

November 2017 • vol 18 • issue 225

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**Friday
November 17
8pm at KALA**

LAST January KALA, Hipfish and Blues Musician Maggie Kitson staged an anti-Inaugural show featuring numerous performers. It was a hoot! Two folks in particular refreshed attendees, surprising many locals, that they were local, and their brand of music, and energy really charged the crowd.

When Julie Adams cut into her song, *Invincible*, there were crowd murmurs of . . . "Chrissie Hynde." Then Michael Costello followed with a semi-political, upfront roots tune that had people cheering and loving his graveled rock voice, and natural rock panache. A sweet deal offered up by real life partners and music duo Adams & Costello – two lead vocalists, both singing their own songs.

Are they the next Lee Hazelwood and Nancy Sinatra? Well, in actuality, the duo's tunes have a bite to them, and their voices could compare with very similar timbres. And, they have a real magic together that comes across on stage.

Cannon-beach based, The duo have been performing together for 5 years. Costello is a rock veteran, originally from Boston. He grew up playing in Boston, Mass clubs, and writing songs since he was 12, and his band Razors Edge saw success, opening for such big names as Jimmy Cliff and Buddy Guy in Boston clubs.

Sharing a love of roots music, Adams met Costello in Boston at a Lucinda Williams concert, and eventually after a long distance relationship, he succumbed to the beauty on the west coast. It was Costello that bought Adams a guitar 10 years ago. With a background in dance and instrumental music through high school, Julie Adams had harbored a long desire to sing and



do music but she admits, it wasn't until she had a musical companion to share it with that it started happening. But first, dedicated lessons with the talented Cannon Beach guitarist Wes Wahrmond got her up to par on the strings. Her love of writing poetry naturally emerged into songwriting, and she accredits Wahrmond for encouraging and coaching she and Costello to work together.

The duo now perform frequently in venues the Cannon Beach area—releasing an album, "You Better Believe It," in 2016, and a music video

to *Invincible*, shot on the shores of Cannon Beach.

"No matter what the venue," says Adams, "We're always prepared to do a show. Even if it's a dining environment, we want to engage people."

While working with your significant other can be "tricky," Adams admits that music is one arena where the couple easily communicates. "We spark ideas between one another, and I've learned a lot and continue to from Michael's musical knowledge."

Coming up for the KALA date, both musicians have been birthing new tunes. Adam's "Rise Up," she says, was originally

ADAMS & COSTELLO



sparked by the recent loss of a beloved kitty, it touches on a universal theme of the world's turmoil and how it's trickling down into people's personal lives and how we need to reconnect with ourselves. Costello has a new song that he rather economically states, is about "A big river that runs through Astoria." They'll also be debuting a new duet, about relationships titled, "Come Back Stronger."

While the two have nurtured the intimacy of performing with just 2 voices and 2 guitars, they've recently been working with Lake Jiroudek, a Cannon Beach native musician, who just recently graduated from the Jazz department at Julliard. Primarily a guitarist, Lake will be performing with them on bass. Drummer, percussionist Lawrence Alred, another veteran rocker, will be adding drums.

Adams & Costello have been honing their original music, and while they do play covers on occasion, it's the challenge and the joy to get the original material out. They're grateful for the support from the many venues on the Upper Left Edge, but they're now ready to branch out with a goal of performing regionally. "Finding stages to bring the music to the people," says Adams, "That's the goal, and were ready to see where it will take us."

Welcome Adams & Costello to the stage, Friday, November 17, 8pm. Doors open 7:30pm. \$10 cover. KALA is located at 1017 Marine Drive in Astoria. Full Bar. 21+ Please.



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AA& MUS@KALA ABERDEEN

a story and song cycle about a strange life
in a small logging town

ASTORIA VISUAL ARTS (AVA) and KALA bring "Aberdeen" to the stage—a live blurred-reality musical storytelling performance + on-screen animation, inspired by musician Matt Sheehy's travels as a forester in rural areas of OR and WA. The story recalls his attempt to restart his life in the rainy and iconic logging town of Aberdeen, WA and his entanglements with an eccentric local family living next door. Characters examine cultural isolation, rural gender roles, and sacrifice of individuality for a greater good.

Casey, the family's young mother, is a logger and breadwinner. Flood, the father, is obsessed with proving his manhood despite his fragile disposition and increasing paranoia about mysterious events in Aberdeen.

Sheehy's efforts to help result in discoveries about the nature of the multiverse and reveal hidden motives. Produced and performed by Matt Sheehy, Portland-based musician (Front singer/songwriter



of Portland band Lost Lander) and Stefan Nadelman, visual artist and animator (Montage of Heck). Q&A follows performance. For more information about AVA or to become a member visit <http://www.astoria-visualarts.org/>.

Currently Sheehy is taking ABERDEEN on the road in a workshop format and will premiere full scale in 2018. See it now, up close and personal.

Saturday, Nov 25. Doors open 6:30pm, show at 7:30pm. FREE to AVA members, \$10/non-members. AVA memberships available eve of show (will include price of ticket). KALA is located at 1017 Marine Drive in Astoria. Full Bar.



Sea Glass Safari: from Tokeland to Tobermory Judith Altruda Jewelry Show Inspired by a Journey to the British Isles

NORTH COAST ARTIST, Judith Altruda will present a new collection of her distinctive jewelry in a trunk show at RiverSea Gallery on Saturday, November 11, from 5- 8pm during Astoria's Second Saturday Artwalk.

Each piece is a one-of-a-kind work of art embellished with Victorian era sea glass or ancient coins, and created with metalsmithing techniques that are as unusual as the materials used. The artist recently returned from a sea glass collecting trip to England and Scotland, and this event is a rare opportunity to meet her and hear her stories about hunting for elusive vintage sea glass on remote beaches and the history behind each time-worn piece. Live music and catered refreshments will accompany the admiration and trying-on of small adornments. All unsold work will remain on display through December 31, 2017.

Among her followers and collectors, Judith Altruda is renowned for her devotion to historic metalsmithing techniques, her passion for materials with a storied past and her masterful design skills that turn each piece of jewelry into an artful treasure. Her style is informed by her surroundings of sea, sand and sky, mixed with the

allure of old objects and a thirst for adventure. She finds herself drawn to the luminous qualities of vintage sea glass, often of mysterious origin, its matte surface eroded by the tug and pull of ocean waves over long years. She is also fascinated with coins from ancient civilizations and the history they carry. These worn treasures with their hidden stories each become a focal point in a piece of jewelry, sometimes accented with a sparkling diamond set alongside to point the way to the mysteries within.

Though Altruda's home is in tiny Tokeland, Washington, huddled along the northern stretch of Willapa Bay, her quest for materials and mastery has led her on many adventures to faraway shores. Earlier this season, Altruda embarked on a sea glass odyssey to Britain. She began in London where she visited museums and soaked up inspiration from historic jewelry collections. Next, she journeyed north to explore the best sea glass beaches in England along the North Sea, and traveled across Scotland to remote isles, discovering sea glass sources and new friends along the way. The sea glass she gathered was originally discarded into the ocean by the glass factories prevalent there in Victorian times. She has returned with a treasured collection of time-worn glass cast ashore by the sea, jettisoned jewels, each destined to be the centerpiece in a work of art.

RiverSea Gallery is open daily at 1160 Commercial Street in the heart of Astoria's historic, downtown. 503-325-1270 riverseagallery.com. More at www.judithaltrudajewelry.com



and sky, mixed with the



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Merkley Reminds Oregonians They Can Sign Up For Affordable Health Care thru Dec. 15

Despite efforts to undermine the exchanges, the Affordable Care Act is still available for more affordable health coverage

Washington, D.C. — Oregon's U.S. Senator Jeff Merkley reminds Oregonians that the Affordable Care Act (ACA) open enrollment period [began Nov. 1] and lasts until Friday, Dec. 15. During the enrollment period, Americans can sign up for health coverage through the ACA marketplace.

"Every Oregonian should spread the word: The next six weeks are the time to sign up for affordable health coverage for 2018," said Merkley. "It's critical that everyone in

our communities knows that this is the window to sign up through the ACA marketplace. With the financial assistance available through the exchange, many Americans will be able to find affordable, quality coverage." Oregonians can visit healthcare.gov to shop, compare, and see if there's a plan that will meet their health care needs and save them money. Millions of Americans qualify for tax credits that ensure affordability. With tax credits,

policies are available for \$50 to 100 per month. Call 1-800-318-2596 or visit localhelp.healthcare.gov for assistance.

This is the ACA's fifth open enrollment period. About 10 million Americans have coverage through the ACA marketplaces, but millions more remain uninsured. This year, experts are encouraging people to plan ahead and make sure they set aside time to enroll, since the administration has shortened the enrollment period and has said it will shut down the healthcare.gov website nearly every Sunday for 12 hours at a time.

"It's disappointing that people out there are sowing confusion and trying to dissuade fellow Americans from getting health coverage," Merkley said. "It's incumbent on all of us to make sure that Oregonians and all Americans know they have the opportunity to sign up for life-saving health coverage."



Repair Regift REPAIR ASTORIA



REPAIR ASTORIA HOSTS Repair Café at Fort George Brewery in November and December. The holidays are upon us, surprise your beloved with the gift of repair. What better way to show you care than fixing treasured items. We all have plenty of stuff, let's help make it last!

Repair Astoria hosts FREE monthly repair events that bring people together who have broken stuff, with people who know how to fix it, creating community around skill-sharing, repairing things, and diverting waste from landfills.

Typically events are the fourth Wednesdays of the month, but due to upcoming holidays events will be as follows:

Wednesdays Nov 15 and Dec13, 6-8pm in Lovell Showroom at Fort George Brewery

Both events will feature mending, bike repair, knife and scissor sharpening, general small appliance repair and electronics repair. The taproom will be open for beer and food purchases at both events.

Find em' on Facebook to stay updated on events! <http://facebook.com/repairastoria>. Come learn some new skills, meet members of your community, and prevent waste while saving some of your most loved items.

Be a Tourist in Your Own Hometowns



**Jewell Meadows Wildlife Area –
79878 Hwy 202, Jewell, Oregon**
**Free wildlife viewing with valid Wildlife Area
Parking Permit, all day, Friday & Saturday**

PACIFIC AND CLATSOP Counties are known throughout the region for their tourist attractions, but how long has it been since you visited these sites? If it has been awhile since you've been a "local tourist," the *Hometown Tourism Days* on Friday, **NOVEMBER 10, AND SATURDAY, NOVEMBER 11** (Veterans Day), might be just the ticket for you.

Local sites are working together to share free or reduced admissions or other special deals on these days to encourage their neighbors to come and see what they have to offer.

Go to oldoregon.com for a list of special activities available for the 7th Annual Hometown Tourism Days, plus be amazed by the many local cultural and nature sites in our region.

CCC Rededicates Patriot Hall with Homage to 1921 Dedication on Veterans Day

ON SATURDAY, NOVEMBER 11, 2017, Clatsop Community College will pay respect to our veterans with a Veterans Day ceremony and rededication of Patriot Hall to those that have served our country. The original dedication of the building in 1921 took place on Armistice Day with a plaque ceremony dedicating the building to the "Clatsop County soldiers of all wars". The rededication will reflect matching elements from the original dedication including musical numbers and readings.

The American Legion Post 12 of Astoria will be playing a large role in the event conducting the flag ceremony and POW MIA table

ceremony. Student volunteers from CCC will be participating in ceremony elements and members from local music groups will be helping honor our veterans through musical numbers such as Jewell High School Wind Ensemble, Columbia River Symphony, North Coast Chamber Orchestra, North Coast Chorale, and North Coast Symphonic Band. Veteran service information will also be present.

The ceremony will start at 10:30 a.m. in Patriot Hall on the Lexington campus in Astoria. All community members are welcome to attend. Following the ceremony, refreshments will be served in Columbia Hall Café area.



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THE F WORD

outside the box



STEPHEN BERK

I RECENTLY heard an impassioned talk on Alternative Radio making the case for the "fascism" of the Trump administration. Fascism is a loaded term that immediately recalls the authoritarian governments of the Axis Powers in World War Two. In fact it was Hitler's junior partner, Benito Mussolini, whose Italian regime coined the term and embodied the key elements of modern fascism. Chief among these was the "corporate state," a merger of government and the most powerful business corporations. Fascism historically has also emphasized a powerful leader, or supreme head of state whom the people submit to and follow the dictates of, almost as a god. The leader stands as the supposed embodiment of the will of the people.

If you take the Axis as the model, fascism is also intensely militaristic. Hitler saw his Nazi movement as the personification of a master race, with a mission to conquer, rule and purify the world by elimination of all so-called degraded or inferior races. Such ideology inevitably includes scapegoating of those deemed inferior, notably in the Nazi case, the Jews. Jewish mystic Martin Buber, who lived through the Nazi genocide, in his masterpiece, *I and Thou*, holds that we can take two essential attitudes toward other humans and the rest of creation: *I-Thou*, or *I-it*. In the former, which works to enhance life, we see and treat all other beings as ends in themselves, thus recognizing their sacredness as embodiments of life. In *I-it* relationships, we, as *I*, treat other beings as it, or mere means to our own ends. An example might be the sweatshop capitalist owner and his exploited workers. Fascism is the supreme embodiment of the *I-it* mentality, raised to the level of a quasi-religion. Narcissistically, the fascist leader regards himself as the personification of superior being. At the same time

he holds his identity, bound up in "blood and soil," race and nationality, to be the ideal. The model of one's relationship to a fascist leader is not partnership based on equality, as in a democracy, but submission. The leader is above the mass, or people, and they gain their very identity by submitting to him.

Psychoanalyst Erich Fromm, himself an Austrian Jew and refugee from Nazi conquerors, in his book, *Escape from Freedom*, holds that the state of being

No doubt we have in the U.S. today many of the conditions that brought fascism to power in Europe between the world wars. In a stagnant economy, growing numbers of people are leading decaying lives. Wages are low for most, as a tiny elite monopolizes the wealth. The stock market is ever climbing, but only this economic elite benefits from it. The great decades of upward mobility and opportunity that followed the Second

World War are well behind us, as people are now underemployed at more than one part-time dead end job with no benefits. Great numbers of working families struggle now a paycheck away from broke. We don't have anything on the scale of the Great Depression of the thirties, but we have just been through something economists have called the Great Recession. We have emerged from that with "full employment," which doesn't count those who are chronically unemployed and therefore off the books, or those with low wage jobs.



free brings with it the capacity of people to choose the kinds of lives they want to lead and the kinds of leaders they want. But such free choice in life can be confusing and scary for people with a poor or degraded self-image. Such "masses" may feel fully alive only in identifying with a supreme leader. The German people, following the defeat of their nation in World War One, and the imposition of the harsh terms of the Versailles Treaty, which caused economic collapse and the loss of social stability, felt both powerless and deprived of their former identity as a people. When Hitler, in his Nuremberg rallies, veritably personified their anger at their loss, vowing to restore and enhance Germany's glory in a thousand year Reich, the people shouted, "Heil!" He restored their identity, and they were eager to follow him into war. This is the spirit of fascism.

Many of those living such lives of quiet desperation are now vulnerable to a demagogue who would deflect their misery from the capitalist oligarchy taking the lion's share, to a scapegoat class or ethnicity. Since America, with its insatiable appetite for oil is now in perpetual war with Arab Muslims, a slick demagogue can thus easily lead a frustrated, angry crowd toward anti-Islamic scapegoating. Yes, Trump does talk that trash and appeals to white nationalists. Though he is far from a dictator, and American society today is far from the desperate straits Germany was in between the wars. But if economic stagnation turns to collapse, the conditions of fascism may ripen. We already have its economic basis in domination of the economy and the political sphere by powerful corporate and financial interests, fascism's corporate state.

NATURE NEWS

A Conservation Tree For Christmas from North Coast Land Conservancy

FOR THE SECOND YEAR, North Coast Land Conservancy is making fir cuts on its Boneyard Ridge Habitat Reserve available to the public for Christmas trees. How does cutting Christmas trees help the forest grow? Thinning a stand of young fir trees in order to encourage healthy tree growth and development of a complex, mature rainforest. The trees being cut happen to be the perfect size and shape for Christmas trees. Get your tree from NCLC and contribute to the restoration of Boneyard Ridge and Circle Creek habitat reserves.

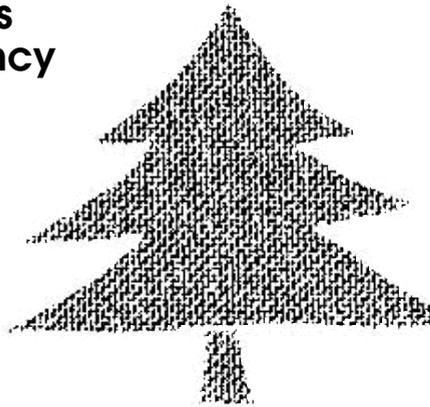
Trees will be displayed inside the big barn at NCLC's Circle Creek Conservation Center. Most of the trees are noble firs, with sturdy branches and an airy structure just right for hanging ornaments. There may be a few grand firs as well. Trees will be available from 11am and to 1pm, or when that day's trees run out. Come early for best selection. The trees are quite tall but can be cut to height. If you want a really tall Conservation Christmas Tree for your business (or high-ceilinged home), contact Melissa Reich (melissar@NCLCtrust.org) to make arrangements.

When the holidays are over, return your tree to Circle Creek Conservation Center (only Conservation Christmas Trees, please). Volunteers will place it in a stream on Boneyard Ridge or in the floodplain at adjacent Circle Creek Habitat Reserve, where it will provide essential refuge for juvenile coho salmon, which during the full year they spend in freshwater streams and estuaries prior to entering the ocean. Algae will grow on the submerged tree's needles and branches, providing a key link in the food chain that salmon and other coastal fish and wildlife depend upon. On the floodplain, your tree will slowly decompose and nourish the soil where NCLC is working to reestablish a native rainforest.

Saturday and Sunday, Dec. 2 & 3

11 am to 1 pm \$100 suggested donation per tree Circle Creek Conservation Center Seaside

DIRECTIONS: Circle Creek Conservation Center is at the end of Rippet Road in Seaside; look for it on the west side of US 101, 0.7 mile north of the junction with US 26. Follow the road west and north a short distance, passing a gravel quarry on your left, to where it ends in front of the big barn.



Citizen science, coastal hazards, and community resilience on the Oregon Coast Nature Matters welcomes Meg Reed

IN THE FACE of a changing climate, Oregon's already dynamic coastal environment will continue to see challenges to development, infrastructure, recreation, and natural environments. All levels of government, organizations, and individuals are faced with difficult questions about how best to prepare, adapt, and mitigate for these challenges.

Meg Reed, the Coastal Shores Specialist for the Department of Land Conservation and Development's Coastal Management Program, addresses those dynamics and more Thursday, Nov. 9 at a Nature Matters presentation. The 7 p.m. discussion takes place at the Fort George Brewery in Astoria. The event is free, open to the public, and will take place in the Fort George's Lovell Building showroom. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages.

Oregon's Coastal Management Program is charged with the management, conservation, and development of Oregon's coastal and ocean resources through the statewide land use planning program. Reed provides technical assistance to cities, counties, and state agencies regarding land use planning for coastal shore processes and geologic hazards. She also coordinates Oregon's King Tides Photo Project. Reed's background is in marine science, natural resource management, and science communication. The Nov. 9 event will examine some of the hazards coastal communities face and how climate change factors in to the policies and management of coastal resources and development. Additionally, this talk will discuss ways in which citizens

can help provide coastal managers with local data through King Tides photographs to better help visualize the impacts of sea level rise. To find out more about the King Tides Photo Project, visit www.oregonkingtides.net. This year the Haystack Rock Awareness Program, as well as Oregon Shores and Surfrider, will be partnering to encourage participation and provide support for the project on the North Oregon Coast.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George.



MOVIES

Wandering Reel Traveling Film Festival Comes To Astoria Sunday Nov 12



Sugaring Off

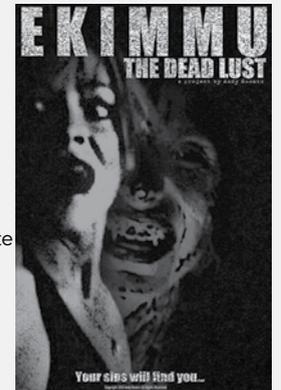
MOVIES Inspire. Movies bring people together. Movies change lives. Or so proclaims the Wandering Reel Traveling Film Festival as it makes its debut at the Columbian Theater in Astoria with a collection of short films designed to engage and inspire its audience.

This year's film program, You. Me. We., features a collection of six inspiring short films that ask two questions: What tears us apart? and What brings us together? You can learn more about the films showing in this program at www.wanderingreel.org/2017-film-programs.

Wandering Reel comes to town for one day only, a special matinee presentation Sunday, November 12th at 3:00 P.M (doors open at 2:30 P.M.) at the Columbian Theater, 1102 Marine Drive, Astoria, OR, 97103. Tickets are \$5. Screening will be followed by Q&A discussion with festival director, Michael Harrington.

EKIMMU

Hoffman Center Presents Horror Film for Manzanita
Mystery Weekend
Friday Nov 17



As part of Mystery Weekend 2017 in Manzanita, the Hoffman Center for the Arts in Manzanita will screen the Portland-made independent feature film "Ekimmu: The Dead Lust" Friday, Nov. 17 at 7:30 p.m. Admission will be \$5.

On a cross-country trip home a young couple make a late night stop in the unassuming town of Briar Creek. There they stumble across a mysterious girl lying along the dark roadside, with evil lurking waiting, planning, and plotting inside her.

When the two girls find that they are somehow psychically connected strange things begin to happen, and it's only a matter of time before they can't control the inevitable.

The following days will lead them to question everything, from their own existence to whether or not they have somehow opened a doorway to evil. The answers can be found in only the darkest of places, where the sins of the past become the sins of the future.

Shot in Portland and Colton, Ore., the film was written and directed by Andy Koontz, and stars Jeff Argubright, Carissa Becker, and Chloe Francis. Released in 2017, it lasts 74 minutes.

A trailer can be viewed at <https://vimeo.com/157741245>

The Benefits of Gusbandry

Binge Screening + Q&A with Filmmaker Alicia J. Rose
Saturday, December 9 @ 5:30 pm
Free & open to the public.
Sou' Wester Lodge in Seaview

About the Film: At her debauchorous 40th birthday party, serial relationship-killer Jackie meets handsome and charming thirty-something River. Their ensuing adventures in self-medication, late-blooming, and questionable judgment lead them to discover a raucous new kind of "significant otherness". Inspired by real-life relationships with creator Alicia J. Rose's "Gusbands" (a.k.a: gay best friends), The Benefits of Gusbandry brings to life two one-of-a-kind characters approaching 40 and follows them as they find something special in one another, navigating the modern world with a no-punches-pulled comedic purview, finding true love in a most unexpectedly platonic way.

PLANET-FORWARD FASHION FOR WOMEN & MEN



WINTER bazaar

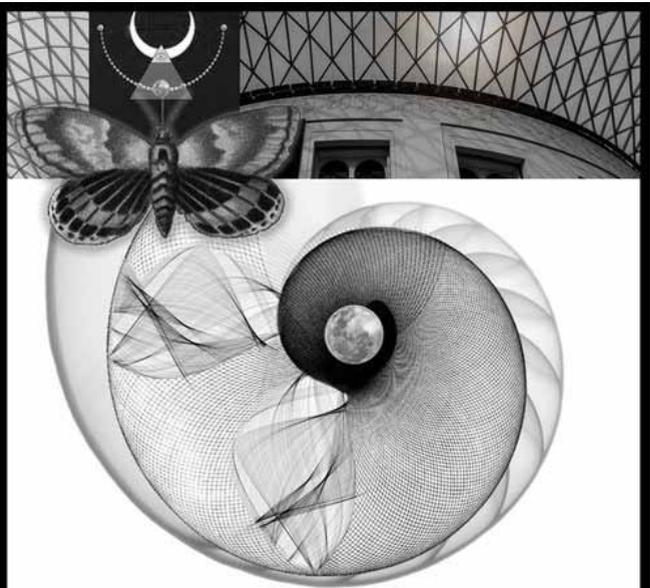
December 2nd, 11-5pm

wreathes, jewelry, paintings, honey, handspun yarn,
soap, potatoes, reclaimed wood furniture, gourmet ice cream, hats
and scarves, holiday cards, natural dyed textiles, sculpture,
paintings, tamales + sopes, iron work, coffee, ceramics, +
handmade paper lights

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STREAMING @ coastradio.org



Lower Columbia Q Center Board 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.

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTIQ group. This group is designed to help connect LGBTIQ people in the Lower Columbia Region which includes Clatsop, Columbia, Tillamook and Pacific County. Finding community in these rural counties can be challenging. The Lower Columbia Q Center builds community and discusses LGBTIQ issues freely and confidentially. This group meets at the Astoria Armory, 1636 Exchange St. every 2nd Wednesday of the month at 6:00pm. **THE NEXT MEETING WILL BE AUG 9TH.** Please Contact Chris Wright at (425)314-3388 with any questions.

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 Monday 7-8:30pm
Contact LCQCAstoria@gmail.com.

Every Friday Skate night and LGBTIQ+ teen
social nights -5-9pm

Monthly LGBTQ Events in Lincoln County

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

A Colony Called Oregon Forest Interest Group Meeting

Thursday, November 9th from 6:30 - 8PM
Rm. 310 Towler Hall, CCC Campus
Speaker Chuck Willer of Coast Range Association

Willer has been doing investigative research on forest ownership in Oregon in particular big corporations and their federal tax exempt status and what it all means for the economy of Oregon.

There will be ample time for questions for Willer followed by a group discuss of how we can accelerate change in Oregon by broadening our activist strategy and joining forces with other similar groups in the state.

All interested are welcome. For further interest contact:
Roger Dorband, orders@ravenstudiosart.com

An Invitation To The Nehalem Valley Community

All interested citizens in the north Oregon coast community are invited to the Nehalem Valley Historical Society Annual Meeting, November 18th at the Pine Grove in Manzanita at 3pm. This meeting will mark the 30th anniversary of the Society's existence.

The organization is making some dramatic changes in the appearance of its exhibit space and have some aggressive plans for the future. Four new board members will assist in future plans. Also there is an update on the restoration and beautification of the Nehalem American Legion Cemetery at the meeting. The program will include a tour of the improved Historical Society exhibit space with anniversary cake and beverage.

INTERNATIONAL STUDENTS NIGHT

The Tillamook County Pioneer Museum will host International Students Night on Tuesday, November 14 from 7 - 9 PM. Students from Egypt, Indonesia, Libya and Jordan will be speaking about their lives in their home countries as well as their experiences in the United States. Aly Ahmad, Nurul Lastriana, Seif Essadi, and Zaina Muffarej will be the guests for the evening. This event is free and open to the public.

NC PREVENTION WORKS COALITION

Please join us at our monthly coalition meeting!
3rd Thursdays. 3:30-5pm. Agenda items include: -Drug Free Communities Grant- mORe Campaign -Youth Recognition Awards. Warrenton City Hall Chambers. 225 S Main, Warrenton

PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. FMI: contact jacquelinedevaney@gmail.com

CLATSOP COUNTY DEMOCRATS MEET Clatsop County Democrats meet the fourth Monday of each month at 6:00 p.m. in room 221 of Columbia Hall at Clatsop Community College in Astoria. Parking next to Columbia Hall is accessed off of and above Lexington Avenue, between 15th and 16th Streets. For more information about the Clatsop County Democratic Party, please go to www.clatsopdemocrats.org or www.facebook.com/clatsopdemocrats.

PACIFIC COUNTY DEMOCRATS Monthly Meeting - 2nd Mondays, 7pm, North County Annex, 1216 Robert Bush Drive, South Bend, WA

CREATE • Nov 16 Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique, fertile and beautiful Columbia River Estuary and the rivers and streams that flow into it. 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.

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorcher.

November 16 meeting welcomes Nancy Webster from Rockaway Beach Citizens for Watershed Protection, and Mike Cook talking on the Clean Energy Jobs Bill

Electric Vehicles Are Here To Stay



TESLA 3

IN 1914 my great grandfather, Austin Davis, built and operated one of the first gasoline filling stations in Southern Ohio. At that time, the United States was transitioning from horse drawn to horseless carriages. Some of these rings for securing horses can still be seen in Astoria on the curb on Jerome and 14th Street since this city was built way before cars. Now, in 2017, there are just over 210,000 gas stations scattered across the US, sometimes more than one on the same intersection.

So in step with great grandfathers foresight, great granddaughter, Pamela, is promoting electric cars. The world, as well as this Country, is moving on from petroleum fueled to electric vehicles (EV's). The infrastructure for EV's multiplies daily. Fast chargers with the ability to fully power an auto for 200 miles in ten to fifteen minutes have been with us for two years. Seaside has an eight bay Tesla Fast Charger station that achieves this, and in the slow lane, Astoria's Sunset Transit has one with two free standard outlets for gradual charging that takes around thirty to forty-five minutes. Cannon Beach has two, one at an RV park and another at the Cannon Beach Hotel. Your next occasion to fuel up your gas powered car, clock the time it takes to fill up, pay, and skedaddle. You could have charged your EV for 200 miles in that time for a few dollars.

For our Country's population, an improved quality of living is the outcome. The greatest benefit will be to lower income people. Charging their cars for three to four dollars for 200 miles compared with twenty-five to forty dollars for a similar range in a

gas fueled auto, they can use the savings for other family needs such as education, food, or healthcare. The air, roads, and waterways will be cleaner as petroleum product run off is reduced. The atmosphere will be quieter with EV's silent running.

Aside from charging at home, the first thing you'll want to consider when buying an electric vehicle is, where are the EV charging stations near your residence? Install an app on your smart phone, which can locate charging stations by your location via GPS. There are many to choose from; PlugShare, ChargePoint, EV ChargeHub, Nextcharge, JuiceNet and others. It's similar to when petroleum cars replaced the horse, people had to be near a fuel depot for their gasoline or kerosene to power their automobile.

And another perk, electric cars are more reliable because there are less parts to go wrong, no oil changes, no tune-ups. EVs have less than 1/10th as many parts as a petroleum powered car. There's no gasoline engine, spark plugs, valves, fuel tank, tailpipe, distributor, starter, clutch, muffler or catalytic converter. Home Depot and Target carry home charging appliances. Many of the auto companies will sell you one for home charging, at a discount, with your electric vehicle.

A US Department of Transportation Grant of two million dollars built twenty-two fast charger stations throughout Oregon in 2009. And later gave fifteen million more in 2010 for charger infrastructure. During 2011 the Oregon Legislature passed Oregon HB 3672 for a program in the Oregon Department of Energy for internal teams to address conservation, generation, transportation, renewable energy credits, and biomass. ECOTotality started in 2010 to deploy electric charging stations in California, spreading to Oregon, Washington, Arizona, Texas, Tennessee, and Washing-



NISSAN LEAF ENGINE 2017

BY PAMELA MATTSON MCDONALD

ton D.C. The company was supported by over one hundred cities, corporations, and organizations to disperse EV Charging stations and infrastructure.

Electric vehicles have been manufactured all over the world since 2009. (See chart)

In the U.S. market now, are EV's from GM, Tesla, BMW, and Nissan. The costs range, on average, from \$38,000 for the GM Volt, for the Tesla 3, \$35,000, BMW's i3 is \$44,000 and \$30,680 for the Nissan Leaf. The GM Bolt has a 238 mile range, The Tesla 3 does 215 miles, BMW i3 goes 180 miles and Nissan's Leaf clocks 117 miles for a charge. Since many of these have been manufactured since 2010, there are many used EV's available.

A number of electric motorcycles are being manufactured. The California company Zero, owned by a former NASA engineer, manufactures the 2017 Zero DS, which runs over 220 miles per charge and costs around \$10,000. Vectrex, Brammo, and Victory, all have models available but they aren't the only ones. Search on the Internet for electric motorcycles and bikes. They've been available for over a decade in various amounts of mileage per charge. Though the newer, serious, electric motorcycles go much longer than before, two hundred plus and some three hundred miles on a charge. Brammo is notable for taking its technology from motorcycle to utility vehicle manufacturing of jeeps, bulldozers, airport plane tugs, and all terrain vehicles.

If you are concerned about cost savings and the environment, you may own a Prius. Consider owning an EV in the future. You'll be amazed at the money you save. You may contact the GM Dealer 503-861-3366, Tesla Model 3 at 877-798-3752, BMW 888-773-8043 and Nissan 503-457-4695.

PRESS NOTE: Governor Kate Brown upon this writing is in attendance at the UN Climate Change Conference in Bonn, Germany. In advance of the conference, Governor Brown also signed two executive orders in Portland that move the state toward greater energy efficiency, accelerate the adoption of zero emission vehicles, and lead the state further toward fulfilling goals to reduce greenhouse gas emissions, all while supporting Oregon's economy.

At the UN Climate Conference in Bonn, Governor Brown will highlight the economic development opportunities and jobs supported by green innovation and affirm Oregon's commitment to fighting climate change. Governor Brown is expected to be the highest-ranking woman elected official representing the United States at the climate change conference. She will be joined by California Governor Jerry Brown and Washington Governor Jay Inslee.

A FEW ELECTRIC VEHICLE COMPANIES 2017

Asia

BYD – e6
Honda – Clarity
Hyundai – Ioniq EV
MG Motor India (EV India only)
Mitsubishi – i-MiEV
Nissan – Leaf
SAIC – MAXIS EV 80, Roewe 750 (Europe only)
Tata – Starbus Electric Bus (India only)

Ford (Europe only) – Focus Electric, Transit, and Tourneau Van
Jaguar – E-type Zero
Mercedes Benz – B Class
Rolls Royce – The Electric Phantom

United States

GM – Bolt EV
Fisker – Karma
Tesla – Tesla S, X, and 3
Zero Motorcycles – Zero DS
Brammo – Electric vans and utility vehicles

Europe

BMW – Active e, i3 (Asia, Europe, U.S.)
Daimler – Smart ED (Europe only)



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. . . in Nahcotta, Washington on Sandridge Road, just south of Bay Avenue overlooking willapa bay

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

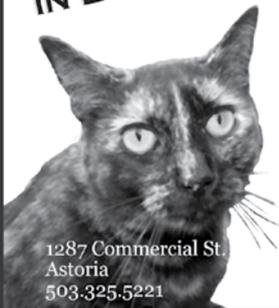


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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS NOVEMBER

IncoWa Postcard Party

Every Friday, 1-3 pm
Ocean Park, WA (private home; email gwenbrake@gmail.com for details)

INCO Oppose Bigotry Team Meeting

Tuesday, November 7, 6 pm
Astoria (private home; email incoregon@gmail.com for details)

INCO Reading Group: This Fight is Our Fight

Wednesday, November 8, 6:30 pm
Astoria (private home; email incoregon@gmail.com for details)

Resistance School: Public Narrative

Thursday, November 9, 6 pm
Seaside Library Community Room

Warrenton Community Group Meeting

Saturday, Nov. 11, 11 am
Dooger's Seafood and Grill, Warrenton

Astoria Community Group Meeting

Tuesday, November 14, 6 pm
Winekraft, Astoria

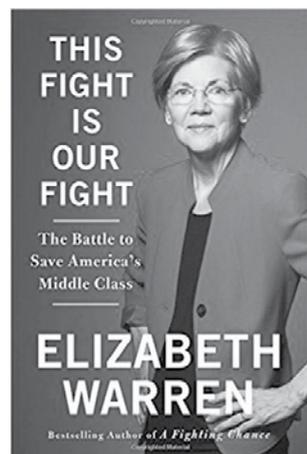
INCO Vote the Future Team

Wednesday, November 15, 6:30 pm
Seaside Library Board Room

INCO

Book Club

This month's selection:
Elizabeth Warren's
This Fight IS Our Fight
Wednesday, Nov 8,
6:30pm
For location, email
incoregon@gmail.com



AS I ENJOYED a piece of warm apple pie on a calm evening, I listened to a presentation by Gail Frank, a local author and activist who spoke about her human rights work with Green Mountain Samaritans on the Arizona border. In the packed room at Tillamook Bay Community College, nearly 100 people, including Senator Betsy Johnson (D), Senator Arnie Roblan (D) and Representative David Gombert (D), collectively reacted to the images of children, mothers, fathers, and grandparents near death with dehydration and heat exhaustion.

Next, we saw a map of all known deaths across the desert, undeniably shocking for many. To honor the dead, one volunteer Samaritan had gone out to place a white cross at each site where human remains had been found, creating a memorial. The Samaritans provided water and food for survivors.

The rest of the evening, our elected officials discussed current statewide issues and answered questions from the audience. Healthcare was on everyone's mind. Sen Johnson reported that in 2017, we stand to lose 350,000 insured Oregonians if referendum 301 fails. Nicknamed "stop healthcare taxes," it is being championed by Rep Julie Parrish (R), Rep Sal Esquivel (R) and Rep Cedric Hayden (R). The referendum is confusing, and if it fails would deny access to healthcare funding provided for in HB2391. This is an issue that affects us deeply here at home, though we are not alone.

All across Oregon, and across our nation, our communities are full of working families, seniors and students who are uninsured or struggling with unmanageable healthcare costs. In the United States of America, we are spending more per person on healthcare than other industrialized nations, yet do not have healthcare outcomes to match.

For many, lack of access to affordable healthcare means reduced quality of life. For some, it means not being able to work or attend school. For others, it means waiting until healthcare situations are dire before seeking out a costly emergency room visit. Then, of course, for too many it means death.

I think of those who are no longer with us, imagining those deaths memorialized, like the immigrants in the desert. I think of the untold impact on families and on our society. If we could see a white cross for each American we have lost to this crisis, perhaps we would recognize the gravity of the situation. This is an issue that affects the majority of Americans. Whether it affects you personally, or your neighbors, or your con-

Living Our Values

by Annie Naranjo-Rivera

gregation, or the small businesses in your community, the issue of affordable healthcare crosses traditional boundaries and reaches from corner to corner of the nation.

From the days of President Franklin Delano Roosevelt, we've worked to find a solution for the American healthcare crisis. We have made some steps in the right direction, but have a long way to go. I believe we must live our values. We must join the numerous countries that ensure that basic healthcare needs for all their people are met. We must think of healthcare a human right. We must vote our values. We must hold elected officials accountable to do the same.

As this issue has picked up momentum and gained the attention it deserves, we are at a critical juncture in our history. We must decide if we want to set our course with a forward-thinking vision for future generations. More and more, people are feeling empowered to make their voices heard. Dialogue is happening. From all across the political spectrum, ideas are being put forward, and not a minute too soon.

Let's allow this urgent conversation to continue!

Voice your concerns at the national level by contacting your members of Congress. At the state level, please vote YES on referendum 301 to affirm our commitment to healthcare for all Oregonians on Jan 23rd.

Additional resources:

Ballotpedia.org (information on referendum 301)
Indivisible North Coast Oregon (contact information for elected officials)
Healthcare for All Oregon (Join the movement to solve the healthcare crisis.)

Annie Naranjo-Rivera lives in Manzanita. Portions of this column were originally published in the Tillamook Headlight Herald.

→ Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. It's among thousands of grassroots Indivisible groups that formed nationwide in response to the 2016 presidential election.

→ INCO's community groups (CG) are active in Manzanita/Cannon Beach, Seaside/Gearhart, Warrenton, Astoria, and the Washington peninsula. Sign up to receive the INCO e-newsletter and Action Alerts at www.indivisiblenorthcoastor.blogspot.com. To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.





Oregon Coast LOVE Coalition Confronting RASCISM Founder LaNicia Williams' message: "Look to our hearts."

By Kaisa Schlarb

Photo by Brian Cameron/Courtesy North Coast Citizen

LANICIA WILLIAMS, loves living on Oregon's North Coast. Putting her feet in the sand resets her equilibrium. Heading south to search for agates is cathartic. Something calls her here, and she knows that she is not alone in this.

"Oregon is special, and not because it is diverse or because it is progressive. It's the nature. People move here or want to stay here because it is beautiful and nature speaks to our soul."

Williams loves living here. She feels called here by God.

Paradoxically, Oregon also makes her uneasy. "Oregon scares the hell out of me" she says with a laugh.

We have met to talk about her work starting the Oregon Love Coalition and the group's response to a racially motivated hate crime in Nehalem in September. Nodding in superficial agreement, I wait for her to go on. Within a few minutes, Williams, who is black and has lived in the Pacific Northwest for only 3 years of her adult years, educates me, a 31 year old white woman and lifelong Pacific Northwest resident on the Exclusion Laws of Oregon's early history, which made it illegal for people of color to settle in Oregon Country/Territory.

"No free negro or mulatto not residing in this state at the time of the adoption of this constitution, shall come, reside or be within this state or hold any real estate, or make any contracts, or maintain any suit therein; and the legislative assembly shall provide by penal laws for the removal by public officers of all such negroes and

mulattoes, and for their effectual exclusion from the state, and for the punishment of persons who shall bring them into the state, or employ or harbor them."

The latter text is Oregon's 1857 Exclusion Law, the third of its kind, and the version adopted into the state's Constitution, where it would remain until 1926.

William tells me how when she first started learning about the State of Oregon, it revealed to her the systemic racism our state was borne of. "Racism is a system," says Williams. "Our system was built on racist principles. There is no denying that the foundation of what we are living in was to keep people of color down."

Native people were displaced from the land they had inhabited for generations before the arrival of white people. Black people were barred from moving to Oregon Territory and from receiving the 400 free acres white people were given by the US government to colonize this land with whiteness. Williams recommends two books: *Breaking Chains: Slavery on Trial in The Oregon Territory*, By R. Gregory Nokes to read about this further. Also *A Brief History of Fear and Intolerance in Tillamook County* By Helen Hill.

Oregon Coast Love Coalition

Oregon's racist history shows us that present day issues of violence against black people do not happen in a vacuum. Oregon's population is mostly white today because it is how it was intended by those with the power to decide.

Williams started the Oregon Coast Love Coalition, in late 2017 "to ensure the Oregon Coast is a place where justice and inclusion are so tended to that anyone can visit or live here and be respected regardless of race, economic standing, faith or sexual identity."

It is about creating a safe community for all people, and standing up and speaking out when that isn't happening.

Most recently, the organization responded to the hate crime in Nehalem. When racially violent graffiti was found at the Nehalem community skate park by a 10 year old boy of color in September, the OCLC organized community members to take a knee in front of the Manzanita post office in solidarity against hate and racism. 23 people participated and the community has raised \$1000 as a reward for anyone who might have information about the perpetrators. The crime is still under investigation.

Williams believes the City of Nehalem is taking the crime seriously, but she was surprised at how many people wanted to push aside the crime as "kids being kids."

"We said that last year. Do we really want to say that again this year?" Williams is referring to

dismissals of racial slurs aimed at a candidate for last year's mayoral race in Nehalem.

Especially when the crimes are directed at the community's children.

She was inspired to do something after working in the Tillamook school system and hearing some of the issues the parents of children of color were reporting to her. When their children were experiencing discrimination based on race in schools, according to Williams, the issue was largely getting swept under the rug and going unaddressed.

Williams wondered, "how can people act like we do not have a problem when the concerns of our children are not being addressed?"

Racism and discrimination don't have to take the shape of overt hate crimes, but most often expresses itself as ignoring, looking away, and invalidating the experiences of people of color. It was not acceptable to Williams for this to happen to the children of her community, who are unable to speak for themselves. She wanted to be their voice. Thus, the coalition took shape.

Williams' vision for the coalition is big: camps on the coast pairing children of color from Portland with Tillamook youth, exploring both diversity and rural living; scholarships; awards for community partners who are also doing the work of diversity and inclusion. She even dreams of bringing an annual black-tie-event to Oregon's chronically dressed-down culture.

Right now, the group is working trying to settle into its foundation. It is learning what its roots are, and who its audience is, and where it

cont. pg12



Scheller, Williams, & Marshall with Host Joan Herman on "PERSPECTIVES" listen at coastradio.org

needs to go. One celebration it is doing for sure is MLK day and weekend.

Williams has always lived places where MLK celebrations are a big deal. In this part of Oregon they are lacking. "I will always support celebrating MLK as an entire weekend, one day isn't enough and we have a lot of time to make up for," she asserts.

The OCLC put on an MLK weekend of events in 2017, events in the traditional Monday day of service and a community cookout prepared by William's soul food business, Coastal Soul. The 2018 weekend is in the works for Tillamook County January 13-15th.

Details are still being finalized for this year's celebration. On Saturday there will be a viewing of the movie "No Joke, Your Town" a documentary about a unique friendship between an Imam, a Priest and a Rabbi at the Hoffman Center. On Sunday at Nehalem Bay United Methodist Church, Williams will perform an interpretive monologue and history of people who were working alongside Dr. King the general public is not educated on.

Monday, Martin Luther King Jr. Day, will be celebrated with a half day of service. This year, the OCLC has partnered with Habitat for Humanity, NW Seniors and Disability and Veterans for Peace. 6-7 teams of people will go out to serve the community with their identified places to work.

Interested community members can connect to The Oregon Love Coalition via its facebook page.

Lower Columbia Diversity Coalition

The OCLC isn't the only coalition on the North Coast addressing issues of race. The recently resurrected Lower Columbia Diversity Coalition, formerly the Lower Columbia Diversity Project, is active in Clatsop County. Its mission is "engaging proactively with diversity issues in the region."

"The challenge is to be inclusive. Diversity is not enough, we can acknowledge diversity, but inclusion means we are all at the table," explains Tessa Scheller, a member of the Coalition.

According to Scheller, the group was founded as the Lower Columbia Diversity Project more than 10 years ago in response to issues that were happening within the Coast Guard. The nature

of a "project" is to have an ending, which it did. A large group of people responded to the Coast Guard, but as the issues died down, interest in the organization dissipated.

In its new iteration as a "coalition" rather than a "project," the LCDC is hosting a monthly "Courageous Conversations" event on the last Sunday of every month at Clatsop Community College at 2 pm. The caveat is the coalition will move its events to accommodate other community events that may take place at the same time in an effort to be supportive of other awareness and

inclusion campaigns.

"Courageous Conversations" are meant to get members of the community in dialogue to talk openly about the issues we face. Themes vary—October's conversation centered on race.

The coalition hosted a viewing of James Baldwin's "I Am Not Your Negro," an examination of race in America. The viewing was followed by community dialogue, which Scheller viewed as meaningful. Of note, she said white attendees seemed to be somewhat less defensive

about their role in upholding a racist system, and came more from a place of personal acknowledgement and questioning "how do we get better at this?" There was more receptivity by white participants to the feedback and experiences of attendees of color.

Scheller credits fellow coalition member Andy

Marshall as central to the organization's rebirth as a coalition and the work being done there.

November's "Courageous Conversation" will feature Jorge Gutierrez of the Lower Columbia Hispanic council, where the conversation and education will focus on Deferred Action for Childhood Arrivals (DACA). It will take place at Clatsop Community College in Columbia Hall, Room 219 at 2 pm on Sunday November 26th.

Work of the Heart

Recently, Scheller, Marshall and Williams were all participants in a dialogue on Coast Community Radio's "Perspectives," speaking together in the wake of the Nehalem hate crime, as well the Confederate flag that was flown during the Regatta parade. They each talked about what they thought the solution to racism was, and it boiled down to a similar first step: Self-work.

Marshall, a black man and decades long resident of the North Coast, shared some of his own personal experiences with racism here. "I think the best way to combat racism on a local level is not only going to take a collective of people, it is going to take every individual to look at themselves in the mirror and to ask themselves: why do I feel this way about this group of people, that group of people, and why do I feel this way about myself?"

Scheller echoes this sentiment in the radio interview. In our conversation, she acknowledges that as a white person, she has had to do personal work on her own racism after growing up in a segregated community that created hierarchies around anyone who was different, whether because of race, sexuality, or ability. Even while inhabiting minority status as a trans woman, Scheller acknowledges that she is not exempt from ignorant thinking or from making offensive or harmful missteps. And as a visible and involved figure in the community, she is grateful for regularly being called out and "getting rocked back." This is where the growth is.

LaNicia Williams is in agreement with Marshall and Scheller on this internal work. A 4th generation preacher's child, she is skilled at turning this message into a sermon of hope: the work of healing our wounded hearts.

A strong woman of faith, she chooses to live in the "blessings" rather than the "sins of our forefathers," as Scripture advises. But living in blessings doesn't mean we can ignore the sins, and the way Williams sees it, we are living in the generational sins that have plagued us for too long: Racism, sexism, nationalism, capitalism, exploitation of people and land, and wounded hearts. The way we work through this is by getting to its root: generations of untended wounds.

Speaking on the recent acts of racism on the North Coast she says, "Unfortunately, some of what is buried in our hearts is being uncovered and that is what we need to deal with. It ain't the color of our skin that we need to deal with. It is what is in here," she pats her heart.

The work is not easy. Williams recounts what it meant for her to do figurative "open-heart surgery" in order to tend to her own wounds in her own life. The work was hard and ugly. She recalls a time when she was a "toxic" and "defensive" person, and how transformative it was to look at that directly so she could become a person who was living in Love.

Describing this defensive and toxic behavior sounds familiar. In a divided and defensive political landscape, a lot of literal and figurative shouting is occurring between groups, gripping tightly to the idols of our party lines, building walls and social media blocks between us, our guards way up as we continue to avoid the harder work of looking directly in the mirror. What would it look like to lay down our defenses?

"If more people began to do the work on themselves, more people would connect," says Williams.

White Mirrors

In predominantly white Oregon, if we are too look in the mirror and at our own wounds and toxic behavior, what will we see? How will we do our "open heart surgery?" If we look at racism in terms of a binary of good/bad, racist or not racist, we can avoid implicating ourselves.



LaNicia Williams

By looking at systemic racism we will have to address that we are all contributing to an oppressive system, and we have been doing it for generations. This will get ugly, but it is a different kind of ugly than going tit for tat with defensive behavior because the reward for the work is a better world.

A commitment to education. It is not Williams job to educate white people on their own racism. But she has plenty of recommended reading. She has also written an article that will be published in Upper Left Edge's Winter edition.

If the root of our generational issues started with healing our own hearts, forming community and bringing others along with us is the next step. Williams says this value is strong black culture. "No one rises without turning back and bringing as many people with you as you can. We were taught, if we don't do it for ourselves, the world is not going to do it for us."

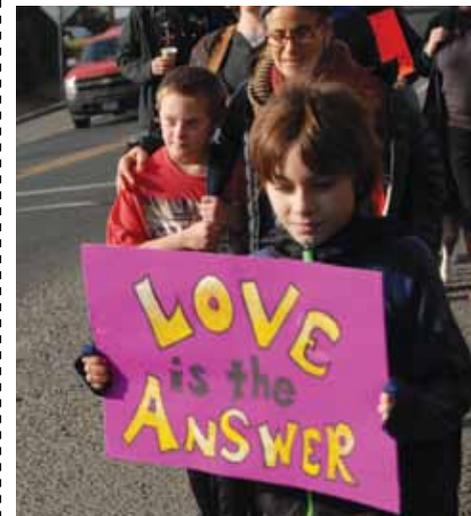
Williams is holding space for that community with the Oregon Coast Love Coalition. The Lower Columbia Diversity Project, and other groups, are partners in the process.

Heart-healing is fundamental for Williams, but she isn't holding it out as a prerequisite to receive Love. She lives in unconditional Love and it is freely given. "I grew up with conditional love, so I had to retrain myself to live in unconditional love." That Love is available to everyone, even in as we explore our dark side. It is what her coalition is named for, and it is the fuel for the work ahead.

This should be an inspiration for those of us living in ignorance of our history, and feeling tempted to avoid addressing present day issues that are still with us: living in Love awaits, if we are open and willing to do the work.



Tessa Scheller, LCDC and Chair/Lower Columbia Q Center



HOLIDAY HAPS

2017 Santa Lucia Festival

Family Fun at a Great Price!

A Scandinavian Midsummer Festival Association Event

Friday • November 24



LOOKING for a Family Friendly event to attend on Thanksgiving weekend? Here are the details of how to do that at a great price!

In Scandinavia "Santa Lucia is celebrated in December, but here in Astoria, this winter festival of lights is celebrated the day after Thanksgiving to tie in with the opening of the Christmas season. This event will be at 7:00 pm on Friday, November 24th at the Astoria High School Auditorium and Commons area. The musical entertainment starts at 6:30 pm a holiday sing-along with Cris Lynn and there will be refreshments and public dancing after the Santa Lucia Ceremony. This year, The North Coast Chorus and the Dowaliby Sisters will be performing.

In Sweden the preferred spelling is "Sankta Lucia" for the title of the young woman chosen to lead the procession of attendants in white robes and young men called "Star Boys". Kara Dowaliby, who was Miss Sweden for the 2017 Scandinavian Festival Court, will be the Lucia Bride

and were a crown of candles on her head. Other members of the court will be Lucia attendants. The new Scandinavian Midsummer Festival Court for 2018 will be introduced.

You do not have to be Scandinavian to participate and enjoy this fun evening. Everyone is invited to leave the Thanksgiving left-overs, shopping and come listen to good music, sing holiday tunes, mingle with friends and dance.

Admission is \$1 or \$5 per family with all admission funds going to the Scandinavian Festival Scholarship Fund administered by the Astoria High School Scholarships, Inc. For more information visit "Astoriascanfest.com" or contact Loran Mathews at 503-325-6136.

Kara
Dowaliby
2017
Santa
Lucia
Bride



Tingstad and Rumbel 31 Seasons of Merriment Dec 3 • ILWACO

WATER MUSIC SOCIETY celebrates the Beauty and Spirit of the Season with an afternoon of extraordinary holiday music, performed by the delightful and extremely talented GRAMMY WINNING artists Tingstad and Rumbel. The annual Christmas concert is scheduled for Sunday, December 3, at the festively decorated Inn at Harbour Village in Ilwaco. Come at 1:00pm for sweet and savory treats, beverages, and a no-host champagne and wine bar. Then enjoy a musical feast commencing at 2pm.

Every season for 31 years, Eric Tingstad and Nancy Rumbel have illuminated the season with a gift of song. Their perfect blend of fingerstyle guitar, double reeds, and the ocarina lends magic to the season through the redeeming power of music.

Tickets are available for \$10 online at watermusicfestival.com or at the door. A portion of the proceeds of Water Music Society events are donated to the local school music departments to further students' musical opportunities.



New Art & Artisans Holiday Fair at First Presbyterian • Astoria

Paintings, Photography, Jewelry, Fused Glass, and Gourmet Baked Goods. These are just a few of the Artist and Artisan Wares that will be available at the First Presbyterian Church of Astoria's First Annual Holiday Fair. In addition, there will be Vintage Accessories, Unique Gifts for the Home, International Treasures, Wine Cork Trays and Trivets, and CD's of Holiday Music. A cadre of local artists will be displaying and selling their unique creations.

The Holiday Sale will be held on Saturday, December 9th, from 10:00 am to 4:00 pm in the Fellowship Hall of First Presbyterian Church. The Hall's entrance is on the corner of Harrison and 11th Streets in Astoria. Admission is free.

Come meet and support the artists, enjoy hospitality and community, and shop for exquisite gifts for the holidays. For more information, call the Church's office, 503-325-1702.

Harvest & Holiday Bazaar

Sunday Nov 12 10am – 3pm at Grace Episcopal Church in Astoria.

PEO Holiday Treasures.

Thursday Nov 16. Handmade seasonal items and one-of-a-kind gifts and décor; fresh centerpieces and wreaths, baked goods. 11am – 3pm at the Seaside Elks Lodge.

Seaside Artisan Gift Fair. Nov 25-26. Noon – 5pm at the Seaside Convention Center.

Holiday Kids' Fair. Nov 24. FREE. 5pm at the Pine Grove Community Center in Manzanita.

Starving Artist Faire

Astoria Armory Dec 1-3

One of a kind, handmade items for sale. Live music, food. Admission \$2 suggested donation or two cans of food. Friday 7-10pm, Saturday 11-6pm and Sunday 11am – 4pm at the Astoria Armory.

WINTER BAZAAR at HiiH Lights Dec 2, 11-5pm

A one-day market bringing artists and farmers together to celebrate the homegrown and the handcrafted.

89120 Lewis and Clark Road
Astoria, Oregon / www.HiiHLights.com



Facing You at IMOGEN An Exploration of Portraiture

IMOGEN presents the third invitational exhibition exploring humanity through portraiture. This year's exhibition will include the sublime paintings of Reed Clarke, Meghann Hanour Sprague and Timothy Peitsch, all exploring the essence of humanity. This evocative collection moves beyond a surface glance at an individual, inviting the viewer a step closer and to consider the underlying. Perhaps even to see our selves through the eyes of others, and what it means to be a part of mankind. Each portrait tells a story. The exhibition will open for Astoria's Second Saturday Artwalk, November 11, 5 – 8 pm. The exhibition will be on view November 11th thru December 5th.

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



M Sprague *Rebekah* 48x72 charcoal, pastel on linen

and is currently participating in Local Portraits Northwest, a group portraiture exhibition held at Clackamas Community College's Alexander Gallery. For Imogen's third exhibition Facing You, he brings yet another strong collection of work, inviting the viewer to perhaps create their own story. His skill is apparent in the nuance of palette to create mood and emotion through an intimate look and consideration into another's experience, perhaps with a goal of fostering greater understanding and acceptance of who we are.

Astoria artist, **TIMOTHY PEITSCH** has always focused on the portrayal of people in his work. His last solo show at Imogen was an impressive series of graphite portraits of historical characters who somehow added to the lore of Astoria history. For this series he's relies on a limited palette of greys, creating a sense of time past. Each portrait begs the viewer to ask the question, who is this individual, what

was their importance in their time? Timothy has always enjoyed the challenge of portraiture, considering it "the purest subject matter, the most recognizable".

For him, it's an exploration of personality, with the goal of capturing something beyond the surface and finding an understanding or hint of who someone is, not merely what they appear to be.

New to Imogen is the work of local artist **MEGHANN HANOUR SPRAGUE**. Hanour Sprague, primarily a self-taught artist brings a large scale charcoal and pastel drawing on canvas.

Her work for 20 plus years has been informed by humanity, primarily depictions of women. Hanour Sprague's command of the figure is without question impressive, both in scale and complexity of posture. She exhibits grace and confidence within every gestural mark, creating powerful and narrative story of strength, endurance and a passion for freedom. Hanour Sprague is a past Astoria Visual Arts recipient of the Artist in Residency program, where she was granted several months of paid studio space, giving her the room and support to create several large scale paintings. Her work is informed in much part by the human experience, particularly through the struggles of women, battling to care, nurture and protect offspring while still fighting for the dignity of freedom of self.

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468. www.imogengallery.com .



R Clarke *What's The Name of Your Hunger* 34x24 on canvas



T Peitsch *Hilea Key* 6x8 acrylic, pencil, ink

Skye McKey and Patty Thurlby at Luminari Arts

Two of the North coast's favorite artists return to Luminari Arts for the November art walk.

Patty Thurlby, of Seaside sets the bar for Whimsy with her collection "When Queens Dance", a series of collage and mixed media assemblages, each attributed with one of the virtues. Thurlby is known for her quirky sense of humor, the ability to turn found items to art, and the joyful whimsy that permeates each of her pieces.



Jimmie sucking smoke, S. McKey

Skye McKey, local radio personality, and former Astorian, introduces a new series of photographs with her show "Snippets: The devil is in the Details".

Often, when photographers shoot an image, the "whole image" is what they're after.....a frame is composed with the whole in mind. Snippets are the images within the image. Said McKey "I hope you enjoy the parts and pieces I thought to stand on their own"

Luminari Arts is located at 1133 Commercial in Astoria. Live music with Sheckpea, food and drink and merriment. Open Daily. 503 468 0308



When Queens Dance P.Thurlby

November Cultural Calendar

Romeo & Juliet
Tacoma Opera



TACOMA OPERA
CARMEN at The Liberty Nov 17

IN THE 50 YEARS of its existence, Tacoma Opera has grown from a small, amateur based company, little-known outside of the city of Tacoma, into a vibrant regional opera company attracting audiences from all over the Pacific Northwest and beyond. The company has discovered over the years that there is great value in presenting opera in an intimate performance environment so that audiences can connect more directly with the music, the story and the performers in operas they present.

For centuries, opera has been associated with grandiose, large scale and expensive productions that focus on spectacle, but the art form has unfortunately become financially inaccessible to the everyday general population as presented in the larger opera houses in America. Tacoma Opera is intent on redefining opera in this country as an intimate and accessible art form that allows audiences to experience opera in a uniquely personal way, touching the heart and stimulating the mind.

The Tacoma Opera comes to the Liberty Theater stage with their coming season's production of the luscious Bizet masterpiece, *Carmen*, performing many of its well-known selections.

November 17, 7pm. Tickets \$25 general admission. The Liberty Theater in Astoria. For ticket info: Libertyastoria.org

Friday 10

MUSIC

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

North Coast Chamber Orchestra. Falling for Winter. \$10, 7pm at the PAC in Astoria.

Shook Twins. With Bart Budwig. 7:30pm at the Liberty Theater in Astoria.

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

ART

Artist's Reception. Featuring printmaker Dennis Worrel. 4:30 – 6:30pm at Art Accelerated Gallery in Tillamook.

HAPPENING

Hometown Tourism Days. Free or reduced admission to most museums and other tourist attractions in Pacific County, WA and Clatsop County, OR.

TCF Holiday Bazaar. Vendors, raffle, food and creative gifts. Noon – 7pm at the County Fairgrounds in Tillamook.

THEATER

Money Matters. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Calendar Girls. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Saturday 11

MUSIC

Two Crows Joy. 7 – 9pm at WineKraft in Astoria.

Vladimir Kosminov. Free, 7pm at the Cannon Beach Community Church.

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

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

ART

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

FOOD & DRINK

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

Seaside Downtown Fall Wine Walk. \$15 for wine glass and ID bracelet, plus nominal tasting fees. Starting at 3pm. Get discounted pre-sale tickets and a map of locations are available at seasedowntown.com/winewalk

HAPPENING

Wahkiakum Fair Flea Market and Used Book Sale. 9am – 3pm at the Wahkiakum County Fairgrounds in Skamokawa.

Holiday Art Auction and Oyster Fry. Bid on art made by tribal and local artists. Drumming and singing. \$15 for Oyster dinner, \$5 for hot dog & chips. 4 – 7pm at the Columbia Pacific Heritage Museum in Ilwaco.

Veterans day Ceremony and Patriot Hall Rededication. 10:30am at Patriot Hall, at CCC in Astoria.

Harvest & Holiday Bazaar. 10am – 3pm at Grace Episcopal Church in Astoria.

Crafts, Gifts, and Goodies Holiday Sale. 10am – 4pm at the Pine Grove Community Center in Manzanita.

Veterans Day Celebration. Enjoy the River City Bagpipes & Drums/USCG Color Guard/Tillamook Community Chorus/Traveling Military Museum/Music by Buffalo Kitty Band and an SOS fundraiser breakfast at the Air Base Cafe served from 7:30 - 10:30am. 11am – 1pm at the Tillamook Air Museum.

LECTURE

LNWC Speaker Series. With Rob Wheatcroft. 7pm at the Pine Grove Community Center in Manzanita.

Great Speaker Series. Oregon Military History. With Alisha Hamel. 1pm at the Tillamook County Pioneer Museum.

THEATER

Vintage Hitchcock: A Live Radio Play. \$15, 7pm at the NCRD Theater in Nehalem.

Money Matters. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Calendar Girls. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Sunday 12

MUSIC

North Coast Chamber Orchestra. Falling for Winter. \$10, 3pm at the Rockaway Beach Community Church.

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

Two Crows Joy. 7 – 9pm at WineKraft in Astoria.

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

CINEMA

Wandering Reel Film Festival. Shorts Program A: You. Me. We. What Tears Us Apart? What Brings Us Together? \$5, 3 – 5pm at the Columbian Theater in Astoria. Schedule at wanderingreel.org

FOOD & DRINK

Veterans Spaghetti Feed. Free to all vets, \$7 for guests. 4 – 6pm at the Kiawanda Community Center in Pacific City.

HAPPENING

Harvest & Holiday Bazaar. 10am – 3pm at Grace Episcopal Church in Astoria.

Hometown Tourism Days. Free or reduced admission to most museums and other tourist attractions in Pacific County, WA and Clatsop County, OR.

Crossing the Columbia with York. A storytelling event. Free, 3- 5pm at Tolovana Hall in Cannon Beach.

THEATER

Vintage Hitchcock. A Live Radio Play. 2pm at the NCRD Theater in Nehalem.

Money Matters. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 13

MUSIC

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

Tuesday 14

MUSIC

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

Live Music, 4 Bands. With Younger Shoulder, Luck, New Uniform, Monica. \$5, 8pm at the Astoria Armory Skatepark.

LECTURE

Art of Aging Series. Emergency Prep Presentation. 3pm at the Hoffman Center in Manzanita.

International Students Night. Students from Egypt, Indonesia, Libya and Jordan will be speaking about their lives in their home countries as well as their experiences in the United States. 7 – 9pm at the Tillamook County Pioneer Museum.

Wednesday 15

MUSIC

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

LITERARY

Honey Perkel Signing. A book reading and signing with author Honey Perkel. 7pm at Beach Books in Seaside.

Thursday 16

MUSIC

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

CINEMA

Beauty and the Beast. A family movie night.

5:30pm at the Seaside Library.

FOOD & DRINK

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

HAPPENING

PEO Holiday Treasures. Handmade seasonal items and one-of-a-kind gifts and décor; fresh centerpieces and wreaths, baked goods. 11am – 3pm at the Seaside Elks Lodge.

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

SALTY Talks. Join State Park Ranger, Dane Osis for a SALTY Talk exploring the amazing variety of fungi that thrive in the coastal Pacific Northwest. Bring your own mushrooms for identification. 6:30 – 8pm at the Salt Hotel in Ilwaco.

THEATER

True Magic. A musical holiday comedy. \$6, 6:30pm at the Little Theater at Knappa High School.

Friday 17

MUSIC

Adams & Costello. Indi Rock Duo in Concert, with Lake Jiroudek and Lawrence Alred. 8pm. \$10. At KALA in Astoria.

Brownsmead Flats. Free, 5:30 – 8pm at the Columbia Pacific Heritage Museum in Ilwaco.

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

The Tacoma Opera. Performing selections from Carmen. \$25, 7pm at the Liberty Theater in Astoria.

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

CINEMA

Friday Night Flicks. Ekimmu: The Dead Lust. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

Christmas Bazaar. 9am – 4pm at the Ocean Park Eagles.

Contra Dance. Clatsop County Stringband with caller Dave Ambrose. \$5 - \$10 sliding scale. 7 – 10pm at the AAMC in Astoria.

Hospice Light Up a Life. This remembrance event, held by the hospice programs of Samaritan Health Services, honors the individuals who have passed on. Events involve reflections by hospice staff, music and a ceremony in which the names of the individuals being honored and remembered are read. 6pm at the Lincoln City Cultural Center.

THEATER

Vintage Hitchcock: A Live Radio Play. \$15, 7pm at the NCRD Theater in Nehalem.

Money Matters. \$15, 7pm at the Barn Community Playhouse in Tillamook.

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.



LINCOLN CITY – The Portland-based XX Digitus Duo (“Twenty Fingers”), selected in 2016 by Artslandia magazine as one of their top 50 favorite artists, will be performing in Lincoln City on Saturday, Nov. 18. The program, called “Shades of Twenty,” will be a multi-media, four-hand piano concert event featuring a variety of musical styles that range from Latin American, to contemporary classical, film and alternative rock. Hailed by critics as “dynamic,” “impressive” and “intrepid,” this duo’s music will be accompanied by visual projections and will include the local premiere of Dag Gabrielson’s 2016 musical score for the 1927 Dada film, “Ghosts Before Breakfast.”

The concert will begin at 7pm on Nov. 18 at the Lincoln City Cultural Center, inside the historic Delake School at 540 NE Hwy. 101, Lincoln City. Advance tickets are \$20 for adults, and \$10 for youth ages 18 and under, on sale now at www.lincolncityculturalcenter.org or by calling 541-994-9994. LCCC members will receive a \$2 discount.

Pianists Maria Garcia and Momoko Muramatsu have had successful individual careers that have taken them around the world and to festivals like the Aspen, Tanglewood, Bergen and Casals festivals, as well as performing with groups like the Mark Morris Dance Group amongst others. Friends and colleagues since college years at the New England Conservatory, since 2014 they have joined forces to explore the two piano and one piano-four hand repertoire creating the XX Digitus Duo.

Together, Garcia and Muramatsu explore the classical standards but also the vast repertoire of their shared Latin American musical heritage, and are deeply committed to working with composers in creating new works

for the medium, commissioning four works in the past two years from composers Ken Selden, Dag Gabrielsen and Charles Copeland. Their goal is to create exciting musical experiences that include classical/contemporary/rock audiences with an eclectic choice of repertoire while collaborating with other art forms such as film, visual arts, poetry and dance.

Recently they opened the Corvallis - OSU Piano International Series with a special event focused on Latin American music. They have also appeared numerous times at the historic Old Church, All Classical Radio Thursdays at Three showcase, with Classical Revolution PDX, Cascadia Composers, in concert productions with Artslandia magazine, at the Alberta Rose Theatre, and in an outdoor concert at Director’s Park. They have been featured in publications such as the Oregon Music News, Willamette Weekly, Oregon Arts Watch and Artslandia. Devoted teachers, their educational performances featuring transcriptions of ballet repertoire at the Old Church and for the Community Music Center have been enthusiastically received. Their first recording of music by Ravel, Barber and Gershwin is available online through Bandcamp. Recipients of a 2016 Regional Arts and Culture Council Project Grant their newest album “4+1” is out now and available at live shows.

The Lincoln City Cultural Center is a non-profit center for community and creativity, inside the historic Delake School building, at the corner of NE Sixth St. and Hwy. 101. The center, which is also home to the official Lincoln City Visitor Information Center, is open from 10 am to 4 pm every day except Tuesday. For details, head to www.lincolncity-culturalcenter.org, or call 541-994-9994.



Five Letter Word

Mix three singer-songwriters, 5 stringed instruments, and a variety of percussive techniques, and you get Five Letter Word. This Portland-based trio of powerful women draws on influences including the Wailin Jennys, the Dixie Chicks, Joni Mitchell, and Emmylou Harris, blending their harmonies into songs from bluegrass to gypsy jazz and beyond. The newly founded group is made up of accomplished Portland musicians Leigh Jones (guitar, ukelele, percussion), Clara Baker (violin, guitar) and Audra Nemir (bass, cello).

Sunday, Nov 19, 8pm at Fort George Brewery in Astoria

A CHRISTMAS CAROL at The Coaster



Scrooge (Darren Hull), and Bob Cratchit (David Sweeney), and merry carolers

PHOTO: George Vetter Cannon-Beach.Net

and a high back for Father Christmas. D.K, in his fanciful costume, would climb a ladder with his Dickens book and narrate the story. The town of Cannon Beach joined in with decorations in the Dickens theme, and people would come from other coastal communities to join in the fun.

The Coaster

THE COASTER Theatre Playhouse closes its 45th Anniversary Season with A Christmas Carol: The Musical. Originally presented by Radio City Entertainment at the Theatre at Madison Square Garden, this version of the holiday classic tale contains music from Academy Award Winning composer Alan Menken.

The Coaster Theatre has produced many versions of Charles Dickens' classic tale bringing the community and families together both on and off stage. The



first Dickens' Play was brought together by Bill Steidel, D.K. Smith and Betty Duer Smith. In those early years anyone who wanted to be in the play could be in it, even the local dogs. The first year Bill Steidel played Scrooge and D.K. played Father Christmas. The crew built a 4'x4' post which rose 12 feet in the air. On top of the post was a seat with wings

Theatre carried on the tradition of producing a version of the Dicken's Play for many years plus other holiday and blockbuster musicals during the holiday season. This year's production directed by Lisa Fergus features a cast of 30 actors and singers from the North Coast including :

Darren Hull (Scrooge), David Sweeney (Cratchit), Emily Dante (Mrs. Cratchit), Clayton Dante (Tiny Tim), Bennett Hunter (Fred Anderson / Young Scrooge), Aerial Bird (Johathan), Ann Bronson (Ghost of Christmas Present), Parker Fergus (Ghost of Christmas Past), Richard Bowman (Marley), Alona Whisenhunt (Fan), Rob Bjornstad (Mr. Fezziwig), Sue Neuer (Mrs. Fezziwig), Jessica Harris (Sally Anderson), Brittnia Williams (Ghost of Christmas Future), and Ensemble Members Allie Anderson, Buddie Anderson, Carolyn Anderson, Hannah Dante, Marilyn Dante, Chelsea Donoghue, Jennifer Donoghue, Ben Faubion, Holly Fergus, Josh Hayek, Heidi Hoffman, Tita Montero, Heather Spivey, Gabrielle Stiltz, Daniel Stowers and Isabella Welliver.

A Christmas Carol runs weekends at the Coaster Theatre from November 17 – December 23, 2017. Performances begin at 7:30pm. Sunday shows start at 3:00pm. Tickets are \$25 or \$20 and can be purchased online at coastertheatre.com or by calling 503-436-1242.

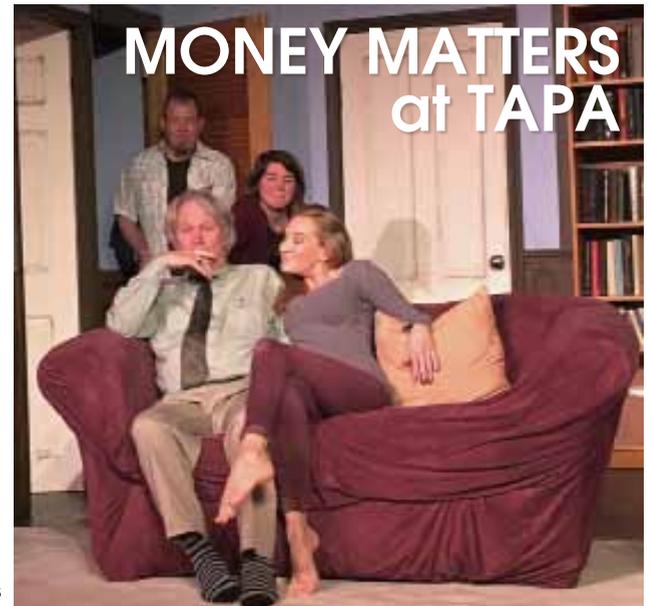
Tickets Now on Sale! The Astor Street Opry Company Annual Auction and Gala!

THE ASTOR STREET OPRY COMPANY is holding their annual auction and gala on Saturday, November 18! This event will feature live jazz with the RJ Marx Jazz Quartet, and other live performances featuring ASOC's most favored and talented people! In addition, a silent and live auction with lots of great items you will want to purchase to complete your holiday shopping! And the food...well, we are having the best, of course! Get your tickets now and come kick off the holiday season with us while supporting the local arts!

Ticket price is \$20 per person or \$35 per couple. Find tickets online at <http://www.brownpapertickets.com/event/3084324>. This event is one night only, November 18, with the doors opening at 5:00pm. Located at the Astor Street Opry Company, 129 West Bond, Astoria, OR 97103

For more information about this and other shows, find us at www.astorstreetycompany.com or email us at info@astorstreetycompany.com.

MONEY MATTERS at TAPA



Charmaine (Mallary Josi) and Bernard (Rodney Dahl) get cozy on the couch while George (David Mattison) and Annie (Carly Persons) sneak in from behind.

A "FAMILY BUSINESS" of counterfeiting, a ghost, a ladies retirement home, and Mr. Bud "the Stud" Davis make up the hilarious comedy of "Money Matters". Opening November 3rd, this farce is written by Michael and Susan Parker, and directed by Rikki Reid.

The late Mr. Hammond spent twenty years printing \$20 bills on a printing press he built in the basement of Monet Manor. After his death ten years ago, his faithful retainer George and his daughter Annie, continued the family business for Mr. Hammond's widow who recently passed away. Contrary to her promise to leave the manor and all her assets to George and Annie, she has bequeathed the manor to a stranger, Mr. Bud Davis, who is emphatic about turning it into a retirement home for ladies. Determined to keep the manor, Annie invites an old friend and sorority sister, Charmaine Beauregard, to play the role of a ghost, to help convince Bud that the manor is unsuitable for a retirement home because it is haunted.

"Money Matters" runs through November 19th. Friday and Saturday shows start at 7pm, Sunday shows start at 2pm. Tickets are \$15/person and available at Diamond Art Jewelers, 503-842-7940. For more information, email info@tillamooktheater.com or find us on Facebook.

TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, adjacent to Les Schwab Tires.

**Get
Ready
for
Suspense
and
Mystery!**



Vintage Hitchcock: A Live Radio Play

EXPERIENCE ALFRED HITCHCOCK, the master of suspense, with "Vintage Hitchcock: A Live Radio Play"—three tales featuring spies, murder, and love. The Riverbend Players present a radio play adaptation by Joe Landry of three early films directed by Hitchcock. In "The Lodger," a landlady suspects her mysterious new tenant may be an ominous serial killer. An international spy ring plots a massive explosion with tragic results in "Sabotage." And, finally, in "The 39 Steps," a man falsely accused of murder races across Scotland while handcuffed to a beautiful woman to recover stolen government documents.

These stories come to life in the style of a 1947 radio broadcast, complete with intriguing characters, on-stage sound effects, and live jingle singers. Perfect for heading into the dark and stormy times of winter, this production is directed by Brian McMahon, with assistant director Tom Mock, and producer Tom Cocklin.

NCRD Performing Arts Center, 36155 Ninth Street, Nehalem, OR. 7pm performances on November 11, 17, 18. 2pm matinees on November 12, 19 Tickets: \$15 tickettomato.com or at the door (children 12 and under admitted free).

Of Myth and Lore

Ceramic Mosaics and Figurative Sculpture at RiverSea Gallery



White Queen Charlotte Bruhn, ceramic and mixed media mosaic, 32" x 16"

SHOWING at RiverSea Gallery is *Of Myth and Lore*, a two person show presenting narrative ceramic and mixed media mosaics by Astoria artist, CHARLOTTE BRUHN, and ceramic figurative sculpture by DAWN PANTTAJA, a Portland artist who has historic family ties to Astoria. The exhibit opens Saturday, November 11 during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00, and both artists will be present to explain their inspirations and technique. Live jazz will be performed by Blue Silk, featuring Dave Ambrose, Kelly Shannon and friends. Artwork will remain on display through December 5, 2017.

Bruhn brings a love of history, mythology and religious studies to her delightfully engaging, fantastically ornate, often irreverent, mosaics. Featuring her own intricately carved, stamped, clay pieces mixed with a supporting cast of found objects and collected treasures, embellished with seed beads and popping with color, these mosaics each offer a compelling and richly layered narrative. Figures allude to historical characters, mythical beings or simply creatures of an unfettered imagination.

After studying art at University of Oregon, University of Washington and Bellas Artes in San Miguel de Allende, Bruhn credits classes at Clatsop Community College for sparking her interest in ceramics. She is the one of the owners of Luminari Arts in downtown Astoria, and this is her third exhibition at RiverSea Gallery.

Panttaja's contribution to the show is a collection of sculpted ceramic vessels that are a blend of figurative and functional art, and inspired by mermaids, sirens, nymphs and sea sprites, folkloric beings that evoke romantic tales of the sea. The artist thinks of this series as a tribute to the tarot card, Six of Cups, which is often interpreted as a remembrance of things past. Not only are there six vessels in the show, but Panttaja considers mythical beings as having a strong connection to her childhood years. She begins each piece by throwing the basic form on her outdoor kick-wheel, then adds sculpted figures, finishing with applied porcelain slip and oxide washes over the stoneware. This is a multi-step process that takes three to five weeks to complete. The subtle colorations give her figures an age-worn effect appropriate to the survivors of fantasy adventures.

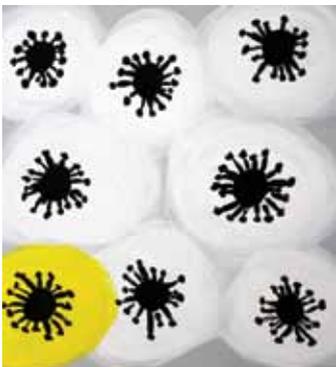


Remembrance Dawn Panttaja, ceramic sculpture, 7" x 8" x 7"

Panttaja brings to her sculpture a background as a playwright, children's theater director, set builder and professional musician. She has exhibited throughout the Portland area, and in 2015 was juried in as a guest artist at the National Institute of American Doll Artists annual conference. This is her second exhibition at RiverSea Gallery.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.

The Art of Zoe Swain and Dmitri Swain "Strange Fauna" at the Hoffman Gallery



MYSTERIOUS, engaging, and modern, Zoe Swain's abstract minimalist flower paintings and Dmitri Swain's narrative sculptural ceramics will be featured and available for purchase in the Hoffman Center for the Arts Gallery. The show opened Nov 3 and continues every Fri/Sat from 3-5pm through Saturday, November 25.

Dmitri and Zoe have created a body of visual and sculptural works that draw upon and explore man's relationship to nature.

The Hoffman Center is located at 594 Laneda Ave. in Manzanita



AVA a-i-r studio Roger Hayes AVA Pop-Up Space Jessica Schleif

OUTSIDER ARTIST ROGER HAYES will be showing both completed works and works-in-progress. Hayes is multi-media artist whose current pieces include pencil, ink, gouache, crayon, and acrylic, primarily on paper. Musician Greg Skloff also will be on hand, playing his own unique brand of microtonal ambient improvised experimental music on contrabass, with various prepared objects, and electronic processing.

Held over from October by popular demand, Astoria artist Jessica Schleif's beautiful show focuses on seeds — the idea that DNA in such a small vessel is capable of growing large life forms in a single season.

CMH-OHSU Cancer Collaboration Opens For Artwalk

THE CMH-OHSU Knight Cancer Collaborative will open its doors for the next 2nd Saturday Art Walk to feature its diverse collection of Northwest art.

Potter Richard Rowland of the Astoria Dragon Kiln will kick-off the Artwalk at 4pm on Saturday, Nov. 11, with a talk, "Art: A community connection for healing." He will speak about the creation of the beautiful 2-ton tile mosaic he created for the building.

"I like the way the caregivers are working next to the art and get to interact with its life as the patients will view it also. It's wonderful to see a supportive, very active healing environment where collaborative art, science and humanity develop a diverse, healthy symbiotic relationship," Rowland said. "Part of inspiring art makers is finding a meaningful place to put it—making it relevant to many."

Rowland's talk will be followed by a tour of the collection from 4:30 to 6 p.m. The collection features artwork by more than 17 Northwest artists. Most of

NATURE'S WAY & STORMS at LightBox

LIGHTBOX Photographic Gallery host the opening and artists' reception of "Nature's Way" and "Storms" on Second Saturday, November 11, 5-8pm. The Nature's Way group exhibit features the work of 32 Photographic artists from around the Country exhibiting images that express their love of the beauty and wonders of our natural landscape. The exhibit features many interpretations of the theme with the only requirement being that the photograph be in color. Jody Miller of Astoria, Oregon juried the exhibit of 50 pieces. Also opening on this night is Jody Miller's "Storms", an exhibit of images currently released as limited edition prints by Jody Miller and LightBox.

Our Earth is stressed and the future of our planet and our own existence is in question. Believers in Science and climate change battle those who deny the negative impact Man has on the environment of our precious home. The show hopes to present Earth's beauty and uniqueness, our one and only beloved home—honoring the Earth and all its glory by exhibiting amazing color natural landscapes.

Jody Miller has been a photographer for most of her life. She studied with Ansel Adams, Arthur

ART HAPPENS



Roger Hayes, Lollipop Chainsaw, multi-media

Her work is a reaction to the struggle among science, nature and human nature. Schleif is an avid horticulturalist active in the Community Garden Project.

Both located at 80 11th Street, above the Coldwater Skate and Surf Shop (formerly Edison Fish Market).



Astoria potter Rowland speaks with Senator Betsy Johnson about the 2-ton tile mosaic created for the new CMH-OHSU Collaborative.

the pieces were created specifically for this project, to enhance the healing process for local cancer patients. Several artists will be attending the event on Nov. 11, At 16th & Exchange in Astoria.

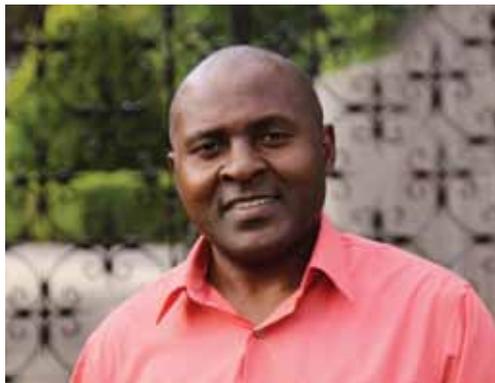


Jody Miller Roswell Storm Cell

Ollman and Jerry Uelsmann and her photographs of landscape and cityscape have been shown, published and won numerous awards both here in the US and internationally. She is a happy part time resident of Astoria, Oregon. Her website is at www.jodymillerphoto.com.

LightBox offers memberships to be part of the community that helps further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, Hrs: Tues - Sat 11 - 5:30. 503-468-0238 lightbox-photographic.com

Crossing the Columbia with York and Storyteller Gideon For-mukwai



STORYTELLER Gideon For-mukwai shares the oft-unheard story of York, the lone slave on the Lewis and Clark expedition, at Tolovana Hall, Sunday, Nov 12 at 3pm.

During the expedition, York, who was owned by the family of William Clark, experienced measures of both freedom and respect. He was permitted to carry a gun and he was granted a voting interest in the party. As blacks would not be allowed to vote until the passage of the 15th Amendment some six decades later, York may have been the first black man to ever be granted a vote in America. York, who grew up alongside Clark and was referred to as his "manservant," was an integral member of the expedition.

York was an accomplished hunter, renown for his strength and one the few party members who

could swim. Both York's physicality and the color of his skin helped establish relations with native American tribes met along the way. And yet, after his devoted, honorable and indispensable service, York was denied what he most desired.

"The story takes the audience on a panoramic and dramatic journey from St. Louis to the Pacific Ocean and back," says For-mukwai. "It is replete with human action, trials and tribulations that leave you questioning the role of underdogs, underlings and superlings."

"More importantly," For-mukwai adds, "it urges you to rethink the meaning of duty, dignity and loyalty in the face of human tyranny."

An accomplished researcher and presenter who has worked across the world, For-mukwai will share York's tale using a number of devices, including narration, and by stepping into the character himself. The presentation will be followed by a discussion panel and Q&A.

"By looking back at yesterday's unsung heroes we remind ourselves of the need to celebrate today's heroes and their contributions to our communities." It is by identifying and acknowledging the unsung heroes that we inspire more to serve selflessly," For-mukwai adds. "It is by looking back that we appreciate how far, we have come; and how much more we need to go."

Sunday, November 12 at 3pm. FREE! It takes place at Tolovana Hall in Cannon Beach, 3379. S. Hemlock St.

GLORIA LINKEY A Town Called Seaside In Their Footsteps Series

IN THEIR FOOTSTEPS free speaker series event presents A Town Called Seaside and author Gloria Stiger Linkey on **SUNDAY, NOVEMBER 19**, at 1pm.

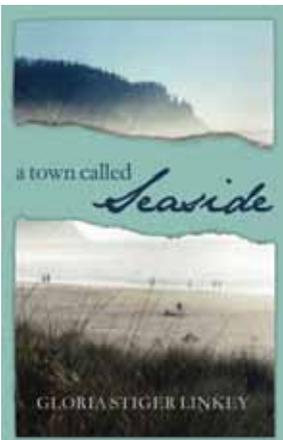
Gloria Linkey will share from her research for her 2017 book, A Town Called Seaside, a decade-by-decade story of Seaside, Oregon - from a summer resort town in the 1940s to the thriving tourist attraction and community it is today. Linkey remembers pre-World War II days, when people walked the "Prom" in fine attire or watched Lone Ranger serials at one of Seaside's two movie theaters. She will also demonstrate how the town has grown and improved with the help of many dedicated people and organizations.

Linkey is a past president of the Seaside Museum & Historical Society and a member of the Lewis and Clark Trail Heritage Foundation. Her previous books are Native American Women: Three Who Changed History and Abby Rescues Animals.

A Town Called Seaside will be available for purchase at this event. Linkey's earlier history book is available at the Lewis & Clark National Park Association bookstore in the Fort Clatsop visitor center. There will be a book-signing following her presentation.

In Their Footsteps is a monthly Sunday forum 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.

For more information, call the park at (503) 861-2471, or check out www.nps.gov/lewi, or Lewis and Clark National Historical Park on Facebook.



WRITE ASTORIA

WRITE ASTORIA is a free, open forum where writers read from works in progress and offer each other constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wednesdays from 5-7pm.

RIC'S POETRY MIC 1st Tues @ Winecraft

IN HONOR of founder Ric Vrana, Ric's Poetry Mic 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



Ingrid Thoft • Mystery Writer Nov 18 Hoffman Center

INGRID THOFT will read from her latest book, Duplicity, at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday, Nov. 18. Duplicity is the fourth in Thoft's series with Boston-based P.I. Fina Ludlow. Thoft's first book LOYALTY sold to rave reviews. Her second in the series BRUTALITY was awarded the Shamus Award for best P.I. novel by the Private Eye Writers of America. The Fina Ludlow books are now "in development" for a TV series on ABC. The Boston-based investigator has been compared to V.I. Warshawski, and Kinsey Milhone, even Lisbeth Salander.

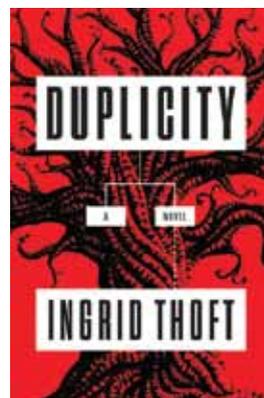
Thoft was born in Boston and is a graduate of Wellesley College. Although always wanting to be an author, her first real-life job was at a radio station in coastal Massachusetts, ripping wires and running the board for a Sunday talk show. She's worked in human resources at Harvard, and did a stint with an interactive software company.

She wrote two novels about an amateur sleuth that didn't sell. When she decided an amateur sleuth character led to limitations, she decided to focus on a professional Private Investigator instead. In order to create a believable P.I. character, she enrolled in the Private Investigation certificate program at the University of Washington.

Thoft lives in Seattle with her husband.

Thoft will teach a workshop titled "Mastering Murder" during the day from 10 a.m. to 12:30 pm.

Want to demystify the process of writing a mystery? You'll examine the guts of the modern mystery to help



by Lieutenant Colonel (retired) Alisha Hamel, Saturday, November 11 at 1pm. Her topic will be "Oregon Military History" and is based on a book she has co-authored with Warren W. Aney, Lt. Col.

Hamel's love of history resulted in the Oregon National Guard appointing her as the Lewis and Clark Bicentennial Special Projects Officer. She has also worked on Oregon's 150th Birthday stories project and was ap-



you make progress on your idea or manuscript. How do you craft a suspenseful plot? Create memorable characters? Make it realistic? Write from the viewpoint of an assassin? And knock your readers dead? Join Ingrid and find out!

The workshop will be held at the Hoffman Center for the Arts and tuition is \$40. Register at <http://hoffmanblog.org/register-for-workshops>

Following Thoft's reading and Q&A in the evening, the popular Open Mic features up to nine local or visiting writers reading 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Mystery and Murder."

Admission for the evening reading is \$7. Doors open at 630.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts. Located across from Manzanita Library at 594 Laneda Avenue.) FML: hoffmanblog.org online or contact Kathie Hightower, kathiejhightower@gmail.com

Military History In Oregon

pointed as Command Historian for the Oregon National Guard. She established the non-profit Historical Outreach Project which sent speakers into Oregon classrooms to talk about Lewis and Clark, Oregon in the Civil War, and several other topics. She also created a documentary film about the 41 st Infantry Division in World War II. From 2015-2016, Lt. Col.

Hamel worked as Chief of the Army's Museum Support Center in Alabama. Lt. Col. Hamel is currently working as the 1 Corps Historian at Joint Base Lewis/McCord. This is Lt. Col. Hamel's fourth presentation as part of the TCPM's Great Speaker Series.

This event is free and open to the public.

Saturday 18

MUSIC

Tom Grant and Shelley Rudolph. \$15, 7pm at the Peninsula Arts Center in Long Beach.

XX Digitus Piano Duo. \$22, 7pm at the Lincoln City Cultural Center.

Blind Pilot. 7:30pm at the Liberty Theater in Astoria. SOLD OUT.

Chris, Petro and The Blowfish Project. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

FOOD & DRINK

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

HAPPENING

A Country Christmas. A Christmas Bazaar. 9am – 4pm at the St James Family Center in Cathlamet.

Christmas Bazaar. 9am – 4pm at the Ocean Park Eagles.

Dog RACE Day. Dog agility workshops and competitions. Workshops are free, competitions are \$3 each participant. 8am – 4pm at the Clatsop County Fairgrounds & Expo Center arena, Astoria.

Auction and Gala. Live music and performances, silent auction, live auction. \$20 per person, \$35 per couple. 5pm at the ASOC Playhouse in Astoria.

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.

Open Mic. Community open mic for musicians, poets, authors, singers in a supportive, fun environment. 6:30 – 8:30pm at Yo Time Frozen Yogurt in Tillamook.

Restoration Pow Wow. Celebrate the 40th anniversary of the restoration of official Tribal Status for the Confederated Tribes of Siletz Indians. At Chinook Winds in Lincoln City.

LITERARY

Manzanita Writer's Series. Author Ingrid Thoft will read from her book "Duplicitiy." Open mic session to follow. \$7, 7pm at the Hoffman Center in Manzanita.

Mook Book Fair. 10am – 2pm at the Tillamook County Pioneer Museum.

OUTSIDE

Salmon Release. Explore the incredible life cycles and habitat needs of these dynamic fish. After a short presentation, walk to Jones Creek and release wild fry that were raised in our visitor center fish tank. 11:30am – 12:30pm at the Tillamook Forest Center.

THEATER

Vintage Hitchcock: A Live Radio Play. \$15, 7pm at the NCRD Theater in Nehalem.

Money Matters. \$15, 7pm at the Barn Community Playhouse in Tillamook.

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 19

MUSIC

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

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

FOOD & DRINK

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

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

LECTURE

In Their Footsteps. A Town Called Seaside. With Gloria Stiger Linkey. 1pm in the Netul Room at the Fort Clatsop Visitor Center.

OUTSIDE

Salmon Release. Explore the incredible life cycles and habitat needs of these dynamic fish. After a short presentation, walk to Jones Creek and release wild fry that were raised in our visitor center fish tank. 11:30am – 12:30pm and 1:30 – 2:30pm at the Tillamook Forest Center.

THEATER

Vintage Hitchcock: A Live Radio Play. \$15, 2pm at the NCRD Theater in Nehalem.

Money Matters. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 20

MUSIC

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

Tuesday 21

MUSIC

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

Wednesday 22

MUSIC

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

ScheckPea. No cover, 9 – 11pm at the Voodoo Room in Astoria.

Thursday 23

MUSIC

Gratitunes. A thankful feast of music. Fireside songs and sing-alongs hosted by Joel and Ivy Ricci after dark at the Sou'wester Lodge in Seaview.

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

FOOD & DRINK

Thanksgiving Feast Potluck. Dinner starts at 5:00pm. Desserts after dinner in the Main Lodge Living Room. Games in the lodge in the evening around the fireplace. Bring your own plates and utensils. 5pm at the Sou'wester Lodge in Seaview.

Friday 24

MUSIC

Gratitunes. A thankful feast of music. Michael Hurley, Optimist Club, Larry Yes. Free, 7 – 10pm at the Sou'wester Lodge in Seaview.

The W Lovers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Pretty Gritty. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Peninsula Arts Association Studio Tour. 10am – 4pm all over the Long Beach Peninsula. Maps available at beachartist.org

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

HAPPENING

Holidays at the Beach. Pajama Party and free screening of The Polar Express with Mrs Claus and The Conductor. Noon at the Neptune Theater in Long Beach.

Santa Lucia Festival. Live music, refreshments, dancing. 1\$ person, \$5 per family. 7pm at the Astoria High School Auditorium.

Holiday Kids' Fair. Free, 5pm at the Pine Grove Community Center in Manzanita.

Tree Lighting Party and Santa Sale. Live music, handmade gifts and a make-and-take ornament workshop, leading up to the lighting of Lincoln City's Christmas tree, at dusk. Visits with Santa, group carols and more. At the Lincoln City Cultural Center.

THEATER

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 25

MUSIC

Gratitunes. A thankful feast of music. Shelley Short from 4 – 6pm and Jolie Holland and Louis Ledford 8 – 10pm at the Sou'wester Lodge in Seaview. Free, 7 – 10pm at the Sou'wester Lodge in Seaview.

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

Little Sue. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Peninsula Arts Association Studio Tour. 10am – 4pm all over the Long Beach Peninsula. Maps

available at beachartist.org

FOOD & DRINK

Breakfast with Santa. \$18 for adults and \$13 for kids. 9am and 11am at the Sandtrap Pub in Manzanita.

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

HAPPENING

Holidays at the Beach. The Snow Queen and Friends Show, 11am and 1pm. Santa's Workshop open for crafts. Photos with Santa at 3pm. Christmas tree lighting and Holiday caroling at 5pm. Free. At Veteran's Field in Long Beach.

Aberdeen. A live blurred-reality musical storytelling performance. Produced and performed by Matt Sheehy. \$10, No Host bar. 7:30pm. Doors at 6:30. at KALA in Astoria.

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

Tree Lighting Party and Santa Sale. Live music, handmade gifts and a make-and-take ornament workshop. Visits with Santa, group carols and more. Until 5pm at the Lincoln City Cultural Center.

LITERARY

Author Appearance. Author Mike Rich will be at Beach Books in Seaside from 5 – 6:30pm.

THEATER

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 26

MUSIC

The Trail Band. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

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

Chris, Petro and The Blowfish Project November 18 8pm Sou'Wester



CHRIS POAGE and Ukrainian-Canadian violinist Petro Krysa met in the spring of 2015 during a jam session at one of Seattle's hottest live music venues – Seamonster Lounge. There was immediate chemistry that was felt and shortly after Chris invited Petro to sit in with one of his bands Mts & Tunnels. The relationship continued and in the summer of 2016 after several successful shows together and as members of other bands, Petro and Chris decided to go on the road as an electro-acoustic duo. It is during that time that "electro-acoustic-groove-folk" style was invented and "Chris, Petro and The Blowfish Project" was born. Classically trained violinist Petro, (and orchestra player) and Chris, the veteran of Seattle's rock music scene, fuse together American and Ukrainian folk, Western Classical traditions with a funky, electronic groove. Both Petro and Chris play multiple instruments and sing.

Sou' Wester Lodge Music Lounge in Seaview. No Cover.

HAPPENING

Holidays at the Beach. Crafts, photos, and fun Under the Sea. Photos with the Christmas Mermaid. 11am – 1pm at Veteran's Field in Long Beach.

Seaside Artisan Gift Fair. 10am – 3pm at the Seaside Convention Center.

Tree Lighting Party and Santa Sale. Live music, handmade gifts and a make-and-take ornament workshop. Visits with Santa, group carols and more. 10am – 3pm at the Lincoln City Cultural Center.

THEATER

A Christmas Carol. Musical. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 27

MUSIC

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

Tuesday 28

MUSIC

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

Wednesday 29

MUSIC

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

Thursday 30

MUSIC

Super Saturated Sugar Strings. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

History and Hops. 6 – 7:30pm at Seaside Brewing.

Friday 1

MUSIC

Sara Evans at Christmas. \$38 - \$53, 8pm at Chinook Winds in Lincoln City.

Super Saturated Sugar Strings. No cover, 9pm at the

Adrift Hotel in Long Beach.

ART

Starving Artist Faire. One of a kind, handmade items for sale. Live music, food. Admission \$2 suggested donation or two cans of food. 7 – 10 pm at the Astoria Armory.

THEATER

Scrooged in Astoria. A holiday musical melodrama. \$5,

7pm at the ASOC Playhouse in Astoria.

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

HAPPENING

Astoria PRIDE Red Dress Party. Donations benefit HIV Alliance. Dress it UP. Costume Prizes and Red Elephant Raffle. At INFERNO, in Astoria.

Saturday 2

MUSIC

Anna Tivel and Jeffrey Martin. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Nora Jane Struthers and the Party Line. \$22, 7pm at the Lincoln City Cultural Center.

The Sons of Rainier. No cover, 8pm at the Sou'wester Lodge in Seaview.

Sara Evans at Christmas. \$38 - \$53, 8pm at Chinook

Winds in Lincoln City.

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

cont. p20

ART

Starving Artist Faire. One of a kind, handmade items for sale. Live music, food. Admission \$2 suggested donation or two cans of food. 10am – 6pm at the Astoria Armory.

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

FOOD & DRINK

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

Holiday Tea. During open hours at the Cannon Beach Library.

HAPPENING

Crab Pot Christmas Tree Lighting. 5pm at the Port of Ilwaco.

Little Ballet Theater: The Nutcracker. 2pm and 7:30pm at Astoria High School.

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

Lamp Lighting Ceremony. 4pm at Sandpiper Square in Cannon Beach.

Angels Holiday Ball. Live music, dinner, live and silent auctions, raffles. \$75, 4:30 – 11pm at Chinook Winds in Lincoln City. Call 541-994-3070 to make reservations.

LITERARY

Cheryl Waherhauser Demo/Signing. Cheryl will be demonstrating two recipes from her book "Modern French Pastry: Innovative techniques, Tools and Design" while attendees sip bubbles. \$30 includes book & bubbles, \$25 for book only, book purchase not required to attend the demonstration. 3 – 5pm at Dough Dough Bakery in Seaside. RSVP at Beach Books 503-738-3500 by 11/28.

OUTSIDE

Treasure the Beach Cleanup. Organizers supply bags and gloves to volunteers, but recommend participants bring a bucket and drinking water. Meet on the Prom in Seaside at 9am. Register at solveoregon.org/get-involved/event-registration

THEATER

Scrooged in Astoria. A holiday musical melodrama. \$7 - &16, 7pm at the ASOC Playhouse in Astoria.

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 3

MUSIC

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

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

ART

Starving Artist Faire. One of a kind, handmade items for sale. Live music, food. Admission \$2 suggested donation or two cans of food. 11am – 4pm at the Astoria Armory.

HAPPENING

Little Ballet Theater: The Nutcracker. 2pm at Astoria High School.

Habitat for Humanity: Building on Faith Brunch. Brunch, live music, and silent auction. \$25 for adults, \$10 for kids, 10am – 2pm at Pacific Restaurant in Tillamook.

Help Portrait Oregon Coast. The Yaquina Art Association Photographer's Club offers this annual holiday gift, so bring your family, your spouse, your grandkids (even your well-behaved pet) and take a number. Sit for a portrait, then receive a high-quality 5 x 7 or 8 x 10 print for free. 11am – 5pm in Margaret's Meeting Room at the Lincoln City Cultural Center.

THEATER

Scrooged in Astoria. A holiday musical melodrama. 2pm at the ASOC Playhouse in Astoria.

Monday 4

MUSIC

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

Tuesday 5

MUSIC

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

HAPPENING

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. 5:30 – 7pm at Blue Scorcher in Astoria.

LITERARY

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

Wednesday 6

MUSIC

Halie for the Holidays. With Halie Loren. \$22, 7pm at the Lincoln City Cultural Center.

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

THEATER

A Christmas Carol. Reader's theater. \$5 - \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 7

MUSIC

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

THEATER

A Christmas Carol. Reader's theater. \$5 - \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Friday 8

MUSIC

Portland Cello Project. 7:30pm at the Liberty Theater in Astoria.

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

ART

Opening Reception. For a group show, Chiaroscuro: Casting Shadows in Mosaic. 5 – 7pm in the Chessman Gallery at the Lincoln City Cultural Center.

CINEMA

Girl Flu. Screening plus Q&A with filmmaker Dorie Barton. Free, 8pm at the Sou'wester Lodge in Seaview.

HAPPENING

Comedy on the Coast. With Quinn Dahle, James Connolly, and Andrew Rivers. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Scrooged in Astoria. A holiday musical melodrama. \$5, 7pm at the ASOC Playhouse in Astoria.

A Christmas Carol. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 9

MUSIC

The Columbia River Symphony. Annual Holiday Concert. Featuring the Warrenton High School and Middle School Choirs. Free, 7pm at the Liberty Theater in Astoria.

FLASH CUTS MOVIES & MUSINGS

Coming Previews

FILM. BY LES KANEKUNI



MURDER ON THE ORIENT EXPRESS (NOV. 10) Kenneth Branagh directs and stars as the legendary Belgian detective Hercule Poirot in this remake of the classic Agatha Christie tale. Getting on board the Orient Express from Istanbul to Europe are a rogue's gallery of upper class disreputables including: The Missionary (Penelope Cruz), The Professor (Willem Dafoe), The Widow (Michelle Pfeifer), The Governess (Daisy Ridley) and Princess Dragomiroff (Judi Dench). However, it's the Gangster (Johnny Depp) who draws the most initial interest as he appeared to have a hand in the notorious kidnapping and death of a child from a prominent American family. When he is found stabbed to death, Poirot must find the killer, a task that will not be easy even for the super-sleuth as there are a dozen suspects, all of whom have a reason to kill the Gangster.



THREE BILLBOARDS OUTSIDE EBBING, MISSOURI (NOV. 10 LIMITED) Playwright Martin McDonough (In Bruges, Seven Psychopaths) returns to cinema with a story of loss and its repercussions on a small town. Seven months after her teenage daughter was brutally raped and murdered, Mildred Hayes (Frances McDormand) seethes with pain from her loss and fury at the ineptness of local law enforcement to capture her killer. So, when she happens upon three old billboards on a little-

used road, a plan is hatched. Mildred leases the billboards for a year and expresses her rage and fury by having them painted: "STILL NO ARRESTS?", "HOW COME, CHIEF WILLOUGHBY", and "RAPED WHILE DYING". When Chief Willoughby (Woody Harrelson) gets wind of this, the war is on. It's Mildred against not just the sheriff but anything and anyone that pisses her off. Her fury is crazed, close to biblical. Soon, the whole town is drawn into the conflict, exposing not just what side they are on, but also their own transgressions. While Three Billboards has the shape of a whodunit, it isn't. McDormand's performance as the foulmouthed, violent, take-no-prisoners Mildred looks destined for an Oscar nom. **JUSTICE LEAGUE (NOV. 17)** Literally years behind Marvel, and after enduring missteps like Batman v Superman and Suicide Squad, along the way,

of heroes -- Batman, Wonder Woman, Aquaman, Cyborg and the Flash -- it may be too late to save the planet from an assault of catastrophic proportions.

MUDBOUND (NOV. 17 LIMITED) One of the hits of this year's Sundance Film Festival was director Dee Rees' adaptation of Hillary Jordan's 2008 prize-winning book.



THE SHAPE OF WATER (DEC. 1 LIMITED) Director Guillermo del Toro (Pan's Labyrinth) returns with the adult fairytale about a mute woman who falls in love with an aquatic creature.

Story follows the intertwined lives of the members of two families in the Jim Crow south of the 1940's – one white, one black. Laura (Carey Mulligan) is a city woman from Memphis who fears that at 30, she will never marry. So she's relieved when she attracts the attention of Henry McAllan (Jason Clarke) and they marry and start a family. Eventually, they move to a hardscrabble farm in the Mississippi Delta with no running water or electricity. When it rains, the fields turn to mud, mirroring Laura's feelings about her hard life. They meet the Jacksons, black sharecroppers who grow cotton on land leased from Henry. Laura is as happy as a woman could be under her circumstances. While Henry is a good man, his dashing brother Jamie (Garrett Hedlund) catches her eye. When World War II starts, Jamie and Ronsel Jackson (Jason Mitchell) go off to war. When they return, both are treated as heroes. Jamie is

Sally Hawkins plays lonely, mute Elisa, who works as a cleaning lady at a Cold War-era aerospace lab. Elisa's only friends are her gay neighbor Giles (Richard Jenkins) and her chatty African-American co-worker Zelda (Octavia Spencer). Ruthless, sadistic government agent Strickland (Michael Shannon) captures the gilled creature in the Amazon and imprisons it at the lab, where marine biologist Hostetler (Michael Stuhlbarg) conducts experiments on it to further the Space Race. When Elisa encounters the creature during her night shift she sees it not as a monster but a kindred spirit, one who sees her for what she really is. The two bond over hard-boiled eggs and jazz records. When Elisa realizes Strickland and Hostetler could very well destroy her mute beau, Elisa enlists the aid of Giles and Zelda, and the collection of misfits attempt to save the creature.



DC finally had a major hit this year with Wonder Woman. Justice League arrives on the heels of that movie, hoping to capitalize on its momentum. Synopsis: Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists newfound ally Diana Prince to face an even greater threat. Together, Batman and Wonder Woman work quickly to recruit a team to stand against this newly awakened enemy. Despite the formation of an unprecedented league



FREE WILL ASTROLOGY

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NOVEMBER

ARIES (March 21-April 19): America's Civil War ended in 1865. A veteran from that conflict later produced a daughter, Irene Triplett, who is still alive today and collecting his pension. In the coming months, I foresee you being able to take advantage of a comparable phenomenon, although it may be more metaphorical. Blessings from bygone times, perhaps even from the distant past, will be available to you. But you'll have to be alert and know where to look. So now might be a good time to learn more about your ancestors, ruminate exuberantly about your own history, study the lives of your dead heroes, and maybe even tune in to your previous incarnations.

TAURUS (April 20-May 20): "I wasn't in the market to buy a Day-Glo plastic fish from a street vendor," testified a witty guy named Jef on Facebook, "but that's exactly what I did. The seller said he found it in someone's trash. He wanted fifty cents for it, but I talked him up to a dollar. The best part is the expression on the fish's face. It's from Edvard Munch's *The Scream.*" I bring this testimony to your attention, Taurus, because I feel it's good role-modeling for you. In the coming days, I bet you won't know exactly what you're looking for until you find it. This prize may not be highly valued by anyone else but you. And it will amuse you and be of use to you in just the right ways.

GEMINI (May 21-June 20): Where are Chinese gooseberries grown? In New Zealand. What is a camel's hair brush made of? Squirrel fur. When England and France waged their Hundred Years' War, how long did it last? 116 years. When do Russians celebrate their October Revolution? In November. Trick answers like these are likely to be a recurring theme for you in the coming weeks, Gemini. That's why I advise you to NOT be a Master of the Obvious.

CANCER (June 21-July 22): In accordance with the astrological omens, I recommend you indulge in any or all of the following exercises. 1. Dedicate an entire day to performing acts of love. 2. Buy yourself flowers, sing yourself a song, and tell yourself a story about why you're so beautiful. 3. Explain your deeply-felt opinion with so much passion and logic that you change the mind of a person who had previously disagreed with you. 4. Make a pilgrimage to a sacred spot you want to be influenced by. 5. Buy a drink for everyone in a bar or cafe.

LEO (July 23-Aug. 22): "Dear Rob: I saw a photo of you recently, and I realized that you have a scar on your face. I hope you don't mind me telling you it resembles an ancient Mayan hieroglyph that means 'Builder of Bridges for Those Who Are Seeking Home.' Did you know this? If so, do you think it's an accurate title for what you do? - Renegade Leo Scholar." Dear Scholar: Thanks for your observation. I don't know if I fully deserve the title "Builder of Bridges for Those Who Are Seeking Home," but it does describe the role I'm hoping to play for Leos. The coming weeks will be an excellent time for your tribe to clarify and cultivate your notion of home.

VIRGO (Aug. 23-Sept. 22): Author Clarissa Pinkola Estés encourages us to purge any tendencies we might have to think of ourselves as hounded animals, angry, wounded victims, leaky vessels aching to be filled, or broken creatures yearning for rescue. It so happens that now is a perfect time for you to perform this purgation. You have maximum power to revise your self-image so that it resounds with more poise, self-sufficiency, and sovereignty.

LIBRA (Sept. 23-Oct. 22): I used to scoff at people who play the lottery. The chance of winning big is almost nil. Why not invest one's hopes in more pragmatic schemes to generate money? But my opinion softened a bit when the planet Jupiter made a lucky transit to an aspect in my personal horoscope. It really did seem like my chances of winning the lottery were unusually high. I started dreaming about the educational amusements I'd pursue if I got a huge influx of cash. I opened my mind to expansive future possibilities that I had previously been closed

to. So even though I didn't actually get a windfall during this favorable financial phase, I was glad I'd entertained the fantasy. In alignment with current astrological omens, Libra, here's the moral of the story for you: Meditate on what educational amusements you'd seek if you had more money.

SCORPIO (Oct. 23-Nov. 21): In the early stages of Johnny Cash's development as a musician, his mother hired a coach to give him singing lessons. But after a few meetings, the teacher counseled him to quit. Johnny's style was so unique, the seasoned pro thought it better not to tamper with his natural sound. I hesitate to offer you comparable advice, Scorpio. I'm a big believer in the value of enhancing one's innate talents with training and education. On the other hand, my assessment of your destiny between now and October 2018 impels me to offer a suggestion: It may be useful for you to give some credence to the perspective of Johnny Cash's voice coach. Make sure you guard and revere your distinctiveness.

SAGITTARIUS (Nov. 22-Dec. 21): I used to nurture a grudge against Tony Pastorini. He was the high school math teacher who kicked me out of the extracurricular Calculus Club because my proofs were too "intuitive and unorthodox." The shock of his rejection drove me away from a subject I had been passionate about. Eventually, though, I came to realize what a good deed he had done. It would have been a mistake for me to keep specializing in math -- I was destined to study literature and psychology and mythology -- but it took Pastorini to correct my course. Now, Sagittarius, I invite you to make a similar shift of attitude. What debt of gratitude do you owe a person you have thought of as a source of frustration or obstruction?

CAPRICORN (Dec. 22-Jan. 19): In the lore of ancient Greek mythology, the god Prometheus stole fire from his fellow deities and sneakily gave it to us humans. Before our patron provided us with this natural treasure, we poor creatures had no access to it. As I gaze out at your possibilities in the coming months, Capricorn, I foresee you having Promethean inclinations. Your ability to bestow blessings and spread benevolence and do good deeds will be at a peak. Unlike Prometheus, however, I don't expect you'll get into trouble for your generosity. Just the opposite!

AQUARIUS (Jan. 20-Feb. 18): Here's a parable you may find useful. An armchair explorer is unexpectedly given a chance to embark on an adventure she has only read and dreamed about. But she hesitates on the brink of seizing her opportunity. She asks herself, "Do I really want to risk having ragged reality corrupt the beautiful fantasy I've built up in my mind's eye?" In the end she takes the gamble. She embarks on the adventure. And ragged reality does in fact partially corrupt her beautiful fantasy. But it also brings her unexpected lessons that partially enhance the beautiful fantasy.

PISCES (Feb. 19-March 20): "A game of chess is usually a fairy tale of 1001 blunders," said chess grandmaster Savielly Tartakower, a Pisces. "It is a struggle against one's own errors," he added. "The winner of the game is the player who makes the next-to-last mistake." I think this is excellent counsel during the current phase of your astrological cycle, Pisces. It's time to risk bold moves, because even if they're partly or wholly mistaken, they will ultimately put you in a good position to succeed in the long run. Here's a further point for your consideration. Remember the philosopher Rene Descartes' famous dictum, "Cogito ergo sum"? It's Latin for "I think, therefore I am." Tartakower countered this with, "Erro ergo sum," which is "I err, therefore I am."

HOMEWORK: Meditate on death not as the end of physical life, but as a metaphor for shedding what's outworn. In that light, what's the best death you've experienced?

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Mountain Biking and Mushroom Hunting: Perfect Together?

NOW that the autumn rains have returned, the forests are bursting with mushrooms, edible or just eye candy, and I'm out there engaged in one of my favorite activities: foraging for the tasty ones. A pocket in my backpack suffices for small ones like chanterelles, but big boletes present a problem: how to carry them without bruising



them, but also without weighing myself down with a huge, awkward basket over seven to ten miles of hiking. Then I got to thinking about taking a bike rather than walking the trails (the ones where riding is permitted, of course) so I could let the bike do the carrying with its large cargo basket, lined with cloth bags to protect the fragile treats. Alas, I'm not a proficient mountain biker, so I'd be watching the trail for obstacles rather than scanning the shrubbery for feast-worthy fungi. My best bet would be to stalk them first on foot, then bring the bike for humongous and/or abundant crops.

Has anyone tried using a bike to make mushroom transportation easier and safer (for the mushrooms, not necessarily the fall-prone rider)?

A quick Internet search revealed that I'm behind the times! Back on September 28, 2014, the online news outlet Santa Cruz Waves ran an article by Hilltromper, "Mountain Bike Mushroom Hunting" (<http://www.santacruzwaves.com/2014/09/mountain-bike-mushroom-hunting/>). To avoid the problem of speeding by mushrooms, which require a contemplative pace and an attentive eye to spot them, Hilltromper recommends a single-speed bike, which slows the rider and "allows me a better chance to survey the fungal landscape around

me as I pass." He also suggests seeking out "fungal friends" while going uphill, when you're going to be riding slower anyway, regardless of how many gears are at your disposal. Although he doesn't make note of it, the specimen he recalls finding on his first mountain bike mushrooming trip was a huge chicken of the woods, confirming that

bike-mushrooming is best not only for transporting, but also for spotting, the bigger varieties (or small ones in big clusters).

Larry Short, mountain biker and mushroom enthusiast, created a You Tube video of his visit to the Tiger Mountain Trail

system in Washington to search for delectable fungi—alas, he didn't have a helmet-mounted camera to record the actual ride, but I found the tips instructive. (<https://www.youtube.com/watch?v=bFNh5K8yY0c>, <https://www.youtube.com/watch?v=CAIvTsrMf9s>). He points out the need to have good brakes for the wet trail conditions where mushrooms thrive and shows how he'd mounted a traditional cloth-lined wicker mushroom collecting basket on his rear rack so the fragile mushrooms (chanterelles in this case) wouldn't be injured on the bouncy ride back.

These were the only intrepid mushroom riders I've encountered so far, and I found it interesting that both were middle-aged, slower-paced riders (Mr. Short was breathing hard, David Attenborough-style, when he recorded his commentary, having just finished his ride). This reassured me, as I'm a road rider and when I think of mountain biking, I picture fearless young people hopping logs downhill at high speeds—but then that's not compatible with strolling (or bumping, or undulating...whatever you'd call a slow-mo ride) along, peeking into hollow logs for friendly fungi. Having two wheels would surely allow me to go farther (if not faster) in my search. So... does Fort Clatsop allow bikes?

WORKSHOPS/CLASSES

THE BASIC ENERGY HYGIENE. online class includes heart focused coursework, mentoring, and coaching via video conferencing. Ongoing classes are on Mondays and Wednesdays by appointment. 60 minute sessions weekly. \$99 month for local residents. facilitator:Linda Lawson.heartlink-ed.com.720-301-3993

SMALL TULE MAT AND DUCK DECOY CLASS. November 13 - 16. Learn to make a Tule or Cattail small mat and a Tule Duck Decoy. Noon - 3pm on the 13th, 10am - noon on the 14th, 9am - 1pm on the 15th & 16th, at the Tillamook Library. Advance sign-up at 503-842-4792

CREATIVE PHOTOGRAPHY. November 16, 17. Free, at the Manzanita Library on the 16th, at the Pacific City Library on the 17th.

HOLIDAY WREATH MAKING. November 24, 25, or 26. Bring the beauty of the forest home this winter by creating a winter wreath. Participants will be introduced to a variety of natural materials that can be used for home decoration during the holiday season. Younger children will also be able to make a cone craft and other small items. All materials and supplies are included in the cost of the class. \$7 - \$17 for one session. 11:30am - 2:30pm at the Tillamook Forest Center. Register by 11/19 by calling 866-930-4646.

SETTLE YOUR WORLD: Self Empowering Techniques for Fostering a Calm Life in a Wild World. November 25. With Jason Tschimperle. Through self study, meditation, breath work, Emotional Freedom Technique (tapping), and down to earth real talk, we will help each other make a plan for creating more calm and living freer in the wilderness of humanity. \$40, 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

DRAWING AS SEEING THE ACCEPTANCE OF CHAOS. A sumi ink wash drawing workshop. November 25. With Heather McLaughlin. During this 4 hour workshop students will complete multiple small drawings. We will cover techniques for recording scale, light and shapes while practicing pleinair drawing skills and increase our understanding and mastery of the sumi ink medium. \$40 + \$10 materials fee. 10am - 2pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

POPOP CARD CONSTRUCTION. November 30. Learn how to create a PopUp card with LED lights. 2 - 4pm at the Tillamook library. RSVP at 503-842-4792.

OPTIC STITCH BOOKBINDING. December 2. With Jillian Barthold. In this workshop you'll learn the basic tools used in bookbinding and the step by step process of making a hard cover coptic stitch book. \$30, Noon - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

BODY WORK-YOGA-FITNESS

TRIGGER POINT RELEASE CLASS. Oct 12. How to Release a Tight Muscle in 30 Seconds or Less. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gentle technique. Free, 5 - 7:15pm at Dawn Sea Kahrs, DC, in Wheeler. GRACFUL WAVES.

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong 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.

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.

CB YOGA. Barbara's yoga class focuses on alignment, strengthening and balancing. Yoga is good for the body and soul. Please come and join us. All ages and skill-levels welcome.

Class is \$9. Sunday from 8:30-9:50am. First class FREE! Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. FMI: barbarafucci@outlook.com online at tolovana-artscolony.org.

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 St. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow, Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. http://riverszen.com or Facebook.com/RiversZen.

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

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

LEARN SELF DEFENSE. Private lessons in Ocean Park, WA (home gym) with Black Belt instructor Jon Belcher in Kenpo Karate (Adults only, \$10.00 per 1 & 1/2 hr lesson). Currently teaching Mondays & Thursdays from 1:00pm on. To try a free introductory lesson contact instructor at: Phone: 360-665-0860 or E-mail: jonbelcher1741@yahoo.com Instructor teaches the Ed Parker system of American Kenpo Karate.

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

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

SPIRITUALITY

SOULCOLLAGE FOR WOMEN. Beyond Gratitude: The Gift of Blessing and Being Blessed. September 16. With Kathryn King. Make SoulCollage cards. Whether you are brand new to this process or experienced, you will enjoy the day of calmness and the opportunity to be with other wonderful women. \$60, 10am - 3pm at the Center for Contemplative Arts in Manzanita. Register by calling 360-513-0409

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets every Tuesday in Astoria, from 7:00 - 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic

truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center activity room located at Exchange & 20th St., first floor, (next to the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

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 developing a regular practice. All welcome.

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 amyseleena888@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.

VOLUNTEER

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

MEETINGS/MEET-UPS

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

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 - 8pm. Next meeting Sept 10. 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 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

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

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

DOG R.A.C.E. DAY

Classy Canines 4-H Club is holding its annual public-participation Dog Recreational Agility CGC Event (or Dog R.A.C.E.) on Saturday, November 18. This event focuses on giving dogs and their owners a chance to try some beginning level dog agility. There will also be an opportunity for participants to test for the American Kennel Club Canine Good Citizen (AKC-CGC) certification from 9:00 to 3:00. The Dog R.A.C.E. will be at the Clatsop County Fairgrounds & Expo Center arena.



The competitions will feature unique ribbons for the top placements. A spectacular prize drawing and dog-themed vendors will also be on-site. Proceeds will be donated to a local veterinary charity fund.

Spectators are welcome to watch the dogs learn to navigate the obstacle courses. For more information or to donate to the drawing, please contact Sally Freeman at youngsriver@yahoo.com or 503-325-7161 or text 503-308-2372.

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• MONDAY

8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:00pm: PreYoga Self Care with Jude MatulichHall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:15 - 8:00pm Meditation with Jude MatulichHall

• TUESDAY

8:30-9:30am: Zumba with Joy Sigler
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller
7-8pm: Beginning West Coast Swing with Jen Miller
8-9pm: Student Led West Coast Swing Practice Hour with Jen Miller

• WEDNESDAY

9:30-10:40am: Gentle Yoga with Terrie Powers
6-7:15pm: Belly Dance Basics with Jessamyn Grace

7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gil-likin

• THURSDAY

8:30-9:30am Zumba with Joy Sigler
• FRIDAY
9:30 - 10:40am: Gentle Yoga with Terrie Powers
6:30-8:00pm Living the Tarot with Julia Hesse (2nd Friday of the month ONLY)
7-10pm: Contra Dance with Dave Ambrose (3rd Fridays)

• SATURDAY

6-7pm: 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

SUNDAY

9-10:30am: Tri-Dosha Yoga with Melissa Henige

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

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

Messages Sonja Grace

mystic healer



Cedar Clearing

CEDAR is sacred to the Native people of this continent. It has been used for centuries to clear negative energy. The smoke from burning cedar greens is used to clear our physical bodies, a house or a sacred space for a ceremony and the passing of a loved one. The new age community caught a whiff of sage back in the eighties and rewrote the internet with stories of burning sage to clear everything. It smells good, so the trend makes sense. Unfortunately, respecting the cultures we borrow from has been lost. My elders taught me sage was used for blessing. We would burn sage after cedar and bless the ceremony or a sacred object. Cedar has a

powerful spirit like tobacco and sage. Ask permission from the spirit of the cedar tree before you pick your greens. Leave an offering. Use these medicines with respect as all-natural things are aligned with Creator's will, not yours or mine. Our job as humans is to show up with respect, forgiveness, love and compassion. Being hungry for power and abilities that might not be in your wheelhouse this time around can lead down a dangerous path. Be happy with who you are and recognize that who you are is a gift. Fear can be the culprit of daily manifestations. This infectious vibration can set off alarms that ring through hundreds of lifetimes.

Clearing your space, body and mind helps you to ground and sit in meditation. Don't be in hurry. Your soul body is infinite, and this lifetime is but a blink of the eye. If you are looking for protection, a way to clear energy, burn cedar.

For over thirty years, author and Mystic Healer, Sonja

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



order Cedar Smudge Sticks at www.sonjagrace.com

By Tobi Nason

wordwisdom

BREAKING SILENCE

THERE'S a lot of people breaking silence these days, re: sexual abuse and inappropriate behavior. People are speaking out like never before. Very few want to tackle a well-monied, powerful force. It feels futile to do so. But now! More and more women and men are coming forth. Safety in numbers.

This is big stuff. At last there is a means of stopping a perpetrator using the power of truth and joined voices. I think we all knew it. But silence kept those voices from joining the chorus. No one wants to be the lone voice in the wilderness. You have to be a very brave soul to start that journey..

The problem with silence is it works to the good of the perpetrator. The abused gets the harassment and the perpetrator gets to impose a sentence of silence in addition.

Harassment and abuse are painful experiences for anyone. We sweep it under the rug, or telling a close friend, still embarrassed that the event happened. Then there's anger that it occurred and that you were victimized.



Being victimized is soul-sapping. It implies an imbalance in value and worth. The Reality: Victimizers are bullies. They master it in early life and continue until something is done. Only when outed do the consequences click in.

Now that I wrote that, I realize I made it much too simplistic. Victimization is not always clear cut. It can be subtle. A chronic sexual innuendo from

a co-worker. A look that gives you the creeps. A hand that lingers.

Whatever shape, form or degree it appears, now is the time to speak out. Can you do it?

We've had years of silence. I'd guess that everyone has had some sort of harassment or bullying at some time in his/her life. Somewhere we, all of us, "learned" to minimize it. Forget it. Deal with it. If addressed, the perpetrator would make you feel minimized and maybe a bit gas-lighted. "Oh, it was nothing." "You misinterpreted. I was being funny." "You're too sensitive." No consequence. It's all on the victim.

Now's the time, folks. Time to take back power that bullies try to strip from you. Time to speak up, walk away, fight back. The stage is set. Find your voice and never lose it again.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587. She's had her share of silence.



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bodies in balance

Be Thankful for a Healthy Heart!



WITH THE HOLIDAYS on our heels we are thinking of many things for which to be thankful. The heart, our center of love, is by far the most dynamic organ of the body. This master of the circulatory system is responsible for supplying organs, muscles, brain...our entire body with nutrient rich blood. With all this power it is not surprising that heart disease is the number one killer in this country.

The anatomy and physiology of the heart is quite fascinating AND extremely complex, but I want to touch on it briefly. The heart is made up of 4 chambers; 2 atria and 2 ventricles. The atria are relatively small and less forceful as their job is to receive venous blood from either the body or lungs and then move the blood into the ventricles. The ventricles are the powerhouses with strong muscles that contract with force enough to fill the arteries of the lungs or pump blood out into the aorta and arterial system of the body. The force of the left ventricle in particular creates the pressure gradient to keep the whole circuit flowing. The heart has its own electrical system as well, with a built in pacemaker to set its own rate and rhythm. Unlike other muscles of the body which need a message from the brain to move, the heart is a self-contained unit. This organ is working 24/7 from early fetal development until old age...Thanks Heart!

Heart disease is a general term including any disorder that affects the heart. High blood pressure, coronary artery disease, high cholesterol, atherosclerosis, angina and myocardial infarction (heart attack) are some of the more common conditions under the heart disease heading. It is often the case that combinations of these conditions exist simultaneously rather than exclusively. This article will focus in on high blood pressure (hypertension) as it is

most common, often the first sign that the heart needs our attention.

Blood pressure is something that is done at almost every office visit and is rarely explained, so let's take a little time to do just that. As described above, when the heart muscles contract their force opens valves, and pumps blood into the lungs and circulatory system. The arteries receive this rush of blood and build up a certain amount of resistance to it. The blood pressure cuff is able measure this resistance by first completely cutting off circulation and then listening with the help of the stethoscope for heart beats as pressure is released and blood re-enters the vessels. During the cuff deflation, the point at which the heartbeat is first audible is the high number (systolic pressure), the low number is the last audible beat (diastolic pressure). These numbers indicate the amount of pressure the arteries are receiving at the highest initial force of the heart's contraction (systolic) as well as the resting pressure (diastolic). You can imagine that like bending over in tight pants, a blood vessel can only handle so much pressure before there is damage. Therefore when the diastolic pressure (lowest number) is above 90, or systolic pressure is above 140 your health care provider becomes concerned that the continued high pressure will damage the vessels. The most concerning result would be a stroke.

What causes hypertension in the first place? The kidneys play a key role in blood pressure regulation, sometimes the problem can be found there. The kidneys are responsible for the fluid balance in the body and therefore can be the culprit of defective management of correct fluid movement within the cardiovascular system. Many medications for blood pressure treat this function. The health of the heart muscles themselves are another element to consider in the treatment of blood pressure. And the blood vessels are yet another source of blood pressure abnormalities. They can be in an abnormally constricted state (smaller opening=more pressure) due to hormones or stress or vascular inflammation and damage.

Commonly hypertension is stress induced meaning that throughout most of the day all is normal but when there is a stressful event (like going to the doctor's office and getting your blood pressure taken) the readings can be high. Our adrenal glands, which mediate our stress reactions, can be responsible for this type of hypertension. Lastly hypertension can

be a secondary effect to an already existing condition (such as obesity or diabetes) or medications.

There are numerous options for treating hypertension. Conventionally there are a variety of medications that work on muscle contractility and/or kidney fluid balance. Blood pressure is often pretty receptive to these therapies, but as with all medications there can be unwanted side effects. Natural medicine has much to offer here as well. Minerals have great value in all musculature including the heart and blood vessels. For someone experiencing borderline hypertension this is often a safe and effective place to start. There are many herbs which work on the cardiovascular system strengthening the heart and blood vessels. There are nutrients which can correct deficiencies causing weakness in heart, blood vessels or kidney function. And of course I cannot fail to mention one of our greatest tools...stress management.

Stress from work, family, poor health, etc. is hard on the body, and the heart is no exception. Studies have shown that 10 minutes a day of a quality stress management technique can significantly reduce your risk of suffering a heart attack or stroke. Stress management is different for each person. For some it is exercise; exercise is not only of value in reducing our reaction to stress but also can help with weight reduction which is another factor contributing to hypertension. For others it may be a deep breathing or meditation practice. Having pets or hobbies, support groups, arts and crafts, gardening, or fishing, any of these done on a regular basis to relax and lower your stress level counts as stress management. Stress management is not drugs, tobacco, drinking alcohol, or watching television, these things may feel relaxing but they are likely not improving your health. As a healthcare professional I must emphasize that regardless of your stress management technique it does not substitute for medical care. If you have a personal or family history of hypertension and are not being managed by a licensed practitioner, it is time to seek one out.

The heart is the center of our ability to be open to our world, loving to ourselves and one another. If you have not taken the time to appreciate all that your heart does for you and those you love, then today is the day.

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

By Tracy Erfling, N.D.

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



FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



TRULY THANKFUL WHISKY PUMPKIN PIE

Makes one 9" deep dish pie

WRITE this on Halloween. Deadlines come and deadlines go. Sometimes I meet them, sometimes I step aside and let them pass. It's not that I'm disinterested. I'm just chronically unaware of the stats.

I'm that annoying person endlessly asking what date/day/time is it anyway? The fact that I am surrounded by beloved electronic devices all of which are only too happy to supply that information at the drop of a fingertip, is strangely of no help. Maybe it's because I have had no children around to daily remind me that time passes quickly, maybe it's because I'm slow to connect future commitments to real time and am therefore stunned when they arrive. Maybe it's lunacy.

Like me, the sun has lazed through the days pretending there is no earthly reason to hurry. The sun and I are in cahoots, both having forgotten that tomorrow is NOVEMBER! Fortunately, we both snapped out of our ennui in the nick of time. This column and the rain are both due on November 1st.

With Thanksgiving sneaking up on us, I am thinking Pie. And pumpkin. And whiskey. There is scarcely a baked good in the world that can't benefit from a nice splash

of booze. The addition of bourbon to pumpkin pie adds a lovely little something that makes me feel very "Hello, November!" if you know what I mean. Add another dollop of hooch to the whipped cream and you're all set to spread glad tidings, one slice at a time.

Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10:00am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.



- 1 single crust pie pastry, blind baked
- 1 medium sized pie pumpkin, roasted & pureed
- OR
- 1 15-ounce can pure pumpkin (not pumpkin pie filling, just pumpkin)
- 1 cup heavy cream
- 1/3 cup sour cream or creme fraiche
- 2 eggs
- 3/4 cup sugar
- 3 Tablespoons whiskey
- 1 teaspoon cinnamon
- 3/4 teaspoon ginger
- 1/4 teaspoon allspice
- 1/4 teaspoon salt

Roll out dough and line the baking dish, trimming and folding the edges under and crimping or fluting in whatever way you like. Lightly prick bottom all over with a fork. Pop the crust in the freezer for 10 or 15 minutes while the oven preheats to 375.

Line pie shell with parchment or foil and fill with dried beans or other ovenproof weights. Bake until side is set and edge is golden, about 20 minutes. Remove weights and liner and bake shell until golden all over, 10 to 15 minutes more. Set aside.

While crust is cooling, whisk together remaining ingredients and pour into cooled shell. Bake until edge of filling is set but center trembles slightly, about 45 minutes (filling will continue to set as it cools). Cool completely.

You can push this pie even further up the delish-o-meter by sprinkling the top with toasted, chopped walnuts or hazelnuts.

Because too much is not quite enough:

WHISKY WHISKED CREAM

- 1 cup cold, heavy cream
- 2ish Tablespoons whiskey
- 1+/- Tablespoon sugar
- 1/2 teaspoon vanilla

Put everything in a bowl and whip to soft peaks.



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It's Your Day!



Nominate Your Community Volunteer for Recognition

THE ANNUAL George Award and Richard Ford Distinguished Service Award are two of the most sought-after awards in Astoria and Warrenton. The recipients are often humble, yet strong, leaders - perhaps working behind the scenes to make our community better.

This year's George Award and Richard Ford Distinguished Service Award will be announced during the Astoria-Warrenton Area Chamber of Commerce Annual Meeting & Banquet on Saturday, January 27, 2018.

There's an old saying "Let George Do It." A tongue-in-cheek statement meaning "let someone else do the job". Since "George" doesn't really exist, the Chamber started its own tradition in 1960 of calling out the "Georges" in town who ARE doing the job! It's a tradition to honor those who embody service and dedication in the Astoria and Warrenton area.

The Richard Ford Distinguished Service Award is given to a person who has devoted time and energy in countless ways to our community. The award is aptly named after the late Richard Ford, a Warrenton resident whose impact was far reaching. Ford worked for the city of Warrenton as the building inspector and fire chief, but most importantly volunteered much of his free time helping his neighbors.

These awards honor citizens who give extraordinary service to the community. These are local people who give their time and energy to better our area - the doers, the people who make things happen, often without being asked. If you know someone who consistently jumps in when they see a need, rather than waiting for someone else to do it, why don't you nominate them for the George or Ford Award this year?

Nominations for the 2017 George Award and Richard Ford Distinguished Service Award will be accepted until 5pm on Friday, Dec. 1, 2017.

Learn more about nominating someone online at OldOregon.com or pick up a copy of the nomination form at the Astoria-Warrenton Chamber of Commerce or Warrenton City Hall.

WOW! Women's Weekend Benefiting the Cannon Beach Library

SPEND the weekend in Cannon Beach Nov 10 - 12. WOW Woman's Weekend offering many special events including; art classes, dining specials, shopping treat, extended shopping hours, kids party, whiskey tours, and much more.

A Friday Night Kick-Off Party 6-9pm, features Live Music by Jon Davidson, beer, wine, food, raffles, art demo, shopping, swag bags and more. Held at the Cannon Beach Chamber Community Hall (Sponsored by the Ocean Spa). Saturday Night Wine Down, 5-7 pm (Sponsored by the Cannon Beach Hotel) features Live Music by Jon Davidson, house wine, raffles, and more. Held at the Cannon Beach Hotel & Cafe.

Main events tickets on sale for \$35 at Tickettomato.com. \$40 at the door.

Get a jump-start on your holiday season with a weekend filled with events, classes, discounts, shopping, food, and fun throughout Cannon Beach!

For a detailed list of events, discounts, offers and shopping go to www.wowcannonbeach.com and facebook @wowcannonbeach.

Proceeds from the main events go to support the Cannon Beach Library.

Astoria Co-op Investment Campaign reaches \$1.5 million goal for expansion

THE CO-OP'S investment campaign "Together We Grow" has reached its goal, raising \$1.5 million to build a bigger store. The Co-op launched the fundraising effort a month and a half ago at its annual meeting.

"We're blown away by the Co-op support that we've seen. It's a clear demonstration of the fact people want to see this new store happen—and as soon as possible—because we reached our goal on time," General Manager Matt Stanley said.

Almost 200 locals invested. The preferred shares investment offering was available to Oregon residents who are owners of the Co-op, a consumer owned cooperative. A team of volunteers mailed letters and called potential investors. The Co-op also maintained regular communications about the campaign progress via email and social media.

"We think it's important to put money toward things that will create a meaningful future for our children and the Co-op not only provides healthy food for them but also a community around food and we really want to be a part of that," Investor Megan Oien said.

Even though the investment campaign is officially over, the Co-op has more shares available for those who still want to invest. The more money kept local, the less the Co-op will need additional bank financing to make the project happen.

The Co-op will now focus on completing the design, going through a land use approval process, and working to keep the project moving forward as fast as possible. Expansion updates are available at www.astoria.coop.

The Co-op plans to build a new store at 23rd and Marine Drive in Astoria that's about four times bigger

than the store's current location at 14th and Exchange. Double-digit growth in the last five years has led the Co-op to seek more space. The new store will have a larger deli, fresh meat & seafood, a wider selection of organic and local produce, and more parking.

The Co-op, formerly known as the Community Store, has been in Astoria since 1974. The number of Co-op owners recently topped 4000. About 80% of the Co-op's shoppers are owners, but it is not a requirement to shop. The Co-op welcomes all shoppers and is hoping to expand its shopper-base even more with the new store.

submitted press release



Suomi Hall Midwinter Holiday Luncheon and Bake Sale

Attend the Midwinter Holiday luncheon at historic Suomi Hall--244 West Marine Drive--on Thursday, December 14, between 11:30 and 2pm. The Finnish Feast (no limits on seconds) includes laksloida (scaloped potatoes with salmon), meatballs, rieska (Finnish flat bread) and condiments. Cost is \$15 per adult and \$10 for children under 12 years.



Yum! Rieska.

The auxiliary will also have traditional Finnish baked goods for sale. Come for luncheon, bake sale or both and share in this festive occasion with friends and neighbors.

NorthCoast Food Web Kitchen Volunteer Training Coming Up!

Are you interested in building your resume as a North Coast Food Web Volunteer? Or just enjoy sharing your love of food with others? If so, join NCFW at their teaching kitchen on Wednesday, November 15th. This 1.5 hour introductory training will outline the basics of the "Kitchen Volunteer" position and prepare you to volunteer for Food Web cooking classes and camps. No cooking experience required, just a love of learning and appreciation for the local food system.



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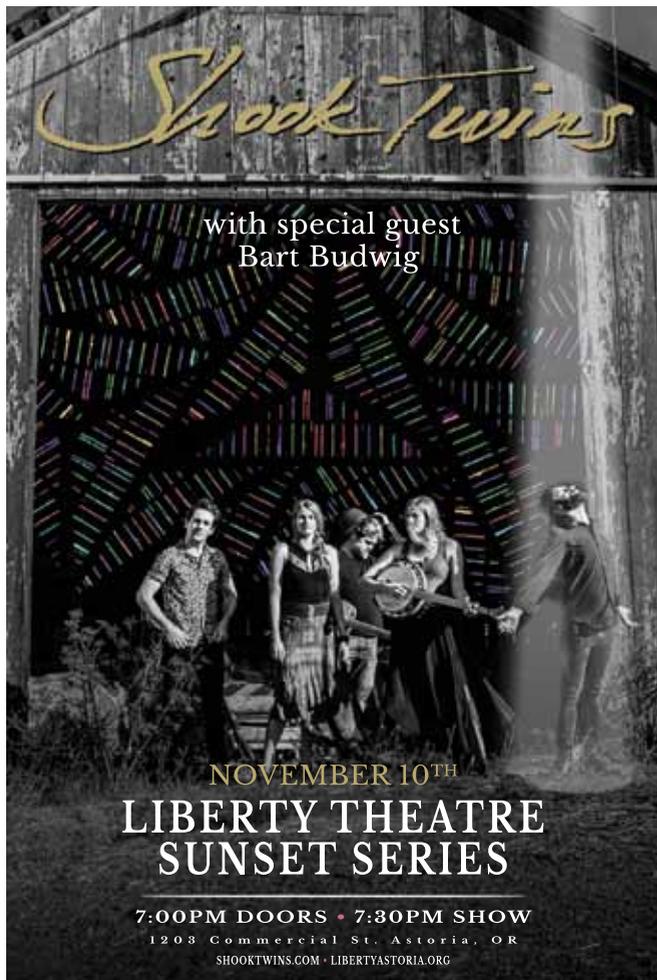
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on the 2nd Saturday of
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and general merriment!

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com

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finn  **ware**

Celebrating 30 years!
(Opened Nov. 13, 1987)

30 Days of Giveaways.

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

Save the date!

**Don't miss the Clatsop Animal Assistance
Annual Holiday Party**

Our Silent
Auction!



Mark your calendars,
for our December Fundraiser
and Holiday Party, which is
coming up soon!!

Come join us on Saturday,
December 9, from 9:00 a.m. to
4:00 p.m., in the Lovell Room
at the Fort George.

Find that perfect gift or win
a relaxing night away from
home at our silent auction
and raffle.

Dress up your pet for the
ever-popular pictures with
Santa, and make sure you're
hungry because our fabulous
bake sale is back again!

Photos
With
Santa!



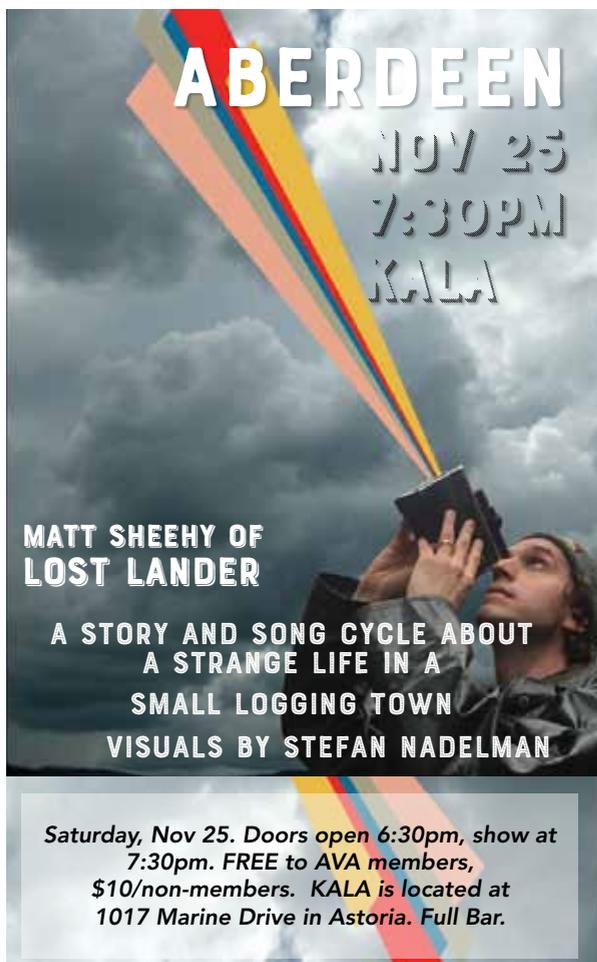
Our
Bake
Sale!



Raffles!



ABERDEEN
NOV 25
7:30PM
KALA



**MATT SHEEHY OF
LOST LANDER**

A STORY AND SONG CYCLE ABOUT
A STRANGE LIFE IN A
SMALL LOGGING TOWN
VISUALS BY STEFAN NADELMAN

Saturday, Nov 25. Doors open 6:30pm, show at
7:30pm. FREE to AVA members,
\$10/non-members. KALA is located at
1017 Marine Drive in Astoria. Full Bar.



**Adams &
Costello**

in concert

Fri. Nov 17

KALA

\$10 @ the door

ORIGINAL ROCK

w/lawrence alred/drums
& lake jiroudek/bass



Our
Bake
Sale!

Raffles!