."

- Stephen D. Winick, Folklorist, Music Critic, Editor, The Huffington Post, 2013

Roots Americana musician, Lauren Sheehan, launched her recording and performing career in 2002 and has been sailing on to critical acclaim, national/international radio charts and 'encores' at festivals, concerts and venues across the country and in Canada ever since.

Sheehan inhabits the music she performs, shape shifting through the moods of the familiar and the obscure, howling with the werewolf and weeping with the willow. Her gifted guitar work, stylistic breadth and vocals are inspired by her study with elders, oral tradition and scholarship. With all of that tradition behind her, she re-creates the intimacy of a back porch, where singing and playing were regular events.

Feb 26, 7pm at the corner of Sunset and Spruce. Tickets are \$12 for adults and \$2 for children. Complimentary snacks and wine will be available. Tickets are available through online gift shop (www.cbhistory.org/shop), by phone (503-436-9301), or at the door.



Inside the Month:

Fisher Poets Gather . . . p12

Q Center Conversation . . . p11

Nature EVents . . . p9

Health Events/Sara Hill Aerial Artist . . . p10

PeaceVoice Monthly Oped . . . p7

We're here, We're Queer!! p8
LGBTQ eVenTs p8

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

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

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondance:

hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison
Les Kanekuni
Dinah Urell
Michelle Roth

ACCOUNT EXEC :

Ryan Sheile

CALENDAR/PRODUCTION

Assistance/StaffWriter: Cathy Nist

MAGIC WEB WORKER:

Bob Goldberg

COVER DESIGN:
LES KANEKUNI

COVER ART:Photo Journalist
and Fisher Poet Artist

KAREN DUCEY Corrie
Morrison (left) and Lisa Krebs,
pull in a sockeye salmon on Krebs'
setnet site on Egegik River in Bristol
Bay, Alaska in June 1996.

Social Media: Sid Deluca

Feel the Salmon Coming Back

Learn Native Planting on Fred's Farm

FRED'S HOMEGROWN PRODUCE and Pacific County Natural Resources Conservation Service will be finishing a 10 Year Salmon Habitat Restoration project with the planting of native plants along the stream bed of a newly constructed fish passage to the Naselle River. This project is a continuation of a previous salmon habitat restoration project that turned a half-mile of riverbank into a total of 8 acres of forested habitat in 2006. The project is focused on restoring habitat for salmon, birds and native pollinators. It involves culvert removal and replacement with salmon-friendly culvert systems, replanting native species along an additional 4 acres of interior stream bank, and creating a buffer filtration system for the cattle pasturage enabling production of salmon-safe beef.

The final planting will complete the half mile of newly constructed fish passage, and add another 800+ feet of river frontage to the original 2006 Habitat project. The habitat project creates a spawning area for salmon as they come up the river from the ocean. The fish need areas to lay their eggs where they will be protected from predators and high water velocity when the smolts first hatch. Streams such as this small one that runs through the property provide this type of protection for the fledging fish.

The Farm will be hosting two classes in habitat restoration planting, hedgerow design and site-specific erosion control. The first class on Feb 27, focuses on the upper non-flooding area along steep stream bed slopes, and the second on March 5 covering planting habitat in a flood plain area.

Native area plantings will consist of a multi-canopy design of a mix of coniferous and deciduous tree species including firs, western red cedar, yews, and coast redwood. Also flowering and fruiting shrubs including thimbleberry, red huckleberry, blue elderberry, snowberry, twinberry, serviceberry, spirea, oceanspray, pacific ninebark, and a mix of other understory shrubs. There will also be ground cover and lower story plantings of native strawberries, giant camas, Oregon iris, red columbine and salal.

And there will be Pizza! Farm-made pizza will be served after the class is completed for all participants.



Habitat restoration wil replant native species along 4 acres of interior stream bank

Learn about specific plantings for various soil types, planting strategies, designing habitat for birds, bees and fish and choosing appropriate native species of our region. Learn how to address habitat restoration in your own restoration project!

FEB 27 & MARCH 5: Classes are \$10, start at 12 noon and go until 2 pm, rain or shine – bring your mud boots and raincoat – and stay for a slice of hot farm-fresh pizza to wrap up the day!

All ages are invited, and for anyone who would like to commemorate someone they love, or someone they have lost, come and plant a tree in their memory and honor.

You might be surprised in how good it can make you (and future salmon) feel!

Please call Fred @ 360-484-3345 if you have any questions. Classes will be limited to 20 people per class, with resources available on site.

18th Annual CASA Celebration March 10 At the Bridgewater Bistro

ENJOY An evening of delicious "small bites", wine and other beverages at the 18th CASA Celebration. A lively dessert auction in this beautiful setting on the Columbia River will raise money for advocacy services for children and youth who are victims of child abuse and neglect. The Celebration honors the rewarding work of CASA volunteers who advocate on behalf of foster children.

CASA volunteers help foster children on their path to a safe, permanent home. CASA volunteers are the only participants in the child welfare system who speak solely for the child's best interest in making recommendations to the court and advocating for services. With volunteers serving over 120 children in 2015, there is still a waiting list of children who need a CASA to help them during their time in foster care.

Clatsop CASA relies on community support to fund the recruitment and training of volunteers, so that they can work on improving the services provided to families and children. Please join CASA at the Celebration! Tickets for this benefit event are \$30 but space is limited. The event has sold out for the past two years so purchase your tickets now by calling the Clatsop CASA office at 503-338-6063.

Thursday, March 10, 2016 from 6-9 at the Bridgewater Bistro in Astoria.

Communications Class at CCC

COMMUNICATION is the basis for good working relationships. CCC is offering a class on Communication and Listening Skills for Professionals. *The class will run two Tuesdays, February 16 and 23 from 8:00 am -12:00 pm at the CCC South County Center in Seaside, 1455 N. Roosevelt.*

Topics include Management vs Leadership - a vision for successful teams and happy leaders, It Starts with Managing Yourself, Tools of the Job - administrative communications and team building, Power and Control or handling conflicts and crisis by identifying body language and tone and finally Flexibility and "Absorb and Deflect". We are not robots, we are humans and accepting the humanness is key to good customer service and effective employee management.

Taught by Michael Olsen, Master's degree in Marriage and Family Therapy. Mr. Olsen has experience and insight into understanding common workplace leadership struggles. His past experience in workplace education includes hosting community seminars and workshops on various communication and relationship topics.

To register go to www.clatsopcc.edu/schedule and search for 'Communication under Course Title or call 503-338-2402.

Accommodations: Persons having questions about or a request for special needs and accommodation should contact JoAnn Zahn, Vice President of Finance and Operations, at, Phone (503) 338-2421 or TDD (503) 338-2468. Email special needs and accommodation request to requests@clatsopcc.edu Contact should be made at least two business days in advance of the event.

I Know You
Think You
Heard What I
Said

Winter Blues Lauren Sheehan February 26 @ 7p.m.

Tickets are \$12 Adults & \$2 Children
www.cbhistory.org
Cannon Beach History Center & Museum

Planet-Forward Fashion for Women & Men



unfurl
manzanita

hemp
organic cotton
bamboo
shoes
jewelry

Open daily • 447 Laneda Ave. • Manzanita • 503.368.8316

KAREN KAUFMAN

L.Ac. • Ph.D.

Acupuncture
& Traditional
Chinese Medicine

503.298.8815

klkaufman@mac.com

at Astoria Chiropractic
2935 Marine Dr., Suite B

Winnifred Byrne LUMINARI ARTS

Art Cards, Artisan Crafts,
Gallery & Working Studio
1133 Commercial St. Astoria, OR 97103
503.468.0308

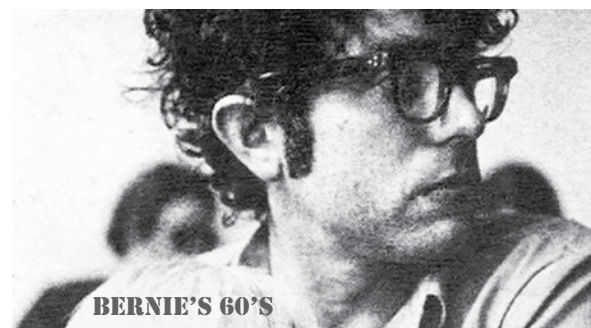
The Revival of Democratic Progressivism

It is now two generations since the US and much of Europe abandoned welfare state liberalism, an economic and governing philosophy stressing the common good, to return to a form of market driven capitalism, or classical liberalism. Now dubbed neoliberalism, it was quickly globalized. Featuring financial and corporate rule through international trade cartels, it has seriously eroded the state's role in bringing about equilibrium between capital, labor, public and private interests that characterized the welfare state model. The era of deregulation of capital has seen loss of manufacturing in the US and other first world economies, characterized by wage stagnation there, and the reappearance of extreme labor exploitation in developing economies like China. Market rule has brought massive inequalities, with most making low wages and some 400 families now dominating the US economy.

Loss of fabled opportunity for the average American has birthed the insurgent Democratic campaign of Vermont senator, Bernie Sanders. The septuagenarian, whose politics was formed in Sixties egalitarian activism, calls himself a democratic socialist. In a political landscape where Democrats largely front for Wall Street and Republicans receive marching orders from far right billionaires like the Koch brothers, Sanders is an outlier on the left. But if you look at him in the broader context of modern American politics, he is a progressive in the tradition of the two Roosevelts. Teddy, the progressive Republican, introduced environmental conservation and corporate regulation. And his Democratic cousin Franklin's New Deal jettisoned Republican treasury secretary Andrew Mellon's unregulated stock market and free-wheeling capitalism that had produced the Twenties' bubble economy culminating in the crash and Great Depression. FDR believed New Deal policies, now called economic stimulus, saved the US from German style fascism on the right or Soviet style communism on the left. In other words, by using the government to support the labor movement and improve wages, create

infrastructure jobs and a social safety net, Roosevelt spread the wealth downward and "saved capitalism."

But after almost forty years of neoliberalism, Sanders faces structural inequities similar to those FDR encountered. Stock market deregulation has created an economy of massive speculation like that of the twenties. Repeal of the Glass Steagall Act, which prevented ordinary banks, which finance business and homeowners, from engaging in



sale of stocks, set the stage for speculative frenzy. Deregulation of derivatives, highly speculative equities that would play lead role in securitizing very risky, or "subprime" mortgages, added fuel to the fire. Such rampant speculation re-created the bubble/bust economy ultimately producing the crash of 2008 and subsequent Great Recession. Thus, faced with homelessness, low wages and underemployment, Sanders is responding with many of the same ideas that animated the New Dealers.

First, he is calling for new Glass Steagall type legislation, which is nothing more than sound, conservative banking. Sanders wants to remake a system enabling the "billionaire class" to avoid taxation by hiding their money in offshore accounts, so that that money becomes available for the common good. Tax dodging loopholes and corporate welfare have shortchanged the economy of money which could rebuild infrastructure and a frayed social safety net. Sanders advocates infrastructure spending that would bring the US into the present century by adding such things as high speed rail. He also draws

by Stephen Berk



motivation for infrastructure conversion from the dire need to cope with the climate crisis.

Sanders would, for example, stop mountaintop removal in West Virginia and retrain coal miners there in green energy jobs. To fund vital clean, renewable energy, he would seek passage of laws making it more costly for corporations to offshore and more profitably invest in America. He also supports a tiny tax on all stock transactions, now used by some forty countries, including many in the EU, as well as Asian economies like China, Japan and Singapore.

Sanders's most enthusiastic supporters and active troops in the field are the young, who are becoming an ever larger part of the electorate. They will pay the severest price for drowning coastal cities, dying oceans and extreme weather conditions caused by greenhouse gases. Aware of the central role new generations will play in transitioning away from fossil fuels, Sanders lays strong emphasis on making higher education affordable for all

Americans. Stressing the much lower cost of college in his youth and in most other countries today, Sanders would use government subsidy to bring back education as the chief source of upward mobility. Seeking to lower interest on student loans below three percent, he also champions re-instituting tuition free education in public universities and colleges. Similarly, his support for single payer health insurance emulates most countries in the world, where health care is treated as a right, not a means to enrich insurance executives.

Since Sanders's campaign is not funded by wealthy special interests, he is freer to address these pressing issues, while excoriating systemic corruption. His unacknowledged impediment to domestic renewal, however, is the worldwide empire of US military bases. While making fortunes for "defense" contractors, empire and its wars have buried the US in 18 trillion dollars of debt. A Sanders presidency would have to withdraw financial backing from empire or lack wherewithal to renew America. This is a tall order, given entrenched interests, but if not done imperial overstretch will eventually implode us.

[pickled fish]

visit adifhotel.com
for menus + live music schedule
360.642.2344

- locally inspired menu
- classic craft cocktails

live music weekly

Show times are 9pm to 11pm on
Fridays and Saturdays, 7pm to 9pm on
weeknights (including Sundays). For more
information please contact Ezra Holbrook

@ adrift hotel
360.642.2344



Sonja Grace
Mystic Healer

www.sonjagrace.com
Read MESSAGES
every month in hipfish
pg 27

A PeaceVoice Op-ed

A project of the Oregon Peace Institute

Repeal of the death penalty is a step toward peace

By Ron Steiner

ANTONYMS FOR PEACE could be any of the following: War, disagreement, hate, discord, agitation, disharmony, distress, frustration, upset, worry, disturbance.

We can add the "death penalty" as an antonym to "peace."

The American death penalty is the tip of the sword that is emblematic of the violent nature that continues to exist in much of our land.

The United States has a history of violence from its very beginnings. The decimation of the native peoples and a land that was built to a great degree with the labor of slaves are all parts of our national heritage that are shameful and should be left in the past. As a country, as a citizen of the modern world, we should have matured enough that our moral fiber strains toward peace, not war, hate, or retribution. The continued use of the death penalty violates efforts toward peace, by hanging onto the acceptance of violent vengeance as a part of our identification as a nation.

National polls still shows a majority of those polled favor a death penalty—the bad news. The good news is that majority has been declining steadily for the past two decades. In 2015 there were fewer executions (28) than in the past 25 years, carried out by only six states. Also, there were fewer death sentences (49) handed down, a drop of 84.4 percent since the 315 executions in 1996.

While the use of the death penalty and executions falls, it also narrows in its use to the southern states, those same "Bible Belt" states that support-

ed slavery, that resisted civil rights, and many people continue to cling to the retributive citations from the Bible to justify this act of violence perpetrated by the government. Retribution is a step away from peace. Retribution only adds to the level of violence. There are alternatives to execution in terms of imprisonment to keep the public safe.

While only six southern states carried out executions in 2015, 31 states still have it on the books as the law. The death penalty is a hollow icon for being "tough on crime." The alternative is being "smart on crime," working to deter crime. Being "smart on crime" is using taxpayers' resources to rehabilitate the addicted, provide services to the mentally disabled, intervene into abusive households, enhance early childhood education and provide greater support for community policing. The death penalty is a failed public policy. The nation-wide repeal of the death penalty would be a step toward peace.

The "evolving standard of decency" is the judicial theory that led the United States Supreme Court, in 2002, to declare execution of those with "mental retardation" as unconstitutional. Then in 2005 the Court declared unconstitutional the execution of juveniles. It is time for the application of the "evolving standard of decency" to apply TO all government executions and allow us to take a giant step toward peace in our land.

Ron Steiner is a Board of Directors member of Oregonians for Alternatives to the Death Penalty.

PeaceVoice is a project of the Oregon Peace Institute and is an idea whose time has come. PeaceVoice is devoted to changing U.S. national conversation about the possibilities of peace and the inadvisability of war.

www.peacevoice.info

Volunteer Registration Now Open for the SOLVE Spring Oregon Beach Cleanup, March 26

Portland, OR, - On Saturday, March 26, thousands of Oregonians will mobilize across the state to scour beaches for wayward litter and debris washed in from winter storms. Presented by AAA Oregon, the SOLVE Spring Oregon Beach Cleanup will take place from 10am to 1pm. SOLVE welcomes families, schools, business groups, and volunteers of all ages to join together in clearing the entire Oregon Coast of trash. Register at one of 45 beach cleanup sites at solveoregon.org or by calling 503-844-9571 x332.

Columbia Pacific Common Sense

Thursday, February, 18

News and Q & A -- from Salem, Warrenton, Clatsop County, and beyond - with Dan Serres, Conservation Director of Columbia Riverkeeper
6:00 pm potluck snacks & social
6:30 - 8 pm meeting
Three Cups Coffee House - 279 West Marine Drive, Astoria



Haystack Rock Awareness Program Beach Season Begins February 12th

Join the Haystack Rock Awareness Program (HRAP) on the beach, daily, during low tide, February 12th through the end of October. Our complete beach schedule can be found on the City of Cannon Beach website, under the Haystack Rock Awareness Program.

The Haystack Rock Awareness Program is entering its 31st season on the beach. The programs mission is to protect, through education, the intertidal and bird ecology of the Marine Garden and National Wildlife Refuge at Haystack Rock.

HRAP Rocky Shore Environmental Interpreters will be on the beach, weather permitting, during daily low tides to educate visitors at Haystack Rock about biodiversity found both on and around the rock. Our completely free, public education program will change as the seasons change -- with the arrival and departure of various animals to the area. We will offer bird scopes, aquaria stations, an interactive visitor table with a microscope, and many other fun and exciting educational opportunities.

HRAP offers both volunteer opportunities as well as field trip opportunities. Volunteers can register to volunteer online, through the City of Cannon Beach website, with our Volunteer Coordinator. Teachers, instructors, or groups interested in a field trip and/or tour of the rock can register online, through the City of Cannon Beach website, with our Education Coordinator.

Melissa Keyser, Haystack Rock Awareness Program Coordinator at 503-436-8060 or email hrap@ci.cannon-beach.or.us



Astoria's First Licensed Dispensary

Friendly Helpful Staff

- 1/4 oz. Quality Trim for only \$15
- Discounts for:
 - Military Vets 10%
 - Senior Citizens 10%
- Medical Card Holders are V.I.P. !!!!!

7 Days a Week
9am – 7pm
503.468.0881
Fax 503.468.0882

sweet-relief.org
sweetreliefastoria@gmail.com
1444 Commercial St.
Astoria, Or 97103



the Cloud & Leaf Bookstore

148 Laneda Ave.
Manzanita, Oregon
Special Orders
Recommendations
Telephone: 503.368.2665
www.cloudandleaf.com

A store with **BOOK** sense*

THIS WAY OUT SM

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio
Wednesdays at 10:30pm.

This Way Out marks almost 30 years on the air!
Our first program was distributed on April 1, 1988.

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

Get the latest news, listen to *This Way Out* on Coast Community Radio.

KMUN 91.9 ASTORIA **KTCB 89.5 TILLAMOOK**

The Coaster Theatre Playhouse Presents

DEAD GUILTY BY RICHARD HARRIS

AN AFFAIR. A CAR CRASH. A GUILTY MISTRESS AND AN OBSESSED WIDOW.

JANUARY 29 – FEBRUARY 20, 2016

TICKETS \$20 OR \$15
PERFORMANCES BEGIN AT 7:30 P.M.
ALL SUNDAY SHOWS BEGIN AT 3:00 P.M.
SPONSORED BY MIKE & TRACEY CLARK

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

QFolk~LGBTQ Events

Late Skate and Party

Get your gay skate on!

Astoria Armory- 1636 Exchange Street
Saturday February 27 9pm-11pm

The Lower Columbia Q Center and Astoria Armory present: Late Skate and Party in the Mezzanine on February 27 from 8-11. Come join your friends and family as we take to the skate floor and work it out! Not a fan of skating, no problem! We have the party in the mezzanine for the 21+ crowd; a bar, tables to sit and visit, a birds eye view of all the action below and plenty of room to dance, dance, dance!!!

In the spirit of Fisher Poets, our theme for this skate party is: Fishermen, interpret as you want!

\$3 at the door and \$3 skate rental. Hope to see you there!!

While the Q Center meets in Astoria we welcome all interested individuals in the Lower Columbia Region to participate.

Lower Columbia Q Center Meeting

Astoria Armory - 1636 Exchange Street Astoria,
Wednesday, January 20th 6pm-8pm

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

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

Lower Columbia Gender Alliance/Trans Support

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

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

February 1, 2pm - 4pm, Love is Love Party, OCCC Commons.
To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com



Liz Jones and Nita Rose of Toledo United Methodist work on table decorations

LOVE is LOVE Valentine Party Oregon Central Coast

PLANNING for the annual LOVE IS LOVE Valentine Party hosted by PFLAG is in full swing. This community Valentine Party will be held from 2-4 PM on Saturday, Feb. 13 in the beautiful lobby of the Oregon Coast Community College in South Beach. Volunteers will transform the College Commons into a romantic Hearts and Flowers Valentine Party setting.

Past Forward, a popular local music group, provides live music to celebrate the power of love in all its wonderful and surprising forms— young and old, gay and straight. Vocals by Akia Woods of Past Forward will delight the audience with traditional and modern love songs.

Teen poets and writers representing the Gay/Straight Alliance Clubs from Lincoln County high schools will read their work, and adults will read striking modern and traditional love poetry, Newlyweds, gay and straight, will be celebrated at the party.

Delightful and decadent Valentine desserts donated by the best bakers from several local churches and by PFLAG members will make this celebration a really sweet treat and chocolate heaven.

Toledo United Methodist Church volunteers are preparing a table of hearts, flowers, glitter and glue for guests to create their own hand-made Valentine Cards. You can surprise your sweetheart with a card from the heart, unique and special, just like your love.

Photographer Jerry Thompson will be on hand to take Sweetheart Photos that may be purchased for only \$10, a great way to create a lasting memory with your Valentine on this special day.

PFLAG is a national organization providing support, education and advocacy for the LGBT (Lesbian, Gay, Bisexual & Transgender) community, their families, and friends. The Oregon Central Coast Chapter focuses on creating safe and nurturing communities for young people in Lincoln County, and opening hearts and minds of all ages. With this Valentine Party for old and young, gay and straight, we're bringing people together to celebrate the power of love in our lives. After all, Love is Love!

Donations will support PFLAG's programs for LGBT youth. For more information about the Valentine Party or PFLAG, or to be included as Newlyweds, call 541-265-7194.

CLATSOP COUNTY DEMOCRATS:

Announcing details and recruiting volunteers for CCDCC's Saturday, April 2, 2016 Spring FunRaiser! At the Astoria Events Center 5-8 PM
New people encouraged to attend.

Clatsop County Democrats meet at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin.

More information available at www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS

Monday, March 7 2016 - 7:00pm
North County Annex
1216 Robert Bush Drive, South Bend, WA



A PINK HERON SCAVENGER HUNT will be on-going using the Netul Trail along the Lewis and Clark River.

JOIN THE GREAT BACKYARD BIRD COUNT at Fort Clatsop, Feb 12-15

WITH THE EL NIÑO weather phenomenon warming Pacific Ocean waters to temperatures matching the big El Niño of 1997-98, participants in the 2016 Great Backyard Bird Count may find some surprising observations to report. This 19th annual count is taking place February 12 through 15. Anyone in the world can count birds at any location for at least 15 minutes on one or more days of the count and enter their sightings at www.BirdCount.org. The information gathered by tens of thousands of volunteers helps track changes in bird populations on a massive scale. The GBBC is a joint project of the Cornell Lab of Ornithology and the National Audubon Society with partner Bird Studies Canada and is partially sponsored by Wild Birds Unlimited.

From Friday, February 12 through Monday, February 15, visitors to Lewis and Clark National Historical Park, Fort Clatsop can learn about participating in the count, record bird numbers in the park and make plans to count birds in their own backyards. Binoculars will be available for loan within the park during this event.

Along with the actual bird counting activities, the park has planned four days

of bird-related opportunities. A "pink heron scavenger hunt" will be on-going using the Netul Trail along the Lewis and Clark River. A "Birds of Fort Clatsop" display is in the visitor center lobby.

On Saturday, February 13, Mike Patterson will lead a birding walk starting at 9:00 a.m. in the Fort Clatsop Visitor Center lobby. Although leashed dogs are welcome at most of the park's outdoor programs, dogs are not allowed at this morning walk. Please dress for the weather. The walk is wheelchair accessible although non-motorized users might need assistance for about 200 yards.

Park hours are 9 a.m. to 5 p.m. each day. Admission is \$5 per adult and free for youth 15 years old and under. Passes to National Park Service sites are accepted. A variety of bird field guides are available for purchase at the Lewis & Clark National Park Association bookstore in the Fort Clatsop Visitor Center.

For more information on the national bird count event or to submit bird counts from your home: go to www.birdcount.org. Lewis & Clark National Park Association and the National Park Service. (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

In Their Footsteps Winter Birding on the Lower Columbia

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. This program is Winter Birding on the Lower Columbia by Mike Patterson on Sunday, February 21 at 1:00 p.m.

Captain Meriwether Lewis, with help from his fellow Corps of Discovery members, was the first to collect specimens and write detailed descriptions of western birds for scientists back east in the 17 United States (and Europe). Lewis wrote about 51 species or sub-species of birds that were new to science. Many of these descriptions were completed during his 1805-06 winter at Fort Clatsop. Winter Birding on the Lower Columbia is an exploration of birds in this area with thoughts on changes over the years since the Corps of Discovery's visit 210 winters ago.

Mike Patterson is an educator, photographer, and ecological consultant. He works with state and federal agencies, land trusts, and private citizens to inventory, interpret and promote the protection and restoration of natural spaces.

These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge. FMI: (503) 861-2471.

Listening to the Land: Geologist Tom Horning Feb 17



Photo: Ellen Norris

STAND AT THE COAST and look in any direction: Water's fingerprints are all over this landscape. Join Seaside geologist Tom Horning for the second of the 2016 Listening to the Land presentations, the theme of which this year is water. "The Geology of Water" begins at 6pm on Wednesday, Feb. 17, at the Seaside Public Library. Admission is free. Refreshments are served.

Join Tom on an imaginary tour of our shoreline through time, as seawater squished sediments into rock that now forms our horizon, and as rain carved its canyons. Remember the hydrologic cycle you learned about in school? Tom will walk us through the cycle of rainfall and evaporation and precipitation—adding twists you may not have learned, including recent discoveries about how rain, sea, and ice have radically altered this coast in just the past 10,000 years and how they continue to shape it.

Seaside native Tom Horning has a master's degree in geology from Oregon State University. After a varied career as an exploration geologist, he returned to Seaside in 1994 and became a natural hazards and geotechnical consultant doing business as Horning Geosciences.

Listening to the Land is a monthly winter speaker series offered January through May and presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library.



Lower Nehalem Watershed Council Speaker Series Bird Conservation in Oregon's Marine Reserve System: Furthering our understanding using citizen science.

DO YOU LOVE SEABIRDS? Want to learn how to get involved and help scientists understand seabird populations in marine reserves? Join Lower Nehalem Watershed Council as we welcome Joe Liebezeit, Avian Conservation Program Manager of the Audubon Society of Portland for a presentation on how citizen science has enabled a better understanding of seabird populations in marine reserves. 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.

After many years of planning and public involvement, the Cape Falcon Marine Reserve and marine protected area went into effect on January 1, 2016. The



Pigeon Guillemot

site is located in state waters (shoreline to 3 nautical miles out) between Falcon Cove and Manzanita, Oregon and is an area dedicated to conservation and scientific research.

Just like parks and protected natural areas on land, there are multiple benefits of protected areas in the ocean. These sites also serve as living laboratories, where we can learn about marine reserve protections and Oregon's ocean environment to help us maintain our seas for future generations. Oregon has designated five marine reserve sites, located at Cascade Head (near Lincoln City), Otter Rock (near Newport), Cape Perpetua (near Yachats), Redfish Rocks (near Port Orford), and Cape Falcon (near Manzanita). The Oregon Department of Fish and Wildlife is responsible for managing and scientifically monitoring these five sites. Learn more about Cape Falcon and the other Marine Reserves at <http://www.oregonmarinereserves.org/>.



The Friends of Cape Falcon Marine Reserve is a group of local people and organizations working to increase understanding and appreciation of the marine reserve. The local group works closely with a number of non-profits including the Lower Nehalem Community Trust, North Coast Land Conservancy, Haystack Rock Awareness Program, Oregon State Parks, The

Nature Conservancy, Surfrider, and local watershed councils to put on educational lectures, field trips, youth education programs and more.

Presenter Joe Liebezeit has worked for the Audubon Society of Portland since 2013. He manages their citizen science projects and a number of state-wide conservation efforts including ocean conservation work. Prior to his position with Portland Audubon, Joe

worked for the Wildlife Conservation Society for 12 years leveraging on-the-ground science efforts to protect wildlife from oil development and climate change impacts in Arctic Alaska. Joe received his Bachelor's degree in Zoology from the University of New Hampshire and a Master's Degree in Wildlife Management from Humboldt State University. Joe has lived in the northwest for nearly 20 years and in Portland since 2005.

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/lwnc1>).

Feb 11 at Pine Grove Community House (225 Laneda Ave, Manzanita). 6:30pm Doors open – Refreshments, 7pm Council Updates, 7:20pm Presentation.

HEALTH

Cannon Beach Yoga Festival February 26-29

Yoga practitioners of all levels gather in Cannon Beach, Oregon, for a weekend of yoga, meditation workshops and Bollywood dance with renowned instructors at the Cannon Beach Yoga Festival



YOGA INSTRUCTORS and practitioners of all levels can choose from a variety of yoga workshops, meditation and other programs over four days at the sixth annual Cannon Beach Yoga Festival February 26-29, 2016, in Cannon Beach, Oregon. "Cannon Beach is a perfect location for a wellness weekend getaway," says Festival Director Christen Allsop. "Our picturesque beach and small town charm really delivers on hospitality. And we have something for everyone from yoga teachers to beginners and children. I'm so excited about this year's program."

Guest instructors include Simon Chokoisky, a teacher at the renowned Ayurvedic Institute in New Mexico and author of *The 5 Dharma Types: Vedic Wisdom for Discovering Your Purpose & Destiny*; Julie Gudmestad, PT, a certified Iyengar Yoga teacher, physical therapist, director of Gudmestad Yoga Studio in Portland and columnist for *Yoga Journal*; Sarahjoy Marsh, a yoga teacher, therapist and founder of DAYA Foundation, a non-profit yoga center in Portland; and Brad Waites, one of a few to be certified at the 2,000-hour level by the College of Purna Yoga, and who is currently a member of the college faculty.

An array of workshops, events, and lecture topics will be offered during the

festival. Parents or teachers can take part in Imagination Yoga, which includes a free segment for kids as they imagine yoga in the jungle. Beginners can take advantage of classes like Classical Surya Namaskar that focus on fully utilizing important poses like the Sun Salutation. Yoga professionals can benefit from workshops like Anatomy Awareness in Asana, a four-part, rarely available intensive that will provide clear application of anatomy in yoga practice. For something unique, participants can put charcoal to paper in the Yoga Figure Drawing workshop.

Full Festival Passes: \$375 and include your choice of 10 hours of main-track workshops, morning meditation on Saturday and Sunday, Saturday night Bollywood Dance Party and opening and closing ceremonies.

Additional workshops and lectures with the festival's faculty are also available throughout the weekend. Partial Festival Passes are also available and are priced individually. Main Track Workshops will be open for individual registration on February 1 based on availability.

For a full schedule of events, instructors, lodging packages or to purchase tickets for the Cannon Beach Yoga Festival, visit www.CannonBeachYogaFestival.com or call Christen Allsop at 503-440-1649.

Alexander Method Teacher to Visit the Coast.

THE ALEXANDER METHOD asks, What moves you? Renowned in the world of music conservatories, dance companies, the acting world and athletics, the Alexander method is the study of how we embody our lives. On **SUNDAY, FEBRUARY 21, 2016**, Portland Alexander teacher Rebecca Harrison will be teaching an introduction to the method here on the coast at RiversZen Yoga in Astoria. It will be the first in a series of beginning Alexander classes offered by Rebecca in 2016.

To what use do you put your body? Carrying a baby? Worrying? Hauling fishing nets? Sitting at a desk? We all have our own take on being human, holding ourselves in near infinite ways. No matter what your unique take on life, you likely have habits (mental, emotional or physical) or perhaps a few old injuries that cause you discomfort. Do you hold tension in your neck? Or stand with one hip cocked? Do you habitually turn your "good" ear forward? Or buzz with anxiety? These patterns are observed and considered in the Alexander Method.

The class will focus on drawing our awareness not only to how we move or hold ourselves, but to understand more deeply how the human body all fits together. Exercises will be taught that practice natural movements and increased embodiment and consciousness to bring more ease into our lives. Past participants of Rebecca's classes have described the experience as enlightening, surprising and very helpful. By being present with ourselves in this way, we tune in and listen to what our body has to tell us, enabling us to shift into greater ease and balance. You needn't be a professional musician, dancer, or athlete to benefit. After more than a hundred years, it is time for the Alexander method to spread amongst the rest of us.

Rebecca will also be scheduling individual sessions. These hour-long sessions allow time to focus on a specific issue with your body or in your life. Whether you are looking for more ease in an activity, decreased tension or pain, or more presence and creativity in your life, the Alexander Method can help.

TO REGISTER:

The RiversZen yoga website will have a portal for people to sign up for the Classes. go to workshops section of <http://riverszenyoga.com>

Contact about the individual sessions. alexanderwork2016@yahoo.com



Sara Hill Aerial Artist Intown

ANYONE who's experienced the sight of Cirque du Soleil's aerial artists in motion, floating above the crowds on great lengths of fabric and inducing gasps of awe with their death-defying drops and impressive choreography, might be surprised to learn that such a practice is not reserved solely for daring acrobats. Almost anyone of any age, background, or skill level can enjoy the freedom and benefits of this hypnotic blend of dance and fitness.

The modern art of aerial first took root in the United States during the late 60's and early '70s, and has since gained popularity not only as a creative expression, but means of improving one's overall health. Offering a total body workout that not only builds, strengthens, and tones muscles, aerial exercise greatly improves flexibility, increases bone density, helps with balance and stability, and even improves the digestive system. Furthermore, it fortifies neural connections to improve memory and releases "happy hormones" like serotonin, endorphins, oxytocin, and dopamine, all of which boost your mood, help you feel more energetic, and combat stress and anxiety. It has also been proven to detoxify the recirculatory and lymphatic systems, lowering the possibility of developing various cardiovascular diseases.

Intrigued yet? That's where Sara Hill comes in.

Though she officially opened the doors of her **Elevated Arts Aerial** classes in October of 2015, professional aerial instructor Sara Hill has had her eye on Astoria for awhile. Previously dividing her time between here and Portland, Hill admits she was "seeking another community."

An aerial artist since 2008, Hill began teaching in Denver, Colorado; from there her credits have included a stint as an aerial yoga teacher, as well as alumni of Portland's Amp Theater from 2010 to 2013. Her teaching techniques are simple and fluid: "With beginner students, I like to focus on

conditioning, making your moves clean, working on getting strong, then moving on from there." She continues, "There's a flow to the curriculum. One move works from the other, and you just keep building." Aside from the visceral and aesthetic beauty of the art form, Hill praises the core benefits of studying aerial technique. "I think it strengthens people in a way they wouldn't immediately expect," she notes. "It's a great way to work out without doing reps or some miserable routine. You're moving the whole body, and giving yourself a goal that isn't achieved just through repetition." She adds with a laugh, "It's actually a really nice distraction!" Participants in her class are also varied, ranging from teens to women in their 40's; Hill stresses that men are not only welcome, but equally savor the results. "The strengths you discover—muscle, flexibility—are universal, regardless of age or gender." She takes further pride in applying aerial arts training as an inspirational tool, and describes how many teens in particular have felt the effect: "They leave feeling empowered, and knowing they're capable." As with many individuals who make their way to Astoria, Hill marvels at the town's continued renaissance, and is eager to contribute. "I'm really excited to be part of this community," she says, "to bring something positive."

If interested in learning a new form of dance, or even just improving your overall health with a fun and unique new way to keep your mind and body in shape, the art of aerial can be whatever you make of it, and there is no prior experience necessary.

Classes are held at Astoria Full Fitness (3975 Abbey Lane) on Sundays from 6:30-7:30pm and Wednesdays from 7:00-8:00pm, and all participants are encouraged. Please call 503-338-0191 for any additional information or to sign up for a class.

Build Your Nest • Feb 13 start making your postpartum plan + meet other pregnant mamas

A postpartum plan is a detailed outline of how you will get rest and support when your baby comes.

We'll cover:

- basics of postpartum experiences
- tools for recovery
- forming circles of support
- helpful resources

3pm: postpartum planning intro class. 4pm: meet-n-greet. kids and partners welcome. With Kestrel Gates, find out more at www.kestrelgates.com free / please email to sign-up: vitality@kestrelgates.com



Love for All

Lower Columbia Q Center IS Community

MY LATE GRANDMOTHER used to say--and was proof herself--that kindness is the ultimate wisdom. We live in a time of extraordinary scientific and technological advances, of inner and outer awareness concerning our place in the world, as well as the direct impact our actions have on the environment and humanity at large. And yet a great many people still devote a seemingly inexhaustible amount of time and energy to the intolerance of designated races, religions, genders, and sexual identities. To offer a more blunt perspective: we've put a man on the moon and are about to perform the first ever head transplant of another, but still somehow find ourselves in the throes of a pending bathroom bill that would demand the exposure and approval of one's genitals before entering a public restroom. In an era of so much progress on so many fronts, it strikes me as somewhat disheartening that we still need Q Centers in our communities, that for many the struggle for acceptance and a safe place in society is a luxury others (like myself) often take for granted.

The Lower Columbia Q Center (LCQC) was officially founded and recognized in 2015. Chairman Marco Davis, along with secretary Tessa Scheller and outreach organizer Jeralyn O'Brien, form the nucleus of the organization, which is located in a donated office space within the Astoria Armory Building.

The LC Q Center follows the emergence of a coastal transgender support group organized in 2013 (see *hipfish* feature Sept 2013). Later community members organized to address LGBTQ needs in the Lower Columbia Pacific Region, of which has progressed to the Q Center. In the early 90's community members, both gay and straight allies formed the North Coast Pride Network (NCPN) to join forces in educating the voting constituency during the infamous Oregon Citizen Alliance anti-gay measures. The presence of an LGBTQ organization on the coast, active for 15 years years as NCPN, helped to establish a core gay community and also measured the support of the region in general, of friends, family, and businesses, many of whom showed support through advertising for example, in the quarterly newsletter, "OUT on the Coast."

In 2003, when Oregon Measure 36 reared its discriminative head, sponsored by the Defense of Marriage Coalition, stating: that only a marriage between one man and one woman shall be valid or legally recognized as a marriage," and passed by a 13% margin, a large and vocal faction of the north coast were shocked and angered -- a testament to the value of organized LGBTQ visibility in this region.

A North Coast PFLAG had a strong run in the past years, as well, Clatsop County Marriage Equality worked closely with Basic Rights Oregon in the 4 year Marriage Matters campaign.

The overturn on Measure 36 in May 2014, that established marriage equality in Oregon - (Geiger v. Kitzhaber and Rummell v. Kitzhaber), and incidently one of the plaintiffs, a native Astorian and one-time NCPN member -- is a historic civil

rights victory, and one that represents a millennium of fear and discrimination. "We've come a long way baby," as the advertisement pitching women's lib once rang out, and the continued work to establish a safe and loving world in all our communities is an essential.

The mission of the LCQC is simple: to provide a safe and welcoming resource and peer support service for the LGBTQ community, friends,



Kaheawai Kaonihi aka KK (Youth Outreach), Tessa Scheller, (Secretary) Marco Davis (Chair) and Jeralyn O'Brien (Outreach Organizer) relax in the Q Center space.

family, and allies of the Lower Columbia Region. But its reach has far extended those perimeters. "People immediately recognize us for our events, which bring a lot of out of town friends and family," Scheller says, "but some people have even permanently relocated. Back in December four people actually moved here from Georgia because of the queer friendly support they experienced." While events like Dragulation and Big Gay Skate Night (soon to be renamed Late Skate & Party in the Mezzanine) continue to draw enormous crowds, the LCQC has also been a steady resource for those in need of services ranging from gender transitioning to coming out to families, addiction and recovery to nurturing healthy relationships with partners and peers. The center operates without judgement or discrimination and, it's important to note, is all volunteer. "We're a grassroots organization," Scheller says. "We're homegrown."

Davis, Scheller, and O'Brien have each applied their unique experiences and insights to their roles within the LCQC. "When I came out as bisexual in 1982, it was much easier than coming out transgender. Still, there wasn't as of yet any organized queer group on the coast," Scheller says. "I moved to Portland and was surprised at how segregated the LGBTQ communities were, even in the larger cities. I thought, we have to integrate." The group agrees that Astoria becomes more progressive with time, moving for-

ward with the current of change rather than opposing it. "This is a town informed by artists and visitors," Scheller says, and Davis agrees that the progress "is genuine." The center prides itself on being approachable, with individuals seeking support and connections, ranging in age from middle school to their 70's seeking a discreet place of support. "It's important to respect and work with each individual's set of challenges,"

O'Brien says. "We're constantly upgrading and evolving and educating ourselves," Davis adds.

What may surprise those unfamiliar with the LCQC is just how much it truly gives back to the greater community. Davis, Scheller, and O'Brien all actively promote and participate in armory events, from running the door to taking tickets, as well as volunteering through The Harbor, (formally the Womens's Resource Center that serves domestic violence in Clatsop County) "We want to be inclusive as much as included," Scheller says. "Everybody here is a volunteer."

During the conversation I was introduced to Kaheawai Kaonihi, one of many young adults the LCQC has worked with. A high school senior and official youth seat of the steering committee, the impact of the center on his life is apparent. Headed for the University of Oregon in the fall, Kaonihi conducts himself with the maturity and articulation of one who has directly benefitted from the LCQC's mission. "There's a lot less ignorance with the younger generations," O'Brien notes. "They're less adherent to labels. Gay, straight--they don't care. It's very cool, and I think it will bring about a lot of beautiful changes and freedom."

(The Q Center offers a twice a month gathering to queer youth, every other Wednesday from 3:30 - 5:30pm). Other changes have made themselves apparent in the Astorian community, often in the least expected ways. Davis relays a

recent experience after participating in La Fête, a fashion show benefit for The Harbor. Performing as Daylight Cums, his popular drag persona, Davis tells of a woman in the audience who later emailed him about standing up in her church the following morning and sharing with the congregation how she was inspired by the positive reinforcement both character and performer embodied.

"What many don't understand is that our gender and sexual identities are not a whether-or-not choice, it's about choosing to be visible," Scheller says. "There are definitely consequences of increasing visibility," she adds, and that "safety is always a concern. You're never not aware of the potential threat. But it also outs other people's ignorance." It is one of many goals of the LCQC to make that choice of visibility easier, with unquestionable support and encouragement for the individuals, as well as their families and friends. "Why do we have to keep negativity sacred?" Davis asks, and I must admit that it's a question many of us would be hard pressed to answer.

With the advent of the internet, and scores of available material from which to derive information on and within the LGBTQ community, O'Brien stresses what a difference genuine human connection can make. "There's an obvious need that can't be duplicated online," she says, "the need to meet someone like me, to hold my hand." Scheller in turn credits O'Brien for helping her during her transition, and being an invaluable friend--proof that the core strength of the LCQC comes from within. "We're growing and expanding," O'Brien says, "and it's only going to get better."

In our ever-changing social climate, Davis believe's it is crucial to wash negativity from our vocabulary, particularly in the day-to-day ways we choose to approach and embrace diversity. And what better occasion than Valentine's Day to start. "It sounds corny," says Scheller, who's been married for 42 years, "but love really does make a family. The Q Center is a giant extended family for me, and we want to be that for others."



Fisher Poets Gathering 2016

Workshops and Programs

Friday, February 26

**Clatsop Community College,
Towler Hall**
Noon to 1:30 p.m.
Workshop with fisherpoet Toby
Sullivan and Rain Magazine
staff.
Contact Alison Ruch for more
information at aruch@clatsopcc.
edu.

Imogen Gallery

4 p.m. to 6 p.m.
Artist reception with fisherpoet
photographer Corey Arnold

KALA

10pm till late

Fisher Poet Dance and Social

Hosts: Nancy Cook and Dinah
Urell.
Rock, funk, and more, Cocktails

Saturday, February 27

**Columbia River Maritime
Museum**
10 a.m. to 11:15 a.m.
Protecting the Columbia from
Fossil Fuel Export
with Brett VandenHeuvel, Co-
lumbia Riverkeeper (Ford Room)

Bowlines, Hitches and Other
Useful Knots.
with Dano Quinn (Kern Room)

Songwriting Workshop: The
Didliest Catch
with John Palmes and friends
(Barbey Maritime Center)

11:30 a.m. to 12:45 p.m.
Protecting the Sea that Feeds Us
with Brad Warren, Global Ocean
Health (Ford Room)

Writing a FisherPoet Commu-
nity Poem
with Erin Fristad and Pat Dixon

(Kern Room)

Singing and Shanty Workshop
with Mary Garvey and friends
(Barbey Maritime Center)

Baked Alaska

12:30 p.m. to 2:00 p.m.
FisherKids: Stories, Interviews
and Activities with Kids and
Families
with Emilie Springer

KALA

1pm to 2pm
Photo Journalist Karen Ducey
Reception
Life at Sea Exhibit
Special performance w/ song-
writer John vanAmerongen
and Jon Broderick

3pm - 4:30
Columbia River Keeper
Reception

Astoria Event Center

2 p.m. to 3:30 p.m.
Story Circle: Tales, True Mostly,
of Adventure Working on the
Water
with Jay Speakman

Sunday, February 28

Astoria Event Center
9 a.m. to 10 a.m.
Harmony Singing Workshop
and Friendly Gospel Sing
with John Palmes and friends

10 a.m. to noon
FisherPoets Gathering Farewell
Mic
One last, brief read from linger-
ing fisherpoets

KALA

12noon to 2pm Karen Ducey
Exhibit Open.

***FisherPoets is an Astoria
tradition, bringing men and
women tied to the fishing
industry together to share
poems, stories, songs,
memoirs, essays and art in
celebration of the work and its
people. Buy a \$15 button to
attend (good for all events)
starting at 10:00AM Friday,
Feb. 26 at festival headquar-
ters (Gear Shack at 1254 Com-
mercial), or at the door of any
performance venue.***

Columbia RiverKeeper at Fisher Poets

- WORKSHOP: Protecting the Columbia from Fossil Fuel Export Workshop on Saturday, Feb. 27 at 10:00-11:15AM in the Columbia River Maritime Museum, Ford Room. The nation's largest oil, coal, and gas export terminals are proposed on the lower Columbia River, threatening salmon and communities. Discuss plans to stand up for the Columbia. *FisherPoets button required.
- OPEN HOUSE: Columbia Riverkeeper Gathering on Saturday, Feb. 27 3-4:30PM at KALA located at 1017 Marine Drive Astoria, Oregon. Join Columbia Riverkeeper's staff and friends at an informal drop-in reception to discuss protecting and restoring the mighty river. KALA will sell beverages, and Riverkeeper will provide light snacks. *FisherPoets button required.
- HIKE: We will walk a public trail on the Skipanon Peninsula, near the site of Oregon LNG's proposed, massive LNG export terminal on Sunday, Feb. 28 9AM. Meet at Premarq Center parking lot in Warrenton, Oregon at 9AM. Wear hiking shoes and bring a raincoat and water for the leisurely 1.5-hour walk. *No FisherPoets button required.



EVERY FAMILY HAS ITS MYTHS......or are they facts? That's the question I grappled with when my husband, Anthony, and I moved to Ilwaco into the house where my dad was born. I began to hear anecdotes about my dad, his parents, and great uncle and aunt, Eric and Hilma, that contradicted things my mom told me about them as I was growing up.

The title, *This Side of Sand Island*, refers to the imaginary line dividing Washington from Oregon—a line that follows the old natural channel of the Columbia River and skirts the north side of Sand Island, easily visible from Ilwaco but theoretically in Oregon.

My dad's parents were Finnish immigrants, relatively unskilled, with a breadwinner who was injured while helping construct the North Jetty at the mouth of the Columbia. My grandfather was twenty-five. My grandmother, Hilja, was twenty-one. My dad, "Butch," was three years old. No wonder they were poor!

Fisher Perspective Victoria Stoppiello

A major puzzle was how is it that I'm so like my dad and his family—being the "spitting image" of my paternal grandmother, picking up someone else's trash like my dad—these must be genetic, because nurture wasn't part of my history; I only saw my dad a few times before I finished high school.

Due to the mortgage-free home in Ilwaco, Anthony and I were able to live on one income and I became a freelance news writer and columnist for the Chinook Observer newspaper beginning in 1996. The editor, Matt Winters, allowed me to write about a wide range of topics, including my connection with my dad's family while learning more about Finnish American culture and values. Commercial salmon fishing is a big part of that culture, so many essays touch on how the changing health of salmon runs impact a way of life for many families in the Lower Columbia region. And, I couldn't really write about salmon without looking at "big picture" energy and environmental policies and politics, too.

**Hear Victoria at the
VooDoo, 5pm on Fri,
and 5pm on Sat at
KALA, read from her
new release *This Side of
Sand Island***

*This Side of
Sand Island*
Reflections on Fish, Finn and Finding Out
About Family on the Lower Columbia

by Victoria Stoppiello

Fisher Poet Art



Corey Arnold *Fish-Work* at Imogen Gallery

THE EXHIBITION OPENS FEBRUARY 13TH for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm, followed by an artist/welcoming reception held Friday, February 26th from 4 – 7 pm, to kick off the full weekend of events scheduled for FisherPoets Gathering. Throughout that weekend, Arnold plans to project his images onto exterior walls of downtown buildings, near established venues for the event.

Corey Arnold began fishing as a boy, about the same time he first picked up a camera. What began as weekend adventures with the family quickly became a permanent part of life, culminating into a successful dual career, one mutually supporting the other. This exhibition will include photographs from the ongoing series *Fish-Work*, a lifelong project which chronicles the commercial fishing lifestyle throughout the world. Arnold began fishing commercially in 1995 as a deckhand aboard various vessels and skiffs in Alaska. His career as a photographer has taken him from the waters of Alaska to Europe. The photographs included to this exhibition are from more recent trips working aboard pollock and factory trawlers in the Bering Sea, a multi-month tour of European fisheries, images from his seven years spent on the deck of the crabber F/V

Rollo on the Bering Sea, and Graveyard Point a seasonal salmon fishing community in Bristol Bay, Alaska, where Arnold captains a skiff every summer.

Arnold's work is without doubt a celebration of the lifestyle of the fisherman. He also hopes to convey a broader message, raising awareness to the challenges that coastal communities and our oceans, are facing in the 21st century. Through his lens he captures the raw and rugged reality of hard work, with brutal and honest images that depict both danger and beauty, sometimes in the same moment. Corey is not one however to overly romanticize, he is critically aware of the struggle of a rapidly changing global fishing industry. He states "Serious threats to small-scale fishing communities include fleet consolidation due to catch shares, poorly managed fisheries abroad, ocean acidification, fish farming, and watershed destruction due to urban development, mining and pollution. Closest to home for me is the proposed Pebble Mine in the headwaters of Bristol Bay, Alaska. Backed by billions of dollars of foreign corporate investment, the Pebble Mine could be one of the largest open-pit copper mines in the world placed in the richest sockeye salmon watershed on earth."

Photo Journalist Karen Ducey at KALA *Life at Sea*

KALA welcomes Karen Ducey for Fisher Poet Weekend.

Ducey is documentary photographer who spent a decade working as a commercial fisherman on boats from the Bering Sea through Bristol Bay, Kodiak, Prince William Sound and Southeast Alaska. Her work captures the true grit of life at sea and the people, labor and landscape that calls them there.

Extensive photographic essays from this collection have been published in the National Geographic.com, GEO, Seattle Times, the Seattle Post-Intelligencer, the Alaska Fishermen's Journal, Marketplace Public radio, the Anchorage Daily News Sunday magazine, and in the permanent collection at the Odyssey Maritime Museum.

Viewing Hours: Meet Karen Ducey at 1pm-2pm on Saturday Feb 27. Fisher friend and songwriter John vanAmerongen performs, along with Jon Broderick. Also view noon to 3pm on Sunday, at KALA 1017 Marine Drive.



Heaving sledgehammers, two crew members begin a frigid January morning in 1995 by smashing a coat of frozen sea spray from the bow of the *Polar Lady* during opilio crab season in the Bering Sea. An iced-over boat can become dangerously top-heavy in rough seas and roll over. After four or so hours of sleep deckhands rise, beat ice off the boat with baseball bats and sledgehammers, and begin fishing. Crab fishing in the Bering Sea is considered to be one of the most dangerous jobs in the world...



Jason Scribner at Fort George Lovell Room

FISHER ARTIST JASON SCRIBNER exhibits work at the Fort George Lovell Room over Fisher Poet weekend. Born and raised in Portland, Oregon, Jason Scribner is a Commercial Fisherman in Bristol Bay, Alaska. During their luminous summer months, he works long hours harvesting wild and sustainable Sockeye Salmon while squatting in an abandoned cannery known as "Graveyard Point." After the sudden loss of his father during the 2013 fishing season, Jason began painting on self-collected remnants of wood. Applying layers of distressed paint, while simultaneously reviving life into an expiring substance. The desolate grandeur of the Alaskan landscape would be a direct reflection of the material and visions being poured onto them, which serves as an expression of loss, process, and recovery.



We Buy Estates

Jonathon's, LTD.
Estate Jewelry • Art Antiques

- ◆ Diamonds and Gems ALWAYS at Wholesale Prices
- ◆ Beautiful and Unique Engagement Rings
- ◆ Custom Design and Expert Repairs
"If you can imagine it, we can make it"
- ◆ Antique and Vintage Jewelry

- ◆ Oil Paintings, Watercolors and Prints
- ◆ Antique Silver and Glass, Porcelains

Located in Downtown Astoria's
Historical District
332 12th Street

503-325-7600



TOP PRICES PAID FOR GOLD & SILVER!



3/7 JOIN SINGER-SONG-WRITER and social activist Judy Fjell in a rousing concert at the Clatsop College Commons on Monday, March 7 at 7pm. Fjell has recorded 18 albums on her own label Honey Pie Music, in between empowering hundreds to find their singing voices through choral music. She currently directs the Helena chapter of the Montana Women's Chorus and is founding director of Music Empowerment Camps (since 1986).

With no shortage of humor in her concerts, audiences may find themselves laughing about things they never knew were funny, thinking about things in a new light and loving her songs and guitar renderings that carry a strong message of compassion and justice.

Judy is joined by Tami Pattingston on bass, and surprise voices.

March 7, 7pm at CCC Commons, \$10, \$5 Students and low income. Nobody turned away for lack of funds.

One of a Kind Judy Fjell



SNEAK FILM PREVIEW: Valley of the Ditches

2/13 ASTORIA NATIVE/AHS GRAD, filmmaker Chris Lang screens his third project at the Columbian Theater. Not quite finished but Lang is looking for audience feedback, will Q&A after the screening to address any topic on independent film making and talk about how he and his team went from filming movies on no budget, to getting funding.

An attendee of UofO Journalism School, his senior documentary on prison work programs (Behind These Walls) won a national Emmy distinction in 2006. He also wrote, directed and produced and award winning 70 minute feature ('Franklin Wunder' SNOB Film Festival best dramatic film, also filmed in Portland and Astoria). He now lives in WA, DC.

For this film, he drew heavily on his experience directing true crime recreations for Investigation Discover and TV One. Shot in Joshua Tree, CA., with a cast, crew and investors from all over the continent, Valley of the Ditches is a suspense thriller about a young woman and her captor, and her struggle for survival. Watch the trailer on vimeo and then spend some time on Saturday afternoon with a native passionate filmmaker.

Feb 13, 3pm, \$5, at the Columbian Theater, 1102 Marine Drive, in Astoria.

SPACENESS 2016

Souwester Lodge February 19-21

SPACENESS is an annual experimental art event that explores our perception of time, space and the unknowns of the universe through music, installation, performance, film, and dance.

Artists and viewers gather from all over the country; out-of-town attendees are encouraged to secure lodging for the weekend in Seaview or Long Beach to enjoy the entire weekend of programming.

OVER 18 CONTRIBUTING THEMES presented by solo and collaborating artists delve deep to play with consciousness, memory, senses, belief, mystery, illusion, language, movement... the interstitial makeup of human behavior that most often goes unurtured and unnoticed in our daily existence. Spaceness is an all-ages event and FREE to the public, curated and organized by Portland artists Julia Barbee, Matt Suplee, and Alison Jean Cole.

full schedule: spaceness.com

Surface to Air / Bob Dornberger

A sculptural performance based work, where small packages of food are launched from a cannon. By using parachutes to control the payload descent, visitors will have a chance to catch their food.



Monolith / Lisa Ward

After nearly a year of tense negotiations with unnamed extraterrestrial beings, Lisa Ward will be facilitating the reappearance of the Monolith on earth. First depicted by Stanley Kubrick in 2001: A Space Odyssey, the Monolith, a large, fiercely black rectangular structure, is thought to appear at critical moments in human evolution. This manifestation will be no exception.



Space Champion / Cory Gray & Greg Olin

Go aboard the space champion RV and be immersed in a soundscape of real and imagined space sounds, and explore the interactive components for the guest traveler.



Friday 12

MUSIC

Peter Cetera. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

Bret Lucich. No cover, 9pm at the Chinook Winds Seafood Grill Lounge in Lincoln City.

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

DJ Metal & Company. 10pm at the Rogue River Lounge at Chinook Winds in Lincoln City.

ART

Opening Reception. For a special exhibition of the work of Albert and Arthur Runquist, much of the collection has been unseen until now and will be available for sale. 5 - 7pm at the Bay City Arts Center.

Opening Reception. For Another Time, Another Place, featuring the work of Elena Nikitin. 5 - 7pm at the Chessman Gallery in the Lincoln City Cultural Center.

CINEMA

The Princess Bride. Free, 6pm at the Astoria Public Library.

HAPPENING

Asian New Year Kite Celebration. Hands-on kite-building classes and other unique events. At the Long Beach Kite Museum.

Daddy-Daughter Dance. This event is open to girls in grades K-8. Refreshments and keepsake photos will be provided. \$20 per

couple, \$10 each additional daughter. 6 - 8pm at the Lincoln City Community Center.

OUTSIDE

Great Backyard Bird Count Event. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can learn about participating in the count, record bird numbers in the park and make plans to count birds in their own backyards.

THEATER

Dead Guilty. Drama. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 13

MUSIC

Valentine's Eve Dance with the Nehalem Valley All Stars. \$10 admission, 2nd person free. 7pm at the Tsunami Ballroom in Wheeler.

Sweetheart Dance with the Lincoln City Pops. \$16 or \$28/couple. 7 - 10pm at the Lincoln City Cultural Center.

Romancing the PAC with Kim Angelis & Josef Gault. \$15, 7:30pm at the PAC in Astoria.

Peter Cetera. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

Bret Lucich. No cover, 9pm at the Chinook Winds Seafood Grill Lounge in Lincoln City.

Ocean. 9pm at Snug Harbor Bar & Grill.

Radioactive Gamma Rays. 9pm at the Nauti Mermaid in Lincoln City.

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

The Strange Tones. 9pm at Roadhouse 101 in Lincoln City.

DJ Metal & Company. 10pm at the Rogue River Lounge at Chinook Winds in Lincoln City.

ART

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

Opening Reception. For a special exhibition of the work of Albert and Arthur Runquist, much of the collection has been unseen until now and will be available for sale. 1 - 7pm at the Bay City Arts Center.

CINEMA

Valley of Ditches. Special Preview Screening. Q&A with filmmaker afterwards. \$5, 3pm at the Columbian Theater in Astoria.

FOOD & DRINK

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

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

Winemaker's Dinner. Woodward Canyon. Reservations required. 6pm at the Cellar on 10th in Astoria. 503-325-6600

Love and Date Night. A romantic evening including a farm to table dinner, cocktails, and live music. \$80, 6pm at North Fork 53 near Nehalem. FMI and to get tickets, go to northfork53.com/events/

Valentine Tea. Family Tea for all. Please dress up and bring a small bite sized goody if possible. 5:30pm at the Driftwood Public Library in Lincoln City.

Sweetheart Prime Rib Buffet. Plus dessert and centerpiece auction. \$55, dinner at 6pm, auction at 7pm. At the Inn at Otter Crest, Otter Rock.

HAPPENING

Asian New Year Kite Celebration. Hands-on kite-building classes and other unique events. At the Long Beach Kite Museum.

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

Knappa Schools Foundation Annual Dinner & Auction. \$30, 6pm at the Knappa High School Gym.

Give Seeds a Chance Seed Exchange. 11am - 2pm at the White Clover Grange near Nehalem.

Oregon Coast Scenic Railroad Valentine's Day Excursion. \$85, includes dinner. Departs Garibaldi at 4pm. oregoncoast-scenic.org/schedule-and-tickets.html

LECTURE

Great Speaker Series. Becoming Oregon: Expedition to Exposition. With Robert Hamm. Free, at the Tillamook County Pioneer Museum in Tillamook.

OUTSIDE

Great Backyard Bird Count Event. Birding Walk with Mike Patterson. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can learn about participating in the count, record bird numbers in the park and make plans to count birds in their own backyards. Meet for the Bird Walk at 9am in the Fort Clatsop Visitor Center lobby.

THEATER

Dead Guilty. Drama. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 14

MUSIC

Quartuo Danel String Quartet. \$25, 3 - 5pm at the Camp Winema Chapel north of Neskwin.

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

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

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

ART

Artist's Reception. For an Art for the Heart exhibit that will be on display through February. 10am - 2pm at NCRD in Nehalem.

HAPPENING

Asian New Year Kite Celebration. Hands-on kite-building classes and other unique events. At the Long Beach Kite Museum.

FOOD & DRINK

Love You Brunches. Valentines Day Sunday Brunch with champagne mimosas, chocolate pastries and sweet and savory courses. \$35, 11am - 1pm at North Fork 53 near Nehalem. FMI and to get tickets, go to northfork53.com/events/

OUTSIDE

Great Backyard Bird Count Event. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can learn about participating in the count, record bird numbers in the park and make plans to count birds in their own backyards.

Monday 15

MUSIC

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

Left Coast Country. 9pm at the San Dune Pub in Manzanita.

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.

Psychological Drama at the coaster DEAD GUILTY



Top: Priscilla Fairall, Diane Borcyckowski,

Bottom: Katherine Lacaze, Jordan Griffin.

THE COASTER THEATRE PLAYHOUSE

launches into its 44th season with a psychological drama about guilt and obsession when the curtain rises on *Dead Guilty* by Richard Harris, opened on January 29.

Dead Guilty concerns an attractive young graphic artist whose leg is badly injured in a car crash that occurred when a business associate suffered a fatal heart attack at the wheel. Housebound and depressed, Julia is tormented when things disappear, a Mexican orange blossom materializes on her shambling Victo-

rian terrace and someone prowls upstairs at night. While a kindly counselor contends with Julia's manic tendencies and a besotted handyman helps around the house, the excessively solicitous widow invades Julia's life. Suspense builds as the question becomes whether the affair Julia was enjoying with her now dead colleague will cost her her own life.

The cast is guided by renowned director Edward James who directed the Coaster Theatre's fall 2015 production of *Bell, Book and Candle*. The small cast includes Priscilla Fairall as Julia Darrow (last seen as Gillian Holroyd in *Bell, Book and Candle*), Katherine Lacaze as Anne Bennett (previously seen on stage in the ensemble of Disney's *Beauty and the Beast*), Jordan Griffin as Gary (new to the Coaster Theatre) and Diane Borcyckowski as Margaret Hadrell (last seen in the 2011 production of *The*

Dixie Swim Club, she is back on the Coaster Theatre stage after returning to the area from California).

PERFORMANCE DATES: February 5, 6, 7, 12, 13, 19, 20. Friday & Saturday performances begin at 7:30pm. Sunday performances start at 3pm.

Ticket Prices - \$15 or \$20. Box Office - 503-436-1242 or online at coastertheatre.com. Sponsored by Mike and Tracy Clark.

Twelve Angry Men at THE PAC



TWELVE ANGRY MEN is a powerful, riveting and timely play adapted for the stage by Sherman L. Sergel. Based on the 1954 teleplay of the same title for the CBS Studio One anthology television series by Reginald Rose, it was made into a highly successful film in 1957 starring and produced by Henry Fonda. The drama depicts a jury considering a homicide trial. It looks like an open-and-shut case until one of the jurors begins opening the others' eyes to the facts, causing reasonable doubt. During the course of deliberations it gets personal with each juror revealing their own character. Tempers get short, arguments grow heated, and the jurors become 12 angry men.

PERFORMANCE DATES: March 11 - 19. Fri/Sat 7:30pm, Sunday March 13 at 3pm. Tickets \$15 @ the door.

Directed by Sheila Shaffer.

ASOC Teen Theater Tale of Beauty and The Beast



ASTOR STREET Opry Company announces the 2016 cast for their March Teen Full Stage Musical Production the "Tale of Beauty and the Beast."

This 4th Annual Teen production was a direct development from youth theatre programs for 8 to 14 year olds that began in 2008. This year the younger kids will be producing Junior Shanghai in June.

Directed by Bill Carr with Music Direction by Dena Tuveng and Production Management by Mary Ritter.

CAST: Brodie Smithart, Lexi Reibold, Malachi Keefe, Emily Bergerson, Glori Benthin, Laurel Pritchard, Ashley Peasley, Matthew Duncan, Mae Loya, Lily Reed, Josey Posey, Elizabeth Pior, Nicole Ramsdell, Timothy Pior, Nickolas Reibold, Riley Mitchel, Blake Leitch and Joseph O'Grady.

PERFORMANCE DATES: February 26 to March 12, ASOC Playhouse 129 West Bond Street Astoria.

And It's not too late to become a show sponsor for either the Teen or Kid production. Your sponsorship is vital to allow ASOC to continue with its fine youth programming for the greater Astoria area. For more information, please call Judith Niland or email @ jniland@pacifier.com.

Go online at www.astorstreetycompany.com or call ticket hotline 503-325-6104 to reserve your seats for this excellent adaptation of the classic fairy tale full of singing and dancing; witty, and quick rhyming dialogue; and fantastic costumes is great entertainment for all ages!

Jennifer Goodenberger: Classical Music at the Movies

PIANIST JENNIFER GOODENBERGER PRESENTS "Classical Piano at the Movies" on **SATURDAY, FEBRUARY 20 AT 2PM** at the Performing Arts Center in Astoria, a concert to Support the PAC.

Music chosen for this concert is based on films in which Classical Music is used not only as the soundtrack, but is innately involved with elaborating the storyline. The films include, "Immortal Beloved," "Portrait of Jennie," and "Brief Encounter" among others, with compositions by Beethoven, Brahms, Debussy, Rachmaninoff, Schubert, and both Robert and Clara Schumann. Goodenberger will discuss how the music is used in each film before performing it.

Goodenberger has a long history with the Performing Arts Center. She first started taking music classes at the PAC in '79, and later returned as an instructor, teaching Music History, and Music Fundamentals. She musically directed over 20 theatrical productions, and booked the Tuesday Noon Concert Series, has given many piano concerts at the PAC as a soloist, ensemble pianist, and as composer. Jennifer's last solo piano concert at the PAC was in 2009. She has not given a solo Classical Piano concert at the PAC since 1992.

Before turning her attention to exploring music from other genres in 1997, Goodenberger concertized for many years as a classical pianist. In particular, she focused on the compositions of Clara Schumann (1819-1896), and toured giving talks and concerts on Clara's music and life.

Jennifer has been a concert pianist, composer, and ensemble pianist for 40 years. She has a Master's Degree in Music Composition, and is the author of Subject Guide to Classical Instrumental Music, published by Scarecrow Press. She currently has an active performing career, and enjoys creating concerts to fit specific concepts.

As a composer, Jennifer's original works range from deeply healing and spiritual compositions to passionate and romantic creations. Her music is a mesmerizing fusion of classical, improvisational and contemporary styles, and has been released on 8 solo piano CD's.



Jesse Reno • *Born of Wishes* at RiverSea Gallery

JESSE RENO, a Portland artist of international renown, returns for his second solo show at RiverSea Gallery. *Born of Wishes* is a new collection of complex, mixed-media paintings pulsing with shamanic figures, magical beings and dreamlike landscapes.

Reno is a self-taught artist who has been drawing since he could hold a pencil, and painting and exhibiting his works since 2000. He has extensively exhibited and given lectures about his works, techniques, and ideas across the US, Canada, France, Australia and Mexico. His work has been covered in various art publications, including Juxtapoz, Artnews, Artension, dpi, YRB, and Somerset Studio. Later this year he will be speaking at the annual conference of the National Art Educators Association in Chicago.



Jesse Reno, *Between Anchors and Boats* -12x14

ALCOVE SPACE THIS MONTH: six of the gallery's represented artists exhibit in Local Boats in homage to the rich heritage of seaworthy vessels that have plied the waterways around Astoria. Rich Hoffman, Robert Paulmenn, and Eric Wiegardt, watercolors and drawings by Noel Thomas, a diorama by Roger McKay, and the hand-painted photographs of Donna Lee Rollins.

Reception: Feb 13, 5-8pm, thru March 8. RiverSea is located at 1160 Commercial Street in Astoria. Open Daily. 503-325-1270.



DLRollins, *Vivian*

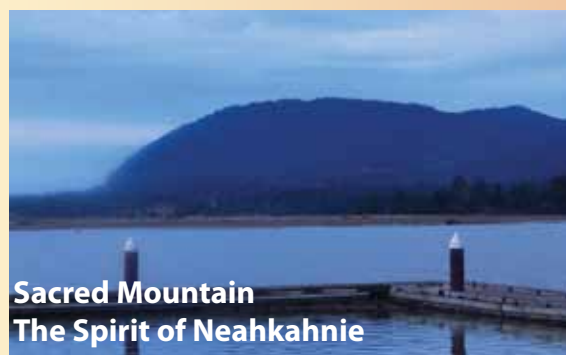


Be Steel My Heart Richard Hays at Luminari

LUMINARI ARTS hosts a one-man show by Portland sculptor Richard Hays. "Be Steel my Heart", is a new collection of metal sculptures by Hays. Spanish for "souls" the artist calls figures in his sculptures "Almas." The Almas are in context offering interesting questions, clichés, and emotions which are sometimes obvious and sometimes not.

Hays works primarily in steel, representing ideas, questions and clichés. He began his studies in sculpture at Goddard College in Vermont; personal injury prevented his completion in his education, but the love of sculpture never died.

OPENING RECEPTION: Sat, Feb 13, 5-8pm. Live music and refreshments. Luminari arts is located at 113 Commercial in Astoria.



Sacred Mountain The Spirit of Neahkahnie

Glenna Gray, *Neahkanie*

A BEACON FOR CANOES, sailors, and visitors from all over, Neahkahnie Mountain has inspired local tribes, treasure hunters, mystics and explorers for many centuries. Join the North County Recreation District Gallery for the opening of a community art show and sale honoring this special mountain. Artists in a variety of media will have works for sale through March.

A portion of the proceeds from art sales during this event will be donated to the Clatsop Nehalem tribe to support their ongoing efforts to regain federal tribal recognition.

March 5 from 5-7 PM at NCRD for a celebration of Neahkahnie. Meet tribal representatives and learn about and support their efforts to regain federally recognized status by purchasing fine art. The art will be for sale through the month in the NCRD office. Contact Glenna Gray (glenna@nehalem.net) with any questions. North County Recreation District Gallery, 36155 9th St in Nehalem,



Sarah Lippold, print

AVA a-i-r Open Studios

ASTORIA VISUAL ARTS (AVA)'s new crop of artists in residence will open their studios to visitors for February's Second Saturday Art Walk to be held over Valentine's Day weekend. AVA invites the community to join in welcoming these three highly talented local artists to this month's art walk – and to see what they're up to – by visiting their studios on Saturday, February 13 between 5pm and 8pm.

- **Painter Annie Eskelin's** AVA a-i-r studio is located at 1170 Commercial St. in Astoria, where she will be showcasing her distinctive landscape paintings. Annie is inspired by coastal themes and rural landscapes, often incorporating personal ideology into her work. Visitors to the studio will get to see her process through works in progress and finished pieces.
- **Artist Blaine Verley's** distinctively eclectic work can be seen at the AVA a-i-r Pier 11 Riverfront Studio, located above Edison Bros. at the Seafood Market at the foot of 11th St, across from the Wet Dog in Astoria. Blaine will be showing recent works inspired by the power and influence of the Columbia River.
- **Printmaker Sarah Lippold's** work can be seen at Studio 11, 453 11th St. in Astoria, where she is conducting her AVA a-i-r residency. Sarah will be showcasing her new body of work, for which she utilizes monoprint techniques she learned and developed as a student of Royal Nebeker at Clatsop Community College and as a member of the North Coast Printers Collective.

The selected AVA a-i-r artists are able to work unencumbered in studios provided rent-free by Astoria Visual Arts, with generous support from the Astoria Coffee House & Bistro, the Astoria Co-op Grocery, City Lumber Company, Dots 'N Doodles Art Supplies, Albatross & Co., and the Fort George Brewery + Public House. visit <http://www.astoriavisualarts.org/>.

3 @ Studio 11

STUDIO 11 participates in this month's Astoria 2nd Saturday Art Walk featuring the works of three artists this month. Jaime Boyd, glass and printmaking artist presents glass pieces; Kari J Young, a mixed media artist, presents acrylic/mixed media pieces from her Beetle Girl/Goddess series. And Sarah Lippold a printmaker who studied at CCC and is a member of the North Coast Printmakers Collective, will be sharing her recent editions of mono prints and Valentine's Day cards.

Studio 11 is located at the corner of 11th and Exchange in Astoria.



Kari J Young, mixed media

Atlas of Human Prehistory: A Talk about Human Migration and Dispersals CB History Center - Feb 18

JOIN THE CANNON BEACH HISTORY CENTER & Museum and Dr. Cameron M. Smith, of Portland State University on Thursday February 18, 7pm for a presentation on human migration.

Dr. Smith will be presenting human migrations and dispersals over the past two million years, which is the topic of Smith's latest book *Atlas of Human Prehistory*. Over the years Dr. Smith has published several books on varying topics from evolution to space exploration. Dr. Smith has a PhD in Archaeology from Canada's Simon Fraser University and is a respected scholar, who has published scientific works in the *American Journal of Physical Anthropology Magazine*, *South American Explorer*, *Spaceflight*, *Skeptical Inquirer*, *The Next Step*, *The Bulletin of Primitive Technology*, and in *Scientific American*. He has also appeared on PBS, The History Channel, and on the National Geographic Channel. Dr. Smith is an engaging and active presenter who has spoken on various topics around the world.

The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon. This presentation is free and open to the public. Seating for this



Unsung Heroes: The Art Of Storytelling With Gideon For-Mukwai

At Seaside Public Library

On February 18, Friends of the Seaside Library host author and storyteller Gideon For-mukwai in the Community Room with accompanying book sales and signings.

The art and tradition of storytelling has been a key element throughout history. But in our busy, digital, electronic, age the practice often has fallen by the wayside.

Gideon For-mukwai knows that everyone loves a great story and everyone has a great story. The "Unsung Heroes Program", allows folks to regale and reminisce about momentous things that have happened in their lives as well as the small everyday occurrences that make our world such an interesting place. Gideon will tell some of his own stories and provide the opportunity for the audience to participate with accounts of their own. For-mukwai believes that there is a rebirth of storytelling as a critical element of education, community building, and entertainment. "With stories, we can connect and reconnect the missing dots of our human existence."

Gideon For-mukwai is an award-winning speaker, author, and trainer. He holds a Master's Degree in Journalism from the Reynolds School of Journalism, at the University of Nevada.

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



Open Mic Poetry Night

Join Host Ric Vrana every last Tuesday of the month for Open Mic Poetry, 7pm at the Port of Call at 9th and Commercial in Astoria. Bring poems . . . each event, there's something a little bit different.

LET POETRY BE YOUR ADVENTURE!



Ellen Urbani reads from *Landfall* Hoffman Center Feb 20 + Workshops

LANDFALL is a work of historical fiction set in the wake of Hurricane Katrina, focused on two women, one black, one white. As a former mental health specialist for the U.S. Department of Homeland Security and advisory board member at the Annenberg Center for Health Science Research, Urbani focused on addressing the emotional repercussions of disease and disaster. This therapeutic perspective informs her characterization of the victims of Hurricane Katrina in *Landfall*, allowing for a nuanced fictional interpretation of historic events.

Urbani's first book was a memoir *When I Was Elena*, a Book Sense Notable selection documenting her life in Guatemala during the final years of that country's civil war. Her autobiographical essays and short stories have appeared in a variety of bestselling pop-culture anthologies as well as the *New York Times*. Urbani has a B.A. in Writing and Design and a Master of Arts degree in Art Therapy, specializing in oncological illness and trauma survival.

Writing Workshops Feb 20: 9am-1pm, literary agent Chip MacGregor presents *Crafting a Strong Book Proposal* in a fun and information packed workshop. Explore the big picture of a book proposal along with the nitty-gritty details of what goes into a strong fiction or nonfiction proposal, and what the publisher looks for. He'll share what makes one proposal stand out from the crowd. MacGregor



has represented nearly a thousand books, and each one was sold to the publisher based on a strong proposal.

1pm to 3:30, Urbani leads a writing workshop on Personal Essay. Participants work on the fundamentals of writing short-form personal narratives/essays with a focus on attention-getting openers, truth-telling, brevity, and kick-ass summations.

Workshop fee: \$30. To register, go to <http://hoffmanblog.org/ongoing-classes/register-for-workshops>.

Q&A/OPEN MIC: 9 local or visiting writers read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "disaster."

Admission \$7.

The Hoffman Center (across from Manzanita Library at 594 Laneda Avenue. FMI: hoffmanblog.org

NORTH COAST SQUID a Journal for Local Writing Submissions thru May 31

THE FIFTH NORTH COAST SQUID literary magazine, which showcases work of writers and artists who live on the north Oregon coast or have a strong connection to the area, will be published in October 2016.

Submissions will be accepted from March 1 through May 31, 2016. Submissions are accepted for fiction, nonfiction (to include memoir), and poetry. All submissions are selected in a blind judging by authors/poets outside the coastal area. Submissions of art and photos will also be solicited for cover art and inside art. Watch for detailed submission guidelines on the hoffmanblog.org.

With submissions possible thru May 31, take advantage of all Manzanita Writing Series upcoming workshops to help you submit your best work -- workshops on humor, personal essay, poetry, and more! Go to <http://hoffmanblog.org/ongoing-classes/register-for-workshops>.

Access the Writing Lounge every Tuesday from 10:30 to 1pm at the Hoffman Center, with a drop-in fee of \$5, where you can get feedback on your writing from fellow writers.

Award-winning author Judith Barrington will judge poetry for the North Coast Squid.

Teacher at The Attic in Portland and author of *Going Somewhere: A Bicycle Journey Across America*. Brian Benson will judge nonfiction. Cari Luna will judge fiction. The Oregonian named Luna's debut novel, *The Revolution of Every Day*, a Top 10 Northwest Book of 2013.



The Young Writer category accepts submissions in fiction, nonfiction, and poetry for young writers under age 18. The three best submissions, regardless of category, are selected by the editors of *Tattoo Magazine*, a national award-winning high school literary and art publication based in Shoreline, WA.

Self-Publish Your Book with Ease, a two-hour workshop with eleven-time self-published author Gregory Zschomler at the Tolovana Arts Center, 1-3 p.m., Sat., March 5. Fee: \$25 <http://www.tolovanaartscolony.org/>

Comedy on the Coast. With Chas Elstner, Alysia Wood, and Phil Perrier. 21+. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

Saturday 27

MUSIC

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

Seaside Jazz Festival. FMI, go to jazzseaside.com

Caballito Negro. \$18, 7pm at the Lincoln City Cultural Center.

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

Beth Willis Rock Duo. No cover, 9pm at the Chinook Winds Seafood Grill Lounge in Lincoln City.

Redwood Son. No cover, 9pm at the Adrift Hotel in Long Beach.

Hearts of Oak. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

Undertow. 9pm at Roadhouse 101 in Lincoln City.

DJ Metal & Company. No cover, 10pm at the Rogue River Lounge at Chinook Winds in Lincoln City.

ART

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

FOOD & DRINK

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

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

HAPPENING

FisherPoets Gathering. Enjoy storytelling, workshops, film and visual arts. Nearly 100 song-writers, poets and storytellers will share stages at numerous venues throughout downtown Astoria. Enjoy storytelling, workshops, film and visual arts. Schedule and more at fisherpoets.org

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

Cannon Beach Yoga Festival. Workshops, meditations and more. Full Festival Passes are \$375, partial passes are also available and are priced individually. CannonBeachYogaFestival.com

Comedy on the Coast. With Chas Elstner, Alysia Wood, and Phil Perrier. 21+. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Willow Planting Party at Circle Creek. The work party will take place on the floodplain that was reconnected in summer 2013. Come see how the site is recovering, and help plant hundreds of willow stakes along the bank of the Necanicum River near Seaside. Bring a lunch and prepare to get muddy. RSVP to melissar@nclctrust.org

Three Capes Relay. Choose from a solo 26.2 mile marathon, or 2-person or 5-person teams for this challenging marathon/relay with stunning views that starts at sea level and climbs to 2,400 feet. In Tillamook County. FMI, call 503-812-8354

THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

Sunday 28

MUSIC

Seaside Jazz Festival. FMI, go to jazzseaside.com

Simon Levene. 6 – 9pm at Port of Call in Astoria.

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

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

HAPPENING

FisherPoets Gathering. Enjoy storytelling, workshops, film and visual arts. Nearly 100 song-writers, poets and storytellers will share stages at numerous venues throughout downtown Astoria. Enjoy storytelling, workshops, film and visual arts. Schedule and more at fisherpoets.org

Cannon Beach Yoga Festival. Workshops, meditations and more. Full Festival Passes are \$375, partial passes are also available and are priced individually. CannonBeachYogaFestival.com

THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 29

MUSIC

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

HAPPENING

Cannon Beach Yoga Festival. Workshops, meditations and more. Full Festival Passes are \$375, partial passes are also available and are priced individually. CannonBeachYogaFestival.com

Tuesday 1

MUSIC

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

HAPPENING

Trivia Tuesday. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up. Free, 5:30 – 7pm at the Astoria Public Library.

Wednesday 2

MUSIC

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

HAPPENING

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

Thursday 3

MUSIC

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

LECTURE

Ales & Ideas. Suspending Reality: How Simulation Prepares Nursing Students for Clinical Practice. With Carolyn Cazee. Free, 7pm at the Fort George Lovell Showroom in Astoria.

THEATER

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Friday 4

MUSIC

America. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

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

DJ Metal and Company. 10pm at the Rogue River Lounge at Chinook Winds in Lincoln City.

HAPPENING

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.

THEATER

Tale of Beauty and. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

The Apple Tree. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Saturday 5

MUSIC

Terry Robb. \$12, 7pm at the Peninsula Arts Center in Long Beach.

America. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

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

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

Purple Cats. 9pm at Snug Harbor Bar & Grill in Lincoln City.

DJ Metal and Company. 10pm at the Rogue River Lounge at Chinook Winds in Lincoln City.

ART

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

CINEMA

Food Film Festival. Julie & Julia. Admission by donation, 7pm at the North Coast Food Web in Astoria.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noirs #2. 1 – 4pm at the Cellar on 10th in Astoria.

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

Unwined. A wine tasting event. \$35 per person, includes 10 tastes, appetizers and an Unwined glass. 5 – 8pm in the McTavish Room at the Liberty Theater.

HAPPENING

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

THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

The Apple Tree. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Sunday 6

MUSIC

David Crabtree & Friends. \$15, 4pm at the PAC in Astoria.

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

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

Ronnie Jay Duo. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

A Sweet Affaire. Wines from around the Northwest, tasty appetizers from many local restaurants and a decadent assortment of treats are the hallmarks of this annual event. There will be both a silent and live auction featuring many unique items from around the north coast. \$35, 2 – 4:30pm at the Seaside Convention Center.

OUTSIDE

Lincoln City Half Marathon & 10K. \$50 - \$55, includes t-shirt. Starts at 9am at Wapiti Park near Lincoln City. Register at secure.getmerged. com/index.php

THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 7

MUSIC

Judy Fjell. 7pm in the Café Commons, Columbia Hall, CCC in Astoria.

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

Tuesday 8

MUSIC

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

Wednesday 9

MUSIC

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

LECTURE

Astoria-Megler Bridge Talks. Free, 7pm at the Fort George Lovell Showroom in Astoria.

other unique events. At the Long Beach Kite Museum.

Friday 12

MUSIC

Peter Cetera. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

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

ART

Opening Reception. For Another Time, Another Place, featuring the work of Elena Nikitin. 5 – 7pm at the Chessman Gallery in the Lincoln City Cultural Center.

HAPPENING

Asian New Year Kite Celebration. Hands-on kite-building classes and other unique events. At the Long Beach Kite Museum.

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 Biznez 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.

2016 Academy Award Predictions



ACADEMY AWARD® NOMINEE
MARK RUFFALO

ACADEMY AWARD® NOMINEE
MICHAEL KEATON

BAFTA AWARD® NOMINEE
RACHEL MCADAMS

GOLDEN GLOBE® NOMINEE
LIEV SCHREIBER

ACADEMY AWARD® NOMINEE
AND STANLEY TUCCI

SPOTLIGHT

BEST PICTURE For most of the fall, director Tom McCarthy's *Spotlight* was the Oscar frontrunner, winning several critics awards. *Spotlight* tells the story of the crack Boston Globe investigative team that broke the story of pedophile priests in the Catholic church and the ensuing cover up by the Archdiocese.

After winning the Producers Guild Awards, *The Big Short*, Adam McKay's entertaining explanation of the 2008 housing crisis was in the driver's seat, as 7 of the last 10 Best Picture winners have also won the PGA award. A week later, at the SAG Awards, *Spotlight* stormed back into the spotlight by winning the ensemble acting award. **Pick 'Em: *The Big Short* / *Spotlight***

Other Nominees: *Bridge of Spies* / *Brooklyn* / *Mad Max: Fury Road* / *The Martian* / *The Revenant* / *Room*

BEST DIRECTOR. The Best Director race may be the one most difficult to call as sentimental favorite Ridley Scott was shockingly not nominated and the directors of the top two Best Picture contenders have strikes against them. The *Big Short* director Adam McKay is known as a comedy director and *Spotlight* helmer Tom McCarthy had previously only directed small indie movies. However, coming on strong of late is 70-year-old *Mad Max* director George Miller who, technically at least, made the move impressive movie of the year.

PICK: George Miller (*Mad Max: Fury Road*)

Other Nominees: Adam McKay (*The Big Short*) / Tom McCarthy (*Spotlight*) / Alejandro G. Iñárritu (*The Revenant*) / Lenny Abrahamson (*Room*)

BEST ACTOR After four previous nominations without winning, this appears to be Leo DiCaprio's year, particularly after winning the SAG Best Actor award. In



The *Revenant*, Leo plays fur trapper Hugh Glass, who, after being horrifically mauled by a bear, is left for dead by the two of the three men entrusted with caring for him. After literally raising himself from his own grave, Glass, must survive alone in the wilderness. With terrible wounds, hostile Indians and a freezing winter to contend with, Glass embarks on a two hundred mile journey to a fort where he will wreak revenge on the men who left him and killed his son.

PICK: Leo DiCaprio (*The Revenant*)

Other nominees: Bryan Cranston (*Trumbo*) / Matt Damon (*The Martian*) / Eddie Redmayne (*The Danish Girl*) / Michael Fassbender (*Steve Jobs*)

BEST ACTRESS Nearly as heavy a favorite as Leo is Brie Larson for her performance as Ma in *Room*. Although only 26, Larson has been

acting since she was a child, mostly in TV and indie movies with a supporting part in *Trainwreck* being her highest profile. With the lead part in *Room*, Larson hits it out of the park in her portrayal

Ma, a young woman who, with her 5-year-old son, Jack, are forced to live in a 10x10 foot square room, imprisoned there for 7 years

by a man who abducted Ma. Part horror movie, part thriller and part domestic drama, Larson portrays Ma as rock of her family, holding together the illusion for her young son that their situation is normal, to the point that Jack is perfectly happy living in *Room*. All that changes when the two escape and Ma and Jack must deal with the disorientation of being in the "real world" again, anger at her parents and the normal world, and finally, her realization of her own failures.

PICK: Brie Larson (*Room*)

Other Nominees: Saoirse Ronan (*Brooklyn*) / Charlotte Rampling (*45 Years*) / Cate Blanchett (*Carol*) / Jennifer Lawrence (*Joy*)

BEST SUPPORTING ACTOR Almost 40 years after being nominated for his first portrayal of the boxer Rocky Balboa, Sylvester Stallone is the favorite to take home the statuette for his 7th time in the role. Sentiment plays some part in Sly's popularity as he was not even nominated in the supporting actor category for the SAG awards. Still, there's no doubt Stallone gives his best performance in years, playing Rocky as a flawed, close to broken character both physically and emotionally. Rocky basically lives in the past, running his Italian restaurant as a shrine to his deceased wife Adrian and visiting her grave regularly for chats. Having turned his back on boxing, Rocky turns down young fighter Adonis "Donnie" Johnson (Michael B. Jordan) who wants Rocky to train him. However, Johnson the son of Rocky's old foe Apollo Creed, eventually convinces Rocky. In the process of training Donnie for a big fight, Rocky learns how to live again.

PICK: Sylvester Stallone (*Creed*)



Other Nominees: Mark Ruffalo (*Spotlight*) / Christian Bale (*The Big Short*) / Tom Hardy (*The Revenant*) / Mark Rylance (*Bridge of Spies*)

BEST SUPPORTING ACTRESS Swedish actress Alicia Vikander is having a breakout year with two acclaimed performances. In *Ex Machina*, Vikander played android Ava, who is at the center of a triangle between her manipulative creator Nathan and clueless programmer Caleb. In *The Danish Girl* she plays Gerda Wegener, a struggling artist in 1920s Denmark who's husband is renowned landscape artist Einar Wegener (Eddie Redmayne). After Gerda has Einar stand in for a female model for a painting she's working on, this reawakens Einar's identification as a woman. As Einar moves toward becoming a woman, eventually becoming one of the first to undergo gender reassignment surgery, Gerda wrestles with the pain and confusion of losing her husband while helping him in his transition.

PICK: Alicia Vikander (*The Danish Girl*)

Other Nominees: Jennifer Jason Leigh (*The Hateful Eight*) / Rooney Mara (*Carol*) / Rachel McAdams (*Spotlight*) / Kate Winslet (*Steve Jobs*)

BEST ORIGINAL SCREENPLAY.

PICK: Tom McCarthy and Josh Singer (*Spotlight*)

Other Nominees: Andrea Berloff, Jonathan Herman, S. Lee Savidge, Alan Wenkus (*Straight Outta Compton*) / Josh Cooley, Pete Doctor, Meg LeFauve (*Inside Out*) / Ethan Coen, Joel Coen, Matt Charman (*Bridge of Spies*) / Alec Garland (*Ex Machina*)

BEST ADAPTED SCREENPLAY

PICK: Charles Randolph and Adam McKay (*The Big Short*)

Other Nominees: Drew Goddard (*The Martian*) / Emma Donoghue (*Room*) / Nick Hornby (*Brooklyn*) / Phyllis Nagy (*Carol*)

BEST CINEMATOGRAPHY

Mexican cinematographer Emmanuel "Chivo" Lubezki goes for the record for consecutive Oscar wins. Lubezki and three others hold the record with two consecutive wins, but his impressive work on *The Revenant*, with beautiful Canadian/Argentinian exteriors shot in only natural light could put Chivo in a category all his own.

PICK: Emmanuel Lubezki (*The Revenant*)

Other Nominees: John Seale (*Mad Max: Fury Road*) / Roger Deakins (*Sicario*) / Edward Lachman (*Carol*) / Robert Richardson (*The Hateful Eight*)

BEST FOREIGN LANGUAGE FILM

PICK: SON OF SAUL (*Hungary*)

Other Nominees: Mustang (*France*) / Theeb (*Jordan*) / Embrace of the Serpent (*Colombia*) / A War (*Denmark*)

BEST DOCUMENTARY FEATURE

PICK: AMY

Other Nominees: What Happened, Miss Simone? / Cartel Land / The Look of Silence / Winter on Fire

The 88th Academy Awards will be presented Sunday, February 28nd.



FREE WILL ASTROLOGY

© Copyright 2016 Rob Brezsny

February

ARIES (March 21-April 19): Do you know Emily Brontë's novel *Wuthering Heights*? At one point, the heroine Catherine tells her friend about Edgar, a man she's interested in. "He wanted all to lie in an ecstasy of peace," Catherine says, "and I wanted all to sparkle and dance in a glorious jubilee. I said his heaven would be only half alive; and he said mine would be drunk: I said I should fall asleep in his; and he said he could not breathe in mine." If you're a typical Aries, you're more aligned with Catherine than with Edgar. But I'm hoping you might consider making a temporary compromise in the coming weeks. "At last, we agreed to try both," Catherine concluded, "and then we kissed each other and were friends."

TAURUS (April 20-May 20): People turn to you Tauruses for help in staying grounded. They love to soak up your down-to-earth pragmatism. They want your steadfastness to rub off on them, to provide them with the stability they see in you. You should be proud of this service you offer! It's a key part of your appeal. Now and then, though, you need to demonstrate that your stalwart dependability is not static and stagnant -- that it's strong exactly because it's flexible and adaptable. The coming weeks will be an excellent time to emphasize this aspect of your superpower.

GEMINI (May 21-June 20): When winter comes, pine trees that grow near mountaintops may not be able to draw water and minerals from the ground through their roots. The sustenance they require is frozen. Luckily, their needle-like leaves absorb moisture from clouds and fog, and drink in minerals that float on the wind. Metaphorically speaking, Gemini, this will be your preferred method for getting nourished in the coming weeks. For the time being, look UP to obtain what you need. Be fed primarily by noble ideals, big visions, divine inspiration, and high-minded people.

CANCER (June 21-July 22): We all go through phases when we are at odds with people we love. Maybe we're mad at them, or feel hurt by them, or can't comprehend what they're going through. The test of our commitment is how we act when we are in these moods. That's why I agree with author Steve Hall when he says, "The truest form of love is how you behave toward someone, not how you feel about them." The coming weeks will be an important time for you to practice this principle with extra devotion -- not just for the sake of the people you care about, but also for your own physical, mental, and spiritual health.

LEO (July 23-Aug. 22): After fighting and killing each other for years on end, the Roman and Persian armies agreed to a truce in 532 A.D. The treaty was optimistically called "The Endless Peace." Sadly, "endless" turned out to be just eight years. By 540, hostilities resumed. I'm happy to announce, though, that your prospects for accord and rapprochement are much brighter. If you work diligently to negotiate an endless peace anytime between now and March 15, it really is likely to last a long time.

VIRGO (Aug. 23-Sept. 22): "I shiver, thinking how easy it is to be totally wrong about people, to see one tiny part of them and confuse it for the whole." Author Lauren Oliver wrote that, and now I'm offering it to you, just in time for your Season of Correction and Adjustment. The coming weeks will be a favorable time for you to get smarter about evaluating your allies -- and maybe even one of your adversaries, as well. I expect you will find it relatively easy, even pleasurable, to overcome your misimpressions and deepen your incomplete understandings.

LIBRA (Sept. 23-Oct. 22): In June 1942, the U.S. Navy crushed Japanese naval forces at the Battle of Midway. It was a turning point that was crucial to America's ultimate victory over Japan in World War II. One military historian called it "the most stunning and decisive blow in the history of naval warfare." This milestone occurred just six months after Japan's devastating attack on U.S. forces at Pearl Harbor. To compare your life to these two events

may be bombastic, but I'm in a bombastic mood as I contemplate your exciting possibilities. I predict that in the second half of 2016, you'll claim a victory that will make up for a loss or defeat you endured during the last few months of 2015. And right now is when you can lay the groundwork for that future triumph.

SCORPIO (Oct. 23-Nov. 21): Playwright Edmond Rostand (1868-1918) had a lot of friends, and they often came to visit him uninvited. He found it hard to simply tell them to go away and leave him alone. And yet he hated to be interrupted while he was working. His solution was to get naked and write for long hours while in his bathroom, usually soaking in the bathtub. His intrusive friends rarely had the nerve to insist on socializing. In this way, Rostand found the peace he needed to create his masterpiece *Cyrano de Bergerac*, as well as numerous other plays. I suggest you consider a comparable gambit, Scorpio. You need to carve out some quality alone time.

SAGITTARIUS (Nov. 22-Dec. 21): "I opened my mouth, almost said something. Almost. The rest of my life might have turned out differently if I had. But I didn't." The preceding reminiscence belongs to a character in Khaled Hosseini's novel *The Kite Runner*. I bring it up in hopes that you will do the opposite: Say the words that need to be said. Articulate what you're burning to reveal. Speak the truths that will send your life on a course that's in closer alignment with your pure intentions.

CAPRICORN (Dec. 22-Jan. 19): According to some traditional astrologers, you Capricorns are vigilant to avoid loss. Old horoscope books suggest that you may take elaborate measures to avoid endangering what you have accumulated. To ensure that you will never run out of what you need, you may even ration your output and limit your self-expression. This behavior is rooted in the belief that you should conserve your strength by withholding or even hiding your power. While there may be big grains of truth in this conventional view of you Capricorns, I think it's only part of the story. In the coming weeks, for instance, I bet you will wield your clout with unabashed authority. You won't save yourself for later; you'll engage in no strategic self-suppression. Instead, you will be expansive and unbridled as you do whatever's required to carry out the important foundation work that needs to be done.

AQUARIUS (Jan. 20-Feb. 18): "It seems that the whole time you're living this life, you're thinking about a different one instead," wrote Latvian novelist Inga Abele in her novel *High Tide*. Have you ever been guilty of that, Aquarius? Probably. Most of us have at one time or another. That's the bad news. The good news is that the coming months will bring you excellent opportunities to graduate forever from this habit. Not all at once, but gradually and incrementally, you can shed the idea that you should be doing something other than what you're doing. You can get the hang of what it's like to thoroughly accept and embrace the life you are actually living. And now is an excellent time to get started in earnest on this project.

PISCES (Feb. 19-March 20): "Even nightingales can't be fed on fairy tales," says a character in Ivan Turgenev's novel *Fathers and Sons*. In other words, these marvelous birds, which sing sublimely and have long been invoked by poets to symbolize lyrical beauty, need actual physical sustenance. They can't eat dreamy stories. Having acknowledged that practical fact, however, I will suggest that right now you require dreamy stories and rambling fantasies and imaginary explorations almost as much as you need your daily bread. Your soul's hunger has reached epic proportions. It's time to gorge.

Homework: What could you do to free your imagination from its bondage? Read "Liberate Your Imagination": <http://bit.ly/Liberate>

Bike Madame

By Margaret Hammitt-McDonald

Cold-Weather Outerwear Dilemmas...Solved!

AS FAMOUS AS OUR REGION IS for apocalyptic winter deluges, there's another side to the season that rears its hoary, frost-heaved head. These are the frigid days when a jaunt to the corner store feels like a Jack London novel where a polar explorer is forced to eat his sled dogs.

When venturing out on a snowy morning, some of us do what our parents did to us as children: stuff oneself into fifty layers. Once you've been moving a few minutes, all that padding makes you sweat, a recipe for getting chilled when you stop and the wind hits you. Perspiring can also lead to dehydration. I wear enough layers to be slightly cool when I start riding, only to get comfortable five minutes later. Achieving this balance takes experience, but for most people, a long-underwear layer, an insulating layer (a sweater, fleece, or puffy jacket on top and a warm pair of pants on the bottom), and a wind-blocking outer layer (a shell jacket and wind/rain pants) are sufficient. I like having pit zips in the jacket for ventilation. Inexpensive and comfy as it may be, avoid cotton layers, as once they get wet, they stay wet. Synthetic materials get stinky, which is why I prefer merino wool long undies...and they aren't itchy like regular wool.

As you may remember from middle-school biology class, when temperatures drop, the body shunts blood flow to core areas, leaving fingers, toes, and nose literally out in the cold. Many winter gloves are so dense with insulation that you can't shift gears or brake, tempting you to ride bare-handed. Check out your local bike shop and/or outdoor store for gloves intended for cold-weather cycling. The high-tech fabrics are thin enough for free movement, but warm enough to keep your digits safe.

You can also try those funny-looking "lobster claws" where your thumb and index finger have separate compartments and the rest of the fingers are bunched together, as in a mitten, for warmth. They may come with a longer wrist/forearm design for added coverage.

My feet get cold before my hands and "fall asleep" at the pedal. In addition to reluctantly relinquishing my year-round uniform of sandals and socks for hiking boots, I wear warm wool socks. If your footwear is too tight-fitting for thick socks (as is the case with clipless pedal shoes), you can try a waterproof-windproof bike bootie, which is open at the bottom for the clipless connection.

While moving fast on a below-freezing day, the wind you generate can hurt your exposed face. Despite evoking comparisons to Hannibal Lechter or Darth Vader, I don a neoprene face shield designed for skiers. (Mine is bright purple, and I doubt either villain would be caught in such a cheerful hue.) The alternative is a balaclava, but make sure it's not so fuzzy that you get wet around the mouth and nose from breathing onto the material. For keeping the top of your head toasty, I swear by a Lycra helmet liner that's tight enough to fit under a helmet without making it ride up on the forehead (defeating the purpose of wearing one) and covers the ears.

If you're traveling farther than the corner store, pack extra snacks. You burn more calories when riding in cold weather and the extra food will both refuel and re-heat you. A snack high in protein and beneficial fats, such as nuts, is ideal, and a few chocolate bits will stop you from eyeing your bike's appetizing fenders...or the dog who's chasing you.

WORKSHOPS/CLASSES

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

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. Thursdays 6-7:30pm. Room 209 Towler Hall. Register at Clatsop College. For more info: Ron Maxted 503.338.9153, email ronmaxted@wwetksky.net

FAUX STAINED GLASS. February 20. For teens. Design and paint a faux stained glass disc. Free, 2 – 4pm at the Astoria Public Library.

CRAFTING A STRONG BOOK PROPOSAL. February 20. With Chip MacGregor. Explore the big picture of a book proposal along with the nitty-gritty details of what goes into a strong fiction or nonfiction proposal, and what the publisher looks for. Learn what makes one proposal stand out from the crowd. \$30, 9am – noon at the Hoffman Center in Manzanita. Register at hoffmanblog.org

WRITING AND ILLUSTRATING A CHILDREN'S BOOK. February 20. With Helen Hill. After book reading (3 – 5pm) at the Bay City Arts Center.

COOKING FOR ONE (OR TWO) - Fish. February 19. In this class you will learn simple kitchen strategies and tips on creating healthy, delicious food for yourself and transformation of leftovers. Create a healthy, delicious affordable meal that all will enjoy together as lunch. \$30, 10am – 12:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org/events/cooking-for-one-or-two-fish/

FIRST AID/CPR CLASS. February 20. 9am – 3pm at Nehalem Bay Fire & Rescue Station. FMI, email president@nvcnb.org

TSUNAMI SAFE INTRODUCTION & DISASTER PLANNING Trainings. February 22. Is your business ready for an earthquake or a tsunami? Could you be 90% recovered within two weeks? Can your employees get your guests to safety quickly and efficiently? Be at the forefront of ensuring your guests' safety by participating in Tsunami Safe: Hospitality begins with Safety, a program from the Oregon Office of Emergency Management. 1 – 4pm in Rooms 2/3 at CCC South County Center in Seaside. Register at tsunamisafe.info

Anti-Inflammatory Diet Cooking Class. March 19. With Angela Sidlo. An anti-inflammatory diet is a powerful way to eliminate chronic pain, avoid serious illness, and reduce your reliance on medication. In this cooking class students will learn which foods to eat, and which to avoid, as well as strategies to comfortably transform your every day approach to eating, leading to life-long, health-supportive habits. Students will create several healthy dishes focusing on healthy cooking methods and ingredients that reduce pain and inflammation in the body. Recipes will be included. \$40, 9am – noon at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org/events/anti-inflammatory-diet-cooking-class/

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

hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

DOES FOOD RUN YOUR LIFE? Come to 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).

BODY WORK•YOGA•FITNESS

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

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.

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. Fri 11:30am-1pm Fun Flow Fridays 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.gearhart-workout.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 art and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee:\$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

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

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

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

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

VOLUNTEER

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

Weekly Habitat Restoration/Stewardship Work parties. 10am - 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@nehaletel.net

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

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

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

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

TIDEPOOL CLINIC. March 13 and 18. Explore the beach and learn about the colorful creatures that inhabit rocky intertidal pools from a local expert. The clinics are free and open to the public. 10am on the 13th and 4:30pm at the 15th St Beach Access in Lincoln City.

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

Business Storytelling Workshop Feb 19



Business Storytelling Workshop. February 19. With Gideon For-Mukwai. For-Mukwai will help business owners, managers, leaders, and marketers capture and tell captivating stories that sell. Participants will learn about 4 types of business stories small and medium enterprises must tell to generate more leads. They will receive tips on how to add humor to stories to inspire and uplift customers, and how to increase product prices with the science of storytelling. The workshop will include a mini story-coaching clinic, during which participants will have the opportunity to craft, tell and critique stories. Participants also will receive a 30-Day Story Sourcing Guide for identifying captivating stories. Registration recommended. Free, 2 – 5pm at the Astoria Public Library.

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. astoriaartsandmovement.com

• **MONDAY**
10:00 - 11am: Tai Chi with Angela Sidlo
5:30 - 6:15pm SloFlow Vinyasa Yoga with Jude MatulichHall
6:20 - 7:15pm: Relax & Restore Yoga with Jude Matulich Hall
7:30 - 8:30pm: Tap with Marco Davis
• **TUESDAY**
9:00-10:00am: Zumba Fitness with Nayelli Dalida
12:00 - 1:15pm: Tai Chi with Margaret Murdock
6:30 - 7:30pm Level 2 West Coast Swing with Jen Miller
7:30-8:30pm: Beg. West Coast Swing w/Jen Miller
8:30-9:30pm: West Coast Swingw/J. Miller Prac. Hr.

• **WEDNESDAY**
8:30-9:40am: Gentle Yoga with Terrie Powers
10:00 - 11:00am: Tai Chi with Angela Sidlo

5:30 - 6:30pm: Pilates with Jude MatulichHall
7:00-8:15pm: Belly Dance with Jessamyn Grace

8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**
9:00-10:00am: Zumba Toning with Nayelli Dalida
12:00 - 1:15pm: Tai Chi with Margaret Murdock
4:00 - 5:00pm: Slomo with Kestrel Gates
5:30 - 7:00pm: Tri-Dosha Yoga with Melissa Henige

• **FRIDAY**
9:30 - 10:40am: Gentle Yoga with Terrie Powers
6:30-7:30pm: Zumba with Nayelli Dalida (every other Friday Feb 12th & 26th)

• **SATURDAY**
6:00-7:00pm: Argentine Tango with Estelle & Celeste Olivares
7:00-8:00pm: Argentine Tango Practica with Estelle & Celeste Olivares

SATURDAY MARCH 7TH
Winter Formal Dance! A benefit for Clatsop County Public Health \$10, 21+ , 9pm.

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

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

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

The Collective Karma

WE HEAR PEOPLE refer to karma as being good or bad. Other people use more colorful phrases to describe this unseen phenomenon. Expanding our awareness to worldwide events and discovering the karmic threads that tie us all together can be difficult. When enough times passes and the pain eases we tend to forget. We become focused on new things and thanks to technology, we marvel over the current events happening around the globe. Are the events in our lives random? No. Are the current world events random and only based on the economic structure and political atmosphere of the times? No. We are wired through an elaborate system called karma. Karma is the unresolved emotional

wounds of past lives. For example If you are betrayed in a past life, several hundred years ago, you more than likely have manifested issues of betrayal all through your lives since then. In this life the issue of betrayal is acute and usually as devastating as it was hundreds of years ago.

We experience karma from all of our lifetimes that for many people span thousands of years. We carry into this life our unresolved emotional experiences and continue to reincarnate until we heal. When we think of world events like the Zika outbreak from mosquitos or the brutality of a terrorist group it is easy to get upset and ask why. If we look at our history and all of the unresolved karma we carry

as a collective we start to see the threads between events. Maybe you don't remember the many diseases that have swept over children around the world or the brutality of many cultures in the past that have practiced torture and murder. We have simply forgotten our history and the truth of our past. History is recorded based on who

is in power and what religion prevailed. This means not all events have been recorded as they actually happened. When it comes to the ancient past we are reliant on artifacts and the clues left behind.

What repeats over and over is the feeling. When it comes to brutality and war, the feelings of shock, fear and betrayal are the karmic ties we all share. Most people don't remember a thing because we step into a new life and suddenly we have a case of amnesia. We can't remember our past lives or that we are infinite as souls. You may have experienced in a past life fighting and dying for the very land you moved across country to live on. These karmic feelings are so familiar

they become the norm. We can connect the dots if we pay attention to what we are feeling. History is simply a series of events that are completely generated from karma or emotional wounds that become a vibration that everyone feels and responds to. As you ponder the past, do so with forgiveness in your heart. This helps to resolve the karma and heal our history.

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

February Fever!

TIME OF YEAR THAT I LOVE! Holidays are over, weather vacillates between winter and spring, and yes, there is Valentine's Day!

Valentine's Day just gets my heart all a-pitter. I expect a surprise. Always. Remember in grade school, when you received that anonymous Valentine that said something like - "You're cute!" or "I really like you"? Anonymous. I would try to narrow the possibilities and hope it was someone I had a crush on in return. I know I gave an anonymous Valentine or two in my time.

I love romance and secret loves. I like flirtation and possibility. A good flirtation can feel good for days.

I call it February fever. Pre-spring fever. I want to plant seeds, knit sweaters, write letters. I want to tap dance, and dream big dreams.

It could be because I hibernated most of the winter season and avoided a whole lot of hoopla around the holidays. That is it. I need the world now.

Maybe that's what I'm feeling... that I'm in love with the world at large.

If you are not feeling it.... if it feels like winter still and your blood hasn't stirred yet.... here's a few ideas to get you going.

Take a long, long walk along the beach or along any body of water. Try the Riverwalk. Let the rain and wind and mist dare you to keep walking. Who needs moors... we have wild bodies of water.

Take a class or dig into your local library and read deeply about the topic of your choice. Try something totally new but of personal interest.

Figure yourself out. Yes, that's right- figure yourself out. Know thyself (even if only a tad bit better than before). No psychotherapy needed. Just look at how you dress, what you read, your interests. Mentally note those things that make you smile or not smile. What makes you laugh?

As I write this, I worry that I'm offending those that are immersed in heavy duty

concerns - ill-health, financial problems, impending death of a loved one. These concerns exist, no doubt. Occasionally, we owe it to ourselves to check in with ourselves, tending to ourselves when we can. It's a gift you give yourself.

Part of love is taking care of the loved one. I encourage you all to love yourselves in good ways. Eat well, sleep deeply, walk in nature, and create a life that involves other people. Problems and concerns are part of life, but so is seeking peace and love on a daily basis also a part of life.

Counselor's Advice: Buy Candy. Share it with someone. Send an anonymous love note. Tell someone you love them. Buy yourself flowers. Dress in red and Dance. Life is short.....

Tobi Nason is a counselor located in Warrenton. Contact her at (503)440-0587. She'll be following her own advice. You might find her dancing by the light of the moon, rain or shine.

By Tobi Nason

word and wisdom

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
Join CAA on Facebook



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

595 18th, Astoria • 503-325-9131

Put Your Hands Where Your Heart Is...
VOLUNTEER at the Animal Shelter!



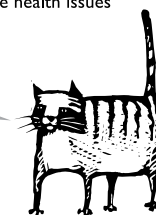
Tasks include the following:

- 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

Join CAA on Facebook

SHWEEASH BAMBOO

nursery | removal | design

Family owned & operated with over
15 years experience in bamboo horticulture.
Schedule an appt. to come visit our farm.
Local delivery & consultation available.

Dave Crabtree • Noah Bell
87509 Lewis & Clark Rd, Astoria, OR
(4.5 mi from Seaside) by appointment only

503.440.2998 | www.ShweeashBamboo.com

Tobi Nason
Counseling and Mediation Services
Specializing in Life Changes
M.A in Counseling
In Astoria
call 503-440-0587

hipfishmonthly.com

TRACY ERFLING N.D.
naturopathic physician

primary care using
natural therapeutics

Call for an appointment! 503.440.6927
2935 Marine Dr. • Astoria
email: erflingnd@hotmail.com

Dragonheart Herbs & Natural Medicine, LLC

Margaret Hammitt-McDonald PhD, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist

Seth Goldstein, D.C.

Chiropractic Physician, Independent Medical Examiner

231 North Hemlock, Suite #106 PO Box 1465
Cannon Beach, Oregon 97110-1465

Office: 503.436.0335 Fax: 503.436.0604

bodies in balance

At Peace with Cancer and Death

IN HONOR OF ANN GOLDEEN, longtime resident, chiropractor and active Lower Columbia Region community member who recently passed, I am writing about cancer and death; not because that is how I want to remember her, but instead how I want us all to consider our options when facing cancer and dying as Ann did with such dignity. Ann was so much more than the cancer that took her life. She was in fact one of the healthiest people I knew; she embodied a lifestyle many aspire to follow. She was a passionate, caring, go-getter with an unforgettable fiery spirit. She was a gift to our community in her ability to speak her truth and make her world a better place. Be it through health, nature, social justice or the arts, she gave so much to us...unconditionally...she will be missed!

The interesting thing about cancer is that it is a totally normal process of the body. Everyday our body is dealing with cells that are not reproducing properly; that are mutations of the cells that surround them. The normal response when this occurs is for the surrounding cells to communicate this genetic outlier and thus initiate the process of immunity. Ideally, this process is a cascade of events leading to the death of the mutant cell. It is when this scenario goes unchecked, when uninhibited growth of the mutant cells are permitted to occur; that is when cancer begins.

Ideally I think that a diagnosis of cancer should initiate a whole team of providers so that there is always someone to answer questions, give reassurances and offer options. It is an important time to really seek out providers you like and trust possibly beyond those that are easiest and closest. It is important to realize that there are doctors who specialize not only in cancer, but breast cancer, colon cancer, prostate cancer, etc. so depending on your diagnosis those specialists may be worth seeking out as well. Natural medicine shines as an adjuvant to conventional care allowing the side effects of chemotherapy and radiation to be better controlled. When side-effects are fewer, overall tolerance is better, and outcomes can be improved.

Are there natural therapies that can cure cancer? There are certainly many stories and experiences which would lead one to believe this is possible, but that is a choice for the individual and not the focus of this article. Instead consider some of the following natural therapies used as complementary care. Mushrooms: there are some powerful mushrooms out there which have excellent immune modulating properties enhancing the natural ability of the body to kill cancer cells. Turkey tail, maiitake,

shiitake and reshi mushrooms have all been shown to have this positive immune effect. L-glutamine is an amino acid that can help repair or keep intact the gut lining which is often damaged with chemotherapy. L-glutamine naturally occurs in brassica family foods like broccoli, cauliflower, kale, cabbage and brussel sprouts. Eating as nourishing and antioxidant rich foods as possible can help everyone to respond better and have less side-effects. Ginger



in any form or peppermint tea, aromatherapy and acupuncture can all be useful when trying to alleviate nausea. And finally melatonin, yep, the sleep hormone; it is an antioxidant, immune modulating, anti-proliferative agent which can also help with sleep...a critically important healing time! It is worth noting that there are a number of natural therapies that can adversely affect conventional cancer therapies too, so best to ask before introducing or continuing a natural therapy during chemotherapy or radiation.

Living with/through cancer is an incredibly emotional experience, both for the individual and their loved ones. It is a time when we face our mortality, often earlier than expected. There are many unknowns which create fear and anxiety. There is physical and emotional pain and suffering, and deterioration of a once normal, healthy body. All of this is part of the experience and these challenges should be something that is addressed as part of the treatment. Watching the body get sick and well again is a pretty powerful process. Watching the body get sick and die is too. I therefore encourage people to find a path which allows them to explore this...prayer, meditation, creativity, support groups...something that speaks to you, nourishes your emotional and spiritual

By Tracy Erfling, N.D.

**Dr. Tracy Erfling is a
naturopath physician in the
Lower Columbia Region.
Questions?**

erflingnd@hotmail.com



well-being. An important consideration for family and close friends as well!

Despite the fact that death is something we all have in common, something that it is an absolute certainty; we are often unprepared for how this phase of life will unfold. Clearly, for some there is no way to predict when or how they will pass, but for most there is time to plan. Thinking through the process of dying and knowing what you want, or don't, is important to consider and communicate. There are in fact legal 'advance directives' which can be prepared for this very circumstance. These can be obtained through legal or medical professionals, or online. This is so critical as these times can be further complicated by family members who each have their own emotional ties and firm beliefs on how to handle the situation. Their opinions may or may not jive with that of the ill individual or other family members for that matter. Therefore a legal plan laid out in advance can take the burden off distressed family members so they can focus on their loved one.

Finally let's consider end of life care. Humans have the technology to extend life for a significant amount of time. This is indeed both a blessing and burden of modern medicine. There are machines that help us breathe, feed us, hydrate us, keep our hearts firing correctly, our kidneys filtering, and for some this is a reassuring option. On the flip side there is hospice, a service to help us be comfortable in death, in our own home or the home of a loved one. Both of these options are filled with people who are comforting, knowledgeable and compassionate. The difference is that the hospital's goal is to preserve life whereas hospice's goal is to ensure comfort as you die. Neither is right or wrong and of course the choices are not mutually exclusive.

Cancer and death, as unpleasant as they are, are a normal part of life. We cannot plan or predict everything in life but I believe that having some forethought can make for smoother passage.

'Farewell Ann, may you be in peace, and in her honor...'

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

CHEW ON THIS!

by Merianne Myers



YOU KNOW HOW THEY

say that we only use 10% of our brain capacity? I know why. Not why THEY say it. Why we do it. It's because every single person, animal, element and thing in the universe is connected in some way and awareness of that fact on a minute-to-minute basis is exhausting and often terrifying. Even the occasional glimmer of realization where this is concerned is sufficient reason for the 90% to clock out. I am aware there are those who are highly evolved and, you know, zenny, and able to grok the above with grace and calm. I'M NOT TALKING TO YOU! I'm never talking to you.

My brain, in its tiny way, chooses to focus. It's a self defense mechanism and it has worked just fine okay, thank you, for lo these many years. 10% of my brain focuses on the issues at hand and the other 90% lolls about on its chaise lounge eating bon bons and channel surfing. I'm about 10% certain that's how it works.

So here's the focus: Valentine's Day. It's a perfect brain exercise. It encompasses love, passion, tenderness, remembrance and the possibility of sex. If you add food to the mix (and you most certainly should) you have enough stuff to keep a good 12% of your brain occupied for a full day.

Love is a big, complicated theme. Having had three exceptional husbands, I can tell you that I know rather a lot and absolutely nothing about the subject. But I know something about food and food is the ultimate aphrodisiac. No need to invest in questionable substances claiming to enhance sexual desire. Everything you need is in the pantry.

Granted, Valentine's Day is more about romance than sex but the lines are blurry and good food lovingly prepared works either way. Here are a few things I would do if I wanted to romance an evening away:

a) Flora and lots of it. Flowers and greens add color, humidity, aroma and atmosphere. I like the moist, earthy feel and smell of plants rather than the big nose of old fashioned roses when it comes to blending with a meal.

b) It's no secret that I think music makes everything better. Just make sure it doesn't compete with the hyper-sexy stuff like the sounds of flatware grazing china, the chink of a wine bottle kissing the rim of a glass, the fizz of champagne cascading down the inside of a flute, a guttering candle, the appreciative sounds following a first bite of something luscious. It's table talk and it's erotic as all get out.

c) Get your hands on your food. Sure, there are things that require silverware. Potatoes and gravy and pudding are not easy to eat gracefully by hand. There are potential merits in trying but, in this case, we're talking romance not lust. Salads, which try not to stay on your fork anyway, are fine for eating with fingers, bread torn from the loaf and dipped in soft butter or sauce from your plate, whole fruit and wedges of cheese, soup drunk from big Mugs, roasted vegetables, meat on the bone - there is no end to what you can eat by hand. Offering someone a bite from your fingers is a whole different deal than a bite off your fork, if you get my drift.

d) All of the above. Plus dessert. Things dipped in chocolate are perfect. Chocolate Fondue is warm, sensual, luscious luxury.

If you're in love or serious like, Happy Valentine's Day. If you are between commitments, as it were, chocolate doesn't judge you. It aims to please. And succeeds!

VALENTINIAN CHOCOLATE FONDUE

10 ounces bittersweet chocolate (70% is nice)
6 Tablespoons heavy cream
1 Tablespoon Cognac or Grand Marnier or booze of choice
1 Tablespoon butter or sweet nut oil or orange oil (optional)

Heat the cream to a simmer. Do not let it boil. Chop the chocolate and put it in a heatproof bowl over a pot of simmering water. When it begins to melt, stir in the remaining ingredients and blend.

You don't need a fondue pot, this stays melty warm with just the flame of a votive candle.

A whole lot of stuff is happy to be dipped in this glossy goodness. Serve with a tray of orange segments, banana slices or chips, ginger snaps, pretzels, marshmallows pecans, dried apricots, prunes (Armagnac soaked prunes! Too rich, but a way to die of happiness), strawberries, etc.



ASTORIA REAL ESTATE

Your Locally Owned Real Estate Office
for all Your Real Estate Needs!

Buying • Selling • Investing
www.astoriarealestate.net

Peter & Janet Weidman
Owner/Brokers

336 Industry Street
Astoria, Oregon

503.325.3304



Tolovana Arts Colony presents:

Yoga with Barb

Connecting mind, body and spirit.

10 weeks starting
Feb 21, 2016

First class (Feb 21) FREE!

Sundays 9am to 10:30am
"beginners and drop-ins welcome"

contact me: 503.504.7716
barbarafucci@outlook.com

classes held at:
3779 S. Hemlock
Cannon Beach, Or 97110



northfork53.com

Organic Farm Stay

Cooking Classes and Events, Private Parties and Weddings!

Visit our farm store weekends 11am-3pm!

Cooking Up Community!

northcoastfoodweb.org

There is just nothing that creates joy,
impressive skills, improved health,
new friends and dinner quite
like cooking and eating together.

Cooking Classes at the North Coast Food Web





THE CIRCLE OF THE LABYRINTH
 FIRST SUNDAY OF THE MONTH
 3PM - 6PM
 (BRIEF INTRODUCTION AT 3PM)
 GRACE EPISCOPAL CHURCH
 1743 FRANKLIN ASTORIA
 donations welcome
 For more info: 503-325-6989



Green Angel Gardens
 organic farm store
 fresh fruits and veggies from our farm,
 and OR & WA farms. CSA'S too!
 open daily 8am - 7pm
 6807 Sandridge Rd. Longbeach, WA
 greenangelgardening.com

Seaside REFLEXOLOGY
 aka WHOLISTIC REFLEXOLOGY
Kathleen Dudley
 CERTIFIED REFLEXOLOGIST
 503.717.5129 • Seaside, Oregon
 email ~ datakat@bluebottle.com
 seaidereflexology.blogspot.com
 Gift certificates available! 



The Harbor Volunteer Training Program
 LEARN ABOUT OPPRESSION, DOMESTIC VIOLENCE,
 SEXUAL ASSAULT, ADVOCACY SKILLS, AND MORE.
 Interested applicants call:
 Chris Wright (503) 325-3426
The Harbor
 1361 Duane St. in Astoria
 www.harbornw.org






NORBLAD
 443
 14th street
 Astoria
 503-325-6989
 hotel & hostel
 www.norbladhotel.com

Beers Made by Walking

A unique-style of wildcraft brewing takes the spotlight at Astoria Co-op Grocery's monthly talk

BEERS TO YOUR HEALTH at Fort George Brewery



BEERS MADE BY WALKING is a program that invites brewers onto nature hikes to make beer inspired by the plants they find and the proceeds go toward environmental non-profits. Founder Eric Steen, who works as a communications specialist at Hopworks Urban Brewery in Portland, will share these adventures at Astoria Co-op Grocery's monthly talk on Thursday February 11.

"What's exciting about Beers Made by Walking is people that go on hikes get to learn what's growing in their region. They learn either about native plants or invasive and how it affects the land," Steen said.

Steen will show a history of Beers Made by Walking and images of different hikes and beers as well as pop-up pubs and other unorthodox beer events he's been organizing since 2008. For example, he worked with the Portland Art Museum to have local brewers make beer inspired by an 18th century French painting called the "Drunken Cobbler".

"You'll learn a little bit about how beer can be inspired by place and specifically learn about how a lot of Oregon breweries have approached place-making and beer-making as a united concept," Steen said.

Steen says it's not unusual to identify up to 30 medicinal plants on a walk that can be used for tea, beer, or food. A local example is Salal. Steen says the berry grows all over the coast, but you don't see anyone using it, until recently a couple brewers used it in their beer.

Fort George Brewery is co-sponsoring Steen's talk with Astoria Co-op Grocery. The Co-op holds monthly food and wellness talks called "Beers to Your Health" at the Fort George monthly. The event happens in the Fort George Lovell Showroom at 426 14th Street in Astoria. Doors open at 6 p.m. and food and drinks are available from the taproom. The presentation begins at 7 p.m. and lasts about an hour. It is free and open to all ages.

ALDER CREEK FARM Community Garden 2016 Season Kicks Off

ALDER CREEK FARM Community Garden kicks off its 2016 season this month. This is the tenth year of the Community Garden operation at the farm it is welcoming community members who would like to join the team. The program is focused on teaching organic gardening in our coastal climate and growing food for use as well as sharing with the North County Food Bank.

Garden kick off is set for Saturday, February 27th from 10am to 1pm at the farm. Garden members commit to 3 hours of volunteer work per week, pay a nominal fee, and learn techniques for growing fruit and vegetables in

our maritime climate. Both traditional row gardens as well as a permaculture application are grown that can be integrated into a home landscape for an ornamental and edible approach to gardening. Gardeners should be physically capable to bend, stretch, and occasionally lift 25 lbs but there are jobs that don't require as much demanding capability.

Community members who are interested in joining the garden team are encouraged to visit the website at: <http://www.nehalemtrust.org/community-engagement/garden/> or contact the karen@nehalemtrust.org to learn more about the program.

Feb
13

Romancing the Farm Love and Date Night at North Fork 53

Come romance on the farm! The fire will be going in the wood stove and candles lit throughout the North Fork 53 historic 1930s farmhouse along the river to set the scene for a night of love, music and great food and drinks.

The night begins with a champagne and chocolates cocktail hour featuring Batch Chocolates truffles in flavors like Vietnamese Iced Coffee and Spicy Passionfruit! Champagne is the featured pour throughout the evening -- sparkling through several Valentine's cocktails paired with chocolates, dinner and dessert.

LIVE MUSIC BY THE JULIE AMICI BAND!
 Nominated by the Cascade Blues Association for a Muddy Award as Best New Act for 2015, Julie Amici features stunning vocals by Julie Yanko along with stand up blues on the bass with her partner Dean Mueller. Stripped down, nowhere to hide, sound featuring two sets of love songs to set the mood!

Dinner is in 3 courses served from our farm kitchen at 7pm featuring the locally grown, organic, grass pastured and wild caught splendor of the Oregon coast in the wild wet winter season!

+ Love you Brunches! Valentines Day 11am-1pm

What is more fun than Sunday Brunch? Enjoy champagne mimosas, chocolate pastries and sweet and savory courses from the farm! Brunch it up with your sweetheart or with friends in our historic 1930's farmhouse! What's not to love?

Where: North Fork 53 77282 Hwy 53 Nehalem OR 97131

Contact:
 503-368-5382 or northforkginger@gmail.com
 More info: www.northfork53.com/events



Listed in "Northwest Best Places" for 24 Consecutive Years!



- English Fish & Chips
- Chowder
- Seafood Entrees
- English Specialties
- Full Service Lounge
- Fireplace
- Int'l & Domestic Beers On Tap


Casual Dining
Great River Views

On the Trolley Route
We're Number 1 on 2nd Street
503.325.0033
www.shipinn-astoria.com



FORT GEORGE BREWERY + PUBLIC HOUSE
ASTORIA, OREGON

one city block
• 3 locations
pub + 14 taps
pizza joint + 14 taps
taproom + 19 taps



503.325.7468 1483 duane st fortgeorgebrewery.com



February is **BURGER MONTH** at McMenamins

Feb. 8-14 YEAR OF THE DRAGON BURGER
Feb. 15-21 BACKYARD BURGER
Feb. 22-29 GUACAMOLE DEFENSE BURGER
\$10.25 with side of fries

LIVE MUSIC
7-9 pm • Free • All ages welcome

Friday, Feb 19 • Bond Street Blues Band Reunion Show

St. Patrick's Day Celebration
Thursday, March 17 • Spud & The Snake Skinners
Irish or not, you'll want to celebrate like a wee lad, right? All day we'll be serving our lucky Irish Stout, Irish coffee, Irish reubens and more.
All day! Music 6 pm 'til 9 pm in the Pub

Gearhart Hotel & Sand Trap Pub
1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159
mcmenamins.com



BRIDGE water BISTRO



gluten-free friendly!

on the river • bridgewaterbistro.com
20 basin st, astoria or • **503.325.6777**
open every day • lunch, dinner, sunday brunch



Astoria co-op grocery

Our new fresh deals may cause you to do a little happy dance!



BLUE SCORCHER BAKERY & CAFE

7 AM - 4 PM
1493 DUANE
503-338-7473
bluescorcher.coop

Building a strong community, serving delicious and organic foods, and fostering joyous work for every worker

OPEN EVERY DAY
FOR LUNCH & DINNER
Specials served daily.



Fulio's
Pastaria & Tuscan Steak House

We use the freshest ingredients to create unique and delicious Italian cuisine featuring **Pastas, Seafood & Tuscan Steaks.**

COCKTAIL & CAPPUCCINO LOUNGE • FINE ITALIAN WINES

DOWNTOWN @ 1149 COMMERCIAL
503-325-9001 FULIOS.COM

PEACE



SPA CPH

"LOCALS' SPECIAL" EVERY MONTH

BODY TREATMENTS
MASSAGE
FACIALS
COUPLE'S PACKAGES

At **CANNERY PIER HOTEL**

AUTHENTIC FINNISH SAUNA
•
MINERAL THERAPY HOT TUB
•
GIFT CERTIFICATES ALWAYS AVAILABLE



NO. 10 BASIN ST. 503-338-4772
www.cannerypierhotel.com 10-6 Daily



ON THE BEAUTIFUL OREGON COAST

CANNON BEACH YOGA FESTIVAL

February 26th - 29th



YOGA, MEDITATION,
ART & BOLLYWOOD DANCE
WITH WORLD RENOWNED TEACHERS

CannonBeachYogaFestival.com

Simon Chokoisky Julie Gudmestad Sarahjoy Marsh Ericka Anntionette Brad Waites



FOR DETAILS ON WORKSHOPS & LODGING SPECIALS

CannonBeachYogaFestival.com
Christen@CannonBeachYogaArts.com
503.440.1649

Festival Passes range from \$125-\$375
Individual Classes available on 2/14/16




We frame your
memories...
even if they're
creepy.

Custom Picture Framing
Eclectic Cards
Redi-Made Frames
Standard Mats
Fun.

1287 Commercial St.
Downtown Astoria
503.325.5221
M-F 9:30 - 5:30 Saturday 10 - 5
Sunday by appt.

2016 FISHER POETS GATHERING Feb 26-28

Fisher Poets at KALA

Full Bar and Finn foods through the weekend

Special Events:

Friday Night Annual Social and Dance

Shake dem bones!! To roots rock n' funk!

Your Hosts: Nancy Cook and Dinah Urell

10pm till the tide rolls out.

Saturday Feb 27

1pm: Photo Journalist Karen Ducey Reception

EXHIBIT Life at Sea: The People, Labor and Landscape featuring a special performance by songwriter John van Amerongen

3pm: Columbia River Keeper Reception

Join Columbia Riverkeeper's staff and friends at an informal drop-in reception to discuss protecting and restoring the mighty river. KALA will sell beverages, and Riverkeeper will provide light snacks. *FisherPoets button required.



Karen Ducey Trawling

Sunday Feb 28

12 Noon to 3pm View EXHIBIT Life at Sea: The People, Labor and Landscape by Karen Ducey

Coming up at KALA

Friday March 4

8pm: Robin Bacior & Stunning Ray Guns

Neo Classical Pop plus Cosmic Rock!!!!!!!!!!!!!!

\$7 @ the door

Saturday March 19

8pm: The Swing Cats are BACK in Swing!

Dave, Larry, Ted & Richard. Swing the night away!!!

\$6 @ the door

KALA • 1017 MARINE DRIVE IN ASTORIA • 503.338.4878

Liberty Theater presents



Singer Tayla Lynn

Saturday
Feb 20, 7:30pm

Open Seating
Adult \$25.00
Student, Senior, Military \$20.00

"All Lynn the Family"
Granddaughter of Loretta Lynn

• With Grammy-Winning Guitarist Eric Tingstad •




Liberty and Eagle Country 103.9 Present
Steve Azar and Deana Carter
Their stories, their songs!
March 19, 2016 7:30 pm



North Coast Symphonic Band
Opporknockity Tunes
Sun, Feb 21, 1:30pm
Dave Becker, Conductor & Musical Director
Soloist: ChrisLynn Taylor
1:30 Preshow: Astoria Tuba Quartet
Adults \$15. Students \$7

LIBERTY THEATRE

LIBERTY THEATER BOX OFFICE
Wed - Sat, 2 - 5:00pm & 2 hours before curtain • 503.325.5922 ext. 55
1203 Commercial Street, Astoria, OR (Corner of 12th & Commercial)
www.liberty-theater.org

2nd Saturday ART WALK


5:00 pm
Downtown
Astoria

Every month,
year 'round!

Feb
13th

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

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com