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The Lower Columbia Hispanic Council

IN COMMUNITY 2019

"For a long time, I think the community really wanted to stay under the radar because of everything that's happening, especially now. But I think there is also a group of people that have recognized that's not really working, and they really need more representation and to get involved and have their voices heard," says LCHC Exec. Dir. Jorge Gutierrez.

Clatsop County's growing Latino population is making strides to self-advocate and seek representation in the political sphere, but still disproportionately faces a number of barriers when it comes to civic engagement, academic equity, economic opportunities, and other facets of life.

Since the turn of the century, the county's Hispanic population has grown exponentially. In the last official census, completed in 2010, 7.8 percent of residents identified as Latinx, an increase of about 77.7 percent over the numbers reported in 2000, or 4.6 percent. The 2017 population estimate was 8.6 percent, according to the U.S. Census Bureau.

Marginalized populations are often under-counted, however, and other sources agree that is likely in this case, estimating the percentage of Latinx individuals in Clatsop County is closer to 12 to 14 percent of the larger population.

Enrollment data from local school districts provides additional insight into where the county sits and, equally important, demographic trends. In the Astoria School District, as of fall 2018, 340 of 1882 students, or roughly 18 percent, were Latinx. In the Seaside School District, 436 of 1639 students, or 26.6 percent, of students were Latinx, as of December 2018. In Warrenton, the percentage was substantially lower—about 11 percent of 993 students—for the 2017-18 school year.



Lower Columbia Hispanic Council staff

This evidence, statistically and anecdotally, reinforces the general concept of a growing Hispanic population within the county. However, this presence could be easily missed if surveying the area's local governments—which should presumably reflect the citizenry. Across not only the county's Board of Commissioners, but also individual city councils and numerous local commissions, committees and boards, there is a notable lack of Latinx representation. This has not escaped the notice of the Lower Columbia Hispanic Council, a nonprofit organization that promotes the health, educa-

tion, and social and economic advancement of Latinx residents in the Lower Columbia Region.

"That's actually an area we are focusing on," executive director Jorge Gutierrez said.

When he took the position five years ago, he was the only employee and the organization was on the brink of shutting down. During those first years, his focus was stabilizing the budget, creating sustainable infrastructure, developing new positions, and creating a group called La Voz de la Comunidad to involve more Hispanic residents and find out directly from them what programs and services they desired.

"What we heard is that people wanted to be involved civically, whether it be on boards, commissions, or a city council, but not many felt ready to that," he said.

For some, language fluency or legal status was a concern, for others a lack of familiarity with how government systems run. Norma Hernandez, the Clatsop County WIC coordinator and an active community member, added minority citizens may have difficulty subjecting themselves to public exposure.

"It's hard, because you never know if you're really going to be accepted or not," she said. "You never really know who is friend or foe."

Additionally, once a person is elected or appointed to a political position, "it's no longer about you, you're representing your community," Hernandez said, adding, "Not everyone is ready to be put in those awkward situations, where your life is pretty much picked apart."

To address these and other concerns, the Hispanic Council has emphasized leadership development "and bridging the gap between the Latino community and non-Latino community," Gutierrez said. They began inviting several elected officials, superintendents, law enforcement officials, and other community figures to attend La Voz meetings. When former mayor Arline LaMear met with the group about two years ago, it was a meaningful moment for both parties.

cont. pg 12

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New York Jazz Pianist Composer

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NEW YORK JAZZ PIANIST CHRIS PARKER returns for an engagement at KALA on Friday, January 11 at 8 p. m. Featuring Parker's original compositions of Latin, funk and straight-ahead modern jazz – a multi-faceted composer, his tunes light up the room with bright and vigorous arrangements and inspired musical themes.

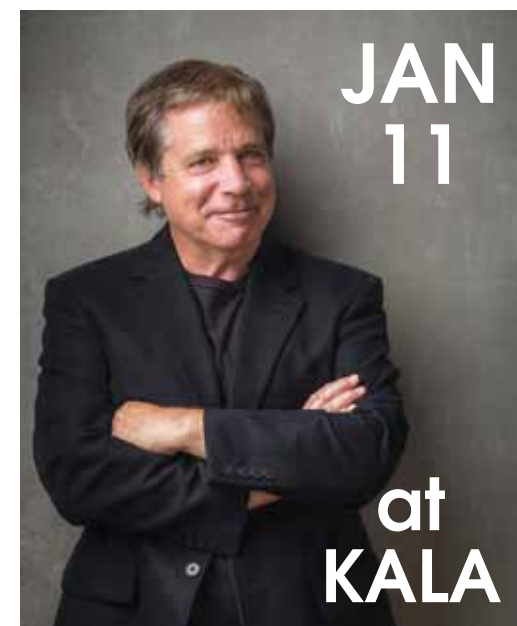
Known throughout the North Coast as beloved instructor at Clatsop Community College during an era when in-depth music studies were offered there, Parker, who was born in Portland, is longtime Professor of Music and head of jazz studies at SUNY Orange College in New York.

With a long list of original works Parker composes for everything from small jazz groups and chamber ensembles to full symphony orchestra. He heads his own group in NYC, and contemporary jazz icons Randy Brecker, Bob Mintzer, Chris Vadala and Lyn Seaton have all performed with Parker's band.

Recent works include a Duo for Piano and Violin performed in New York by Laurie Carney of the American String Quartet, -- "Short Story for Chamber Orchestra" is scheduled for performance in February, and Parker is working on a new album for Jazz Septet and an album for Quintet. Parker is known for the uncommon use of violin in jazz composition on his two albums "Late in Lisbon" and "Full Circle."

For this performance, Parker lines up top notch players from the Portland area. The quartet includes John Nastos on alto and soprano sax. Nastos, currently on the faculty at Portland State, maintains a busy performing, recording and teaching schedule around the Portland area. Nastos performs with the whos who of the Portland scene and has toured extensively with Dianne Schuur, and also toured with Esperanza Spaulding. Nastos is also the sax player on Parker's latest recording Full Circle.

Kevin Deitz on bass is an active jazz and classical bassist, composer/arranger, educator, clinician and adjudicator. Performing professionally in a diverse medium of ensembles and or-



chestras, Deitz jazz performances include concerts with Mose Allison, Terrence Blanchard, Dave Brubeck, Herb Ellis, Dave Frishberg, Benny Golson, and Diane Shurr.

Drummer Adam Carlson is a graduate of the University of Oregon with a bachelors degree in Jazz Studies (Cum Laude). The youngest member of this ensemble, Carlson has logged hundreds of performances, toured with the Oregon Jazz Ensemble to perform at prestigious Euro jazz festivals, is a freelance musician, with numerous recording dates. He's spent time in New York, working with many different bands, honing his ability to play many different genres. With a broad musical taste, he craves to play, "any genre that grooves."

Friday, January 11, 8pm. Tickets \$16. Doors open 7:15pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Ages 16+ please. Advance tickets online: libertyastoria.showware.com. Pick-up will call tickets at KALA, at the door/time of show.

OSCAR NELSON New Paintings at KALA

KALA presents New Paintings by Oscar Nelson at the Astoria 2nd Saturday Art Walk. In just over a year, Nelson has produced an abundance of abstract oil paintings on canvas, in addition to exploring with spray paint medium. Known throughout the Astoria community as the hard working, founding owner of Sweet Relief, and first proprietor on the coast to stake claim in the grow business, Nelson describes his creative process as manic and wild; exploring the intersection of spirituality, impermanence and the mysterious—a feeling of freedom that keeps him coming back to the studio.

Thanks to best selling author and scientist Michael Pollin whose latest book addresses the use of psychedelics and consciousness, and its ground breaking use in therapy today (How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence), the attitude toward the drug called magic

mushroom is beginning to gain some popular respect.

One point that Pollin made in a recent interview with Terry Gross on Fresh Air is that "the experiences that people have are very real to them — they're psychological facts. And one of the really interesting qualities of psychedelic experience is that the insights you have on them have a durability ... This isn't just an opinion, this is revealed truth, so the confidence people have is hard to shake, actually."

Oscar Nelson is frank about his entry into painting—it started with a mushroom trip. Says Nelson, "In that sacred space I envisioned poetry conveyed visually through color, shape and movement. The next day I purchased my first basic set of art supplies. I was instantly captivated by the feel of scraping oil paint across the canvas."

You'll see that oil paint scraping across the canvas in Nelson's painting, thick chunks of paint taking a trip of their own, coming to rest in unusual places. He's also painted



RED Below RED Above, oil on canvas, 24 x 24

repeated symbolic imagery into his pieces, allowing subconscious material their own stage, and using lots of paint and color on the canvas.

Since that day he started painting, you might say, Nelson has a no-fear relationship to the practice, a newfound passion, and a mysterious new path.

Opening Reception, Saturday Jan 12, 5pm – 8pm. KALA. 1017 Marine Drive in Astoria. 503.338.4878 by appt.



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Sept. 15, 2018, at St.
Mary's Star of the Sea
in Astoria.

Appeals Board Overturns Controversial Plans to Expand Columbia River Port

ENVIRONMENTAL and public-health organizations sent a clear message of opposition to the proposed Kalama methanol refinery at the end of the year with comments submitted on a draft climate report for the project. The organizations, including Sierra Club, Washington Physicians for Social Responsibility, the Center for Biological Diversity, and Columbia Riverkeeper, disputed claims made by the refinery's backers about the climate benefits of building the world's largest fracked gas-to-methanol refinery. Over 25,000 comments from the public were submitted in opposition to the methanol refinery.

The Oregon Land Use Board of Appeals rejected Columbia County's second attempt to open 837 acres of high-value agricultural land along the Columbia River to industrial development, on December 28, 2019.

The Port of St. Helens proposes doubling the size of its rural Port Westward property for a fracked gas-to-methanol refinery and other industrial development. Hundreds of people, including local farmers and small-business owners, urged the County to protect farmland and salmon habitat from fossil fuel and other heavy industrial development. Earlier this year, Columbia Riverkeeper and 1000 Friends of Oregon challenged

Columbia County's decision to approve the rezoning. As a result of yesterday's decision, the County and Port must address the legal errors identified by the Board before

authorizing new industrial development at the proposed rezoning site. The County and Port could also opt to retain the current protections for farmland and salmon habitat instead of making a third attempt at rezoning high-quality farmland.

"Today's decision opens the door for Columbia County to protect high-yield farmland and strong salmon runs," stated Jasmine Zimmer-Stucky, senior organizer for Columbia Riverkeeper. "Industrializing rural Columbia County with dirty fossil fuel projects like fracked gas-to-methanol refineries and oil-by-rail ignores the public's legitimate concerns about health and quality of life impacts."

While the Board ruled in favor of the County and Port on several issues challenged by Columbia Riverkeeper and 1000 Friends of Oregon, the Board's ruling on a key issue in favor of the environmental organizations means the rezoning is not valid until the County and Port address the legal flaws. The County, Port, or environmental organizations have the right to appeal the Board's decision to the Oregon Court of Appeals.

"Converting Oregon's best farmland and salmon habitat for fossil fuel development goes against Oregon's cleanenergy goals, and it is inconsistent with the state's land use laws, particularly where so much industrial land is already available. We hope the Port of St. Helens will permanently shelve this plan," stated Meriel Darzen, staff attorney for 1000 Friends of Oregon.



Aerial Photo of Port Westward, Longview (photo credit Columbia Riverkeeper).

In Celebration of MLK Weekend

IS ONE OF YOUR New Years' resolutions to be of service to others? Join the 3 Village communities during Martin Luther King, Jr. Weekend and celebrate the ideals of volunteerism and service with several special local events.

Community Volunteer Fair, Saturday, January 19 from 10am to 3pm at Pine Grove Community House. Many local organizations will be on hand to showcase what they do, including Hoffman Center For The Arts, Manzanita Visitors Center, Nehalem Valley Historical Society, Friends of Cape Falcon Marine Reserve, Tillamook Estuaries Partnership, Emergency Volunteer Corps of Nehalem Bay Hope Chest Thrift Shop and many more!

This event may help you find the perfect volunteer opportunity for you, whether you live in the area full time, part time or just visit once a year.

Don't miss this chance to learn how you can give back to this special community!



Indivisible hosts 'Speak Truth' Regional Summit

Indivisible North Coast Oregon (INCO), a grassroots organization that defends democracy by opposing authoritarianism, bigotry, and corruption, will host its Speak Truth | 2019 Regional Summit at the Lovell Showroom, 426 14th Street, Astoria, on **SATURDAY, JANUARY 19**. The summit's three events are free and open to the public.

Main Program

The summit takes place from 8:30 a.m. to noon at the Lovell Showroom. It offers fresh perspectives on demanding truth from elected officials and speaking truth to power, with networking, dialogue, and inspiration for defending democracy. Guests and local organizers share smart strategies and tactics for voicing concerns and effecting change, especially with the changes in Congress and with local issues. As we work to make our country better in 2019, the truth begins with us.

Speakers:

- "Grassroots Truth & Constituent Power" with Bobby Michaels, Indivisible's Senior Regional Organizer for 6 Pacific Northwest states;
- "Messaging and Morality Explained: How to Protect the Truth and Win our Country Back" with Linai Vaz, PhD, who, at last year's INCO summit, showed how framing influences politics;
- "Embrace the "F" Word" with Margaret Frimoth, a long-time advocate for survivors of domestic and sexual violence. She is the Vice-President of Academic Affairs at Clatsop Community College, Astoria, Oregon.

An optional box lunch can be ordered in the morning, with sign-making and postcarding activities available during lunch in the showroom.

SPEAK TRUTH WOMEN'S MARCH

The march begins at 2 pm from Heritage Square, 12th and Exchange, in Astoria. The march is less than a mile on the sidewalks of downtown Astoria. Bring signs. This inclusive, nonviolent event is free and open to the public. It is posted on national sites, but Indivisible North Coast Oregon is not affiliated with the national organizing groups.

Run For Something

This event is from 4 – 5:30 pm at the Lovell Showroom. Good people serving in office keep democracy strong. Numerous local offices are up for election in May, including school boards, Port of Astoria, and fire districts. This event includes Q-and-A with a panel of local elected leaders about why and how you could run for office. If you don't run, who will?

Panel: Bruce Jones, Mayor of Astoria; Tita Montero, Seaside City Council; Kathleen Sullivan, Clatsop County Commissioner; and Pam Wev, Clatsop County Commissioner

More information is available at <http://www.indivisiblenorthcoastoregon.org/p/speak-truth-2019-inco-regional-summit.html> and at www.incoregon.org.



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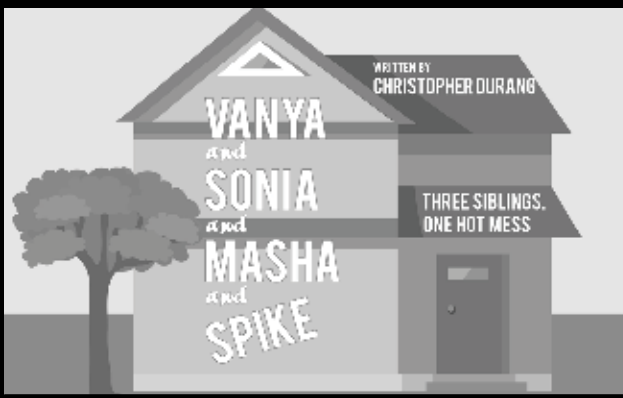
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STEPHEN BERK

Corporate Greed SWALLOWS Our INSTITUTIONS

IN THE PAST several decades, Americans have seen increasing corporate control of our public institutions, turning them from structures created to serve the people to entities for engorging plutocrats with wealth. Independent journalist Chris Hedges exposes the raw underside of our much degraded society in his latest book, "America, the Farewell Tour." Hedges journeyed across the nation, spending

much time in its "deindustrialized" cities. These are places that once had large manufacturers like the auto industry, with its potent union, the United Auto Workers, which obtained good wages and benefits, as well as job security for a great many people in the decades after World War Two. But since the deregulation of the Reagan eighties and Clinton nineties, manufacturing has been systematically shipped abroad and replaced by low paying, usually part-time service and warehouse jobs. Offshoring and the subsequent impoverishment of a once proud and prosperous American workforce has been known about and bemoaned in print virtually since it began. The corporate betrayal of America in search of a more exploitable work force in poor countries was, however, only the beginning of what would become a thoroughgoing corporate takeover and degradation of all our public institutions in order to reduce them to profiteering entities.

One of the ugliest forms of corporate exploitation Hedges observes is what is accurately called the prison industrial complex. Big name corporations in industries such as computers and clothing exploit prison labor for pennies on the hour. Virtual slave labor for these largely black and brown Americans drives down the cost of labor throughout the industrial workforce. The justice system is a sham for these underclass people who end up in prison. Cases involving this population are all pleaded out; none get their day in court or right to legal counsel, as promised the poor in the 1962 Gideon V. Wainwright Supreme Court case. Hedges, who teaches in a prison, notes that every aspect of prison life is now

privatized and commodified. A corporation provides spoiled and rotten food that prisoners have to pay for out of their slave wages, and the telecom corporation that provides their phone services charges prisoners more than is paid by the general population. Prisoners also pay for "fake medical care." As a result of entirely corporate controlled services they have to pay for out of their meager wages,



US Prison Labor @ .40 per hour, commissioned by outside US corporations.

convicts are reduced to debt peonage. In this status, upon being released, they cannot obtain public housing or any form of assistance. Hence the recidivism rate is high, and the prison located corporations can thus rely on a steady stream of mainly black and brown workers, many coming from the deindustrialized cities.

The most potent seats of corporate power in the U.S. today are the federal and state governments. A bundle of recent Supreme Court decisions in a Court whose members are now largely corporate connected has placed our politics in the hands of established wealth. The Citizens United case ruled that money in elections cannot in any way be restricted. This opened the door to the outright purchase of elections. Hedges notes that the far right billionaire Koch brothers have now essentially purchased the Republican Party. Formerly they placed their man, Scott Walker, in Wisconsin's governorship with disastrous results for all public employees and their former unions. A state which had once modeled progressive government was turned into a corporate fiefdom.

And today's Democrats are a far cry from the postwar party whose prime constituency was organized labor and the minorities. The Clinton presidency ended

the redistribution of wealth downwards that had been an aspect of Democratic politics since the New Deal. Focusing more on free trade, which benefits the corporate elite, Bill Clinton oversaw creation of the North American Free Trade Agreement, which brought about what Independent presidential candidate H. Ross Perot called a "giant sucking sound," as jobs fled south to Mexico and then

to China. Clinton also oversaw deregulation of the Federal Communications Commission, which landed most media in the hands of six giant corporations. And Clinton's Omnibus Crime Bill launched the prison industrial complex by meting out much harsher sentences for mostly drug related street crime committed by poor people of color in the inner cities. An iconic fact of the Clinton era was that possession or sale of

crack cocaine, a cheaper form mainly distributed in urban ghettos, was invariably prosecuted much more harshly than that of powder cocaine, the designer drug of well-to-do neighborhoods.

Barack Obama, another centrist Democrat, also acted as agent of corporate domination when he supported shut-down of the "Occupy" movement, which began with Occupy Wall Street, a broad based citizens' movement championing debt forgiveness, universal health care and a jobs program. These are the kinds of issues that once animated progressive Democrats. Many Americans in this century are drowning in debt, including many who received higher education. They often owe from thirty to over a hundred thousand dollars, much of it to banks and not forgivable. Student loans encumber large numbers of our educated classes for much of their subsequent lives. Only in the U.S. does higher education so burden people with debt. Throughout Europe and much of the rest of the world, it is cost free, provided by the state. But here the public sector has defunded education, which then becomes prey for banks and other corporations. In this and all other walks of life, America has been transformed into USA, Inc., to the grave detriment of most citizens.

NATURE NEWS

Tidal Rock Project: Interacting in Green Space NATURE MATTERS features Jessica Schleif Jan. 10

JESSICA SCHLEIF is a horticulturist specializing in edible and habitat gardens. As a performance and installation artist her practice is greatly influenced by nature and science. Schleif will talk on the Tidal Rock Project, a former overgrown green space and the historic location of Tidal Rock Park – an 1811 anchor and high water marker for the Columbia River at 15th and Duane in Astoria. With funding from the Precipice Foundation in 2018, collaborative efforts lead by artists Agnes Field, Jessica Schleif and Brenda Harper, worked to transform the underutilized outdoor space.

In September of 2018, their initial efforts to clear the space culminated in a multi-media celebration event that included a blessing by the Chinook Tribe, installation art and contributing performing artists.

In this presentation Schleif will discuss the continuation to collaborate efforts to engage community artists and performers, tribal members and municipal staff of the City of Astoria in a pre-renovation, cumulative events and the future of the space.

The 7 p.m. presentation takes place January 10 at the Fort George Lovell Showroom, 1483 Duane Street, Astoria. This free event is open to the public. Doors open at 6 p.m. to purchase dinner or beverages at the Fort George Brewery 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.

FMI: (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

Listening to the Land:

Conservation Land and Public Access: The Pros and Cons, Join the Discussion

KATIE VOELKE, Executive Director of the North Coast Land Conservancy, leads an open-ended discussion about how to balance the needs of people, plants, and wildlife in conserved lands on the Oregon Coast. On **WEDNESDAY, JANUARY 16TH, 2019**, the Necanicum Watershed Council welcomes you to "Conservation Land and Public Access: The Pros and Cons, Join the Discussion."

NCLC is working on its biggest project ever: conservation of 3,500 acres of forestland above Oswald West State Park to benefit people, plants, and wildlife. Which brings into high relief an issue that all private land conservancies have to grapple with every time they complete an acquisition: what is the right amount of public access for this property, if any?

Hikers, mountain bikers, hunters, anglers, dog-lovers: recreationists of all kinds are always interested in exploring new territory. But what are the risks and benefits, the pros and cons, of opening up conserved lands to various kinds of recreation? Every human activity, benign as it may seem, has the potential to cause harm. Off-trail and even on-trail travel can lead to erosion. Water sources can be polluted. Seeds embedded in boot soles can spread invasive plant species. Yet typically it is our personal experiences with wild lands that makes us care about them in the first place, and that lead us to work to conserve them.

Listening to the Land is a monthly winter speaker series offered January through May and presented by the Necanicum Watershed Council in partnership with the Seaside Public Library. Presentations are held the 3rd Wednesday of every month starting at 6pm at the Seaside Library, 1131 Broadway St, Seaside, OR. Doors open at 5:30pm. Events are free and open to the public. For more information, visit www.necanicumwatershed.org.



ARMED ASSAULT ON CONGRESS BY THE SOLAR ARMADA

by Pamela Mattson
McDonald

IN DECEMBER of 2017, I wrote an article for Hipfish* on the Clean Energy Jobs Bill, aimed to hit the Oregon State Legislature during the coming 2019 session. Our newly elected representative, Tiffany Mitchell, is a strong supporter. Senator Betsy Johnson will be head of the budget committee. Major forces have been swirling throughout the States this year, advocating and educating for sustainable energy. It will descend full force in Salem this year.

The Solar Energy Industries Association (SEIA) is an advocacy group for the industry. Besides education, they host conferences for vendors, scientists, and innovators. Since 1974, they've grown to represent over one thousand United States companies participating in this growing sector of sustainable energy employment.

This winter, SEIA led seventy companies through the offices of more than one hundred members of the United States Congress, in an educational blitz called Solar Shines on the Hill Day. Solar workers from across the nation also met with members of Congress and their staffs to educate them on the significant growth of the solar industry, corresponding jobs in their districts and states, and the industry's policy priorities.

One of SEIA's top federal objectives is for Congress to modify the tax code to include energy storage as eligible technology for the investment tax credit. It builds on their efforts this summer. When SEIA met with members of the U.S. House of Representatives from the top one hundred solar congressional districts.

"There is nothing more powerful than a face-to-face meeting to share with policy makers stories about the value of solar energy to their jurisdictions," said Abigail Ross Hopper, SEIA's president. "We know it enjoys broad bipartisan support, but additional education and awareness is always impactful. Jobs, economic growth, and what we are doing to accelerate solar deployment, enable healthy competition, and provide Americans with affordable, reliable, clean energy which they deserve."

Solar and storage jobs aren't Republican or Democratic jobs—they're American jobs. Hundreds of thousands of employees and customers across the U.S are testimony to its practicality and viability. Thousands of additional clean energy jobs could be created with the right support for emerging energy storage technologies.

In our State, Governor Kate Brown's Oregon Climate Agenda outlines the following goals:

- Create the new Oregon Climate Authority to better align state programs and expertise to achieve the state's climate policy goals. This would be a market-based program to achieve the state climate emissions reduction goals at the least possible cost. By protecting our manu-

facturing sector and mitigating impacts. Which means encouraging the development of new industries and new jobs. Working with Community Colleges to begin programs which teach these new technologies and skills.

- It would focus on providing opportunities for low-income and rural communities, communities of color, and Tribes to benefit from these new technologies.

- Hasten the pace of electrification of vehicles in Oregon by expanding electric vehicle infrastructure and incentives to support 50,000 more electric vehicles on Oregon roads by 2020.

- Decarbonize the electricity sector, by encouraging grid modernization, while maintaining affordable and competitive electricity rates. Working with utility providers to achieve the state's renewable energy targets. Supporting world-leading industry efficiency initiatives by Oregon's large industrial utility customers.

- Expand opportunities for residential, municipal, and commercial customers to access clean energy services from their utilities while ensuring utility regulation supports the utility system and does not preference new customers over existing ones.

- This means maintaining and strengthening strong energy efficiency investments in residential, commercial, industrial, and agricultural sectors. Develop the reach of energy efficiency programs to ensure all communities benefit, and improve the energy efficiency of state building codes.

Since 2009 a critical mass of action has forged a firm foundation for the emergence of this new energy technology as a major utility player. New physics discoveries have changed the makeup of solar cells so they're efficient and viable all over Oregon. Many already know that solar is booming in the Southern part of the State. But it will soon overtake as an affordable power source here in our often overcast region.

Locally, Clatsop Community College has solar panels helping with energy costs. And the College is now considering developing a sustainable environmental curriculum. As President Christopher Breitmeyer was unavailable for comment at press time. I do know that Thad Nolan, the Automotive Technology instructor, is working on constructing an EV charger in their shop at the MERTS campus.

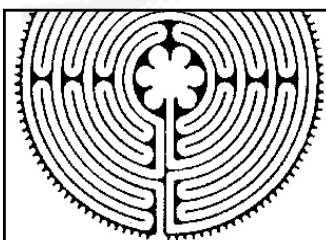
As sweeping as the Organic Standards Act was in the 1990's, the sustainable energy movement in the 2000's, has made major impacts in the U.S. and all over the world. When our federal executive branch is doing little, it's up to our fifty States to forge ahead on this crusade. The Clean Energy Jobs Bill in our legislature is one way we can assist the planet and lead the charge of an efficient, clean energy future for the young citizens of today.

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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 o n KMUN
91.9 Every 3rd Wednesday 8:30 - 1030pm

LCQC Choir RESUMES!!!!!! on January 21st, meeting every Monday 7-8:30pm. Contact LCQCAstoria@gmail.com.

-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: pflagoccc@gmail.com

WINTER Dance Now Event

A Community dance for people with disabilities, friends and families.

Wearing white and blue is encouraged! At the Astoria Middle School Cafeteria

January 11, 6-8pm. All Ages Welcome. Caregivers must be present. Supervision is not available. FREE!

Liberty Theatre Going Green

This January will mark the absence of plastic water bottles and Styrofoam cups at the Liberty Theatre. In an effort to make the facility more "green" we will be replacing both with eco-friendly alternatives. The decision was made in response to the suggestions of our patrons and our volunteers.

The new 8oz no-tree hot cups are made from 100% sugar cane with no bleaching, meaning no trees were cut down to make them. These paper-free cups have a lining made from corn (not petroleum) making them compostable in a commercial composting facility. These will replace the current Styrofoam cups.

The new 6oz cold cups are made from plants grown in the USA. They are eco-friendly and compost in 2-4 months in a commercial composting facility. These will replace the current plastic water bottles sold in our concession stands.

As always, Liberty Cups will be used for all other liquid concessions.

Increasing energy efficiency and reducing waste are an ongoing initiative at The Liberty Theatre. Part of our backstage renovation plans will address energy efficiency by converting much of the facility to LED and replacing the torch-down roof with an insulated one.

The Liberty blade sign uses 440 11 watt bulbs. Converting these bulbs to 2 watt LED will save The Liberty \$2,800 a year on the blade alone. The majority of the complex is planned to convert to LED.

According to Energy Trust of Oregon, replacing the 20,250 square foot roof on the Liberty could save just over \$4,000 per year (estimated at \$.20/ square foot).

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. pacificpacificcountydems@gmail.com

CREATE • Jan 17 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.

SMART METERS: “Opt Out” a costly option

PACIFIC POWER is planning to install “smart” meters in Clatsop County beginning this month. Many residents do not want these meters and wish to opt out. However, the Oregon Public Utilities Commission has allowed Pacific Power to charge such residents an exorbitant “Opt Out” fee in direct violation of existing Oregon State laws. California utility customers are charged an Opt-Out fee, but it is less than one-third what Pacific Power charges, financial assistance is available, and it is discontinued after 3 years. No such option has been afforded Oregon residents.

Whether or not residents want these meters will be mostly irrelevant due to the \$20 billion behind implementation of a “smart” grid, “smart” appliances, the Internet of Things and 5G throughout the state, the nation and the world.

There are many reasons why residents want to Opt Out when (and if) they get the facts:

- According to the ACLU, digital electronic smart meters are surveillance devices and violate our 4th Amendment right to privacy in our home, guaranteed under the United States Constitution.
 - All portions of the political spectrum agree choice without penalty regarding installations on one’s private property is about residents’ basic property rights.
 - Smart meters are a fire hazard, and such devices have been responsible for thousands of fires and explosions. Unlike standard analog meters, they use a varistor, an inferior surge protection component which makes them prone to catch fire in the event of a power line surge, such as those routinely experienced on Oregon’s coast during winter.
 - Smart meters expose occupants to unwanted electromagnetic radiation substantially linked to health problems.
 - o The bursts of microwave radiation emitted by their antennas was classified by the World Health Organization’s International Agency for Research on Cancer (IARC) as a Group 2B human carcinogen. Another recent study (2016) by the National Institutes of Health supported human epidemiological findings on RF radiation and brain tumor risk.
 - o An open letter published in Canada and signed by over 50 scientists and medical professionals discusses why the Precautionary Principle is warranted to reduce exposure to the biologically inappropriate microwave radiation from wireless smart meters.
 - o Daniel Hirsch, a lecturer and expert in nuclear policy at University of California, Santa Cruz (UCSC), has written a report that reveals smart meters emit 160 times more cumulative whole body exposure than cell phones. See also this report by the RF Safety Network.
 - o Microwave radiation such as emitted by smart meters has also been found to adversely affect wildlife, particularly our threatened bee populations.
 - Smart meters have overcharged customers by inaccurately representing usage, not experienced with analog meters. They consume more electricity than a standard analog meter to operate their computer, display and transmitter. There are estimates that the extra electrical consumption costs homeowners approximately \$10 per month. If installed countywide, they could increase system-wide consumption of electricity, contrary to our goal of conserving power and reducing carbon emissions.
 - Smart meters and the “smart grid” are vulnerable to opening a new portal to hackers and others who wish to disrupt services.
 - Smart meters in Clatsop County will eliminate at least six full-time jobs that are sorely needed in our rural community. One of the jobs currently handled by Pacific Power’s meter readers is flagging for emergency crews during power outage repairs. Elimination of these jobs is meant to be covered by crews from Portland, but getting such crews here to the coast during our winter storms will prove challenging and could well result in delays to service restoration for local residents.
- These are some of the reasons people want to Opt Out. But, \$432 per year plus \$75 the first year is exorbitant, uncalled for and, for most people, takes the “option” out of “Opt Out”. The choice in this matter is vitally important, to protect our health, jobs, basic freedom and property rights, Oregonians need to secure the right to Opt Out of the Pacific Power smart meter installation program without prohibitive surcharges?
- Towns and counties throughout Oregon and California have enacted various types of legislation to slow installations until residents can have more information and to make opting-out affordable to everyone,
 - Several Oregon counties are working together to better inform residents and protect their rights
 - Residents can visit the websites below for more information

ASTORIA-CLATSOP COUNTY INFORMATIONAL MEETING

Citizen rights activists Randall and Cindy Barrett of Center Point, OR will speak at an informational meeting mid-February. Location and Date: TBA - Watch the local media.

Electromagnetic Radiation Safety Website: saferermr.com
stopsmartmeters.org
emfsafetynetwork.org
emfresearch.com

“STREET SPOTLIGHT” IS A PERIODIC SERIES AIMING TO SHARE VOICES AND STORIES OF CITIZENS OF THE NORTH COAST WHO ARE HOMELESS OR UNSTABLY HOUSED AND LIVING ON THE STREETS OR CAMPING.



Story and Photo by
Kaisa Schlarb

A Young Writer Sets Her Sights On Giving Voice to Community

AT 22, JUSTINE reads more mature than her years, and admits she doesn’t relate to those in her age group who are still in a “wild and immature” phase. She’s already been through that.

With her black cat Cybele on her shoulder and her partner’s dog under foot, Justine and I talk about her experiences living homeless in Astoria and her hometown of Spokane, her insights on the issue, and her goals for the future.

Justine first experienced homelessness in Spokane, in the 3rd grade, when the owner of the house her family rented sold it on short-notice. They were able to stay with friends for a stint- Justine slept in a boat in the garage while her brother slept outside in a tent.

She calls her mother the rock of her family growing up. “She was a mamma bear, she used to take people in who were less fortunate.” She adds, “Not that we were doing especially well.”

After her family split up in high school, it was increasingly difficult for her to focus on school. Depressed while being forced to live with her father, Justine found community among other teens living on the streets. “I felt more love and acceptance meeting other homeless kids in Spokane, it felt better than at home.”

At 18, she began hitchhiking and getting exposure to other places before finding home in Astoria. She likes the small-town atmosphere and the ability to know so many people on a first name basis. With few resources or safety nets aiding her into adulthood, Justine has been mostly sleeping out-of-doors.

“I read this quote in the LA Times,” she tells me. “This guys said something like, ‘people see homelessness as a lack of personal effort, when it is actually a lack of personal privilege.’”

This resonates for her as a rebuttal to the belief that people experience homelessness because of a personal shortcoming. Justine identifies this thinking as a defensive, distancing strategy. “Some people have to believe others lack something, so they can believe it won’t happen to them. Nobody wants to think there is a flaw in the way they live.”

She continues, “The problems homeless people experience are the same as the working class: addiction, depression, mental health issues, illness in families, financial issues. Its just some people are inside and some are outside.”

There is, however, a difference in vulnerability with no safe place to live. In September,

someone slashed the tent Justine was camping in and destroyed most of her gear. Thankfully, the community responded by replacing what was needed, but the effort to start over is taxing. Shortly after this experience, someone let her cat out of her new tent and it was missing for over a month.

When she put up “missing cat” fliers, she carefully chose language to avoid outing herself as homeless, for fear people would judge her for having an animal or believe it was her fault the cat was lost.

Similar concerns surfaced when she applied for her current job delivering papers for the Daily Astorian. She wasn’t sure if it was safe to be forthcoming about her situation, and if she got the job, could she deliver all of the papers without a car? Would she have to buy her own cart to make deliveries on foot? “I didn’t know they gave you a satchel,” she laughs.

Justine loves her job delivering the paper, tries to learn where each person likes to have their paper placed, and gets her deliveries done early. “Lots of people on my route love me,” she says. For the holidays, she hand-wrote Christmas cards with inspirational quotes to give to her customers, and enjoys the opportunity to build rapport in the community.

Delivering the Daily A also brings her in closer proximity to one of her greatest passions: writing. Lighting up when she talks about this, she explains that her goal is to write essays on local issues; she wants to use her voice to make a difference.

She is interested in starting a blog about the experience of transitioning from homelessness into housing; a platform to share her experiences and perspective. Believing that people really do want to show support for those who are struggling, she thinks the community can do more to channel that compassion into meaningful change.

Justine’s own transition out of homelessness is on the immediate horizon. With the help of Clatsop Community Action, she is weeks away from being housed. She is looking for a second job to complement paper delivery, and is looking to go back to school, setting a high bar for herself to match her potential.

The next time we hear from Justine, hopefully she’ll be telling her own story.

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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS JAN 2019

INCO Advocacy Team

Wednesday, Jan. 2, 6:30 pm
Seaside Library Board Room

INCO Astoria Community Group

Saturday, Jan. 5, 1 pm
Street 14 Café, Astoria

INCO Warrenton

Community Group Meeting
Saturday, Jan. 5, 11:30 am
Dooger's, Warrenton

INCO Seaside-Gearhart

Tuesday, Jan. 8, 6:30 - 8 pm
Email incoregon@gmail.com for location

INCO Vote the Future Team

Wednesday, Jan. 16, 6:30 - 8 pm
Seaside Library Board Room
INCO Book Club
Wednesday, Jan. 16, 6:30 pm
Last Call for Liberty
Email incoregon@gmail.com for location

Speak Truth | INCO Regional Summit

Saturday, Jan. 19, 8:30 am - noon
Lovell Showroom, 464 14th St., Astoria

Speak Truth Women's March

Saturday, Jan. 19, 2 pm
Heritage Square, 12th and Exchange, Astoria

Run for Something

Saturday, Jan. 19, 4 - 5:30 pm
Lovell Showroom, 464 14th St. Astoria

SAVE THE DATE

INCO Regional Summit
and Women's March
Saturday, Jan. 19
Astoria - 2pm Heritage Square

SPEAK TRUTH by Laura Allen

At the 2018 Golden Globes Awards, Oprah Winfrey said, "Speaking your truth is the most powerful tool we all have." Oprah is not suggesting that speaking "your truth" means it's okay to make up things that have happened to you. Nor does she mean you can state your opinions and call them "your truth." She means we should no longer stay silent about true events that have left us or others hurt, powerless, fearful.

At the heart of speaking your truth is honesty. Singer/songwriter Sara Bareilles summed it up in her song, BRAVE.

And since your history of silence won't do you any good...Why don't you tell them the truth?... And let the words fall out, honestly.... I wanna see you be brave."

Speaking your truth is about claiming your power. It is speaking truth to power.

Bayard Rustin, an American civil rights leader, is generally credited with coining the phrase "speak truth to power." In a 1942 letter contained in a collection of his writings titled "I Must Resist," Rustin states "speak the truth to power." In a 1955 book co-authored with Ruskin, the Quakers used the phrase as a call to stand firm against authoritarian governments.

Today, speaking truth to power—speaking your truth—as Oprah said, also means speaking up to those whose behavior, demands, or even words have caused pain, fear, and oppression. The #metoo movement is an example of speaking truth to power. So are the movements to promote respect and equal rights for the LGBTQ community, stop racist intolerance, or end gun violence. Each person in these movements has a story, a truth, that when told, can change hearts and minds. It's a lot harder for abuse and oppression to continue when the truth about it is told.

Speaking truth to power doesn't have to be a movement. You can speak truth to power, speak truth, in your own family, among your friends or coworkers, and in your community. This is how domestic violence is brought to light, by someone speaking their truth, speaking truth, to a teacher, friend, or doctor. It is how bullying is stopped, by someone speaking their truth, speaking truth, to a family member or teacher.

These days the truth is under particular siege. At this writing, the Washington Post reports Donald Trump as president has told 6,000 + lies to the public. We are used to politicians' lies. But Trumpism (you can find the definition in the Urban dictionary) has taken us down a rabbit hole to a world of "fake news" and "alternative facts." This past summer Trump gave his supporters an Orwellian decree, "Just remember, what you are seeing and what you are reading is not what's happening....Just stick with us."

But as President John Adams said, "Facts are stubborn things," and no one can "alter the state of facts and evidence," no matter how much they try. Many in the press and otherwise have done a masterful job of calling out Trump's lies, half-truths, and baseless accusations and personal attacks. We can all speak truth to dispel the intolerance, fear, and division sown by Trumpist lies. What better foil to Trumpism than speaking your truth, speaking truth. As Oprah told us, it's the "most powerful tool" we have.

Join Indivisible North Coast Oregon (INCO) on January 19, 2019 for the Speak Truth Regional Summit and Women's March. Details at www.incoregon.org.

Laura Allen is a member of Indivisible North Coast Oregon and retired attorney who lives in Seaside.



January 2017 Inaugural Women's March

Aromatherapy For Menopause Success: 100 Essential Oil Recipes To Reclaim Your Vibrancy



"When our bodies experience an essential oil, it's like an orchestra full of musical instruments all playing the same piece of music," says Aromatherapist Angela Sidlo, in her book, *Aromatherapy For Menopause Success: 100 Essential Oil Recipes To Reclaim Your Vibrancy*.

Also a Certified Health Coach, Reflexologist and Reiki Master, Sidlo is the owner of Waves of Change Wellness in Astoria, where she offers her services.

When seeking care for her own health issues during perimenopause and menopause within western medicine, Sidlo experienced the increasingly familiar narrative of being turfed to specialists who were unable to get to the root of her issues. In her case, referrals to a rheumatologist and a gynecologist lead to a diagnosis of fibromyalgia, a smattering of medications with negative side effects, and a recommendation to use Crisco as a personal lubricant.

These disappointing experiences led her to take charge of her own health, and she spent several years of research and trial-and-error before discovering essential oils, meditation, reflexology and health coaching. Now free from her previous symptoms, Sidlo has grown her practice to focus on reclaiming vibrancy through menopause.

Menopause, or the cessation of menstruation, is often characterized by symptoms such as irritation, brain fog, hot flashes, bloating and depression, but as Sidlo explains in her book, "menopause is neither a diagnosis nor a disease!" Based on her experiences, she sees hormone imbalance as an often overlooked topic by western medicine when looking for relief from health symptoms of all kinds.

The call in the book's title to "reclaim vibrancy" acknowledges the ways in which the life cycles of the female body has been culturally defined as a negative experience. To reclaim the power and joy of the "wisdom years" is a kind of revolution, described in some of her literature as a "menopause success uprising."

Her book describes what essential oils are and how they interact with the endocrine system, also identifying the hormones that can get out of balance during menopause and their associated symptoms. She maps and identifies essential oils to support the cessation of symptoms associated with hormone imbalance, and follows with the 100 recipes mentioned in the title. The essential oil blends she shares are intended to mitigate a variety of symptoms, from anxiety reduction, to hair regrowth, to preparing a more thoughtful, hazelnut oil-based lubricant. There is ample space included for note taking and engaging with the experience of trying out different remedies.

While the book, which she calls the "first in a menopause success series," serves a specific audience, even those haven't or won't experience menopause, can learn more about hormones and aromatherapy as a modality in this accessible guide.

Sidlo, who is also the Oregon director for the National Association of Aromatherapists, provides guidance and safety recommendations for personal use of essential oils as well as a Resource List to find trusted, quality ingredients. "I believe in sourcing oils from small companies that take care of the purity of their product with no middle man," she explains. Mountain Rose Herbs, in Eugene, OR is a regionally local herb and essential oil source she directs clients and readers to.



No one healing modality is a cure-all, but works in combination with other health supporting measures. "Aromatherapy has transformed how I take care of my body on a daily basis. It bridges the gaps of my foundational lifestyle habits of nutrition, exercise, stress management, sleep and meditation," Sidlo explains.

Through her business, Sidlo is able to offer multiple avenues of support to for clients to make these lifestyle shifts, from personal coaching, online meditations and resources offered on her website, AngeloSidlo.com, and group online classes.

UPCOMING CLASS: "Hormone Balance Detox," a 14-day, Dr. approved program to "reset hormones, increase energy, lose weight and feel vibrant again." The price is \$97 per person, and the class begins on Monday January 14th. <http://aromatherapy-works-store.com/14-day-hormone-balance-detox-program/>

Here's an example of an aromatherapy recipe that can be used by anyone:

Sleep Ease Aroma Inhaler

Use throughout the evening to achieve the restful sleep you need at bedtime.

Materials:
blank inhaler
small glass mixing bowl

Ingredients:
2 drops Sweet Marjoram (origanum marjorana)
2 drops Neroli (Citrus aurantium)
3 drops Lavender (Lavandula angustifolia)
4 drops Linden blossom (Tilia vulgaris)

Directions: Mix oils together in small bowl and dip cotton wick into the mixture and let it absorb the oil blend. Place wick inside the blank inhaler and cap. Remove lid and place in nostril (closing off other nostril) and take several slow deep breaths. Repeat in other nostril. Use inhaler several times per hour throughout the evening before bedtime.

Aromatherapy For Menopause Success: is available locally at Lucy's Books, Designing Health Wellness Center in Astoria, Kit's Apothecary in Astoria, Beach Books in Seaside, and available on Amazon, a Kindle version is available as well.

SING WITH THE NC CHORALE



A NEW YEAR is upon us with new opportunities. Do you like to sing? On January 10th, North Coast Chorale (NCC) will start its new season of fun, comradery, a little work and, of course, lots of singing. This term, the Chorale will meet each Thursday at 6:45 p.m. in the Performing Arts Center, 588 Franklin in Astoria.

NCC will begin by preparing for its Spring Concert entitled, "Songs of the Earth", to be presented on May 17th and 19th. This concert's featured piece is by Hal Eastburn with Native American instruments, narration and music from indigenous peoples.

The Chorale is looking for singers in all four parts with all levels of talent, including students with strong voices in grades 7-12, senior citizens and those in between. Clatsop Community College students can earn credits while singing as a member of NCC. MUS 134-E1. No auditions – just come and see what fun it is to learn new choral skills and perform for the community. Anyone interested is encouraged to take part. For more information, please contact our Director, Denise at 503-338-8403 or NCC President, Cheryl at 503-791-5681.

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

Little Bird Parent-Child Music Class



THIS PARENT-CHILD music class is based on the idea that children are naturally musical. If exposed to rhythm, song, and dance from an early age, they can more easily develop their natural musicality and future interest in learning to sing and play instruments.

In this class all sing, play, and dance together. You will learn songs and musical games that will nurture your child's creativity and musical growth.

Children, like adults can develop their capacity and appreciation for music in a warm, playful, and calm setting. Parents are encouraged to join in to model participation for their children, and as the series builds on itself, watch as the children delight in the familiarity of the songs. Enjoy the experience of connecting with your child through music, and take that experience home with you when you go!

Appropriate for children from infancy to age four with an adult, from babies-in-arms to jumping toddlers.

Taught by musician and music teacher Gabrielle Macrae.

About Gabrielle Macrae:

Gabrielle grew up in a musical family in Portland and has been playing music for most of her life. She began teaching Appalachian string band music over ten years ago as part of an after-school program for low-income elementary school students in rural North Carolina. She went on to teach early childhood music programs in Portland with Heart in Hand Preschool and Frog Song Preschool. Gabrielle has worked in Portland Public Schools leading workshops on traditional Appalachian music and dance. She plays fiddle, banjo, and guitar and has taught and performed at numerous music camps and festivals across the country as well as in Great Britain and Ireland.

Location: Riverszen Yoga Studio 1406 Marine Drive, Astoria, Oregon 97103

When: Monday mornings 11:15am to 12pm, January 7th through February 25th.

Cost: Drop-in \$12 per class, or \$80 for the full eight-week session. This is for two people, one child and one parent.

If you have more than one child, there is a family rate of \$15 drop-in per class, for up to three children with one adult, or \$100 for the eight-week session.

To register for the series or a drop-in class email Gabrielle at gabriellemacrae@gmail.com



TEARS OF A CLOWN

Opening Reception
Sat. Jan 12
5-8:30pm

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LA VOZ DE LA COMUNIDAD

"A lot of the people from the community started feeling like, 'hey, we're a part of this, too, and her coming to us signifies she actually does care about the Hispanic community,'" Gutierrez said.

He stresses to Latinx community members that if they want to see change or get more involved, they must initiate it—the Hispanic Council can't do it for them, although they can provide tools and support. Now, heading into 2019, Gutierrez said, "we have people that feel ready to start getting more involved, whether it be through boards, commissions, things like that." They recognize, he added, "if we want our voices heard, we need to put ourselves out there."

Ahead of last year's midterm elections, La Voz worked alongside Indivisible North Coast Oregon and other pro-immigration groups to rally, canvass and educate Hispanic residents about Measure 105, a ballot measure that would have repealed a state sanctuary law (ORS 181A.820), passed in 1987, that forbids state agencies, including law enforcement, from using state resources or personnel to detect or apprehend persons whose only violation pertains to federal immigration law. The Hispanic Council found the ballot measure particularly concerning, said La Voz de la Comunidad assistant Minerva, who wished to be identified only by her first name.

The repeal would have let law enforcement officers target residents based merely on skin color, stereotyping them regardless of citizenship, Minerva said, adding, "That's not right to do to anybody." The measure's language was confusing, even to native English speakers, so La Voz helped educated Latinx residents on how it would affect them, encouraging them to vote "no" on the measure.

Additionally, La Voz sets up classes and brings in lawyers to help educate Hispanic residents about their rights.

"We try to help that way so people are informed what they can do and how they can be prepared for whatever situation comes up," Minerva said. "If people are informed about laws and how the government works, they can follow the rules and be at peace with everybody. We are neighbors, and we can take care of each other."

As a public health employee, Hernandez also assures Latinx clients they are safe and she will be the first person to alert them to a policy change that puts them at risk. For example, an emerging threat is the U.S. Citizenship and Immigration Services' proposed rule, "Inadmissibility on Public Charge Grounds," which was open to public comment through Dec. 10, 2018. The complex proposal drastically expands the definition of what it means to be a public charge. Currently, the government prohibits immigrants on public charge grounds if they believe the



Minerva, the LCHC's La Voz de la Comunidad Assistant.



La Voz at the INCO Defeat 105 Rally

applicant would likely depend on public cash assistance or need long-term medical care at the government's expense. Under the proposed rule, the list of public benefits that count against an immigrant would significantly expand and include those that support mixed-immigration status families.

"It has been a very big warning light in people's minds about what can happen here," Hernandez said, adding undocumented citizens are worried about which public assistance—not just for them but also dependents—might negatively affect their ability to acquire legal status.

Public health is not the only area where Latinx community members face barriers, which also exist in the social, education and economic spheres. A least partially, that disparity can be traced back to Oregon's racially questionable history, according to a report titled "Clatsop County Latinos: A Demographic and Economic Profile," published Aug. 31, 2016, by Portland State University assistant professor Marisa Zapata and doctoral student Amanda Hudson.

Through a myriad of data resources, their report paints a picture of "a young, family-oriented community struggling to find affordable and economic opportunities" in Clatsop County, with nearly 40 percent of the population younger than 18.

Latinx households have a lower median average income, \$37,000, than white households, \$49,000. Meanwhile, according to the American Community Survey 5-Year estimates published in 2013, 46 percent of renters and a third of households with mortgages were paying more than 35 percent of their monthly household income to cover housing costs, a burden that inhibits residents from achieving long-term financial stability, purchasing a home, and providing for their children.

Latinxs experience these challenges at disproportionate rates. While 64 percent of the white population reported residing in owner-occupied housing, only 27 percent of Latinxs did. The other 73 percent were renters.

"With most Latinos living as renters, concerns about landlord exploitation, safe housing, and language and culturally ap-

appropriate service provision become ever more important," Zapata and Hudson write.

Additionally, according to the 2013 survey, 29.7 percent of all Latinxs were living below poverty compared to 15.1 percent of the white population. On the flip side, the countywide unemployment rate for Hispanics was 6.3 percent, compared to 9.9 percent for the white population. Latinx residents, however, were more likely to have low-wage employment with little to no benefits, such as

"We're always working to try to address those things," Brown said, adding one of the main goals identified in the district's recently adopted strategic plan is equity, "which means every child gets what they need, as opposed to equality, where everybody gets the same thing."

Ryan Stanley, the coordinator for Juntos, a program offered by Oregon State University that empowers 8th- to 12th-graders to finish high school and pursue higher education, said they try to work around the limited availability and strenuous work schedules

of many Latinx families. However, in Clatsop County, which was introduced to the program only about a year and a half ago, participation has been low, although the school districts themselves supported the program.

Education is another area the Hispanic Council is getting more actively involved with. Not only does the organization's board have representation from the three local school districts, but they also worked with the district to apply for a grant to hire Maritza Romero as the Family Engagement Manager, Early Learning & K-12. Since fall 2018, she has worked to identify the cultural barriers preventing parents from engaging with the school systems and train parents to become advocates for their children's education. Her work has produced positive results already, which provides "a great example of what can happen when we do have the resources," Gutierrez said.

According to research conducted by the Juntos team, some of main obstacles to participation in their programs included the language barrier; poverty, or parents working multiple jobs and not having time; and discrimination. Juntos program participants, not just in Clatsop County but statewide, reported feeling they were discriminated against in numerous facets of daily life, which obstructs them from accessing resources and feeling supported.

Minerva, who worked various jobs in the hospitality industry for about 20 years before joining the Hispanic Council in 2018, said she has identified discrimination in her former line of work. In her experience, the Hispanic employees were often the first laid off if a business was cutting employment.

"We are in the back of the house always, so that's why we don't show up a lot," she said. "We are cleaning rooms or in the kitchens."

She also feels Latinx people are disadvantaged by the language barrier or a lack of accessible interpretation when dealing with healthcare professionals, law enforcement officers and other individuals who can greatly impact their wellbeing. Additionally, she doesn't feel the Hispanic population is weighed appropriately in local policy decisions. That's where La Voz de la Comunidad comes in. This group of "normal people who want to be respected and noticed and more involved in positions in the community" is taking action to have the Hispanic community properly represented, Minerva said.

Granted, she feels there is apprehension among the Latinx population about being engaged or involved, because of the current administration and the racism perpetuated by President Trump.

Hernandez agreed there is a general sense of people believing, "'If I'm invisible, it's so much better,'" which is a shame since she feels they had previously "made great strides." People were more confident, more involved, and more present. After the 2016 presidential, Hernandez was asked to officiate 15 weddings between

mid-November 2016 and the start of 2017. She chalks up the urgency to people feeling nervous about the new administration, adding, "Their fears were not unfounded."

She tries to remind the Hispanic citizens she works with, "You are safe here," and the staff is trained to handle those concerns, so people are not deterred from seeking important public health services because of fear.

"Still, we can't give them that peace of mind that something is not going to happen outside the door," she said.

Gutierrez is of a different opinion. At least for the people who were already becoming active, "it's encouraged them to become more involved," he said.

In early 2017, when the Astoria City Council adopted a resolution of inclusivity as a response to Trump's hardline anti-immigration stance, about 30 members of the Hispanic community showed up.

"It was pretty awesome, because it was like, 'hey, this is a really scary time, and ideally, you could just lay low,' but people said, 'no, we want our City Council and our neighbors to know we are here,'" Gutierrez said. "I was blown away at that."

He also referenced the ample participation in canvassing, passing out flyers, and holding rallies to oppose Measure 105 that took place ahead of the 2018 election.

"It was something that wouldn't have happened three or four years ago, but now people are really motivated to do that," he said. "It's important for people to know there are things happening behind the scene, and if people want to help, I'm sure there are ways they can plug into some of the work that is happening."



LCHC Exec. Dir. Jorge Gutierrez



Dia de los Muertos celebration held Saturday, Oct. 27, in Astoria.

service occupations, transportation and material moving.

As Hernandez and Minerva pointed out, when parents are working hard to support their families—sometimes two to three jobs at a time—it can impact their ability to engage not only in civic life, but also social gatherings, classes, workshops, or other programs. When deciding between attending a class and going to work, there is not much choice involved.

"It was an objective when they came here, to make some money, to help their family back at home, or to have better resources for family here," Hernandez said. "The only thing we can do as citizens and community members is to make sure their kids will get involved, that their kids will have a different life."

Minerva agreed younger people are a game-changer.

"It's important for the kids to know what is going on with the public decisions," she said.

Even that goal, though, requires at least some participation from parents, a challenge faced by school districts and partnering organizations alike.

"We are trying to find the magic key to get parents—all parents, but particularly Latinx parents—into the schools and finding ways they feel like they can volunteer and things like that, even if language is a barrier," said Sande Brown, Seaside School District's Director of Curriculum and English Language Development Coordinator.

The district and schools strive to make information accessible to families by sharing it in Spanish. They also provide interpreters for parent-teacher conferences at the elementary schools. Numerous staff members are bilingual. Yet, an achievement gap between Latinx students and white students still exists in terms of standardized testing scores, graduation rates, and obtaining higher education.

Article PHOTOS courtesy LCHC



SCANDI PARK Design Approved - Join the ASHA for Fort George Benefit Night and some hoopla Jan 29

ASTORIA Scandinavian Heritage Association (ASHA) members are celebrating as the Astoria City Council, City of Astoria Parks and Rec Board, and the Historic Landmarks Commission recently gave approval for the design of a park to be built on the Astoria Riverwalk to honor the hardships and contributions of early Scandinavian immigrants to the fabric of our North Coast community. Design approval was a result of a three-year process including input from Scandinavian lodges and the general public and the design talents of the West Studio of Seattle Washington as landscape architects.

Early park concept exploration was funded by the Oregon Community Foundation but most of \$200,000 to cover architectural and engineering costs came from local donors and subsequent grants from the Astoria Sunday Market, the Pacific Power Foundation, the Samuel S. Johnson Foundation, the Finlandia Foundation Columbia Pacific Chapter, and the Oregon Cultural Trust. Construction costs are estimated at \$980,000 and major fundraising efforts are underway.

The Fort George Brewery will host a benefit night for the Astoria Scandinavian Heritage Park on January 29 from 4-9 PM. ASHA will provide a silent auction, live music with the Polka Dots



(duo accordions and bass), performance and participatory dance with the Nordic Viking Scandia Dancers, a visit by the Astoria Scan Fest Troll, Scandinavian trivia contests, and an Ole and Sven joke contest. A percentage of sales for the evening will benefit ASHA park efforts.

Carruthers Restaurant in downtown Astoria will sponsor a "Scandelicious" multi-course feast on March 16 to benefit ASHA and the park. Details will be released soon. More information about the park is available at www.astoriascanpark.org including a link for online donations.



Brad Creel and the Reel Deel Hoffman Center Jan 12

HEARING Brad Creel & the Reel Deel is like listening to a John Prine album while Merle Haggard is cooking in the kitchen, Gram Parsons is on the front porch, and bigfoot is dancing in the front yard. As the Oregonian put it, Brad's songs offer, "barbed sentiments served up with deft holy-tonk touches".

In 2008, Portland singer-songwriter Brad Creel released "Revealed," a collection of smart and funny acoustic folk tunes. With the Reel Deel performing this material, the group created what can only be described as a unique country sound called, "Lava Lamp Country". These songs showcase Brad's singular ability to translate life's more difficult moments into laugh-out-loud humor. Other CD's released by Brad include the 2010 country rock CD, "Probably Not", and the eclectic, "Time & the Road", released in 2015.

The Reel Deel band members include veteran country rock drummer Bob Hawkins, swing/rock lead guitarist Mike Moore, and multi-instrumentalist Ben Grosscup on bass. Come see why the Willamette Week stated that Brad Creel & the Reel Deel's "songs will keep you laughing and listening", and the Portland Mercury said that, "Brad is gifted with the pen, punchline and guitar".

Saturday, Jan 12, 7pm, \$10 Cash at the door. 594 Laneda Ave in Manzanita



AVA Open House

The public is invited to attend Astoria Visual Arts Artists' Reception + Open House on **FRIDAY, JANUARY 11, 6-9pm**. Celebrate AVA's member-artists and the opening of the new AVA Gallery with an evening of art, music, conversation, food, beer and wine!

AVA has joined the Astoria Studio Collective in transforming the historic Van Dusen Building into a bona-fide artists hub. Come check out AVA's new space, visit with some of your favorite artists, and celebrate the New Year artfully.

The new AVA space is located at the corner of 10th and Duane in Astoria.



Astoria Visual Arts a-i-r Winter-Spring Term 2019 AVA's Artist-in-Residence Program entering its Fourth Year

Astoria Visual Arts announces two exceptional local artists working in two downtown studios from January through April as part of the AVA artist-in-residence (AVA a-i-r) program.

AVA a-i-r's newest resident artists are Celeste Endlich and Sally Lackaff. Endlich is an emerging artist new to Astoria but not to the North Coast. A majority of her most recent work is done as black and white line drawings on circular canvases, but she also likes to paint with watercolors and draw with charcoal. Endlich frequently explores themes



Sally Lackaff

of mental health, identity, and the human experience. Her work is both serious and playful and incorporates dark humor. The past two years she has been working and living abroad

in Thailand where she had her first solo exhibition before returning to the coast. Endlich finds inspiration in by geometry, patterns, space, and the natural world. And, she says, she is looking forward to participating in the Astoria arts community.

Sally Lackaff, a native of Clatsop County, is a self-taught illustrator and author. A childhood spent traveling Europe and an endless fascination with Nature helped shape her sensibilities. Since age 18, Lackaff has built an enjoyable, if delicately balanced, career around art and gardening. Some highlights include illustrating over ten books, designing logos and painting signs for businesses from Manzanita to Astoria, filling prominent restrooms with murals, and writing and illustrating interpretive signage. She lives in Astoria with her artist/musician husband, Roger Hayes.



Celeste Endlich

Coastal Oregon Artist Residency CALL FOR ARTISTS

Recology Western Oregon (RWO) and Astoria Visual Arts (AVA) are pleased to announce the fourth round of the Coastal Oregon Artist Residency Program. RWO and AVA aim to support the creation of art from recycled, repurposed and discarded materials recovered from the Recology Astoria Recycling Depot and Transfer Station. The Residency provides the two selected artists with access to discarded materials, a stipend of \$1,000 per month for 4 months, studio space at RWO's Warrenton-based facility and, at the close of the residency, a public exhibition in Astoria.

By supporting artists who work with recycled materials, RWO and AVA hope to encourage the public to conserve natural resources and promote new ways of thinking about art and the environment. Two four-month residencies will commence on Saturday, June 1, 2019 and end on Monday, September 30, 2019.

During their residencies, artists have weekday scavenging privileges at the Astoria Transfer Station and access to a studio space at RWO's Warrenton office. RWO encourages artists to spend roughly 20 hours per week on their art projects.

Eligibility

The Coastal Oregon Artists Residency is open to local, career-level artists living in Clatsop and Tillamook Counties in Oregon and Pacific and Wahkiakum Counties in Washington who are working in any style or medium. Applications are not accepted from artists who reside a driving distance of more than one hour from the RWO Astoria Transfer Station. Previous COAR participants are not eligible to apply.

The application deadline is March 31, 2019. Email astoriavisualarts@gmail.com for a full application prospectus.



January Calendar

Wednesday 9

HAPPENING

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

LECTURE

The World of Haystack Rock. Oregon's Razor Clam Resource. With Matt Hunter. 7pm at the Cannon Beach Library.

THEATER

The Fourposter. The Case for the Double Bed. Readers theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 10

LECTURE

Nature Matters. Tidal Rock Project: Interacting in Green Space. With Jessica Schleif. Free, 7pm in the Fort George Lovell Showroom.

THEATER

The Fourposter. The Case for the Double Bed. Readers theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Friday 11

MUSIC

Dave Pollack. No cover, 7pm at the Sand Trap in Gearhart.

Jazz Pianist Chris Parker. NYC-based pianist/composer, The Chris Parker Quartet performs at KALA in Astoria. 8pm. Doors open 7:15pm. Tickets \$16. In advance at libertyastoria.org/and at the door.

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

ART

Opening Reception. Artist Andie Sterling. exhibit Ver-tellen - an art installation of collected sound, abstract waterscapes and drifting velella. 6 - 9pm in the Art Trailer Gallery at the Sou'wester Lodge in Seaview.

AVA Open House. AVA invites the public to celebrate the opening of its new gallery space, with live music, food and art, 6-9pm. At the corner of 10th and Duane in Astoria.

HAPPENING

Forest Management Seminar. Learn how industrial forest practices are undermining Oregon's climate agenda. Speakers: Environmental Economist Dr. John Talberth, and Climate Justice Advocate Daphne Wysham. Doors open 6:30pm, Presentation at 7pm. FREE. CCC, Columbia Hall in Astoria.

Community Dance. A community dance event for people with disabilities, friends, and families. Winter theme, wearing white or blue is encouraged. Free, 6 - 8pm at the Astoria Middle School.

Don't Let the Bastards Grind You Down DJ Dance Party. \$5 - \$10 suggested donation. 9pm at the Labor Temple in Astoria.

THEATER

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

Saturday 12

MUSIC

Bad Creel and the Reel Deal. \$10, 7pm at the Hoffman Center in Manzanita.

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

The Stumptowners. \$25, 7pm in the Lincoln City Cultural Center.

Tony Furtado. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Green Hills Alone plus Miller Carr. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Midas Digs. \$5 cover, 9:30pm at the Labor Temple in Astoria.

ART

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

CINEMA

WaLL-E. Free, 3pm at the Astoria Library.

FOOD & DRINK

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

Lutefisk Oh Lutefisk. Lutefisk Dinner, silent auction, raffle. \$15 - \$25, 1pm at Suomi Hall in Astoria.

"PURPLE HAZE"

The Hoffman Gallery presents its annual community wide art show: Purple Haze. As the Hoffman Center enters its 15th year of operation, this show has grown to include 57 North Coast artists from Tillamook and Clatsop Counties participating with more than 120 pieces of art featuring the color purple. The show includes paintings, photography, wood sculpture, fiber arts, ceramics and collage.

The gallery hours are 1-4 p.m. Friday through Sunday, starting Jan. 4th. The gallery is free and open to the public. 594 Laneda St. in Manzanita

ONE MAN ON STAGE with a guitar can change the world. That's the way it is with world-renowned singer-songwriter John Gorka, who's been stopping audiences in their tracks with his magical take on contemporary folk music since the 1980s.

It all began in a place called Godfrey Daniels Coffee House in Bethlehem, Pennsylvania, where Gorka worked doing sound, after graduating from Moravian College, where he studied history and philosophy. "The people I wanted to be like were the performers I saw at Godfrey Daniels coffeehouse, who I thought were making better music than I heard on radio or saw on television. They were not superstars but they were making a living out of the music they were creating, selling record albums out of the trunk of their car," said Gorka in a recent interview. Inspired to seek the musician's path, Gorka recorded his first album in 1987, and today with 11 critically acclaimed albums, and at the age of 60, he's on a full roster tour.

Gorka's iconic ballads on life, love and flying horses will touch your heart and soul, make you rethink your assumptions about how things are. His multifaceted songs are full of depth, beauty and emotion. Rolling Stone magazine called him "the preeminent male singer-songwriter of what has been dubbed the New Folk Movement."

Gorka's new studio album, TRUE IN TIME, is described as being deep and meaningful with Gorka's soulful voice, songwriting, and guitar work are given center stage.

Released in January by Red House, his first label, "True in Time" is defined by a strong sense of place as well



as motion. Travels inspired tracks like the New Mexico-backed "Arroyo Seco," while the tender, beautifully fingerpicked "Blues With a Rising Sun" recounts a letter Gorka once wrote to aging blues legend Son House. Gorka reteamed with his 2010 "Red Horse" collaborators Lucy Kaplansky and Eliza Gilkyson; "The Ballad of Iris & Pearl," a jaunty country imagining of "unsung heroes of the music world" that namechecks A.P. and Sara Carter and Bill Monroe, was titled after Gilkyson's dogs.

Coast Community Radio listeners often hear Gorka's music on KMUN Astoria 91.9 and KTCB Tillamook 89.5 FM. Seeing him live is another thing entirely - Gorka is as kind and thoughtful in person as he is in song.

Tickets are \$20, available at LibertyAstoria.org. Showtime is 7:30pm.

HAPPENING

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

LITERATURE

Literary Tea. Enjoy Tea & Scones (\$5 per person). Each author will be reading an excerpt from one or more of their books, talking about their writing process and answering questions. 3:30 - 4:30pm at the La Tea Da Tea Room in Tillamook.

THEATER

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

Sunday 13

MUSIC

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

Quartetto Gelato. \$20 - \$40, 7pm at the Liberty Theater in Astoria.

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

TUESDAY 15

MUSIC

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

HAPPENING

TEN-FIFTEEN series. An hour long performance of creative movement and dance at 10:15am and 8:45pm at Pier Pressure Productions in Astoria.

LECTURE

Past to Present Lecture Series. Shipwreck Archaeology with Christopher Dewey. Museum

admission fees apply. 10:30am at the Columbia River Maritime Museum in Astoria.

Wednesday 16

MUSIC

Bruce Thomas Smith. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

LECTURE

Listening to the Land. Conservation Land and Public Access: The Pros and Cons. A discussion with Katie Volke. 5:30pm at the Seaside Library.

THEATER

The Fourposter. The Case for the Double Bed. Readers theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Thursday 17

MUSIC

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

John Gorka. \$15, 7pm at the PAC in Astoria.

Whaling and Sailing songs. With folksinger Adam Miller. Free, 7pm at the Seaside Library.

LITERARY

NW Author Series. Fisherpoets Preview. 7pm at the Cannon Beach Library.

FOOD & DRINK

Eugene Schmuck Foundation Spaghetti Dinner. Plus raffles. \$15, wine and beer extra. Raffle tickets \$5. 5 - 7:30pm at Big Wave Café in Manzanita.



Purple Elephant by Glenna Gray



UpComing Shows



QUARTETTO GELATO

at the Liberty Theatre
Jan 13

a highly unusual classical quartet

THE LIBERTY THEATRE presents its second year of classical performances and school workshops. Their first season presented seven workshops within Astoria and Warrenton High Schools which reached 100+ students.

Virtuosic showpieces, romantic tenor arias, pyrotechnical solos, blazing gypsy show pieces, multi-instrument mastery and a World Accordion Champion – this is Quartetto Gelato, a popular and highly unusual classical quartet. With sold-out performances in New York, Washington, L.A., London, Tokyo, Hong Kong and elsewhere, this dazzling ensemble has enchanted audiences and critics worldwide with its exotic blend of musical virtuosity, artistic passion and humour. Classical in training, eclectic by design, Quartetto Gelato not only thrills audiences with its multi-instrument mastery, but also offers the bonus of a brilliant operatic tenor. With a performance repertoire that spans the globe and includes classical masterworks, operatic arias, the sizzling energy of tangos, gypsy and folk songs, the group's theatrical stage presence and relaxed humour establish an intimate rapport with audiences worldwide.

Quartetto Gelato's international career was launched when they won the coveted title of NPR Performance Today's "Debut Artist of the Year." The group's first DVD, Quartetto Gelato: A Concert in Wine Country, was picked up by PBS throughout the U.S.

in 2007 and is still broadcast regularly. The quartet can be heard on the soundtrack of the Hollywood film Only You, as well as on Ashley MacIsaac's hit CD Hi How are You Today? Recently, the group was honoured as Best Classical Ensemble at Canada's 2010 INDIE awards. QG achieved unique global reach when Canadian astronaut Dr. Robert Thirsk chose their first two CDs to take on board during his NASA flight on the space shuttle Columbia and they were heard around the world.

Quartetto Gelato released a highly successful first CD in 1994. Subsequent recordings such as Neapolitan Café (2001) and Musica Latina (2009) showcase the ensemble's flair for imaginative international themes – Travels the Orient Express (2004) features music associated with stops along the route of the famous train. The quartet recorded a Christmas CD in 2010 and has just released its 9th disc, "All Original – 100% Canadian," featuring works written for the group by Canadian composers (Rebecca Pellett, Howard Cable, Michael Occhipinti, Hilario Duran and Jossy Abramovich) that highlight its signature style – a blend of fun, eclecticism, international flavours and superb musicianship.

January 13, 7pm. Tickets \$20-\$40 reserved. Under 18 free in Section C. The Liberty Theatre, 1203 Commercial Street. libertyastoria.showare.com

Two Step Twosday: Creative Movement /Pier Pressure

PIER PRESSURE PRODUCTIONS presents its fourth presentation in its signature TEN-FIFTEEN series at 10:15 A.M. and 8:45 P.M. on Tuesday, January 15. The ever changing community performance space at 1015 Commercial in Astoria continues to bring a variety of acts with "Two-Step Twosday." January 15th offers an hour long performance of creative movement and dance. Rhonda Alderman, Ann Branson, Gigi Chadwick, Julie Gingerich, Katrina Godderz, Jessamyn Grace, Rick Gray, Brandy and Jason Hussa, Julie Kovatch, Andrea Mazzarella, Daric Moore, Celeste Olivares, Estelle Oliveras and Sheila Shaffer will be tripping the light fantastic in the round, showing off their talents and the versatility of PPP's theater. Come see the future home for Astoria's black box theater. This is a one-day-only event. Donations welcome.

VANYA AND SONIA AND MASHA AND SPIKE

at the Coaster Feb 1 - 23

SOME WINTER HILARITY to warm up your attitude, the Coaster Theater kicks off its 2019 season with fresh comedy from award-winning playwright Christopher Durang. VANYA AND SONIA AND MASHA AND SPIKE, with characters and themes inspired by the world of Chekhov, is the Winner of the 2013 Tony Award for Best Play. Middle-aged siblings Vanya and Sonia share a home in Bucks County, PA, where they bicker and complain about the mediocrity of their middle-aged lives. When their successful, movie-star sister, Masha, swoops in with her new boy toy, the household is thrown into upheaval as everyone gets swept up in lust, rivalry, regret and the sudden possibility of escape.

CAUTIONS: If this were a movie it would be rated PG-13. Vanya and Sonia and Masha and Spike includes

intense adult themes, mature language and adult situations. Pre-teens and teens who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your children, they may be confused. Your own judgment is the best guide for your family.

DIRECTOR Susi Brown COSTUMER Judith Light
LIGHTING DESIGNER Mick Alderman

CAST: VANYA Rick Gray, SONIA Sheila Shaffer, MASHA Gigi Chadwick, SPIKE Daric Moore, NINA Ann Bronson, CASSANDRA Katrina Godderz

**Feb 1- 23. Fridays and Saturdays at 7:30pm. Sundays 3pm. ticket info: coastertheatre.com
Tickets \$25 - \$20**

The FOURPOSTER, Case for the Double Bed Readers at the McTavish Room

Directed by Seneschal Incavo and featuring Dida DeAngelis and Sen Incavo, this case for the double bed takes place from 1890 to 1925—the three act comedy highlights the hills and valleys in the long marriage of Michael, a writer, and Agnes, known only as his wife. After surviving a particularly awkward honeymoon, Michael and Agnes traverse the usual stages of matrimony: childbirth, extra-marital temptations, terrible teens, and eventual retirement. Through all, their ancient and venerable Fourposter stands, serving as a monument to enduring devotion, then finally becoming a symbol of the continuity of life, or rather, living. By Jan de Hartog (musical version is "I Do! I Do!").

Performances: January 9, 10 and 16, 17 at 7pm. All shows \$15 performed in our McTavish Room. Donations to support The Reader's Theatre are welcome at the performance. At the Libekrty Theatre in Astoria.

The Astoria International Film Festival presents:

Astoria International Film Festival will screen the 2016 film **HIDDEN FIGURES** one of the top rated films of 2016 Hidden Figures is the untold story of Black Women who worked with the space program in the 60s

It's based on the nonfiction book written by Margot Lee Shetterly. The screening is in honor of Martin Luther King Day and a tribute to African American Women that have helped to build America's space program.



The screening will be at Liberty Theater/ January 20th at 2:00p/ A discussion forum to follow.

ASOC Movie Night: Robin Hood/Men in Tights

THE ASTOR Street Opry Company is proud to present a fabulous fundraising film, Robin Hood: Men in Tights, one night only, January 26th at 7 pm, at the ASOC Playhouse, 129 W. Bond Street in Uniontown, Astoria. You will not only get to throw popcorn at the Sheriff of Nottingham, you will also be helping support community theater on the North Coast and get a preview of our upcoming Youth Production, Robin Hood: The Musical.

Tickets are \$10, General Admission and are available 24/7 @ asocplay.com

This film is rated PG-13

Mel Brooks, who has successfully made a mockery of some of moviedom's most beloved genres, now has his arrows drawn straight toward the Robin Hood legend. Brooks, the King of Comedy, kids the pants off the Prince of Thieves.

Director: Mel Brooks Cast: Cary Elwes, Richard Lewis, Tracy Ullman Writers: J.D. Shapiro, Evan Chandler
Doors open at 6:30 pm.

A Star is Born (with Judy Garland) February 3rd, 2pm

An alternative to Super Bowl Sunday and a chance to see Julie Garland at her finest. Time wrote Garland "gives what is just about the greatest one-woman show in modern movie history," and Newsweek said the film is "best classified as a thrilling personal triumph for Judy Garland. As an actress Miss Garland is more than adequate. As a mime and comedienne she is even better. But as a singer she can handle anything from torch songs and blues to ballads. In more ways than one, the picture is hers."

When the Oscar for Best Actress went to Grace Kelly instead of Garland, Groucho Marx called it "the biggest robbery since Brink's." Here's a chance to see it again on the big screen, like it was meant to be seen.

Ryan Dobrowski at IMOGEN

MANY ARTISTS can spend a lifetime trying to master one art form, Ryan Dobrowski happens to be one of those rare individuals who seems to cultivate a balance between two very different artistic expressions, music and painting. The Astoria based artist brings to Imogen a new collection of landscape paintings that inspire a sense of self-discovery and reflection. The exhibition, Discover Solitude opens Saturday, January 12, 5 – 8 pm, with a reception for Dobrowski, who will be present and available to answer questions about his work. The work on view through February 5th.

Ryan Dobrowski is not one to sit idle; creative and physical energy seem to perpetually feed his talents. Known as drummer to the internationally known indie-pop band, Blind Pilot, Dobrowski still finds time to express himself through the visual language. Although he has cultivated a successful career as a musician, honing his skills as a drummer since childhood he has also consistently worked to express himself through painting, earning a BFA from the University of Oregon.

For this series, his third solo show at Imogen, Dobrowski, focuses entirely on landscape, not so much in reference of direct place but rather to conjure a sense of discovery that comes from quiet and solitude within the landscape. His painting process



Maybe The Ocean, oil on panel 24x24

consists of layering of medium, building up surface and then working back into the painting, almost as if excavating to reveal a glimpse of geological time. Each painting contains its own history, more than is seen simply on the surface, offering subtle underlying elements that lend to emotive nuance, in the end revealing mystery and the gift of discovering solitude.

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

TERESA ROBINETT AVA New Space



Big Girl, Oil and mixed media, 24"x 36

AVA opens a new gallery space at the corner of 10th and Duane in Astoria, part of the Astoria Art Collective in the Astoria Makers Building. **For Astoria 2nd Saturday Art Walk, Jan 12, the space features Artist Teresa Robinett, from 6-8pm.** Robinett will be showing recent figurative paintings that incorporate primal art elements to explore narratives about female identity. Most of the subjects in this select group of paintings are from childhood, where she says, "All of our stories begin". "Big Girl" shows a young girl with a bruised eye and swollen lip and is inspired by the day Robinett's sister fell down the basement stairs and almost lost an eye. Her sister's face was permanently scarred and the event became a cautionary tale within the family about being safe, not running down stairs, and the importance of paying attention. A tale that focused on fear and a warning not to be clumsy.

What if, the artist suggests, her sister's story was instead one about her courage, bravery and survival. In the painting "Big Girl" the young girl is shown facing forward with her injuries, while a small mask is stitched atop her head to symbolize her as a character transformed. She became not just a bruised girl, but something else. Masks and costumes have the power to create a new identity and a new narrative.



Vertellen Andie Sterling In the Art Trailer

A NEW ART installation of collected sound, abstract waterscapes and drifting velella by artist Andie Sterling is on view in a vintage travel trailer turned into a permanent art gallery, at The Sou'wester Lodge

Andie Sterling is a "west Texas born and raised, westward wanderer" currently living in Astoria, Oregon. She received her MFA in Sculpture/Installation from the University of North Texas and recently completed her Residency via Astoria Visual Arts. Andie Sterling's work includes site specific installation, space design, public art, murals and performance collaboration.

This trailer is a 1960's Aloha made in Aloha, Oregon. It was rescued from a neglected RV park in the northern part of the Long Beach Peninsula. Now repaired and transformed into an art space, this art gallery is part of the Artist Residency Program and non-profit organization, Sou'wester Arts.

OPENING RECEPTION on Friday January 11, 6pm-9pm. Thru Feb 24. OPEN: Fri/Sat/Sun 9am-9pm (and by request at the front lodge desk). Sou' Wester is located at 3728 J Place in Seaview, WA. 360-642-2542 9am-9pm. souwesterlodge.com

McVarish Galley The Paintings of Brandon Policky + Tears of a Clown/Group Show

In the main gallery at McVarish Gallery this January, the paintings of Astoria native Brandon Policky are featured. Although he now lives in Portland, Brandon grew up in



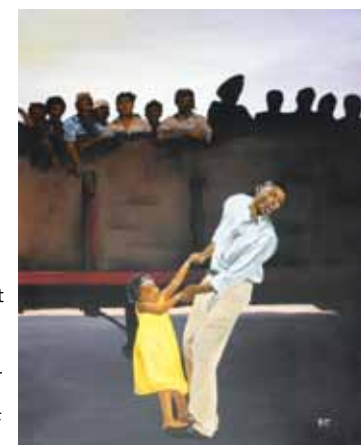
McVarish, oil on canvas

Astoria. He grew up in a creative environment with artistic parents to inspire him. He remembers his first exposure to art as a kid, squeezing paint out of his dad's water color tubes. Over the years

he has developed a keen skill for rendering combined with a sharp wit and appreciation of popular and pulp culture.

Behind that, The Secret Gallery will present "Tears of a Clown" a group show featuring everything clown.

Opening reception will be held Saturday Jan. 12, 5:00-8:30pm in both galleries. McVarish Gallery is located at 160 Tenth Street, Astoria. Open Daily.



Policky, The Dance, 18 x 24

RiverSea Gallery MY SECRET ASTORIA Group Show

Millard, director of the Columbia Pacific Heritage Museum in Ilwaco, Washington, has put together a thoughtfully curated show chosen from all the submitted work.

A portion of the sales from this show will be donated by RiverSea Gallery and exhibiting artists to benefit the Miss Bea Fund, which was established by local artist, Noel Thomas and Astoria Visual Arts (AVA) in 2011 to support fine art activities in regional schools. Astoria Visual Arts was founded in 1989 as a non-profit membership organization, and works to enhance, strengthen and promote the arts in Astoria and the surrounding region.

Betsy Millard, has over thirty years' experience in museum work. Prior to moving to the northwest, she was the curator for Contemporary Art at the Saint Louis Art Museum and also the Executive Director of the Forum for Contemporary Art (now the Contemporary Art Museum in St. Louis).

RiverSea Gallery is open daily at 1160 Commercial Street in historic Astoria, Oregon: Monday through Sat 11 to 5:30, Sun 11 to 4. 503-325-1270. riverseagallery.com



RIVERSEA GALLERY welcomes the New Year with My Secret Astoria, a themed group exhibition showcasing work by members of Astoria Visual Arts. The opening reception will be held during Astoria's Second Saturday Artwalk on January 12 from 5:00 to 8:00. Discover some of Astoria's close kept secrets, meet the artists and take in lively tunes played by Reds Beans and Rice, featuring John Orr, Ted Brainerd and Mike Bruhn. All artwork will remain on exhibit through February 5, 2019.

Everyone has a cherished spot, or perhaps a well-worn memory that defines their private vision of the place they inhabit. For this show, artists were invited to depict a place or memory of special significance to convey their personal experience of Astoria. The juror, Betsy



Beard's Hollow, Tapestry

ONE NIGHT ONLY! JAN 12. Outdoor photographer Kim Rose Adams take her photography to the rafters of the Astor Ruins in the medium of tapestry. Also see and get her work the month of January at the Rusty Cup Coffee House in Astoria. Shop tote bags, handmade magnets, wood panel prints, framed prints and cards, and help get her to Cuba.

Kim Rose Adams Photographic Tapestry Astor Ruins

Fisherpoets Read at Cannon Beach Library

FISHERPOETS from the North Coast will read original poetry and sing some tunes at 7 p.m. Thursday, Jan. 17 in the Cannon Beach Library.

Featured will be Jon Broderick, Dave Densmore, Geno Leech, Rob Seitz and Jay Speakman. Their readings are part of the library's NW Author Series. The event is free.

All the poets are regular presenters at the annual FisherPoets Gathering in Astoria. This year's gathering will be Feb. 22 to 24.

Commercial fishermen Jon Broderick, of Cannon Beach, and Jay Speakman, of Gearhart, started the FisherPoets Gathering in Astoria in 1998. The small gathering has grown to include nearly 70 poets who write about their lives and observations as fishermen and women.



Geno Leech

The Manzanita Writers' Series is sponsoring a Poetry Contest in January Win BUCKS!

HERE'S YOUR CHANCE to see your poem in print along with winning a \$100 cash prize.

Submit poems of 30 lines or less, on any subject. Up to three poems will be accepted in a single submission document.

Each submitter must state a clear connection to the North Oregon Coast in the biographical statement that accompanies the submission.

The contest will be limited to the first 50 poets who submit. The submission window runs from January 1 to January 31, 2019. All submissions will be anonymously judged by Lana Ayers. The winner will be notified in March.

There is a \$7 entry fee to enter the contest. All submissions must be made online at hoffmanarts.org. Please follow the specific guidelines.



Lana Ayers, MFA, has been publishing the Concrete Wolf Poetry Chapbook Series since 2001. In 2010, she created MoonPath Press to publish poetry collections by Pacific Northwest poets. She has authored nine



Rob Seitz

Those appearing at the Cannon Beach Library on Jan. 17 are experienced in both the art of fishing and writing.

Dave Densmore purchased his own commercial fishing boat in Alaska at age 13. He survived four nights adrift on the Bering Sea in the snow after a boat he was running caught fire and the life raft he and his crew were on was run down by a Japanese trawler. Densmore and his wife, Pat, live in Astoria, where he continues to fish.

Geno Leech, of Chinook, Washington, began writing poetry in 1995 while he was drag fishing on the Columbian Star out of Astoria.

Rob Seitz is a native Alaskan who fished off Cook Inlet until 1992 when oil from the Exxon Valdez spill spoiled the fishing. He and his wife, Tiffani, lived on the North Coast until 2011 when they went to Morro Bay, California, and bought a fishing boat. They became involved in sustainable fishing and began processing their own catches to sell to local restaurants.

collections of poetry and recently released her first novel.

The winning poem and poet will be featured in the Hoffman Center Newsletter in April, as well as in the next issue of North Coast Squid (November) with a full-page spread including the poem, author photo, and an interview-based profile.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) FMI: at hoffmanarts.org or contact Kathie Hightower, kathiehightower@gmail.com

Philosopharian "Wit & Wisdom" Philosophy Talk • Jan 24

Why Teach?: It's been said that "Teaching is not a lost art, but the regard for it is a lost tradition." So why, then, do teachers do what they do? Is there an ethic to the idea of teaching itself? How do teachers know how to teach, and what do they consider 'success' in teaching? Join Philosopharian for a philosophical conversation between teachers about the nature, calling, and purpose of teaching.

Join teacher hosts Seth Tichenor and Deac Guidi on January 24, 7pm at the Fort George Lovell Room in Astoria. No cover.

Past to Present Lecture Series Tuesdays at CRRM

JOIN the Columbia River Maritime Museum every Tuesday morning at 10:30 a.m. starting January 15 for the Past to Present Lecture Series. The Lecture Series is free with paid admission and always free for Museum Members. The 2019 series will run until March 5.

Chris Dewey is a retired Naval Officer, and anthropology and archaeology adjunct instructor at Clatsop Community College. He holds a master's degree in maritime archaeology from the University of West Florida and a master's degree in business management from Troy University. He is listed on the Register of Professional Archaeologists and is a Secretary of the Interior and Oregon State qualified archaeologist.

Chris will relate the story of how a group of volunteers are locating and documenting shipwrecks in our area. The talk will include, legal and ethical considerations, research techniques, remote sensor operations, and field survey results.



Chris Dewey

Jan 15 – Christopher Dewey. President & Founder, Maritime Archaeological Society Shipwreck Archaeology

Jan 22 - Captain Dan Jordan, Columbia River Bar Pilots. Pilotage and the Elements of the Columbia River Bar

January 29 - Cameron La Follette, Oregon's Manila Galleon: Discovering the History

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.

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

ART

Artistry in Wood Show and Sale. An exhibit of woodcarving art. Free admission and free seminars. 10am – 5pm at Chinook Winds in Lincoln City. <http://home.teleport.com/~coastalcarvers/Events.htm>

FOOD & DRINK

Ilwaco Sports Boosters Crab Feed. \$18, noon – 7pm at the Long Beach Elks.

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

HAPPENING

Speak Truth Women’s March. Gather 2pm at Heritage Square in Astoria, 12th and Exchange. Bring signs and dress for the weather. Meet earlier for the INCO Speak Truth Summit. 8:30pm - noon. Run for Something discussion at 4pm. Lovell Showroom, 464 14th St. in Astoria.

The Tillamook Head Gathering. A fundraiser designed to support art enrichment for the students at Seaside High School. \$15, 7 – 9pm at the Seaside Convention Center.

Community Volunteer Fair. Several local organizations will be on hand to showcase what they do. 10am – 3pm at the Pine Grove Community House in Manzanita.

THEATER

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

Sunday 20

MUSIC

The Brownsmead Flats. \$10 suggested donation. 2pm at the PAC in Astoria.

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

Margo Cilker & Field Heat. An American For-rest. No cover. 8pm at Fort George Brewery & Public House in Astoria.



Hutch Harris (The Thermals)

with opening artists
Andrew Kaffer, (of the
band Stuffed Shirts)
from Wheeler
& Serious River Song
Catalogue (Will Elias)
from Astoria

Hutch Harris was born in New York City, raised in Silicon Valley, and has resided in Portland, Oregon for the past twenty years. Harris founded and was the lead singer/songwriter of Portland post-pop-punk band The Thermals. In fifteen years, the band toured fifteen countries and released seven records on the labels Sub Pop, Kill Rock Stars, and Saddle Creek.

Harris recently released his debut solo LP Only Water and will be touring extensively in 2019. This stripped down no distortion album is Hutch’s breakaway from the distorted rock sound of the thermals. While still catchy in that garage indie kinda way, these songs feel really personal and real to Hutch Harris himself.

With opening acts Andrew Kaffer who catalog swings between jazzy ballads and free wielding howl at the moon garage punk, and Serious River Song Catalog, moniker of Will Elias who plays melodic circling moody jazzy inspi ing emotional tunes usually instrumental alone with an electric guitar.

Thursday, Feb 7, 9pm No cover at the Labor Temple in Astoria

ART

Artistry in Wood Show and Sale. An exhibit of woodcarving art. Free admission and free seminars. 10am – 4pm at Chinook Winds in Lincoln City. <http://home.teleport.com/~coastalcarvers/Events.htm>

CINEMA

Astoria International Film Festival. Hidden Figures. \$10, 2pm at the Liberty Theater in Astoria.

FOOD & DRINK

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

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

HAPPENING

Annual MLK Celebration. Art reception at 5pm, concert at 6pm. Free. At the Nehalem Bay United Methodist Church in Nehalem.

LECTURE

In Their Footsteps Lecture Series. Historic Winter Transportation with Richard Brenne. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

THEATER

A Nice Family Christmas. Comedy. \$15, 2pm at Theater West in Lincoln City.

Monday 21

MUSIC

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

Tuesday 22

MUSIC

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

LECTURE

Past to Present Lecture Series. Pilotage and the Elements of the Columbia River with Captain Dan Jordan. Museum admission fees apply. 10:30am at the Columbia River Maritime Museum in Astoria.

Wednesday 23

MUSIC

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

HAPPENING

Early Childhood Screening Fair. 12 comprehensive screenings that will evaluate many aspects of your child’s development . Open to all children between 2 and 6 regardless of income. Free, at the Tillamook County Fairgrounds. Call 503-815-2292 to schedule an appointment.

Thursday 24

MUSIC

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

HAPPENING

Early Childhood Screening Fair. 12 comprehensive screenings that will evaluate many aspects of your child’s development . Open to all children between 2 and 6 regardless of income. Free, at the Tillamook County Fairgrounds. Call 503-815-2292 to schedule an appointment.

LECTURE

Wit and Wisdom. Why Teach? With Deac Guidi and Seth Tichenor. Free, 7pm at the Fort George Lovell Showroom in Astoria.

Friday 25

MUSIC

Chris Barron and The Avett Others. No cover, 7pm at the Sand Trap in Gearhart.

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

ART

Paint Night. \$35, 6 – 8pm at the Crabby Oyster in Seaside.

HAPPENING

AAMC Dance Party. DJ Anjali and the Incredible Kid will be laying down delicious Bhangra beats from 9pm to 12am. Bollywood dance class 6 – 7pm. \$15 at the AAMC in Astoria.

Miss Clatsop County Pageant. \$15, 7pm at the Seaside Convention Center.

OUTSIDE

Oregon Spirits Tour. Golf Tourney. 2-player scramble. \$60 per player. Noon shotgun start. At the Gearhart Golf Links.

Saturday 26

MUSIC

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

Kris Deelane. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Dain Norman. No cover, 8pm at the Sou’wester Lodge in Seaview.

Danny Delgado. 7pm at Public House Brewing in Cannon Beach.

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

ART

Tillamook Downtown District Artwalk. 1 – 3pm in downtown Tillamook.

CINEMA

Documentary Films. Seattle by Trolleybus and Christian and His Seaplanes. Free, 1pm at the Seaside Library.

Smallfoot. Free, 3pm at the Astoria Library.

Aquarius PARTY!

Jan 25



Join the annual **AAMC Aquarius Party** and celebrate Dragalution Creator Extraordinaire Marco Davis’ 50th!!! DJ Anjali and the Incredible Kid will be laying down delicious Bhangra beats from 9pm to midnite. FREE and all ages (bar with ID). Not sure if you’ve got the moves? Come to Anjali’s Bollywood dance class earlier in the evening from 6 to 7pm, \$15 and everyone welcome. Class and Dance Party at the AAMC: 342 10th in Astoria.

FMI: www.astoriaartsandmovement.com

Tuesday 29

MUSIC

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

LECTURE

Past to Present Lecture Series. Oregon’s Manila Galleon: Discovering the History with Cameron La Follette. Museum admission fees apply. 10:30am at the Columbia River Maritime Museum in Astoria.

HAPPENING

Scandinavian Park Benefit. Celebrate the building of the Astoria Scandinavian Heritage Park at Benefit Night. 4:30 - 9pm. Live Music, Nordic Dancers, Raffle, + Oly and Sven Joke contest + Scan Trivia, upstairs at Fort George in Astoria.

Project Homeless Connect. A one-day event to provide a variety of services to homeless and near-homeless families and individuals. At the Seaside Convention Center. FMI, call 503-625-1400.

Wednesday 30

MUSIC

Greg Parke. \$15, 7pm at the Peninsula Arts Venter in Long Beach.

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

Thursday 31

MUSIC

Stand and Sway. 6:30pm at the Lincoln City Cultural Center.

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

Open Mic. 7 – 10pm at Crown Alley Irish Pub, Ocean Park.

Friday 1

MUSIC

Contra Dance. With live music. \$5 - \$10, 7 – 10pm at the AAMC in Astoria.

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

cont.p20

Chris Baron & the Avett Others



ATTENTION Avett Brother Fans. The Avett Others is an Avett Brothers tribute band that shares a love for the Brothers and their totally unique style of music. Chris Baron's music is a creative blend of sky-high melodies and powerhouse acoustic energy. His unique style draws you in and shakes your hand. He grew up in Eugene, and recorded his first album there at age 17 in 1999.

Since then, he has co-produced twenty-six studio projects, with ten different band lineups. His 2018 solo album is being produced at Ninkasi Studios.

Says Baron of his tribute project, "we live on the West coast and they live on the East, so we don't get to see them as often as we'd like. We started scratching the itch by playing their songs with our friends. Sure we have our own original songs...but lately we've been into the Avett albums. And their live show. Which is unbelievable and incredibly inspiring."

Allow the Avett Others to inspire you with their take on the brothers.

Friday, Jan 25 at the Sandtrap and Gearhart Hotel. 7-10pm. All Ages. No cover.

THEATER

Vanya and Sonia and Masha and Spike. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater Playhouse in Cannon Beach.

Saturday 2

MUSIC

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

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

Tom Grant and Shelley Rudolph. \$50, 5:30 - 9pm at the Astoria Golf and Country Club.

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

ART

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

FOOD & DRINK

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

HAPPENING

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

THEATER

Vanya and Sonia and Masha and Spike. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater Playhouse in Cannon Beach.

Sunday 3

MUSIC

VIVA. \$15, 2pm at the Historic Raymond Theater in Raymond.

The Outside Track. 2pm at the Lincoln City Cultural Center.

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

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

CINEMA

Astoria International Film Festival. A Star is Born. (With Judy Garland). \$10, 2pm at the Liberty Theater in Astoria.

HAPPENING

Shore Style Wedding and Special Events Faire. \$10 - \$20, 10 am - 3:30pm in the Loft at the Red Building in Astoria.

Monday 4

MUSIC

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

HAPPENING

Open Mic and Community Dinner. Dinner by donation, 6 = 8pm at Fairview Grange in Tillamook.

Tuesday 5

MUSIC

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

LECTURE

Past to Present Lecture Series. TBA with Captain Len Tumbarello. Museum admission fees apply. 10:30am at the Columbia River Maritime Museum in Astoria.

HAPPENING

Asian New Year Event. At the World Kite Museum in Long Beach. kitefestival.com

Wednesday 6

MUSIC

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

Thursday 7

MUSIC

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

ART

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

HAPPENING

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

LECTURE

The Wreck of the Emily Reed. With Don Best. Free, 4 - 6pm at the Cannon Beach History Center and Museum.

FLASH CUTS MOVIES & MUSINGS

Previews

FILM. BY LES KANEKUNI

REPLICAS (JAN. 11) Keanu Reeves stars in this sci-fi thriller about a scientist trying to resurrect his dead family. Synopsis: Neuroscientist Will Foster (Reeves) is on the verge of successfully transferring human consciousness into a computer when his family is tragically killed in a car crash. Desperate to resurrect them, William recruits fellow scientist Ed Whitte (Thomas Middleditch) to help him secretly clone their bodies and create replicas. But he soon faces a "Sophie's choice" when it turns out they can only bring three out of four family members back to life. Lack of reviews and long period before release (movie was shot more than two years ago) suggest Reeves' lack of success outside the John Wick series continues.

THE UPSIDE (JAN. 11) English language remake of French comedy The Intouchables. Bryan Cranston stars as Phillip Lacasse, a billionaire



paraplegic who hires a paroled convict (Kevin Hart) to be his personal attendant in an odd couple story where two opposites teach each other about life. Synopsis: After a paragliding accident turns him into a quadriplegic, Phillip needs a caretaker to help him with his day-to-day routine in his New York penthouse. Having lost the



will to live, Phillip hires the grossly unqualified Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as fun-loving Dell shows curmudgeonly Phillip that life is worth living.

GLASS (JAN. 18) M. Night Shyamalan's new thriller brings together the protagonists of his hits Unbreakable and Split. Synopsis: From Unbreakable, Bruce Willis returns as David Dunn as does Samuel L. Jackson as Elijah Price, known also by his pseudonym Mr. Glass. Joining from Split are James McAvoy, reprising his role as Kevin Wendell Crumb and the multiple identities who reside within, and Anya Taylor-Joy as Casey Cooke, the only captive to survive an encounter with The Beast. Following the conclusion of Split, Glass finds Dunn pursuing Crumb's superhuman figure of The Beast in a series of escalating encounters, while the shadowy presence of Price emerges as an orchestrator who holds secrets critical to both men.

SERENITY (JAN. 25) Academy Award winners Mathew McConaughey and Anne Hathaway head a stellar cast in this neo noir thriller written and directed by Steven Knight (Eastern Promises). Synopsis: Baker Dill (McConaughey) is a fishing boat captain who leads tours off the tranquil enclave of Plymouth Island in the Caribbean. His peaceful life is soon shattered when his ex-wife Karen (Hathaway) tracks him down. Desperate for help, Karen begs Baker to save her -- and their young son -- from her violent husband (Jason Clarke). She wants him to take the brute out for a fishing excursion -- then throw him overboard to the sharks. Thrust back into a life that he wanted to forget, Baker now finds himself struggling to choose between

right and wrong. With Djimon Hounsou, Jeremy Strong and Diane Lane.

MISS BALA (FEB. 1) Remake of the 2011 Mexican film reps an extremely rare occasion of a Latina actress toplining a Hollywood film. Star Gina Rodriguez told Variety: "'Miss Bala' is an action movie that happens to feature Latinos heavily in front of the camera and heavily behind the camera. ... I don't remember when that's ever happened. They actually let us [Latinos] make it too." According to Sony, the studio that produced the \$15M movie, 95% of the cast and crew is Latinx. Film shot in Tijuana, Mexico. Synopsis: Gloria (Gina Rodriguez), a makeup artist from Los Angeles, visits her best friend Suzu in Tijuana, Mexico. Suzu, however, goes missing at a club. In the course of her search and rescue for her, Gloria is kidnapped and forced to smuggle money for a drug cartel.[3] She works her way into the good graces of its leader Lino as well as the DEA, which also gets involved.[4] Gloria must turn the tables on everyone to escape and finds a power she never knew she had as she navigates a dangerous world of cross-border crime. Surviving will require all of her cunning, inventiveness, and strength.



FREE WILL ASTROLOGY

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JANUARY 2019

ARIES (March 21-April 19): I suspect that in 2019 you'll be able to blend a knack for creating more stability with an urge to explore and seek greater freedom. How might this unusual confluence be expressed in practical ways? Maybe you'll travel to reconnect with your ancestral roots. Or perhaps a faraway ally or influence will help you feel more at home in the world. It's possible you'll establish a stronger foundation, which will in turn bolster your courage and inspire you to break free of a limitation. What do you think?

TAURUS (April 20-May 20): On the average, a total eclipse of the sun happens every 18 months. And how often is a total solar eclipse visible from a specific location on the planet? Typically, once every 375 years. In 2019, the magic moment will occur on July 2 for people living in Chile and Argentina. But I believe that throughout the coming year, Tauruses all over the world will experience other kinds of rare and wonderful events at a higher rate than usual. Not eclipses, but rather divine interventions, mysterious miracles, catalytic epiphanies, unexpected breakthroughs, and amazing graces. Expect more of the marvelous than you're accustomed to.

GEMINI (May 21-June 20): "The world's full of people who have stopped listening to themselves," wrote mythologist Joseph Campbell. It's imperative that you NOT be one of those folks. 2019 should be the Year of Listening Deeply to Yourself. That means being on high alert for your inner inklings, your unconscious longings, and the still, small voice at the heart of your destiny. If you do that, you'll discover I'm right when I say that you're smarter than you realize.

CANCER (June 21-July 22): Jackson Pollock is regarded as a pioneer in the technique of drip painting, which involves drizzling and splashing paint on canvases that lie on the floor. It made him famous. But the truth is, Pollock got inspired to pursue what became known as his signature style only after he saw an exhibit by the artist Janet Sobel, who was the real pioneer. I bring this to your attention, because I see 2019 as a year when the Janet Sobel-like aspects of your life will get their due. Overdue appreciation will arrive. Credit you have deserved but haven't fully garnered will finally come your way. You'll be acknowledged and recognized in surprising ways.

LEO (July 23-Aug. 22): As the crow flies, Wyoming is almost a thousand miles from the Pacific Ocean and more than a thousand miles from the Gulf of Mexico, which is part of the Atlantic Ocean. Now here's a surprise: in the northwest corner of Wyoming, the North Two Ocean Creek divides into two tributaries, one of which ultimately flows to the Pacific and one that reaches the Gulf. So an enterprising fish could conceivably swim from one ocean to the other via this waterway. I propose that we make North Two Ocean Creek your official metaphor for 2019. It will symbolize the turning point you'll be at in your life; it will remind you that you'll have the power to launch an epic journey in one of two directions.

VIRGO (Aug. 23-Sept. 22): I have come to the conclusion that softening your relationship with perfectionism will be a key assignment in 2019. With this in mind, I offer you observations from wise people who have studied the subject. 1. "The perfect is the enemy of the good." —Voltaire 2. "Perfection is a stick with which to beat the possible." —Rebecca Solnit 3. Perfectionism is "the high-end version of fear." —Elizabeth Gilbert 4. "Nothing is less efficient than perfectionism." —Elizabeth Gilbert 4. "It's better to live your own life imperfectly than to imitate someone else's perfectly." —Elizabeth Gilbert

LIBRA (Sept. 23-Oct. 22): In 1682, Peter Alexeyevich became Tsar of Russia. He was ten years old. His 24-year-old half-sister Sophia had a hole cut in the back of his side of the dual throne. That way she could sit behind him, out of sight, and whisper guidance as he discussed political matters with allies. I'd love it if you could wangle a comparable arrangement for yourself in 2019. Are there

wise confidants or mentors or helpers from whom you could draw continuous counsel? Seek them out.

SCORPIO (Oct. 23-Nov. 21): The body of the violin has two f-shaped holes on either side of the strings. They enable the sound that resonates inside the instrument to be projected outwardly. A thousand years ago, the earliest ancestor of the modern violin had round holes. Later they became half-moons, then c-shaped, and finally evolved into the f-shape. Why the change? Scientific analysis reveals that the modern form allows more air to be pushed out from inside the instrument, thereby producing a more powerful sound. My analysis of your life in 2019 suggests it will be a time to make an upgrade from your metaphorical equivalent of the c-shaped holes to the f-shaped holes. A small shift like that will enable you to generate more power and resonance.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian singer-songwriter Sia has achieved great success, garnering nine Grammy nominations and amassing a \$20 million fortune. Among the superstars for whom she has composed hit tunes are Beyoncé, Rihanna, and Flo Rida. But she has also had failures. Top recording artists like Adele and Shakira have commissioned her to write songs for them only to subsequently turn down what she created. In 2016, Sia got sweet revenge. She released an album in which she herself sang many of those rejected songs. It has sold more than two million copies. Do you, too, know what it's like to have your gifts and skills ignored or unused or rebuffed, Sagittarius? If so, the coming months will be an excellent time to express them for your own benefit, as Sia did.

CAPRICORN (Dec. 22-Jan. 19): A typical fluffy white cumulus cloud weighs 216,000 pounds. A dark cumulonimbus storm cloud is 106 million pounds, almost 490 times heavier. Why? Because it's filled with far more water than the white cloud. So which is better, the fluffy cumulus or the stormy cumulonimbus? Neither, of course. We might sometimes prefer the former over the latter because it doesn't darken the sky as much or cause the inconvenience of rain. But the truth is, the cumulonimbus is a blessing; a substantial source of moisture; a gift to growing things. I mention this because I suspect that for you, 2019 will have more metaphorical resemblances to the cumulonimbus than the cumulus.

AQUARIUS (Jan. 20-Feb. 18): A hundred years ago, most astronomers thought there was just one galaxy in the universe: our Milky Way. Other models for the structure of the universe were virtually heretical. But in the 1920s, astronomer Edwin Hubble produced research that proved the existence of many more galaxies. Today the estimate is that there are at least 400 billion. I wonder what currently unimaginable possibilities will be obvious to our ancestors a hundred years from now. Likewise, I wonder what currently unforeseen truths will be fully available to you by the end of 2019. My guess: more than in any other previous year of your life.

PISCES (Feb. 19-March 20): Author Elizabeth Gilbert offers advice for those who long for a closer relationship with the Supreme Being: "Look for God like a man with his head on fire looks for water." I'll expand that approach so it applies to you when you're in quest of any crucial life-enhancing experience. If you genuinely believe that a particular adventure or relationship or transformation is key to your central purpose, it's not enough to be mildly enthusiastic about it. You really do need to seek your heart's desire in the way people with their heads on fire look for water. 2019 will be prime time for you to embody this understanding.

Homework: Forget what Time magazine thinks. Who is your "Person of the Year"? Tell me at Freewillastrology.sparkns.com; click on "Email Rob."

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Across the Country on Two Wheels with a Retired Climate Scientist

SINCE THE MOST exotic place my bike "sees" on a regular basis is the back hall of my clinic, I'm a sucker for cycle-travel books. David Goodrich's *A Hole In the Wind* focuses not on far-flung places but on our own national backyard—and the damage climate change has wrought upon it.

This book could've been fact-filled but desert-dry, but Goodrich, the former director of the UN Global Climate Observing System in Geneva, Switzerland, wields an engaging style with a light touch. He observes that stories convince people better than statistics and tables, and the book abounds in memorable vignettes about his encounters with ordinary people, and extraordinary weather changes, on his cross-country journey.

Mid-Atlantic beaches, Midwestern cornfields, and Rocky Mountain switchbacks may differ from my usual cycling terrain, but Goodrich describes familiar challenges: wind, downpours, hills, gravel, and dogs intent on catching me for dinner. His description of riding against the wind fits perfectly with my number-one winter-ride nemesis: wind is "almost identical to hills but less predictable, and unlike a hill, you cannot see the top" (page xi). His meeting with a group of bike-eating dogs on a lonely Missouri byway both amused and unnerved me. These dogs were "the most dangerous breed for a cyclist: Uphill Dogs," who can outrun a rider straining up an incline. After escaping, he notes, "I was done with dogs for a while, or at least resolved to keep my habit to a pack a day" (pages 102-3).

On the road, Goodrich receives hospitality and friendliness from locals who offer everything from shelter in a rainstorm to a spare trailer to stay in overnight (although the trailer's owner warns him not to cross Ralph the cranky rattlesnake). He also asks about difficulties his new friends experience that are attributable to climate change: droughts causing declines in crop yields, increased instances of wildfires and "nuisance flooding" (the deniers' preferred term for sea-level rise). While

many of his interviewees hesitated to make the connection between their regional difficulties and climate change, "...when you asked specifically about how the sea was advancing or the plants were budding out earlier, heads would nod—and move on. [...]

The Kansas drought was acknowledged as a very real thing, but somehow climate change was politics and hence not a subject for polite conversation" (page 107).

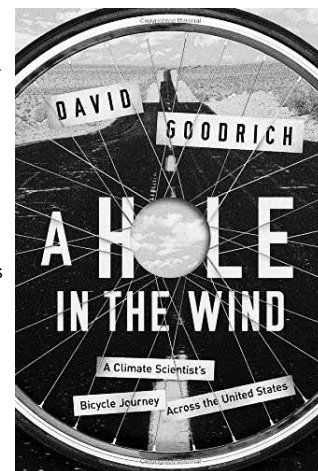
Is there cause for optimism? Goodrich recalls the remarkable (and successful) international collaborations to ban chlorofluorocarbons and reverse damage to the ozone layer, evidence that "humans can change the planet in fundamental ways, but human efforts can fix it as well" (211).

He sees hopeful signs that fossil-fuel production—the major culprit in increased CO2 levels—won't remain dominant as wind and other renewable energy sources are being developed on an increasing scale (page 221). The problem is vast, he concludes, but not insurmountable.

To wrap it all up, Goodrich offers advice for those who wish to embark on a cross-country ride, advice I follow on my decidedly non-epic commute: listen for any "off" sounds on your bike and give them your attention before something breaks; don't assume flat places are easy to ride through (they're often wind tunnels); choose simple, easily repaired gear, and keep rain gear handy for unexpected showers or risk riding wet for many uncomfortable miles (pages 229-36).

Some climate-change literature is boring or preachy, but Goodrich's account blends sound science with delightful "land stories" (the terrestrial version of the sea stories from his time on research vessels). I recommend packing it in your panniers, no matter how far you travel.

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

ASIST. Applied Suicide Intervention Skills Training. January 18, 19. ASIST training is for everyone 16 or older-regardless of prior experience-who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidal, the ASIST model teaches effective intervention skill while helping to build suicide prevention networks in the community. \$20 - \$35, police, fire, first responder free. 8:30am - 5pm at the Port of Tillamook Bay. RSVP required at 2019-asist.eventbrite.com

CLOUD STRETCH. A meditative poetry workshop. January 26. With Ana Anu. The workshop starts with guided somatic meditation, then open the meditation into a series of thematic questions, periods of meditative reflection, and written response. Participants are invited to design and decorate a poem or an excerpt of their written work onto a one-of-a-kind print. \$40, Noon - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

STILL LIFE PAINTING WORKSHOP. February 2. With Kristen Flemington. An informative and experiential painting workshop exploring the fundamentals of still-life painting. Participants will review the basics of color theory and painting techniques, practice a few brief painting exercises, then complete a small still life painting. This workshop is a great introduction to painting or an excellent opportunity to flex well-formed artistic skills. \$30 plus \$10 materials fee, 11am - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

Painting with Wool Workshop. The Hoffman Center for the Arts in Manzanita will offer Painting with Wool, a one-day workshop March 2, 2019, from 10:00am to 4:00pm. Workshop tuition is \$40.00 plus a \$25.00 materials fee. Led by local fiber artists, Glenna Gray and Jeanine Rumble, students will explore how to create amazing 2-dimensional, painterly images by needling wool into fabric. Landscapes, portraits, abstracts, or animals—the sky is the limit! For more information or to sign up visit our website at: <https://hoffmanarts.org/register/>

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 at 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

CB T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

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

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

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

SPIRITUALITY

LOOKING FOR A UNITY CHURCH? Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see <http://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 deveoping a regualr practice. All welcome.

ART & MINDFULNESS. With Amy Selena Reynolds. Once a month , 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where art and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee:\$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

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

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

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

VOLUNTEER

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



Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between 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 - 8pm. Next meeting June 9. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

ENCORE - Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) is sponsored by Clatsop Community College and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.

REPAIR CAFÉ

The next Astoria's Repair Café is Wednesday January 24 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 MatulichHall
6:15 - 7pm: Gentle Yoga with Jude MatulichHall
7:30 - 8:30pm Modern with Marco Davis

• **TUESDAY** 8:30-9:30am: Zumba with Joy Sigler

7-7:30pm Beg. Tap w/Marco Davis
7:30-8:30pm 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 Improv Tribal Belly Dance 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

10:30 - 12pm Contemp Dance (private) with Julia Gingerich & Celeste Olivares
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY

9-10:30am: Tri-Dosha Yoga with Melissa Henige
1:00 - 2:30pm Character Dojo with Rachel Lionheart (4th Sunday of each month)
5-8pm Burlesque (private)
3:00 - 4:30pm Improv Jam with Rachel Lionheart (4th Sunday of each month)

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 Scorchers 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. Or message us through facebook at North Coast La Leche League.

Messages Sonja Grace

mystic healer



THE FUTURE has been predicted since the beginning of time. Now that we are in the fifth dimension, we are moving at lightning speed. The future is in a liquid state morphing and developing as fast as we can think it. Be mindful of what you want, love, hate, reject and embrace. It all affects the collective manifestation of our future.

This New Year is numerically a three-year presenting the opportunity to work together, unite communities and uncover the truth. Turbulence, disruption and upheaval are a part of this transformative year. Earthquakes in many countries will rock the world - as the earth herself is transforming. Volcanic eruptions are more wide spread and even the most dormant mountains will awaken. Yellowstone will continue to rise creating a pregnancy within the earth

that could bring a Christmas delivery. Monumental winds will transform the landscape bringing about the largest storms to date. Rising water on the east coast will remind the people of our warming climate, that will ultimately lead to an ice age. Politicians are in for a wild ride. Drama prevails as the leader and his close allies fall. The second in command is also removed and the third steps in to power. The country rocks with upheaval, riots and a feeling of justification.

Meanwhile in the financial market we witness rough waters and high winds causing a near crash that is recovered in remarkable time. Aid from other countries renews our faith and we are able to pick ourselves up and dust off the fear. We hear Burl Ives singing 'Silver and Gold' and remember where we need to be focused, talking

PREDICTIONS 2019

snowmen and precious metals! Medicine will leap forward with vaccines for some of the toughest illnesses. Cancer becomes curable in the mainstream and a new virus balances the scales causing deaths in many countries. Bionic humans continue to take shape with new implants controlled via computers. Robots are in full swing and operating transportation as well as space travel. Remember your grandfather telling you if only cars could fly? This is going to hit the market in 2019. Move over George Jetson!

North Korea will have their back up and declare a whole lot of drama. China will intercept and become a great ally to the United States. Sightings of UFO's will be more frequent, and extra-terrestrials will make their grand debut on earth - disclosure will come from the ETs not governments. A great nation will shift, and Brexit will vanish into thin air. Bitcoin is still ahead of its time and will come into fruition in the next five years. The most important message of the New Year is we are facing change and disruption that leads to transformation

— which last I checked is what everyone is striving for.

Again, our thoughts are creating our reality as fast as we can think it. Get your health on track. Do the inner work and resolve your emotional wounds. Forgive the people who have wronged you. When it seems dark and the world is full of despair remember you are being pushed to grow, change and spiritually evolve! Happy New Year!

For over thirty years, award winning author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace.

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

By Tobin Nason



Welcome to a New Year... wordwisdom

IT'S A BRAND NEW YEAR. So far, all is good. Nothing unpleasant has come my way yet. How's that for optimism? The reality is, that life being what it is, concerns and problems will arise. That's a promise and a guarantee.

How many of you are thrilled that 2018 is over? Was last year complicated and fraught with drama? Isn't it amazing that we think that the turn of a calendar page will change the nature of life! The land of Next Year and Later and Maybe.

I found a book on my shelf that I forgot I had. Brand new and untouched. It's a book about container plantings. I'm fascinated with the items used as containers: Old shoes, wicker baskets, wooden crates, painted tin cans. I like the simple directions and step by step pictures. I've been making a list of supplies needed and having fun deciding on the plants I'll use. I am feeling a sense of optimism. Creating a small contained garden satisfies my sense of creativity. I can take care of a contained garden easily. In a world of chaos and bad people, a container garden

is orderly and exudes a goodness that a soul needs.

Many people are affected negatively these days by the uncertainties of our bigger world. The corruption in governments and in timeless religious institutions can't do anything but impact a person, even on a subconscious level. Impatience, fear, anxiety, anger—if these emotions currently seem more prevalent in your life, you are not alone. Throw in a dose of helplessness, and the human soul suffers.

Our society does not necessarily address the needs of the soul. We are a materialistic world. While a quest for soul nourishment is often pursued via church, participating in like-minded groups and reading, it is mostly a quiet pursuit. It is sometimes so quiet, that one does not realize that the angst, remorse, sadness and other inexplicable feelings are signs of a malnourished soul. A soul in quest. Looking for soul food in all the wrong places. The mall, addictions, maladaptive responses, general-

izing from the specific.

I hesitate to address matters of the soul too deeply. It

makes some people uncomfortable. We're a pragmatic and evolved society, one that relies too much on appearances and superficiality. We suffer a kind of soul-sickness these days.

That said, I'm suggesting you find something that gives you moments of peace. Gardening, yoga, volunteer work, acts of kindness ...add anything you want to the list, and if it works for you, treasure it.

There is no right way to discover your own peace.

Tobin Nason is a counselor in Warrenton (503) 440-0587. Call for an appointment... or just to share thoughts and ideas. I will listen.



A Special Request from the Dogs & Cats at the CLATSOP COUNTY SHELTER

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THE LOWER COLUMBIA CLINIC

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

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JANUARY 2019 marks the incoming of this column, and we're calling it Whole Planet Health.

Rotating contributor Margaret Hammet-McDonald, of whom has dedicated many a word to HIPFiSHmonthly through her pithy column Bike Madame, is a Naturapathic Physician and Acupuncturist, based in Cannon Beach – she kicks it off this month.

Kaisa Schlarb is a feature contributor to HIPFiSH, conducts the Street Spotlight interviews, and has done in depth coverage of issues related to homelessness. Below she gives us a taste of what she'll be digging into as we progress with this longtime health spot formerly occupied by Dr. Tracy Erling.

Happy, Healthy New Year!
- Dinah Urell, Publisher

I look forward to exploring how we can adapt our life and values to a changing world, whether in light of our climate future, the landscape changes of the subduction zone earthquake, or maintaining health in an age of disproportionate access to care.

My goal is to bring forward the people or systems already at work in the community, who have the knowledge and expertise to address the myriad of challenges we are living through. What are our native medicinal herbs and how do we repopulate our landscape with home-grown medicine? What are creative clean water practices in a town with aging plumbing infrastructure? What does a barter economy really look like and how does it already exist among neighbors and friends?

We know the world is changing in ways that can elicit fear, but how open we are to adapting and moving with these changes is going to be our path of hope.

- Kaisa Schlarb



By Margaret Hammet-McDonald

good health at the end of her every article. I cannot improve upon her eloquence, but I'll do my best to convey these principles through the lens of Chinese medicine, where seasonal changes provide the foundation for an understanding of whole-person, whole-planet wellness.

Spring/Wood/Movement: In classical Chinese philosophy, the Five Elements are not static essences but dynamic movements. Wood represents growth, vitality, and exuberance. Imagine not the stately mature oak but the supple bamboo. Like this pliant plant, we are made to move. Lest the dread word "exercise" conjure visions of 1980s aerobics classes with puffing folks in terry-cloth sweatbands, the 2,000-year-old *Yellow Emperor's Classic of Medicine* recommends activities that emphasize flexibility and are gentle on one's joints, such as Taiji, Qigong, and walking.

Early Summer/Fire/Passion and Centeredness: Early summer, a time when nature flourishes, embodies the paradox of fire: passion and calm, living a life of both vibrancy and peace. While fire can destroy, candles illumine and provide a focus for the meditator. Early summer is ideal for tending one's inner fire, which supplies the energy for our cherished causes and nourishes our spirits.

Late Summer/Earth/Nutrition: Late summer is the resplendent time when we savor the nourishment Earth provides. Choosing the "right" diet can be a fraught decision,

and joy doesn't always enter the equation. Yet this season emphasizes pleasure in being nourished. That's why Chinese medicine focuses not just on what we eat (yay, whole foods!), but also on how we eat: slowly, mindfully, joyfully, companionably.

Autumn/Metal/Creativity and Non-Attachment: Metal, the element associated with autumn, symbolizes everything brilliant, like the season's dazzling colors. Yet even as autumn invites our creativity to shine, it is also the season of releasing in preparation for winter. As trees let go of their leaves to enter into the cold season's dormant state, so too does autumn encourage us to let go of the non-essential. Metal reflects our truths back to ourselves and gives us the courage to cut ourselves free from whatever constrains us.

Winter/Water/Hydration and Rest: Water exemplifies winter, as cool depths underground, snow falling, and ice spreading. This quiet, dark season invites us to go inward, to rest, to reflect. This is crucial in a society where we're expected to "get up and go" all the time, where we don't allow ourselves the restorative sleep our body-minds need for immune function. Winter also raises our awareness of water's critical role in maintaining our health. As liquid beings, our need for hydration manifests in myriad ailments if we don't heed it.

So as both Monty Python and the Yellow Emperor say, "It's really very simple." I wish you well, in all the seasons of our lives.

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Astoria, Oregon

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CHEW ON THIS!
by Merianne Myers



AT LAST, the answer to the question, "Are we there yet?" With the start of the New Year, we have navigated through the plethora of holidays swirling through November and December like drunk drivers in bumper cars. I am aware that very many (maybe even most) of you are fans of one year-end holiday or another. I see you shopping, I see the trees tied to car roofs, I see the crammed parking lots on Black Friday mornings, I see the menorahs through your windows, I see the astounding number of holiday films I have to scroll through to find a real movie on my Netflix menu.

Assigning a brand new year on January 1st is essentially a human conceit but I'll take it. It works as an annual touchstone and a kind of permission to try again, keep up the good work, take a mulligan. No matter how the previous year went, a New Year arrives with a sigh of relief akin to the feeling one gets watching a holiday house guest's tail lights disappear in the distance.

I think Champagne is in order! This is a thought I often have that is generally unrelated to the date or occasion, but never mind that. I believe wholeheartedly in buying local, knowing my farmer, supporting our local food economy and working to see that others do the same. Having said that, I also like coffee, chocolate, bananas, citrus, Roquefort, Gruyere

and Champagne along with so much more that comes from afar. We are lucky to be in a place where people of myriad cultures have gathered over time. It makes no difference if we arrived or were born to this place, we benefit from the opportunity to celebrate the music, art, stories and food each of us antes up when we join a community.

So, Champagne! Although we often think of all sparkling wine as Champagne, if it's not from the Champagne region of France and restricted by a surfeit of other rules, it's not Champagne. The Northwest produces some exceptionally good sparkling wines. I've done the research. For truly special occasions, like a bright, shiny, yet to be dented New Year, I want Champagne.

For special events, I think one should spring for the good stuff and not muck it up with a bunch of other ingredients. However, there are many lovely ways to enjoy bubbles. The year is young. Celebrate now before the inevitable and distracting realities of life come back into focus.

MIMOSA: Champagne and orange juice, hopefully fresh squeezed. New Year's Day is smack in the middle of citrus season, try a Cara Cara, Blood Orange or one of the many luscious Mandarins and Tangerines.

VARIATIONS ON A CHAMPAGNE COCKTAIL:

- My family considered a Champagne Cocktail to be a couple of drops of bitters on a sugar cube dropped into a flute of bubbly.
- Other versions are fancier, the wine being graced with Cognac and/or Grand Marnier and/or Raspberries and/or Chambord, etc.
- Variations on a KIR ROYALE:
 - A splash of Creme de Cassis in the bottom of a flute, topped with Champagne and garnished with a couple of raspberries. The addition of the raspberries is iffy in January.
 - A drizzle of Pomegranate or Cranberry juice topped with Champagne and garnished with a twist.
 - A tiny bit of Framboise mixed with Creme de Cassis, topped with bubbles
 - Martha Stewart suggests garnishing your Kir with a rose petal or Borage blossom to which I reply, "Cripes!" It is possible to gild until the lily is no longer visible.
- Variations on a FRENCH 75:
 - 1/2 ounce fresh squeezed lemon juice
 - 1 ounce gin
 - 1/4 teaspoon simple syrup
 - 3 ounces +/- Champagne
 - Put everything but the bubbles in a shaker and shake until thoroughly cold.
 - Pour into a flute and top with Champagne.
 - Depending on where you're from and what you like, substitute rum or cognac for the gin.



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 am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.

Shop Egg Day every Thursday from 9:00 to 4:00 @ North Coast Food Web, 577 18th St., Astoria. Fresh eggs from local farms straight to your table. All proceeds directly benefit local farmers.

Understanding Your Grief

Understanding Your Grief is a free support group for anyone experiencing the loss of someone. This group is a safe place to explore the challenges you face as you journey on your unique path of grief.

You will have the opportunity to learn about the grief process, identify new coping strategies, and engage in the discussions about a variety of topics related to the healing process.

Grief can be difficult. Each person experiences this differently and may have different needs for a group setting.

This group meets the 3rd Thursday of every month. 4:30pm - 6pm. Please contact Jeanette Johnson, LCSW at 503-338-6230 with any questions. CMH Columbia Center. 2021 Marine Dr. 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.



I HEARD A STORY years ago about a Tillamook County resident who absolutely loved pie, loved pie so much that he ended his life with pie. He was like me, enjoying a slice of pie standing up with no utensils, just a slice of pie in one hand, looking out the window above his kitchen sink—and dropped dead from a massive heart attack. Obviously he died doing what he enjoyed.

Now that may be taking things to an extreme, but you have an opportunity to eat just about as much pie as you like, with an amazing variety of pie as well while benefiting two Tillamook County organizations: White Clover Grange and Food Roots.

This year's North County Pie Day will be held 2:30 to 5:00 p.m. SATURDAY, JANUARY 26 at White Clover Grange located at 36585 Hwy 53, about 2 miles east of Hwy 101. The Grange has plenty of parking and is landmarked by a humorous cow sculpture.

For a mere \$10 admission (\$5 for children 12 and under) you will have the opportunity to bid on quite fabulous pies to take home—described with stunning wit by auctioneer Susan Tone, returning for her fifth year. Liz Cole will be performing “Ode to Pie.” To top off the afternoon, you will participate in the wonderful pie feast that follows the auction.

Leading the pie-pack this year was Mike Ehlen with a hand-picked wild huckleberry pie. Other “celebrity” pie makers are Julie Barker of Buttercup providing a local lamb shepherd's pie, Marie Scovell doing another venison mince meat pie, and Carol Peterson doing a mile high lemon meringue pie. Renee Delight-La Torre and Kim Miller will surprise us with pie ingredients yet to be determined. Other talented pie bakers are lining up to fill out the auction pie list.

North County Pie Day is presented by de Garde Brewing. This event's other sponsors include Valerie Schumann, Principal Broker at Berkshire Hathaway Home Services, Hans Tonjes, Real Estate Broker, and Unfurl.

If you are interested in volunteering at the event, baking a pie for the feast or auction, or sponsoring North County Pie Day, please contact Joel Caris at joel.caris@foodrootsnw.org or 503-705-7100 for more information.

FOOD ROOTS (foodrootsnw.org) exists to grow a robust food system on the north Oregon coast through community engagement, education, food producer and entrepreneur support, and improved access to local food throughout Tillamook County. Specific activities in North County, include providing garden-based lessons and farm field trips to Nehalem Elementary students, conducting free 6-week Seed to Supper gardening workshops for low-income adults, and providing matched savings accounts to local farmers and entrepreneurs, with \$60,000 in capital provided to five graduates in the Nehalem area so far and an additional \$96,000 in matched and saved capital currently being accrued by nine other local farmers and entrepreneurs based in and around the Nehalem area.

WHITE CLOVER GRANGE (whiteclovergrange.org) maintains and preserves the historic Grange building located on Highway 53 and provides it as a venue for community events, workshops, educational activities, dances and other entertainment, and as a space for area nonprofits to use at a discounted rate. Among other purposes, the Grange has acted as a host for Seed to Supper gardening workshops, seed exchanges, farm film showings, farmer listening sessions, a variety of agricultural workshops, special dances, holiday bazaars, fundraisers, and other activities. White Clover Grange has partnered with multiple local nonprofits, including 4-H Youth Development, Food Roots, the Nehalem Valley Farm Trust, Fulcrum Community Resources, the Rinehart Clinic, Friends of Family Farmers, the Nehalem Bay Garden Club, OSU Extension, and others.

Buoy Beer Company releases the first batch of their Foeder Series Woohoo!!!!!!

THREE VARIATIONS of Buoy Beer's first Foeder release will include a Brett Saison, a dry-hopped Brett Saison, and a Brett Saison with cranberries.

Buoy Beer Company will release their first Foeder beer this January 2019. Brett Saison is a blend of three saisons all featuring pilsner, wheat, Vienna, and buckwheat malts. Additions of Oregon-grown Meridian hops are layered throughout and citrus zest from lemons, oranges, and grapefruits were steeped in the whirlpool. All three saisons were originally fermented in stainless and one of them was acidified with lactobacillus. Once combined in the Foeder, the beer was inoculated with our blend of Brettanomyces and left to age for 10 months.

The 60BBL Foeder arrived at Buoy Beer in early 2018, purchased from The Commons Brewery at the time of their closure. Previously, the Foeder was used by Anchorage Brewing in Alaska. The Foeder addition was welcomed by the Buoy brewers, who are excited to expand the styles brewed and create unique beers with classical methods.

“Our Foeder has a lot of history to it and we are honored to be able to continue making beer with it,” says Kevin Shaw, Head Brewer. “This Foeder project has been a lot of fun because it is different than most everything else we have done at the brewery so far. It has been the chance to step outside the box a bit and try something different. We are all very proud of what we created.”



This marks the second specialty bottle release by Buoy Beer Company and the continued use of their specialty bottle label. A departure from their classic logo-centric year-round and seasonal labels, the specialty label artwork incorporates artwork from Pacific Northwest artists. The Brett Saison label artwork was created by Ashley Montague, an artist from Portland. The label depicts an octopus pouring himself a beer from the Foeder.

“We were excited to incorporate Ashley's art into these bottles,” says Jessyka Dart-Mclean, Marketing Manager. “Ashley has been doing live art at our annual Red, White & Buoy event for the past 4 years. His artwork is all over our restaurant wall so it seemed fitting to include him.”

When the Brettanomyces was done “doing its thing” in the Foeder, the beer was divided into three parts: 1/3 released as-is, 1/3 dry-hopped with Azacca, El Dorado, and Meridian hops, and 1/3 infused with Starvation Alley cranberries. The first two will hit the shelves in January, with the cranberry version spending a couple extra months in wine barrels before being released. All three variations will be available in refillable 500ml bottles distributed sparsely throughout the Oregon/Washington area.

The Brett Saison and dry-hopped Brett Saison will release in bottles & on draft at Buoy on January 12th. Belmont Station will release the bottles on January 18th. Corvallis Brew Supply will release the bottles on January 18th.

Lutefish oh Lutefisk LUTEFISK DINNER SUOMI HALL

SHAMEFULLY, I was a Lutefisk Virgin. Growing up in a Finnish household, the smell of Lutefisk is no Scandinavian myth, especially if your father has it soaking in a vat of lye in the basement. And that's how you make Lutefisk.

However, upon some courage, I attended the Suomi Hall annual Lutefisk Dinner, and low and behold, it was tasty. The yummy mustard sauce, and the semi-jelly like texture of the cod, just scrumptious! Now, that still may have to do with having Finnish taste buds. Nonetheless, all the rest of the grub was quite satisfying too. Coupled with the joy of partaking in a very old Scandinavian tradition and doing ones part in keeping Suomi Hall up and running—there's no mistaking the value.

The dinner includes potatoes and meatballs and assorted vegetables, coffee, bread and dessert! + Entertainment, Raffle, and Silent Auction.

Saturday, Jan 12. Adults \$25, Seniors, \$20, Children under 12, \$15.
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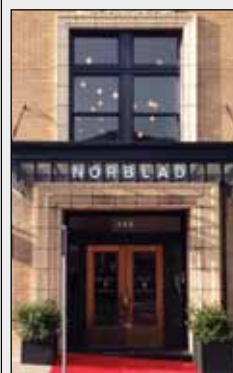
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 - Why forest carbon offsets represent a false climate solution

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