

December 2018 • vol 19 • issue 238

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alternative press serving the lower columbia pacific region

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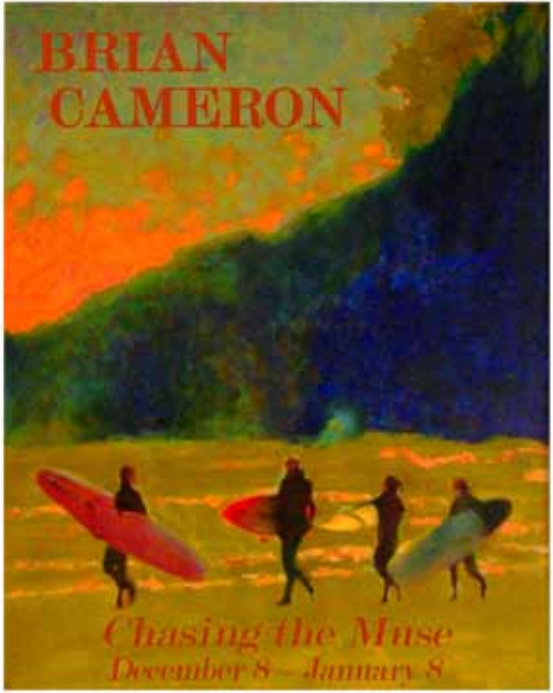
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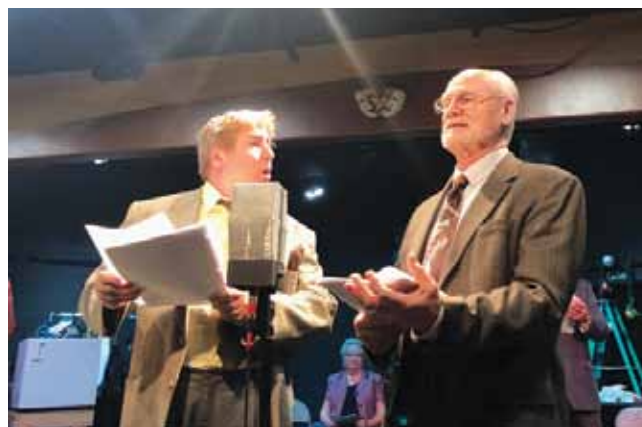
It's A Wonderful Life LIVE RADIO PLAY The Riverbend Players Saturday, Dec 15

KALA presents Riverbend Players from Nehalem, Oregon, in the holiday classic, *It's a Wonderful Life: A Live Radio Play*, Saturday Dec. 15 at 7:30pm. Opening to rave reviews at the NCRD Performing Arts Center in Nehalem this past month, this play is adapted from the 1940s Frank Capra film of the same name, by playwright Joe Landry, and has become a popular seasonal theater staple across the country.



Advance tickets are available at libertyastoria.showware.com. 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. And reminiscent of live radio and its studio audiences, you get two shows for the price of one—actors who portray the radio studio actors who portray the characters in the broadcast.

The radio 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. Period costumes and radio



studio props inspire the feel of a vintage radio show. John Haker performs as foley artist as well as that of the announcer. Director Tom Cocklin confirms, "the sound is as important as the actors in this show."

Founded in 2005 by Phyllis Sanderson, Riverbend Players serve the greater Manzanita and North County region, staging shows at the NCRD Performing Arts Center and now draw from over 50 participating community actors. Director and Riverbend Players Board President Tom Cocklin says of the show, "We have such good talent, the cast actually comprises over 100 years worth of theatre experience, and the production brings three new actors to Riverbend Players."

The cast includes; Mike Arseneault, Dave Bell, Stephen Clark, Jenny Greenleaf, Kimber Lundy, Linda Makohon, and Jeff Slamal.

Find out more about Riverbend Players online at www.riverbend-players.org or follow them on Facebook.

Tickets, \$15, are available in advance at libertyastoria.showware.com. KALA offers cabaret seating, with Cocktails available, located at 1017 Marine Drive in Astoria. Ages 16+ please. Seating is limited. Call for ticket availability at the door, day of show. Will call tickets are held at the door at performance time. Doors open 6:45pm. KALA contact: 503.338.4878.



CHRIS PARKER JAZZ FROM NY TO ASTORIA

Jazz pianist Chris Parker returns for an engagement at KALA, Friday, January 11, 8pm
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ON THE COVER

By Dinah Urell

THIS MONTH'S COVER of HIPFiSH features an oil on linen painting by Astoria artist/gallerist Jill McVarish, entitled, "What a Long Strange Trip it's Been."

Yes, Santa is picking the Amanita Muscaria psychedelic mushroom.

In keeping with some culture in these parts—the region's roots connected to Scandinavia, and the interesting fact that a particular kind of powerful psilocybin mushroom makes itself quite easily available, hopefully to those who take its spiritual gifts seriously—there is plausible legitimacy about the origin of pre-Christian Christmas traditions, Santa Claus and his shamanistic roots and the 5000 year old sacred indigenous rituals of the Sami peoples, in Lapland, the northern tip of Finland.

Why does Santa wear red, have rosy cheeks, go down the chimney with presents, why do we hang ornaments on trees, why is the Christmas tree an evergreen, why do we put a star on the top, where did the idea of Santa traveling across the sky with his flying reindeer come from?

You can google this topic and find plenty of historical research. But what recently caught my attention, is a new book, a colorful 40-page storybook written by Tero Iso-kauppila. He's the founder of Four Sigmatic, a nature-centric Finnish-American company specializing in functional mushrooms, superfoods, and adaptogens. (you can find Four Sigmatic mushroom coffee blends at the Astoria Coop).

In the story, a widowed father, his pre-teen daughter, and the hippie grandmother have a discussion about the real meaning of Christmas, presumably they're Finns. With some trepidation by the father, and coy

wisdom of the granny, the old traditions are revealed, with great respect.

Some of the fascinating parallels, (but discover for yourself), Sami Santa's wore red with white fur, when hunting for the red and white dotted magic mushrooms. The shrooms were set to dry on the branches of pines, spruce, firs, where the mushrooms grow. The Sami Santa would pay visit to family huts, at winter solstice. During this time, the kota's (huts), doors were blocked with snow. They used the opening in the middle of the Kota, that let the fire smoke out, much like a chimney, to get in and out by ladder. So the Sami Santa was basically going down the chimney to bring the gift of spiritual aid.

Eventually the Sami Santa would take the mushroom, his cheeks growing rosy from the effect of the psychoactive properties. Once flying high, The Sami Santa's spirit was said to climb the World Tree, its roots in the underworld, its branches reaching the heavens, his spirit touching the North Star, Polaris, representing truth and wisdom.

Reindeers, the Sami's most sacred animal, are said to eat the Amanita, growing frisky, as if to be flying...there's a lot more to these old traditions, but the point of Tero's book, is just that. We lose the stories and we lose the meaning of these holidays. It's a lovely and astonishing read. Its called, Santa Sold Shrooms. You can find it on Amazon and the Four Sigmatic website. You can also find out more about the diverse products.

When we find ourselves getting angry about the commercialism of the holiday, if we seek out some of the old traditions, we can bring new meaning to our lives. So with that, do have a Merry Christmas!

ASTORIA CHRISTMAS FANTASTIC

Kelley Shannon & Friends

Saturday, Dec 22, 6pm

Liberty Theatre

It's Christmas Fantastic Time!!!! A first in the region, perhaps an annual.

Take a terrific Portland Jazz Trio; the venerable ... pianist Gordon Lee, the grooviest . . . bassist Dave Captein, the smashing most of jazz drummers . . . Todd Bishop—put them together with four North Coast vocalists, Kelley Shannon, Walt Trumbell, Mike Metzner and Dinah Urell, each a musical caricature in their own right (myself being one) and "Hey," bring in the amazing North Coast Chorale, singing of Mary, directed by Denise Reed—and that's pretty damn fantastic.

While you are seating, listen to the magical Larkin Stentz open the show on the humble yet graceful hammered dulcimer. Adding to the mix of coastal genius, two great guitar players, Richard Thomasian and Todd Brainerd sit in.

This is getting interesting. Extras, to be a surprise, of the theatrical bent, also a part of the fantastic. What's really fantastic ... and what is it but for to be fantastic? is all this performance, and an incredible refurbished theatre smack dab in the middle of town, in this old Astoria, artists and presenters continually raising the bar – we want more.

Can we support it? Can we support it all? We can! But we must take care of one another. Each and all of us. That's what these pages of HIPFiSH are all about. Yes, there is a Santa Claus spirit directly connected to these pages. We don't report the news, we reflect community needs. That, my friends, is the mission of HIPFiSH.

And speaking of a mission, hats off to singer extraordinaire Kelley Shannon for bringing together this most auspicious combination of artistic offerings. Some twenty years ago, you may have first heard a young gal, jazz-vocally precocious, entertain at her mother's gallery, the Pacific Rim on 10th St. in Astoria. She's gone onto record, write and perform on many levels, and in numerous cities.

Astoria Christmas Fantastic is an exciting gift to the community.

Stop shoppin', or start early in your local communities, and then pop into the grand Liberty Theater, to celebrate the holiday through jazz, pop, R&B, the many voices of choral music, the best in instrumentalists, all come together this holiday season.

Tickets on sale at www.libertyastoria.showware.com. Saturday, Dec. 22, 6pm. Doors open at 5:30pm. The Liberty Box Office is open, Wed-Sat, 2pm to 5:30pm. Tickets available on day of show.



Pianist Gordon Lee

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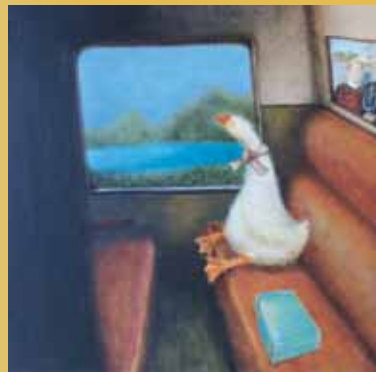
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Hoffman Center To Screen WORLDS OF URSULA K. LE GUIN in Nehalem • Dec 21

THE HOFFMAN CENTER for the Arts in Manzanita will screen the new documentary film "Worlds of Ursula K. Le Guin" at the North County Performing Arts Center in Nehalem Friday, Dec. 21 at 7:30 p.m. Admission will be \$5.

The Nehalem screening will be the north Oregon Coast premier of the 2018 film. Previous showings have been included Tacoma, Ashland, Santa Cruz, Santa Fe, New York City, and London, among others.

Directed by Arwen Curry, "Worlds of Ursula K. Le Guin" explores the life and legacy of the late (1929 - 2018) feminist author. The film lasts 65 minutes.

Best known for groundbreaking science fiction and fantasy works such as "A Wizard of Earthsea," "The Left Hand of Darkness," and "The Dispossessed," Le Guin lived the last 59 years of her life in Portland, often visiting the coast to write in Cannon Beach. She came to Manzanita in July 2008 to participate in the Hoffman Center's Manzanita Writers' Series.

Produced with Le Guin's participation over the course of a decade, "Worlds" is a journey through the writer's career and her worlds, both real and fantastic. It is the first film to capture her story

"Viewers will join the writer on an intimate journey of self-discovery as (Ursula) comes into her own as a major feminist author," said director Curry. "Opening new doors for the imagination and inspiring generations of women and other marginalized writers along the way."

She added, "The film features stunning animation and reflections by literary luminaries including Margaret Atwood, Neil

Gaiman, David Mitchell, Michael Chabon, and more."

"Worlds of Ursula K. Le Guin" was created with support from the National Endowment for the Humanities, California Humanities, the Berkeley Film

Foundation, and 3,185 backers on Kickstarter.

Arwen Curry (Director & Producer) has spent her career working on films about game-changing creative Americans. She was Associate Producer and Archivist of the PBS American Masters film EAMES: The Architect and the Painter (2011). She also associate-produced American Jerusalem: Jews and the Making of San Francisco (2013), and the acclaimed HBO film Regarding Susan Sontag (2014).



Dr. Tracy Erfling
*Bodies In
Balance*
Columnist
says
"Farewell!"

WOW! Health consciousness in the Lower Columbia Pacific Region has come a long way. Naturopathic Medicine is firmly rooted up and down the coast, with the guidance of many practitioners offering their services, and a regimen of health that many look to, as we take power in how our bodies, our whole beings work for us.

Over 15 years ago, Dr. Tracy Erfling, N.D., began the Bodies In Balance column in HIPFISH. This was certainly in a time, when naturopathic medicine and its practitioners were gaining a new foothold. Today, a new paradigm in health is blossoming, incorporated into public health, hospitals, and independent services—thank you the dawning of the age of Aquarius!

As Editor, each month, getting the first stab at Bodies In Balance, I enjoy learning about the workings of our systems, the core of dis-ease, new ways of understanding and empowering my health. Dr. Tracy's no-nonsense, practical, light-hearted and caring advice, always a treat, a gift.

I'm shedding some tears—Dr. T. would encourage. This past November in her column, Dr. T. gave us a heads up, that she's retiring her pen, for now. I know that I speak for many, in gratitude to her service.

Everything in moderation!!!! A little secret . . . once in awhile, here and there, I've shared a bit of tobacco with the doctor, (here to tell you, she really isn't a "smoker") but year's ago, I directed an affectionate moniker to her . . . and so I'll just say . . .

Thank you Smokin' Doctor! A double entendre . . . but of course!



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Region supports its public radio station on #GivingTuesday

#GivingTuesday is set up as a social media day of giving, but at the studios of KMUN and KCPB, the phones also rang all day! During the one day pledge drive on November 27th, volunteers and staff at the station "pitched" to listeners the need for community public radio.

Station manager, Graham Nystrom set the goal at \$10,000 for the day, with \$5000 each for general operations and the station-wide equipment overhaul campaign he has dubbed Radio for Good.

"The staff, volunteers and Board of Directors are so appreciative of the support and I am very optimistic about the success of the drive in light of the obvious need for equipment funding" states Nystrom. Recently, KMUN has been off the air for short periods because of equipment failure.

Radio for Good is a plan to overhaul all broadcast equipment for three radio stations (KMUN KCPB and KTCB), two tower sites and three translator sites. "We plan to raise \$50,000/year for three years in order to completely overhaul our aging broadcast equipment" says Nystrom. "raising half (\$25,000) from the listening community and half (\$25,000) in grants from charitable foundations."

Coast Community Radio, is the only community station in the region, offering eclectic programming in diverse genres of music as well as local and national public affairs, and children's programming. The station is also an NPR affiliate.

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outside the box



STEPHEN BERK

The Wasteful **GRANDIOSITY** of the **US WORLD POSTURE**

CONSISTENTLY since the end of the Second World War the United States has sought to maintain the primacy it enjoyed at that time. This overarching goal, over the years, has become wasteful, dangerous and absurd. There is no intelligent reason for maintaining such primacy. The economic, political and military elites that sociologist C. Wright Mills wrote about in the fifties, identify their swollen egos with the nation and are therefore intent on being number one. In the early 1800's, following Napoleon's defeat, the European powers met in the Congress of Vienna, which created a balance of power in Europe wherein the great powers of the time recognized one another as equals, each having its own legitimate interests. It is only since World War Two ended, with Europe from Britain to Russia exhausted and war torn, and the US having not been invaded or bombed, in a position of superiority, that American elites have thus sought world hegemony.

Beginning with the conferences at Yalta and Potsdam toward the end of World War Two, the US laid down its plan for primacy. But they did so surreptitiously, since as an "equalitarian democracy," we ostensibly eschewed imperialism. Hence the taking of colonies, imperialism's most blatant form, was tabooed. The US would seek primacy instead by spreading its military around the world, supposedly for altruistic, protective purposes, originally to check Germany and Japan, where we still maintain military garrisons almost three-quarters of a century after the end of the Second World War. The conferences recognized on paper the legitimate interests of our wartime allies, including the Soviet Union. But after the war, beginning with the Truman administration, the US inserted itself more and more into European and Asian affairs. Our substantial garrison in Japan, particularly Okinawa, as well as Pacific islands such as Guam, taken from Spain in 1898, became launching platforms to achieve Pacific domination.

During the Cold War the US reneged on its pledge at Yalta to honor its Soviet ally's sphere of interest in Eastern Europe.

In the nineteenth century, Napoleon had invaded Russia, causing much damage and death prior to his retreat due to loss of supply lines in the fierce Russian winter. In the twentieth century, following the Bolshevik Revolution the US had joined with Britain and France in invading Russia to aid royalist Russians' restoration of the Romanov dynasty. Lenin had taken Russia out of the First World War, declaring it a contest of large state imperialisms



Map of US Military base stations over seas Source: Quora.com

for domination of smaller states, as well as colonies in Africa and Asia. He had written a Marxist essay, "Imperialism, the Highest Stage of Capitalism." Hence following the Great War, Allied powers including the US had invaded Russia in hope of restoring the tsar. They were turned back by Leon Trotsky's potent Red Army.

In the Second World War, many of the same Allied Powers, still strongly against Soviet communism, accepted an enlarged Soviet Union as ally once Nazi Germany had invaded and laid waste to the USSR. At great cost, the Soviets proved a vital asset in keeping Hitler from imposing his racist fascism upon all Europe and its colonies. But that alliance was one of antagonistic cooperation, and after winning the war, the Truman administration resumed hostility toward the communist great power. As the Soviets communized Eastern Europe as a buffer against threat of yet another Western invasion, American anticommunist leaders spoke of "freeing the captive nations". This renewed enmity culminated in the Cold War.

Today, as a post-Soviet capitalist Russia seeks cooperation with the West in

mutual resistance to terrorism, the US continues to regard Russia as hostile competitor and threat to the American led New World Order. Using and expanding the outdated NATO alliance against Russia, the US has broken its promise not to move NATO eastward following German reunification. NATO has become a means for enhancing American militarism. With US arms, featuring advanced missile systems placed throughout former

Soviet client states in Eastern Europe and directed against Russia, the US uses NATO to surround and incapacitate its potential Russian competitor. And every country that joins NATO must devote a percentage of its military budget to becoming an agent of the US war machine.

NATO thus acts as a chief means of spreading US hegemony. It provides lucrative arms contracts to US corporations and acts to expand US trade advantage together with military bases worldwide. Continued American belligerence toward Russia and also China

work single-mindedly in the interests of American world domination. This has been very much a project of influential neoconservatives, who will settle for nothing less than world dominion.

But hegemony does not come without a price. Spreading bases throughout the world to secure trade interests and support extractive industries has materially benefitted mainly the elite perched at the top one per cent of the most unequal class structure in US history. Oligarchs gorge themselves on excess wealth as factory work is de-unionized, robotized and often shipped abroad, while the American infrastructure is allowed to crumble. We are often compared to latter day Rome, always expanding without as we decay from within. Both political parties uphold this order, which will end in US breakdown. A top heavy command economy broke the Soviet Union by 1991. And a different but equally dysfunctional top heavy economy will similarly break the US. Capitalism only thrives as the middle class prospers. But plutocracy obliterates domestic markets by killing the middle class.

NATURE NEWS

Sharing Space with Wild Things Nature Matters features Wildlife Center of the North Coast December 13



THE WILDLIFE CENTER of the North Coast is a non-profit wildlife hospital and environmental education center that has been rescuing, rehabilitating, and releasing native wildlife on the North Oregon coast for the past 21 years. Executive Director Josh Saranpaa and Rehabilitation Coordinator Pauline Baker give the audience an inside look at what wildlife rehabilitation is, its importance, and the impact people have on wildlife. In addition, the audience will learn more about their local wildlife rehabilitation facility and the care and education services it provides the community. The presentation will share how the community can get involved.

The 7 p.m. presentation takes place Dec. 13 at the Fort George Lovell Showroom. The free event



is open to the public. Doors open at 6 p.m. to purchase dinner or beverages at the Fort George before the event.

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

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

Conservancy expands habitat reserves in Tillamook and Clatsop counties



NORTH COAST Land Conservancy expanded two of its existing habitat reserves when it closed on two land acquisitions in November.

A gift of land northeast of the community of Neskowin, in southern Tillamook County, has increased the size of North Coast Land Conservancy's Butte Creek Habitat Reserve to nearly 46 acres. On Nov. 14 Jane and Jack Casey donated to NCLC a 10-acre parcel of forested land running through Butte Creek, a tributary of Neskowin Creek, along with a financial donation that will support the property's perpetual stewardship. The Caseys are friends of Sue Gabriel, who in 2016 donated two parcels of land totaling 35.9 acres, both of which are bisected by Butte Creek, to establish the habitat reserve. Butte Creek supports populations of coho salmon and Pacific lamprey. NCLC expects to partner with the Sand Lake, Neskowin and Nestucca Watershed Council in its stewardship of the land.

"The biggest draw was further protection of Butte Creek, since it's a coastal coho stream," said NCLC Project Manager Amy Hutmacher. "It's a great way to expand our impact in southern Tillamook County."

On Nov. 28, NCLC acquired 8 acres of prairie habitat on the east side of Neacoxie Creek, north of Gearhart. Neacoxie Prairie Habitat Reserve now spans both sides of the creek. The acquisition expands protection of native plants and animals in the Neacoxie Wildlife Corridor, where NCLC already conserves more than 800 acres of native habitat in nearly a dozen reserves. The National Park Service partnered with NCLC to acquire the land through a transfer of conservation credits.

"This is a great result for the Neacoxie and the people who live in the Clatsop Plains," said NCLC Associate Director Jon Wickersham. "The project is an example of how private conservation, private developers, and the federal government can work together to implement on-the-ground conservation benefiting people and the land."



No Country for White Men? Why the Left Should Appeal to the White Male Identity

LIBERALS AND PROGRESSIVES, with the notable exception of Bernie Sanders, too often fail to appeal directly to white men in the United States. I am not suggesting that they fail to appeal to individual white men or that white men are not interested in their platform; I am suggesting that left-wing activists and politicians often do not even attempt to reach out to white men as a group. This is despite the left's long-time embrace of identity politics.

Why cede so much ground to the right? Why permit Fox News and other conservative media to target white men as their main, sometimes sole, audience? Not only are self-identified white men an extremely large political bloc, they are far from monolithic in their political leanings. Even though 60 percent of white men voted Republican in the midterm elections this year, that still leaves tens of millions of white men who voted Democrat, independent, or not at all. Moreover, a significant portion of that 60 percent could be convinced to support parties and candidates that better promote their interests if more were done to appeal to those interests — to target white men directly as a distinct voting bloc.

Conservative pundits and politicians use fear as a tool for encouraging white men to vote Republican: fear of immigrants, fear of unemployment, fear of feminists, fear of ISIS, fear of Antifa, and so on. Ambitious Republican politicians and operatives then use the same fear to move the party further to the right by undermining moderate voices. While the use of fear to manipulate is an insult to both the intelligence and values of many white men, it is often a winning strategy. In fact the 'conservative' label itself is seemingly born out of fear: Researchers have determined that conservatives can be transformed into liberals if the perception of physical danger is eliminated.

The answer for Democrats, however, is not to create an illusion of total safety or scare white men into voting for them instead of Republicans. The latter strategy might make sense, given the current administration's fascistic tendencies, but it allows Republicans to control the discourse. Campaigning in opposition to Trump — rather than promoting alternative values and policies — still gives Trump the attention he relies on to manipulate the public. He wants you to not only be afraid of Muslims, immigrants, and feminists: like all other authoritarians, he wants you to be afraid of him.

The opposition should not grant Trump this psychological victory. There are many pathways to white male hearts and minds that are not paved by fear. White men care about many of the same things women, transgender folks, and people of color do. They care about health care, jobs, social mobility, the environment, education, and future generations. They are doctors, lawyers, teachers, scientists, sanitation workers, salesmen, and students. They may not feel economic and social regression as deeply as less privileged groups do, but they feel it nonetheless. What if a few more downtrodden white men in Georgia, Florida, or Mississippi had voted blue in those tightly contested races? What if they had chosen to be taken in by the opportunity for progressive change rather than by the fear of that change?

White men are not a barrier to progressive advancement but the missing link to achieving it.

By Matt Johnson, syndicated by PeaceVoice, is co-author of *Trumpism*.

In Their Footsteps Let's Talk about Hummingbirds



LEWIS AND CLARK National Historical Park, Fort Clatsop announces the next In Their Footsteps free speaker series event. Let's Talk about Hummingbirds with Barbara Linnett will be on Sunday, December 16, at 1:00 p.m. Hummingbirds have been referred to

as the "jewels of the sky." Barbara Linnett will discuss Clatsop County's two species of hummingbirds. She will share about their unique behaviors, spectacular colors, amazing speed, and whether feeding these important pollinators is harmful or beneficial.

Barbara Linnett is a bird enthusiast and wildlife volunteer whose favorite birds are hummingbirds. She is a retired nurse who volunteered for the Wildlife Center of the North Coast near Astoria for eight years. When this center has fragile hummingbirds as patients, Linnett is called upon to help with their special rehabilitation needs.

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

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

Lewis and Clark National Historical Park will offer special programs about the Corps of Discovery's winter at Fort Clatsop on the days following Christmas.

Starting December 26, Fort Clatsop will feature scheduled living history programs by park rangers each day through January 1 from 9:30 am until 4:40 pm. Rangers in period clothing will present flintlock muzzle-loading programs at 12:00 and 3:00. Hands-on programs about various aspects of the explorers' winter at Fort Clatsop are scheduled for 10:30 and 2:00. Ranger-guided walks on the Netul River Trail will begin at 12:15 and 3:15 daily.

There are also movies in the visitor center. "A Clatsop Winter Story," a 22-minute movie about the 1805-06 winter from a Clatsop Indian perspective, and "Lewis and Clark: Confluence of Time and Courage," a 34-minute movie about the entire voyage, will be offered each hour. The park is closed on Christmas Day, December 25.

Contra Dance!

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Dec
28

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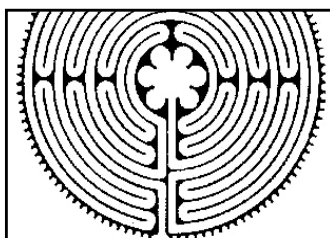
Music by the HORSENECKS & Friends
Featuring Fiddle, Guitar, Banjo and Bass
& Caller Dave Ambrose

Friday December 28 6:30-9:30pm. Lessons 6:30. All ages. All Welcome, sliding scale of \$5-10 at the door, no one turned away.
SUOMI HALL 244 W. Marine Dr. in Uniontown, Astoria

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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

LCQC December Social

Sunday, December 9th

1:00 PM - 3:00 PM

Gearhart Bowl, 3518 HWY 101 N Gearhart, OR 97138

Join a fun filled afternoon of strikes, splits and turkeys at Gearhart Bowl! LCQC covers your first two games and shoe rental. Limited lanes have been reserved so make sure you arrive early! Cheerleaders are always welcome!

The Transgender Day of Remembrance

The Transgender Day of Remembrance Vigil on November 20 at the Garden of Surging Waves in Astoria. Candles were displayed and names were read honoring the 18 individuals whose lives were lost to anti-transgender violence in the United States in 2018. The transgender flag was displayed along with an image of Roxsana Hernandez, a Honduran asylum seeker who died while in immigration detention. Honored also was Callie Lou Bee Haywood, a Transgender Woman of Color who was shot when bullets were fired into the Las Vegas Lounge, a Transgender community center.

South Coast PFLAG Holiday Party

The December 12 PFLAG meeting will celebrate the Holidays with a Dessert Potluck. Bring a dessert to share if you're able, otherwise there will be plenty. Celebrate with LGBTQ family and friends and be a support to those who have difficult holidays. Many LGBTQ people have lost touch with family members who rejected or harassed them and are especially lonely during the holidays. They will be warmly welcomed and fully accepted by the PFLAG Family.

The December 12 PFLAG meeting will be held from 6:30-8 pm at St. Stephen's Episcopal Church at SW 9th & Hurbert, just downhill from the Kite Shop.

PFLAG is a national organization established to support the LGBTQ community, their families and friends through its mission of Education, Support and Advocacy. Research shows that LGBTQ students who receive support from their families, schools and communities are able to survive the stress and challenges far better than students who don't have that support.

PFLAG provides factual and helpful information and personal connections for families whose children or teens believe they may be among the minority in gender identity or sexual orientation. For more information, call 541-265-1904.



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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 pacificcountydemocrats@gmail.com

CREATE • Dec 20 Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

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

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

LAST WINTER HIPFISH covered the efforts of local non-profit, Filling Empty Bellies as they launched a fundraising campaign to open a drop-in center in Astoria. The organization currently serves lunch to the hungry six days a week in People's Park, along with supporting those in need with supplies, clothing and connections to additional services. A drop-in center would create a central location to administer services, serve lunch, and offer safe space.

With the Astoria Scandinavian Heritage Foundation looking to break ground on a new Scandinavian Heritage Park at People's Park in summer 2019, the non-profit already faces a deadline to find a new public space with bathrooms and trash facilities to serve lunch out of.

Erin Hofseth, director of FEB says last winter's campaign efforts were successful, but challenges have remained securing a building, managing the emotional fatigue of board members and volunteers, and over-coming community attitudes toward the work the organization does.

I spoke with Elaine Bruce, Executive Director at Clatsop Community Action, about her past experience opening up a community drop-in center in Montana to get a sense of what it takes to make a drop-in center a reality. Clatsop Community Action is an organization serving Clatsop County that "supports people with housing, food, and other basic living needs."

At the time of opening the drop-in center, Bruce was working for a Community Action Program (CAP) in Helena.

Community Action Programs were formed as a result of the LBJ era "War on Poverty" and 1964 "Economic Opportunity Act." CAP organization's receive their core Federal Funding from "Community Services Block Grants," which are administered by the Office of Community Services in the Administration for Children and Families of the Department of Health and Human Services. Community Action organizations, such as Clatsop Community Action, where Bruce currently works, are smaller branches of CAP programs, which work to address poverty in smaller communities. The larger CAP program in northwest Oregon is Community Action Team based out of St Helens, OR.

Bruce says the need for a drop-in center was first brought to her attention by mental health peers working in the field, although the goal was not to make the center exclusively about mental health. People who were homeless, or had just gotten out of jail, people who were often confined to their apartments due to disability—anyone in the community who needed a safe place to go during the day would all be able to access the space and services a drop-in center could provide.

While she didn't have any experience opening a drop-in center, she heard the need voiced by the community and began researching. "I searched and searched to try to find a community that sort of took this collective thought in. I found some "best practice" organizations that actually emulated what the people who approached me had on their mind."

"Best practices" refers to a professional practice that is accepted as the standard because it produces the best outcomes.

Bruce ultimately found "best practices" were cases where the facility was run by the people who used it, and where people had autonomy about how they wanted to access the space. "If people go to the drop-in center they are not told what to do," she makes clear.

One such example was the The Village Drop-in Center, administered by The Village Family Services serving the San Fernando Valley in Southern California. This drop-in center focuses on supporting homeless youth with "wraparound services" and peer-support. Teens accessing the drop-in center can get support with everything from showers to resume building, but they can also show up simply to be in a safe space.

Bruce also cited the state of Michigan, which has incorporated the drop-in center model into the Department of Health and Human Services, offering peer-run drop-in centers across the state for people with mental health disabilities.

In Corvallis, OR, The Corvallis Day-time Drop In Center rents space out of the First Methodist Church Community Center and was established as a place for socialization for those with psychiatric disabilities. It eventually expanded to respond to the needs of those experiencing

homelessness, low-income and other mental health or dual-diagnoses issues.

In Helena, a 501c3 non-profit was formed to open the drop-in center, but it was Bruce who applied for seed money from the state through the CAP organization she worked for. She explains that the CAP agency acted as the fiduciary for the group, as well as provided administrative oversight. "When you are new [non-profits], you have no financial history. We were the holder so we could continue to get funding. It's difficult to get competitive state and federal grants because you have to show history, capacity, insurance. It's so much more than cutting checks, it's administrative. But it was driven by the people who used it, and they did a really awesome job."

To be granted seed money it was critical to garner and illustrate support from multiple community organizations including law enforcement,



a dream whose reality will need to be shared by community

probation and parole, local mental health services, and adult learning centers. The program would have to truly be for the community and supported by the community partners who were enlisted to serve those in need.

Bruce also received Community Development Block Grants. In Helena, many of the other services such as energy assistance, weatherization, senior services were all spread out across the county and weren't on the bus line, so along with a drop-in center, services were consolidated into the same location: an old bus station, that was purchased and renovated.

An important aspect of the drop-in center was its independence from the other programs; so although they shared a building, the center remained its own entity, ungoverned by the CAP organization.

The process took 2 years from the point of recognizing the need, finding a model that worked, to getting the building and funds, and then getting up and running.

Program rules were developed by the users, a manual from a program in Santa Cruz, CA was combed through line-by-line to be updated and reflect the values of the community and community partners.

The center served many people, 45-90 people a day, according to Bruce. Facilities included laundry, a small kitchen where people could prepare food, a pool table and a big community table for people to spend time around. Bruce remembered how important that was—the ability for people to sit around and exchange with one another, uninhibited.

Not everyone understood the value in people simply having a place to be, but Bruce says, "For the naysayers who would come in and say

guests were not doing anything—they were doing a lot. Psychological safety, with that element of choice is huge. People who have been told what to do or have been rejected by the community - as in the case of those who are homeless - learn they can make decisions on their own with safety and personal choice. I've seen magical changes in people in that way, big time."

The center was open 5 days a week, which included weekends at the participants insistence. Many services and community groups were offered, including groups on recovery, although none were required. Choice and safety remained at the forefront of the center's values. "We did a lot of training on safety," says Bruce.

Rules and agreements around conduct were created by the community, but weren't plastered everywhere. "It was more verbal, approaching someone quietly, not humiliating them and saying "we don't do that here."

Bruce explains some of the dynamics that evolved between community members and partners, such as the police. The police were an integral part of the center's safety plan—if a guest had a behavioral outburst that couldn't be dealt with by staff, for example.

Guests could be temporarily trespassed, and keeping other guests, staff and volunteers safe was of utmost importance. "We didn't put a time limit on [a trespass] because if it was a result of a mental illness, you can't say 'I'm going to be better in a week.' We had a process where they could come back."

She says incidents were rare, but when there were, it's scary and triggering for guests to interact with the police. "Especially for the homeless, because if you are homeless you are subjected to being victimized. So the fact that they were introduced as our safety partner felt better."

"Everyone says there are a few bad people in any population," considers Bruce, on the idea that a segment of the homeless population is abusing the system or looking for trouble. "Those folks showed themselves really quickly when they came to the drop-in center. Predatory and scary people show themselves.

Those people we could permanently trespass, and there was a huge relief from people who knew them on the streets."

The center didn't have a hard sobriety line, but visible intoxication was not accepted.

"I would pull people aside and say 'hey we have people here who are working on their recovery and you are blowing some pretty nasty stuff. You could be triggering people.'" Bruce explains that people would kind of wake up to this directness. While she would ask visibly intoxicated people to leave, she'd be sure they knew they were welcome back when they were sober.

Returning to concerns that low-barrier, participant-led programs are enabling, Bruce says they are "Exactly the opposite." Safe space to exist and explore options at a personal pace is necessarily to move away from constant survival mode. "There is a person in there that has been rejected and [the drop-in center] is welcoming. If there is physical and psychological safety they can think beyond right in front of their face."

Today, the drop-in center Bruce worked to open is run by the mental health center in Helena due to issues with funding that ultimately led to this change. For Bruce, this is sad because ideally it would stay completely independent. One way for a community-run center to maintain its independence and sustainability would be to take on a social enterprise, like running a coffee shop.

Filling Empty Bellies and other groups who would advocate for a drop-in center in Clatsop County will continue to assess their best path forward. From talking to Elaine Bruce, it seems clear that like most endeavors, community will is a critical piece to momentum for any project of scale.


During their campaign, two incoming Astoria city councilors, Roger Rocka and Joan Herman, both voiced their support of drop-in center services, possibly signaling a growing understanding of the need for such services. How this will play out over their time on the council is to be seen. As mentioned, FEB continues to serve lunch at noon in People's Park to anyone who is hungry, welcoming those in need, those wishing to serve, and community partners willing to help.

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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS DEC 2018

INCO Astoria Community Group

Saturday, Dec. 1, 1 pm
Street 14 Café, Astoria

INCO Advocacy Team

Wednesday, Dec. 5, 6:30 pm
Seaside Library Board Room

INCO Seaside-Gearhart

Tuesday, Dec. 11, 6:30 – 8 pm
Email incoregon@gmail.com for location

INCO Warrenton Community Group Meeting

Saturday, Dec. 15, 5 pm
Email incoregon@gmail.com for location

INCO Vote the Future Team

Wednesday, Dec. 19, 6:30 – 8 pm
Seaside Library Board Room

SAVE THE DATE INCO Regional Summit and Women's March Saturday, Jan. 19 Astoria

PATTI DOBROWOLSKI will present Draw Your Future: How a Simple Picture Will Change Everything at the Hoffman Center for the Arts in Manzanita on Saturday, December 29, 2018 from 2 to 4pm.

The odds against you making change in your life are 9 to 1. In this dynamic workshop, Patti will show you how to beat the odds. Learn a simple, visual, goal-setting process that, no matter your age, you can immediately use in your world to help yourself turn vision into reality. Whether personal goals, or organization goals, here's a tool to propel you forward. And, no you don't even need to know how to draw.

Learn how to leverage the latest neuroscience, resilience strategy and drawing to train your brain to identify and stay focused to achieve key goals. Find out how you can make change more easily.

Patti Dobrowolski, author of DRAWING SOLUTIONS: How Visual Goal Setting Will Change Your Life, is founder of Up Your Creative Genius, a consulting firm that uses visuals and creative processes to help companies

You Can Make a Difference: Run for Office

RUSSIA-GATE. Alleged voter suppression. Confinement of asylum seekers. Bringing about positive change nationally may seem futile, given the current state of affairs.

That is not the case, however, at the local level. Every day, your neighbors and friends serve on volunteer boards and committees, making decisions that affect all of us, from considering zoning changes along the Astoria waterfront to placing school bond measures before voters.

In other words, if you despair at national news, get involved locally. And you won't necessarily have to run for office either. For example, municipalities and the Clatsop County government all have various groups, from planning commissions to park boards to school budget committees, to which members are appointed.

But perhaps the post you seek is an elective one. Now is a good time to consider which position you might be interested in, as many will be filled in the May 2019 primary election. The list includes several on the Clatsop Community College Board of Directors; the Clatsop Care Health District Board of Directors; the Astoria, Seaside, Knappa, Warrenton, and Jewell school district boards of directors; one position on the Port of Astoria Commission; and numerous positions on rural fire protection district boards scattered throughout the county.

Don't be dissuaded by the prospect of having to wage a campaign. In many cases, candidates end up running unopposed. But even if you do have competition, you will greatly increase your chance of success by following a few tried and true practices for running for local office.

First, don't go it alone. Assemble a campaign team of ideally four to six people you trust to help with myriad tasks, from distributing campaign signs to serving as a sounding board for discussing issues. If at least one member has campaign experience, that's all the better, but not mandatory.

Be sure to register with ORESTAR through the Oregon Secretary of State's office for tracking campaign finances. There's a wealth of information online, including how-to guides, about all aspects of using the system. Oregon law requires ORESTAR registration if your campaign receives or spends

more than \$750 in a calendar year. If you're not sure, err on the side of caution and get set up.

File to run for office early, if possible, to give yourself more time to order campaign materials (signs, buttons, and flyers, for example) if you choose to do that. If you do have competition, the more you can get your name before voters, the better.

Don't overlook Facebook as an effective (and free!) campaign tool, either. Create a specific campaign page, invite as many people as you can on Facebook to like it, and upload good photos of yourself. Have some taken if you don't have any recent ones. Use the page to regularly promote your positions on issues and why voters should choose you.

At least a month before the election, ask campaign team members and others to write letters to the editor explaining why they endorse your campaign. And don't forget to write one for yourself. It's free, and it's one more way to get your name before voters.

Speaking of writing, be sure to submit a well-thought-out statement to the Clatsop County Voters' Pamphlet. For last month's election, the charge was \$50, a deal considering that it's mailed to all registered voters.

Arguably, the most effective campaign tool is going door to door to voters' homes. If that sounds too time-consuming and arduous, consider holding "meet the candidate" events at local coffee shops or other businesses. (Be sure to ask them first, of course!) Use your Facebook campaign page to promote the event and also submit a news release to the newspaper, another free service.

Finally, on election night, congratulate yourself for taking a leap of faith and running for office. Regardless of whether you win, you will have participated in the most democratic of pursuits.

Astorian Joan Herman is a retired journalist and English teacher. She was elected to the Astoria City Council last month. If you'd like to learn more about running for office, or about helping with campaigns, attend INCO's Run for Something on Saturday, Jan. 19, 4 – 5:30 pm at the Lovell Showroom, Astoria.

and individuals around the world accelerate growth and change. A critically acclaimed comic performer, internationally recognized keynote speaker, writer and business consultant, she has brought innovative visual practices to Fortune 100 companies, government, not for profits and small businesses.

Patti holds an MA in Psychology: Drama Therapy from the California Institute of Integral Studies. Multiple award winner, Dobrowolski is a three-time TEDx speaker "Draw Your Future", "Imagination Changes Everything," and "CreativeGenius:You."

Clients include: Nike, Microsoft Inc, Starbucks Coffee Company, PepsiCo, FedEx, Lufthansa, Samsung, Turner Broadcasting, FritoLay, Hoffman LaRoche, HP, Cooper-vision, Providence, Bill & Melinda Gates Foundation, Space Needle.

Entry fee is \$25.00, which includes a copy of Patti's new book, 9 Tips to Up Your Creative Genius. There will be a book signing after the workshop. Go to hoffman-arts.org to register online.

Draw Your Future: With Patty Dobrowski



WILD ROOTS WELLNESS STUDIO Shows Some Astoria Grit and Caters to Hardworking Folks

By Alyssa Graybeal

DECEMBER 1st marks the one-year anniversary of Wild Roots, a boutique wellness studio at 922 Commercial Street, in the old Mary & Nellie Flavel building. A space that had been abandoned for decades is now thriving with massage, postpartum care, stretch therapy and movement classes, and a small retail boutique filled with local offerings.

When owner Elisabeth Adams first saw the space, her first thought was how dumpy it looked. "It was old, dirty, worn, tired, and a serious project." But after that first viewing, Wild Roots had already started growing its identity in her mind. That identity is not without a little Astoria grit.

Adams grew up mostly in Svensen. "I've loved seeing Astoria change and morph, yet still retain some grit and grime," she says. Likewise, there's much more to massage and fitness than people think. "Massage isn't always pretty," she says. "Sometimes it's hard work—dealing with arthritis, an old injury, processing life transitions."

Wild Roots is all about bodywork that caters to hardworking folks. While massage can be part of self-care, preventive health, mental health, injury treatment, and spiritual health, "I have found that many of the people who could benefit the most from massage rarely get one," Adams says. "I encourage people to come to Wild Roots exactly how they are. You can have goals or not. You don't have to earn or prove anything. Our bodies are meant to be touched, and muscles are meant to be moved."



Liz Adams, Wild Roots Creator, Massage Therapist and Fitness Instructor

specialties, like hot Himalayan salt stones, cupping, CBD oils and body scrubs, facilitated stretching, and craniosacral, prenatal, postpartum, and athletic massage." The massage room at Wild Roots, however, is a non-traditional space, with a basement trap door for some true Astoria character.

What Adams loves most about being a therapist is that no massage is ever the same. "Bodies are constantly evolving and changing. And if we want to make real change or maintain our health, we have to focus on healthier self-talk, healthier self-appreciation."

"Almost every image that comes to our minds about massage is of a small, thin, blonde, white woman with lotus flowers everywhere and flute music in the background. Or that same woman in some

Because fitness looks and feels different to everyone, Adams offers diverse fitness classes that are mostly Pilates-based, including foam rolling (FOGA), body barre, and Mamalates, to which moms can bring their babies.

Adams has known she wanted to be a massage therapist since high school but made a roundabout journey. She's been a doula for 17 years and still practices as a postpartum doula. Now, after studying at East West College of the Healing Arts in Portland, she offers both prenatal massage and family massage catering to the postpartum family.

"I offer all the traditional modalities and some great

highly advanced yoga position with expensive leggings and every detail just perfect," says Adams. "There's more to it," she continues. "People aren't only deserving of bodywork when they look or feel a certain way."

Wild Roots

is a body positive fitness studio. "I don't talk the body shame talk," Adams says. "The body is not an apology, and people don't have to do anything to earn self-care." And the studio is not awash in flute music. "Music sets the tone," she says. "That's one of my secret specialties." She offers dozens of flute-free playlists, yet another way she hopes to change perceptions of what massage and fitness are supposed to look like.

Adams believes the simple act of recognition through human touch and support empowers people to advocate for themselves and feel connected to themselves and others. Adams is also nurturing connections among other Astoria small businesses. "Wild Roots is built on partnerships," she says.

Before opening Wild Roots, Adams had already been building a fitness community over at CrossFit 1811, where she still teaches her signature FOGA class on Saturdays. Kit's Apothecary makes CBD products exclusively for Wild Roots clients, and the Relaxabis massage is very popular. Every detail of the décor is Astoria-centric, "from Anna Weber of Astoria Signs' amazing logo of saddle mountain to the mushroom paper lights from HiiH. I also carry retail from Maidens of the Pacific, another former Astoria women-owned business." Wild Roots even sponsors a local athlete, Josh Fry, who is smashing it in Spartan obstacle course races.

A new session of Mamalates begins December 3rd. In the new year, Adams plans to bring monthly sound therapy sessions to Wild Roots, as well as additional fitness formats, new modalities, and more outdoor meet-ups. Current winter specials include \$15 off monthly packages, which include one 60-min massage and one 20-min session in the NormaTec compression boots, and \$10 off punch cards.

Classes can be reserved online at wildroot-sastoria.com or by drop in, and massage can be scheduled online or by calling 503-791-9624.



Ready to workout at 922 Commercial



Wild Roots Massage Room



Groove and Give This December at the DARE TO DANCE Event!

FOR THE FOURTH year in a row, local Zumba and Dance Fitness instructors are coming together for a local nonprofit. They dance, they laugh, they sweat! There will be baskets and bags filled with fun for the yearly raffle. This year Dare To Dance is raising funds for Filling Empty Bellies, whose mission is to serve meals to and be a resource for our homeless community. Food is the priority. They also facilitate these services: laundry, haircuts, advocacy, newborn baby supplies, school supplies/clothing for children, holiday meals, and referrals to other resources in the area. You can donate on the website (<http://www.fillingemptybellies.org/>) or volunteer to serve lunch Monday through Saturday at noon.

Dare to Dance will be downtown at Astoria Arts and Movement Center. Located on 10th and commercial, dance in the beautiful Odd Fellows Building! The Astoria Arts and Movements Center is also a nonprofit, there's another chance to give!

Save the date, Saturday, December 15th! Ten dollars is the suggested donation for this event. You can also reserve a front row spot with a clear view of the instructors for a fifty dollar donation.

The class begins at 9am, but please be there a half hour before to check out the raffle items and meet the instructors. Groove and give this year.

Contact Joy (joysiglerzumba@gmail.com) or Adriana (503.791.8286) if you have any questions or would like to reserve a spot.



Reserve classes online or by drop-in

Reserve a Massage online
or by calling:

503.791.9624

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Adult Community Ballet at ENCORE STUDIOS

Not Your Daughter's Ballet Class

THE CADENCE and tone of Trixie Leone's voice over piano music, leading dancers through barre warm-ups on a Monday night, is the familiar, classic sound of a dance class. However, her students, a mix of ages (teens-seniors), genders, abilities, and dance experience, may be slightly different than the well-known images of young children - usually girls in tutus, who dominate the picture of who is or isn't a ballet dancer.

Monday night is Adult Community Ballet class at Encore Dance studio in Warrenton. Here, some students are familiar with the verbiage of Cecchetti ballet from earlier days of dance, while others are practicing plies and arabesques for the first time. All are welcome.

The class is free except for a \$10 dollar registration fee at the beginning of each 8-week session.

Trixie, who started teaching with Encore in 2005, says she has been advocating to offer free adult classes for awhile. A lifelong dancer and performer, she has been both teacher and participant in the north coast's performing arts community for years, and many of her students have been with her for just as long.

Susan Oxley, a 7-year student of Trixie's, is a fire fighter-paramedic and competition body-builder who can also get en pointe. Underneath the ribbons of her dance shoes, her calves are filled-in with tattooed body art—might we call these half-legwarmers? Susan, and a few other students, also perform in one of Trixie's on-going shows, Kerfuffle, a vintage comedy-burlesque review.

Not everyone is in class to perform though, and movement for movement's sake is the heart of what the class is offering.

Such is the case for Trina Robinson, one of the class's senior dancers at 60. "I came to dance way too late when I was in middle school," she explains. "Too late" meaning too late to dance professionally, but not too late to learn movement." The muscle memory is still there. Our body remembers how it was supposed to feel in a ran de janbe."

It is this gift of movement that Trixie is committed to making available to everyone regardless of circumstance. "My class seems to attract people who aren't comfortable in a typical studio environment for whatever reason," she acknowledges. "This class is a catch all for people who want to move, and want to dance and get in shape."

For Zach Caverley, an avid runner, adult ballet was outside his normal fitness routine, but he says Trixie's enthusiasm kept him coming back. Also new to the area, he first attended when a buddy invited him. "It's something we can do together and bond over," Zach explains. In Trixie's class, ballet is for bros too.

It was when the studio formed the Encore Performing Arts Foundation, a non-profit with a mission to provide financial assistance to make dance education accessible to all families, that Trixie saw her goal of an affordable adult ballet program becoming a reality.



Ballet Instructor Trixie Leone

PHOTOS: Chelsea Gittle

By Kaisa Schlarb



"I taught adult burlesque, tap and ballet, but students don't stick because the fee schedule is very limiting for many adults in the community." Single moms, the struggling or working class, whom Trixie calls "her people," often cannot afford the tuition, recital and costume fees that come with a more traditional dance class structure.

Such was the case for Everett Schlarb, the ballet student who first invited his buddy Zach. With a toddler at home, most extra funds go to the needs of his family, but adult ballet has been an affordable way to count on getting some time for himself he might not otherwise be able to pay for.

Currently, the class is in its second year, Trixie hopes to grow the program to include other disciplines such as tap jazz and even burlesque. While she has the support of the Encore Foundation, there is currently no grant or sustained funding in place for the Community Teen/Adult Program. At present,

funding comes from random, generous acts of local business and individuals. Most recently, Astoria Brewing Company reached out to her for sponsorship and during the month of November; proceeds from a particular beer were donated to the program.

Many people, accustomed to exploring popular movement practices such as yoga or cross-fit, may not even realize adult-ballet is a movement option, or may be stuck on an idea of who a ballet dancer is or could be.

When she tells people she teaches adult ballet, Trixie says people usually laugh and ask if they can wear a tutu to class. Her earnest reply, "If you want to. We start on Monday."

To support Trixie and the Community Ballet program, call Encore Dance Studio at 503-717-1637 and be sure to state that you want the donation earmarked for Trixie's Community Ballet program, or contact Trixie directly with any questions at TrixieKerfuffle@gmail.com



The New PIER PRESSURE Theatre Black Box Unfolding

By Katherine Lacaze

IN DARIC MOORE and Susi Brown's collective vision, the new incarnation of Pier Pressure Productions, being established in downtown Astoria, will not compete with the other theater companies in the Lower Columbia River region. It will complement them, thus augmenting Astoria's overall performing arts milieu.

"We think the more theater in a town, the better," said Moore, who has assumed the role of booking manager. "We imagine this as just more options for the whole north coast."

The theater, which has been under construction since the beginning of October, is expected to have a full calendar of shows year-round, similar to the Coaster Theater in Cannon Beach. In the current environment, residents and visitors desiring to see a show have to wonder if a theatrical production is currently playing and at which venue in the area.

"There was no place with regular theater," Moore said. "Now [people] can say, 'There's always a play at the Pier Pressure, let's check that out.'"

He and Brown, the artistic director, feel this sort of venue—with shows consistently running—will contribute to the nightlife in Astoria, benefiting both the people who live there and other businesses, as well. According to Brown, a few restaurateurs have indicated an interest in being open after productions to serve show-goers.

"If we have things going on downtown, then they will have clientele," she said. "We are definitely not only in support of the other theaters, but in support of all the other aspects that make Astoria desirable and open at night."

A place of intimacy and versatility

As for the theater's anticipated programming, Brown said her mind is "always running" with ideas of potential plays for future seasons, but "one person can't make that decision." To a degree, the theater's structure itself will influence the types of shows produced, whether they be plays, musical performances, poetry readings, dance recitals, or art installations.

Pier Pressure will be a black box theater, with a movable stage and movable seating. The concept was developed in the 1960s as a result of the growing interest in avant garde theater, which is more experimental and bends traditional practices, Brown said. With people looking to perform theatrical events "anywhere and everywhere," she added, "Black box became a really good venue to do those kinds of things."

As a versatile space, the Pier Pressure will be conducive to producing shows in the round, with audiences circling the stage; cabaret theater, with audiences seated at small tables; and thrust theater, with audiences seated on three sides of the stage. The chairs also can be removed altogether, creating a large empty space for art exhibitions, classes, workshops and rehearsals. Moore and Brown see the space as being available for individuals and groups to rent, as well.

The theater itself is not large. The maximum capacity will be 125, including performers and crew, and the founders anticipate roughly 50 audience members per show. Intimacy and coziness are exactly what Brown and Moore desire, however. With the Liberty Theatre a potential venue for grandiose musicals and other live productions in the future, and the Astor Street Opry Company filling a specific niche with its long-running vaudevillian shows, such as "Shanghaied in Astoria," Moore and Brown understand Astoria does not need another large theater.

"It's fun to just go see a small, intimate show," Moore said, adding the space, once completed, will lend itself to "a particular type of theater, which we will stretch and bend the boundaries of."

As a seasoned performer himself, and with Brown's history of directing, the pair know how the interior must be designed to suit performance art. Moore, who is constructing the space, also has a desire to design the theater such that "when you walk into the lobby, you will feel like it's been here for a long time." He is incorporating large amounts of wood that came from a historic Victorian house.

Brown appreciates that the interior will mimic the blue-collar nature of Astoria itself.

"If you look around, you see the heat ducting, you know things are working," she said. "It's not all flash."

The perfect match

The Pier Pressure only recently went under construction. Astoria Arts and Movement Executive Director Jessamyn West and Andrea Mazzarella, president of the center's board, purchased the Odd Fellows Building in the spring. When Brown asked what they envisioned in the downstairs space, "Jessamyn said right away, 'Pier Pressure,'" referencing the



theater company Brown ran on 10th Street through parts of 2010 and 2011. When Brown surveyed the space—at the time a giant, empty rectangular—it was overwhelming.

Around the same time, Moore, who long has desired to create a performing arts venue in Astoria, also talked with West and Mazzarella. The result, he said, was the realization he and Brown "needed each other to do this."

"I didn't have enough experience in running a theater; she didn't have enough experience in building one up," he said. "We just decided to partner and make it work that way."

They are working to raise \$60,000 for phase 1 of construction to get the nonprofit theater up and running. Eventually, they plan to raise an additional \$45,000 for a high-quality lighting system.

Meanwhile, they have started hosting monthly shows. In October, Brown decided to establish a "Ten-Fifteen"-themed program, since the facility's address is 1015 Commercial. The theater presented two pop-up shows featuring local performers at 10:15 a.m. and 10:15 p.m. Oct. 15. November featured a poetry reading on the 15th, although while the 10:15 a.m. performance remained, the second was moved to 8:15 p.m.

The community can now anticipate that on the 15th of each month, the Pier Pressure will present small shows to help raise funds but more importantly, generate energy and interest.

"I think it's exciting to see a place from the ground up and to see how it evolves," Brown said.

Moore agreed, adding, "Every time [people] come in, something's different."

December's program is "Meet the Directors," and it will feature performances by several well-known directors on the North Coast. The morning show will be at 10:15, but the evening show may take place at 7:15 or 8:15.



Outside 1015 Commercial



The First 10:15 Performance. Raising awareness of the project

SALLY LACAFF Signs copies of Sarah's Circus at Jupiter's Books

SALLY LACAFF returns to her old stomping grounds for a solstice soiree at Jupiter's Books, on **SATURDAY DECEMBER 22** in Cannon Beach. Lights will shine on "Sarah's Circus" – her new book for children of all ages (which she illustrated and co-authored with the beloved late Robert "Jake" Jacobs of Astoria). Come raise a mug of hot cider with Sally and friends from 3 to 6 pm. "Call it vespers," she says.

A collaboration with late Astoria entrepreneur Robert "Jake" Jacob, the story is based on an event from Jake's own childhood, re-imagined in the Great Depression. "Sarah's Circus" — one of Jake's final projects — is a colorful, thoughtful and lovingly detailed story of a little girl learning the true value of a day's work in the circus.

The book is aimed at readers ages 8 through 12, but is for anyone who appreciates elaborate illustration and historical stories.



LUMINARI ARTS

LUMINARI Arts Gallery celebrates the season with a holiday open house, and special musical guests Peter "Spud" Siegel and Michael "Scheckie" Metzner. New works by Handcrafted, specializing in steampunk metal sculptures; jewelry by Luscious of Portland, and new screen print T-shirts by Salty Raven. Natural uplifters that they are, Luminari proprietor/artists Charlotte and Diane support local art, art d' object, coolest cards for every occasion + creative inventory, and festive Art Walk events.

Luminari Arts is located at 1133 Commercial St. in Astoria. Open Daily.



T-shirts by Salty Raven

Astoria Visual Arts CALL FOR ARTISTS My Secret Astoria

ASTORIA VISUAL ARTS (AVA) seeks artists for a members' exhibit at RiverSea Gallery, January 12 through February 5, 2019. Artwork must explore the theme My Secret Astoria and all media are welcome. Current members are invited to submit 1 to 3 pieces to RiverSea on January 6 or 7, Monday or Sunday from 12 to 4 pm. Artwork must not exceed 36" wide and must be for sale. As wall space is limited, Betsy Millard, Executive Director of the Columbia Pacific Heritage Museum, will select artwork to be included in the exhibit. The opening reception will take place during Artwalk on Saturday, January 12 from 5 - 8pm.

ARE YOU AN ARTIST IN NEED OF A STUDIO?

Call for Artists for AVA-funded Residencies: Winter 2019

Astoria Visual Arts seeks applications from local artists interested in working in a rent-free studio from January 1 through April 30, 2019.

Deadline for applications: Midnight, December 19, 2018

Notification of selection: December 22, 2018

The successful candidate(s) will be provided with studio space in the Astoria Downtown Historic District free of charge for a four-month residency period, beginning January 1, 2019. The AVA a-i-r Program is designed to encourage the creative, intellectual and professional growth of local artists. Residency finalists are chosen on the basis of merit by an independent selection panel of working artists and arts patrons. Those who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes.

For more information about AVA a-i-r and to apply online, go to: <http://www.astoriavisualarts.org/ava-a-i-r.html>

ART ON

Hoffman Center PLATE INVITATIONAL through December

THE HOFFMAN CENTER for the Arts Gallery in Manzanita will present a Plate Invitational fund-raiser during the month of December.

The show opens Friday, Dec. 7, and runs every Friday, Saturday and Sunday, from 1 to 4pm. An Artists' Reception will be held on Saturday, Dec. 8.

Visitors to the gallery will be able to bid on plates painted by 21 North Coast painters, many of whom have had their works featured in galleries throughout the Northwest and across the U.S. The painters include Deborah Dewit, Ben Rosenberg, Laura Ross-Paul, Liza Jones, Paul Miller, Levering Thomas, Pam Greene, Matthew Dennison, Mary Jo Anderson, Rae Mahaffey, Lori Dillon, Sherrie Wolf, Peggy Biskar, Mardy Widman, Barbara Temple Ayres, Bonnie Kost, Sharon Gibson, Melissa Young, Lloyd Lindley II, Toni Greening, and Tom Ayres.

Eleven North Coast potters created the plates, including Allan Olson, Sharon Gibson, Steven Gibson, Stacy Nuttall, Barbara Temple Ayres, Donna Miller, Carl Vandervoort, Shane Sjogren, Kathleen Larson, Kathleen Kanas, John Zogg, and Mary Roberts.

Volunteers in the Hoffman Clay program organized, finished, and fired the plates.



Local resident Bonnie Laing-Malcolmson is curating the show. Her background includes Past President of the Oregon College of Art and Craft in Portland, Oregon, as well as curatorial positions with the Portland Art Museum.

Everyone involved in the Plate Invitational volunteered their time and talents to the project. Bids can be placed on pieces displayed in the Gallery throughout the month, but there will also be a "buy now" price. All proceeds from the sale will help fund much-needed improvements to the Hoffman Center's restroom and kitchenette areas.

The December Gallery show will also include black and white "New Year's Day" photos of Twin Rocks Beach by Robbie McClaran. McClaran is a fine-art photographer whose works have been shown in museums across the U.S. including the Portland Art Museum. His book will also be available for purchase at the Gallery.

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



The Art of Food Benefit Show at Smoked Bones

ERIN GRACE, Director of Filling Empty Bellies, loves the idea of a food art show. "We are honored and so very grateful to be thought of for this fundraiser, says Grace. "We appreciate the support of community members more than I can express."

Phil Spencer, co-owner of Smoked Bones BBQ is known for his most recent culinary philanthropy this Thanksgiving when he cooked for the community at the Astoria Armory.

"Smoked Bones believes that art and food both nourish the soul. We're pleased to offer a venue." Spencer will be selling \$2 pulled pork sliders during the event with 50% of the sales dated to Filling Empty Bellies.

Featured art includes painting, collage, mixed media and photography all by local artists including Sandy Rea, J. Wesley Willis, Blaine Verley, Michael Datoli, Linda Fenton-Mendenhall, Bill Atwood, Joi Smith, Amy Danger, Quinn Crain, Sid Deluca, and others. Each artist is donating a portion of sales between thirty and one hundred percent.

Smoked Bones is located inside Pier 11. During construction please enter from 12th Street by foot or 10th Street by foot or car.



J. Wesley Willis painting

December Calendar

Friday 7

MUSIC

Buzz Rogowski. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

The Jack Maybe Project. No cover, 7 - 10pm at Gearhart Hotel in Gearhart.

The Oak Ridge Boys. \$25 - \$40 8pm at Chinook Winds in Lincoln City.

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

HAPPENING

Festival of Trees. Gala and silent auction. 5 - 8pm at the Pioneer Museum in Tillamook.

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 8

MUSIC

Bayside Singers. Donations accepted. 2pm at the Chinook Event Center.

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

Wishes & Candles. With the Central Coast Chorale. 2pm at the Lincoln City Cultural Center.

Columbia River Symphony. Noel. With the Warrenton High/Middle School Choirs and a special appearance by Santa Claus. Free, 7pm at the Liberty Theater in Astoria.

Rio Con Brio. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Adams and Costello. 8pm at Public Coast Brewing Co in Cannon Beach.

Garett Brennan & Jon Neufeld. No cover, 8pm at the Sou'wester Lodge in Seaview.

The Oak Ridge Boys. \$25 - \$40 8pm at Chinook Winds in Lincoln City.

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

ART

Second Saturday Art Walk. 5 - 8pm in downtown Astoria.

CINEMA

The Nightmare Before Christmas. Free, 3pm at the Astoria Library.

FOOD & DRINK

Wine Tasting. Holiday Sparkling. 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 Jetty. Vendors will be selling food, handmade gifts, and more. Photos with Mr & Mrs Claus (1 - 4pm). Noon - 4pm at North Jetty Brewing in Seaview.

CAA Annual Holiday Fundraiser. Bring your leashed pets for photos with Santa, bid on silent auction items, and shop for delicious treats at one of the largest bake sales in the US. All money raised helps dogs and cats at the Clatsop County Animal Shelter. 9am - 4pm at the Lovell Show room at Fort George in Astoria.

Astoria Flea Market Holiday Bazaar and Antique Fair. 10am - 3pm at the Astoria First Presbyterian Church.

Gifts That Make a Difference. Thirty non-profits will be gathered in one space for one afternoon. Attendees can choose from many donation gifts and discover new opportunities for volunteerism. Noon - 4pm in the McTavish Room at the Liberty Theater in Astoria.

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

Pet Photos with Santa. \$9.95 1 - 4pm at Petco in Warrenton.

Pictures with Santa. 1 - 4pm at the Cannon Beach Chamber of Commerce.

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.

North Coast Chorale • Sing of Mary



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.

Sunday 9

MUSIC

Bayside Singers. Choose Something Like a Star. Suggested donation of \$10, 2pm at Ocean Park Lutheran Church.

Richard T and Friends. 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Celtic Concert Series. Christmas with the Gothard Sisters. \$25, 2pm at the Lincoln City Cultural Center.

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

Bart Budwig + Maita. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Senior Dinner. Annual Dinner for local seniors. 1 - 3pm at the Seaside Convention Center.

HAPPENING

Winter Pop-Up Market. Artisans, Makers and Bakers offering gifts with the personal touch. 10am - 4pm at Astoria Court, 1332 Commercial St, Astoria.

Senior Dinner. 1 - 3pm at the Seaside Convention Center.

THEATER

Scrooged in Astoria. A Holiday Musical Melodrama. \$15 - \$20, 2pm at the ASOC Playhouse in Astoria.

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

Monday 10

MUSIC

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

ART

Tipsy Easel Landscape Night. 7pm at the Manzanita Lighthouse. FMI, contact freehandmanzanita@gmail.com

Tuesday 11

MUSIC

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Food Roots Harvest Dinner. \$67, 5:45pm at the Salmonberry Saloon in Wheeler. Buy tickets online at foodrootsnw.org/dinners/

Wednesday 12

MUSIC

Buzz Rogowski. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

Redray Frazier & Esza Rose. 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.

Jokers and Jesters Comedy Tour. With Jake Daniels and Tony Dijamco. \$10, 7pm at the Times Theater & Public House in Seaside.

LECTURE

Art of Aging Series. Downsizing & De-cluttering. With Sue McGrath and Jeanine Rumble. \$5, 3 - 5pm at the Hoffman Center in Manzanita.

LITERARY

Lunch with Holly Lorincz. Talks writing, co-writing, ghost writing, content editing and acting as an agent for other authors. \$10, noon at Beach Books in Seaside. RSVP at 503-738-3500.

Thursday 13

MUSIC

Basin Street NW. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Redray Frazier & Esza Rose. No cover, 7pm at the Adrift Hotel in Long Beach.

CINEMA

The Nightmare Before Christmas. Free, 6pm at the Manzanita Library.

HAPPENING

Paint & Sip. Relax, sip wine, and create a unique painting with step-by-step instruction. \$35, at the Astoria Golf & Country Club. Tickets and more information can be found at www.proof-inpainting.com

LECTURE

Nature Matters. Sharing Space with Wild Things. With Josh Saranpaa and Pauline Baker. Free, 7pm in the Fort George Lovell Showroom.

Friday 14

MUSIC

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

The Coastline. No cover, 7 - 10pm at Gearhart Hotel in Gearhart.

→ cont. p19



Kathryn Claire

Songstress, fiddler, and occasional electric guitar player, Katherine Claire, performs **WINTER SONGS**, in duo with Don Henson, amazing percussionist, multi-instrumentalist. Dec 12, at the Peninsula Arts Center. Doors 7pm. \$15.
504 Pacific Ave.
N., Long Beach, WA.



Thee Wizard of OZ at the Coaster Theatre Thru Dec. 23

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 Dec. The theater company puts up the beloved staged musical, based on the classic MGM motion picture with music and lyrics by the original songwriters, Harold Arlen and E.Y. Harburg—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.



Debut of Directors: Readings at Pier Pressure

PIER PRESSURE Productions presents another performance of TEN-FIFTEEN at 10:15 am and 8:15pm on Saturday, December 15 in its continually developing theater space at 1015 Commercial Street in Astoria. This presentation entitled DEBUT OF DIRECTORS will be readings of humorous and dramatic material selected and performed by local directors. Mike Alderman, Karen Bain, Susi Brown, Sen Incavo, Edward James, and Sheila Shaffer will be performing the third presentation of this series. Come see the future home of Astoria’s black box theater. This is a one-day only event. Donations welcome.

SCROOGED IN ASTORIA Thru Dec 22

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 Beuparland, Maddison Beuparland, 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 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.

Celebrate A Czech Musical Christmas At Seaside Public Library

THE FRIENDS of the Seaside Library host a Czech Musical Christmas program with Mark and Helena Greathouse on December 22. The event will take place in the Community Room at 1:00 p.m. and is free to the public.

The Greathouse’s are an international husband-wife duo of musician/composer and singer/dancer – Mark from Portland, Oregon and Helena from Prague, Czech Republic. They’ll present a vibrant and varied program of lyrical melody, song, and dance in several languages. Helena explains the content of each song, if it is not sung in English, and they also describe the cultural background of their music. Some of their pieces are very familiar while others are older and may not have been performed in America.

The program will be divided into segments and Helena will sing and dance in authentic folklore costumes from Eastern Europe. To help clarify, she also explains the cultural background of the songs.



Mark and Helena have performed for many years in the Northwest as well as in several European countries. Each began performing in their youth, Mark with his dad on stage in Portland, and Helena on Czechoslovak National Radio and TV in Prague. In 2010 they made it to the judges round at America’s Got Talent.

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

TAPA Who’s Afraid of Virginia Woolf

The Tillamook Association for the Performing Arts (TAPA) is holding auditions for “Who’s Afraid of Virginia Woolf?” December 8th & 9th.

Edward Albee’s “Who’s Afraid of Virginia Woolf?” is the story of a couple who has spent their entire marriage masking their pain and sorrow behind seething anger and mind games, in a constant power struggle. George and Martha are a malevolent codependent couple on the brink of self-discovery. “Who’s Afraid of Virginia Woolf?” dares you to look inside and ask yourself what is your reality, and is it really real?

TAPA is looking for two (2) men and two (2) women to fill the roles of this production.

Character descriptions:

Martha (50s) – Boisterous, loud, harsh

AUDITIONS

George (40s) – Martha’s husband, calculating, observant, manipulative

Honey (20s) – Naïve, trusting, newlywed

Nick (20s) – Honey’s husband, honest, well put together

This production runs April 12th – April 28th (no show on Easter).

Auditions will be held at TAPA’s Barn Community Playhouse (1204 Ivy Ave) in Tillamook, on Saturday Dec 8th & Sunday Dec 9th starting at 11:00 am both days. Please come prepared with monologue of your choice.

Please contact the Director at buckboy71@icloud.com with any questions or for more information.

Brian Cameron: New Paintings + Imagined Memorabilia of Astoria at RiverSea



B. Cameron, Hug Point South

TWO EXHIBITIONS at RiverSea Gallery offer a contrast in approach to local scenes and lifestyles. North coast favorite, Brian Cameron brings his native coastal environs to life in a series of new paintings with a focus on living at the beach. In the Alcove, regional artists exhibit imaginary Astoria memorabilia in a group show of small works.

Both shows open Saturday, December 8, with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm.

Meet the artists, view the shows and enjoy live tunes by Maggie & the Katz, featuring Maggie Kitson, Dave Quinton and Richard Thomasian. With holiday gift giving in mind, sold works from these shows will be released by December 10th. Unsold work will remain on view through January 8, 2019.

Chasing the Muse is an exhibition of new paintings by Brian Cameron. The artist relies on his perspective as a life-long resident of Seaside to depict life at the beach in all its permutations, from the spark and sizzle of sun on waves to rain drenched cliffs suffused in sunset colors. In many of his paintings, animated figures are caught in the play of light and water, their interactions blurred and distilled, lending a hint of mystery to every stance and gesture. As an avid beach walker and photographer, Cameron takes advantage of living virtually on the dune line to capture with his lens the ever changing landscape, along with the wildlife and people who populate it. As he works in his studio he often turns

to photographs he has taken over the years as a source for inspiration.

Cameron is a self-taught artist who has worked in many different styles and mediums over the years, ranging from painting and relief printmaking to sculpture and woodworking. He has exhibited in galleries on the Oregon coast and in Portland, including the Portland Art Museum Rental Sales Gallery. He has been a represented artist at RiverSea Gallery since 1998.

SHOWING IN THE ALCOVE is *Ephemera: Imagined Memorabilia of Astoria*. In this group show eighteen regional artists have been invited

to create small works depicting fictional memorabilia of a past, present or future Astoria. This exhibition imparts a story of place, and leads the viewer to discover a sense of Astoria that exists in imaginations, memories and dreams.

Participating artists are: Bill Atwood, Benz & Chang, Sarah Bolerjack, Stephanie Brockway, Annie Eskelin, Stirling Gorsuch, Lynne Johnson, Patricia Jollimore, Sally Lackaff, Roger McKay, Hickory Mertsching, Colin Miller, Robert Paulmenn & Mary Lou McAuley, Leslie Peterson Sapp, Charles Schweigert, Noel Thomas, and Christine Trexel.

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



Leslie Peterson

Hook, Pulp and Weave An Exploration of Fiber as Medium At IMOGEN

THIS HOLIDAY SEASON Imogen hosts a rich and diverse invitational exhibition exploring fiber. Functional and non-functional work will be included in this unique exhibition of textile based arts. Color, texture and composition form the backbone of this collection, including a new selection of hand hooked wall art by Roxy Applegate, artist-made paper lights by Lâm Quãng and Kestrel Gates of HiiH Lights, wall hung mixed fiber art pieces by Susan Circone, nuno felted scarves and wraps by Julie Kern Smith, and basketry by Debra Carnes are just a few of the exquisite examples of fiber in art. The exhibition opens for Astoria's Second Saturday Artwalk, December 8th with a reception for the artists, 5 - 8 pm.

Fiber based art has a long running history, with weaving techniques dating back to Neolithic times some 12,000 years ago. It is

respected as one of the oldest surviving craft forms in the world that evolved from multiple cultures, including the Incans who utilized textiles as currency, which held a more prominent role

then gold for trade. Native Americans, for centuries have created elaborate basketry for all uses, including vessels that were water

tight, made from regionally known plant materials. Middle Eastern nomadic tribes, have been respected for intricate hand knotted rugs made of wool and silk, dating back over 4000 years, and the rich illustrative tapestries of the 14th and 15th centuries of European cultures, all helped to forge what we appreciate as textile based art today. The term "fiber arts" came to be applied much later; post World War II with the resurgence of the craft movement. With this came the recognition of craft as fine art and the diminished idea of utilitarian needs.

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

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468.0620 imogengallery.com



A. Santiago, felted wool



Iris Sullivan, hand dyed silk scarf

McVarish Gallery Miniature Multiplied + Inflatable Xmas Sculptures

CONTINUING with November's miniature theme, seven new artists will present paintings and sculpture under 10 x 10 inches. Included will be Scott Leasing/local encaustic painter, Marga Stanley/local painter, Alisa Vernon/local painter/printmaker, Dineen Serpa/Phoenix based painter, John Smith/Arkansas based painter, Annie Selland/local ceramicist, and Kimi Boylan/Portland based mixed media artist.



Marga Stanley 10 x 10

The second show will be the first in the new extension of McVarish Gallery to the *Secret Gallery Exhibit Hall* behind it. This will be a collection of large scale Christmas-themed inflatable sculptures by Paul Paulson of the Paul Paulson Painting Gallery, also on Tenth Street

Opening reception Sat. December 8th, 5:00- 8:30pm at McVarish Gallery, 160 Tenth St. mcvarishgallery.com

ASTORIA VISUAL ARTS (AVA) features a new exhibit by **JOHN WILLIS**—ASTORIA CITYSCAPES opens for Astoria 2nd Saturday Artwalk, December 8 from 5-8pm and runs through Jan 5. Willis' oil paintings offer a unique view of beloved Astoria



scenes and some unique, obscure perspectives—distilled imagery of a carefully chosen location, time and concept.

Willis' artist grandfather ran the Sitka Center for Art & Ecology for a time and taught him to draw and to carve—to see more carefully. In 2010, Willis reconnected with creativity and changed everything. He committed to living a creative life: writing, drawing, designing, building, and inventing. In 2016 John

relocated to Astoria and began painting. Coming full circle, he has a great appreciation for moving through the creative process and for sharing it.

You can see more of his art at www.ArtsFortheHeart.com. You can also see his fine art woodwork at the RiverSea Gallery in Astoria, the exclusive outlet for his lap desks and shinto stools.

AVA Gallery is located at 375 11th Street in Astoria and is open Saturdays from 12-4pm and by appointment. visit www.astoriavisualarts.org.

LightBox 2018 Members Group Exhibit

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

LightBox members are a community of photographers and patrons from the North Coast and beyond that support the mission of the gallery to promote and educate in the photographic arts through exhibits, education, events and member gatherings. The annual members exhibit celebrates each individual's unique creativity, this year over 40 members are featured in an open call. All the photographers are listed and images can be seen on the Exhibit Showpage. lightbox-photographic.com

December 8 until January 6. LightBox offers memberships as a way to become part of the community that helps to further the mission of the gallery.

LightBox is located at 1045 Marine Drive in Astoria, Open Tues - Sat 11 - 5:30. 503-468-0238, info@lightboxphotographic.com



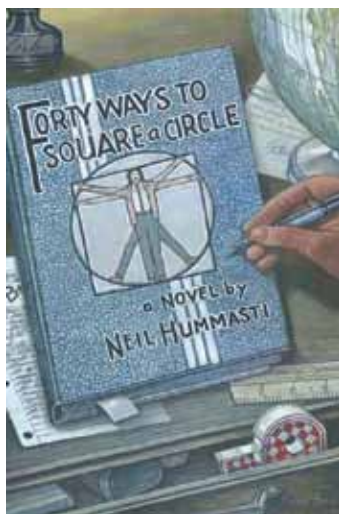
Arnie Hummasti presents *The Wit and Wisdom of Neil Hummasti* at the Astoria Library

ARNIE HUMMASTI will share selections from his publishing project – “Afraid of Goosequills: The Wit and Wisdom of Neil Hummasti” – at 3 p.m. Saturday, December 15, at the Astoria Library. Admission is free.

In 2011, Astoria resident Neil Hummasti died from cancer. He left behind over half a million words of unpublished writing. Arnie Hummasti, Neil’s brother, established Svensen Pioneer Press to publish phase one of Neil’s writing, which includes two 90,000 word novels – “I See London, I See France...” and “Forty Ways to Square A Circle” – and a collection of seven short stories. Phase two will feature three works of theology.

“I believe my brother was a gifted writer, worthy of broad exposure,” said Arnie Hummasti. “My hope is to complete, in some measure, what he was unable to: to share his literary gifts with a wider audience.”

For more biographical information on Neil Hummasti, a literary assessment of his work and to read his short stories, visit neilhummast.com



WINTER WORDPLAY Mini-Workshops at drop-in Writing Lounge at the Hoffman Center

JOIN A SUPPORTIVE WRITING COMMUNITY and learn short craft lessons to apply immediately during Writing Lounge at the Hoffman Center for the Arts.

During January through March 2019, on the Tuesday “prompt-writing days,” you’ll learn a bit about craft and then apply that lesson immediately as everyone on the group writes to the same pertinent prompt.

Just in case you don’t know, this is a deal. Looking at other prompt writing opportunities, here are your options. You can brave the pass in winter to attend a prompt group in Portland for \$20 each session or walk over to the Hoffman Center for the Arts in Manzanita and join in both a craft mini-lesson and prompt writing, for \$5.

On alternate Tuesdays, the Writing Lounge is open for drop-ins for quiet writing time in a supportive environment.

Drop-in fee is \$5. Join us for one or all of the sessions.

FIRST UP: JANUARY 8 – Movement for Writers with Kathie Hightower. We all want to get into flow when writing, but all that sitting can wreak havoc with our bodies. Learn simple moves to avoid Carpal Tunnel, Text Neck, shoulder and back pain, to keep your writing flow going.

Experiential session to learn simple moves, followed by a writing prompt tied to body. Bring yoga mat or towel and wear loose clothing.

Local Historian Jennifer Thiele Publishes New Book

THE TILLAMOOK COUNTY Pioneer Museum’s Historian Jennifer Thiele has published the second book in a series of histories about the Tillamook area. *Art with Spirit* is the biography of national renown muralist Lucia Wiley who was born and raised in Tillamook. “This was a fun book to write. Through my research, I made connections with the family and was invited to the Wiley-Steinbach family reunion. There, I was told lots of good stories about Lucia and her talents. This brought a whole new level of personality to Lucia’s story and I thank her family for their input,” reported the author.

This volume joins *The Lightning Painter*, the story of Joseph J. Englehart which was published earlier this year. Both volumes are available at the Pioneer Museum’s Book Shop and would make wonderful gifts for the holiday season.



Author Holly Lorincz Lunch in the Loft At Beach Books

Author Holly Lorincz will be talking about her writing, co-writing, ghost writing, content editing and acting as an agent for other authors at Beach Books. Her titles include *Smart Mouth*, *Whiskey Passport: Drams from Around the World*, *The Everything Girl*, *A Day in Prison: An Insider’s Guide to Life Behind Bars* and coming out in March, *Kidnapped by a Client*.

Wed., Dec 12. Beach Books is located at 613 Broadway in Seaside. RSVP beachbooks37@gmail.com. Lunch \$10.

TNT TALKS Miniboats Across the Pacific: From Astoria to Japan with Nate Sandel

NATE “THE GREAT” SANDEL, education director at the Columbia River Maritime Museum, will present, “Miniboats Across the Pacific: From Astoria to Japan” on Thursday, Dec 20, 7pm.

The miniboat program from the Columbia River Maritime Museum helps elementary-aged students at home and abroad create international connections, learn about maritime transportation, and engage in hands-on science, technology, engineering and mathematics. In addition, the project helps students build a connection to the ocean and maritime trade, important aspects of the local economy and culture on the north coast.

Since 2005, Sandel has taught education programs to more than 100,000 students in cities across the U.S.

The Clatsop County Historical Society’s TNT lecture series is a free event at Fort George Brewery on the third Thursday of each month. Doors open at 6:00 pm, with lectures beginning at 7:00 pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult.

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



Writing Contest Supports Fundraising for Local Libraries

THE SEASIDE PUBLIC LIBRARY Foundation will be publishing its second annual short story anthology to support the Libraries Reading Outreach program, which provides library cards to children in Clatsop County. Writers are invited to submit a short story (1500 words, maximum) with a theme of books or libraries.

Winning entries will be featured at the Libraries ROCC Fundraiser on Sunday, April 14 at the Seaside Convention Center, where writers will have the opportunity to read an excerpt from their story and speak about their writing process. Writers should include at least two characters in the story who event attendees can bid on to name for the final version of the story that will be included in the anthology. For example, last year, attendees had the opportunity to bid on the name of a ghost in a story about a haunted library.

The deadline for entries is Friday, February 1, 2019. Stories must be submitted electronically via email to librariesreadingoutreach@gmail.com and writers will be notified of receipt once a \$10 entry fee has been submitted via check to Libraries ROCC at 1131 Broadway, Seaside, OR 97138. Stories should be submitted as Word documents and should be family friendly. For additional guidelines, visit seasidelibrary.org.

Submissions will be evaluated by a panel of local judges including Ken Heman, Melissa Eskue Ousley, and Deb Vanasse. Winning entries will be announced on Friday, February 22.

Ken Heman is a Visitor Information Specialist with the City of Seaside Visitors Bureau, on the



board of the Seaside Museum and Historical Society, a member of the City of Seaside Safety Committee, Tourism Advisory Council, and a former board member with the Seaside Chamber of Commerce. Ken and his wife Sandra have lived in Seaside since 2010.

Melissa Eskue Ousley is an award-winning author living on the north coast of Oregon. Her suspense novel, *Pitcher Plant*, won a 2018 Independent Publisher Book Award and was a finalist for a 2018 Next Generation Indie Book Award. It is set in Seaside, Oregon and features murder and restless spirits. Her story, *43 Pearls*, won an award with The Short Story Project. Melissa’s short stories have been included in *The North Coast Squid*, *Rain Magazine*, and other anthologies.

Deb Vanasse is the author of seventeen books with six different publishers. Among the most recent are *Write Your Best Book*, a practical guide to writing books that rise above the rest; *Cold Spell*, a novel that “captures the harsh beauty of the terrain as well as the strain of self-doubt and complicated family bonds”; and a biography, *Wealth Woman*, a True West “Best of the West” selection. After thirty-six years in Alaska, she now lives on the north coast of Oregon, where she continues to write while doing freelance editing, coaching, and writing instruction.

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 <mmcauley05@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.

Jesse Leigh Band. Free, 9pm at the Manzanita Lighthouse.

Redray Frazier & Ezza Rose. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Form, Function, and Film. A black & white aesthetic through the eyes of hand-blown glass artist Kelly Howard, bent wood sculptor Rick Martin, and the photography of Kirk Jonasson. 5 – 7pm at the Chessman Gallery, Lincoln City Cultural Center.

Ceramics Sale and Art Reception. Find the perfect gift made by local ceramics artists. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Encore Dance Studio Toy Drive Recital. Holiday themed dance routines, a 2018 Toyota Raffle, and bring unopened Toys to the door. 6:30pm at the Seaside Convention Center. More info: 503.717.1673

Paint & Pie Fundraiser. Artist instruction and materials, with pie and beverage, is \$30. 6 – 8pm at Fairview Grange Hall in Tillamook. RSVP by calling 503-842-1115.

Comedy on the Coast. Featuring comedians Chris Franjola, Johnny Cardinale and Nick Hoff. \$15, 8pm at Chinook Winds in Lincoln City.

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.

It's a Wonderful Life. Radio Play. \$12, 7:30pm at the Lincoln City Cultural Center.

Saturday 15

MUSIC

Christian Kinyon. 8pm at Public Coast Brewing in Cannon Beach.

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

The Port City Singers. Holiday Concert. Free, 6pm at the Astoria Public Library.

Stumptown Swing. Free, 7pm at the Hoffman Center in Manzanita.

Brush Prairie. No cover, 8pm at the Sou'wester Lodge in Seaview.

Cristian Kinyon. 8pm at Public Coast Brewing Co in Cannon Beach.

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

ART

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

FOOD & DRINK

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

Holiday Tea and Plum Pudding. Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

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

HAPPENING

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

Winter Pop-Up Market. Artisans, Makers and Bakers offering gifts with the personal touch. 10am – 4pm at Astoria Court, 1332 Commercial St, Astoria.

Pet Photos with Santa. \$9.95 1 – 4pm at Petco in Warrenton.

Naughty but Nice Party. With live music by the Jesse Lee Falls Band and food specials. At the Workers Tavern in Astoria.

Santa Swim. A special holiday themed open swim where you can float in the pool while watching “Home Alone 2”. Get your pictures taken with Santa Claus and enjoy tasty holiday treats. \$2, 1 – 3pm at Sunset Pool in Seaside.

Community Creche Exhibit. 2 – 6pm at the Church of Jesus Christ of Latter-day Saints in Seaside.

Visit with Santa Claus. 1 – 4pm at the Manzanita Visitor Center.

Comedy on the Coast. Featuring comedians Chris Franjola, Johnny Cardinale and Nick Hoff. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

Robert Michael Pyle Reading. Local author Robert Michael Pyle will read from his new book “Magdalena Mountain.” Noon at the River Life Interpretive Center at Redman Hall in Skamokawa.

Arnie Hummasti Presentation. Arnie Hummasti will share selections from his publishing project Afraid of Goosequills: The Wit and Wisdom of Neil Hummastiä. Free, 3pm at the Astoria Public Library.

HAPPENING

Handmade Bazaar. Offering the works of artists and makers. Noon – 6pm at the Sou'wester Lodge in Seaview.

OUTSIDE

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

THEATER

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

It's a Wonderful Life LIVE Radio Play. The Riverbend Players perform this classic movie turned vintage radio play. 7:30 pm. On the KALA stage in Astoria. Advance tickets \$15 at libertyastoria.showare.com

Debut of Directors. TEN-FIFTEEN Pier Pressure Productions presents readings of humorous and dramatic material selected and performed by local directors. Admission by donation. 10:15am and 8:15pm, at 1015 Commercial in Astoria.

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

It's a Wonderful Life Radio Play. \$12, 2pm and 7:30pm at the Lincoln City Cultural Center.

Sunday 16

MUSIC

Jennifer Goodenberger. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

North Coast Symphonic Band. Festive Winter Holiday. \$15, 2pm at the Liberty Theater in Astoria.

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

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

FOOD & DRINK

Holiday Tea and Plum Pudding. Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

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

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

HAPPENING

Winter Pop-Up Market. Artisans, Makers and Bakers offering gifts with the personal touch. 10am – 4pm at Astoria Court, 1332 Commercial St, Astoria.

Meat Bingo Fundraiser. \$10 spaghetti feed at 5:30 and 6:30 meat bingo with prizes. At the Workers Tavern in Astoria.

Pet Photos with Santa. \$9.95 1 – 4pm at Petco in Warrenton.

LECTURE

In Their Footsteps Lecture Series. Let's Talk About Hummingbirds with Barbara Linnett. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

THEATER

Scrooged in Astoria. A Holiday Musical Melodrama. \$10, 2pm at the ASOC Playhouse in Astoria.

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

Monday 17

MUSIC

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Holiday Tea and Plum Pudding. Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

Old Fashioned Christmas in the Flavel House Museum. Old St. Nick will be attending the Old-Fashioned Christmas celebration in the Flavel House Museum from 6 to 8 p.m. Monday, December 17th. Visitors will have an opportunity to see the decorated Flavel House Museum and be treated to holiday music, crafts, games, and stories for the kids.

Tuesday 18

MUSIC

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Holiday Tea and Plum Pudding. Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum. \$12, 1 – 4pm at the Flavel House Museum in Astoria.

Wednesday 19

MUSIC

Buzz Rogowski. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Holiday Tea and Plum Pudding. Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum. \$12, 1 – 4pm at the Flavel House Museum in Astoria

Brian Bovenizer and The New Old Stock

Guitarist Jeff Munger, bassist Luke Ydstie, drummer Olaf Ydstie, and pedal steel guitarist James Owen Greenam, make up the New Old Stock, backing front man/singer-songwriter Brian Bovenizer and his coastal brand of country.

You hear Brian on KMUN's thursday morning folk, playing really good shit, and of course, tending to the musical comings and goings on the Fort George stage. He'll be tending to his own musical ways coming up soon.

Catch B.B. and his band, Sunday, Dec. 30, pretty damn close to the end of the year, a great way to get serenaded out. Fort George in Astoria. 8pm. No Cover.



BITCHES OF THE SUN

One bitchin’ rock trio from P-Town, gonna rock Seaview. Said to deliver a large selection of body shaking grooves wrapped in emotionally complex arrangements guaranteed to get everyone on the dance floor.

Sou’ Wester Lodeg in Seaview, Dec 29, in the eve, No Cover

Thursday 20

MUSIC

Basin Street NW. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Holly Starr. 6pm at the Coast Christian Fellowship in Astoria.

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

LECTURE

Thursday Night Talks. Miniboats Across the Pacific: From Astoria to Japan. Free, 7pm at the Fort George Lovell Showroom in Astoria.

Friday 21

MUSIC

Buzz Rogowski. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

Wanderlodge. No cover, 7 – 10pm at Gearhart Hotel in Gearhart.

O Holy Night. A Classical Christmas Concert with Marco Panuccio. 7:30pm at the PAC in Astoria.

Sam Rouissi. 8pm at Public Coast Brewing in Cannon Beach.

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

ART

Tillamook Downtown District Artwalk. 1 – 3pm.

CINEMA

Manzanita Film Series, Worlds of Ursula K Le Guin. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

Black & White Party. Please wear your finest white, silver or black attire. Masks and costumes encour-

aged. Champagne reception 8-8:30, variety entertainment 8:30-9:30 featuring burlesque, comedy, original song, drag, and magic! Followed by DJ/ dancing. \$5 at the Labor Temple in Astoria.

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 22

MUSIC

A Czech Musical Christmas Program. With Mark and Helena Greathouse. Free, 1pm in the Community Room at the Seaside Library.

The Astoria Christmas Fantastic. A Holiday Show with Kelley Shannon and Friends. 6pm at the Liberty Theater in Astoria. \$15.

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

Sue Weaver. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Adams and Costello. 8pm, Public Coast Brewing in Cannon Beach.

Jerry David DeCicca and Adam Ostrar. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

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

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

FOOD & DRINK

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

cont.p20



Countryside Ride. Dec 22
at the San Dune in Manzanita

HAPPENING

Winter Pop-Up Market. Artisans, Makers and Bakers offering gifts with the personal touch. 10am – 4pm at Astoria Court, 1332 Commercial St, Astoria.

AAMC Handmade Bazaar. Local artists and small businesses present their wares 11am to 7pm at the AAMC in Astoria.

Pet Pics with Santa Claus. 2 – 4pm at Four Paws on the Beach in Manzanita.

LITERARY

Book Signing. Sally Lackaff will be signing copies of “Sarah’s Circus, a book for children of all ages. 3 – 6pm at Jupiter’s Books in Cannon 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.

Sunday 23

MUSIC

Jennifer Goodenberger. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

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

THEATER

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

Monday 24

MUSIC

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

Wednesday 26

MUSIC

Buzz Rogowski. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

Thursday 27

MUSIC

Equinox Jazz Ensemble. 6 – 8:30pm at the Bridgewater Bistro in Astoria.

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

THEATER

A Nice Family Christmas. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 28

MUSIC

Hayley Lynn & The Heart. No cover, 7 – 10pm at Gearhart Hotel in Gearhart.

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

HAPPENING

Contra Dance. With live music by the Horsebacks. \$5 - \$10 sliding scale. 6:30 – 9:30pm at Suomi Hall in Astoria.

THEATER

A Nice Family Christmas. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 29

MUSIC

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

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

Magical Strings. Celtic Yuletide Concert. \$18, 7:30pm at the NCRD Theater in Nehalem.

Bec Pickrell. 8pm at Public Coast Brewing in Cannon Beach.

Bitches of the Sun. No cover, 8pm at the Sou’wester Lodge in Seaview.

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

Ramble On. A Led Zeppelin Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

FOOD & DRINK

Wine Tasting. New Year’s Surprise. 1 – 4pm at the Cel-lar on 10th in Astoria.

THEATER

A Nice Family Christmas. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 30

MUSIC

Richard T and Friends. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Skadi. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

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

Brian Bovenizer & The New Old Stock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPY NYE 2018

MUSIC

Maggie and the Katz. 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Jacob Westfall Band. No cover, 9pm – 12:30am at Gearhart Hotel in Gearhart.

Karaoke from Hell. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Will West and the Friendly Strangers. 9pm at Fort George in Astoria.

HAPPENING

New Year’s Eve Dance Party. Free, starting at 8pm at the Sou’wester Lodge in Seaview.

New Year’s Eve at the Columbian Theatre in Astoria. . Performances by Dinah Urell, Daylight and Friends, Triple Moon Belly Dance, Midas Digs and more. 9:45 - 11pm. \$5, 21+

Kerfuffle. A Vintage Burlesque Comedy Revue presents “Wildest Dreams.” \$15, 21+. 10pm – midnight at the Labor Temple in Astoria. Reserve at brownpapertickets.com

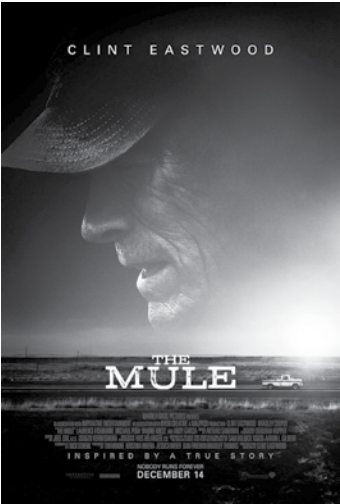
New Years Eve Party. Until 2am at the Workers Tavern in Astoria.

Tuesday 1

OUTSIDE

New Year Fun Run. Join us for a 5k run or family stroll on the Riverwalk. We will start across the street from the Aquatic Center on the Riverwalk in Astoria by the Columbia River Maritime Museum and run to Pier 39 and back. \$15, registration starts onsite at 8am.

FLASH CUTS
MOVIES & MUSINGS



THE MULE (DEC. 14) Clint Eastwood directs and stars in this hard-to-believe true story of a 90-year-old who became a drug mule for the Sinaloa Cartel. Eastwood plays Earl Stone, a horticulturist whose daylily farm is on the verge of foreclosure. When the farm eventually closes, Umberto, Stone’s foreman, urges him to contact his cousin, Hector, who needs a driver. With no other prospects, Earl becomes a courier, ferrying cocaine from Arizona to Detroit for the cartel. On the other side of the law, DEA Agent Colin Bates (Bradley Cooper) is intent on shutting down the cocaine distribution to the Detroit area. Earl quickly rises, becoming the top cartel’s top mule. Bates puts heat on the cartel by arresting many of their mules, but the one they call Chipote (Stone) eludes them. The Mule is not a hard-edged crime movie, but has lots of humor and is really about a man who has much more to offer the world than appears on the surface.

BIRD BOX (DEC. 14 LIMITED)

Big-budget, star-laden alternative to the surprise horror hit A Quiet Place, Bird Box features a monster so terrifying that it causes anyone who sees it to lose control and kill him/herself. Sandra Bullock toplines as Malorie, who at the outset, starts off with two young children in a blindfolded attempt to escape the (unseen) monsters. Flash back to the beginning of the epidemic. After witnessing society breaking down as in a zombie invasion, a very pregnant Malorie finds herself holed up with nearly a dozen other survivors in the home of Douglas (John Malkovich), a nasty alcoholic who resents the intrusion and is against letting more survivors in. Despite a successful run to a supermarket, inevitably the survivors are



Previews

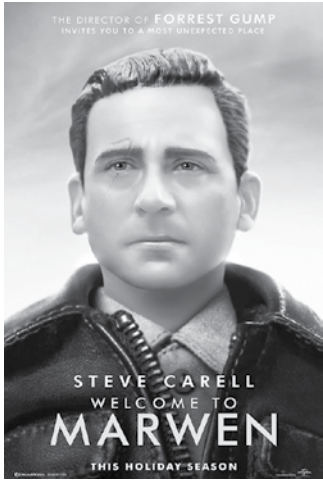
FILM.
BY LES KANEKUNI



- whittled down one
- by one, until Malorie
- and the two children
- make their near-im-
- possible blindfolded
- escape attempt. Bird
- Box will premier in
- selected theaters
- before debuting on
- Netflix.

MARY POPPINS RETURNS (DEC. 19)

This sequel to the 1964 film Mary Poppins is shaping up to be an Academy Award contender, starring Emily Blunt as the , character. Synopsis: Twenty years after the events of the first film, in Depression-era London, a now-grown Jane and Michael Banks, along with Michael’s three children, are visited by the enigmatic Mary Poppins following a personal loss. Through her unique magical skills, and with the aid of her friend Jack, she helps the family rediscover the joy and wonder missing in their lives. Emily Mortimer and Ben Whishaw play the grown-up Banks children, Jane and Michael. Lin-Manuel Miranda plays lamplighter Jack. Dick Van Dyke, the sole returning cast member, plays bank manager Mr. Dawes, Jr.



WELCOME TO MARWEN (DEC. 21)

Based on a true life story, Steve Carell plays Mark Hogancamp, an ordinary guy living in rural upstate New York. Hogancamp has a secret – he enjoys wearing women’s clothes. While drinking with five men he meets at a local bar, Hogancamp blurts out his secret. Upon leaving the men beat Hogancamp nearly to death.

When he wakes up in the hospital days later, all memory of his previous life has been erased. During a long and painful recovery, Mark is aided by a number of women. While physically healed, Mark experiences anger and posttraumatic stress syndrome from the beating. As therapy he creates an art installation of a fictional Belgian town in World War II –

- Marwen. Within Marwen Mark lives the life
- of an imaginary WWII pilot, who, with the
- aid of the powerful women in his life fight
- back against five SS soldiers terrorizing the
- town (and Mark). As Mark gains courage
- from his fantasy life, he gains strength to
- triumph in his real one.

ON THE BASIS OF SEX (DEC. 25)

On the heels of the success of the Ruth Bader Ginsburg documentary RBG, comes a fictional film based on the early years of the Supreme Court Justice. Felicity Jones plays the young Ruth and Armie Hammer plays her husband, Marty Ginsburg. Brooklyn native Ruth meets Marty at Cornell. They quickly hit it off and marry. Ruth is admitted to Harvard Law School, one of only nine women admitted, where she faces attitudes like that of Dean Griswold (Sam Waterston) who asks each of the nine what she is doing “occupying a space that could have gone to a man.” Marty, a year ahead of her at law school is stricken with cancer. Ruth must care for him and their young daughter while he recovers. After graduation, Ruth finds that none of the top law firms in New York will hire her. She takes a teaching position, but yearns to make a difference in law instead of teaching it. In 1970, with feminism on the rise and Ruth working with the ACLU, she takes on a landmark sex discrimination case where a male caregiver has been denied a tax deduction simply on the basis of his sex – the caregiver tax deduction was designed for women. When Ruth wins the case, it opens the floodgates for more sex discrimination cases, eventually leading to her appointmet as the second female U.S. Supreme Court Justice.

- **VICE (DEC. 25)** Christian Bale jumps
- into the Best Actor race with his perfor-
- mance as the most powerful Vice President
- in U.S. history. Adam McKay, who ac-
- complished the miracle of not only making
- the financial crisis understandable but also
- entertaining in The Big Short, returns with
- another comedic look at one of the darkest
- times in U.S. history. Amy Adams plays
- Lynne Cheney. Steve Carell plays Donald
- Rumsfeld. Sam Rockwell plays George W.
- Bush. Synopsis: Gov. George W. Bush of
- Texas picks Dick Cheney, the CEO of Hal-
- liburton Co., to be his Republican running
- mate in the 2000 presidential election.
- When Bush is victorious, Cheney uses
- his newfound power to help reshape the
- country and the world.

FREE WILL ASTROLOGY

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h 11° r 6' ♂ 27° ♀ 7' ☉ 15° ♄ 54' ♀ 0° ♃ 48'

DECEMBER 2018

ARIES (March 21-April 19): Every year the bird known as the Arctic tern experiences two summers and enjoys more daylight than any other animal. That's because it regularly makes a long-distance journey from the Arctic to the Antarctic and back again. Let's designate this hardy traveler as your inspirational creature for the next eleven months. May it help animate you to experiment with brave jaunts that broaden and deepen your views of the world. I don't necessarily mean you should literally do the equivalent of circumnavigating the planet. Your expansive adventures might take place mostly in inner realms or closer to home.

TAURUS (April 20-May 20): When the American Civil War began in 1861, the United States fractured. Four years later, the union was technically restored when the northern states defeated the southern states. At that time, African American slavery became illegal everywhere for the first time since the country's birth decades earlier. But there was a catch. The southern states soon enacted laws that mandated racial segregation and ensured that African Americans continued to suffer systematic disadvantages. Is there a comparable issue in your personal life? Did you at sometime in the past try to fix an untenable situation only to have it sneak back in a less severe but still debilitating form? The coming weeks will be an excellent time to finish the reforms; to enforce a thorough and permanent correction.

GEMINI (May 21-June 20): Does an elusive giant creature with a long neck inhabit the waters of Loch Ness in northern Scotland? Alleged sightings have been reported since 1933. Most scientists dismiss the possibility that "Nessie" actually exists, but there are photos, films, and videos that provide tantalizing evidence. A government-funded Scottish organization has prepared contingency plans just in case the beast does make an unambiguous appearance. In that spirit, and in accordance with astrological omens, I recommend that you prepare yourself for the arrival in your life of intriguing anomalies and fun mysteries. Like Nessie, they're nothing to worry about, but you'll be better able to deal gracefully with them if you're not totally taken by surprise.

CANCER (June 21-July 22): Does moss really "eat" rocks, as Cancerian author Elizabeth Gilbert attests in her novel *The Signature of All Things*? Marine chemist Martin Johnson says yes. Moss really does break down and release elements in solid stone. Gilbert adds, "Given enough time, a colony of moss can turn a cliff into gravel, and turn that gravel into topsoil." Furthermore, this hardy plant can grow virtually everywhere: in the tropics and frozen wastes, on tree bark and roofing slate, on sloth fur and snail shells. I propose that we make moss your personal symbol of power for now, Cancerian. Be as indomitable, resourceful, and resilient as moss.

LEO (July 23-Aug. 22): Let's shout out a big "THANKS!" and "HAL-LELUJAH!" to the enzymes in our bodies. These catalytic proteins do an amazing job of converting the food we eat into available energy. Without them, our cells would take forever to turn any particular meal into the power we need to walk, talk, and think. I bring this marvel to your attention, Leo, because now is a favorable time to look for and locate metaphorical equivalents of enzymes: influences and resources that will aid and expedite your ability to live the life you want to live.

VIRGO (Aug. 23-Sept. 22): "Every dreamer knows that it is entirely possible to be homesick for a place you've never been to, perhaps more homesick than for familiar ground," writes author Judith Thurman. I'm guessing you will experience this feeling in the coming weeks. What does it mean if you do? It may be your deep psyche's way of nudging you to find an energizing new sanctuary. Or perhaps it means you should search for fresh ways to feel peaceful and well-grounded. Maybe it's a prod to push you outside your existing comfort zone so you can expand your comfort zone.

LIBRA (Sept. 23-Oct. 22): Venice, Italy consists of 118 small islands that rise from a shallow lagoon. A network of 443 bridges keeps them all connected. But Venice isn't the world champion of bridges. The American city of Pittsburgh, Pennsylvania holds that title, with 446. I nominate these two places to be your inspirational symbols in the coming weeks. It's time for you build new metaphorical bridges and take good care of your existing metaphorical bridges.

SCORPIO (Oct. 23-Nov. 21): To aid and support your navigation through this pragmatic phase of your astrological cycle, I have gathered counsel from three productive pragmatists. First is author Helen Keller. She said she wanted to accomplish great and noble things, but her "chief duty" was "to accomplish small tasks as if they were great and noble." Second, author George Orwell believed that "to see what is in front of one's nose" requires never-ending diligence. Finally, author Pearl S. Buck testified that she didn't wait around until she was in the right mood before beginning her work. Instead, she invoked her willpower to summon the necessary motivation.

SAGITTARIUS (Nov. 22-Dec. 21): Blackjack is a card game popular in gambling casinos. In the eternal struggle to improve the odds of winning big money, some blackjack players work in teams. One teammate secretly counts the cards as they're dealt and assesses what cards are likely to come up next. Another teammate gets subtle signals from his card-counting buddy and makes the bets. A casino in Windsor, Ontario pressed charges against one blackjack team, complaining that this tactic was deceptive and dishonest. But the court decided in the team's favor, ruling that the players weren't cheating but simply using smart strategy. In the spirit of these blackjack teams, Sagittarius, and in accordance with astrological omens, I urge you to better your odds in a "game" of your choice by using strategy that is almost as good as cheating but isn't actually cheating.

CAPRICORN (Dec. 22-Jan. 19): What has become of the metaphorical seeds you planted during the weeks after your last birthday? Have your intentions flourished? Have your dreams blossomed? Have your talents matured? Have your naive questions evolved into more penetrating questions? Be honest and kind as you answer these inquiries. Be thoughtful and big-hearted as you take inventory of your ability to follow through on your promises to yourself. If people are quizzical about how much attention you're giving yourself as you take stock, inform them that your astrologer has told you that December is Love Yourself Better Month.

AQUARIUS (Jan. 20-Feb. 18): If you want to play the drinking game called Possum, you and your friends climb up into a tree with a case of beer and start drinking. As time goes by, people get so hammered they fall out of the tree. The winner is the last one left in the tree. I hope you won't engage in this form of recreation anytime soon—nor in any other activity that even vaguely resembles it. The coming weeks should be a time of calling on favors, claiming your rewards, collecting your blessings, and graduating to the next level. I trust your policy will be: no trivial pursuits, no wasted efforts, no silly stunts.

PISCES (Feb. 19-March 20): In his song "Happy Talk," Academy Award-winning lyricist Oscar Hammerstein II offered this advice: "You gotta have a dream. If you don't have a dream, how you gonna have a dream come true?" Where do you stand in this regard, Pisces? Do you in fact have a vivid, clearly defined dream? And have you developed a strategy for making that dream come true? The coming weeks will be an excellent time to home in on what you really want and hone your scheme for manifesting it. (P.S. Keep in mind Antoine de Saint-Exupéry's idea: "A goal without a plan is just a wish.")

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Glorious Bike Trips To Be Thankful For

WHAT BETTER WAY is there to escape the holiday-season madness (and to counter the effects of the sedentary activities endemic to this time of year) than by hopping on your bike and taking a human-powered road trip? If your bike is your primary commuting vehicle, it's especially refreshing to take a ride just for pleasure. Here are some of my favorites.

Of course, **THE COAST** is my favorite touring spot, being so conveniently located close to where I live. The Section Of Route 101 that starts south of Tolovana Park and continues to Manzanita (13 miles one way) is one of the most stunning and fun. You'll want to make a day of it so you can stop at Arcadia Beach, Hug Point, Cape Falcon, and Neahkanie Mountain to savor the natural wonders of our windswept shoreline. In some places, the shoulder's narrow, and don't forego pressing the bike-warning light for the tunnel at Arch Cape. Toast your accomplishment at a restaurant in Manzanita and watch the fat-tire bikes cavorting on the beach. But give yourself time to negotiate the steep hills on the way back!

For a classic bucolic day in the saddle, cruising along country roads past picturesque farmland, head east to Champoege State Park, which is the starting point for the **Willamette Valley Scenic Bikeway**, over 100 miles of gentle, rolling terrain that you'll share with automotive day-trippers. You can ride the Wheatland Ferry across the Willamette River to visit historic Willamette Mission Park, which features a replica in outline of the eponymous mission site. (Bring bug repellent: the mosquitoes can be fierce here.) Champoege Park also features gentle hiking trails through fields and quiet groves. This is wine country, so pause for a u, um, refueling stop whenever you're inspired.

Crater Lake's 33-Mile Rim Drive Loop is the scenic ride of a lifetime, keeping the stunning volcanic lake and surrounding mountains in view all the while. Give yourself extra time for the steep terrain and the altitude (it's above 7,000 feet in places); luckily, numerous pullouts beckon as rest-



Crater Lake's 33-Mile Rim Drive

and-photography spots. The road is narrow, lacks a significant shoulder, and offers scary drop-offs from time to time, so I recommend an early start. The high elevation means the area gets snow, so you'll need appropriate tires if you choose to visit in the off season. Another good reason for an early start is how high and dry this exquisite but arid lava-desert country is, especially if you defer your visit to summer. Be sure to explore the Pumice Desert, with signs warning visitors not to take the pumice home...even if your calluses could use it.

Closer to home, the **Banks-Vernonia Rails-To-Trails Conversion** (21 miles one way) is the perfect family-friendly riding spot. Since train tracks require a level grade, you'll find only one steep spot on this charming, popular trail, which you'll share with walkers and equestrians. (There's even a soft wood-chip path to the side of the paved path for horses to walk on a gentle surface.) In places, the old bridges (twelve of them) remain and you can admire the neat engineering feat of an 80-foot wooden trestle. Portable toilets make a welcome appearance at several points along the trail. In some spots, gravel replaces macadam, so be sure you've got tires that won't skid out.

So if you're feeling lethargic after yet another holiday meal (and from sampling the home-baked cookies), incorporating a scenic ride in your travel plans can lift your spirits and bring the festive feeling back to those unhappy muscles.

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 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

HOLIDAY BOTANICAL GREETING CARD CLASS. December 8. With Dorota Haber-Lehigh. Free, all materials will be provided. 1pm at the Seaside Library. Call (503)738-6742 to sign up.

SEAFOOD HACCP AND PCQI. December 12 - 14. Learn to develop HACCP plans for fish products and sales. Understand commercial seafood safety hazards and controls. Free, 9am – 4pm at the Grays River Valley Community Center in Rosburg. Register at BrownPaperTickets.com

AARP SMART DRIVER COURSE. December 13. Specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. The course will help students refresh driving skills and knowledge of the rules — and hazards — of the road, and help reduce chances of receiving a traffic violation or getting into an accident. \$20. 9am – 4pm in Room 117 at Columbia Hall at CCC in Astoria.

FISH PICKLING AND INTRO TO SMOKING. December 15. Learn procedures and equipment for pickling fish, and basics of fish smoking, with emphasis on health, safety and sanitation. Various equipment and procedures will be demonstrated. Free, 9am – 4pm at Wahkiakum High School in Cathlamet. Register at Brown-PaperTickets.com

CREATE A GLASS MOSAIC NIGHTLIGHT. December 15. Make a glass-on-glass round mosaic nightlight with stained glass. You'll learn to safely cut glass with easy tools and shape into a design of your own or use one of my templates. \$30, includes materials. 10am – noon at the Lincoln City Cultural Center. Register at joannedaschel.com/mosaic-classes/

WINTER SOLSTICE SOULCOLLAGE: Letting the Light Back In. December 22. With Josephine Banks. SoulCollage is an intuitive collage process for self-discovery and community. Create personal collaged cards from images. The goal is to discover the unique inner and outer guides and challenges of your individual Souls. \$50, includes all materials and lunch. 11am – 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK•YOGA•FITNESS

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing

and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

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

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

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

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

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

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

CBT'Al 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 informa-

tion see <http://cgifellowship.org>, contact info@cgifellowship.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@cgifellowship.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 amyselena888@gmail.com

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

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

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

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information



about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog 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, Chinok Rm, 2021 Exchange St., Astoria. Questions call: 503-338-6230.

KNITTING CLUB. Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:pm. 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 December 19, 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. The January Repair Café returns to the 4th WED of each month- January 23, 2019.

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 Matulich-Hall
6:15 - 7pm: Gentle Yoga with Jude Matulich-Hall
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
7:15-8:15pm Inter. Tap w/Marco Davis

• **WEDNESDAY**
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

5:30 - 6:30pm Belly Dance Group Movement with Julie Kovatch thru Dec 27
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
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
5-8pm Burlesque (private)

Winter Solstice Bazaar at AAMC Dec 22

11am to 7pm

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."

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorch Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.

Messages Sonja Grace

mystic healer



Facing the Holidays

FACING the holidays can be difficult, reminding us of a loved one who has passed or family drama that is unresolved. This time of year, many plants are dormant, animals hibernate, and people seem to be busier than ever. The mind gets occupied by a myriad of tasks in order to not feel feelings of loss and depression. In the cycle of the seasons, winter is the time when the earth is quiet. We insist on making a lot of noise, during one of the most important times of the year. The quiet allows us to process our feelings, honor the loss of a loved one and face our depression with a new kind of strength.

The reunion of who you were as a child and who you are today is important in understanding depression. This communication between your inner child and your adult self helps you to identify where the sadness,

loneliness, abandonment and more exists within you. When we can parent the child and help him or her receive our love and understanding, we start to heal the outer shell that's called depression. The child may be very angry no one is around, feeling rejected and unloved but you the adult hold the key. You can bring all the love and joy you have in your heart to that inner child. Just close your eyes and see him or her crawling or walking up to you and ask them, 'How do you feel?' and 'What do you need?' Fulfill their needs and give them whatever they ask for.

When we have our own families and are unaware of our emotional wounds from childhood, we can become triggered and project onto family members, partners and friends. This becomes a series of cycles that progress over time into a

multigenerational event. For example, a fictitious character named Aunt Susie was emotionally wounded at 2 years old from her parents' divorce. At the time she felt it was her fault and she was essentially wrong – the cause of this event. She has no recollection of this and doesn't remember much of her childhood. Aunt Susie has not addressed this emotional wound and as an adult she feels she is always being blamed for everything. She has low self-esteem and drinks alcohol to numb her pain. Her own children no longer speak to her because she is angry all the time at their father who she divorced when the kids were 2 and 3 years old. When she is with family members for the holidays, she has a built-in fortress around her and projects her pain onto others, taking the stance of a bully, not letting anyone close to her. Aunt Susie is a great example of why the holidays are often filled with drama and it can seem undesirable to get together. Feeling arrogant and having an attitude that this is not your problem and you will gather elsewhere brings us back to the earth.

The earth in all her cycles leaves no one behind. The earth also teaches us boundaries and we learn to take care of ourselves first then others. The earth affects all life living upon

her. Our actions ripple through the cosmos affecting everything. If a person is so wounded, they are harmful to be around then apply your healthy boundaries and stay safe. If on the other hand a person simply needs to be loved and appreciated for who they are, and you can see they are hiding their pain, open your heart. Love your inner child first and then go to the table filled up with a much deeper sense of self awareness and readiness to love everyone. We have a renewed strength when we face *what is causing our pain. The holidays are a time we are truly meant to honor the silence and mystery of winter. Happy Holidays – Winter Solstice and the journey towards the light.*

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

wordwisdom

By Tobin Nason

December! Baby, It's Cold Out There...

SUCH A DIFFERENT time of year! Notice - I did not label it as wonderful, depressing, magical, sad or any other thing other than different. You get to do with it what you want.

Personally? It throws me into a myriad of emotions. I cover the whole spectrum; awe at beautiful gestures, thrilled by street decorations, touched by an unexpected kindness, sad and depressed—of course, for those moments of deep thought, when happier times infiltrate my dreams, when I'm cold, hungry, alone and need a cup of coffee.

Yep, that's a wide spectrum. If you're lucky, you'll run into me on a festive day. I assume I am not unusual in this, and am hoping most of you understand how it goes. The thing to remember is that it's all ok and within normal limits. Human. The pressure to be happy, the stress of finances, whatever weaves in and out of a person's day during this season is ok. We are all different. We cope and



celebrate in different ways. There is no one way to be, despite what the world at large tells you.

People are afraid of less than pleasant emotions. Despair, anger, and irritability tend to send friends walking, running . . . in the other direction or they transform into pseudo-counselors. Neither response feels good to the one who just wants compassion. So, as a society, we've learned to cover, smile, hide,

pretend all is well, rather than deal with the quick and pat response—that can minimize and dismiss true pain. And we ask in return, "How are you?"

This holiday season give the gift of active listening to another person. Just be there, no matter how temporarily uncomfortable it may feel for you. No judgments, no advice. FYI: This is also the basis of therapeutic counseling—just being present. Just being heard with compassion is the "Gift of The Season." It costs nothing but time and a piece of your heart.

Merry Christmas, my fellow humans. We will survive.

Tobin Nason is a counselor located in Warrenton. Call 503 440-0587 to make an appointment.

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

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Warrenton, OR 97146
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bodies in balance

By Tracy Erfling, N.D.

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



Defining Health

HOW CAN WE DEFINE HEALTH? Is there any objective measure that can declare you healthy? The health care system has armed itself with a plethora of objective measures but I think we can all agree that health is much deeper than any test or measurement we doctors advise. I would like to leave you with some thoughts about ways we can look at our health, ways which we can individually create and define health in our own lives. Nothing to follow is new or earth-shattering but instead are things I feel confident to prescribe as positive contributions to health.

In order to define health I want to once again touch upon the Blue Zones (www.bluezones.com) as I think these communities are living in ways we can draw upon in order to rethink health. Researcher Dan Buettner and his team found certain clear overlapping choices and practices among these Blue Zone communities. These cover all aspects of a healthy human experience, from the common physical health advice we recognize in the U.S. like diet and exercise, to other less common ideas which ensure we take care of our minds, well-beings and communities. The findings clearly demonstrate that the whole person must be addressed; a cornerstone of Naturopathic medicine that the Blue Zone inhabitants demonstrate beautifully.

As complex as dietary trends are I think we would all readily recognize smart dietary practices as part of how we define our health. High plant-based, semi-vegetarian diets with a good variety of plants, is a generally well-researched ideal of eating. This of course ensures a great deal of fiber intake (something our current standard American diets severely lack), as well as a significant source of nutrients. Proteins generally sourced from lots of legumes, moderate nuts and seeds, and some eggs, fish/seafood or lean meats. Overall, consuming a relatively low calorie diet, which again is a factor studies have shown time and again to ensure longevity. Water consumption is

something I am still constantly surprised to find a challenge for many. This is indeed our most valuable natural resource (both within and environmentally), we simply cannot be healthy without it. Pay attention to the water you are drinking and what choices can you make in your

important in health, yet one that presents the greatest challenge to translate to patients as our beliefs, abilities, interests and situations are all so varied. BUT I find some tips that have proven useful here are: be creative (I believe this to be a medium for connection to spirit), volunteer, take classes, join a club or organization and keep connected to family. Engagement in a rich social life where families and communities are strong is a terrific measure of health. Our ability to be healthy longer is more possible than ever, therefore being involved within our own families and community can sustain us throughout our lives. Participating with a broad social group and in a variety of activities, both work and play, in ways where multiple generations interact can allow for the sharing of knowledge and skills; a trend that is sadly lost



Dr. Erfling takes a deep dive

life to improve its health! Finally being respectful of those simple pleasures that make us human and understanding that some healthy indulgences (you can fill in the blank for your vice of choice), can indeed benefit our health.

It is key to have regular, ongoing physical activity...period...figure out what works and find the time. On some days this may mean going to the gym and powering out an intense workout for an hour then hopefully not sitting the rest of the day. But for others it may be moving a lot more regularly throughout the day at lower intensity. In general we see that regular activity is key to these bodies having a longer more functional and pain free existence. It also contributes to better blood sugars, better moods, and better sleep. Spending as much time outdoors and getting some time in the sun as often as possible is something we don't emphasize enough. The healing power of nature including the sun are fundamental to life on our planet, no reason to think we have overcome the need for the outdoors.

Purpose and engagement...in spirituality, family, and community. Can you say that you have an overall positive sense of life purpose or reason to participate in life? I find this point so

in our modern western culture. Stress management. We all have stress so it is really all about how we manage it. Stress can be linked to many disease processes as it creates inflammation. It is possible to have a reduced urgency over the notion of time and deadlines and to do lists? To instead savor time, live in the moment and value time with ourselves, our families and communities? It's worth considering. For some health itself is the biggest stressor. To you I say, remember you are in charge of you. You get to chose what is best for you. You have the all the tools and ability to be the best, healthiest you that you can imagine...don't wait for someone else to define your health for you.

As many of you have read over the years, my motto is something that reflects these fundamental concepts. And if you keep these words in mind, I think I have done my job in creating a better healthier you. So although you are reading my last Hipfish article, I hope these words remain forever imprinted...

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



I'M NOT BIG ON TRADITION. I tend to think of it as a habit gone horribly wrong. This is a fact that comes into sharp focus around THE HOLIDAYS. Every ethnicity worth its salt has managed to come up with a crockpot full of traditions that swirl around the winter solstice like the smell of your favorite food or a bad carnival ride. Perspective is everything.

My mom, who I miss consistently, was big on tradition. Imagine her bewilderment over a daughter who adamantly refused birthday parties. At Christmas, however, there was no stopping her. The weeks between Thanksgiving and Christmas were full of shopping, baking and hiding stuff from us kids. We lived in a heady combination of anticipation and exhaustion. I knew at a pretty young age that the day would unfold in a predictable way regardless of how late I woke up, a fact that mightily annoyed my brother. He couldn't wait to get at it, I couldn't wait for it to be over. The ability to sleep in is everything.

When I got older and moved to the many places I would call home over the years, Mom's Christmas tradition would follow me in the form of a huge box of gifts - quantity always played a big part in the celebration. One year Dad even wrapped a Noble Fir in shrink wrap and UPS'ed it to Austin. I nailed it to the edge of the deck, spread peanut butter on it and watched the birds celebrate winter. Having a deck and a hammer is everything.

Clearly, it's not just my family with the wacky traditions. It's everyone everywhere. My perfect husband and I celebrated every Thanksgiving with his family when we lived in Texas. In each of 11 autumns, we pointed the car north from Austin and accelerated into the leading edge of the dreaded Alberta Express which delivered, with unnerving efficiency, the Blue Norther winds. With little to slow its course, the wind would scream out of Canada forging fury and looking for some hell to raise. Texas was just the ticket. Having arrived, we would join a couple dozen others who had braved the elements to schlepp their assigned

dish to the table. Dinner at home with the one you love is everything.

Now that I am old and quite obviously cantankerous, I am at liberty to celebrate occasions as I wish. This means I celebrate some things some times and almost never in the same way. I choose to give gifts unexpectedly and can be counted on to ignore virtually every official gift giving occasion. This year Thanksgiving dinner was chili over rice, a big salad and steamy yeast rolls hot from the oven and slathered in luxurious triple cream cheese. The day was special because I was lucky to share it with someone I love, the sun shone while we walked the dogs, we had Canada geese in the front yard and saw an otter catch a fish. It's sheer fabulosity had nothing to do with the calendar, the myth of the Pilgrims and the Native Americans or the traditions my family vainly attempted to instill in me. The luxury to steer one's own course is everything.

In their defense, I hasten to add that any redeeming qualities of character I may possess were the gifts my parents gave me that mean the most to me. I'm not sure why I chose to turn away from tradition and the baggage that comes with it. Maybe the snarky gene skips a couple generations. Maybe I'm just brilliantly independent. Yeah, that's it. The ability to rationalize creatively is everything.

Regardless of your tendencies to or away from tradition, this season, I hope this one thing for you - PIE. Pie is beauty and lusciousness in a fluted crust. It sends sultry, steamy perfume swirling about the kitchen. Safe within the oven, away from prying eyes, it transforms a pile of ingredients into a stunning dish of scrumptious. Homemade pie cooling on the kitchen counter is everything.

Here's a pie recipe that came home from Texas with me. Now that I no longer live next to family with a pecan orchard, I have been known to make this pie with walnuts. It's really good. However, if you're a pecan pie lover, this version is guaranteed to knock your hat in the dirt.

NON-TRADITIONAL PECAN PIE

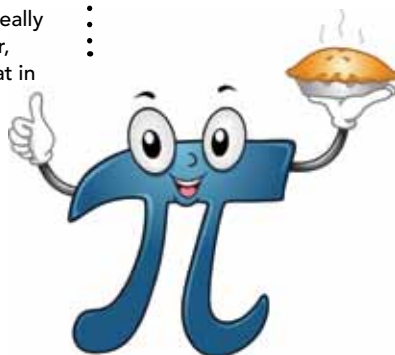
- One unbaked pie pastry shell
- 2 eggs
- 1/2 cup whipping or heavy cream
- 1 1/2 Tablespoons Peach Brandy
- 3/4 cups sugar
- 2 Tablespoons flour

- 1 Tablespoon salt
- 1 cup corn syrup
- 1 teaspoon vanilla
- 1 Tablespoon molasses
- 1 1/2 cups pecan pieces

- Preheat oven to 350. Line a 9" deep dish pie dish with the unbaked crust.
- Beat the eggs and cream thoroughly until pale yellow and ribbon.

- In a separate bowl, mix the brandy, sugar, flour, salt, corn syrup, vanilla and molasses.
- Blend the two mixtures together and stir in the pecans.
- Pour into the shell and bake for 50 to 60 minutes until a knife comes out clean.

- If you're completely obsessed, you can make this into tiny tarts in miniature muffin pans. It makes 16 to 20 of them.



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.



Ready To Take Back Your Health? Come Hear About Herb's Transformational Journey...

JUST OVER THREE years ago Herb Mindt was 80lbs overweight and suffered from anxiety, panic attacks, chronic pain and high blood pressure. Having had six back surgeries, the 3rd being a fusion, followed by a total knee replacement, Herb was on dozens of medications, including opiates. He decided to take a chance and make some lifestyle changes, the biggest one was working with his personal trainer. In a short time he was in the best shape he'd ever been in his entire life, and best of all, off all his meds!

Now, he's making a difference in hundreds of local lives. Working with people from age 8 to 80 and beyond! If you're thinking it's time to take back your health and your future or would just like to be inspired, come join us for this informative discussion.

Sunday December 16th, 3:30-4:30pm at Designing Health, 1428 Commercial in Astoria

Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Thur. Dec 13, 6:15 to 7:15pm. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

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



SEASIDE WALKERS

If you enjoy being outdoors, waking and meeting new people join SEASIDE WALKERS - Facebook group. We are an informal group of people that enjoy walking in our beautiful community. Free Membership, fresh air, meet new people, always have someone to walk with. Dogs/kids okay! ALWAYS HAVE SOMEONE TO WALK WITH • CHILDREN AND (WELL BEHAVED) DOGS WELCOME.

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 Meditation Group

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 developing a regular practice. All welcome.

HOLIDAY HAPS

North Coast Chorale Dec 7, 9

Winter Concert. The Chorale has chosen the theme "Sing of Mary" as they celebrate the life of Mary through music.

Friday Dec 7 at 7pm, and Sunday Dec 9 at 3pm. The PAC, 16th & Franklin in Astoria. \$10 at the door.

Winter Pop-Up Markets Dec 8-9, 15-16, 22-23

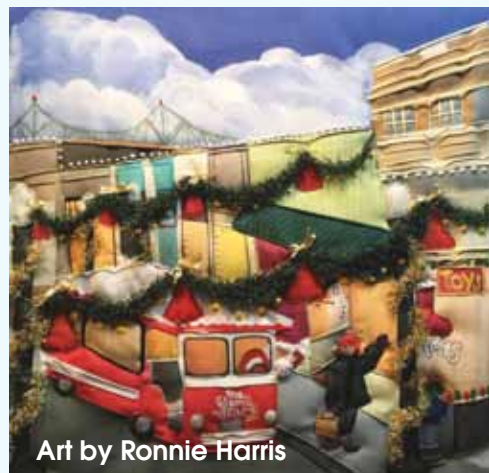
Astoria Sunday Market has put together a Winter Pop-Up Market just in time for the holidays!

It's taken over retail space on Commercial Street in the heart of downtown Astoria. The retail space is in the old ABECO office supply building and is soon to be Astoria Court.

Winter Pop-Up Market will fill Astoria Court for the first four weeks in December with 25 to 30 vendors each day, do your holiday shopping and explore this great new space.

Vendors include everything from Christmas Tamales, jams, and fresh-baked goods to wood crafts, art, wine, jewelry, body care and more! Massage therapist is in the house! Each week offers surprises so you'll discover something new each time you visit!

1332 Commercial St. in Astoria. 10am to 4pm



Art by Ronnie Harris

Tolovana Arts Colony Annual Bazaar Dec 14 - 16

The Arts Colony's annual Holiday Bazaar--full of locally made arts, crafts and other awesome gifts. The event kicks off with a reception on Friday evening—at 6pm, complete with food and drinks--and continues Saturday and Sunday afternoons 11am-3pm. Tolovana Hall 3779 S Hemlock St. Cannon Beach.

A Christmas Carol with Al LePage in the Flavel House Museum • Dec 16

Enjoy "A Christmas Carol" as a One-Man, 26 Character show on Sunday, Dec. 16 at 3:30pm in the historic Flavel House Museum.

The star of OPB's annual radio program "A Christmas Carol with Al LePage" will bring this timeless holiday story to life as a DRAMATIC reading performance based on Dickens' own historic script from his 1867-1868 American tour. Using only voice, facial expressions, and gestures to create all the characters from Scrooge to Tiny Tim, from Marley's Ghost to Mrs. Cratchit there will be howls and growls, bangs and bongs, a DANCE WITH A SONG, lively laughter and heartfelt tears.



A One-Man Christmas Carol w/ Al LePage

Admission is \$10 for the general public and \$5 for Historical Society members. Due to limited seating, reservations are suggested for this unique and intimate audience experience. Mature children age 10 and older will best appreciate these dramatic reading performances, originally scripted by Dickens for adult audiences.

ENCORE Annual Toy Drive Recital Dec 14

Encore Dance Studio presents its Annual Toy Drive Recital! New unopened toys collected at the door. All toys collected are donated to the local Toys for Tots!

This year they have an extra special fundraiser with non profit partner, Encore Performing Arts Foundation, which is raffling off a 2018 Toyota, winner to be drawn at the event! Have a fun family night out watching all the holiday themed routines the dancers have been working on! Friday December 14th, 6:30pm at the Seaside Convention Center. Contact us with any questions 503-717-1637 or getyouddancing@gmail.com"

SOLSTICE BAZAAR DEC 22

The Astoria Arts and Movement Center hosts the Solstice Bazaar. Handmade, vintage, Baked Goods and Libations. Many local artists and small businesses will be participating, including Sarah Landwehr, Wheeler Bag Co., Shift, Woodsy Accessories, Pilot House Distilling, and more.

AAMC, 342 10th St. 2nd Flr, in Astoria. 11am to 7pm.



12th House Alchemy by Andrea Mazzarella



The Brownsmead Flats play Old Time Holiday Folk Hits at Fort George Sunday Dec 23 at 8pm

NYE 2018



Jessamyn Grace & Triple Moon Bellydance Ensemble

Kerfuffle Burlesque

Kerfuffle: A Vintage Burlesque Comedy Revue proudly presents "Wildest Dreams" 10pm - Midnight on Monday, December 31st. Labor Temple. 21+ only. I'D Req'd. One night only. One price: \$15/guest.

Reserved VIP Tickets available at brownpapertickets.com

Kerfuffle will entertain and inspire you to dream, wish, and hope for your best New Year ever. The evening promises to deliver their most glamorous, sexy, and inspiring display of Kerfuffle's unique, timeless brand of classically-trained talent, humor, sensuality, and storytelling.

Audience is encouraged to come dressed in vintage-glam finery to ring in the New Year at Midnight in style.

Featuring the tantalizing talents of: Trixie Kerfuffle, Mrs. Vesper Belle, Arty Chokes, Mynk Stole, Siren Sway,

Blazing Von Fierce, Private Sparkle Bits, Chelsea Stage Kitten, Male Box, Big Dan, Susie Q. Slaughter.

Columbian Theatre Showcase

Hosted by Daylight Cums, this LIVE performance showcase features, Triple Moon Bellydance Ensemble directed by Jessamyn Grace, vocalist Dinah Urell, the Dragalution Dancers, and local band Midas Digs. \$5 Cover. 9:45 to 11pm at the Columbian Theater, 1102 Marine Dr. in Astoria. 21+

Workers Tavern New

Year's Eve Party. Party with good folk in historic Union-town. Open til 2am serving food and drinks until that final call!

Fort George Brewery in

Astoria – Ring in the New Year with Will West and the Friendly Strangers, good time-jam folk. No Cover.

Bridgewater Bistro in Astoria – Enjoy

your last supper of 2018 with great music provided by blues vocalist Maggie Kitson and her band Maggie and the Katz, 6pm – 8:30pm.

Sand Trap in Gearhart – Party with the Jacob Westfall Band, 9pm to 12:30. No Cover.



Sou' Wester Lodge - New Year's Eve Dance Party. FREE, starting at 8pm at the Sou'wester Lodge in Seaview.

Fort George Brewery in Astoria – Ring in the New Year with Will West and the Friendly Strangers, good time-jam folk. No Cover.


Columbia River Ship Horns – At 12 midnight, cast your intentions for the New Year down by the riverside at the mouth of the Columbia, as the annual ensemble of ship horns blow you a post-post Wagnerian/Cage Symphony. It's a beautiful thing!



Trixie Leone & Kerfuffle Burlesque

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

KTCB 89.5

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

KCPB 90.9

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



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Songs of Mary

Plus Guests
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Larkin Stentz - Hammered Dulcimer
Opens the Eve 5:30 - 6pm

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Doors open 5:30pm

Liberty Theatre
Saturday, December 22, 2018 at 6pm
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HIPFISH MONTHLY

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