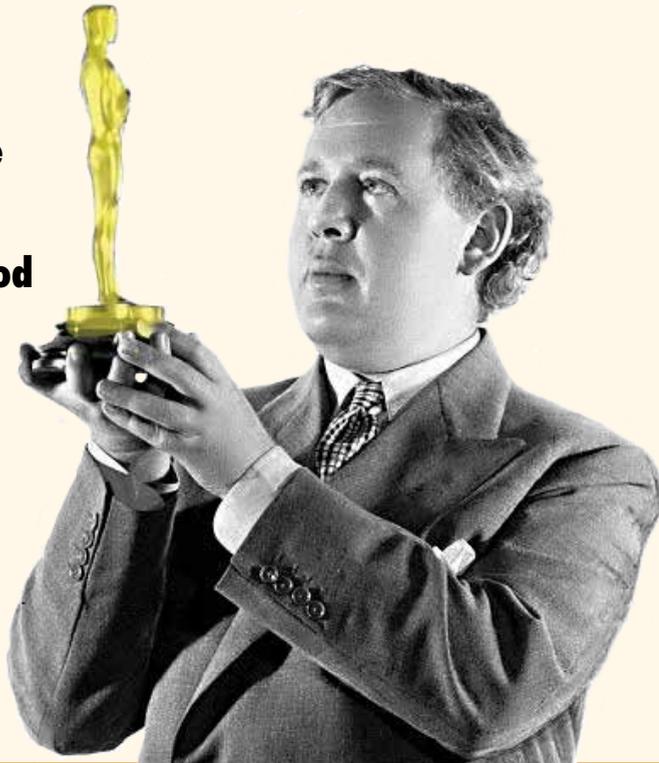


# THE OSCARS

Who's gonna win and why  
FlashCuts 2019 Predictions

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Awards  
Night  
at the  
Liberty**



**Brotherly Love through publishing  
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**JOHN CROWLEY'S NEW ALBUM  
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# SETH WALKER

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"...pure talent, a masterful blues guitarist, a singer with some swing in his voice and a writer whose (songs) sound less composed than unleashed."  
- Austin American Statesman

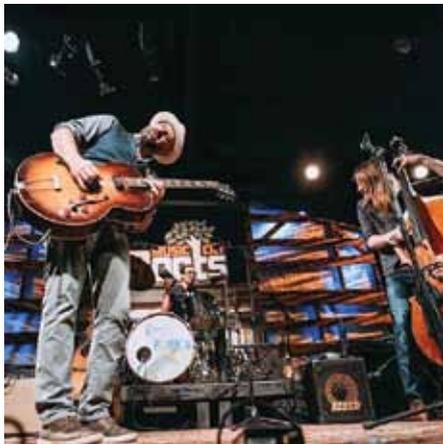
KALA brings national roots/blues/soul artist, and native South Carolinian Seth Walker to the stage on tour with his album "Are You Open," Saturday March 9 at 8pm. Seth Walker and his trio have been a staple in the roots/blues world including multiple support slots for The Wood Brothers, and performances on Delbert McClinton's Sandy Beaches Cruise.

Over the past 10 years, Seth Walker has become recognized as one of the most revered modern roots artists in the United States; a three dimensional talent who combines a gift for melody and lyric alongside a rich, Gospel-drenched, Southern-inflected voice with a true blue knack for getting around on the guitar.

Supported by stand-up bass and drums, Walkers an "accomplished guitarist and an even better singer, distilling the soul of Ray Charles, the Southern boy roots charm of Delbert McClinton, and an uptown blues turn of phrase (à la Percy Mayfield) into his own distinct voice," states DC Music Mag The Vinyl District.

"Are You Open?" marks Seth Walker's tenth studio recording, produced by the Wood Brothers Jano Rix, culling from his time spent in Havana, New Orleans and Nashville, a soulful brew of roots music from the Americas and beyond.

"Are You Open?" follows 2016's critically acclaimed 'Gotta Get Back,' a stunning collection that found Walker excavating the roots of his love affair with music by reuniting the family that first sparked his fire as a child. That album traced its origins back to Walker's native North Carolina,



where he grew up on a multi-family commune and studied classical violin and cello before ultimately discovering his passion for soul, jazz, blues, and folk. He'd go on to deftly mix all those genres and more in his work as a solo artist, organically building up a celebrated two-decade career that's earned him praise everywhere from The Washington Post to NPR, who hailed his "hard-driving" songs and "sweet tenor," in addition to landing him dates with The Mavericks, The Wood Brothers, Raul Malo, Paul Thorn and Ruthie Foster, among others.

**Saturday March 9, 8pm. Tickets \$15. Doors open 7:15pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Ages 16+ accompanied by adult please. Full Bar. Advance tickets online: [libertyastoria.showare.com](http://libertyastoria.showare.com). Pick-up will call tickets at KALA, at the door/time of show.**

## Storyteller Will Hornyak

Performance in March + Storytelling Workshop Opportunity

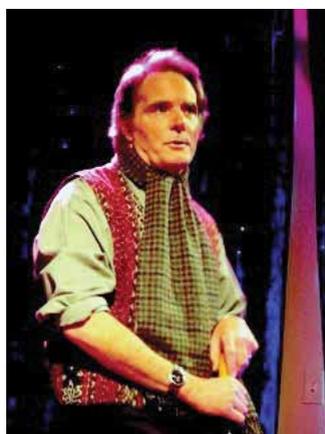
This March, storyteller par excellence, Will Hornyak returns to KALA to present **Healing Waters Holy Wells**, an evening of myths, legends, poems, songs and lore of healing and renewal from the mythic waters of Ireland and beyond, Friday 22 at 8pm. (Tickets will be on sale in advance at [libertyastoria.showare.com](http://libertyastoria.showare.com) beginning February 25.)

For the first time, Hornyak will follow up his performance on the Saturday 23, with **Telling Stories Well: A Toolbox for Storytellers**.

Whether it's in the classroom or the board room, around a campfire or behind a pulpit, storytelling is a timeless way of entertaining,

educating and inspiring all ages. We all have stories to tell, and a unique voice and style for telling them. Will Hornyak creates a welcoming environment to help participants develop and refine their storytelling skills and explore ways of bringing stories to life authentically. Participants will gain a deeper understanding of how to develop a personal story or embody a traditional fable or folktale.

**No previous storytelling experience required. The workshop is limited to 25 participants, cost is \$40. 10am - 2:30pm. To reserve a space contact: [hornyak.will@gmail.com](mailto:hornyak.will@gmail.com)**



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by Dinah Urell

**WHEN JOHN CROWLEY**, originating from Newark, New Jersey first landed in Astoria in 1974, he immediately hooked up with two iconic spots, a room at the Black Cat Inn at 666 Bond St., and a job at Barbey Cannery. It wasn't long before he met the Christie Brothers; Peter, and Pierce whose passing was recently honored in Astoria, attended by many coastal musicians, artists, family and friends. And it wasn't long before he was playing in Mother Hubbard's Blues Band—a rich part of Astoria music scene history—with Pierce Christie and venerable Astoria guitarist Joe Patenaude, and later, Astoria bands, the 4 Skins, the Craphounds, and Beefsteak Mine.

Flash forward forty-four years. The studio band is John F. Crowley and Friends, a list of longtime Astoria musicians who helped to materialize Crowley's 14 song release, "Just a Cigar."

Open the flap on the CD cover, and the song credits reveal a host of players. "Variety's the spice of life," says Crowley, "I know a lot of great guitar players and I wanted to use as many as I could, and as many of the great drummers that I know."

Those guitarists include Astorians; Joe Patenaude, Jesse Lee Falls, and Steve Johnson, Portland session guitarists, Bob Bain and Ron Carnes, and boyhood friend from New Jersey, Bruce Schwarze. The drummers please; Astorians Craig Abrahamson, Jim McMaster and Lawrence Aldred. And Astorian keys player Peter Unander on organ. Not to forget a bevy of live hand clappers, and background vocals. Crowley delivers on vocals, rhythm guitars, keyboards, jews harp, Celtic harp, and afuche (the percussion instrument with the steel ball chain that you twist in the palm of your hand).

Making a cameo appearance on the inside flap -- Sigmund Freud with cigar. Crowley informs, "The songs are a varied



Available exclusively at Video Horizons in Astoria, and Crossroad Records in Portland

bunch written since my last album. I tried briefly to spot a common theme among them and finally decided that, as Freud said, "sometimes a cigar is just a cigar," so I present them with no editorializing."

"Cigar" was recorded and produced at Big Blue Studio in Astoria by studio owner Steve "Chef" Johnson. "Chef" one would assume implies Johnson's skilled producing.



## JUST A CIGAR: is smokin' JOHN F. CROWLEY & FRIENDS

Another longtime Astoria musician friend from the 70's, Johnson recently returned to Astoria and opened his studio, but in 1990, recorded Crowley's record "Hindsight" in Portland, with several of the tracks, like favorite "I'm an Artist," catching ariplay.

"Steve has a magic touch," says Crowley. "He added a lot to this record -- not only the great bass playing, and some guitar playing, just the "smarts." If I was going the wrong way, he'd say, try this, and 9 times out of 10 it was better than something I'd come up with."

While there may not be an editorial theme to the record, there is indeed a theme, and that is one of spirit—a gathering of musical spirit that flies right off the grooves, so to speak. The recording has a live feel and sound to it, and true to that, some of the sessions were live combinations, not just laying down isolated tracks. But no matter the case, the diverse combination of players delivers a consistent style that is uniquely the albums sound; really great, accessible rock songs—upbeat, bursting with entertainment and inventive,

at times quirky melodies, super-catchy hooks and choruses, never overwhelming with too much production, but gobs of crazy sound samples that work like rhythmic poetry... crows, and telephones, horse whinnies, spoken word, and found sound collage interplay in the mix. Upon embarking on this project, Johnson said to Crowley, "Lets make some art." I believe that's what they did.

Wordsmith and tunesmith, and known amongst his peers for his innate sense of humor, these qualities dutifully infect Crowley's song making. "I see a lot of angles to life that are not always covered in popular song," he says, "Frank Zappa was a good at skewering things." The Beatles are also high on his list, and in leisure he's listening to Dixieland, Be-bop and classical. To song-writers he advises, "The more you listen to other peoples stuff, the more you can sort out your own."

On the topic of love songs, "I don't specialize in love songs because everybody else writes them." Instead we get a song like *Joyce Martel*, based on a character in a Perry Mason episode with a split personal-

ity, and featuring a searing solo from Jesse Lee Falls. *Brown Paper Bags* is homage to Beatles manager Brian Epstein, (with a clever twist of Beatles lyric and a Yoko Ono flute sample). There's an uncanny relationship with a certain bird species, called Crows, a song about the social dynamics of living in Astoria; *Did My Name Come Up*, and one hilarious hard hitting truth song; *Little White Lies (Tell a little white lie -- it's the lubricant of society/It greases the wheels and reduces anxiety/The truth will set you free, but it's a lonely place to be/ So tell a little white lie/Tell one and see!)*

The album begins with of all things—an overture, the caw of a crow, and ends with social message song, *Shades of Brown*, a beautiful creaking door, and a final caw of the crow, Crowley's personal leitmotif for the album.

Where do you get "Just a Cigar?" Video Horizons in Astoria. "I like the old fashioned way of handling music. You go to the record store, you look at all the great stuff, and you see your friends there, and you know the guy in the record store." Crowley does have a SoundCloud page, with lots of demo material and songs. He wishes there were more support for local music, like in the old days, but he's sticking to his guns on this one.

Maybe old newspaper guys can be stubborn. When Crowley dropped out of 12th grade, he hitchhiked the country for 4 years, working jobs as varied as ranch hand and singing telegram messenger, but finally the stink of fish at Barbey drove him up to CCC. There he transferred to U of O in journalism, and quickly forged a career in the field. One day he realized, as he was climbing the corporate ladder that in the publishing business you put in a lot of hard hours, not affording time for personal creativity. He decided to "retire" back to Astoria, "to make music with my friends and paint houses to pay the rent."

Today, he is actually retired, but the music goes on. Old values pay off. Look for a collaborative effort in the near future called the B59's with Peter Unander.

*Disclaimer: Chocolates and Brandy brought to the interviewer did not in any way, sway this review.*



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## COAST COMMUNITY RADIO Slated for Feb 26 Fort George Benefit Night

ON FEB 26, Fort George donates 10% of all sales from its upstairs dining location from 4:30pm to 10pm and provides that space for fundraising extravaganza!

Here's what's planned: lots of interesting people from the station to schmooze with while imbibing in eat and drink (remember the 10%), a silent auction full of fun, a one-of-a-kind raffle and there WILL be KMUN swag.

The silent auction is packed with opportunities. How about a weekend in Sisters with skiing and eating at local restaurants? Or a birthday party for the young or young at heart at the Astoria Armory with pizza, ice cream and toys? Have you ever wanted to be a programmer on KMUN? Well this is your chance! 20 programmers have offered to have YOU on their shows playing music, chatting and maybe sparking your desire to be on this community radio station! Along that lines, local musicians are offering three lessons for the highest bidder. Also in the offering, a vintage turntable along with signed local albums, including Krist Novoselic & Nirvana. Wowser!

Adventurous raffle items galore; take a drive up to the radio tower on Megler Mountain just up from Dismal Nitch in Washington with Station Manager Graham Nystrom. The staff generally refers to this as "Going to the Mountain." Nystrom notes " You'll get an inside look at the facility that produces 5000 watts of great community radio. Enjoy views of Tillamook Head up to the South Jetty, across to the Megler Bridge, downtown Astoria, and up the Columbia River to Mount St. Helens and Mount Rainier like you've never seen before." Lunch will be included!

**Coast Community Radio, invites you for an evening of fun, food, drinks and KMUN!**



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## Oregon Coastal Caucus appoints leaders for 2019 Session

SALEM – Members of the Oregon Coastal Caucus unanimously agreed to name Rep. David Brock Smith, R-Port Orford, as chair and Sen. Betsy Johnson, D-Scappoose, as their vice chair.

The Oregon Coastal Caucus is a bicameral and bipartisan group of state senators and representatives whose districts include portions of the Oregon Coast. The legislators work collectively to seek out solutions and advocate for the interests of coastal communities. Many of those interests overlap with the needs and interests of other rural areas. From ports to farms and tourism to housing issues, the Coastal Caucus assists residents, industries and their communities to find legislative and other solutions to the issues they face.

"We have a number of unique challenges on the coast and across Western Oregon," Brock Smith said. "The Coastal Caucus, our residents, our communities and the industries that provide jobs for our home towns all will benefit from having Senator Johnson serving in her role as vice chair of the Coastal Caucus."

In addition to Brock Smith and Johnson, the Coastal Caucus includes Rep. David Gomberg, D-Central Coast, Sen. Dallas Heard, R-Roseburg, Rep. Caddy McKeown, D-Coos Bay, Rep. Tiffany Mitchell, D-North Coast, Sen. Arnie Roblan, D-Coos Bay, and Rep. Brad Witt, D-Clatskanie. The group meets regularly to discuss issues affecting the coast and reach decisions by consensus.

"The Coastal Caucus gives the coast much more volume in the State Capitol than each of us might be able to provide on our own," Johnson said. "We represent a vast coastline and the views on the North Coast don't always mesh with those on the South Coast. That makes it especially important for us to meet as a group to talk through solutions to our common issues."

## The Ecology Speaker Series FEB 21



PHOTO: ROGER DORBAND

THIS MONTH the Ecology Speaker Series at Clatsop Community College hosts its second pair of speakers.

The Speaker Series is part of a larger initiative to stimulate dialogue and discussion about the environment on the CCC campus and in the community, while providing support and ideas for the college's plan to incorporate ecology into the curriculum. The effort is being lead by **Susan Banyas**, multimedia artist and story teller, and **Roger Dorband**, nature photographer and writer. The theme of the Speaker Series recognizes the forests of Clatsop County as paramount in the conversation about local ecology.

This month's presentation features **Chuck Willer, Director of the Coast Range Association**, and **Mary Scurlock, consultant for The Oregon Stream Protection Coalition**. In April, Forest Visions, an art exhibition of important Northwest artists who use the forest as an inspiration in their work, will be held at the Royal Nebeker Gallery.

Chuck Willer will speak on the topic **Wall Street Forests and The Climate Crisis, Putting People Before Profits**. His talk will focus on Wall Street driven forest management in a time of climate crisis and the need for new forest management policies. He'll consider how the much talked about Green New Deal can apply to Oregon's high density carbon forests typical of Clatsop County. Chuck will explore the necessary local, state and national solutions for putting people before profits in solving the climate crisis.

For twenty-five years Chuck has worked for the Coast Range Association studying forest management in Western Oregon . One of his primary focuses has been the tax structure for timber companies in Oregon and the history of how those companies have lobbied to pay fewer taxes depriving timber counties of much needed revenue. His current work focuses on the consolidation of Oregon's private forest ownership in large corporate companies that are Timber Investment Management Organizations (TIMOs) or Real Estate Investment Trusts (REITS).

Mary Scurlock's talk is entitled **Private Forests, Public Waters: Why Oregon's Stream Protections are Failing**. Mary will discuss how and why Oregon's Board of Forestry and Environmental Quality Commission and other government actors are failing to protect the public's interest in clean water and wildlife on state and private forestlands. The presentation will provide examples of logging impacts on water quality and aquatic habitat, gaps between state regulations and legal mandates, how Oregon's forest and stream protection requirements are weaker than those in neighboring states, and barriers to change.

Mary was educated at Duke University and graduated cum laude from the Boston University School of Law. Mary is the principal freshwater policy consultant at M. Scurlock & Associates, a sole proprietorship located in Portland, Oregon. Mary's current project is to provide policy and technical input to the Oregon Board of Forestry and the Environmental Quality Commission on behalf of the Oregon Stream Protection Coalition, a 28-member ad hoc group of conservation and fishing industry organizations advocating for stronger baseline regulations under the Oregon Forest Practices Act and its implementing rules.

**This Ecology Speaker Series presentation is co-sponsored by CRE-ATE. It is free and open to all. February 21st, Rm 219 Columbia Hall, CCC Campus**



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outside the box



STEPHEN BERK

## ELECTROSMOG UNHEALTHY TECHNOLOGY

ONE of the most salient characteristics of our technological society is that the technology is forever changing, and not always for the better. When I was growing up in the mid-twentieth century Americans were still in the "what will they think of next?" frame of mind. Many, if not most of us in more recent years have learned to be skeptical of technological change. Automation, which put increasing numbers of people out of jobs or reduced them to machine appendages produced much of the public's initial skepticism. Since the nineties, we and the world in general have become more and more dependent on wireless technology, which began with cell phones and the internet. Electricity, when it is contained in wires is a relatively safe source of energy. Wireless, however, relies on the production of an open electromagnetic field (EMF). This field of electrical energy is produced by towers, which make contact through signals with cell phones and the internet. These towers, now having spread through most of the world, have created a vast telecommunications network. The positive side is mainly in the near universal availability of all kinds of information. The down side, which we rarely hear or read about, is the spreading of ever higher levels of radiation.

The product of microwave technology, radiation in a world of open EMFs can become quite unhealthy, even lethal for human and all other animal and plant life. Radiation, in short, causes a number of forms of cancer, a disease that has been spreading geometrically in modern life. Wireless technology is growing exponentially, forming the vast telecommunications industry, which underpins economic life, now occurring not so much on a local or even national, but global basis. All this is now present before 5G, the next phase of advanced wireless networking is slipped into place. 5G exponentially expands the numbers of towers to one for every 10-20 houses. This meshes with the placement of huge numbers of radiating antennae to communicate with the towers. A first step in 5G is replacement of perfectly adequate analog meters with digital smart meters in every electrified building. The smart meters, like the rest of smart technology, emit significant amounts of radiation. All the home or other building resident gets besides radiation is a digital screen showing the

building's circuitry. The linking of residential and commercial buildings in vast networks also enables remote monitoring, or systems of total surveillance, as portrayed in George Orwell's 1940s dystopian novel, "1984."

Because 5G will so intensify EMF enmeshment, it will thereby vastly expand the exposure of humans and all other animal and plant life to much higher amounts of radiation. This clear and



present danger has drawn an increasing body of the world's most accomplished research scientists together with physicians to issue a declaration calling for a moratorium on EMF technology. The declaration of the International Society of Doctors for the Environment (ISDE), whose American branch is Physicians for Social Responsibility, states their belief that it is highly unethical to proceed with implementation of 5G ignoring the available evidence of grave health risk that will occur in its wake.

The European Commission (EC), an agency set up to regulate EMF exposure in the interests of public health, acts as a virtual front for the industry. The Commission's response to a host of health concerns raised by the research scientists and physicians claims that the limits on EMF established previously by the International Commission on Non-Ionizing Radiation Protection (ICNIRP) are "adequate to protect the population," and no further protections from 5G are needed. But signers of the declaration emphasize in response that these

limits were established to protect people from "brief EMF exposures," not the chronic exposure that 5G will cause. The declaration signers, now over 230 of the most respected research scientists and physicians specializing in public health, also invoke the "precautionary principle" of the UN's World Health Organization (WHO) as a basis for their demand for a moratorium on the rollout of 5G. They state 5G implementation must come to a standstill, so that public environmental health institutions can gather experimental evidence.

Responses of the EC to the declaration have been a series of tepid, boiler plate assurances. They continually refer to INCIRP's assurances of safety. But the scientists state unequivocally that INCIRP's assessment is obsolete. It is obvious that no dialogue is taking place, and the EC is providing cover for the telecommunications industry to proceed with the rollout of 5G. It is most common, as we know well in the US, for regulatory bodies, even international ones, to be captured by the industries they are put in place to regulate. International corporate power is now at an all-time high, dwarfing the ability of most public sector entities to exert controls. On national levels the Scandinavian countries, with their strong sense of the public good, likely do the best job. But since capital is so completely internationalized today, nation states can do less than ever to protect themselves from environmental degradation of every sort.

Is there anything that can be done? As I see it, bodies of environmental research scientists need to spring up everywhere, issuing media statements and giving public talks informing people of the grave health dangers of enmeshing the world in giant electromagnetic fields, as 5G will do. These are dangers that affect all life on the planet. The people of each country then have to meet in local cells informing one another and exerting pressure on their governments: local, provincial and national. Here on Oregon's North Coast, with the soon coming beginning of 5G with smart meters, we need to attend County Commission and City Council meetings, question and inform public officials. What the French people are stirring up with their egalitarian Yellow Vest movement shows what an aroused populace can do.

# NATURE NEWS

## Treasure The Beach :: Beach Clean Up 1st Saturdays in Seaside



Photo: TiffanyBoothe/SeasideAquarium

IT'S THE 14TH YEAR of Treasure the Beach. Did you know a single cigarette butt can take up to years to decompose? Or that it takes 450 years for a plastic bottle to decompose?

According to NOAA (the National Oceanic and Atmospheric Administration) once in the water, plastic never fully biodegrades but breaks down into smaller and smaller pieces eventually being dubbed a "microplastic".

How can you help?

Reduce, reuse, and recycle. You can also join "Treasure The Beach" on the first Saturday of each month for the monthly beach clean up. By cleaning the beach you are helping to remove trash before it enters or reenters the ocean saving countless lives in the marine environment!

**When:** Organized cleanups will take place, rain or shine, the first Saturday of every month from 9am to 11am.

**Where:** Sign in at The Seashore Inn on the Beach, 60 N. Prom, Seaside. Get your bag, and when done, drop it by trash receptacle along the Prom.

### Save the Date! The Nehalem Estuary Cleanup March 9

ITS BACK! The Biennial Nehalem Estuary Cleanup happens on March 9th, 2019! This will be an opportunity to spend a day making a lasting difference in the beautiful Nehalem Bay Estuary and our community!

An all ages and abilities event. Opportunities will range from collecting debris, sorting materials, helping with set-up and take down, and food service.

Once again, the event will be cohosted by the Lower Nehalem Community Trust and Lower Nehalem Watershed Council.

Do you want to be more involved? Have a service or materials to donate? Have a boat and are willing to shuttle people and debris? Its all still in our early planning stages!

Contact Ginnette with the Lower Nehalem Community Trust at [ginnette@nehalemtrust.org](mailto:ginnette@nehalemtrust.org) or Zac with the Lower Nehalem Watershed Council at [lnwc@nehalemtnet.net](mailto:lnwc@nehalemtnet.net).

## Help replant a forest reserve along the Necanicum River

NORTH COAST Land Conservancy has been working hard to remove invasive Japanese knotweed at its Necanicum Forest Habitat Reserve, adjoining Klootchy Creek County Park outside Seaside. On Wednesday, Feb. 13, from 10am to 1pm, volunteers are invited to help plant native trees and shrubs at the site, to maintain the gains the conservancy has made in this beautiful second-growth forest along the Necanicum River.

Japanese knotweed is one of the toughest invasive plants to eradicate. It tends to grow along waterways. It grows fast and tall—6 to 12 feet—quickly shading out native trees that keep streams cool and stabilize stream banks. Hand-pulling can be effective on small populations of knotweed when done regularly and repeatedly, as a dedicated corps of NCLC volunteers has done. The volunteers who join the Feb. 13 stewardship day will be planting western hemlock, Sitka spruce, red alder, twinberry, stink current, and ninebark.

People interested in helping are asked to email Stewardship Director Melissa Reich at [melissar@NCLCtrust.org](mailto:melissar@NCLCtrust.org) or call her at 503-738-9126; she will provide directions to the site and will notify volunteers if severe weather causes a change of schedule. Visit the [EVENTS](http://EVENTS) page at [NCLCtrust.org](http://NCLCtrust.org) for details on this stewardship day and a link with guidance for how to most effectively control knotweed on your own property.

Volunteers should wear gloves and work boots. NCLC will supply the necessary tools. Bring water and snacks/lunch; there is no potable water at the site, and no toilets. Dogs are not allowed on any NCLC properties.

### Haystack Rock Lecture Series



FRIENDS OF HAYSTACK ROCK is a nonprofit organization focused on keeping Haystack Rock healthy and thriving. Our mission is to promote the preservation and protection of the intertidal life and birds that inhabit the Marine Garden and Oregon Islands National Wildlife Refuge at Haystack Rock. Join them the 2nd Wednesday of ea month for guest speakers, 7pm at the Cannon Beach Library, 131 N. Hemlock.

#### Upcoming Talks:

February 13 - Joshua Saranpaa Wildlife Center of the North Coast. Lifecycle and Rehabilitation of the Common Murre

March 13 - Joe Liebezeit "Oregon's Black Oystercatchers" Unveiling its mysteries to help protect a species of conservation concern.

April 10 - Shawn Stephensen "The Puffin Study"

May 8 - Katie Voelke "Conservation Land and Public Access: The Pros and Cons. Join the Discussion

## Photograph King Tides this winter season



Nehalem Bay State Park - Photo by Steve Morey

*THE SECOND SERIES* of king tides, the highest high tides of the year, is coming up February 18-20, 2019. Residents and visitors to Oregon's coast are invited to capture these high water events in photos.

The Oregon King Tides Photo Project is part of a worldwide initiative; anyone with a camera can help document the extent of these extreme high tides, and help us catch a glimpse of what sea level rise will look like in our region. Everyone is welcome to participate, just pick a place, snap a photo at the highest point of that day's tide cycle, and share it online.

This is the ninth year that Oregon has participated in this international citizen science effort. In Oregon, the project is sponsored by the Oregon Coastal Management Program, the CoastWatch Program of the Oregon Shores Conservation Coalition, and local partners, including the Oregon Surfrider Foundation, Curry Watersheds Partnership, Friends of Cape Falcon Marine Reserve, Haystack Rock Awareness Program, and others. The Oregon Coastal Management Program, part of the Oregon Department of Land Conservation and Development, works in partnership with coastal local governments, state and federal agencies, and other stakeholders to manage, conserve, and develop Oregon's coastal and ocean resources.

While the term 'king tide' isn't a scientific term, it describes a high tide event when the sun, moon, and earth are in alignment, causing greater than usual gravitational pull on the tides. When king tides occur during intense rain or storm events, the high water can cause flooding, erosion, and other impacts to infrastructure and property, as was seen in several locations during the December king tides series.

King Tide events give us the opportunity to peak into the future and see what the impacts of sea level rise could look like in our coastal communities. Even a small increase in sea levels could escalate the impacts of winter storms along the Oregon coast, intensify chronic hazards like erosion and flooding, and reduce the width of the public beach. Gaining a glimpse of tidal flooding likely to become common in the future

will benefit planners, resource agencies, conservationists, and coastal citizens in preparing for these changes. Photographs from past years of the King Tides Project can be viewed on the project's Flickr site, <https://www.flickr.com/people/orkingtide/>.

Help document these events for the King Tides Photo Project, January 20-22 and February 18-20, 2019. Helpful king tide photos show water levels adjacent to a fixed feature like a piling, seawall or bridge abutment.

Including fixed features allows actual water levels to be documented and tracked over time. Good photos also must include the location, the date and time of the photo, and the viewer's direction for each picture.

Two photos taken from the same spot, one during peak king tide and the other at a typical high tide are also very effective in highlighting these high water events. Find tide tables for your area and instructions for how to take and upload photos on the King Tides website: [www.oregonkingtides.net](http://www.oregonkingtides.net).

### Oregon King Tides The Future of Our Beaches

LEARN MORE about Oregon's King Tides Photo Project (Fawn Custer, Oregon Shores-CoastWatch). The final King Tides are February 18-20, 2019. Watch a slideshow of the best photos this season and learn about how to get involved. Also, hear about Oregon's dunes and beaches, and the impacts of global warming (Dr. Sally Hacker, OSU).

Dr. Sally Hacker, a professor in Oregon State University's Department of Integrative Biology. Dr. Hacker will discuss the interaction of dunes and the ocean, how the sea fertilizes dunes through the deposition of wrack, and how this relationship may be affected by the sea level rise, more intense storms and increased erosion anticipated with global warming.

Event sponsored by Friends of Cape Falcon Marine Reserve, Haystack Rock Awareness Project, Oregon Shores Conservation Coalition, Oregon Department of Land Conservation & Development (DLCD)

**Sunday, Feb 10, 4:30pm – 6:30pm. At the Hoffman Center, 594 Laneda in Manzanita. Learn more about the King Tides: [oregonkingtides.net](http://oregonkingtides.net)**

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### Lower Columbia Q Center

Astoria Armory - 1636 Exchange Street Astoria

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

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

### Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 pm
- LCQC Board Meeting: Third Wednesday of the month. 6-8 pm

### Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30pm - 8pm at the Q center. For Information call Tessa James at 503 545-5311.

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

LCQC Choir 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: pflagocc@gmail.com

## CCC Receives Grant from Meyer Memorial Trust to Focus on Diversity, Equity, and Inclusion

THE CLATSOP COMMUNITY COLLEGE FOUNDATION has been awarded a three-year \$183,000 grant from Meyer Memorial Trust (MMT) to support establishing the Alliance for Equity in Education (A4EE), a culturally- responsive strategy to improve transitions to college for priority high school youth in Clatsop County. The populations considered priority by this grant are high school English language learners, high school lesbian, gay, bisexual, transgender and/or other sexual/gender identities, and students of color.

**CCC Vice President of Academics, Margaret Frimoth**, was a leading force behind securing the grant and believes by focusing on existing networks between college and high school programs, the Alliance for Equity in Education will compound individual strategies to improve diversity, equity, and inclusion for high school students transitioning to college. She stated, "The more we create inclusive environments for diverse students, the more welcoming we become for all students. We want students to experience CCC as a welcoming and supportive environment."

Over the next three years, Clatsop Community College will utilize MMT grant funds to enhance existing networks that CCC has with high school youth, align with existing expectations for public education and create a network of trained educators to address specific disparities through a Train-the-Trainer strategy to build a Network of Equity Educators.

"A personal approach to leadership and change is important in rural communities because we often experience stigmas and stereotypes around our ethnocentric history," said Frimoth. "By using a Train-the-Trainer approach, the A4EE Coordinator will be able to connect with and engage educators already working at local high schools. The personal connection capitalizes on existing systems and prominent community values about caring for youth. This approach generates trust and commitment to more holistically address the scope of disparities experienced by some students and their families."

Through this grant, CCC hopes to make a positive impact specific to diversity, equity and inclusion through the implementation of a comprehensive system across all high schools that increase student enrollment of priority students into college programs.

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

**PACIFIC COUNTY DEMOCRATS** Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. Pacific [pacificcountydem@gmail.com](mailto:pacificcountydem@gmail.com)

## CREATE • Feb 20 Columbia River Estuary Action Team

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

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

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

# FISHER POETS 2019 February 22 - 24

## WORKSHOPS & SPECIAL EVENTS

### Friday, February 22 Special Events

#### FisherPoets Gearshack

noon to 10 p.m.  
Admission buttons and fisherpoets' chapbooks, CDs and art. Silent Auction opens. Bids close at 4 p.m. Saturday.

#### Pier 39 all day

Hanthon Cannery Museum self-guided tour of the oldest existing fish processing plant on the Columbia. Mug up at Coffee Girl while you're there.

#### Imogen Gallery

10 a.m. to 6 p.m.  
"Tides," watercolors by George Wilson. Artist reception at 4 p.m.

#### South Bay Wild Seafood Market

11 a.m. to 9 p.m.  
"Astoria Marine Construction Company," photos by fisherpoet Pat Dixon.

#### Astoria Visual Arts Gallery

noon to 5 p.m.  
"Traditional Japanese Folk Art of the Sea: Gyotaku/Fish Printing," by Duncan Berry and contemporary NW artists.

Patriot Hall, Clatsop Community College  
12:45 to 2 p.m.

"Line Handling: Mooring a Poem to Sound," with Peter Munro. Play with line length and line break to make your poem tasty in the mouth, tuneful in the ear.

WineKraft  
2 to 4 p.m.

"Open Mic." Everyone welcome. Drop in with friends and have a short go.

#### Patriot Hall, Clatsop Community College

2:15 to 3:30 p.m.  
"Revision: Finish Carpentry with Words," with Jon Broderick. Apply attention to detail, the right tools and some polish to your creative writing.

#### Studio 11

2 to 4 p.m.  
Gyotaku: Japanese Fish Print Making," with Duncan Berry. Create a traditional fish print from albacore or salmon. (\$25 materials fee).

#### Columbian Theater

3 to 4:15 p.m.  
"You Can't Make This Stuff Up," with former Bering Sea skipper Jack Molan. Video, photos and stories from four decades fishing up there.

#### Pier 39

3 to 4:15 p.m.  
"Clean Waters, Clean Air: Protecting Your Fishery," with Brad Warren and Julia Sanders of Global Ocean Health. Major proposals to cut carbon pollution will fly or flop in Salem and Olympia within a few weeks. Politicians are listening. Make your voice count.

#### Imogen Gallery

4 to 6 p.m.  
Artist reception for George Wilson.

#### Voodoo Lounge

10 p.m.  
Larry Kaplan plays ballads from New England and beyond.

#### KALA

10 p.m. to 1 a.m.  
Annual FisherPoets Dance with DJ Dinah Urell. Come on back and shake your boots. Late night cocktails.

#### Columbian Theater

10:30 to 11:30 p.m.  
"Poetry at the Line: the second annual - and improved - FisherPoets Slam," with Jon Broderick. Eight fisherpoet contestants go cork for cork.

### Saturday, February 23 Special Events

#### Pier 39 all day

Hanthon Cannery Museum self-guided tour of the oldest existing fish processing plant on the Columbia. Enjoy the Fisherman's Breakfast at Coffee Girl while you're there.

#### Studio 11

9 to 11 a.m.  
"Gyotaku: Japanese Fish Print Making," with Duncan Berry. Create an original fish print from albacore or salmon. (\$25 materials fee)

#### Imogen Gallery

10 a.m. to 6 p.m.  
"Tides," watercolors by George Wilson.

#### FisherPoets Gearshack

10 a.m. to 10 p.m.  
Admission buttons and fisherpoets' chapbooks, CDs and art. Silent Auction bids close at 4 p.m.

#### Barbey Maritime Center

10 to 11:15 a.m.  
"Poetry Out Loud: Speaking a Poem," with Clem Starck and Ron McDaniel. Exploit your unique voice to better connect with a listening audience.

#### Pier 39

10 to 11:15 a.m.  
"Knot Tying, Line Splicing and Mat Weaving," with Greg Neitzel and Dano Quinn. Learn a new skill. Once you know a bowline, you'll wonder how you lived without it.

#### South Bay Wild Seafood Market

11 a.m. to 9 p.m.  
"Astoria Marine Construction Company," photos by fisherpoet Pat Dixon.

#### Barbey Maritime Center

11:30 a.m. to 1 p.m.  
"So, the Queen Owns All the Salmon?" with Fulbright scholar Julie Brown. Fishing history, traditions and superstitions in the Scottish Highlands and Islands.

#### Pier 39

11:30 a.m. to 1 p.m.  
"Singers' Circle," with Mary Garvey. Sing shanties and ballads along with the Lower Columbia's favorite singer and friends.

#### Astoria Visual Arts Gallery

noon to 5 p.m.  
"Traditional Japanese Folk Art of the Sea: Gyotaku/Fish Printing," by Duncan Berry and contemporary NW artists.

#### Columbian Theater

noon to 1:15 p.m.  
"The Good Fight: Protecting Bristol Bay from the Proposed Pebble Mine," with Elizabeth Herendeen, Melanie Brown and Georgeanna Heaverley of Commercial Fishermen for Bristol Bay. Learn the latest developments in the Pebble permitting process and engage in the US Army Corps of Engineers' draft Environment Impact Statement comment period. Why not submit some fish poetry as a comment?

#### Columbian Theater

1:30 to 3:00 p.m.  
"Story Circle," with Jay Speakman. Hear commercial fishing veterans tell authentic stories, true mostly, about adventure and tedium working on the water.

#### Barbey Maritime Center

2 to 3:15 p.m.  
"The Strength of the Tides is Hers Also," with Elma Burnham. Celebrate, support and empower women who work on the water. Share experiences, set goals, join the conversation.

#### Studio 11

2 to 4 p.m.  
"Gyotaku: Japanese Fish Print Making," with Duncan Berry. Create an original fish print from albacore or salmon. (\$25 materials fee)

#### WineKraft

2 to 4 p.m.  
"Open Mic." Everyone welcome to have a short go.

#### Columbian Theater

3:15 to 4:30 p.m.  
"You Can't Make This Stuff Up," with former Bering Sea skipper Jack Molan. Video, photos and stories from four decades fishing up there.

#### Columbian Theatre

10 to 11 p.m.  
Ray Troll and the Ratfish Wranglers continue in concert.

#### Liberty Theatre

10:30 p.m.  
"Umpteenth Annual On-Site FisherPoetry Contest." The 2019 rules will be announced by MCs at evening venues during the Gathering. Everyone wearing a 2019 FPG button is eligible to compete. Got one? Have a go.

#### WineKraft

10:00 p.m. to close  
"Singers' Gathering." Didn't enough at the workshop this morning? Still feel like singing together with friends? Stop in.

# WEED WARS

By  
Bob Goldberg

AFTER LOSING the latest battle in the Pesticide Wars – the **Washington State Department of Ecology** (Ecology) denied their application for a discharge permit for imidacloprid spraying to combat burrowing shrimp on their tideflat farms in September 2018 – the shellfish industry (Industry) filed an appeal to the Pollution Control Hearings Board, which granted hearings on the matter to take place in September. The Ad Hoc Coalition for Willapa Bay (part of the Resistance) filed and was granted a motion to intervene in the case.

In the meantime, the Industry plotted with Washington State House Representative Brian Blake, State Senator Dean Takko and other legislators (Empire) to introduce several bills that would reverse Ecology's decision, grant the permit, strip Ecology of jurisdiction in the case (transferring it to the Department of Agriculture, more friendly to the Industry), and give the Industry \$1.5 million to research and monitor further attempts to get rid of the shrimp. These bills are similar to bills that were successfully passed in 1995, in a previous battle in the Pesticide Wars.

One of the leaders of the Resistance, Laura Hendricks, director of the Coalition To Protect Puget Sound and the Washington Coast, has put out a message to those concerned about the survival of orcas and salmon to "notify your legislators and Rep. Fitzgibbon, Chair of the House Environment & Energy Committee and Senator

VanDeWege, Chair of the Senate Natural Resource Committee, that this poisoning of our shorelines must stop."

Hendricks points out that the Industry has been "receiving taxpayer funds for decades to spray pesticides in Willapa Bay/Grays Harbor that have killed millions of aquatic animals." She asks those concerned over the spraying to see the book *Toxic Pearl: Pacific Shellfish Companies' Addiction To Pesticides?*, written by M. Perle, available at [www.toxicpearl.com](http://www.toxicpearl.com), which reviews the history of the Industry and its spraying program, and documents their collaboration with the Empire.

"Additional harm will be done as the shellfish companies have already notified Ecology they are requesting to extend their permit for the pesticide imazamox in 2019 for another 5 years to kill more native and Japonica eelgrass [part of the War of the Grasses]. Since it is self monitoring, it is difficult to determine the total harm, but it is clearly another threat to the survival of aquatic species on the Washington Coast. It is alarming that this poisoning continues as the species counts in Willapa Bay/Grays Harbor continue to dramatically decline for salmon, forage fish, ESA-listed green sturgeon and migratory birds. This is not just a Willapa Bay/Grays Harbor problem, but a significant threat to [the above], gray whales and orcas that depend on the Washington coast and Puget Sound to survive," Hendricks writes.

The Pesticide Wars continue...

### RBCWP is changing its name to . . .

#### NORTH COAST COMMUNITIES FOR WATERSHED PROTECTION

This new name is intended to reflect the fact that the organization represents and works with a broad spectrum of communities on the North Coast of Oregon in efforts to protect their watersheds.

In honor of this transition to a new name, Renaming Celebration will take place Tuesday, February 12th, from 6pm to about 8pm at the NCRD building located at 36155 9th St. in Nehalem.

Pizza, drinks, music, and friends, as well as updates on accomplishments and upcoming actions!

Also contact Nancy Webster if you would like to speak at the celebration about ways to help accomplish goals and actions, or help with the event. [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com)

Rockaway Beach Citizens for Watershed Protection is a citizens group that was founded in 2011 in response to clearcutting and aerial pesticide spraying in the Jetty Creek Watershed, the sole source of surface drinking water for Rockaway Beach. Since then, our focus has expanded to include working together with neighboring communities to help protect watershed all along the North Oregon Coast.

One of the goals of Rockaway Beach Citizens for Watershed Protection has been to provide public education about current forestry practices and their impact on water, habitat, and public health. We have been working to bring to public attention what is happening in our local forests and how this has long-term consequences on habitat and public health. We want to insure that our air and water are safe. Under our new name, we plan to continue bringing this dialog to our communities, as well as working to change forestry practices to benefit the common good.

Of critical importance, is the fact that we live in a rainforest, and rainforests play an important role in carbon sequestration. Our forests are being destroyed at a time when they are desperately needed to help combat climate change. In Oregon, current forestry practices are a major contributor to global climate change. Forest defense is climate defense.

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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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# INGO NEWS INDIVISIBLE North Coast Oregon

## INGO EVENTS FEB 2019

### INGO Astoria Community Group

Saturday, Feb. 2, 1 pm  
Street 14 Café, Astoria

### INGO Warrenton

Community Group Meeting  
Saturday, Feb. 2, 11:30 am  
Dooger's, Warrenton

### Clean Energy Jobs Lobby Day

Wednesday, Feb. 6, 9 am  
Oregon State Capitol, Salem

### INGO Advocacy Team

Wednesday, Feb. 6, 6:30 pm  
Seaside Library Board Room

### INGO Seaside-Gearhart

Tuesday, Feb. 12, 6:30 – 8 pm  
Email [incoregon@gmail.com](mailto:incoregon@gmail.com) for location

### INGO Vote the Future Team

Wednesday, Feb. 20, 6:30 – 8 pm  
Seaside Library Board Room

### INGO Book Club

Wednesday, Feb. 20, 6:30 pm  
Email [incoregon@gmail.com](mailto:incoregon@gmail.com) for location



January 2019 Women's March in Astoria

## Measures of Corruption

by David Delk

### Which state is more corrupt: New Jersey or Oregon?

Most Oregonians would say New Jersey. After all, you haven't heard of any arrests or even much in the way of political corruption charges in Oregon. But New Jersey makes you think of Gov. Chris Christie and US Senator Bob Menendez, both personifications of corruption.

But would Oregonians be right in selecting New Jersey?

According to the Center for Public Integrity's 2015 State Integrity Investigation, Oregon is among the most corrupt states in the union. Oregon received an F-grade overall, ranking 42nd out of 50. For public integrity in political financing, "F" again, with only Mississippi ranking worse.

How can this be?

Evaluating states on political finance, the Center asks:

- In law, are there limits on individual donations to candidates and to political parties?
- In law, are there limits on corporate donations to candidates and to political parties?
- In law, are there limits on political action committees' donations to candidates and to political parties?
- In law, are there limits on lobbyists' donations to candidates and to political parties?
- In law, are funds raised by outside groups in coordination with a candidate and then spent in support of that candidate subject to donation limits?
- In law, are all current and former candidates/elected officials prohibited from the personal use of campaign contributions?

For Oregon, the answer to each of these questions is NO.

Oregon is one of only five states with no campaign contribution and expenditure limits. We are the Wild West.

Campaigns in Oregon are getting so expensive that even Governor Brown said that she would make campaign finance reform one of her top 2019 priorities. In spite of making that promise, she then invited big money interests and corporations to donate to her inauguration gala with "platinum circle" sponsorships costing \$50,000. Her campaign noted that the "Kate Brown Committee can accept unlimited contributions, and can take corporate contributions."

A big part of the corrupting influence of the big money story is told in these news headlines during the past year:

- Portland Mayor Ted Wheeler raises \$58,500 in three days
- Michael Bloomberg Gives Biggest Individual Contributions in Oregon Political History
- Knute Buehler Reels in Another Million-Dollar Check From Phil Knight
- Jordan Cove LNG campaign contributions raise questions
- Nike Founder Phil Knight Writes a Million-Dollar Check to Republican Candidate for Oregon Governor Knute Buehler

And those are only the highlights. We will see whether Governor Brown and the Oregon legislature act to resolve the problem.

In the meantime, citizens have moved forward to address the issue themselves. Organized as Honest Elections Oregon, they have written ballot measures in Multnomah County (2016) and the City of Portland (2018) to limit campaign contributions and expenditures, and to require disclosure of the true funders of political ads on the ads themselves. In both cases, voters overwhelmingly approved these municipal measures with nearly 90% voting YES.

The next step is to qualify a statewide ballot measure to amend the Oregon Constitution to allow limits on campaign contributions and expenditures by any legislative body or via the initiative process. Oregon is the only state where the Supreme Court has declared such limits an unconstitutional infringement on individual and corporate free speech. But we the people can overrule the Oregon Supreme Court by amending the constitution.

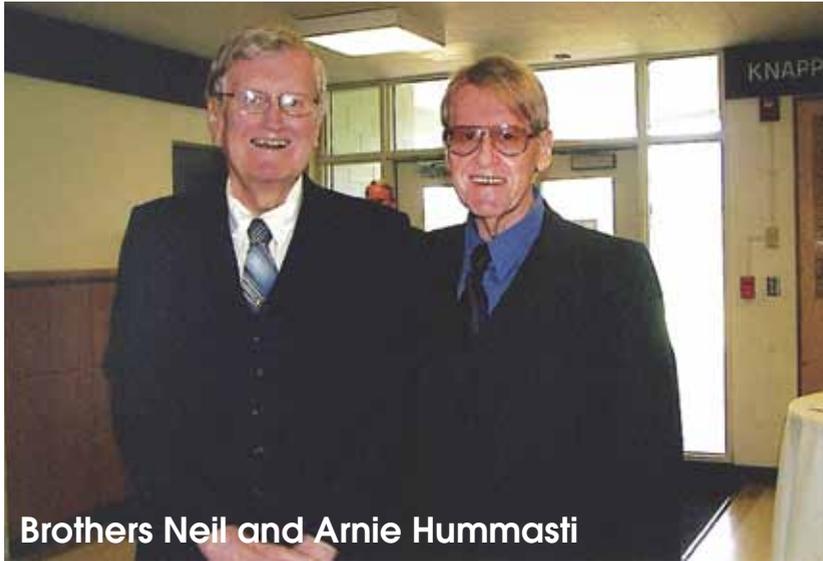
While the language of this measure does not mandate campaign spending limits, it would enable the limits that Oregon voters approved in 2006 via an initiative ballot measure, and it would also enable the Multnomah County and Portland measures to take effect. It would also allow for future legislation on campaign finance by Oregon cities, counties, and the state itself, via the initiative process as well as by a super-majority vote in the legislature.

Now is the time to get involved in reclaiming our democracy. Campaign Finance Reform is a big part of that process. Please visit the Honest Elections Oregon website at <http://or.honestelections.com> to join the effort. While there, you can endorse the campaign, sign the initiative, and download copies of the initiative petition and gather signatures to get this on the Nov. 2020 ballot.

It's our democracy; we can get it back. Act Now!

**David Delk is Chair of the Oregon Progressive Party and was a Chief Petitioner of Measure 46 in 2006 to amend the OR constitution to allow limits. He also founded the Portland Public Banking Alliance several years ago. He lives in Astoria.**

# The Hummasti Brothers of Svensen: Brotherly Love through Publishing



Brothers Neil and Arnie Hummasti

NEIL HUMMASTI (1949–2011), a high school language arts teacher born in Svensen, left behind three novels, two books of nonfiction, and numerous short stories, all of which remained unpublished until his brother Arnie Hummasti established Svensen Pioneer Press to publish them seven years after his death. Arnie released the first two novels, *I See London, I See France* and *Forty Ways to Square a Circle*, last fall.

Neil was the youngest in a Finnish family of three boys, all of whom shared a passion for the humanities and went on to become teachers. Neil taught in Warrenton and Jewell, and as a substitute in Astoria after he retired. He was a lifelong member of the Finnish Brotherhood of Astoria.

Paul George Hummasti, the oldest brother, was a history professor and author of *Finnish Radicals in Astoria, Oregon 1904–1940: A Study in Immigrant Socialism*; he also made films about Uniontown and the history of logging for the Clatsop County Historical Society.

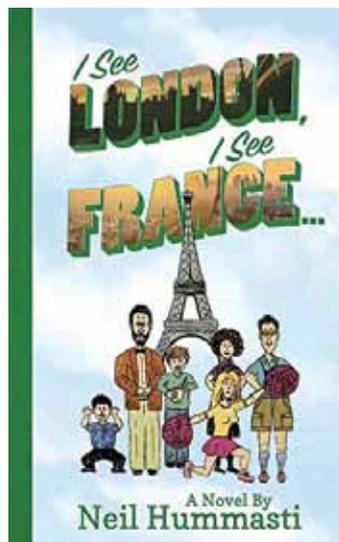
Arnie, the middle brother, taught high school drama and journalism. He started the Lighthouse Repertory Theatre in Crescent City, California, acted in the Ashland Shakespeare Festival, and, in the early 1970s, directed plays at what is now the Columbian Theater in Astoria.

Arnie is the only surviving brother. “We were always a close-knit family,” he says, “and we had your idyllic rural 1950s childhood.” As a child, Arnie says that Neil was more often found with a baseball bat than a pen. Neil’s interest in writing began during college at Portland State University, where he studied history and English, but he didn’t start writing until he took early retirement from teaching due to health reasons.

“He was the type of person who delved into his passions wholeheartedly, so he probably had a pretty rigorous writing schedule,” says Arnie. After Neil died from pancreatic cancer in 2011, Arnie inherited hundreds of thousands of words as a result of that writing schedule. “I considered him a talented writer, and I thought his writing should be more broadly read.”

Nevertheless, Arnie describes the self-publishing process as a daunting experience. “I took it one step at a time and got through it,” he says.

While he decided not to have Neil’s manuscripts edited in any way, he enlisted help for book formatting and cover design. The cover of *I*



*See London, I See France* is based on Neil’s cartoon sketch of his characters. “I just added some color to it,” says Arnie. Neil didn’t consider himself an artist, so Arnie says he may have been embarrassed by that particular design choice. “I don’t think he was intending for it to be the cover, but I think it captures the spirit of the book.”

For the cover of *Forty Ways to Square a Circle*, Arnie enlisted the help of Astoria artist Dave McMacken, an illustrator and painter, to create the cover imagery based on Dante’s *Divine Comedy*.

Both books are available at Finn Ware and RiverSea Gallery in Astoria, at independent bookstores from Astoria to Manzanita, and at the Astoria Public Library. They are also available for purchase from [neilhummasti.com](http://neilhummasti.com), where readers can also download a free collection of Neil’s short stories. E-book versions are available on Amazon.com.

Arnie also had to decide whether or not to use the pseudonym that Neil had intended for himself, Ben Champion. “He wasn’t the type of person who wanted to be front and center,” he says. In the end, because Neil would no longer have to suffer public attention, Arnie decided to use his real name.

By October 2018, after six months of work, Arnie held printed copies of the books in hand. He gave a reading at the Astoria Public Library in December 2018.

Neil Hummasti’s first book, *I See London, I See France*, is a comedic novel in which “an eccentric American family led by a precocious 12-year-old prodigy named Victor takes a European vacation and the continent will never be the same.” The beginning of the book includes a copy of Neil’s successful query letter to an agent, which gives a sense of the book’s tone:

“I am upset about a spot I saw on 60 minutes which portrayed Finns as humorless, pathologically shy, prone to alcoholism, and subject to unquenchable despair. I want to prove that Finns are not humorless! All of the other points I concede.”

While Neil and his agent collected many encouraging rejection letters from publishers, it never got published.

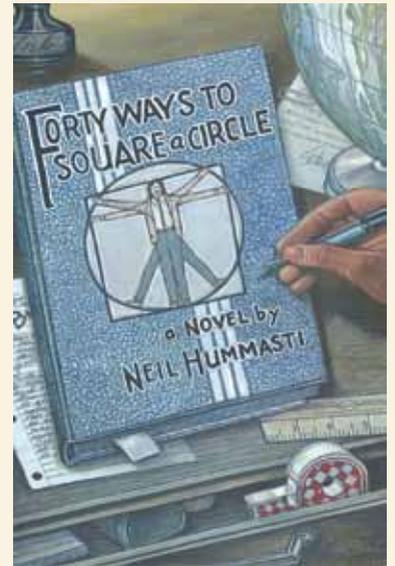
In Neil’s second, more serious book, *Forty Ways to Square a Circle*, “the high school where Casey Merriman teaches English is about to go technology-mad and scrap the humanities. On the home front, Merriman is responsible for the care of an elderly aunt who battles a growing dementia.”

The book is set in 1996 in the fictional town of Coboway, named after a Clatsop Indian chief and based on Astoria. Neil wrote what he knew, as he also cared for an aunt with dementia, Helmi Peterson.

“Much of the dialogue comes straight from our aunt’s mouth,” Arnie says.

Arnie considers this second book to be Neil’s masterwork, describing how it realistically depicts school politics and composite characters from that time. Because Neil is no longer available for interviews, Arnie included Neil’s notes on the book after the manuscript itself. In those notes, Neil explains that the book’s structure is based on Dante’s *Divine Comedy*. Knowledge of Dante is not required to understand the book, however. He writes, “those who choose to read without attending to literary models will not be confounded. Dante is very quiet. Anyone who wishes to ignore him entirely may do so.”

Unfortunately, Neil didn’t have time to shop his second book around before he died. “I’m hoping that he would be pleased to see his books in print,” says Arnie.



Neil Hummasti at 12, pictured as the youngest with the oldest member of the Finnish Brotherhood



# SMART METERS! They're here, they're here . . . but states, municipalities, legislators, scientists, and activists heed the call to risks in health, safety, privacy, cybersecurity, civil rights and the future ramifications of 5G



AS PACIFIC POWER begins rolling out smart meters in Clatsop County, alarmed citizens have raised concerns about negative health and environmental impacts, safety hazards, invasion of privacy, and, most importantly, the hefty opt-out fee imposed on consumers who want to preserve the status quo.

At their meeting Feb. 13, the Clatsop County Board of Commissioners will discuss smart meters, devices that automatically send usage information back to the supplier—in this case Pacific Power—using radiofrequency (RF) signals similar to cellphones and WiFi devices. The agenda does not include a public hearing on this issue, but citizens can talk up to three minutes during the public comment section.

Commissioner Kathleen Sullivan said she and other commissioners have been receiving comments from their constituents, a majority of whom are “concerned on a couple different levels.” They are questioning the opt-out fees, the health risks, whether the smart meters start fires, if meter readers and other utility employees will lose their jobs, if there will be changes to how bills are paid, and if rates will change.

“There is a wide range of concerns,” Sullivan said, adding she does not have the technical background to provide answers to those concerns. “It’s also a question of what the county is able to do.”

Commissioner Lianne Thompson said she is looking forward to “a fair exchange of ideas,” although “what will happen as a result is not clear.”

“I hope we come to a resolution so community members know their concerns have been addressed,” she said. “Nobody wants to give up

control if they are not confident they will be well-treated.”

Both commissioners referenced the ongoing legal battle involving smart meters currently transpiring in Oregon. Josephine County passed an ordinance in October 2018 that was codified as the “Requirement for the provision of consumer choice by utility providers.” The ordinance

states providers must give customers a choice for meter reading and reporting methods without imposing an economic hardship. For properties where the electric company already has installed smart meters, residents can ask for their removal and replacement at no cost.

The Oregon Public Utilities Commission (PUC) promptly sued Josephine County, claiming local jurisdictions do not have the power to decide utility rates. The Oregon Department of Justice is handling the case for the PUC. The Association of Oregon Counties has since intervened on behalf of Josephine County.

### What is Pacific Power’s advantage?

Pacific Power serves more than 750,000 customers in Oregon, Washington and California. For most residents within Clatsop County, Pacific Power is the only option when it comes to power providers, giving them a monopoly in the market.

According to information shared by Pacific Power in a mailer to consumers, the company claims they are upgrading the meters as “part of a statewide investment to help make our power grid more resilient and efficient.” The corporation states smart meters will help them respond faster to outages, give clients useful insights into their energy consumption, and provide a forecast for their next bill.

The state’s PUC is allowing Pacific Power to charge residents a fee of \$36 per month, or \$432 per year, to opt-out. This option is mentioned in a small note at the bottom of the letters to users. The company claims the fee “covers the cost of manually reading the meter,” although that is part of their service in the status quo.

Activists, however, see the unreasonably high fee as a disincentive to further disenfranchise consumers—particularly low-income families—and put them in the position where there is no other option but to accept the smart meter installation.

Pacific Power recently presented a proposal for a Fixed-Bill Pilot, which would be available as early as March 1, but only for a group of 200 customers. According to the power company, the program includes the following features:

- Participating opt-out customers pay a monthly fixed-dollar amount for a 12-month

period and have their meter read three times per year.

- The monthly payment includes an average of the customer’s most recent 12-month energy bills, a 7.5 percent adder fee to cover “energy usage fluctuations,” and \$9 per month as an opt-out fee.

At the end of the year, there would be no reconciliation against the customer’s actual energy consumption, even if it was less than their consumption during the 12-month period upon which their rate is fixed. The power company presented this proposal to the PUC in mid-January.

Ultimately, the commission can intervene and disallow the power company from imposing any fee. The by PUC is required by state law to protect “customers, and the public generally, from unjust and unreasonable exactions and practices and to obtain for them adequate service at fair and reasonable rates.”

In Oregon, however, the PUC members are appointed by the governor rather than elected by the people, which mitigates public accountability. They are not required to hold public hearings or take public input during their decision-making processes.

### Risks of Smart Meters

Groups opposing Pacific Power’s smart meters became increasingly active in February 2018, armed with a growing awareness of the risks posed by smart meters, as well as how they are being installed without informed consent. The smart meter grid plan proposed by Pacific Power and approved by the PUC in 2016 is being implemented primarily with input from stakeholders and without public knowledge.

Many feel that despite advances in smart meter and grid technology, design flaws remain that need to be corrected to address risks to health, privacy, cybersecurity, and failure or surges causing fires, among others. All the while, the meters are being installed on private property, apartment buildings, schools, businesses, and elsewhere.

Smart meters produce RF signals that contribute to an open electromagnetic field (EMF). The World Health Organization’s International Agency for Research on Cancer classified the radiation as a Group 2B human carcinogen.

William Bathgate, a global technology professional from Michigan, created a thorough independent report evaluating the Aclara I-210+C AMI meter, the device being deployed by the utility company. The model meets minimum Federal Communications Commission (FCC) Class B specifications, which activists feel are outdated in terms of addressing EMF radiation.

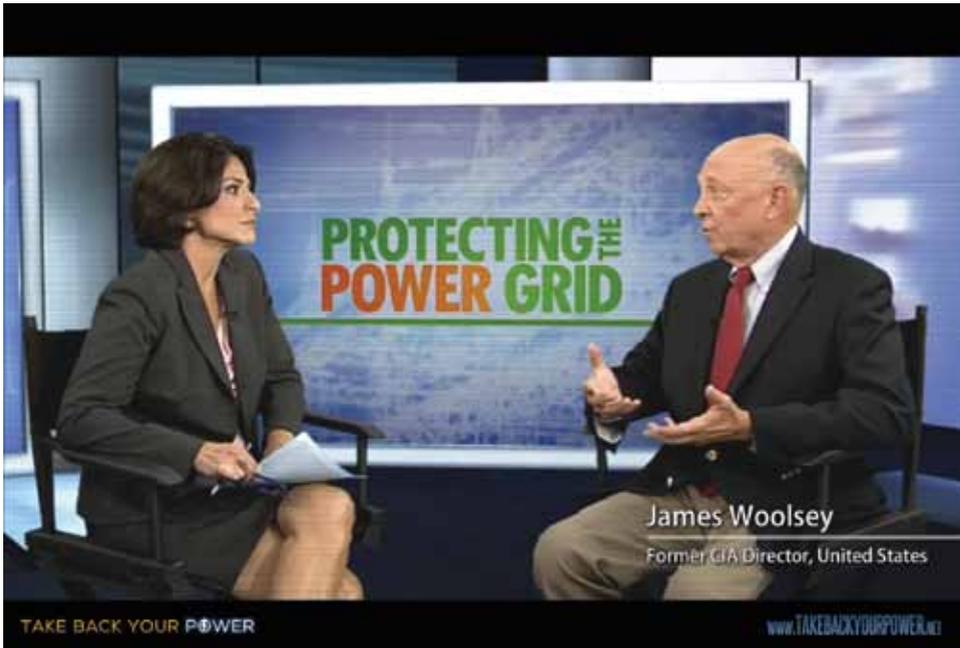


Christopher Paddon, Sustainability Instructor, measures the RF signals on a local, installation. Paddon will help facilitate a community discussion and local info on “opting out” this February.

According to Bathgate’s report, design flaws make the device prone to “creating unpredicted fires” and “causing thousands to become ill” through frequent exposure to RF radiation. There have been more than 800 peer-reviewed independent studies—not funded by the industry—linking the radiation to a group of diseases, including brain cancer, Parkinson’s, Alzheimer’s, high blood pressure, Tinnitus, skin rashes, and open sores.

According to Chris Paddon, a former sustainable energy instructor at Clatsop Community College, “Smart meters are operating at a low enough wattage that it doesn’t create a thermal effect,” which is what the FCC requirements are concerned with. Studies show, however, the meters “do have a physiological effect, even if it’s not direct heating.”

Activists also are worried about the risk to privacy and security posed by a full smart meter program. Consumers agreeing to the service and allowing smart meters to be installed implies they are, by default, agreeing “to the disclosure of personal information to places not named,” Bathgate states.



"A so-called 'smart grid' that is as vulnerable as what we've got is not smart at all. It's a really, really stupid grid." - Fmr CIA Director James Woolsey, in 'Take Back Your Power'

Randal Barrett, an activist from southern Oregon who established NoSmartMeter.org, said the two-way transmission featured by the smart meters opens the door for monitoring and surveillance. Even if that is not currently the case, he said, "They can change it later, and you can't stop them."

Many people also see this as a progression toward the deployment of fifth-generation (5G) telecommunication, the next phase of advanced wireless networking that will intensify EMF radiation, according to Paddon. Every meter acts as a repeater that communicates with other meters in the neighborhood. The transmission is then consolidated into a collector node and sent back to the power company.

"It becomes a mesh," Paddon said. "You've got this blanket of radio transmission, these constant, high-frequency transmissions."

Hundreds of scientists and doctors from across the globe have joined forces to call for a moratorium on the roll-out of 5G, explaining on their website, 5G Appeal, that RF-EMF "has been proven to be harmful for humans and the environment."

Lastly, while Pacific Power is not charging residents for installing the smart meters, Barrett feels they are not being transparent about the cost of the smart grid, making people "think they're getting a meter for nothing."

According to Bathgate's report, homeowners will be required to bear the cost of running the AMI meter, or an estimated \$113.15 per year to power.

"It does not save any energy for the consumer or the utility," Bathgate states. "The current analog meter does not cost the consumer or the utility any energy to power it."

Finally, the smart meter grid centralizes control, giving utility companies the ability to ration or control usage, which makes sense of the surface. Pacific Power's over-simplified justification is they can draw energy from multiple sources and distribute it more evenly— using California sunshine to power Oregon on a rainy day.

Bathgate's response is the incorporation of alternative energy sources only applies to the utility, as consumers do not have the ability to sell back to the grid.

Caren Black, an Astorian who along with Paddon operates the Titanic Lifeboat Academy to help people live in a more self-reliant and sustainable way, described the whole process as "creeping control over a lot of our lives that we don't have a say in."

"If you make the one choice you have, you're penalized for it," she added.

### Smart meter responses nationwide

Smart meters are not unique to Clatsop County. The technology has infiltrated a majority of states and other countries, but not without protest.

Several states across the nation, as well as individual municipalities, have taken steps to interfere with the installation of smart meters within their jurisdiction, or at least empower consumers with the ability to make a choice by not having to bear opt-out fees.

In the Oklahoma State House of Representatives, legislator Dale Derby introduced House Bill 2872, which, as the text states, was designed to "work for the consumers and citizens of the State of Oklahoma and not the utility." The bill, which was introduced in early 2018, provides legislative relief by allowing consumers the right for the removal of the smart meter at no cost; the right to choose the type of utility meter to be installed at their residence, business, or other property; and the ability to retain and operate an electro-mechanic analog meter at no cost. The bill was referred to the utilities companies, where its progress stopped. Similar state bills are up for consideration in Michigan, Massachusetts, Maine, Maryland, Missouri, and New York.

In California, because of push-back, the opt-out fees being imposed are now less than one-third of what Pacific Power is charging, plus they will be discontinued after three years

Additionally, financial assistance is available for those in need.

In April 2018, New Mexico rejected Public Service Company of New Mexico's proposal to deploy smart meters citing a variety of reasons, including rate increases; excessive opt-out fees; and the layoff of numerous meter readers and other employees. Virginia, Kentucky and Massachusetts also have denied smart meter proposals on the basis of the expense of the projects compared to the benefits they provide to consumers.

### What is happening locally and statewide?

In Oregon, municipalities not under the purview of the PUC can create their own ordinances with designated meter choices and opt-out fees. The city of Ashland provided a freedom of choice provision for analog meters via a resolution created in June 2012. Bandon is another municipality that has a policy providing free opt-out from smart meters.

Barrett has addressed the PUC for the three minutes allowed during their public comment section several times, most recently Jan. 15. During that meeting, he asked the commissioners why they failed to ask the power company how much it costs to read a smart meter.

"It costs more than the old system," he stated. "Hiding the expenses of the smart grid and the expenses of the smart meters and only targeting people who refuse to take part in the smart grid is illegal discrimination."

Jackson County Commissioner Colleen Roberts also testified on smart meters at that meeting. She said multiple objections have come before their commission, both verbally and in writing.

"The financial hardships our constituents continue to express objections to are the most concerning," Roberts said.

She brought up the question of where the cost of meter reading has been documented in the past, as it does not show up as a line item on the utility bills consumers receive.

"Without the PUC actually documenting the historic meter-reading fee, I find any billed amount unjustifiable," she told the PUC members, adding that she wonders if "there has been a true cost-analysis."

She gave the example of Jackson County. If roughly 100,000 bills are sent out and 10 percent of consumers opt out, the sum of their \$36 per month opt-out fee would equate to approximately \$4.32 million per year for Pacific Power. Now the power company is considering lowering the rate to \$9 per month, which is still more than \$1 million per year, Roberts said.

"We look to you for examining rates and measures being charged to our citizens," she told the commission members. "What is the cost of meter-reading and how are you addressing that?"

Figuring out 'what's right for you'

Barrett is continuing to build a base. He hopes more attorneys will get involved to legally fight against the opt-out fees as discrimination against low-income customers who can't afford to pay them and will be forced instead to assume the risks associated with smart meters. He does not believe the issue will be resolved in courts at the

## FILM/DISCUSSION

### Take Back Your Power

Tues. Feb 12

Film at 6pm

Doors open 5:30pm

Free Screening

Community Discussion

Follows film (75 min.)

At KALA

1017 Marine Dr. in Astoria

Josh del Sol Beaulieu is the creator of Take Back Your Power, a 2014 documentary about 'smart' meters which won the AwareGuide Transformational Film of the Year, the Indie Fest Annual Humanitarian Award, and a Leo Award.

state level. He has his sights set on getting the issue to the United States Supreme Court.

"It not a hopeless cause, it's a difficult one," Barrett said.

Local activist are encouraging citizens to, first and foremost, become further educated on the issues and to opt-out of the installation until they can make an informed decision. If a customer decides to discontinue opting-out, the power company will install the meter and stop charging the opt-out fee.

On the flip side, Pacific Power will charge \$169 to have the smart meter removed once it already is installed.

By opting out, individuals can buy themselves "a month of time in which to do some homework and talk to some people and figure out what's right for you to do," Black said. "For peace of mind, that's not expensive."

Opting out also is a way of communicating concern to the PUC and other representative bodies and motivating them to realize "people are not really in favor of this," Black said.

"It sends a message, at least," Paddon agreed.

Their hope is the Clatsop County Board of Commissioners and municipalities within Clatsop County will pass moratoriums on the installation of smart meters and/or the opt-out fees until the legal battle involving Josephine County is settled.

To give residents the opportunity to learn more about smart meters and the 5G network, Black and Paddon are facilitating an informational meeting and screening a movie titled "Take Back Your Power" at 5:30 p.m. Tuesday, Feb. 12, at KALA.

Citizens looking for more information are encouraged to check out [5gappeal.eu](http://5gappeal.eu); [safererm.com](http://safererm.com); [stopsmartmeters.org](http://stopsmartmeters.org); [emfsafetynetwork.org](http://emfsafetynetwork.org); and [emfresearch.com](http://emfresearch.com).

CLATSOP COMMUNITY COLLEGE

# 13th Annual International Juried Exhibit Au Naturel: The Nude in the 21st Century

**THE 13TH ANNUAL** international juried exhibit Au Naturel: The Nude in the 21st Century will be on display from January 24 through March 14 at Clatsop Community College's Royal Nebeker Art Gallery located at 1799 Lexington Avenue, Astoria, OR.

A community reception will be held on Thursday, February 7 at 6:00 p.m., and this year's juror will be present to give a brief gallery talk. Awards to be announced at the reception include cash prizes, purchase awards, a special exhibit award to be held during the 2019 - 2020 exhibition season, and a select number of workshop awards. This reception is free and open to the public. A special post-reception gathering will be held at the Inferno Lounge, located at 77 11th Street immediately following the reception.

**Gallery hours are from 9:00 a.m. - 5:00 p.m. Monday through Friday, and Saturdays from 11:00 a.m. - 4:00 p.m. The gallery is open on Sundays and holidays by appointment only. Gallery visitors are invited to cast their vote for their favorite piece in the show anytime throughout the duration of the exhibit. The ballots will be tallied at the close of the exhibition and the winner of the "People's Choice Award" will be announced.**

This year, over 400 images were submitted for consideration by artists from 24 states plus the District of Columbia, as well as international submissions from Canada, France, Italy, and Taiwan. The 2019 exhibit will include 43 works of art by 32 artists from 11 states plus Canada.



Drea Frost Vulnerable to Love and Loss Mixed/Acrylic, 24" X 36" Cannon Beach, OR

The juror for the 2019 exhibit is **Ashley Stull Meyers**, a writer, editor, and curator. Meyers has curated exhibitions and public programming for a diverse set of arts institutions along the west coast, including those in San Francisco, CA, Oakland, CA, Seattle, WA, and Portland, OR. She has been in academic residency at the Bemis Center for Contemporary Art (Omaha, NE) and the Banff Centre (Banff, Alberta). She is currently Northwest Editor for Art Practical and has contributed writing to Bomb Magazine, Rhizome, Arts.Black and SFAQ/NYAQ. In 2017 Stull Meyers was named Director and Curator of The Art Gym and Belluschi Pavilion at Marylhurst University. She will co-curate the 2019 Portland Biennial. Ashley will be giving a talk at 2:00 p.m. on February 8th in the Royal Nebeker Gallery in which she will speak about the upcoming Biennial.

Selecting artwork for each year's show from among the hundreds of submitted images is extremely difficult. Each year, a different juror is invited to select the work for the show, and each juror brings his or her own unique perspective and approach to selection process. In her juror's statement, Ashley explains that her choices were based on "the principles of highlighting contemporary bodies and the value in depicting them with radical clarity."

View the Au Naturel 2019 online gallery at [www.aunaturelart.com](http://www.aunaturelart.com)



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

## 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.

**Saturday Feb 9, 5pm – 8pm. KALA. 1017 Marine Drive in Astoria. 503.338.4878 by appt.**



Henk Pander, The Photographer Painting, 68" x 39" Portland OR



Ashley Stull Meyers

## The Photographic Nude 2019 at LightBox

LIGHTBOX Photographic Gallery opens "The Photographic Nude 2019" with an opening artists' reception on Saturday, February 9th from 5-8 p.m. This is the ninth year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox established "The Photographic Nude" series in 2010 to reveal compelling imagery and to gain an understanding of the nude historically in the photographic medium. With 50 images selected for the exhibit from 35 photographers, this year LightBox is happy to have Renée Jacobs as Juror for the Exhibit. Renée is a celebrated photographer of the female nude and recipient of the International Photography Award for Fine Art Nude. Renée, living in France, is Executive Director of Photos de Femmes, she is a fierce advocate of recapturing the "female gaze" and women's agency in how they are depicted in art and photographic history.



Ana Tornel • Chrysalides 3

The show features many very talented practitioners of the photographic fine art nude from around the world. This year's International entries come from Israel, Spain, and Hungary along with work from around the United States. Congratulations to Allan Barnes of Los Angeles for receiving the Juror's Award as well as Victor Zamanski from Isreal and Ana Tornel from Spain for receiving the 2nd and 3rd Juror's Awards.

**LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238/lightbox-photographic.com**



George Lefferis • Renaissance

## Cannon Beach Gallery 2019 Photography Invitational

THE CANNON BEACH ARTS Association hosts an artist's reception for the 2019 Photography Invitational on Saturday, Feb. 16 at 6pm at the Cannon Beach Gallery. The exhibit features local photographers Justin Bailie, Don Frank, Maya Dooley, George Vetter, Kristin Steinke, Lynne Allison, Kim Rose Adams, Cindi Plath, Carolyn Propst, Julie Adams, and Bob Kroll. The Cannon Beach Photography Invitational is sponsored by the Wine Shack & Martha Moulton will be on display at the Cannon Beach Gallery from Wednesday, Feb. 13 to Sunday, March 24.



Lynne Allison - Findings

The Gallery is hosting a Fisher Poet Reading on Sunday, Feb. 24 from 4 p.m. to 6 p.m. which will include a pop-up art exhibit featuring



Don Frank - Weirdoramic

Drea Frost and Tom Grogg in honor of this event. Drea is a former CBAA art grant recipient and her art has been featured in multiple local galleries and most recently on the cover of Just Movin' the Water Around by Peter Lindsey. The work will be on display in a temporary exhibit starting Friday, Feb. 22 and ending after the Fisher Poet Reading on Sunday.

The Gallery's 2019 Artist in Residence was awarded to Seaside resident and long-time CBAA volunteer Dorota Haber-Lehigh. The grant was generously provided by the City of Cannon Beach from the Community Grant Fund. Dorota will be creating art in the Gallery on Saturdays in February and March between 11am and 4pm. See her work, ask questions, and pick up unique items not available elsewhere. Her work will be featured in a group exhibit with other members of the Oregon Botanical Artists from Wednesday, March 27 to Sunday, May 5.

## CALLING ALL ARTISTS WANTED: ARTWORK ON NORTH COAST BIRDS

EACH APRIL, the Astoria Art Loft honors an endangered species with an exhibit featuring that species, along with a special reception and a speaker knowledgeable on the species. This year, we are focusing on northwest birds, especially those who migrate across wildfire areas. We invite adult artists and child artists to create art featuring a northwest bird for this judged exhibit. A modest award will be given to the artwork considered to be Best in Show

The exhibit will run from April 2 – May 2, 2019 at the Astoria Art Loft, 106 Third Street (above Dots 'N Doodles), from 10 a.m. to 4 p.m. The gala opening will be part of the Second Saturday Art Walk, April 13, from 1 p.m. to 4 p.m. with the special speaker's program at 2 p.m.

Art may be 2-dimensional or 3-dimensional in any art medium, and must not exceed 500 square inches. It should be professionally presented and ready to display. Deliver the art to the Astoria Art Loft, 106 Third Street (above Dots 'N Doodles), Astoria, on Tuesday, March 26 through Thursday, March 28, between 10am and 3:30pm

# February Calendar

## Wednesday 6

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

## Thursday 7

### MUSIC

Basin Street NW. 6pm at the Bridgewater Bistro in Astoria.

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

Hutch Harris. No cover, 9pm at the Labor Temple in Astoria.

### ART

Opening Reception. For Au Nature! 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

Ales and Ideas. White Allyship in Close-Knit Communities. With Alexis James. 7pm at the Fort George Lovell Showroom in Astoria.

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

## Friday 8

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Brian Copeland. No cover, 7pm at the Gearhart Hotel.

Nehalem Winterfest. Kate and the Crocodiles. 7:30pm at the NCRD Performing Arts Center in Nehalem.

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

### ART

Opening Reception. For Prophecy, Intuition and the Secret Language of Birds, by artist Shannon Ayers. 5pm at the Bay City Arts Center in Bay City.

Opening Reception. For Something Old Something New. An exhibition of mixed media artworks (acrylic and collage on watercolor paper) by David Wilson. 5 – 7pm in the Chessman Gallery at the Lincoln City Cultural Center.

### HAPPENING

Books, Brownies, and Browsing. Book, media, and art sale. 10am – 3pm at Grace Episcopal Church in Astoria.

Mother Son Dance. \$25 per couple and \$5 for each additional child. 6 – 8pm at the Seaside Convention Center.

Kerfuffle: A Vintage Burlesque Comedy Revue. The Mischievous Matchmaker. \$15, 9pm at the Labor Temple in Astoria.

### LECTURE

Chuck Willer. Willer will speak about forestry & climate change. 7pm at Tolovana Hall in Cannon Beach.

### THEATER

Beer for Breakfast. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

## Saturday 9

### MUSIC

The Oyster Crackers. Admission by donation. 2pm at River City Playhouse in Ilwaco.

Skadi. 6pm at the Bridgewater Bistro in Astoria.

Josephine County. \$15, 7pm at the Liberty Theater in Astoria.

Bec Pickrel. 7pm at Public Coast Brewing in Cannon Beach.

Nehalem Winterfest. The Pacific Quartet. 7:30pm at the NCRD Performing Arts Center in Nehalem.

Anna Fritz plus David Waingarten. Free, 8pm at the Sou'wester Lodge in Seaview.

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

### ART

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

### HAPPENING

Open Mic and Poetry Reading. 2 – 4pm at the Ocean Park Library in Ocean Park.

# HOLLYWOOD AWARDS NIGHT 2019 AT THE LIBERTY THEATER

THE LIBERTY THEATRE announces the premier of Hollywood's biggest night in Astoria! Yes, superstar guests will walk the red carpet past adoring fans and paparazzi into the glamorous historic theater hosted by Astoria's own Drag Queen Daylight!

No Cable TV? And missing this annual affair. See it on the big screen!!!

There's two levels of experience:

• **3:30pm \$50 VIP Ticket:** Enjoy a private reception on the Mezzanine while watching the OSCAR® Red Carpet Live pre-show on the big screen. Hors d'oeuvres from Fulio's Restaurant and a complimentary drink ticket redeemable for wine or beer from Naked Winery Seaside or Fort George Brewery & Public House. Cash bar available for additional beverages. Reserved seating in the beautiful balcony. This level also includes ABC's live coverage of the Academy Awards, which begin at 5pm.

• **5pm \$25 Awards Ticket:** Enjoy ABC's live coverage of the Academy Awards with a complimentary drink ticket redeemable for wine or beer in the Owl Bar. Reserved seating on our main floor.

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

Books, Brownies, and Browsing. Book, media, and art sale. 10am – 3pm at Grace Episcopal Church in Astoria.

Kerfuffle: A Vintage Burlesque Comedy Revue. The Mischievous Matchmaker. \$15, 9pm at the Labor Temple in Astoria.

Daddy Daughter Dance. \$25 per couple and \$5 for each additional child. 6pm at the Seaside Convention Center.

Your Arts Desire. A Celebration of Art, Wine & Chocolate. Art Sale, Silent Auction, Raffle, Appetizers, Desserts, Drinks and live Music. \$30 - \$35, 6:30 – 9:30pm at the Kiawanda Community Center.

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcycityantiqueweek.com](http://linconcycityantiqueweek.com)

Sweetheart Dance with the Lincoln Pops Orchestra. \$13, or \$25 for two. 7 – 10pm at the Lincoln City Cultural Center.

### LECTURE

Telling it Like it Was. Black in Oregon. With Layne Sawyer. 3pm at the Pine Grove Community House in Manzanita.

### LITERARY

NW Author Series. Author Ellen Notbohm will read from her work. Free, 2pm at the Cannon Beach Library.

Literary Tea. With author Verna Wilcox. 3:30pm at La Tea Da Tea Room in Tillamook.

### THEATER

Beer for Breakfast. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

## Sunday 10

### MUSIC

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

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Coffee Concert. Admission by donation, 2pm at the Lincoln City Cultural Center.

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

Nehalem Winterfest. Mel Brown Quartet. 7:30pm at the NCRD Performing Arts Center in Nehalem.

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

### CINEMA

ALBATROSS. A Love Story for Our Time. Free, 3pm at the Liberty Theater in Astoria.

### FOOD & DRINK

American Legion Auxiliary Smorgasbrod. 11:30am – 1pm at the Naselle High School Commons.

## HAPPENING

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcycityantiqueweek.com](http://linconcycityantiqueweek.com)



Guests are encouraged to show off their star status with a movie-themed costume, or let the glamour of Hollywood inspire an outfit. Need help? Ticket holders receive \$20 off of any fabulous gown over \$100 at Layers Boutique in Astoria - wigs, jewelry, and accessories to complete your look.

This event is not sponsored by or affiliated with the Academy of Motion Picture Arts and Sciences. Bring your Liberty cups to enjoy beverages from our Owl Bar during the show!

### LECTURE

Oregon King Tides and the Future of Our Beaches. 4:30pm at the Hoffman Center in Manzanita.

### LITERARY

Oregon Legacy Literary Author Series. With author Camas Davis. 3pm at the Driftwood Public Library in Lincoln City.

### THEATER

Beer for Breakfast. Comedy. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Vanya and Sonia and Masha and Spike. Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Monday 11

### MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

### HAPPENING

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcycityantiqueweek.com](http://linconcycityantiqueweek.com)

### LECTURE

How to Change Your Habits and Live the Life You Desire. With Jenn Visser. In this presentation you'll learn how to recognize and change many of the parts that come with a habit so you can go on to live your most awesome life. Free, 1pm at the Seaside Library. → cont. p18



## Kerfuffle Vintage Burlesque Comedy Revue presents:

THE MISCHIEVOUS MATCHMAKER overflowing with silly, sultry, and positively sizzling tales of unrequited passion, star-crossed lovers, and celibate cynics.

Audience is encouraged to come dressed in their most Romantic or Cynical Valentine's Day retro finery.

Advance tickets at [brownpapertickets.com](http://brownpapertickets.com)  
\$15/table seating.

**February 8-9 • 9pm**  
**Labor Temple of Astoria.**  
**21+ only.**  
**I'D Req'd.**





Gigi Chadwick, Rick Gray and Sheila Shaffer

PHOTO: BOB KRULL

## ERIC WIEGARDT at RiverSea Gallery

ERIC WIEGARDT, a north coast native and an internationally recognized artist living in Ocean Park, Washington brings a solo exhibition of watercolor and acrylic paintings to RiverSea Gallery. The opening reception is set for Saturday, February 9 from 5:00 to 8:00 during Astoria's Second Saturday Artwalk. The artist will be in house to talk about his new works. Complimentary light bites and beverages will be served and local guitarist Dylan Clodgo will provide original music. The show will remain on display through March 5, 2019.

Many of the paintings in this show are a direct response to the artist's deep connection to the north coast landscape, especially his lifelong love of Willapa Bay, the tidal pulse and flow, the encompassing wetlands and moody skies. A significant number of the works pay homage to the rich heritage of seaworthy vessels that have plied the nearby waters, from dinghies, to sailboats, to trawlers. Others focus on structures and shorelines, glass floats washed in from the sea, or use abstraction to impart the experience of living in the coastal lowlands. As always, a few paintings inspired by the artist's international travels find their way into the mix.

Wiegardt is noted for risk taking in his painting style, achieving a seemingly effortless flow of brushstrokes to



Ilwaco, watercolor, 26x32

compose a painting. With a quick, emotional response and a deft hand, he is an undisputed master of his art. From the remote shores of Willapa Bay, Wiegardt has extended his artistic influence nationally and internationally. In 2012, the most prestigious national recognition for a watercolor, the American Watercolor Society's Gold Medal of Honor. His most recent book, *Painting without a Net*, was published in 2018.

**Opening Reception: Meet the artist Feb 9, 5-8pm. Dylan Clodgo provides original music. RiverSea Gallery, open daily at 1160 Commercial Street in Astoria. 503-325-1270/riverseagallery.com**

## Liesa West Photography

TRAILS END GALLERY presents their featured February artist of the month, fine photographer Liesa West. Receptions at Trails End occur the first Saturday of each month. Other members will be displaying new works of art.

Liesa West joined the Trail's End Art Association in August of 2018 after moving to the area with her husband, John. She has been recognized in social media outlets, such as Coast Explorer Magazine, and Viewbug, where she has won Peer, Community, & Membership Selection Choice Awards, as well as a Spring Selection Award. She has over 2,000 followers between her social media accounts under Photos by Liesa, and her website, [www.photosbyliesa.com](http://www.photosbyliesa.com).

She is passionate about bringing life to her photos, and making people feel like they are in the moment with her. Her main interest is nature photography but she also enjoys finding things that are unique, as well as photo art.

**Trails End Gallery is located at 656 A St, Gearhart (503) 717-9458, Open Wed - Sun, 11am - 3pm. [trailsendart.org](http://trailsendart.org)**



THE HOFFMAN CENTER in Manzanita will offer **SPRING FASCINATOR: A HAT MAKING WORKSHOP SUNDAY, MARCH 24** from 11:00am to 4:00pm. Led by Portland milliner Dayna Pinkham. The tuition of \$125.00 and a materials fee of \$25.00.

Using traditional millinery techniques students will create hat bases out of straw, and decorate with fabric flowers, ribbons, feathers, etc. All materials will be supplied but participants are encouraged to bring personal trinkets and treasures to further adorn and personalize their hats.

The fascinating history of fascinators goes back to the 17th century when a fascinator was an oblong lacy head covering 'fastened' to a woman's head. This century's fascinator is anything but a scarf. Recall the eye-catching ostentatious sculptures worn by



guests at last spring's Prince Harry and Meghan Markle's wedding. Fascinators are stylish, roguish, sassy, personal, or demure.

Dayna Pinkham began her career in Seattle where she apprenticed to the late John Eaton, venerable milliner and fashion designer. Pinkham Millinery is a unique fixture in downtown Portland since 1996. The space functions as both a boutique and showroom and is the primary workshop where Pinkham designs and constructs ready to wear and one-on-a-kind hats for men and women using traditional millinery techniques and materials.

## 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](http://coastertheatre.com) Tickets \$25 - \$20**



Rick Gray & Katrina Godderz

## 10:15 An Astorian Cabaret at Pier Pressure

The TEN-FIFTEEN series, created by Pier Pressure Productions, will make its fifth appearance in the presently under-construction performance space at 1015 Commercial in Astoria. The Pier will be returning to its original format on Friday, February 15th, with two performances of "An Astorian Cabaret" at 10:15 A.M. and 10:15 P.M. Mick Alderman, Rhonda Alderman, Lori Honl, Slab Slabinski, Jordan Griffin, Amber Blecha, Nancy Montgomery, Karen Bain, and Bill Ham will perform for this month's fundraiser designed to showcase the versatility of and to stimulate interest in the future home of Astoria's black box theater. This is a one-day-only event. Donations welcome.



"Third Eye" II, 9 x 12, watercolor and ink on paper

## Mutation/Manifestation Eddie Morgan at McVarish

MCVARISH GALLERY presents watercolor and ink works by Eddie Morgan.

"Mutation/Manifestation" is a collection of 9" x 12" vivid works on paper. "What might seem natural in a toad or a lizard manifests itself as a mutation in the human body. Long ago, the third eye buried itself deep inside the cerebellum, amplifying perception beyond ordinary sight; an uncharacteristic non-dualistic gatekeeper between the unbridled energy core and the esoteric, ancient wisdom of a veiled lodger within." This new series "award his subjects a visible advantage, the third eye is seen as a prominent and self-evident feature, having been transformed into a thing of envy. An Eastern worldview, organic and holistic, in stark contrast to the more mechanistic Western world, yet outwardly manifest as one reality."

An opening reception will be held Second Saturday, Feb. 9 from 5:00 - 8:30 160 10th Street, Astoria/mcvarishgallery.com

AVA GALLERY presents a ceramic invitational: *Find Happiness in a Warm Tea Bowl* featuring five local artists-David Campiche, Loren Cross, Roy Hackett, Colin Meston and Lor Max.

Modern Tea Ceremony, or the Way of Tea, has attracted many followers. Some of those who revere the Tea Ceremony are potters who create Tea Ware (utensils used in the tea ceremony, such as Tea Bowls). The artists in this exhibit are seeking to express the simple beauty and serenity of the Tea Ceremony in their work. The Tea Bowl, found in many styles from the rustic to the formal, is the symbol of the Tea Ceremony and the pleasure of sharing a bowl of tea with friends is considered by many to be a sublime experience.

AVA Gallery is located at 1010 Duane Street. Open for February 9 Second Saturday ArtWalk from 5-8 PM through March 3rd with special support from Astoria Coffeehouse & Bistro, WineCraft and Roll & Bowl. The Gallery is open 12-5 PM, Friday and Saturday.



Lor Max/ceramic Tea Bowl

## TEA BOWL HAPPINESS AVA New Space

## Blue Bond at The Art Loft

THE NORTH COAST has claimed another outstanding artist for its own. Blue Bond, specializing in acrylic and oil, comes from Louisville, KY by way of Tacoma, WA, and places in-between. Always interested in art and always drawing, Bond entered and graduated from the San Francisco Art Institute and became a full time painter in 1967. His style is representational and he especially enjoys painting portraits and animals.

After spending many years painting in New Mexico, Bond moved north to Vancouver, WA. He owned and operated a sign painting company for over 35 years. After selling the sign company, he remained in Vancouver and established a successful career teaching oil and acrylic painting.

With his own vibrant and realistic paintings, Bond made quite a name for himself. In 2005, he was commissioned to do an oil painting to commemorate the 60th anniversary of the ending of WWII. The painting can be seen in the Vancouver National Historic Reserve. In 2016, Bond created the posters and memorabilia for the Cannon Beach Sand Castle event. He and his wife, Karen, own and operate BondStudioGallert2016 in Seaside, OR.

View Bond's paintings at the Feb 9 2nd Saturday Art Walk at Astoria Art Loft. 106 Third Street, Astoria, from 1pm-4pm 503.325.4442, AstoriaArtLoft.com.



Blue Bond

## Encaustics + Miniature Watercolors Hoffman Gallery

THE HOFFMAN CENTER for the Arts Gallery in Manzanita will feature encaustic works by Karl Werner Kaiser of Portland and miniature watercolors by Jaimee Lee Gentile of Eugene during February.

"Coastal Inspirations" were inspired by Kaiser's gazing at the ocean and sky while walking south on Manzanita beach to the Nehalem River jetty. He usually walks every day to capture nature and the world around him.

"The results are linear and abstract filled with layers of color," he said.

Gentile's "Paintings for Hummingbirds" miniature watercolors feature the natural world. Jaimee supplies a magnifying glass to enhance the viewing experience. "I choose to focus my art primarily on wildlife," she said. "I paint tiny watercolors -- portals offering glimpses of the delicateness and majesty of life."

The Hoffman Gallery is free and open to the public on Fridays, Saturdays and Sundays, from 1 to 4pm

## IMOGEN Paintings by FisherPoet George Wilson

WITH THE ANNUAL FISHERPOETS

Gathering just around the corner, Imogen Gallery hosts the third solo exhibition by professional artist/fisherman, George Wilson, who resides in Portland, Oregon. Tides opens February 9th during the Astoria Second Saturday Artwalk with a reception from 5 - 8 pm. Friday, February 22nd from 4 - 6 pm, all are invited for a welcoming reception, to kick off the full weekend of events scheduled for FisherPoets Gathering. The exhibition will remain on display through March 5th.

One wouldn't quickly draw a parallel of career choices between the fishing industry and the arts, whether visual or literary, yet it seems more prevalent than one might assume. Year after year the fishermen who might be poets, or vice versa, convene in Astoria to share their prose, their short stories, their livelihood with those of us who have perhaps never been to sea, let alone experienced firsthand the hard and dangerous work of being a commercial fisherman. Likewise, with visual artists who make their living from the sea. George Wilson is one of those unique individuals, who from childhood has enjoyed the beauty, sometimes solitude and unpredictability of the fishing industry while combining that with his other love, that of the visual language

which he utilizes to narrate his observations as a fisherman.

For this series Wilson brings a collection of small and ethereal watercolor paintings that reflect his strong connection to the sea and its tributaries. Growing up in a generational fishing family in a small village off the coast of Scotland, waterways have always been a part of his existence, as well as a source of livelihood. That profound connection has culminated in an enchanting series of paintings that serve as visual poetry to places he's been, reflecting shoreline and its ever changing edges that define and connect land to sea through ebb and flow of tide.

Wilson who has painted as long as he's fished, eventually found himself entering the academic world with studies at Gray's School of Art, one of the United Kingdom's most prestigious art schools located in Aberdeen, Scotland. After graduating with a focus on painting and drawing, he found his way back to the sea where his time was shared between fishing trips and the studio. His work is a beautiful balance of both worlds with one love always merging with the other.

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



G Wilson, Rain Astoria 9x12

## Baja Paintings Thron Riggs at TEMPO

Thron Riggs has retired from his role as a Columbia River Bar Pilot and has taken up his paint brushes to create acrylic and watercolor paintings. Many of his paintings reflect the coastal landscapes from the Oregon coast down to Baja. Often Thron brings his painting materials with him and paints on location. This past fall he packed up his paints and surfboard and headed down to Baja, where he spent his time painting and enjoying the surf. Many of his new paintings on display at TEMPO GALLERY were created during this trip to Baja.

TEMPO Gallery is located at 1271 Commercial St. in Astoria. Opening Feb. 9 Art Walk, 5-8pm. Takeaway original Thron Riggs bookmarks. Peter Unander plays Jazz Keyboard.



Jaimee Lee Gentile



Karl Werner Kaiser

## The Manzanita Writers' Series PoetryFest 2019 March 15 -17

THE MANZANITA WRITERS' SERIES will host a weekend of poetry workshops and readings on March 15-17, 2019, featuring award-winning poets Andrea Hollander and John Brehm.

The event kicks off at the Hoffman Center for the Arts at 7 pm Friday evening, with a welcome reception for registered participants. Workshops will be held from 9:30 am to 12:30 pm on Saturday and Sunday giving participants the opportunity to work with both teachers

On Saturday from 2 to 4 pm, Oregon Poet Laureate Kim Stafford will offer a free workshop at the North Tillamook Library in Manzanita, open to the general public as well as PoetryFest participants. Seating is limited to 24 participants and will require advance registration at [hoffmanarts.org](http://hoffmanarts.org). From 4:30 to 5:30 pm the Library will host a reading by Stafford, held at the Hoffman Center for the Arts.

Hollander and Brehm will read from 7 to 9 pm, followed by a sale of their books and PoetryFest participant open mic, also at the Hoffman Center for the Arts.

### WORKSHOPS Genie in a Bottle Andrea Hollander

In talking about the essence of good poetry, Richard Wilbur claimed that the power of the genie comes from the very fact of being trapped inside a bottle. All successful

poems contain an underlying structure that gives them solidity, stature. Sometimes such structure is obvious (sonnet, ghazal, villanelle), but even successful free verse poems, which most of us write, are dependent upon form. We will scrutinize a variety of masterful poems in order to better recognize the framework that holds each of them together, our goal being to create poems of such steadfast strength ourselves.

### The Poetry of Praise, John Brehm

In this workshop we'll focus on reading and writing poems that draw on one of humankind's most enduring and life-giving impulses: to praise, to honor, to pay homage, to exalt. We'll use prompts as well as examples from Gerard Manly Hopkins, Pablo Neruda, Elizabeth Bishop, Robert Hass, Denise Levertov, A.R. Ammons, Lucille Clifton, Mark Doty, Ellen Bass, and others, to cultivate the power of praise in our own work.

**PoetryFest registration for the Hollander and Brehm workshops opens February 1. Tuition is \$165. Registration is limited to the first 20 people who register. Registration for the free Kim Stafford workshop at the North Tillamook Library is limited to 24 people. Register at [hoffmanarts.org](http://hoffmanarts.org). Registrants for the paid workshops must also register separately for the Stafford workshop.**



**HAVE YOU EVER WONDERED** what some Oregon coast landmarks would say if they could talk? The stories they could tell are often odder than you think.

This is the idea behind "Quirky Oregon Coast History."

It's a talk given by web journalist and author André GW Hagedstedt, covering the sometimes kooky aspects of history around the coastline, coinciding with Lincoln City's Antique Week.

Wacky and humorous tidbits from regional history will be much of the talk, along with straight-up surprises. They include the goofier aspects of Pixieland and Pixie Kitchen, the rather silly paranormal legends that once sprang from Seal Rock about sea monsters, or the "little flying men" at Devil's Punchbowl. Some legends and odd facts of old lighthouses in the region will also be on tap.

## QUIRKY OREGON COAST HISTORY DRIFTWOOD PUBLIC LIBRARY

The ways in which many coastal towns got their names is not only fascinating but sometimes quirky as well, such as the long, complex process for Lincoln City, to the slightly wacky story behind Cannon Beach's and Seaside's monikers. You'll hear about bizarre structures once built at various locations, and the unsavory world of Oregon coast lodgings 100 years ago. Plus many more little tidbits from all around the coast, including some weird geology facts.

**February 16, 3pm at the Driftwood Public Library - 801 SW Hwy 101 #201, Lincoln City, Oregon. The library is on the second floor.**

### 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. FMI: Mary Lou McAuley [mmcauley05@gmail.com](mailto:mmcauley05@gmail.com)



### WRITE ASTORIA

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 Wed. from 5-7pm.



## Tuesday 12

### MUSIC

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

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

### FILM

Take Back your Power. Investigating the Smart Grid. The film examines scientific analysis of the Smart Meter and 5G. Community discussion and information follows.

Doors open 5:30pm. Beer and light food available for sale. Film at 6pm (75 min.) At KALA, 1017 Marine Drive in Astoria.

### HAPPENING

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcityantiqueweek.com](http://linconcityantiqueweek.com)

## Wednesday 13

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Bryan Foster. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Redray Frazier + Ezra Holbrook. No cover, 7pm at the Adrift Hotel in Long Beach.

### HAPPENING

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

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcityantiqueweek.com](http://linconcityantiqueweek.com)

World of Haystack Rock Lecture Series.

Lifecycle and Rehabilitation of the Common Murre. With Joshua Saranpaa. 7pm at the Cannon Beach Library.

## Thursday 14

### MUSIC

Basin Street NW. 6pm at the Bridgewater Bistro in Astoria.

Aaron Larget-Caplan. A Valentine's and new CD Celebration. \$10 - \$20, 7pm at Grace Episcopal Church in Astoria.

Redray Frazier + Ezra Holbrook. No cover, 7pm at the Adrift Hotel in Long Beach.

Reb Fountain. Free, 8pm at the Sou'wester Lodge in Seaview.

### HAPPENING

Valentine's Comedy Show. With Alex Avery, Nathan Hart and more. \$5, 8:30pm - 10pm at the Labor Temple in Astoria.

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcityantiqueweek.com](http://linconcityantiqueweek.com)

### LECTURE

LNWC Speaker Series. A Marginally Comprehensive Overview of Invasive Weeds Management with Troy Abercrombie. 7pm at the Pine Grove Community House in Manzanita.

### LITERARY

Romance at the Beach. Visits from local Romance authors plus wine and book basket give-away. At Beach Books in Seaside.

## Friday 15

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Three for Silver. No cover, 7pm at the Gearhart Hotel.

Dark Castle, Atriarch, and Salal. \$8 cover, 9pm at Charlie's Choo House in Astoria.

Redray Frazier + Ezra Holbrook. No cover, 9pm at the Adrift Hotel in Long Beach.

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

Erotic City. A Prince Tribute band. \$5 cover, 10pm at the Labor Temple in Astoria.

### HAPPENING

Ft Astoria Becomes Ft George. Tours focusing on the stories and legends of the one acre block that surrounds Ft George Brewery & Public House. Free, Noon - 4:30pm at Fort George Courtyard Sidewalk in Astoria.

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcityantiqueweek.com](http://linconcityantiqueweek.com)

### THEATER

Beer for Breakfast. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

TEN-FIFTEEN Series. An Astorian Cabaret. Donations accepted. 10:15am and 10:15pm at Pier Pressure Productions in Astoria.

## Saturday 16

### MUSIC

Concrt at Naselle Community Center. With Lydia Ballif, Carl Wirkkala, Eichard Ellis, Kim Angelis, and Gene Quillhaugh. 5pm at the Naselle Community Center.

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Adams and Costello. 7pm at Public Coast Brewing in Cannon Beach.

The Half Hearted. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Society of the Silver Cross plus Erina. Free, 8pm at the Sou'wester Lodge in Seaview.

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

### FOOD & DRINK

Crab and Oyster Feed. \$35, seatings at 3, 5, and 7pm. At Norse Hall on Puget Island, Cathlamet.

### HAPPENING

Winter Nordic Market. 10am - 3pm at Suomi Hall in Astoria.

Festival of Dark Arts. Noon - 10pm at Fort George in Astoria.

Ft Astoria Becomes Ft George. Tours focusing on the stories and legends of the one acre block that surrounds Ft George Brewery & Public House. Free, Noon - 4:30pm at Fort George Courtyard Sidewalk in Astoria.

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. [linconcityantiqueweek.com](http://linconcityantiqueweek.com)

### LECTURE

Quirky Oregon Coast History. With Andrew Hagedstedt. 3m at the Driftwood Public Library in Lincoln City.

## Philosophy Talk Feb 28

WHAT IS 'DEEP' TIME? - It's easy to get caught up in the stories & events of our immediate day to day lives. But what happens when we look at these things from a longer view - of centuries, millennia, eons, or even longer? How does this change in perspective change our values & understanding of the world around us? And, are there insights about ourselves that arise when we take the "longer view" of what we are?

Join host **Seth Tichenor** on **February 28, 7pm** at the **Fort George Lovell Room** in Astoria.

## Nehalem Valley Historical Society Telling it Like it Was

### FEBRUARY 9

"Black in Oregon 1840-1870" presented by Layne Sawyer, Reference Manager for the Oregon State Archives.

### March 9

"Surveying Neahkahnie's Treasure Rocks" presented by Phil Costaggini, researcher, author, and Vice President of the Sir Francis Drake Association of Oregon and California. Presentations begin at 3pm.

**At the Historic Pine Grove Community House, in the heart of Manzanita, on the Oregon coast, at 225 Laneda Avenue. 3pm. FREE and open to the public.**

**THEATER**

Robin Hood: The Musical. \$5 - \$10, 2pm at the ASOC Playhouse in Astoria.

Beer for Breakfast. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

**Sunday 17**

**MUSIC**

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

Skadi. 6pm at the Bridgewater Bistro in Astoria.

Camp Magruder Free Concert. A Choir camp concert. Free, 7pm at Camp Magruder, Rockaway Beach.

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

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

**CINEMA**

Coraline 10th Anniversary Charity Screening. \$10, 7pm 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**

Ft Astoria Becomes Ft George. Tours focusing on the stories and legends of the one acre block that surrounds Ft George Brewery & Public House. Free, Noon - 4:30pm at Fort George Courtyard Sidewalk in Astoria.

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. linconcityantiqueweek.com

Conversation Project: The Ecology of Creative Space. Join facilitator Maesie Speer for a conversation that asks, "Can we find inspiration from our natural surroundings to imagine new ways to build creative spaces?" This conversation will include some hands-on activities. 2pm at the Lincoln City Cultural Center.

**LITERARY**

Oregon Legacy Literary Author Series. With author Victor Lodato. 3pm at the Driftwood Public Library in Lincoln City.

**THEATER**

Robin Hood: The Musical. \$5 - \$10, 2pm at the ASOC Playhouse in Astoria.

Vanya and Sonia and Masha and Spike. Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Beer for Breakfast. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

**Monday 18**

**MUSIC**

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

**HAPPENING**

Lincoln City Antique Week. A city-wide celebration of all things vintage, including an antique train display, antique sales and more. linconcityantiqueweek.com

**Tuesday 19**

**MUSIC**

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

**CINEMA**

2019 Oscar Nominated Shorts. \$10/per night or \$28 for all three nights. 7pm at the Lincoln City Cultural Center.

**Wednesday 20**

**MUSIC**

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

**CINEMA**

2019 Oscar Nominated Shorts. \$10/per night or \$28 for all three nights. 7pm at the Lincoln City Cultural Center.

**Thursday 21**

**MUSIC**

Basin Street NW. 6pm at the Bridgewater Bistro in Astoria.

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

Gary Allan. \$50 - \$65, 8pm at Chinook Winds in Lincoln City.

**CINEMA**

2019 Oscar Nominated Shorts. \$10/per night or \$28 for all three nights. 7pm at the Lincoln City Cultural Center.

**LECTURE**

Salty Talk. With Marty Bennet. Marty will discuss the design and building elements that make boats safe and perform well in the wild, local waters of the Columbia Pacific.

Ecology Speaker Series. Free, 7pm in Room 219, Columbia Hall, at CCC in Astoria.

**Friday 22**

**MUSIC**

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Bill Wadhams & Friends. No cover, 7pm at the Gearhart Hotel.

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

Gary Allan. \$50 - \$65, 8pm at Chinook Winds in Lincoln City.

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

**CINEMA**

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

**HAPPENING**

FisherPoets Gathering. A celebration of the commercial fishing industry in poetry, prose and song. Multiple events at multiple venues in Astoria. \$15 for event button for admission to all events. fisherpoets.org

**THEATER**

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

**Saturday 23**

**MUSIC**

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Navid Eliot. Free, 8pm at the Sou'wester Lodge in Seaview.

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

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

**ART**

Tillamook Downtown District Art Walk. 1 - 3pm in downtown Tillamook.

**HAPPENING**

FisherPoets Gathering. A celebration of the commercial fishing industry in poetry, prose and song. Multiple events at multiple venues in Astoria. \$15 for event button for admission to all events. fisherpoets.org

**THEATER**

Robin Hood: The Musical. \$5 - \$10, 2pm at the ASOC Playhouse in Astoria.

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

Murder at the Oscars. Dinner Theater. \$22 per person, or \$37 for two. Seatings at 3 and 7pm at the Lincoln City Cultural Center. Get tickets at lincolncityculturalcenter.org

Sunday 24

**MUSIC**

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

Skadi. 6pm at the Bridgewater Bistro in Astoria.

**Sou' Wester presents SPACENESS**

March 1 - 3

a weekend long celebration of time, space and the unknown through exploration of experimental art, media and performance. Spaceness is a FREE event and welcoming to people of all ages.

Eat what the humans eat - a Flying Saucer Breakfast Tostada while listening to an experimental sound piece re-telling the alleged 1947 UFO crash in Roswell, New Mexico.

Enjoy an Introduction to Galactic Alienology; Out of nothing comes - a performance explores the limitations of physical & metaphysical love, space; Aura Reader is an 11 channel TV installation, sensor, and communicative object that provides a diagnosis of visitors' auric energy; HUMAN SONG is a piece of music for a chorus of overtone flutes in attempt to create a Universal expression.

These are just a few of the fronting projects you can experience at the 5th annual SPACENESS. Opportunities to donate come with goodie bags, overnighters and tax deductible ways to support the artists.

For a full roster of artists sowesterlodge.com



**Wednesday 27**

**MUSIC**

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Chuck Whitley. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

**HAPPENING**

Repair Café. A community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. 4 - 8pm at 1010 Duane Street in Astoria.

**Thursday 28**

**MUSIC**

Equinox Jazz Ensemble. 6pm at the Bridgewater Bistro in Astoria.

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

**LECTURE**

What is Deep Time? With Seth Tichenor. Free, 7pm in the Fort George Lovell Showroom.

**Friday 1**

**MUSIC**

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

**ART**

Spaceness. Experimental art, media, and performance. Free and open to the public. Starting at 7pm at the Sou'wester Lodge in Seaview.

**Saturday 2**

**MUSIC**

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Correo Aero Trio. \$15, 7pm at the Hoffman Center in Manzanita.

Terry Schumacher. \$25, 7pm at the Lincoln City Cultural Center.

**ALBATROSS: A LOVE STORY FOR OUR TIME**

February 10th, 3pm

Friends of Haystack Rock is presenting a free screening of Chris Jordan's documentary, ALBATROSS. This documentary is a powerful visual journey into the heart of a gut-wrenching environmental tragedy highlighting the impact of ocean plastics on Albatross. On one of the remotest islands on Earth, tens of thousands of albatross chicks are born each year. Returning to the island over several years, Director Chris Jordan and his filming team witnessed cycles of birth, life, and death of these magnificent creatures as a multi-layered metaphor for our times.



The film run time is 97 minutes and will be followed by a question and answer panel consisting of marine science professionals.

ALBATROSS is an adult film with strong emotional content, recommend for viewers age 12 and above. Free to the public - no tickets needed.



### BEST PICTURE

**Pick: Green Book** After winning the Producers Guild Award, *Green Book* stamped itself as the favorite for the Oscar. An entertaining civil rights-era racial drama with comic overtones, movie pairs together mismatched opposites, when African-American jazz pianist Don Shirley (Mahershala Ali) hires Italian-American bouncer Tony "Lip" Vallelonga (Viggo Mortensen) to be his driver in a tour of the Deep South in the early '60s. The cultured, aristocratic Shirley is the polar opposite to blue collar Tony, who puts aside his feelings about African-Americans and takes the job out of necessity. Initially, Shirley is put off by Tony's manners, eating habits and speech and considers him nothing but an uncouth employee, but opposite-learn-from-each-other fashion, Tony gets the uptight Shirley to loosen up, enjoy some KFC and even play some lowdown music in a black roadhouse. In the Deep South, Tony learns firsthand what African-Americans live with every day when Shirley, after playing shows for rich white people is forced to stay in flophouses reserved for blacks and the two are continually harassed by cops. Eventually, the two men from very different backgrounds bridge them and become friends.

**Other Nominees:** *Black Panther* / *BlacKkKlansman* / *Bohemian Rhapsody* / *The Favourite* / *Roma* / *A Star Is Born* / *Vice*

### BEST DIRECTOR

**Pick: Alfonso Cuarón (*Roma*)** Cuarón looks poised to pick up his second directing Oscar five years after first winning for *Gravity*. *Gravity* though, was a commercial picture. *Roma* is a very different movie. A black-and-white art movie heavily based on the director's own upbringing in Mexico City. Cuarón had been wanting to make a movie about his childhood for more than a decade, dealing with hurts like his father leaving the family. "[Jorge Luis] Borges talks about how memory is an opaque, shattered mirror, but I see it more as a crack in the wall. The crack is whatever pain happened in the past. We tend to put several coats of paint over it, trying to cover that crack. But it's still there," he said in *Variety*. Since Cuarón was a 10-year-old in the early '70s, he decided to change the point of view of movie to that of his beloved housekeeper, lightly fictionalized in *Roma* as Cleo, a woman from rural Mexico just as the real housekeeper was. "Like so many domestic

workers, they go beyond a normal job and take on all these roles that are supposed to be covered by the parents," Cuarón says.

**Other nominees:** Spike Lee (*BlacKkKlansman*) / Pawel Pawlikowski (*Cold War*) / Yorgos Lanthimos (*The Favourite*) / Adam McKay (*Vice*)



### BEST ACTOR

**Pick: Rami Malek (*Bohemian Rhapsody*)** When Egyptian-American Malek embarked on an acting career he never thought he would get leading roles due to his ethnicity. Slowly, he built a career in supporting parts. He caught a break in 2010 playing PFC Snafu Shelton in the HBO series *The Pacific* and caught the eye of Steven Spielberg. Then Malek caught the eye of Egyptian-American producer Sam Esmail, who had had no success casting the lead in his cyber-thriller TV series. When Malek was cast as Elliot in *Mr. Robot*, he became a household name. After an initial attempt to put together a Queen movie fell apart, producer Graham King noticed Malek on *Mr. Robot* and cast him as Freddie Mercury, a fact that amazed Malek because as he said, the characters of the introverted, hoodie-wearing Elliot and the charismatic, flamboyant rock star were complete opposites. Malek nailed the part of Mercury, drawing on his own upbringing to play an outsider -- the Zanzibar-born, bisexual with a heavy overbite who transformed himself from an immigrant's son named Farouk into Freddie Mercury, quite possibly the greatest rock singer ever.

**Other nominees:** Christian Bale (*Vice*) / Bradley Cooper (*A Star Is Born*) / Willem Dafoe (*At Eternity's Gate*) / Viggo Mortensen (*Green Book*)

### BEST ACTRESS

**Pick: Glenn Close (*The Wife*)** Eight looks to be the lucky number for seven-time Oscar nominee (but never winner) Glenn Close. In *The Wife*, she plays Joan Castleman, the spouse of celebrated novelist Joe Castleman (Jonathan Pryce), who is due to receive the Nobel Prize for Literature in 1992. Joan is supportive and loyal to a fault, barely reacting to her husband's affairs and always there for him professionally. But Joan holds a dirty secret within her about her husband. As the Nobel Prize ceremony approaches and Joe is lauded as a literary master while she is shunted off to the side, Joan's inner rage, which she has suppressed for decades, nears the surface. We see in flashbacks to the '50s where Joan is a talented student at Smith, and worships at the feet of her creative writing professor, Joe. Impressed by Joan's talent and beauty, Joe has an affair with her, eventually leaving his wife and baby for her. They marry, but in the '60s, Joan realizes writing is a man's game and gives up her literary ambitions for the sake of her marriage. On the plane to Stockholm Joe is approached by journalist Nathaniel Bone (Christian Slater) who is researching a biography on Joe and Joan. The thought that their personal and professional relationship is being examined unnerves the Castlemans, and Joe blows off Bone's interview request. However, Joan later meets with Bone, who has discovered a connection between a story Joan wrote in college and her husband's work. **Other nominees:** Yalitza Aparicio (*Roma*) / Olivia Colman (*The Favourite*) / Lady Gaga (*A Star Is Born*) / Melissa McCarthy (*Can You Ever Forgive Me?*)



### BEST SUPPORTING ACTOR

**Pick: Mahershala Ali (*Green Book*)** Two years after his breakthrough performance in *Moonlight* garnered him an Academy Award, Ali is poised to pick up his second Best Supporting Actor Oscar for his performance as Don Shirley in *Green Book*. Basically an *Odd Couple* pairing of opposites which is the source of both drama and comedy, Shirley is the Felix to Viggo Mortensen's Oscar. Shirley is fastidious in both appearance and manner, and high-minded in his classical/jazz choice of material, but he is a man on an island. Shirley is black in a period when segregation was still practiced in parts of the country. He keeps people at arms-length, seemingly having no friends, only employees. Shirley actually has more in common with the rich white people he performs for than the African-Americans he encounters in the south. On top of that, he is gay, making him racially, culturally, and sexually isolated. Enter Tony

Lip, the blue collar lout who overcomes his own racism to break down Shirley's barriers in humorous and touching fashion, resulting in the mismatched traveling companions becoming friends.

### Other nominees:

Adam Driver (*BlacKkKlansman*) / Sam Elliott (*A Star Is Born*) / Richard E. Grant (*Can You Ever Forgive Me?*) / Sam Rockwell (*Vice*)

### BEST SUPPORTING ACTRESS

**Pick: Regina King (*If Beale Street Could Talk*)**

Veteran actress Regina King (*The Leftovers*) vaulted herself into the pole position with her Golden Globes win for her performance as Sharon Rivers in Barry Jenkins's (*Moonlight*) adaptation of the James Baldwin novel. Essentially a story of young love between Fonny (Stephen James) and Tish (Kiki Layne) in 1970's New York. Fonny and Tish meet, fall in love and move in together, but their world is turned upside down when Fonny is charged with raping a Puerto Rican woman, despite the fact that it would have been impossible for him to commit it. When Tish tells Sharon that she is pregnant, the news is taken with joy by her mother but when Sharon invites Fonny's family to share the news, Tish's conservative mother reacts with horror to a child being born out of wedlock, until Sharon sets her straight. With Fonny awaiting trial on the rape charge, Sharon takes it upon herself to fight for Fonny's freedom by flying to Puerto Rico to confront the woman who accused him.

**Other nominees:** Marina de Távira (*Roma*) / Amy Adams (*Vice*) / Emma Stone (*The Favourite*) / Rachel Weisz (*The Favourite*)

### BEST ORIGINAL SCREENPLAY

**Pick: *The Favourite*** (Deborah Davis, Tony McNamara)

**Other nominees:** *Green Book* (Nick Vallelonga, Brian Currie, Peter Farelly) / *First Reformed* (Paul Schrader) / *Roma* (Alfonso Cuarón) / *Vice* (Adam McKay)

### BEST ADAPTED SCREENPLAY

**Pick: *BlacKkKlansman*** (Charlie Wachtel, David Rabinowitz, Kevin Willmott, Spike Lee)

**Other nominees:** *If Beale Street Could Talk* (Barry Jenkins) / *Can You Ever Forgive Me?* (Nicole Holofcener and Jeff Whitty) / *The Ballad of Buster Scruggs* (Joel Coen, Ethan Coen) / *A Star Is Born* (Eric Roth, Bradley Cooper, Will Fetters)



# FREE WILL ASTROLOGY

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♈ 11° ♀ 6' 27° ♁ 7' 15° ♃ 54' 0° ♄ 48'

## Fortune Cookie-style Horoscopes for the Next Five Months

**ARIES (March 21-April 19):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: You'll be invited to make a pivotal transition in the history of your relationship with your most important life goals. It should be both fun and daunting! MARCH: Don't waste time and energy trying to coax others to haul away the junk and the clutter. Do it yourself. APRIL: The growing pains should feel pretty good. Enjoy the uncanny stretching sensations. MAY: It'll be a favorable phase to upgrade your personal finances. Think richer thoughts. Experiment with new ideas about money. JUNE: Build two strong bridges for every rickety bridge you burn. Create two vital connections for every stale connection you leave behind.

**TAURUS (April 20-May 20):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: You have access to a semi-awkward magic that will serve you well if you don't complain about its semi-awkwardness. MARCH: To increase your clout and influence, your crucial first step is to formulate a strong intention to do just that. The universe will then work in your behalf. APRIL: Are you ready to clean messes and dispose of irrelevancies left over from the past? Yes! MAY: You can have almost anything you want if you resolve to use it for the greatest good. JUNE: Maintain rigorous standards, but don't be a fanatic. Strive for excellence without getting bogged down in a counterproductive quest for perfection.

**GEMINI (May 21-June 20):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: Be alert for vivid glimpses of your best possible future. The power of self-fulfilling prophecy is even stronger than usual. MARCH: High integrity and ethical rigor are crucial to your success — and so is a longing for sacred adventure. APRIL: How can you make the best use of your likability? MAY: Cheerfully dismantle an old system or structure to make way for a sparkling new system or structure. JUNE: Beginner's luck will be yours if you choose the right place to begin. What's a bit intimidating but very exciting?

**CANCER (June 21-July 22):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: Your sensual magnetism peaks at the same time as your spiritual clarity. MARCH: You want toasted ice? Succulent fire? Earthy marvels? Homey strangeness? All of that is within reach. APRIL: Sow the seeds of the most interesting success you can envision. Your fantasy of what's possible should thrill your imagination, not merely satisfy your sense of duty. MAY: Deadline time. Be as decisive and forthright as an Aries, as bold as a Sagittarius, as systematic as a Capricorn. JUNE: Go wading in the womb-temperature ocean of emotion, but be mindful of the undertow.

**LEO (July 23-Aug. 22):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: There's a general amnesty in all matters regarding your relationships. Cultivate truces and forgiveness. MARCH: Drop fixed ideas you might have about what's possible and what's not. Be keenly open to unexpected healings. APRIL: Wander out into the frontiers. Pluck goodies that have been off-limits. Consider the value of ignoring certain taboos. MAY: Sacrifice a small comfort so as to energize your ambitions. JUNE: Take a stand in behalf of your beautiful ideals and sacred truths.

**VIRGO (Aug. 23-Sept. 22):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: Master the Zen of constructive anger. Express your complaints in a holy cause. MARCH: You finally get a message you've been waiting to receive for a long time. Hallelujah! APRIL: Renew your most useful vows. Sign a better contract. Come to a more complete agreement. MAY: Don't let your preconceptions inhibit you from having a wildly good time. JUNE: Start your own club, band, organization, or business. Or reinvent and reinvigorate your current one.

**LIBRA (Sept. 23-Oct. 22):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: Be open to romantic or erotic adventures that are different from how love

has worked in the past. MARCH: You'll be offered interesting, productive problems. Welcome them! APRIL: Can you explore what's experimental and fraught with interesting uncertainty even as you stay well-grounded? Yes! MAY: You can increase your power by not hiding your weakness. People will trust you most if you show your vulnerability. A key to this season's model of success is the ability to calmly express profound emotion. JUNE: Wild cards and X-factors and loopholes will be more available than usual. Don't be shy about using them.

**SCORPIO (Oct. 23-Nov. 21):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: The world may finally be ready to respond favorably to the power you've been storing up. MARCH: Everything you thought you knew about love and lust turns out to be too limited. So expand your expectations and capacities! APRIL: Extremism and obsession can be useful in moderation. MAY: Invisible means of support will become visible. Be alert for half-hidden help. JUNE: Good questions: What do other people find valuable about you? How can you enhance what's valuable about you?

**SAGITTARIUS (Nov. 22-Dec. 21):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: You'll have the need and opportunity to accomplish some benevolent hocus-pocus. For best results, upgrade your magical powers. MARCH: Make sure the Turning Point happens in your power spot or on your home turf. APRIL: You should be willing to go anywhere, ask any question, and even risk your pride if necessary so as to coax your most important relationships into living up to their potentials. MAY: If at first you don't succeed, change the definition of success. JUNE: You can achieve more through negotiation and compromise than you could by pushing heedlessly ahead in service to your single-minded vision.

**CAPRICORN (Dec. 22-Jan. 19):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: A new phase of your education will begin when you acknowledge how much you have to learn. MARCH: Initiate diplomatic discussions about the Things That Never Get Talked About. APRIL: Revise your ideas about your dream home and your dream community. MAY: You have the power to find healing for your oldest lovesickness. If you do find it, intimacy will enter a new Golden Age. JUNE: Solicit an ally's ingenuity to help you improvise a partial solution to a complex problem.

**AQUARIUS (Jan. 20-Feb. 18):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: Start a new trend that will serve your noble goals for years to come. MARCH: Passion comes back into fashion with a tickle and a shiver and a whoosh. APRIL: As you expand and deepen your explorations, call on the metaphorical equivalents of both a telescope and a microscope. MAY: This is the beginning of the end of what you love to complain about. Hooray! JUNE: You'll have an abundance of good reasons to celebrate the fact that you are the least normal sign in the zodiac. Celebrate your idiosyncrasies!

**PISCES (Feb. 19-March 20):** Here are your fortune cookie-style horoscopes for the next five months. FEBRUARY: You'll have a knack for enhancing the way you express yourself and present yourself. The inner you and the outer you will become more unified. MARCH: You'll discover two original new ways to get excited. APRIL: Be bold as you make yourself available for a deeper commitment that will spawn more freedom. MAY: What are the gaps in your education? Make plans to mitigate your most pressing area of ignorance. JUNE: Your body's ready to tell you secrets that your mind has not yet figured out. Listen well.

Go here to read all the long-term, big-picture horoscopes I've written about the story of your life in 2019: <https://bit.ly/YourGloriousStory2019>

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammit-McDonald

## Lunar Bike Landings

I ADMIT IT: I'm a space geek. Alas, the discovery that I'm claustrophobic and don't like being whirled around on amusement-park rides, let alone the famous "Vomit Comet" astronaut-training apparatus, put an end to my dreams of joining NASA. Thus, I content myself with writing science fiction and checking out space-telescope pictures online the way some folks ogle, um, non-celestial bodies.

The state-of-the-art equipment that gets sent into space to investigate, say, Mars' surface also intrigues me. Yet I wonder, isn't there a place for simple, worry-free devices in space?

That question brings me back to my longtime fantasy: riding a bike on the moon. Is that possible, and wouldn't it be energy-saving for astronauts to pedal themselves around, compared to a solar-powered moon buggy?

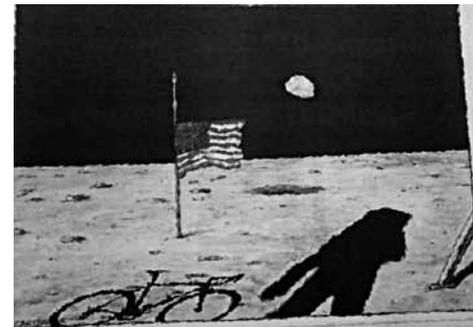
If you count the stationary type, bikes have already taken their place in space. Astronauts on the International Space Station use a stationary bike to maintain muscle tone in their weightless environment. But what about exploring alien worlds on a specially adapted spacefar-ing bike?

A science question and answer website (humorously named "The Naked Scientist") tackled the logistics of a lunar ride: <https://www.thenakedscientists.com/articles/questions/what-would-it-be-cycle-moon>. Dave, the consulting scientist who handled this question, observes that two factors would make the rider's experience on the moon different from on Earth: the moon's lower gravity and the low air resistance as a result of the moon's lack of an atmosphere. These factors combine to slow one down (low gravity), but in other ways, it's as if you were traveling extremely fast (lack of friction). Thus, even though you'd be bouncing along at a gentle pace, if you turned a corner hard or struck a moon rock, you'd skid out or fly into the non-air.

As for your equipment, what modifications would you have to make to a bike to adapt it to the moon or another terrestrial planet? (Gas giant-traversing bikes are far beyond our technological capabilities at the moment, although

it would be amazing to zip around the Great Red Spot, the ultimate velodome course.) NASA hasn't yet developed a moon-capable bike, but more prowling on the Internet revealed that the agency had considered deploying mini motorbikes as backups for the moon buggy during the Apollo landings.

The car-enthusiast website Jalopnik provides the details, including photos



of 1960s mini-bikes worthy of appearing in a Fourth of July parade, ridden by Elks Club members. (Raphael Orlove, "NASA Almost Sent a Motorcycle to the Moon," [https://jalopnik.com/nasa-](https://jalopnik.com/nasa-almost-sent-a-motorcycle-to-the-moon-1793535699)

[almost-sent-a-motorcycle-to-the-moon-1793535699](https://jalopnik.com/nasa-almost-sent-a-motorcycle-to-the-moon-1793535699).) Engineers used beeswax as a coolant; would it work for lubing a bike's chain on the moon, whose temperatures fluctuate between infernally hot and well below freezing cold? The bike's battery pack proved too small for the task and the moon buggy worked fine, so this bike-in-space never left terra firma, although astronauts did test it in the Vomit Comet.

Science fiction movies and television programs often depict a far future, with terraformed colonies on Mars and other places that would otherwise be inhospitable, populated by futuristic motor vehicles. But what about bikes? A feminist SF writing team has compiled a book of short stories on the subject, *Bikes In Space: Feminist Bicycle Science Fiction (Microcosm, 2018)*, where strong, resourceful heroines take on various space dilemmas on two or more wheels. (Perhaps I'll review it in my next column.)

With so many more urgent problems troubling our own planet, space travel remains a remote dream. It's my hope that, should our species discover a way to get there that doesn't require a zillion non-renewable resources, somebody will find a spot for a bike among the cargo.

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

### WORKSHOPS/CLASSES

**RELAX INTO MEDITATION WORKSHOP.** Information and practice of qi gong health postures and guided meditation. Saturday Feb. 9th and March 9th. 11am-1pm. SCCC. clatsopcollege.edu. Linda Lawson. 720-301-3993.

**COPTIC STITCH BOOKBINDING.** February 16. With Jillian Barthold. Learn the basic tools used in bookbinding and the step by step process of making a hard cover Coptic stitch book. \$30, noon - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

**USE YOUR WORDS.** How to Write for a Reader, Edit for a Publisher. A one-day writing conference. February 16. With Karen Karbo, Dene Danfeld, Deborah Reed and more. Spend a day at the beach, trapped in a room with professionals sharing insights and tips on how to get that manuscript out into the world. \$99, 9:30am - 5:30pm at the Hoffman Center in Manzanita. Workshops, panel discussion and more. Register at hoffmanarts.org

**NONPROFIT LEARNING SERIES.** February 16. Whether you are new to board service or a long-serving member this training will clarify your responsibilities, give your board tools for recruitment and retention, and inspire you to find new ways to engage your board in fundraising. \$55, 1 - 4:30pm in the Officer's Mess Hall at the Port of Tillamook Bay. Register at nonprofitsteward.org

**STORY IS A CHANCE:** Writing as Spiritual Practice. With Melissa Bennett. In this workshop, we will utilize sitting and walking meditation practices as a way to slow down and take time to listen deeply to our own stories. \$40, 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

**INDIGO SHIBORI, BATIK, & DIP-DYE.** March 9. With Carolyn Hopkins. Learn shibori and wax-resist techniques in order to create patterns on your naturally dyed indigo piece. \$40 + \$10 materials fee. 1 - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

### BODY WORK•YOGA•FITNESS

**QIGONG WALKING AND FORMS.** Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

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

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

**RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio.** Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow, Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2 price for new students first month and locals residents first day free. Free parking

and a handicapped ramp is available. <http://riverszen.com> or [Facebook.com/RiversZen](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](http://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](mailto: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](mailto: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 respect-

fully 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](mailto:info@cgifellowship.org) or call 916-307-9790.

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

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

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

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

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

### VOLUNTEER

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



**Weekly Habitat Restoration/Stewardship Work Parties.** 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, [lnct@nehalemtnet.net](mailto: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](mailto: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](http://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 February 28 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- February 28, 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](http://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 Ginnerich & 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 Scorcher Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777. Or message us through facebook at North Coast La Leche League.

## Messages Sonja Grace

mystic healer



## TOLERANCE

WHEN WE THINK of being intolerant, we think of food allergies such as lactose intolerance from a shortage of digestive enzymes. Intolerance is a lack of respect for practices and beliefs other than one's own.

Historically humans have been intolerant of each other for not having the same values, ideals, religion, sexual orientation, politics and race which has resulted in separation, hostility, hatred and even death. As individuals and the collective we all have karma around intolerance which has cycled throughout our lifetimes. How do we get tolerance back? First, we recognize that we all share one important feature in being

human - feelings. We all have the same emotional palette. You feel pain - I feel pain, you feel anger - I feel anger and so on - the societal problem is we have spent years numbing ourselves to our shared experience. With such a disconnect between people we lose our tolerance. We no longer identify with a shared pain. I talk to people around the world daily, and in my humble opinion, this is a five-alarm fire. Without tolerance we will cycle right into destruction.

The solution: Find the similarities with people you hold as different. See where you behaved that way when you were young - notice they might dress different or not have your skin color but guar-

anteed they have feelings and a heart just like you. We can assume they don't care, they have a different god, they don't have the same values - but I beg you to look again, we think we are all alone holding up our principles but so is everyone else from different perspectives and beliefs. That's what makes the earth so unique.

Today we are all connected by more than our emotions - the internet. Social media gives us a false sense of anonymity and creates intolerance- giving voice to those who feel unheard and unseen. Those people who feel unheard and unseen are in a cycle of pain and injustice. When the wound is so deep, we can't see the forest through the trees—we are stuck in the cycle, often emotionally arrested. This takes a great commitment to do the inner work and recognize the pain body is not healed through hatred

and separation. When we can see, hear, and understand the extreme deficit inside people - feelings of hurt, betrayal, abandoned and more we can find our compassion and regain tolerance for this incredible planet and all who live upon her.

*Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. Sonja's ancestral background is a fascinating blend of Norwegian and Native American descent. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM.*  
[www.sonjagraces.com](http://www.sonjagraces.com)

## wordwisdom

By Tobi Nason



Be YOUR Valentine

THAT'S RIGHT. Treat yourself like you are the love of your life this month. I say this, because I have great plans for myself and it feels good. The world beats me up often enough. I think being kind to myself is the least I can do. Nobody is perfect, as we all know. Yet, I, like most of you, feel badly when things don't work out or I've said or done something stupid, perhaps hurt someone's feelings by sheer obliviousness. Days go by and I'll ponder and worry and justify and get mad at myself and it can go on and on. Does this sound familiar?

It's easy to be self-critical. It's harder to give oneself a pass. This is the year of the pass for me. Nothing is learned by rehashing or ruminating. Much is learned when one can set a new path of behavior and adhere to it. That is what I'm working on. I know what I'd like to be and I'm not getting any younger. The time is now.

Being your own advocate is one way to demonstrate you care about yourself. Speak up. Pursue what matters. Don't let anyone define you. Take to heart when someone

gives a compliment or a kudo of any sort. Know yourself. And if you need some tuning up, go for it. In all ways. Spiritually. Emotionally. Physically.

Spirituality is often sidelined. People are sometimes uncomfortable talking about it or laying claim to any sense of spirituality. Check yourself. Are you comfortable with what you believe and how it is demonstrated? Do you feel if could be worked on?

Emotionally. How often do you feel at odds with the world? Do you have an ebb and flow of ups and downs, which is what happens in real life? Or are you stuck in a bad place, always miserable? Time to work on that.

Physically. Ah, this is the one everyone states is a problem area. I need to exercise more, you say. I need to eat less, better, I need, need, need to change something. Now's the time. Make a small change. Make a bigger change. Keep it going. Note the sense of confidence that comes with taking control of one's life.

I have an old friend from, Manzanita that

often reminds me that I get things done. When I left town, it was so fast and complete, people are still talking about it these days, or so my friend tells me. Whenever she tells me that, I feel competent. I feel less hesitant to doubt myself. She paints a picture of me that is different than one I had of myself.

Things did turn out quite well, in retrospect. I think of that timewhenver I start to worry about things I have no control over. Yes, my spiritual side knows that I usually end up in a fine enough space. I know that wherever I end up is part of my story. If the experience reinforces the futility of worrying, that's good enough. Back to my friend. It's nice to have someone remind me of who I am in a positive sense as opposed to what I may think I am, which may include doubt and self reproach.

Treat yourself to a stellar Valentine's day! You know you deserve it.

Tobi Nason is a counselor located in Warrenton. Call (503) 440-0587



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## IMAGINING the Future

**T**HE FIRST TIME I FELT THE SKY FALLING was in 7th grade. It somehow came to my attention that a meteor might hit the earth sometime around 2005. I don't know what media source told me this, but it was 1998, so it was probably cable. I did the math: my life and the world as we knew it would end when I was 19.

This same year a very direct social studies teacher explained to us, a group of pubescent, hopeful millennials, about climate change, over-population, and the dangers of another rise of fascism. For a time, a constant, low-heat, anxiety tagged along with my daily life, debilitating me in ways I did not know how to speak up about. I numbed out to television and did my best not to face the doom.

It is 20 years later and we are more or less still here. While the current manifestations of my anxiety may not have me looking for meteors, I'm still thinking about what Mrs. Blackburn told us in so unflinchingly in class. In many ways, I look around and the sky does still seem to be falling. However, this millennial is a bit more grown up and weary of continuing to assuage my global anxiety with avoidance strategies that do nothing to hold up my part of the sky.

So, what does it mean to look directly at the "health" and "wholeness" of the planet, as the umbrella title of this column suggests, when it already feels like we're falling off the edge of a cliff?

I'm neither health care provider, nor scientist. I'm a thinker, and I like to think really hard about what is in front of me and connect dots and develop ideas. Since we know the environment is changing-- and if you don't know whether that is true, google "Polar Vortex Split," and we need to investigate and imagine our resilience to this change. Let's challenge ourselves to step outside of solutions handed to us from outside institutions and power sources; solutions which foster dependency and contribute to a fear of losing access.

First, let's locate ourselves in time and space: we are on a specific part of the Pacific Coast and the Lower Columbia River, inhabited by the Chinook and Clatsop tribes for Millennia. This may not be the "whole" planet, but it is part of the planet we can work to make "whole." How do we start this? What issues are we taking up?

I keep coming back to what feels like Ground Zero for our part of the world: the Subduction Zone Earthquake. We do need to keep centering climate change in our conversation about wellness, but thinking through our resilience after the Subduction Zone event is somewhat more grounded because climate change can feel nebulous and intangible. By imagining a post earthquake/tsunami northwest, we will inevitably overlap with imagining our way through some of our climate change future.

I'm not talking about disaster preparedness, although that is also essential. I'm talking about getting cozy with the idea that our environment and community can and will look drastically different from the current status quo, which is unsustainably dependent on outside resources for wellness and health.

*Here are some examples of what I'm thinking about so we can get on the same sheet of music:*

- Patrick Corcoran, the natural hazards specialist with OSU Extension reminds us that due to the still recent Western settlement of this land, a 200 year cultural memory in this region is too short to comprehend and prepare for a major environmental shift. We need indigenous voices amplified to share the old ways and bring forth sacred knowledge that has been ignored, not to save this western settlement, but as healing from the oppressions that have contributed to our current state of crisis.

- We rely on food systems from outside of this region. There are small farms on the north coast and we need more of them and we need to support farmers to foster resilience to a changing planet. The North Coast Food Web is a great resource for this, and I will be centering this topic in coming columns.

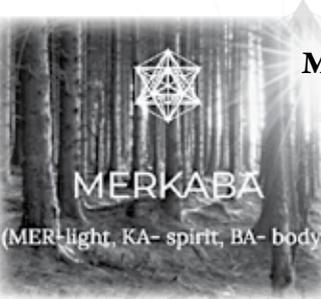
- Also from Corcoran: all of our pharmacies are in inundation zones. A tsunami is not the only reason a critical prescription could become unavailable to someone, so we need to bring forward multiple modalities and wisdom about maintaining health beyond Western Medicine. We don't need



to throw out Western medicine, we do need to address its fallibility.

With that, when we look at healing modalities, let's challenge sustainability a step further: where are these modes of healing and their associated materials coming from and how can those efforts become more local? An example of this that I will be writing about in an upcoming column is local postpartum specialist Kestrel Gates and her work offering herbal, vaginal steams as healing support for pelvic issues.

*Excitement and anxiety can be two-sides to the same energetic coin. What we're facing looks as daunting as a meteor, but if we engage with it and each other we might look up and still be here in another couple of decades. What will we imagine that to look like?*



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**CHEW ON THIS!**  
by Merianne Myers



I'M BLAMING my bona fide case of Spring Fever on the sun that shone in defiance of the calendar for the better part of January. The cool nights and occasional gusty showers announced that winter had arrived but it unpacked only its longer hours of darkness leaving the usual housewarming gifts of gale force winds, pelting rain and freezing temperatures in baggage claim. It then decamped to the Midwest where it is raising some serious Hell. While here on the upper left edge, we try to decide if we need a coat.

I am guilty of saying more than once, "There's not much we can do about the weather." That old canard is untrue. I know that. We should all busy ourselves undoing something about the weather. The very weather we have been busy doing something about ever since we crawled out of the ooze. We've made a big, old mess and are as recalcitrant about cleaning it up as a teenager required to reclaim what used to be a bedroom from the layers of detritus accumulated through time, stubborn laziness and denial.

Here's a weird thing about unseasonable balmy weather - my craving for slow-cooked, wintery meals. I could try to figure out why, but I'd rather cook something braise-worthy. Something that releases thermals of steamy aroma throughout the house dispelling the persistent muskiness that a month or two without open windows creates. Having the oven on for a few hours is enough to keep the furnace from bothering to come on. That's how cold it hasn't been in January.

So...Swiss Steak. Old fashioned, easy to overlook, inexpensive, completely scrumptious. My mom made swiss steak often. I still have the old 'bean pot' she used. It's a 40's vintage cooker that consists of a

crockery pot and its very own hot plate boasting a scary cloth wrapped power cord. Seems likely it was a wedding gift and possibly longed for by post-war housewives nationwide. It has survived years of my pitching things out to make room for my peace of mind which does not take kindly to a lot of stuff occupying the space in which it prefers to stretch out. Unlike a crock pot, I would not turn this thing on and wander off for the day. Because, scary cloth-wrapped power cord. However, given time and some vigilant company, it produces wonderful swiss steak. And, I am happy to have a glass of wine and wait.

The thing about swiss steak is that it has nothing to do with Switzerland. In the same way that Canadian Bacon has nothing to do with Canada. We're funny that way. The name comes from the process of 'swissing' which means running between rollers to flatten if you're talking fabric but, more likely means pounding to tenderize when it comes to meat. If you ask the butcher to prepare your round steak for swiss steak, he or she will likely run it through the tenderizer that docks it with tiny holes while squishing it flat. My mom would choose a sturdy china plate, dip the edge in flour and, holding the plate by the other edge, pound the steak until it cried uncle.



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](http://coastradio.org).

**WHETHER WINTER WEATHER OR NOT SWISS STEAK**

- 2 pounds round steak
- 1/2 cup +/- all-purpose flour
- 1/4 cup veg oil - don't waste your good olive oil on this
- OR
- 1/4 cup bacon drippings which is the tastiest option if you have it
- 1 onion, thinly sliced
- 2 to 4 cloves of garlic, minced
- 2 stalks celery, fine dice
- 1 carrot, peeled and fine dice
- 1 Tablespoon tomato paste
- 1 15 ounce can diced tomatoes
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1 1/2 cups beef broth
- If you're oven braising, preheat to 325.
- Dredge the meat in flour before pounding and again after. Add oil or drippings to cover the bottom of your Dutch oven and heat to medium high.
- Brown both sides of the meat, working in batches if need be so as not to crowd the pot. Remove to a plate and add celery, carrot, onions and garlic to the pot. Sauté, stirring for a minute or two then add tomato paste and combine. Allow the tomato paste to caramelize for a minute or two then add the tomatoes, paprika, oregano, Worcestershire sauce and broth.
- Return the meat to the pot and submerge in the liquid. Cover and stick in the oven for a couple of hours until the meat is fork tender. You shouldn't need a knife to eat Swiss Steak.
- I braise this in my bean pot. So, I pan sauté everything then add it to the pot with the tomatoes, spices, Worcestershire and broth.
- Mashed potatoes are de rigeur with swiss steak but, if you must, pasta or rice or polenta will do.

**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

**Mindfulness Meditation GROUP**

A simple practice to help deal with daily stress. Mindfulness is a state of active, open attention on the present — paying attention, on purpose, in the present moment.

Most of us, at some time, deal with high-stress, high-emotion situations. It can be difficult to stay focused. Mindfulness is a de-stressor that will improve clarity and inner resilience so you can be open, not distracted, and present with those around you while taking care of yourself.

FREE drop-in group. 2nd and 4th Wednesdays of the month. 7-7:45am. CMH-OHSU, 1905 Exchange, Astoria, Rm 128. 503.338.4520

**Creativity Wellness Group [Art Making]**

For those living with cancer or chronic illness. A creative community group where you will be led through a mindfulness-based mixed media art project geared toward transformation and renewal.

Groups will focus on the art process for facilitating insight and personal growth in a safe and introspective way with the assistance of credentialed art therapists.

Free registration is encouraged. Drop-ins are always welcome. Please register at the Cancer Resource Center or call 503-338-4520.

**Tarot: guidance for your healing journey**

This 6-week course will use tarot to guide you on our own unique journey of healing. Each week we will use the cards to identify an emerging theme that we'll individually and collectively explore through journaling, guided visualization, gentle movement and more.

No tarot experience needed.

Please bring a notebook or journal and tarot cards if you have them. Tarot decks available if needed.

Led by Julia Hesse, innovative tarot teacher and creator of the Living Tarot Oracle™

Feb 7 - March 14, 6-7:30pm. This is a free class open to community members, CMH staff and patients. Min. needed to hold class. Please register by calling 503.338.4520. CMH-OHSU Center, 1905 Exchange 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, Mon, Feb11, 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](http://gracefulwaveschiropractic.com)

**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/nun-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on developing a regular practice. All welcome.



## How To Change Your Habits And Live The Life You Desire With Certifide Health Coach Jenn Visser At Seaside Library

HAVE YOU TRIED before to change your habits and failed? Don't be down on yourself, it's a problem lots of folks have. You tried to muscle that habit down with willpower and it didn't work. It's not because you're a willpower weakling, no, it's because you're only focusing on the action piece of the habit. A quick explanation is this: Habits are the automatic behavior that is created by the world we live in. They are patterns in the subconscious mind, which account for 95% of our thinking. Trying to change a habit with just the action piece is like a tug of war with 95% of the team on the other side. You always get pulled back. To change a habit, you've got to change your beliefs, thoughts, words, and emotions tied to that habit. In this presentation you'll learn how to recognize and change many of the parts that come with a habit so you can go on to live you're most awesome life.

Longtime Seaside resident, Jenn Visser, has a background in health coaching, nutrition, and holistic wellness, she specializes in the psychology of habits. Jenn is the founder and owner of the Healthy Hub Wellness Center.



**February 16, at pm the Friends of the Seaside Library will host certified health coach Jenn Visser. The event will take place in the Community Room at 1pm. The Seaside Public Library is located at 1131 Broadway. For more information call (503)738-6742 or visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org)**

## The Community Garden season starting up at Lower Nehalem Community Trust (LNCT)

**FEBRUARY 1ST:** Registration opens - join the Lower Nehalem Community Trust's team of gardeners at Alder Creek Farm growing organic food for home and to share with the community. The Community Garden focuses on season specific, organic gardening in this unique north coast climate. Register online at [www.nehalemtrust.org/alder-creek-farm/community-garden/](http://www.nehalemtrust.org/alder-creek-farm/community-garden/) or call 9503) 368-3203.

**February 9th, 9am-12pm:** Free Orchard Pruning Workshop open to all community members 10 years old and up. Bring your gloves and your favorite pruner (we have loaner tools and gloves too if you need them) and join the group as we learn about pruning for maximum fruiting benefit with local arborist David Sipp, of Ecologic Trees.

**February 12th, 9am-12pm:** Winter Orchard Pruning Day for Community Garden Members - come put your new pruning skills to use! The orchard at Alder Creek Farm has just about every fruit and berry imaginable and its time to prune the blueberries, cane berries and more.

**February 26th, 9am-12pm:** Garden Startup Day. Every Tuesday through October. join our team and learn about organic gardening. Members work together on the land rather than individual plots. This is a great way to meet new people and provide healthy organically grown food for your family. Registration opens February 1st at [www.nehalemtrust.org/alder-creek-farm/community-garden/](http://www.nehalemtrust.org/alder-creek-farm/community-garden/)

Alder Creek Farm is Located at 35955 Underhill Lane, Nehalem OR. For questions please call the Lower Nehalem Community Trust at (503)368-3203.



## HEALING ARTS FAIRE • From Diets to Counseling and More . . . March 30

THE HEALING ARTS GUILD of the PNW Coast presents a Healing Arts Faire, to be held in Manzanita, at the Pine Grove Community House, on March 30th from 11AM-4PM. This is a free event for the community to meet their local healing arts practitioners and know what is available in the region for healing.

Local healing arts practitioners will be on hand to share information about their practices, offer a service, or sell their healing products! Massage, chair acupuncture, and energetic healing sessions will be available all day. Also, tarot and psychic readings are available too. There will be practitioners offering information on everything from diet to counseling, to mudras to qigong. Handmade bath and personal care products, crystals, tinctures, essences and more available for purchase.

**Delicious soup and bread will be available for sale from 11AM to 3PM. Contact The Guild at (503) 800-1092 or [Christy@cosmichealingnw.com](mailto:Christy@cosmichealingnw.com) for more info or if you would like to be involved.**

## Fort George Stout Month: 28 Days of Darkness Woohoo!!!!!!

**FEBRUARY** has always been Stout Month at Fort George. During this dark time of year the tap lists overflow with rich ales, barrel aged Matryoshka bottles are released, and the world's darkest stout festival washes over Astoria. And while the Festival of Dark Arts has grown in popularity (with tickets selling out in a record five hours!), do not let that single day overshadow your total stout experience. If you missed out on tickets to FoDA this year, venture to the brewery on any other day in February and immerse yourself in the darkness and deliciousness of Stout Month.

Starting February 1st, the stout dam breaks on the block with a wave of unique Fort George dark ales releasing throughout the month. From an oyster stout, to a peanut butter & chocolate stout, to a stout with caramelized peaches, and one with tamarind & chilis, the possibilities are fathomless. Grab a blind stout taster tray in any location, or dive into a pint. Altogether, almost three dozen different Fort George stouts will be on tap in February.

### HERE'S THE STOUT CALENDAR:

#### February 1st

- Murky Pearl - 6% oyster stout
- Acceptance Peach - 5.1% milk stout with peaches & cinnamon
- Fluffernutter - 9.2% marshmallow, roasted peanuts, vanilla
- Itsy Bitsy - 4.3% dry Irish stout
- From Astoria With Love - 9.4% Russian imperial stout
- Smooth Operator - 7.35% smooth & easy milk stout
- 1,000 Years of Silence - 10.5% Mexican chocolate imperial stout
- Cavatica Stout - 8.8% a year-round Fort George stout staple
- 2017 Matryoshka with Cocoa Nibs & Raspberries - 12% bourbon barrel aged RIS

#### February 6th

- Tough Cookie - 7.1% chocolate chip cookie stout
- Tamarind Nights - 5.25% tamarind & chilis
- #BurgerWednesday pairing: Lamb Madras burger with pickled ginger, cardamom, cilantro, and caramelized onion with a side of Garam Masala potatoes

#### Saturday, February 9th

- Hawaiian Sled Dog - 6.8% American stout with Maui Coffee and vanilla
- Buorumkin - 14.5% barrel aged in bourbon & rum barrels with roasted pumpkins

#### Wednesday, February 13th

- Solemn OATH - 7% classic oatmeal stout
- Peanut Butter Brownie Stout - 9% peanut butter & chocolate
- #BurgerWednesday pairing: Oregon beef burger topped with red curry peanut butter, bonito flakes with side of green papaya salad

#### Sunday, February 17th - The Aftermath

- Breakfast Club - 9.9% milk stout with oatmeal, cinnamon, and figs
- À la Vôte - 6% a toast to French toast!
- 2019 Matryoshka - 12.75% bourbon barrel aged Russian imperial

#### Wednesday, February 20th

- Ma-Rye-Ah Carey - 13% bourbon barrel aged imperial rye chocolate stout
- 2017 Matryoshka - 12% bourbon barrel aged Russian imperial
- #BurgerWednesday pairing: cocoa dusted Oregon beef ribeye burger, aged Tillamook Cheddar, oolong aioli, pickled cucumber & onion with side of roasted fingerling potatoes



#### Saturday, February 23rd - A Day of Silence...

- Waves of Silence: Allision - 9% brown sugar & dates
- Waves of Silence: Burgee - 9% brown sugar, orange peel, Dutch cocoa powder, Papua New Guinea coffee
- Waves of Silence: Capsize - 9% maple syrup & coconut

#### Wednesday, February 27th

- Nightfall - 12% massive oatmeal stout aged in bourbon & brandy barrels
- #BurgerWednesday pairing: Oregon beef burger, green pep-percorns, shallots, brandy butter on house-made bun with side of Duchesse potatoes

#### Matryoshka & The Aftermath

This barrel aged Russian Imperial Stout series spends all year in barrels in the Lovell Brewery, releasing each winter in several layers. 2019 Bourbon Barrel Matryoshka is available now. At The Aftermath (the day after Festival of Dark Arts), four 2019 variations will be for sale in bottles:

- 2019 Matryoshka with Coconut
- 2019 Matryoshka with Coconut & Vanilla
- 2019 Matryoshka with Coconut, Vanilla, & Almonds
- 2019 Matryoshka with Coconut, Vanilla, Almonds, & Blueberries

All of the 2019 Matryoshka bottles will be available for purchase starting Sunday, February 17th, along with limited celled 2018 Matryoshkas, plus very, very limited 2017 Matryoshkas. Heck, why not throw in a Skies of Wonder Imperial IPA release on that day, too? And, the Lovell Taproom will be pouring as many Matryoshka vintages & variations as they can fit on the tap wall.



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HAPPY HOUR 3-6



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

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

**PICK UP PIZZA** between 5 - 5:30pm

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503-338-7473  
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# Coast Community Radio

KMUN 91.9, 88.9, 91.3, 104.3

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

KTCB 89.5

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

KCPB 90.9

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

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**Saturday March 9**  
**KALA**



national blues/roots/soul artist  
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tickets on sale now \$15  
libertyastoria.showare.com

## UPCOMING AT KALA

**MARCH 16** - Performance Artist/Author Susan Banyas  
OUTTAKES multi-media performance  
8pm

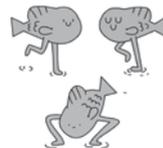
PLUS Book Release: *The Hillsboro Story/a kaleidoscope history of an integration battle in my hometown*  
Spuyten Duyvil Press



**March 22** - Storyteller Will Hornyak  
Healing Waters Holy Wells • 8pm

An evening of myths, legends, poems, songs and lore of healing and renewal from the mythic waters of Ireland and beyond.

**March 23** - Workshop -Telling Stories Well:  
A Toolbox for Storytellers. 10am to 2:30pm  
\$40 fee (reserve w/ hornyak.will@gmail.com)



**Annual Fisher Poet Dance**  
Friday Feb 22 10pm to 1am  
Dance Your Wool Socks Off!

watch for info on our facebook page and  
advance ticket sales at [libertyastoria.showare.com](http://libertyastoria.showare.com)

**LIBERTY THEATRE**  
ASTORIA OREGON

presents  
**HOLLYWOOD AWARDS NIGHT 2019**  
**February 24**

Box Office hours:  
Wednesday through Saturday,  
2:00 pm - 5:30 pm  
**503-325-5922 x55**

**3:30PM \$50 VIP TICKET:**  
Enjoy a private reception on our Mezzanine while watching the OSCAR® Red Carpet Live pre-show on the big screen. Hors d'oeuvres, drink ticket and balcony seating — ABC's live coverage of the Academy Awards, which begin at 5pm.

**5PM \$25 AWARDS TICKET:**  
Enjoy ABC's live coverage of the Academy Awards with a complimentary drink ticket redeemable for wine or beer in our Owl Bar.

## FOREST MANAGEMENT & THE CLIMATE EMERGENCY

*How industrial forest practices are undermining Oregon's climate agenda*

• **CHUCK WILLER**  
Director of the Coast Range Association  
*Wall Street Forests and The Climate Crisis, Putting People Before Profits*

• **MARY SCURLOCK**  
Consultant for The Oregon Stream Protection Coalition  
*Private Forests, Public Waters: Why Oregon's Stream Protections are Failing*

**Ecology Speaker Series**

**THURSDAY FEB 21**

Clatsop Community College  
Rm 219, Columbia Hall  
Doors Open @ 6:30pm  
Presentations begins at 7pm



2 2 N D A N N U A L



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A REVELATORY FILM BY JOSH DEL SOL

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**Tuesday, February 12 at KALA**  
6pm • Doors Open 5:30pm

**SMART METERS**

Community Discussion + Local information  
Follows Film (Film length 75 min.)

Light Eats  
+ Beer/Wine available

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