

December 2017 • vol 18 • issue 226

# HIPFISH MONTHLY

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## The LATER SHOW

Art + Vintage Vinyl DJ Dance

Veteran L.A Producer/DJ Joey Altruda

Sat. Dec 9

DANCE to vintage vinyl, Funk, Soul, 60's Go-Go and the occasional tropical groove with Veteran L.A. music producer and DJ, Joey Altruda, Saturday, Dec 9 at KALA, 8pm. \$5 Cover.

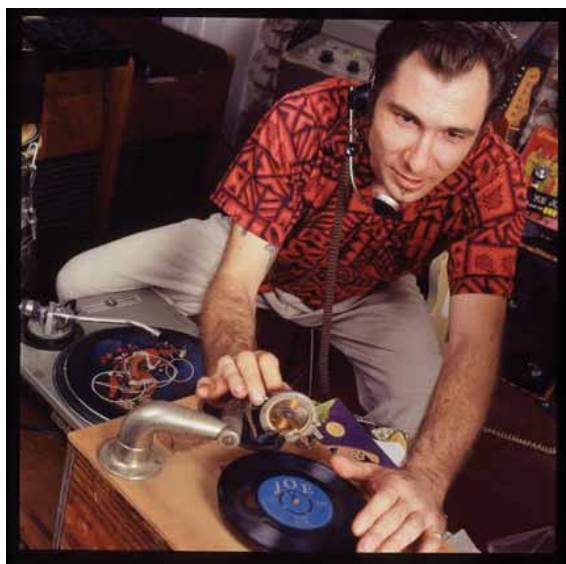
KALA welcomes Veteran L.A. music producer and DJ Joey Altruda, Saturday Dec 9. KALA opens from 7pm to 8pm for the Art Walk and viewing of current artists. At 8pm Altruda spins vintage vinyl with the emphasis on Funk, Soul, 60's Go-Go and the occasional tropical groove. This dance night billed as "The Later Show" will be an after party following the Astoria Art Walk. \$5 Cover.

Altruda has been going strong for the past four decades in esoteric genres as diverse as Rockabilly/Americana, Jazz/Swing, Afro-Cuban, Jamaican Ska/Reggae, Brazilian, Funk, Soul, and music for films. His lifelong record collecting is a direct reflection of his musical capabilities as a performer, bandleader, and multi-instrumentalist.

And look for more dance dates with Joey at KALA.

Artists Featured: Paul Soriano, Rene Rowe, Pooka Rice, Anne Eskelin, Bill Atwood, Joi Smith and Sid Deluca.

# MUS@KALA



## Annual Q Center Holiday Social

The Q Center continues an annual tradition in the Lower Columbia Pacific. The LGBTQ community first began its annual Holiday/Secret Santa party at the Café Uniontown almost 2 decades ago. In recent years the Q Center picked up with the party at KALA in Astoria.

An invite goes out to the Queer Community, friends and allies. Always a holiday hoot, bring a Secret Santa Gift—wrapped, and let the games begin. Many use their imagination and creativity!!!! Light appetizers precede, No-host bar, the Q Choir lends its vocals, plus guests, and general good spirits, greatfulness and dignity!

**Saturday, December 16, Party starts at 7pm. 16+ please.**

**KALA is located at 1017 Marine Drive in Astoria.**

## Pianist/Chris Parker Quartet Friday, January 12

KALA enthusiastically welcomes back New York based pianist Chris Parker, a multifaceted performer and composer who has written for everything from small jazz groups and chamber ensembles to full symphony orchestra. Contemporary jazz icons Randy Brecker, Bob Mintzer, Chris Vadala and Lyn Seaton have all performed with Parker's band.

Joining Parker this stint is Tim Willcox, saxophone, Damien Erskine, bass, Jason Palmer, drums.

**Tickets are \$16. Available in Advance at [libertyastoria.org/Shows & Events](http://libertyastoria.org/Shows&Events) (on sale Dec 12.) Friday, Jan 12, 8pm, doors open 7:30pm**



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

**KTCB 89.5**

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

**KCPB 90.9**

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



## NORTH COAST SYMPHONIC BAND *Peace On Earth, Goodwill To All* Dec 17

THE NORTH COAST SYMPHONIC BAND and Liberty Theater Presents will offer a joint celebration of the holiday season at 2pm on Sunday, December 17, at the Liberty Theater in Astoria. Dave Becker of Manzanita and former director of bands at Lewis and Clark College is conductor and musical director. Guest vocalists Andy and Rachel Becker of Portland will return to entertain the audience with good cheer and the North Coast Chorale directed by Dr. Denise Reed will appear on the program too. Doors open at 1:15 and the Astoria Tuba Quartet will offer a concert prelude of holiday tunes at 1:30pm.

"Peace on Earth, Goodwill to All" features wind band and vocal selections intended to inspire and offer optimistic messages of hope for the holiday season and beyond. NCSB selections on the December 17th program include "And the Mountains Echoed: Gloria!" by Robert Longfield, "Chanukah Celebration" by Bobrowitz and "Noël from Symphonic Sketches" by Chadwick.

Andy and Rachel Becker make their third appearance with the North Coast Symphonic Band, singing pop, classical and traditional selections. The North Coast Chorale sings fresh arrangements of classic carols.

Doors open at 1:15pm. The Astoria Tuba Quartet (ATQ) will perform a concert prelude starting at 1:30. The ATQ consists of four fun guys, Dennis Hale, Lee Stromquist, Bob Joiner, and Brian Bergman, who enjoy the sounds of heavy metal. The ATQ's lush warm sounds, blended from tubas and tenor tubas will surprise most audiences



expecting brash, brassy and bombastic sounds. The ATQ is known locally for its holiday program, "A Tuba Christmas", that it presents annually at the Columbia Pacific Heritage Museum in Ilwaco, Washington.

Tickets for the December 17th event are available at the Liberty Theater Box Office, 1203 Commercial, in Astoria, from 2 to 5:30 pm Wed-Sat and 2 hours before the performance. \$20. Student tickets for those 18 and under are \$5. visit [www.libertyastoria.org](http://www.libertyastoria.org). [www.northcoastsymphonicband.org](http://www.northcoastsymphonicband.org), find the NCSB on Facebook or call 503-325-2431.

## North Coast Chorale • Mysteries of the Stars Dec 8 • Dec 10

UNDER the direction of Dr. Denise Reed, the North Coast Chorale performs its winter concert, Mysteries of the Stars, at the Astoria PAC, 16th & Grand, Friday Dec 8, 7pm, and Sunday Dec 10, 4pm. Tickets are \$10 at the door, (kids under 12 free, accompanied by an adult.)

From "Rise Up Shepards and Follow," to "Catch a Falling Star," NC Chorale will perform song selections relating to the nature of stars. In addition, poet Karin Temple presents, and artist Jo Pomeroy-Crockett exhibits watercolors in the lobby. Student Emily Honl sells home-made holiday treats to fund the an 8th grade year-end trip.

North Coast Chorale receives support from the Oregon Arts Commission, a state agency funded by the State of Oregon.

To complete the 2017 Season, North Coast Chorale will also be seen in a guest performance with the North Coast Symphonic Band on Dec. 17th, and at the Grotto in Portland on Dec. 28th.

Anyone wishing to join the NCC is welcome; the new season begins on Tuesday, Jan. 9th, just contact Denise Reed, 503-338-8403. Upcoming events in 2018 include "The Seven Last Words of Christ" in March, a benefit concert for the community, and the annual spring concert, "Just for the Fun of it" in May. North Coast Chorale also receives support from the Clatsop County Cultural Coalition, a part of the Oregon Cultural Trust.



## Lower Columbia Q Choir Seasoned Greetings with Julia Child Dec 11

WITH a sense of holiday humor and good taste the Lower Columbia Q Choir presents Seasoned Greetings with Julia Child on December 11 at 7pm, at the Liberty Theater. Yes, from appetizer to soup, salad, bread, entrée and desert, Julia will take us through the different courses in a feast and how they came to be in our culture, accompanied in song by choir.

In addition, local guest performances by Liberty Theater staff members, including soprano Bereneice Jones-Centero. The QChoir is accompanied by pianist Vincent Centeno.

Tickets are available at [libertyastoria.org](http://libertyastoria.org) and at the door, half hour before the performance. Tickets are \$10.







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## CREATE Endorses the Clean Energy Jobs Bill



THE COLUMBIA RIVER Estuary Action Team (CREATE) recently endorsed Oregon Senate Bill 1070, known as the Clean Energy Jobs bill.

Senate Bill 1070 is an opportunity for Oregon legislators to take significant action in slowing climate change and speeding the transition to clean energy and greater energy efficiency, at the same time boosting local economies.

The health of the Estuary and the Lower Columbia River is showing evidence of damage from increasing water temperatures. The survival rate of juvenile Salmon in the transition from Fry to Smoot is disturbingly low. Meanwhile, proposals for gigantic, foreign-backed fossil fuel facilities upriver pose the danger of catastrophic damage to the Estuary, its environment and its economy.

In brief, the Clean Energy Jobs Bill would:

- Create a limit, or cap, on Oregon's climate pollution that lowers each year.

- Set a price on each ton of climate pollution emitted by large utilities, fossil fuel companies, and the other biggest sources of pollution (those who emit 25,000 tons or more per year, the equivalent of burning 133 rail cars of coal).

- Reinvest the proceeds in clean energy solutions – like solar and wind power, energy efficient homes and businesses, public transit, electric vehicles, and healthier communities. The bill prioritizes investment in communities hit first and worst by climate change.

CREATE is a group of citizens working to protect the unique Columbia River Estuary. Its mission is to protect the health of the rich and productive Columbia River Estuary, the life it supports and the many livelihoods that depend upon it. CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County.

At its regular meeting on November 16, 2017, the members of CREATE resolved to endorse the Clean Energy Jobs Bill and urge its adoption in the 2018 legislative session.

CREATE meets the 3rd Thursdays of the month, 6pm at Blue Scorchers Bakery & Café in Astoria. All are welcome.

## Coast Rehabilitation Services (CRS) transforms to NW Community Alliance!

CRS has been providing services for people with intellectual/Developmental Disabilities in Clatsop County since 1974. CRS started out as a grassroots organization developed by parents wanting to have supports for their children with disabilities. There was a need for services that were not available in Clatsop County and a determination from parents to have a better life for their children. This is the genesis of the organization that has continued to grow in both Clatsop and Multnomah Counties.

CRS decided to rebrand the name and services provided in Clatsop and Multnomah County – With the mission to support individuals to be involved in their communities, putting a focus on quality supports to people who live and work in Clatsop and

Multnomah County. The renaming is a way to put emphases on being a part of community and developing alliances with partnering organizations, business, families, schools, city, county and state organizations.

Join the exciting adventure as NW Community Alliance expands the quality of services for the people it supports in their communities, "Achieving Better Lives For Everyone." Check out Facebook @ NW Community Alliance or [www.nwcall.org](http://www.nwcall.org)



## Dare to Dance! Fitness Fundraiser Dec 24 • 8am



**DARE TO DANCE** is a one hour long, non-stop, all smiles event led by 8 local fitness instructors. This class is designed to be easy to follow and adaptable for most ability levels. Always wanted to try a Zumba class? This is the perfect opportunity for a really great cause!!!

100% of profits will be donated to "The Harbor", a vital community agency providing intervention, recovery and support to survivors of domestic violence and sexual assault. The Harbor is a non-profit that began in 1976 and services approximately 5% of Clatsop County and surrounding areas.

Suggested donation is \$10 but any amount is gladly accepted.

Corporate or small business Sponsorship's are available and donation gift cards are provided.

Call Joy 503.738.6560 or email [joysiglerzumba@gmail.com](mailto:joysiglerzumba@gmail.com)

**"Dare to Dance" Fitness Fundraiser event is on Dec. 24, 8:30am at Astoria Arts and Movement 342 10th St. in Astoria.**

## 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:

**Wednesday 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.**





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## outside the box



STEPHEN BERK

**TIME WAS** when the Republican Party contained moderates and even liberals. While generally more fiscally conservative than Democrats, Republicans, notably after the New Deal era, shared a belief that the federal government was a chief means of helping to create a better life for all Americans. They subsidized infrastructure, such

as the building of interstate highways, bridges, dams and airports. Nineteenth century nationalists had called such federal subsidy "internal improvements." Such projects were commonly assumed to be the ways and means to enact the mission set forth in the Constitution's preamble, "to promote the general welfare," or common good. Most Republicans in the postwar decades (the fifties through seventies) generally accepted social safety net programs, Social Security, or old age pensions funded out of workers' paycheck deductions, together with unemployment and disability insurance. Those provisions were, in fact, meager compared to their counterparts in Europe.

During the Eisenhower administration, whose cabinet was staffed largely by wealthy businessmen, a progressive income tax was maintained, with the top rate, set only over several million dollars, at 91 per cent. Asked if he would consider lowering that rate, Eisenhower, with Kansas conservative roots, said he would not even think of such a thing, because those rates funded programs that benefited the public at large. One of the most popular was the generous GI Bill, enacted to give World War Two veterans access to free higher education, as well as federally subsidized housing and health care. Americans in general during the postwar decades also gained vital support from the two FHA programs which subsidized low cost loans, enabling working families and farmers to buy houses and farms. These and other programs created one of the largest middle class populations in the world.

All this began to change following the election of Ronald Reagan, the once liberal Screen Actors' Guild chair, who was converted to the extreme ideas of Ayn Rand and Austrian economists, who

taught that government should not help ensure opportunity for all, but instead return us to the halcyon days of laissez faire capitalism, which had created the highly unstable speculative economies of the Gilded Age and the 1920s. Public

# THE Great REVERSAL

policy then recognized no social contract between capital and labor, poverty was rampant, particularly among despised minorities like blacks and Latinos, as well as whites living in depressed rural areas. But the wealthiest families, such as the DuPont's and the Mellon's had never been happy with the consensus forged in twentieth century reform movements, such as labor's bill of rights, including the forty hour week, time and a half for overtime, pensions and other benefits. The LBJ administration encountered much resistance from elite interests in passing Medicare and Medicaid. And corporate giants have consistently opposed the Clean Water and Clean Air Acts passed during the Republican Nixon administration.

A staunchly capitalist Nixon also supported creation of the Environmental Protection and Occupational Safety and Health Administrations. And it was Nixon who secured enactment of Indian tribal rights to sue to gain back lands essentially stolen from them.

But following the egalitarian movements of the sixties and seventies, the corporate and banking elites went into high gear, engineering a right turn begun in the eighties. The new Republican right would be joined by a new wave of Wall Street Democrats, led by Bill Clinton. This new interparty consensus did much to shred the social safety net, including the vital Aid to Families with Dependent Children. Corporate Democrats joined conservative Republicans in deregulating investments, thus returning the economy to the toxic speculative ways of the Twenties. They abandoned antitrust legislation that had curbed monopoly capitalism. And they cooperated in killing unions by facilitating the offshoring of manufacturing. Both political parties became subsidiaries of the one per cent, and America

was deindustrialized, as corporate bosses outsourced most of America's vaunted manufacturing sector to satanic mills abroad. Thus our infrastructure began its long vast decline and inequality reached unprecedented levels.

A growing minority of Democrats, disillusioned with neoliberalism (the new laissez faire) are now trying

to revive elements of progressivism. But an ideologically rigidified Republican Party has introduced a tax bill championed by the plutocratic Trump administration, which will drive more nails into the coffin of the sinking middle class. Among their plans are elimination of all state tax deductions from federal income taxes, including immense property taxes homeowners now pay across the country. Severe limits would also be placed on the homeowner's mortgage tax deduction, one of the few middle class tax shelters left. But Trump's tax bill would remove the estate tax, which falls on only the most baronial families in the country. Several years ago, when political skills for the one per cent were campaigning for removal of this "death tax," Warren Buffett, one of the wealthiest people in the world, together with Bill Gates, Sr. spoke out ethically for retaining the estate tax, as it was the basis of much important public funding.

One of the ugliest features of the Trump/Ryan tax plan is its reduction of the corporate tax down to 20 per cent. Senator Bernie Sanders has argued that the reason the federal deficit has spiraled out of control since the Reagan years is because corporate taxes, as well as those on investments have largely been replaced by working families' payroll taxes. "In 1952," states Sanders, "the corporate income tax accounted for 33 % of all federal tax revenue. Today (he was speaking in 2014), corporate taxes bring in less than 9 %." But the Trump administration would lower them even more. Bear in mind that the US now spends trillions per year maintaining military bases and fighting interminable wars around the world. None of this is helpful to the average American taxpayer, but it engorges Trump's plutocrats with untold riches.



# NATURE NEWS

## Participate in the KING TIDE Project

VOLUNTEER PHOTOGRAPHERS are invited to participate in the second round of this winter's King Tide Project, which documents the highest reach of the year's highest tides. The current focus is on the set of extreme high tides—known as “king tides”—arriving Dec. 3-5. (The first round of the project took place in November; the last series of tides to be photographed will rise Jan. 2-4, 2018.)

This is the eighth year that Oregon has participated in this international citizen science effort. The project is sponsored by the CoastWatch Program of the Oregon Shores Conservation Coalition, the Oregon Coastal Management Program of the Department of Land Conservation and Development, and the Surfrider Foundation, along with local co-sponsor the Haystack Rock Awareness Program on the north coast. The international project began in Australia, where the highest tides of the year are known as “king tides,” whence the name. These tides arrive when the sun, moon, and earth are in alignment, causing a stronger-than-usual gravitational pull.

Anyone with a camera can participate. At high tide on these days, find a good location, snap photos, and post them online. More information on the project, a link to tide tables, and instructions for posting photos, can be found on the website, <http://www.oregonkingtides.net/>.

A number of events related to the project, which offer background information, instructions, and a chance to team up with other volunteers, are being offered in December and January at various coastal locations. See the King Tides website, or the CoastWatch site, <https://oregonshores.org/coastwatch>.

King Tide photos can be taken anywhere affected by tides, whether on the outer shoreline, in estuaries, or along lower river floodplains. Photos showing high water in relation to infrastructure (roads, bridges, seawalls, and the like) can be particularly striking, and



KingTidetracks at Coos Bay By Robert More

reveal where flooding problems threaten. But shots of marshes or other habitats being inundated, or coastal shorelines subject to flooding and erosion, are also useful. The goal of this long-term citizen science project is to document the highest reach of the tides on an ongoing basis, for comparative study over a period of many years. (Participating photographers are urged to return to the locations from which they took King Tide photos and take comparison shots at ordinary high tide.)

While the King Tide Project can help to identify areas that are currently threatened by flooding, the more important purpose is to gain a preview of sea level rise. The king tides, while extreme today, will become the “new normal” as sea level continues to rise, and storm surges increase, due to global warming. Gaining a glimpse of tidal inundation likely to become common decades into the future will benefit planners, resource agencies, conservationists, and coastal citizens in preparing for these changes.

**Photographs from past years of the King Tide Project can be viewed on the project's Flickr site, <https://www.flickr.com/people/orkingtide/>.**

## Channeling Your Inner Lewis & Clark: a Conversation for the Explorer in Each of Us • Dec 17

LEWIS AND CLARK National Historical Park, Fort Clatsop presents *In Their Footsteps* free speaker series event. *Channeling Your Inner Lewis & Clark: a Conversation for the Explorer in Each of Us* by Richard Brenne will be Sunday, December 17, at 1:00 p.m.

Have you ever thought or said, “This is kind of like Lewis and Clark,” while hiking, canoeing, or camping? Richard Brenne shares many of his odd adventures that channel the tiniest bit of Lewis and Clark, such as exploring Russia (like John Ledyard, Jefferson's first candidate to lead the expedition), and Turkey (where the Ionian Greeks began the kind of enlightenment that Jefferson and his personal secretary Lewis embodied), and the American West including many backpacking adventures. He once even suggested the expedition to Jefferson himself (or the Colonial Williamsburg actor playing Jefferson!). Once Brenne gets this conversation going, he'll be asking audience members to share how they've “channeled their inner Lewis and Clark.”

Brenne is a mountain climber, world traveler, tour guide, freelance writer and award-winning screenwriter whose works have been produced by the Discovery

Channel, HBO, and Warner Brothers. He also produces and moderates panel discussions and town meetings about human impacts on the earth.

*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.

**FMI: call the park at (503) 861-2471, or check out [www.nps.gov/lewi](http://www.nps.gov/lewi), or Lewis and Clark National Historical Park on Facebook.**



## SALTY TALKS

Dec 21

Salt Hotel & Pub  
Ilwaco

JOIN JIM SAYCE, historian and Executive Director of the Pacific County Economic Development Council, in a SALTY Talks presentation, “Reading the Land: Forensic Ecology” exploring the changes in the local landscape over time. Jim will show us how to recognize the subtle clues that can help find the original or historic landscape of a site within the bones of the built environment.

Jim Sayce grew up on the Long Beach Peninsula. After receiving his Master's Degree in Biological Science with an emphasis on Ecology and Evolutionary Biology from University of California Irvine, he returned to the area and has played a large role in the development of the region's infrastructure from the Discovery Trail to Middle Village Station Camp. Jim has a unique understanding of the local landscape, his insights into the historical landscape are not to be missed.

Salty Talks are in partnership with the SALT Pub & Hotel, Columbia Pacific Heritage Museum, and Washington State Parks and Recreation Commission, with support from Friends of Columbia River Gateway.

The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco. Museum hours are Tuesday through Saturday 10-4. Admission is free on Thursdays thanks to the Port of Ilwaco.

**Salty Talk presentations are located upstairs in the Salt Hotel and Pub, located 147 Howerton Ave on the Ilwaco waterfront. The event is free to the public and starts at 6:30 p.m. Come early or stay late for those wanting to grab dinner or beverage. Seating is limited. No reservations.**



## Trash Talk: Marine Debris Wearable Art Jewelry

THE HAYSTACK ROCK AWARENESS PROGRAM has created a wearable art jewelry line crafted from marine debris named “Trash Talk,” intended to support our program and spark conversations that lead to more environmental stewardship.

Frequently, people ask how they can assist our program's stewardship efforts beyond volunteer-

ing or donating financially. This new project is a great way anybody can help support us on their own time. Nearly every beach in the world has micro-plastic landfall. Participants in this project are invited to collect micro-plastics (small plastic trash that washes up on our beaches), and donate it to our program to be repurposed into wearable art jewelry.

Not into collecting beach debris? Not a problem! We are also accepting donations of old or broken jewelry that will be reused in these new pieces.

Micro-plastic collections and old, broken jewelry should be placed in a bag or container and left in the garbage bin labeled “Haystack Rock Awareness Program Marine Debris,” located at the back entrance of Cannon Beach City Hall next to the

dumpster. In your bag, please include your contact information so we can send you a thank you and a small wearable bottle filled with some of the Marine Debris. One gallon of beach Debris is sufficient material to host 2-5 workshops, make over 30 pieces of jewelry or one 12x12 art piece.

The art and jewelry can now be

purchased online through the Friends of Haystack Rock's new Etsy shop. Find it at <https://www.etsy.com/shop/HRAPTrashTalk> or by searching “HRAPTrashTalk,” at Etsy.com. A selection of specialty pieces is also being sold through the Cannon Beach Art

Gallery.

The funding received through this project supports HRAP's ongoing efforts to provide high quality STEM, STEAM, and Citizen Science programs, and to spread awareness to a diverse multitude of visitors- positively impacting our community.

*If you have questions or comments, please contact Pooka Rice, Haystack Rock Awareness Program Outreach Coordinator at 503-436-8079, email [lrice@ci.cannon-beach.or.us](mailto:lrice@ci.cannon-beach.or.us).*





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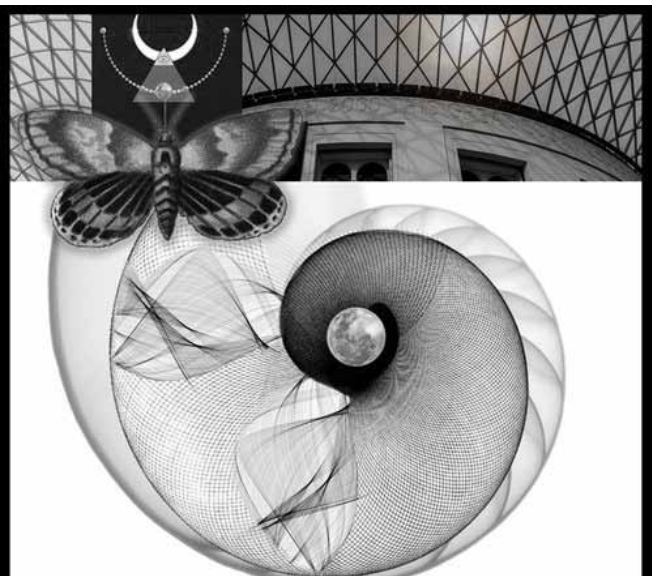
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### Lower Columbia Q Center Board Meeting Astoria Armory - 1636 Exchange Street Astoria, 3rd Wednesday of the month, 6pm-7pm

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 LCQCAastoria@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

### Sign Up For Affordable Health Care thru Dec. 15

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](http://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](http://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](http://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

### 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](mailto: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](http://www.clatsopdemocrats.org) or [www.facebook.com/clatsopdemocrats](http://www.facebook.com/clatsopdemocrats).

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

### CREATE • Dec 21 Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique 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 Scorchers.



## Land Use Board Blocks Jordan Cove Permit

OREGON'S Land Use Board of Appeals (LUBA) on Monday (Nov. 27) ruled in favor of the Oregon Shores Conservation Coalition's appeal of Coos County's land use approval for the proposed Jordan Cove LNG (liquefied natural gas) export terminal. The facility, planned for Coos Bay's North Spit, has been opposed by a large coalition of conservation groups, landowners, and tribes.

LUBA agreed with Oregon Shores on six of the seven arguments Oregon Shores made against Jordan Cove's application as approved by the county. The decision was "remanded" back to the county for further consideration.

The appeal was argued on Oregon Shores' behalf by attorney Courtney Johnson of the Craig Law Center. Several other organizations and individuals joined as "intervenor" in the case. The appellants were also joined by the Confederated Tribes, of Coos, Lower Umpqua, and Siuslaw Indians, who won a remand on an issue of their own, concerning failure to consult them properly.

The Jordan Cove Energy Project now has three options. The corporation can appeal the LUBA decision to the Oregon Court of Appeals; ask Coos County to consider the application again, accepting new evidence and revising their decision to answer LUBA's objections; or start all over.

For the time being, though, LUBA's rejection of Jordan Cove's land use approval is highly significant. Without local land use approvals it will be



North Spit 2 by Alex Derr

harder for state agencies such as the Department of Environmental Quality and the Department of State Lands to issue permits regarding water quality, dredging and other aspects of the project. This in turn means that the state could not certify the project's compliance with the Coastal Zone Management Act (CZMA) which should make it harder or impossible to get federal permits. Under CZMA, the federal government is required to be consistent with a state's approved coastal management program, so if a state declares that a project is non-compliant, the federal government should in principle honor that decision by rejecting federal permits.

LUBA found that the county erred in its approval with respect to its treatment of the public benefit and public trust standard for the estuary; impacts to Henderson Marsh, which borders the site of the proposed terminal; dredge and fill impacts; impacts of dewatering at the terminal site; approval of the Southwest Oregon Regional Safety Center (which would house emergency responders); and reliance on permits from the Federal Energy Regulatory Commission (FERC) after FERC had denied the project last year.

This is a temporary victory. Jordan Cove, having been rejected by FERC in its last attempt to gain approval for the project, has launched an entirely new, somewhat amended proposal. This LUBA decision rejects the local land use approval for the previous proposal, the one denied by FERC. Both sides had continued with the appeal, though, because LUBA's decision either way would have implications for Jordan Cove's land use application for the next round. Had LUBA found in the county's favor, it would have meant that Jordan Cove could have submitted a similar application for its new proposal and expected a quick approval. Oregon Shores' successful appeal, though, means that Jordan Cove will face a much higher barrier in drafting a land use application that can pass muster—and might mean that the project can't be approved under Oregon's land use laws.

"We are under no illusion that this is anything more than one battle in a long struggle," says Phillip Johnson, Oregon Shores' executive director. "We will continue to fight on many fronts against this utterly misbegotten proposal, which would place a very dangerous facility on an unstable sand spit in an earthquake, tsunami, and storm surge zone, and do grave damage to the Coos Bay estuary, all so a Canadian multinational can ship fracked gas to Asia and exacerbate global warming. But this is a very significant decision, because it indicates that we may indeed be able to stop this massive project at the local level. Oregon's land use laws may prove to be Jordan Cove's Achilles' heel."

**GRAHAM NYSTROM** has recently taken over from Joanne Rideout as the station manager of Coast Community Radio (KMUN & KCPB). Because KMUN operates out of Tillicum House, a Victorian from the late 1800s, one's first thought upon arrival at its offices might not be about technology. But don't be fooled: that old house holds a lot of gear.



## GETTING TECHNICAL WITH GRAHAM NYSTROM AT KMUN

KMUN's audio and broadcast equipment has a lifetime of 15 to 20 years and was last replaced around the turn of the millennium. Given the amount of equipment, Nystrom says the station's biggest need is for maintenance, not growth. "My main concern is that we don't get too big," he says. "If we get a bunch of new gear that does more than what we already do, that just adds to the list of things we need to maintain and replace. We're looking at how to fix what we've got and keep doing what we're going."

Nystrom says they refurbish equipment whenever possible. For example, when the "program" button on the mixer starts to stick or turn off randomly, they can try to replace the switch or fix the solder joints. And when the electrolytic fluid in the capacitors dries up, causing problems with power supplies or audio quality, the capacitors can be replaced. "However, there comes a point when refurbishing, or recapping, is no longer an option," says Nystrom. "Eventually, certain equipment, like our mixers, will have to be replaced."

KMUN's equipment can be broken down into three main blocks. The first block is the air room, which requires a human voice and a microphone; the associated gear like CD players, iPods, computers, and cables; and a mixer. The second block is the satellite (SAT) room, where an FM processor optimizes the signal for broadcast. The SAT room also contains a switcher for the different sources of content, such as the emergency alert system (EAS) that can override KMUN's signal, and the station's file and network servers. Importantly, the SAT room also holds the studio-transmitter links (STLs), which broadcast the signal to KMUN's transmitter site on Megler Mountain, across the river.

The third block is the transmitter site on Megler (or other, smaller transmitter sites located down the North Coast), which contains the receiving end of the STLs (one for KMUN and one for KCPB). The signals go through their respective exciters and transmitters, which are 5,000W and 400W for KMUN and KCPB, respectively. After the signals hit the transmitters, which Nystrom describes as gigantic amplifiers, they are sent through the coaxial cables, about 2" in diameter, up the tower to their broadcast antennae.

A focus on maintaining all this equipment, however, doesn't mean that everything will stay the same at the station. "People are acknowledging that radio is going through changes, and to stay relevant, we also need to offer an online component, an on-demand component, and a social media presence," says Nystrom. For

Photos and enhancement by Dinah Urell

example, "if an artist performs in the air room, it'd be great to put a video of that on the web."

Nystrom and Program Director Elizabeth Menetrey are actively engaging younger listeners. They run the KMUN media program at Astoria High School and the Astoria Youth Radio program (KAYR), and are hoping to build an internship program for students interested in journalism and production. "We're trying to make sure that they grow up knowing there's such a thing as radio," says Nystrom. "And seeing them get inspired by radio is exciting."

Currently, listeners can access KMUN's content in one of three ways: on the air, through podcast recordings of the in-house public affairs programs, and through the two-week archive of all KMUN broadcasts, including copyrighted music. However, "we're competing with more of an on-demand culture now, which requires different tools," says Nystrom.

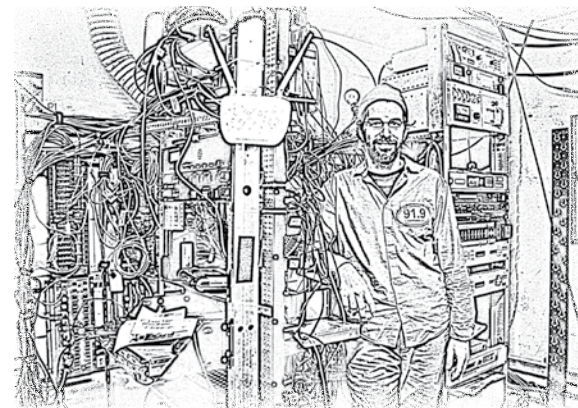
To this end, the Community Advisory Board and Menetrey will be making a change to a popular local program, Bedtime Stories, which is going off the air—gradually—beginning early next year. "The plan is not to get rid of it," says Nystrom. "We're looking at ways to improve our children's programming, and there are new avenues for serving children and young listeners."

"Because so many kids know how to use devices, we plan to create a page on the website that's kid- and mobile device-friendly, where they can serve themselves and listen to their favorite stories at any time and as many times as they like." Furthermore, they won't be woken up by the transition to the next show when Bedtime Stories is over. Many feel like this change will introduce

more continuity into KMUN's evening music programming. Plus, it's an opportunity to increase the production values of the bedtime stories themselves. "If we produce the stories in our studios, and if the readers are interested, we can create something really special by adding elements like sound effects and music," says Nystrom.

Nystrom emphasizes that the changes at KMUN are about maintenance and staying current with new ways of accessing content, all of which aim to preserve the station. "Corporate culture values growth over everything else, but we value sustainability and responsibility," says Nystrom. "I'd like to make sure our costs are covered, that we're taking good care of our house, and that we're making radio that our listeners enjoy. That doesn't necessarily require growth but the passion and effort that go into making quality programming."

Listener feedback is welcome at [feedback@coastradio.org](mailto:feedback@coastradio.org).



Graham in the gear shack—



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## INCO NEWS INDIVISIBLE North Coast Oregon

### INCO EVENTS December

#### 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, Dec. 5, 6 pm  
Astoria (private home; email incoregon@gmail.com for details)

#### INCO Reading Group: What Unites Us

by Dan Rather  
Wednesday, Dec. 13, 6:30 pm  
Astoria (private home; email incoregon@gmail.com for details)

#### Warrenton Community Group Meeting

Saturday, Dec. 16, 11 am  
Dooger's Seafood and Grill, Warrenton

#### INCO Vote the Future Team

Wednesday, Dec. 20, 6:30 pm  
Seaside Library Board Room

#### Save the Date: Turn the Tide 2018

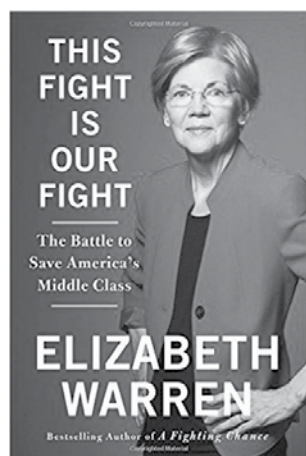
Regional Summit  
Saturday Jan 20  
8:30 am - 4:30 pm, Lovell Showroom  
Astoria

ACA Open Enrollment for Healthcare ends Dec. 15!

#### 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



## Stop the Tax Scam

by Michael A. Miller



CALL THE PROPOSED TAX CUTS what they are: robbery, an assault on the working class, economic manslaughter, and a damn foul lie. A lie that if successful will rob the hopes and dreams of many and surely bury some of our children, in debt if not literally. This proposal is of course no less than class warfare.

Taxes are not the wealthy's money. Taxes are not the government's money. Taxes are "We the People's" money. Among other things, taxes are collected to promote the general welfare, not harm it. They're collected so that everyone in Flint, Michigan, can eventually have clean drinking water. They're collected to help restore property and hope to those who have been devastated by floods, hurricanes, and fires, and so their cities and states can take the appropriate actions to prevent future devastation and suffering.

Taxes are collected so that people can again be made to feel, and to be, safe at public events. They're collected so that infrastructure like bridges, roads, and the power grid can be restored from what's in some cases near third-world condition. Taxes are collected to fight the national pandemic of opioids. Taxes are collected so that the Northwest can win the race against the countdown with the Cascadia Subduction Event, a race to bring our infrastructure up to even marginal levels of preparedness.

Taxes are not for diverting, by the trillions, to the super-wealthy. They are not to be diverted so they can be tossed into the market to inflate the next bubble until it bursts; then the poor and working class, again, will be made to surrender their property to the banks, while CEOs of the "too big to fail" are driven in limos to the halls of government to be coddled and assured their fortunes are safe.

Proponents of this so-called tax cut proposal are trying to steal our children's education and healthcare, our family housing, our seniors' security and medical care. They are trying to steal what American soldiers have died to bequeath us: a better life for our children. They are trying to steal the people's sweat and blood, the raw toil that produces the goods and services of the wealthiest nation to ever exist. A nation that has seen a doubling of its wealth since Reagan's time (per individual) but has seen that increase in wealth shifted to the wealthy, and the obscenely wealthy.

They're doing this by creating permanent tax cuts for big corporations and the ultra-wealthy while many

of the cuts for the working and middle class are phased out after five years, and by racking up \$1.5 trillion in debt over the next decade—trillions more if severe cuts for services to "We the People" aren't enacted.

They are doing this by eliminating state tax deductions, something that will be costly to Oregonians. They're doing this by eliminating taxes on overseas earnings, a move bound to drive even more corporations from the US. They're doing this by eliminating healthcare deductions, so in America you'd be able to go bankrupt paying medical bills but still have to pay massive taxes.

To stop this obvious robbery the people must, in their busy work weeks, make time to protest, to call their supposed representatives, talk to neighbors and colleagues, debate on Facebook, and write letters to the editor. Meanwhile, the primary beneficiaries of this tax scam golf or take in other leisure, protected by both private and public security from even the sight of poverty.

The algorithm is simple: give as much as possible to the wealthy, and as little as necessary to the poor and middle class, while managing to convince the latter to vote against their own interests. Bigger returns feel good, but they don't replace lost services or the money that federal spending puts into cities and states and into our own well-being.

Yes, they're trying to rob us, again. What fools we be if we let them; what neglectful parents.

Michael A. Miller lives in Astoria.

→ 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](http://www.indivisiblenorthcoastor.blogspot.com). To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.



## Reconnecting Roots:

## The Future

# Scandinavian Heritage Park



Conceptual design: Roger McKay and Anna-Lee Hoelzle

By Kaisa Schlarb

**IN** THE SCHEME of history, Scandinavians are still newcomers to the land on which present-day Astoria sits. Their legacy however, is in the landscape and woven into the fabric of the industrious, hard-working culture.

As a half-Finnish child who would travel to Astoria to see my immigrant grandparents, Astoria was my Finland. My parent's wedding reception was in Suomi Hall, blocks from the Uniontown house my mother grew up in. The stories of my grandparents being sponsored to come to the US in the 1950s to work on the family mink farm were told to my siblings and I along with our first saunas. In my mind, Peace Lutheran was Finnish church, because old Finns made pulla and piiraka for every funeral I attended there as my family began to pass away over the years.

In my young world view, Astoria was one big Scandinavian Park.

Of course, it took more than Finns or Scandinavians at large to build Astoria. Chinese immigrants built much of the city's infrastructure before Scandinavian immigrants arrived, and the very possibility of starting a new life in the Northwest came about through westward expansion of

the US in the 19th century and the displacement of indigenous people already living on the land.

In the decades following the granting of Oregon statehood, a clear path was paved for new groups of European immigrants.

In the late 1800s, Scandinavians began immigrating to Astoria to work in fishing and logging industries, as farmers and small business owners. According to the 1910 census, 35% of Astoria's population identified as Scandinavian. Today, Scandinavian Heritage groups still exist, which remind us that the descendants of those immigrants are still a visible part of the community. I am one of them.

The Astoria Scandinavian Heritage Association (ASHA) is a non-profit with the mission to preserve Scandinavian culture and heritage in the area. Historically, their main event has been the Astoria Scandinavian Midsummer Festival, which celebrated its 50th anniversary in June 2017.

The Scandinavian Heritage Park Committee (SHP), a subcommittee of ASHA, has been working for the past two years to move forward with the installation of a dedicated Scandinavian Heritage Park.

Their goal, as stated in their request for approval of the park to the City of Astoria, is to erect a monument in a public space to "make locals and visitors aware of the ethnic heritage that contributed immensely to the fabric of our community. It will honor families that said their

last goodbyes in Scandinavia and moved to Astoria to become Americans. The monument will focus on the contributions these immigrants made to our community."

Janet Bowler, publicist and grant writer for the SHP committee, acknowledges this influence and how it lends to Astoria's identity. "A lot of people identify with being Scandinavian even if their link is not direct. So this is just another part of fortifying Astoria's identity for ourselves, for those who come to visit, and especially for future generations."

The SHP committee's vision is to build a permanent, low-maintenance, monument in keeping with a clean, minimalist Scandinavian aesthetic, in a location with a lot of foot traffic at the entrance to downtown.

The selected site for the park is a strip of green space spanning from 15th to 16th on Marine Drive, currently named "People's Park" and owned by the City of Astoria.



Sample Bas-relief Sculpture

The space is not visibly identified as park, except for the maintained grass and utility hookups. A river lookout that was in disrepair was removed from the space in 2016. Today it is simply vacant and undeveloped.

The density here is layered, both Astoria's history and modern identity teem on all sides, from the Columbia River Maritime Museum and The Astoria River Walk and Trolley, which about the unassuming People's Park, to Marine Drive racing on its other side at the entrance to downtown.

For those whom Astoria and Scandinavian Heritage go hand-in-hand, it is easy to picture Scandinavian flags flying here, flanked by the lights of sitting ships and the neon signage of Fort George; history nestled between two other significant pieces of Astoria's identity: industry and tourism.

Judi Lampi, chair of the SHP committee, has been publicizing and drawing support for the park for the past year, delivering speeches and passing out literature at the Scandinavian Midsummer Festival, as well as during the Astoria Regatta parade.

cont. pg12





She feels confident the park will become a reality. "When you get a group of Scandinavians together and they want to accomplish something, they are persistent and they will get it done."

A petition supporting the park has been circulating, with over 1,000 signatures gathered. The sentiment she heard most at Regatta was that the park was overdue.

In the last two years, the SHP committee has made tentative agreements with the City of Astoria to move forward with the project, including a commitment from ASHA to fund installation of the park, paying the utilities bills and providing the maintenance in cooperation with the Rotary Club of Astoria.

The plan is not expected to be a financial burden of the city.

With a grant from the Oregon Community Foundation, the committee was able to develop a plan for the park and hire artists Roger McKay and Anna-Lee Hoelzle to create a rendition of their proposal.

The conceptual design takes visitors on a stroll through Astoria's Scandinavian history, beginning with the archway which



SHP Chair Judi Lampi

In 2016, the City of Astoria put together its first "Astoria Parks & Recreation Comprehensive Master Plan," shaped with community input to "create a vision and strategy for Astoria Parks & Recreation Department."

As part of the Master Plan's needs assessment, it was identified that more urban plaza spaces are needed. Urban plazas are defined as "public gathering spaces that foster community interaction and civic pride. They are small in size and intensely developed."

The Scandinavian Heritage Park, with its design of concrete or brick, is envisioned as part of an urban plaza solution.

The next step for the park is a vote by the Astoria City Council to approve the proposal put forward by the SHP committee. Once approved, the organization can get to work fundraising

and hire an architect for the project. Setting a timeline depends on fundraising, but the committee's ideal timeline is to have the park completed in the next two years.

"We are appreciative to the city for making sure this is a sound plan," says Bowler.

The Astoria City Council vote will take place on Monday December 18th at 7pm.

The SHP committee is encouraging the community to support the vote by attending wearing traditional Scandinavian outfits, sweaters, and Astoria Scandinavian Festival clothing. They are also calling on attendees to bring a Scandinavian flag or a photo of family that came from Scandinavia as immigrants.

The committee is especially hopeful that younger community members will attend to demonstrate pride in their heritage and the commitment to preserving it for the next generations.

As a 30 something millennial, second generation citizen of Finnish immigrants, and a member of the Astoria community, I've always had an enormous amount of pride for the hard-working Finnish character and the way that is so clearly present in Astoria. It is a big part of what led me to choose to raise my family here.

It means something to me to see this park come to fruition. And yet, this pride is balanced with the awareness that we were not raised bringing the whole story forward. My family didn't talk about the displacement of indigenous people or US immigration policy that favored white immigration.

What does it mean to "fortify" a Scandinavian identity in Astoria when this idea harkens to a goal of reinforcing the values of white culture?

In my view, it is important to stay connected to the countries this park pays homage to and the ways in which they are present-day examples of true democracy.

In a country where allocating resources to health care, education, and basic safety nets for people are a fight or denied, we have as much to learn from modern-day Scandinavia as we do from nostalgia for our ancestors.

We have to know and understand our history. If the values of our Scandinavian heritage in this town are as strong as we believe them to be, we know we need to find that inner SISU and lead the way ourselves.

Hopefully a Scandinavian Heritage Park can serve as a reminder of the hard work that has come before, help us to take a clear look at where we want to go, and to fortify our value for working for and preserving the democracy we need to get us there.

For more information visit: [www.FromScandinaviaToAstoria.org](http://www.FromScandinaviaToAstoria.org)

Or contact Janet Bowler [jlbowler@charter.net](mailto:jlbowler@charter.net) or Judi Lampi: 503 791 9156

## Tidal Rock Project Receives Funding



Artist Group:  
Brenda Harper, Jessica Schleif  
and Agnes Field

PORTLAND INSTITUTE of Contemporary Art (PICA) announces the Precipice Fund Round 5 Grantees for the Astoria area: Tidal Rock, a site-specific, collaborative art installation by artist/curator Agnes Field, multi-media and video artist, Brenda Harper and environmental installation artist, Jessica Schleif will receive \$3,500.

Administered by the Portland Institute of Contemporary Art (PICA) as part of the Andy Warhol Foundation for the Visual Arts Regional Re-granting, the Precipice Fund awards grants of \$500 to \$5000 to unincorporated visual arts collectives, alternative spaces,

and collaborative projects in the greater metro areas of Portland, Astoria and Eugene, Oregon.

The Precipice Fund seeks to support both new and existing projects emblematic of our region's independent, pioneering, on-the-ground art scene. The Tidal Rock Project will include documenting the transformation of a natural green space in downtown Astoria and a culminating art installation



Historic site of Tidal Rock on the corner of Commercial St. & 15th

event in the early summer including visual art, performance, video projection and sound.

Tidal Rock, a property owned and managed by the City of Astoria located between Commercial and Duane Streets at 15th Street, is the 1811 historic location of the Tidal Rock, an anchor and high water site for local mariners and natives on the south side of the Columbia River. The artists plan to re-establish and maintain the space, plant indigenous plants and prepare the existing platform for upcoming performance and temporary art installation.



# HOLIDAY HAPS

## GIFTS THAT MAKE A DIFFERENCE

**December 9, 12-4pm. Free and open to the public.**

The McTavish Room of The Liberty Theater, 1203 Commercial Street

United Way of Clatsop County presents Gifts That Make a Difference on Saturday, December 9th from Noon to 4:00PM in the McTavish Room at The Liberty Theatre. Gifts That Make a Difference gathers thirty non-profits in one space for one afternoon and invites the public to join them. Clatsop County is a community filled with passionate, skilled, driven and giving individuals. Bring your knowledge, your personal experiences and your skills to this event to meet like-minded people and open new doors of volunteer opportunities for yourself and for your family. Sometimes looking for the perfect match of those in need paired with what you have to offer may not be easy. Gifts That Make a Difference is an opportunity to find that meaningful fit.

Along with volunteer opportunities, many organizations will have items for sale that will help support their agencies mission along with end of the year giving opportunities.

Enjoy festive music and delicious refreshments provided by A.W.E. Group (Astoria Women Executive) and Thrivent Action Team. This event is a great way to embrace the holiday spirit of by giving of your time, talent and treasures. FMI: Jennifer Holen 503-325-1961 uwccdirector@pacifier.com



## Nehalem Bay United Methodist Church Bazaar.

**Dec 9 10am-4pm**

Shop for fabulous handmade items and enjoy a clam chowder lunch with pie and Tillamook ice cream. Plus silent auction.

## 1st Annual Holiday Fair • First Presbyterian Dec 9 10-4pm



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.

## Tolovano Arts 2nd Annual Holiday Gift Bazaar Dec 9-10, 11am to 3pm

Stunning array of works from local artists and crafters: jewelry, paintings, kitchenware, baskets, sculpture, clothing and even homemade cleaning products.

At Tolovana Hall 3779 S. Hemlock, Cannon Beach

## Sou' Wester 3rd Annual Holiday Bazaar Dec 16 Noon – 6pm

Sou'Wester hosts its 3rd Annual Handmade Bazaar with 20+ artists/makers. The sale is on Sat Dec 16th from noon-6pm at The Sou'wester in 4 spaces: the Pavilion (now heated), the Lodge Living Room, Lodge Velvet Lounge Guest Room, and also in the new Art Trailer Gallery. Lindsie Feathers will be playing live music from 2pm-4pm.

**THE ADRIFT HOTEL** in Long Beach partners with Sou' Wester hosting an artisan sale as well on Dec 16. 10am – 4pm. Vendors include: Shift - Handmade dresses and aprons, Wheeler Bag Co - Handmade waxed canvas bags, Pink Poppy Bakery, Jacob's Hammer Custom Metalworks - Jewelry and sculpture, Redclothespin - Aprons, towels, sewn goods, Karen Brownlee - Pottery, Votive Designs - Silver Jewelry, Beautiful Pig, Harmony Soapworks, North Jetty Brewing, Legendre Cellars.

## Winter Pop-Up Market at the M&N Building Dec 16, 10am – 5pm

On Saturday, December 16 from 10 til 5, take a peek into the re-awakening M&N Building on 9th & Commercial, in Astoria. They'll have original clothing, one-of-a-kind handmade gifts and art, vintage/nostalgic collections, and more! Are you a creator of handmade items and are interested in being a vendor? Please email Michelle@ReclamationAntiques.com.



## Holiday Bazaar at Carruthers Sunday, Dec 17 11am – 6pm

1198 Commercial in Astoria

## Celebrate the holidays with Cannon Beach History Center & Museum

Looking for an escape over the holiday weekend? Join the Cannon Beach History Center & Museum's board of directors and staff for an all-day event for both kids and adults on Saturday, **DECEMBER 23.**

The museum will host an all-day hot chocolate bar. We're talking whipped cream, marshmallows, chocolate nibs and more! The no-host treat bar will also have hot apple cider, Sleepy Monk coffee, and sparkling cider. Arts and crafts run from 12:00 p.m. until 3:00 p.m. The museum will also offer a children's story time at 12:00 p.m. and face painting from 1:00 – 3:00 p.m. This event is free and open to the public.

Don't miss the adult story time at 4:00 p.m. with Executive Director, Elaine Trucke. Trucke will recount the tale of the S.S. Mauna Ala, also known as the Christmas ship. Don't know about it? You'll have to show up to learn more. The no-host hot chocolate bar will receive an adult upgrade for adult story time.

The museum will be open 11:00 a.m. until 5:00 p.m. on Saturday, December 23. You can purchase that special last minute something for the person who loves history or local gifts.

The Cannon Beach History Center & Museum is a private non-profit museum featuring seasonal historic, textile, and artistic exhibits. Admission is by donation – give what you can. The museum's normal winter hours are 11:00 a.m. to 4:00 p.m., Wednesday through Monday. The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon. The museum will be closed on Sunday and Monday, December 24 and 25.

## Pictures With Santa

**Dec 9 11am-2pm**

**Dec 16 11am-2pm**

It's that time of year again! Meet Santa Claus in the Liberty Theatre Lobby and let him know what you'd like under the tree. Children of all ages are welcome to meet Santa. Be sure to bring a camera so you can capture the special moment!

Brought to you by The Liberty Theatre and Astoria Downtown Historic District Association.

Free and open to the public.





# RiverSea Gallery celebrates 20 years of showcasing outstanding Northwest art!

CATCH THE MOON is a group exhibition featuring a selection of Northwest artists represented by the gallery. The show's theme, which alludes to celebrating magnificent achievements and the realization of dreams, is open to interpretation by each artist. Discover paintings, works on paper, sculpture and assemblage created by regional favorites. Sold work will be released by December 20, and unsold pieces will remain on view through January 9, 2018.

Join the opening celebration Saturday, December 9, from 5:00 to 8:30 during Astoria's Second Saturday Artwalk. Meet many of the featured artists and enjoy the lively harmonies of local musicians, Luke Ydstie and Kati Claborn, along with a special selection of catered light bites and libations.

In addition to the main exhibition, an enticing array of small works by gallery artists will be presented in the Alcove. These pieces have been selected for a variety of style and subject matter in sizes for easy gifting, and are



M. Larson Moonrise

available for immediate shipping or pick-up.

Since its opening day on November 29, 1997, RiverSea Gallery has been at the heart of the arts renaissance that has driven the development of Astoria's vibrant downtown. Over the years it has become an arts destination, presenting original art and fine craft by established artists of regional and national recognition, and emerging artists of note.

The 3800 square feet of exhibit space is arranged as a series of small galleries featuring represented artists working in a variety of mediums, including painting, printmaking, photography, sculpture, glass, woodworking, ceramics, textile arts and furniture. One section is devoted to an outstanding selection of artisan jewelry by Northwest artists, with an emphasis on one-of-a-kind work.

**RiverSea Gallery is open daily at 1160 Commercial Street in the heart of historic Astoria, Oregon. For more information, call the gallery at 503-325-1270, or visit the website at [riverseagallery.com](http://riverseagallery.com).**

## Pop Up TRAILER SHOW Sou'wester Lodge



LAST WEEK TO SEE THIS EXHIBIT! Pop Up Trailer Show in a vintage travel trailer turned into a permanent art gallery.

OPEN: Fri Dec 8th, Sat Dec 9th, Sun Dec 10th from 9am-9pm. (Open Dec 11th-14th by request: stop in to the lodge front desk and the gallery will open for you.)

This trailer is a 1960's Aloha made in Aloha, Oregon. It was rescued from a neglected RV park in the northern part of the Long Beach Peninsula. Now repaired and transformed into an art space, this art gallery is part of

our Artist Residency Program and our new non-profit organization, Sou'wester Arts.

Pop Up Trailer Show is the first exhibit in this new space. All artwork in this show is original work made by artists who have spent time at The Sou'wester through the Artist Residency Program.

Artists: John Frentress, Nicky Kriara, Nicole J Georges, Shelley Short, Joe Chasse, Jane E Herrold, Carol Aust, Bradley Delay, J Junkins, Patrick Carrico, Aaron Tate, Erin Engstrom, as well as additional artists.

ART ON



## Burning Man: Desert Dreams • Hoffman Center

THE HOFFMAN CENTER for the Arts in Manzanita hosts "Burning Man: Desert Dreams" – a special presentation by Lloyd Lindley and David Newhouse, Thursday, Dec. 14 at 7pm.

"The evening will take you on a magical journey into the desert dreamscape of the Burning Man Festival in Black Rock Desert, Nevada," said "Yeti" Lindley, of Manzanita, and "Zoom" Newhouse, of Hillsboro. "Where you are always welcomed home as you arrive to begin your own journey of sight, sound, self expression, and wonder."

Lindley has participated in Burning Man five times, Newhouse four.

Since its beginning on San Francisco's Baker Beach in the summer of 1986, Burning Man's attraction has grown year by year into a temporary global city of 80,000 people. "They all, in varying degrees, come to celebrate art making and free expression, contribute without expectations, and enjoy a sense of community and friendship unmatched in our default world," said Lindley.

"We live in a default world. We get up everyday, do the things we do, go to bed, and do it all over again the next day and subsequent days onward. But for some of us, in mid-August, we are welcomed home to a desert dreamscape, an alternative lifestyle, city, community and world."

Burning Man is described as "an expansive place guided by 10 principles -- simple, complete, inclusive, participatory, generous, self reliant and self-expressive principles that enable each person to be the person they are instead of the person defined by their employment, social status, means, or material possessions." The attendees are considered the contribution to the humane spectacle that is Burning Man.

The event's name comes from its culminating act -- the symbolic ritual burning of a large wooden effigy ("the Man") that traditionally occurs on Saturday evening.

"Burning Man fashion and Burner wear are optional for our Manzanita presentation," said Lindley.



ASTORIA VISUAL ARTS (AVA) and Obtainium Studio are pleased to announce a Call for Artists for the First Annual iLLUMiNART/Astoria Exhibition, which aims to spur and support a form of urban art that fuses design, lighting and technology. Aimed at providing a creative platform to regional artists and at attracting a discerning and enthusiastic audience, iLLUMiNART/Astoria will showcase unique projects by artists, creators, graphic designers, cinematographers, etc. Blank walls at five locations in Astoria's historic downtown will spring to life with this work, becoming a must-see exhibition that celebrates creativity, inspiration and shared experience through works that surprise, impress and entertain. By supporting this project, AVA and Obtainium Studio hope to bring the light of creativity into the dark of the Pacific Northwest winter and encourage and promote new ways of linking art and architecture and light and technology.

Each selected artist will receive a \$200 stipend and food/drink vouchers from several of Astoria's finest eating establishments. Non-resident artists will be provided with overnight accommodations during the set-up and exhibition dates.

### Eligibility

iLLUMiNART/Astoria is open to all career-level artists living in Oregon and Washington state who are working in any style or medium. However, their submissions to the exhibition must be "projectable." (Note that this includes still images.)

Although the participating artists will exercise complete control over their creative process, and all creative ideas and expressions will originate from the artists, AVA reserves the right to reject artwork that is offensive or unacceptable for display to the general public.

### Important Dates

Submissions open: Monday, November 20, 2017. Submission deadline: Sunday, January 14, 2018. Notification of acceptance: Wednesday, January 24, 2018. Exhibition set-up: Saturday, April 7, 2018 through Thursday, April 12, 2018. Exhibition dates: Friday, April 13, 2018 and Saturday, April 14, 2018

**Application and Guidelines Email:** [astoriavisualarts@gmail.com](mailto:astoriavisualarts@gmail.com) or 503.741.9694.



# December Cultural Calendar

## Friday 8

### MUSIC

Beth Willis. 7pm at Public Coast Brewing in Cannon Beach.

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

North Coast Chorale Winter Concert. Mysteries of the Stars. \$10, 7pm at the PAC in Astoria.

Portland Cello Project. \$25, 7:30pm at the Liberty Theater in Astoria.

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

### ART

Astoria Holiday Pop Up Handmade Market. 2 – 7pm at Wake Gallery in Astoria.

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.

### LECTURE

Creating an Authentic, Participatory Democracy. With Kaitlin Sopoci-Belknap. 6:30pm at Alderbrook Park Hall in Astoria.

### 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

Bayside Singers Holiday Concert. 2 – 4pm at the Ocean Park Lutheran Church.

Tuba Christmas Concert. Free, 2pm at the Columbia Pacific Heritage Museum in Ilwaco.

Simon Levene. 5 – 7pm at Gully's Butcher Shop in Astoria.

Bar K Buckaroos. 6 – 9pm at Public Coast Brewing Company in Cannon Beach.

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

Jazzatti-tude. \$10 cover, 7 – 9pm at the Hoffman Center in Manzanita.

Two Crows Joy. 7pm at WineKraft in Astoria.

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

Silverlake 66. No cover, 9pm at the Adrift Hotel in Long Beach.

### ART

Astoria Holiday Pop Up Handmade Market. 2 – 7pm at Wake Gallery in Astoria.

Astoria Art Walk. 5 – 8pm at galleries and other businesses in downtown Astoria.

### CINEMA

The Benefits of Gusbandry. Binge screening plus Q&A with filmmaker Alicia J Rose. 5:30pm at the Sou'wester Lodge in Seaview.

Workboats of the Northwest. A series of 3 short documentary films by Ron Walker. 1pm in the Community Room at the Seaside Library.

### FOOD & DRINK

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

### HAPPENING

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

Children's Christmas Party. Noon at the Peninsula Moose Lodge in Ocean Park.

Bed & Breakfast Inns Holiday Open House and Food Drive. Enjoy sweet treats, sparkling drinks and a grand tour of the inns, decked out in all their holiday finery. Charitable donations of one non-perishable food item per party will be accepted. 1 – 4pm at Long Beach Peninsula Bed & Breakfast Inns.

Saturday Christmas Market at the Port. 10am – 4pm at the Port of Ilwaco.

Santa Visits the Liberty Theater. 11am – 2pm in the lobby at the Liberty Theater in Astoria.

Holiday Fair. Paintings, photography, jewelry, fused glass, and gourmet baked goods, and more. 10am – 4pm in the Fellowship Hall at the First Presbyterian Church in Astoria.

Clatsop Animal Assistance Annual Holiday Party. Silent auction, bake sale, pet photos with Santa, raffles, and more. 9am – 4pm at the Ft George Lovell Showroom in Astoria.

Gifts That Make a Difference. Come meet these people from nonprofit organizations large and small; learn what they do and how you can get involved. Then buy the gifts that will truly make a difference this holiday and all next year: Make a donation and put your best friend's name on it! Noon – 4pm in the McTavish Room at the Liberty Theater in Astoria.

A Very Astoria Xmas. Drinks, food, music, art and Christmas portraits. 6 – 9pm in the Astor Building in Astoria.

Vintage Soul Dance. Veteran L.A. DJ Joey Altruda spins vintage vinyl, funk, soul, go-go, and tropical grooves. Beginning at 8pm at KALA. \$5 Cover. 21+please.

Candy Cane Express. Enjoy cookies and hot cocoa while visiting Santa and Mrs Claus onboard the Oregon Coast Scenic Railroad train. 10am – 3pm. Board at Garibaldi. oregoncoastscenic.org

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

### LITERARY

Beach Books Gift Night. It will be an evening of treats, prizes, laughter and great recommendations. With two book and gift reps to share some of their best suggestions for holiday giving. 5 – 7:30pm at Beach Books in Seaside.

Cooking Demo and Book Signing. With Master Chef Roland Henin. Small sample plates and wine will be served. Books will be available for sale. \$5, 2- 4pm at the Partners Innovation Building in Tillamook.

### THEATER

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

**It's that time of year to start thinking about where we've been and where we want to go in the New Year. So join your Dragalution Family and Friends as they put on a show to ring out the old and usher in the new. The party is hosted by Daylight Cums and Dida DeAngelis; with musical numbers by the Cums Family, the belly dancers of the Astoria Arts and Movement Center, solos by Terry Yuki, Ginger Vitus, Annie DePressant, Arty Choke; songs sung by Dinah Urell, Walter Trumbull, Martin Buel, Daric Moore, Richard Bowman, Kevin Violette, Deac Guidi and Dida DeAngelis; and musical beats by DJ imcodefour!!!**



**So, get ready to Dress to express and share in an evening of love and celebration as we all step forward into the new year.**

**Doors open at 9:30, show at 10. 21+ and 15 bucks at the door. At**

**The Columbian Theater in Astoria.**

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

## Sunday 10

### MUSIC

The John Orr Jazz Trio. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

North Coast Chorale Winter Concert. Mysteries of the Stars. \$10, 7pm at the PAC in Astoria.

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

Michael Hurley. With Luke Ydstie and Kati Claborn. No cover. 8pm at Fort George Brewery & Public House in Astoria.

### ART

Astoria Holiday Pop Up Handmade Market. 2 – 7pm at Wake Gallery in Astoria.

### HAPPENING

Bed & Breakfast Inns Holiday Open House and Food Drive. Enjoy sweet treats, sparkling drinks and a tour of the inns, decked out in all their holiday finery. Charitable donations of one non-perishable food item per party will be. 1 – 4pm at Long Beach Peninsula Bed & Breakfast Inns.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage at the Seaside Museum.

Cause for Paws Fundraiser. Cause for Paws will be collecting blankets, supplies, toys and dog food for the Tillamook Animal Aid Center and the Tillamook Animal Shelter. Take some time to gather up your blankets that you are no longer using or pick up some of the other items needed and drop them off from 9am – 5pm M-F through January 13 at the Tillamook Area Chamber of Commerce office.

Candy Cane Express. Onboard the Oregon Coast Scenic Railroad train. 10am – 3pm. Board at Garibaldi. oregoncoastscenic.org

A Merry Christmas Spectacular Dance Revue. Family admission with 1 new unwrapped toy, or \$5 per person. 2 – 4pm at the Don Whitney Auditorium in Tillamook.

### LECTURE

Lower Columbia Diversity Coalition Discussion. With LaNicia Williams. 2 – 4pm at Columbia Hall, Room 219, at CCC in Astoria.

### THEATER

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

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

## Monday 11

### MUSIC

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

QHOIR. Seasons Greetings with Julia Child. 7pm at the Liberty Theater in Astoria.

A Sing-Along Messiah. A performance of Handel's Messiah (Part One) where the audience serves as the chorus. 7 – 9pm at the Tillamook Seventh-day Adventist Church.

## Tuesday 12

### MUSIC

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

## Wednesday 13

### MUSIC

Piano Carols. Noon – 12:30pm at the Cannon Beach Community Church.

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

### HAPPENING

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

### THEATER

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

## Thursday 14

### MUSIC

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

### FOOD & DRINK

Finnish Midwinter Holiday Luncheon & Bake Sale. Laksloda, meatballs, rieska and dessert. Finnish baked goods sale. Silent auction and music. \$15, 11:30am – 2pm at Soumi Hall in Astoria.

### LECTURE

Discussion on Dealing with Grief During the Holidays. 3 – 4pm at the Manzanita Library.

Nature Matters. Sea Stars. With Steven Fradkin. Free, 7pm at the Ft George Lovell Showroom.

### THEATER

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

## Friday 15

### MUSIC

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

Elizabeth Nicholson and Bob Soper. No cover, 9pm at the Adrift Hotel in Long Beach.

### ART

Astoria Holiday Pop Up Handmade Market. 2 – 7pm at Wake Gallery in Astoria.

### HAPPENING

Encore Dance Studio Toy Drive Recital. Admission is a new, unwrapped toy. 6:30pm at the Seaside Convention Center.

### THEATER

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

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



# A CHRISTMAS CAROL at 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

theme, and people would come from other coastal communities to join in the fun.

The Coaster 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



Ann Bronson as the Ghost of Christmas Present puts the magic screws to Ebenezer portrayed by Ryan Hull.

PHOTO: George Vetter Cannon-Beach.Net

by Bill Steidel, D.K. Smith and Betty Dueber 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



Richard Bowman as Marley scares the bejebebers out of old Scrooge

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 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

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), Brittanica 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.**



## SCROOGED IN ASTORIA A CHRISTMAS MUSICAL MELODRAMA

STYLIZED as a 1960's style Holiday TV special, ASOC's light hearted and fulfilled version of Dicken's classic, aptly entitled Scrooged in Astoria will take you through a magical tale of love, loss and renewal, but with characters straight out of the ASOC long running summer melodrama "Shanghaied in Astoria". And to boost the fun, the show features live and sung commercials created by local actor/singer Chris Lynn Taylor.

The show is originally conceived and written by local playwright Judith P. Niland, original music by Philip Morill, Directed by Bill Carr with Musical Direction by ChrisLynn Taylor. Plus a big cast of local performers.

The ASOC Playhouse offers company and family Xmas party rates. But call soon, the seats are filling up! Call Chris Lynn Taylor for more information about booking your Christmas party at (503) 440-9002.

**Performance dates are Fridays and Saturdays @ 7pm, December 1-23. Two matinees, December 10 & 17th at 2pm. The house opens 30 minutes before each performance.**

## Liberty Reader's Theatre Presents: A CHRISTMAS CAROL

A CHRISTMAS CAROL IN PROSE, Being a Ghost-Story of Christmas, commonly known as A Christmas Carol, is a novella by Charles Dickens, first published in London by Chapman & Hall on December 19, 1843 with an adaptation by Seneschal Incavo, 2016.

A Christmas Carol tells the story of a bitter old miser named Ebenezer Scrooge and his transformation into a gentler, kinder man after visitations by the ghost of his former business partner Jacob Marley and the Ghosts of Christmas Past, Present and Yet to Come

Join Reader's Theater directed by Sen Incavo for an adaptation of Dickens' edited touring version of A Christmas Carol, which includes early 19th century Christmas Carols.



**Dec 13, 14, and 15, 7pm In the McTavish Room at the Liberty Theater. \$15 at the Box Office, open before the show.**

## Sound System at The Liberty Theatre!

THE LIBERTY THEATRE announces that it has been awarded two large grants to purchase and install a permanent sound system in the theater. This comes in a \$22,000 award by the James F and Marion L Miller Foundation and \$15,000 from the Oregon Community Foundation. The Liberty is awaiting decisions from other grantors to fulfill the remaining need of \$5,000.

The Liberty Theatre currently pays between \$1,000 and \$1,500 per event to rent an adequate sound system for Liberty presented performances. Those systems often add hours of setup/tear down time before and after each event, stressing the small staff. Outside promoters have to rent

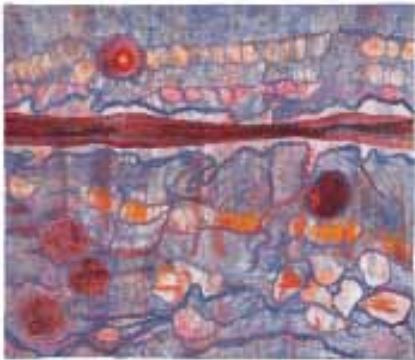
or bring their own sound system for their shows. This not only greatly impacts the budget, but also often results in patron and artist complaints concerning the inconsistency of sound from event to event. Having a sound system designed to meet the unique design of the Liberty means controlling sound quality, train engineers in-house, and provide consistent, optimum experiences for patrons.

Engineers have been brought in to model and study the acoustics of the theater and will be providing assistance in the purchase and installation of the system.



## Hook, Pulp and Weave

### An Exploration of Fiber as Medium at IMOGEN



**S. Circon Event Horizon**  
12x14 silk cheesecloth floss

Fiber based art has a long running history, with weaving techniques dating back to Neolithic times some 12,000 years ago. It is respected as one of the oldest surviving craft forms in the world that evolved from multiple cultures, including the Incans who utilized textiles as currency, which held a more prominent role than gold for trade. Native Americans, for centuries have created elaborate basketry for all uses, including vessels that were water tight, made from regionally known plant materials. Middle Eastern nomadic tribes, have been respected for intricate hand knotted rugs made of wool and silk, dating back over 4000 years, and the rich illustrative tapestries of the 14th and 15th centuries of European cultures, all helped to forge what we appreciate as textile based art today. The term "fiber arts" came to be applied much later; post World War II with the resurgence of the craft movement. With this came the recognition of craft as fine art and the diminished idea of utilitarian needs.

*Hook, Pulp and Weave* is a collection of just a few examples of what textile or fiber arts have evolved into. With the lessening of the importance of function, and the consideration of pure artistic concept being delivered through the fiber medium, artists have found a new voice to explore ancient arts, utilizing texture, color and form. While much of the work included to this exhibition is functional, several pieces are based strictly on principle of art form, utilizing fiber to create compelling and complex pieces.

**Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468. [www.imogengallery.com](http://www.imogengallery.com).**

## Chiaroscuro - Casting Shadows in Mosaic

### Group show, Dec 8th - Jan 9th

#### Chessman Gallery

THE NORTHWEST MOSAIC ART ALLIANCE has come together to create Chiaroscuro, an exhibition that explores the nature of light and dark, how shadows are cast by the materials in the works, and how mosaic materials either reflect or absorb light. This exhibit will open on Friday, December 8th with an artist reception at the Chessman Gallery and will close on Monday, January 9th. Artists will be on hand at the reception to meet and learn about their techniques.

Mosaic: an ancient art reinvigorated by contemporary artists. Artists are using traditional tools and materials, often combining them with non-traditional materials to create astonishing new work. Abstract and representational styles will be seen in this exhibition.

The Northwest Mosaic Art Alliance are a group of artist colleagues and friends living in Oregon and Washington who work in the broad medium of mosaic. They met through membership



**Kate Jessup**

Seattle, Mark Brody, Portland, Joanne Daschel-Lincoln City, Richard Davis-Clinton WA, Scott Fitzwater-Portland, Kelley Knickerbocker-Sattle, Jennifer Kuhns-Elma, WA, Karen Rychek-Talent, OR

## AVA Pop-Up Space

### Valerie Whittlesey

PORTLAND ARTIST Valerie Whittlesey will be showing oil paintings and collage work at the AVA Pop-Up Space for the Astoria 2nd Saturday Artwalk December 9 opening from 6-8 PM.

Valerie started painting with oils at age 8 and showing her work for the first time in the 7th Grade at a university juried show of young artists. She has been profoundly influenced by paintings of interiors by Dutch painters, gardening, natural landscapes and objects from prehistoric excavations. From our earliest history to this day, Paleolithic, Pre-Columbian and other beautifully crafted and painted indigenous artifacts reflect the importance of creative expression in all aspects of life. As Noguchi stated "...my main purpose has always been art as it relates to life" .....so she considers "her abstract art a fundamental element of her belief to make your life a work of art".

Whittlesey received her undergraduate degree in English literature from Newcomb College, Tulane University and her graduate degree in painting and printmaking from the University of Missouri Kansas City. She is currently serving on the AVA Board.

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



## 2017 LightBox Members Group Exhibit

LIGHTBOX Photographic Gallery host the opening and artists' reception of the LightBox Members Group Exhibit on Second Saturday, December 9th from 5-8 pm.

LightBox members are a community of photographers and patrons that support the mission of the gallery to promote and educate in the photographic arts through exhibits, education, events and member gatherings. Members meet twice a month for education nights and print and image critique, held on the 1st and 3rd Wednesday of every month. The annual members exhibit celebrates each individual's unique creativity, this year 36 members are featured in an open call. Exhibiting Photographers include Eleanor Gorman, John Ritchie, Jim Fitzgerald, Joni Kabana, Sam Blair, Diana Bloomfield, Lorraine Richey, K&T Thompson, Rich Bergeman, Julie Moore, Donald MacDonald, Mickey Anderson, Brian Kosoff, Jon Lingel, George Johnson, Ann Kendellen, Jim Congleton, Mike Demkowicz, Bob Levine, Robert Potts, Roger Dorband, Friderike Heuer, Rachel Wolf, Denise Ross, Jody Miller, Ken Hochfeld, Stephen Shumaker, David White, David Lee Myers, Rebecca Akporiaye, Bob Sanov, Chris Bryant, Leigh Oviatt, George Willse, Mark Wiltrackis, Michael Datoli, Tom Kittel, Ram Madhavarapu, Michael Granger and Chelsea Vincent Granger.

**The LightBox Members Exhibit will show in the gallery from December 9th until January 9th. LightBox offers memberships as a way to become part of the community that helps to further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday, 11 - 5:30. 503-468-0238, [lightbox-photographic.com](http://lightbox-photographic.com)**



**Roger Dorband Riverdance**

**The Chessman gallery is a nonprofit art space inside the Lincoln City Cultural center at 540 NE Hwy 101 in Lincoln City Oregon. 541-994-9994, head to [lincolncityculturalcenter.org](http://lincolncityculturalcenter.org), or become a friend on Facebook.**



**Lynn Adamo**



## Saturday 16

### MUSIC

Lindsie Feathers. 2 – 4pm in the Pavilion at the Sou'wester Lodge in Seaview.

Steinway Grand Piano Concert Series. 3 – 5pm at the Cannon Beach Community Church.

David Jacobs-Strain. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Outbound Traveler. \$15, 7pm at the Lincoln City Cultural Center.

Elizabeth Nicholson and Bob Soper. No cover, 9pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

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

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

### HAPPENING

Q Center Holiday Party. LBGTO Community and friends annual winter party. 7pm at KALA in Astoria. Food, fun, performance and cocktails. 16+ please.

Handmade Bazaar. Noon – 6pm at the Sou'wester Lodge in Seaview.

Winter Pop-up Market. 10am – 5pm at the M&N Building in Astoria.

Astoria Holiday Pop Up Handmade Market. 2 – 7pm at Wake Gallery in Astoria.

Adrift Holiday Bazaar. 10am – 4pm at the Adrift Hotel in Long Beach.

Saturday Christmas Market at the Port. 10am – 4pm at the Port of Ilwaco.

Santa Visits the Liberty Theater. 11am – 2pm in the lobby at the Liberty Theater in Astoria.

Breakfast with Santa. \$5, 8:30 – 10:30am at the Warrenton Community Center.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage at the Seaside Museum.

Candy Cane Express. Onboard the Oregon Coast Scenic Railroad train. 10am – 3pm. Board at Garibaldi. oregoncoastscenic.org

Santa at Rosenberg. Santa will be at Rosenberg Builders Supply from 10am – 1pm.

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.

Community Open Mic. 6:30 – 8pm at Yo Time Frozen Yogurt in Tillamook.

Pacific City Christmas Tree Lighting. Hot Cocoa, Cookies Santa Arrives at 5:45 Tree lighting at 6:00 pm Gift Bags for Kids and Raffle Drawings Bring your camera for photos with Santa. 5:30 – 7:30pm at the Kiawanda Community Center in Pacific City.

### LITERARY

Christmas Cookies and Storytime. a fun afternoon of Christmas stories, cookies and cocoa.

2pm at Beach Books in Seaside.

### OUTSIDE

Jingle Bell 5K Jog/Walk. This fun event is open to runners, joggers, walkers, baby strollers and pets. Costumes are recommended but optional, and bells will be provided. 9:30am at the Lincoln City Community Center. Register at lincolncity.org

### THEATER

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

## Sunday 17

### MUSIC

The John Orr Jazz Trio. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

North Coast Symphonic Band. Peace on Earth, Goodwill to All. \$20, 1:30pm at the Liberty Theater in Astoria.

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

Hounds of the Wild Hunt. . 8pm at Fort George Brewery & Public House in Astoria.

### FOOD & DRINK

Jane Austen Tea. 11am at the Shelburne Inn & Restaurant in Seaview.

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

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

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

### HAPPENING

Holiday Bazaar. Come check out the handmade goods, enjoy a cocktail, and listen to live music. 11am – 6pm at Carruther's in Astoria.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage at the Seaside Museum.

Candy Cane Express. Onboard the Oregon Coast Scenic Railroad train. 10am – 3pm. Board at Garibaldi. oregoncoastscenic.org

### LECTURE

In Their Footsteps Lecture Series. Channeling Your Inner Lewis & Clark: A Conversation for the Explorer in Each of Us. With Richard Brenne. 1 – 3pm in the Netul River Room at the Fort Clatsop Visitor Center, Warrenton.

### THEATER

Scrooged in Astoria. A holiday musical melodrama. \$7 - &16, 2pm at the ASOC Playhouse in Astoria.

## Monday 18

### MUSIC

Fall Semester Student Recital. Performances by Astoria Conservatory of Music students. Free, 6pm at the Liberty Theater in Astoria.

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

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

### HAPPENING

Old-Fashioned Christmas. Santa, holiday music, crafts, games, and more. 6 – 8pm at the Flavel House Museum in Astoria.

The Nutcracker with the Eugene Ballet. \$25, 7 – 9pm at Tillamook High School.

## Tuesday 19

### MUSIC

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

O Holy Night. A Classical Christmas. \$25, 7:30pm at Grace Episcopal Church in Astoria.

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage at the Seaside Museum.

## John Orr and Peter Hinsbeeck

Catch jazz duo John Orr on electric guitar and voice and Peter Hinsbeeck of Manzanita on the tenor Saxophone. They play the Bridgewater Bistro in Astoria on December 10 and 17, 2017 from 11:30- 2 p.m. The Bridgewater Bistro is located at 20 Basin Street in Astoria. Make it a jazz Brunch!



## Coyote Willow

Cat Hilst and Tim Coffey are Coyote Willow, creating beautiful music with grit. It's an exciting combination of cello, guitar and rich vocals and styles ranging from folk, blues, rock to intriguingly complex instrumentals.

**The duo performs Friday, Dec 29 at the Sandtrap in Gearhart. 7pm-10pm, all ages, no cover.**



## GIANTS IN THE TREES With Brian Bovenizer & The New Old Stock DECEMBER 30, 7:30pm

**"THE MEMBERS** of Giants in the Trees, which formed a year ago after an open call for a local jam, all share a common appreciation of their natural Wahkiakum County surroundings. The band—composed of famed bassist Krist Novoselic, operatic singer Jillian Raye, slinky guitarist Ray Prestegard, and groovy drummer Erik Friend—also has a great deal of musical chemistry. "We were the only four who showed up [for the jam]," Novoselic says, laughing. 'But we wasted no time. We started making songs. I laid down that riff for 'Sasquatch,' and we were off.'" - the Seattle Stranger

**Presented by the Liberty Theater Sunset Series. For ticket info go to [libertyastoria.org](http://libertyastoria.org)**



## PROJECT TRIO January 4 Liberty Theater

Project Trio is a passionate, high energy, chamber music ensemble, comprised of three virtuoso composer/performers based in Brooklyn, New York; Greg Pattillo, Eric Stephenson, and Peter Seymour. Their extensive repertoire consists of original compositions and arrangements by the trio members that highlight their versatility by bridging several styles including classical music, jazz, hip hop, rock, Americana, and bluegrass. They've arranged pieces by Charles Mingus, Dave Brubeck, Tchaikovsky, Beethoven, Bach, Jethro Tull, Duke Ellington, Thelonious Monk, and Guns n' Roses. The Liberty Theater program includes Johannes Brahms - Hungarian Dance #5, Aequinha de Abreu - Tico Tico, Charlie Parker - Yardbird Suite, JS Bach/Jethro Tull – Bourrée, A retelling of Peter and the Wolf by Sergei Prokofiev and lots of original music...from classical to jazz to hip hop to salsa and everything in between! **Presented by the Liberty Theater Classical Series. For Ticket info go to [libertyastoria.org](http://libertyastoria.org)**





## Wednesday 20

### MUSIC

Piano Carols. Noon – 12:30pm at the Cannon Beach Community Church.

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

O Holy Night. A Classical Christmas. \$25, 7:30pm at Grace Episcopal Church in Astoria.

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

## Thursday 21

### MUSIC

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

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

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

### HAPPENING

Thir 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. Reading the Land: Forensic Ecology. With Jim Sayce. 6:30pm at the Salt Hotel and Pub in Ilwaco.

Tap into History. Heritage Denied: 1st Probate Case in Oregon Territory. With Jerry Sutherland.

## Friday 22

### MUSIC

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

Wesley Randolph Eader. No cover, 9pm at the Adrift Hotel in Long Beach.

### CINEMA

Manzanita Film Series. Screening mostly documentaries from the Northwest Film School in Portland. 45, 7:30pm at the Hoffman Center in Manzanita.

### FOOD & DRINK.

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

### THEATER

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

## Saturday 23

### MUSIC

Nash Brothers. 7pm at the Duck Inn in Cathlamet.

Peter Rainbeau and Johanna Kunin. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

### FOOD & DRINK

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

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

### HAPPENING

Saturday Christmas Market at the Port. 10am – 4pm at the Port of Ilwaco.

### THEATER

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

## Sunday 24

### MUSIC

Christmas Eve Concert with Kids Sing Out. Free, 7pm at the Lincoln City Cultural Center.

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

### HAPPENING

Dare to Dance Fundraiser. \$10 suggested donation, 8:30am at the AAMC in Astoria.

Monday 25 Merry Merry!

### MUSIC

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

## Tuesday 26

### MUSIC

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

## Wednesday 27

### MUSIC

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

Holiday Concert with the Trail Band. 7pm at the Coaster Theater Playhouse in Cannon Beach.

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

## Thursday 28

### MUSIC

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

Maggie and the Katz. 6pm at Public Coast Brewing Company in Cannon Beach.

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

### LECTURE

History and Hops. Jane Barnes and the Mystery of Todd's Bay. With Nancy Anderson. 6pm at the Seaside Brewing Company.

Wit and Wisdom. Is there an Absolute Limit to Human Knowledge? (And can we know what it is?) Free, 7pm at the Ft George Lovell Showroom.

## Friday 29

### MUSIC

Sundae & Mr Goessl. 1 – 3pm at the Sou'wester Lodge in Seaview.

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

The John Orr Jazz Trio. 7 – 9pm at WineKraft in Astoria.

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

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

### FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

## Saturday 30

### MUSIC

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

Simon Levene. 7 – 9pm at WineKraft in Astoria.

Giants in the Trees. 7:30pm at the Liberty Theater in Astoria.

Lorain + Robin Baciore. No cover, 8pm at the Sou'wester Lodge in Seaview.

Sundae + Mr Goessl. No cover, 9pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Wine Tasting. New Year's Surprise. 1 – 4pm at the Cellar on 10th in Astoria.

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

## Sunday 31 Happy NY!!

### MUSIC

DRAGALUTION. The one and ONLY.10pm Columbian theater. \$15.

Tim Kelly Blues Band. at Public Coast Brewing Company in Cannon Beach.

Amigos Nobles. 6:30pm at the Bridgewater Bistro in Astoria.

Nye with the Libertine Belles. No cover, 10pm at the Adrift Hotel in Long Beach.

The Holiday Friends. 8pm at Fort George Brewery & Public House in Astoria.

Karaoke from Hell. Cover charge. 9pm at the San Dune Pub in Manzanita.

Sonny Hess. No cover, 9pm - 12:30am at the Sand Trap Pub in Gearhart.

### HAPPENING

Fireworks at Midnight over the Ocean. Five minutes of fireworks over the Pacific Ocean in front of the boardwalk in Long Beach.

## JAN 2018 Monday 1

### MUSIC

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

### OUTSIDE

New Year's Day Fun Run. \$10, 11am at Maritime Memorial Park in Astoria.

## Tuesday 2

### 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.



## Michael Hurley w/ Luke Ydstie and Kati Claborn Sunday, December 10th 8pm Fort George Brewery and Public House DOWNSTAIRS All Ages

### OUTSIDE

Oregon King Tides Series #3. Snap photos of the king tides anywhere on coastal Oregon, including rivers, estuaries, and bays. These will be the highest high tides of the winter. Pick, Snap, and Share. Help us visualize what sea level rise might look like along the Oregon coast in the future. facebook.com/events/118071398910452

### WEDNESDAY 3

### MUSIC

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

### OUTSIDE

Oregon King Tides Series #3. Snap photos of the king tides anywhere on coastal Oregon, including rivers, estuaries, and bays. These will be the highest high tides of the winter. Pick, Snap, and Share. Help us visualize what sea level rise might look like along the Oregon coast in the future. facebook.

## Thursday 4

### MUSIC

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

PROJECT Trio. \$25, 7pm at the Liberty Theater in Astoria.

### THEATER

For Better. A romantic comedy. 7:30pm at the Lincoln City Cultural Center.

## Friday 5

### MUSIC

The RJ Marx Jazz Quartet. 7 – 9pm at WineKraft in Astoria.

Sam Chase Duo. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

### THEATER

For Better. A romantic comedy. 7:30pm at the Lincoln City Cultural Center.

## Saturday 6

### MUSIC

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

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

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

### FOOD & DRINK

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

### LECTURE

Theater of War. A free lecture/discussion about Greek tragedy & lessons we can learn about PTSD & the effects of war on our wounded warriors.11am – noon at the Ocean Park Library.

### 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

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

### THEATER

For Better. A romantic comedy. 7:30pm at the Lincoln City Cultural Center.



# FILE

## Workboats Of The Northwest Dec9 With Filmmaker Ron Walker At Seaside Public Library

ON DECEMBER 9, AT 1PM., The Friends of the Seaside Library will host documentary filmmaker Ron Walker as he presents his film series Workboats of the Northwest. The event will take place in the Community Room.

Longtime Astoria resident, Ron Walker, is a filmmaker, musician, and artist. He learned the craft of filmmaking when he worked as the resident music composer for the Film Loft in Portland in the 1980s. During this period he composed the music for the Mount St Helens film "This Place in Time" which is shown



at the Mount St. Helens Interpretive center. Ron shoots, edits and composes the music for the films he produces. His films are about people, their hobbies and passions and often feature historical themes centered on the North Coast.

The Work Boats of the Northwest series will highlight three short films which are: "The Pearl", the story of a fisherwoman and her 1928 fishing boat. "The Princess", the salvage of a Bumble Bee fishing boat from the bottom of the ocean. And, "The Virginia V" taking a trip on one of the last steamboats of the Northwest.

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

## Woodsrider Hoffman Center Dec 15

The Hoffman Center for the Arts in Manzanita will screen the 2017 Oregon-made independent documentary film "Woodsrider" Friday, Dec. 15 at 7:30pm.

Tucked in the trees of Oregon's Mount Hood, Sadie Ford, an introspective young snowboarder, camps alone, anticipating a winter of adventure and self-renewal in an acclaimed experimental, moody documentary.

Accompanied by her dog Scooter, her only constant companion, Ford snowshoes to build her nestled tent site, a place she feels more at ease than anywhere with four walls. Brief times in town provide breaths of social interaction and connection, but otherwise she chooses to spend time in solitude.

Striking a youthful yet elegiac tone, "Woodsrider" has been described as a meditative film about identity, home, and the way human experience echoes that of the natural world.

Directed and produced by Cambria Matlow, the film lasts 83 minutes. Matlow plans to attend the presentation of "Woodsrider" to discuss the film and answer questions. She screened her earlier film "Burning in the Sun" at the Hoffman Center last April.

A trailer can be viewed at <https://www.woodsridersfilm.com>

## Astoria International Film Festival Presents: SELMA Jan 14

In Observance of the Birthday of Dr. Martin Luther King Jr. Screening at 2 PM on Sunday, January 14, Liberty Theater

Written by Paul Webb, Directed by Ava DuVerney, Starring David Oyelowo & Carmen Ejogo. A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

Astoria International Film Festival (AIFF)



AIFF is an intimate film festival where you can view, learn about, and discuss documentary, dramatic, and short films by international and USA independent filmmakers. Offering a curated viewing experience, complemented by intellectual and social amenities and access to select filmmakers.

# FLASH CUTS MOVIES & MUSINGS

## Coming Previews

# FILM.

## BY LES KANEKUNI



### THE DISASTER ARTIST (DEC. 8)

James Franco stars as real-life "filmmaker" Tommy Wiseau, who was called the worst filmmaker in the world for his 2003 movie The Room. Despite the face that audiences literally laughed at the film, over the years The Room has gained cult status and fans, including Franco. A satire and making-of film, The Disaster Artist looks at Wiseau through the eyes of his best friend Dave Sestero (Dave Franco), who meets the long-haired, oddly accented Wiseau in a San Francisco acting class. The pair move to L.A. to break into the movie business. While Sestero makes small inroads, obtaining an agent and girlfriend, the brooding, eccentric Wiseau isn't so fortunate. A producer (Judd Apatow) tells him "It's not going to happen for you. Not in a million years." Undeterred, Wiseau and Sestero decide to make The Room, starring the former. Demonstrating no discernible talent either has an actor or director, Wiseau endures ridicule and rejection to create a certifiable "classic." Franco shows what a fanboy he is with painstaking recreations of scenes from the movie, as well as recruiting big names for bit parts like Seth Rogen, Bryan Cranston, Zac Efron, Melanie Griffith, Sharon Stone and Jacki Weaver.



### I, TONYA (DEC. 8 LIMITED)

Margot Robbie plays trash princess figure skater Tonya Harding in director Craig Gillespie's dark comedy sendup. Growing up poor in Portland, Oregon, 3-year-old Tonya is taken to her first skating class by her monstrous stage mother LaVona (Allison Janney). By the time she's 15, Tonya has become an accomplished figure skater, but her interests in wood chopping, trucks and rock'n'roll set her miles apart from the genteel world of figure

skating, where skaters are rated as much for their "presentation" as their athletic skills. With her hand-made costumes, Tonya doesn't look like a lady, and she doesn't act like one either. When judges at a competition don't award her the points her skating deserve, she curses them out. By the time the 1994 Olympics roll around, Tonya has traded in her abusive mother for abusive, not-terribly-bright husband Jeff Gillooly (Sebastian Stan). What happens next was the second biggest athletic true crime story of the year after the O.J. Simpson murder case when Harding's main rival Nancy Kerrigan was attacked.

### STAR WARS: THE LAST JEDI (DEC. 15)

The latest iteration of the newest Star Wars trilogy continues under helmer Rian Johnson (Looper). Story details are the most closely-guarded in Hollywood, but The Last Jedi picks up where The Force Awakens ends. Rey (Daisy Ridley) trains under Luke to control her Jedi powers. When Luke sees the immense power that Rey possesses, he realizes he's seen that in only one other. Meanwhile, Finn (John Boyega) teams up with Rose Tico (Kelly Marie Tran) and a "slicer" (Benicio Del Toro) who can hack into the galaxy's database to uncover information valuable to the Resistance. Supreme Leader Snoke (Andy Serkis) realizes the threat Rey poses and tries to bend her to his will. Johnson's film was so well-received by the producers that they commissioned a new trilogy written and directed by Johnson that will feature all-new characters with no holdovers from the previous films.

### ALL THE MONEY IN THE WORLD (DEC. 25)

Ridley Scott directs the true life story of the kidnapping of John Paul Getty III, the grandson of J. Paul Getty, the richest man in the world, in 1973. When John (Charlie Plummer) is kidnapped while his family is living in Italy, his mother Gail (Michelle Williams), divorced from his father, and not rich, must approach the curmudgeonly Getty (Christopher Plummer), whose main interests in life are money, women and art objects, for the ransom money. Getty turns Gail

down flat, saying that if he paid, his 14 other grandchildren would also be kidnapped for ransom. Instead, Getty sends his security chief, ex-CIA officer Fletcher Chase (Mark Wahlberg) to get his grandson back. Chase and Gail team up to find John, wading through false ransom demands, corrupt officials, ineffective Italian police and a grandfather who insists he does not have the money to pay the ransom, despite being the richest man in the world. John must deal with the hellish experience of being subject to Mafia kidnappers who grow ever more desperate, eventually threatening to send John back to his mother in pieces until the ransom is paid. All of this plays out against the background of a global oil crisis, the source of the Getty fortune. After sexual harassment allegations against Kevin Spacey, who originally played Getty, were made public, Scott recast the part with Plummer and reshot it in ten days to make the release date.

means. There is a catch. The process is irreversible. Despite this, the couple decide to leave their former lives behind and take the plunge. However, when Paul awakes after being downsized he finds himself alone. Audrey has backed out. Paul finds that living the perfect life isn't all it's cracked up to be, even as he enjoys partying with his Eurotrash neighbor, played by Christoph Waltz. With his life spiraling downward, Paul meets an unlikely savior, Ngoc Lan (Hong Chau), a Vietnamese refugee who works as a maid and lives in a tenement in an unseen part of the downsized world.

### MOLLY'S GAME (JAN. 5)

Screenwriter Aaron Sorkin makes his directorial debut with the true story of Molly Bloom, a woman who rose to the top of underground high stakes poker games on both coasts before running afoul of the Mafia and the Feds. Jessica Chastain plays Bloom, a fiercely intelligent, driven woman who's promising skiing career

was ended by injury and has a strained relationship with her psychologist father (Kevin Costner). Working for a sleazy, a-hole boss in Los Angeles, Bloom works at a high stakes poker game he runs in



### DOWNSIZING (DEC. 22)

Director Alexander Payne (The Descendants, Nebraska) returns with this adult sci-fi about a man and woman who decide to change their lives by miniaturizing, literally. In the near future, Norwegian scientists devise a mean of shrinking human beings to five inches tall. "Communities of the small" are created that fit with a space 11x7 meters. The benefits are huge. Not only is shrinking good for the planet, personal assets are now worth 100 times what they were before. One can live large by getting small. The small lifestyle attracts the attention of Paul Safranek (Matt Damon) and his wife

the back room of a rock club. Renamed in the film, celebrities like Tobey Maguire, Ben Affleck and Leo DiCaprio were regulars. When Molly proves too good at her job, her boss tries to cut her out of the game. Eventually Molly sets up shop in New York and starts an even more exclusive game catering to rich Russian Jews and mobsters. When the Feds bust her illegal game, Molly faces the unappealing choice of being indicted or giving up information on her clients. While she finds a lawyer (Idris Elba) to help keep her out of prison, he's no help when Molly faces down the biggest alpha male in a film full of them - her father.







# FREE WILL ASTROLOGY

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## DECEMBER

**ARIES** (March 21-April 19): I hope that everything doesn't come too easily for you in the coming weeks. I'm worried you will meet with no obstructions and face no challenges. And that wouldn't be good. It might weaken your willpower and cause your puzzle-solving skills to atrophy. Let me add a small caveat, however. It's also true that right about now you deserve a whoosh of slack. I'd love for you to be able to relax and enjoy your well-deserved rewards. But on the other hand, I know you will soon receive an opportunity to boost yourself up to an even higher level of excellence and accomplishment. I want to be sure that when it comes, you are at peak strength and alertness.

**TAURUS** (April 20-May 20): You were born with the potential to give the world specific gifts — benefits and blessings that are unique to you. One of those gifts has been slow in developing. You've never been ready to confidently offer it in its fullness. In fact, if you have tried to bestow it in the past, it may have caused problems. But the good news is that in the coming months, this gift will finally be ripe. You'll know how to deal crisply with the interesting responsibilities it asks you to take on. Here's your homework: Get clear about what this gift is and what you will have to do to offer it in its fullness.

**GEMINI** (May 21-June 20): Happy Unbirthday, Gemini! You're halfway between your last birthday and your next. That means you're free to experiment with being different from who you have imagined yourself to be and who other people expect you to be. Here are inspirational quotes to help you celebrate. 1. "Those who cannot change their minds cannot change anything." - George Bernard Shaw. 2. "Like all weak men he laid an exaggerated stress on not changing one's mind." - W. Somerset Maugham. 3. "A foolish consistency is the hobgoblin of little minds. With consistency a great soul has simply nothing to do." - Ralph Waldo Emerson. 4. "The snake which cannot cast its skin has to die. As well the minds which are prevented from changing their opinions; they cease to be mind." - Friedrich Nietzsche.

**CANCER** (June 21-July 22): I suggest that you take a piece of paper and write down a list of your biggest fears. Then call on the magical force within you that is bigger and smarter than your fears. Ask your deep sources of wisdom for the poised courage you need to keep those scary fantasies in their proper place. And what is their proper place? Not as the masters of your destiny, not as controlling agents that prevent you from living lustily, but rather as helpful guides that keep you from taking foolish risks.

**LEO** (July 23-Aug. 22): In his book *Life: The Odds*, Gregory Baer says that the odds you will marry a millionaire are not good: 215-to-1. They're 60,000-to-1 that you'll wed royalty and 88,000-to-1 that you'll date a model. After analyzing your astrological omens for the coming months, I suspect your chances of achieving these feats will be even lower than usual. That's because you're far more likely to cultivate synergetic and symbiotic relationships with people who enrich your soul and stimulate your imagination, but don't necessarily pump up your ego. Instead of models and millionaires, you're likely to connect with practical idealists, energetic creators, and emotionally intelligent people who've done work to transmute their own darkness.

**VIRGO** (Aug. 23-Sept. 22): What might you do to take better care of yourself in 2018, Virgo? According to my reading of the astrological omens, this will be a fertile meditation for you to keep revisiting. Here's a good place to start: Consider the possibility that you have a lot to learn about what makes your body operate at peak efficiency and what keeps your soul humming along with the sense that your life is interesting. Here's another crucial task: Intensify your love for yourself. With that as a driving force, you'll be led to discover the actions necessary to supercharge your health. P.S. Now is an ideal time to get this project underway.

**LIBRA** (Sept. 23-Oct. 22): Here are themes I suggest you specialize in during the coming weeks. 1. How to gossip in ways that

don't diminish and damage your social network, but rather foster and enhance it. 2. How to be in three places at once without committing the mistake of being nowhere at all. 3. How to express precisely what you mean without losing your attractive mysteriousness. 4. How to be nosy and brash for fun and profit. 5. How to unite and harmonize the parts of yourself and your life that have been at odds with each other.

**SCORPIO** (Oct. 23-Nov. 21): I predict that in the coming months you won't feel compulsions to set your adversaries' hair on fire. You won't fantasize about robbing banks to raise the funds you need, nor will you be tempted to worship the devil. And the news just gets better. I expect that the amount of self-sabotage you commit will be close to zero. The monsters under your bed will go on a long sabbatical. Any lame excuses you have used in the past to justify bad behavior will melt away. And you'll mostly avoid indulging in bouts of irrational and unwarranted anger. In conclusion, Scorpio, your life should be pretty evil-free for quite some time. What will you do with this prolonged outburst of grace? Use it wisely!

**SAGITTARIUS** (Nov. 22-Dec. 21): "What is love?" asks philosopher Richard Smoley. "It's come to have a greeting-card quality," he mourns. "Half the time 'loving' someone is taken to mean nurturing a warmish feeling in the heart for them, which mysteriously evaporates the moment the person has some concrete need or irritates us." One of your key assignments in the next ten months will be to purge any aspects of this shrunken and shriveled kind of love that may still be lurking in your beautiful soul. You are primed to cultivate an unprecedented new embodiment of mature, robust love.

**CAPRICORN** (Dec. 22-Jan. 19): You know that unfinished task you have half-avoided, allowing it to stagnate? Soon you'll be able to summon the gritty determination required to complete it. I suspect you'll also be able to carry out the glorious rebirth you've been shy about climaxing. To gather the energy you need, reframe your perspective so that you can feel gratitude for the failure or demise that has made your glorious rebirth necessary and inevitable.

**AQUARIUS** (Jan. 20-Feb. 18): In an ideal world, your work and your character would speak for themselves. You'd receive exactly the amount of recognition and appreciation you deserve. You wouldn't have to devote as much intelligence to selling yourself as you did to developing your skills in the first place. But now forget everything I just said. During the next ten months, I predict that packaging and promoting yourself won't be so \$#@%\*! important. Your work and character WILL speak for themselves with more vigor and clarity than they have before.

**PISCES** (Feb. 19-March 20): There used to be a booth at a Santa Cruz flea market called "Joseph Campbell's Love Child." It was named after the mythological scholar who wrote the book *The Hero with a Thousand Faces*. The booth's proprietor sold items that spurred one's "heroic journey," like talismans made to order and herbs that stimulated courage and mini-books with personalized advice based on one's horoscope. "Chaos-Tamers" were also for sale. They were magic spells designed to help people manage the messes that crop up in one's everyday routine while pursuing a heroic quest. Given the current astrological omens, Pisces, you would benefit from a place that sold items like these. Since none exists, do the next best thing: Aggressively drum up all the help and inspiration you need. You can and should be well-supported as you follow your dreams on your hero's journey.

Homework: What change have you prepared yourself to embrace? What lesson are you ripe to master? Write: FreeWillAstrology.com

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

## Sunrise from the Saddle



winter light picks out the branches on the road so I can concentrate on how lovely is the sapphire sky. And then in my rear-view mirror, I catch the orange glow from behind. (I'm thankful that I don't have to ride directly into the sun's glare.) Between watching the road and my fellow travelers, I can glance in the mirror and watch the

sky change and the sun appear. What joy it is to be outside and racing the sun!

Rain misting, or pelting, my face is so invigorating. Otherwise covered in waterproof gear and helmet, I enjoy presenting my face to the rain. Its wet kiss reminds me of a friendly dog's, without the dog breath, and then there are the double rainbows!

Smelling fresh air is always a treat, but there's something about air you're zipping through that's especially bracing. Damp weather attenuates the odors beautifully, whether they're the musk from swamp lanterns opening in the marsh next to me in April or the heady perfume from lilacs gone feral in an unused field. I also thrill to the sounds: water trickling, rain pattering, even the amusing noises of rain pants whiffing in wind and tires squeaking against pavement. (My pedals make an amusing noise in wet weather; maybe they need white grease to lube them.)

Traveling at the slower pace of pedal power, I encounter scenes both sublime and entertaining that I can pause to savor: a kid blowing huge bubbles that soar over the road on the wind, chickens dueling over bugs in a garden bed, elk milling in a field, the young male with antlers in velvet, his mane bristling in spots like a punk's spiky haircut.

And yes, it's fun to streak down Three-Mile Hill on the way home.

All these experiences make each ride a potential adventure—one I invite more people to embark on. Being wonderstruck is the biggest hazard!

Writing about riding to work (or for one's work, in the case of messengers and people who deliver food by bicycle), it's easy to slip into a recitation of hazards to avoid, modify, or surmount. Whether they're harsh weather, poor road conditions, surly or oblivious fellow road users, or limitations in equipment and/or the rider, we dwell on them—to the extent that non-riders don't get the appeal. They must wonder why we brave monsoons, potholes that should be found on the moon rather than an Earth road, and people who, after parking, open their car doors just as we're riding past. Why, they ask, would you choose such a frail machine, one that doesn't protect you from the elements or an impact with a faster, heavier vehicle? Many people haven't ridden a bike since their young teens, and they may remember with a smile how they set up jumps in a vacant lot and almost wiped out so many times—but even if they pedaled over to their friends' houses when they were kids, they still consider bikes toys to outgrow (or exercise machines reserved for impossibly fit people decked in Lycra). With so many dangers, or at least so much unpleasantness, why do we do it?

Those questions got me thinking about bike-writing that celebrates as much as it cautions, that warms as much it warns, and that inspires as much as it instructs.

I love watching the sunrise from the saddle. These near-winter days, the first ten to fifteen minutes of my ride happen in twilight. My bright



## WORKSHOPS/CLASSES

**INTRO TO ENERGETIC HYGIENE.** Does your energy system need a shower? Learn the abc's of maintaining a clean energy system. This on-line workshop covers what energetic hygiene is, how to do it, and gives participants simple tools to begin practicing right away and at home. Check website for upcoming dates. \$20. Register at Heartlink-Ed.com. 720-301-3993. Self Mastery Mentor/Coach Linda Lawson.

**YULE MOON WELLNESS RETREAT.** December 17-22. With Tatiana Sakurai. Explore consciousness tools and energy clearing techniques for mental clarity, astral cleansing, balanced grounding and mindful practice. Workshops will include meditation, energy clearing, some structured lessons for the day, and free flow group discussion. \$100, 11am-1pm at the Sou'wester Lodge in Seaview. RSVP via [souwesterfrontdesk@gmail.com](mailto:souwesterfrontdesk@gmail.com)

**DRAWING AS SEEING.** The Figure, Nude and Costume. December 17. With Heather McLaughlin. This workshop will utilize the human figure to explore spatial relationships, composition, contours and values. Students will complete multiple small drawings and one long pose using traditional materials such as charcoal and conte crayon. \$40 plus \$10 materials fee. 11am-3pm at the Souwester Lodge in Seaview. RSVP via [souwesterfrontdesk@gmail.com](mailto:souwesterfrontdesk@gmail.com)

**PLANT ALLIES AND WRITING RITUALS.** Shifting into a New Year of Personal Resilience. December 30. With Laura Pacheco and Abby Chroman. Create a practice for personal resilience in the year ahead, with simple medicinal herbs, a daily writing practice, and practical tools for dealing with a challenging world. \$15-\$20 sliding scale. 10am-2pm at the Sou'wester Lodge in Seaview. RSVP via [souwesterfrontdesk@gmail.com](mailto:souwesterfrontdesk@gmail.com)

**LIVING THE SKETCHY LIFE.** January 5, 12, 19, and 26. With Renee L. Delight. The class will cover drawing fundamentals, materials and supplies, experimenting with different drawing mediums, developing a sketchbook habit, and creative problem solving. \$80 for four classes, \$75 for any three, and \$50 for any two. 10am-1pm at the Hoffman Center in Manzanita. Register at [hoffmanblog.org](http://hoffmanblog.org).

**FIRST TIME HOMEBUYER WORKSHOP.** January 6. The workshop teaches shopping for a home, financial readiness, understanding mortgages, the closing process and how to protect your investment. Free, pre-registration required. Location, in Astoria, TBA. Call (503) 325-8098 or e-mail [cindkp@cat-team.org](mailto:cindkp@cat-team.org)

**EXPRESS YOURSELF!** Smashing Plates & Give New Life to the Shards. Wednesdays, January 10-31. With Amber Whisoff. This workshop will take pottery of various sizes and shapes to make mosaic pieces in the "pique assiette" tradition of repurposing broken pottery into new mosaic art. \$45, 6-8pm at Art Accelerated Gallery in Tillamook. 503-842-3433

## 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](mailto:barbarafucci@outlook.com) online at [tolovana-artscolony.org](http://tolovana-artscolony.org).

**YOGA IN NEHALEM.** North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga. Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. 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. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. <http://riverszen.com> or [facebook.com/RiversZen](http://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](http://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](mailto:jonbelcher1741@yahoo.com) Com Instructor teaches the Ed Parker system of American Kenpo Karate.

**CB ZUMBA.** Low Impact Fitness for many ages. Licensed instruction. 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](mailto: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](mailto: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](mailto:beachhouse11111@gmail.com). Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**COLUMBIA RIVER MEDITATION GROUP.** Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deveoping 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 [amyselena888@gmail.com](mailto:amyselena888@gmail.com)

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

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

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

## VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at [www.clatsopcounty-gensoc@gmail.com](http://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 Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habi-



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

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

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

## 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](mailto:youngsriver@yahoo.com) or 503-325-7161 or text 503-308-2372.

## Dance Your Joy at AAMC

342 10th St. in Astoria.  
[astoriaartsandmovement.com](http://astoriaartsandmovement.com)

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

• **TUESDAY**  
8:30-9:30am: Zumba with Joy Sigler  
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller (all Swing-resume Jan 9)  
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](mailto:astoriachess-club@gmail.com) or visit our Facebook page."

**NORTH COAST LA LECHE LEAGUE.** 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. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorch Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.



## Messages Sonja Grace

mystic healer

### The Bottom Line

FOR HUNDREDS of years women were accused of being heretics and witches resulting in their demise. Tied up, drown, burned and hung, thousands of women died around the globe for being sensitive, different, unwilling to obey their husband, a protestant, accused of adultery and more. This witch hunt left women living in a male dominate society both vulnerable and targets for accusations. Over time this cycle shifted, and women found their voice. From the liberation of the corset to burning the bra, they found their power.

Since then we have moved into the fifth dimension. This higher frequency is related to the fifth chakra. This powerful energy that demands all life on earth raise their frequency is lending voice to a new truth.

The injustice of centuries past has come knocking on the door. Women have come forward with their stories of rape, being touched inappropriately and fear of revealing their pain. Men with power, status and fame are falling like dominos. As we are all wondering how many more will fall, the real issue is karma.

When we reincarnate we often switch gender; if you are male this life time you might have been female in your last. Or in some cases people are the same gender for many lifetimes. It can be difficult if you have five lifetimes as a woman and are born in this life as a man. Same in reverse, it can be confusing to say the least. All of us on earth have switched genders many times.

Some sources report millions of women were murdered for

being heretics. Those women and the priest and men who accused them are all living lives as men and women in this lifetime. In any cycle we must pay attention to the emotional component. This feeling is a vibration that is being repeated.

Karma is nothing more than unresolved emotional wounds from past lives. Imagine you had a lifetime in Scotland and you were accused of being a heretic. They tied your thumbs to your big toes together and you were dumped in the moat around Edinburgh Castle. There wasn't a therapist sitting by the edge of the moat asking you if you would like to process this before you drown! This is the karma you brought with you: Pain, fear, betrayal, abandonment, shock, horror, resentment and shame.

With multiple lives we tend to act out both parts. We are the victim in one life and the perpetrator in the next. We have someone executed and we are the executed in the next life.

The men who are being brought to truth are participants in this cycle. The women who are accusing them are also a part of this great karmic pattern. The collective karma is watching, shuttering, remem-

bering their own #metoo story, hiding from indiscretions and unresolved shame that makes everyone question what is the line and how far will it go.

My guides have indicated we are nowhere near being done. The truth will be revealed for it is like a freight train moving at high speed. Layers and layers of truth will find the light as they are important for our growth and the healing of our karmic past. May we find compassion having been through lifetimes as both male and female, victim and perpetrator. May we evolve into a state of balance and peace.

*For over thirty years, award winning 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](http://www.sonjagrace.com)*

By Tobin Nason

## December Fun Facts word wisdom

DECEMBER is National Eggnog Month and National Fruitcake Month. How could we be so lucky!! December 5 is Bathtub Party Day. Hope you didn't miss that one. December 8 is the day of Finnish Music (only in Finland). December 13 is Pick a Pathologist Pal day. I always liked that one. December 15 is Cat Herders Day. December 16 is Barbie and Barney backlash day. Finally, December 21 is Humbug Day. And there's Christmas.

So much to celebrate! How do I fit in all the eggnog and fruitcake? Maybe I could combine it with Bathtub Party day. Since December 5 has come and gone, I get a rain check. I have a month to celebrate. And then there's Christmas—right after Humbug Day.

How did Christmas get so Big? It overshadows all the rest. All the decorating, eating, gift-giving. I think I'm going to do Humbug Day up big this year. Humbug cookies and Humbug gifts to all. Should be fun!

Oh, and Christmas. Didn't we do that last year? Every year, I struggle with

Christmas. My Christmases are spare and quiet. They weren't always that way. When my kids were little, the hustle and bustle was a mother's delight: Picking out special gifts, baking the cookies, going to school performances. I remember.



So full of life! The kids' delight and happiness was mine also. As they grew and left home, Christmas fell by the wayside for me. It seemed like a lot of effort to decorate when the little ones weren't there to love it.

Spare and quiet. I know it's my preference but it's also by default. It's all I can muster.

If you, like me, are having the spare and quiet version of Christmas, make it useful. Read a good book. Put on thoughtful music. Relax and dream. Imagine and envision. On the worldly side, I buy a special food for myself, be it seafood or some weird salad from the deli. I use the day as a retreat day. I may take a long walk with my dog or drive to a state park. My day, my way.

Counselor's advice: Remember Christmas is technically another day. How it is spent is up to each and every one of us. Make the most of what one has, be it family or be it solitude. One day! Use it to conjure the hope and wonder that Christmas once inspired naturally. Let quiet and reflection be the gift you give to yourself. Even those with hectic family schedules: Slow down. Take time to feel the wonder. Merry Christmas, Everyone!!

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



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## bodies in balance

By Tracy Erfling, N.D.

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



## Cholesterol: Lifting the Mystery

POOR ol' cholesterol, it ranks up there as one of the most misunderstood substances in the body. As a follow-up to last month's article on blood pressure I thought it worth visiting another common measurement in evaluating cardiovascular disease. Cholesterol is an essential building block and key component in tissue repair, but when too high the battle begins. Health care providers routinely test cholesterol levels to assess cardiovascular health and prescribe drugs to lower it; but rarely does anyone take the time to explain its purpose, or attempt to treat the root cause of its elevation. Along comes the Naturopath to remind us that all things have purpose in the body, and rather than engage in battle; we should try to restore balance through education and treating the cause.

First let's concentrate our efforts on understanding this sterol. Cholesterol is a fatty substance derived primarily from animal tissues. It is an essential building block to our sex hormones (estrogen, progesterone, testosterone) as well as our adrenal hormones (cortisol and DHEA). Important neurotransmitters like serotonin also are linked to cholesterol. It is a key component within cell walls throughout the body. The importance of cell wall integrity is that it governs the ability of cells to have access to nutrients in the blood for optimal metabolism. This semipermeable membrane of the cell wall also keeps out unwanted toxins, which damage and weaken the cell. And finally cholesterol lines our brain and nervous system allowing for good nerve conduction and proper protection. These are all the positive things about cholesterol you may not have known...pretty amazing huh?

The source of cholesterol is another widely misunderstood subject. Many would like us to think that the cholesterol we eat goes directly into our bloodstream. But this simply is not the case. The cholesterol which is routinely measured in the blood is primarily made in the liver. Yes it is true that the liver uses dietary cholesterol to synthesize blood cholesterol, but it also uses other food sources. The overall message here is that dietary cholesterol does not necessarily directly impact blood cholesterol. In fact another less recognized

link would be our carbohydrate consumption as carbs also provide a fundamental building block to cholesterol production.

By now you likely know that all cholesterol is not created equal. If you've had a cholesterol test you've been informed that there are good and bad types. A basic lipid panel will test your total cholesterol, LDL (low density lipoprotein-bad), HDL (high density lipoprotein-good) and Triglycerides, and sometimes more. Each of

quality fats (hydrogenated, trans-fatty acids), sugars, and low in nutrient rich, plant-based foods is the perfect recipe for upping those cholesterol levels. Low thyroid and poor liver function can both contribute to a high cholesterol reading too. Being overweight, not getting enough exercise, untreated inflammation and of course our favorite culprit good ol' genetics can all play a role in cholesterol levels above the normal range. It seems obvious therefore, that these individual factors need to be addressed in order to properly treat a person with high cholesterol.

When seeking to evaluate cardiovascular function it is important to look beyond cholesterol for a more complete picture. There are other markers in the blood that can screen for inflammation, inappropriate blood clotting, problematic heart pigmentation, etc. If there is a strong family history then a cardiovascular work-up to monitor heart health while resting and during activity may be valuable. Again working to personalize the treatment program will bring the greatest success.

While I believe treatment options for cholesterol should be individualized, here are some tips to consider. First is that if you have been prescribed a cholesterol lowering drugs (statin) you should be taking CoQ10. This important cellular energy source is depleted by these medications and its deficiency can be a source of the common side effects. Consider adding fish oils and phytosterols (plant based oils), which can both help to lower cholesterol production. Finally any herbal or food based liver helpers can be of great value here too...my favorite liver foods are beets and beet greens, artichokes, asparagus and the stimulating boost of lemons and limes are a great addition to those hearty winter meals.

Taking the time to understand and appreciate the basic substances in our bodies can often lift the mystery and reveal pathways to a deeper knowledge of what is needed to restore health.

Happy Holidays Hipfish Readers...and remember to DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!



these lipids plays a unique role in the body. For example, when there is damage within a blood vessel, LDL cholesterol (as well as other players) come along to attempt to repair that damage. These repair substances come together to apply a band-aid on the damaged tissues. The problem arises when damage continues and over time an atherosclerotic plaque forms. This is the 'bad' cholesterol doing its work. HDL cholesterol on the other hand is working to clean up and clear out damage repair. Due to its antioxidant type quality, it roams the body and removes cholesterol from the cells and blood and increases cell wall flexibility. The ideal here is that there is a healthy balance between LDL and HDL. Triglycerides have their own story that I will not launch into here, but they can be more a reflection of dietary fats, blood sugar stability and are an important fuel storage, among other things.

So what is causing that high cholesterol reading? Well, like many other health conditions, there are a variety of factors. A diet high in refined carbohydrates, poor



## FOOD GROOVE

### CHEW ON THIS!

by Merianne Myers



## NEITHER WIND NOR RAIN WINTER SQUASH BAKE

PREHEAT OVEN TO 350

IT'S ALMOST DARK AT 5:30. The rain pelting the roof sounds like a massive air drop of pebbles. The furnace, awakened with a shock by the house temp falling below 68 degrees, shuddered to life briefly last night requesting a new filter with musty insistence. Snuggled into the warm, I listen to the wind howl around the corner of the house rattling the windows and otherwise shaking its fist at my comfort.

Luckily, I have the antidote for the recently detonated dearies. It's called preheat.

Once the oven is hot, there are so many things it can do, I'm liable to forget about the weather entirely until say, February. There is no good excuse for February. A trumped up shopping holiday promoting a cheesy copy of real romance and a long weekend in honor of dead guys just don't make up for the worst weather of the year. But, that's another story. This story is about winter squash which comes into season just when we need it most and offers up a delicious diversion.

There are countless varieties of winter squash all of which are delicious. I tend to choose the ones that are easy to get into because trying to butcher a hard-shelled squash is at turns daunting, infuriating, downright dangerous. That's why I'm so crazy about Butternut and Delicata squashes. They have all the color and richness of pumpkin with none of the obligatory cleaver wielding. On the other hand, squashes with hard shells tend to last for months stored in a cool, dry place and even get sweeter with time.

With the wind attempting to huff and puff and blow the house down, there is something triumphant about a bottle of red wine and good company while dinner makes its own magic in the oven.

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](http://coastradio.org).

1/2 stick butter plus a bit more for greasing the baking dish  
At least 10 cups or a loaf rustic bread, cubed  
1 medium Butternut squash, peeled, seeded and cubed  
2 shallots or leeks or 1 medium onion, diced  
1 teaspoon fresh thyme leaves  
1 1/2 teaspoon salt  
4 eggs  
3 cups cream or half & half  
3 cups whole milk  
1 teaspoon sugar  
1 1/2 cups grated swiss, gouda, cheddar or combo of good melting cheeses  
Dash of hot sauce

You can use a 13" X 9" baking dish or individual ramekins. Either way, butter the dishes liberally. Scatter bread cubes on a baking sheet and toast in the oven until crisp. Set aside to cool.

In a skillet over medium heat, melt the half stick of butter then add the squash, onions and thyme. Saute until squash is tender. Whisk the eggs, cream, milk, sugar, salt and hot sauce in a large bowl. In a separate bowl, toss the bread cubes and 1 cup of the cheese until well mixed. Put the bread/cheese into the baking dish and pour the egg mixture carefully over. Press the bread into the liquid then let it sit and soak for a few minutes.

Sprinkle the remaining cheese over the top and bake for about an hour if in a large dish, less if in ramekins, until custard is set. Let cool for 10 to 20 minutes before serving.



## Cooking Up Community!

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

[northcoastfoodweb.org](http://northcoastfoodweb.org)

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## 2018 FESTIVAL OF DARK ARTS

**THERE IS NO DARKER PLACE** than Fort George Brewery during February Stout Month. Every year the faucets flow in a rich tapestry of pitch-black colors, with specialty stouts and bottles releases all month. And it's all anchored by the largest single-day stout & art celebration in the world – the Festival of Dark Arts.

### Prepare Yourself

Limited tickets to the 2018 Festival of Dark Arts go on sale starting Tuesday, November 29th, and this year they are more limited and coveted than ever. Bearers will be granted entrance on Saturday, February 17th into a magical menagerie of dark art and macabre entertainment, all the while surrounded by the most awe-inspiring collection of stouts ever assembled in one place. You'll be entranced by the iron, glass, ice, and chainsaw craft. Live music, dark art galleries, and roaming practitioners of the fanciful arts will delight you. All told, over 60 rare and unique stouts will be tapped, tempting all of your darkest senses.

### New to the Fest

Stretch out into expanded festival areas on 14th Street and onto the new upper

deck of the Fort George Building where new surprises await you. Arrive at your leisure starting at noon and come and go as you please. You can look forward to rare stouts tapping throughout the day and night, with all-new live entertainment until festival end.

And then, save stout room for the boldest Fort George barrel aged bottle release ever, starting Sunday, February 18th at noon. Five unique variations of Matryoshka will be available in wax-dipped bottles, plus very limited quantities of cellared 2017 Matryoshka and Matryoshka variations to construct your vertical tasting. It is indeed a Sweet Virginia bottle release worthy of Stout Month.

For more information and a link to tickets go to [www.festivalofdarkarts.com](http://www.festivalofdarkarts.com).

### Festival of Dark Arts

Date: Saturday, February 17th, 2018  
Time: Noon to 10pm  
Place: Fort George Block – 1483 Duane Street, Astoria, OR  
Details: All tickets are \$55. 21+ only & IDs required for entry.

## 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 laksloda (scaloped potatoes with salmon), meatballs, rieska (Finnish flat bread) and condiments. Cost is \$15 per adult and \$10 for children under 12 years.

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 Winter Soup Series

Join NC Food Web Wednesday January 10th, 17th and 24th for Winter Soup Series! Each class you will make 2 seasonal varieties of soup, enjoy a meal and have fun all while learning!

Week 1-you'll be making and tasting Tuscan White Bean Soup with Parmesan and Hearty Lentil Soup with Sausage. Week 2-make and taste Winter Vegetable Soup and Jambalaya, perfect for chilly winter nights to come! Week 3-Beef Bourguignon and Vegetarian Chili! Lookout!

- Fresh and Local Chicken or Duck eggs every Thursday from 9am-3pm.
- Shop directly from Local Farmers every 3rd Thursday at the River People's Farmers Market 2:30-5pm. This month open Dec 21-22. NCFW is located at 577 18th St. in Astoria. [Northcoastfoodweb.org](http://Northcoastfoodweb.org)

# Seasoned with Love

By LaNicia Williams

Founder NorthCoast LOVE Coalition



### I WANT TO SHARE

with you my heart and purpose behind birthing the Love Coalition.

When I first began my journey from brokenness to wholeness, I was miserable. I hated life. I had come to my wits end and knew if change didn't immediately

come I would be tempted to end my life before I had time to live.

My life has often felt like the hamster on the wheel running faster and faster getting nowhere but going in circles. Maybe you've experienced some of it yourself. Every time I take 5 steps forward it seems like I take 10 steps back though not on purpose. It made me wonder if I was the posterchild for unintentional failure. Trust me, I do everything with the best of intention but nothing ever seemed to work out for me, or so it seems, even as recently as this past summer. It would be easy to continue looking at my life as a perpetual domino effect of failing until I realized I wasn't failing at what mattered most: LOVE.

We all quantify love different. The way we measure love is the way we live our life. If this wasn't true, I'd live and look like failure. Only those who have known me at least ten years or before know what I lived like when how I quantified love wasn't on the positive side of the scale. I was miserable and it showed. I used to wear a permanent frown in my forehead. Not only did I exhibit physical traits of where my barometer was, what exuded from me was what was toxic within me. I had the worst kind of battles everywhere I went. I spent so long thinking it was because people didn't really see me for who I was, but in fact it was the exact opposite. People saw exactly who I was and I didn't like their reaction to my reflection. How dare you have a problem with me! Do you know who I am? What I didn't realize is they knew exactly who I was and I was every bit of the venom they were reacting to.

Before I was seasoned with love it was easy for me to take offense. If someone didn't call me it's because I had done something wrong. If I didn't get hired for a job it was because I wasn't good enough. If something bad happened to me it was because I had done something bad. I didn't feel loved so I always reacted out of fear. I was afraid I wasn't good enough so I lived to prove the point. Self-sabotage at its best. I'd stick a knife in myself before I let anyone else do it. I'd quit before someone would be able to fire me. I'd break up with a person before they broke my heart. I'd move to a different city so I could continue to disguise my misery for options and being free spirited. I was lost until my therapist reminded me everywhere I ran, there I was. I couldn't hide from myself so it was time for me to look in the mirror.

I had to fight my way to love. I had to conquer that voice in my head telling me I wasn't good enough. I had to forgive every experience in my life that lead me to believe I was so damaged there was no reason to try to be anything. I had to make amends with people in my life I felt contributed to my lack of belief in love. I had to learn to love every part of me I hated. I could no longer keep living in the shadow of love running away each time it got too close. Little by little, love began to take hold of me. It took a lot of prodding but eventually I lowered my guard. Love knew I couldn't handle being bombarded all at once so love courted me. It wasn't irritating or nagging but it was actually quite pleasant. Love was so gentle with me that even when I needed correction it was done in love. Love held my hand when I had to learn to walk by myself. Love even guided me to where I could live in love with a community who had a heart for love.

Being seasoned with love is helping me become the woman I am born to be and is fulfilling a promise love made to me when I first opened my heart and mouth and said yes. I was tired of being afraid to live in love, especially without fear of rejection. Being seasoned with love reminds me daily love makes the worst pain of the world not feel so bad because I know even in that pain

I am still being seasoned with love.





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**Fulio's RESTAURANT**  
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**FULL BAR**  
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2x Award Winning North Coast Iron Chef Sean Whittaker presents weekly specials!

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





# NORTH COAST CHORALE WINTER CONCERT

## "Mysteries of The Stars"

Friday • Dec 8 at 7pm  
Sunday • Dec 10 at 2pm  
Tickets \$10 @ the door  
PAC Performing Arts Center  
16th & Franklin in Astoria

Sunday, Dec 17 at 4pm  
NORTH COAST CHORALE will participate  
in the NORTH COAST SYMPHONIC BAND  
HOLIDAY CONCERT, Liberty Theatre.  
Tickets are \$10 at the door with children under 12  
free when accompanied by an adult.

## 2nd Saturday ART WALK

5:00 pm  
Downtown  
Astoria

Every month,  
year 'round!

Dec 9

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

Presented by the  
Astoria Downtown  
Historic District Association



astoriadowntown.com

## McMENAMINS SAND TRAP PUB OPEN CHRISTMAS EVE & CHRISTMAS DAY!



### LIVE MUSIC

Dec 1 • Three For Silver • Post-rock  
Dec 8 • Kendl Winter • Ol' timey banjo  
Dec 15 • The Coastline • Funk pop rock  
Dec 22 • John Bunzow • Alt-country  
Dec 29 • Coyote Willow • Americana  
7 p.m. 'til 10 p.m. • Free • All ages welcome

## NEW YEAR'S EVE

## SONNY HESS

Local blues legend

Livingstone's Room

Free • 9 pm 'til 12:30 am • 21 & over

BOOK YOUR OVERNIGHT PACKAGE NOW

Four miles north of Seaside

Gearhart Hotel & Sand Trap Pub

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## LIBERTY THEATRE ASTORIA OREGON



## Christmas at the Liberty

Details on Santa visits and all December events  
available at [www.libertyastoria.org](http://www.libertyastoria.org)

## THE LATER SHOW

Veteran  
L.A. Music  
Producer  
and DJ  
Joey  
Alturda  
Vintage  
Vinyl  
Funk  
Soul  
60's Go-Go  
Tropical  
Groove



Sat. Dec 9  
starting 8pm  
\$5 @ door



## Annual Q Center Holiday Social Sat. Dec 16 7pm

- Bites
- Secret Santa
- Cocktails
- & Song!!!!

Coming in January  
Pier Pressure  
Prod. presents  
FROZEN  
by playwright  
Bryony Lavery



## Chris Parker

Friday Jan. 12 @ KALA  
8pm (doors @ 7:30pm)

with

Tim Willcox/Saxophone  
Damien Erskine/Bass  
Jason Palmer/Drums

Tickets: \$16  
On Sale in advance Dec 12  
[libertyastoria.org](http://libertyastoria.org)  
/Shows and Events

KALA 503.338.4878

Break in the New Year!

Jan 12, 2018

## The Chris Parker Quartet

Coming events at KALA • 1017 Marine Dr. Astoria