

February 2017 • vol 18 • issue 217

**2017**  
**FISHER POETS GATHERING**

**February 24 • 26**

• **WORDS**

• **WORKSHOPS**

• **a whopping good time**

## **FILM :**

- **FLASH CUTS 2017**  
Oscar Predictions  
(he always gets it right!)
- **The Best of the 43rd NW**  
FILMMAKERS TOUR - 3/10
- **Why Not Home: A film**  
about improving birth at  
home and in the hospital  
- 2/19

# **HIPFISH** **MONTHLY**

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**INCO Indivisible North Coast Oregon Springs to Life**



**THE OREGON WAY CC Commission Opts Out of Linn County Timber Lawsuit**



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# MARCH 10 @ KALA IN ASTORIA

## The Best of the 43rd NW Filmmakers' Festival Tour

THE NORTHWEST FILM CENTER is honored to present The Best of the 43rd Northwest Filmmakers' Festival, a carefully selected cross-section of filmmaking from the Northwest region. The works included on this program were chosen to represent the quality, range, and vitality of filmmaking in the region.

### Festival Trailer

Alex Morris / Portland, OR  
(2 min.)

### Modern Dark

Josh Lunden / Portland, OR - *Meet The Filmmaker @ KALA*  
(NAR) A young man living in the inner city attempts to view the wide scope of the Universe through his childhood telescope. (6 mins.)

### Canned Fit

Woodruff Laputka / Portland, OR - *Meet The Filmmaker @ KALA*  
(DOC) Sound artist Christine Shorkhuber uses an array of "non-traditional" instruments to create minimalist melodies meant to bring us a little closer to our surroundings. (8 mins.)

### (Censored)

Isaiah Corey / Seattle, WA  
(NAR) A man's life is forever changed when his roommate introduces him to a product he never knew he needed. (8 mins.)

### Antipodes Rising

Georg Koszulinski / Seattle, WA  
(EXP) Travelling through a tunnel on mountain road in Alaska becomes a portal for an alternate vision of the Pacific Northwest. (3 mins.)

### Here Nor There

Julia Hutchings / Vancouver, B.C.  
(NAR) Nothing is as what it seems to be as a private investigator arrives at a funeral to speak with the family whose body he supposedly found. (15 mins.)

### Primal Flux

Joan Gratz / Portland, OR  
(ANI) Colors and shapes shift and morph as images emerge and disperse in a play on the nature of conscious and unconscious communication. (3 mins.)



### Ranger

Sandra Ignagni & Trevor Meier / Vancouver, B.C.  
(DOC) A portrait of the Canadian vessel M.V. Northern Ranger which has traversed the narrow straits and unpredictable weather along the remote Labrador coastline for the last 30 years. (8 mins.)

### Me is Being Great

Marshall Granger / Missoula, MT  
(NAR) Sometimes when relationships end amongst the confusions of growing up, one just might be able to re-connect to their own personal identity and be set free themselves. (21 mins.)



The Northwest Film Center is a place where individuals find and cultivate their personal voices as storytellers and image makers, and audiences explore our region and the world through the big screen. Our theater, classrooms and facilities welcome a diverse cross-section of community members for film appreciation, skill- and community-building and technical support. Established in 1971 as a sister organization to the Portland Art Museum, the Northwest Film Center is a regional media arts resource and service organization founded to encourage the study, appreciation, and utilization of the moving image arts, foster their artistic and professional excellence, and to help create a climate in which they may flourish.

The Center provides a variety of film and video exhibition, education, and information programs primarily directed to the residents of Oregon, Washington, Idaho, Montana, and Alaska.

### NW FILM FESTIVAL "BEST OF" TOUR

Friday, March 10 at KALA. Doors open 7pm.  
Film Screenings begin 7:30pm. \$8 @ the door. Cocktails.  
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# A Progressive North Coast Responds

**SPIRITS WERE HIGH** on Jan 21, 2017, all around the globe. The most successful peaceful protest in the history of the earth took place –long over due, but better late than never. While aggression was acted out by a spectrum of protestors in various urban centers, peaceful humans trekked the streets calling for civility on every humane possible level, 5 million on 7 continents.

In an address to an audience at the Baltimore Nonviolence Center, on January 18, activist and journalist Arun Gupta, stated, "To put it simply, if it's possible for Donald Trump to become president, then socialism is possible in America."

Was Gupta as in awe of the numbers marching? One would think so. Just as the organizers of the Astoria Women's March were hoping for 50 attendees, then began to realize, there may be 500, but an official counter on site, when the group was en masse, speculated there were at least 1200 people come together in solidarity with signs, pink hats, children, friends and family, from all points coastal region.

## What's Next.

**On February 1st, at the Methodist Church in Astoria, the first INCO, Indivisible North Coast** meeting took place. People came from Manzanita, along the coast, into east County, and across the river! An experienced audience-counter counted 150 in attendance.

Over 3000 Indivisible groups have come into organization around the country, based on a guide put together by former Democratic congressional staffers. Read the down-to-earth Indivisible Guide, available at [www.indivisibleguide.com](http://www.indivisibleguide.com).

As a result of the first INCO, Community Groups based on where you live, and Task Teams are being organized. If you haven't signed up yet, or did not make it to the meeting, you can do so easily through the INCO blog:

<https://indivisiblenorthcoastor.blogspot.com/>.

In the meantime, INCO organizers state, don't wait for us! Act now. Here are some examples of what you can do:

**SEND A POSTCARD** to one or all three of your Members of Congress (MoC) from Oregon: Representative Bonamici, Senator Wyden, and Senator Merkley. You can write a Thank You postcard or ask your MoC to take a specific action about a specific issue. Write about only one issue per card.

**THINK ABOUT POTENTIAL CANDIDATES** for the 120 local positions on the Clatsop County ballot in May, 2017. For more info about finding and campaigning for progressive candidates, attend the next meeting of the **CLATSOP COUNTY DEMOCRATS**, on Monday, February 13, at 5:45, at Towler 310 at Clatsop Community College.

ALSO; **PACIFIC GREEN PARTY** next chapter meeting, which will be held on Sunday, February 12, 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.

## INSPIRATION:

Be inspired all over again by the **AUDIO INTERVIEWS** at the Astoria Women's March. Conducted by Joanne Rideout, Station Manager of Coast Community Radio (KMUN). Here's the URL: <http://shipreport.nfshost.com/audio/AWM-FB.mp3>



PHOTO: Scott Docherty/redhare.com

Indivisible  
north coast Oregon

<http://indivisiblenorthcoastor.blogspot.com/>

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## THANK YOU

**Women's March Committee:**  
Deb Vanasse, Jeanne Braun  
Henderson, Joyce Hunt,  
Kit Ketcham, Laurie Caplan,  
Margaret Frimoth,  
Nancy Holmes, Pat Wollner,  
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### EDITOR/PUBLISHER:

Dinah Urell

### GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

Michelle Roth

### ACCOUNT EXEC:

Ryan Sheile

### CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

### MAGIC WEB WORKER:

Bob Goldberg

Social Media: Sid Deluca

### COVERDESIGN:

Les Kanekuni

Cover Photo:

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## Cooperative Housing in Clatsop County Meet & Greet

MEET AND GREET about the possibility for cooperative housing in Clatsop County  
Wednesday February 22,  
2017 5:30 - 6:30p.m. Blue  
Scorcher in Astoria.

Anyone interested in the housing crisis for working people in our county and willing to collaborate to improve the situation is welcome.

There will be a short presentation by Iris Sullivan Daire about Cooperative and shared housing, followed by small group discussion. The goal of the meeting is to identify stake holders who are interested in the



cooperative model as it can be applied to housing. Follow up actions will be announced at the end of the hour.

## Effecting Change at the Right Levels of Government

### Jason Gonzales • Oregon Wild

JASON GONZALES from Oregon Wild will give a power-point presentation and workshop on Effecting Change at the Right Levels of Government. Participants will see examples of all the different agencies and levels of government that make decisions about the forests, water, and wildlife Oregon Wild works to protect and defend. Learn new ways to get engaged in 2017 to take a stand for the things you care about, and how to be as effective as possible while you are doing it!

February 15th (Wednesday) from 6-8pm in the Hatfield Room at Tillamook Public Library (corner of Stillwell and 3rd in downtown Tillamook). Sponsored by Oregon Wild and Rockaway Beach Citizens for Watershed Protection

## Roaring 20's Speakeasy • Casino Night

Get ready for a Roaring Good Time on Saturday,  
February 18th

The Clatsop County Historical Society's annual Roaring 20's Speakeasy Casino Night promises a fun time for all, at 7pm. There will be games of Black Jack, Roulette, Craps, and (for an additional fee) Texas Hold 'em poker with prizes for top chip holders and best 1920s costume at the end of the night.

Make your reservations today by calling 503-325-2203 or e-mail to [cchs@cumtux.org](mailto:cchs@cumtux.org)

Entry is \$15 for an individual or just \$25 for a couple. Get in on the action at the Texas Hold 'em tournament for an additional buy-in of \$30, \$40, or \$50, call for details.

This event has been generously sponsored by: Jim and Jan Aalberg, Uptown Café, Lektro, Whole Brain Creative, Astoria Sunday Market, Ocean Crest Chevrolet, Astoria Fultano's Pizza, Patricia Roberts, and Warrenton Deep Sea Market.

All proceeds support the Clatsop County Historical Society which is a 501(c)(3) non-profit educational organization dedicated to preserving and presenting the history of Clatsop County Oregon and the surrounding area. The Society operates the Flavel House Museum, the Heritage Museum, the Oregon Film Museum, and the Uppertown Firefighters

## Elliot State Forest Lobby Day

On Thursday, February 23rd, activists from across Oregon will gather in Salem to speak to their Senate and House representatives about the importance of keeping the Elliott State Forest protected and public. The Oregon legislature can play a key role in decoupling old growth logging from funding education, and in finding a permanent solution for this forest. If you would like to be a part of this effort, Go to [forestlegacy.org](http://forestlegacy.org) and please fill out the form.

Trainings and background information will be provided. If you have never done anything like this, it's a great way to learn! Space will be determined by how many volunteers come forth from each House and Senate district. Once you fill out the form, you'll be contacted by the North Coast State Forest Coalition representative.



## Clatsop Casa (Court Appointed Special Advocates) Fundraiser March 9

COURT Appointed Special Advocates (CASAs) are ordinary people doing extraordinary things. They volunteer their time to advocate for the best interest of children who suffered neglect or abuse and are now in foster care. The Clatsop CASA Program currently supports 50 volunteers who give of themselves to improve the lives of children.

Help support them during the **19th Annual CASA Celebration on Thursday, March 9, 2017, from 6-9 pm** at the gorgeous **BRIDGEwater Bistro** in Astoria. Enjoy an evening of delicious "small bites", wine and other beverages, and a lively dessert auction in this beautiful setting by the Columbia River, to raise money for advocacy services for children and youth in foster care. Clatsop CASA Program relies on community support to recruit, train, and supervise volunteers.

Tickets for this annual fundraiser are \$30 per person and should be purchased in advance. Space is limited and the event frequently sells out. To purchase tickets, contact Clatsop CASA at 503-338-6063. For more information about Clatsop CASA and the important work done by volunteer advocates, visit [www.clatsop-casa.org](http://www.clatsop-casa.org) or [www.facebook.com/ClatsopCASAProgram](http://www.facebook.com/ClatsopCASAProgram)

Above Photo: A recent swearing-in of volunteers, by of Judge Brownhill.

## Responding to Federal Attacks on Workers AFL-CIO

Statement by Oregon AFL-CIO President Tom Chamberlain on the national "right to work" bill introduced yesterday in the United States Congress, on a leaked Executive Order threatening the rights of millions of workers, and on last week's immigration Executive Orders:

"Yesterday, legislation was introduced in Congress with the intent to limit the ability of working people to stand together as unions. Deceptively called a "right to work" bill, this type of legislation drags all workers down, regardless of whether they belong to unions or not. If passed, this law will mean lower paychecks[i] for workers and increased workplace fatalities[ii]. This legislation is designed to do one thing: dismantle the tools workers have to form and maintain strong unions by which we negotiate for better wages, benefits and working conditions. Oregon's union movement is prepared to do everything we can to protect our right to stand together.

Beyond threats from Congress, working people and our families could face rampant rollbacks of protections in what several credible news outlets are reporting as a leaked Executive Order from President Trump.[iii] This order, if enacted, would provide a license to discriminate against LGBTQ people on everything from hiring and firing to health benefits and beyond. If this leaked order comes to pass, it will be a significant and disturbing step backward for our nation.

The Oregon AFL-CIO is strongly opposed to any Congressional or Presidential action which threatens the rights of working people by any means, including last week's Executive Orders regarding immigration and refugees. We stand in support and solidarity with Oregon's immigrant and refugee communities. Last week's Executive Orders have only increased fear and divided us as a nation – they do not represent the values that Oregon's unions stand for. We are thankful for the actions of Governor Brown who today stood up for immigrants and refugees in Oregon, and by doing so set an example of what leadership looks like."





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



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DONALD TRUMP'S emphasis in his Inaugural Address on "America First" has much historical resonance. Its roots go back to Washington's Farewell Address wherein the first president warned the country against "entangling alliances" with European powers that would land the US in the midst of an

Arms Conference negotiated reductions for Britain, France, Japan, Italy and the US. Six years later, Secretary of State Frank Kellogg engineered a pact in which 62 nations renounced war as an instrument of national policy, with the caveat that one could resort to defensive war if attacked.

US historians and journalists have touted American globalist militarism as the only responsible course. While most American Firsters were ordinary citizens disgusted with the waste and horrors of war, support of their cause by prominent German sympathizers, like Henry Ford and Charles Lindbergh, served to marginalize them.

When US postwar communist adversary, the Soviet Union, broke up in 1991, neoconservatives in the Defense and State departments, crusaded for US global hegemony. Implementation of their strategy has, however, devastated and destabilized the Middle East and parts of Central Asia, resulting in over a million deaths and a huge refugee crisis. In Eastern Europe, neocon policy makers, resolved on keeping Russia weak, expanded NATO, a Cold War military alliance against the Soviet Union, to the Russian border, increasing the danger of nuclear war with a resurgent Russia. During his campaign, Trump correctly stated that NATO is obsolete, with Russia now neither communist nor expansionist. But two weeks into office, the Trump administration is back peddling and reaffirming commitment to NATO.

Trump's America First emphasis seemingly recognizes a multipolar world, where the US will not seek hegemony. But while stating America will not attempt to impose its way of life on any other country, Trump also reaffirmed commitment to smashing Islamist jihadism. He has planned doing so in partnership with Russia, but his administration has already given strong indication that it will continue a bellicose posture against Russia and its allies, Iran and Assad's Syria. Retired general Michael Flynn, speaking as new National Security Chief, overreacted to Iran's test of a conventional missile by putting it "on notice" of further US sanctions and possible military action. And super-hawk senators McCain and Graham are pushing the new president hard for action against Russia in eastern Ukraine. Trump's government has also reaffirmed alliance with Saudi Arabia, as it devastates Yemen and remains the prime sponsor of Islamist terrorism. Trump has no previous experience in politics, and as president, he faces entrenched militarist interests that, given their way, will keep him from implementing his America First plans for moving away from war and international hegemony to emphasis on domestic rebuilding.

## Sabotaging AMERICA FIRST by Stephen Berk

cient dynastic rivalries and wars. This would draw precious human resources and treasure away from building our new nation. About a generation later, President John Quincy Adams, who supported the American System, a program for building domestic infrastructure and institutions, also warned his fellow citizens against "going abroad in search of monsters to destroy."

Washington and Adams represent an important strand in American national policy that seeks to check imposing our will abroad, while concentrating on building a just, equitable and prosperous society at home. Woodrow Wilson represents the opposite tendency and its disastrous consequences. Following a successful first term pursuing the progressive cause of reining in corporate excess, he ran in 1916, promising to keep us out of the slaughterhouse of the European Great War. But within months of reelection, he reversed his "peace without victory" stance and entered the war "to save the world for democracy." US entry ended the stalemate, enabling decisive defeat of Germany and its allies. The Versailles Treaty thus severely punished Germany, saddling it with massive reparations and a humiliating war guilt clause. As is well known, Adolf Hitler's Nazi regime arose out of these German ashes.

Between the wars an American movement arose recalling Washington's admonition and seeking to keep the US out of subsequent foreign wars. The people who took this position, speaking for peace and arms reduction, were responsible in Congress for passage of the Neutrality Acts, which made going to war abroad very difficult. After the First World War, antiwar lawmakers also attempted to goad the great powers toward disarmament. In 1922, the Washington Naval

in Japan, Italy and Germany, retained an antiwar posture by investigating the causes

**Observe  
good faith  
and justice  
toward all  
nations.**

**Cultivate peace  
and harmony  
with all.**

~ George Washington

of US entry into the Great War. Pressure from international bankers and arms dealers was named as culprit. This confirmed the findings of Marine General Smedley Butler that war profiteers in everything from clothing to the whole range of arms became very wealthy from the massive militarism of 1917-18. Butler detailed his findings in his classic *War Is a Racket*, still in print and widely read.

As the threat from what would become the Axis Powers increased, Franklin Roosevelt tried with eventual success to get around the Neutrality Acts to aid countries in the path of the gathering militarism of these regimes. FDR, as Hitler moved toward war, formed the Committee to Aid the Allies. Its opposite number called themselves the America First Committee. Since World War Two and the Allied victory, which placed the US at the top of the world order, most



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# NATURE NEWS

Join the Great Backyard Bird Count  
at Fort Clatsop, February 17-20



**On Saturday, February 18,** Mike Patterson will lead a birding walk starting at 9:00 a.m. in the Fort Clatsop Visitor Center lobby. Although leashed dogs are welcome at most of the park's outdoor programs, dogs are not allowed at this morning walk. Please dress for the weather. The walk is wheelchair accessible although non-motorized users might need assistance for about 200 yards.

**On Sunday, February 19,** Josh Saranpaa, a wildlife rehabilitator and director of the Wildlife Center of the North Coast, will talk about the center's work at 1:00 p.m. in the Netul River Room of the Fort Clatsop Visitor Center. This In Their Footsteps program will feature live birds from the center such as common murre, rhinoceros auklet, northern fulmar, and American kestrel.

Park hours are 9 a.m. to 5 p.m. each day. Admission is \$5 per adult and free for youth 15 years old and under. In honor of Presidents Day, visits to National Park sites including Lewis and Clark NHP are free on Monday, February 20. Passes to National Park Service sites are accepted. A variety of bird field guides are available for purchase at the Lewis & Clark National Park Association bookstore in the Fort Clatsop Visitor Center.

For more information on the national bird count event or to submit bird counts from your home go to [www.birdcount.org](http://www.birdcount.org). The weekend's birding events at Fort Clatsop are sponsored by the Lewis & Clark National Park Association and the National Park Service. For more information, call the park at (503) 861-2471 or check out [www.nps.gov/lewi](http://www.nps.gov/lewi) or Lewis and Clark National Historical Park on Facebook.

## In Their Footsteps Wildlife Center of the North Coast

Lewis and Clark National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. This illustrated program is Wildlife Center of the North Coast presented by **Josh Saranpaa on Sunday, February 19, at 1:00 p.m.** This is part of the February 17-20 worldwide Great Backyard Bird Count activities led by the National Audubon Society and the Cornell Lab of Ornithology.

For 20 years, the Wildlife Center of the North Coast has been a helpful resource when people find sick or injured wildlife. The non-profit center aids all indigenous wildlife, has a wildlife hospital, and provides off-site education programs. Josh Saranpaa is the director of the wildlife center and has worked there for nine years. He enjoys learning about, caring for, and teaching about local wildlife.

Some of the center's education birds will be at the program such as an American kestrel, a northern saw-whet owl, and possibly common murre and a cormorant. This program will cover some of the dangers that wildlife face in this region, the work of the Wildlife Center of the North Coast and how people can help local wildlife.

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



## Listening to the Land: Swimming with the wild fishes

FOR NEARLY 20 YEARS, the Oregon Department of Fish and Wildlife has been closely monitoring the survival and downstream migration of salmon in coastal river basins. As the assistant project leader of the Salmonid Life Cycle Monitoring Project, Derek Wiley has spent the past decade researching salmon and steelhead and making estimates about their abundance and survival rates on the northern Oregon coast, often taking his GoPro camera into the field with him to capture fish behavior and spawning.

**On Wednesday, Feb. 15, join Derek at the Seaside Public Library** for the second of this year's Listening to the Land presentations focused on wildlife. Admission to "Life in the River" is free.

Derek will provide a special screening of his films documenting the freshwater life of native salmon in our region. Journey's End is an 18-minute video

capturing underwater behavior and spawning of wild chum salmon, Chinook salmon, coho salmon, and Pacific lamprey in several rivers and creeks on the northern Oregon Coast. He will also share footage documenting Salmonid Life Cycle Monitoring Project activities on the North Fork Nehalem River from fall 2015 and give us an update on more recent monitoring results.

As a research biologist with ODFW, Derek supervises a field crew responsible for monitoring abundance of adult and juvenile salmonids in the North Fork Nehalem River for the Salmonid Life Cycle Monitoring



Project. He earned a bachelor's degree in biology from Towson State University and a master's degree in fisheries and wildlife from Frostburg State University, both in Maryland. In 2004 he moved to John Day, Oregon, to work for ODFW on a steelhead research project. Two years later he moved to Tillamook to take his current position. Derek is an avid fly fisherman, photographer, and videographer.

## Registration opens for CoastWalk Oregon 2017

hotel owner's effort to claim part of the beach for his private use.

Day One will begin in Ecola State Park, pass Cannon Beach, and end at Arch Cape. Day Two crosses into Tillamook County on a route winding through Oswald West State Park on forest trails, ending at the north Neahkahnie Mountain trailhead. On Day Three participants will summit Neahkahnie Mountain, then—after a shuttle to Neahkahnie Beach—walk the beach to the tip of Nehalem Spit, where they'll cross the Nehalem River by boat. After a successful first year with 50 participants, CoastWalk will top out at 75 walkers in 2017.

The \$349 registration fee covers wayfinding guidance, parking fees, shuttles to and from trailheads, a boat shuttle across the Nehalem, snacks, a celebratory lunch at the end of Day Three, and lots of cheerleading. Lodging and most meals are not included. Most of the registration fee represents a tax-deductible donation to North Coast Land Conservancy, which has just undertaken a project to conserve 3500 acres of forest adjacent to Oswald West State Park—a private land conservation effort unprecedented in size in western Oregon. The Rainforest Reserve, which NCLC hopes to complete within five years, will create a continuous 29-square-mile conservation corridor stretching from the ridgetops to the nearshore ocean at Cape Falcon Marine Reserve. CoastWalk Oregon participants will walk right through the middle of that corridor.



COASTWALK OREGON, a three-day walk benefitting North Coast Land Conservancy, is back for a second year on Sept. 22, 23, and 24. This year's walk welcomes more participants and features a new route highlighting the history of the Oregon Beach Bill, which marks its 50th anniversary this year. Registration opened today. Details and registration are at [CoastWalkOregon.org](http://CoastWalkOregon.org).

Participants in CoastWalk Oregon 2017 will walk roughly 10 miles a day of the Oregon Coast Trail, about half on the beach and half on forest trails. Most of the 30-mile walk follows the route Gov. Oswald West took on horseback in 1911 that, two years later, inspired him to champion a law declaring Oregon's beaches public highways. That law was a precursor to the 1976 Oregon Beach Bill, which was prompted by a Cannon Beach



**THIS WAY OUT**  
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**Three Pound Note Concert:**  
Tickets \$15 Songs in Welsh, Cornish & more  
**Friday, February 24 @ 7:00 p.m.**  
503-436-9301 www.cbhistory.org

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Cannon Beach, Oregon



## 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 on KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm**

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

**Skate nights and LGBTIQ+ teen social nights are back! Next Skate - Feb 17 5-9pm.**

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

On the web: [LCQCAstoria.org/facebook](http://LCQCAstoria.org/facebook)  
[LCQCAstoria@gmail.com](mailto: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 Hubert 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](mailto: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](mailto: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](http://www.gofundme.com/rennn4bg).

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**PACIFIC GREEN PARTY OF CLATSOP COUNTY** next chapter meeting, which will be held on Sunday, February 12, 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.

Discussion will regard endorsement of candidates for the upcoming Clatsop County special elections in May. Candidates who are seeking endorsement from the Pacific Green Party of Clatsop County chapter must submit their name, whether they are a PGP member, their district (if applicable), the office they are considering running for, and a brief biography to [pgpclatsopcounty@gmail.com](mailto:pgpclatsopcounty@gmail.com) prior to the meeting

**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](http://www.ClatsopDemocrats.org)

**PACIFIC COUNTY DEMOCRATS/ 92nd Annual CRAB FEED**  
**March 18. 4pm Social Hour-5pm Program & Dinner**  
**Willapa Harbor Community Center, 916 West 1st St. South Bend WA.**  
**Live Auction • Silent Auction • Raffle**  
**[pacificcountymocrats.com](http://pacificcountymocrats.com) for more info**  
Monthly Meeting - 2nd Mondays, 7pm, North County Annex  
1216 Robert Bush Drive, South Bend, WA

## CREATE • Feb 16

### Columbia River Estuary Action Team

The Columbia River Estuary Action Team (CREATE) holds its regular monthly meeting on Thursday, February 16 from 6 to 8 p.m. at the Blue Scorchers Bakery and Cafe. All are welcome!

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

Most recently CREATE members have been speaking out about issues involving the state forest watersheds which feed into the estuary and affect its health.

Dan Serres of Columbia Riverkeeper will attend the Feb. 16 meeting to talk about proposed fossil fuel projects upriver that could have significant effect on the Estuary. Dan will also will also have an update on important legislation being discussed soon in Salem.

New members are always welcome. Come and join in at 6 p.m. on Thursday, Feb. 16 at the Blue Scorchers.





## FOCUSMUSIC

### Three Pound Note a rockin' Welsh of a time Feb 24

LOOKING FOR A RAUCOUS good time, then look no further than the Cannon Beach History Center & Museum's concert series from blues to jazz, to rock and everything in between. This February welcomes Portland's Three Pound Note, singing traditional Welsh, Cornish, and English tunes.

Lead vocalist, Andrea Wild, was born in Liverpool, England and grew up with the sibling singing tradition emphasizing harmony and a capella performance. Andrea's mother was from Caernarfon, Wales, and moved to Liverpool with her grandmother and grandfather (Nain and Taid) during WWII. As a result, Andrea and her brother, Straford grew up in a Welsh speaking household hearing traditional, Welsh songs from infancy. They began singing in folk clubs throughout the North of England and Andrea was a regular at Liverpool's Irish Centre.

After moving to the United States, Andrea continued to sing with her brother, Straford. They collaborated with Oregon Symphony cellist, Jim Smith in the band Both Wild and performed at folk festivals and music venues throughout the US. Both Wild released a CD recording in 2002 Just Say Nevoth.



Andrea has hosted Irish, world folk and soul music programs on Portland's independent KBOO radio. Her native wit and clear articulation earned her a go-to position within the community for hosting and emceeing all manner of music, cultural, charity and civic events. Andrea joined PSU Chorale and earned a longed-for opportunity to perform at Carnegie Hall.

In 2011, Andrea teamed up with Sean Nos dancer, Maldon Meehan with a goal to merge traditional forms of percussive dance and song for stage performance. And thus was the birth of The Stomptowners, a project which continues to grow and please crowds from Portland to beyond.

On guitar, mandolin, and melodeon is Hugo Glanville. Hugo started singing in Folk Clubs in England in his early teens, but didn't find his solo singing voice until he moved to the United States and started leading pub-singing sessions with The Bridgetown Morris Men.

He led several songs on Bridgetown's first CD - 'All About the Ale', and has performed as a singer at Seattle Folklife Festival and Princeton Folk Festival. He performed as part of a Trio called Village Briar that came together annually to sing songs of a darker and more sinister tradition at Dark Harvest Ballad events, annually, and more recently created a sea chanty group called Stormalong that had it's inaugural performance at The Global Folk Club hosted by Andrea.

Soon after Hugo and Andrea met, they realized that they grew up in England at roughly the same time with the same music being played in the folk-clubs they attended. The 'duo' offers them both great opportunities to perform songs from the English repertoire.

**PERFORMANCE: 7pm. \$15. \$2 Children. Tasty treats and donated libations. Doors open at 6:30pm. 1387 South Spruce St. in Cannon Beach**

### Gerle Haggard Band

GERLE Haggard Band returns to the Washington Coast and The Historic Sou'wester Lodge President's Day weekend. Saturday, February 18th, this eight-piece ensemble will perform a post Valentine's Day sweetheart show for all music lovers in the Lodge's intimate parlor room.

This marks the fifth appearance of the all-female Merle Haggard tribute to the Seaview, WA venue on the Long Beach peninsula. Don't miss the Portland-based band at what they call their "cozy home away from home on the coast."

Beginning their fourth year, Gerle Haggard continues to delight Merle Haggard's loyal fans with well-known hits like "Mama Tried" and "Okie from Muskogee". Old and new outlaw country listeners will enjoy hearing pepperings of The Hag's more obscure

- singles as well as carefully chosen covers of some of
- his own idols - Bob Wills, Jimmie Rodgers and Lefty Frizzell.
- The band's original instrumentation, tight harmonies, and a mix of showmanship from lead singer Tave Fasce Drake are woven into a show unlike any other.
- This appearance also features national fiddle champ Aaron Carter who brings her own finesse to these classic country songs. Gerle Haggard has been described as "Ferule, Female and Funtastic," and, "As a really good band playing great songs."

• **Enjoy this free, all-ages event at The Historic Sou'wester Lodge & Cabins. 3728 J Place, Seaview, WA 98644. 360-642-2542. Saturday, February 18th, 2017. 8 to 10 pm.**



### Cascadia Concert Opera • Feb 18 An early note of Spring?

The ever roaming Cascade Concert Opera is returning to Astoria to present along with our local North Coast Chorale a program of opera highlights: arias and choruses from some of the most well-known and well-loved operas sung in their original languages.

No need to wait for the June Astoria Music Festival to hear fine vocal artistry sung with exuberance, technical expertise and nuanced expression. Indeed if music is the language of the heart, this presentation reflects the full range of human emotions. From the bright upbeat choruses of Gershwin's 'Porgy and Bess', to Verdi's rousing, heroic themes from "IL Traviatore", to the soulful longing in Purcell's "Dido's Lament" and Verdi's "Nabucco", the singers project both the tragic and the comedic elements of life.

Currently in it's ninth season, the Cascadia Concert Opera is a non-profit performing arts organization based in Eugene. It's troupe of established and emerging professional singers and pianists afford it a rather unique identity as a "touring ensemble, presenting opera in intimate venues throughout the Northwest." While CCO provides the principal singers, it collaborates with local singers to support the choral sections. In this way it engages communities and, in some instances, introduces residents for the first time to the vibrant story-telling tradition of opera. Astoria audiences have enjoyed CCO's performance of Beethoven's "Fidelio" (2014) and Mozart's "Don Giovanni" (2015).

The present production of opera highlights will help raise money for the NCC which in turn helps with the fundraising efforts of Partners of the PAC. These efforts are vital to the continued operations of the PAC facility as a venue for affordable artistic and educational offerings. Some of the proceeds of this particular concert will go toward the funding of CCO's upcoming event "Tango of the White Gardenia". Described as "a tango infusion in a chamber opera in 2 acts", this production will be performed in Astoria and elsewhere. Sounds intriguing!

**For a uplifting mid-winter boost don't miss the Cascadia Concert Opera on Saturday evening February 18 at 7 P.M. at the Performing Arts Center (corner of 16th and Franklin in Astoria). Tickets are available at the door for \$25 general admission and \$15 for students with ID.**

### age of aquarius dance party

CELEBRATE THE AGE OF AQUARIUS and the Sun Sign. AAMC Hosts Feb 11. AAMC, loves to throw a great dance party, and the Aquarius party has become an annual event!!

The theme this year is "to the 9's." Let's get dressed up and let DJ imcodefour lead us on the dance floor as we dance, laugh and sweat the evening away. Bring the magic and energy we need to help carry us along our path as we negotiate this new year.

There will be some entertainment too!!!! Jessamyn Grace tends to your libations and Ginger Vitus will grace with her star power and we Aquarians will bridge the gaps and fuel the fire of the night!!!

**\$5 at door, to help support the amazing and affordable dance offerings at AAMC. The AAMC is located at 342 10th 2nd floor ballroom. See you there!! 21+ please. 9pm!**





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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.



# THE OREGON WAY...

The Clatsop County Commission Opts Out of the Linn County Timber Lawsuit

by Roger Dorband

**THE MEETING HALL** of the Judge Guy Boynton Building was packed with citizens who had braved the frigid temperature outdoors in order to be on hand for the most momentous vote by the Clatsop County Commission in recent years. After nearly a year of consideration, on the evening of January 11th the Commission was poised to vote on whether to join or opt out of the Linn County timber lawsuit.

The suit alleges that Oregon officials have mismanaged forest policy by failing to promote timber harvests (for full details of the suit see the November 2016 issue of Hipfish). A yea vote to join the 1.4 billion dollar suit targeting Governor Brown and the Director of the State Forestry Department, Doug Decker, would by most accounts align the county on the side of increased industrial timber harvest on state forest land.

This position was supported by many commissioners and public officials who see an opportunity for the 15 Forest Trust Land Counties and tax districts to reap massive financial gain if the suit prevails and the compensation is granted. It is estimated by the plaintiff's lawyers that Clatsop County, with 147,000 acres of state forest land representing 22% of the total, alone could reap as much as 200 million dollars from a victory.

A decision to opt out would advocate a status quo position on the amount of logging on state forest land. This position would be consistent with the policy of previous Clatsop County Commissions, the county's Vision 2030 Together plan and in harmony with the Department of Forestry's 20 year old balanced forest management plan. Opting out would forego any windfall if the suit prevails.

That night the crowd present seemed to be evenly divided on the issue. There were many familiar faces who had been urging the Commission to opt out for months. At the previous Commission meeting when comments from the public - specifically on the lawsuit - were requested, those advocating opting out were in a majority by a margin of 26 to 2. But this time there were unfamiliar faces on hand as well. They had come out in numbers for the first time to support staying in the lawsuit. The tension in the room was palpable. The drama of the moment was heightened by the vote being placed dead last on the agenda.

The din of nervous chatter in the room was silenced a few minutes after 6pm when Chairman Scott Lee announced the beginning of the meeting. Before calling for the customary salute to the flag, Lee announced the swearing in ceremony of 2nd term Commissioner, Sarah Nebeker and 1st term Commissioner, Kathleen Sullivan. At that moment no one could have anticipated how significant this swearing in was.

The call for public comments that immediately followed the Pledge of Allegiance was a testament to the health of democracy and community in Astoria. Most comments were about the lawsuit, with strong voices on both sides of the issue.

Representing the timber industry were timber company owners 87 year old Martin Nygaard and Mark Gustafson. In his deep, gravelly voice Nygaard spoke of a lifetime in the woods working in the family business. During high school and college he "worked on a boom and learned how to roll logs." He recommended to the Commission that they stay in the law suit. Without doubt he represented the living embodiment of the legendary logging tradition in Clatsop County.

Like Nygaard, Mark Gustafson cited the number of men he employed, 120, who contribute 7 million dollars in wages to the local economy and provide over \$100,000 dollars in taxes to the county. His dollars and board feet analysis was bolstered by Sheriff Tom Bergen representing his tax district. Bergen



**"I don't think I have ever taken a walk in the forest and said to myself, 'look at all of those board feet'".**

**- Roger Rocka, co-chair for the CREATE activist group in Astoria, at Clatsop Commission meeting.**

implied that Clatsop County was so rich in forest land that sustainability shouldn't even be questioned. For Bergen the possibility of increased funding for county services far outweighed all other considerations. He listed services that would be "jeopardized" by the Commissioners if they didn't join the lawsuit, concluding that, "Opting out would be a huge mistake."

Roger Rocka, co-chair for the CREATE activist group in Astoria, spoke in support of opting out of the lawsuit. Rocka exclaimed that the lawsuit had been concocted and funded by lawyers who were trying to convince the tax payers "to sue themselves" by promising "a pot of gold at the end of the rainbow." He questioned how citizens could trust the promises of the plaintiff's lawyers who stood to earn 15%, or 210 million dollars, if they won the suit. As a direct counter to points made by several supporters of the lawsuit, Rocka stated poignantly, "I don't think I have ever taken a walk in the forest and said to myself, 'look at all of



those board feet". He concluded that "the principled thing to do for the long term economic health of Clatsop County is to opt out of the lawsuit."

George McCartin, who recently ran for City Council, also reminded those present that the lawsuit was being financed by timber companies. He further questioned the impact on tax payers if the suit prevails, stressing that the 1.4 billion dollar award would have to ultimately come from their pockets. Countering another major claim made by proponents of the suit, McCartin, who is a lawyer with an extensive background, said that being a member of the class action did not guarantee that the county would have a "voice at the table".

Clatsop County citizen Laura Russell gave a brief but passionate appeal to protect forests echoed by several others in their comments. In Russell's view our state forests are currently at risk from too much logging. "It's so important for so many reasons" she concluded, to preserve forests for the sake of clean water, clean air, the fishing industry and more.

One advocate of staying in the lawsuit claimed that it was being driven primarily by environmental groups who have little interest in the economic health of Clatsop County. This certainly qualifies as an "alternative fact" considering the number of independent citizens in the

community who weighed in on the issue via their e-mails, letters and in public testimony. It also ignores the "opt out" opinion of the Daily Astorian, the Board of the Clatsop County Democratic Party and the City Council of Cannon Beach as well as the majority preference for balanced forest management expressed in the Clatsop Vision 2030 Together plan long before the suit was filed.

By the end of the public comment period the tally was 11 to 19 in favor of opting out. It is worth noting that no representative of an environmental group or lawyer for the plaintiff was present on the night of the vote.

The evening moved swiftly along from the public comments. After a 3 minute break Chairman Lee called for a staff report on the Linn County lawsuit from County manager Cam Moore who provided a succinct summary. Afterwards, it was time for opinions from the Commissioners.

Lee appointed himself first to comment opening with the remark that the



lawsuit "is a big deal," which he conceded had occupied most of his thoughts for "over a month or two". The statement he read which followed made clear his unequivocal preference for opting out of the lawsuit. In it he concurred with many of the arguments that had been made by citizens over the months since the lawsuit was filed. In providing his reasoning he gave the first clarifying, full declaration of the county's position on forest management that has been made publicly in a long while. The statement (included next page over in full in order) will help the community to better understand what in large part will be their representatives' position going forward. When Lee concluded the room erupted in loud applause.

The other Commissioners then gave their opinions in turn. Lisa Clement followed Lee stating her concern for the environment, most particularly the impact of timber harvest on the fishing industry which has been her family's livelihood. In spite of her concerns Clement's position was confounded and ambivalent because she sees the Linn County lawsuit as a "strictly legal" matter and "not political". An apparent unwillingness to speculate about the repercussions of the lawsuit prevailing could explain her statement that "this is not a forest practices issue". She advocated joining the class of the lawsuit.

Third to comment was Kathleen Sullivan, the newly elected Commissioner sworn in that night, who was in perhaps the most difficult position of all of the Commissioners. It would have been easy for her to recuse herself due to her nascent position on the Commission. Instead she chose to display her courage and passion about forest issues by voicing her intent to vote for opting out.

Sullivan acknowledged that it had been a difficult decision. In order to better understand the ramifications of the suit she had studied the case thoroughly and consulted with a variety of individuals on both sides of the issue. In the course of Sullivan's remarks she corrected an "alternative fact" embedded in the lawsuit stating that official state data clearly shows that "both timber harvest levels and revenues have increased substantially" since the inception of the balanced forest management plan in 1998. She concluded that, "Though not perfect, the forest management plan is working."

Sarah Nebeker, beginning her second term that night, spoke with clarity and conviction after Sullivan. While not stating exactly how she would vote it became clear that she did not think that joining the lawsuit was a wise decision. Her opinion was based on her knowledge of government and conclusion that if the suit succeeds the taxpayers of Oregon will have to pay the award through loss of services or higher taxes. "There is no free money here as far as I can see," she said. In reaching her decision she, like Sullivan, had studied the state's statistics about timber harvest on state land. Since 1998 and the onset of the balanced forest management plan, timber harvest on state land has more than doubled and in four of the years, tripled. Reaching her conclusion, Nebeker quoted highly regarded former Commissioner, Peter Huhtala, who has stated, "Management by the Board of Forestry is far better than management by the courts, whether driven by industrial or environmental concerns."

Last to speak was Lianne Thompson, who has been an unflagging supporter of the suit. Thompson repeatedly called for a community "at war with itself" to work together. This notion seemed to ignore the "overwhelming" public testimony in favor of opting out cited by Scott Lee and the conclusion of the Clatsop Vision 2030 Together plan she signed that clearly demonstrates the public's desire for a balanced forest management plan.

In spite of her repeated claims to be a supporter of the environment, Thompson seemed to isolate the lawsuit in much the same manner as Clement saying that the issue was "a legal

matter" that Commissioners shouldn't "apply their personal concerns" to. Both reached this conclusion after talking with the county's legal council, Heather Reynolds. Thompson said she was "not in agreement with the lawsuit at all" but was voting to stay in the suit for fear that the county would lose control of its resources "without a place at the (settlement negotiation) table." Ironically for many proponents of opting out the opposite is true because a successful suit will give the timber industry more control over our state forests.

With statements completed Chairman Lee asked for a roll call vote. Commissioners voted consistent with their statements and once again loud applause, punctuated with whoops and hollers, rang out in the meeting room. Clatsop County was opting out!

#### THE TAKE AWAY

Now that the January 25th deadline for joining the Linn County timber lawsuit has passed it's clear that Clatsop County is in a distinct minority. Of the 15

counties eligible only Clatsop County opted out.

All of the citizens who made their voices heard in favor of a balanced forest management plan must commend Commission Chairman Scott Lee, Commissioner Sarah Nebeker and Commissioner Kathleen Sullivan for the courage, leadership and vision of their vote.

The vote to opt out was made under intense pressure from logging interests and other proponents of the suit. Attorney DiLorenzo and Linn County Commissioner Nyquist held up a fist full of money in a symbolic effort to convince Clatsop County Commissioners to their side. That strategy worked elsewhere but not in Clatsop County.

Beyond all of the arguments pro and con for staying in the suit, beyond the facts and "alternative facts" is the broader issue of values. The Commissioners voted to opt out because they value a balanced approach to timber management in our county and the state over increased industrial tree farming. They chose the long term health of the environment over short term financial gain. They voted for community, cooperation, for doing things the "Oregon way" as Chairman Lee so aptly stated.

Finally, the Commission's stand sets an example for the young and all of the rest of us, by resisting the mantra money, money, money that permeates our culture. They chose a higher path by honoring a sacred trust that looks beyond the prospect of making life easier for ourselves to the welfare of future generations who have the right to inherit a healthy, natural environment. Well done, Commissioners!

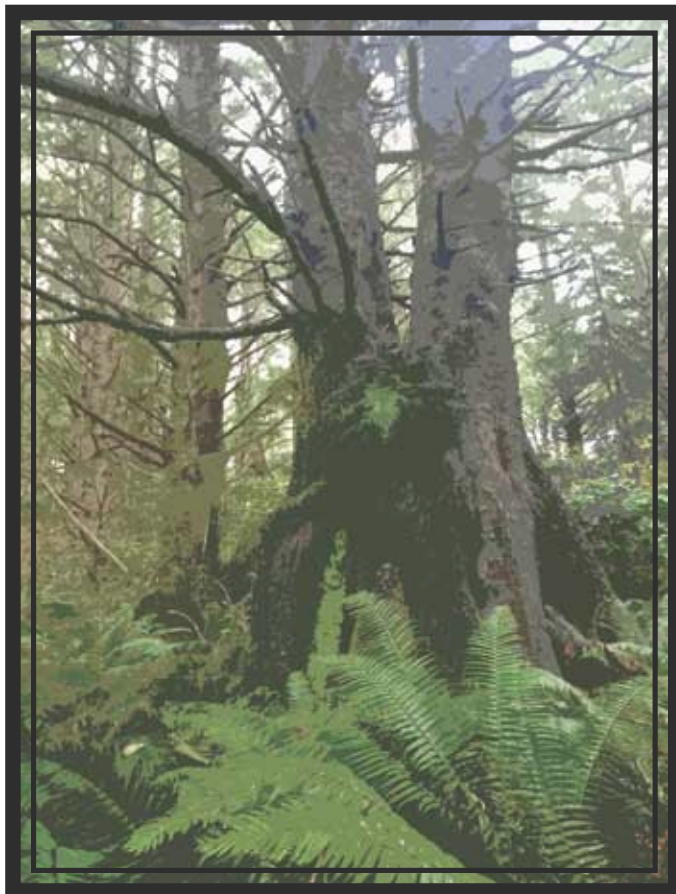


Photo by Leigh Oviatt



THANK YOU to everyone who has weighed in on the very important matter of the Clatsop State Forest, and the Linn County lawsuit, which claims that the state must manage our state forests to maximize timber harvest. The overwhelming message from public testimony has been in favor of balanced forest management and against the Linn County lawsuit.

I also am in favor of opting out of the Linn County lawsuit. These are my reasons.

Clatsop County has been repeatedly on record in support of balanced management of state forests and against an industrial emphasis over all other values. While I strongly support substantial and reliable timber harvests in our state forests, I do not support timber harvest overall other values.

Instead, I support the integrated and multi-benefit approach to Greatest Permanent Value that the Board of Forestry adopted in 1998. That has been the position of Clatsop County since 1998, and it should be the same position today. I want a strong recreation program on our state forests. I want our salmon streams protected and restored. I want alternatives to pesticides explored. I want diverse habitats for our hunters. I want special areas permanently protected. I do not want timber harvest levels to trump all these values.

There are great risks in prioritizing timber harvest over all other values on public lands. If we cut too much, we not only damage the environment, but we also risk lawsuits that could dramatically restrict or even close down harvest. Anyone who watched what has happened on federal lands should see that risk.

The Department of Forestry and Board of Forestry have difficult jobs finding balanced management and integrating these multiple values. But they have generally done a good job over the years. And harvests have been high since the 1998 rule; they did not go down because of multi-value management, as Linn County claims.

Rather than attacking the Board of Forestry through lawsuits that could pay two hundred million in taxpayer dollars to private lawyers, we should work together and forge a common path. Manufacturing a perception of a crisis and promoting the idea of an urban and rural divide serves none of us.

Some have spoken of our need to have a "seat at the table" because then our voice would be heard. But this makes little sense to me. Clatsop County's values are not the values expressed in the lawsuit. Why would we join a lawsuit that demands maximum timber harvest over all other interests if we don't support that position?

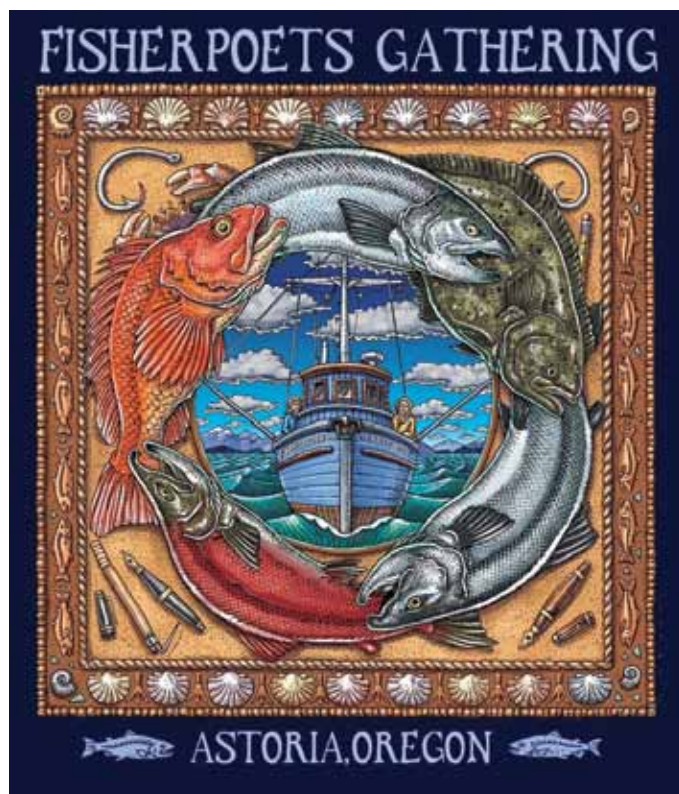
To make our voice heard, we need to clearly and decisively state that we support the Board of Forestry's current vision of Greatest Permanent Value.

Clatsop County and Oregon are beautiful. I love our home. This lawsuit is not only contrary to our values but it also contains the potential to damage our fish, our forests, clean water and the legacy of balanced management we owe to future generations.

Oregon has a proud history of working together to find solutions. We need to stick to the Oregon Way, which is solutions and not standoffs.

**Scott Lee (Commissioner Chair Statement, January 11, 2017 Commission meeting).**





# Fisher Poets Gathering 2017

## 20th Annual • Feb 24 - 26

**VENUES:** The Wet Dog Cafe, The Voodoo Room,  
The Columbian Theater, The Astoria Event Center,  
The Lovell Showroom at Fort George Brewery,  
KALA Gallery, Barbey Maritime Center, The Liberty Theater,  
Pier 39 and Winecraft

**Plus 100 Poets from a dozen states, provinces and countries**  
**Buttons available \$15 at all Venues**

### RiverKeeper at Fisher Poets

• **PANEL: Healthy Rivers for Our Future - Protecting the Columbia River Basin**

Saturday, Feb. 25 at 10:00-11:15AM, at the Barbey Maritime Center (1792 Marine Drive, Astoria, OR).

The Columbia & Snake Rivers face unprecedented threats from controversial fossil fuel to deadbeat dams. Join Columbia Riverkeeper and Save Our Wild Salmon to discuss plans to stand up for the Columbia Basin Health of the Columbia River. \*FisherPoets button required.

• **SONGS AND POEMS: Community Gathering**

Saturday, Feb. 25, 2017 from 3:15-4:30PM, at The Columbian Theater (1102 Marine Drive Astoria, OR).

Let's bring together art and activism. Come sing songs with Joseph Stevenson and friends, hear poems, and make plans on how we can all work together to protect the mighty Columbia River and the waters that we love. The Columbian Theater will sell beverages and snacks. \*FisherPoets button required.

• **HIKE: Walk a public trail on the Skipanon Peninsula**

Former site of the now-defeated Oregon LNG terminal and pipeline on Sunday, Feb. 26, 2017, at 9:00AM, at the Premarq Center (Warrenton, OR). Don Abing, Recordkeeper of the Chinook Indian Nation Cultural Committee, and Tessa Scheller, Chair of the Skipanon Watershed Council will offer their perspectives on the area's cultural and ecological significance. Meet at Premarq Center parking lot in Warrenton, Oregon at 9AM. Wear hiking shoes and bring a raincoat and water for the leisurely 1.5-hour walk. \*No FisherPoets button required; please RSVP to columbiariverkeeper.org

## FPG 2017 Special Events

• **ANNUAL FISHERPOETS DANCE CLUB** and late night cocktails, Friday night 10 p.m. - KALA

• **UGANIK BAY** watercolors by fisherman artist George Wilson. Welcoming reception for George and all fisher-poets, Imogen Gallery, Friday 4 to 6 p.m.

• **DEEP BLUE** Fisherpoet Art Exhibit, mixed media, New Works by Nancy Cook, Veiwing Saturday 3 to 4:30 p.m. - KALA

• **WE EAT FISH** an Inside Passage Waterkeepers film by Kendall Rock, Friday and Saturday 2:30 p.m. - Columbian Theater

• **OPEN MIC** Friday and Saturday 3 to 5 p.m. - WineKraft

• **SINGING CIRCLE** Saturday 10 p.m. - WineKraft

### WORKSHOPS:

(Times subject to change. Check the FPG website for updates).

**Friday 3:15 to 4:30 p.m.**

• Commercial Fishermen for Bristol Bay on Pebble Mine and Bristol Bay's 'watersheds' future - Columbian Theater

**Saturday 10 to 11:15 a.m.**

• Global Ocean Health on combatting ocean acidification and climate impacts - Barbey Maritime Center

• Save Our Salmon and Columbia Riverkeeper on healthy rivers of the future - Barbey Maritime Center

• Song writing w/John Palmes and friends - Pier 39



**RAY TROLL AND THE RATFISH WRANGLERS** - Sub-aquatic • neo-folk • fishy-funk punk rock for the masses. Saturday Night, 9:45 to 11pm at The Columbian.

**Saturday 11:30 a.m. to 12:45 p.m.**

• Knot Tying & Splicing w/Dano Quinn - Barbey Maritime Center  
• Creative Writing w/Jon Broderick - Barbey Maritime Center  
• Singing Circle w/ Mary Garvey and Dick Holdstock - Pier 39

**Saturday 3:15 to 4:30 p.m.**

• Columbia Riverkeeper: Songs and Poems and Plans to protect the mighty River - Columbian Theater

**RAY TROLL AND THE RATFISH WRANGLERS** in concert, Saturday night 9:45 to 11 p.m. - Columbian Theater

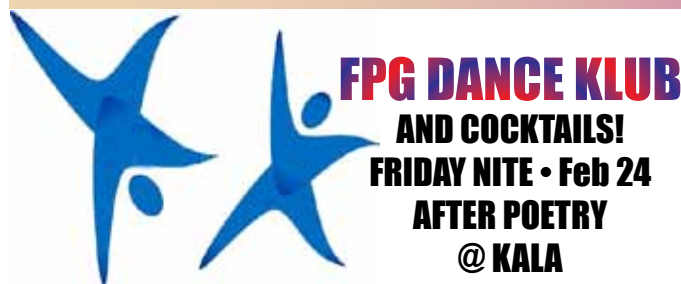
**STORY CIRCLE**, Saturday 1:30 to 3 p.m. - Astoria Event Center

**SILENT AUCTION** bids close Saturday at 4 p.m. - Gearshack (TBD)

**HANTHORN CANNERY** self-guided tour Pier 39, Friday and Saturday

**PHOTOGRAPHER COREY ARNOLD** projections on city wall, Friday and Saturday nights

**ON-SITE POETRY CONTEST**, Saturday 10:30 p.m. - Astoria Event Center





## Uganik Bay Paintings by George Wilson @ IMOGEN

IMOGEN GALLERY hosts the second solo exhibition by professional artist/fisherman, George Wilson, who resides in Portland, Oregon. Uganik Bay opens February 11th for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm. Friday, February 24th from 4 – 6 pm, all are invited for a second reception, to kick off the full weekend of events scheduled for FisherPoets Gathering. Light bites and beverages will be provided by the Astoria Coffeehouse and Bistro. The exhibition will remain on display through March 7th.

One wouldn't quickly draw a parallel of career choices between the fishing industry and the arts, whether visual or literary, yet it seems more prevalent than one might assume. Year after year the fishermen who might be poets, or vice versa, convene in Astoria to share their prose, their short stories, their livelihood with those of us who have perhaps never been to sea, let alone experienced first-hand the hard and dangerous work of being a commercial fisherman. Likewise, with visual artists who make their living from the sea. George Wilson is one of those unique individuals, who from childhood has enjoyed the beauty, sometimes solitude and unpredictability of the fishing industry while combining that with his other love, that of the visual language which he utilizes to narrate his observations as a fisherman.

For his second solo exhibition at Imogen, Wilson brings a series of small and ethereal watercolor paintings that depict his most recent fishing season in Uganik Bay of Kodiak, Alaska. This was Wilson's first foray into commercial fishing since leaving his hometown, a small coastal fishing village in North East Scotland. About the series he shares, "In the summer of 2016, I crewed for seven weeks on a set net site catching salmon in the Village Islands on Uganik Bay, Kodiak, Alaska. This return to commercial fishing for the first time since I left Scotland



Uganik Bay 7x9 watercolor on paper

in 2012 was a return to the light and weather of my Scottish life. Uganik Bay has a latitude of 57.8° North and my home village of Portknockie is at 57.7° North. Familiar too were the calls of the seabirds, Kittiwakes and Arctic Terns and Oystercatchers." For Wilson, even though he was thousands of miles away from "home", it was still a bit of a homecoming, echoing the climate, sights and sounds of a place he carries within himself. He shares with the viewer his love of the landscape, with dreamlike renditions of places that resonate a deep and rooted sense of nostalgia. He further describes his experience in Uganik Bay: "Set netters live on shore in "fish camp", in our case two wall tents; we drive skiffs out to the anchored nets four times a day to pick the five species of salmon. I painted most of this work in my spare time between picks; after I returned to Portland, I augmented a few pieces with the aid of my sketchbook. I hope they convey the scale and beauty of the landscape I encountered."

Wilson who has painted as long as he's fished, eventually found himself entering the academic world with studies at Gray's School of Art, one of the United Kingdom's most prestigious art schools located in Aberdeen, Scotland. After graduating with a focus on painting and drawing, he found his way back to the sea where his time was shared between fishing trips and the studio. His work is a beautiful balance of both worlds with one love always merging with the other.

**Imogen Gallery is located at 240 11th Street. HRS: Mon- Sat 11 to 5, 11 to 4 each Sunday and closed Wed. 503.468.0620 [www.imogengallery.com](http://www.imogengallery.com) .**



## Take a Self-Guided Tour of the Historic Hanthorn Cannery at Pier 39 • Friday/Saturday

The historic Hanthorn Cannery is the oldest fish processing plant remaining on the lower Columbia River. The facility houses a collection of historic equipment and documents that is second only to the Columbia River Maritime Museum in the region. Many of these resources are accessible to the public at our museum, located at what is now called Pier 39, in historic Astoria, Oregon.

The Hanthorn Cannery Foundation was founded in 2003 by former workers and managers of the Columbia River Packers Association (CRPA) and the Bumble Bee Seafood Corporation to commemorate the work done by thousands of employees who worked there between 1875 and the late 20th century. Bumble Bee Seafoods was founded in Astoria, Oregon, and closed its headquarters there in 1981.

The Hanthorn Cannery Foundation is dedicated to the preservation of the history of the cannery industry and the cannery workers. The foundation operates a free museum located on pier 39 at the east end of Astoria in the oldest cannery building still standing on the Columbia River, dating from 1875. The Museum displays several wooden gill-netters and other craft on permanent loan, canning machinery, and processing equipment inside the original freezer rooms where tuna was stored before canning. The foundation's goals are to maintain and improve the museum and to create a Cannery Woman's Memorial Park on the adjacent waterfront.

## DEEP BLUE A Mixed Media Show New Work by Nancy Cook @KALA



Quilt section, from Deep Blue

MANY know Nancy Cook as the Fisher Poet who is unconventional in performance, famous for her 2-person epic "Fish" opera, performed sometimes annually at the Gathering. On the faculty of Clatsop Community College Writing Dept., Cook edited and ran the RAIN Magazine for many years, instrumental in its development literarily and visually. Her interest in visual art, no secret. Several years back, Cook did an installation piece at KALA, expressly for FPG, and had a rather odd christening at the FPG Dance, torn up and knocked over by overly-excited dancers. Now, KALA welcomes Deep Blue, a series of mixed media pieces, new work by Cook, for FPG this year. Quilting, sewing, collage, book parts, and science play a big part. Without further ado, as they say in show business - go see the show.

**IN the KALA Bare Bulb space. Open for viewing from 3pm to 4:30pm, on Saturday, Feb 25, in addition to the eves poetry shows.**

**Photographer/Fisherman  
Corey Arnold this year  
returns to project images  
in the street, on the city  
the wall facing west  
at the corner of  
Marine and 11th.**





# Au Naturel: Nude in The 21st Century

## Royal Nebeker Gallery

### Clatsop Community College

The 11th Annual  
international juried exhibit  
Au Naturel:  
The Nude in the  
21st Century  
is on display through  
March 17 at the  
Royal Nebeker Art Gallery,  
1799 Lexington, Astoria, OR

THIS YEAR'S JUROR is Daniel Duford, a 2010 Hallie Ford Fellow and a recent recipient of an Art Matters grant. He makes comics, pots, paintings and sculpture. His work has been shown in museums and galleries around the US including MASS MoCA, Schneider Museum of Art, Atlanta Center for Contemporary Art and Bellevue Arts Museum. His publications include the graphic novels *The Unfortunates*, *The Naked Boy*, *The Green Man of Portland* and a book of poems, *Wellspring: Poems 1993-2003*. His writing has appeared in *High Desert Journal*, *Parabola*, *ARTnews* and *Artweek*. In 2012 he curated "Fighting Men: Leon Golub, Peter Voulkos and Jack Kirby" at Hoffman Gallery at Lewis and Clark College. In 2016 he co-curated "Intersecciones: Havana/Portland" also at the Hoffman Gallery. He is Visiting Associate Professor of Art at Reed College in Portland, Oregon.

Awards to be announced at the reception include cash prizes, purchase awards, a special exhibit award to be held during the 2017 - 2018 exhibition season, and a select number of workshop awards. This reception is free and open to the public. The College also thanks the Cannery Pier Hotel, the Bridgewater Bistro, Erikson Floral Company, and the Ft. George Brewery for their support. A special post-reception gathering will be held at Carruthers Restaurant, 1198 Commercial St. in Astoria, immediately following the reception.

This year, artists from 27 states plus the District of Columbia, as well as international submissions from Canada, France, Germany, Portugal, and Taiwan submitted over 400 images for consideration.



The 2017 exhibit will represent 38 artists from 16 states plus the District of Columbia, in addition to an international artist from France. Selecting artwork for each year's show from among the hundreds of submitted images is always a very difficult undertaking. Each year, a different juror is invited to select the work for the show, and each juror brings his or her own unique perspective and approach to the selection process. "I sorted through many

competent figure drawings and technically proficient paintings," Duford reports. "All occupied a tradition that began with the earliest Greek Kouros figures, filtered through Renaissance ideas of pictorial empiricism and finally through French ateliers and the desire to capture the figure in all its truth from direct observation. The humanness is what drew me most to the works I chose."

However, beyond the common denominator of the human form, the artists chosen for this year's show practice a wide range of approaches. "Some use time-honored themes of the model in the art-



ist's studio, some use the figure allegorically, and others are explorations of media through the figure," Duford observes.

For Thomas Jackson of Cedar Rapids, Iowa, risk-taking is a critical part of his creative process. "I often use a single brush and ink to draw directly from life without any preliminary pencil sketching to create a high contrast, simplified realism," he explains. "The thick/thin line and various types of marks result from the direction, feel, and pressure of the brush on paper. There is no subtle layering or erasure. It has been described as 'working without a net.' You get what you get the first time and it either works or it doesn't. This practice forces quick decisions and a 'just do it' state of mind." However, in spite of the spontaneous execution, there is deep meaning embedded in Jackson's work, as he describes: "Viewers of these drawings are reminded of body-related social and political issues: perceptions of ideal beauty and society's pressure to attain that ideal; the relentless use of the youthful human body in marketing; sexuality, gender identification or ambiguity, body image, relationship dynamics, aging, mental and physical health, etc. My subject is as old and universal as Man and speaks to me of endless possibility."

Internationally recognized Portland-based artist Henk Pander, who was born in Haarlem, The Netherlands, and whose artwork is represented in prestigious museums and collections across the globe, including the Rijksmuseum in Amsterdam, will be exhibiting three large oil paintings in the show. "These three paintings were recently painted from life as an on-going group. The model was a close friend of an intimate of mine who died in a horrific car accident in Long Beach, Washington in 2015. I have known the model for many decades. The paintings echo the decadent period of the 1960's still lingering, while recognizing aging, mortality and existential loneliness," says Pander.

Highly respected local artist Robert Paulmenn describes his reaction to being selected to exhibit his work in the 2017 show: "Getting into any show is always important. It shows that you have met the criteria of the judge or jury. So much of what we do as artists is done in the confines of the studio, much of which is not seen by anyone. Like any job, you have to show up everyday and go to work, even on the days that you don't feel like it, if you're going to get things done. Getting accepted into a show is a validation of the countless hours working at getting it right. Getting into Au Naturel is sweeter still since Astoria is where my wife and I make our home and I get the chance to show in front of the home crowd."

**Gallery hours are from 8:00 a.m. - 5:00 p.m. Monday through Friday, and Saturdays from 11:00 a.m. - 4:00 p.m. The gallery is open on Sundays and holidays by appointment only. A reception honoring the selected artists will be held on Thursday, February 9th, at 6:00 pm.**

Further information about the 2017 exhibiting artists is available online at the Au Naturel website. Direct inquiries to: Kristin Shauck, 503-338-2472.

Top Left: Thomas Jackson, Cedar Rapids, Iowa  
*Suddenly Everything Began To Spin*  
Ink and watercolor on paper, signed in pencil  
26" x 19"

Top Right: Henk Pander, Portland, Oregon  
*The Letter*  
Oil on linen • 54" x 64"

Bottom Left: Robert Paulmenn, Astoria, Oregon  
*Reclining Nude*  
Oil • 24" x 36"





# February Cultural Calendar

## Outstanding A Capella Women of the World Liberty Theater March 11

WOMEN OF THE WORLD was formed to bring women musicians from across the globe onto a common platform to collaborate and create, not only through the sharing of music, but also to explore and celebrate the differences in ideologies, and cultural tenets that exist in the daily lives of women all over the world.

Honoring global folk traditions, their repertoire spans music in 27 languages.

In many ways, the ensemble is a microcosm of the world, with members working closely together, not just to create and perform music, but also learning about each other's countries, cultures, languages, beliefs and practices.

2014 American a cappella champions, nominees for the 2013 Boston Music Awards and 2014 Independent Music Awards, Women of the World has toured North America and Japan, having collaborated with many industry legends including Grammy-award win-



ning vocalist, Bobby McFerrin and African vocal icon, Angelique Kidjo.

Women of the World continues to serve as cultural ambassadors of peace and unity through music and has delighted audiences at venues like Carnegie Hall, Blue Note Jazz Club, Boston Symphony Hall, as well as through collaborations with the United Nations, amongst others. Creating the Harmonious Human Orchestra of Life, Women of the World has brought over 200 women from all over the world together to collaborate musically.

**PERFORMANCE 7:30pm at The Liberty Theater.**  
**Tickets On Sale Now! [www.box-officetickets.com/Liberty/Astoria](http://www.box-officetickets.com/Liberty/Astoria). Box Office. Wed-Sat 2pm to 5:30pm. 503.325.5922 x55.**

## Trails End Art Association Gearhart



Lynda Campbell, *Coastal Morn*, pastel

AN ICONIC PART of the Gearhart landscape, Trail's End Art Association has been promoting the arts along the North Coast for over 50 years. Their gallery at 656 A Street reopens in February after a winter break with an inspiring show featuring members' art. The show proudly highlights the talents and the variety of artworks created by TEAA members.

Visitors will see watercolor, acrylic, and pastel creations. Look for the exciting work of Susan Bish, Lynda Campbell, Gheri Fouts, Judith Frederickson, Mary Ann Gantenbein, Judi Garrity, Linda Gebhart, Jane McGeehan, and Michael Muldoon to name a few. Three-dimensional works by Kathy Karbo, Jane Newhouse and Jim Schoeffel include paper sculpture, fused glass and turned wood items. Noted photographer, Richard Newman, will display some of his most recent work. In the foyer gallery, a wide variety of unique notecards are available along with giclee prints. The good news in addition to this wide variety of art is that the prices make it affordable.

**Trails End Art Association, 656 A Street. Winter hours are Friday-Sunday, 11:00-3:00, so there are plenty of chances to take advantage of this exceptional show.**

## Saturday 11

Jason Goodding Memorial Concert. With Texas Tribute, a ZZ Top tribute band. Donations at the door go to the Oregon Fallen Badge Foundation. 8pm at the Seaside Elks Lodge.

Lisa Prank, The Young Pioneers & Panduhs. No cover, 8pm at the Sou'wester Lodge in Seaview.

Pig Honey. No cover, 9pm at the Adrift Hotel in Long Beach.

3 Bands Post-Artwalk Fun Event. With Slim, Pulsar, and Fuzz Bomb. \$5 suggested donation, 9pm at the Astoria Armory.

### ART

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

Your Heart's Desire Preview. Art preview and silent auction. Free admission, noon – 4pm at the Kiawanda Community Center in Pacific City.

Your Heart's Desire. An Evening of Chocolate, Wine and Art. Appetizers, Desserts, Drinks, Art Sale, Silent Auction, Raffle. \$35, 6:30 – 9:30pm at the Kiawanda Community Center in Pacific City.

### FOOD & DRINK

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

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

### HAPPENING

Wahkiakum Fair Flea Market. 9am – 3pm at the Youth Building at the Wakiakum County Fairgrounds in Skamokawa.

Annual Seed Exchange. 11am at the White Clover Grange, Nehalem.

Love is Love Community Valentine Party. Live music, poetry readings, card making, sweet treats, and more. Hosted by PFLAG. 2 – 4pm in the lobby at Oregon Coast Community College in South Beach.

Age of Aquarius Dance Party. Let's get dressed up and let DJ imcodefour lead you on the dance floor. \$5, 9pm at the AAMC in Astoria.

### LITERARY

Local Author Book Fair. Fiction, poetry, coloring books and more. Find a great new read and have it signed while you enjoy gourmet treats. 5:30 – 8:30pm at the Blue Scorch in Astoria.

### THEATER

The Curious Savage. Comedy. \$15, 7pm at NCRD in Nehalem.

## Sunday 12

### MUSIC

The Don of Division Street. No cover, 7pm at the Adrift Hotel in Long Beach.

Gaelic Supergroup DAIMH. \$25, 7 – 9pm at the Lincoln City Cultural Center.

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

June Rushing & Friends. 8:30pm at Snug Harbor in Lincoln City.

### ART

Art for the Heart Show. 1pm at the NCRD Gallery in Nehalem.

### FOOD & DRINK

A Sweet Affaire. Enjoy signature appetizers, tempting treats, northwest wine and beer tasting, live music and live & silent auctions featuring many unique items from around the north coast. \$35, 4 – 6:30pm at the Bob Chisholm Community Center in Seaside.

### HAPPENING

Pacific Green Party of Clatsop County chapter meeting. 4pm in room 101 in the Art Building at CCC.

Valentine's Celebration. Food, drink, and live music. \$15, starts at 5pm at the Seaside American Legion.

Valentine's Day Dance and Fundraiser. \$10, 7pm at the Pine Grove Community House in Manzanita.

Valentine's Day Adoption Event. Find you r new forever friend. 1 – 4pm at Four Paws on the Beach in Manzanita.

### THEATER

The Curious Savage. Comedy. \$15, 2pm at NCRD in Nehalem.

## Monday 13

### MUSIC

Broadway Favorites. Free, 7 – 9pm at the First Christian Church in Tillamook.

The Don of Division Street. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 14

### MUSIC

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

### FOOD & DRINK

Valentine's Day Spaghetti Feed. \$12.50, 5 – 8pm at the Brownsmead Grange.

### HAPPENING

Speak Not of Love (or Do). Spoken word. 2:30 – 3:30pm at the CCC Library in Astoria.

## Wednesday 15

### MUSIC

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

### LECTURE

Listening to the Land. Life in the River. With Derek Wiley. Derek will provide a special screening of his films documenting the freshwater life of native salmon in our region. 6pm at the Seaside Library.

## Thursday 16

### 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.

### FOOD & DRINK

Pop-Up Farmers Market. 2:30 – 5:30pm at the North Coast Food Web in Astoria.

### HAPPENING

Third Thursday Craft Fair. 10:30am – 12:30pm at the Bob Chisholm Community Center in Seaside.

La Leche League Monthly Meet-up. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. 10am – noon at the Seaside Library.

### LECTURE

Thursday Night Talks. Mask Maker: Bringing Film and Television Characters to Life. With Christina Kortum. 7pm in the Lovell Showroom at Fort George.

Conversation Project. Fish Tales: Traditions and Challenges of Seafood in Oregon. With Jennifer Burns Bright. Burns will help participants explore our relationship with the products of the sea and cultural traditions involving fishing, eating seafood, and understanding the ocean's bounty and challenges.

7pm at the Seaside Library.

### FRIDAY 17

### MUSIC

Spud and the Snake Skinners + 2:AM Pacific. Music all day at the Sand Trap Pub in Gearhart.

Rock Candi. 8pm – midnight at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Hollis Peach. No cover, 9pm at the Adrift Hotel in Long Beach.

Water Brothers Reunion. 9pm at Snug Harbor in Lincoln City.

→ cont. p19



## SAVAGES on Stage!

RIVERBEND PLAYERS AT NCRD THEATER

MEMBERS OF THE SAVAGE FAMILY are the center of action in *The Curious Savage*, The Riverbend Players' first production of the 2017 season at the NCRD Performing Arts Center in Nehalem.

A heartwarming comedy, written by John Patrick and directed by Suzanne Jelineo, chronicles the adventures of Mrs. Ethel P. Savage. To prevent Mrs. Savage from spending what her stepchildren consider their inheritance, they have their stepmother committed to The Cloisters, where the play takes place. The Cloisters is not an asylum but a home to several gentle people, each with their own eccentricities who are referred to as 'guests,' not 'inmates.'

"It's a delightful story," Director Jelineo said. "It shows people working together and living together—and accepting each other. The play reminds us, in a warm and heartfelt way, that we each are unique and need to be appreciated by others."

OPENING NIGHT Feb. 11, includes a reception open to the general public at 5:45pm, upstairs in



the NCRD kitchen, with complimentary refreshments and an opportunity to meet cast members.

**PERFORMANCES:** Saturdays—Feb. 11, 18, and 25—and two Fridays, Feb. 17 and 24. Evening performances @7pm. Sunday matinees, Feb. 12 and 26, @2pm. Doors open ½ hr before showtime - NCRD located at 36155 Ninth Street in Nehalem.

**TICKETS: \$15 (children under 12 FREE)**  
Purchase at the door or at the NCRD (North County Recreation District) office at 36155 9th Street in Nehalem. Call: NCRD 503/368-7008.

24 @ 7pm. The house opens 30 minutes before each performance.  
Tickets are \$10 General and \$6 for kids under 12, and don't forget, \$5 FRIDAYS. The Playhouse is located at 129 West Bond Street in Astoria's Uniontown District.

### ASOC AUDITION

ASOC Original Production of "The Real Lewis and Clark Story, or How the Finns Discovered Astoria", Directed by Ashley Mundel, with musical direction By Dida DeAngelis and Choreography by Carleta Lewis-Allen!. A Vaudeville-styled, musical-melodrama.

OPEN AUDITIONS: Sun/Mon - Feb 12,13 at 6pm at the ASOC Playhouse. No previous theatre or music experience is necessary for any of the small or large parts for over 20 actors and actresses.

**Performance Dates:** Fri/Sat @ 7pm, March 31 - April 29. Matinees, Feb 9 & 23 at 2pm. The house opens 30 minutes before each performance. All Fridays are \$5 for any seat!

**MUSICIANS NEEDED:** fiddle and guitar to join the musical crew and add a little spark to the journey. If you have any interest in performing and have questions, please contact Ashley Mundel, Director, at mundelmakeupartistry@gmail.com or at (503)730-9689.

For tickets call (503)-325-6104, or find us online at [www.astorstreetycompany.com](http://www.astorstreetycompany.com).

## STORM LARGE Bigger Than Life . . . Itself!

Coaster Theatre This Spring



THE COASTER THEATRE presents Storm Large: In Concert for two performances on Saturday, March 18, at 7:30pm and Sunday, March 19, at 3:00pm. Storm Large – musician, actor, playwright, author, awesome, shot to national prominence in 2006 as a finalist on the CBS shot Rock Star: Supernova. In April of 2011, Storm made her debut as a guest vocalist with the band Pink Martini and continues to perform with the band, touring nationally and internationally.

Recent highlights include engagements with the New York Pops, Cincinnati Symphony Orchestra, Houston Symphony, RTÉ Dublin, Toronto Symphony Orchestra, and the Knights, as well as performances at the Grant Park Music Festival in Chicago. She joined Michael Feinstein as special guest on the Jazz at Lincoln Center Popular Song series. Storm has also sung with Grammy winner k.d. lang, pianist Kirill Gerstein, punk rocker John Doe, singer/songwriter Rufus Wainwright, and Rock and Roll Hall of Famer George Clinton.

She debuted with the Oregon Symphony in 2010, and has returned for sold out performances each year thereafter. Storm made her Carnegie Hall debut in May 2013, singing Weill's Seven Deadly Sins with the Detroit Symphony as part of the Spring for Music festival. The NY Times called her "sensational," and the classical music world instantly had a new star.

**PERFORMANCE DATES:** Sat. March 18 at 7:30pm. Sun, March 19 at 3pm (Limited seating – only 100 tickets available. The afternoon includes complimentary champagne and hors d'oeuvres.)  
Ticket Prices - \$75 or \$125. Box Office – 503-436-1242 or online at [coastertheatre.com](http://coastertheatre.com).

## TAPA: A Sting in The Tale

TAPA with the support of Yo Time Frozen Yogurt and Krazy Kat Publishing, announce the cast of the upcoming production *A Sting in the Tale*, written by Brian Clemens and Dennis Spooner, directed by Chris Chiola, and produced by Diane Cross.

*A Sting in the Tale* follows two playwrights, Nigel Forbes and Max Goodman, who were once successful crime writers that are now struggling to write their next hit show. While trying to come up with new plot ideas, Forbes' wife Ann barges into the room, complaining bitterly about their lack of inspiration and their drain on the bank account. Feeding off the animosity of Ann's nagging, Forbes and Goodman start writing the perfect murder...of Ann! But when the writing of the new play and reality get confused, their secretary Jill gets accidentally murdered. Star struck Detective Berry arrives and gets mixed up in the mess. Who is the body in the trunk? Who gets buried under the guest house? You'll have to buy a ticket find out!

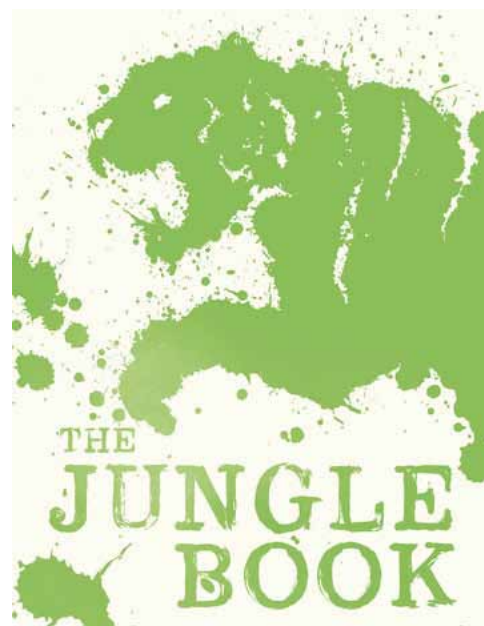
New to the stage is Steve Lewis, cast as playwright Nigel Forbes. His onstage writing partner Max Goodman is portrayed by John Pickering—new to TAPA, but bringing the theater experience. Anita O'Hagan plays Nigel's wife, Ann Forbes. Anita was most recently seen in last summer's TAPA hit "Vanya, Sonia, Masha & Spike!" Playing secretary Jill, is TAPA's Val Braun, while Richard Coon, another TAPA veteran plays Detective Berry.



**TAPA CAST: (from L to R) Richard Coon, Anita O'Hagan, John Pickering, Val Braun, Steve Lewis**

**OPENS** February 17 with a Gala Celebration and runs through March 5. Fri/Sat shows @ 7pm, with matinees on Sunday Feb 26 and March 5 @ 2pm.

**TICKETS ON SALE NOW!** As always, reserved seating is available through **Diamond Art Jewelers** located at 307 Main Street in Tillamook, or call (503) 842-7940 for reservations. Tickets: \$15/person, kids 12 and under \$10. FMI: email [info@tillamooktheater.com](mailto:info@tillamooktheater.com) or find us on Facebook.



THE ASTOR STREET Opry Company presents a true adaption of Rudyard Kiplings masterpiece, "The Jungle Book" for youths! Directed by Heather A. Yadon-Ramsdell, featuring 40 young actors.

Show dates are February 17-18, 19, 24-26. Matinees: February 18-19 and 25-26 at 2pm. Feb 17,



## The Photographic Nude 2017 at LightBox



Thomas Robinson *Salt and Shadow*

LIGHTBOX PHOTOGRAPHIC GALLERY opens "The Photographic Nude 2017" with an opening artists' reception on Saturday, February 11th from 6-9pm, thru March 8. This is the seventh year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and it's form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox developed "The Photographic Nude" series to reveal compelling imagery and the mastery of the medium, to foster appreciation of the nude in the medium of photography and gain an understanding of the theme historically in the photographic art form as well as to bring further recognition to the current artists

who practice the art in the medium with the theme of the nude.

This year's international exhibit was juried by Kim Weston of Carmel, California and the famed photography family. With a total of 65 images selected for the exhibit from 55 photographers, the show represents many of the very talented practitioners of the photographic fine art nude from around the country and the world.

Again this year all accepted images to The Photographic Nude 2016 exhibit will be published in

the upcoming April edition of *Blur* magazine, [www.blur-magazine.com](http://www.blur-magazine.com), an online PDF magazine promoting international fine art photography, located in Zagreb, Croatia.

Visit [lightbox-photographic.com/shows/](http://lightbox-photographic.com/shows/) for complete exhibit and artists info. LightBox offers associate memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox provides photographic printing and archival framing, restorations and other photographic services. 1045 Marine Drive in Astoria, Hrs: Tues - Sat 11 - 5:30. 503-468-0238 or at [info@lightbox-photographic.com](mailto:info@lightbox-photographic.com).

## Mayhem & Magic at RiverSea

RIVERSEA GALLERY turns an eye to otherworldly antics with a group show titled, "Mayhem and Magic: The Gods and Goddesses Are Back." Artists were asked to depict how ancient deities might manifest in today's world and encouraged to use introspection, flights of fancy and irreverent humor to interpret the theme. An opening night reception will be held on Saturday, February 11, from 5:00 to 8:00 pm during Astoria's Second Saturday Artwalk, and the artwork will remain on view through March 7, 2017.

Deities and magical beings from bygone cultures may not be worshipped today, but many

View painting, printmaking, mixed media and sculpture by twelve invited artists: Roberta Aylward, Benz & Chang, Alea Bone, Tara Murino-Brault, Stephanie Brockway, Michelle Gallagher, Jill McVarish, Jesse Narens, Stacy Polson, Meghann Sprague, Deborah Unger, and Samyak Yamauchi.

The show offers a panoply of interpretations, both serious and tongue-in-cheek. Astoria artist, Jill McVarish depicts Artemis, Minerva and Terpsichore from Greek legends as three female characters from the television series, *Twin Peaks*. Portland printmaker, Tara Murino-Brault explores

symbolism, mortality, rebirth and power in her etchings interpreting Medusa, a Harpy, and the archangel Gabriel. Stacy Polson, a fiber artist from Portland, decorates a needle-felted urn with Anubis playing on his I-Phone and the Pharaoh commanding a drone. Deborah Unger, a sculptor from Mt. Angel, illustrates the



Diana hunting for cutedogs by Samyak Yamauchi



Caladrius, 1928 by Benz & Chang

of their aspects have survived through myth and legend to influence how we perceive ourselves, our relationships, and the very structure of society. In this show, ancient divinities and creatures of myth transcend their original cultural identities and adapt to the modern age.

story of Daphne and Apollo with contemporary figures carved in wood.

RiverSea Gallery, open daily at 1160 Commercial Street in Astoria, 503-325-1270, or visit the website at [riverseagallery.com](http://riverseagallery.com).

## Sacred Art: Alysha Graham Picard At NCRD Gallery

AN EXCITING OPPORTUNITY presents itself in March for local art patrons. Alysha Graham Picard, an impressive and soulful artist with local beginnings (she attended Neahkahnie High School) will exhibit her work at the North County Recreation District's Gallery from March 1-31, 2017. Paintings will be available for purchase through the month. The opening reception on March 4 promises many delights, from the spiritually inspired art, an Artist talk on the transformational creative process, storytelling from Rachael Pecore, and interactive audience participation.

Alysha formally began her painting studies at age sixteen when she studied oil painting with Jackie Wilson on the Oregon Coast. She painted throughout high school also working with pottery and a variety of mediums. At age eighteen she traveled to New York to study art at the Rochester Folk Art Guild, focusing in pottery. She then moved to Eugene to study art at the University of Oregon. Here she took classes in Basic Design, Figure Drawing, Sculpture, Silk Painting, and Oil Painting. She then transferred to PSU, graduating with a BFA in 2007. Her aim is to create a sanctuary similar to the spiritual center she was raised in, focused on artistic exploration, self-awareness, full spectrum health, and a culture rooted in right relation to the environment. Alysha currently lives outside Ashland Oregon.

Opening March 4, 6-9pm at NCRD (North Coast Recreation District) located at 36155 9th St, Nehalem, OR 97131 • (503) 368-7008.



## Luminaria Arts



FEBRUARY ART WALK at Luminari Arts features the unveiling of collaborative installation piece by D. Jackson and C. Bruhn. This giant altar is comprised of hand embellished furniture,

stacked and topped with an antique pump organ shelf. Whimsical, happy and meticulously detailed, this magnificent piece greets people as they enter the shop.

Also featuring new sculptures by J. Gibson. These voluptuous pieces are cast in cement, and suitable for indoor and outdoor hanging.

Luminari Arts is located at 1133 Commercial St. in Astoria. Open daily. Music, beverages, & snacks, ensue on the eve.

## de la Salandra hand-made clothing

JOIN MARY DE LA SALANDRA, handmade clothing designer since 1984, each weekend 12-5 and every Art Walk evening. View one-of-a-kind garments in European fabrics and workmanship. Also, be charmed by her limited editions of mohair and cashmere teddy bears and hares.



de la Salandra is located at 1145 Commercial Street in Astoria. 503-325-7644



## Eat Local, Read Local Book Fair at Blue Scorchers

WHAT TWO THINGS go well together? Artisanal breads and books! Come meet North Coast authors at the Blue Scorchers. Find a great new read and have it signed while you enjoy gourmet treats.

**Join the love of books on Saturday, February 11, from 5:30pm-8:30pm at the Blue Scorchers Bakery at 1493 Duane Street in Astoria. This is a free event for readers of all ages.**

With multiple reading genres represented, there's something for everyone: poetry, coloring books, contemporary fiction, historical fiction, fantasy, memoir, metaphysical, mystery, self-help, young adult, and more. Featured authors to date: Catherine Al-Meten Meyers, Matt Crichton, Heather Douglas, Melissa Eskue Ousley, Andrea Larson Perez, Angela Sidlo, and Deb Vanasse.

For more information, contact Heather Douglas at [lavenderheather@gmail.com](mailto:lavenderheather@gmail.com).

## Arthur Bradford: Turtle Face and Beyond Feb 18 • Hoffman Center



ARTHUR BRADFORD is an O Henry Award winning writer and Emmy-nominated filmmaker. His writing has appeared in Esquire, McSweeney's, Vice, Men's Journal, and many other publications. His first book, Dogwalker, has been translated into ten languages. He's published two children's books, Benny's Brigade and 43 Monsters, along

with the current collection of short stories, Turtle Face and Beyond.

Bradford is also creator and director of the acclaimed "How's Your News?" documentary series, versions of which have been broadcast on HBO/Cinemax, PBS, and Channel Four England.

Bradford brought his writer's sensibility to a recent film project in which he documented the creation of the TV show South Park for Comedy Central. The film, "Six Days to Air" was nominated for an Emmy Award, in part because of the unprecedented intimate access to the writer's room of the show.

**WORKSHOP:** Bradford will offer a workshop during the day on "What Can Writers Learn From South Park?" from 1 to 3:30 pm.

At first glance this crude animated show might appear to offer few lessons for the serious fiction writer, but Bradford discovered that the unconventional way this show is produced offers valuable lessons for anyone engaged in creative pursuit, especially writers.

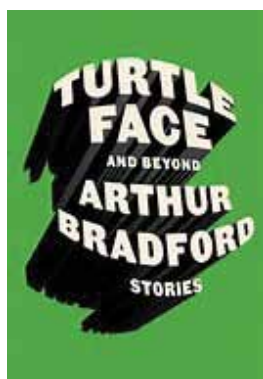
In this workshop Bradford will show clips from his film and discuss which lessons apply to writers in general. Participants should come prepared to write. This is a fiction/non-fiction writing workshop.

The workshop is held at the Hoffman Center for the Arts. Tuition is \$40. Register at [hoffmanblog.org](http://hoffmanblog.org).

**Open Mic:** up to nine local or visiting writers will read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "A Good Idea That Turned Bad." Admission for the evening reading is \$7. Following a Q&A with guest author.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) [hoffmanblog.org](http://hoffmanblog.org) or contact Kathie Hightower, [kathiejhightow-er@gmail.com](mailto:kathiejhightow-er@gmail.com)

*"The most outlandish and energetic writer I can think of." — David Sedaris*



## Historical Society TNT Lecture Series Christina Kortum FX Makeup Artist

The Clatsop County Historical Society's Thursday Night Talks (TNT) lecture series continues February 16th with a presentation by special FX makeup artist and prop maker Christina Kortum. Her work has appeared on television shows such as Portlandia, Leverage, The Librarians, and Grimm as well as numerous independent features. She is also the owner of Ravenous Studios, a makeup effects company that supplies custom makeup and props for the film industry.

The Thursday Night Talks (TNT) lecture series is a free event at the Fort George Showroom in the Lovell Building on the third Thursday of each month. Doors open at 6:00 pm, with lectures beginning at 7:00 pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult.

For more information about this event or other Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: [cchs@cumtux.org](mailto:cchs@cumtux.org).



## 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 <[mmcauley05@gmail.com](mailto:mmcauley05@gmail.com)>

## PoetryFest 2017

Hoffman Center opens registration Feb 15

Friday, March 31 - Sunday April 2

with Carl Adamshick and Emily Kendal Frey

LAST YEAR'S POETRYFEST 2016 was the first 3-day event sponsored by Manzanita Writers' Series and the Hoffman Center for the Arts in Manzanita.

"All 24 registration spots filled before we could even get a press release out," says Phyllis Mannan, one of the event coordinators. This year registration will open February 15 after press releases go out.

Three days of poetry workshops, writing, reading, networking...all immersed in the inspiration and creativity that a long beach weekend provides. What's not to like?

Event organizers were pleased to see so many writers from Portland, as well as up and down the coast join local participants for the weekend in 2016, and hope to see a good mix again this year.

The participants all said they would return to PoetryFest in future and recommend it to others. "I feel very renewed and inspired," said Jennifer Dörner.

The topics for 2017 are Moods and Modes.

The workshops will focus on understanding poems as modes of expression. Classes will include discussion not of poems of formalized structure like sonnets, haiku, villanelle or pantoums, but rather of poems with a mode and governing purpose like elegies, odes, aubades (love poems about dawn), blazons (poems in which the speaker describes his lover's body) and epithalamiums (wedding poems). Participants will then pick, choose and invent their own modes of expression and ascribe different tones and feelings to each mode.



The workshops will begin with lecture/discussion and will include ample opportunity for generative writing.

Carl Adamshick is the author of Curses and Wishes, which won the Walt Whitman award from the Academy of American Poets and Saint Friend, published with

McSweeney's. Both titles received an Oregon Book Award. He has taught at Catlin Gabel and lectured at Stanford University and the American International School in Vienna, as well as being a writer in-residence at the William Stafford Archive at Lewis and Clark College. His work has been published in Harvard Review, American Poetry Review, The Missouri Review and Narrative. He is a founder and editor at Tavern Books, a non-profit press dedicated to poetry and the preservation of books.

"This tone of voice, Carl Adamshick's, is a new one, a voice that cannot be faked and bears the marks of having been earned."

— Marvin Bell, judge for the Walt Whitman Award

Emily Kendal Frey is the author of several poetry collections, including The Grief Performance, winner of the 2012 Norma Farber First Book Award from the Poetry Society of America, and Sorrow Arrow, winner of the 2015 Oregon Book Award. She teaches at the Independent Publishing Resource Center, Marylhurst University, Portland Community College and Portland State University.

Wily, witty and weird, often haunting, sometimes heartbreaking, [Frey's] poems...dive deep, for all their individual brevity.

— Dana Levin, judge of 2012 Norma Farber First Book Award

**Fee for the weekend of workshops and an introductory networking evening on Friday is \$165 through March 15 and \$195 after. Register at [hoffmanblog.org](http://hoffmanblog.org).**

PoetryFest, a program of the Hoffman Center for the Arts is held at the Hoffman Center, 594 Laneda Avenue, Manzanita, OR (across the street from the North Tillamook Library). FMI: [hoffmanblog.org](http://hoffmanblog.org) and Kathie Hightower, [kathiejhightower@gmail.com](mailto:kathiejhightower@gmail.com)



## ART

Art Opening. Pop-Up Art Show. 5:30 – 8:30pm at 302 main Ave, Tillamook.

## HAPPENING

Comedy on the Coast. Featuring Colin Moulton and Alex Elkin. \$15, 8pm at Chinook Winds in Lincoln City.

## LITERARY

Books, Brownies, and Browsing. Book and media sale. 10am – 3pm at Grace Episcopal Church in Astoria.

## THEATER

The Curious Savage. Comedy. \$15, 7pm at NCRD in Nehalem.

The Jungle Book. Youth Theater. 7pm at the ASOC Playhouse in Astoria.

A Sting in the Tale. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

## OUTSIDE

Great Backyard Bird Count. For more information visit <http://www.audubon.org/content/about-great-backyard-bird-count>

## Saturday 18

## MUSIC

Red & Ruby. Free, 1pm at the Columbia Pacific Heritage Museum in Ilwaco.

Cascade Concert Opera + North Coast Chorale. \$25, 7pm at the PAC in Astoria.

Terry Robb. 7pm at the Peninsula Arts Center in long beach.

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

Rock Candi. 8pm – midnight at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Hollis Peach. No cover, 9pm at the Adrift Hotel in Long Beach.

Renee Hill Band. 9pm at Rusty Truck Brewery in Lincoln City.

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

Steve Sloan Band. 9pm at Snug Harbor in Lincoln City.

## FOOD & DRINK

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

Crab & Oyster Feed. \$32, seatings at 3, 5:15, and 7:30pm at Norse Hall on Puget Island.

## HAPPENING

Annual Pool-a-Thon. 9am at the NCRD Pool in Nehalem.

Manzanita Cash Mob. Meet at 11am at the Manzanita Visitors 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.

An Afternoon with the Portland Ballet. Featuring a demonstration, lecture, and performance. The Portland Ballet's most advanced, pre-professional students will perform a 45-minute program that explores classical ballet training and performance. It will begin with a choreographed demonstration of a dancer's daily class exercises (with an element of audience participation), and culminate

with performances from across the TPB repertoire. \$6, 2pm at the Lincoln City Cultural Center auditorium.

Books, Brownies, and Browsing. Book and media sale. 10am – 3pm at Grace Episcopal Church in Astoria.

Confluence Project Story Gathering Event. Confluence Story Gatherings are story-driven discussions, framed by excerpts from interviews of native elders and leaders. 2 – 4pm at the Liberty Theater in Astoria.

Roaring 20's Speakeasy Casino Night. There will be games of Black Jack, Roulette, Craps, and (for an additional fee) Texas Hold'em poker with prizes for top chip holders and best 1920s costume at the end of the night. \$15/ individual and \$25/ couple. 7 – 10pm at the Heritage Museum in Astoria.

Manzanita Writers Series. Author Arthur Bradford will read from his Short Story Collection "Turtle Face and Beyond." \$7, 7pm at the Hoffman Center in Manzanita.

Comedy on the Coast. Featuring Colin Moulton and Alex Elkin. \$15, 8pm at Chinook Winds in Lincoln City.

## OUTSIDE

Great Backyard Bird Count. For more information visit <http://www.audubon.org/content/about-great-backyard-bird-count>

## THEATER

The Curious Savage. Comedy. \$15, 7pm at NCRD in Nehalem.

The Jungle Book. Youth Theater. 2pm at the ASOC Playhouse in Astoria.

A Sting in the Tale. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

## Sunday 19

## MUSIC

Coffee Concert. 2pm at the Lincoln City Cultural Center.

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

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

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

## CINEMA

Why Not Home: The Surprising Birth Choices of Doctors and Nurses. A film about improving birth at home and in the hospital. 3pm at the Columbia Theater 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.

## LECTURE

In Their Footsteps Lecture Series. Wildlife Center of the North Coast. With Josh Sarmpaa. 1pm at the Fort Clatsop Visitor Center Netul River Room.

The Jungle Book. Youth Theater. 2pm at the ASOC Playhouse in Astoria.

## OUTSIDE

Great Backyard Bird Count. For more information visit <http://www.audubon.org/content/about-great-backyard-bird-count>

## Monday 20

## 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.

## OUTSIDE

Great Backyard Bird Count. For more information visit <http://www.audubon.org/content/about-great-backyard-bird-count>

## Tuesday 21

## MUSIC

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

## HAPPENING

North Coast Open Mic. 6 – 8pm at the Salt Hotel and Pub in Ilwaco.

## WEDNESDAY 22

## MUSIC

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

## HAPPENING

Clatsop County Job and Career Fair. High School Juniors and Seniors 9am – 1:30pm, adult job seekers, 2 – 4pm.

Free, at the Clatsop County Fairgrounds, Astoria. <https://clatsopjobfair.com/>

## Thursday 23

## MUSIC

Seaside Jazz Festival. Thursday Night Kick-off party. \$10. [jazzseaside.com/About.htm](http://jazzseaside.com/About.htm)

Guitarology. 6 – 8pm at the Tillamook Library.

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

## Friday 24

## MUSIC

Seaside Jazz Festival. Full festival button, \$95, single day, \$35.

[jazzseaside.com/About.htm](http://jazzseaside.com/About.htm)

The Jacob Zimmerman Jazz Trio. \$15, 7pm at the Lincoln City Cultural Center.

Red and Ruby. No cover, 7pm at the Sand Trap Pub in Gearhart.

Three Pound Note. \$15, 7pm at the Cannon Beach History Center and Museum.

Evening Bell. No cover, 9pm at the Adrift Hotel in Long Beach.

## CINEMA

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

## ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. Free, at the

Sou'wester Lodge in Seaview. <http://spaceness.com/Event-schedule-1>

## HAPPENING

Fisher Poets Gathering. \$15 for event button. At various locations in and near Astoria. [fisherpoets.org/](http://fisherpoets.org/)

Cannon Beach Yoga Festival. Workshops and more. Full Festival pass, \$375. Individual event tickets are available. [cannonbeachyogafestival.com/](http://cannonbeachyogafestival.com/)

Warrenton. 10am – 1pm.

## THEATER

The Curious Savage. Comedy. \$15, 7pm at NCRD in Nehalem.

The Jungle Book. Youth Theater. 7pm at the ASOC Playhouse in Astoria.

A Sting in the Tale. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

## Saturday 25

## MUSIC

Seaside Jazz Festival. Full festival button, \$95, single day, \$60, evening \$25.

[jazzseaside.com/About.htm](http://jazzseaside.com/About.htm)

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

Jose Antonio Rodriguez. \$22, 7pm at the Lincoln City Cultural Center.

Blue Evolution. 9pm at Snug Harbor in Lincoln City.

Evening Bell. No cover, 9pm at the Adrift Brewery & Public House in Astoria.

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

## ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. Free, at the Sou'wester Lodge in Seaview. <http://spaceness.com/Event-schedule-1>

## HAPPENING

Fisher Poets Gathering. \$15 for event button. At various locations in and near Astoria. [fisherpoets.org/](http://fisherpoets.org/)

Open Mic for Music and Literature. Art Accelerated Open Mic with Eric Sappington on guitar, writers, comedians, other musicians. Art by local artists for sale. At Yo Time Frozen Yogurt in Tillamook.

## THEATER

The Curious Savage. Comedy. \$15, 7pm at NCRD in Nehalem.

The Jungle Book. Youth Theater. 2pm at the ASOC Playhouse in Astoria.

A Sting in the Tale. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

## FOOD & DRINK

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

## HAPPENING

Cannon Beach Yoga Festival. Workshops and more. Full Festival pass, \$375.

Saturday pass, \$210. Individual event tickets are available. [cannonbeachyogafestival.com/](http://cannonbeachyogafestival.com/)

## Sunday 26

MUSIC Seaside Jazz Festival. Full festival button, \$95, single day, \$20.

[jazzseaside.com/About.htm](http://jazzseaside.com/About.htm)



Silver Lake 66 - February 26 + 27 @ 7pm  
Americana songwriter duet Maria Francis and Jeff Overbo combine tight harmonies, twang and an unmistakable SoCal country sound.  
**At The Adrift - [pickled fish] in Long Beach**

Silver Lake 66. No cover, 7pm at the Adrift Hotel in Long Beach.

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

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

## ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. Free, at the Sou'wester Lodge in Seaview. <http://spaceness.com/Event-schedule-1>

## HAPPENING

Fisher Poets Gathering. \$15 for event button. At various locations in and near Astoria. [fisherpoets.org/](http://fisherpoets.org/)

Cannon Beach Yoga Festival. Workshops and more. Full Festival pass, \$375. Sunday pass &190. Individual event tickets are available. [cannonbeachyogafestival.com/](http://cannonbeachyogafestival.com/)

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

## THEATER

The Curious Savage. Comedy. \$15, 2pm at NCRD in Nehalem.

The Jungle Book. Youth Theater. 2pm at the ASOC Playhouse in Astoria.

A Sting in the Tale. Whodunit. \$15, 2pm at the Barn Community Playhouse in Tillamook.

## Monday 27

## MUSIC

Silver Lake 66. No cover, 7pm at the Adrift Hotel in Long Beach.

## FOOD & DRINK

Farmer – Chef Connect. Farmers are beginning to decide what to plant for the new season. Chefs can help those decisions along by sharing their needs for local produce, dairy, meat, etc. Come prepared to introduce yourself to the group and answer one of two questions:

What do you want to sell, or What do you want to buy? Bring your contact information to hand out. 1 - 3pm at CCA Regional Food Bank in Warrenton.

## Tuesday 28

## MUSIC

Borealis Wind Quartet. \$25, 3pm at Camp Winema, near Neskowin.

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

## HAPPENING

North Coast Open Mic. 6 – 8pm at the Salt Hotel and Pub in Ilwaco.

## Wednesday 1

## MUSIC

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

## ART

Adult Coloring Fun. Adult Coloring; relaxing music, pens, colors, colored pencils, markers and intricate coloring sheets will be provided. 3:30 – 4:30pm at the Bay City Recorder and 6 – 7pm at the Library in Pacific City.

## Thursday 2

## MUSIC

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

## ART

Adult Coloring Fun. Adult Coloring; relaxing music, pens, colors, colored pencils, markers and intricate coloring sheets will be provided. 1 – 2pm at the Rockaway Beach Library, 3:30 – 4:30pm at the Library in Manzanita.

## THEATER

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

David Drury. 6 – 8:30pm at Bridgewater Bistro in Astoria.



# 2017 Academy Award Predictions

**BEST PICTURE** Hollywood loves films about Hollywood – witness 2011's Best Picture win for silent movie *The Artist*. *La La Land*, director Damien Chazelle's original musical for the screen has been wholeheartedly embraced by the Academy, garnering a record-tying 14 nominations, and is a favorite to win 10. Opening with the exhilarating "Another Day of Sun" number with 150 singer/dancers on a gridlocked freeway, *La La Land* tells the very L.A. story of two young people struggling to make it in their respective artistic fields who meet and fall in and out of love against the tinselly-tough background of Los Angeles. Emma Stone plays Mia, a struggling actress/barista. Ryan Gosling plays Sebastian, a jazz pianist purist whose pure aspirations are deadening his career. After a rough start, the pair explain their mutual aspirations and passions to each other, realize how similar they are, and then fall in and out of love, singing and dancing against dreamy L.A. landmarks in a fusion of classic Hollywood and a contemporary setting.

**Pick:** *La La Land*

**Other Nominees:** *Arrival* / *Fences* / *Hacksaw Ridge* / *Hell or High Water* / *Hidden Figures* / *Lion* / *Manchester by the Sea* / *Moonlight*

**BEST DIRECTOR** *La La Land* director Damien Chazelle very likely will become the youngest Best Director winner at 32 in the history of the Oscars. After breaking 3 years ago with the crackling music school drama *Whiplash*, Chazelle dusted off an older project that he could not get made, and with his new heat, turned it into the romantic musical on screens now. As on *Whiplash*, Chazelle relied on college buddy Justin Hurwitz to write the score and songs which also seems likely to win. Chazelle's own growth as a director was showcased with elaborately choreographed dance numbers, often in one take, with leads that had previously not had professional singing or dancing training. Coordinating real locations, scrumptious sets and costumes that winked at classic musicals while still believably contemporary, Chazelle pulled off a balancing act that most directors would not even attempt.

**Pick:** Damien Chazelle (*La La Land*)

**Other nominees:** *Mel Gibson* (*Hacksaw Ridge*) / *Barry Jenkins* (*Moonlight*) / *Kenneth Lonergan* (*Manchester by the Sea*) / *Denis Villeneuve* (*Arrival*)

**BEST ACTOR** Denzel Washington reprises his Tony Award-winning turn as an overwhelming family patriarch in the film adaptation of August Wilson's Pulitzer Prize-winning play. Washington plays Troy Maxon, a Pittsburgh garbage collector in the 1950's who works hard, provides for his wife Rose (Viola Davis) and their teenage son, Cory (Jovan Adepo), and never lets them forget whose house it is and who's boss. While Troy is essentially a good man who does the right thing, he is tormented by personal demons that trap him, like the metaphorical fence he is building around his property. A former outstanding baseball player, Troy is resentful that he was not given a chance at a professional career because of racism and blocks his son's interest in playing football, which only makes Cory more resentful. Troy's relationship with Rose, while happy on the surface, masks the fact that both feel trapped in their roles. And Troy's greatest pride, the

humble house he and his family live in, turns out not be the product of his sweat but something far less noble.

**Pick:** Denzel Washington (*Fences*)

**Other nominees:** *Casey Affleck* (*Manchester by the Sea*) / *Andrew Garfield* (*Hacksaw Ridge*) / *Ryan Gosling* (*La La Land*) / *Viggo Mortensen* (*Captain Fantastic*)

**BEST ACTRESS** In *La La Land*, Emma Stone bedazzles as Mia, an aspiring actress who meets similarly struggling jazz pianist Sebastian (Ryan Gosling). After an initial hostile encounter in a traffic jam, the two warm to each other over their respective passions and lack of success. Mia is a barista in a studio coffee bar and Sebastian is fired from his gig at a restaurant. After realizing they are kindred spirits, the two enter a relationship. But when Sebastian takes a job in a pop band, it's Mia who admonishes him for giving up his dream and settling for a lucrative regular gig. Mia's dreams of becoming a working actress seem far away after she is quickly dismissed from auditions, but Sebastian encourages her to write her own one-woman play to showcase her talents. Few people attend. Mia is crushed and decides to move home to Nevada, but while she is gone Sebastian receives a call from a casting agent who attended her play and wants her to audition for a film she's casting. In the end, Mia and Sebastian find success, but not with each other, which they each recognize is not a bad thing.

**Pick:** Emma Stone (*La La Land*)

**Other nominees:** *Isabelle Huppert* (*Elle*) / *Ruth Negga* (*Loving*) / *Natalie Portman* (*Jackie*) / *Meryl Streep* (*Florence Foster Jenkins*)

**BEST SUPPORTING ACTOR** Veteran actor Mahershala Ali is having a career year, playing major characters in the TV series *House of Cards* and *Luke Cage*, an appearance in the box office hit *Hidden Figures* and his indelible performance as a drug dealer with a heart in *Moonlight*. Ali plays Juan, a South Florida drug dealer who befriends a young gay boy, Little (Alex Hibbert) who is fatherless and tormented by bullies. Little lives with his overworked single mom, Paula (Naomi Harris), who is addicted to crack. After seeing Little's home life, Juan becomes Little's surrogate father, taking him for meals, teaching him how to swim, gradually gaining his trust. One day, overseeing his street dealers, Juan discovers that one of his customers is Paula. Little rarely speaks, but just as Juan learns about him, Little begins to realize the truth about himself, Juan and his mother. At dinner one night, Juan faces hard questions from Little about his being gay, about Juan's occupation and whether Paula is a drug addict.

**Pick:** Mahershala Ali (*Moonlight*)

**Other nominees:** *Jeff Bridges* (*Hell or High Water*) / *Lucas Hedges* (*Manchester by the Sea*) / *Dev Patel* (*Lion*) / *Michael Shannon* (*Nocturnal Animals*)

**BEST SUPPORTING ACTRESS**

**Pick:** Viola Davis (*Fences*)

**Other nominees:** *Naomi Harris* (*Moonlight*) / *Nicole Kidman* (*Lion*) / *Octavia Spencer* (*Hidden Figures*) / *Michelle Williams* (*Manchester by the Sea*)

**BEST ORIGINAL SCREENPLAY**

**Pick:** *Manchester by the Sea* (Kenneth Lonergan)

**Other nominees:** *La La Land* (Damien Chazelle) / *Hell or High Water* (Taylor Sheridan) / *The Lobster* (Efthymis Filippou, Yorgos Lanthimos) / *Manchester by the Sea* (Kenneth Lonergan) / *20th Century Women* (Mike Mills)

**BEST ADAPTED SCREENPLAY**

**Pick:** *Moonlight* (Barry Jenkins)

**Other nominees:** *Arrival* (Eric Heisserer) / *Fences* (August Wilson) / *Hidden Figures* (Allison Schroeder and Theodore Melfi) / *Lion* (Luke Davies)

**BEST CINEMATOGRAPHY**

**Pick:** *La La Land* (Linus Sandgren)

**Other nominees:** *Arrival* (Bradford Young) / *Lion* (Greig Fraser) / *Moonlight* (James Laxton) / *Silence* (Rodrigo Prieto)

**BEST ANIMATED FEATURE FILM**

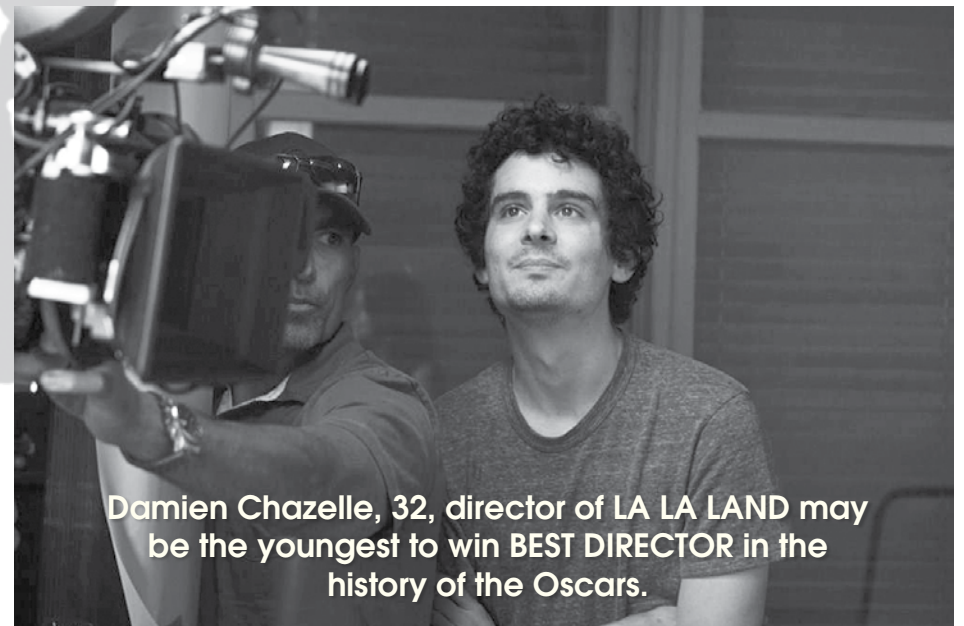
**Pick:** *Zootopia*

**Other nominees:** *Kubo and the Two Strings* / *Moana* / *My Life as a Zucchini* / *The Red Turtle*

**BEST FOREIGN LANGUAGE FILM**

**Pick:** *Toni Erdmann* (Germany)

**Other nominees:** *Tanna* (Australia) / *Land of Mine* (Denmark) / *The Salesman* (Iran) / *A Man Called Ove* (Sweden)



Damien Chazelle, 32, director of *LA LA LAND* may be the youngest to win BEST DIRECTOR in the history of the Oscars.





# FREE WILL ASTROLOGY

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## FEBRUARY

**ARIES** (March 21-April 19): Once upon a time, Calvin of the *Calvin and Hobbes* comic strip made this bold declaration: "Happiness isn't good enough for me! I demand euphoria!" Given your current astrological aspects, Aries, I think you have every right to invoke that battle cry yourself. From what I can tell, there's a party under-way inside your head. And I'm pretty sure it's a healthy bash, not a decadent debacle. The bliss it stirs up will be authentic, not contrived. The release and relief it triggers won't be trivial and transitory, but will generate at least one long-lasting breakthrough.

**TAURUS** (April 20-May 20): The coming weeks will be an excellent time to ask for favors. I think you will be exceptionally adept at seeking out people who can actually help you. Furthermore, those from whom you request help will be more receptive than usual. Finally, your timing is likely to be close to impeccable. Here's a tip to aid your efforts: A new study suggests that people are more inclined to be agreeable to your appeals if you address their right ears rather than their left ears. (More info: [tinyurl.com/intherightear](http://tinyurl.com/intherightear))

**GEMINI** (May 21-June 20): Here are your five words of power for the next few weeks, Gemini. 1. *Unscramble*. Invoke this verb with regal confidence as you banish chaos and restore order. 2. *Purify*. Be inspired to cleanse your motivations and clarify your intentions. 3. *Reach*. Act as if you have a mandate to stretch out, expand, and extend yourself to arrive in the right place. 4. *Rollick*. Chant this magic word as you activate your drive to be lively, care-free, and frolicsome. 5. *Blithe*. Don't take anything too personally, too seriously, or too literally.

**CANCER** (June 21-July 22): The 17th-century German alchemist Hennig Brand collected 1,500 gallons of urine from beer-drinkers, then cooked and re-cooked it till it achieved the "consistency of honey." Why? He thought his experiment would eventually yield large quantities of gold. It didn't, of course. But along the way, he accidentally produced a substance of great value: phosphorus. It was the first time anyone had created a pure form of it. So in a sense, Brand "discovered" it. Today phosphorus is widely used in fertilizers, water treatment, steel production, detergents, and food processing. I bring this to your attention, my fellow Cancerian, because I suspect you will soon have a metaphorically similar experience. Your attempt to create a beneficial new asset will not generate exactly what you wanted, but will nevertheless yield a useful result.

**LEO** (July 23-Aug. 22): In the documentary movie *Catfish*, the directors, Henry Joost and Ariel Schulman, present a metaphor drawn from the fishing industry. They say that Asian suppliers used to put live codfish in tanks and send them to overseas markets. It was only upon arrival that the fish would be processed into food. But there was a problem: Because the cod were so sluggish during the long trips, their meat was mushy and tasteless. The solution? Add catfish to the tanks. That energized the cod and ultimately made them more flavorful. Moral of the story, according to Joost and Schulman: Like the cod, humans need catfish-like companions to stimulate them and keep them sharp. Do you have enough influences like that in your life, Leo? Now is a good time to make sure you do.

**VIRGO** (Aug. 23-Sept. 22): The city of Boston allows an arts organization called Mass Poetry to stencil poems on sidewalks. The legal graffiti is done with a special paint that remains invisible until it gets wet. So if you're a pedestrian trudging through the streets as it starts to rain, you may suddenly behold, emerging from the blank grey concrete, Langston Hughes' poem "Still Here" or Fred Marchant's "Pear Tree In Flower." I foresee a metaphorically similar development in your life, Virgo: a pleasant and educational surprise arising unexpectedly out of the vacant blahs.

**LIBRA** (Sept. 23-Oct. 22): When he was in the rock band Devo, Mark Mothersbaugh took his time composing and recording new

music. From 1978 to 1984, he and his collaborators averaged one album per year. But when Mothersbaugh started writing soundtracks for the weekly TV show *Pee-wee's Playhouse*, his process went into overdrive. He typically wrote an entire show's worth of music each Wednesday and recorded it each Thursday. I suspect you have that level of creative verve right now, Libra. Use it wisely! If you're not an artist, channel it into the area of your life that most needs to be refreshed or reinvented.

**SCORPIO** (Oct. 23-Nov. 21): Many vintage American songs remain available today because of the pioneering musicologist, John Lomax. In the first half of the 20th century, he traveled widely to track down and record obscure cowboy ballads, folk songs, and traditional African American tunes. "Home on the Range" was a prime example of his many discoveries. He learned that song, often referred to as "the anthem of the American West," from a black saloonkeeper in Texas. I suggest we make Lomax a role model for you Scorpios during the coming weeks. It's an excellent time to preserve and protect the parts of your past that are worth taking with you into the future.

**SAGITTARIUS** (Nov. 22-Dec. 21): The mountain won't come to you. It will not acquire the supernatural power to drag itself over to where you are, bend its craggy peak down to your level, and give you a free ride as it returns to its erect position. So what will you do? Moan and wail in frustration? Retreat into a knot of helpless indignation and sadness? Please don't. Instead, stop hoping for the mountain to do the impossible. Set off on a journey to the remote, majestic pinnacle with a fierce song in your determined heart. Pace yourself. Doggedly master the art of slow, incremental magic.

**CAPRICORN** (Dec. 22-Jan. 19): Who can run faster, a person or a horse? There's evidence that under certain circumstances, a human can prevail. In June of every year since 1980, the Man Versus Horse Marathon has taken place in the Welsh town of Llanwrtyd Wells. The route of the race weaves 22 miles through marsh, bogs, and hills. On two occasions, a human has outpaced all the horses. According to my astrological analysis, you Capricorns will have that level of animalistic power during the coming weeks. It may not take the form of foot speed, but it will be available as stamina, energy, vitality, and instinctual savvy.

**AQUARIUS** (Jan. 20-Feb. 18): Who would have guessed that Aquarian Charles Darwin, the pioneering theorist of evolution, had a playful streak? Once he placed a male flower's pollen under a glass along with an unfertilized female flower to see if anything interesting would happen. "That's a fool's experiment," he confessed to a colleague. "But I love fools' experiments. I am always making them." Now would be an excellent time for you to consider trying some fools' experiments of your own, Aquarius. I bet at least one of them will turn out to be both fun and productive.

**PISCES** (Feb. 19-March 20): In Shakespeare's play *MacBeth*, three witches brew up a spell in a cauldron. Among the ingredients they throw in there is the "eye of newt." Many modern people assume this refers to the optical organ of a salamander, but it doesn't. It's actually an archaic term for "mustard seed." When I told my Piscean friend John about this, he said, "Damn! Now I know why Jessica didn't fall in love with me." He was making a joke about how the love spell he'd tried hadn't worked. Let's use this as a teaching story, Pisces. Could it be that one of your efforts failed because it lacked some of the correct ingredients? Did you perhaps have a misunderstanding about the elements you needed for a successful outcome? If so, correct your approach and try again.

Homework: Even if you don't send it, write a letter to the person you admire most. Share it with me at [Truthrooster@gmail.com](mailto:Truthrooster@gmail.com).

# Bike Madame

By Margaret Hammitt-McDonald



## Accountability on the Road

WE ALL HAVE ALARMING TALES of road users who've either endangered us or rattled us with rude behavior. One of the most frustrating aspects of these encounters is the lack of resolution. Unless a police officer cruises by and catches the offender, you're left shaking and swearing to no avail. It's bad enough that you narrowly escaped injury. What's worse is that frequently, you can't do anything about it.

Whenever the subject of regulating undesirable behavior arises, people place themselves along a spectrum that ranges from external controls (passing new laws and/or more stringently enforcing existing ones) to internal ones (education). Then there's taking matters into our own hands through shaming the offenders, such as by filming hair-raising encounters and sharing them online. All of these recommendations have their benefits and drawbacks, and some might have unintended legal consequences. (Is that You Tube film of bad driving or riding free speech or libel?)

The regulatory route offers the advantage of providing legal support should your chance nasty encounter ever become a case (more likely if you're injured). Sadly, there aren't enough traffic police to witness every incident. The educational route works well when your listeners are open-minded and not in the heat of the moment—attending a presentation on traffic safety rather than getting defensive at your well-intentioned lecture after you caught up to them at the next stop sign. Such presentations are great opportunities to teach things other road users might not know, for example, with the combination of a cyclist's brakes being slower to deploy than a driver's and the fact that he/she is probably moving faster than the motorist assumes, it's dangerous to pass the cyclist only to make a turn right in front of them. The next time your listeners are

in a hurry and distracted, they might remember what you taught them—that is, if they're a reasonable person, not the hostile type whose ire gets triggered by whatever (or whoever) they consider an obstacle. Alas, traffic-safety education doesn't alter somebody's basic orientation to the world.

The anonymity of the road is a major cause of these problems. Like the Internet, roads are common spaces, and like the Internet, nasty behavior happens there that wouldn't happen when the repercussions for being a jerk are immediate and serious.

In the old days, when most folks interacted with the same people every day, acts of collective opprobrium provided a powerful impetus to toe the line. (Who wanted to face the small-town world every day wearing a scarlet letter?) Even today, in small communities, one rumor is enough to ruin your reputation. It's understandable why, when industrialization gave people cities to flock to, many embraced this anonymity and freedom from scrutiny. I'm happy not to live in those times and places where nonconformity could earn one hours of being sermonized or worse. Yet the price for this freedom is the same anonymity that makes aggressive behavior possible on the road.

We can lobby for laws that protect the rights of every road user; we can participate in public meetings that make certain everyone's interests (and safety) are taken into account; we can provide education for cyclists and motorists to foster understanding and encourage courteous road-sharing. We can't fix hostile personalities, but the more present, numerous, and well-informed different road user groups become, the more quickly even these hard cases will be forced to acknowledge that the roads belong to all of us and unkind behaviors there threaten us all.



## 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](http://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](http://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 Oxymel. \$30, 11am – 2pm at the North Coast Food Web in Astoria. Register at [northcoastfoodweb.org/events/winter-beverages-with-iris-daيرة/](http://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](http://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](http://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](http://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](mailto: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.

**YOGA IN NEHALEM.** North County Recreation District. Mon 5:45-7:15pm, Level 1 Yoga.Wed 8-9:30am, Mid-Life Yoga "leading you into your 50's, 60's, 70's and beyond!"Wed 5:45-7:15 pm, Restorative Yoga. Thurs 8-9:30am, Chair Yoga. Thus 5:45-7:15pm, Hatha Yoga. Fri 8-9:30am Very Gentle Yoga Sat 8-9:30am, Mixed Levels Yoga Sun 5:45-7:15, Level 2-3 Yoga. 3 different RYT instructors. \$8 drop-in. contact 503-368-7160

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

informationcall 916-307-9790 or send email to [moffett@cglFellowship.org](mailto:moffett@cglFellowship.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](mailto:beachhouse11111@gmail.com). Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**COLUMBIA RIVER MEDITATION GROUP.** Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deepoving 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](mailto: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 cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at [www.clatsopcounty](http://www.clatsopcounty)

[gensoc@gmail.com](mailto:gensoc@gmail.com) or call 503-325-1963 or 503-298-8917.

Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and 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@nehalementel.net](mailto:lnct@nehalementel.net)

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@nehalementel.net](mailto:lnct@nehalementel.net)

## 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](mailto: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 forgeneral use for licensed pilots who are members of TPA. [tillamookpilots.org](http://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](http://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.

## In-Door Super Sale at Johnson Park

An invitation for vendors and individuals who wish to participate in the 4th Annual In-Door Super Sale at Johnson Park Center on Saturday, March 25thth from 10:00 AM to 4:00 PM. This is a fund-raiser for Grays River Valley Center at Johnson Park. Johnson Park Center is the old Rosburg, WA school building. Items for sale can be gently used, repurposed, vintage, antique, or newly crafted.

There will be over 50 table spaces, approximately 5' x 10', plus room for tents on the lawn outside. The cost for table space is just \$10 for the first table space, and \$5 for each additional space. Lawn space for a tent is \$25. Call Donna at 360-465-2273 for more information and to make your reservation. Set up will be Friday afternoon, March 24th.

Food and beverages will be available during the sale and a bake sale will be provided by the Friendship Circle of the Grays River United Methodist Church

## 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](http://astoriaartsandmovement.com)

• **MONDAY**  
8:30 - 9:30am Zumba Dance Fitness w/Kim Postlewaite  
5:30 - 6:00pm: PreYoga Self Care with Jude MatulichHall  
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

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](mailto:astoriachess-club@gmail.com) or visit our Facebook page."

• **WEDNESDAY**  
9:30-10:40am: Gentle Yoga with Terrie Powers  
5:30 - 6:30pm: Pilates with Jude MatulichHall  
7:00-8:15pm: Belly Dance with Jessamyn Grace  
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin  
• **THURSDAY**  
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

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



## CIRCLES

ONE DAY, while I sat in meditation, I 'spirit traveled' to the heart of the mountains on the Isle of Skye in Scotland. I was far back in time, hiding myself behind rocks. There was a feeling of apprehension in the air - something was about to happen. Suddenly, I heard a loud roar on the wind and saw two groups of kilted men running towards each other into battle. Paralyzed by what was unfolding before me I watched as axes and swords split open a very real scene out of history.

My guides were next to me. They told me to stay steady and still. What unfolded was astonishing. I watched as these strong and battle hardened men savagely fought with one another. More than half fell, the rest walked or limped away, exhausted and bloody. I wondered why my guides, who have always traveled with me, brought me to this place. They told me it was important to see history for what it was.

I learned that the battle was over a woman married to a man of another clan. She did

not bear him a male child and she went blind in one eye. According to local legend she was sent back to her brother in disgrace. She was delivered to him on a one-eyed horse. She was tied backwards with a one-eyed servant and mongrel dog leading the way. This caused great shame and embarrassment among the clansmen and her outraged brother swore vengeance. The battle ensued.

I was astonished that so much blood could be shed over an insult but according to my guides there were many historic and bloody battles fought over what seemed to be small matters and with similar stories. My guides explained that we humans behave in a circular manner, just like the earth - we move in circles to better understand what we are orbiting and in this case the clans were orbiting their anger, their greed and their pride.

My guides took my hand. In an instant we left the ragged outcrop of rocks behind us. Wrapping my cloak tight around me I hung on as we

lifted skyward. I could see the mountains beneath my feet, strong, majestic and filled with sorrow.

We moved rapidly through time and space. I found myself in the middle of a prairie squinting in the bright sunlight the thundering sound of hooves in my ears and heavy dust in my mouth and eyes. My guides pulled me to them as a group of warriors galloped past us on painted horses. A second later and I would have been crushed. This was South Dakota. It was very cold.

We soon arrived at a camp filled with Lakota Sioux Indians and moved to the warmth of the fire. A mist rose from the flames and through it I could see White Buffalo Calf Woman walking towards me. In respect, I dropped my head. This was the Goddess of the people. She lifted my chin, "I am glad you finally came here. You will see what happens to men when they lose their respect for the earth." Tears ran down her face.

I felt a wave of shock pass through my body. The 7th Cavalry Regiment was riding into the camp, not though as history tells it to disarm the Lakota, but rather to slaughter the innocent men, women and children. A deaf Lakota man was unwilling to relinquish his rifle to the military and what could have so easily been resolved gave way to misunderstanding, anger, resentment and ultimately destruction. The warriors fought but all fell. Over 300 died at Wounded Knee December 29,

1890. I watched the Calvary celebrate the death of these noble people.

White Buffalo Calf Woman took my hand, "Never forget the message that I carry to the people. Our lives are sacred, the earth is sacred and the pipe is a sacred gift from Creator. Do not mourn the loss of these people for their time has passed. You will help those who remain by celebrating all people of the earth. It is the heart and soul of each person that defines how they will experience their journey." Hot tears rolled down my face as she said, "You are walking a good red road." She called me by my Lakota name given to me by Martin Highbear years ago. Sobs echoed from my body.

No matter where I stood in time the battles all seemed senseless.

White Buffalo Calf Woman put her arms around me and held me. She told me the circle that humans chose to walk has violence, greed, jealousy and pride. Bringing these into the medicine wheel or sacred circle of life results in destruction.

She looked me in the eyes, "I hope you can carry this message to the people."

I watched her walk away through the camp. She stood on the ridge looking back toward me.

My guides said, "It is important you understand the battle. This circle has existed on earth since the beginning of time. In order to change that circle you must address what is inside."

## wordwisdom

### Different Kind of Love

I'VE WRITTEN about every kind of love available, perhaps, but today, this morning, I want to talk about the kind of love that runs deep and pure, untainted by quirks of personality or misguided attempts at personal happiness.

This kind of love never sours, never turns on you. It's the kind you can practice daily to many. It's the love for humanity, in general. It's the kind of love that propels you to drop a coin in a bucket, listen to a stranger's lament, or hug others spontaneously.

This early in the morning, only a few days since my pug Cosmo passed away, I cannot think of the right word for this type of love. I know that it is not a flashy thing. Dogs display this sort of love as part of their make-up, but people also have this ability to love unconditionally. It is a hard thing to do, and harder for some. If life is a struggle, there is not much left to love others with....

This type of love propelled those that transported slaves to freedom or Jews out of the country who faced annihilation. I see it these days, when many are realizing that refugees are in danger or Women's rights are at risk. You don't have to be a refugee to feel the fear. You don't have to be a woman to want the best for the women in your life. Daughters, mothers, grandmothers..... men get it too.

I mentioned my dog had passed away. That dog, all dogs, demonstrate the kind of unconditional love that we need now. Compassion, and recognition of our mutual humanity is prevalent these days. When I stood in the reception area of the vet's office, crying, a lady from the waiting room came up and put her arm around me and said a prayer.

I was not alone in my grief. A stranger shared my pain. I did not get her name.

Unconditional love can also mean striving to understand those that seem

so different, you're tempted to exclude them. What about those that annoy you in the workplace? Step back and see the persons as people you really don't know. Guaranteed, though, is that they have cared, loved, needed, and suffered like anyone else.. Maybe just like you have. Different details, same story.

It took that lady in the vet's waiting room to remind me that we can connect in meaningful ways, if we want to. I suggest that these are probably the days we want to comfort others. Love, in other words.

Tobi Nason is a counselor located in Warrenton. She can be reached at (503) 440-0587.



## The Joy of Pets

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Marie Corelli

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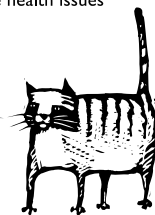
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- Assisting with adoptions
- Watching for and reporting possible health problems

### Tasks include the following

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

**Call for orientation training**



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## bodies in balance

By Tracy Erfling, N.D.

## Lions, Tigers, Bears, Taxes, Trump, Global Warming... Oh My, Anxiety!

THERE IS NOTHING as disconcerting as feeling out of control of your body. Yet when anxiety strikes that is precisely the sensation we experience. Indeed being chased by a large mammal would put in motion a classic sympathetic fight or flight response. But for most of us this is not the condition under which the body throws at us the same sensations.

It seems that I am seeing much more anxiety this winter so thought we should revisit this topic and try to put our overly excitable systems at ease.

The fight or flight response serves us quite well when we are truly faced with danger. The adrenals pump out epinephrine and cortisol making the heart race, the breath quicken, and enhance the senses; all of which prime our bodies for an efficient response. Yet, in our modern lives where threats are less tangible, more complicated and long-lasting, this same system is still being triggered. Our rightful feelings of being out of control of the vast unknowns of the future invoke a response which indeed gets our attention but also leaves us feeling, for lack of more elegant term, crappy. The body has not over time adapted a more controlled system for dealing with stressors, it still relies upon this old safety system of fight or flight...anxiety!

Anxiety can exist as a general state, a feeling directed towards a certain situation (like public/social interactions), or an attack that seemingly comes out of nowhere. Symptoms of anxiety are not the same for everyone but include racing thoughts, racing/pounding heart, shortness of breath, dizziness, stomach upset, diarrhea, etc. and may for some reach a mental state of panic. It is also a rather draining experience, because as you can imagine it is directing our resources to escape a seemingly threatening situation. Clearly this response is attempting to protect us... but from what? Each must answer this for themselves; pain, repressed trauma or emotions, lack of control at home or work, or stress from finances, poor health, etc. could all be potential triggers. I find that anxiety is especially common at night surrounding sleep; just as we stop being busy

with our to do lists and are starting to relax and be restful...how cruel is that?

Awareness and exploration of the underlying reasons for anxiety is an essential step in its treatment. Finding that deeper connection to the moment, the spirit, the power that lies within, is a key element. I often encourage my patients to seek this

in the stress response cascade. These small glands which sit upon our kidneys are some of the most overworked in the endocrine system. Ways to nourish these glands are often elusive to conventional medical practitioners, but naturopaths have some wonderful therapies. Although there are a variety of herbal and nutritional or even hormonal therapies; I would like to focus on lifestyle factors that establish an important foundation. Adrenals reply upon routine. Try to have mealtimes, bedtimes, work, play and relaxation times on as regular of a schedule as possible. This routine will ensure the adrenals have clear expectations for the day, are being cared for and that their fight or flight response need not be so heightened. Of course good quality sleep is a necessity for the whole body and the hours of 10pm-4am are ideal for adrenal renewal. The final adrenal routine essential is exercise. Interestingly, the adrenal response to a walk, swim, bike ride, etc. is similar to the fight or flight

response but in a much more appropriate way...anxiety management training so to speak.

When's the last time you focused on your breath? The use of rhythmic breathing at the onset or during an attack will give the body something to concentrate on, diverting its attention from the anxious response. Any practitioner of Yoga or Meditation will assure you of the power of the breath. If you spend the time to exercise this skill when you're not experiencing anxiety, it will pay back tenfold in your ability to take back control when you are. An easy pattern to start is to count to five as you breathe in, hold for five, and five out...REPEAT. As you breathe, set aside all the little thoughts and worries that are trying to divert your attention and just think about counting the breath.

The next time you feel that bear of anxiety roaring through your body, remember your tools to return to the moment, the only moment that matters, and find peace.

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

We're not in Kansas anymore?

Well, where the  
FUCKING HELL ON OZ  
are we Toto???



out through creativity...a way to tap into the depths of the self that I think everyone has the potential to access. Whether this is something you can achieve on your own or need professional assistance that is your journey. That does not mean, however, that there are not tools to assist the body in squelching anxiety.

First let's consider nourishing the nervous system so it is not so sensitive. This can be done with a quality B-complex vitamin taken at least once a day with food. Another consideration here is adding some nervines, herbs which are specific to the nerves. Consider Oats, Kava Kava, Skullcap, and Passionflower; these each have a wonderful calming effect without being sedative. My note on safety here is to make sure to purchase herbs from a reputable source, and if you have any pre-existing conditions that require medication, or are pregnant, seek some professional advice before starting an herbal therapy. Another effective plant based tool to have around for those suffering from panic attacks is Bach Flower Rescue Remedy. It comes in a wide variety of applications and can help take the urgency off the situation so that you can be more reasonable in your response.

Next let's think about ways to improve adrenal function, the key endocrine player



## CHEW ON THIS!

by Merianne Myers



## IN THE COURSE

of some seven decades of living, I've had occasion to see some things change. Things that were once fiction are now reality. You know, like space travel and legalized pot and MAD Magazine.

When we're little, we focus on the necessities. You know, like motor skills and staying upright and Highlights for Children. I kind of miss those days, although some things tend to come back around. You know, like staying upright.

Whatever has come my way, life has consistently held my attention. Sometimes it's the breathless beauty of it all or the wondrous mystery, sometimes it's the feeling that I'm playing an endless game of Whack-A-Mole. You know, like now.

Seems to me we Americans are not adept at the Big Picture. We were not raised to take the long view. Our specialty is taking action, getting something done, chasing the dream. As one who is American to the core, I feel qualified to comment. I was raised by people who drilled hard work and responsibility into me. You know, like parents. It wasn't lip service. It was by setting a high and thus far unattainable standard of behavior. So, like many of my fellow citizens, it's easy for me to overlook world history and our place in it in favor of meeting the deadline, putting out the fire du jour.

As a result, I am occasionally stunned to realize where we have landed as a nation and a planet. That is not an easy thing to admit. It puts me squarely in the 'fiddling while Rome burns' camp. So, imagine my surprise when I stopped fiddling and found myself part of the nationwide cast of a giant All In The Family reenactment. You know, where we're all rude and intolerant.

I have wasted a notable amount of time wishing we could all be more civil to each other. You know, like in fiction. I am aware that particular hope flies in

the face of human nature.

Sadly, vain hopes, like fake news and Alternative Facts are the very distractions that leave us stunned to realize where we have landed as a nation and a planet.

I'm not talking about who's in the White House or the fact that the tipping point on global warming is in the rearview mirror or the fact that at any given time at least a third of the world is at war. You know, the Big Picture stuff. I'm talking about the Uncivil War we are up to our eyeballs in right here at home. Families, friends, neighbors and co-workers are splitting up/choosing sides/ not speaking over politics. Given that some of us are still ticked off about the way things went in the real Civil War over 150 years ago, I hold out little hope we'll get it together any time soon. It will probably take a cataclysmic event to unite us. You know, like an alien invasion.

I don't have an answer. But, I know one tiny thing. The 'my way or the highway' attitude is not workable. We are a big, messy country populated by a wildly diverse, fractious, ambitious, independent people who are free to speak their minds. The odds of us agreeing on anything, let alone politics and religion are zillions to one. Don't like what's going on? Do something! Being mad or mean or scared is right up there with vain hopes, fake news and Alternative Facts when it comes to being distracting. Get busy taking action, getting something done, chasing your dream. You know, like Americans. I started by making Burgundy Beef Stew which is the evocation of everything I know to be true: Good food made with love and shared with someone is a balm, a gift, a way to bridge the divide, to share something real and really delicious. Plus there's usually wine left over.



## STOP WITH THE WHINING BURGUNDY BEEF

SERVES APPROXIMATELY 6 OR 1 WHINER FOR SEVERAL DAYS

- 6 strips bacon, cut crosswise into 1/4" strips aka lardons
- 2 pounds beef chuck or round steak, cut into 1" cubes
- 1 cup Burgundy wine, plus a glass for the cook
- 2 cups beef stock
- 1 Tablespoon red wine vinegar
- 1 large onion or some shallots, diced to yield about 2 cups
- 1 Tablespoon tomato paste
- 3 garlic cloves minced
- 2 or 3 sprigs of thyme, 2 or 3 stems of parsley, 2 bay leaves, tied together with cotton string into a bundle.
- Voila! Bouquet Garni.
- Zest of 1 orange
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cup diced carrots
- 1/4 cup parsley, chopped

Preheat oven to 350.

In an oven proof pot, cook bacon until crisp and remove to paper towels to drain. Brown the beef chunks in a single layer in the bacon drippings until brown on all sides. You may need to do this in batches depending on the size of your pot. Add the wine, stock, vinegar, tomato paste, garlic, salt, bouquet garni, black pepper, orange zest, parsley, and carrots. Bring to a boil.

Remove from stove top, cover and bake in the oven until meat is tender. This will likely take a couple of hours and make your house smell really good. Add the mushrooms and cook another 20 minutes or so until mushrooms are to your liking. Remove from the oven. Take out the bouquet garni. Blend flour and water to a slurry and stir into the pot to thicken. Simmer for 10 minutes or so to allow the sauce to blend and the flour taste to cook out.

Serve with a warm baguette, some excellent soft cheese, a glass of the remaining wine and a some greens tossed with a nice citrus vinaigrette made with the juice of the zested orange. If you're still whiny about politics, do us all a favor and stay home eating leftover Burgundy Beef until you can shut up and get busy.

## FILM: Why Not Home?

Doctors, nurses and midwives who attend birth in the hospital and chose home birth explore risk, safety and birth experience in the US.



"Why Not Home?", the documentary that tells the stories of doctors, nurses, and midwives who have attended hundreds of hospital births, yet chose to have their children at home. How did these women with inside knowledge of birth evaluate the evidence and make their decisions? Through the experiences of these women, both at home and in the hospital, we gain unique insights into risk, safety, and the experience of childbirth in America.

At one time, home birth was the norm, and hospital birth was the exception. Now, nearly 99% of births in America take place in hospitals. With the normalizing of hospital birth, the notion of home birth carries a certain stigma and evokes fear and judgment from many. How did we become so fearful of birth in America? Has birth changed in significant ways? Through a combination of personal stories and scientific data about safety and interventions, we explore these questions and more.

Why Not Home was made by Jessica Moore, a Nurse Practitioner in the San Francisco Bay area. The film is brought to the Columbia Pacific Region by Libby Silva of Astoria. In addition to the film screening, Ms. Silva will be giving a presentation about a recent trip to Uganda and volunteer work in a rural maternity clinic, and will address the gap between in and out of hospital birth workers, as she witnessed this collaboration in Uganda.

- Less than 1% of babies born in the US are born at home.
- The US spends more than any other country on maternity care, yet it is the only developed country where rates of maternal mortality are rising.
- One in three births in the US is now via c-section and half of those are likely unnecessary

"For the last three to four generations, we've highly medicalized childbirth." *Melissa Cheyney, PhD, CPM Oregon State University*

**SCREENING: Sunday, Feb 19, 3pm – 5:30pm at the Columbian Theater in Astoria.**

## Mama &amp; Baby Night

- Hosted by North Coast La Leche League
- March 4th 5:30-7:30, Blue Scorcher Bakery
- 1493 Duane St, Astoria

This is an open house for pregnant moms and families with babies -all family members welcome!! Come meet other families and learn about local resources.

Contact: Kestrel Gates 503.453.3777 or Janet Weidman 503.741.0345





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## Fish Tales: Traditions And Challenges Of Seafood In Oregon

Jennifer Burns Bright At Seaside Public Library



On Thursday, February 16, The Friends of the Seaside Library will host Jennifer Burns Bright speaking about Fish Tales: Traditions and Challenges of Seafood in Oregon. The event is part of Oregon Humanities' statewide Conversation Project and will take place at 7:00 p.m.

Oregonians love the wild beauty of our 363 miles of coastline, but finding truly local seafood can be

hard, even on our coast. The US imports approximately 90 percent of its seafood and ships out nearly as much to the global market. Why aren't we eating more local seafood, now that preserving and

distribution technologies are the most sophisticated they have ever been? Why do we consider seafood more of a delicacy now than it has been in the past? In this conversation, food writer Jenifer Burns Bright helps participants explore our relationship with the products of the sea and cultural traditions involving fishing, eating seafood, and understanding the ocean's bounty and challenges.

Jenifer Burns Bright is a food and travel writer based in Port Orford, Oregon. She recently retired from teaching at the University of Oregon, where she led a faculty research group in the emerging discipline of food studies. She holds a PhD from the University of California at Irvine and a Master Food Preserver certification. Her writing appears in Gastronomica, Oregon Quarterly, NPRs The Salt and Eugene Magazine, among others.

Through the Conversation Project, Oregon Humanities offers this program to engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future.

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

## Fort George Stout Month

It started with a simple enough idea: take a versatile, yet underappreciated style like stout, brew as many as your boss will allow, and put them on tap all at once. This was the idea Jack Harris, co-founder of Fort George, had over twenty years ago as a young brewer working for McMenamin's Cornelius Pass Roadhouse.

"Nobody else was doing it," Jack explains. "I certainly wasn't paying any attention to marketing or filling niches, it was sort of dumb luck on my part that folks really responded to the idea of celebrating a variety of stouts during the cold, dark days of February."

Throughout the years, as he moved from town to town, he took the stouts with him. "It's the people I've worked with since then that have taken the idea and run with it. That's what makes Stout Month such a big deal," he continues. "It gets more sophisticated, elaborate, and popular every year."

And now that he has his own brewery, February at Fort George is forever dedicated to Stout Month, a twenty-eight day celebration of the darker ales. Taps will pour invitingly black, overflowing with new stout releases each week, and all centered around the darkest single-day stout festival in the world -- the Festival of Dark Arts.

### Release the Stouts!!!!

Sit down for a heady pour or test your tongue on a blind stout taster tray. New stouts are on tap every week (with 19! from Fort George this year).

Released February 1st

- May The Oats Be With You - oatmeal stout
- Tuesday's Lunch - roasted peanuts and blackberries (PB&J stout)
- Coffee Girl - brewed with Brazilian Santa Luzia coffee beans from Coava Coffee Roasters
- From Astoria with Love - Russian Imperial Stout
- Voluptas - fig & oatmeal stout
- Matryoshka - bourbon barrel aged Russian Imperial Stout

- Matryoshka with Cocoa Nibs (+bottle release)

Released February 8th

- All Seeing Pie - bourbon barrel apple pie stout
- Viva La Stout - Mexican chocolate stout
- Polish's Black Walnut Stout

Released February 15th

- Kaiju Stout - plum and black tea stout
- Keg Nog - milk stout spiced with nutmeg, cinnamon, and vanilla beans
- Barrel Aged May The Oats Be With You - aged in Four Roses bourbon barrels

Released February 19th

- Matryoshka with Cocoa Nibs & Raspberries (+bottle release)
- Subtle Hyperbole - Candy Cap mushrooms, molasses, graham crackers, and cinnamon
- Dark Matter - oatmeal stout aged in Pinot Noir and bourbon barrels

Released February 22nd

- Nostalgia Trip - sassafras, sarsaparilla, cinnamon sticks, and vanilla bean (root beer stout)
- Kentucky Girl - Coffee Girl aged in Kentucky bourbon barrels
- Itsy Bitsy Stout - dry Irish stout.

Matryoshka with Cocoa Nibs will be available in 500ml bottles on February 1st, the second release from the Sweet Virginia Series bottle project. That's followed by Matryoshka with Cocoa Nibs & Raspberries on Sunday, February 19th. All three Matryoshka stouts will be on tap in the Lovell Taproom that day. Bottled variations of Matryoshka are extremely limited and available only at the brewery.





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