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February 2018 • vol 19 • issue 228

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region



A campaign underway will create permanent space for this most essential organization p3




Will Frances McDormand take home another Oscar? p20

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Filling Empty Bellies' PROJECT HAND UP

A campaign to create permanent space for an organization meeting the needs of homelessness and poverty

ON A RECENT THURSDAY at People's Park at 16th and Marine, it's noon, and that means lunch. The January rain has temporarily abated, and a rainbow shines over the river; picturesque, yet a reminder that the next shower is not far away. A group of nearly two dozen people stand and mingle or sit curbside in the parking lot, waiting for lunch to arrive. It is evident that most of the people waiting are homeless or unstably housed. If not homeless, at least hungry. The vibe at noon is a mix of energetic socializing and people keeping to themselves.

"It's like recess out here," says Vern Hall. He's one of the people waiting for lunch. Also known as "O.G." for "Old Guy" or "The Foreman," because he "gets a job done," he's lived in Clatsop County for 20 years, moving here to take care of his father after his mother passed away. He's always worked—as a builder, mechanic, landscaper, an all around handyman. His job history and skill sets are exhaustive, and even as he currently works three jobs, this is his fourth winter homeless in Astoria.

"I had a good career, I seen it all spiral real fast," he explains.

Now, he hustles his multiple jobs to keep up the payments on a storage unit and to get by. For now, he has to break to eat.

Vern has been a participant of Feeding Empty Bellies (FEB), the lunch program everyone is gathered for, since it began more than 3 years ago. Relying on this meal, served at noon 6 days a week, is part of what gets him by.

A few minutes passed noon, and a vehicle pulls up quickly to the park. People move immediately to form a line, and within seconds, Corri Buck, the founder and driving force of Feeding Empty Bellies, is unloading the back of her car and setting up donated hot soup, fruit, and cupcakes. Without haste, people are being fed.



Co-directors Erin Hofseth and Corri Buck (l to r center), celebrate their newly gained 501 (c) 3 status with folks from the program, at People's Park in Astoria.

When Corri first started feeding meals to Astoria's homeless community, her work was hardly a "program." She was simply making sandwiches and driving around in her car to find people to give them to. The first time she did it, back in November 2014, none of it was premeditated. Corri was experiencing her own cycle of hopelessness, due to her child's battle with addiction. Struggling to come to terms with the reality that there was nothing she could do as a mother to help or save her child, she remembers, "I couldn't help her, I couldn't hold her. I was crying every day."

One day was different. She got up to what had become her ritual of grieving for her daughter, "I would sit in my chair, watch some shows, and cry." On this day, a voice spoke to her, Corri calls it a divine voice. "As clear as I am speaking to you right now, a voice said, 'Get up, make sandwiches, and go feed hungry people.'" She heeded this call and hasn't looked back.

What started as a solo mission to feed hungry people, took root and began to grow. She started serving lunches at regular locations downtown, managing relationships with the community and their varied feelings about serving the homeless, and ultimately landed at People's Park.

"People's Park seems to be a place everyone can digest because it is out of downtown and not residential," she says.

Through showing up and feeding people Corri has earned a reputation as a consistent and trustworthy face of support to Astoria's unhoused community.

"She has more respect from street people than anyone in town," says Vern.

While the topic matter is chilling, the cast members in this particular conversation leave one feeling that FROZEN is a story that needs to be told.

"It's not a play that leaves you hanging for the sake of shock value or for arty-ness," says Moore, "It actually has a conclusion, a surprising conclusion. It has an ending that gives you humanity in many different lights, not just the bad stuff, it is I honestly think, quite uplifting to a degree."

Her practice is to not judge or ask questions, she believes firmly that everyone deserves to be fed as a fundamental human right and with no strings attached.

She named her growing food program Feeding Empty Bellies, because being fed is the starting point for any kind of successful living, let alone for lives that are in need of rehabilitation and second chances.

"A vital part of what we are doing is getting people's voices heard, because there are misconceptions and there is a lot of judgement about why people are homeless and what keeps people in homelessness," she says.

As Vern puts it, "Nobody wakes up and says, 'I think I'm going to be homeless today.'"

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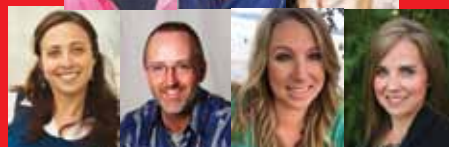
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The Actors Process

an Evening of Exploration and Performance.

Feb 16 -17 at KALA

KALA presents The Actors Process, and Evening of Exploration and Performance.

In this unique performance presentation veteran North Coast theatre director Karen Bain brings actors to the stage to share a peek into the acting process. In a performance workshop setting, selected local actors worked under Bain, the objective to expand the actor's creativity in making choices while inhabiting a character.

"Often, my objective is to help actors find truth in the moment. This workshop process is about taking the next step, exploring and expanding the myriad choices available while in that creative state," says Bain.

Bain furthers, "Acting is a marriage between truth and technique. Truth consists of being honestly in the moment - not memorizing how to say something. I talk a lot about being in the moment. As an acting teacher, I believe we should start with finding the truth of the scene, then work out into technique - physicality, voice, dialect, and gesture."



Actors Deac Guidi and Stephen Wood in studio



Veteran North Coast Director Karen Bain

In this presentation, Bain will talk about the complex process of acting and demonstrate some of the tools used to foster good performance, in an interactive exchange with actors on stage. Following, the actors will perform three scenes and 7 monologs they have been developing in the workshop studio by playwrights David Mamet, Tennessee Williams, John Patrick Shanley, and Arthur Miller. Actors include: Deac Guidi, Daric Moore, William Ham, Stephen Wood, Stacey Brown, Gigi Chadwick and Susi Brown perform.

Karen Bain holds a Masters of Fine Arts in Directing from U Of O. She's directed over 40 plays and acted in 30 including Martha in *Who's Afraid Of Virginia Woolf?* Kate in *All My Sons*, Virginia Woolf in *Vita And Virginia*, Frankie in *Frankie And Johnny In The Clair De Lune*, Mama in *Night Mother*, Kate in *Dancing At Lughnasa*, Lenny in *Crimes Of The Heart*. She's taught at UO, OSU and CCC, privately, and through local theaters.

She states, "I've been very fortunate to have been able to play some remarkable women. I've played housewives, whores, waitresses and witches. And a skunk. In *Winnie The Pooh*. Do you remember a skunk in WTP? Neither does anyone else.

February 16-17, at 7:30pm. Tickets at the door \$10, doors open at 7pm. KALA is located at 1017 Marine Drive in Astoria. 16+ welcome. Cocktails available. 503.338.4878.

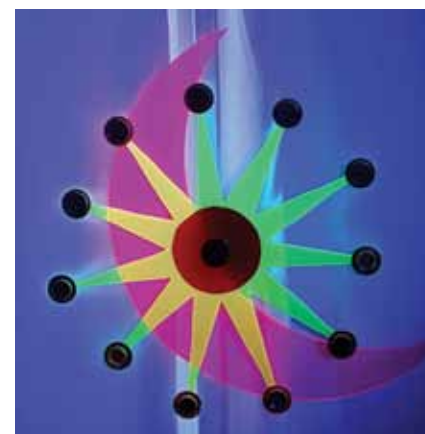
Spinners

by Jill Mulholland @ KALA

THESE PAST few winter months The KALA window front has featured SPINNERS by Light Artist Jill Mulholland. You can still view them through February, and especially in these dark months when we seek light in alternative ways. These particular spinners are lit by black light.

Of these works of light art the artist says, "I'm interested in the beauty of light and its ability to be felt physiologically, or embodied. The involuntary escape of an ohhh while viewing fireworks is an example of this embodiment. I strive to make art that makes the viewer feel an emotion, often beauty, sometimes laughter, minimally curiosity. The aspects of light that invite this embodiment are shadow, reflection, color and glow, all my art has at least one and often several of these aspects. Glow is the strongest aspect of this embodiment, to get to god (whatever your definition of god might) be its got to glow. Glow makes us go internal. A great example of this are the stained windows that churches used as a vehicle for prayer."

The Spinners utilize many of these aspects of light; they glow under black light, in the sunshine they make reflections and with the right angel you



can see the "infinity" of two mirrors, they project their colors and morphed shapes onto the walls, and the overlapping transparent colors form orange, according to Mulholland.

Muholland is a newby Astorian who finds the color and light in Astoria exhilarating. She'll have a featured gallery show at the Astoria Visual Arts space during Art Walk in June, utilizing the natural light of summer.

**1017 Marine Drive in Astoria. 503.338.4878.
Advance tickets at libertyastoria.org**

COLLAGE in collaboration and individually, Sid Deluca and Joi Smith share their provocative, intricate and, sometimes, irreverent views of society, cultural and social mores @ KALA



You Don't Get to Pick the Ghost
JOI SMITH collage



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

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:

hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Daily Astorian

EDITOR/PUBLISHER:

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COVER: Project Hand Up
Logo by Justin Dickau

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Coast Community Radio Receives a Grant from the Templin Foundation

COAST COMMUNITY RADIO (CCR), the non-profit radio station in the Columbia-Pacific region, has received a \$10,000 grant from The Templin Foundation of Pacific County, Wash. News Director Joanne Rideout wrote the grant for money to replace an important piece of equipment at the CCR tower on Megler Mountain in Chinook, WA.

Station Manager Graham Nystrom will administer the funds by purchasing a new Davicom, a critical device that closely monitors and communicates information about the overall health of multiple functions at the tower's very large and expensive 5,000 watt Harris transmitter. It also allows us to remotely control certain aspects of the transmitter from our studios.

The purchase and installation will take a couple of months "When complete, this project will facilitate something great and of long lasting value to our organization. We are very appreciative to the Templin Foundation for providing Coast Community Radio this opportunity," states Nystrom.

Coast Community Radio is a member-supported, volunteer-operated radio station broadcasting to the North Oregon and SW Washington coasts. We strive to provide locally relevant programming, news and emergency information on three stations KMUN, KTCB and KCPB. KMUN, at 91.9fm is celebrating it's 35th anniversary in April 2018.

The Templin Foundation was initiated by an endowment from Russell Templin a citizen and businessman in Pacific County in the 1950's. Since the 1990's, when the Foundation starting awarding grants, it has distributed over \$4,000,000 to a host of causes in south Pacific County.

Clatsop County Job & Career Fair •Feb 21

FINDING and retaining good employees is a constant issue all businesses face, from small businesses all the way up to our largest employers in the county and region. What is being done about this great workforce need in Clatsop County?

CEDR, (Clatsop Economic Development Resources) and WorkSource Northwest Oregon are spearheading the fourth annual Clatsop County Job & Career Fair, which will be held on Wednesday, February 21, from 10am- 3:15pm, at Patriot Hall at the Lexington Campus of Clatsop Community College in Astoria.

Astoria, Ilwaco, Jewell, Knappa, Naselle, Seaside and Warrenton High Schools will be sending all Juniors & Seniors in the morning and will be finished by 1pm.

At 1:15pm the doors will re-open for adult job seekers, Clatsop Community College students, and those seeking more information about career & job opportunities in Clatsop County. We estimate over 700 students will be in attendance, and many college students and adult job seekers.

To register as an employer to participate in the career & job fair, call Debbie Newton from WorkSource Oregon at 503-325-4821 ext. 226, email her at Debbie.M.Newton@oregon.gov.

Community Involvement Encouraged! CLOTHESLINE PROJECT Bring Awareness to Domestic Violence



THE STUDENTS of the Women and Social Action class at Clatsop Community College invite all community members to participate in the annual "Clothesline Project".

Women and men of our North Coast community can participate by painting a t-shirt with art that expresses their views about domestic violence. Shirt painting will take place on Wednesday, February 14 from 6:00 pm to 8:00 pm in the Art Building on the Lexington campus which is located at 1651 Lexington Avenue, Astoria. Shirts, paint, and paintbrushes will

be provided. We encourage all ages and levels of artistic ability are encouraged to participate.

The shirts will be displayed in Towler Hall on campus from February 22 to March 21, 2018.

Started in Cape Cod in 1990 after a woman was murdered by her male partner in their community, the Clothesline Project has become a national demonstration to raise awareness about and fight to end domestic violence. To learn more about the Clothesline Project visit www.clotheslineproject.org/

Tech Trek for Grrrls!!!! Presentation

ON TUESDAY February 20, the American Association of University Women (AAUW), Astoria Branch will present "Tech Trek: Students and Leaders". This presentation from 5:30 to 7:00 p.m. will be held at the Astor Middle School Library located at 1100 Klaskanine Avenue NOT AT THE ASTOR LIBRARY.

What is Tech Trek? It is a week long summer camp designed for girls entering the 8th grade to learn about math and science. Girls will collect data from field trips, conduct scientific experiments, and interact with women in STEM (Science, Technology, Engineering and Mathematics) careers.

What is the purpose of Tech Trek? Its purpose is to encourage girls to enter a career in STEM and increase the decline of students entering STEM careers.

Speakers will be a past participant, a parent, and a school administrator; each giving a perspective/viewpoint of the Tech Trek experience.

Parking is available at the school and the building is handicap accessible. Light refreshments will be provided. FMI: call Jan Nybakke 503-325-4592.

SPAGHETTI FEED Brownsmead Grange Fundraiser

THE BROWNSMEAD Grange will be having its annual Valentine Spaghetti Dinner fundraiser Saturday February 17th from 5pm to 8pm. It is a great family friendly event, serving the community with a full Spaghetti and meat ball dinner (vegetarian option as well) with good friends, goof food, and good fun for all.

Tickets are available at the door and are \$10 for adults and \$5 for children 12 and under. Meal will include all you can eat spaghetti, garlic bread, salad and dessert. Coffee and lemonade to drink as well as a no host bar.

For further information please call (503) 458-5229 or email BrownsmeadGrange@gmail.com or find us on Facebook at <https://www.facebook.com/brownsmeadgrange>. Follow the signs from Hwy 30 in Knappa on the day of the event.

More information available on Facebook: <https://www.facebook.com/events/brownsmeadgrange>
If you would like more information about this topic, please contact Matti Raihala at (503) 458-5229 or email at BrownsmeadGrange@gmail.com.



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outside the box



STEPHEN BERK

THE *Significance* OF THE NEW WOMEN'S UPRISING

FEW people would have predicted that the sexual harassment case against Hollywood mogul Harvey Weinstein a few months ago would have touched off such a widespread movement of women from all walks of life against some men's perpetual sexual abuse of them. After all, we have had many individuals, especially in the entertainment industry, from Fatty Arbuckle in the silent film era to popular and "family friendly" TV comedian Bill Cosby exposed individually as sexual predators. But unlike what were commonly thought of as isolated cases, the Weinstein exposure has produced a veritable explosion of further accusations by increasing numbers of women in virtually all walks of life. It's like the phrase from Paddy Chayefsky's iconic 1976 film, "Network", "I'm mad as hell and I'm not gonna take it anymore," has sprung to life. In *Network*, however, Fay Dunaway, playing an assertive woman clawing her way up in a man's world, was portrayed negatively. And it was the male newscaster who took up the chant, "I'm mad as hell and I'm not going to take it anymore" as a gimmick to raise the news program's ratings. Now we have women whose gender has endured male harassment and exploitation from time immemorial honestly and righteously raising a collective battle cry.

What has quickly developed not only in the entertainment realm, but also among women in the Wall Street and business communities, is a full throated outcry against sexual harassment by men in relative power positions towards women coworkers. Such men tend to regard their uncouth behavior as all in fun and their natural entitlement. But women have rightfully found it degrading and humiliating. As a veteran American cultural historian who joined academia in 1970, I had a chance to observe and relate to the strong feminist movement that came out of that period. That movement began with Second Wave feminism (the first wave had culminated in women's suffrage in 1920), touched off by returning veterans nervous-

ness about losing their jobs to women who had flooded the workplaces during World War Two. Betty Friedan's book, *The Feminine Mystique*, gave powerful voice to women's anger at the re-imposition of "separate spheres." Friedan and her colleagues, focusing on the right of women to work and gain equal pay and equality in the work place, formed the formidable National Organization for Women in 1966.



But it was Gloria Steinem, founder of *Ms* Magazine, who first laid heavy emphasis on the overall indignity heaped upon women in their reduction to sexual objects, rather than fully rounded people who could be just as cerebral and versatile in their choice of career and lifestyle as men. Steinem, like Friedan, worked as a journalist. She infiltrated Hugh Hefner's *Playboy*, with its lucrative flesh peddling version of hip, working as a Bunny, waiting on men in a skimpy outfit with rabbit ears and a cotton tail. Steinem declared war on Hefner's sexist version of liberation, which Freudian/Marxist theorist Herbert Marcuse labelled "repressive de-sublimation." What Marcuse meant and many radical grad students of the time got was that Hefner reduced genuine revolutionary liberation of human expression to mere titillation. And of course, Hefner's enterprise made him just another capitalist tycoon, rather than leftist or even left liberal.

But despite Hefner's pseudo-revolution and all the other commercial attempts to coopt progressive social change, I as a young academic in the seventies working at

a Southern California urban university with a faculty of 1,500 and a student body of 35,000, witnessed a real gender revolution, beginning among the faculty and percolating down to many young women students. Our building housed history on the ground floor and some of the second, with an increasing part of the second given over to Women's Studies. As I sat in my office preparing a night class, I could hear

the women's consciousness raising sessions giving voice to their rage. They would come flying down the stairs energized by getting out their anger at men's accustomed way of treating them.

But these were just the opening salvos of a movement that would revolutionize gender relations. In the eighties women who cavalierly dismissed feminism found little trouble in becoming half of the medical and law school classes, formerly almost entirely male. My father graduated second in his class at Boston University Medical School in 1940. The top student was a woman. After going through hell in the European war, dad was able to come home and become specialized in private practice in internal medicine and cardiology. The woman who graduated above him ended up in research, probably because even women then wouldn't go to a female practitioner. Today some half the physicians, in a full range of specialties, are women.

My point is that the women now boldly shouting, "Me too!" about male sexual harassment in the work place are building on what my sixties generation and the previous suffrage generation and nineteenth century women's rights movement, all the way back to Mary Wollstonecraft's "Vindication of the Rights of Women" had accomplished. They have the courage to speak out the way they are doing about this most primal form of male exploitation because their forebears had the courage to speak out against the worse abuses of their own times. Young women should not deny their feminism, as was fashionable in the eighties, nineties and early part of this century. For centuries now they have been fighting with eventual success for gender equality.

NATURE NEWS

Join the Great Backyard Bird Count at Fort Clatsop, February 16-19

THE 21ST annual Great Backyard Bird Count (GBBC) is taking place February 16 through 19. To participate in this citizen science opportunity, anyone in the world can count birds for at least 15 minutes at any location on one or more days of the count and enter their sightings at gbbc.birdcount.org. The information gathered by tens of thousands of individuals helps track changes in bird populations on a massive scale. The GBBC is a joint project of the Cornell Lab of Ornithology and the National Audubon Society with partner Bird Studies Canada.

From Friday, February 16, through Monday, February 19, visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park and make plans to count birds in their own backyards. Binoculars will be available for loan within the park.

Along with the actual bird counting activities, the park has planned four days of bird-related opportunities. A "great pink heron scavenger hunt" will be on-going using the Netul Trail along the Lewis and Clark River. A "Birds of Fort Clatsop" display is in the visitor center.

ON SATURDAY, FEBRUARY 17, Mike Patterson will lead a birding walk starting at 8:30 a.m. in the Fort Clatsop Visitor Center lobby. Although leashed dogs are welcome at most of the park's outdoor programs, dogs are not allowed at this morning walk. Please dress for the weather. The walk is wheelchair accessible although non-motorized users might need assistance for about 200 yards.

ON SUNDAY, FEBRUARY 18, Travis Koons, a curator at The Oregon Zoo, will talk about plans to return wild California condors to their historic range along the Columbia River and north of it. This program is part of

the monthly In Their Footsteps guest speaker series and takes place at 1:00 p.m. in the Netul River Room of the Fort Clatsop Visitor Center.

ON MONDAY, FEBRUARY 19, Presidents' Day, the park will offer a birding walk in Spanish at 10:00 a.m. starting in the Fort Clatsop Visitor Center lobby. Although leashed dogs are welcome at most of the park's outdoor programs, dogs (perros) are not allowed at this morning walk. Please dress for the weather. The walk is wheelchair accessible although non-motorized users might need assistance for about 200 yards.

Park hours are 9:00 a.m. to 5:00 p.m. each day. Admission is \$5 per adult and free for youth 15 years old and under. Passes to National Park Service sites are accepted. A variety of bird field guides are available for purchase at the Lewis & Clark National Park Association bookstore in the Fort Clatsop Visitor Center.

More info on the worldwide bird count event or to submit bird counts from your home go to gbbc.birdcount.org.



Listening to the Land: Swimming with the wild fishes

FOR NEARLY 20 YEARS, the Oregon Department of Fish and Wildlife has been closely monitoring the survival and downstream migration of salmon in coastal river basins. As the assistant project leader of the Salmonid Life Cycle Monitoring Project, Derek Wiley has spent the past decade researching salmon and steelhead and making estimates about their abundance and survival rates on the northern Oregon coast, often taking his GoPro camera into the field with him to capture fish behavior and spawning. **WEDNESDAY, FEB. 15**, join Derek at the Seaside Public Library for the second of this year's Listening to the Land presentations focused on wildlife. Admission to "Life in the River" is free.

Derek will provide a special screening of his films documenting the freshwater life of native salmon in our region. Journey's End is an 18-minute video capturing underwater behavior and spawning of wild chum salmon, Chinook salmon, coho salmon, and Pacific lamprey in several rivers and creeks on the northern Oregon Coast. He'll also share footage documenting Salmonid Life Cycle Monitoring Project activities on the North Fork Nehalem River from fall 2015 and give us an update on more recent monitoring results.

As a research biologist with ODFW, Derek supervises a field crew responsible for monitoring abundance of adult and juvenile salmonids in the North Fork Nehalem River for the Salmonid Life Cycle Monitoring Project. He earned a bachelor's degree in biology from Towson State University and a master's degree in fisheries and wildlife from Frostburg State University, both in Maryland. In 2004 he moved to John Day, Oregon, to work for ODFW on a steelhead research project. Two years later he moved to Tillamook to take his current position. Derek is an avid fly fisherman, photographer, and videographer.

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



Tillamook Estuaries Partnership 2017 Year in Review

Thursday, February 22, 5:30pm

Port of Tillamook Bay – Main Conference Room

HABITAT RESTORATION, Water Quality Monitoring, a Native Plant Nursery, the Explore Nature series of events, Bounty on the Bay – Would you like to learn more about these programs and projects of the Tillamook Estuaries Partnership (TEP)?

TEP is a 501(c)(3) nonprofit organization located in Garibaldi with a mission to conserve and restore Tillamook County's estuaries and watersheds in their entirety. Find out more about the 2017 work for Tillamook County's watersheds and estuaries during its 2017 Year in Review, Thursday, February 22nd, 5:30pm. in the main conference room at The Port of Tillamook Bay.

The event starts with a brief introduction and overview of projects in Tillamook County and then guests can meet TEP staff and ask questions in an open house style exhibition of 2017 programs and projects

including Water Quality Monitoring, Habitat Restoration, Education and more.

This event is free and open to the public. Light refreshments will be served. The Port of Tillamook Bay is located at 4000 Blimp Blvd., two miles south of the City of Tillamook, OR, just off U.S. Highway 101. Please contact Valerie at Tillamook Estuaries Partnership with any questions: (503) 322-2222.



Tillamook Bay Aerial



California Condors: An Oregon Treasure

FORT CLATSOP presents *IN THEIR FOOTSTEPS* free speaker series event. California Condors: An Oregon Treasure by Travis Koons on Sunday, February 18, at 1pm. This is part of the February 16-19 worldwide Great Backyard Bird Count activities led by the National Audubon Society and the Cornell Lab of Ornithology.

The Lewis and Clark Expedition encountered California Condors during the winter of 1805-06 near the mouth of the Columbia River. Meriwether Lewis wrote a detailed description of a live specimen at Fort Clatsop on February 16, 1806. Just over 212 years later, Travis Koons from the Oregon Zoo, will share about the current status of this endangered species. California Condors – An Oregon Treasure is a discussion of propagation methods for captive reared California Condors and their eventual release to their home range. He will also cover plans for a new condor release site at Red-

wood National Park in Northern California. This close proximity to the southern Oregon border will allow natural movement of the famed Thunderbird back to their historic home range in the Pacific Northwest.

Travis Koons has 17 years of experience working with raptors dating back to rehab/release internships at the South Plains Wildlife Rehab Center in Lubbock, Texas. He began his career in earnest with South American raptor species including, Harpy, Ornate-Hawk, and Black-Hawk Eagles at the Dallas World Aquarium in 2007. Beginning in late 2014 Koons was named Supervisor of Birds at the San Antonio Zoo where among many other species of birds, he managed Bald and Bateleur Eagles, as well as a pair of King Vultures. Koons accepted the role of Animal Curator at the Oregon Zoo in May of 2017 where he manages the zoo's bird collection and butterfly programs. This includes management/operation of the Oregon Zoo's remote Condor Propagation facility that houses 34 birds including 11 breeding pairs. Offspring from this facility are released to native home range environments.

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. Park info: 503.861.2471

PLANET-FORWARD FASHION FOR WOMEN & MEN



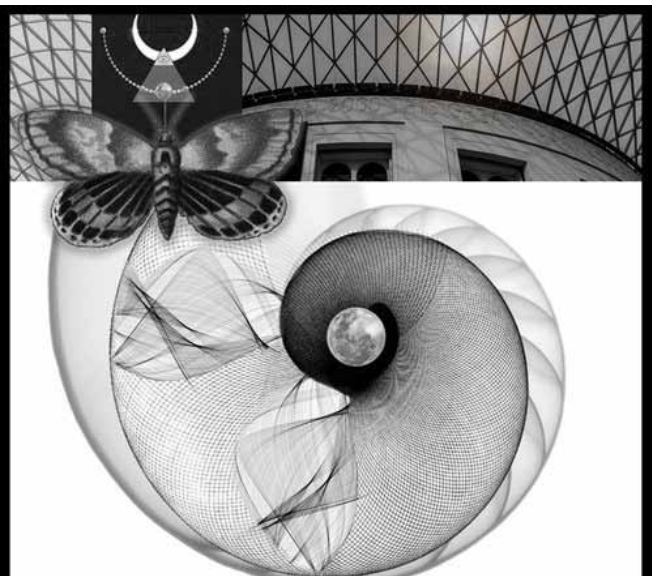
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LGBTQ news and culture
for the lower columbia pacific

QFolk

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

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

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

LGBTIQ Group

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

**Lower Columbia Gender
Alliance/Trans Support**

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

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

**LCQC Choir meets every Monday 7-8:30pm
Contact LCQCAstoria@gmail.com.
Start up March**

**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

**Clatsop Cruise Hosts Preparing For 2018 Season
Volunteers Sought!**

ASTORIA, OR -- Clatsop Cruise Hosts (CCH) welcomes new volunteers for its 2018 season. Cruise Hosts are volunteers who greet the incoming cruise ships at various locations throughout Astoria. "I've been a Cruise Host for about 12 years and just love it!" exclaimed Myrle Bruner, CCH past board member, recording secretary and regular volunteer host. "You meet so many interesting people who are excited to be here," she added. "Cruise Hosts are such a fun group and we enjoy showing off our beautiful community." Clatsop Cruise Hosts conduct an annual luncheon and training for current and new volunteers. This year the event takes place on Friday, March 23, at the Columbia River Maritime Museum's Barbey Center.

The first ship of the season arrives Sunday, April 8 with the Star Princess, a 2600 passenger ship. A total of 25 ships are arriving to the Port of Astoria in 2018 -- including the Disney Wonder with more than 3700 passengers. There are about 150 registered volunteers with Clatsop Cruise Hosts and between 50 and 70 are needed to assist greeting each ship.

Clatsop Cruise Hosts is a non-profit organization of volunteers dedicated to ensuring Cruise Ship passengers, crew and staff are graciously welcomed to our community and encouraged to explore all that the North Coast offers. Cruise Hosts are devoted to educating visitors about our history, local culture and activities.

For more information visit www.ClatsopCruiseHosts.org or email Cyndi at ClatsopCruiseHosts@gmail.com or call 503-440-7168.



Photo: DavidCarter

NC PREVENTION WORKS COALITION

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

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

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

PACIFIC COUNTY DEMOCRATS Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. Pacific pacificcountydems@gmail.com

**CREATE • Feb 15
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 Scorcher.

LOVE IS LOVE Community Valentine Party Celebrate Diversity South Coast



PLANNING for the annual LOVE IS LOVE Valentine Party hosted by PFLAG is in full swing. This community Valentine Party will be held from 2-4 PM on Saturday, Feb. 10 in the beautiful lobby of the Oregon Coast Community College in South Beach.

Volunteers will transform the College Commons into a romantic Hearts and Flowers Valentine Party setting.

Past Forward, a popular local music group, will provide live music to celebrate the power of love in all its wonderful and surprising forms—young and old, gay and straight.

Vocals by Akia Woods of Past Forward will delight the audience with traditional and modern love songs.

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

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

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

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

Donations will support PFLAG's programs for LGBT youth. For more information about the Valentine Party or PFLAG, call 541-265-7194 or 541-265-2922.

REPAIR CAFE

will once again convene in the Lovell Showroom to fix items – anything one person can carry in FEB 28 6-9pm.

These FREE monthly repair events bring people with broken stuff together with people who know how to fix it. Our "fixers" can repair, or give expert advice on most items: clothing, computers, furniture, power tools, household appliances, and bicycles – and you can observe and learn a bit about how it's done.

At The Lovell Showroom of Fort George Brewery is located at the corner of Duane and 14th St in downtown Astoria. <http://facebook.com/repairastoria>

Help create a community around skill sharing, repairs, and diverting stuff from entering our landfills.

Feel free to contact in advance of the event if you have a questions about an item for repair. 503-307-0834 Email darlywelch@mac.com

BY ALYSSA GRAYBEAL

IS YOUR DOG OR CAT GETTING OLDER?

Suffering from anxiety? Growing mysterious lumps? Going in for surgery? Consider pet massage! Kim Tews is a certified small animal massage practitioner based out of Seaside with a mobile practice that comes to you.

Pet massage is based on Swedish massage strokes meant to help a pet relax, heal, and improve overall levels of health and well-being. How do you know if your pet might benefit? "It's more looking at how your pet is now versus how they've been in the past. Maybe they don't move or enjoy things as much as they used to, or maybe their movements aren't as fluid due to chronic pain, or due to joint and mobility issues such as arthritis," says Tews.

Maintenance massage is great for pets of any activity level and benefits every system in the body. Tews also monitors pets for the early detection of health risks. "I examine the whole pet and might see things the owners overlook because they see them every day." She typically sees maintenance massage clients every week or two for an hour.

Tews has a soft spot for working with older pets and making them as comfortable as possible. "Most often I work with senior dogs

who've been with their owners for a long time or rescue pets living their golden years with a

new family." Massage also helps rescue dogs with anxiety or fear to negotiate touch and human contact.

For pre- or post-surgery pets, Tews also specializes in rehabilitation massage. In fact, she first became interested in massage when one of her rescue pugs was on restricted bed rest and confined to a crate for 10 weeks after he tore his anterior cruciate ligament (ACL). In such cases, massage helps not only to maintain muscle mass but also to keep confined pets engaged. "I looked into massage because he was so bored!" Tews says.

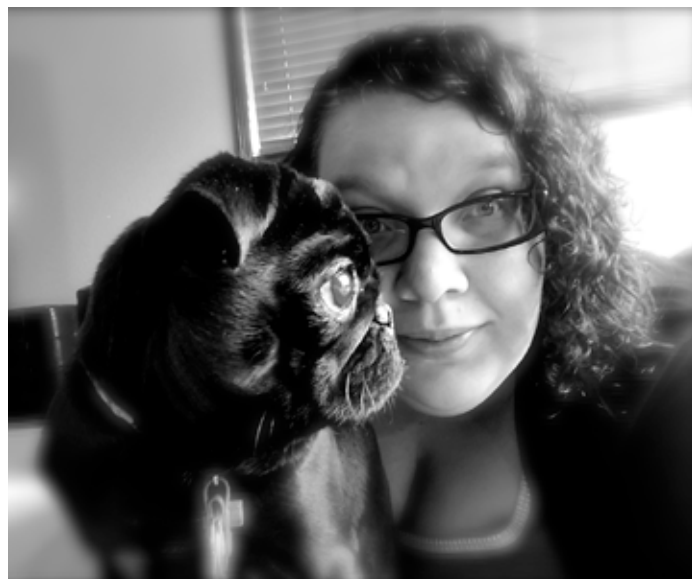
No referral is necessary for rehabilitation massage, but Tews always works closely with the pet's veterinarian to determine how to get the best results. Rehabilitation massage is more intensive and may be every other day for a shorter amount of time, depending on the pet's history and treatment plan.

Because she volunteers with Pacific Pug Rescue based out of Portland, Tews is especially familiar with the mobility issues that affect the breed. For example, intervertebral disk disease (IVDD) is a breakdown/compression in the spinal cord that can happen in any breed, including pugs, where they start to lose function due to the affected nerve endings.

20th Annual CASA Celebration Tickets On Sale!

WHAT IS IT LIKE to be a child who faces a world of uncertainty and change, whose parents or caregivers have been abusive or neglectful, who feels very alone and confused, and who cannot speak up for himself or herself? The Clatsop CASA Program invites you to help diminish that burden by making sure that these children have advocates who know them, who understand their needs, and who are empowered to make recommendations in support of the children's best interests.

CASA (Court Appointed Special Advocate) volunteers help foster children on their path to a safe, permanent home. CASAs are the only participants in the child welfare system who speak solely for the child's best interest in making recommendations to the court and advocating for services. With 50 volunteers serving 132 children in 2017, there is still a waiting list of children who need a CASA.



Like humans, pets have varying responses to massage. "Some take longer to become receptive because I'm new, I'm in their space, and I'm touching them in weird ways," says Tews.

explains how animals are really good at hiding what's wrong with them, that if they have a

problem area they'll often sit on the other side or otherwise try to keep it out of reach at first. Other pets warm up to massage more quickly. "Owners tell me things like, 'I told them aunty Kim was coming two hours ago and they've been sitting at the door waiting for you ever since.'"

For those curious about their pets' openness to massage, Tews is offering two "Come, Heal, Relax—Pop-up Pet Massages" events at local pet stores in February. She'll be there to answer any questions and offer 15-minute/\$10 massages at Dogs Allowed in Cannon Beach on February 11 from 11am to 4pm, and at Four Paws on the Beach in Manzanita on February 24 from 12 to 3pm.

Tews' range is currently confined to the NW corner of Oregon (soon to be expanded to SW Washington); she goes as far east as Portland and as far south as Tillamook (\$5 and \$10 mileage fees apply for trips greater than 20 and 30 miles from Seaside, respectively).

She welcomes all questions and can be contacted by phone (503-805-1319), email (kim@curlytailpm.com), her website (curlytailpm.com), or social media for a free 5 to 10 minute consult or to book your initial appointment.

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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS February

IncoWa Postcard Party

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

INCO Happy Hour

Every Wednesday, 4 - 6 pm
Astoria (email incoregon@gmail.com for details)

Warrenton INCO Community Group Meeting

Saturday, February 3, 11 am
Dooger's Seafood and Grill, Warrenton

INCO Oppose Bigotry Team Meeting

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

INCO Reading Group: American Nations: History of the Eleven Rival Regional Cultures

Wednesday, February 7, 6:30 pm
Astoria (private home; email incoregon@gmail.com for details)

Astoria INCO Community Group Tuesday, February 13, 6 pm

Check Facebook or email incoregon@gmail.com for location

Seaside/Gearhart INCO Community Group

Tuesday, February 13, 6:30 pm
Seaside (private home; email incoregon@gmail.com for details)

V-Day Rally to End Violence Against Women

Wednesday, February 14, 11 am - 1 pm
8th and Commercial, Astoria

Warrenton Community Group Meeting

Saturday, February 17, 11 am
Dooger's Seafood and Grill, Warrenton

INCO Vote the Future Team

Wednesday, February 21, 6:30 pm
Seaside Library Board Room

Creating Lasting Change Through Grassroots Activism

THIS YEAR has been tough on people. From our current administration, we've seen moves to undermine public education, end health care for millions of Americans, remove protections for Dreamers and other immigrants, end net neutrality, deny climate change while reducing environmental protections, and reduce funding for social services, libraries, the arts, and even medical research.

Recently, Oregonians saw a proposal to shrink the size of Cascade-Siskiyou National Monument, an important site for biodiversity, and a second proposal to open our coastal waters for new offshore drilling. These proposals are a blow against tourism, a major industry in Oregon, and could be particularly detrimental to Clatsop County. An oil spill would be catastrophic to local wildlife, and would be devastating to the many small business that benefit from visitors to our beaches. According to Governor Brown, last year, the Oregon coast generated \$2 billion in revenue through tourism and other industries (Campuzano, Oregonian, 2018).

What we are witnessing is a federal government that is no longer listening to the will of the people. Still, there's hope, because here's what else we are seeing—a surge in grassroots activism. After the Women's March in January of 2017, organizations like Indivisible got organized and got busy, coordinating rallies and informational events, encouraging people to contact their members of Congress, and canvassing for initiatives like Measure 101. Along with a rise in activism, we've seen an increase in charitable donations, volunteerism, and people running for office. In 2016, charitable giving grew by 4.1%, and may have increased by as much as 4.6% in 2017 (Nonprofits-source.com, 2018).

The number of women running for office has exploded. Stephanie Schriock, president of Emily's List, the largest national organization dedicated to training and electing female candidates, stated that less than 1,000 women contacted her organization in the previous election cycle. After the 2016 presidential election, interest in public service boomed. Now, more than 26,000 women have signed up with Emily's List to run or volunteer in other ways (Associated Press, New York Times, 2018). Similar trends have been noted in other organizations. Emerge Oregon, which trains women in Oregon to run, had a record number of applicants this year, resulting in an expansion of their program. The number of men seeking to run has increased as well.

2017 was a year of historic elections, with increased engagement from people who have been marginalized in our society. Danica Roem became the first openly transgender legislator to be elected to Virginia's state legislature, defeating a lawmaker who had sponsored a bill that would have discriminated against her and other transgender people. Long-shot Democrat Doug Jones defeated far-right candidate Roy Moore in historically conservative Alabama to win a seat in the Senate. He was propelled to victory primarily by African-American voters. People of color



are voting and running for office in greater numbers, and they are winning.

If there's a silver lining from the chaos of 2017, it's the energy people are bringing as grassroots activists and candidates. But if we want to see real change in our country, it's not enough to resist. We have to win elections.

We can do this by increasing voter registration and participation, and by finding viable candidates. We have to fight voter suppression and empower under-represented communities, broadening the electorate so our democracy is truly representative. We have to support progressive candidates who represent the will of the people. Support can come in the form of endorsements, donations, or by mobilizing volunteers to call voters, knock on doors, or host candidate forums. The more support we provide to candidates who represent us, the stronger their chances of being elected, and the better our voices will be heard.

Informed and engaged citizens who vote can create lasting policy change. If we learned anything in 2017, it's that our collective energy and strength makes a difference in speaking truth to power.

Melissa Ousley is an educator who volunteers with Indivisible and serves on the Seaside Public Library Foundation Board. She was accepted into Emerge Oregon's class of 2018 and plans to run for office this year, for State Representative District 32. To view her campaign site: www.melissaousley.com

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.

Sign up to receive the INCO e-newsletter and Action Alerts at www.indivisiblenorthcoastor.blogspot.com. To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.

THE 12TH ANNUAL Au Naturel: The Nude in the 21st Century

THE TWELFTH ANNUAL international juried exhibit Au Naturel: The Nude in the 21st Century will be on display through March 15 at Clatsop Community College's Royal Nebeker Art Gallery located at 1799 Lexington Avenue, Astoria, OR.

A community reception will be held on **FEBRUARY 22 - 6PM** and this year's juror Arvie Smith will be present to give a brief gallery talk. Awards to be announced at the reception include cash prizes, purchase awards, a special exhibit award to be held during the 2018 - 2019 exhibition season, and a select number of workshop awards. This reception is free and open to the public. A special post-reception gathering will be held at the Inferno Lounge, located at 77 11th Street immediately following the reception.

This year, over 500 images were submitted for consideration by artists from 29 states plus the District of Columbia, as well as international submissions from Canada, England, Latvia, and Taiwan. The 2018 exhibit will include 60 works of art by 41 artists from 13 states plus the District of Columbia, in addition to international artists from Canada and Taiwan.

Juror Arvie Smith, known nationally for his large format socially provocative figurative painting is Professor Emeritus of Painting at Pacific Northwest College of Art in Portland, Oregon where he taught from 1984 to 2014. Smith (born in 1938) resides in Portland, Oregon where he is a full time artist.

He has shown in New York, Baltimore, Philadelphia, Washington DC, New Orleans, Los Angeles, Seattle, Portland, and Florence, Italy. His paintings are in collections of the Portland Art Museum, The Reginald Lewis Museum of African American Art and Culture, Petrucci Family Foundation, Charlayne Hunter-Gault, Nelson Mandela Estate, Myrlie Evers-Williams, Jordan Schnitzer, Oregon State University, Portland Community College and the City of Portland. He has traveled and studied extensively in West Africa and Europe.

Recent exhibitions of Smith's work include a solo show at the Portland Art Museum Northwest Gallery from July 2016 to March 2017,

and "Constructing Identity: Petrucci Family Foundation Collection of African American Art" from January - June 2017, also at the Portland Art Museum. He recently completed a commission through RACC

to create a design for a 18' x 24' mural to be installed on the corner of NE MLK and Alberta in September of this year.

Selecting artwork for each year's show from among the hundreds of submitted images is never an easy task. Each year, a different juror is invited to select the work for the show, and each juror brings his or her own unique perspective and approach to selection process. "A truly talented group of artists submitted beautiful works for me to review making this a challenging and enjoyable process," juror Arvie Smith reports. "The works I chose included those that conveyed originality, expressed mood and emotion, communicated movement, and utilized a pleasing use of color and light."

For thousands of years, artists have been compelled to create images of the human form, and it is a subject matter with endless possibilities for creative expression. "The relationship that an artist can experience from rendering the figure offers clues to their very own nature as humans," Smith explains. "There is no neutral way to paint or draw the nude as we will always leave our personal imprint, becoming part of the artwork itself."



Juror Arvie Smith

Photo: Intisar Abito



Gary Stutler. **STONEBONE** - the Portland artist exhibits three large charcoal and conté drawings of male nudes, strives to expose what he describes as the "discriminatory double-standard that allows/ encourages nude female images for public exhibition, but frowns on or even forbids the male nude." He finds it unacceptable that the female form is widely "studied, revered, objectified," while on the

other hand, "the male form is devalued and hidden from view."

Chen Lynn. **FASIONABLE** - exhibits three paintings in the 2018 Au Naturel and is from Jiayi Shi, Taiwan, believes that "Beauty is an attitude toward life." She explains that she always paints with "a free mind" and also explains that her work is influenced by "Chinese calligraphy, experimental techniques, as well as the ambiance of a living Zen."



Justyna Kisielewicz. **HEROINE** - exhibits two paintings in this year's Au Naturel, is a Polish native and a California based painter. Her paintings have been described as "cheeky, trendy, cool, and popping with clever and lively unexpected colors." Her paintings filled with references to modern pop culture are inspired by the tradition of American and European aesthetics. She's been described in international fashion and lifestyle magazines as the "rebellious artist from Poland" and as the "princess of pop culture."

The Photographic Nude 2018 LightBox Photographic Gallery

LIGHTBOX

Photographic Gallery opens "The Photographic Nude 2018" with an opening artists' reception on Saturday, February 10th from 6-9 p.m. This is the eighth year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox established "The Photographic Nude" series to reveal compelling imagery and the mastery of the medium. The hope was to foster an appreciation of the nude in the medium of photography and to gain an understanding of the theme historically in the photographic art form as well as to bring recognition to the current photographers who practice their art with the theme of the nude. With a total of 50 images selected for the exhibit from 38 photographers, the show represents many of the very talented practitioners of the photographic fine art nude from around the world.

This year's exhibit was juried by Christa Blackwood of Austin, Texas. Christa Blackwood is an acclaimed photo-based artist whose photographs of male nudes reference identity, photographic/art history and popular culture. Her works employ multiple techniques and methods, fusing traditional, historical and alternative methods with contemporary ideas and practices. She has been featured in The New York Times, Art Desk Magazine, The Village Voice and The Chicago Sun Times and her work has been exhibited in galleries and museums throughout the U.S. and abroad.

For the exhibit Christa Blackwood was interested in seeing nudes presented in unique and meaningful ways, i.e., nudes that meld photographic technique with ideas and surprise.

Again this year all accepted images to The Photographic Nude 2018 exhibit will be published in the upcoming Spring edition of Blur magazine, www.blur-magazine.com,

an online PDF magazine promoting international fine art photography, located in Zagreb, Croatia.

The exhibit runs from February 10th through March 7th 2018. Visit <http://lightbox-photographic.com/shows/> for complete exhibit and artists info. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238 or at info@lightbox-photographic.com, and visit lightbox-photographic.com for more info and to enjoy past, current and upcoming exhibits.



Jim Washington *Glass Olive#1*



Lauryn Hare *Complementary*

Gallery hours are from 9am - 5pm Mon thru Friday, and Saturdays from 11am - 4pm. Gallery visitors are invited to cast their vote for their favorite piece in the show anytime throughout the duration of the exhibit. The ballots will be tallied at the close of the exhibition and the winner of the "People's Choice Award" will be announced.



Board member, Vern "Old Guy" Hall, homeless, 3 jobs and a loving pet.

One misconception is that there are people coming to Astoria from Portland to be homeless, or that some nebulous institution is bussing homeless people to the North Coast. Last summer, Corri handed out a survey every day for 6 lunches, asking people where they came from. She made the survey a requirement to get food. A total of 6 people were from Portland. None cited being told by anyone to come here. None of them were bussed.

This misconception proved itself to be a collective distancing strategy.

With a goal of being a direct-service, low-barrier program, Corri started a Facebook page and a GoFundMe to coordinate donations for food costs as well as clothing and other necessary supplies for survival, in order to serve more people.

Meals are funded via public support of the GoFundMe, as well as donations from local institutions and businesses. Lunch on this winter day was a mix: soup from CMH, fruit from donated funds, and desserts from Table 360 bakery.

The coordination and carting around of these goods six days a week is the work of more than one person, and with time Corri began taking on volunteers to serve lunches. First a high school student, then others.

As she began to share the work with the larger community, it allowed her to focus on additional, much needed, advocacy and resource support that sprung from working with those in need. The outcomes Corri has created are impressive.



Founder Corri Buck breaking from noon lunch on a not so rainy day.

FEB facilitates laundry every other Thursday from 8-10am at the East Side Mini Mart. The laundromat donates the washes, and FEB covers the soap and dryer through donations.

The organization has also handed out over a hundred sleeping bags, nearly as many tents and coats, boots, work clothing, winter clothing, interview clothing, hats, and blankets and close to 1000 pairs of socks over its lifespan.

Socks are a simple, yet critical part of basic comfort and warmth for people living outside, often taken for granted by those who do not struggle to keep themselves warm and dry. During lunch, a participant is asked how he is doing that day.

"I've got dry socks on, so I'm doing pretty good," he replies.

Corri has also sponsored eight free Haircuts For The Homeless events, served holiday meals, provided Christmas presents to families and individuals in need, supported multiple, pregnant homeless women with maternity clothing, newborn gear and advocacy, and made numerous housing and job referrals.

She provides medical advocacy, and has acquired miscellaneous medical supplies for people living in the streets, such as: colostomy bags, wheel chairs, a walker, antibiotic creams, hand sanitizer and tampons/pads.

Back-to-school supplies and clothes are another resource critical for the success homeless children, and Corri has supported dozens. "Just so they don't have to go to school and be the 'homeless kid,'" she says.

The organization has coordinated eight memorial services for people who died without means.

To date, FEB has served an estimated 30,000 meals and involved over 400 volunteers.

Corri has supported six Astoria High School students to complete their senior projects through mentorship and community service, hosted 50 students as volunteers, and 6 people in need of court-ordered community service.

A little over a year ago, one student came on board and got hooked.

Erin Hofseth began working with Feeding Empty Bellies as a part of fieldwork hours for a master's degree in sociology. The addition of Erin's skills and energy to FEB was the support Corri needed to legitimize and amplify her work. Erin was able to manage the creation of a website, grant writing and the application of formal 501(c)3 status for the organization. Overall "generating hubbub," as she humbly puts it. She also works on the ground serving lunch and distributing resources.

This "hubbub" is a critical step for the growth of an organization dedicated to serving the community of people trying to survive in Astoria and Clatsop County with no where to go.

Erin wanted to support Corri to do what she was doing best: staying engaged in on-the-ground service.

Erin says of Corri, "She's just doing her thing. There are all these little birds up here chirping about what to do about homelessness, and Corri is down here saying, 'Ok, I'll be over here helping these people get jobs and clothes and laundry and showers and food, and I'm going to take them to the hospital.'"

When she graduated from her program at the end 2017, Erin decided to continue her work with FEB. She and Corri are now co-directors of the organization, and they see their partnership as the work of a higher power leading them to where they need to be.



Erin Hofseth and street artist Dread Chris

The duo, along with their board of directors, share the same vision, that "all humans are worthy without condition, that empowerment is powerful, that everybody deserves another chance, and that nobody deserves to be forgotten or unloved."

Near the end of the lunch hour, Erin begins unloading donated boots that are in the back of her car. This is how resources are handed out. Requests come in to the Facebook page or by word of mouth and are fulfilled by community members or the GoFundMe. Items and resources are carted around by Corri and Erin to lunches and various locations to be delivered to those in need.

If the group is going to connect someone with a resource and they have to show up somewhere or follow through with something, the message is passed similarly. "Word travels very quickly on the street," explains Erin. "We can say, 'so-and-so needs to be at the DMV at noon on Friday to get an ID,' and they'll get the message within a half hour."

While trusting in the efficacy of the grapevine keeps resources and support moving, FEB is at capacity.

The model of meeting people where they are at is a viable strategy, but they are still an institution without shelter. People's Park has been their unofficial home, but with a recent City Council vote to approve the building of a Scandinavian Heritage Park on this site, they will inevitably come up against the park's construction phase and have to move locations.

The next effort for FEB is finding a home. It isn't simply for the sake of warehousing donations that the program is looking for a place to ground. The mission to secure a location is foremost about the expansion of services and creating another space for those on the street to get out of the elements and get connected to resources.

A drop-in center.

The vision began with one of FEB's board of directors, Vern, "Old Guy." Vern says it was conversations with other "old timers," which started getting him thinking. Thinking about people on the street having a place to go, a kitchen to eat out of, take a shower, do a load of laundry. Maybe a chance to watch a ball game once in a while. Also, an opportunity to ease tensions between the downtown business owners and the homeless if they had somewhere else to be.

"People don't like sitting in a door way all day long, even though they are doing it," he says.

"Smart, he's just smart," says Corri about Vern.

Erin echoes positive sentiments. "Vern is the first one to be like, 'let me help you with that.' Calling him a "quiet, wise and grounding person," she notes that he is the person there to set up tables at the beginning of a holiday meal, and still there at the end so he can take everything down.

"He's a "freakin' hard worker," she says.

Corri and Erin are grateful to have Vern on the board of directors for his work ethic and skills, as well as his knowledge of what the community needs as a homeless person himself.

He sees a drop-in center as something more than a social program, also a place that can be run and supported by the street community. A place to take ownership of and pride in.



JC Penny Building, barricaded to prevent people from sleeping and gathering.

For Vern, working “smarter not harder” is a value. A community run drop-in and resource center is step in the “smarter” direction for both the organization and the City of Astoria.

His goal is to take leadership over the education and skill-building part of the center. Having worked as a landscaper, auto mechanic, builder, and more, he has many skills to offer and teach. He also wants to help people tap into and get excited about their own potential and interests.

“There’s a lot of people that are homeless here in Astoria and are raising a family. They have no careers, they don’t know how to do anything. Unless someone teaches them to do something, then they are stuck.”

At a drop in center, people could discover what they enjoy and where they fit. “Do they want to help in the kitchen? Do you want to get things set up in the morning? If you go there and you help build the place, you have an invested interest.”

Along with Erin and Corri, Vern sees every person as inherently worthy. “We live in a throw away society. I’ve found so many valuable things in dumpsters. The most amazing thing I’ve ever found in the trash that is still a good resource, is people. You’d be amazed at how many people you will find in dumpsters.”

But he adds, “People need their immediate needs met if they want to have any chance at rehabilitation.”

FEB just launched a campaign to raise money to make a drop-in center a reality. The campaign is called, “Filling Empty Bellies: Project Hand Up.” A new GoFundMe has also been established.

The campaign will culminate in a Benefit Night on March 11th at KALA Performance Space in Astoria, where they’ll be showcasing Street Art by some of the people in their program who are donating their work, as well as other Clatsop Co artists. FEB has already received a bounty of prize donations from local services, hospitality and retailers for a bucket style raffle. In addition, there’ll be light fare, a No Host Bar, performances and guest speakers, and volunteers from the community served assisting with the event.

The goal is to raise 20K by the end of March to cover monthly rent, utilities, building updates and maintenance, food

Street Artist Mike will donate his handmade jewelry to Benefit Night

HF FEB 18 FEATURE: PROJECT HAND UP

costs for meals, and other necessary items used to support their recipients.

However, they still do not have a building, and this is the most critical challenge they are facing at this stage.

For the last month, Filling Empty Bellies has been scouting out a building location in Astoria, and so far, all three legitimate leads have been a bust.

“A lot of it is finding people who are willing to work with us because of the population that we are serving and bringing in. There is a lot of controversy and business owners who have strong opinions about that,” Erin explains.

The struggle to find a landlord willing to rent to an organization serving the homeless is a typical barrier for many street-serving organizations, a glaring example of the kind of rejection and discrimination people living on the streets face daily.

“We’re getting treated this way just trying to find a location for our nonprofit; how must those suffering from homelessness be treated ever single day just walking down the street or trying to buy a cup of coffee,” says Hofseth.

One landlord told them directly they would not rent to them for this reason. Another sounded on board, FEB even offered to remodel the building themselves, paint, and landscape. Everything seemed to be going in the right direction, until the landlord changed their mind, stating they



Leather ware by Dread Chris and jewelry by Mike will be for sale at the Empty Bellies Benefit

wanted to keep the building a restaurant. With no one currently coming forward to make a restaurant a reality, the building will remain empty and derelict for the immediate future.

This last lead had been the most promising, and FEB

was excited to kick off their fundraising efforts knowing this space was in the works. Not getting the space was a blow, and temporarily hit on the momentum of their new campaign. Yet they persevere, finding hope and community from others who are also playing the long game on serving the homeless.

Alan Evans, the Director of Helping Hands Re-entry Outreach Center, is another non-profit that is planning to open a mixed emergency shelter and transitional living space in downtown Astoria. According to the organization’s website, he is responsible for opening 11 emergency shelters and reentry facilities in Clatsop, Tillamook, Yamhill, and Lincoln Counties. He was also homeless for 25 years.

In 2017, Alan received the Beverly “Ma” Curtis Award from the Oregon Coalition For Housing and Homelessness, recognizing him as someone who has made significant contributions to ending homelessness in Oregon.

Containing the wisdom of time and experience behind him, he offers support to the FEB, as well as advice. He assures them these moments of intense struggle are part of the process, and when you are facing resistance, that is how you know you are doing the work.

With their work cut out for them, the community can support Filling Empty Bellies by attending the March 11th Benefit Night at Kala, or by making donations directly to the campaign at:

www.gofundme.com/project-hand-up-fillingemptybellies

www.fillingemptybellies.org

www.facebook.com/groups/fillingemptybellies/

Story Photos: Dinah Urell

PROJECT ~~HAND UP~~ HAND UP

FOR
FILLING EMPTY BELLIES

Benefit Night @ KALA

Sunday, March 11

5pm to 8pm

\$10 admission

(includes 1 Raffle Ticket)
doors open 4:30pm

The Amazing Bucket Raffle Galore!

Art • Spa Packages •
Garden Grab • Getaways •
Shop Local Certificates •
Restaurants • Services and
SO MANY MORE
GOODIES!!!!

5pm - 6pm

Complimentary Apps & Light Fare
Donated by • EVO

Rachel Conyers • Sarah Conyers
Rebecca Parker • Table 360 Bakery

Cocktails + Beer + Wine
for sale

Street Art For Sale

- Lucy Lu - Dreads Chris - Mike

+ Art Donations 6pm - 8pm



Guest Performances +
Presenters
Local Music Luminaries
+ The Street Beats!

Raffle Winners need not be present to WIN!
Raffle Tickets sold throughout the Eve!

Help us raise funds to move into a
PERMANENT SPACE for advocacy, resources,
rehabilitation, and meeting the immediate
needs of those suffering from homelessness and poverty.

For more information or to donate,
please visit: FILLINGEMPTYBELLIES.ORG

KALA • 1017 Marine Drive • Astoria

The Astoria Music Festival Presents VIENNESE OPERETTA at THE BISTRO Feb 25 Bridgewater Bistro, Astoria



DIRECT FROM SALZBURG, soprano CHARLOTTE PISTOR brings familiar music from The Merry Widow, Die Fledermaus, and other audience favorites. Welcome Charlotte back to the Astoria Music Festival from her home in Austria, where she is a soloist in the Salzburg Landestheater Opera and the Cathedral in Mozart's hometown. She will be joined by Astoria's own Don Giovanni, DEAC GUIDI. Relax in the elegant Bridgewater Bistro, as this

music magically transforms the mighty Columbia River into the Blue Danube.

Soprano Charlotte Pistor is a highly acclaimed American soprano enjoying an extraordinary European career from her current home in Salzburg. She has sung with the Astoria Music Festival two summers, including the much praised North American premiere of Mozart & Friends' The Philosopher's Stone (Der Stein der Weisen) in Summer 2006.

Pistor, who received her music degree from Portland State University, has performed with the Salzburg State Theater (Salzburger Landestheater) and has been the principal soprano soloist at the great Salzburg Cathedral (Salzburger Dom) for the past 20 years.

Pistor will be joined by Guidi. Guidi has sung with the Astoria Music Festival since its origin in 2003. Intriguingly Guidi shared the stage with Pistor Summer 2006 in Astoria Music Festival's highly acclaimed North American premiere of Mozart & Friends' The Philosopher's Stone (Der Stein der Weisen).

Most recently, Summer 2017 Astoria Music Festival, Guidi sang the role of Bartolo in The Barber of Seville (Il Barbiere di Siviglia). Guidi also is a guest artist with Portland Opera, where he recently sang the role of Benoit in La Bohème.

Inspired by soprano Charlotte Pistor's home town of Salzburg (also the home town of Mozart), Pistor and Guidi will perform Mozart and Viennese Operetta in an intimate style concert.

Operetta is a genre of light opera, light in terms both of music and subject matter. Pistor is an expert is Austrian operetta.

The Operetta on February 25 will be Astoria Music Festival's first-ever event at the Bridgewater Bistro. Complementing the festivals primary venue, Liberty Theater many European music festivals, cherish the opportunity to perform throughout their communities, in the city's main theater, as well as more intimate venues.

Bridgewater Bistro co-owners Tony and Ann Kischner have shared: "We are looking forward to this—we love bringing great music and food and libations together in this beautiful old building!"

Tickets: \$20.00 includes a complimentary glass of Champagne \$40.00 includes Viennese small plate, Champagne, and Coffee mit Schlag

Please Note: Seating is extremely limited. Tickets available at the Liberty Theater. In person: Box office, 1203 Commercial St., Astoria. Online: libertyastoria.org. By phone: 503.325.5922 extension 55. "Will Call" tickets available for pickup at Bridgewater Bistro when the doors open for this event. Bridgewater Bistro is located at 20 Basin Street A, Astoria.



Old Time Music Fiddlers Spencer & Rains Feb 12 @ KALA

KALA welcomes lauded old time music duo Spencer and Rains in concert on Monday, February 12, 7:30pm. \$10 @ the door, doors open at 7pm. The duo from Kansas, currently on tour, has been featured in Mother Jones, The NY Times, No Depression, Fretboard Journal as well as other publications, covering the duo's unique preservation and creative reinvention of early fiddle music.

Tricia Spencer is a Kansas fiddler who grew up learning the tradition of old time music from her Grandparents. At an early age, she was perched up on some stage tapping her foot to the beat of fiddles, banjos, mandolins and guitars. While growing up, her free time was spent traveling to festivals and fiddling contests throughout the Midwest where she learned from the likes of Pete McMahan, Cyril Stinnet, Lymon Enloe, Dwight Lamb, Amos Chase, and Lucy Pierce. Tricia is a multi-instrumentalist who has studied with some of the great masters and is highly sought after as a performer, dance fiddler, and instructor.

Howard Rains is a native Texas artist and a fourth generation fiddler (or "VY-lin," as his grandfather would say) from a musical and artistic family whose two obsessions are painting

and playing the archaic style of fiddling of his home state. Howard plays rare, old tunes learned from friends, family, mentors, and old recordings. As much known for his painting as his fiddling, Howard has painted many of the great old time musicians, both living and gone. While on tour, Howard's art will be available for sale.

Together, Spencer & Rains have performed and taught nationally and internationally, preserving and building upon the traditions of their region. The husband and wife duo are known for their twin fiddle harmony, which is a product of the influence of midwestern Scandinavian fiddlers Tricia heard as a child. At the same time, Howard's distinct repertoire reintroduces listeners to the pre-contest styles of Texas fiddling. That same sense of harmony is in their vocals, as well, which they pull from all manner of American folk music. Both multi-instrumentalists are steeped in tradition and are dedicated to the preservation, performance, and teaching of old time music. For more info go to spencerandrains.com.

KALA is located at 1017 Marine Drive in Astoria. Beer, wine and cocktails available. Ages 16+ Welcome.



Contra Dance at the AAMC Friday February 16

THE TANGO may be serious, the waltz romantic but a contra dance is just a lot of fun. It's made for those with no experience and those who win dance competitions. It's made for 8 year olds and 80 year olds. And there's no need to learn any fancy footwork.

You'll be dancing to live music played by the Clatsop County Stringband- music to get your feet moving whether you want them to or not.

Contra dancing dates back to the 1600s in England and Scotland, becoming popular in France in the 1700s before spreading

to America and popular today mostly in New England and the Northwest. Caller Dave Ambrose will teach a beginner's lesson to start the dance and get everyone ready to go at around 7:30.

Bringing a partner is not required and everyone is encouraged to dance with as many people as they feel comfortable with.

Astoria Arts and Movement Center at 10th and Commercial Street in Astoria. The dance starts at 7PM with a beginner's lesson. Admission is \$5-\$10 Klds under 12 are admitted free.

And remember-the first rule of Contra dancing is to HAVE FUN!

Noted Oregon Painter Christa Grimm at The Art Loft



Casey Eye Institute, Salem Hospital, Oregon Dental Society, Teardrop Lounge, the Dundee Bistro, WillaKenzi Estate tasting room in Carlton, and street murals at 32nd and Belmont and 13th and N. E. Freemont in Portland.

Grimm is also passionate in her study of world religions, shamanic cultures, and the learning and teaching of yoga. The wisdom and balance of her varied interests are evident in her artwork.

Raised in an artistic family – both parents are well-known for their ceramics—she always had a paint brush, a pencil, or a ball of clay in hand. Now living on the Oregon coast, Grimm indulges in observing and savoring the emotions and moods of nature leading to more expressive paintings.

Visit with this productive artist on February 10, 2018, during the Second Saturday Art Walk, at the Astoria Art Loft, 106 Third Street in Astoria, from 1 p.m. – 4 p.m. This early time gives visitors time to meet Christa Grimm, have dinner, and visit the other galleries from 5 p.m. – 8 p.m. This exhibit runs from February 6 through March 3. For more information, please call 503.25.4442, e-mail: Astoriaartloft@gmail.com or visit the website: AstoriaArtLoft.com.

CHRISTA GRIMM is the featured artist for February at the Astoria Art Loft. This Oregon artist is passionate about landscapes of the Pacific Northwest and translates that passion into paintings with vibrant colors and lively movement. Featured on OPB's Oregon Art Beat, she has exhibited her paintings and murals throughout the state.

Grimm's professional credits extend to large-scale public paintings across the state and in Portland. Her work is in the

February Cultural Calendar

Saturday 10

MUSIC

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

Jennifer Goodenberger. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

David Wiegand. \$10, 7pm at the Hoffman Center in Manzanita.

Two Crows Joy. 7pm at WineKraft in Astoria.

Petty Fever. A Tom Petty Tribute Band. \$20 - \$25, 7:30pm at the Liberty Theater in Astoria.

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

ART

Astoria Artwalk. Free, 5 – 8pm at galleries and other businesses in downtown Astoria.

Trunk Show. Join fabric artist Becky Tonkin who will showcase her clothing designs at a trunk show inside the WineKraft wine bar in Astoria at 5pm.

Your Art's Desire. A celebration of art, wine & chocolate. Art sale, silent auction, raffle, live music, food & drink. \$35 admission, 6:30 – 9:30pm at the Kiawanda Community Center in Pacific City.

CINEMA

Astoria the Last Rivertown and Uppertown Girl. A documentary film series presented by filmmaker Ron Walker. Free, 1pm in the Community Room at the Seaside Library.

FOOD & DRINK

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

HAPPENING

Later Show. DJ vintage Funk & Soul Dance at KALA. 8pm. \$8

WINGS. Women interested in going to school. Have you: Been out of school for a while? Never thought you could go to college or finish your education? Need information about how to go to college or get a GED? Free all-day conference, breakfast, lunch, and childcare included. . 8am – 3:30pm in Columbia Hall, Rm 219 at CCC in Astoria. Register at wings-clatsop.com

Valentine's Day Ball. Dressy casual to semi-formal attire recommended. \$10, 5:30 – 7:30pm at the Astoria Elks Ballroom.

Be Mine Adoption Event. Clatsop Animal Assistance will be presenting a cat and dog

adoption event. Come find the love of your life from noon – 2pm at Petco in Warrenton.

Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

Neon Party. A celebration of a new neon sign and other redos, with a DJ playing eighties/ nineties music. At the Worker's Tavern in Astoria.

Congressman Kurt Schrader Town Hall Meeting. 2 – 3pm at the Rockaway Beach Civic Facility.

LECTURE

Volcanism in the Solar System. NASA ambassador Greg Carmak will take you on a tour of the volcanism throughout our universe. Free, 1 – 2pm at the Tillamook Library.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 11

MUSIC

Richard T and Friends. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Alexander String Quartet. \$25, 3pm at Wi-Ne-Ma Christian Camp, Cloverdale.

Skadi. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

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

Everett Bone. 7:30pm at Seaside Brewing Co.

Golden Promise + Hook and Anchor. Country & Western. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Art for the Heart Artist Reception. 11am at the NCRD Gallery in Nehalem.

FOOD & DRINK

Annual Smorgasbord. 11:30am – 1:30pm at Naselle High School.

HAPPENING

Antique Boutique. 10am – 4pm at the Lincoln City Cultural Center.

LITERARY

Oregon Legacy. With author Susan DeFreitas. 3pm at the Driftwood Public Library in Lincoln City.

THEATER

Fit to Kill. Mystery/Thriller. \$20 - \$25. 3pm at the Coaster Theater in Cannon Beach.

Mindfulness-Based Performance

The Bohdi Trio

THE BODHI TRIO pioneers Mindfulness-Based performance. Throughout their dynamic interpretations, the trio invites its audiences to experience stillness of mind and calmness of breath and heart. Hence the name Bohdi, as in the Bohdi Tree.

In a performance video on the trio's website, cellist David Eby gives the audience simple instructions on connecting to one's breath, in order to make a connection. Very similar to many forms of improvisational movement, the practitioners of freeform dance, often set an intention in order to ride the wave of their own experience.

This quote from Michael Barnes, Music director of the Old Church says this, "From the very first welcome by cellist David Eby, the audience was more interested, attentive and alert than usual. Their bespoke musicality created a shining aura of sound that washed over us in sea-like waves, devoid of affectation, but with electric intensity."

Eby is one of the founding members of Pink Martini. He maintains an active performing and teaching career. He performs with the Oregon Symphony and teaches at Lewis



& Clark College. Collaborative Pianist Kira Whiting is a recent graduate of the Manhattan School of Music with a Master's in Classical Accompanying with a Vocal Emphasis. Violinist Kevin A. Lefohn maintains an international career as recital soloist, chamber musician, and pedagogue.

Program highlights: Mozart Piano Trio in C Major Mendelssohn Piano Trio in D Minor.

Liberty Theatre Classical Series

Sat., Feb 17, 3pm Tickets at libertyastoria.org

Monday 12

MUSIC

Spencer & Rains. Nationally recognized Old Time Fiddle Duo on tour. 7:30pm, \$10, at KALA in Astoria. See pg 9.

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

Tuesday 13

MUSIC

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

FOOD & DRINK

Shrove Tuesday Pancake & Sausage Dinner. \$8, 5 – 7pm at St Alban's Episcopal Church in Tillamook.

LECTURE

Pricing Carbon and Building Political Will to Address Climate Change. 6:30 – 8pm at the Loft in the Red Building in Astoria.

HRAP Lecture Series. Through the Looking Glass: New Perspectives on Whale Ecology to Inform Conservation. With Leigh Torres. 7 – 8:30pm at the Cannon Beach Library.

Wednesday 14

MUSIC

Buzz Rogowski. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

Rhythm Method. A Valentine's dance feat. No cover, 6pm at the San Dune Pub in Manzanita.

The Horsenecks. 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

Land Conservancy Volunteer Opportunity. Give the Land Conservancy's too collection some love. Help sort, identify, maintain, and repair the tools in the shed at the Circle Creek Conservation Center in Seaside. 10am – 1pm.

LECTURE

Art of Aging/Dying Series. The Power of Laughter. 3pm at the Hoffman Center in Manzanita.

Thursday 15

MUSIC

Basin Street NW. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Julie Amici. Concert and dinner. 6:30pm at Bread and Ocean in Manzanita.

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

LECTURE

Tap Into History. Book of the Dead. With Mac Burns. Free, 7pm in the Fort George Lovell Showroom in Astoria.

Friday 16

MUSIC

Seaside Acapella Festival. At the Seaside Convention Center. seasideacapellafestival.com/

Buzz Rogowski. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Dmitry Matheny. \$15, 7pm at the Cannon Beach History Center and Museum.

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

Stuffed Shirts and WNBA Jam. 9:30 music. 10pm Bands, No Cover. Charlie's Chowder House and TIKI Bar 1335 Marine Dr. Astoria

FOOD & DRINK

Crab Dinner. 4 – 8pm at the Warrenton Community Center.

HAPPENING

Contra Dance. Dance to live music played by the Clatsop County Stringband. \$5 - \$10, beginning at 7pm with dance lessons. At the AAMC in Astoria.

LECTURE

Salty Talks. Waves, Tides, and Currents. With Aaron Webster. 6:30pm at the Salt Hotel in Ilwaco.

OUTSIDE

The Great Backyard Bird Count. To participate in this citizen science opportunity, anyone in the

world can count birds for at least 15 minutes at any location on one or more days of the count and enter their sightings at gbbc.birdcount.org. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park.

THEATER

Actors Process. Intereactive Actor/Direcetor performance - Classic Monologs and scences. Directed by Karen Bain. 7:30pm, \$10 at KALA in Astoria.

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 17

MUSIC

Seaside Acapella Festival. At the Seaside Convention Center.

The Bodhi Trio. \$20, 3pm at the Liberty Theater in Astoria.

David Drury. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

Britnee Kellogg. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

Terry Robb. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

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

ART

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

Festival of Dark Arts. Art, entertainment, and a carnival of stout. All day at Fort George in Astoria. This event is sold out.

FOOD & DRINK

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

Crab Dinner. 4 – 8pm at the Warrenton Community Center.



Eric Skye and Mark Goldenberg

Two Acoustic Guitar Masters

Los Angeles based Mark Goldenberg is the consummate A-list session player and sideman. Mark played lead guitar for Jackson Browne for sixteen years.

Though often billed as an acoustic jazz guitarist, Portland Oregon based Eric Skye occupies a unique niche between jazz, Americana, and blues. A RARE DUET!

Saturday March 4 7pm \$20 admission. Hoffman Center in Manzanita 594 Laneda Avenue

FIT TO KILL at the Coaster Theatre

A COMEDY NOIR that tells of infidelity and murder, with dark humor and multiplying plot twists. Adrian, a charming but self-indulgent chess master, enjoys a life of luxury thanks to his marriage to Janice, an older but still sexy and vibrant woman who has made a fortune as the CEO of an exercise empire. The arrival of Amy, a reporter with an agenda of her own, unleashes a whirlwind of deadly schemes that will keep audiences guessing until the final seconds.



Director by Jean Rice, Costumer-Judith Light, Lighting Designer-Mick Alderman Backstage Assistant-Elaine Mullin. CAST: Aaron Harris, Jessica Harris, Heather Neuirth. Feb 2 – 24, Fri/Sat 7:30pm, Sundays 3pm. Tickets: coastertheatre.com



Jazz Noir at Cannon Beach Museum DMITRI MATHENY Feb 16

THE CANNON BEACH History Center & Museum invites you to a dark Valentine celebration with jazz musician Dmitri Matheny on Friday, February 16 at 7pm. Acclaimed for his warm tone, soaring lyricism and masterful technique, American flugelhornist DMITRI MATHENY has been lauded as “one of the most emotionally expressive improvisers of his generation” (International Review of Music). An honors graduate of the Berklee College of Music, Dmitri Matheny vaulted onto the jazz scene in the 1990s as the protégé of jazz legend Art Farmer. Since then he has garnered critical acclaim and a loyal international following, touring extensively throughout the United States, Europe and Asia, traveling to 19 countries. With over 100 recordings to his credit, Dmitri Matheny has released 11 albums as a leader. His latest is Jazz Noir, a fresh spin on crime jazz, film noir movie themes and timeless classics. The San Francisco Chronicle calls Matheny “one of the jazz world’s most talented horn players.”

Matheny will be promoting the release of his 11th album – Jazz Noir. With the help of a tremendous cast and a repertoire refined over two decades, JAZZ NOIR proves a sinister beauty for fans of rainy city nights and old school noir. — Earshot Jazz Mysterious, melancholy and men-

acing, JAZZ NOIR offers a fresh spin on crime jazz, film noir and timeless classics. Selections include classic movie themes from Touch of Evil, Laura, Chinatown, Vertigo, Taxi Driver, Blues In The Night, Twin Peaks, Toute Une Vie, High Wall, The Long Goodbye and Stormy Weather, modern standards Estate, Caravan, Here’s Looking At You and Golden Lady, and two originals: Film Noir (from a poem by Dana Gioia) and Crime Scenes, a San Francisco-inspired jazz suite with voiceover narration in the hardboiled style of Dashiell Hammett and Raymond Chandler.

Tickets \$15 each and include complimentary refreshments. The doors will open at 6:30 p.m. with ample time to tour the museum and grab a glass of bubbly and hors d’oeuvres.

The Museum has teamed with Cannon Beach Soap Company to create a special Black Valentine Gift basket. You may purchase raffle tickets at the concert for \$5. You must be present to win.

Get your tickets at www.cbhistory.org or by phone 503-436-9301. The museum is open from 11:00 a.m. to 4:00 p.m., Wednesday through Monday and is donation based. CB History Center & Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon.

BORN YESTERDAY Riverbend Players New Production

BORN YESTERDAY, Garson Kanin’s part romantic comedy, part political satire, skewers the corruption of American government by viewing it through the eyes of a beautiful, uneducated woman named Billie. In **BORN YESTERDAY**, Billie questions corruption’s stranglehold on the disadvantaged as she awakens to a world full of new possibilities.

Playing for over 1,600 performances on Broadway and earning 5 Academy Awards for its film adaptation, this dangerous comedy asks who will survive the Washington political machine: brains, wealth or moneyed interests? Even though the play was written seventy years ago, the message of **BORN YESTERDAY** still rings true in today’s America.

Directed by Tom Cocklin and produced by Linda Makohon, audiences will be delighted by Riverbend Players’ production of outstanding community theater!

Tickets: \$15 at the door (plus ticket fees if bought online at tickettomato.com.) February 17, 23-24 and March 2-3 @7pm. February 25 and March 4 @ 2pm



NCRD Performing Arts Center, 36155 - Ninth Street, Nehalem, OR
riverbendplayers.org/www.facebook.com/nehalemriverbendplayers

FALL In LOVE with FLAMENCO • Feb 18

ESPAICIO FLAMENCO proudly present Fall in Love with Flamenco, an evening celebrating the companies most beloved flamenco choreographies and compositions. In this special show company members chose their favorite palo (style) of flamenco to share with the audience. From Fandangos to Farruca, Alegrias to Siquiriyas, exquisite group choreographies and soulful solo performances will have you falling in love all over again, with Flamenco!

Espacio Flamenco Company is the professional performance group based out of Espacio Flamenco Studio. Dedicated to sharing Flamenco art in Portland, OR, the company produces regular performances throughout the year with a focus on musical integrity and artistic development.

At the heart of Espacio Flamenco’s performance are the soulful vocals of Moroccan born singer Randa BenAziz. Randa began her performance career at the age of ten and incorporates arabic and jazz influences into her flamenco interpretation. Espacio Flamenco musical director Brenna McDonald provides guitar accompaniment for the group. An accomplished soloist in her own right, Brenna has devoted her life to the study of flamenco music and dance and is one of the few female flamenco guitarists (“tocaoras”) in the world qualified to play for singers and dancers. Nick Hutch and Christina Lorentz bring the groove with top notch percussion and palmas (hand clapping) essential to Flamenco. Dancers or “bailaoras” Lillie Last, Montserrat Andreys, Kelley Dodd, and Christina Lorentz charm and inspire



the audience, leaving no choice but to shout “olé!” Flamenco is an improvisational art form that combines song, dance, instruments (mainly guitar), hand clapping, and other percussion elements. Declared a World Heritage Treasure by UNESCO in 2016, Flamenco developed as an amalgamation of centuries of cross pollination between the many cultural presences within Spain and along Spanish trade routes. While it’s precise history is unknown, it is thought to be greatly influenced by the Roma people, called Gitanos, who migrated from Rajasthan to Spain between the 9th and 14th centuries, bringing with them tambourines, bells, castanets and a variety of songs and dances. The arm and hand movements of Flamenco closely resemble those of classical Indian dance. These traditions combined with the cultures of the Sephardic Jews and Moors make up the Flamenco we see today.

Performance: Sunday, February 18, 7pm, (doors at 6:30 pm). \$15, All Ages. Kids under 12 FREE. Astoria PAC, 16th & Franklin.

Luminari Arts LOVE THE ONE YOUR WITH!



Wind Chimes by Judith P. Niland
repurposed into future colorful windchimes!

Also, in honor of the month of Love, Judith Niland will be offering 20 minute "Love the One Your With" tarot card readings for couples \$35 and Singles \$25, using her specially created "Love" card spread layouts and reading from her new guide book for Tarot, "Sprit Sez...". Space is limited, to reserve your spot call the shop at 503-468-0308.

So, grab someone you Love (and that could be just YOU!) and feel the LOVE at Winfred Byrnes Luminari Arts in downtown Astoria, on Sat. Feb 10th as it celebrates all our special relationships!

Luminari Arts, open daily is located at 1133 Commercial, Astoria.

2016 International Challenge ART QUILT Show Yachats Commons



Mese Verde, art quilt by Ruth Bass

A DISPLAY of the 2016 International Challenge Art Quilt Show will be at the Yachats Commons, Feb 24 and 25. The theme is World Heritage Sites.

The concept for the International Quilt Challenge was born in 2003, after Izumi Takamori, owner of The Pin Cushion, a quilting store in Tokyo, Japan, met Sue Cutsogeorge of Eugene, Oregon during a quilters tour of Japan. Since then, Ms. Takamori and her quilting friends have challenged artists in various countries. Themes of past exhibits have included the alphabet, world currency, world festivals, world painters, world fairy tales, and now for the second time World Heritage Sites.

The current group of quilts debuted at the 2016 Handmade Makers Show in Yokohama, November 2016. Since that time, they have toured Japan and South Korea, and are now touring the US. A large number of the US quilts have been made by fiber artists from the Pacific Northwest, including Yachats artist Ruth Bass.

Quilters in each of three nations, the USA, Japan, and South Korea, were given a list of 30 World Heritage Sites. 30 quilters from each nation represented one of the heritage sites in a piece of fiber art. The result is 90 small quilts, hung vertically on panels

for each World Heritage Site, so you may compare the work of one nation to the next.

The show is a benefit for the Yachats Library Move Project. The city library is moving into the 501 Building, adjacent to the Commons. The quilts will be on display Saturday and Sunday Feb. 24 and 25. From 10am to 4pm.

Admission is a suggested donation of \$5. High Tea and refreshments will be available for purchase. An additional exhibit of art quilts created by local artists will be also be on display and for sale.

Yachats Commons is located at 4th & Pontiac St in Yachats, Or.

Eric Wiegardt Marie-Hélène Rake at RIVERSEA

RIVERSEA GALLERY presents watercolor paintings and a book signing by Eric Wiegardt, along with a trunk show of one-of-a-kind jewelry by Marie-Hélène Rake in two separate shows opening during Second Saturday Artwalk on February 10, and continuing through March 6, 2018. The jewelry trunk show begins at 3:00 in the afternoon, and the art reception is from 5:00 to 8:00 pm with live music and catered refreshments. Featured musicians are Jesse Jones and Paul Brady of The Duck and the Fish playing classic bossa nova tunes.

ERIC WIEGARDT is a north coast native and an internationally recognized artist living in Ocean Park, Washington. This month he celebrates the release of his new book, *Painting without a Net: Thinking Like an Artist*, with a solo show of watercolor paintings and a book signing during Artwalk.

Many of the paintings in this show are a direct response to the artist's deep connection to the north coast landscape, especially his lifelong love of Willapa Bay, the tidal pulse and flow, the encompassing wetlands and moody skies. An ongoing



Cobalt Evening

series of non-objective watercolors is collectively named, Tidepoint, and rather than referencing a particular place, these works reflect Wiegardt's feelings about living around water. Other paintings capture more recognizable boats, structures and shorelines.

MARIE-HÉLÈNE RAKE, an Oregon jewelry artist originally from France, presents a trunk show of her distinctive jewelry worked in silver with embellishments of high karat gold and gemstones. Stop into the gallery beginning at 3:00 on Saturday to meet the artist ahead of the Artwalk crowds. Rake's designs evolve from the juxtaposition of geometric shapes with organic texture, and encompass a wide range of techniques. Her most recent compositions involve playful sprinkles of gold dust fused onto an oxidized silver surface, adding a faint glimmer of golden contrast.

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

THE COLLECTIVE at North Coast Recreation District

FOR THE MONTH of March a multidisciplinary group of artists from the Nehalem area will show new works in the gallery at North County Recreation District. These pieces revolve around the central theme of 'The Collective' - an encompassing moniker that references both the hopes as a group as well as the intersectional connectivity experienced as members of this unique coastal community.

'The Collective' also references a wish to loosely define a fledgling group of artists who share a common goal to provide greater access to the arts by establishing a setting in which members of the community can gather to make art. There is currently a lack of available space in the Nehalem area for artists to be able to gather and produce new works, but by beginning this conversation within the community the group hopes to work together to found a clean, comfortable setting in which this important work can be actualized.

Some of the artists presenting work include Chris Biegen, Phil Dagostino, Melissa M. Frisch, Glenna Gray, Jordan Gulaskey, Rex Harter, Henry



Jordan Gulaskey Jordan's Rock

Stanley, and others! The Collective will be on view for the month of March at NCRD in Nehalem, with a reception on Friday March 2 from 5-7 pm. Come meet the emerging artists and join in the Collective conversation!

NCRD Gallery is located at 36155 9th St in Nehalem.

UNCHASTE at the Sou' Wester Hosted by Jenny Forrester Feb 19

SOU' WESTER Lodge welcomes writer and host Jenny Forrester and the Unchaste Readers Series, Monday Feb 19, 8pm-10pm. 7pm socializing, find a seat, a drink and a snack.

"The Unchaste Readers are women aged 14 to 71 who have read at Unchaste Readers Series between April 2012 and now. Unchaste is about creating a community, promoting writing that takes risks, that shows the raw, vulnerable, ecstatic, complicated lives of women, gender non-binary and gender-nonconforming – nearly anyone/everyone except CIS men.

Jenny Forrester has been published in a number of print and online publications, in-



cluding Seattle's City Arts Magazine, Nailed Magazine, Hip Mama, The Literary Kitchen, Indiana Review, and Columbia Journal. Her work is included in the Listen to Your Mother anthology published by Putnam. She curates the Unchaste Readers Series. Her debut memoir was published recently (May, 2017) by Portland's own, Hawthorne Books.

Sou' Wester is located at 3728 J Place, Seaview, Wa. 360.642.2542

Local Author Marianne Monson

IN CELEBRATION of Women's History month, and the long pioneer tradition in Astoria, local author Marianne Monson will be speaking at upcoming events about incredible pioneer women who have been overlooked by history:

Monson's book *Frontier Grit* came out in 2016. It features twelve incredible pioneer women drawn from all corners of the globe who settled the American West who endured hardships, overcame obstacles, broke barriers, and changed the world. The book profiles women such as:

Abigail Scott Duniway, who lost her mother on the Oregon trail, but dedicated forty years of her life to fighting for women's suffrage.

Zitkala-Sa, who traveled from her native lands to the East to receive an education—which she used to speak out on behalf of native people.

Clara Brown, who escaped a life of slavery and went onto amass a fortune on the frontier, which she used to fund the underground railroad.

Monson connects these stories with modern day issues, inspiring readers to live boldly and bravely—to live with grit. *Frontier Grit* is available at Godfather's Books and Lucy's books in Astoria.

Marianne Monson is the author of ten books for children and adults. She is deeply interested in the connection between literature

and history, with a focus on the frontier era. She holds a BA in English Literature and an MFA from Vermont College of Fine Arts. She has two children and writes from a 100 year old house in the town of Astoria, Oregon. She has taught Creative Writing and English for a number of colleges, and currently teaches at Clatsop Community College. Her forthcoming book, *Women of the Blue and Gray: Civil War Mothers, Medics, Soldiers, and Spies* will be released in fall 2018.

Wit & Wisdom Thursday Fort George, March 1st, 7 pm
Library Talk Saturday March 3rd, 3-4 pm
Lucy's Books Art Walk Saturday March 10, 5-8 pm



FETCH: A GRAPHIC NOVEL NICOLE J. GEORGES Feb 17

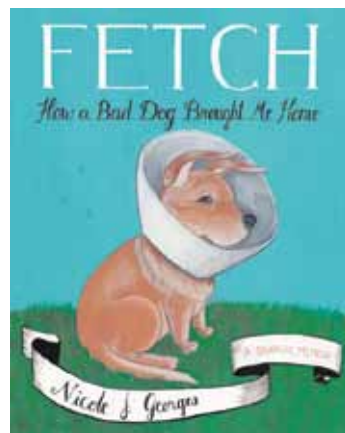
NICOLE J. GEORGES reads from her latest book, the graphic novel *Fetch: How a Bad Dog Brought Me Home*, at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday Feb. 17.

When Nicole was 16 she adopted Beija, a dysfunctional shar-pei/corgi mix—a troublesome combination of tiny and attack, just like teenaged Nicole herself. For the next 15 years, Beija would be the one constant in her life. Through depression, relationships gone awry, and an unmoored young adulthood played out against the backdrop of the Portland punk scene, Beija was there, wearing her "Don't Pet Me" bandana.

Nicole's gorgeous graphic novel *FETCH* chronicles their symbiotic, co-dependent relationship and probes what it means to be responsible to another living thing—a living thing that occasionally lunges at toddlers. Nicole never successfully taught Beija "sit," but in the end, Beija taught Nicole how to stay.

"Fetch combines the best qualities of diary comics—particularity and granular detail—with the zoomed-out view of someone who has completed an arduous, mythic, and expansive journey."

—Alison Bechdel, author of *Fun Home* and *Are You My Mother?*



Nicole J. Georges is a writer, illustrator, podcaster & professor from Portland, Oregon. Her Lambda Award winning graphic memoir, *Calling Dr. Laura*, was called "engrossing, lovable, smart and ultimately poignant" by Rachel Mad-

dow, and "disarming and haunting, hip and sweet, all at once" by Alison Bechdel, author of *Fun Home*. "Allô, dr Laura? was an Official Selection at the Angoulême International Comics Festival.

She has been publishing her own zines and comics for 20 years, and has toured the country extensively, including two appearances on Michelle Tea's *Sister Spit* tour.

Nicole won the Sunburst Award for Excellence in Arts Education in 2012. She was the 2013 Fellow at the Center for Cartoon Studies, the 2015/16 Donaldson Writer in Residence at the College of William and Mary, and currently teaches at California College for the Art's MFA in Comics Program.

Nicole currently lives in between Portland and Los Angeles with her chomeraian best friend, Ponyo Georges.

OPEN MIC: Following Nicole's reading and Q&A in the evening, the popular Open Mic features up to nine local or visiting writers reading 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Sit, Stay, Fetch: the Pet that Changed My Life."

Admission for the evening reading is \$7. Doors open at 630. The Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org kathiejhtower@gmail.com



Extravagant Graces Author Jeanette Chaffee At Seaside Public Library

FRIENDS of the Seaside Library host Jeanette Chaffee author of "Extravagant Graces," on Saturday, Feb. 17, at 1pm. The event takes place in the Community Room with book sales and signings.

On April 2, 1986, Jeanette Chaffee was on TWA Flight 840 bound for Athens Greece to purchase jewelry for her collectibles business. What began as an ordinary travel day would later turn into sheer terror flying at seventeen thousand feet.

About 20 minutes before landing in Athens a terrorist bomb hidden underneath seat 10F was detonated. The explosion tore a 10-foot-square hole in the fuselage in front of the wing as the Boeing 727, with 121 people aboard, was preparing to land at Athens' International Airport. The blast killed four people and seven others were injured by shrapnel as the cabin suffered a rapid decompression. The heroic pilot Richard "Pete" Peterson was able to make an emergency landing minutes later in Athens. Jeanette Chaffee was sitting just fourteen feet away from the explosion and survived the blast unharmed.

In "Extravagant Graces", Jeanette tells her account of survival and faith as well as twenty two other inspiring stories of people facing impossible odds.

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



WRITE ASTORIA

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

RIC'S POETRY MIC

1st Tues @ Winecraft
IN HONOR of founder Ric Vrana, Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou



HAPPENIING

Nordic Market Bazaar. 10am – 3pm at Suomi Hall in Astoria.

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

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.

Art Accelerated Open Mic. 6:30 – 8:30pm at Yo Time in Tillamook.

LECTURE

Volcanism in the Solar System. NASA ambassador Greg Carmak will take you on a tour of the volcanism throughout our universe. Free, 1 – 2pm at the Manzanita Library.

LITERARY

“Extravagant Graces”. With author Jeanette Chaffee. 1pm in the Community Room at the Seaside Library.

Manzanita Writer’s Series. Nicole J Georges will present from her new graphic novel “Fetch: How a Bad Dog Brought Me Home.” \$7, 7pm at the Hoffman Center in Manzanita.

OUTSIDE

The Great Backyard Bird Count. To participate in this citizen science opportunity, anyone in the world can count birds for at least 15 minutes at any location on one or more days of the count and enter their sightings at gbcc.birdcount.org. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park.

Birding Walk. Starts at 8:30am in the Fort Clatsop Visitor Center Lobby. No dogs, please.

THEATER

Actors Process. Intereactive Actor/Direcetor performance -Classic Monologs and scences. Directed by Karen Bain. 7:30pm, \$10 at KALA in Astoria.

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Born Yesterday. Romantic comedy/satire. \$15, 7pm at NCRD Performing Arts Center in Nehalem.

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 18

MUSIC

Montreal Guitar Trio. \$15, 2pm at the Historic Raymond Theater in Raymond.

Skadi. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

Death Metal Show. \$5 admission, free if you bring a skateboard and skate. 7pm at the Astoria Armory.

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

The Builders and the Butchers. Folk, Rock and Roll. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENING

Fall in Love with Flamenco. A performance of music and dance with Espacio Flamenco Company. \$15, 7pm at the PAC in Astoria.

Oregon Coast Women’s Expo. gathering of women in business, entrepreneurs, change-makers and dreamers. This exclusive 1 day event brings together women vendors showcasing unique products and services from the Oregon Coast, guest speakers, awards ceremony and celebration of creative entrepreneurs. All ages welcome. Free admission. 10am – 4pm at the Seaside Convention Center. ocwexpo.com

LECTURE

In Their Footsteps Lecture Series. California Condors: An Oregon Treasure with Travis Koons. 1pm in the Netul Room at the Fort Clatsop Visitor Center near Warrenton.

LITERARY

Oregon Legacy. With author Gina Ochsner. 3pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

The Great Backyard Bird Count. To participate in this citizen science opportunity, anyone in the world can count birds for at least 15 minutes at any location on one or more days of the count and enter their sightings at gbcc.birdcount.org. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park.

THEATER

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Fit to Kill. Mystery/Thriller. \$20 - \$25. 3pm at the Coaster Theater in Cannon Beach.

Monday 19

MUSIC

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

FOOD & DRINK

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

LITERARY

Unchaste Reading Series. 8 – 10pm at the Sou’wester Lodge in Seaview.

OUTSIDE

The Great Backyard Bird Count. To participate in this citizen science opportunity, anyone in the world can count birds for at least 15 minutes at any location on one or more days of the count and enter their sightings at gbcc.birdcount.org. Visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park.

Birding Walk in Spanish. Starting at 10am in the Fort Clatsop Visitor Center Lobby.

Tuesday 20

MUSIC

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

Wednesday 21

MUSIC

Barney Perrine. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

HAPPENING

Clatsop County Job and Career Fair. Starting at 10am at Patriot Hall at CCC in Astoria. clatsopjobfair.com

Thursday 22

MUSIC

Seaside Jazz Festival. At the Seaside Convention Center.

Basin Street NW. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

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

ART

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

LECTURE

Wit and Wisdom. Is Poetry a way of Thinking? With Philosopharian. 7pm in the Fort George Lovell Showroom in Astoria.

Friday 23

MUSIC

Seaside Jazz Festival. At the Seaside Convention Center.

Jennifer Goodenberger. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Adams and Costello. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

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

Roots and Boots Tour. With Aaron Tippin, Sammy Kershaw, and Collin Raye. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

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

HAPPENING

Fisher Poets Gathering. 2018. Downtown Astoria.See pg. 26

CINEMA

Manzanita Film Series. \$5, 7:30pm at the Hoffman Center in Manzanita.

LITERARY

FisherPoets Gathering. At various locations in and near Astoria. fisherpoets.org

THEATER

Born Yesterday. Romantic comedy/satire. \$15, 7pm at NCRD Performing Arts Center in Nehalem.

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

SATURDAY 24

MUSIC

Seaside Jazz Festival. At the Seaside Convention Center.

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

David Drury. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

Barbie G. 7 – 9pm at WineKraft in Astoria.

Vradiazel plus Katie sawicki. No cover, 8pm at the Sou’wester Lodge in Seaview.

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

HAPPENING

Fisher Poets Gathering. 2018. Downtown Astoria.See pg. 26

LITERARY

FisherPoets Gathering. At various locations in and near Astoria. fisherpoets.org

Chester
“Tucker” Wachsmuth
From “Baffle Ball”
to “Big Hit”:
Five Decades of
Pinball Machines



Columbia Pacific
Heritage Museum presents

TUCKER WACHSMUTH is one of the preeminent collectors of Pinball machines in the Northwest. Two of his machines, “Bowling Queen” and “World’s Fair” are currently on view at the Columbia Pacific Heritage Museum in the exhibition Flashback: Remembering the 1960s. On **SATURDAY, MARCH 3RD** Wachsmuth will bring over a dozen more machines to the Museum for an afternoon of history and play.

Wachmuth’s collection dates back to the early 1930s when pinball machines became popular in the United States. In 1931 David Gottlieb’s Baffle Ball became the first hit of the coin-operated era. The game resonated with people wanting cheap entertainment in the Great Depression-era economy. Most drugstores and taverns in the US operated pinball machines, with many locations quickly recovering the cost of the game. Baffle Ball sold tens of thousands of units and established Gottlieb as the first major manufacturer of pinball machines.

Machines became more complex with electric bumpers, flippers and elaborate artwork that evoked the popular culture of each decade. With more levels of play pinball players developed strategies and techniques to gain those coveted extra points and free games.

Tucker Wachsmuth will present machines from the 1930s, 40s, 50s, 60s and 70s. He will give an overview of their histories and special features. There will also be an opportunity for the audience to play the games after his presentation.

Afternoon Poetry in the Gallery. Readings by Terri Thomas and select guest poets from the Oregon Coast. 2 – 4pm in the Chessman Gallery at the Lincoln City Cultural Center.

THEATER

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Born Yesterday. Romantic comedy/satire. \$15, 7pm at NCRD Performing Arts Center in Nehalem.

Fit to Kill. Mystery/Thriller. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 25

MUSIC

Seaside Jazz Festival. At the Seaside Convention Center.

Richard T and Friends. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Viennese Operetta with Soprano Charlotte Pistor.\$40 for concert plus champagne and pastries, \$20 for concert only. 3 - 5pm at the Bridgewater Bistro in Astoria.

Skadi. No cover, 6 – 8:30pmpm at the Bridgewater Bistro in Astoria.

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

Edmund Wayne. INdie Fok. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Pro Wrestling. \$10, 5 – 7pm at the Astoria Armory.

LITERARY

FisherPoets Gathering. At various locations in and near Astoria. fisherpoets.org

Oregon Legacy. With author Amy Stewart. 3pm at the Driftwood Public Library in Lincoln City.

THEATER

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Born Yesterday. Romantic comedy/satire. \$15, 2pm at NCRD Performing Arts Center in Nehalem.

Monday 26

MUSIC

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

Wednesday 28

LECTURE

Mason Bees and Other Pollinators. With John Benson. 6pm at the Seven Dees Garden Center in Seaside.

Thursday 1

HAPPENING

First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 – 6:30pm at the Astoria Public Library.

Friday 2

MUSIC

UMPHY. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

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

ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. 9am – 9pm at the Sou’wester Lodge in Seaview.

THEATER

Born Yesterday. Romantic comedy/satire. \$15, 7pm at NCRD Performing Arts Center in Nehalem.



The Idiosyncratic Three for Silver. Catch 'em at The Sandtrap Feb16 Saturday 3

MUSIC

Eric Skye & Mark Goldenberg. 7pm at the Hoffman Center in Manzanita.

Zak Borden. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. 9am – 9pm at the Sou'wester Lodge in Seaview.

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

FOOD & DRINK

Unwined 2018. Sip & savor award-winning wine during the tasting event. \$40 (includes appetizers, wine glass, and 10 tasting tokens). 5:30 – 8pm in the McTavish Room at the Liberty Theater in Astoria.

HAPPENING

Bulls and Barrels Event. \$12, 5 – 9pm at the Tillamook County Fairgrounds.

LECTURE

From "Baffle Ball" to "Big Hit": Five Decades of Pinball Machines. With Chester "Tucker" Wachsmuth. 1pm at the Columbia Pacific Heritage Museum in Ilwaco.

THEATER

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Born Yesterday. Romantic comedy/satire. \$15, 7pm at NCRD Performing Arts Center in Nehalem.

Sunday 4

MUSIC

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

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

ART

Spaceness. A celebration of time, space and the unknown through experimental art, media and performance. 9am – 9pm at the Sou'wester Lodge in Seaview.

THEATER

Peter Pan. A musical adventure for youths. 2pm at the ASOC Playhouse in Astoria.

Born Yesterday. Romantic comedy/satire. \$15, 2pm at NCRD Performing Arts Center in Nehalem.

Thursday 8

MUSIC

Xiaohui Yang in Recital. Free, 7pm at the Liberty Theater in Astoria.

FOOD & DRINK

Savor Cannon Beach Wine and Culinary Festival. Highlighting Northwest wines and regional cuisine, the Festival offers a four-day lineup of wine, culinary and arts events in various locations in Cannon Beach. savorcannonbeach.com

FLASH CUTS MOVIES & MUSINGS



BEST PICTURE

Pick: *The Shape of Water* After winning the Directors and Producers Guild Awards, this genre-mashing love story is in the drivers seat. Part Beauty and the Beast, part Creature From the Black Lagoon, part Cold War thriller, *The Shape of Water* mixes the unlikely combination with magical realism and a bittersweet tone, to great effect. Sally Hawkins plays Elisa Esposito, a mute cleaning lady at a secret government laboratory in the early '60s. Elisa lives a solitary life in an apartment above a movie theater. Her only friends are her neighbor Giles (Richard Jenkins) and Zelda (Octavia Spencer), also a janitor. One day a creature captured from a South American river by Col. Strickland (Michael Shannon) arrives at the facility for testing. At her late night job, Elisa strikes up a curious friendship with the creature. When Elisa learns Strickland has been ordered to dissect the creature, she, along with sympathetic scientist Hoffstetler (Michael Stuhlbart) hatch a plan to free the creature.

Other Nominees: *Call Me by Your Name* / *Darkest Hour* / *Dunkirk* / *Get Out* / *Lady Bird* / *Phantom Thread* / *The Post* / *Three Billboards Outside Ebbing, Missouri*

BEST DIRECTOR

Pick: *Guillermo del Toro* (The Shape of Water) The 53-year-old Mexican-born director has slugged it out for nearly 25 years in the business, largely in the horror, fantasy and thriller genres, although always with a stylish edge and more depth of feeling than your typical genre entry. For the first time, del Toro (who also co-wrote) foregrounded a touching love story wrapped in his usual genre trappings and looks poised to win the Oscar. The director, who along with friends and fellow Mexican directors Alfonso Cuarón (Gravity) and Alejandro Iñárritu (Birdman)

are known as the "Three Amigos of Cinema." If del Toro wins the director Oscar, the Three Amigos will have pulled off the unprecedented feat of all three winning a Best Director Academy Award.

Other nominees: *Christopher Nolan* (Dunkirk) / *Jordan Peele* (Get Out) / *Greta Gerwig* (Lady Bird) / *Paul Thomas Anderson* (Phantom Thread)

BEST ACTOR

Pick: *Gary Oldman* (Darkest Hour) Oldman, who won the Best Lead Actor at the Screen Actors Guild Awards, is the closest thing to a lock in the acting categories with his dominating onscreen portrayal of Winston Churchill. With convincing prosthetics, hair and makeup, Oldman resembles Churchill yet is still recognizable as himself. His performance is similar: he evokes Churchill without becoming a duplicate of the Prime Minister who led Britain through the darkest hours of World War II. With Europe capitulating to Hitler and the British Army being routed, Churchill becomes Prime Minister after Neville Chamberlain resigns only because he is the only candidate acceptable to both parties. Disliked by King George and a borderline alcoholic, Churchill is nonetheless the only politician willing to wage war "at any cost" against Hitler while Parliament is secretly negotiating a surrender. All seems lost when the British Army is pushed into the sea at Dunkirk. Churchill seems ready to give into the defeatist faction when a chance encounter with his constituents raises his spirits and he gives his famous speech that rallies a nation.

Other nominees: *Timothée Chalamet* (Call Me By Your Name) / *Daniel Day-*



Lewis (Phantom Thread) / *Daniel Kaluuya* (Get Out) / *Denzel Washington* (Roman J. Israel, Esq.)

BEST ACTRESS

Pick: *Francis McDormand* (Three Billboards Outside Ebbing, Missouri) The toughest competition in the acting awards is this category with all five nominees giving outstanding performances. McDormand has the slight edge over Hawkins with her win at the Screen Actors Guild awards. The support of the actors branch,

the single largest voting block in the Academy, will very likely carry the Oscar to McDormand. In Three Billboards McDormand plays Mildred Hayes, a mother whose teenage daughter was raped and murdered. Seething with rage after local police fail to catch the murderer, Mildred rents three billboards and has them painted with comments questioning the local police chief's competence. This ignites a firestorm, upsetting Chief Willoughby (Woody Harrelson) and raising the ire of his racist deputy Dixon (Sam Rockwell). The all-male backlash includes her abusive ex (John Hawkes) who blames her for their daughter's death. Mildred fights back in ways both extremely violent, funny and profane, but always driven by an underlying sorrow.

Other nominees: *Sally Hawkins* (The Shape of Water) / *Margot Robbie* (I, Tonya) / *Saoirse Ronan* (Lady Bird) / *Meryl Streep* (The Post)



BEST SUPPORTING ACTOR

Pick: *Sam Rockwell* (Three Billboards Outside Ebbing, Missouri) There is a lot of love for the cast of Three Billboards, with three being nominated – two in this category. Sam Rockwell, looks poised to take the Oscar for his performance as the racist deputy who nonetheless shows he has a compassionate side. Dixon initially seems like the bad apple of the Ebbing police department, unapologetic over harassing and torturing blacks and violent enough to throw the billboard renter out a second floor window. Not the brightest bulb and a mama's boy, Dixon nonetheless is fiercely protective of his chief and an effective cop. After initially being set up as an unpleasant thoroughly unlikeable character, Rockwell manages the difficult feat of making Dixon's redemption believable, even admirable, without ignoring his many faults.

Other nominees: *Willem Dafoe* (The Florida Project) / *Woody Harrelson* (Three Billboards Outside Ebbing, Missouri) / *Christopher Plummer* (All the Money in the World) / *Richard Jenkins* (The Shape of Water)

FILM. BY LES KANEKUNI



BEST SUPPORTING ACTRESS

Pick: *Allison Janney* (I, Tonya) Janney gives a tour de force of nasty performance as the worst stage mother since Joan Crawford, as LaVona Golden, Tonya Harding's mother. Decked out in huge specs and a hideous haircut, Janney plays LaVona as the mother who pushes Tonya into skating lessons at age 3. Tonya shows real talent, outskating older girls, but LaVona reacts by pushing harder – not allowing Tonya bathroom breaks during practice, then later physically and verbally abusing her when she's not guilt-tripping her for spending every last penny of her waitressing salary on skating lessons. Knowing Tonya skates better angry, LaVona even hires someone to hurl insults Tonya's way just before she takes the ice. While there's no inkling of why LaVona herself is so bitter, Janney's portrayal of the stage mother monster leaves an indelible impression.

Other nominees: *Mary J. Blige* (Mudbound) / *Lesley Manville* (Phantom Thread) / *Octavia Spencer* (The Shape of Water) / *Laurie Metcalf* (Lady Bird)

BEST ORIGINAL SCREENPLAY

Pick: *Three Billboards Outside Ebbing, Missouri* (Martin McDonogh)

Other nominees: *The Big Sick* (Emily V. Gordon & Kumail Nanjiani) / *Get Out* (Jordan Peele) / *Lady Bird* (Greta Gerwig) / *The Shape of Water* (Guillermo del Toro, Vanessa Taylor)

BEST ADAPTED SCREENPLAY

Pick: *Call Me By Your Name* (James Ivory)

Other nominees: *The Disaster Artist* (Scott Neustadter & Michael H. Weber) / *Logan* (Scott Frank & James Mangold and Michael Green) / *Molly's Game* (Aaron Sorkin) / *Mudbound* (Virgil Williams and Dee Rees)



FREE WILL ASTROLOGY

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FEBRUARY

ARIES (March 21-April 19): In all of history, humans have mined about 182,000 tons of gold. Best estimates suggest there are still 35 billion tons of gold buried in the earth, but the remaining riches will be more difficult to find and collect than what we've already gotten. We need better technology. If I had to say who would be the entrepreneurs and inventors best qualified to lead the quest, my choice would be members of the Aries tribe. For the foreseeable future, your people will have extra skill at excavating hidden treasure and gathering resources that are hard to access.

TAURUS (April 20-May 20): Stories have the power to either dampen or mobilize your life energy. I hope that in the coming weeks, you will make heroic efforts to seek out the latter and avoid the former. Now is a crucial time to treat yourself to stories that will jolt you out of your habitual responses and inspire you to take long-postponed actions and awaken the sleeping parts of your soul. And that's just half of your assignment, dear Taurus. Here's the rest: Tell stories that help you remember the totality of who you are, and that inspire your listeners to remember the totality of who they are.

GEMINI (May 21-June 20): Author Anaïs Nin said, "There are two ways to reach me: by way of kisses or by way of the imagination. But there is a hierarchy: the kisses alone don't work." For two reasons, Anaïs's formulation is especially apropos for you right now. First, you should not allow yourself to be seduced, tempted, or won over by sweet gestures alone. You must insist on sweet gestures that are synergized by a sense of wonder and an appreciation of your unique beauty. Second, you should adopt the same approach for those you want to seduce, tempt, or win over: sweet gestures seasoned with wonder and an appreciation of their unique beauty.

CANCER (June 21-July 22): Are you more inclined right now to favor temporary involvements and short-term promises? Or would you consider making brave commitments that lead you deeper into the Great Mystery? Given the upcoming astrological omens, I vote for the latter. Here's another pair of questions for you, Cancerian. Are you inclined to meander from commotion to commotion without any game plan? Or might you invoke the magic necessary to get involved with high-quality collaborations? I'm hoping you'll opt for the latter. (P.S. The near future will be prime time for you to swear a sacred oath or two.)

LEO (July 23-Aug. 22): In March 1996, a man burst into the studio of radio station Star FM in Wanganui, New Zealand. He took the manager hostage and issued a single demand: that the dj play a recording of the Muppet song "The Rainbow Connection," as sung by the puppet Kermit the Frog. Fortunately, police intervened quickly, no one was hurt, and the kidnapper was jailed. In bringing this to your attention, Leo, I am certainly not suggesting that you imitate the kidnapper. Please don't break the law or threaten anyone with harm. On the other hand, I do urge you to take dramatic, innovative action to fulfill one of your very specific desires.

VIRGO (Aug. 23-Sept. 22): Many varieties of the nettle plant will sting you if you touch the leaves and stems. Their hairs are like hypodermic needles that inject your skin with a blend of irritant chemicals. And yet nettle is also an herb with numerous medicinal properties. It can provide relief for allergies, arthritis, joint pain, and urinary problems. That's why Shakespeare invoked the nettle as a metaphor in his play *Henry IV, Part 1*: "Out of this nettle, danger, we pluck this flower, safety," says the character named Hotspur. In accordance with the astrological omens, Virgo, I choose the nettle as your power metaphor for the first three weeks of February.

LIBRA (Sept. 23-Oct. 22): Knulrufs is a Swedish word that refers to what your hair looks like after sex: tousled, rumpled, disordered. If I'm reading the astrological omens correctly, you should experience more knulrufs than usual in the coming weeks. You're in a

phase when you need and deserve extra pleasure and delight, especially the kind that rearranges your attitudes as well as your coiffure. You have license to exceed your normal quotas of raven-ousness and rowdiness.

SCORPIO (Oct. 23-Nov. 21): In his "Crazy Lake Experiment" documented on Youtube, Harvard physicist Greg Kestin takes a raft out on a lake. He drops a tablespoon of olive oil into the water, and a few minutes later, the half-acre around his boat is still and smooth. All the small waves have disappeared. He proceeds to explain the science behind the calming effect produced by a tiny amount of oil. I suspect that you will have a metaphorically comparable power in the next two weeks, Scorpio. What's your version of the olive oil? Your poise? Your graciousness? Your tolerance? Your insight into human nature?

SAGITTARIUS (Nov. 22-Dec. 21): In 1989, a man spent four dollars on a painting at a flea market in Adamstown, Pennsylvania. He didn't care much for the actual image, which was a boring country scene, but he thought he could use the frame. Upon returning home, he found a document concealed behind the painting. It turned out to be a rare old copy of America's Declaration of Independence, originally created in 1776. He eventually sold it for \$2.42 million. I doubt that you will experience anything quite as spectacular in the coming weeks, Sagittarius. But I do suspect you will find something valuable where you don't expect it, or develop a connection with something that's better than you imagined it would be.

CAPRICORN (Dec. 22-Jan. 19): In the 1740s, a teenage Capricorn girl named Eliza Lucas almost single-handedly introduced a new crop into American agriculture: indigo, a plant used as a dye for textiles. In South Carolina, where she managed her father's farm, indigo ultimately became the second-most-important cash crop over the next 30 years. I have astrological reasons to believe that you are now in a phase when you could likewise make innovations that will have long-range economic repercussions. Be alert for good intuitions and promising opportunities to increase your wealth.

AQUARIUS (Jan. 20-Feb. 18): When I was in my early twenties, I smoked marijuana now and then. I liked it. It made me feel good and inspired my creativity and roused spiritual visions. But I reconsidered my use after encountering pagan magician Isaac Bonewits. He didn't have a moral objection to cannabis use, but believed it withered one's willpower and diminished one's determination to transform one's life for the better. For a year, I meditated on and experimented with his hypothesis. I found it to be true, at least for me. I haven't smoked since. My purpose in bringing this up is not to advise you about your relationship to drugs, but rather to urge you to question whether there are influences in your life that wither your willpower and diminish your determination to transform your life for the better. Now is an excellent time to examine this issue.

PISCES (Feb. 19-March 20): Would you like to shed unwieldy baggage before moving on to your next big challenge? I hope so. It will purge your soul of karmic sludge. It will prime you for a fresh start. One way to accomplish this bravery is to confess your sins and ask for forgiveness in front of a mirror. Here are data to consider. Is there anyone you know who would not give you a good character reference? Have you ever committed a seriously unethical act? Have you revealed information that was told to you in confidence? While under the influence of intoxicants or bad ideas, have you done things you're ashamed of? I'm not saying you're more guilty of these things than the rest of us; it's just that now is your special time to seek redemption.

Homework: What's the best, most healing trouble you could whip up right now? Testify at Freewillastrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

An Activist on Two Wheels Is Born

MY PARENTS were politically active but sedentary. On weekends, my brother and I played in the yard while Dad peeked out the kitchen window, his favorite progressive radio station playing as he cut up vegetables for dinner. Sometimes he accompanied us on bike rides through our own and adjoining neighborhoods, his leisurely pace perfect for our shorter legs. Although Dad hadn't planned on it, those rides proved the best early political and environmental education for me.

Touring the Bronx on a bicycle allowed me to cover more terrain in a shorter time span than I could've managed on foot, but I was also traveling slowly enough to absorb my surroundings—and ask questions about them. Why did people

throw their trash in the water's-edge Veterans' Memorial Park (including a burnt-out car hulk), and when the tide came in, did all that garbage really disappear? Why were some neighborhoods populated by a few huge houses, while the area surrounding that trash-choked park featured tiny, ramshackle houses where roofing material covered not just the roof but the walls too? Did anyone ever come to visit the "crazy" lady whose clothing and house vied for which was the most ragged, and who allowed sixty or so cats to wander in and out?

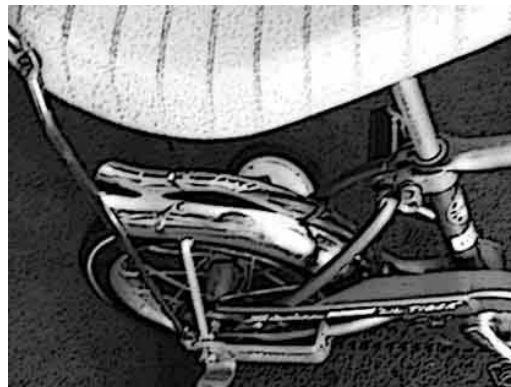
Learning about inequity and environmental devastation wasn't as simple as riding around and witnessing it. We also had to tune our senses and thoughts to become aware of and reflect on what we'd absorbed on our rides. Thanks to our parents' efforts to teach Will and me critical thinking, we went off on those jaunts equipped with curiosity, alertness, and the ability to notice and ask questions about discrepancies and disparities. Our 1970s childhood was steeped in the consciousness-raising mentality of the era, only we developed a conscious-

ness (and a conscience) not through meeting and discussing adult subjects, but through studying our surroundings in a thoughtful way as we rolled past on our banana-seat bikes. Otherwise we might've dismissed the pollution choking Veterans' Memorial Park as the inevitable fate of vacant lots and the old lady with the cats as insane, not a person with limited access to the compassionate mental-health services that the person with the big house down the street would've felt comfortable seeking out (and paying for).

When I think back to our childhood rambles, I'm amazed that Dad helped Will and me to be conscious of the places we rode through but not the humble machines we used to get there. The 1970s hadn't yet discovered bikes

as alternative transportation; we rode around for convenience and fun, not to save gas, the climate, or the ozone layer. Now, many people are familiar, if not with bike-advocacy organizations, with cyclists riding along beside them in the bike lane. Now, bicycles can become the message as well as the medium for social and environmental transformation.

After the gloom of the November 2016 election, I've been thinking increasingly about how to reactivate my politically-active life from BC (Before Children), and I can't imagine joining a revolution that doesn't involve bikes. Riding around together introduces a new generation to that environmentally friendly transportation method that's fast enough for many daily necessities, yet slow enough to notice what's going on around you. And what could be more crucial to fostering lasting change (as opposed to the momentary fervor that characterizes revolutions) than engaging the next generation, as Dad did with my brother and me way back when on our banana-seat one-speeds?



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.

LEARN BRIDGE FREE Wonderful social game - make many friends and give your brain a workout. Four free and easy weekly lessons with Sue Kroning starting both Monday January 22 10 am-12 noon and Sunday January 28 2-4 pm (your choice) at the Mary Blake Playhouse, 1225 Avenue A, Seaside. The classes will be followed by ongoing mini-lessons and supervised play at \$5 each. Call Sue at 503-738-7817 or 503-739-0264, or email skroning@centurylink.net, or just come along.

WATERCOLOR PAINT NIGHT. February 16. With Carter A Thompson. This is a fun introduction to watercolor techniques or for more advanced artists, new approaches to medium from an enthusiast. Everyone leaves with 2-3 watercolor cards. Supplies provided. \$30. 6 - 8pm at Art accelerated in Tillamook. Get tickets through eventbrite.com

POETRY THROUGH LIST MAKING. February 17. With Heather Douglas. In this course, we will create 10 poems; you will also leave the class with a custom made workbook to continue your poetry journey at home. \$30 plus \$5 materials fee. 10am - 2pm at the Sou'wester Lodge in Seaview. RSVP by calling 360-642-2542

MACRAME MADNESS WORKSHOP. February 17. Come explore the modern evolution of macramé crafts at the cozy Bumble Art Studio. Emily will teach you the three basic knots that can be used in infinite combinations to create beautiful macramé art. You'll craft a beautiful wall hanging to take home using wood and yarn to create your own custom design. 7 - 9pm at Bumble Art Studio in Astoria. register at SeafolkArtisans.com

TYPE/WRITING: Experiments in Creative Non-fiction & Zinecraft. February 18. With Melissa Favara. This workshop will consist of focused writing time working with short memoir and creative nonfiction prompts, producing small pieces that could be expanded on later. Participants will be provided with writing prompts and their own vintage manual typewriter to use for the writing process, feedback sessions, and materials and guidance for creating one-of-a-kind artifacts (zines) of their favorite creative writing pieces from the session. \$30 plus \$5 materials fee. 10am - 2pm at the Sou'wester Lodge in Seaview. RSVP by calling 360-642-2542

TAROT WISDOM CIRCLE. February 19. Theme, 3-card Readings. Tarot Wisdom Circles are an opportunity to explore the infinite ways tarot can speak to us. It's learning-by-doing around the table. Every participant will complete their own reading based on the theme of the night. Call 970-570-9323 for Astoria location.

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

YOGA - BAY CITY ARTS CENTER. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

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

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

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

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

CB ZUMBA. Low Impact Fitness for many ages. Licensed 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

SPIRITUALITY

SPIRITUAL BUT NOT RELIGIOUS? Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see http://cgifellowship.org, contact info@cgifellowship.org, or call 916-307-9790.

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets every Tuesday in Astoria, from 7:00 - 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of

connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center activity room located at Exchange & 20th St., first floor, (next to the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

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

COLUMBIA RIVER MEDITATION GROUP.

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

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 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



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

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

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



Bee Wise in the Garden

Clatsop County Master Gardener Association, 2018 Speakers Series, presents Mason Bees and other Pollinators. Mason Bees are a native pollinator that thrive in our coastal climate. They begin pollinating earlier than honeybees, stay closer to their home and are one of the few pollinators that work in the rain. Come learn about these valuable pollinators and how you can house, enjoy and make them useful in your garden. Gardeners can be a solution to increasing concerns about the decline of pollinators. Mason Bee supplies will be available. Presented by John Benson a lifelong gardener and leader in garden organizations.

Wednesday, Feb. 28th, 6-7 pm, Seven Dees Garden Center, Seaside.

Dance Your Joy at AAMC

342 10th St. in Astoria.
astoriaartsandmovement.com

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

• **TUESDAY**
8:30-9:30am: Zumba with Joy Sigler
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller (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 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 MEANING OF LIFE

WHEN WE understand our karma and where we have lived, loved and died in past lives, our current life takes on a different meaning. The choice to believe we only have one life, limits our understanding of the connections we feel with people and places around the world. For the most part, we identify with this life, but our karma is our emotional wounds cycling through our lifetimes. Humans are clever and disguise the cycles that are created from karma. Our environment has cycles that are forever revolving around life and death.

This planet shares a wide variety of patterns that we live by like the four seasons, the cycle of our plants and crops and the migration of all life on earth. An even larger contribution to our cycles around the world, is the sun rising and setting and the phases of the moon.

What is the purpose of understanding our cycles? Humanity has warred, suffered from famine and disease, and struggled for power for centuries. These patterns dominate the collective consciousness because we have yet to heal from them. As we struggle to uphold an opinion or belief system we tend to fall into the pattern that was a product of our parents, grandparents and beyond. Rarely do we look at what the belief is and question its origin. We accept many things as the 'truth' and like a flock of geese we follow, call out to others to get in line and head in the direction that is familiar holding true to the cycle.

Familiarity brings comfort and for some knowing what the routine is every day brings a sense of security. The comfort level of our patterns also gain popularity as we get older. For

example, if we have proven to ourselves throughout our adult lives that we can't trust anyone, and no one cares, we have not healed but rather proven the point of why we are in pain. Most people spend every moment of every day reenacting those painful moments from childhood, rather than healing the wound.

I recently talked to a woman in her early seventies who had lost her grandson. He was a troubled young man who died a violent death. Four years later his Grandmother still struggled with the loss. She asked me if she would live much longer. Normally I wouldn't answer that question as I feel life and death is between ourselves and Creator. I asked her if she had a terminal illness or cancer to ask such a question. She told me no and insisted on an answer. My guides who are high angelic beings said she would live into her eighties. Suddenly, she began to wail. Sobbing and screaming 'no'. I asked her why she was so upset, and she said I don't want to be here. Despite having a good husband and a great grandchild to look after she wanted nothing to do with being alive. I gave her my love and tried to ease her pain and

after the call, I reflected on the meaning of life. I thought about how precious life is and how much pain we can feel from loss. Ultimately, I feel love is the greatest gift we have, for ourselves and others. My mission statement for humanity is to love at the deepest level of our beings. When we don't understand karma and the connections to our past, we often miss the lesson we are meant to learn in this life. Take time to love each other, be kind and compassionate.

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 'Dancing with Raven and Bear, A Book of Earth Medicine and Animal Magic' is published by Inner Traditions and now available for pre order at www.sonjagrace.com

wordwisdom

Good to Be Gone... I LIKE THIS PHRASE. It's sort of ambiguous in meaning and full of suggestion. It can be translated many ways. We're more used to, "It's good to be here." "Here" can be a physical place or psychological space. It's a positive statement, placed in the present moment. Good to be gone suggests a before and after, here, there, past and present. Perhaps I'll start using it since it applies so well. . . to so many situations.

We all have history. Marriages, divorces, love affairs, disasters, losses of every sort. The road one travels during these times is often terrifyingly lonely, fraught with anxiety. As one emerges somehow, sometime, it's with relief to feel - it's good to be gone. To be back where all is well. Sometimes it's the company we kept that prompts the phrase - good to be gone. However it's used, the word good is the qualifier. Gone, by itself, is connected with loss, unknown whereabouts, or sense of forever-ness.

Good and gone in the same breath! We very rarely celebrate loss, unless it's

the loss of a disease perhaps. Loss of loved ones. Loss of memory. Loss of a home.

Maybe we need to figure out a way



to memorialize our past. I had a job interview recently and was told I had such a vast variety of experiences. It made me smile. I never thought of my messy life that way. In many cases, I could have used the phrase - Good to be Gone!

It's normal to maybe want to forget a certain time in a life. A 2-year divorce process turns into "it was hard." A job

loss turns into "Best thing that could have happened." Loss is often shuffled to the back of one's mind. Focus on the present and the positive. Good to be gone.

My vast variety of experiences.... Sometimes the ending of a time filled me with such sadness, even though I was moving towards something else. Sometimes a change in gears was a necessity, not a desire. Sometimes, it was sheer circumstance. In any case, I have a strong sense of good to be gone.

Counselor's advice: Reclaim all of your life, even the messy bits. There's value in the mistakes as well as the successes. Often times those so-called terrible times provide useful insight and promote coping skills. They also have the ability to translate into a narrative that tells others who you are. Good to be gone... but not forgotten.

Tobi Nason is a counselor from Warrenton, available for appts. (503)440-0587.



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bodies in balance



If You're Happy and You Know It Thank Serotonin!

WHAT is at the source of our happiness, anxiousness, depression, mania, tearfulness, obsessiveness or lack of any of the above? Neurotransmitters. These are the chemicals that we produce that communicate throughout the nervous system keeping many of our mental and physical functions in check, or not... Their production is a collaboration of amino acids, enzymatic functions and nutrients; as is their metabolism and elimination. When exploring how to evaluate and treat issues related to the neurotransmitter system, answers can often be elusive. As you will see this is a VAST topic with no cut and dry solutions but let's take this month to scratch the surface of this important health topic.

So who are these fascinating cast of characters? Serotonin, Dopamine, Epinephrine, Norepinephrine, and GABA. Yes they act primarily in the nervous system but are not exclusively produced there, nor does their function stay limited there. They influence the endocrine (hormone) system, the musculoskeletal system, the immune system, the gastrointestinal system and the cardiovascular system. Why? Because our nerves are linked from our central nervous system (the brain and spinal cord) throughout the body via the peripheral nervous system in order to communicate our thoughts and needs to their outcome of our functions and actions. AWESOME!

I think of these characters you are likely most familiar with Serotonin. This little gem is our happy neurotransmitter. It is the main focus of most of the antidepressants out there whose goal is create more free-floating serotonin through a variety of pathways. The widespread use of antidepressants can also be linked to the fact that serotonin affects our pain, sleep, and digestion as well as our moods. In fact did you know that close to 80% of our serotonin is created in our intestines? It's therefore worth considering its use in irritable bowel and other GI complaints. Natural inducers of healthy serotonin production are exercise, light and of course good nutrition! Incidentally serotonin also converts to melatonin, our sleep hormone, which may explain why when we're feeling

emotionally troubled our sleep is affected too.

Dopamine may be another familiar neurotransmitter that is associated with our pleasure centers. For some the rewards of eating or gambling, drug use or other addictive behaviors can be linked to their lack of dopamine production. Although problems with moods, sleep, attention, behavior and learning may also be indicators of unhealthy dopamine levels. Parkinson's is the most profound example of a condition associated with low dopamine, some signs are poor coordination and movement (for some tremors), along with low motivation and poor memory. On the flip side too much dopamine can lead to paranoia... it'll destroy ya.

Epinephrine and norepinephrine are made from dopamine; these are our fight and flight responders. In a normal healthy state these neurotransmitters will help the body to ready itself in the face of stress and danger. Therefore, when we are experiencing deficiency we are sluggish, slow, depressed, reclusive and lack motivation or concentration. This can also be a common scenario for those whose stress response has been overtaxed. Therefore, along with looking at adrenal health, sizing up our epi and norepi levels may be worthwhile. When we are over-producing these two neurotransmitters, we tend to be more hyper, restless, have trouble relaxing, focusing and sleeping. Thanks to the terrific ability of balance our bodies inherently contain we have another neurotransmitter to help us tone down these stress responses, meet the down-regulating neurotransmitter GABA. It is calming and assists the body in relaxation. When GABA runs low however, we see conditions like anxiety, panic attacks and alcoholism (due to alcohol's ability to depress the central nervous system). And as expected with too much GABA we see drowsiness, poor attention and memory, and depressed moods.

A LOT to think about huh? I think we can all relate to some combination of these issues in ourselves or those close to us. Where to start? There are a few nutrients that seem to affect many pathways for creating and metabolizing neurotransmitters. They are safe and well tolerated, so

worth checking out. The first is an amino acid called L-theanine. It facilitates the production and metabolism of most of the above and naturally occurs in green tea. It can help with moods, stress and brain power...yet another great reason to drink more green tea. Vitamin D is a cofactor which is key in helping enzymatic reactions to move forward. (Incidentally, mid-winter is the time of year when D levels begin to drop into those deficiency ranges.) When enzymes are working properly, the body is not only able to create these neurotransmitters but also able to break them down...not too little, not too much, but just right. Vitamin B6 is another regulator of production and break down of these neurotransmitters, easily available and safe. Remember with B vitamins to take with food is best as they can be nauseating on an empty stomach and taking them as a complex is also valuable. Finally fish oils (i.e. good quality fats), which bathe the nervous system, allow access into and out of the cells so that everyone is able to get where they need to go, and communicate what they need to communicate.

Is there testing? Yes! There are a variety of labs testing neurotransmitters. The one that I use tests a small urine sample; an easy in-home test. I cannot say how common this testing is among conventional medical professionals or whether it is something your specific insurance would cover. Neurotransmitter testing has really only emerged in the naturopathic community in the last 10 years (to my knowledge)...so fairly new in the grand scheme of things. I have found this testing to be really valuable to reveal some basic foundational information when looking at mental health concerns, so definitely worth asking about or researching on your own!

If you're not happy and you know it then maybe it's time to think about supporting the neurotransmitter pathways; because we all strive to be our happiest and healthiest selves!

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

By Tracy Erfling, N.D.

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



CHEW ON THIS!

by Merianne Myers



DARK DAYS DEVIL'S FOOD CAKE

PREHEAT OVEN TO 325

SURE, February is home base for reliably sketchy weather but, it's the shopping holidays that really tick me off. Frankly, I don't care whether Valentine's Day resulted from chagrin over the execution of Roman clerics named Valentine or whether it is a Christian morph of the Pagan fertility celebration called Lupercalia. What it means today is shop 'til you drop. Likewise, President's Day which no longer honors a particular President and was assigned a Monday date for no other reason than that we might have a 3-day weekend to, you guessed it, SHOP.

I have waxed cranky about February (yes, the whole month) so often in this column, even I am bored by me. In an effort to redeem myself, I have determined to set out the things I like about February. Although, most could be the things I like about any depth-of-winter month, so February has debatable bragging rights. Although curmudgeonly is my default setting around any shopping holiday, which sadly includes all the major ones, I can be almost chirpy about the other stuff.

In February's defense, I will admit I love the stormy days when I find an excuse to sit down with a good book and a mug of hot coffee to surrender a couple of hours to pure pleasure. I love the appearance of perfect sleeping weather with its cold nights and rain pattered soundtrack, flannel pj's and snugly cats. I love that there is no lawn mowing or garden watering. I love the invitation to cook long, steamy meals which simmer or braise for hours and build temptation to a crescendo in the process. I love spending a day off scuffing around the house in woolly slippers, iPod (yup, I still have one) on shuffle and volume cranked, watching the weather swirl past the windows.

As for February, in particular, I have to admit any month that contains No Politics Day, Eat Ice Cream for Breakfast Day, Create a Vacuum Day, Don't Cry Over Spilled Milk Day, Get a Different Name Day, Hoodie Hoo Day and Open That Bottle Night has undeniable appeal. That said, February and virtually all Tuesdays have questionable reason to exist as far as I'm concerned. Seems like we could tighten things up and distribute the dreary a bit better if we went to a six day week and eleven month year. Add that to the daylight/standard time thing and the phases of the moon, you've got a whole new perspective on pretty much everything. Bonus: the potential to throw a couple of shopping holidays overboard!

Hot or cold, chocolate is particularly appropriate for winter. An unctuous, dark Devil's Food cake could not only make all who get some delirious with joy, it could count as a pretty darned lavish gift for one of those pesky shopping holidays.

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.

2 cups all-purpose flour (you can substitute Bob's Red Mill 1-to-1 GF flour without fear of repercussion)

1 teaspoon salt

1 teaspoon baking powder

2 teaspoons baking soda

3/4 cup unsweetened cocoa powder

2 cups sugar

1 cup vegetable oil

1 cup hot coffee (I make an 8 oz. Americano with 4 oz. of espresso and 4 oz. of hot water but you can also use strong brewed coffee)

1 cup milk

2 eggs

1 teaspoon vanilla

Sift dry ingredients together into a large bowl. Add oil, coffee and milk, mixing until well blended, about 2 minutes with an electric mixer. Add eggs and vanilla and beat a couple more minutes. Expect batter to be thin.

Pour into a 9" X 13" pan or two 9-inch round pans that have been greased and floured. Bake the rectangular cake for about 45 minutes or the two layers for about 30 minutes. Cool in pans for 15 minutes and then tip out of pans and cool completely on racks. While cake is cooling, make your idea of the perfect frosting if you're a frosting lover.

I am admittedly not a frosting person. My method of choice for this cake is the 9" X 13" version, served cold from the fridge, sliced and topped with home-made vanilla ice cream, or whipped cream or creme fraiche or sweetened Mascarpone. I like the texture and flavor of the cold cake. Suit yourself.



SEASIDE WALKERS

If you enjoy being outdoors, waking and meeting new people join SEASIDE WALKERS - Facebook group. We are an informal group of people that enjoy walking in our beautiful community.

FREE MEMBERSHIP

FRESH AIR

MEET NEW PEOPLE

ALWAYS HAVE SOMEONE TO WALK WITH

CHILDREN AND (WELL BEHAVED) DOGS WELCOME.

Strong Women. Strong Bones. 5-Week Program

This program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. The program assists women in maintaining muscle mass, strength and function. It is easy and fun.

Mondays & Wednesdays . January 8—February 14, 2018 (No class on January 15 & February 19)
5:30—6:30 PM Clatsop Community College (Patriot Hall)
Register online at www.columbiamemorial.org, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org. Please check our website for other Strong Women - Strong Bones class dates at www.columbiamemorial.org.

We have mats and weights, but if you'd like to bring your own that is fine. Wear comfortable clothes to move in, supportive shoes, and bring a water bottle.

Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Monday Feb 12, 6:15 to 7:15pm. 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 gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). gracefulwaveschiropractic.com



FisherPoets Gathering Special Events Schedule

enviro • song circles • art/craft • film • writing • history + more

Over 100 Fisher Poets descend on the FPG this year - to perform at The Voodoo Room, Wet Dog, KALA, Lovell Room, Liberty Theater, Columbian Theater and the Labor Temple. Enjoy too a diverse selection of special events open to all with a FPG Button. Pick up buttons at the Gearshack and any participating venue during the festival.

Friday, February 23

Noon to 10pm
FisherPoets Gearshack,
1174 Commercial St., sells
admission buttons and fisherpoets'
chapbooks, CDs and art. Silent Auction
opens. Bids close at 4 p.m. Saturday.

Pier 39
Hanthorn Cannery Museum self-guided
tour of the oldest existing fish processing
plant on the Columbia.

Imogen Gallery
Photography by Corey Arnold

KALA Gallery
Photography by Tom Hilton.

12:45 to 2pm
Patriot Hall, Clatsop Community College
Poetry Workshop: Taking Rhyme
Beyond Couplets with Peter Munro

2 to 4pm
WineKraft
Open mic. Everyone welcome to
have a go.

2:15 to 3:30pm
Patriot Hall, Clatsop Community College
Revision Workshop: Finish Carpentry for
Words with Jon Broderick

2:15 to 3:45pm
Studio 11
Japanese Fish Print Making with
Duncan Berry
(sign up in advance at FPG Gearshack)

2:30 to 3:45pm
Columbian Theater
FIVE SHORT FILMS with Steve
Schoonmaker, Charlie and Cheryl Ess,
Mark Titus, Marie Rose
and Ryan Peterson

10pm to midnight
KALA
Annual FisherPoets Dance with DJ
FishWives

10:30 to 11:30pm
Liberty Theater
Poetry at the Line: the first annual
fisherpoetry slam with Moe Bowstern

Saturday, February 24
10am to 10 pm
• **FisherPoets Gearshack**, 1174 Com-
mercial St., sells admission buttons and
fisherpoets' chapbooks, CDs and art.
Silent Auction bids close
at 4 p.m.

Pier 39
• **HANTHORN CANNERY MUSEUM**
self-guided tour of the oldest existing
fish processing
plant on the Columbia.

• **Open Boat aboard F/V Cold Stream**
with Dave Densmore. (hours TBD)

10am. to 11:15am
• Barbey Maritime Center
**Tides: the Science and Spirit of the
Ocean**
with Jonathan White
Pier 39Hanthorn Cannery Museum

• **Songwriters' Support Group:** The
Diddliest Catch with John Palmes

• Clatsop County Heritage Museum
Protecting the Bristol Bay Watershed
from Pebble Mine with Melanie Brown
and Elizabeth Herenden

11:30am. to 12:45pm
• Barbey Maritime Center
Weaving Traditional Chafing Mats with
Greg Neitzel

• Pier 39
Singers' Circle with Mary Garvey

• Clatsop County Heritage Museum
Protecting Working Waterfronts and
Community Fisheries with Kevin Scribner

Noon to 1pm
Wet Dog Café
State of Wonder: OPB broadcasts live
from the FisherPoets Gathering

1:30 to 3pm
• Columbian Theater
Story Circle with Jay Speakman

• Clatsop County Heritage Museum
**Strength of the Tides: Empowering
Women in Fisheries**

• Studio 11
Japanese Fish Print Making with
Duncan Berry (sign up in advance at
the FPG Gearshack)

2 to 4pm
WineKraft
Open mic. Everyone welcome to
have a go.

4pm
KALA
**View Photography by Fisher Poet Tom
Hilton** one hour before FPG Program

3:15 to 4:30pm
Columbian Theater
FIVE SHORT FILMS with Steve Schoon-
maker, Charlie and Cheryl Ess, Mark
Titus, Marie Rose and Ryan Peterson

10 to 11:30pm
WineKraft
Singers' Gathering

10:30 to 11:30pm
Liberty Theater
**Umpteenth Annual On-Site
Fisherpoetry Contest**



Pollock Log 30 x 40

Photographer/Fisherman Corey Arnold at IMOGEN

IMOGEN GALLERY welcomes the return of professional artist/fisher-
man, Corey Arnold in his third exhibition Aleutian Dreams, in conjunc-
tion with the 2018 Fisher Poets Gathering. The exhibition opens Feb-
ruary 10th for the Astoria Second Saturday Artwalk with a reception
from 5 – 8 pm, followed by an artist/welcoming reception held Friday,
February 23rd from 4 – 6 pm, to kick off the full weekend of events
scheduled for FisherPoets Gathering. Throughout that weekend,
Arnold is also planning a collaborative projection show on an adjacent
building to Imogen Gallery, located on 11th and Marine Drive.

Corey Arnold began fishing as a child, about the same time he first
picked up a camera. What began as weekend adventures with the
family quickly became a permanent part of life, culminating into a suc-
cessful dual career, one mutually supporting the other. This exhibition
will include photographs from his most recent series Aleutian Dreams.
Arnold began fishing commercially in 1995 as a deckhand aboard
various vessels and skiffs in Alaska. His career as a fine art photogra-
pher and fisherman has taken him far, both documenting and fishing
the world's oceans. The photographs included to this exhibition are
from more recent trips, working out of Dutch Harbor, Alaska, where he
focused his time documenting the challenging work of the commercial
fishing industry. Despite his international success as a photographer,
Arnold returns every summer to Bristol Bay, Alaska, where he captains
two skiffs, fishing for salmon.

About this current series, Aleutian Dreams, Arnold states, "I
returned to the Aleutian Islands this time to photograph instead of
fish in order to capture the life that I couldn't previously. There is a
collision of nature and industry up there that I find captivating and in
this new work, I focused on elements of the place and the life at sea
that inspired me as a young greenhorn. As a new fisherman going
up there what is most striking is the scale of nature and the oversized
tools needed to harvest and survive under such harsh conditions. I
love the Aleutians because it feels like you're in on a strange behind
the scenes secret, and that 'normal' people don't ever experience
such things."

**Imogen Gallery is located at 240 11th Street in Astoria. Open
Mon – Sat 11to 5pm Sun 11 to 4pm, closed ea. Wednesday.
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11:30am**



TOM HILTON Fisher Poet/Photographer

Fisherman, Fisher Poet and owner/operator of the Hanthorn Crab
Co. and Pier 39 Seafood at the historic Pier 39 in Astoria, Tom Hilton
grew up in Uniontown in the shadow of the Meglar Bridge. He's fished
salmon on the Columbia River, Bristol Bay, and Puget Sound. For
many years he chased the reds out of Kenai, Cook Inlet, Alaska. He's
fished herring in San Francisco Bay, tagged sturgeon from Coos Bay
to the Columbia River. A life history that informs his love of imagery,
he takes photos of nature, land and sea that catch his eye, no filtering
or editing.

**View Tom Hilton's Photography at KALA during Fisher Poets, in
reception, 4pm Saturday, Feb. 24 and Astoria 2nd Saturday Art
Walk, Feb 10. 1017 Marine Dr.**



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Photo by Laila Rine

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