

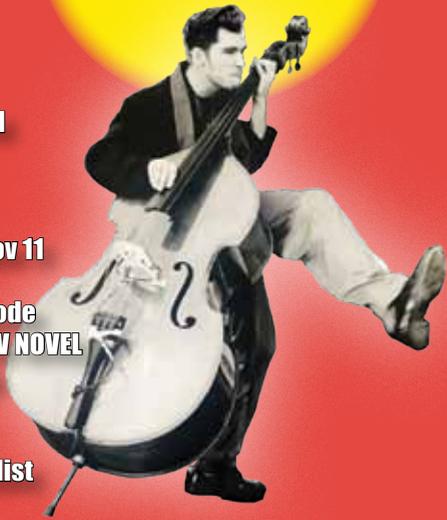
SKASTORIA!

SKAstoria
Joey Altruda's 7-piece Band
Premieres at KALA Nov 17

Also at KALA:
Elec Trio Sontag Shogun Nov 11

The Naturalist's Da Vinci Code
ROBERT MICHAEL PYLE'S NEW NOVEL
Book Release Show Nov 16

LARKIN STENTZ
Flutist • Multi-instrumentalist
Solo Show Nov 30



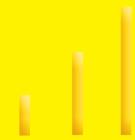
November 2018 • vol 19 • issue 237

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region



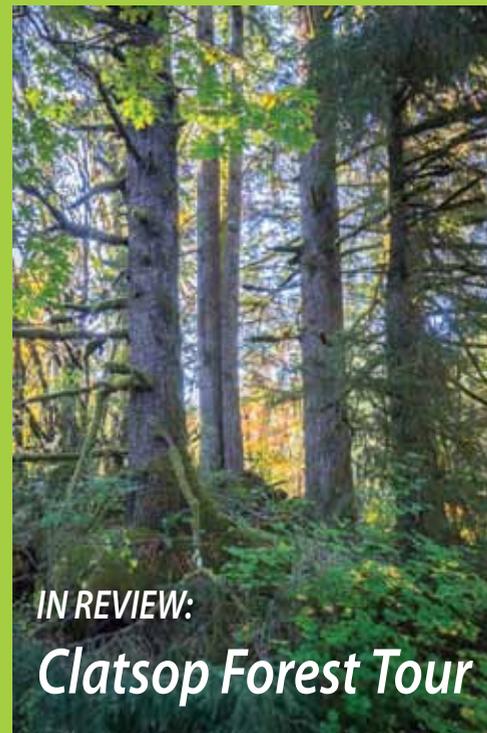
DESIGNING HEALTH Helps You Reset



Camp Sweeps, Circuit Courts and City Codes
Where do homeless people live?



How The Wizards of Public Works
gonna change up Bond St.



RIVERSEA GALLERY

contemporary works of art



ROBERT PAULMENN

November 10 – December 4

1160 Commercial Street Astoria, Oregon
503.325.1270 riverseagallery.com Open daily

Imogen Gallery contemporary works

240 11th street, astoria, or • 503.468.0620
mon – sat 11 to 5:30, sun 11 to 4 • www.imogengallery.com

follow us on facebook

finnware

crystal & pottery
dinnerware
cooking products
textiles home decor
sweet treats
jewelry sweaters t-shirts
books & souvenirs Christmas year
round sauna supplies cookware

discover scandinavian design

Since 1987

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

DESIGNING HEALTH



Design a joyful, vital life!

- Float Tank • Reiki
- Massage • Infrared Sauna
- Acupuncture
- Pulsed Electromagnetic Therapy (PEMF) and classes.

Relax Refresh Renew

DESIGNING HEALTH
503.298.9773
1428 Commercial St
Astoria, Or 97103

www.designinghealthastoria.com

Forsythēa
home & garden ARTS

- artisan decor
- for home and garden
- traditional toys

1124 Commercial St • Astoria, OR Open Mon - Sat 11 - 5:30, Sun 12 - 4

KAREN KAUFMAN
L.Ac. • Ph.D.

Acupuncture & Traditional Chinese Medicine

- Musculoskeletal pain and strain
- Headaches/Allergies
- Gynecological Issues
- Stress/emotional Issues

503.298.8815
kkaufman@mac.com

New Location!
No. 1, 12th St. Suite BB, Astoria

Celestine Durham
hair designer

Hair Cutting
Color Services
Extensions
Brow Waxing & Coloring

Over 30 Years Experience

AT NADIA'S EXCLUSIVE SALON
112th St. Ste. 3 Astoria • 503.325.8667 • Cell: 503.791.7285

BELLY DANCE WITH JESSAMYN

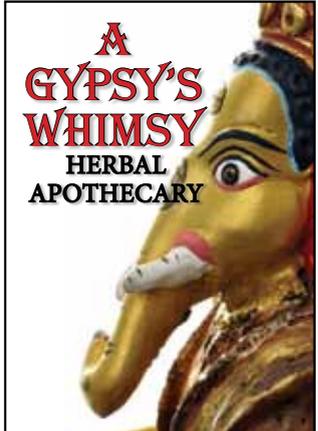


Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and levels are welcome.

* Coin belts, zills, veils, & music are provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657



Enter into the Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871

Hrs: Tue - Sat 11am - 6pm
closed sun - mon

1130 Commercial St.
Astoria, OR 97103

Fashion & spice and everything Fall! our racks are bursting.... hoodies, sweaters, raincoats, scarves, jackets & more!

hello Autumn

4 SEASONS CLOTHING STOP IN!

1405 COMMERCIAL DOWNTOWN ASTORIA

- Hydrofacial Therapy
- Customized Facials
- Microdermabrasion
- Glycolic peel
- Spa Pedicure/Manicure

and much more!

Nadia's Exclusive Salon & Skin Care

Hrs: 11 to 3 Tue - Fri
503.338.8104

nadiaskinailcare.com
#1,12th St., Suite 3, Astoria, OR

SKA-Storia

7 Piece Band • Leader Joey Altruda

SATURDAY NOV 17

8pm • KALA IN Tribute to THE SKATALITES



The original originals, SKATALITES circa 1960s—traditional Jamaican Ska



ON SATURDAY NIGHT, November 17 in Astoria, traditional Jamaican Ska will come ringing out—horns and rhythm section, a 7-piece, led by veteran L.A. musician, bassist and bandleader Joey Altruda.

Altruda teams up with members of Buddy Jay's Jamaican Jazz Band from Portland and L.A. drummer Oliver Charles of the Ben Harper Band. The repertoire for the eve, culled from the Studio 1 label, the label of Clement Dodd, who Altruda refers to as the Berry Gordy of Jamaica (he discovered The Wailers, BTW), and the music of The Skatalites, in addition to some Altruda originals.

Relocated to Astoria one year ago from L.A., you've heard Joey Altruda on KMUN, on his bi-weekly stint Tuesday nights, 8:30 – 10:30 as host of Rhythm Lounge. But you've also heard him subbing on Caribbean Moon, In the Mood, Week Night Jazz, and the like, and as an avid record collector, playing his own vinyl. And how did he end up here? It wasn't Yelp, or the New York Times ... it was years of visiting his sister, Tokeland jewelry artist Judith Altruda, (who coincidentally will be doing a trunk show at RiverSea Gallery during Astoria's November Art Walk).

"It's so refreshing to be part of the Astoria community and I really love being around so many talented, creative, and heartfelt people here," says Altruda of his move from the concrete jungle with his partner AmyJo Davis.

A musician born, Altruda testifies to picking up all kinds of musical instruments around the house as a kid, but ended up focusing on guitar, acoustic bass and later composition and arranging. "I began collecting used records as a kid and never stopped. Each time I discovered a musical genre that really pushed my buttons I would become obsessed and need to know how to play the style, which is how I came into playing Rockabilly/Americana, Jazz, Surf, Afro Cuban, Bossa Nova and Afro Cuban music," says Altruda.

Altruda has always been on the musical forefront since he began his career in 1981, as founding member of the Post-Punk Experimental band Tupelo Chain Sex. This musical chameleon has taken part in the birthing of numerous revival movements including Rockabilly, Afro-Cuban, Brazilian, Lounge, Soul & Funk and most noteworthy Traditional Jamaican Ska.

The idiom of Ska music was created in 1964 by The Skatalites in Kingston, Jamaica as an indigenous style born out of Jamaica's Independence from England. It was the precursor of what later morphed into Reggae by the late 60's. Although Ska music was relatively short lived initially, it enjoyed a new twist in England during the late 70's inspired by the Punk and New Wave movement, bringing us bands like The Specials, The English Beat, Madness, Bad Manners, not to forget the quirky British female trio, The Slits.

"LA's Post-Punk scene in the early 80's was a hotbed for just about any musical experimentation or revival, just as long as there was an edgy spirit and attitude about it. It spawned some great bands like Fishbone, Red Hot Chili Peppers, and so many other great talent," says Altruda.

These groups inspired a lot of younger American musicians to follow suit and by the late 80's there began a resurgence of the original style of Ska, now known as Traditional Ska, with Altruda's band Jump With Joey leading the helm.

Altruda's band played a significant role and inspired many other bands globally to find the roots of Jamaica's long lost roots. During the course of Jump With Joey (1989-1999), they recorded four CD's and worked with several of the Jamaican pioneers of the genre including Roland Alphonso (Skatalites), Ernest Ranglin, Rico Rodriguez, Laurel Aitken etc, and toured Japan several times.

In acknowledgement of his contribution, Altruda was given a Lifetime Achievement Award for The Preservation Of Jamaican Music in 2005. He was the only non-Jamaican to receive this award.

Joey Altruda's musical career encompasses a broad scope, from DJ at the notable L.A. music club The King King, to the production of original cocktail music albums, and as a student of the venerable L.A. studio musician's school, aka The Wrecking Crew. The stand-up bass he usually plays once belonged to a member of the Henry Mancini Orchestra, playing on the recording to the theme from the movie Pink Panther. Now that is some kitch!

For now says Altruda, "My vision is to eventually create an annual event called SKAstoria Weekend, which will take place yearly and feature several Ska groups from the Seattle and Portland area, along with a few key DJs who play all vinyl sets of music from Jamaica's golden age."

SKASTORIA. Saturday, Nov 17, 8pm. Doors open 7pm. Tickets \$15. Purchase in advance at libertyshoware.com. Willcall held at venue. Limited tickets. Buy NOW. 21+ please. Dance + Seating. FULL BAR. KALA, 1017 Marine Dr. Astoria. 503.338.4878

2nd Saturday
ART WALK

5:00 pm
Downtown

Every month,
year round!

NOV
10

Visit Downtown Astoria

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

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com



BIKES AND BEYOND

SALES • SERVICE • SHIPPING • SAFETY TIPS

1089 MARINE DRIVE • ASTORIA

BIKESANDBEYOND.COM 503.325.2961

AUTHORIZED DETROIT BIKES • RALEIGH • TREK • FELT & SUN BICYCLES DEALER

**CLASSICAL
HOMEOPATHIC
MEDICINE**

Barbara A Munkel
BS, DHOM
Certified
Homeopath

**RESTORING HEALTH
POWERFULLY, NATURALLY, CURATIVELY**

info@ahomeopathic.com

Office located in Astoria, OR by appt. only (503) 325-1902

Ten by Ten

A collection of miniature works by ten artists from across the US and Canada.



Opening Reception
Nov 10 5-8:30pm

McVarish Gallery 160 Tenth St., Astoria
(503)-298-1690

Advertise!

Once a month ...
all month long

Over 300 locations on the Coast

503.338.4878



AstoriaArtLoft.com

We offer weekly classes
by local artists,
workshops by nationally
known artists, studios and
meeting space,
2 classrooms and a large
gallery showing fine
art and crafts.

AstoriaArtLoft@gmail.com

106 Third Street, Astoria Or. 97103

503.325.4442

Pacific Pro Realty



Real People. Real Service.
Real Estate.

503-468-0915

www.PacificProHomes.com

2011 12th Street Astoria, Oregon

IMMERSE YOURSELF in the enigmatic sounds of Brooklyn's SONTAG SHOGUN on a Sunday November 11 at 6pm. The ticket (\$10 at the door) includes complimentary soup & bread, plus opening act Astoria-based UNSEEM, who are contrabassist Gregg Skloff and vocalist Ashley Shomo.

Collaborative trio Sontag Shogun is driven by the lush, nostalgic piano of Ian Temple, in harmony with the analog sound treatments of Jeremy Young (treated vocals, tapes and oscillators), and Jesse Perlstein (on laptop and field recordings).

Textures built from organic materials such as sand, slate, boiling water, brush and dried leaves, both produced live in performance and recorded to 1/4" tape, fuse with the modal renderings of Ian Temple's keyboard, creating an "emotive, wordless trip—a journey more revealing than the destination itself." The Brooklyn trio assumes a sort of songwriting assembly line to create this meditative mélange of sound source, at times delicately sorrowful, yet aurally enticing, and as Village Voice critic Ray Cummings describes as, "a tangible loneliness, but a wistful loveliness present too."



The band counts composers like Arvo Part, Ryuichi Sakamoto, Philip Glass, and Max Richter among their influences. Those who love Iceland's Sigur Ros may also find a contemporary association. Sontag Shogun has toured internationally, and improvised with notable artists as diverse as saxophonist Matana Roberts,



Sun
NOV 11

Sontag Shogun

composer Shinya Sugimoto, cellist Julia Kent, as well as poets, choreographers, filmmakers, a collective of Japanese contemporary video artists and scentscape installation artists. sontagshogun.com UNSEAM, the duo of vocalist Ashley Shomo (Olympia, WA) and contrabassist Gregg Skloff (Astoria, OR) – began recording collaboratively in 2018. Their music combines droning string tones and spectral wordless vocals with electronic sound effects, creating gorgeously haunted atmospheres.

Join the folks at KALA in this sound excursion. \$10 (includes comp. soup & bread). 6pm - 8pm. Doors open 5:30pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Full Bar. 16+ Welcome.

Anita Anita

The Anita Building (named for the clothing store once occupying the space circa 1960s) is now a creative space at 1312 Commercial in Astoria, run by musician Liz Harris—a looking and listening space for alternative and experimental music, film screenings, art + 2 offerings coming up this month:

Golden Retriever + Hmm

THE PORTLAND DUO Golden Retriever make polyphonic music from monophonic instruments creating their own musical language using bass clarinet and a modular synth rig.

Jonathan Sielaff's bass clarinet and Matt Carlson's modular synth rig comprise just about the entirety of their sound, along with some basic effects and computer editing used to enhance each improvisational performance. By developing their music within the limitations of a self-imposed binary system, Golden Retriever has created their own language and made it readily translatable to an array of motifs.

Hmm = Olaf Olaf is known to Astorians as a regular in many music projects, + owner and cook at Good Bowl.

Saturday, Nov 10, 7pm. \$10 sugg. Donation, no one turned away

Church of Film

Portland-based Film collective, Church of Film specializes in films never distributed in the US and cultivated mostly through online European film communities by its curator Matthew Lucas. Enjoy a program of short films exploring early colorization techniques.

Benoît Pioulard

Since a young age, Thomas Meluch has been fascinated by natural sounds and the textures of decay. He began playing piano before his feet could reach the pedals, and for more than a decade has sought to create a unique sonic environment by combining remnants of pop song structures with the lushness and unpredictability of field recordings. A veteran drummer of a half dozen bands and an avid collector of instruments and analog devices, Meluch relies on guitar and voice as the bases for his work as Benoît Pioulard.



Thursday, Nov 15, 7pm. \$10 sugg. Donation



PHOTO: Jay Simpson

Dig Midas Digs

Midas Digs throws a CD release party for the album "Sovereign" at the Fort George Brewery on Sunday Nov. 11 at 8pm. Started by Daric Moore, they're a five piece of local Astoria musicians with a big sound. Graham Nystrom on lead guitar, Andrea Mazzarella on bass guitar, Mike Morrow on drums and Celeste Olivares providing backup vocals. Sovereign took 2 years to record and features a number of other local musicians from Astoria and Portland. Upbeat rock music with a strong dose of melodic acoustic tunes, written by Daric Moore, they offer a variety of sound for the palate. This is their first professional recording. If you heard them at the Pride Gala last year, doing some Bowie covers, you've got a sense of the fun they have! They'll be T-Shirts!



Sunday, November 11, 8pm at Fort George in Astoria



Inside the Month:

CAMP SWEEPS . . . p12 K. Schlarb
 Designing Health ... p11 A. Graybeal
 Forestry Tour ... p9 R. Dorband
 BOND St. Fix Up ... p9 P. McDonald
 Robert Pyle's Newby ... p13 D. Urell
 INCO NEWS - I Will Vote... p7 T. Popkin
 LARKIN IN CONCERT . . . p26
 Hoilday Haps . . . p26

Qfolk

MOntly LGBTQ eVenTs, +
 political groups/organizations... p8

COLUMNS

STEVE BERK . . . 6
 THEATER . . . 16
 ART HAPPENS . . . 17
 WORD/Literary EVents . . . 18
 FLASHCUTS KANEKUNI 20
 BIKE MADAME . . . HAMMITT-MCDONALD . . 21
 FREE WILL ASTROLOGY . . . BREZNY 21
 NETWORK COMMUNITY LISTINGS . . . 22
 SONJA GRACE MESSAGES . . . 23
 BODIES IN BALANCE ERFLING ND 24
 WORD & WISDOM . . . NASON 23
 FOODGROOVE NEWS . . . 26
 CHEW ON THIS . . . MYERS 25

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:

Dinah Urell

GRAPHICS:

Buggy Bison
 Les Kanekuni
 Dinah Urell
 Michelle Roth

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:

Bob Goldberg

COVER: Les Kanekuni

Tourism Studio Program Continues on Oregon's North Coast

Community Members Invited to Participate in Workshops for Sustainable Tourism

THE NORTH COAST TOURISM STUDIO, offered by Travel Oregon in partnership with a local steering committee (representing 24 organizations and agencies) aims to bring community members together to find solutions for local challenges and leverage opportunities brought to light during last Spring's listening sessions.

The program covers communities in Oregon's northern coastal region from Astoria to Pacific City through the coastal mountain range. The North Coast Tourism Studio program is a series of tourism development workshops designed to assist communities in stimulating their local economies through sustainable tourism development, while protecting and enhancing local resources.

"A global study has shown that people across the world are travelling more than ever, according to the World Tourism Organization. It is fantastic that so many people have access to travel, exploring natural beauty and connecting with history," shares Regina Willkie of the Astoria-Warrenton Area Chamber of Commerce and member of the steering committee. "But this trend provides new challenges for destinations like ours. Being able to work with our tourism peers, business leaders, and community members through this Studio program gives us an opportunity where we can pool our ideas and resources while we jointly forge region-wide solutions to these challenges."

As a result of the program, Travel Oregon and the program's local organizers hope to see an increase in local collaboration to shape the future of a growing tourism economy in the North Coast region. The workshop programs are guided by a collective desire from the steering committee to see both an excellent quality of life for residents while providing an outstanding experience for visitors. This will strengthen the region's position as a premier tourism destination by enhancing community livability and healthy, local environments.

Community members, public officials, tourism entrepreneurs, tour operators, lodging property owners, land managers, outdoor recreation enthusiasts, conservation groups and anyone with an interest in strengthening the local economy through tourism are invited to participate in the program. The upcoming workshops include:

- Adventure Travel and Outdoor Recreation | November 13-14 in Cannon Beach
- Cultural Heritage Tourism | December 4-5 in Tillamook
- Visitor Communication & Destination Marketing | January 15 in Astoria
- Igniting Tourism Action Teams & Community Kickoff | January 16 in Astoria

Learn more about these workshops and register to attend at industry.traveloregon.com/northcoast

"Know Your Rights" Workshop/Healthy Sustainable Forestry

IN DEFENSE of our coastal forests, Rockaway Beach Citizens for Watershed Protection will Host Erin Grady of the Civil Liberties Defense Center at the NCRD Nov. 13th for a 'Know Your Rights' Workshop. The membership of RBCWP welcomes CLDC organizer Erin Grady from 6 to 8pm on Tuesday, Nov.13th at the North Coast Recreation District (NCRD) building, 36155 9th St. in Nehalem, Oregon.

RBCWP invites all coastal residents interested in healthy, sustainable forestry on the North Coast to attend our public meeting Nov. 13th.

Drawing on Erin Grady's significant knowledge of— and experience in— direct action and forest defense, seek ways to advocate successfully for the preservation, rehabilitation, and sustainability of our natural watersheds.

The Civil Liberties Defense Fund provides litigation, education, legal and strategic resources to strengthen community efforts to stand against environmental destruction.

"Widespread clear-cutting and the resulting siltification of area streams, rivers and estuaries is harmful to forest health, salmon habitat, and drinking water. Forestry pesticides used by the timber industry only compound the problem, targeting wildlife food sources and further degrading the natural filtration of rainwater."

—RBCWP member Carl Whiting, PhD

The Nov. 13th event is free, and all interested community members are encouraged to attend.

Erin Grady is an organizer at the Civil Liberties Defense Center. She has a background organizing direct action campaigns in Oregon. Before joining CLDC, Erin spent nearly a decade taking on clearcut logging and oil and gas infrastructure with Cascadia Forest Defenders, Coast Range Forest Watch, and various Rising Tide groups. She now works with the CLDC to pass on good legal information and support to the direct action community locally and nationwide.

Questions, contact Jack and Jane Anderson 503-812-0059



The Columbia River's Ellis Island team

U.S. Citizens and Immigration An AAUW Event Nov 20

AAUW American Association of University Women Astoria Branch presents a program on "U.S. Citizens and Immigration" from 6pm to 7pm, Tuesday November 20 at the Flag Room, Astor Library, 450 10th Street. The speakers will be Nancy Anderson, the Director of the Columbia River's Ellis Island Quarantine Station and Quinn Andrus, a Community Relations specialist with the U.S. Citizenship and Immigration Service.

Anderson will speak on the experiences of past immigrations. Anderson's parents purchased the US Quarantine Station at a Government Surplus Auction in 1950. They repurposed the site for a summer Sport Fishing Campground and Boat Moorage and named it Knappton Cove Camp because it is about 1/4 miles downriver from the site of the old Knappton. The site was placed on the National Register of Historic Places in 1980. To preserve the site's historic importance, Anderson and her daughter Heather Henry, founded the Knappton Cove Heritage Center in 1995 and established a small museum in the lazaretto that served the Station.

Quinn Andrus a Community Relations Specialist with the U.S. Citizenship and Immigration Service, will speak on current experiences of immigration. She has been in this role for three years in Oregon, and has previous experience adjudicating immigration and asylum applications in New Mexico and Texas. She also spent ten years with the U.S. Department of State and served in various postings worldwide, including Romania, Qatar, and Iraq. Quinn will speak about current immigration policy and will define terms we hear in everyday conversations and news reports to enhance our common understanding. She encourages questions and is ready to dive into any aspect of immigration that participants want to discuss.

Astor Library, 450 10th St. Astoria. Light refreshments. The program is free and open to the public.

Honoring Veteran's Day

THE DOUGHBOY MONUMENT'S restoration work, located in Astoria's Uniontown-Alameda National Register Historic District, will be recognized for the 100th Anniversary of the end of World War I on November 11, 2018 with a ceremony and celebration.

The event will start with the laying of a poppy wreath at the monument at 11:00 am while Bells of Peace are rung throughout the City. Instead of being held at the Monument, the ceremony will be at the Veterans' Flag Room in the Astoria Library, due to the potential for inclement weather at that time of year. It will include a flag ceremony, speakers on the history of the Monument and Clatsop County members' contributions during the War, a World War I memorabilia display, cake and light refreshments.

Donations to the full restoration of the Monument are still being received. Individuals may make a donation at the Astoria Recreation Center, located at 1555 W. Marine Drive. Donations may also be made on-line at www.astoriaparks.com under the "Donation" tab.



the
Cloud & Leaf
Bookstore

148 Laneda Ave.
Manzanita, Oregon
Special Orders
Recommendations
Telephone: 503.368.2665
www.cloudandleaf.com

A store with **BOOK** sense™

THIS WAY OUT
SM

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio
10pm Wednesday Nights!

This Way Out marks almost 30 years on the air!
Our first program was distributed on April 1, 1988.

It's the award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.

Get the latest news, listen to *This Way Out* on Coast Community Radio.

KMUN 91.9 ASTORIA **KTCB 89.5** TILLAMOOK

COASTER THEATRE PLAYHOUSE

Nov. 16 - Dec. 23, 2018



The
Wizard
of
OZ

Tickets \$20 or \$25
Shows begin at 7:30 p.m.
Sunday shows starts at 3:00p.m.

Sponsored by The Clark Foundation

Tickets: 503-436-1242 or coastertheatre.com
108 N Hemlock Street, Cannon Beach, OR

outside the box



STEPHEN BERK

Reproductive **POLITICS** Relentless

THIS IS NEITHER a "pro-life nor a "pro-choice" column. It is an historian's appraisal of what has become of our once complex, multi-faceted political parties since the politicization of abortion following the 1973 Roe V. Wade decision. In that decision, the Supreme Court held that a woman, with her physician, could choose abortion in the early months of pregnancy without legal restriction, based on the right to privacy, sourced in the Ninth Amendment, which reserves to the people other rights not specifically enumerated in the Bill of Rights. In pregnancy's later trimesters state restrictions could be applied. At the time of the decision, abortion was illegal in many states and severely limited by law in others. The Court also held that criminal statutes that did not consider the stage of pregnancy or interests other than the life of the mother violated due process.

Prior to the Roe decision there were any number of reasons why people might consider themselves liberal, conservative or moderate. After Roe, among an increasingly large segment of the population, one's position on abortion would play a much greater and even decisive role. Among observant Catholics, whose church hierarchy strongly opposed all abortion except to save the life of the mother, this issue would loom greater and greater as the basis of voting for presidential or legislative candidates and supporting or opposing ones to the judiciary. Relative latecomers to a Protestant America, Catholics had traditionally encompassed a large part of the American working class. As such, they generally identified with labor issues and were often active members or leaders of unions who collectively bargained with employers for a living wage, good working conditions, pensions and other benefits. In the mid-twentieth century, successful unionism had given increasing numbers of Catholics among others a good deal of upward mobility toward a solidly middle class life. Such focus on economic improvement during this time generally placed American Catholics on the liberal side of the political spectrum. Catholics also frequently identified with others who, because of prejudicial factors, were being denied equal opportunity. Hence many priests and lay Catholics supported the African American civil

rights movement, often participating in its marches.

At about the time those marches were occurring, the conservative political movement, which would point its adherents in quite an opposite direction, was gathering steam. Its impact would first be felt in the 1964 Republican campaign of Sen. Barry Goldwater for the presidency. The sixties, however, marked the flood-tide of postwar liberalism, and Goldwater was trounced. Also, the Arizona senator

made support for Roe and abortion a sine qua non of their own politics. The eventual effect of the complete politicization of abortion was to make it into an easy "litmus test" of a candidate's politics and viability or lack thereof in conservative or liberal circles. Republican candidates would run "pro-life" and Democrats "pro-choice," and as each party became identified with these positions on abortion, voters increasingly identified with one or the other. Hence a whole raft of economic and social issues, encompassing poverty and social welfare, regulation of corrupt or monopolistic business practices, protection of the environment and public lands, and the right to a living wage and affordable housing, just to name a few, took a back seat with a great many voters to an overriding concern about abortion. And the key reason this issue became of such primary importance is because it was easy for slick politicians to game it. It was easy to declare oneself pro-choice or pro-life, and very hard to do anything about this issue once one attained office. And the vast majority of politicians simply made one or the other position a prominent plank in their platforms drew in their conservative or liberal con-



stituency and then became preoccupied with more viable interests upon attaining office.

In some cases those against abortion have been able to restrict its availability in conservative venues. But little in that endeavor has occurred on a national level, in good part because the pro-choice constituency has prevented it. And it is not easy to overturn a Supreme Court decision that has a huge population who favors it and which has gradually become a matter of "settled law." The upshot of this drawn out irresolvable controversy is to skew and oversimplify American politics and voting behavior, while it causes a large portion of the population to virtually ignore a host of other pressing issues about which something can be done politically. Increasingly one of those issues has been the prospect of climate catastrophe, as a result of continued use of fossil fuels. If and when the planet warms by only a few degrees Celsius, life itself will become less and less viable on this Earth.

was a libertarian conservative; the coming movement, featuring opposition to Roe V. Wade, would stress social issues. For several decades, social conservatives would also be very much against gay rights, since they regarded homosexuality as a chosen lifestyle and deemed it immoral. As the movement against abortion gathered steam it also embraced another huge religious constituency, evangelical Christians. Unlike Catholics, evangelicals had been an historically conservative demographic, though with prominent exceptions, such as early twentieth century Democrat and three times candidate for the presidency, William Jennings Bryan. Bryan identified with the fundamentalist movement against the liberal churches, which took a less literal view of the Bible. But he was also a strong progressive in politics, pro-labor and pro-regulation of big business excess.

As the movement against Roe grew into a key part of post-seventies conservatism, the Republican Party made it an integral part of their increasingly conser-



Thinking about Bodies

I've been thinking about bodies, women's bodies, my own and others I have known. I worked in family planning clinics where women young and old would seek help and learn about their reproductive lives. Often they would come in alone with unintended pregnancies.

Recently one of Cosby's accusers said the most upsetting part of the assault was losing physical strength and control over her body from the drugs Cosby had given her. She was a strong athletic woman and becoming helpless in that way impacted her trust in her body, her Self. Dr. Ford testified that she worried for her life from the overwhelming weight of Bret Kavanaugh's body as she struggled underneath him trying to escape.

In our abortion clinics I worked with a doctor who shared an article from a medical journal. He was a kind thoughtful man and wanted us all to know his moral reasoning for the service he helped provide. He did not take it lightly and had considered it from all angles. He was morally moved to do abortions even when his life was at risk threatened from those adamantly opposed and protesting outside. His reason was based on the pregnant woman's mental and emotional health. The article he shared stated that when women have an unwanted pregnancy growing inside, her body connected to her mind brings an emotional reaction and resistance to the developing fetus and attacks it. A host-parasite relationship develops with defense mechanisms that harm the pregnancy. The woman's immune system activates and tries to protect her from what is perceived as an "invader". Apart from the doctor's concern for the pregnant woman he felt the unwanted fetus was already at a disadvantage even before birth (which for him made a "baby"). A forced pregnancy shows us how psychology and biology mingle and influence one another. For some people abortion is not the intentional ending of fetal life but withdrawing bodily support. There is no more of an obligation to support a fetus than a person has an obligation to give an organ to a dying relative or stranger to save their life.

Providing a full range of reproductive health care including abortion gives women that vital emotional message that they are trusted to make the best decision for themselves and their families. All of society benefits when healthy well informed women decide their future. This basic freedom is necessary to make a moral choice.

The right of women to choose abortion always comes up at election time. Abortion may become illegal in this country. We need to be vigilant and pay attention to policies and people pushing us in that direction.

Lynne Farrar
Astoria, Oregon

NATURE NEWS

LNCT acquires 111 Acres of Forest, now known as The Headwaters

THE LOWER NEHALEM COMMUNITY TRUST (LNCT) announces that the Community has acquired 111 acres of forest land on the South slope of Neahkahnie Mountain. Connected to Oswald West State Park along the property's Northern border and running nearly a mile South to the clear cut just east across HWY 101 from Nehalem Road. This acreage drains directly into the West Fork of Neahkahnie Creek and holds multiple seasonal creeks that find their way into Neahkahnie Lake and Creek near the entry to Manzanita where ODOT recently completed a 20 year project - a culvert designed to meet fish passage guidelines and improve the watershed. Additional work in the drainage includes that completed by the Lower Nehalem Watershed Council, in partnership with the Rinehart family, on a large comprehensive marsh restoration project above Neahkahnie Lake.

This 111 acre parcel of forestland, now known as The Headwaters by the Board and Staff of Lower Nehalem Community Trust, was acquired by the LNCT on September 19th, 2018. The acquisition was made possible by donation from Seventeen Enterprises LLC and Pacific Land Conservation LLC, both of California. The donors also included sufficient funds to cover the costs of reforestation of the approximately 30 acres that was logged in summer of 2017 and a generous contribution toward some of the future stewardships costs.

This all started with the dedicated advocacy of LNCT Board Member Doug Firstbrook who, upon hearing that purchasers of 181 acres of land along 101 were planning on logging some of it, felt compelled to seek out the participants and lobby on behalf of the ecosystem downstream. The restoration work and LNCT's holdings on Neahkahnie and Alder Creeks have benefited from substantial public and private investments and countless hours of volunteer

work. He was invited to provide a list of his concerns and he did.

Doug was invited up to the forestland and discovered, to his surprise and delight, that they had only logged about 30 acres of it, with cover left on all the drainages. He also noted very large older Sitka Spruce remaining within those 30 acres. Acting on behalf of the owners, their local representative Peter Adamson mentioned they had inquired if he knew of any organization that would be interested in placing a conservation easement on the forestland. The rest is history.

Initiated by Firstbrook's advocacy, the LNCT accepted a conservation easement at the close of 2017 with the implicit promise of donation as soon as legal partition of the forestland from the adjacent residentially zoned land could be completed. Now, less than a year later, the community owns a beautiful protected parcel of forest and the Lower Nehalem Community Trust has made its largest land acquisition to date.

Find more information and updates about The Headwaters at www.nehalemtrust.org/headwaters.



Headwaters Forest

OREGON COAST SHIPWRECKS: Cannon Beach History Center & Museum



Wreck of the Mimi Two

will explore the wreck of the USS Shark, Glenesslin, among others.

The Oregon Coast Shipwrecks exhibit will be on display through November 2019. The exhibit features artifacts, documents, photos, artwork, and history related to the Emily Reed, the Mimi, the Glenesslin, the USS Shark, and the new archaeological work related to the wreck of the Beeswax ship. The exhibit will open in several phases and include interactive exhibits that will allow visitors to learn navigation techniques of the 19th century, as well as have some fun! Admission is by donation.

The museum is open Wednesday through Monday from 11:00 a.m. until 4:00 p.m., closed Tuesday. cbhistory.org, Facebook or call 503.436.9301 1387 S. Spruce St. CB

THE CANNON BEACH HISTORY Center & Museum presents its long awaited "Oregon Coast Shipwrecks" exhibit on THURSDAY, NOV 8 with a presentation on the wreck of the beeswax with lead investigator Scott Williams at 4pm. The series of events will continue with a presentation on the Tillamook Rock Lighthouse with local author Brian Ratty at 4pm on FRIDAY, NOVEMBER 9. The series of events related to this exhibit will continue in February with a presentation by Oregon historian Don Best with a presentation on the wreck of the Emily Reed, other lectures

Columbia Pacific Heritage Museum GRAVEYARD OF THE PACIFIC: Dangerous Currents – Shifting Sands



Wreckage of POTRIMPOS

Pacific: Dangerous Currents-Shifting Sands. The show coincides with the ship wreck season. The opening of the exhibit will be November 16, 2018 and it will be on view through March 9, 2019.

Historic artifacts, photographs, and first-person accounts from wrecks such as the Admiral Benson, the Alice, the Potrimpos, the Glenmorag, and over 20 more ships will be featured in the exhibition. In addition, The U.S. Life Saving Service, U.S. Coast Guard and volunteer rescue units who have risked and sometimes given their lives to saving victims of maritime accidents will be highlighted.

A portion of the show will be devoted to noted shipwreck historian James A. Gibbs, whose groundbreaking book Pacific Graveyard is still considered a primary source for shipwreck information. Ocean Park photographer Charles Fitzpatrick who worked from the late 1920s through the 1960s will be highlighted for his part in keeping the mystery and attraction to shipwrecks alive. Come immerse yourself in our local shipwreck history.

Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, WA. Museum hours are Tues through Sat 10am to 4pm. Admission is free on Thursdays thanks to the Port of Ilwaco. 360-642-3446 or visit columbiapacificheritagemuseum.org.

SAVE THE DATE!

Don't miss the ...

CLATSOP ANIMAL ASSISTANCE Annual Holiday Party & FUNDRAISER



PHOTOS
WITH
SANTA!

SATURDAY DEC 8

9am to 4pm

at the Fort George Lovell Room

Featuring:

Pet Pictures w/Santa

Dress your Pet Up!

Silent Auction

LOTS of Raffle Items

Huge FABULOUS Bake Sale!

Find that Puurfect Gift!

YOU COULD WIN a
Day with a Bar Pilot
for 2! OR, a Relaxing
Night Away!



For more info: 503.325.6580

THE CIRCLE OF THE LABYRINTH

FIRST SUNDAY OF THE MONTH
3PM - 6PM
(BRIEF INTRODUCTION AT 3PM)

GRACE EPISCOPAL CHURCH
1545 FRANKLIN ASTORIA
donations welcome

Winnifred Byrne
**LUMINARI
ARTS**

Art Cards, Artisan Crafts,
Gallery & Working Studio
1133 Commercial St. Astoria, OR 97103

503.468.0308



Lower Columbia Q Center

Astoria Armory - 1636 Exchange Street Astoria

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.

THE Q CENTER IS OPEN on Friday Nights to Adults from 5 - 9pm, hosted by volunteers. Enjoy the Library, WiFi access, snacks, games, and a venue to share information, resources and community. Stop by to find out what's happening with the LCQC and the Q Community of the Lower Columbia Pacific Region. Use the entrance at 1636 Exchange St. Come on in out of the rain and check out your Q Center living room and offices.

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First

Wednesday of the month. 6-7:30 pm

- LCQC Board Meeting: Third Wednesday of the

month. 6-8 pm

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 6:30pm - 8pm at the Q center. For Information call Tessa James at 503 545-5311.

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. Currently on hiatus.

-LGBTIQ+ Teen Social and Skate Night: Every Friday

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

Transgender Day of Remembrance Vigil

Join the LCQC for International Transgender Day of Remembrance! This will be a time to acknowledge, center, and reflect on violence against the Transgender Community.

Where: Garden of the Surging Waves, Exchange and 11th in Astoria, OR **November 20 at 7pm**

The Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people - sometimes in the most brutal ways possible - it is vitally important that those we lose are remembered, and that we continue to fight for justice. - Gwendolyn Ann Smith, Transgender Day of Remembrance Founder

LCQC Black Friday RED Dress Party

Raise awareness and help LCQC support the HIV/Alliance!. Attend the Second Annual RED Dress Party to showcase awareness of HIV/AIDS in the Lower Columbia Region and help create a welcoming environment for all. Wear RED, be creative with your costume (contest will take place) and come ready to have a good time. Last year LCQC raised \$800 during this event and look toward this year to be able to donate more. Entry bracelets will be located at various locations around town and all proceeds will be to support the HIV/Alliance.

Friday, November 23 (Black Friday), 7pm at the Inferno Lounge, 77 11th St, Suite G, Astoria Or. At the end of 11th St., on the Waterfront.

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 pacificcountydem@gmail.com



This month CREATE features "Blue Heart" a 44-minute inspirational documentary produced by Patagonia, about a small but dedicated grassroots group in the Balkans that stands up to powerful Oligarchs as they threaten to dam one of the last wild rivers in Europe.

CREATE • Nov 18 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 in Astoria.

Moby Dick
Hotel
and Oyster Farm

Enjoy the serenity of our gardens, wooded paths, sauna, yurt and bhuddas . . .

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

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



www.mobydickhotel.com
360-665-4543 or 1-800-673-6145



We frame paper and canvas and many mysterious things. But without you we wouldn't be framing diddly. Thank you for your patronage and your friendship.

WOW!!!!
30 YEARS
IN BUSINESS!



1287 Commercial St.
Astoria
503.325.5221

INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS NOV

INCO Advocacy Team

Wednesday, Nov. 7, 6:30 pm
Seaside Library Board Room

INCO Astoria Community Group

Saturday, Nov. 10, 1 pm
Street 14 Café, Astoria

INCO Seaside-Gearhart

Tuesday, Nov. 15, 6:30 – 8 pm
Email incoregon@gmail.com for location

INCO Warrenton Community Group Meeting

Saturday, Nov. 17, 11:30 am
Dooger's Seafood and Grill, Warrenton

INCO Vote the Future Team

Wednesday, Nov. 21, 6:30 – 8 pm
Seaside Library Board Room

I Will Vote

HOLOCAUST SURVIVOR Kurt Messerschmidt once said, "Some of the people disapproved. But their disapproval was only silence, and the silence is what did the harm." Even though this quote is about the Holocaust, I still see meaning in it today. Looking around, there are plenty of people who don't like the way our country is being run. But many of these people didn't even cast a vote! How can they expect change if they aren't using the resources provided?

In November of 1938, Kurt Messerschmidt woke up to find that his whole country hated him. As he walked around town, he noticed some Nazi officers forcing a man to pick up shards of glass off the ground. He began to help the old man. He could see the looks of sadness and disapproval on people's faces, but they said nothing. And as his quote states, the silence is what did the harm. Could the terrible acts against the Jews in 1938 and after have been mitigated if people had said something? This we will never know because those who stayed silent never stood up to the dictator leading their country.

So, my vote matters because without it we become weak. This country is built off of the right to vote given to us centuries ago by our first veterans. My vote matters because it is an opportunity and a privilege that I can't turn down. If you don't like the way things are going right now, your vote can help to change that. So, next time your community, county, state, and country need your vote, stand up and give it. Strengthen our foundation and secure our rights for everyone who will ever live in this great nation of ours. Don't let silence be the killer. Don't let silence take away what we know as rights.

By Travis Popkin



Because if you raise your voice, others will, too, and the change you've always wanted can become reality.

So, I must be that voice that stands out in a sea of indecision. I must be the call to arms which stops dictatorship in its tracks. And most of all, I will be helpful and kind to all, no matter who they are so that I, too, get cuts on my hands from picking up the glass. And hopefully, others will join me until there is no glass left, and no pain. Join me and raise your voice to create change for the better, and maybe, just maybe, the future will be even better than we could ever have imagined, and the past's mistakes not in vain. So, I will vote.

Travis Popkin is a tenth grader at Naselle-Grays River Valley School. His is one of three winning essays in the I Will Vote Essay Contest sponsored by INCO, AAUW Astoria, and AAUW Seaside.

PUBLIC'S QUESTIONS, COMMENTS INVITED ON COMPREHENSIVE HOUSING STUDY

Development incentives, non-traditional housing types, flexible zoning – preliminary findings from the Clatsop County Comprehensive Housing Study offer multiple potential strategies for addressing the region's housing crisis.

The public is invited to learn more about the findings and offer their own questions and comments at open house gatherings. This month: Tuesday, Nov. 13, 5:30-7:30 p.m. – Seaside City Hall, 989 Broadway

Representatives from the study's consulting firm, Johnson Economics, will be on hand to answer questions about the project.

The comprehensive housing study is a joint project of Clatsop County and the cities of Astoria, Cannon Beach, Gearhart, Seaside and Warrenton. Its goal is to help policy-makers and officials understand the type, size, location and price of housing needed to meet current and future needs, as well as market forces, regulations and local barriers that impact housing development.

A 20-member technical advisory committee, working with the consultant, analyzed the existing housing supply, examined housing and demographic trends, and reviewed current policies, regulations and goals.

The resulting analysis found that, overall, the county has adequate land to meet its housing needs for the next 20 years, but that availability varies widely from community to community. To support and promote development of housing, suggested strategies include:

- Review allowed uses in high-density zones to preserve them for high-density housing
- Update rules on accessory dwelling units to increase their potential as long-term rentals
- Reduce off-street parking requirements
- Streamline approval processes and waiving fees for desired housing types
- Consider funding sources including tax credits, revolving housing fund or regional housing bond
- Pursue public/private partnerships

The complete strategies list, as well as a lands analysis, land inventories and other information, is available on the county website, www.co.clatsop.or.us.



Austin, Texas - drawing of a 70-unit Housing Tax Credit financed development for mostly low-income tenants. Illustration courtesy of Saigebrook Development.

Astoria's DESIGNING HEALTH

open one year, announces new services to help people reset

JUST IN TIME for its one-year anniversary of taking over the space from Prana Wellness Center, Designing Health at 1428 Commercial is expanding its renewal menu to include two new services: nurse coaching and Reiki. Co-owners Cindy Nemlowill and Dawn Young are enthusiastic about seeing their dreams take shape.

"Our mission is to help people design their own health programs and healthy lives," says Nemlowill. "It's become very clear that people need a space where they can reset. Our bodies are in fight or flight all the time, and everything we offer calms the nervous system."

Both Nemlowill and Young have a long-time interest in complementing conventional medical care and a healthy lifestyle with integrative therapies. "We like to talk about synchronicity," says Young. "We just had a similar philosophy about what we'd like to do. We set the plan in motion and the universe responded."

Nemlowill, a board-certified holistic nurse/health and wellness coach, has 40 years' experience as a nurse, 32 of which were at Columbia Memorial Hospital (CMH). She retired in May 2017. Having started out in the emergency room, she became increasingly interested in holistic health over the course of her career. She began studying holistic nursing over 10 years ago, became certified, and also started taking aromatherapy, reflexology, and Reiki courses. For her last five years at CMH, she worked in patient-centered care, where she facilitated the integration of holistic services. The cancer center, for example, now offers integrative services

lives, even with a chronic illness. I help people reach their fullest potential for health."

Nemlowill and Young met at CMH, where Young still works as a No One Dies Alone (NODA) volunteer. As a certified soul midwife, she acts as a holistic and spiritual companion to the dying and their families; she does similar work at Lower Columbia Hospice, where she also co-facilitates a community grief group.

Over the last two years, Young has become a Reiki II practitioner, and Reiki sessions are the center's other new offering this fall. Reiki is a non-invasive, complementary method of clearing and supporting the energy system. "I'm just very interested in energy and how we respond to things in our energetic body," says Young, "and Reiki is a way to calm people down and helps them to use that energy to heal themselves. It's just a very gentle healing."

In addition to its new offerings, Designing Health is the only place in Astoria to offer a float tank and pulsed electromagnetic field therapy (PEMF).

The float tank is a 4' x 4' x 8' enclosed tank filled with 10" of skin-temperature water and 850lbs of medical-grade Epsom salts. The tank is completely free from noise and light, which provides sensory enhancement and deep relaxation in complete buoyancy. Their clients report a long list of benefits that include wellbeing, pain and anxiety relief, and better sleep; these benefits are also long-lasting and cumulative.

They also started offering PEMF therapy last January, a therapy that has been used for decades in Europe to treat conditions including broken bones, depression, inflammation, and chronic pain. Amongst other things, PEMF therapy improves energy, sleep, and immune system balance, and the intensity can vary from one visit to the next, depending on time of day and what's happening in the client's body. Aromatherapy is included with this service.

"I'm amazed at how healing all of these modalities are," says Nemlowill. She explains how holistic medicine can help a lot of different things at once, even if clients come in to treat one primary problem. Young adds, "You might not be able to cure all diseases, but you can certainly get to a place of healing."

Because many of their services are synergistic, they offer packages and discounts that encourage the use of multiple services or multiple sessions over which a cumulative effect might develop. For example, a sauna before a massage warms up the muscles for deeper stretching and tension relief.

In addition to the aforementioned services, the center has an infrared sauna; four massage therapists who specialize in relaxation, Thai, lomi lomi, and craniosacral massage; acupuncture; aesthetics; and counseling. They also run monthly classes on topics such as the healing power of mindfulness; overcoming stress, anxiety,

and depression; massage techniques; non-violent communication; and approaches to pain management.

Everyone is welcome," says Young. "We don't have a certain clientele."

To promote self-care over the holidays, Designing Health will be offering new wellness products, and between November 23 and January 1, they're offering 15% off all gift certificates. "People want to comfort friends and family when they're not well," says Nemlowill, "and we want them to know that they can always give a little gift certificate towards a service and not necessarily pay for the whole thing."

Their waiting room has rotating art on display from local artists and, during December's 2nd Saturday Art Walk, they'll host an opening for painter Yvonne Edwards. The Saturday after Thanksgiving a reception for current artist Lulu Quinn will be held.

Clients can schedule online at designinghealthastoria.com, by phone at 503-298-9773, or may even try dropping in for some services, such as the sauna or float tank. Hours are Tues-Saturday, 10am-7pm. @designinghealthastoria on Instagram.

Located at 1428 Commercial in Astoria.



Designing Health co-owners Dawn Young (left) and Cindy Nemlowill (right).



Designing Health Team presented a Thai Massage community demonstration in October.

such as massage and aromatherapy. "In retrospect, I was preparing myself for this next adventure," she says.

Nemlowill will now be offering nurse coaching at Designing Health. She listens deeply to support her clients' inner wisdom and then partners with them in creating and attaining their health goals. She also offers guidance, health education, and resources for specific health concerns and/or conditions. She thinks of conventional healthcare, complementary therapies, and a healthy lifestyle as three circles in a Venn diagram. In the middle, where it all overlaps, is the sweet spot of whole health to which she seeks to guide people.

"I'm seeing people get some hope and feel like they have lots of possibilities for treatment; it allows them to look at different ways of approaching their lives and realize that they can have vital



Team DH out for a night at a recent Bollywood event. (l to r) Francesca, Karen, Emily, Cindy, Dawn, Hilary and Alanna.

Forest Tour cont.

lights from a pair of feller bunchers acting like high intensity strobes on the shaded hillside as the machines moved about among the trees.

The noise as they whisked away trees being thinned, de-limbed and dropped into their log bays was deafening. Mercifully, the work desisted shortly after our arrival in order for us to hear the talk given by a gentleman from Miller Timber, the company contracted to do the thinning.

The high tech machines being used to do the thinning are part of an ODF test area to see how well they perform in dense, overplanted stands which are ubiquitous around the state due to the tree farm mentality which prevails in the industry. The removal of stunted "pencil" trees by thinning will allow more select ones to grow faster without competition. The extended growth cycle for the trees left standing adds more value when they are harvested. Theoretically, county timber revenues could be maintained on less land in this manner, while more land is made available for restoration, recreation and conservation.

The idea of forest restoration resulting from pre-commercial thinning did not come from the Miller Timber speaker. He chose to emphasize the two state-of-the-art feller bunchers, which are truly amazing pieces of technology. They're designed and made in Finland, and distributed by a subsidiary in Wisconsin to the tune of three quarters of a million dollars each. In a long day the two machines can take down 1000 trees; not just cut them down, but do so selectively by species and size, cut them to length and carry them to the road in batches ready to load onto log trucks.

This Herculean work is done by a single operator per machine who sits in a sound proof, air conditioned environment, totally safe from mishap, with access to his favorite music through Bluetooth. We were told that operating the controls is like playing an amazing "video logging game". Not a bad gig. Too bad about the jobs of the 50 or more men it used to take to do the same day's work. On the other hand, future, higher paying jobs will be available for individuals who design, maintain and repair these machines.



There will just be far fewer of them.

The last stop, which included lunch, was at the ODF's Northrup Creek Horse Camp, a beautiful facility seemingly underutilized by campers or motor homes. Two ODF forester spoke there; one about the work their department does in rapid response to fighting wildfires. The other spoke about the recreational sites, trails, and camping areas the department provides while engaging in what he called "integrated planning" efforts. At this site that phrase referred in part to working with the equestrian community to provide them with riding trails and corral facilities.

As we took the long, winding road back to the fairgrounds on Highway 202 we were asked to fill out evaluation sheets of the tour. I found myself musing over the fact that no one, including myself, had asked a hardball question. Clearcuts, and the environmental degradation they cause, seemed to be completely forgotten. None were seen on our tour, even though there are some gruesome examples just a few miles down Highway 30 from where we turned off at Big Creek. I was reminded of a quote from Czech writer Milan Kundera, who said, "The struggle against power is the struggle of memory against forgetting."

Were we all guilty of temporarily forgetting that day? A tour stop at a clearcut would have made the tour experience more educational if somewhat more sobering. In fairness, engaging with a larger view of the timber industry isn't the purpose of the tour. The lack of tough questions from the leaders on the tour and others in attendance suggested that everyone understood this and was willing to allow the timber industry to put a happy face on the day and show us their bright side.

All and all it was a beautiful day. The weather couldn't have been finer, unseasonably sunny and mild. Although our conveyance lacked creature comforts, we were chauffeured through a mostly beautiful forested area, informed and entertained by colorful speakers, fed a nice lunch and brought back to our starting point right on time. Perhaps best of all, there was no dissension at any point in the day, something we all need a break from, and our hosts couldn't have been kinder.

By Kaisa Schlarb

Camp Sweeps, Circuit Courts & City Codes

Where do the Homeless live?

THE CITY OF ASTORIA has moved on its decision to sweep and displace east side homeless camps after a recently amended code made it illegal to camp in city forests. On Friday November 2nd, residents of the camps were handed a 24-hour notice to vacate and a Clatsop County Resource Guide. Vernon Hall, a street advocate who is working to help clean up the camps, says many left already and made appointments with Clatsop Community Action, as directed by the city. Others, he says, are scrambling. They've been through the system before and see it as a false promise, when they're needs have not been met.

The revised code, 5.924, states that the "City of Astoria recognizes the social nature of the problem of homeless individuals camping on public property and has amended this code and policy to ensure the most humane treatment for removal of homeless individuals from camping sites on public property."

In the minutes from the October 15th City Council meeting where the amendment took place, council member Bruce Jones questioned whether the displacement of camps and the new ordinances violate a recent 9th Circuit Court ruling. This ruling, *Martin v. City of Boise*, states that the "Eighth Amendment prohibits the imposition of criminal penalties for sitting, sleeping, or lying outside on public property for homeless individuals who cannot obtain shelter."

This ruling has also elicited conversations among the unhoused and their advocates about the legality of the city pursuing the latter changes to city code.

Recently, Dot Olson of Astoria, began a public protest of the city's anti-camping laws. She cites the 9th Circuit Court ruling as part of her protest. She pitched a tent at Heritage Square, a common meeting place for those on the street. Having attended city council and Homelessness Solutions Task Force meetings, Olson says she's fed up with a lack

of viable solutions for people experiencing homelessness. A few other tents and signs added to the protest and some local businesses donated food in support.

Ultimately, the police asked for the tents to be taken down. Heritage Square is technically a city park, where camping is illegal.

According to the police chief, the ordinances and actions of the city as it pertains to the 9th circuit court hinge on the use of the phrase "criminal penalties." In response to Bruce Jones' query, Chief Spaulding notes that in Boise, violating the city's Camping and Disorderly Conduct Ordinances was classified as a misdemeanor, whereas in Astoria, the Overnight Camping Ban is classified as an infraction.

Can Astoria disregard such a significant case on a technicality, when in many ways Astoria is still at odds with the spirit of the ruling?

Specifically, the section that reads, "so long as there is a greater number of homeless individuals [in a jurisdiction] than the number of available beds [in shelters], the jurisdiction

cannot prosecute homeless individuals for "involuntarily sitting, lying, and sleeping in public." That is, as long as there is no option of sleeping indoors, the government cannot criminalize indigent, homeless people for sleeping outdoors, on public property, on the false premise they had a choice in the

"I've helped 300 people get IDs and birth certificates. Do you know how many of those people were bussed here? Zero."

— Mary Docherty, Riverfolk

matter."

The 2017 Point-In-Time count tracked 682 homeless people in Clatsop County. Point-In-Time Count tracks unsheltered individuals on a single night in January, a model put forward by the Department of Housing and Urban Development. PITs are recognized by HUD as providing an underrepresented snapshot of the numbers on homelessness.

Clatsop Community Action, the Astoria non-profit tasked with being the first social service interface with residents currently getting evicted from their encampments, estimated in 2017 that the county has more than 1,000 homeless people at any given time.

Of the two main services providing immediate shelter in Astoria, The Astoria Warming Center, which is only open during inclement weather, reaches capacity at 35 beds; Helping Hands emergency shelter and transitional housing, will offer 60-70 when it opens this month.



PHOTOS: ROGER DORBAND

The Martin ruling used county-wide numbers on homelessness rather than city numbers because the city of Boise is the seat of Ada county. By this precedent, Astoria, as the seat of Clatsop County, must look at county-wide numbers when determining whether there are enough beds or options available to site individuals for sleeping outside.

With around 100 available beds on only the highest availability night, this is a far cry from covering the county's low-estimate of 682 homeless. Dot Olson says she and others believe there are around 130 homeless in Astoria alone.

It remains that regardless of the level of criminality, it is definitively against the law and punishable by fine to camp anywhere in the City of Astoria. The unhoused are still in a position of having severely restricted places to legally be. The consequence of having no place to go, and the message of being in constant violation, even if unenforceable, causes those experiencing homelessness to bounce between locations where they are made to feel unwelcome, are met with anger, and possibly violence.

Spare the compassion

To the extent that it can in Astoria, a recent Facebook post from Pete Gimre, owner of Gimre's Shoes went viral. Upset to have been told by a friend that people who may or may not have been unhoused were again congregating in front of his store, Gimre espoused frustrations with his experiences cleaning up garbage and human waste, and city leader's lack of response.

"Spare with the nauseating verbiage of compassion," he wrote before going on to challenge "homeless advocates and other "compassionate" people" to come help him clean up his store front of cigarette butts and urine.

Several other business owners commented sympathies, having dealt with their own issues cleaning up in front of their own storefronts. However, much of the social media weigh-in was a disturbing snapshot of angry scapegoating directed at an already vulnerable people: those who live in the woods and on the street. A few suggested violence or taking action into one's own hands to keep store fronts clear, including planting spikes or setting off hoses. One poster alluded to planting landmines for loiterers and relying on "plausible deniability" to avoid consequence.

The language became so intense, one commenter implored for people to "put the torches and pitchforks down."

Among dozens of angry commenters shouting about who is homeless and why, a few overarching sentiments emerged. There were accusations of people choosing homelessness, and assertions that Astoria's unhoused are not locals but have been intentionally bussed here from Portland. Some stated they were increasingly afraid on the River Walk and downtown, and directed blame at "compassionate" and "enabling" services for drawing more people to living on the streets of Astoria.

President of the Astoria Planning Commission Sean Fitzpatrick was one such commenter. "The more services that good-hearted people try to provide...the more people they attract to Astoria. There are services available through CCA and Helping Hands for people who... are willing to make an effort to help themselves... It's time to be honest about what really happens when we put out the welcome mat in Astoria for those who choose not to take responsibility for their lives or their actions."

Mary Docherty, who runs Riverfolk, a non-profit helping people get new IDs and birth certificates refutes this claim. "People aren't coming here because we are feeding them a white bread baloney sandwich or to hang out in the great weather." She is referring to another nonprofit, Filling Empty Bellies, which provides lunches 6 days a week at noon in People's Park. Filling Empty Bellies was targeted in a handful of posts on Gimre's page.

Voices of support for people who have to sleep outside did emerge to refute some of these beliefs, including News Joanne Rideout of KMUN. Referring to an interview with Dan Parkison,



PHOTO Kaisa Schlarb

director of the Astoria Warming Center, she explained, "Most homeless people are temporarily homeless and move on relatively quickly once they get back on their feet. Others are more chronic, because of drug problems and mental illness. But there is a big subset of homeless people who have endured medical bankruptcy and have lost everything trying to handle family medical problems."

Rideout's statements are consistent with data from HUD, which estimates that the "chronically homeless" only make up about 20% of the homeless population, whereas most people who experience homelessness only do so for a short period.

"Chronic homelessness" has been defined by HUD as a "homeless individual with a disabling condition who has been continuously homeless for a year or more, or an individual with a disabling condition who has had at least four episodes of homelessness in the past three years."

HUD defines a "disabling condition" as "a diagnosable substance abuse disorder, a serious mental illness, developmental disability, or chronic physical illness or disability, including the co-occurrence of two or more of these conditions." In addition, "a disabling condition limits an individual's ability to work or perform one or more activities of daily living."

A few commenters felt they had proof of the "choice" of homelessness when an October 9th article by the Daily Astorian quoted a single individual who claimed to choose homelessness. The paper also explained that the man was a veteran who suffered from post-traumatic stress disorder and grew up in Astoria; a person who fits the definition of "chronically homeless" and who was not bussed here from out of town.

Docherty calls the notion that the city of Portland is buying people bus tickets to Astoria a myth. "I've helped 300 people get IDs and birth certificates," she says, "Do you know how many of those people were bussed here? Zero."

As for the expressions of feeling unsafe on the River Walk and downtown due to a homeless presence, Deputy Sheriff for Astoria Police Department Eric Halvorsen says physical confrontations by the unhoused are the exception rather than the rule. "Its behavioral issues more than violence—disorderly conduct, public drunkenness and theft," he explains. Halvorsen says it's more likely that people who sleep outside would need to respond defensively for their own safety, rather than harming others.

Sleeping outside is dangerous business. The National Coalition for The Homeless, a national network of advocates, reports that hate crimes against people experiencing homelessness are on the rise, noting some correlation with a the criminalization of homelessness and violence against homeless people. There is no legal recognition for a hate crime on the basis of homelessness, nonetheless, the organization reported 199 attacks on people experiencing homelessness in 2014-2015, and acknowledge the number is underrepresented. Of those reported victims, 53 lost their lives.

"Where are the ideas?"

Dot Olson believes there are plenty of resources and great ideas to address homelessness. "There are vacant lots that are safe," she says, referring to the possibility of a legally sanctioned camp. "It would be nice if we had a rest stop here in Astoria, and if we could lift the overnight camping ban in parking lots, like at Walmart. I don't want to hear about how it's too hard. Homelessness is

pretty damn hard, let's not make it worse."

Whispers of sanctioned camping have been floating for a while in the community. In each "Street Spotlight," a HIPFISH series attempting to bring forward voices from the street community, each participant has called for legal camping as a desired remedy to the quandary of "where to be." A place to rest without fear of being asked to move along, to participate in the unavoidable conditions of being human with less risk of public shaming.

Martin V. City of Boise supports its ruling with an observation from Pottinger v. City of Miami which states, "As long as the homeless plaintiffs do not have a single place where they can lawfully be, the challenged ordinances, as applied to them, effectively punish them for something for which they may not be convicted under the [E]ighth [A]mendment — sleeping, eating and other innocent conduct."

A number of responses to Pete Gimre's Facebook post were people who simply agreed they didn't want to clean up garbage and human waste in front of their businesses. Frustration was expressed and virtual hands were thrown up in the air over an issue many could not see a solution for.

City Councilor Cindy Price chimed in that the city has taken all of the legal steps it could and someone else responded, "maybe you need to take some more legal steps?"

Indeed the city has done what it can with weak camping ordinances amounting to an infraction, fines the unhoused cannot pay, and now sweeping the forest camps is a more destabilizing legal step. However, it is not the city's only option. The revised code on camping 5.910 reads, "The city of Astoria Police Department may issue permits for camping where it deems that such activity will not be detrimental to the public health, safety and welfare or injurious to surrounding properties."

BOOK RELEASE SHOW

Robert Michael Pyle

Friday, Nov 16 at KALA 7:30pm

DRAFT AFTER DRAFT, ten in all, over a span of 42 years and fitting it in between all the nonfiction books, Robert Michael Pyle states of his first novel and twenty second published work, "I consider it my long apprenticeship in the art of fiction."

For a live, animated sense of Pyle's naturalist mystery, he'll be reading excerpts on Friday, November 30 at KALA. There is no better reader than Pyle of his own works—his fascination and passion that drive his scholarly prowess show up. And no one can better spice up the mating of two insects, in fact maybe even making human sexuality pale in comparison.

Says author Molly Gloss, "Fans of Robert Michael Pyle's non-fiction will not be surprised to find his first novel abounding in details of the natural world—lovingly described plant and animal and insect life across the changing of the seasons on a remote Colorado mountain. What they may not expect is the bold imagination he brings to these pages—an amnesiac who might be the reincarnation of Mary Magdalene, a pantheist colony of monks in cahoots with feminist antinuclear activists, a Yale graduate student on the trail of a mysterious hitchhiking lepidopterist! Magdalena Mountain is thoroughly original, and thoroughly Robert Michael Pyle."

As a boy, says Pyle, he had fallen in love with an all-black butterfly called the Magdalena Alpine, which haunted the high mountain rockslides in western Colorado where his family had a cabin. He thought he would write a juvenile book, much like one called, *Wings in the Meadow*, by friend and butterfly educator Jo Brewer, but about Magdalena and its dramatic habitat. He quickly got bored with this as it didn't give him the scope to explore the creature and its life as deeply as he wished. He wanted to write about people too and how they and the black butterfly affected each other.

In an interview with Bill Hamm for Coast Weekend, Pyle says, the challenge was becoming a fiction writer, "Early drafts were pretty wooden, characters were pretty flat, dialogue was pretty forced." As a practiced writer of nonfiction and facts, it was a process of learning to trust the muse.

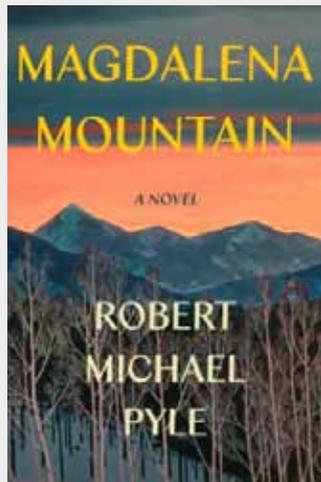
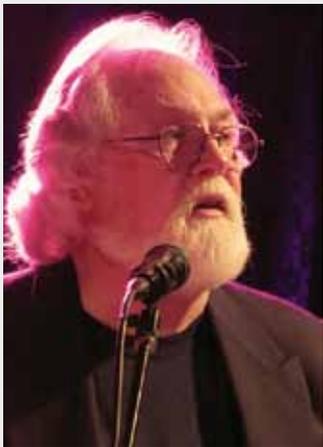
Set in the 70's when he began writing it, Pyle decided to stay with the setting. Nice. We don't have to read about the characters social media habits. With the amalgam of colorful characters conjoining, one is reminded of the charm of Maupin's *Tales of the City*, except this of course is tales of the mountain.

And there is some upstaging of the Magdalena by some pretty serious roaches that character James Mead falls in love with.

Of the numerous praise for Magdalena Mountain, The Chinook Observer says it best, "This novel is a fast-paced light-hearted frolic, equal parts nature study, biological inquiry, mystery of identities, and eco-feminist manifesto . . . Humor and wit bubble up throughout, aided by the vast range of Bob's knowledge of literature and biology."

Next on Pyle's list, an album of spoken word and music in collaboration with Nirvana bassist Krist Novoselic.

NOV 16, 7:30pm. Doors open at 7pm. \$8. Complimentary Appetizers and book signings follow reading. KALA is located at 1017 Marine Dr. in Astoria



Clemens Starck Book Release

Cathedrals and Parking Lots

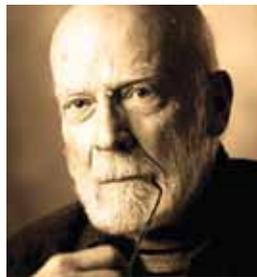
MOUNTAIN WRITERS SERIES & Tolovana Arts Colony present an evening of poetry and music to celebrate the launch of a new book by Clemens Starck, "Cathedrals and Parking Lots." Clem will be musically accompanied by fellow Fisherpoets Jon Broderick & Jay Speakman.

In his early twenties, Starck dropped out of Princeton and decided to take responsibility for his own education — to read deeply, travel widely, and write poems with the precision and plainspoken-ness of the Chinese masters. Over the decades, he also kept his mind clear by making a living with his hands.

Cathedrals & Parking Lots represents the work of a lifetime — poems of memorable clarity and substance based on actual experiences, whether standing lookout on the bow of a freighter, dismantling houses for a living, building a freeway overpass, or traveling to Russia and studying the language. Composed in the cadences of everyday speech, Starck's poems have the functional beauty of a Shaker chair — every word, every line, very image belongs.

"Clemens Starck is an essential plainspoken poet of work." — Dana Jennings, New York Times

The reading begins at 7pm, on Thursday, Nov. 16th and is free to attend. 3779 S. Hemlock in Cannon Beach



Robert Paulmenn and Noel Thomas

Iconic North Coast Scenes

Judith Altruda at RiverSea



R Paulmenn-Astoria Bistro Self Serve

TWO SOLO exhibitions at RiverSea Gallery present work by noted regional artists. Robert Paulmenn and Noel Thomas bring iconic north coast scenes to life through paintings and drawings. Both shows open Saturday, November 10 with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm. Meet the artists and enjoy music performed by Phyllis Taylor on cello, along with catered refreshments. Artwork will remain on view through December 4, 2018.



Noel Thomas-Chair with Boat

In Places We Go: Inside and Out, Astoria artist Robert Paulmenn explores favorite haunts around Astoria in oil paintings and drawings, documenting places that hold on to the character of the past and some that point to the future. In this new collection, the artist offers a range of work that explores our relationships with ourselves and others, in our favorite places to congregate. Along the way he delves into his fascination with the human figure as a means for expression of personality, and demonstrates his skill at using palette to convey mood in interior or landscape.

IN THE ALCOVE SPACE, Noel Thomas, one of this region's most distinguished artists, exhibits *Out and Around*, a gathering of watercolors chronicling north coast scenes through oddities in landscape, and what's aging and changing with time and weather. Iconic scenes mix with odd nooks and crannies that the artist is known for depicting. He often revisits a favorite subject in order to paint it again while experimenting with new techniques and materials. Over many years, his style has continued to evolve, to surprise and delight, a testament to constant practice and setting new challenges.

Judith Altruda Trunk Show

NORTH COAST METALSMITH, Judith Altruda will present a jewelry trunk show at RiverSea Gallery featuring sea glass collected during her recent voyage to Italy. An opening reception will be held on Saturday, November 10, from 5:00 to 8:00 during Astoria's Artwalk, a rare opportunity to meet the artist. Each piece is a one-of-a-kind work of art incorporating sea glass, ancient coins or gemstones, and created with metal working techniques that are as unusual as the materials used. The collection will remain on display through December 31, 2018.



Etched cuff with Zeus

Altruda became attracted to sea glass as a child, collecting it from California beaches. Today she works from her home studio in remote Tokeland, Washington and takes yearly trips to source the glass from far flung locations. This summer she embarked on a journey of the heart, seeking her family roots in Italy and collecting sea glass along the way. Her first stop was in Vasto, home to her grandfather's villa along the Adriatic coast. She continued on to the storied isles of Elba and Capri, combing beaches for small bits of worn glass studded amongst the rocky shores.

Collectors of Altruda's work appreciate her passion for materials with a past, devotion to hands-on metalsmithing, and her masterful design skills that turn each piece into an artful treasure to be worn. Her style is informed by the intersection of alluring old objects with ancient technologies for working with silver, copper and gold. Beyond its beauty and rarity, the sea glass Altruda has gathered is treasured for its connection to history, culture and ancestry. Coins from ancient Mediterranean civilizations are another interest of the artist, and many are featured in this collection. These worn treasures with their hidden stories become focal points in her jewelry. Altruda uses complex metalsmithing techniques such as reticulation and etching to add texture and a suggestion of historic pattern and timeworn patina to her work.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Mon through Sat, 11 - 5:30 and Sunday, 11 - 4pm. 503-325-1270 or visit the website at riverseagallery.com

November Calendar

Wednesday 7

MUSIC

John Calvin Abney & M Lockwood Porter. No cover, 7pm at the Adrift Hotel in Long Beach.

Steve Frost. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Thursday 8

MUSIC

John Calvin Abney & M Lockwood Porter. No cover, 7pm at the Adrift Hotel in Long Beach.

ART

Bridge – Oregon Fiber Artists. Reception 6 – 8pm at the Royal Nebeker Gallery at CCC in Astoria.

CINEMA

Early Man. Free, 6pm at the Manzanita Library.

THEATER

Better Late. A romantic comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 9

MUSIC

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

Massy Ferguson Duo. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

WOW! Cannon Beach. Events, classes and discounts throughout Cannon Beach. [facebook.com/wowcannonbeach/](https://www.facebook.com/wowcannonbeach/)

Holiday Bazaar. Noon – 7pm at the Tillamook County Fairgrounds in Tillamook.

OUTSIDE

Wild Mushroom Hike. Join an Oregon State Park Ranger for a guided hike for wild mushrooms at Fort Stevens State Park. The hike will focus on the varieties of wild mushroom that grow in the area. 1 – 3pm. Meet at Battery Russell.

THEATER

The Importance of Being Earnest. Comedy. 7pm at the Astoria High School Auditorium.

It's a Wonderful Life. Readers Theater. 7pm at the NCRD Performing Arts Center in Nehalem.

Better Late. A romantic comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 10

MUSIC

RJ Marx Quartet. \$10, 7pm at the Hoffman Center in Manzanita.

Silver Lake 66. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Two Crows Joy. 7pm at WineKraft in Astoria.

Syrinx Effect. No cover, 8pm at the Sou'wester Lodge in Seaview.

Umphy. 8pm at Public Coast Brewing Co in Cannon Beach.

Massy Ferguson Duo. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

Holiday Art Auction and Oyster Fry. Throughout the evening participating Chinook tribal members will be singing, drumming, and dancing in the Chinook tradition. There will be a silent auction featuring local and native artists, as well as Chinook fundraising merchandise and items crafted by tribal members and local artists. We will be serving fresh and delicious local oysters, fried to perfection, and more. \$15, 4 – 7pm at the Columbia Pacific Heritage Museum in Ilwaco.

Community Reception for Doris Bash. In honor of Doris Bash and her impact on fiber arts in the community. 1 – 4pm at the Hoffman Center in Manzanita.

CINEMA

Suicide: The Ripple Effect. 5 – 8pm at Kiawanda Center in Pacific City.

FOOD & DRINK

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

Downtown Fall Wine Walk. \$15 - \$20, wine tastings start at 3pm in downtown Seaside.

HAPPENING

Hometown Tourist Days. Free or reduced admission at 23 different tourist sites in Pacific and Clatsop Counties.

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



DEC
7 & 9

SAVE THE DATE! This year North Coast Chorale will present their Winter concert on Friday, December 7, at 7pm and Sunday, December 9 at 3pm The Chorale has chosen the theme "Sing of Mary" as they celebrate the life of Mary through music.

As a poor unmarried teenager of Jewish lineage, Mary represents the marginalized in our society as she was in her own time. Her exceptional faith in God is what gave her hope, and this is her message to us today, that has been depicted by composers throughout the centuries.

The North Coast Chorale attempts to interpret these words and the mystery of the birth of Christ, through the music of Bach, Schumann, Rachmaninoff,

Rutter, Lauridsen and Cannon Beach composer, Stanly Glarum. From century old songs such as, "Ave Maria" to contemporary tunes as "Mary, Did You Know?" and a traditional Trinidad carol, "The Virgin Mary Had a Baby Boy."

Tickets to the concert can be purchased at the door for \$10, with children under 12 free when accompanied by an adult.

Don't miss this performance at the Performing Arts Center, at 16th & Franklin St. in Astoria, on Friday, Dec. 7th at 7 p.m. and Sunday, Dec. 9th at 3 p.m.

Once in a Blue Moon Gala. Champagne reception, hors d'oeuvres, silent auction, a special two-grand piano duet by Thomas Lauderdale of Pink Martini and Hunter Noack of Classical Music in the Wild, performing Gershwin's beloved "Rhapsody in Blue." \$50 - \$75. 5 – 9pm at the Liberty Theater in Astoria.

Livingstone Room Celebration. Live music, Scottish-inspired food and scotch whiskey. 6 – 9pm in the Livingstone Room at the Gearhart Hotel.

WOW! Cannon Beach. Events, classes and discounts throughout Cannon Beach. [facebook.com/wowcannonbeach/](https://www.facebook.com/wowcannonbeach/)

Crafts, Gifts & Bake Sale. 10am – 4pm at Pine Grove Community House in Manzanita.

Swiss Society Community Rummage and Bazaar. 9am – 3pm at Swiss Hall in Tillamook.

Holiday Bazaar. 10am – 5pm at the Tillamook County Fairgrounds in Tillamook.

LITERARY

Northwest Author Series. Author Ellen Notbohm will read from her first work of fiction, "The River by Starlight." 2 – 3pm at the Cannon Beach Library.

OUTSIDE

Mysterious Mushrooms of Fort Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi. The program is free, but there is a \$5.00 day use parking fee at Coffenbury Lake. 1 – 3pm at Coffenbury Lake at Fort Stevens State Park.

THEATER

It's a Wonderful Life. Readers Theater. 7pm at the NCRD Performing Arts Center in Nehalem.

Better Late. A romantic comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 11

MUSIC

Sontag Shogun. Elec Trio from Brooklyn. With UNSEEM> \$10 at the door. Complimentary Soup & Bread. 6pm at KALA in Astoria.

Midas Digs. CD Release Party, 8pm at Fort George in Astoria.

Christopher Hall & The Comic Quartet. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

Calvin Johnson. Album Release Party. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

HAPPENING

Hometown Tourist Days. Free or reduced admission at 23 different tourist sites in Pacific and Clatsop Counties.

Ecstatic Dance. With Scott Schaeffer. \$5, 11am – 12:45pm at the Sou'wester Lodge | Seaview. RSVP at 360-642-2542

WOW! Cannon Beach. Events, classes and discounts throughout Cannon Beach. [facebook.com/wowcannonbeach/](https://www.facebook.com/wowcannonbeach/)

History Between the Capes. Park Ranger Travis Korbe. will provide an over view of the history of Oceanside to Cape Lookout including Three Arch Rocks and the B-17 crash on Cape Lookout of 1943. 10am – 1pm in the area of Netarts Bay. Sign up for location. netartsbaytoday.org

THEATER

It's a Wonderful Life. LIVE Radio Play. 2pm at the NCRD Performing Arts Center in Nehalem. Tickets at the door. \$15

Monday 12

MUSIC

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

ART

Tipsy Easel Landscape Night. 7 – 9pm at the Manzanita Lighthouse Pub & Grub in Manzanita.

HAPPENING

The Choices We Make. A community forum for youth that addresses modern day challenges. It is accompanied by a stage production and forum. At the Seaside Convention Center.

Tuesday 13

MUSIC

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

HAPPENING

Countywide Housing Study Public Input Meeting. 5:30 – 7:30pm at the Guy Boyington Building in Astoria.

The Choices We Make. A community forum for youth that addresses modern day challenges. It is accompanied by a stage production and forum. The presentation is at 6:00pm and is open to the public. At the Seaside Convention Center.

Wednesday 14

MUSIC

Pete Kartsounes. 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.

→ cont. p19



Violinist Kim Angelis

Commissioned by the Pioneer Presbyterian Church, North Coast violinist Kim Angelis premieres her work, "My Soul Proclaims the Greatness of the Lord," at 4pm on December 2 at the church. 33324 Patriot Way, Warrenton Oregon, Next to Camp Rilea.



The Riverbend Players *It's A Wonderful Life* A LIVE Radio Play This November at NCRD

THE RIVERBEND PLAYERS present, "It's a Wonderful Life" a live radio play by Joe Landry at the North County Recreation District Performing Arts Center. Inspired by the American classic movie, the story comes to life as a live 1940s radio broadcast. With the help of an ensemble cast portraying all of 41 characters, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve.

The reader's theater performance will feature a custom sound effects board, and foley artist enlivening a hand built wind machine, a thunder drum, a slide whistle, and a full size door. John Haker performs this role as well as that of the announcer. Director Tom Cocklin confirms, "the sound is as important as the actors in this show."

The cast includes; Mike Arseneault, Dave Bell, Stephen Clark, Jenny Greenleaf, Kimber Lundy, Linda Makohon, and Jeff Slamal. Cocklin believes that this performance will be one of the Players more memorable shows, "We have such good talent, and three actors are new to

Riverbend and the seven member cast." Assistant Director Vicki Haker thinks that the performance is timed well, "It's about how one person can make a difference."

The show is fully lighted and features periods costumes, and radio studio props. "It's the perfect time and NCRD is the place to do it," says Cocklin, everyone should come and see it." He's thankful for community support of the players and annual sponsors including the *Little Apple Grocery and Deli*, *Bread and Ocean*, and *Cloud and Leaf*, as well as the Tourism Grant Riverbend Players received that provides free tickets to guests at Manzanita hotels.

Advance tickets are available at tickettomato.com for \$12 + nominal fee or \$15 at the door. The performances run November 9, 10, and 17 at 7pm and November 11 and 18 at 2pm. The show is family friendly and runs 90 minutes.

At the North County Recreation District Performing Arts Center at 36155 9th street in Nehalem.

SCROOGED IN ASTORIA Opens Nov 30

ANGELS AND VILLAINS and Heroes! Oh My! Astor Street Opry Company presents its 12th Holiday Musical Melodrama SCROOGED IN ASTORIA!

Written by Judith P. Niland, with original music by Phil Morrill, and directed by Jon Osborn, this fun and colorful show combines the traditional holiday story "Christmas Carol" with ASOC's own characters from SHANGHAIED IN ASTORIA.

The Cast includes: Beth Beauparland, Maddison Beauparland, Lexi Blacksten, Nate Bucholz, Vivian Burnam, Casey Dopp, Paula Fisher, Melora Grenier, Lyla Miller, Jim Osborn, Stephanie Osborn, Aubrey Paz, Frank Rizzi, Linetta Roby, Zachary Sandoval, Shasta Stolle, Nicholas Sturdivant, Julien Thomas and Patricia VonVintage.



SCROOGED IN ASTORIA runs November 30 through December 22nd, 2018, Thursday and Friday nights at 7pm, with 2pm Sunday matinees, December 9th and 16th.

TICKETS AVAILABLE NOW AT asocplay.com.

All performances are at the ASOC Playhouse, 129 W. Bond Street, Uniontown, Astoria. Doors open a half hour before performances, and the box office opens 1 hour before performances. If you purchase tickets online, you may proceed to the door and do not need to visit the box office.

The Wizard of OZ Opening at the Coaster Nov. 16

AH, THE LAND OF OZ. If only we could get there, have our hair curled, grab a brain, some courage and a heart and then hit it back to our hometowns, with all the solutions.

Nevertheless, a trip to fantasyland awaits at the Coaster Theater this Nov-Dec. The theater company puts up the beloved staged musical, based on the classic motion picture with music and lyrics by the original songwriters, Harold Arlen and E.Y. Harburg, and this version adapted by John Kane for the Royal Shakespearean Theater. Andrew Lloyd Weber has produced a version which includes new tunes but, the Oz tunes, etched into our cinematic memory in this rendition promise to soar; "We're off to the See the Wizard," "Ding Dong the Witch is Dead," "Follow the Yellow Brick Road," and of course, the song that has launched a thousand hearts, one thousand fold, "Somewhere over the Rainbow."

Principle Cast:

Dorothy Gale- Emily Dante,
Auntie Em/Glinda- Good Witch- Ellen Jensen,
Uncle Henry-Seth Goldstein, Cowardly Lion-Allison Johnson, Scarecrow-Katherine Lacaze, Tinman-David Sweeney, Almira Gulch/Wicked Witch-Sue Neuer, Wizard of Oz-Ben Faubion, Munchkinland Coroner-Debbie Nelson



Get off to see the wizard in this wonderful holiday gift from the Coaster Theatre. November 16 - December 23. 7:30pm and 3pm performances. go to coastertheatre.com for full schedule and ticket info.

Peninsula Players: Two One-Act Comedies *Black Comedy* and *The Son Also Rises*

THE PENINSULA PLAYERS present Two One-Act Comedies, Nov 9 thru Nov 18. *Black Comedy* is a one-act farce by British playwright Peter Shaffer, first staged in the early 60's, featuring Maggie Smith and Albert Finney in the leading roles. Directed by Andy Tauber, cum Hollywood then Portland, then the Peninsula—a background in professional theatre and TV stagecraft—Tauber fell in love early in his career with *Black Comedy*, and is excited to bring it to the River City Playhouse in Ilwaco.

The play is written to be staged under a reversed lighting scheme: the play opens on a darkened stage. A few minutes into the show there is a short circuit, and the stage is illuminated to reveal the characters in a "black-out." On the few occasions when matches, lighters, or torches are lit, the lights grow dimmer. Henceforth, the title of the play is a pun.

Brindsley Miller, a young sculptor, and his debutante fiancée Carol Melkett have borrowed some expensive,

antique furniture from his neighbor Harold's flat without his permission in order to impress an elderly millionaire art collector coming to view Brindsley's work, and Carol's father Colonel Melkett. When the power fails, Harold returns early, and Brindsley's ex-mistress Clea shows up unexpectedly, things slide into disaster for him. Prepare for fast-paced physical comedy.

The Son Also Rises, by local writer Robert Brake, concerns the life of character Willy Loman, from the Arthur Miller classic, and . . . the after of *Death of a Salesman*, Willy's son, and just whose gonna run the family crime business. Expect more twists and skews in this local short.

Performance Dates: Nov 9-10, 16-17, at 7pm; Nov 11, 18 at 2pm. The River City Playhouse is located at 127 Lake St. SE in Ilwaco. For ticket info: peninsula-players.com

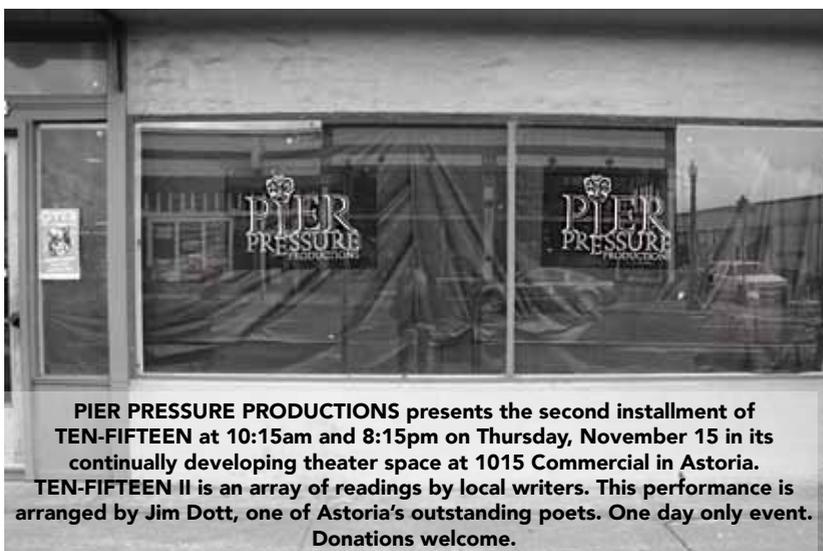


PHOTO: DINAH URELL

PIER PRESSURE PRODUCTIONS presents the second installment of TEN-FIFTEEN at 10:15am and 8:15pm on Thursday, November 15 in its continually developing theater space at 1015 Commercial in Astoria. TEN-FIFTEEN II is an array of readings by local writers. This performance is arranged by Jim Dott, one of Astoria's outstanding poets. One day only event. Donations welcome.

Ten by Ten at McVaish Gallery

THIS NOVEMBER, the McVarish Gallery presents "Ten by Ten" a collection of miniature paintings, sculpture and mixed media by ten artists, local and from across the US and Canada. All pieces will be under 10" x 10" and represent a range of subjects and styles.

Included will be Marjorie Scholl, figurative oil painter from Homer Alaska, Rob Croxford, mixed media painter from Toronto Canada, Peter Kutner,

mixed media painter from Phoenix Arizona, Sam Vaughan, illustrator and stone lithographer from Berkeley California, Melissa Kojima, sculptor from Portland, Jane Terzis, painter and illustrator from the Portland area and local artists, Sid Deluca, Morrison Pierce, Paul Polson and Gianna Fabiano.

An opening reception will be held Saturday November 10 at the McVarish Gallery, 160 Tenth Street, from 5:00- 8:30 PM mcvarishgallery.com



Plantimals sculpture by Melissa Kojima



Up in the Air mm painting by Peter Kutner

Fall Textile Exhibit Robin Montero at CB History Center

THIS YEAR'S exhibit features the solo work of Seaside artist Robin Montero through November. Montero has exhibited her work in several galleries locally, most recently at the Sun Rose Gallery in Seaside. After years "quilting" she discovered felting.

"I discovered felting arts quite by accident while wandering through a fabric store looking for "inspiration" when I met a woman selecting wool roving for a felting class she was attending," says Montero.

Felting from wool is known to be the oldest textile and is produced by matting, condensing and pressing fibers together." Integrating both wet and needle felting to create exquisite wall pieces, sculptures and even lamps, Montero pushes the parameters of what fabrics can do.

The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach. The museum features temporary historic exhibits, a replica longhouse, tide pool, and even the cannon that Cannon Beach is named for. 503-436-9301.



Solholm Tone Son

Mariah Manners at AVA



AVA presents mixed media paintings by local artist Mariah Manners the month of November. A graduate of the Pacific NW College of Art, Manners' new works are old works—recycled, cut up, hand stitched, color-penciled, including pages from drawing notebooks, with a mission to renew art.

"Even though hand stitching can take forever, I love the rhythm and stillness and simplicity of the action of sewing. I love color and pencil, I love patterns, I love garish, I love old cloth napkins."

See the work at the AVA space, at 11th and Duane, November 10, 5-8pm. Also exhibiting, Portland artist Jim Hunter.

Facing You at IMOGEN An Exploration of Portraiture



M. Hanour Silver acrylic 60x48

Shively, all exploring the essence of humanity. This evocative collection moves beyond a surface glance of an individual, inviting the viewer a step closer and to consider the underlying.



R. Clarke Journey 14x11 acrylic on canvas

Perhaps even to oneself through the eyes of others, and what it means to be a part of mankind. Each portrait tells a story. The exhibition opens for Astoria's Second Saturday Artwalk, November 10th with a reception for the artists, 5 – 8 pm, on view November 10th thru December 4th.

IMOGEN presents the fourth annual invitational exhibition exploring humanity through portraiture. This year's exhibition will include the paintings of Reed Clarke, Meghann Hanour and Ruth Shively.



R. Shively Land of The Free mm on canvas

Many artists at some point in their career have placed focus on the human form as subject matter, for some it's a practice of study, for others it's a means to participate with humanity on a more intimate level. Artists Reed Clarke, Meghann Hanour and Ruth Shively fall into that category. Portraiture becomes a vehicle utilized to explore deeper reflection of who we are, what we convey without speaking, simply by stance, expression or direction of gaze. These artists, all incredibly skilled with chosen medium, bring suggestion of story and history through portrayal of individuals.

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

In Gratitude at LightBox

LIGHTBOX PHOTOGRAPHIC will host the artists' opening reception for In Gratitude on Saturday, November 10 from 5-8 pm. In Gratitude was juried by Laura Valenti and shares photographic images with a positive outlook – on exhibit thru Dec 5.

"As artists, we have the privilege of being able to create the world we'd like to live in - at least in our images. What if we consciously created a world filled with love, connection, beauty, and hope - a world where we celebrate the little things that bring us joy? What if we made images with the express intention to help others see beyond the horror in the news cycle and the stress of daily life? What if we considered our photography a gratitude practice?" ~ Laura Valenti

Laura Valenti is the founder of Light Atlas Creative, www.lightatlascreative.com, an online platform for transformative photography education. She teaches interactive e-courses, supports emerging photographers in her creative mentoring program, speaks to photo groups and curates exhibitions for galleries and photo festivals around the world. At the core, her work is about helping her students find their true voice as artists, so they can make their most personal, meaningful, and wholehearted work.

LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday – Saturday, 11 - 5:30.



Luminari Arts

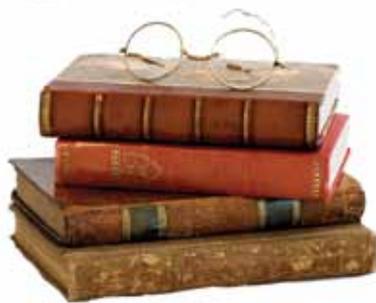
Wooden topographical maps by the Woodchart Company are the featured exhibit at Luminari Arts the month of November. Each map shows the depths of the water with laser cut wood, and is framed with museum glass. See the Mouth of the Columbia, the San Juan Islands, Oregon coast, Puget Sound and the Inside Passage. Featured musical guest for the November 10 Art Walk is Mike Metzner and surprise guest.

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

MOOK BOOK FAIR RETURNS

The Tillamook County Pioneer Museum is holding their second annual "Mook Book Fair" on Saturday, November 17, 2018 from 10am to 2pm in the Museum's Main and Northwest Galleries. "We've invited even more local authors this year," said the Museum's Carla Albright. "As well as regional favorites Grant McOmie and Adam Sawyer who'll be bringing their books to sign and sell. We have also made arrangements for author readings during the 10 to 2 time period."

Invited back are local authors from last year Sally Rissel and Diane Colcord, Rebecca Harrison, Joe Blakely, Anne Sweazy-Kulju, Julius Jortner, Jerry Sutherland, Deborah Lincoln, Neal Lemery, Jessica and Tami Waldron, Alexandra Mason,



Elki Powers, Athena, Adam Sawyer, Doug Fir, Mikayla Ebel, and Joan Cutuly. New to the Book Fair this year will be Robert Russell,

Lana Hechtman Ayers, Patty Brown, Mark Smith, Brian Cameron, and Peter Byrne.

Also this year will be included the Pioneer Museum's Historian Jennifer Thiele who has written biographies on John Joseph Englehart and Sister Lucia Wiley. From mysteries, graphic novels and poetry to travel, historical fiction and coffee-table books, you'll find a genre to please everyone on your xmas list. Admission to the Museum is free that day. For more information, visit the Museum's webpage at www.tcpm.org or call 503.842.4553.

Historical Company Towns Of Clatsop County Author Jim Aalberg At Seaside Library



THE FRIENDS of the Seaside Library host author Jim Aalberg on November 17, as he speaks about his book "Historical Company Towns of Clatsop County." The event will take place in the Community Room at 1pm, followed by book sales and signings.

The history of Clatsop County and many of its towns can't be told without the blood, sweat, and sawdust of the Oregon logger. Likewise, the mill

towns that the industry spawned have formed the backbone of our county. Jim Aalberg's book focuses on the sawmills at Wauna, Westport, and Bradwood that were an integral part of the logging business. The industry flourished and provided jobs for hundreds of families as well as fueling the local economy of the county. Aalberg writes that the folks who played such a large part of our history were fueled by "a work ethic that American towns and cities could only hope to aspire to today." The meticulous research for the book was done through newspaper archives, libraries, trade publications, and interviews with people associated with the history of the towns.

Jim Aalberg is an amateur historian and writer. He is a fourth generation Oregonian and direct descendant of Captain John West, founder of Westport.

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

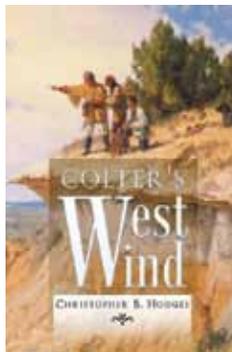
In Their Footsteps: John Colter Servant of the Corps

LEWIS AND CLARK/Fort Clatsop presents the next In Their Footsteps free speaker series event. John Colter, Servant of the Corps by Christopher Hodges Sunday, November 18, at 1pm in the Netul River Room.

Private John Colter was a principle hunter and guide for the Lewis and Clark Corps of Discovery. His duties required him to hunt alone and search for the best trails through the west. He was the only soldier in the permanent party to leave the expedition before its conclusion, and he returned to the west five more times. As an authority on the passages to the northwest, he contributed to the founding of Astoria.

Christopher B. Hodges is an historical fiction author with a great curiosity regarding how common people become historical figures.

Hodges' insights into economic, political and social realities derive from his Ph.D. in applied economics and his experiences in business, government, and the clash of cultures. His writing leads readers to contemplate their own lives and their time and place in history. His 2017 novel, Colter's West Wind, will be available for purchase at this event which will include a book-signing after the talk on John Colter's life.



Manzanita Writers' Series 10 Year Celebration ... CAKE! Nov 17

THE MANZANITA WRITERS' SERIES is celebrating ten years of programming in 2018. On November 17, 2018, at 7pm at the Hoffman Center for the Arts, MWS will host a special evening, celebrating all the local writers and those with a strong connection to the Oregon coast, who have published something since it's start in 2008. That could be a short story or article in a literary magazine, a piece in the Word & Image book, or your own book, whether self-published or published by a small or large publishing house.

The evening will include a slide show with images from the ten years of events.

There will be readings about favorite memories and the impact the Writers Series and spin-off writing opportunities like Writing Workshops, Writing Lounge, the Squid Literary magazine, online courses, and Word & Image have had. Writers are invited to submit 900 words on the topic to wilddauer@gmail.com. Nine pieces will be selected for the evening's reading and all will be published on the Hoffman's web site.

And there will be cake, of course.

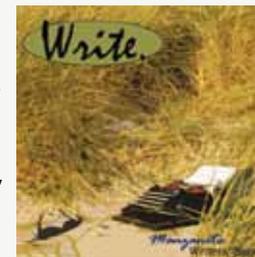
"It's not a small thing to see your name in the table of contents of a publication." --Local community member, Carl Whiting, as he read a piece he got published in the 6th edition of the Squid Literary Journal

Cloud & Leaf will be on hand to sell published books. Authors are welcome to sell their own books at the event (those they have published in the last ten years), or to coordinate with Jody at Cloud & Leaf for sales at the event and ongoing in her store.

Celebrate with your community on November 17, 2018.

For questions, contact Kathie Hightower at kathiejhightower@gmail.com.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts. Further information is available at hoffmanblog.org



RAIN Magazine Open for Submissions

RAIN Magazine welcomes submissions Thursday, Nov. 1, through Friday, Feb. 1, for the 2019 edition. Rain welcomes submissions from the public as well as Clatsop Community College students and area high school students.

All general submissions of art, fiction, poetry and non-fiction will be considered.

Instead of a theme for this year's issue, the magazine's 50th, Rain would like to collect anecdotes from those who have worked on the magazine and have been published in the magazine for a special section celebrating the magazine's long history on the North Coast. Former staff members are especially encouraged to share their experiences or get in touch to be interviewed.

Submit no more than three items total, including poems, photographs, high-quality (at least 300 dpi) digital images of original artwork, and prose less than 5,000 words in length. Please make sure to label your work by its appropriate genre (poetry, fiction, non-fiction) in a cover letter or on the manuscript.

The ability to print color is limited, so artists submitting color images should indicate if the image may appear in black and white. Include name, address, phone number, email, title, medium, and a two-to-three-line biography with all entries.

Email submissions are greatly preferred. RTF or Docx is the preferred format for written work. TIFF or JPG files (at least 300 dpi) are preferred for artwork. Email to rainmagazine@clatsopcc.edu. Include your full name along with genres and titles of submissions in the subject line of your email message. Submissions without proper contact information will not be considered.

You can also mail submissions to Rain Magazine, Clatsop Community College, 1651 Lexington Ave., Astoria, OR, 97103.

PHILOSOFARIAN Imagine Impossible Things?

How Is It Possible to Imagine Impossible Things? – All of us dream about what is not yet, and what we hope will come to be. But what about things that are utterly impossible, like physics of an M.C. Escher drawing, or a snake that disappears by consuming it's tail? How does a person even begin imagining something that cannot possibly be? Are the things imagined delusions or discoveries? Can we really ever know something is completely and fundamentally impossible? And, finally, can imagining these impossible worlds do anything practically to make the world we live in a better place? Join us for a talk and discussion on these questions and others. Speaker – Seth Tichenor



Thursday, NOV 29 at 7pm at Fort George in Astoria. FREE.

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 McAuley <mmauley05@gmail.com>

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.

LITERARY

Literary Tea with Donna Bechtold. Enjoy Tea & Scones with a book discussion, Q & A, author signing and an opportunity to meet Donna Bechtold, author of Colors of Prayer. \$5, 3:30 – 4:30pm at La Tea Da Tea Room in Tillamook.

Thursday 15

MUSIC

Celtic Concert Series. Kevin Carr. \$25, 7pm at the Lincoln City Cultural Center.

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

FOOD & DRINK

Beaujouis Harvest Party. French inspired food, fabulous live music, delectable desserts and Beaujouis. \$30, 5 – 9pm at Dough Dough in Seaside.

THEATER

TEN-FIFTEEN. At 10:15am and 8:15pm, an array of readings by local writers at the developing Pier Pressure Productions theater venue in Astoria. Donations welcome. 1015 Commercial in Astoria.

Friday 16

MUSIC

Eric John Kaiser. 7pm at Public Coast Brewing Co in Cannon Beach.

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

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

CINEMA

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

HAPPENING

Holiday Bazaar and Bake Sale. 9am – 4pm at the Clatsop Care Womens' Auxilliary, Astoria.

LITERARY

Robert Michael Pyle. Book Release Show, Magdalena Mountain. Reading and book signing, complimentary appetizer social. No Host Bar. \$8. 7:30pm, doors open at 7pm. At KALA in Astoria.

Clem Starck Book Celebration. Celebrate the release of Clem Starck's new book, "Cathedrals and Parking Lots." Clem's reading will be musically accompanied by his Fisherpoet pals Jon Broderick & Jay Speakman. Free, 7pm, at Tolovana Hall in Cannon Beach

THEATER

It's a Wonderful Life. LIVE Radio Play. \$15 at the door. 7pm at the NCRD Performing Arts Center in Nehalem.

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 17

MUSIC

SKASTORIA. Joey Altruda's 7-piece band performs a tribute to the Skatalites. 8pm. doors 7:30. Tickets \$15 on libertyastoria.org. At KALA in Astoria.

Baptist Arms and Ben von Wildenhaus. No cover, 8pm at the Sou'wester Lodge in Seaview.

Nate Botsford. 8pm at Public Coast Brewing Co in Cannon Beach.

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

FOOD & DRINK

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

HAPPENING

Clatsop County 4-H Small Animal Round Up. 8am – 4pm at the Clatsop County Fairgrounds, Astoria.

Dog Recreational Agility CGC Event. 8am – 4pm at the Clatsop County Fairgrounds, Astoria.

LITERARY

Author Presentation. Historical Company Towns of Clatsop County. With author Jim Aaberg. There will also be book sales and signings. 1pm at the Seaside Library.

The Manzanita Writers' Series 10 Year Celebration. Celebrating local published writers, with readings, slideshow and cake. 7pm, at the Hoffman Center for the Arts in Manzanita.

HAPPENING

Holiday Bazaar and Bake Sale. 9am – 4pm at the Clatsop Care Womens' Auxilliary, Astoria.

THEATER

It's a Wonderful Life. Readers Theater. 7pm at the NCRD Performing Arts Center in Nehalem.

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 18

MUSIC

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

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

FOOD & DRINK

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

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

LECTURE

In Their Footsteps Lecture Series. John Colter, Servant of the Corps. With Christopher Hodges. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

THEATER

It's a Wonderful Life. Readers Theater. 2pm at the NCRD Performing Arts Center in Nehalem.

Monday 19

MUSIC

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

Tuesday 20

MUSIC

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

LECTURE

Citizens and Immigration. Presented by AAUW. With Nancy Anderson Quinn Andrus 6 – 7pm at the Flag Room, Astor Library. Astoria

Wednesday 21

MUSIC

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

Ivan Ramirez. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Thursday 22

MUSIC

Gratitunes Music Fest. A sing-along, song-along and talent show hosted by Ivy Ross Ricci. Free, 8 – 10pm at the Sou'wester Lodge in Seaview.

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

OUTSIDE

Turkey Trot 5K Run/Walk. \$10 per person, includes t-shirt. Race starts at 9am from Quatut Park in Seaside. Register at sunsetempire.com

Friday 23

MUSIC

Gratitunes Music Fest. Louis Ledford and Michael Hurley. Free, 7pm at the Sou'wester Lodge in Seaview.

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

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

ART

Peninsula Arts Association Studio Tour. 10am – 4pm at multiple locations on the Long Beach Peninsula. Go to beachartist.org for printable map.

HAPPENING

Holidays at the Beach. The Polar Express movie, coloring contest, Pajama Party, and Christmas Village. Events held in Long Beach. FML, go to holidaylongbeach.com

Red Dress Black Friday. Lower Columbia Q Center Fundraiser.

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

Seaside Parade of Lights. The Parade begins at 7pm on Necanicum Drive at 1st Avenue in Seaside and moves on to Broadway to the musical tree of dancing lights, set in the pocket park at the west end of the Carousel Mall.

Manzanita Kids Fair. Local organizations and non-profits will have tables with special hands-on arts and crafts projects for kids to make. Enjoy light refreshments, music, live broadcast from Manzanita Radio, and a visit from Santa and Mrs. Claus. 5 – 8pm at Pine Grove Community House in Manzanita.

Open House & Gift Shop Sale. Free admission with donation of a non-perishable food item. 10am – 4pm at the Garibaldi Museum.

THEATER

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 24

MUSIC

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

Gratitunes Music Fest. Kids show with Rick & Kristin Olson-Huddle at 1:30pm. The Thanks-A-Lot Honky Tonk Concern and Shana Falana starting at 8pm. Free, at the Sou'wester Lodge in Seaview.

Hey-Ho Trio. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Umphy. 8pm at Public Coast Brewing Co in Cannon Beach.

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

ART

Peninsula Arts Association Studio Tour. 10am – 4pm at multiple locations on the Long Beach Peninsula. Go to beachartist.org for printable map.

Tillamook Downtown District Artwalk. 1- 3pm in downtown Tillamook. Artaccelerated.org

R.J. MARX QUARTET



2018 sees the blossoming of the R.J. Marx Quartet with a CD release and performances at venues throughout the Pacific Northwest. They hold a monthly perch First Fridays at Astoria's waterfront wine bar WineKraft, where they share their tribute to the great jazz masters.

Tenor saxophonist R.J. Marx, guitarist John Orr, drummer Dave Gager and bass player Joe Church deliver music described as buoyant, danceable, festive, lively and swingin'. The band is noted for its tight swing arrangements inspired by Sonny Rollins, Charlie Parker, Wes Montgomery and many more.

Their first recording was released earlier this year on the Bent Rabbit label. Check it all out the RJ Marx Quartet fan page on Facebook.

At the Hoffman Center, Sat Nov 10, 7pm. \$10 in Manzanita



DEB MONTGOMERY

Rock on with singer/songwriter and guitarist Deb Montgomery and her band. The Seattle artist makes visits to the coast on occasion – usually solo. She's a got new album out ALL THE WATER, loaded with heavy drums, and dramatic string arrangements. Check out this powerful performer.

Sunday, Nov 25, 7:30pm at Seaside Brewing Co. 851 Broadway

FOOD & DRINK

Breakfast with Santa. \$18 for adults, \$13 for kids. 9am at the Sand Trap Pub in Gearhart.

Wine Tasting. Wines for Holiday Entertaining. Tea and gingerbread, live music, raffle 1 – 4pm at the Cellar on 10th in Astoria.

Gingerbread Tea at Butterfield Cottage. \$5 for adults, \$3 for children, 1 – 4pm at the Seaside Museum.

Christmas Tea. December (Christmas Theme) Menu and Special Christmas Treat. Prize drawings, live music. 11am – 3pm at La Tea Da Tea Room in Tillamook.

HAPPENING

Holidays at the Beach. Wreath Silent Auction, Santa's Workshop Crafts, Christmas tree lighting, and much more. Events held in Long Beach. FML, go to holidaylongbeach.com

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

Open House & Gift Shop Sale. Free admission with donation of a non-perishable food item. 10am – 4pm at the Garibaldi Museum.

Santa Sale. Shop a variety of vendors, selling handmade jewelry, textiles, candles, holiday décor and more. 10am – 4pm at the Lincoln City Cultural Center.

OUTSIDE

Mysterious Mushrooms of Fort Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi. The program is free, but there is a \$5.00 day use parking fee at Coffenbury Lake. 1 – 3pm at Coffenbury Lake at Fort Stevens State Park.

THEATER

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 25

MUSIC

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

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

HAPPENING

Holidays at the Beach. Beach Ballet, Christmas Mermaid photos and more. Events held in Long Beach. FML, go to holidaylongbeach.com

Open House & Gift Shop Sale. Free admission with donation of a non-perishable food item. 10am – 4pm at the Garibaldi Museum.

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

OUTSIDE

Wild Mushroom Hike. Join an Oregon State Park Ranger for a guided hike for wild mushrooms at Fort Stevens State Park. The hike will focus on the varieties of wild mushroom that grow in the area. 1 – 3pm. Meet at Battery Russell.

THEATER

The Wizard of Oz. Musical. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 26

MUSIC

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

Tuesday 27

MUSIC

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

cont. p20

NEVER COME DOWN is a new project based out of Portland. Made up of Northwest bluegrass instrumentalists as well as songwriters. The 7-Piece is lead by guitarist and songwriter Joe Suskind. Never Come Down combines Bluegrass and Americana in a way that has been leaving audiences wanting more!

Friday, Nov 30 at the Sandtrap at the Gearhart Hotel 7-10pm No cover, Kids Welcome.



Wednesday 28

MUSIC

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

HAPPENING

Cape Falcon Management Plan Discussion. ODFW is seeking input from the public with respect to Cape Falcon. Thursday 29 This input will be used to develop management strategies that will be carried out by ODFW for supporting scientific monitoring, providing information to the public, engaging communities, and supporting compliance and enforcement. 6 – 8:30pm at the Garibaldi City Hall.

MUSIC

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

Friday 30

MUSIC

Larkin Stentz in Concert. Solo concert by flute player, and multi-instrumentalist at KALA in Astoria. 7:30pm. See tickets libertyastoria.org

Cannon Beach Chorus. Caroling, Caroling! \$10, 7pm at Cannon Beach Community Church.

Never Come Down. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

THEATER

Scrooged in Astoria. A Holiday Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 1

MUSIC

Cannon Beach Chorus. Caroling, Caroling! \$10, 3pm at Nehalem Bay United Methodist Church.

Britnee Kellogg. 8pm at Public Coast Brewing Co in Cannon Beach.

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

ART

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

Winter Bazaar. The work of local artists and makers will be for sale from 11am – 5pm in the barn at HiiH Lights, Astoria.

FOOD & DRINK

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

Gingerbread Tea at Butterfield Cottage. \$5 for adults, \$3 for children, 1 – 4pm at the Seaside Museum.

Cannon Beach Library Holiday Tea. 1 – 4pm at the Cannon Beach Library.

Christmas Tea. December (Christmas Theme) Menu and Special Christmas Treat. Prize drawings, live music. 11am – 3pm at La Tea Da Tea Room in Tillamook.

Tillamook County Search and Rescue Fundraiser Dinner. Dinner + Silent Auction. 6 – 9pm at the Tillamook County Fairgrounds.

HAPPENING

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

The Nutcracker. Performed by the Little Ballet Theater. \$21 - \$31, 2pm or 7:30pm at the Astoria High School Auditorium.

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

Contra Dance with Live Music. \$5 - \$10, 7 – 10pm at the AAMC in Astoria.

Providence Festival of Trees. Community Open House & Candy Cane Lane Free to the public, 10:30am – 2pm. Gala Dinner and Auction, \$100 per guest, 5:30pm. At the Seaside Convention Center.

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

Holiday Farmers Market & Grange Luncheon. 10am – 3pm at White Clover Grange, Nehalem.

Winter Craft Fair. 10am – 4pm at the Connie Hansen Garden Conservancy in Lincoln City.

THEATER

Scrooged in Astoria. A Holiday Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

The Wizard of Oz. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 2

MUSIC

Holiday Show w/ Rebecca Kilgore. Water Music Society presents its annual Christmas show with celebrated NW vocalist Rebecca Kilgore - 2pm, followed by a musical feast 3pm. Tickets \$10. At the Inn at Harbour Village in Ilwaco. Get tickets online at watermusicfestival.com

Violinist Kim Angelis. She will perform a debut of her composition, "My Soul Proclaims the Greatness of the Lord." 4pm at the Pioneer Presbyterian Church in Warrenton.

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

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

HAPPENING

The Nutcracker. Performed by the Little Ballet Theater. \$21 - \$31, 2pm at the Astoria High School Auditorium. Monday 3

MUSIC

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

HAPPENING

Open Mic & Community Dinner. Soup & Salad dinner by donation. 6 – 8pm at Fairview Grange Hall in Tillamook.

FLASH CUTS

MOVIES & MUSINGS

Previews

FILM.



THE GIRL IN THE SPIDER'S WEB: A NEW DRAGON TATTOO STORY (NOV. 9)

Claire Foy plays Lisbeth Salander in this film adaptation of the fourth novel in Stiel Larsson's Millennium series. Filmmakers have taken the bisexual computer hacker into the James Bond/ superhero direction with high tech, car chases and heavy action. Film opens with a flashback to Salander's childhood, where she and her sister Camilla are menaced by their pedophile father. Lisbeth escapes. Camilla is not so lucky. In previous iterations of the character, Salander dispensed justice to men who abused women as a sideline, but here she's become the avenging angel for abused women everywhere. Ex-NSA employee approaches Salander to hack into an NSA database to remove a program he wrote that is able to access the world's nuclear weapons codes. Salander does so, but falls under the eye of the Swedish Secret Service. The Russians steal the launch codes. Salander is in close pursuit only to come face to face with her long-lost sister, Camilla who has turned to the dark side.

OVERLORD (NOV. 9)

J.J. Abrams' Bad Robot produces this WWII action /horror about American soldiers who fight not only Nazis but monsters they've created through scientific experiments. Jovan Adepo plays Private Boyce, a paratrooper whose unit is dropped into France before D-Day to take out a radio tower. After their plane is shot up, Boyce's unit loses most of their men. After landing, they meet a French girl, Chloe, who shelters them in her home. The Nazi officer in charge of village has forced her into a sexual arrangement. In the church basement, Boyce and his unit discover the awful truth – the Nazis have been experimenting on the local townspeople and have created a serum that can reanimate the dead.

FANTASTIC BEASTS: THE CRIMES OF GRINDELWARD (NOV. 16)

The second installment in the Fantastic Beasts franchise of J.K. Rowling's wizarding series arrives with stars Eddie Redmayne and Katherine Waterston, and Jude Law and Johnny Depp supporting. Synopsis: In an effort to thwart Grindelwald's plans of raising pure-blood wizards to rule over all non-magical beings, Albus Dumbledore enlists his former student Newt Scamander, who agrees

to help, unaware of the dangers that lie ahead. Lines are drawn as love and loyalty are tested, even among the truest friends and family, in an increasingly divided world.

WIDOWS (NOV. 16)

12 Years A Slave director Steve McQueen returns with a female-centric heist film, but one loaded with sexual, sociological and political points to make. After establishing Veronica (Viola Davis), Linda (Michelle Rodriguez), Alice (Elizabeth Debicki) and Belle (Cynthia Erivo), all are thrown for a loop when their men are all killed in an attempted robbery. Before the shock even subsides, Veronica is informed by mob boss Jamal that her husband stole \$2M from him. If Veronica does not make good on her late husband's debt, Jamal's hyperviolent goon Jatemme (Daniel Kaluuya) will make sure she joins him. But Veronica's husband Harry (Liam Neeson) has thrown her a lifeline from the grave. A notebook of his contains plans



for a robbery he had yet to commit. Veronica gathers her fellow crime widows, whose personal straight are only slightly less desperate than her own to pull the heist. Unlike 99% of heist movies where the robbery is

at least partially done for sheer cleverness, McQueen keeps this heist firmly grounded in reality.

CREED II (NOV. 21)

Michael B. Jordan and Sylvester Stallone return to the Rocky series with this story of revenge and coming to terms with the past. Synopsis: In 1985, Russian boxer Ivan Drago killed former U.S. champion Apollo Creed in a tragic match that stunned the world. Against the wishes of trainer Rocky Balboa, Apollo's son and current champ Adonis Creed accepts a challenge from Drago's son -- another dangerous fighter. Under guidance from Rocky, Adonis trains for the showdown of his life -- a date with destiny that soon becomes his obsession. Now, Creed and Balboa must confront their



shared legacy as the past comes back to haunt each man.

GREEN BOOK (NOV. 21)

Comedy director Pater Farrelly directs an interesting mashup of '60s civil rights drama and odd couple humor in his story of a road trip in the deep South taken by an uptight African-American musician and his earthy Italian-American driver. After educated, welloff concert pianist Don Shirley (Mahershala Ali) books a tour of the South in 1962, he realizes he needs a driver/protector for the hazardous trip. To that end, he hires New York City bouncer Tony Valdelonga (Viggo Mortensen). To say the two are a mismatched pair is an understatement. As is typical with odd couple stories, while the two are completely different in some ways they each learn something from the other. Shirley gets Tony to stop his littering and minor thefts, while Tony gets Shirley to eat some Kentucky Fried chicken, something he's never deigned to do in the past. This being the South in the civil rights era, there are constant reminders of racism – at first, segregated room, restaurants and toilets. But later, Shirley is beat up by rednecks simply for his skin color and is only saved from worse by Tony showing up.

THE FAVOURITE (Nov. 23 limited)

Absurdist director Yorgos Lanthimos (The Lobster) returns with this story of 18th century royal court backstabbing and intrigue. Queen Anne (Olivia Colman), to put it mildly, is not in the best of shape. She's overweight, suffers from various ailments and is prone to unpredictable displays of temperament. And she's completely in thrall to her pet bunny rabbits. Lady Sarah (Rachel Weisz) has been the Queen's trusted confidant, so much so that she advises the Queen on policy, including the war with France. Sarah relishes her position. So when her cousin, Abigail (Emma Stone) appears, seeking a position as a scullery maid, Sarah is not thrilled. Once a lady herself, Abigail has fallen on hard times. Once hired, Abigail, who is sweet

and charming on the outside, begins plotting her rise to power. Thus begins a war between the two cousins where lying, cheating, blackmail and selling one's self are merely tools of war.

h 11° r♂ 6|27° ♀ 7|15° ☉ 54|0° ☿ 48'

NOVEMBER

ARIES (March 21-April 19): You have officially arrived at the heart of the most therapeutic phase of your cycle. Congratulations! It's an excellent time to fix what's wrong, hurt, or distorted. You will attract more help than you can imagine if you summon an aggressive approach toward finding antidotes and cures. A good way to set the tone for your aggressive determination to feel better is to heed this advice from poet Maya Angelou: "Take a day to heal from the lies you've told yourself and the ones that have been told to you."

TAURUS (April 20-May 20): U2's singer Bono, born under the sign of Taurus, says that all of us suffer from the sense that something's missing from our lives. We imagine that we lack an essential quality or experience, and its absence makes us feel sad and insufficient. French philosopher Blaise Pascal referred to this emptiness as "a God-shaped hole." Bono adds that "you can never completely fill that hole," but you may find partial fixes through love and sex, creative expression, family, meaningful work, parenting, activism, and spiritual devotion. I bring this to your attention, Taurus, because I have a strong suspicion that in the coming weeks you will have more power to fill your God-shaped hole than you've had in a long time.

GEMINI (May 21-June 20): "Most of our desires are clichés, right? Ready to wear, one size fits all. I doubt if it's even possible to have an original desire anymore." So says a character in Gemini author Tobias Wolff's short story "Sanity." Your assignment in the coming weeks, Gemini, is to refuse and rebel against this notion. The cosmic rhythms will work in your favor to the degree that you cultivate innovative yearnings and unique urges. I hope you'll make it your goal to have the experiences necessary to stir up an outbreak of original desires.

CANCER (June 21-July 22): If you're a typical member of the Cancerian tribe, you're skilled at responding constructively when things go wrong. Your intelligence rises up hot and strong when you get sick or rejected or burned. But if you're a classic Crab, you have less savvy in dealing with triumphs. You may sputter when faced with splashy joy, smart praise, or lucky breaks. But everything I just said is meant to be a challenge, not a curse. One of the best reasons to study astrology is to be aware of the potential shortcomings of your sign so you can outwit and overcome them. That's why I think that eventually you'll evolve to the point where you won't be a bit flustered when blessings arrive. And the immediate future will bring you excellent opportunities to upgrade your response to good fortune.

LEO (July 23-Aug. 22): "Each of us needs something of an island in her life," said poet John Keats. "If not an actual island, at least some place, or space in time, in which to be herself, free to cultivate her differences from others." According to my reading of the astrological omens, Leo, you'll be wise to spend extra time on your own island in the next two weeks. Solitude is unlikely to breed unpleasant loneliness, but will instead inspire creative power and evoke inner strength. If you don't have an island yet, go in search! (P.S.: I translated Keats' pronouns into the feminine gender.)

VIRGO (Aug. 23-Sept. 22): I'm rooting for you to engage in experimental intimacy, Virgo. I hope you'll have an affinity for sweet blends and incandescent mixtures and arousing juxtapositions. To get in the right mood for this playful work, you could read love poetry and listen to uplifting songs that potentize your urge to merge. Here are a few lyrical passages to get you warmed up. 1. "Your flesh quivers against mine like moonlight on the sea." —Julio Cortázar 2. "When she smiles like that she is as beautiful as all my secrets. —Anne Carson 3. "My soul is alight with your infinitude of stars . . . The flowers of your garden blossom in my body." —Rabindranath Tagore 4. "I can only find you by looking deeper, that's how love leads us into the world." —Anne Michaels

LIBRA (Sept. 23-Oct. 22): Of course I want you to have more money. I'd love for you to buy experiences that expand your mind, deepen your emotional intelligence, and foster your ability to create inspiring forms of togetherness. My soul would celebrate if you got access to new wealth that enabled you to go in quest of spiritual fun and educational adventures. On the other hand, I wouldn't be thrilled about you spending extra cash on trivial desires or fancy junk you don't really need. Here's why I feel this way: to the extent that you seek more money to pursue your most righteous cravings, you're likely to get more money.

SCORPIO (Oct. 23-Nov. 21): "Penetralia" is a word that means the innermost or most private parts, the most secret and mysterious places. It's derived from the same Latin term that evolved into the word "penetrate." You Scorpios are of course the zodiac's masters of penetralia. More than any other sign, you're likely to know where the penetralia are, as well as how to get to them and what to do when you get to them. I suspect that this tricky skill will come in extra handy during the coming weeks. I bet your intimate adeptness with penetralia will bring you power, fun, and knowledge.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian poet Rainer Maria Rilke suggested that we cultivate an alertness for the ever-present possibility of germination and gestation. On a regular basis, he advised, we should send probes down into the darkness, into our unconscious minds, to explore for early signs of awakening. And when we discover the forces of renewal stirring there in the depths, we should be humble and reverent toward them, understanding that they are as-yet beyond the reach of our ability to understand. We shouldn't seek to explain and define them at first, but simply devote ourselves to nurturing them. Everything I just said is your top assignment in the coming weeks.

CAPRICORN (Dec. 22-Jan. 19): You're in a phase of your cycle when your influence is at a peak. People are more receptive than usual to your ideas and more likely to want the same things you do. Given these conditions, I think the best information I can offer you is the following meditation by Capricorn activist Martin Luther King Jr. "Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."

AQUARIUS (Jan. 20-Feb. 18): Aquarian environmentalist Edward Abbey spent much of his life rambling around in the great outdoors. He was an emancipated spirit who regarded the natural world as the only church he needed. In an eruption of ecstatic appreciation, he once testified that "Life is a joyous dance through daffodils beneath cerulean blue skies and then, then what? I forget what happens next." And yet the truth is, Abbey was more than a wild-hearted Dionysian explorer in the wilderness. He found the discipline and diligence to write 23 books! I mention this, Aquarius, because now is a perfect time for you to be like the disciplined and diligent and productive version of Abbey.

PISCES (Feb. 19-March 20): For renowned Piscean visual artist Anne Truitt (1921–2004), creating her work was high adventure. She testified that artists like her had "to catapult themselves wholly, without holding back one bit, into a course of action without having any idea where they will end up. They are like riders who gallop into the night, eagerly leaning on their horse's neck, peering into a blinding rain." Whether or not you're an artist, Pisces, I suspect your life in the coming weeks may feel like the process she described. And that's a good thing! A fun thing! Enjoy your ride.

Homework: What gifts and blessings do you want? Express your outrageous demands and humble requests. Freewillastrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

A Two-Wheeled Ghost Story

EVERY DAY, a riderless gray bicycle rolled up the hill that looked down on the lost soldier's town: Main Street, where blight had destroyed the elm trees and now sixteen maple striplings grew, the village green with its gazebo



and veterans' memorial, the courthouse and Town Hall facing each other, an equestrian statue mediating between them.

In certain lights, the lost soldier's friends or family spotted the bicycle. Mists billowing off the blunt old mountains drifted through the spokes. That peach-on-fire sunset color backlit the leather seat. The bike seemed to take an attentive stance, handlebars a fraction off to the right, like a horse listening for her rider. Then the clouds dispersed, or the sun dipped behind the age-softened mountains and the hill rose up alone.

The ghost bicycle followed the lost soldier's fiancée: leaning up against the dry fountain in the village square, in the alley next to the pub, stashed in a bush by the courthouse where she worked, even decked in ribbons after the Fourth of July parade. Oh, God. She'd tied those ribbons herself, for that same parade four years ago, the last one the lost soldier had marched in, his friends returned but him gone, a name carved into the memorial.

"Go away!" she screamed when it showed up by the florist's, its basket—the one he'd joked about being old-ladyish—stuffed with wildflowers. The damn thing! Wasn't it stashed away in his parents' garage, rusting, the tires gone flat and squishy? Yet it stayed put until she strode over to give its new firm tire a boot.

One night, the lost soldier's best friend, stone drunk on the anniversary of his pal's death, staggered to his car and found the ghost bicycle blocking the door. He tried to reach past it, through it, but it blocked him, and then he tried to grab it and roll it away like

any other bike and it turned as heavy and immovable as a wall. He went around to the other door, and hell, the ghost bicycle blocked that one too! So he did the only thing he could: he sat on the stoop in the alley by the garbage and drifted off. Then he woke up and walked home.

Another time, the ghost bicycle stalled the lost soldier's brother for an hour, long enough to miss his train—a train that derailed, making front-page news when the accident killed fifteen passengers. The bicycle kept hounding the lost soldier's grandfather to go home instead of joining his friends at the coffee shop, in time to find his wife prone on the living-room floor. He got her to the hospital on time for her to survive a stroke. And the bike terrorized the lost soldier's kid sister away from the scruffy woods between her house and her friend's. The rattler sunning herself on the trail slithered off eventually.

The lost soldier's father dug past boxes of Christmas decorations in the garage and pulled out the old bike. He fixed the brakes. He oiled the chain. He pumped up the tires. He dusted off the frame. Then he presented it to the lost soldier's kid sister on the eve of leaving for college.

She kept the bike in good working order for decades, in a town on the other side of the soft round old mountains. Yet the ghost bicycle still appeared on the hill, peering down over the town, protecting those its rider had loved.

Physician, writer and writing instructor, visit Margaret Hammit - McDonald's blog/website *Valor and Compassion*, where she focuses on writing topics www.valorandcompassion.com.

WORKSHOPS/CLASSES

BIRD WATCHING CLINIC AT CASCADE HEAD. November 10. Take a walk on the wild side with the Lincoln City Audubon Society and learn about our native birds and their natural habitat. The clinics are free and no registration is required. Binoculars and guidebooks available. FMI call 541-992-9720

JUMPSUIT WORKSHOP. November 17. With Paige Common. Make your own jumpsuit. Cut, sew and dye. By the end of the workshop, participants will have a simple, one of a kind jumpsuit. Some sewing experience is required. \$150, all supplies included. Noon – 6pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

HOLIDAY WREATH MAKING. November 24 or December 1. This wreath-making event even comes with an instructor - along with refreshments and holiday music. At the Cannon Beach Chamber of Commerce.

CRAFTING AND NOURISHING OUR WAY INTO WINTER. December 1. With Laura Pacheco, Paige Common, and Kate Coulton. Join herbalists Lara Pacheco and Kate Coulton as we craft with natural dyeing and nourish with seasonal medicine. Lunch will be provided by Chef, Paige Common from Eatin Alive. Each participant will learn some basic steps of dyeing with plants and will be able to personalize their own dye bath for a skein of wool yarn. Folks will also leave with elderberry syrup and herbal vinegar. There will be an optional Meet&Greet (and optional lesson on how to prepare your fiber/wool for dye) on Friday November 30th from 6:30-7:30pm. \$60 + \$30 materials fee. 11am – 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BIRD WATCHING CLINIC at the Salishan Nature Trail. Take a walk on the wild side with the Lincoln City Audubon Society and learn about our native birds and their natural habitat. The clinics are free and no registration is required. Binoculars and guidebooks available. FMI call 541-992-9720

FLORAL BUNDLE DYEING. December 8. With Brittany Boles. Floral bundle dyeing layers color the same way you make a delicious meal, thoughtful design, scent, texture, and delicious natural ingredients blend together. We'll steam our fabric like textile dumplings to create lovely Monet-esque designs. \$40 + \$25 materials fee. 11am – 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK•YOGA•FITNESS

SEPTEMBER ANGORA HIKING CLUB. Radar Ridge in Washington. SEPT 22–At 9am meet on Marine Drive, between 6th & 7th, across from McDonalds. Radar Hill, was a Naval Air Station. It gives panoramic views of the Naselle Valley. Including Long Beach Peninsula, Willapa Bay, and the Pacific. Snag, and Western Lakes are also called Radar Hill ponds with elevations of 1100 feet. This is an easy walk around both lakes with a trail between. It is approximately 2 miles. Washington State Park pass is required for each automobile. Leader is Linda Dugan 503 440-3909. SEPT 29–Oswald West on Hwy. 101, 9am on Marine Drive, (above) or at the restrooms at Oswald State Park at 9:50am, then car shuttle between Arch Cape and Falcom Cove. The Oswald West hike is a short section of the Oregon Coast Trail which includes a suspension bridge. Leader is June Baumler 503 368-4323. Kathleen Hudson, President, Angora Hiking Club 503 861-2802.

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

gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

CLASSICAL BELLY DANCE. Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

YOGA IN NEHALEM.North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga.Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. contact 503-368-7160.

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st St. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. http://riverszen.com orFacebook.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 T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

LEARN SELF DEFENSE. 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

LOOKING FOR A UNITY CHURCH? 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://cgjifellowship.org>, contact info@cgjifellowship.org, or call 916-307-9790.

A COURSE IN MIRACLES STUDY GROUP A Course in Miracles study group will meet on Sundays from 3-5pm at the Ocean Park Library conference room as of April 1st. All meetings are open to the public and free of charge. The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?"; "What is my purpose here?"; as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

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 want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent 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 located at 1905 Exchange. For more information contact info@cgjifellowship.org or call 916-307-9790.

COLUMBIA RIVER MEDITATION GROUP. Meets Wed 5:30-7:30pm, 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 amyселena888@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 cemeteryidenti-



fication and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog their information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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

MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinko 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 June 9. 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

ENCORE – Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) 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 Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.

REPAIR CAFÉ

The next Astoria's Repair Café is Wednesday November 28th, 6 to 8pm at 1010 Duane Street.



AND THE NUMBER IS 1,598 for this year - January through October! That is how many pounds of repairable items the volunteers at Astoria's Repair Café have weighed in and repaired or given sufficient and successful advice to keep from ending up in at the transfer station or a landfill. The goal was 2000 pounds per year set earlier last year by Daryl Welch who is often seen guessing the weight of items, with others adding their estimate, before the item is weighed on scales for accuracy. It is all part of the unique experience when bringing broken stuff to the monthly Repair Café.

Repair Café is a community of people who not only can repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair, but very much enjoy doing it. And you can watch and learn and it's free. (NO gas engines please.)

Join up with your repairables on the fourth Wednesday of each month except for next month when the December Repair Café will be one week earlier on December 19, 2018.

Dance Your Joy at AAMC

342 10th St. in Astoria. For class info please contact the instructor directly. Classes may change, for a current schedule & instructor info visit: astoriaartsandmovement.com

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:15pm: Pilates (all levels) with Jude MatulichHall
6:15 - 7pm: Gentle Yoga with Jude MatulichHall
7:30 - 8:30pm Modern with Marco Davis
• **TUESDAY** 8:30-9:30am: Zumba with Joy Sigler
6:30 - 7pm Beg. Tap w/Marco Davis
7 - 8pm Inter. Tap w/Marco Davis

• **WEDNESDAY**
9:30-10:45am: Gentle Yoga with Terrie Powers
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

THURSDAY
8:30-9:30am Zumba with Joy Sigler

ATS Belly Dance Wrkshp w/Leigh Anne Fri Nov 9, 6 – 7:30pm. \$15, all are welcome! At AAMC

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 astoriachessclub@gmail.com or visit our Facebook page."

5:30 - 6:30pm Improv Tribal Style Belly Dance with Julie Kovatch
6:45-7:45pm Close Embrace Argentine Tango w/ Estelle and Celeste Olivares
7:45 - 8:45pm Argentine Tango Practica hosted by Estelle and Celeste Olivares

FRIDAY
9:30 - 10:45am: Gentle Yoga with Terrie Powers
5:30-6:30pm Tribal Fusion Belly Dance with Erika Hawkins
7-10pm Contra Dance (1st Fri. ea. mnth) LIVE Band
6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

• **SATURDAY**
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY
9-10:30am: Tri-Dosha Yoga with Melissa Henige
6-8pm Burlesque (private)

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 Scorcher 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

Aliens Vs. Humanity

WE MOVED into the fifth dimension at the end of the Mayan calendar in December of 2012. Nearly six years later we have struggled through this new energy trying to find our balance, deal with high pitched sounds and ringing in the ears, and unusual changes in weather. People have polarized and fractioned off into various bubbles of reality. For centuries the human race has been infiltrated and manipulated by higher intelligence and even more so today with this higher frequency serving as a train station for galactic travelers.

The focus remains on the polarization of our communities and countries, while other events take place. For example, the largest storm to hit in 2018 - Super Typhoon Yutu happened in late October as it sped towards Guam and turned - squashing Tinian and Saipan

- both US territories. Tinian is flattened with no power, water, airport or port. They experienced 178 mph winds as the eye passed over them. Rising waters are a global concern as well as the increasing power of these storms.

Meanwhile, 29 countries practiced war games in Norway, a NATO exercise that includes US troops. Why is this important? Because we keep focusing on our destruction or the destruction of another group, power or belief. The focus of many extra-terrestrials is to take humanity over and preserve this planet. Aliens come with an agenda that is most often not in our favor and use humans to fight their wars.

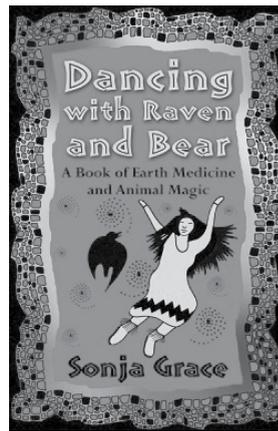
Life on Earth is way more complex than going to the store and getting the kids to school. This matrix of beliefs we have created keeps us busy, so we

won't notice what's going on. We work at being spiritual and talk about spiritual things but honestly, it's time to put your spiritual practice into action and exercise your consciousness! The most important gift you have is free will. Saying 'no' reverberates throughout the universe and is a special perk of being human. Walk your talk!

If you believe we should love everyone like we love our own family then be that! If you feel your love is reserved for those special few - time for a quick review. We are here to love at the deepest level of our beings. Everyone has emotional wounds, and on the physical level these wounds can morph into illness and become corrupt - be compassionate. Forgiveness is the fast track to dissolving karma - just do it! To survive this higher frequency, we must put down our jealousy and greed and forgive each other. The Earth needs massive cleanup and that is our responsibility. She reflects our state of mind. It is time to act and be responsible for the emotional energy you create and emit from your physical body. Remember, everything is energy. Love one another, we have a lot to do here.

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.

Sonja's 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



By Tobi Nason

wordwisdom

Time for Act Two LATELY I've been fascinated with Mickey Rourke. Remember him from "Diner?" He seems to be making a comeback after screwing up his earlier success. He quit acting, took up boxing, ruined his face, and ruined it again with bad plastic surgery. He describes it as 12 years of hell. I think I'm fascinated with comebacks in general. How people meet up with life events that throw them for a loop and then, they survive.

Time for Act Two for me. I've been living on the fumes of my previous life, which was one of an active mother and decent wife. I no longer get to practice those ways of being. In my heart and on the phone, I'm always a mom, but as far as daily definition by that role, no. So here I am. I get to write, direct and star in my very own Act Two. This maybe the most truly creative act of my life. How do I create the world I want? Maybe shedding some "emotional baggage" that no longer fits and has lost its usefulness would be a start. Some of my life, as well I imagine yours also, followed generic

scripts. Get married. Have kids. Aim for a bigger house. Be nice so your kids can play with the neighbor's kids. Go to church. Add anything you want to that list.

Act Two takes imagination and a willingness to change. I think that's what it goes. Remember - I'm just at the beginning of this journey myself. I imagine myself being in better physical shape. A routine commitment to exercise has to be part of that. I imagine writing more. I suppose that means actually doing it. I would like to be a productive counselor/life coach. That too means I will be investing time into making that happen.



Finally, I have to believe in "the vision." I have to want it. Do I want it? Yes. Why? Because the life I have feels like a "life half lived." Lots of wasted time, wishful thinking, and doing the same things over and over. If I don't work on Act Two I most likely will fade away, bit by bit. Bored with life, disappointed in many ways.

Fearful of things I cannot control. Lacking focus to create a bigger world for myself.

Act Two, here I come!
Counselor's Advice: Open your heart and your vision. It's a big world out there. There are so many ways to be a part of it, just by being you. Shed outdated thoughts, ideas, old clothes. Add new interests, meet new people, join a group. If it doesn't fit, drop it. Shine as if your life depended on it. In many ways, it does.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587. She'll keep you posted on her reinvention as time goes on.

A Special Request from the
Dogs & Cats at the
Clatsop County Shelter

We're a little
low on supplies.
Would you please help?



Dog Food - Nature's Domain (Costco)
Cat Food - Nature's Domain (Costco)
High Quality Kitten Food
50 Gallon garbage bags
13 Gallon Tall Kitchen Bags
Papertowels
Cat Toys (No Catnip)
Bleach
Dog Kongs (Black only please)
Feline Pine Cat Litter
Tennis Balls
Liquid Laundry Detergent
Also we take
Cash Donations



**Clatsop County
Animal Shelter**
1315 SE 19th Street
Warrenton, OR 97146
503-861-7387
Tuesday thru Saturday
Noon to 4pm



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

595 18th, Astoria • 503-325-9131

Why Suffer? call us today!

- Auto Accidents
- Work Related Injuries
- Sports Injuries
- Second Opinions

covered by most insurance



Dr. Barry Sears, D.C.

ASTORIA CHIROPRACTIC

503-325-3311 2935 Marine Drive • Astoria

Safe Effective Alternative Care Since 1981.

Tobi Nason

Counseling and Mediation Services
Specializing in Life Changes
In Astoria
call 503-440-0587

M.A. in Counseling

Sliding Fee Schedule and Flexible Hours

TRACY ERLING N.D.

naturopathic physician

primary care using
natural therapeutics

Call for an appointment! 503.440.6927
2935 Marine Dr. • Astoria

email: erflingnd@icloud.com

Dragonheart Herbs & Natural Medicine, LLC

Margaret Hammitt-McDonald PhD, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist

Seth Goldstein, D.C.

Chiropractic Physician, Independent Medical Examiner

231 North Hemlock, Suite #106 PO Box 1465
Cannon Beach, Oregon 97110-1465

Office: 503.436.0335 Fax: 503.436.0604

bodies in balance

By Tracy Erfling, N.D.

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



Change is the Only Certainty

Dear Loyal, Health Focused HIPFiSH Readers—

In these months ahead when we take time to reflect on our year, I thought it appropriate to reveal to you the changes ahead for myself, as they will affect my authoring of this article in the near future. ALSO I want to give thanks to those that have been influential to my career as a naturopathic physician. Success is something we measure in many ways, for me it is the people and experiences that surround me and I would like to honor some key players!

It is rare that I take time to lay out such personal details in this public format but it seems time to open up to you about what lies ahead as I think you have come to know and trust my voice. I also typically try to keep things applicable to the general north coast region but as I reside in Astoria, much is focused on those in my amazing local community.

Next month will be my last HIPFiSH article (deep sigh), which I have been writing for longer than I can remember (but I think it's at least 16 years!). I want to start my thanks to you, my readers...I cannot begin to express to you how much I have enjoyed sharing with you my vision of health. I never thought of myself as much of a writer and look at me now! I'm also thankful for those of you who have been inspired to reach out to me as a doctor to assist on your journey of health. As well as those of you who have taken the time to share with me your appreciation for this monthly article. It is indeed a highlight of my career.

Ann Goldeen and Barry Sears - This pair of Astoria Chiropractors welcomed me into their office back in 2001. I was able to hang my shingle in a little corner office on 10th and Duane next to the original Deja Vu and pretend I knew what I was doing. I was welcomed to move along with them to the current office location on Marine Dr. where my practice continued to thrive. I will forever be thankful to Ann for her warmth, community spirit and honest communication...she was a gem in our community who is still very missed. Thanks Ann and Barry!

Belinda Kruger - A now retired nurse practitioner at the Clatsop County Department of Public Health and world adventurer. Belinda taught me SO much

about contraception, patience, listening, and compassion. It is rare you get to work with someone you admire and aspire to become. Now that she has retired I am more than honored to fill her shoes...I work everyday to make her proud! Thanks Belinda!

Dinah Urell - HIPFiSH publisher, singer and owner of KALA. She's dedicated to keeping free speech and local issues and arts information alive in our community. If you are a new reader to HIPFiSH, welcome, and if you've been reading for years



don't forget to appreciate the power of the written word that Dinah corrals each month for us all here. She was ready and willing to include my words in her paper and the rest is history. Thanks Dinah!

Jane Donnelly - Faithful administrative assistant, among other great things. Jane has been my only ever employee who wrangles insurance payments with grace and a smile. I appreciate her loyalty, sticking with me even after 'retiring'. Thanks Jane!

Norma Hernandez - I cannot begin to list the amazing things Norma does in and adds to our community. She inspires me to be a better community member, to work harder for the things I am passionate about and never turn down a good celebration with food. I am honored that she is my Spanish voice in the clinic giving me the ability to communicate with my Latino clients. Gracias Mamita!

Ute Swerdloff - Local Yoga instructor extraordinaire and friend. Ute continues to

challenge me and the greater community to take time to experience . . . the world upside down, to honor what our bodies tell us from within, the power of the breath and the freedom of the mind. All with a charming German accent to boot. Thanks Ute!

Astoria! Aquatic Center and the Coop - If I had to name two local places (in this little river/coastal town that I love) I most credit for keeping me healthy it would be the pool I swim in and the amazing food I feed my body from the Coop. They were two of the places I identified early on in Astoria that influenced us to stay and make a home here. Thanks AAC and Coop!

What changes lie ahead you ask? Well there are a combination of things both certain and not. I have over the last year been scaling back my private practice to once a week and am no longer taking new patients. I continue my work in reproductive health at the county health department, where I have recently relocated my private practice as well. But looking a few years ahead, after my son graduates from high school, it is likely I will relocate to Central Oregon...Sisters specifically. I intend on taking a year sabbatical in 2022 to dig into my transition BUT I foresee my connection to the north coast continuing in one form or another. FYI if you are an established patient my contact information remains the same and I will keep you abreast of ongoing changes but feel free to reach out.

Naturopathic medicine is alive and well here on the north coast. There are some well-established providers (the pioneers) and a terrific influx of new ones who continue to spread the wealth of holistic health to this community. I cannot say what or who will replace me here (maybe Dinah will chime in with an update), but I say embrace the change HIPFiSH readers! I wish you each good health, may the wisdom I have spread continue to feed you. And never forget...

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

CHEW ON THIS!

by Merianne Myers



NOVEMBER is inevitably hijacked by Thanksgiving. We have other reasons to celebrate the season but they're buried under a drift of mashed potatoes, a dusting of 'poultry seasoning'* and a nimbus of whipped cream.

Thanksgiving is my favorite holiday. Because of the feasting and because the only shopping required can be done in the garden and at the grocery store. The standard Thanksgiving myth perpetuated by generations of textbooks that dressed up history in endless creative, fictional ways has not led me to adopt any traditions for myself or my loved ones. I may have mentioned a time or ten that I think of traditions as what we get when we're too lazy to use our imaginations. Or words to that effect. What I love about any holiday is the opportunity to share a meal with each other.

November brings its own cachet without any help from us. The seasonal deliciousness hinted at in September doubles down with the arrival of this gateway-to-winter. Winter squashes zealously converting their starches to sugar, braising greens too determined to quit, oranges packing their vesicles with sunshine before winging their way north, wild mushrooms still playing hide and seek in the woods and parklands. So much to be said for feasting on any day in November.

What I've been thinking about lately is Brie. Local, lovely Brie. Although Brie is named for the region of France from whence it originally came, it's not snooty like Champagne which can only bear the name if it's actually from Champagne. That's a good thing because whereas bubbly from anywhere but Champagne is called Sparkling Wine, Brie would be saddled with something like Stinky, Goopy Cheese.

The thing that has me excited about Brie these days is the fact that my favorite local cheesemaker has taken on the project. VICKI ALLENBACK, goat whisperer and cheesewhiz/owner of SKAMOKAWA FARMSTEAD CREAMERY is now also making cheese for Little Island Creamery on Puget Island, Washington.

While still in the process of revamping the facility there, Vicki is turning out test batches of luxurious butter, heavy cream and Brie with Camembert and Parmesan still to come. Vicki's skill and imagination have been ignited by the opportunity to work with cows and their milk especially since her adorable, four-footed chèvre machines take the winter off. I would feel sincerely sad that you are not yet able to taste the results of her research if I weren't distracted by the Brie I have to relentlessly taste test. It's exhausting.

Brie loves November. November comes bearing cranberries, Bosc pears, apples and lush, dried fruits; all the things Brie can elevate to sublime heights. The key to maximum enjoyment is a warm Brie. I'm not big on the traditional puffed pastry-wrapped baked Brie. It does not pay proper respect to either the cheese or the pastry, neither of which need to be overdressed to be elegant. Here's what I'm thinking:

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.

KNOCKOUT NOVEMBRIE

Preheat oven to 350.

Cover a baking sheet with parchment. Place brie on paper. Drizzle with honey if you like. Bake for just a few minutes, only 5 or so for a small wheel. You want the cheese to be soft, but not runny, melted or oozing oil.

Serve with a warmed baguette, sliced pear or apple, silky folds of Prosciutto, supremed orange segments, your favorite dried fruits. Willing to go a bit further? Try simmering dried figs and/or prunes and/or cranberries in a bit of water, a drizzle of honey, a splash of your vinegar of choice and a grind of black pepper. Add dried chili flakes if you're bold and let the whole works burble gently until the liquid is syrupy. Let cool to room temperature and ladle over the warmed Brie. A glass of snooty Champagne would be just the thing in this situation.

Note: Are you the kind of person who digs the Brie out of its completely delicious rind leaving behind a collapsed mess to greet the next buffet visitor? Seriously, you have to stop that. If you can't eat the cheese properly, leave it alone. May I suggest an alternative? Maybe Doritos and Velveeta.

* A whole other ingredient mystery, the Cliff's Notes of which is, "Why?"



Ecstatic Dance with Scott Schaeffer



WHILE not quite a workshop, Scott Schaeffer will facilitate this event with a brief introduction, definition and history, of this form of free-form dance. Then join in as Schaeffer plays a mix of world and electronic rhythm and beats for this event.

Ecstatic Dance is a term used to describe free form dance and in general describes transcendental, sacred dance, and other practices of movement meditation. Ecstatic Dance events are differentiated by being inclusive to all ages in a talk-free space with little to no direction on how members are supposed to dance.

Sun, November 11 @ 11:00 am – 12:45 pm. \$5, At the Sou' Wester 3728 J Place, Seaview, WA.

Wear comfortable clothes that allow your body to move without restriction and comfortable shoes that allow your feet to move on a smooth concrete floor. All ages welcome. (Children must be accompanied by an adult if they are in attendance.)

RSVP: souwesterfrontdesk@gmail.com or 360-642-2542

Reiki I Class

Just in time for the hustle and bustle of the Winter holidays, come learn a practical and gentle approach to self-care that can nurture you through the long season and beyond.

A simple, yet powerful form of healing, Reiki restores balance and harmony within the body through the application of compassionate and sacred touch. Reiki supports healing on all levels: from the physical to the emotional and the spiritual. The practice of Reiki is easy to learn and is facilitated in class through a series of openings which deepen your connection to life force energy. Reiki is both a profound means of self healing that can easily be incorporated into your daily life, as well as a life practice which can guide you towards cultivating greater equanimity and peace of mind.

Dates: December 7-9, 2018: (Friday 6:30-9pm, Sat 9:30am-5:30pm, Sun 9:30am-1pm, Manzanita, Oregon. Cost: \$250

Who: Jessica Schaffer is a Reiki Master in the Usui Shiki Ryoho tradition and has been teaching for over 20 years. She currently mentors people in nervous system health and teaches somatic practices that balance the body and support health and wellness on all levels.

Registration: direct through Jessica. Please email her at Jessica@NervousSystemRESET.com or call 503-348-6288.

Saturday Morning Meditation

Join Larkin Stentz every Saturday morning from 10am to 11 am for a guided group meditation in our beautiful wellness trailer at The Sou'wester Lodge in Seaview, WA. Open to the public, fee is by donation.

Coming together our energies, perception, and ability to deeply connect to our inner being is enhanced. Gaia is calling us to deepen our connection to her and one another.

Larkin has been practicing meditation for 40 years. He is the owner of Green Angel Gardens on the Long Beach Peninsula, and is an accomplished musician and teacher.

This meditation is part of our Weekly Wellness Offerings, daily wellness options available at The Sou'wester Lodge. For more details: <http://www.souwesterlodge.com/wellness/weekly-wellness-offerings/>

Columbia River Meditaion Group

Columbia River Meditaion Group Meets Wed 5:30-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deveoping a regualr practice. All welcome.

HOLIDAY HAPS



2018 Santa Lucia Festival: 7pm, Friday, November 23, Astoria High School Auditorium

In Scandinavia "Santa Lucia" is celebrated in December, but in Astoria, this winter festival of lights is celebrated the day after Thanksgiving to tie in with the opening of the Christmas season. This year's event starts at 7pm on Friday, November 23, at the Astoria High School Auditorium, 1001 West Marine Drive in Astoria and is open to the public. Madalyn Hellberg, who was runner-up to Miss Scandinavia at the 2018 Midsummer Festival, will be the Lucia Bride and wear a crown of candles on her head. After the brief Lucia procession and ceremony, the Nordic-Viking-Scandia dancers perform, Faith Swanson accompanies a carol sing-along. 2019 Festival Co-Chair Carla Oja MC's. The new Scandinavian Midsummer Festival Court for 2019 will be introduced. The evening will continue with refreshments provided by VASA Swedish Lodge and public dancing in the Commons with Coreen Bergholm providing dance music.

You don't have to be Scandinavian enjoy the evening. Admission is \$1 or \$5 per family with all admission funds going to the Scandinavian Festival Scholarship Fund.



Breakfast with Santa Sat. Nov 24

Why stand in a long line at the mall or department store waiting to talk to Santa when you can relax at a table with your family, enjoying a hot buffet breakfast, house-roasted coffee and more? When it's your kid's turn to sit and chat with Santa, capture the moment with your own camera. The buffet menu is for kids and adults alike, with favorites such as sausage and bacon, French toast sticks, fruit salad, scrambled eggs and sides.

Gearhart Hotel - Sand Trap Pub at 11am. \$18 adults, \$13 kids 10 years and younger, under 6 months free. All ages welcome

Annual "Messiah" Sing Along / Play Along Nov 25

For over 10 years, North Coast Chorale has sponsored the community Messiah Sing-Along / Play-Along to benefit local food banks. There are a variety of ways one can enjoy this afternoon of musi-

cal enchantment. First, one can simply listen to the choruses and arias sung by the Chorale and soloists. Or, if one is inclined to join in the singing, scores will be available in the Lobby. Instrumentalists are also invited; bring an instrument and "Play Along" with the accompanist to make this a delightful afternoon for everyone.

Although the event is free, donations of food or money are requested. Last year alone, over \$1,250 was raised plus 96 pounds of food! Everything received goes directly to the Clatsop Community Action's Regional Foodbank, which distributes to local foodbanks.

Sunday, November 25th at 4:00 p.m. in the Performing Arts Center, 588 - 16th Street in Astoria.

Commence the Holiday Season with Water Music Society and Rebecca Kilgore on Dec 2 in Ilwaco

WATER MUSIC SOCIETY, on the Long Beach Peninsula, celebrates the spirit of the holiday season with an afternoon of Christmas and holiday music, performed by the delightful and quintessential jazz vocalist, Rebecca Kilgore, and her instrumental combo comprised of piano, string bass, clarinet, saxophone, and trombone.

Noted interpreter of the Great American songbook Kilgore was inducted (in 2010) into the Oregon Music Hall of Fame and to the Jazz Society of Oregon Hall Of Fame.

The annual event is at the festively decorated Inn at Harbour Village in Ilwaco. Festivities begin at 2pm with sweet and savory treats, beverages, and a no-host champagne and wine bar. Then enjoy a musical feast starting at 3pm. Tickets are available for \$10 online at watermusicfestival.com or at the door. A portion of the proceeds of Water Music Society events are donated to the local school music departments to further students' musical opportunities.

Christmas Surprise. Barn Community Playhouse Nov 30 & Dec 1

An Evening of Music and Dance. Directed by Joni Sauer-Folger. Music Direction by Diane Nelson. 7pm (doors open 30 min. before showtime). 12th & Ivy, Tillamook. www.tillamooktheater.com Tickets on sale at Diamond Art Jewelers 307 Main St. Tillamook.

WINTER Bazaar • December 1st

11am - 5pm . A One day market celebrating the homegrown and the handcrafted with nearly 20 vendors. At HiiH Lights. 89120 Lewis and Clark Road Astoria.

Reclaimed wood furniture, jewelry, soap, wind chimes, toys, cards, ceramics, gourmet ice cream, art prints, natural dyed textiles, sculpture, glass mosaics, paintings, hand-spun yarn, cutting boards, locally, coffee, and handmade paper lights. HiiH-lights.com



"Larkin's pure, clear music will make you aware of the pace of your life and provide you with the space to return to the natural rhythms of the cosmos." Timitheo, from Hearts of Space

LARKIN in Concert

LARKIN emerges onto the stage Friday, November 30. Purveyor and proprietor of Green Angel Gardens on the Long Beach Peninsula, his love of earth, planet and peace encompass a whole spirit, tending to growing things and tending to hearts through his flute, his words, through ambient music.

KALA welcomes Larkin Stentz this November in a solo concert. You'll hear his impeccable flute playing, ambient synthesizer, vocalizations, poetry, and hammered dulcimer from the canon of his collected recordings and life works. Of course, these may be improvised pieces, which in itself is a life's work.

Larkin Stentz' last recording to date, (2015) as seen in the accompanying photo (now the stairs leading to the second floor of Fort George) was recorded inside the Astoria Column—not surprising to anyone, the acoustics in the column were waiting for Stentz – providing a rich acoustical palette, a natural sound chamber for the Shakuhachi, a traditional Japanese wooden flute.

Go back several decades, in 1988, Stentz recorded, Elzendaal, Blossom in the Storm in a 300 year old cloister in Boxmeer, Holland. No effects, just solo flute winding its way with a natural reverb.

In 1979 O'cean is one of the first albums to incorporate the songs of the humpback whales, by using a field recording by Dr. Rodger Payne. Dr. Payne himself, originally recording the whales, who generously allowed their use in a musical recording. In addition, O'cean was performed in tandem with a dancer, the whale record-

ings, done live in studio. The album has sold over 100,000 copies, and is used for births, meditations, dance/movement and passings. It was also featured on the first "Lights Out" recording from KINK Radio in Portland.

Larkin Stentz has performed in 15 countries on 3 continents; he was featured at the 3rd World Wilderness Conference in Findhorn, Scotland, at the Multi-media "Earthlight" World Tour, Benefits for Greenpeace International; World Wilderness Organization in South Africa, at the Peace conference on the island of Lanzarote, Canary Islands: Economics of Happiness International conferences.

His writings include "Will I Melt Into My Breath?" a helpful guide for loved ones in end of life issues, and "Spaces in Time," with Rhonda Grudenic, prose in the style of Rumi and Kabir.

His performances are as original as he is, always entertaining, memorable, and magical.

Through ancient and timeless melodies, stories, and poetry Larkin evokes the alignment of the audience and planet Earth, orchestrating an open mindfulness that resonates deeply; creating inspiration and joy.

Larkin Stentz performs Friday, November 30 at 7:30pm. Doors open at 7pm. \$13.00. Tickets are available online at libertyastoria.showare.com Doors open at 7pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

FORT GEORGE BREWERY + PUBLIC HOUSE

ASTORIA, OREGON

one city block
• 8 locations
pub +14 taps
pizza joint +14 taps
taproom +19 taps



503.325.7488

1423 duane st

fortgeorgebrewery.com

SHWEEASH BAMBOO

nursery | removal | design

Family owned & operated with over 15 years experience in bamboo horticulture. Schedule an appt. to come visit our farm. Local delivery & consultation available.

Dave Crabtree · Noah Bell
87509 Lewis & Clark Rd, Astoria, OR
(4.5 mi from Seaside) by appointment only

503.440.2998 | www.ShweeashBamboo.com

BRIDGE water BISTRO



gluten
-free
friendly!

on the river • bridgewaterbistro.com
20 basin st, astoria or • 503.325.6777
open every day • lunch, dinner, sunday brunch

Looking to stretch your grocery budget?

Co+op Basics offers everyday low prices on everyday groceries.



Astoria
co-op
grocery

co+op basics

SCORCHER TAKE-OUT PIZZA NIGHTS!



THURSDAY FRIDAY & SATURDAY

Place your orders by 3pm on pick up day. Order on our website, phone-in, or at the shop

Check the board every Thursday for our selections, or on our website

PICK UP PIZZA
between 5 - 5:30pm

Vegan options available on all pizzas!



Blue Scorcher
Bakery & Cafe
Hrs: 7am - 4pm
503-338-7473
1493 Duane St. Astoria
www.bluescorcher.coop

Coast Community Radio

KMUN 91.9, 88.9, 91.3, 104.3

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

KTCB 89.5

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

KCPB 90.9

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

Fulio's RESTAURANT

Italian & Mediterranean
Cuisine

LUNCH & DINNER
OPEN 7 DAYS
11:30 am-9 pm

FULL BAR
HAPPY HOUR 3-6



2x Award Winning
North Coast Iron Chef
Sean Whittaker
presents weekly
specials!

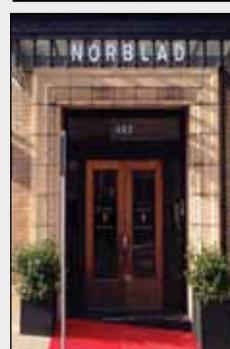
1149 COMMERCIAL
503-325-9001
FULIOS.COM

Green Angel Gardens

organic farm store

fresh fruits and veggies from our farm,
and OR & WA farms, CSA'S too!
open daily 8am - 7pm

6807 Sandridge Rd, Longbeach, WA
greenangelgardening.com



NORBLAD

443
14th street
Astoria

503-325-6989
hotel & hostel
www.norbladhotel.com

Riverbend Players is a 501 (c)(3) non-profit organization

RIVERBEND PLAYERS **OPENING FRIDAY NOV. 9TH** **TICKETS ON SALE NOW!**

It's a Wonderful Life

A LIVE RADIO PLAY
The beloved American holiday classic comes to captivating life as a live 1940s radio broadcast

ADAPTED BY JOE LANDRY

2018 PERFORMANCE DATES | TIMES:
7PM | NOV 9, 10, 17
2PM | NOV 11, 18

FEATURING THE VOICES OF:
(in alphabetical order)
Mike Arseneault
Dave Bell
Stephen Clark
Jenny Greenleaf
Kimber Lundy
Linda Makohon
Jeff Slamal

DIRECTED BY TOM COCKLIN
ASSISTANT DIR. VICKI HAKER
PRODUCED BY RIVERBEND PLAYERS

ADVANCE TICKETS AT:
TICKETMOTO.COM
Online \$12 (plus ticket fee) or \$15 at the door (no ticket fee)

NORTH COUNTY RECREATION DISTRICT PERFORMING ARTS CENTER
36155 9th Street, Nehalem, OR 97131

Design: RecreateNow, Rockaway Beach

RIVERBEND PLAYERS **f** www.riverbendplayers.org

Permitted with permission by Playscript, Inc. 7 Penn Plaza, Suite 504, New York, NY 10119

Mcmenamins
GEARHART HOTEL & SAND TRAP PUB
Open for breakfast

LIVE MUSIC
Friday, Nov 2 • Folkslinger
Friday, Nov 9 • Jacob Westfall Band
Saturday, Nov 10 (6-9 pm) • Folk City
Friday, Nov 16 • Will West
Friday, Nov 23 • JoAnna Lee
Friday, Nov 30 • Never Come Down
7-10 pm (unless noted) • Free • All ages welcome

Happy Birthday, Terminator!
Monday, November 19
\$4 pints/\$9 growler fills of Terminator all day long

Breakfast with Santa
Saturday, November 24
While you wait for Santa, enjoy a kid-friendly buffet.
9 am - \$18 adults; \$13 kids 10 and under
Tickets at cascadetickets.com

OPEN ON THANKSGIVING
Pub open on Thanksgiving Day, 7 am 'til late

Four miles north of Seaside
Gearhart Hotel & Sand Trap Pub
1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159
mcmenamins.com

Pat friendly on patio & in hotel

LIBERTY THEATRE **NOVEMBER 10 SAT**

GALA

Once in a Blue Moon

Join the Theatre as we kick off Our campaign to improve the liberty's infrastructure, bringing a new class of performances including opera and Broadway to the North Coast

A memorable evening featuring:
A dual performance by **Thomas Lauderdale & Hunter Noack**

A lavish catered reception by Carruthers & Table 360

A luxury live auction

TICKETS AVAILABLE AT:
LIBERTYASTORIA.ORG/GALA

RED DRESS PARTY

INFERNO LOUNGE
NOVEMBER 23
7 PM - 12 AM

WEAR RED

BLACK FRIDAY **BENEFIT HIV/ALLIANCE**
lcqcastoria.org

SKAstoria
Joey Altruda's 7-piece Band
Premieres at KALA
Sat Nov 17
8pm \$15 tickets at astorialiberty.showare.com
(doors open 7pm)

Robert Michael PYLE
Book Release Show
MAGDALENA MOUNTAIN
Fri Nov 16 7:30PM (OPENS 7PM)
Book Signing & Complimentary Appetizer Social following Read
\$8 AT THE DOOR

Electronic Trio
SONTAG SHOGUN
Sunday Nov 11 • 6pm
w/ UNSEEM
\$10 AT THE DOOR
(opens 5:30)
Complimentary Soup & Bread

LARKIN STENTZ
in Concert
Flutist •
Multi-instrumentalist
Solo Show Fri Nov 30
7:30pm (opens 7pm)
\$13 advance tickets at libertyastoria.showware.com

AT KALA THIS NOVEMBER **503**
1017 Marine Dr. in Astoria **338.4878**