

January 2017 • vol 18 • issue 216

Women's March
Jan 21 • Astoria

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JAN 20



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PERFORMANCE POETS:
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PATTRA MONROE
VOCALIST BRIDGET KITSON
THE DUCK AND THE FISH
THE LOWER COLUMBIA Q CHOIR
THE WOMEN'S MARCH
ADAMS AND COSTELLO
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FREEDOM FOLLIES

FRI
Jan 20

A NEW PARADIGM ALTERNATIVE INAUGURAL PERFORMANCE REVELRY



INSTIGATED by the wonderfully soulful coastal blues singer extraordinaire Maggie Kitson, Freedom Follies is Kitson's proactive response to "what's going down." Inspired by the following Howard Zin quote, Maggie and the KATZ headline what has been tagged "a new paradigm alternative inaugural performance revelry!"

"I lift my spirits by

remembering: The artists are on our side! I mean those poets and painters, singers and musicians, novelists and playwrights who speak to the world in a way that is impervious to assault because they wage the battle for injustice in a sphere which is unreachable by the dullness of ordinary political discourse."

- Howard Zin

Says Kitson, "My mother always said: 'If you ignore it, it will go away.' I think we should ignore Trump on this day and gather artists together and focus on co-creativity in all walks of life and it's beautiful diversity."

And gather we have. The doors swing wide open at 8pm, with a slew of performers from 8:30 to 10:30, and MAGGIE AND THE KATZ end the eve with a full set of rock and blues to lift the dancing spirits.

New to Astoria stages, Maggie Kitson's daughter, vocalist/key-board player and songwriter, BRIDGET KITSON performs some real oldies but goodies.

JESSE JONES AND PAUL BRADY of the Duck and the Fisher, known for their Bossa Nova stylings, will come out with original tunes. JOHN KULM, the most-often comedic performance poet makes a "too rare," appearance, in addition to the ever-vibrant-ing NANCY COOK, and Cannon Beach poet PATTRA MONROE.

CB-Based duo ADAMS AND COSTELLO will render some beautiful tunes to keep us in the spirit of it all, as well THE LOWER COLUMBIA Q CHOIR, and some words of inspiration from the brilliant ladies of the WOMEN'S MARCH. Abe Lincoln rolled over in his grave for this one, represented in manifest by the most energetic and talented performer WALT TRUMBULL. The beautiful Astoria SWINGCATS with their remarkable retro swing jazz, will fill the joint with impeccable rhythm, that stuff of life that tunes you into your heartbeat.

That's just some of the night's offering – a night of inspiration and celebration of artists and community on January 20. Doors open at 8pm. \$10 admission. Full Bar. 21+ please. At KALA. 1017 Marine Drive in Astoria.



Bridget Kitson



The Duck & the Fish



John Kulm



Adams & Costello



The Swingcats

Mid-Winter BLUES

Hoffman Center for the Arts
594 Laneda Avenue, Manzanita
Friday, January 20th

7:00

\$10 admission

(This event is a Fundraiser for Hoffman Center)

Do you want to ward off those mid-winter blues, or even inauguration blues?

Come hear local musicians playing the blues in an intimate setting at Hoffman Center for the Arts in Manzanita. This concert will feature North Tillamook County musicians playing in their usual bands like Sedona Fire, Fred and Friends, and the Ferrets.

Individual performers George Van Meter, Mark Balmer, Joe Wrabek, and others will round out the bill.

Also on board will be a group of "utility musicians" who will be ready to sit in and jam with bands and individuals.

The idea is to encourage musical cross-fertilization and synergistic energy among local musicians; assuring the audience of an entertaining evening full of spirit and spontaneity.



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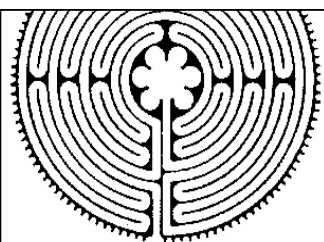
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COMING UP AT KALA

GUITAR GOD & GODESS

MARY FLOWER BLUES GUITAR • Friday Feb 3

KALA brings internationally known and award-winning picker, singer/songwriter and teacher, Mary Flower to the stage, Friday Feb 3, at 8pm. Accompanying Mary Flower is longtime coastal musician Peter "Spud" Siegel on mandolin.

Flower is fluent and masterful in the artistically tricky Piedmont style of acoustic guitar, one that requires a deft touch, intricate picking, and an innate sense of subtle harmonics wrapped in a rousing good time. But the Pacific Northwest guitarist – who relocated from Denver to Portland, Oregon, in 2004 – is equally rooted, schooled and dynamic with Mississippi blues, especially when rendered on a vintage lap-slide. Stir in her love of swing, ragtime, folk and hot jazz, plus a healthy dose of her own song craft, and you have a modern artist with an ear for the traditional who brings an immediate vibrancy and dynamism to any concert hall and stage performance.

Flower's 10 recordings, including her last four for Memphis' famed Yellow Dog Records – Bywater Dance, Instrumental Breakdown, Bridges and Misery Loves Company – show a deep command of and love for folk and blues string music.

An acclaimed teacher, Flower helped develop Denver's Swallow Hill Music School curriculum. She has produced a number of highly regarded instructional DVDs and books, including Exploring 8-Bar Blues, Blues Guitar Arrangements for the Intermediate Player, and Lap Slide Blues for the Solo Player.

A finalist in 2000 and 2002 at the National Fingerpicking Guitar Championship (Top 3 both years, and the only woman), a nominee

in 2008 and 2012 for a Blues Foundation Blues Music Award, and a 2011 Portland Muddy Award winner – the list goes on. But for Flower, it's not about prizes. It's about making the music come alive onstage, in her recordings, and with her teaching. She continues to compose, record and tour relentlessly, honing and evolving her style rooted in rich tradition but always moving America's indigenous music forward.

• Mary Flower with Spud Siegel, Friday, Jan 3. Doors open 7:30pm. Show at 8pm. \$10. Full Bar. All ages. KALA, 1017 Marine Drive. 503.338.4878

* Mary Flower performs a solo concert at the Peninsula Arts Center in Longbeach, Saturday, Feb 4, 7pm. peninsulaartscenter.org



JOHN STOWELL JAZZ GUITAR Friday, Jan 27

THE DEFTNESS of John Stowell's fingers on the neck of the guitar is not really comparable to anything, except a testament to virtuosity, grace and beauty. John Stowell began his successful career in the early 1970's, that's 47 years ago, 47+ years in relationship to the guitar and a long adventure into the frontiers of innovative jazz.

A part of that career was spent with bassist David Friesen, as a duo that recorded and toured prolifically for seven years, with performances in the United States, Canada, Europe and Australia.

In 1983, John and David joined flutist Paul Horn and Paul's son Robin Horn (on drums) for a historic tour of the Soviet Union. This was the first time in forty years that an American jazz group had been invited to play

public performances in Russia. In 1993, 1995, 1998 and 2012 John returned to Russia, playing in numerous cities. His two sold-out performances in Kursk may have been the first appearances there by an American jazz musician.

John continues to tour, record and teach internationally. He has been Artist-In-Residence at schools in Germany, Indonesia, Argentina, and in the United States and Canada. He served as assistant director and performer in Oregon Public Broadcasting's PDX Jazz Summit in 1991, and since 1995 has been a contributing columnist for a number of magazines, including "Downbeat", "Guitar Player", "Canadian Musician", "Soundcheck" (Germany), and "Guitar Club" (Italy).

Some accolades:

With bassist David Friesen, featured of the soundtracks of two Academy Award Nominated short films (Will Vinton Studios, Portland, OR, and Bosustow Studios, Los Angeles, CA)

"Through the Listening Glass" with David Friesen chosen of the "Ten Best Jazz Albums of the Decade" by the Los Angeles Examiner

Chosen "Talent Deserving Wider Recognition" by Downbeat's International Critic's Poll, 1978 and 1979

Stowell has performed and recorded with Milt Jackson, Lionel Hampton, Art Farmer, Conte Con-doli, Herb Ellis, Bill Watrous, Mundell Lowe, George Cables, Billy Higgins, Billy Hart, Richie Cole, Paul Horn, Tom Harrell, Don Thompson, Dave Liebman, and many others.

• John Stowell plays Friday, Jan 27 at KALA, 1017 Marine Dr. in Astoria. Guest vocalist Dinah Urell. Doors open at 7:30pm. Show at 8pm. \$10. Full Bar. (Minors, 12 yrs. and above welcome). * John Stowell plays the Cannon Beach History Center, Jan 20, 7pm, cbhistory.org

COOLLAB



KALA presents a collaborative series of work by artists Sid Deluca and Stirling Gorsuch thru the month of January, open for 2nd Saturday Art Walk

Jan 14 5pm – 8pm/ & by appt.

This series was created during an Artist Residency at the Sou'Wester Lodge in Seaview, WA. This

unusual, somewhat remote locale gave the artists ample space to carefully piece together the work.

Gorsuch created several mono-type "flats" as starting points, and Deluca brought an array of vintage

collage media. Over time, the separate forms of media engaged

in a dance of abstract textures, color fields, and representational

forms. Through give and take, the images became records of two

artistic intents compressed into snapshots of people and places that never were.

Also showing paintings by Paul Soriano and Sergie Khloppoff



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VICTORY for Coal Opposition Longview Coal Exports Denied Sublease by Washington Depart. of Natural Resources

MILLENNIUM BULK TERMINALS proposes building the nation's largest coal export terminal on the banks of the Columbia River in Longview, Washington. The project would send 44 million tons of coal per year in uncovered coal trains from the Powder River Basin along the Columbia River and dozens of other waterbodies. Since its inception in 2010, the project drew unprecedented opposition. In 2016, Tribes, the U.S. Fish and Wildlife Service, and over a dozen cities urged Washington state to deny permits for the project.

Millennium requested a sublease from Washington DNR, which manages state-owned aquatic lands in the Columbia River adjacent to the proposed coal terminal. DNR has broad authority to grant or deny subleases. DNR currently has a lease with NW Alloys, a subsidiary of Alcoa.

On January 3rd, DNR denied Millennium and Alcoa's request to sublease aquatic land to Millennium. Alcoa is not a partner in Millennium's coal export venture; however, Alcoa owns the underlying upland lease at the proposed coal export terminal.

In an official statement Jasmine Zimmer-Stucky of Columbia River-

keeper on behalf of the Power Past Coal Coalition said, "Commissioner Goldmark listened to the public and gave a firm 'no' to the largest coal terminal in the country. Millennium started off misleading the public about the intended size of the coal terminal and later ignored Washington state's request for critical information on their finances. Millennium failed to show they can protect public resources—the Columbia River. We ring in the new year with a major victory for the public, and showing that, once again the Northwest holds the line on dirty fossil fuels."

While Millennium states it will continue to pursue the project, it suggested that Goldmark's denial of the sublease is simply "a symbolic gesture" as he exits office and that it will have "no effect on the project moving forward."

Commissioner Goldmark reconfirmed in a statemnet on Jan 6, that his denial of the sublease would indeed block the project from proceeding, but that Millennium was desperate to salvage it.

This is the last, of six coal terminal proposals on the Columbia River in recent years, to be denied.

Start 2017 off right; donate your Christmas tree to the fishes!

WHY WASTE TIME and energy trying to get rid of your Christmas tree yourself when you can let the Boy Scouts of America take care of it for you?

Curbside "recycling" means your tree ends up in the landfill or, at best, mulched around the transfer station. By partnering together, the Necanicum Watershed Council reuses the trees to make critical over-winter habitat for salmon in the local rivers around Seaside, and the Boy Scouts earn money for summer camp!

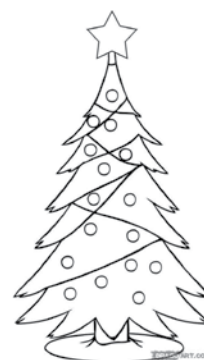
Just drop it off at the Seaside outlet mall, Columbia Bank in Cannon Beach. They'll even take your garland and wreaths.

There is a suggested donation of \$5 for drop-off.

For pick up in the Cannon Beach/Seaside/Gearhart/Warrenton areas, please call 503-717-9563 and leave a message.

Please make sure there is no flocking, ornaments, tinsel or other metal wire or plastic flagging on any of the items.

Other local drop-off sites include: CARTM (until Jan 15) and Lewis and Clark National Historical Park (until Jan 20; and a placement workday on January 21).



Adult Education Student Career Day, Wednesday, January 11

STUDENTS enrolled in Clatsop Community College's GED, ESL and Literacy programs are invited to a Career Day from 9:00AM-1:00PM and from 6:00PM-9:00PM in Columbia Hall 114. Learn about job readiness resources, support services, tuition assistance, matching funds programs and Career Pathways available to CCC students!

For more information, contact Allison deFreese, 503-338-2347 or adefreese@clatsopcc.edu (link sends e-mail).

SAVE THE DATE! WOMEN'S MARCH SATURDAY, JAN 21, 12PM



**Walk with us if you believe in
democracy, safety, civility and
a healthy planet.**

**Husbands, partners, children
and friends are marching.**

**Walk in solidarity with Women's
Marches across the country.**

People are rallying at Women's Marches on the 21st, the day after the inauguration, across the world, including Sydney, Copenhagen, Oslo, and Mexico City!

Make and carry a sign that carries your positive message: what you believe in, what you're working for, why our voices count.

Organizations are welcome to march with their sign or banner.

Listen to the Astoria Women's March on KMUN's Talk of Our Towns Wed, Jan 11 @ 9:30am.

"When they go low, we go high."
— Michelle Obama

-11:30 a.m. Gather in the parking lot at 12th and Exchange. Limited bench seating available.

-Noon Welcome • March begins, walking less than a mile through downtown Astoria

-1:15 p.m. Brief wrap-up to conclude.

On FaceBook at Astoria OR Women's March
Contact lcapan@gmail.com to receive Women's March emails

The Women's March Committee:
Jeanne Braun, CHenderson, Joyce Hunt, Kit Ket-cham, Laurie Caplan, Margaret Frimoth,



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



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SINCE DONALD TRUMP'S unexpected victory, spokespersons for the Democratic Party and their media stenographers have run continuous stories on how Russian "hacks" of DNC and Clinton emails and their publication were the cause of Trump's win. The allegations of Russian "hacking" have

with the DNC to arrange the primary schedule and receive debate questions in advance so as to disadvantage her opponent, Bernie Sanders. In addition, they expose her accepting "massive donations to the Clinton Foundation and family members in return for foreign policy influence". Murray asserts if

such corrupt practices had not occurred, neither would the leaks. The leaking inside-

close relationship with the Saudis, essentially involving arms for oil. The Obama administration has consistently favored Saudi aims in the Middle East, embodying the interests of radical Wahhabi Islam against secular strongman governments in Iraq, Libya, and Syria. In the Syrian civil war, the US has been supporting supposedly moderate elements among Sunni Islamists (Daesh) who have been trying to defeat Bashar Assad's Baathist government forces. The Baath Party, with its pluralistic state, comparable to Saddam's Iraq, has been anathema to the Saudis.

Crucial to what Murray said in his article and reiterated to Horton is that powerful people with close ties to the arms industry and an interest in selling expensive weapons systems to the US government, had invested billions in the Clinton campaign, with its agenda of raising the stakes in the new cold war with Russia. When Clinton lost to a candidate who favors working with Russia, these militarists, many in powerful strategic positions, including the CIA, began putting out the story that Clinton had lost because of Russian interference in the election. Thus they could raise a furor against Russia that would be the basis for ever more dangerous brinksmanship.

Murray told Horton that he is no particular admirer of Vladimir Putin. He dislikes the Russian leader's oligarchical leadership style, suppressing elements of liberal pluralism. (Although by every reasonable measure, the US is also now an oligarchy). Yet Murray also sees no evidence that Putin has a revanchist agenda. During the Bush II administration, at the request of ethnically Russian inhabitants, he annexed two tiny states coveted by Western leaning Georgia. And following the US led 2014 anti-Russian coup in Ukraine, he backed an overwhelmingly Russian Crimea's decision to rejoin its motherland. But Murray, like American Russia experts Stephen Cohen and John Mearsheimer, does not see Putin as expansionist or any threat to the US or EU. So there is no real rationale for the new cold war other than continued enrichment of the armaments industries, their lobbyists and political skills. And growing enmity with Russia dangerously increases the risk of nuclear war. Thus, while many Trump positions, particularly his standard Republican denial of the climate crisis, are appalling, his opposition to the new cold war is constructive.

Blaming Russia

by Stephen Berk

come from CIA allegations minus any proof. A key spokesperson has been Obama's former CIA head and former secretary of defense, Leon Panetta. Citing Russian "hacking" as the means of publicizing Clinton campaign director, John Podesta's emails, as well as those of Mrs. Clinton, is meant to increase the intensity of an ongoing new cold war, which president elect Trump wants to end. The neo-McCarthyite scapegoating of Russia and its leader Vladimir Putin has been an integral aspect of Democratic strategy throughout the Obama years. And media clamoring about Russian "interference" in our election serves to delegitimize the incoming presidency in the eyes of many, as well as work to scuttle Trump's plans for a more cooperative relationship with Russia. It is supremely ironic that the CIA, having routinely interfered with other countries' domestic politics, including direction of many bloody coups, is the entity to blame Russian intelligence.

Craig Murray, former British ambassador to Uzbekistan, historian and human rights activist, provides a more objective analysis of this issue. Murray has worked closely with Julian Assange of WikiLeaks and has been a whistle blower himself. The article on his website, "The CIA's Absence of Conviction," lays out the motivations and dangers of blaming Russia, thus fueling the new cold war. Murray states that the so-called hacks are actually leaks of campaign insiders, not Russians. We are supposed to believe, he says, that even though the CIA knows who the people responsible are, that their names are not going to be publicized, nor will they be extradited or arrested. Assange has also stated that the supposed hacks were actually insider leaks. They reveal Clinton's working

ers have not come forward due to the heavily punitive way the Obama administration has treated whistle blowers, as evidenced by the 35 year prison sentence meted out to Chelsea Manning and the continuing exile of Edward Snowden. Murray also emphasizes that if the CIA really knew the sources of the leaks, they would be sitting in jail.

Scott Horton, host of Pacifica's Antiwar Radio, KPFF, Los Angeles, interviewed Murray. There he stated that the leaks of Clinton Campaign chair John Podesta's emails came from a different domestic source than the Clinton emails, likely from someone in a US intelligence agency other than the CIA. Podesta, he emphasizes, has been a lobbyist of the Saudi government, paid substantial sums to advance their interests in Washington. The US has a traditionally

Craig Murray, former U.K. ambassador to Uzbekistan—DNC email leaks from the inside.




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Listening to the Land: Get better acquainted with gray whales Jan 18

WE MOST OFTEN RECOGNIZE them as an exhalation of mist spouting from the surface of the sea or, if we're lucky, the flip of a tail. Gray whales are our close neighbors, but their habitat—the Pacific Ocean—is inhospitable to humans, leaving us with little firsthand knowledge about their day-to-day lives. In the course of her research, marine ecologist Florence Sullivan routinely gets up close and personal with these and other ocean creatures. Join her at the Seaside Public Library on Wednesday, Jan. 18, as she kicks off the 2017 season of Listening to the Land presentations, this year focused on wildlife. "Inside Gray Whales" begins at 6 pm. Admission is free.

Scientists such as Sullivan are using new research techniques to expand what we know about these and other marine mammals: what they eat and how they forage, for example, as well as how ocean noise—natural and human-caused—affects their behavior and overall health. These research teams are using underwater Go-Pro cameras and aerial drones to closely observe individual whales, and they're deploying drifting hydrophones to record the variety of noises whales are exposed to. They're also using advanced biotechnology methods to closely analyze whale feces, revealing volumes of information about what the whales eat and their stress and reproductive hormone levels. And they're working closely with Oregon's whale-watching outfitters—whose industry generates some \$30 million in

annual revenue for coastal communities—helping them minimize disturbance to feeding gray whales during the critical summer foraging period. Florence Sullivan is a graduate student in Oregon State University's Department of Fisheries and Wildlife, where she is a research assistant in OSU's Geospatial Ecology of Marine Megafauna lab. The GEMM lab seeks to understand how marine megafauna such as whales encounter the resources they need within the world's oceans—a habitat the lab characterizes as "huge, patchy, and dynamic." Last year her work took her from Newfoundland, for the International Marine Conservation Congress, to southern Oregon's Redfish Rocks Marine Reserve, where she collected mysid shrimp from a research kayak among foraging gray whales. One focus of her work has been development of vessel operation guidelines around gray whale ecotourism on the Oregon Coast. Her illustrated guide can be seen at watchoutforwhales.org. Sullivan works under the supervision of GEMM lab lead scientist Leigh Torres, PhD, who was originally scheduled to speak on this date but who had to cancel when the opportunity arose to do field work on blue whales off New Zealand.

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. For more information, visit NCLTrust.org.

Tide gates, stream restoration, native plants, outreach and education – Join Lower Nehalem Watershed Council in celebrating the accomplishments of 2016 at the Annual Meeting January 12

The event will begin with a Year-in-Review presentation by Council Coordinator, Alix Lee, including an overview of the habitat restoration and enhancement projects the Council implemented in 2016. Following the presentation, the annual meeting will commence with a presentation of the 2017 Board of Directors nominees to the Council Membership. LNW will vote to appoint members to serve on the Board and to guide the Council's activities over the next year. Additionally, Council members will participate in a strategic planning session and survey to help guide the Council's activities in 2017 and beyond.

The Annual Meeting and presentation will be held at the Pine Grove Community House, 225 Laneda Ave, in Manzanita. Doors open at 6:30 pm for refreshments. The presentation will start at 7:00 pm and the Annual Meeting will follow at 7:45 pm.

This event is FREE and open to the public. (<https://www.facebook.com/lnwc1>).

**Local Land Trust Executive
Director, Dale Cramer Burr**
was honored this year by
the Clatsop-Nehalem
Confederated Tribes for her
contributions to education. She
steps down from Lower Nehalem
Community Trust
at the end of the year.



Photo: Max Broderick

LOWER Nehalem Community Trust's executive director Dale Cramer Burr will leave her position at the end of the year. An interim executive director is being hired to run the organization while a search for a full-time executive director is undertaken.

Candidates interested in the interim position should contact board chair, Allan Olson: allan@nehalem-trust.org. Staff members who will continue to lead LNCT's day-to-day operations include stewardship coordinator Max Broderick, office manager Mary Corey, and garden coordinator Karen Mathews.

"The Trust is a leader in community conservation in Oregon, and Alder Creek Farm with its community garden and native plant nursery is its soul. What an honor and a joy it has been to be part of this important work during a time when so many dreams were realized," says Burr. Volunteers donated more than 5,000 hours of service to the Trust in 2016. "From the very beginning community volunteers have been the heart of local conservation, and this continues to be true now more than ever," she adds.

Founded in 2002, the Trust focuses both on land protection in the lower Nehalem River region and small-scale farm operations at Alder Creek Farm. Development pressures on the coast can threaten wild and natural areas, and the Trust's focus on community conservation helps maintain a balance between development and open space that's protected forever. The Farm features a native plant nursery, community garden, greenhouse, ethnobotanical trail, and wildlife sanctuary. Also, it's a popular stop on the North Coast Birding Trail.

During Burr's three-year tenure the Trust grew dramatically and continued to realize its founders' vision, which was launched when they purchased Alder Creek Farm in Nehalem from William and Carole Anderson. She credits LNCT's talented staff and volunteers, founders, dedicated board of directors, partnership organizations, and the generosity of its members, donors, and funders with the Trust's achievements.

In recent years major funding was secured from philanthropic groups that include Meyer Memorial Trust, Juan Young Trust, YARG Foundation, Land Trust Alliance, Norcross, Oregon Watershed Enhancement Board,

Kafka Foundation, Oregon Community Foundation, and the Campbell Family Trust. These funders, along with local 1% for the Planet partner and Manzanita clothing retailer Unfurl, helped make much of the Trust's 2013 strategic plan a reality.

The Trust has protected nearly thirty more acres in the community during Dale's leadership, a 30% increase in conservation activity. Some of these projects expanded existing conserved open space, such as the addition of 6 acres to Sitka Wetlands, the addition of 7 acres to Vosburg Creek (a donation by Cliff and Carol Halvorson), and the expansion of Alder Creek Farm to 60 acres with LNCT founder Judy Sorrel's 5-acre donation of forested upland and meadow along Alder Creek. In 2017 the Trust hopes to protect both Botts and Nedonna Marshes.

Earlier this year Tom Nash and Maureen McMahon donated the newest conservation parcel, Neahkahnie Creek in Manzanita. A capital cam-

"The Trust is a leader in community conservation in Oregon, and Alder Creek Farm with its community garden and native plant nursery is its soul."

- Dale Cramer Burr

aign raised \$36,000 from community members to support this project and care for it in perpetuity. In 2014 a groundbreaking partnership with the City of Manzanita and generous donors David and Toni Clay created the community's first nature park, Elk Meadows, a new open space that also secures a crucial wildlife corridor on the fragile Nehalem Estuary.

Alder Creek Farm—an outdoor classroom for community gardening, birding, ecology, and conservation—has continued to thrive. It hosted educator Peter Walczak's Forest to Sea Day Camp, a program for kids the Trust always envisioned, which drew children from all over the state. The community garden literally blossomed as it added infrastructure, expanded its footprint, installed a sustainable irrigation system, and grew to nearly 40 volunteer gardeners cultivating organic fruits and vegetables for each other and families served by the local food pantry. Each year the garden at Alder Creek Farm donates one ton of fresh produce to local families.

During this time the ethnobotanical Nehalem Teaching Trail neared completion with the addition of new plantings, fences, gates, and bridges.

The Farm proudly hosted Living Locally, the Trust's annual fundraising celebration and auction, for the first time in 2016. And the annual Harvest Festival hosted as many as 600 festivalgoers and matured with the addition of conservation tours, talks, and the new and ambitious model of no parking at the Farm. A long-held plan to dismantle an abandoned milking parlor was realized by donors Brett Smith of Mohler Sand & Gravel, Tony Erickson of Erickson Excavating, and Ryan Vandecoevering of Advanced Excavation who together removed the old building.

Dale brought creativity and professionalism to the organization's communications with a new logo, the launch of a new website, and new communication technologies. Additionally, to enhance productivity grant funds were secured to upgrade all office technology and applications, as well as new GPS equipment and GIS mapping technology.

Improvements to the Trust's bookkeeping and financial management and reporting practices and the consultant-led assessment the organization undertook in 2015 have positioned the organization for continued growth. Other highlights include fostering the work of Friends of Cape Falcon Marine Reserve as the group's fiscal sponsor, as well as offering tours, talks, paddles, and special events as an Explore Nature partner with a consortium of Tillamook County conservation groups.

Prior to leading the Trust, Burr was an adjunct lecturer at the University of Guanajuato in Mexico and Southern Oregon University in Ashland, where she also served as coordinator of the Tibetan Buddhist center, Kagyu Sukha Chöling. Her earlier professional endeavors included adjunct faculty positions at Brown University and Cornell University where she taught management and leadership, as well as organizational development and strategic planning consultancies to major corporations, government agencies, and nonprofits. She earned her graduate degrees in business and public administration from Northwestern and Harvard Universities, respectively.

She is excited to be undertaking new endeavors and feels confident Lower Nehalem Community Trust is positioned to thrive and continue to make an indispensable contribution to conservation on the Oregon Coast.



THIS WAY OUT
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!
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Lower Columbia Q Center Meeting

Astoria Armory - 1636 Exchange Street Astoria, 3rd Wednesday of the month, 6pm-7pm

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

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

Lower Columbia Gender Alliance/Trans Support

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

Over the Rainbow Radio Show o n KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm

LCQC Choir meets every Tuesday 7-8:30pm
Contact LCQCAstoria@gmail.com. (On Break till February).

Skate nights and LGBTIQ+ teen social nights are back! Next Skate - Jan 20. 5-9pm.

2nd Wed each Month. Open LBGTQ Friends and families peer support group 6-9pm. Everyone Welcome.

On the web: LCQCAstoria.org/facebook
LCQCAstoria@gmail.com

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
 - 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
 - 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

Warrenton Warming Center • Volunteer!

THE WARRENTON WARMING CENTER located inside the gym at the Calvary Assembly of God on 1365 S. Main Street in Warrenton is offering warmth, shelter and a hot meal to those that need it.

Founder, Beverly Jackson-Shumaker, the Warrenton Warming Center board and her team of volunteers are doing everything they can to ensure the homeless in our community have a warm place to sleep when the weather hits 38 degrees and lower.

If you or anyone you know is looking for an opportunity to make a difference in someone's life, we'd like to invite you to take a look at the Warming Center schedule and see how you can help. We desperately need more volunteers. Each shift is only three hours long.

Operating Hours: 6:30pm – 8pm, 8pm – 11pm, 11pm – 2am, 2am – 5am, 5am – 8am, 8am – 9am

Please email warrentonwarmingcenter@gmail.com if you can help, even if it's for only one day.

If you're stretched thin on time but would like to make a tax-deductible donation you may mail checks to: P.O. BOX 808, Warrenton, OR 97146 or make donations through our Go Fund Me account at www.gofundme.com/rennn4bg.

Comprehensive Shelter Course Offered Free at Clatsop Community College

AS OUR LEGENDARY STORM in 2007 proved, Clatsop County is rich in people willing to help. People gather food and supplies to donate and show up to volunteer their help. Training received prior to the emergency can make that help more valuable.

A 20-hour, two-weekend Comprehensive Shelter Training taught by Red Cross certified instructors through Clatsop Community College will be offered in five sessions. The first two will be Friday, January 27, 6:00 – 9:00 PM and Saturday, January 28, 9:00 AM – 4:00 PM. The final three sessions will be held the following weekend on the same Friday – Saturday schedule February 3rd and 4th with the final simulation exercise on Sunday afternoon, February 5th from 1:00 – 5:00 PM.

The free course trains and certifies participants in all aspects of operating an emergency shelter plus related areas such as Basic Food Safety, Psychological First Aide, Serving People with Functional & Access Needs, and reconnecting people through the Red Cross Safe & Well online system.

Allison Coffinberger will share her experience running warming centers and discuss differences between shelters and warming centers, of which our area now has two: Astoria Warming Center and Warrenton Warming Center.

The core section of the course, “Shelter Fundamentals”, includes procedures for setting up, running and closing a shelter during a disaster. A case study and a final Shelter Exercise simulation complete the course.

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

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

PACIFIC GREEN PARTY OF CLATSOP COUNTY chapter meeting, which will be held on Sunday, January 8th, at 4pm at Clatsop Community College in the Art Building room 101. The address is 1651 Lexington Ave, Astoria, OR 97103. Discussion: Rank Choice Voting.

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin. www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS

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

CREATE • Jan 18

Columbia River Estuary Action Team

NOTE: The Jan 18 meeting may be canceled for this month.

Meets Third Thursdays at the Blue Scorchers in Astoria, at 6-8pm.

CREATE is the Columbia River Estuary Action Team, working on forests, salmon, ports and plants, and an exciting array of other issues we estuary-ites care about. CREATE is the group emerging from Columbia Pacific Common Sense. CREATE's coordinators, are Kathleen Zunkel, of Warrenton, and Roger Rocka, of Astoria. All interested welcome.

CRAW CONTINUES THE FIGHT AGAINST WALMART

By Bob Goldberg

BACK IN 2005, a scrappy group of anti-LNG activists met weekly in the lone building on the west side of 13th Street in Astoria, watching movies and planning strategies to take on the four LNG project proposals in the area. They designed the now-classic red No LNG t-shirts that have filled many a hearing chamber, and eventually teamed up with Columbia Riverkeeper to tie up the proposals in court, in hearings, and in knots.

The odds were great that such a small group could fight and win against multinational holding companies and their paid consultants, but 10 years later, all the proposals were dead.

A similar fight has been going on against a new Walmart in Warrenton since 2009, and against Walmart in this area since 1985. Yes, there was a proposal to put a Walmart in Miles Crossing in the 80s, and opposition to that store, and to Walmart in the area, has been led by Sara Meyer, former co-proprietor of the Compleat Photographer.

After seeing a video about the economic disruption that Walmart stores tend to cause, especially in smaller communities, Meyer and a small group of other locals formed Clatsop Residents Against Walmart (CRAW), which had its first meeting in October 2009. At that time, there were rumors that Walmart was to be located on property owned by the Nygaard family, adjacent to the Les Schwab on Highway 101 in Warrenton. Meyer said worries about traffic, already starting to get bad across new Youngs Bay Bridge, brought several citizens' queries. An ODOT traffic study was limited to 1/4 mile north and south of the traffic light and it found the increase could be handled by the highway.

As CRAW's mailing list and support swelled, the Les Schwab site was jettisoned in favor of the current site, east of Highway 101 on the south side of Ensign Lane. CRAW representatives spoke at the City Planning Commission hearings and ultimately appealed the decision to grant building permits at Ensign Lane to the Oregon Land Use Board of Appeals (LUBA). CRAW won the initial appeal and the matter was remanded back to the city of Warrenton, which fixed the identified technical errors and re-approved the project.

CRAW had also opposed a wetland fill permit for the Ensign Road site, granted by the Army Corps of Engineers. CRAW challenged that approval in Federal District Court, contending that the Corps should have done a more detailed cumulative impact analysis, taken into account the harm to the local economy that a Walmart might do, and looked more closely at the Walmart alternative sites analysis.

The District Court refused to overturn the Corps permit. CRAW has appealed that decision at the federal 9th Circuit Court of Appeals. "Our lawyer, Karl G. Anuta, thinks we have a good chance of winning the appeal," Meyer confided to me.

The Opening Brief in the 9th Circuit Appeal is due later in January. Briefing would probably be done by the end of the spring, and the parties will then have to wait for oral argument to be scheduled. A decision would most likely not occur for some time thereafter, according to Anuta.

About a month ago, a fence went up around the Walmart site, and it was reported that Walmart was to begin construction despite the pending appeal to the wetland permit.

"CRAW will be the eyes and ears for the city and the state," Meyer told me, as the group continues to monitor the construction site to make sure Walmart's contractors follow all the restrictions that its current permits contain.

Though construction on the site has commenced, it is not certain that a Walmart will be coming to Warrenton. If CRAW's lawsuit against the Army Corps is successful on appeal, the wetland fill permit decision would be reversed. According to Anuta, Walmart would then have to go back through the Corps permitting process, and a new Corps decision would have to be completed. Walmart could potentially face stiff penalties if it is found to have engaged in a wetland fill or disturbance under an illegally issued permit.

"Walmart is wrong for our coast," Meyer says. "It sucks out money."

To join the fight against Walmart, contact Meyer at chuck555sara@gmail.com.



Sara Meyer leads CRAW.



Invasion of The Shopper Snatchers. Reprint HIPFISH Dec 2009.

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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.



A Series Of Events To Commemorate Dr. Martin Luther King Jr. Nehalem, Or • Jan 14-16

WE ARE IN A DEFINING MOMENT in American history, in the history of Tillamook County and the Oregon Coast. The newly established organization, the Oregon Coast Love Coalition (OCLC) invites you to join them for a weekend celebrating Dr. Martin Luther King's message of love, hope and unity, January 14th -16th, 2017.

ON SATURDAY, JANUARY 14TH at 7pm, join the conversation with Helen Hill, author of "A Brief History of Fear and Intolerance in Tillamook County" at the Hoffman Center for the Arts, 594 Laneda Avenue, Manzanita, OR. A \$5 donation is suggested. Following a short reading, there will be an interactive discussion and sharing of stories.

A Community discussion and healing circle will take place on **SUNDAY, JANUARY 15TH** at 4 p.m. hosted by Ginger and Brigham Edwards and North Fork 53, 77282 OR-53, Nehalem, OR. Dr. Dawn Sea Kahrs, DC, owner of Graceful Waves Chiropractic of Wheeler will guide us through some healing exercises to open hearts and encourage healing from the past. We will then engage in a meaningful conversation to address our strengths and faults as it relates to living in small coastal communities that are safe and inclusive for all.

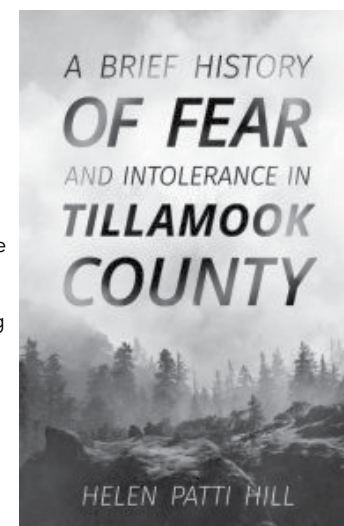
The OCLC will host a Unity breakfast **MONDAY, JANUARY 16TH** at 10 a.m. at the Nehalem Bay United Methodist Church, 36050 10th St, Nehalem, OR. Breakfast will be provided by Coastal Soul owner LaNicia Williams. A \$10 donation is suggested. We will gather to honor each other in our commitment to continue the

dream of Dr. Martin Luther King Jr. for equality for all, no matter your race, religious affiliation, sexual orientation or anything else used to separate and divide a community. This will be followed by a Unity Walk blessing the land, paying homage for those who paved the way before us and to make a declaration of inclusiveness and love for those in our present and future.

The mission of the Oregon Coast Love Coalition is to ensure the Oregon Coast is a place where justice and inclusion are so tended to that anyone can visit or live here and be respected regardless of race, economic standing, faith or sexual identity.

Sponsored in part by: Oregon Coast Love Coalition, St. Catherine's Episcopal Church, Nehalem Bay United Methodist Church, Coastal Soul, North Fork 53, Hoffman Center for the Arts, Graceful Waves Chiropractic and Sunset Vacation Rentals.

For more information, please contact LaNicia Williams at 425-243-3765 or coastalsoulnw@gmail.com.



CASA FUNDRAISER • Jan 13

IS EATING PIZZA GOOD FOR YOU? Maybe. At least it is good for your community. Clatsop CASA Program is holding a fundraiser at the Fort George Brewery, 1483 Duane St., from 4:30 to 9 p.m. on Tuesday, January 31. Proceeds from all food and drink sales upstairs at the Fort will support the work of Court Appointed Special Advocate volunteers (CASAs). Raffle items at the event include the chance to design your own burger for Fort George's guest burger Wednesday.

CASAs advocate for the best interest of children in foster care in our county. Clatsop CASA Program currently advocates for more than 90 children who endured abuse or neglect, to ensure that they can grow up in safe, loving, permanent families.

For information, or to donate or volunteer, please contact Julia Mabry at julia@clatsopcasa.org, call 503-338-6063 or visit www.clatsopcasa.org.



More Events at North Fork 53 January 20 - 22

Women Respond to the Inauguration. Raise your Voices!

Weekend gathering of women writers and artists to respond to the election. We will Write, sing, blog, livestream our words directly from the Oregon Coast into the world. We will attend the Astoria Women's March as part of our weekend. \$200 for 3 days of lodging, organic meals and workshops

January 22nd Noon- 2pm

Women's Voices Concert Fundraiser

Kathryn Claire, Alexa Wiley, Julie Amici and guests Join us to honor women's voices in a special performance that will feature three amazing woman songwriters and performers. \$15-25 suggested donation. Net Proceeds will go to the Women's Resource Center of Tillamook County. North Fork 53 Retreat Center, Nehalem OR www.northfork53.com 503-368-5382

HOMELESS IN THE LAND OF PLENTY:

a free discussion about homelessness in Oregon January 27 • Conversation Project

HOME is one of the most intimate places we can know. It's a place that provides for and shapes our expression of security, identity, and even play. But an estimated 100 million people around the world lack shelter altogether, and as many as one billion lack adequate permanent housing. In the US, families with children are the fastest-growing segment of the homeless population. How does homelessness affect the lives of all people within a community? What does it mean for there to be masses of people who are not adequately housed?

This is the focus of "Homeless in the Land of Plenty," a free conversation with Ryan Stroud on Friday, January 27, 2017 at 6:00pm at the Astoria Public Library, 450 10th Street, Astoria. This program is hosted by Astor Library Friends Association and sponsored by Oregon Humanities.

Stroud is a storyteller and the founder and director of CommuniTalks, an applied storytelling project that leverages personal narrative to empower individual and social change. He holds an MS in conflict resolution and a BA in communication from Portland State University, and a Diploma with Honors in Mandarin Chinese from the Defense Language Institute. In 2013, he was awarded a Collaborative Governance Service Award from the National Policy Consensus Center for his facilitation work in the field of public policy.

The McCulloughesque Beauty of an Interpretative Display

article/photos By Matt Love



ON THE WEST END of the Lewis and Clark River Bridge, stands the greatest outdoor display of interpretative history I have ever seen in Oregon. It's a sterling monument of collaboration between a state agency, a genius bridge builder, an artist, the private sector, schoolchildren, poetry and an ideal that bridges can be beautiful and not mere conveyance—and that we should also acknowledge their excellent makers.

On May 24, 2016, the Oregon Department of Transportation dedicated this interpretative display on the history of the Old Youngs Bay and Lewis and Clark River Bridges. In attendance were the partners that created the remarkable exhibit, including its project designer, Suenn Ho from Portland. A familiar designer to the region for Astoria's Heritage Square, and Seaside's Bob Chisholm Community Center interior.

The erection of the display coincided with the repair of the bridges, built in 1921 and 1924, and designed by Oregon's master bridge builder, Conde McCullough. The display features purposely rusted panels, hand-drawn architectural drawings, a gear shaft, old photographs, salvaged materials from the repairs, a timeline of McCullough's career, and a brilliant cutout silhouette of the master himself wearing a fedora!

My favorite part of the exhibit is the handwritten inclusion of over 60 whimsical bridge poems and enchanting illustrations produced by Lewis and Clark Elementary students that artisans sandblasted into granite.

One young bard named Vanessa wrote: *Bridges, water, wow, wow wow / can't stand their sight / It's so*

beautiful / I love the sights, wow, wow wow.

Wow is the perfect word to describe McCullough's bridges.

Conde McCullough served as Oregon's state bridge engineer for 18 years (1919-37) and is chiefly remembered for his elegant bridges along U.S. Highway 101 on the central coast that opened in the 1930s during the height of the Depression. McCullough's bridges seized the public's imagination with their distinctive and wonderfully eccentric art deco flourishes, such as stylish, often soaring arches of green steel, beveled columns, concrete obelisks, ornate railings and pedestrian plazas. They have since become nationally renowned landmarks of the Oregon Coast.

The Old Youngs Bay and Lewis Clark Bridges contain some characteristics that later comprised McCullough's distinct style. The former includes beveled obelisks that mark the approaches from both ends, and atop each obelisk rests an odd little decorative lantern.

You get the feeling that McCullough was just warming up with Astoria and then later found his full measure as a designer with his other coastal bridges.

Ho's project has masterfully recreated the kind of old school workmanship that distinguishes McCullough's finest bridges. "I wanted something more than just a plaque," she said. "This display was much more than just information about two bridges. I wanted to honor McCullough and the lost craftsmanship from that era, what was possible back then."

I remember feeling exactly the same about McCullough when I discovered his bridges and learned something about the man. Perhaps that's why Ho's display struck such a resounding chord in me.

In 2011, I published a quirky book called *Love and the Green Lady*, about my love affair with one of McCullough's New Deal-era gems, the Yaquina Bay Bridge in Newport. I lived in Newport at the time and crossing that bridge every morning revolutionized my aesthetic and helped me understand that McCullough wanted more from a bridge than just civil engineering; he wanted art, beauty and to impart the human touch into his constructions.



The new interpretative display gets that exactly right in a method that astonished me. It's easily the most imaginative explanation of McCullough's work and ethos I've ever witnessed and I've seen them all. It truly deserves a visit and hands on inspection.

Toward the end of his career, McCullough wrote to a friend: "From the dawn of civilization up to the present, engineers have been busily engaged in ruining this fair earth, and taking all the romance out of it—there is no romance, nor poetry left in the world. If we only knew the truth, the decline of ancient Babylon and the complete dissolution of Sodom and Gomorrah were probably dated from the time they formed the first engineering society. However, I don't know that there is anything we can do about it."

McCullough did do something about it. He built beautiful bridges along the Oregon Coast that we still use and admire today. His creative vision inspired others to follow him and one path led directly to the project near the Lewis and Clark Bridge, a display, I might add, that also had the good sense to declare in print: "Thank you Conde McCullough for your inspiration."

When was the last time you read something like that on a historical exhibit?



Theater and Performance take center stage in Nehalem

THE NEW NCRD THEATER

THERE AREN'T MANY VENUES on the Oregon Coast that can seat nearly 200 people for a magical theater performance of *Love, Loss, and What I Wore*, staged Sept 2016. And if you consider that nearly the entire population of the City of Nehalem could fit into the auditorium of the North County Recreation District auditorium, it's impressive that residents prioritized the preservation and renovation of a building whose theater space was an afterthought. I spoke with Mary Moran, Theater Coordinator for the NCRD, Peter Nunn, former Director of the NCRD, and Tom Cocklin, Board Chair of the Riverbend Players, about the newly remodeled space.

Moran, who many local Nehalem residents will know as coordinator for the nonprofit Emergency Volunteer Corps, or as facilitator extraordinaire of the CARTM Trashion Show, enthusiastically shared with me over coffee the most recent NCRD Theater successes and described her role as NCRD Theater Manager. The position itself is new as of July 2016. Her primary responsibility is to manage performance bookings, work with NCRD staff and she serves as a de facto construction coordinator as well.

Moran sees the NCRD theater as an important community asset. "It is a wonderful opportunity to stage events here, although we love the Coaster Theater and TAPA, but it is an advantage to this community's region." Upcoming the NCRD will host the Cannon beach Choir, and Moran reminds that a canceled show, due to the October tornado, *Hey Loretta*, a Loretta Lynn tribute band will be



The September Cast of *Love, Loss and What I Wore*.



By Cara Mico

NCRD Theater Manager Mary Moran sits happily comfortable in new seats

rescheduled. Of course, NCRD is now home to the ever-famous Trashion Show and there are also plans to open the space for movie showings as well, something missing in this part of the coast save for movie night at the Hoffman Center. A large part of the audience is second home owners and tourists but locals attend frequently. And who attends is largely dependent on the method of advertising, which Moran also assists with. Locals fill the seats based off of word of mouth while an Oregonian ad brought in a large contingent from Portland.

The NCRD is clearly close to Moran's heart, as it is with many residents. Her only complaint is that they are already booked almost to capacity at least until the summer and new groups are calling regularly to secure space for their performances. This leaves her with little time to finish all of the small details such as lighting or parking. The next major updates include the construction of a lobby and ADA restrooms. There is also the possibility of a commercial kitchen in the near future. While these updates won't fix the backstage and storage space limitations, these are minor inconveniences compared to the wonderful opportunity to be a part of an amazing community venture. "I've had nothing but positive feedback," Moran said, "Everyone I talked to has really liked it."

From School to Community Center

Peter Nunn, NCRD director from 2008-2014, courteously provided a detailed history of the NCRD. The NCRD was adopted by Tillamook County voters in 1997 for the purpose of providing area residents and tourists with a place to practice physical fitness, swim, and of course, recreate. Residing in one of the area's largest buildings, the NCRD is housed in the former Nehalem Elementary School, which relocated across the street when the facility became too small and too outmoded for the school's purpose. Outmoded is an understatement; the building, constructed in the early 1920s, didn't originally include an auditorium beneath the gym. Seeing a need, the community elevated the building about 5 feet and built the auditorium into the hillside below a decade later. Unfortunately, the buildings structural beams were removed during the process and the floor above became...springy. Oh, and could only safely hold up to 35 people.

After the school discontinued using the building in 1988, the building had a variety of tenants including a branch of the Tillamook Bay Community College. NCRD became the rightful owner of the property in 2004. By that time, the auditorium had been used as a storage area for almost 20 years.

The structural issues had not been addressed by the school district and there were numerous other problems that come with being a nearly 100-year-old building on the Oregon Coast.

Enter the Riverbend Players stage left. Tom Cocklin, the Board Chair of the Riverbend Players, explained that the small theater troupe based in Nehalem decided that the Riverbend room they had previously been using for reader theater performances simply wouldn't do. They were ready for a proper stage. By 2008 there was a buzz that the building would be repaired. The Riverbend Players offered to use a handful of volunteers to clean up the space and donate performance proceeds to renovate the auditorium.

The partnership was a good match. The Riverbend Players raised over \$22,000 and donated countless hours removing debris, cleaning, patching, and preparing the auditorium for the overhaul that was to occur in three phases. Nunn explained that the District hired local architect Jim Fanjoy to develop a conceptual plan that would work regardless of future funding availability. Interior designer Linda Meyers developed a lovely plan reminiscent of the 1920's, but subtle enough for the rural character of the area.

The plan was to repair the building in three phases; the first and arguably most important phase included making the floor of the above gym (also the roof of the auditorium) structurally sound. Support columns were added and the gym floor was reinforced. Phase 2 included the installation of a new stage, lighting, a fresh coat of paint, and a beautiful ceiling worthy of the performances within.



Gearing up for *The Curious Savage*



The final phase, recently completed, involved replacing the chairs that were, according to Nunn “too small for 21st century adults.”

The total cost came in just over \$400,000, a modest sum considering the work that was accomplished. The funding for the project came from a variety of sources. In addition to the funding the Riverbend Players donated, the Friends of the NCRD and a ‘seat-drive’ brought in nearly \$60,000. Foundational grants from Meyer Memorial Trust, the Collins Foundation, and the Oregon Community Foundation provided another \$85,000 and the Tillamook County Transient Lodging Tax provided \$70,000. And because the NCRD is a public entity, timber tax revenue was available, bringing \$157,000 to the pot.

The Riverbend Players find the partnership NCRD mutually beneficial. Cocklin explained that half of the revenue from the troupe goes to the NCRD for repairs and maintenance of the auditorium. In exchange, the group gets to use the space for 80 days and has priority scheduling for 4 performances. In addition to having access to one of the nicest theaters on the coast, perhaps in all of rural Oregon, the players are also able to support the organization that made their growth possible. The process has clearly inspired many, with a record 5 new actors joining the ranks. Cocklin emphasized that, “the Riverbend Players are a component of the NCRD, we share our net profit, we share the muscle and the work too.”

While the heavy lifting is completed, there are still several repairs planned for the future. The sound system is in need of an upgrade. Nunn stressed that the while the upgrade was in the budget, “NCRD should wait until we have a clear idea of what we need from a sound system which we’ll get from using the space.” Meanwhile, the conduits and ducts are in place so that when the time comes, the sound will be brought into the 21st century in the same way the seats and ceiling were, with no love or labor lost. The end result is a gem nestled in the hills of the Nehalem River Valley ready to serve the next generation of players, perhaps for a century more. With a renovated space and a new Theater Manager it seems like the only place NCRD can go is up! One possibility? Theater classes for adults and possibly a theater network of regional coastal theaters where performances can rotate through from Lincoln City to Cannon Beach.

So what’s next up on the NCRD stage?

The Curious Savage by John Patrick, opens February 11th of this year. The dark comedy is a delightful, sweet, and poignant show addressing kindness, affection, opposite greed and dishonesty. A little mystery, a little dramady, the show focuses on an older woman with a largess that is the source of a squabble, the setting a sanitorium, charming patients residing. If the rehearsal I was fortunate enough to sit in on is any indication of the coming performances, the audience is in for a real treat. Look for press coming up on this next production at NCRD Theater, *The Curious Savage* runs, weekends, show time 7pm, through Feb 26.. Check out the NCRD website for a complete schedule. www.ncrd.org



2016 Trashion Show on the NCRD stage

Liberty Theater’s New Director Jennifer Crockett

IT’S A BEAUTIFUL THING when the puzzle pieces of life fit together—the right time, the right place, and the right person. When Jennifer Crockett, the new director of the Liberty Theater, hired this past August, was first alerted to the advertised position by her husband, Nate Crockett, fiddle player for the national touring band, Horse Feathers, she thought, “That sounds like a very big job.”

After interviewing and learning more about the job, and while she had not held a similar administrative position before, she got excited because she knew then her diverse background felt like a match.

Jennifer and Nate bought a house in Astoria a year ago. Both musicians who travel to play, allows freedom to locate. A clarinetist, Jennifer has been a player in the Astoria Music Festival, and a yearly attendee of the festival. Bitten by “the magic” and affordability, Astoria seemed a right place to settle and purchase.

Originally from Chicago, in 2002, after finishing grad school from the De Paul School of Music with a degree in clarinet performance, Jennifer Crockett headed west to Portland, Oregon, but without her clarinet. She left it behind at her mother’s house, and it would be 10 years before she was to play again. Today, Jennifer is clarinetist with the Walla Walla Symphony, the Yakima Symphony and a non-profit outreach ensemble, Portland Chamber Music.

What happened? “I had the typical audition melt down. Growing up I only thought performance, not education, and after numerous rejections I put the clarinet in the closet and never looked back.” As Jennifer explained, “the competition is fierce and any symphony only has two clarinets. Today and even then back in the 90’s, there are only 18 major symphonies left in the US, that’s 36 open clarinet positions, and hundreds of clarinet players.”

What followed for Jennifer was involvement in innovative business. She began with Anthropology Clothing Co., first as a sales associate and eventually progressed to district manager. Unlike the typical corporate company says Jennifer, “They hand you a store, and literally let you run it. It’s not like other companies, where they tell you, for example how much you can spend on payroll; it’s here’s your store, meet your goals and do whatever you do to get there.”

But she says laughingly, “Then I had my corporate meltdown!” Too many hours in fast-paced retail, School House Electric, the retro light fixture company based in Portland, Jennifer became one of six employees in the start-up company. “That was a great job, where you got to wear all the hats—building lights, working the showroom, doing bookkeeping and working on the website.” Eventually she partnered with a mid-century lighting designer opening her own company, helping to grow the business, doing social media, bookkeeping and website work.

Of the new Liberty position says Jennifer, “It’s great to be onstage with the arts, but we also need more people backstage-being advocates for the arts.” Jennifer has sat on various orchestra boards and says that often what boards lack is the balance – that you need people on boards that know what it’s like to be on the other side, (meaning the stage side).

For a number of years the Liberty Theater has run a season program, culminating in the June Astoria Music Festival. It’s a big house in a rural region and Jennifer Crockett, with a background in “grabbing the bull by the horns,” is getting a feel for the direction she would like to administer.

“Getting the community engaged is important. I would love to see more local activities going on. Our mantra going forward is “Astoria’s Living Room.” I’m reaching out to organiza-



tions; what can the theater do to help you? And asking people in the community, what would you like to see more of?”

This past holiday, the Columbia Theater free symphony event was packed. Jennifer, was out of town on a clarinet gig, and got a text from tech director Larry Bryant, “We’re packed!” “More FREE stuff.” Reaching out to area school concerts.

Growing up in Chicago, Jennifer’s school orchestra played at the Rialto Theater, a historic theater like the Liberty, and remembers it as a heightened experience. “I remember what sort of carrots were dangled at me as a kid, I would like to see that as part of the Liberty. Its mutually beneficial, it gets people exposed to the theater and its great for the kids.”

This spring a grant from the Oregon Cultural Trust will support 3 dance workshops for kids: Classical Indian Dance, Japanese Taiko and Ghanaian Dance.

The Sunset Indie Rock Series will amp up, a goal of one concert per month. This March look for the bands, Ages and Ages plus The Cave Singers, and in April, Astoria’s Hook & Anchor with River Whyless. For out-of-towners, the Liberty is partnering with the Commodore Hotel and St. 14 for packages. Bringing the Liberty into the 21st century, a new website is on the way, and for now check in at the website.

Another exciting addition, working with Jennifer, the Liberty will soon be hiring a part-time artistic director. “We have the predominantly classical Astoria Music Festival, and the indie rock series, and the pendulum swings. We want to bring in some help to create a cohesive vision, an over-arching theme for the year, what do we want to bring to our audiences, each season.

In the meantime, back to the clarinet. Jennifer Crockett picked up a clarinet at a party one night – her playing surprised friends and associates, and they commented, “You’re actually pretty good at that.” She had kept her craft a secret. Eventually she called her mother to send her the clarinet. “I’m incapable of doing anything as a hobby, so I started taking lessons.”

“When anyone tells me they’ve played an instrument and they’re thinking of taking it back up, I say you should absolutely do it. You are such a different player as an adult. I feel like I’m better now than I was in college, its because I appreciate it more, but also I am more forgiving of myself, you give your self room.”

In addition to symphony positions, Jennifer began teaching students herself, and with the onset of chamber pop and folk today, she joined a band, the Portland-based Alameda. And she’s also recorded with numerous other bands, including Horse Feathers.

“I love recording and would do more of it, if the clarinet weren’t such a niche. Every year I send out emails, remember how cool clarinet is guys? And she says with a grin. . . it works!

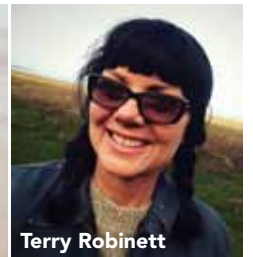
AVA's Artist-in-Residence Program Continues into the New Year

ASTORIA VISUAL ARTS is delighted to have two exceptional local artists, Andie Sterling and Terry Robinett, working in its downtown studios from January through April as part of the AVA artist-in-residence (AVA a-i-r) program.

AVA a-i-r's newest resident is Andie Sterling, a recent transplant to the area. Sterling says she is very excited about the creative culture and arts community she has encountered since moving here. "The existing network structure of AVA, and introduction into the community as a working artist will be instrumental in creating the level of relationships, conversations, professionalism, and community collaboration in my work that I am looking to develop as a new artist in Astoria," she wrote in her a-i-r application. Sterling's work is visually inspired by the shifting landscapes, meandering rivers, tidal action, and erosion patterns that mark the rhythms of time's passage on Earth. She creates stop-motion animations by photographing the process of her line drawings, and the finished animation video is then projected



Andie Sterling



Terry Robinett

AVA artist in residence back in October. And it's a dream from which she won't have to awaken until May 1. Robinett's application for an extension of her residency through April 30 was approved by the selection committee based on the quality of her work and her proven and planned utilization



Whirl by Andie Sterling

of the studio space. Robinett works in a variety of styles and moves from one to the other with regularity. Her mixed-media figure paintings are primarily oil. Her papier-mâché sculpture incorporates mixed media – pattern paper, latex, steel wool, metal and fabric – to create characters.

AVA a-i-r is designed to encourage the creative, intellectual and professional growth of emerging local artists. The program is supported by the members of Astoria Visual Arts and the generosity of the Astoria Coffee House & Bistro, the Astoria Co-op Grocery, City Lumber Company, Dots 'N Doodles Art Supplies, and the Fort George Brewery + Public House.



Untitled by Terry Robinett

onto the drawing. During January's 2nd Saturday Art Walk, Sterling will be showcasing "Respire," a video projection produced in collaboration with local sound artist Olaf Ydstie. The projection will take place at 1170 Commercial Street, 5pm-8pm, January 14.

"What a treat to have a place with no interruptions and terrific view! It's a dream," wrote Terry Robinett on Facebook during her first week as an

Angela Purviance Intaglio Prints at CB Gallery

ANGELA PURVIANCE is becoming known for her vibrant color intaglio prints, which generally feature children in narratives that could be described as magical realism. Her topics blend her interests and backgrounds. For over ten years, she was an elementary art instructor, working with children. More recently, during the past 3 years, Angela has worked in wildlife rehabilitation. These experiences, in how both children and the environment are impacted through generations, have shaped her worldview and provide endless content for her work.

In addition to being a multi-talented printmaker, Angela has also set up a home studio, having researched, innovated, and implemented less toxic printmaking methods. In her own words she stated that, "intaglio is an adventure, intellectually and artistically challenging." Playing with the possibilities that it offers promises to keep her engaged for years to come.

Opening Reception Jan 14, 6-8pm. Thru Feb 12. Artist Talk, Jan 15, 11am – 2pm.
At the Cannon Beach Art Gallery, 1064 Hemlock, Cannon Beach.



CONTRA - coming soon to a dance hall near you.

CONTRA DANCING IS BACK! After the fantastic crowd at the contra dance this past November, held at the Netel Grange, Dave Ambrose has organized what he hopes to be a monthly contra dance in downtown Astoria. The kick-off dance will be held on Friday, January 13 at the Odd Fellows Hall, aka Astoria Arts and Movement Center at the corner of Commercial Street and 10th Street. The dance features live music by a cadre of local musicians playing with Dave as dance caller.

The dance starts at 7pm with a beginner's lesson and runs until 10pm. All ages are welcome.

Bringing along a dance partner is not absolutely necessary as contra dancers are encouraged to dance with as many new partners as they are comfortable with.

Entrance fee is a sliding scale \$5-\$10. And of course, you can give more to support the musicians, caller, and the beautiful dance hall.

If all goes well, there will be a regular monthly dance every second Friday of the month. Come join the fun. For more information, call Dave at 503-325-3602.

Friday, Jan 13, 7pm-10pm, AAMC, 342 10th St., 2nd Flr, Astoria. \$5-\$10.

AIFF • WINTER FILMS

THE ASTORIA INTERNATIONAL FILM FESTIVAL honors Martin Luther King this year with a documentary film, "Dar He" The Lynching of Emmett Till, Sunday Jan 15th.

Days after stepping off the train, 14-year old Emmett Till from Chicago goes missing in Money, Mississippi. Later, the boy's mutilated body is found in a river. William Bradford Huie of Look magazine interviews the people of Money to get at the root of what happened. The two men acquitted for the boy's murder, Roy Bryant Jr. and J.W. Milam, agree to sit down to discuss the trial. Not a word had been uttered outside a courtroom by them or their kin, until now... *

DAR HE: The Lynching of Emmett Till, is the TRUE STORY crafted from the public record: a transfixing, true-dramatization of the historic interviews and events surrounding the murder that became a lightning rod for moral outrage and pivotal in inspiring a whole generation of young people to commit to social change in the 1950s. 'His death was a spark that ignited the Civil Rights Movement in America,' Ed Bradley, Emmy Award-winning journalist. * The film was adapted from the acclaimed one-man play written and performed by Mike Whiley.

Sunday, January 15, 2pm. \$5. Liberty Theater in Astoria.

BAREFOOT IN THE PARK. AIFF in tribute to the 80th birthday of Actor/Producer Robert Redford, presents the 1967 film Barefoot in the Park, starring Jane Fonda and Robert Redford.

Sunday, Feb 5, 2pm. \$5. Liberty Theater.



January Cultural Calendar



PORTLAND CELLO PROJECT

a group of cello-wielding maniacs

SINCE the group's inception in 2007, the Portland Cello Project has captivated audiences throughout the country with their extravagant performances; developing a genre mixing reputation by blurring musical lines between styles to redefine traditional perceptions. No two shows by the Cello Project are alike! With a repertoire numbering over 1,000 pieces, the Cello Project runs the gamut, from classical music and movie themes, to jazz standards, pop and hip-hop - all arranged by members of the group. Perfect for music lovers

of all ages, the Portland Cello Project promises a night of fun with familiar songs played in a way you never expected to hear.

Friday, Jan 13, 7:30pm. Tickets available at the Liberty Theater Box Office, online at ticketwest.com. Box Office Hours: Wed-Sat, 2pm-5:30pm, 503-325-5922 x55.

Monday 9

MUSIC

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

Tuesday 10

MUSIC

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

HAPPENING

Astoria Christmas Tree Recycling Pickup. For residents within the city limits of Astoria. Trees must be at the closest street corner by 7:00 a.m. and meet the following criteria: free of flocking and all decorations, and trees that are over 5 feet in height or have trunks over 5 inches in diameter must be cut up into smaller pieces.

LECTURE

Past to Present Lecture Series. Regional Class Research Vessels: The Next Generation of Ships for Coastal Science. With Katie Watkins-Brandt. Free with paid admission, 10:30am at the Columbia River Maritime Museum.

Wednesday 11

MUSIC

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

HAPPENING

Lower Columbia Hispanic Council Health Fair. Free health screening. 1 - 7pm at the Astoria Event Center.

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

LECTURE

The World of Haystack Rock. The Precipitous Loss of China's Coastal Wetlands and Impacts to Migratory Birds in the East Asian-Australasian Flyway with Roy Lowe. 7pm at the Cannon Beach Library.

Thursday 12

MUSIC

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

LECTURE

Nature Matters. Orcas Need Oregonians with Quinn Read. Free, 7pm at the Fort George Lovell Showroom in Astoria.

THEATER

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Friday 13

MUSIC

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

Portland Cello Project. \$15 - \$35, 7:30pm at the Liberty Theater in Astoria.

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

ART

Opening Reception. Making Our Mark. High Fiber Diet. An exhibit of the work of 30 fiber artists. 5 - 7pm at the Chessman Gallery in Lincoln City.

HAPPENING

Contra Dance. Dance to live string music. All ages and skill levels welcome. Caller Dave Ambrose. Beginner's lesson at 7pm, continue the dance after. Sliding scale \$5-\$10. At the AAMC in Astoria.

LITERARY

Lunch in the Loft with Lori Tobias. \$25 includes a catered lunch with the author and a copy of her book "Wander." Noon at Beach Books in Seaside. RSVP at beachbooks37@gmail.com

THEATER

All in the Timing. Comedy. \$15, 7pm at the PAC in Astoria.

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 14

MUSIC

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

Schwing. 9pm at Rusty Truck Brewery in Lincoln City.

Will West and the Friendly Strangers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

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

Artistry in Wood Show and Sale. The 2017 theme is Mammals of the Pacific NW. Free admission and free seminars. 10am - 5pm at the Chinook Winds Convention Center in Lincoln City.

FOOD & DRINK

Crab Feed. At the Long Beach Elks.

Hog & Porter Brewer's Dinner. Featuring five courses of all things pig paired with rare and specialty porters. \$65, 6pm at the Fort George Showroom in Astoria. Reservations at 503-325-PINT

THEATER

All in the Timing. Comedy. \$15, 7pm at the PAC in Astoria.

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Sunday 15

MUSIC

Classical Piano Performance. With Susan Buehler, Corin Parker, and Dianne Amos.

\$10, 2 - 4pm at the Nehalem Bay United Methodist Church, Nehalem.

Coffee Concert. With performances by local musicians. Admission by donation, 2 - 4pm at the Lincoln City Cultural Center.

Greta Matassa. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

Pat Kearns Trio. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Artistry in Wood Show and Sale. The 2017 theme is Mammals of the Pacific NW. Free admission and free seminars. 10am - 5pm at the Chinook Winds Convention Center in Lincoln City.

CINEMA

Dar He: The Lynching of Emmett Till. \$5, 2pm at the Liberty Theater in Astoria.

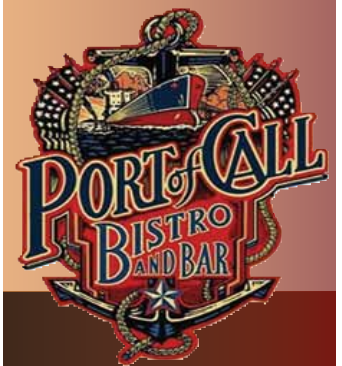
LECTURE

In Their Footsteps. Calvin Tibbets: Oregon's First Pioneer. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

LITERARY

A Reading with Pete Fromm. The author will read from his work. Free, 1pm at Beach Books in Seaside.

→ cont. p19



EVENTS

894 Commercial Street
503.325.4356
astoria

AT PORT OF CALL

OPEN MIC & JAM SESSION
EVERY THURS, 6-11pm open

DAILY SPECIALS

- MON-WED: Closed for Winter Hrs
- THURS: Burger and Draft beer for \$10
- BREAKFAST: Sat/Sun open 10am
- SUN: \$10 Bloody Mary Bar/10am to 2pm. Active Military Appreciation Day (with proof of service) 20% off. \$10 bottomless Mimosas for 2 hrs, between 10am-2pm.

EVERY FRI/SAT

DJs/ Karaoke/Live Bands

Lower Columbia Hispanic Council Health Fair

Wed. Jan 11, 1-7pm EVENT CTR
Free Health Screening Blood pressure, BMI, body composition 3-5pm, provided by CMH
RAFFLES + FREEBIES!!!!



Thur. Feb2
8-11pm



Pacific Northwest Professional Wrestling
Last Sunday
of every month
\$10 doors open 4:30pm

Comedy at the PAC in January

ALL IN THE TIMING offers a comic quandary of speech vs. meaning



PHOTO: Janet Bowler, courtesy Partners for the PAC

Justin Germond, left, appears as Milton, Amber Bletcha plays Kafka and Edward James is Jonathan Swift in "Words, Words, Words," a scene from the Partners for the PAC production of "All In The Timing" being staged in Astoria this month. James also directs David Ives' play, which consists of six comic scenes focusing on language, relationships and miscommunications. In this scene, the three are chimpanzees locked in a room to try to type "Hamlet."

LANGUAGE is how we communicate.

Of course, it is also how we FAIL to communicate.

That's what's so funny about David Ives' "All In The Timing."

The zany play is being staged at the Clatsop Community College Performing Arts Center in Astoria this January.

The production is directed by Edward James of Astoria and features a cast of North Coast actors. It has six comic segments which focus on words, language and almost inevitable miscommunications.

Written in 1993 and first staged Off-Broadway, the contrasting scenes highlight often existentialist perspectives on life. Several are complicated by romance, although none proceeds perfectly.

"What drew me to producing David Ives' 'All In The Timing' is that these six short comedies are simultaneously enchanting and perplexing, smart, as well as side-splittingly funny," said James.

"He revolutionized short-form theatrical comedy 20-odd years ago, creating playful and poignant puzzles about relationships and romance and the unintended consequences of the language we share."

James directs the play and appears in one of the scenes as a chimpanzee with the same name as the English satirist Jonathan Swift.

The six scenes are varied:

- "Sure Thing" features a man and a woman who meet in a cafe. Neither can immediately tell the truth, but they are magically given repeated chances to try again.

- "Words, Words, Words" eavesdrops on three classic authors imprisoned with a seemingly impossible task, retyping "Hamlet," fueled by bananas and cigarettes.

- "The Universal Language" shows a shy woman trying to overcome loneliness through language. Can she trust the strange man who helps her?

- "The Philadelphia" showcases two men in a cafe apparently trapped in different pockets of reality, served by a waitress who seems determined to mess up their orders.

- "Mere Mortals" introduces three construction workers perched high on a half-built skyscraper revealing their true identities. European royalty? Surely it cannot be so?

- "Variations on the Death of Trotsky" offers more than a half-dozen amusing alternate depictions of the final moments of the Soviet communist icon.

As well as James, the ensemble cast features Amber Blecha, Gigi Chadwick, Jim Dott, Justin Germond, Jordan Griffin, Barry Sears, Patricia Shannon and Patrick Webb.

Ives is an American playwright, screenwriter, and novelist, born in Chicago, educated at Yale and based in New York. Although he has written many scripts and adaptations of full-length plays, his skill in writing one-act comedies prompted the New York Times to label him the "maestro of the short form."

The director, James, expects audiences will have a good time — thanks to the author Ives' skill with words. "He tickles the heart, the brain and the funny bone," he said.

The show is funded, in large part, by a grant from the Clatsop County Cultural Coalition using money donated to the Oregon Cultural Trust.

Performances: Jan 13-14, 20-21, at 7pm and Jan 15, 22, at 2pm. Tickets are \$15, cash or check, at the door. CCC PAC 16th & Franklin in Astoria.

- submitted article

ASTORIA

Portland Center Stage at The Armory

**A World Premiere
Jan 14 – Feb 12**

ADAPTED from the best-selling book by Peter Stark, this harrowing dual journey — one over land, one by sea — will be told with an exceptional cast of sixteen actors. At a time when the edge of American settlement barely reached beyond the Appalachian Mountains, two visionaries — President Thomas Jefferson and millionaire John Jacob Astor — foresaw that one day the Pacific would



Eleven period tailcoats were created from scratch by the PCS costume department; each piece required 60-80 hours to complete.



The set is comprised of 53 wooden pikes in four different sizes ranging from six to 23 feet in height. Each pike is created by layering single-sided cardboard onto pine frames and wrapped with cheesecloth to create texture and structural integrity. The pikes are then painted to create the final wooden look.

dominate world trade as much as the Atlantic did in their day. Just two years after the Lewis and Clark Expedition concluded in 1806, Jefferson and Astor turned their sights westward once again. Thus began one of history's dramatic but largely forgotten turning points in the conquest of the North American continent. This monumental piece of American history will be told in two parts over the course of two seasons. Part One is about the journey to Astoria and Part Two is about the establishment of Astoria, the first permanent United States settlement on the West Coast. Adapted and directed by Chris Coleman.

For tickets Visit: www.pcs.org or call 503.445.3700. Portland Center Stage at The Armory (128 NW 11th Ave, Portland, OR)

Reader's Theater at the McTavish Room

Death and the Maiden

A DRAMA by playwright Ariel Dorfman. The after-effects of psychological damage of people in a county emerging from totalitarian dictatorship, directed by Sen Incavo. In the cast of 3, Paulina Salas is a former political prisoner in an unnamed Latin American country, who had been raped by her captors, led by a sadistic doctor whose face she never saw. The rapist doctor played Schubert's composition Death and the Maiden during the act of rape; hence the play's title.

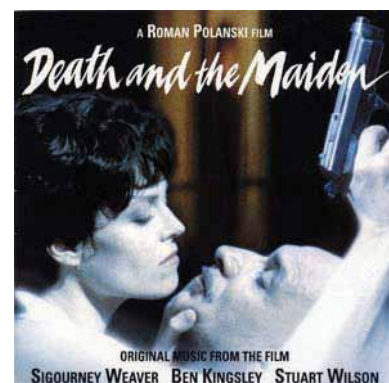
Years later, living in an isolated country house with her husband, a stranger Dr. Miranda makes an unplanned visit. Who is he? This is where the drama unfolds.

Death and the Maiden premiered on Broadway in 1992 with Glenn Close, Richard Dreyfuss, Gene Hackman and directed by Mike Nichols. The movie version in 1994—Roman Polanski directed starring Sigourney Weaver, Ben Kingsley, and Stuart Wilson. An opera based on the play has been composed by Jonas Forssell with the libretto by Ariel Dorfman. The world

premiere was staged at the Malmö Opera on 20 September 2008.

CAST: Kate Brister, Bill Ham, and Daric Moore. Directed by Sen Incavo.

Performance dates: Jan 25-26 and Feb 1-2, at 7pm. Tickets \$15 @ the door. Liberty Theater McTavish Room in Astoria.



REFUGE

**North Coast Printmakers Collective
at IMOGEN**



E. Bonn Zimmerman Family Refuge monotype

IMOGEN welcomes in the New Year with the exhibition Refuge, a consortium of fine art prints done in multiple printmaking processes from the North Coast Printmakers Collective. The exhibition will open for Astoria's Second Saturday Artwalk, January 14th with a reception for the artists, 5 – 8 pm.

The North Coast Printmakers Collective, founded in 2010 is comprised of a unique group of artists, both emerging and established, who all share a common passion for printmaking processes. The Collective (NCPC's) original intent in formation of the group was to create a community based program providing shared access to studio space, including costly and space demanding printing presses. The group primarily utilizes Clatsop Community College's printmaking studio which offers physical space and place for collaboration of concepts and techniques, shared between members.

Refuge will include the work of members, Vicki Baker, Reed Clarke, Normandie Hand, Kirsten

Horning, Gin Laughery, Dmitri Swain, Penny Treat, Janet Wade, E. Bonn-Zimmerman, Sarah Lippold, Marie Powell, Ben Killen Rosenberg and Miki'Ala Souza. They have all created work exploring the concept of refuge, which is manifested both in the physical sense as well as metaphorical. The exhibition is broad with interpretation that encompasses, sense of home, family, cultural heritage, safety from violence, hunger and persecution. Artist Gin Laughery, formerly of Astoria, considers refuge as "a safe space to go out from and return. It also implies that there is solace one can take from the repetition of patterns we experience as a whole: natural seasons, life spans and the knowledge that nothing is static. I find a certain grace and comfort in

knowing there will be a sunrise and a sunset in times of uncertainty and change."

The vast experience of the group is as diverse as the exhibition itself. Most artists share a common experience of tutelage under the late Royal Nebeker. Nebeker taught painting and printmaking for decades at Clatsop Community College, cultivating a legacy of high standard to visual arts here on the North Coast, and anchoring a reputation for quality and compelling sophistication. Beyond that, individual's studies extend across the globe, ranging from local studies at CCC, printmaking workshops at Crow's Shadow Institute of the Arts, and the Chicago Art Institute.

Imogen Gallery is located at 240 11th Street in Astoria. on the vibrant block shared with Cargo and Astoria Coffeehouse & Bistro. Open Mon - Sat, 11 to 5, 11 to 4 Sunday and closed Weds. 503.468.0620 www.imogengallery.com

SUSAN BISH

at the ASTORIA ART LOFT

YOU NAME IT and Susan Bish probably has painted it. A tour of her current exhibit at the Astoria Art Loft is like a tour of our north coast. Her landscape paintings include reflections at Camp 18, Coffenbury Lake, Tillamook Head, Haystack Rock, Arch Cape, Willapa Bay, Alderbrook Lagoon, and other sites in Oregon. Not content to paint only landscapes, she also painted animals (orangutan, wolf, squirrel, possums), flowers (peony, jonquils, iris, gladiolas, narcissus, and several abstract florals), and portraits.

The bulk of Bish's exhibit is framed and hanging in the Astoria Art Loft gallery. Also, a large number of paintings are unframed and displayed in print racks for easy viewing. An art lover can choose from among many European scenes (Italy, France, Greece), vivid collages, landscapes, portraits in various in various mediums, florals, and more.

Bish personifies the artist as a lifelong learner. She says, "Although I have been painting for some time now, I feel I still am and always will be a student. The leaning process never stops and is an essential part of the evolving artist. I constantly try to challenge myself further than I think I can go."

Bish has studied with Shirley Dahlsten, John Campiche, Carl Purcell, Christopher Schink, Carol Riley, Judy Morris, and Eric Wiegardt. She paints regularly with Palette Puddlers.

Bish's exhibit remains at the Astoria Art Loft, 106 Third Street, Astoria, through January. The Art Loft is open Tuesday through Saturday, 11 a.m. – 4 p.m. or other times by appointment. Call for information at 325-4442 or astoriaartloft@gmail.com



Noel Thomas at RiverSea Gallery



RIVERSEA GALLERY BEGINS 2017 with a solo exhibition of smaller works by regional favorite, Noel Thomas. Pages: Noel Thomas Sketchbooks is a celebration of Astoria and the surrounding region, and an opportunity for purchasers to support a local arts non-profit while collecting savings for themselves. The artist, in conjunction with RiverSea Gallery, has decided to offer the pieces unframed, to keep the prices low. In addition, 10% of the proceeds will go to Astoria Visual Arts' Miss Bea Johnson Fund for young artists. In 2011 Thomas was the originator of the fund, named for his eighth grade teacher. As further enticement, Old Town Framing Company will offer custom framing for any work from the show at a 15% discount.

Pages: Noel Thomas Sketchbooks opens Saturday, January 14 with a reception from 5:00 to 8:00 pm during Astoria's Second Saturday Artwalk. The artist will be on hand to celebrate his latest, light bites and libations will be served, and live tunes will be performed by local guitarist, Dylan Clodgo. The exhibition will remain on view through February 7, 2017.

The show includes a bounty of sketches in pen and ink, felt tip pen, and watercolors, over

ninety works in all. Subjects cover a variety of local scenes—ships, boats and waterfronts, views from cafes, doctors' offices, theater and music venues—wherever Thomas happened to be with his ever-present sketchbook. In keeping with the immediacy of coming straight from the artist's sketchbooks, the works are presented unframed and simply pinned to the wall.

"Most of what's shown here are explorations of techniques, materials, and/or ideas," Thomas explains. "None were done using a photo reference. Most were done en plein air—or, on location, whether it be indoors or out, subject to the changing light, weather and even bugs. The most common problem of plein air is when the subject leaves too soon, whether it be a person finishing their coffee and packing up, or a boat heading out from the dock. I find being with the subject is both exciting and challenging."

A testament to constant practice, even for an artist at the top of his game, this latest body of work is evidence that Thomas' signature style has even yet continued to evolve. These are dynamic, suggestive works created with a loose, confident mastery of brushstroke. As always, he leads the viewer into supplying details only suggested with evocative sweeps of line.

RiverSea Gallery, open daily at 1160 Commercial Street in Astoria, 503-325-1270, or visit the website at riverseagallery.com.



BRONZE SCULPTURE At Luminari Arts

LUMINARI ARTS features cold bronze sculptures by husband/ wife team Jeanne Dana, 2nd Saturday Artwalk in Astoria, Jan 14, 5-8pm. Their blend of cast stone is formulated for strength and durability and is suitable for hanging outdoors. The pieces are hand colored with traditional acids, dyes and patinas. In honor of Valentines day, many of the works are heart related.

Join Luminari Arts for live music and goodies. Located at 1133 commercial in Astoria. 503.468.0308



Jeanne Dana Bronze work



Ceramics by Rose Antaki

Multi-Artist Show at BLUE SCORCHER

CELEBRATE with the Blue Scorchers Bakery Cooperative, showcasing inspiring and creative works of art and performance during Art Walk, Jan 14, 5-730. Enjoy ceramic, weaving, music, painting, photography, food, poetry, and more.

Blue Scorchers is located at the corner of 15th and Duane in Astoria.

Pete Fromm at Beach Books • Jan 15

PETE FROMM is a record-setting five time Pacific Northwest Booksellers Association Literary Award winner. If Not For This, As Cool As I Am And How All This Started, a story collection, Dry Rain, And The Memoir, Indian Creek Chronicles. As Cool As I Am Is also a feature film starring Claire Danes, James Marsden, and Sarah Bolger, and Dry Rain is a short film starring James LeGros and Nathan Gamble.

At twenty years old, Pete Fromm heard of a job babysitting salmon eggs, seven winter months alone in a tent in the Selway-Bitterroot Wilderness. Leaping at this chance to be a mountain man, with no experience in the wilds, he left the world. Thirteen years later, he published his beloved memoir of that winter, Indian Creek Chronicles Into the Wild with a twist.

Twenty five years later, he was asked to return to the wilderness to babysit more fish eggs. But no longer a footloose twenty year old, at forty-five, he was the father of two young sons. He left again, alone, straight into the heart of Montana's Bob Marshall wilderness, walking a daily ten mile loop to his fish eggs through deer and elk and the highest density of grizzly bears in the lower 48 states.

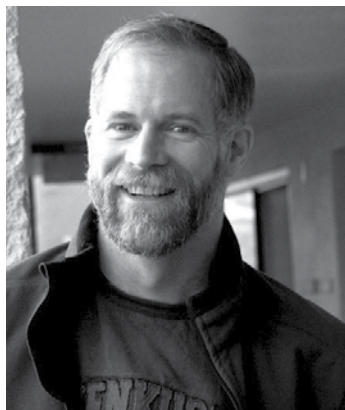
Join Pete at Beach Books at 1pm on Sunday, January 15 for a delightful discussion about the wilderness,

writing and life. FREE. Beach Books is located at 616 Broadway in Seaside.

ALSO AT BEACH BOOKS: *Lunch in the Loft* is a great way to ... well, have lunch, with a wonderful writer, and get a signed copy of a latest book. \$30, please RSVP, Beach Books, beachbooks37@gmail.com.

Friday/Jan 13/12 Noon: Author and former Oregonian journalist and Oregon Coast Today columnist, *Lori Tobias* reads from her first novel, *WANDER*, set in the "nowhere" of Alaska.

Tuesday/Jan 31/12 Noon: Seattle Author *Laurie Frankel* shares her latest novel, *This Is How It Always Is*. But this time her novel is not only charming, it's important. *This Is How It Always Is* is a novel about revelations, transformations, fairy tales, and family.



The Life And Times Of Woody Guthrie Folksinger Adam Miller At Seaside Public Library

SEASIDE LIBRARY welcomes folksinger, storyteller, and autoharp virtuoso, Adam Miller, Thursday, January 26, 7pm. The Life and Times of Woody Guthrie take places in the Community Room.

Woody Guthrie (1912-1967) wrote over 1,000 songs in his lifetime and his musical legacy includes political, traditional, and children's songs, along with ballads and improvised works. Folksinger, Adam Miller, will tell Guthrie's story through song and the spoken word and the audience is encouraged to sing-along to some American classics.

One of the premier autoharpists in the world, Adam Miller is a renowned American folksinger and storyteller. An accomplished folklorist, historian, musicologist, and song-collector, he has amassed a repertoire of over 5,000 songs. Miller accompanies his baritone voice with lively finger-picking acoustic guitar and autoharp melodies. His time-honored traditional folk songs and ballads will have folks of all ages singing along, and Adam will interweave stories that will evoke a by-gone time when entertainment was homemade.

Traveling 70,000 miles each year, this 21st-century troubadour has performed from the Everglades to the Arctic Circle. Using the experiences of the road, Miller points out fascinating connections between events in history and the songs that survived them. And, like radio's Paul Harvey, he manages to give you "the rest of the story" about some of our nation's richest musical treasures.

When not on the road, Adam calls Drain Oregon home

The Seaside Public Library is located at 1131 Broadway. (503)738-6742seasidelibrary.org.



Jumpstart Your Writing Workshop

Start your new year off with a creative spark, join author Deb Vanasse for Jumpstart Your Writing Workshop, Saturday, January 14, at 1pm at Seaside Library. A FREE workshop, reserve your spot.

Through guided exercises and discussion, workshop participants will generate ideas, amplify words on the page, and learn to write past stuck points. Topics include the writers mind, the writing process, and narrative essentials like character, setting, and pacing. Participants will examine and refine their own writing process while exploring techniques to mine and enrich the material from which they write.

Deb Vanasse is the author of seventeen published books as well as numerous articles and essays. She has a Masters Degree in Arts and Humanities and is an alumnus of the Squaw Valley Writers Workshops. Deb also co-founded the 49 Alaska Writing Center and is founder of the author collective Running Fox Books. She has been professionally editing and coaching writers since 2007. The Seaside Library is located at 1131 Broadway. (503)738-6742/seasidelibrary.org

RAIN MAGAZINE Invites Submissions • 2017 Edition

RAIN Magazine, Clatsop Community College's annual literary and arts publication, invites submissions now through Feb. 1 for the 2017 edition. Proud of its 40-plus years publishing the art and literature of the local talented coastal community, Rain welcomes submissions from the general public as well as CCC students and area high school students. For submission guidelines rainmagazine@clatsopcc.edu.

For more information, contact Hume at 503-338-2517 or rhume@clatsopcc.edu

RIC'S POETRY MIC

First Tuesdays @ Winecraft

In honor of founder Ric Vrana, Ric's Poetry Mic and is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <mmauley05@gmail.com>

In Their Footsteps

Calvin Tibbets: Oregon's First Pioneer

THE FIRST AMERICAN SETTLER on Clatsop Plains, Calvin Tibbets, an obscure stonemason who journeyed to Oregon from Maine in 1832, is the topic of historian Jerry Sutherland's book, a guest speaker at the next In Their Footsteps series, Sunday, January 15, at 1pm, Lewis and Clark National Historical Park, Fort Clatsop.

Sutherland spent two years scouring archives and visiting Calvin Tibbets' haunts across the United States and Canada before deciding to write *Calvin Tibbets: Oregon's First Pioneer*. His book tells the story of an obscure stonemason who journeyed to Oregon from Maine in 1832, determined to settle permanently, wrest control of Oregon from Great Britain's Hudson's Bay Company, and make it part of the United States. Tibbets' goal was achieved just before his death in 1849; but he never received any recognition for having paved the way for hundreds of thousands of Oregon pioneers, who made that goal possible.

During his talk, Sutherland will focus on Tibbets' years on Clatsop Plains and his friendship with Solomon Smith, who married Celiast, the daughter of Clatsop Chief Coboway, and whose son Silas Smith helped identify the site of Fort Clatsop in 1899.

Sutherland's 2016 book, *Calvin Tibbets: Oregon's First Pioneer* is available at the bookstore in the Fort Clatsop visitor center. A book-signing at the store follows his presentation.

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

FMI: (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.



Manzanita Writers' Series announces the 2017 Schedule, entering its 9th year of programming.

MWS KICKS OFF THE YEAR on February 18 with Arthur Bradford reading from *Turtle Face and Beyond*. Other authors include Laurie Frankel, *This Is How It Always Is*, Jonathan White, *Tides: The Science and Spirit of the Ocean*, Pauls Toutonghi, *Dog Gone*, Diana Abu-Jaber, *Life Without a Recipe*, and Ingrid Thoft, *Duplicity*.

All of the authors will teach writing workshops during the day. Topics range widely, from Mastering Murder, to Culinary Memoir, to What Writers Can Learn from South Park. Check for workshop details, schedule and registration information at hoffmanblog.org.

Also, watch for information on another new workshop option. We'll be running two online writing workshops during May that culminate in a weekend retreat at the coast to meet your teacher and fellow students, to further workshop and then read from the work created during the online course.

After the success and great response to last year's weekend format for PoetryFest, MWS again hosts a full weekend of events on April 1 and 2, with Carl Adamshick and Emily Kendal Frey.

The Manzanita Writers' Series will host a number of added special events for 2017.

On April 15, John Sibley Williams will conduct a workshop on Publishing Your Chapbook: for poetry chapbooks and books of short stories or essays.

On July 29, Liz Prato, Author of *Baby's On Fire*, will conduct the workshop Writing Outside the Box, which had to be cancelled in 2016 due to inclement weather.

The admission price for author events will be \$7. Workshop fees vary by workshop so check hoffmanblog.org for details and registration.

Open Mic continues for each event. Writers are welcome to write to theme for their 5-minute piece although it is not a requirement. Themes will be announced in advance of each event.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) Further information is available at hoffmanblog.org <<http://hoffmanblog.org>> online or contact Kathie Hightower, kathiehightower@gmail.com

Oregon Legacy. A free series of encounters with Oregon authors. Kristin Collier. 3pm at the Driftwood Public Library in Lincoln City.

THEATER

The Sunshine Boys. Comedy. 2pm at Theater West in Lincoln City.

All in the Timing. Comedy. \$15, 4pm at the PAC in Astoria.

Monday 16

MUSIC

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

FOOD & DRINK

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

Tuesday 17

MUSIC

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

LECTURE

Past to Present Lecture Series. Free with paid admission, 10:30am at the Columbia River Maritime Museum.

Wednesday 18

MUSIC

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

LECTURE

Salty Talks. Gardening for the Homebrewer with Debbi Teashon. 6:30pm at the SALT Pub and Hotel in Ilwaco.

Listening to the Land. Inside Gray Whales. With Florence Sullivan. 6pm at the Seaside Library.

Thursday 19

MUSIC

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

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

LECTURE

Clatsop County Historical Society. Before Hollywood, There was Astoria. Free, 7pm at the Fort George Lovell Showroom in Astoria.

THEATER

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Friday 20

MUSIC

John Stowell. Jazz guitar virtuoso. \$15, 7pm at the Cannon Beach History Center and Museum.

Mid-Winter Blues Concert. \$10, 7pm at the Hoffman Center in Manzanita.

Three for Silver. No cover, 7pm at the Sand Trap Pub in Gearhart.

Bill Engvall. \$45 – \$60, 8pm at Chinook Winds in Lincoln City.

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

HAPPENING

Freedom Follies. A multi-performance anti-inaugural event hosted by blues band Maggie and the Cats. Featuring poetry and performance, John Kulm, Nancy Cook, Pattria Monroy, Abe Lincoln, and a surprise guest! Henna tattoos by Christina Christie. Short sets by numerous music duos + Maggie Kitson and the Cats end the eve with a full set of rockin' blues for dancing. Doors open 8pm, show till 12midnight. \$10 at the door. KALA in Astoria.

CINEMA

Blade Runner. Free, 6pm at the Astoria Public Library.

OUTSIDE

Oregon Spirits Tour. Unique and local Whiskey, Gin and even Aquavit from distilleries will be stationed on the course for tasting. 4-player scrambles. \$65 per person, cart rental \$15 per person. Noon shotgun start at the Gearhart Hotel.

THEATER

All in the Timing. Comedy. \$15, 7pm at the PAC in Astoria.

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 21

MUSIC

Kathryn Claire. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Bill Engvall. \$45 – \$60, 8pm at Chinook Winds in Lincoln City.

The Pining Hearts. No cover, 8pm at the Sou'wester Lodge in Seaview.

The Flextones. 9pm at Rusty Truck Brewery in Lincoln City.

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

Prolyotta. \$5 cover, 9pm at the SanDune Pub in Manzanita.

ART

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

FOOD & DRINK

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

HAPPENING

Windless Kite Festival. Indoor Kite Fly. The event includes performances, competitions, workshops and open flying for kite enthusiasts of every age and ability. At the Long Beach School Gymnasium. Astoria Women's March. Walk with us if you believe in democracy, safety, civility and a healthy planet. All are welcome. Husbands, partners, children and friends who care about these issues will be marching. 11:30am – 2pm. Starts at 12th and Exchange in Astoria.

Fundraiser for Pierce Christie. Live music with the Pagan Pancakes, Bruce Thomas Smith, and more. Donations at the door. 8pm – midnight at the Astoria Event Center.

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

THEATER

All in the Timing. Comedy. \$15, 7pm at the PAC in Astoria.

The Sunshine Boys. Comedy. 7:30pm at Theater West in Lincoln City.

Sunday 22

MUSIC

Enso String Quartet. \$25, 3 – 5pm at the Camp Winema Chapel near Neskowin.

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

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

FOOD & DRINK

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

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

HAPPENING

Windless Kite Festival. Indoor Kite Fly. The event includes performances, competitions, workshops and open flying for kite enthusiasts of every age and ability. At the Long Beach School Gymnasium.

LITERARY

Oregon Legacy. A free series of encounters with Oregon authors. Alexis Smith. 3pm at the Driftwood Public Library in Lincoln City.

THEATER

All in the Timing. Comedy. \$15, 4pm at the PAC in Astoria.

Monday 23

MUSIC

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

Tuesday 24

MUSIC

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

LECTURE

Past to Present Lecture Series. Free with paid admission, 10:30am at the Columbia River Maritime Museum.

Wednesday 25

MUSIC

Lucy Barna. 6pm at the San Dune Pub in Manzanita.

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

THEATER

Death and the Maiden. Readers Theater at the McTavsih Rm/Liberty Theater. 7pm, \$15 at the door.

ART

Artist-in-Residence Show & Tell. 6pm in the Boyden Studio at the Sitka Center, Otis.

Thursday 26

MUSIC

Adam Miller. Performing the Life and Times of Woody Guthrie. Free, 7pm at the Seaside Library.

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

THEATER

Death and the Maiden. Readers Theater at the McTavsih Rm/Liberty Theater. 7pm, \$15 at the door.

LECTURE

Wit and Wisdom. Is the Truth Dead? With Kaarina Beam. Free, 7pm at the Fort George Lovell Showroom in Astoria.

Friday 27

MUSIC

John Stowell. Jazz guitar virtuoso Jon Stowell in concert, guest vocalist Dinah Urell. Doors at 7:30, show at 8pm. \$10 at he door.

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

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

Counterfeit Cash. A Johnny Cash Tribute. \$5 cover, 9pm at the San Dune Pub in Manzanita.

CINEMA

Friday Night Flicks. Best of the 43rd Short Film Festival. \$5, 7:30 at the Hoffman Center in Manzanita.

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

LECTURE

Conversation Project. Homeless in the Land of Plenty. With Ryan Stroud. 6pm at the Astoria Public Library.

Saturday 28

MUSIC

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

Ghost to Falco. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

June Bugs. 9pm at the Rusty Truck Brewery in Lincoln City.

FOOD & DRINK

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

Winemaker's Dinner. Wines from Italy. Registration Required. 6pm at the Cellar on 10th in Astoria. 503-325-6600

North County Pie Day. Pie auction plus all you can eat pie and ice cream feast. \$10 admission, 2:30 – 4:30pm at the White Clover Grange, Nehalem.

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

Shore Style Wedding Faire. In the Loft at the Red Building in Astoria. shore-stylewed.com/index.html

Sunday 29

MUSIC

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

Pacific Trombone Quartet. \$19, 7 – 9pm at the Lincoln City Cultural Center.

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



CHAMPAGNE SUNDAY

Endearingly labeled as “Pearl Jam meets Bette Midler”, Champagne Sunday began in Ventura, CA, in 2005 migrating up to the Pacific Northwest in recent years. Husband and wife members Jessi and Jared Fredeen have been tearing up stages and crowds nationwide with their unique upbeat, roller coaster style shows, firing off gypsy-punk rock songs alongside everything from intimate tear-jerkers to anthemic foot-stompers. This act has a ton of energy, heart, and talent that makes for an engaging, powerful show.

[pickled fish] Adrift Hotel in L.B., Jan 27-28. 8-11pm

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

Pacific Northwest Professional Wrestling. \$10, 5pm at the Astoria Event Center.

LITERARY

Oregon Legacy. A free series of encounters with Oregon authors. Pauls Toutonghi. 3pm at the Driftwood Public Library in Lincoln City.

Monday 30

MUSIC

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

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

Tuesday 31

MUSIC

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

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

LECTURE

Past to Present Lecture Series. Free with paid admission, 10:30am at the Columbia River Maritime Museum.

LITERARY

Lunch in the Loft with Lori Frankel. \$25 includes a catered lunch with the author and a copy of her book “This is How it Always is.” Noon at Beach Books in Seaside. RSVP at beachbooks37@gmail.com

Wednesday 1

MUSIC

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

THEATER

Death and the Maiden. Readers Theater at the McTavsih Rm/Liberty Theater. 7pm, \$15 at the door.

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

Thursday 2

MUSIC

Cloudship. 8pm at the Port of Call.

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

THEATER

Death and the Maiden. Readers Theater at the McTavsih Rm/Liberty Theater. 7pm, \$15 at the door.

HAPPENING

Asian New Year Kite Celebration. At the International Kite Museum in Long Beach. kitefestival.com/events/asian-new-year/

LITERARY

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

Friday 3

MUSIC

Mary Flowers. Award-winning Blues and ragtime guitarist Mary Flowers and mandolin player Spud Siegal in concert at KALA. In Astoria. Doors open 7:30, show at 8pm. \$10 at the door.

Roselit Bone. No cover, 9pm at the Adrift Hotel in Long Beach.

MOVIES & MUSINGS

FLASH CUTS

HIDDEN FIGURES (JAN. 6) Taraji P. Henson, Octavia Spencer and Janelle Morae star in the uplifting drama of three African-American female mathematicians who join NASA and become key contributors to the early American space program while battling on the job racism and sexism by bosses and co-workers. In 1962, with the Soviet space program outdoing the Americans', the President puts on a full court press to get an American astronaut into orbit. Activity is at a fever pitch at Langley Space Center in Virginia, where the three women work checking the figures of white male mathematicians. The group's director, Al Harrison, (Kevin Costner), is well-meaning but distracted by the impending mission. Meanwhile, the unsung and mostly ignored colored "computers" work in a dingy basement office without commensurate job titles, pay



or even bathroom facilities that the white "computers" have.

LIVE BY NIGHT (JAN. 13) Ben Affleck directs and stars in this '20s gangster drama from the book by Dennis Lehane. Affleck plays Joe Coughlin, the son of a Boston cop (Brendan Gleeson) who

returns home from World War I adamant that he will take orders from no man ever again. Coughlin goes to work for Albert White, who runs the Irish Mob in Boston, despite the fact that he's carrying on an affair with White's girlfriend Emma Gould (Sienna Miller). Predictably, when White gets wind of the affair he gets revenge – Coughlin ends up doing 3 years in prison after being double-crossed and Emma is presumably dead. Out of prison, Coughlin moves to Florida to settle the score with White, while rising in the Italian mob by rum-running. Eventually, Joe learns the meaning of his father's words: "What you put out into the world will always come back to you, but never how you predict."

THE FOUNDER (JAN. 20) Michael Keaton plays Ray Kroc, a struggling milk shake machine salesman, who in 1955, came upon a successful privately-owned Southern California hamburger stand and through persistence and out-and-out chicanery,

stole the name and concept from brothers Mac and Dick McDonald and founded the most successful fast food franchise in history.



GOLD (JAN. 27) Mathew McConaughey stars in Gold, another in a series of true life inspired American get-rich-quick through possibly illegal means stories like Wolf of Wall Street and American Hustle. Set in the '80s and '90s and based on the Bre-X mining scandal, McConaughey plays classic American dreamer Kenny Wells who comes from a long line of miners but as the story unfolds is down on his luck, living with his girlfriend (Bryce Dallas Howard) and running his mining company out of a bar. Bankers turn him down. In desperate straights, Kenny flies off to Indonesia to convince famed geologist Michael Acosta (Edgar Ramirez) to join forces in a search for a near-mythical river of gold. Despite Kenny's near-unhinged fervor, the more grounded Acosta agrees. The two set off on the adventure and despite all odds, discover the largest gold deposit of the century. Or is it? Even as New York investment bankers rush to court him and he rolls in wealth, cracks begin to show in Kenny's life and his entire mining enterprise.

JOHN WICK: CHAPTER 2 (FEB. 10) Keanu Reeves revived his career in 2014 with the improbable surprise hit John Wick, the story of a hitman driven not by money or revenge but by his love for his dog. Synopsis: Legendary hitman John Wick is forced out of retirement by a former associate plotting to seize control of a shadowy international assassins' guild. Bound by a blood oath to help him, John travels to Rome where he squares off against some of the world's deadliest killers. With John Leguizamo, Ian McShane, Laurence Fishburn and Common.



THE GREAT WALL (FEB. 17) The most expensive Hollywood/Chinese coproduction ever at \$150M, The Great Wall boasts a Hollywood star in Matt Damon, an award-winning Chinese



art film director (Zhang Yimou) and most importantly, a huge special effects budget. An action-fantasy set in ancient China, Damon plays William Garin, a mercenary like his friend Tovar (Pedro Pascal). The two are captured by the Nameless Order, an army garrisoned at the Great Wall to protect the country from attack by Taotie, beasts that arise every 60 years to attack China. Accepted into the garrison after showcasing his archery skills in battle, Garin learns the wall itself was built to keep the Taotie out. Interspersed between huge CGI battle scenes featuring the combat skills of the 5 Corps of the Nameless Order, the story follows Garin's evolution from a lying, thieving opportunist bent on stealing gunpowder which would reap him a fortune to a principled, selfless man of conscience due of course to his immersion in the values of Chinese culture.

LOGAN (MARCH 3) Hugh Jackman puts on the claws for the eighth and final time in director James Mangold's adult take on an aging superhero. Set in 2024, mutants are dying out. Logan is one of the few left and he is losing his powers of regeneration. He looks old and constant pain from dozens of injuries has him drinking. He takes care of a frail Professor X (Patrick Stewart) who can no longer control his mental powers and must live in a rusted metal silo. A mutant child Laura Kinney/X23 (Dafne Keen) comes under the protection of Logan, but is pursued by the Transigen Corporation and the Reavers, a cyborg gang out to destroy all mutants. Jackman took a pay cut to make Logan a rare R-rated superhero movie. Synopsis: In 2024, mutant births are severely in decline, and people aren't sure why. A government-type operation is turning mutant children into killing machines. From this, Logan emerges as a mentor to a mutant girl, who has two claws instead of his three.

T2: TRAINSPOTTING (MARCH 3) Sequel to the 1996 heroin crime comedy Trainspotting featuring copious drug and toilet humor and close to indecipherable Scottish accents. T2 is agains directed by Danny Boyle and is loosely based on Irvine Welsh's novel Porno. Synopsis: 20 years after the previous film, Mark Renton (Ewan McGregor) returns to Scotland to make amends with his friends, Daniel "Spud" Murphy (Ewen Bremner) and Simon "Sick Boy" Williamson (Jonny Lee Miller), whilst avoiding the psychopathic Francis "Franco" Begbie (Robert Carlyle), who has recently been released from prison.



FREE WILL ASTROLOGY

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JANUARY

ARIES (March 21-April 19): Light, electricity, and magnetism are different expressions of a single phenomenon. Scottish scientist and mathematician James Clerk Maxwell (1831-1879) was the first to formulate a theory to explain that startling fact. One of the cornerstones of his work was a set of 20 equations with 20 unknowns. But a younger scientist named Oliver Heaviside decided this was much too complicated. He recast Maxwell's cumbersome theory in the form of four equations with four unknowns. That became the new standard. In 2017, I believe you Aries will have a knack akin to Heaviside's. You'll see the concise essentials obscured by needless complexity. You'll extract the shining truths trapped inside messy confusions.

TAURUS (April 20-May 20): "The thornbush is the old obstacle in the road," wrote Franz Kafka. "It must catch fire if you want to go further." Let's analyze this thought, Taurus. If it's to be of maximum use for you in 2017, we will have to develop it further. So here are my questions. Did Kafka mean that you're supposed to wait around passively, hoping the thornbush will somehow catch fire, either through a lucky lightning strike or an act of random vandalism? Or should you, instead, take matters into your own hands -- douse the thornbush with gasoline and throw a match into it? Here's another pertinent query: Is the thornbush really so broad and hardy that it blocks the whole road? If not, maybe you could just go around it.

GEMINI (May 21-June 20): The fictional character Scott Pilgrim is the hero of Bryan Lee O'Malley's series of graphic novels. He becomes infatuated with a "ninja delivery girl" named Ramona Flowers, but there's a complication. Before he can win her heart, he must defeat all seven of her evil ex-lovers. I'm sure your romantic history has compelled you to deal with equally challenging dilemmas, Gemini. But I suspect you'll get a reprieve from that kind of dark melodrama in 2017. The coming months should be a bright and expansive chapter in your Book of Love.

CANCER (June 21-July 22): The creature known as the short-eared elephant shrew is typically four inches long and weighs a little more than one ounce. And yet it's more genetically similar to elephants than to true shrews. In its home habitat of southern Africa, it's known as the sengi. I propose we regard it as one of your spirit animals in 2017. Its playful place in your life will symbolize the fact that you, too, will have secret connections to big, strong influences; you, too, will have natural links with powerhouses that outwardly don't resemble you.

LEO (July 23-Aug. 22): "When I look back, I see my former selves, numerous as the trees," writes Leo poet Chase Twichell. I'm sure that's an experience you've had yourself. Do you find it comforting? Does it feel like being surrounded by old friends who cushion you with nurturing familiarity? Or is it oppressive and claustrophobic? Does it muffle your spontaneity and keep you tethered to the past? I think these are important questions for you to meditate on in 2017. It's time to be very conscious and creative about shaping your relationships with all the people you used to be.

VIRGO (Aug. 23-Sept. 22): "Life experience' does not amount to very much and could be learned from novels alone . . . without any help from life." So said Nobel Prize-winning author Elias Canetti, who was born in Bulgaria, had British citizenship, and wrote in German. Although his idea contradicts conventional wisdom, I am presenting it for your consideration in 2017. You're ready for a massive upgrade in your understanding about the nature of reality -- and firsthand "life experience" alone won't be enough to ensure that.

LIBRA (Sept. 23-Oct. 22): I am rooting for you to be flagrantly unique in 2017. I vehemently want you to be uninhibited about expressing your deepest, rawest, hottest inclinations. In this spirit, I offer the following four rallying cries: 1. "Don't be addicted to

looking cool, baby!" - my friend Luther. 2. Creative power arises when you conquer your tendency to stay detached. - paraphrased from poet Marianne Moore. 3. If you want to be original, have the courage to be an amateur. - paraphrased from poet Wallace Stevens. 4. "In the beginner's mind there are many possibilities, in the expert's mind there are few." - Zen teacher Shunryu Suzuki.

SCORPIO (Oct. 23-Nov. 21): "There is a desperation for unknown things," wrote poet Charles Wright, "a thirst for endlessness that snakes through our bones." Every one of us has that desperation and thirst from time to time, but no one feels the pull toward perplexing enchantments and eternal riddles more often and more intensely than you Scorpios. And according to my astrological meditations on your life in 2017, you will experience this pull even more often and with greater intensity than ever before. Is that a problem? I don't see why it should be. In fact, it could make you sexier and smarter than ever -- especially if you regard it as a golden opportunity to become sexier and smarter than ever.

SAGITTARIUS (Nov. 22-Dec. 21): I hope you will seek out a wide range of intoxicating experiences in 2017. The omens predict it. Fate sanctifies it. I hope you will gracefully barrel your way through the daily whirl with a constant expectation of sly epiphanies, amusing ecstasies, and practical miracles. There has rarely been a time in your life when you've had so much potential to heal old wounds through immersions in uncanny bliss. But please note: The best of these highs will NOT be induced by drugs or alcohol, but rather by natural means like sex, art, dancing, meditation, dreamwork, singing, yoga, lucid perceptions, and vivid conversations.

CAPRICORN (Dec. 22-Jan. 19): I thought of you when I read a tweet by a person who calls himself Vexing Voidsquid. "I feel imbued with a mysterious positive energy," he wrote, "as if thousands of supplicants are worshipping golden statues of me somewhere." Given the astrological omens, I think it's quite possible you will have similar feelings on regular occasions in 2017. I'm not necessarily saying there will literally be golden statues of you in town squares and religious shrines, nor am I guaranteeing that thousands of supplicants will telepathically bathe you in adoration. But who cares how you're imbued with mysterious positive energy as long as you are?

AQUARIUS (Jan. 20-Feb. 18): When it's summer in the Northern Hemisphere, the birds known as arctic terns hang out in Greenland and Iceland. Before the chill sets in, they embark on an epic migration to Antarctica, arriving in time for another summer. But when the weather begins to turn too cold there, they head to the far north again. This is their yearly routine. In the course of a lifetime, a single bird may travel as far as 1.25 million miles -- the equivalent of three roundtrips to the moon. I propose that you make this creature your spirit animal in 2017, Aquarius. May the arctic tern inspire you to journey as far as necessary to fulfill your personal equivalent of a quest for endless summer.

PISCES (Feb. 19-March 20): In June 1962, three prisoners sneaked out of the Alcatraz Federal Penitentiary, located on an island in San Francisco Bay. Did they succeed in escaping? Did they swim to safety through the frigid water and start new lives abroad? No one knows. Law enforcement officials never found them. Even today, though, the U.S. Marshals Service keeps the case open, and still investigates new evidence when it comes in. Are there comparable enigmas in your own life, Pisces? Events in your past that raised questions you've never been able to solve? In 2017, I bet you will finally get to the bottom of them.

Homework: Send me a list of your top five New Year's resolutions. Go to RealAstrology.com and click on "Email Rob."

Bike Madame

By Margaret Hammitt-McDonald



When Your Faithful Steed Gets Stolen

ONE OF MY FAVORITE Far Side comic strips shows some horses hitched to a rail outside an Old West saloon. One horse's legs have been replaced by cinder blocks, and the caption reads, "Never park your horse in a bad part of town."

Statistically, the more often you park your bike in an open area, the more likely you are to experience the misfortune of having a part, or the whole bike, stolen. Ideally, we'd all have indoor storage for bikes at home and work, but this isn't possible everywhere. If you're taking your ride to a public place, your usual parking options are either a bike rack or a fence, pole, or other impromptu spot to chain up your friend. These places can be open-air markets for thieves...only they don't pay for the booty, of course.

Common-sense measures for avoiding theft include using multiple locking systems (U-locks or specialized chain-link chains for bikes fare better than cables), parking your bike within your view while you're inside, making sure you lock the bike to a solid object that someone can't break, cut through, or slip your chain over, and writing down your bike's serial number in case it does get stolen. Also, be sure that your locks pass through any components with quick releases so somebody doesn't abscond with your wheel or seat. Take small, light, removable items such as bike lights with you, as these highly portable items often get snatched.

Even with these precautions, accomplished thieves are out there and make off with bikes on a regular basis. This sad fate happened to me when I was in New York City and had chained

my bike—my faithful friend of over ten years—to a support pole on a pedestrian bridge. I returned to find an empty spot instead of my old friend waiting for me. All the other bikes that had been locked up near mine were gone as well. This made me suspect that the transit authority had decreed the area a no-bike-parking zone, but when I contacted them, they did not have my bike. A thief must've cruised through the area with his/her pickup truck, cut everyone's locks, and drove off with a bunch of bikes in the truck bed.

Making a police report didn't help, as the officers explained that unless the stolen object is a car (or a really expensive bike), they don't consider it worthwhile to go through all the paperwork involved with a stolen vehicle. If my bike had been stolen in Portland, I might have gotten a more encouraging response!

Insuring your bike with either your homeowner's or your driver's insurance policy is one option for recouping your losses. Ask the agent how this will affect your premiums; the rate increase may be more than the price of your bike. You can also investigate special insurance plans or companies for cyclists, where the company takes your ride seriously as a vehicular asset.

Taking your bike with you may be cumbersome, but it also is the most secure option. Just check that the location you're visiting permits bikes and has space from them. The more people request safe indoor spots for bikes, the more organizations will provide them, making bike snatching a crime of the past, like shanghaiing.

WORKSHOPS/CLASSES

INTRODUCTION TO FITNESS PROGRAM.

January 10, 17, 24, 31, and February 7. This training is designed to get you comfortable with offered fitness programs, find a fitness buddy and gain confidence to pick the classes that are right for you. You will be guided through Core/Strength, Pound, Cycling, Circuit training at the pool and Barre. You'll get five customized intro classes and five regular classes with registration for \$50. Jan 10: Introductions, basic core/ strength intro class at the Astoria Recreation Center (ARC), 17: Cycle Class at the ARC, 24: Pound Class at the ARC, 31: Pool Circuit weights at the pool, pool intro, Feb. 7: Barre at the ARC. 6:30 – 7:30pm at the Astoria Recreation Center and Astoria Aquatic Center. Register online at astoriaparks.com

2017 MASTER GARDENER CLASS.

Tuesdays, January 12 – March 23. The 12-week course, offered by the Tillamook office of Oregon State University Extension Service, will cover soils, propagation, pruning, landscape and garden planning and design, suitable plants for coastal gardening and landscaping, pest and disease control, weed management, orchards, raised beds, and other topics of interest to local gardeners. Students will experience a variety of hands on and interactive training, including greenhouse techniques at our learning garden, assisted by local Master Gardeners and OSU staff. The program also requires 60 hours of community service work in the first year of training. \$120 - \$240 at Tillamook Bay Community College. 503-842-3433

BALLROOM WORKSHOP. January 14. Learn the basics of Tango and Foxtrot, in a fun and casual atmosphere. 6 – 7:30pm at the Oregon Coast Dance Center in Tillamook. Register at OregonCoastDanceCenter.com

WINTER BEVERAGES. January 22. With Iris Daire. Participants will prepare tonics and herbal remedies, and receive instructions to take home for additions that make them individualized to your tastes. Tonics include Hibiscus Tonic, Fire Cider, Elderberry Syrup, and Herbal Oxy-mel. \$30, 11am – 2pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org/events/winter-beverages-with-iris-daيرة/

BEACHCOMBING CLINIC. January 31. Unearth treasures from the sand and sea. Learn how to hunt for agates, gemstones, fossils, jasper and petrified wood from a local expert. Free, 9am at the 35th St beach access in Lincoln City. FMI visit oregoncoast.org/tide-pool-clinics

IN-HOUSE INVESTIGATIONS: Mediation in the Workplace. February 8. With Denise Downs. Disputes between employees and between employees and management can get tricky. Selecting the right person to investigate the issues internally comes with its own bag of issues to consider. Denise will help walk us through the process of selecting the right investigator and many of the highlighted issues you need to consider when taking on this process. 11:30am – 1pm at Buoy Beer in Astoria. Register online at lchirma.org by February 3.

BODY WORK-YOGA-FITNESS

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qi-gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

GET FIT WITH AQUANASTICS Winter Class.

This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. This is not a swimming class and is conducted in a 3-5 feet deep heated pool. You do not

have to know how to swim. Games and safety tips too. For women and men. Tues and Thurs beg. January 5 - February 28, a total of sixteen classes, from 9:00 to 9:50 A.M. or from 10:00 to 10:50 A.M. Only 12 students can attend each section. The cost is \$39.00. Held at KOA CAMPGROUND. Taught by Kathleen Hudson, experienced instructor, with certifications from ARC Water Safety Instructor, Arthritis Aquatic Instructor Training program, completed A Matter of Balance at CMH, and Aqua Aerobics training from Pismo Beach Athletic Club. Register now at www.clatsopcc.edu/schedule and search under Course Title or call 503-338-2402. Please direct inquiries to: Mary Kemhus, 503-338-2408; mkemhus@clatsopcc.edu.

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.

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

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

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

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

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

A COURSE IN MIRACLES . The Astoria ACIM study group meets weekly on Tuesdays from 3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For information call 916-307-9790 or send email to moffett@cgifellowship.org.

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 in-

clude a healing circle, channeled conversation with Mother Mary, snacks and sharing.

COLUMBIA RIVER MEDITATION GROUP.

Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deepening a regular practice. All welcome.

7TH ANNUAL JIZO BON FESTIVAL. Saturday, August 27 3pm to 10pm. Great Vow Zen Monastery. Come join us for the fun and festivities at our seventh annual Jizo Bon. This special festival includes painting lanterns, Obon dancing, a play, and an informal dinner. The evening will also include a Ksitigarbha ceremony, and a lantern procession through the Jizo garden. All are invited; families with children are especially welcome. Donation of \$10 or \$15 for families or groups of friends, and \$5 for individuals, is suggested to cover the cost of tea, lanterns, and supplies. Please RSVP to let us know how many are coming.

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

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

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**MEETINGS/MEET-UPS**

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:30pm. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for seven years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

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

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

Assistance League of the Columbia Pacific® SUPER Fundraiser !! ALCP Accessorize Sale

Super Bowl Sunday, February 5, 2017 at The Loft at the Red Building 20 Basin Street in Astoria 11am to 3pm! Great affordable shopping.. for a very good cause! all before kick off!!

ALCP is also requesting donations of jewelry , purses, scarves, and home décor. Please drop off your donations at all Columbia Bank Locations.

Assistance League Columbia Pacific is a non-profit, all volunteer, organization whose philanthropic programs promote the well being and self esteem of children and teens Throughout Clatsop County.

Please drop donations off at all Columbia Bank locations And mark your calendars!.....

Super Bowl Sunday February 5, 2017

ALCP Accessorize Sale , 11am to 3pm at The Loft at the Red Building in

Astoria Assistance League Columbia Pacific is a non profit 501 (c) (3) corporation .

For more information visit assitanceleaguecp.org or contact Mary Davies at 503-738-0313

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. 342 10th St. in Astoria. astoriaartsandmovement.com

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness w/Kim Postlewaite
5:30 - 6:00pm: PreYoga Self Care with Jude Matulich Hall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:15 – 8:15pm: 15pm Meditation for Beginners in the Shambhava Tradition with Terrie Powers (begins Jan 23rd, pre-reg required)

• **TUESDAY**

8:30-9:30am: Zumba Fitness with Joy Sigler
6:30– 7:30pm: Beginning West Coast Swing with Jen Miller
7:30 – 8:30pm: Level 2 West Coast Swing with Jen Miller
8:30-9:30pm: West Coast Swing Practice Hour with Jen Miller

• **WEDNESDAY**
9:30-10:40am: Gentle Yoga with Terrie Powers
5:30 – 6:30pm: Pilates with Jude Matulich Hall
7:00-8:15pm: Belly Dance with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin
• **THURSDAY**
8:30-9:30am: Zumba with Joy Sigler
6:00 – 7:30pm: Tri-Dosha Yoga with Melissa Henige
• **FRIDAY**
9:30 – 10:40am: Gentle Yoga with Terrie Powers
7 -10pm: Contra Dance with Dave Ambrose and Live Music (2nd Friday of each month)•

SATURDAY
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

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 Oien@503.440.4942 or Janet Weidman@503.741.0345

Messages Sonja Grace mystic healer

FAITH

I WENT TO THE ISLAND of Oahu for the month of December to teach several workshops and see clients in person. This is a rare occasion as my work has me on the phone every day, working with clients all over the world. I had the pleasure of being interviewed December 23rd on the popular radio show, Coast to Coast A.M. with George Noory. I needed a land line for the interview and was invited to use the phone at our dear friend's house. You might know him as Jax on General Hospital. His wife prepared a lovely meal and we ate dinner before the show. I sat in a small room that had a glass door where I could see my friends and husband watching television. While I waited for my entrance into the cosmic airways, I

asked for the angels to join me. As the room filled with light, rain began to fall and create a soft hum on the roof. My vision through the door shifted to the archangels standing before me. I asked each of them for a message I could share.

Archangel Michael said "We must be fierce as warriors of the light, so that the darkness can transform. All energy within dualism will transform but it is up to us to no longer be victims. We must be the leaders of peace."

Archangel Gabriel said "Carry the flame of truth and understand the guidance for humanity is not about being saved, it is about humanity saving what was given to them: The Earth."

Archangel Raphael: The healing that needs to be done is within each person. Humans have a short memory of their past lives. You have been here before, praying exactly what you are praying for now. Go into the chaos and emerge as the warriors of light we once knew. It is your inner light that will heal you."

Archangel Uriel said "This is a test of faith for all mankind. You have never been separated from Source. The time has come for humans to reach beyond their own agenda and see the cosmos working in sync with everything in the Universe. The natural balance of life on Earth includes the unseen. Entities, aliens and demi gods are a part of our cosmology. Trust your inner wisdom. We are always here for you."

After I discussed angels and their miraculous deeds on Earth, with George, we took calls for an hour from guests listening to the show. Some callers had questions and others shared stories of their own experience with angels. I found myself filled with hope listening to the heart felt stories of angels appearing in difficult situations. This was evidence of the Divine and clearly identi-

fied we are all looking for the same thing. That connection to Creator. A feeling we are not alone. That we are protected and have guardian angels.

Faith can be tricky for we are constantly experiencing our emotions. Betrayal and abandonment set the stakes high for humanity to maintain their faith. When we experience people sharing their stories about angels and miracles, the collective consciousness dials in. At a soul level, we have all experienced miracles and angels for lifetimes. Remembering this is up to us. When my interview on Coast to Coast A.M. was over, I sat surrounded by angels. I smiled with gratitude for their love and constant guidance.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new book 'Spirit Traveler' Findhorn Press is now available at www.sonjagrace.com

word and wisdom

By Tobin Nason

Hope springs

- HOPE is and has been a word active in my life for most of my life.
- Hope is more sedate than desirous. It's more sober than "I need, I want!" Hope is steady eddy. Hope is in your bones. Hope is part of our survival mechanism.
- To have Hope means to believe that something will occur or change, although you have only a vague idea of how it will come to be. Hope has been the saving grace of Holocaust survivors and other persecuted victims. They lived to see another day, another day of possibility. A more popular version: think of the movies where the characters are looking for the sliver of light that indicates they will at least have air, that maybe someone will hear their cries, that life is right outside the closed door?
- Basically, our bodies are made for survival. Part of our brain is still reptilian. Fight or flight response and anxiety

are remnant gifts from our earlier ancestors. Humans are primed for survival. We fight for our lives when necessary. Hope is the word for that will, the strength, the focus to take



one more step.

Hope is not a daydream or a wish. It usually is based on some foundation. "I hope to be financially okay soon" is different than "I hope to be a millionaire". I hope my medical diagnosis is okay" is different from "I know nothing is wrong." Hope has a recognition of a situation and our

survival mechanism starts scanning the world for options. The crack in the boulder, so to speak.

The next few years will be calling upon each of us to remain hopeful.

When the future feels precarious and when all we think we know to be good and right is at risk, hope has to be the driving force. One step at a time, one day at a time, and a belief that something better is ahead. We have to always keep our eyes open for options. We want to survive in a world that makes sense.

Hope is not flashy, gaudy, surprising, or a thrill a minute. Hope is not wishful thinking. It calls for a steady positive approach to life. Since Hope is aligned with survival, at some point, cracks appear in the boulders that came with the avalanche. And you will be ready. Do the work, then go with the Hope.

Tobin Nason (503 440-0587) is a counselor located in Warrenton.

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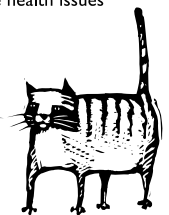
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orientation
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bodies in balance

2017 Goals (aka New Year's Resolutions)

YEP, that time of year has arrived for you to reflect on your year and think about ways to make the next one even better! I likely feel the same about resolutions as the rest of you, that said, I think there is some value in laying out at least one positive intention for the year ahead. This article is going to focus on some very doable suggestions that you can pick and choose from to spark ideas for the best 2017 you can imagine. This is not the most deeply health oriented topic but one that I feel can and will create better overall well being, so read on...

DRINK MORE WATER. This one needs little explanation. We are made of lots of water and many of us drink very little. A common suggestion I start my patients with is to attempt for one week to drink half your bodyweight in ounces...meaning if you weigh 200 lbs you should attempt 100 oz of water daily. This water is ideally as clean as possible, not necessarily distilled but possibly filtered or from a clean source.

PLAN A VACATION. Vacations are a way to escape the humdrum and stress of life. It can be as simple as a night or two in the nearest big city or a weekend of camping; whatever your choice, I feel vacations are an essential part of unplugging from the daily grind. Stress is a common cause of many health issues from low energy to anxiety to insomnia. Therefore, lowering stress levels is a terrific overall goal for health, and vacationing is an enjoyable means to that end.

TAKE A CLASS. Learning is good for you on lots of levels. It can help you meet new people, think in new ways and move you forward from a stuck place in your life. Classes can also challenge you both physically and mentally. This will make for better memory, clearer thinking and depending on the class, improved physical fitness. Taking a fitness oriented class will make you more accountable when it comes to exercise. Classes of all kinds are offered at a variety of venues whether that be a community college, senior center, gym, studio, parks and rec. or online. Check out an option that fits your interest and sign up!

VOLUNTEER. I feel this is one of the best ways to participate in your community. There are countless organizations which run on people power and our

inherent good intentions. Again whether you choose to be physical and do a beach clean-up or trail maintenance or be more intellectual and serve on a board or be playful and mentor a child; there is likely a good fit for you out there. Again this helps you to meet new people and generally makes you feel good about ways you are impacting and improving your local community.

LESS MORE

TALKING
PLANNING
SODA
JUNK FOOD
COMPLAINING
WORRYING
DOUBTING
LAZING AROUND
FROWNING
INSECURITY
WEAKNESS
IGNORANCE
HATE
UNGRATEFULNESS

LISTENING
DOING
TEA
SALADS
ENCOURAGING
HOPING
BELIEVING
WORKING OUT
SMILING
TRUST
CONFIDENCE
UNDERSTANDING
LOVE
GRATITUDE

TURN OFF THE SCREENS one night a week. I think we are all aware of the impact that screens have on our lives, and the adverse effect they have on our health. They certainly contribute many positives but we easily slip into a pattern of overuse and abuse when it comes to TV, internet, games and of course our ubiquitous phones. When we unplug we get outside, play games, converse with family and friends, read a greater diversity of material and enjoy one another on a deeper level. I recommend picking a mid-week evening and having time to be screen free together, that means turning off our phones too of course!

GET RID OF SOMETHING you haven't used in the last year. Purging is excellent therapy. This may not have as direct of a health effect but when you clear out space you can clean, organize and make a healthier environment in your home. When was the last time you went through your closet, cleaned out your basement, your refrigerator or freezer, or filled a box with books you no longer want? Some of these items can be donated to a local

By Tracy Erfling, N.D.

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



organization, a great reusing process which reduces the need for new items in our community. Purging allows for reflection on what you really need and sometimes reveals lost treasures.

GET IN TOUCH WITH AN OLD FRIEND

or relative. These are the people who are hopefully with you for the long-haul; who will see you through good and bad. But it takes communication to keep the fires of love and friendship burning. These intimate relationships feed you in many ways and are important to foster. They improve your health by giving you a valuable support network, people to gripe to and care for. The holiday season is ideal for sending a special hello to someone you may have lost touch with and think about, so just do it!

GROW SOMETHING! It is quite rewarding to watch something grow and flourish under your care. Whether it is a cactus or a bed of vegetables; making the effort to grow and care for plant life is a wonderful experience. We share our planet with countless plants who give us oxygen and rid our air of carbon dioxide so why not embrace that circle of life in your home, on your front porch or in your yard. The health benefits of growing a garden incorporates physical well being in the actual physicality of digging and weeding and watering, but also in the meditative act of working outdoors on and with the earth which in and of itself is quite restorative. And of course the quality and satisfaction of eating food you've grown yourself is priceless.

GIVE THANKS...something we should all spend more time doing. Even in this time of political and environmental uncertainty we all have many things to be thankful for. Taking time each day and to give thanks for one thing in our day or life to honor is a simple task. Taking time to be mindful of our surroundings inevitably gives back.

With that in mind...I am thankful for you Hipfish reader. That you picked up this paper and read these words and will consider a way to make your 2017 an even better year for you and your community...Cheers!

And while you're at it . . . 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



GET YOUR GOAT CHEESE SALAD

SERVES 4
PREHEAT OVEN TO 400

CLIFTON FADIMAN called cheese “milk’s leap to immortality.” Cheese appeals to all ages and cultures (no pun intended). There are as many kinds of cheese as there are people making it. Although the Swiss made the idea of naming a cheese after themselves seem appealing, we denizens of the U.S. seem to have somehow missed the mark. Not only is American cheese the original “gummi” food, we go one better by slicing it, individually wrapping each slice and using it as a way to introduce our kids to cheese. When we describe something cheap, chintzy or vaguely sleazy as “cheesy,” we could also be talking about Velveeta.

Despite all that, many of us manage to learn to appreciate real cheese. This recipe features goat cheese. We tend to identify goat cheese by the term “Chèvre” because we seem to like the way the French say, “goat” better than the way we say it.

If knowing your farmer is important to you (and it oughta be), it’s easy to meet the person who makes the goat cheese you buy. Luckily, there are a handful of cheese makers right here close to home. It’s a very special (unfailingly optimistic, doggedly determined, ever so slightly unhinged) person who seeks to raise a herd of reliably enthusiastic animals. First, you have to make sure they get the proper nutrition, pasturage and protection from predators. Then there’s the building and licensing of a milking barn and cheese processing space. Then there’s the milking. Every day. No exceptions. And, once you’ve got that wired, it’s time to make cheese!

I have no provenance for this recipe, although I suspect it came from brilliant chef Britta Nelson as so many of my favorites do. It’s a great winter salad using much of what we have this time of year: Oregon pears and Hazelnuts, salad greens and North Coast Chèvre. Bonus: a great Balsamic Vinaigrette!

6 ounces soft goat cheese Divide into four balls and pat into disks
1 cup toasted bread crumbs
1/2 cup toasted hazelnuts-1/4 cup chopped finely and added to the bread crumbs and 1/4 cup roughly chopped for a garnish
4 large handfuls of salad greens
Balsamic vinaigrette
2 ripe pears, peeled, cored and sliced

Balsamic Vinaigrette

1 cup olive oil
1/4 to 1/3 cup of balsamic vinegar
1 teaspoon salt
fresh ground pepper
1 teaspoon finely minced garlic
Dissolve salt in 1/4 cup vinegar, add garlic and whisk in olive oil-add pepper and adjust seasoning, possibly adding more vinegar, salt or pepper.

Roll goat cheese disks in crumb-nut mixture, press to adhere. Place disks in an oven proof baking dish and place in oven approximately 5-7 minutes or until the cheese is warm but not completely melted.

While the cheese is baking, toss the greens with a third of the dressing (you may want to add more dressing to taste) and mound onto four plates.

Place hot goat cheese in the center of the greens and garnish with sliced pears and toasted nuts.



BODY/SPIRIT CLASSES

• RIVERSZEN YOGA STUDIO

FIVE FREE Community Classes Each Week

A core goal when RiversZen Yoga Studio in Astoria opened was to be sure that yoga and stretching classes were affordable and available for everyone...even for those that can’t afford to pay. The past 5 years RiverZen has offered two yoga classes a week in Astoria, on Tuesdays and Thursdays at 12:10 pm, at no charge to our community. A third FREE class in Astoria on Monday mornings at 7:30 am, “Qigong Walking and Forms” with instructor Donna Quinn.

What is Qigong? Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qi is pronounced “chee” and is usually translated to mean the life force or vital-energy that flows through all things in the universe. The second word, Gong, pronounced gung, means accomplishment, or skill that is cultivated through steady practice. Together, Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Two more free classes have been added at the RiversZen Ilwaco Studio on Wednesdays and Saturdays at 12:10 pm. Perfect for the raw beginner, yet challenging enough for the advanced yogis. Guides and consultants assist you to move at your own pace and level, engaging you in a process that will leave you excited by your progress, whether this is your first yoga class or you are a seasoned veteran!

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio in Astoria, 399 31st Street on the Astoria River Walk. Waterfront Walk in Ilwaco Washington, at 177 Howerton Way. Free parking and a handicapped ramp is available.

• ENERGY HYGIENE Online Class and CCC

How would it be to live without cleaning your body for years? Your health and ability to connect positively with others is affected.

This four week, online class assists you to develop proficiency in applying energetic hygiene in your everyday life. It also includes an introduction and practice of the Violet Flame Planetary Healing and Harmony Meditation.

With consistent use of the tools shared, you will build awareness of your energy system, increasingly hold a space of unconditional love, and maintain strong spiritual boundaries. You will also assist the planet and yourself to heal.

This class includes a short course, weekly reflective journaling assignment with email feedback, and one private, 30 minute, mentoring call. Additional sessions (\$35) may be scheduled.

Online classes run 4 weeks. Students study at their convenience.

Cost: \$98 To Register: visit heart2heartcoaching.org or text Linda @720-301-3993 Instructor: Linda Lawson . Self Mastery for Beginners Mentor /Coach.Seaside.

Basic Energy Hygiene Class

Dates: 5 Wednesdays beginning Jan. 11. Time: 6:30-8:00pm. Cost: \$25. To register : <https://www.clatsopcc.edu/academics/community-education>

• BELLY DANCING AT CCC

Class begins with yoga stretches designed to wake up your muscles and get you ready to move. Then, using beginner level belly dance techniques, students are introduced to common Middle Eastern rhythms, and to gradually help them layer and create combinations of their own. Everything is taught with funny, clever imagery to make it easier for the first-time student to remember the lessons. Basic techniques, combinations, integrating props, and choreography will be covered in this 10-week class. Increase your stamina, coordination, strength, and flexibility within a supportive atmosphere that fosters a sense of sisterhood and community. Taught by Varyin’ Parham, performer and belly dancing instructor with 17 years of experience. **Classes are Thursdays, January 12-March 16 from 7:00-8:30 pm in Towler Hall. Cost is \$50.**

• RETIREMENT ROADMAP AT CCC

What are the steps to expect as you graduate from the workplace to the next phase of your life. Focus on the deeper, “inside” experiences of the transition from work to retirement. Address the anxiety and concerns about life-style planning aspects as well as the financial concerns. Explore identity, purpose, meaning and ongoing human development. Taught by Dr. Jenny Sasser, educational gerontologist, writer and community activist. **Saturdays, January 14-28 from 1:00-4:00 pm in Towler Hall. Cost is \$35.**

Cooking Up Community!

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Cooking Classes at the North Coast Food Web



Spirit Traveler

by Sonja Grace
Findhorn Press,
Sept 2016



IN THE FORWARD to *Spirit Traveler*, the latest release by mystic healer, author and Hipfish columnist Sonja Grace, Dr. Kieran O'Mahoney of the Univ. of Washington writes, "Grounded in my past I am more than human: I have spirit, vision, and direction. There are so many important sites geographically dispersed across the planet that remind us that we are not alone."

In *Spirit Traveler: Unlocking Ancient Mysteries and Secrets of Eight of the World's Great Historic Sites*, Grace offers just that. Skellig Michael (Ireland) Tiwanaku (Bolivia), Stonehenge (England), Hagar Qim (Malta), St. Winifride's Well (Wales), Chichen Itza (Mexico) The Great Khafre Pyramids (Egypt) and the Rock of Cashel (Ireland). Each chapter tackles the scientific and historical information available about each site up to this point in time. Sonja addresses the questions that continue to puzzle archaeologists and historians. The second half of each chapter is devoted to Sonja's spirit travel experience, what she learned and the answers to some of those long-standing questions.

Its rather hard not to just skip the scientific/historical information and get to the

spirit travel experience – as it's fascinating and will raise a few hairs on the neck, for Sonja Grace does what science fiction has imagined in these last two centuries as time travel; she sees, hears, smells and feels the places she visits, in addition to speaking with ancient beings; such as Patrick, before he was a saint, and the Celtic Goddess Brigid, (she's very large and surrounded by fireflies BTW).

What was the purpose of Stonehenge? How were the Great Pyramids built and why is their particular geometry so significant? These are questions science and archaeology continue to research, and you'll need to read *Spirit Traveler* to find out for yourself. However, ancient earth energy portals, healing ritual and ceremonial practice are involved.

As earth's inhabitants continue to drain the planet of its natural resources; gemstones, oil, natural gas, and coal are all sacred elements of earth—we weaken the earth's magnetic energy. This energy, as explained to Grace in these ancient conversations, was at one time a tool for human's to evolve on earth, visiting teachers here to assist.

In the conclusion says Grace, "People of today demand proof in order to believe what is being presented to them—we limit ourselves as to what we are willing to believe may have taken place in the past—all the while creating stories and movies that spring from a wealth of imagination that had to come from somewhere." Dr. Kieran O'Mahoney, who traveled a vision quest with Grace to Ireland, and is a neuroscience fellow at UofW, states, "This is the first time in our planetary cosmology the we are essentially urban beings—as keepers and tellers there are messages and stories to pass on—if we don't, imagine the newborn five generations out? What will the child have as a map? How will that young adult find his/her way in a world where no one has a history?"

Spirit Traveler opens the consciousness to many levels of our existence as earth's most intelligent native inhabitants—the time calls for us now to realize this.

Paddle Spectacular Sand Lake Hot Apple Cider in Hand

WITH THE HIGHEST TIDES at certain times of the year novice kayakers can circle Whalen Island in a stunning coastal estuary. This is a rare treat for those seeking Winter outdoor adventures, as described in "Grant's Getaways." Sand Lake Estuary is a very shallow waterway, dominated by clear ocean water, allowing visitors to peer clear to the bottom and view sea creature like Dungeness Crab, Harbor Seals and Flounder flowing in with coastal tides. Varieties of Raptors and sea birds are very common and, occasionally, curious river otters will dazzle adventurous paddlers.

Expert trip planning is recommended to navigate its tidal channels. "The tidal water disappears rather quickly once the tide turns, so knowing where the deeper channels are and plan your return accordingly is crucial," says Marcus Hinz, with Kayak Tillamook. "Even at the highest tides of the season you only have a couple hours to paddle around and enjoy this unique coastal waterway."

Individual thermoses of hot apple cider, with a fresh cinnamon stick inside for extra spice, are supplied to participants! Groups will huddle several times during the tour to hear stories about local history or wildlife interpretation from trained coastal kayaking guides who love sharing their knowledge.



All tours are built for beginners, all equipment is provided and a half-hour of instruction will occur prior to the 2-hour waterway excursion.

Sand Lake is located on the Oregon Coast just north of Pacific City, an easy drive for day trips from the Willamette Valley.

Sand Lake Tour Dates: January 13th 14th 27th & 29th February 10th , 11th , 25th & 26th

To Register: KayakTillamook.com/content/pages/tours-already-scheduled Full Schedule, photo albums and on-line registration at www.kayaktillamook.com or by phone (503) 866-4808. FMI:



Shore Style Wedding Faire Showcasing North Coast Weddings

THE ASTORIA DOWNTOWN HISTORIC District Association will once again host the award-winning Shore Style Wedding Faire in Astoria. The event brings together a curated group of the Oregon Coast and SW Washington Coast's top wedding vendors, including Baked Alaska and McMenamin's Gearhart Hotel, who are headlining the event. The event will be held at The Loft at the Red Building on January 28, 2017 from 10:00am-3:30pm and will feature venues, photographers, caterers, DJs, florists and much more!

Couples searching for the perfect wedding destination will find answers to all of their questions about an Oregon Coast wedding with the best-of-the-best professionals on hand to provide guidance on how to create a unique and memorable event.

The Oregon Coast is one of the leading wedding destinations and the Astoria Downtown Historic District Association is thrilled to have Co-Chairs Becky Johnson (owner, Astoria Vintage Hardware and Jessica Newhall, Co-Owner, The Loft at the Red Building) once again leading efforts to curate a special event that showcases the amazing style and local businesses that can be incorporated into special events at the coast.

Saturday, January 28 at the Loft at the Red Building (20 Basin St., Suite F) to start planning your one of a kind experience at the coast. Visit ShoreStyleWed.com for a complete schedule of events and to buy tickets.

LAST WORD



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COMING IN FEBRUARY, The Fort will be releasing extremely limited variations of Matryoshka, one with cocoa nibs and another with cocoa nibs and raspberries.



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