

November 2019 • vol 21 • issue 249

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region



**Liberty
Theatre
GALA II
Broadway
to Astoria**

Got a Math Wiz?

**AAUW wants
to send her to
science camp.**

Attend Tech Trek Trivia Fundraiser

**SOLAR NEWS For Oregon
optimum power where
the sun don't shine**


*Language
Evolves*

and People do too

**Know more about the Mayan Calendar
with Soululaire Classes**

**Take a Staycation on
Home Town Tourism Day**

RIVERSEA
GALLERY
contemporary works of art



Richard Rowland
Brand Dichter
Randy McClelland
Ahikaaroa: Fire from Long Ago

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

Wild Roots
MOVEMENT & MASSAGE
ASTORIA, OREGON


RADICAL INCLUSIVE SELFCARE PRACTICED HERE

Reserve classes online or by drop-in
Reserve a Massage online
or by calling:
503.791.9624

WINTER SPECIAL
\$15 off monthly packages
\$10 off punch cards

922 COMMERCIAL IN ASTORIA WILDROOTSASTORIA.COM

Imogen Gallery contemporary works



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

ASTORIA ART LOFT



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

AstoriaArtLoft.com
AstoriaArtLoft@gmail.com

106 Third Street, Astoria Or. 97103 503.325.4442

KAREN KAUFMAN
L.Ac. • Ph.D.

Acupuncture
& Traditional
Chinese
Medicine

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

503.298.8815
kkaufman@mac.com

New Location!
495 Olney Ave Astoria Or

Celestine Durham
hair designer



Hair Cutting
Color Services
Extensions
Brow Waxing & Coloring

SALON STELLAR, 2921 Marine Drive in Astoria
Call for an appt - Cell: 503.791.7285

finnware

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

finnware.com • 503.325.5720

Since 1987

1116 Commercial St., Astoria OR • Open Daily

BELLY DANCE WITH JESSAMYN



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

* All genders, ages, and
levels are welcome.

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

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

A GYPSY'S WHIMSY
HERBAL
APOTHECARY



Enter into the
Gypsy's Caravan

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

Relax, Explore, Enjoy!

503.338.4871
Hrs: Tue - Sat 11am - 6pm
closed sun - mon

1130 Commercial St.
Astoria, OR 97103

IVKO
WOMAN



FALL INTO PLACE
with a WARM SNUGGLY SWEATER

4 SEASONS
CLOTHING

DOWNTOWN ASTORIA
1405 COMMERCIAL

CLOSED MONDAY TOKYOMILK


2nd Saturday ART WALK

5:00 pm
Downtown

Every month,
year round!

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

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com

NOV 9

SKY Flamenco

Seattle-based Flamenco Dancer Savannah Fuentes brings **SKY Flamenco** to KALA on Saturday, November 9 at 7:30pm. Fuentes, whose dancing has been called "real Flamenco, straight up and stunning," by Seattle critic Regina Hackett, brings premiere Spanish Gypsy guitarist **Pedro Cortes**, and NYC-based vocalist/ percussionist **Diego Amador Jr.** Tickets are \$20. Available in advance at libertyastoria.showare.com and at the door. KALA will be open for artwalk from 5pm to 7pm featuring the fluid abstract paintings of Janessa Manion.

Born in Seattle to parents of Puerto Rican and Irish ancestry, Fuentes has strong links to Flamenco culture. She studies both baile (Flamenco dance) and cante (Flamenco singing) and has toured throughout the states of Washington, Oregon, California, Nevada, Utah, Montana, Idaho and Arizona. She has independently produced over 300 performances and workshops featuring internationally recognized Flamenco artists such as Jose Anillo, Saray Munoz, Jesus Montoya and Juanarito. She attributes her formation as an artist to her most significant mentor, Maestra Sara de Luis. A fulltime Flamenco artist she continues to evolve as an innovator of her craft.

Originally from Seville, Diego Amador Jr. was born into flamenco royalty. His father is the celebrated flamenco pianist Diego



Pedro Cortes

Amador and his uncles are Rafael and Raimundo Amador (of the flamenco-blues band Pata Negra). From a very young age he began performing and touring with some of Spain's top flamenco artists, including Remedios Amaya, La Susi, Lole Montoya, Farruquito and Joaquín Cortés. Known mainly as a percussionist, he also sings, plays guitar and piano and recently launched a solo project as a singer/songwriter, with the track "Y me siento tan bien".

The art of Flamenco music is based in the dance and song. Spanish Gypsy guitarist Pedro Cortes in a 2014 New Yorker Magazine article about his musical family says, "I can tell when a guitarist hasn't played for singers, because there's no sensitivity or sweetness," he said. "I can hear when a guitarist hasn't played for dance, because there's no rage, there's no anger, there's no power. It can be very musical and very lyrical, but without that rage and sweetness you aren't complete."

Cortes is a third generation Flamenco guitarist. His father also Pedro Cortes made a home for the family in South Ozone Park, Queens maintaining Gypsy customs in their modest house. There, esteemed Flamenco guitarist Sabicas would visit for traditional gypsy meals and then the guitars would come out.

According to the article, Cortes' father performed regularly during the 60's when Flamenco was all the rage at the NYC midtown night club, Chateau Madrid, where Burt Lancaster and Frank Sinatra were regulars. By the late 70's a young Cortes was by his father side on stage. His father passed in the earlier 2006, and now Pedro Cortes keeps the classical tradition of Flamenco alive and well.

Known internationally as a soloist and composer, his works have premiered in Spain and New York. Mr. Cortes, was

**Saturday
November 9
at KALA
7:30pm**



commissioned by the Cohen Brothers to compose music for the film Paris Je T'Aime. He has toured with Jose Greco and Maria Benitez, La Conja and has performed with



Diego Amador Jr.

such artists as Farrucita, La Tati, Merche Esmeralda, Manolete and the late Lola Flores, as well a guest artist with the St. Louis Opera and the New York Grand Opera, with performances at Lincoln Center. He uses the experience passed down to him by his family to maintain the purity of Flamenco while creating new compositions.

Produced by Savannah Fuentes, SKY Flamenco is on a Northwest Tour—an opportunity to experience an art form rich in tradition, yet passionately alive!

Saturday, November 9, 7:30pm. \$20 in advance at libertyastoria.showare.com, and at the door upon availability. Pick up will call tickets at KALA/time of show. Doors open at 7pm. 1017 Marine Drive in Astoria. 16+ please. Full Bar.

STORYTELLER WILL HORNYAK

AWARD-winning storyteller Will Hornyak returns to KALA to present **Hans My Hedgehog and Other Tales of Exiles, Outcasts and Wanderers**—haunting poems, songs and tales from the dark forests of imagination in celebration of the Celtic New Year.

Storyteller Will Hornyak has delighted audiences across the United States for nearly 25 years. A featured performer at the National Storytelling Festival in Jonesborough, Tennessee, Will engages audiences with imaginative, well-crafted and deeply moving performances.

A life-long traveler he has worked as a newspaperman in South America, a fisherman in Alaska, a carpenter, farm hand and university instructor. Stories, poems and songs of work and labor find

common ground with Irish myths, Mexican fables, Grimm's fairytales and Oregon tall tales in Will's highly imaginative performances.

Will teaches storytelling in professional communication at Marylhurst Univ. in Portland, Oregon and performs throughout the United States.

Friday, November 15, 7:30pm. \$15 at the door. Doors open 7pm. 1017 Marine Dr. in Astoria. 503.338.4878. For mature audiences.



Nov 15 at KALA

"Listening to Will spin a tale helps bring a fellow back to life again."

Ray Summers KOIN TV

ASTOR STREET OPRY COMPANY PRESENTS



the 13th Scrooged in Astoria

December 6th - 22nd 2019

Doors open 6:30pm ★ Showtime 7pm ★ Fri - Sat

★ Sun Matinees 2pm ★ Dec 8, 15, 22

Buy Tickets online NOW @ ASOCPLAY.COM

Premium: Front row seats \$20

All others: Adults \$15, Children \$10

\$10 Fridays (all seats except Premium)

**Bring Your Holiday Party To Us!
Group Rates**

ASOC PLAYHOUSE, 129 West Bond, Uniontown Astoria



LIVE MUSIC

Thur, Nov 7 • Brian Copeland Band

Lyrical guitar pop

Thur, Nov 14 • Electric Relic

Contemporary rock

Thur, Nov 21 • Wanderlodge

Americana

7 - 10 pm • Free • All ages welcome



Happy 34th Birthday, Terminator!

Tuesday, November 19

\$4.50 pints/\$9 growler fills of Terminator Stout all day long



Breakfast with Santa

Saturday, November 30

While you wait for Santa, enjoy a kid-friendly buffet.

9 am • \$18 adults; \$13 kids 10 and under (under 6 months free)

Tickets at cascadetickets.com

OPEN ON THANKSGIVING

Pub open on Thanksgiving Day. 7 am 'til late



Four miles north of Seaside

Gearhart Hotel & Sand Trap Pub

1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159

mcmenamins.com





HEALING AND WELL-BEING FOR THE BODY, MIND AND SOUL

Reiki Healing
Chakra Balancing
Life Coach
Intuitive Reading

Practitioner Jennifer Westlake
www.soululaire.com
503.861.8811
\$10 off first session
20% Senior Discount

SOULULAIRE
LIVE FROM WITHIN

NOW!
at Designing Health 1428 Commercial St. in Astoria



- artisan decor for home and garden
- traditional toys



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

TECH TREK



Trivia Night

Astoria AAUW presents a Science, Technology, Engineering, and Mathematics Trivia Night "FUN" draiser

at KALA, Tuesday, November 19 • 6pm to 8pm
1017 Marine Dr. in Astoria

Admission: \$5 per person. To reserve tickets please contact event coordinator, Astoria AAUW member Erin J. Engelson, by phone at 503.440.1195, or by email at erinj.engelson@gmail.com

Plus Food & Beverage
(Beer/Wine/Cocktails)

To benefit a scholarship program for STEM camp for young women who aspire to be scientists



Musician's Jam Hosted by RAIZZ The Bar Bi-Monthly at KALA

MUSICIANS AND MUSES, jammers and bands, soloists and songwriters are invited to play at a new start-up, bi-monthly jam at KALA, hosted by singer/guitarist **VICTORIA KINGSBURY, AKA RAIZZ THE BAR**. This event kicks off Wednesday, November 13 with a follow-up on Wednesday November 27. RAIZZ The Bar Jam will be held two Wednesdays mid-month, with some variation to the 2nd and 3rd Wednesdays of the month – dates will be posted on facebook and media well in advanced of each month.

Victoria Kingsbury has been hosting jams for a decade, dedicated to bringing musicians together, to make space for the beauty of impromptu creation, and a format for people to share their playing. The setting is relaxed and friendly. Kingsbury leads with vocals, acoustic guitar, and flute, longtime coastal musician guitarist Richard Thomasian, and coastal drummer Flint Rice open the stage as a trio. Then they open the stage to guests. Whether you're a soloist, singer, duo, or band–drums, bass and guitars will be avail-

able for use, in addition to house acoustic piano, or you bring your own instrument, sit in with the house band, or take a solo spot, the options are open!

No sign-up sheet, just show up and talk to the Magic Jam Mistress.
Full Bar, all jammers and audience welcome.
No cover. 7pm – 10pm.
Nov 13 & 27 this month. KALA, 1017 Marine Dr. in Astoria.

Questions, message RAIZZ THE BAR on facebook. Jam ON!!!!!!



HOSTED BY
COLUMBIA RIVERKEEPER presenting a New documentary: "Dammed to Extinction" is about the plight of chinook salmon, and the unique orcas that depend on them. Written and directed by Steve Hawley and Michael Peterson. This documentary will be paired with "A Healing Journey" a short film by Nimiipuu Protecting the Environment and Earthjustice.

DAMMED TO EXTINCTION
For eons, a one-of-a-kind population of killer whales has hunted chinook salmon along the Pacific Coast of the United States. For the last 40 years, renowned whale scientist Ken Balcomb has closely observed them. He's familiar with a deadly pattern, as salmon numbers plummet orcas starve.

The orcas need roughly a million salmon a year, where to find a million fish? The solution, says Balcomb, is getting rid of four fish-killing dams 500 miles away on the largest tributary to what once was the largest chinook producing river on earth.

A HEALING JOURNEY

For thousands of years, the Nimiipuu people piloted their canoes along the tumbling waters of the Snake River. But after dams were built and the river choked off, a tradition was lost for over 100 years. Until now.

Thursday, Nov 7, doors open 6:30pm. Columbian Theater 1102 Marine Drive Astoria, There will be a reception, the film, and a discussion afterward.

Sponsored by The Columbian Theater.



Film Night to Explore Ocean, Sand and the Natural Environment

THE HOFFMAN CENTER for the Arts in Manzanita, and the Friends of Cape Falcon Marine Reserve, will co-sponsor an evening of short films exploring the themes of ocean, sand, and natural environment through different cinematic styles, Friday, Nov. 22 at 7:30 p.m.

The works, whose styles and mediums include sand and salt animation, experimental, and documentary filmmaking, were curated by Michael Harrington, of the Wandering Reel Traveling Film Festival.

Harrington will attend the screening and conduct a Q&A. The program runs about 80 minutes, and admission will be \$5 at the door.

The evening will be capped off with a screening of "The Old Man and the Mountain Lion" -- a short narrative film which Harrington wrote and directed.

The Ocean Shorts films will include:

"A Tangled Tale" Directed by Corrie Francis Park - Hand-tinted sand becomes a metaphor for two souls as they join and separate. A lonely fish, hooked by an angler's line, encounters another in the same dire situation. As the two struggle, the physical connection moves deeper.

"Ocean" Directed by Stephanie Maxwell A dramatic choreography of light and motion in the ocean's "swash" zone, the turbulent area of water that washes up on the beach. Sunlight on moving water and bottom sand reveal the infinitely animated and ever-changing world of visual compositions.

"The Crossing" Directed by Marielka Walsh - In a stop-motion animation cre-



ated out of salt and sand, a sea captain risks the lives of his men when he decides to change course, taking his ship through a violent storm.

"The Coast" Directed by Skip Armstrong The bridge between two worlds -- where the known meets mystery -- is powerful and unforgiving--and exactly what Hayden Peters was looking for when he traded the city for daily sting of salt water on his skin.

"Oceanscape Network Video on Oregon Marine Sanctuaries" Featuring Russell Stone, Jeremy Schaffer, and Cassidy DuBois - Oregon's five marine reserves provide sanctuary for marine life and a living laboratory for scientists and researchers. Youth Correspondents with the Oregon Coast Aquarium's Oceanscape Network spent a rainy day learning about the Otter Rock reserve north of Newport.

"Beavers and Salmon" Directed by Fran Recht - It's said that beavers taught salmon how to jump, but the relationship is even more important than that with beaver ponds creating ideal conditions for rearing endangered Coho salmon.

"Wild Possibilities - The Oyster Story" Directed by Brady Holden - The Wetlands Conservancy works with the Confederated tribes of Siletz Indians and Oregon Oyster Farms to conserve Poole Slough estuary habitats and restore native oyster populations.

"The Old Man and the Mountain Lion" tells the story of a man who loses his beloved housecat to a predator and sets off into the at-once brutal and arresting Big Sur Wilderness to seek his revenge. The film stars Keith Decker.



Inside the Month:

LIBERTY THEATRE GALA . . . Lacaze p12

Soululaire Classes . . . Urell p13

Solar News . . . Mattson McDonald p11

Language Evolves . . . Schlarb p9

Nature News . . . p7

TECH TREK NIGHT . . . p9

Hometown Tourism Day . . . p26

INCO NEWS . . . p10

Qfolk
MOnthly LGBTQ eVenTs, +
political groups/organizations... p8

COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS KANEKUNI 20

BIKE MADAME . . . HAMMITT-MCDONALD . . 21

FREE WILL ASTROLOGY . . . BREZNY 21

NETWORK COMMUNITY LISTINGS . . . 22

S. GRACE MESSAGES. . . 23

WHOLE PLANET HEALTH. . . . HAMMIT-MCDONALD 23

WORD & WISDOM . . . NASON 23

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:
hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Daily Astorian

EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

Michelle Roth

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:

Bob Goldberg

Cover Design: Les Kanekuni
Cover Photo: Dinah Urell

Speaking Truth To Power: Conrad Gowell Native Fish Society • Nov 18

ON MONDAY, NOVEMBER 18, North Coast Communities for Watershed Protection hosts another in the series "Speaking Truth to Power," an educational talk by Conrad Gowell, the Native Fish Society's Fellowship Program Director. Doors open for this free event at 5pm for a "Meet and Greet" with light refreshments. Talk begins at 5:30 pm.

Conrad will discuss the sustainability of wild fish, risk factors that affect them including current forestry practices, and finally, what we can do to ensure that wild fish survive. He plans to delve into issues regarding unstable slopes. This presentation will incorporate a dialogue with the audience.

In 2018 Conrad became the Native Fish Society's Fellowship Program Director after serving as NFS' River Steward Program Director (2016-17), North Oregon Coast Regional Coordinator (2013-2016) and Siletz River Steward since 2010. In his current role, Conrad recruits and manages a team of skills-based volunteers and contractors (NFS Fellows). These Fellows assist River Stewards with their watershed-specific conservation campaigns and help develop the



advocacy tools NFS needs to increase the impact of the work.

Conrad completed his undergraduate degree in Natural Science from the University of Puget Sound in Tacoma, Washington and has since worked with non-profit organizations, academic institutions, indigenous cultures, and fisheries consultants, aiming to advance the sustainable management and restoration of watersheds. Conrad brings a policy, research and habitat restoration background with experience throughout the Northwest and Alaska. He is a lifelong advocate for wild fish; his consistent dedication has inspired community action.

Conrad worked on the following effort: Endangered Species Protections Sought for Oregon Coast Spring Chinook : <https://nativefishsociety.org/news-media/endangered-species-protections-sought-for-oregon-coast-spring-chinook> . Nehalem River spring Chinook are an example of fish that may benefit from these protections. Conrad will also be leading a walk into the Trask River area to observe steep-slope logging that has slide risks. For details go to <https://healthywatershed.org/>

NEW LOCATION: Directions to St. Mary by the Sea: At the south end of downtown Rockaway Beach, turn west on SW. Third Ave. (At the corner of S.E. Third Ave. and Highway 101 is the south end of the Rockaway Beach City Hall.) Proceed west over the railroad tracks, going to the end of Third Ave. which becomes the St. Mary by the Sea parking lot. The meeting will take place in their community center building, not in the church itself. The address is 275 S. Pacific St.

Driftwood Public Library presents information session for veterans and others

EVERYONE IS INVITED Tuesday, Nov. 12, to Lincoln City's public library for a day-long observance of Veterans Day. Featured will be Devon Whitaker of the state Veterans Affairs office in Newport who can answer questions about state and federal veterans programs and services. The session gets under way at 10 a.m. on the second floor library at 801 SW HWY 101 in Lincoln City.

Library staff are also gathering respected military histories about America's combat troops, from the Revolutionary War to the present day. All these books will be available for check-out in the library, and will be displayed along with John McCrae's famous poem, "In Flanders Fields."

Veterans Day is observed each year on Nov. 11th, a Federal holiday. Originally called Armistice Day, it marks "eleventh hour of the eleventh day of the eleventh month" of 1918 when the guns fell silent, signaling the end of World War 1. While Memorial Day specifically honors those who lost their lives in service to their country, Veterans Day honors all veterans, living or dead. It offers an opportunity to give thanks to living veterans who served their country honorably during war or peacetime.

The event will take place at Driftwood Public Library in the Fischer Room, and is free and open to the public. The library is located on the second floor of the City Hall building at 801 SW HWY 101, across the street from Burger King and adjacent to McKay's Market. FMI: Kirsten Brodbeck-Kenney, who can be reached at kbroadbeck-kenney@lincolncity.org, or at 541-996-1251.



COAST COMMUNITY RADIO presents "The Corporate Coup D'Etat" a documentary which takes a look at the politics and history of the declining democracy in the United States.

Pulitzer-winning journalist and author Chris Hedges said recently: "Donald Trump is not an anomaly. He is the grotesque visage of a collapsed democracy. The creeping corporate coup d'état that began 45 years ago is complete. It has destroyed the lives of tens of millions of Americans no longer able to find work that provides a living wage, cursed to live in chronic poverty."

In the film radio listeners will recognize the voice of Chris Hedges, who is often on Alternative Radio 3:00pm Thursdays on KMUN. Hedges argues that the crisis predates Donald Trump's election by many years. Like Hedges' source of inspiration, the Canadian philosopher John Ralston Saul, Hedges regards Trump as the symptom rather than the disease. Decades ago, U.S. democracy began selling its soul to big corporations. Lobbyists and corporatism took control in Washington, gradually undermining the will of the people. Journalist Naomi Klein recently described Trump's administration as a "corporate coup d'état". Hedges and Ralston Saul argue that the real coup took place long before.

A democracy should protect its citizens, especially the most vulnerable among them, but increasingly the United States is failing to do so. This investigative and persuasive documentary blends the insights of philosophers, authors and journalists with the experiences of citizens of the Rust Belt in the U.S. Midwest, where the steel industry once flourished, but where closures and outsourcing have left urban areas desolate and hopeless. It's here that Donald Trump finds some of his most fervent supporters, as he's not considered part of the hated Washington establishment.

The film also features Philosopher Cornel West, Author Sarah Jaffe, Journalist Lee Fang, Author Maude Barlow and Journalist Philip Martin and the heart-breaking stories of citizens suffering from the effects of corporatist, globalist, and neo-liberal ideologies and policies.

Q & A session with co-producer Jeff Cohen, after the viewing.

Cohen found the media watch group FAIR in 1986, and co-founded the online activist group RootsAction.org in 2011. He is author of "Cable News Confidential: My Misadventures in Corporate Media." He's been a TV commentator at CNN, Fox News and MSNBC. Cohen has co-produced several documentaries, including "All Governments Lie" and "The Brainwashing of My Dad."

Viewing is set for Saturday, November 9, 2019 at 7:00 at the Historic Liberty Theatre in downtown Astoria. Tickets are \$10, available at LibertyAstoria.org and at the door.

ARE YOU A WORKING ARTIST in Clatsop County

who could use information and advice to help you progress professionally and experience business growth? The Arts Council of Clatsop County is presenting an opportunity for artists to learn from and be motivated by other creative professionals at its inaugural 2019 Arts Summit.

The summit, titled **"The Business of Art: Artists Teaching Artists,"** will take place from 1 to 5 p.m. Tuesday, Nov. 12, at the Seaside Civic and Convention Center. Doors open at 12:30 p.m.

This new countywide event, is free and open to the public.

FMI: or to register for the event, visit the Arts Council of Clatsop County Facebook Page or email artscouncil@co.clatsop.or.us.

Individuals can also register at the event.

Cloud & Leaf



We believe
in the
Printed Page

Special Orders
Recommendations
Free shipping

The Cloud & Leaf Bookstore

148 Laneda Ave

Manzanita, Oregon

503.368.2665

www.cloudleafstore.com

open daily 10 to 5

THIS WAY OUTSM

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio

10pm Wednesday Nights!

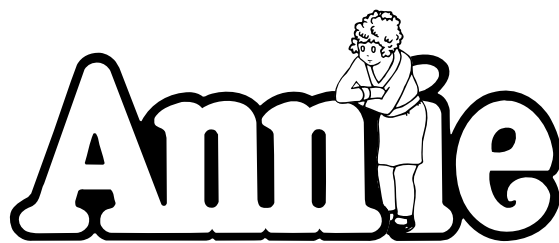
This Way Out marks almost 30 years on the air!
Our first program was distributed on April 1, 1988.

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

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

KMUN 91.9 ASTORIA **KTCB 89.5 TILLAMOOK**

COASTER THEATRE PLAYHOUSE



Nov 15 - Dec 22, 2019

Tickets \$20 or \$25

Shows begin at 7:30 p.m.

Sunday shows starts at 3:00p.m.

Sponsored by The Clark Foundation

Tickets: 503-436-1242 or coastertheatre.com

108 N Hemlock Street, Cannon Beach, OR



STEPHEN BERK

EVER SINCE THE JET LINERS CRASHED into the two World Trade Center buildings in 2001, the US has been involved in various parts of the Middle East and South Asia for the avowed purpose of fighting terrorists. The official story has always been that Osama Bin Laden, an Islamist radical, opposed to US and Western pres-

occupation troops in Afghanistan, Iraq and other parts of the Middle East.

Needless to say, the continuous US low level but deadly war making in Muslim countries had the effect of producing an ever more radical terrorist opposition. Among the most radical have been the Islamist fighters of ISIS (Islamic State in

pull out the thousand or so American forces and war materiel from Northeast Syria. Trump doesn't give formal speeches, nor does he conduct elaborate negotiations. He seems to govern almost by impulse, communicating largely in short tweets on the social media outlet, Twitter. This practice has given the Trump presidency a lack of deliberative, one could almost say an impulsive quality in making policy.

So it was in the second week of October, 2019, when Trump, minus

consultation with foreign policy experts or the military, decided to pull the remaining US troops and equipment out of Northeast Syria. Trump did not plan out and begin to execute a gradual withdrawal in cooperation with our Kurdish partners. Indeed, he ordered our remaining thousand or so troops out of Syria. This action created a vacuum, which immediately drew in the Turks against their old Kurdish enemies. The Kurds, for their part, now had to concentrate fully on fighting a guerrilla war against the invading Turkish Army. Hence many of the imprisoned ISIS fighters, whom the Kurds were guarding, now escaped. Trump's precipitous troop withdrawal quickly created chaos in the formerly stabilized region. The president then sent his secretary of state, Mike Pompeo, together with vice president Mike Pence, to Turkey to try to get a cease fire. As of this writing, they have obtained a brief one. But the ISIS fighters remain free.

While it would be a great economy to progressively rein in our expensive worldwide system of military bases, removing our small number of troops from Syria should have been done much more slowly and deliberately. While it is usually disastrous to send troops unthinkingly into foreign wars, it can be likewise so to withdraw them in this precipitous a manner. Trump may be lucky and finesse his way out of this mess. He has gained a brief cease fire through negotiations of Vice President Pence and Secretary of State Pompeo with the Turks. But many Kurds have died and ISIS fighters are again on the loose.

ence and influence in the Islamic world, formed al Qaeda (the base), in order to force America out of the Islamic world. Initially, Bin Laden's operation was based in Afghanistan, so that is where American troops first went to fight the Global War on Terror (GWOT).

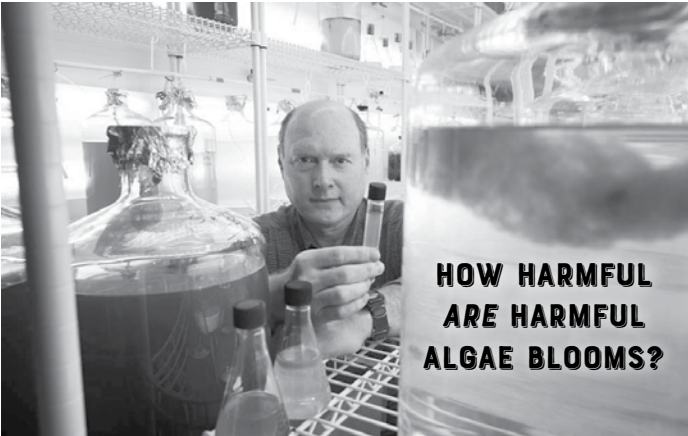
There have always been unanswered anomalies regarding the official 9-11-01 story. For example, the two World Trade Center buildings collapsed into their footprint, which would occur in the event of a controlled demolition, where the buildings were wired and brought down by successive explosions. But the buildings would come down, perhaps not completely and unevenly, with floors pancaking, as a result of being hit by two large planes. Also a third WTC building, Building 7, which was not hit, collapsed into its footprint. Over the years, groups such as Architects and Engineers for 9-11 Truth have laid out the many anomalies unexplained and wrongly explained facts of the 9-11 World Trade Center events. And there are books aplenty that challenge the official story.

Whatever the truth of the 9-11 events really is, they were used immediately to place the US in a constant state of wars with Islamist terrorism (GWOT). Since this seemingly endless series of military actions began in Afghanistan, the US has continuously had troops with naval and air support in parts of the Middle East and South Asia, key locations of the Islamic world. Gradually, these operations have been reduced. After President George W. Bush's deadly and wholly unnecessary 2003 invasion of Iraq, which had nothing to do with 9-11-01, GWOT settled into US

Iraq and Syria). This organization has been among the harshest in its interpretation of Muslim law (Sharia), especially in its oppressive confinement of women. When ISIS formed, American forces turned their attention to combatting this new, violent force known for beheading some of its captured enemies. In warring against ISIS, American soldiers found themselves making common cause with the Kurds. The Kurds are one of the ethnicities in South Asia never given a state of their own, as many other regional groups were.

While the 1918 Versailles Treaty partitioned and redrew portions of the world, giving states to many ethnic groups, it left out the Kurds, many of whom reside in Turkey. In fighting continuously for their own state, the Kurds became bitter enemies of the Turks, who regard them as terrorists. The Kurds, wanting to carve their nation state out of a part of Turkey, have fought continuous guerrilla warfare against the Turks. But many Kurds also reside in Syria, and when the US came there to battle ISIS, the Kurds joined them as tough, seasoned allies. Together with the Kurds, the US defeated ISIS. The Americans left a residual force of about a thousand troops in Northeast Syria. The Kurds, for their part, had captured the main body of ISIS fighters, holding them in prisons. With US fire power protecting the Kurds from their traditional enemy, Turkey, Northeast Syria stabilized. Thus it remained through the Obama administration.

This relatively quiescent state of affairs did not change until October, 2019, when President Trump decided on his own to



HOW HARMFUL
ARE HARMFUL
ALGAE BLOOMS?

AT THE NEXT Nature Matters, Dr. Wayne Carmichael will discuss the need to balance human activities with our need to manage nutrients in aquatic systems, mitigate harmful algal blooms and reduce health risk; all in the context of a changing climate.

The 7pm presentation takes place November 14 at the Fort George Lovell Showroom, 1483 Duane Street, Astoria. This free event is open to the public. Doors open at 6pm to purchase dinner or beverages at the Fort George Brewery before the event.

Cyanobacteria, or blue-green algae, are ancient microbes responsible for aerobic photosynthesis and production of the earth’s oxygen. They are also very adaptive, ranging from thermal hot springs to high altitude rocky terrain, and more important for this talk, responding all too well to human development and nutrient enrichment of our water supplies—including reservoirs, lakes, ponds, rivers and streams. Due to improper and over-development of water

NATURE MATTERS
Dr. Wayne Carmichael on November 14

resources, especially nutrient enrichment from municipal, industrial and agricultural sources, cyanobacteria proliferate or “bloom”, forming dense growths in our local waters. These blooms disturb food chains, contaminate water treatment systems, and produce potent toxins that sicken and kill wild and domestic animals and humans. Dr. Wayne Carmichael is a retired (2007) Professor of Biological Sciences and Professor Emeritus at Wright State University, Dayton, Ohio. An Oregon native, he received his B.Sc. in Botany/Zoology from Oregon State University in 1969. He earned a M.Sc. in 1972 and a Ph.D. in 1974 from the University of Alberta, Edmonton in the areas of limnology, aquatic microbiology and pharmacology. His professional career was spent on primary research of cyanobacteria freshwater harmful algae blooms (HABs). Projects as a Professor Emeritus focus on management and mitigation of harmful cyanobacteria in municipal and recreational water supplies. This includes serving on national and international HAB committees, organization of and participation in workshops and symposia plus advising on HAB issues for local, state, national and international agencies and groups. He is a Board member of the Oregon Lakes Association, Clatsop County Soil and Water Conservation District and the Elsie-Vinemapple Rural Fire and Rescue District. He makes his home in the coast range, on the beautiful Nehalem River.

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

Two presentations on North
Coast Ecology to close
Lower Nehalem Watershed
Council’s 2019 Speaker Series

ON NOVEMBER 14 the Lower Nehalem Watershed Council Speaker Series will feature **Katie Voelke, Executive Director for the North Coast Land Conservancy**, for a discussion titled “North Coast Ecology: A Picture of Diversity”. Continuing this theme, **Charlie Plybon**



will present “**Life on the Rocks: Oregon’s Rocky Shore Habitats**” on December 12. Charlie Plybon is the Policy Manager for Surfrider Foundation.

Katie’s talk will focus on the terrestrial ecosystems of the northern Oregon coast. The varied habitats, from ocean beaches to 3000 ft peaks, support a diverse set of species. This diversity is one reason scientists consider this region to be particularly resilient to the effects of climate change. It also puts a fine point on the need to thoughtfully manage this land with a view to the future.

Charlie’s talk will narrow that focus to the importance of rocky shore ecosystems. Charlie will focus on the adaptations of organisms living in the rocky shore and historical protections for these areas. The talk will also include information about Oregon’s current process to update the state’s special rocky habitat designations and how the public can be involved.

These presentations are part of the Lower Nehalem Watershed Council’s regular Speaker Series. All talks are held at the Pine Grove Community House, 225 Laneda Ave in Manzanita. The program begins at 7 pm.

Haystack Rock Library Lecture Series
conservation status, population trends, and
natural history of the Tufted Puffin



FRIENDS OF HAYSTACK ROCK welcome Dr. Scott Pearson speaking on the Tuft Puffin, Wednesday, November 13 at 7pm at the Cannon Beach Library, 131 N. Hemlock St.

Dr. Pearson is a senior research scientist at Washington Department of Fish and Wildlife where he supervises the west-side research team. Scott’s research is focused primarily on assessing wildlife population status and trends, diet, habitat use and quality, evaluating the effectiveness of conservation efforts, and identifying mechanisms responsible for population declines. He is currently

studying several seabird and shorebird species, including the tufted puffin, marbled murrelet, rhinoceros auklet, and snowy plover.

World of Haystack Rock Lecture Series happens the second Wednesday of each month November through May with a mission 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.

December 11th Friends of Cape Falcon Charlie Plybon, Title: Life on the Rocks Habitats: Oregon’s Rocky Shore

- January 8th Patrick Cocoran, Title: Envisioning the Coast of the Future
- February 12 Colleen Weiler, Title: Orcas of the Oregon Coast
- March 11th Dr. Debbie Duffield Title: Current Trends of Marine Mammals Along the Oregon Coast
- April 8th Janet Essley, Title: Tidal Flats, Victorian Prudes, and Going to the Moon: what we can learn from Sandpipers

WILDLIFE CENTER OF THE NORTH COAST NEEDS YOUR HELP!
The non-profit wildlife hospital, located in Astoria, Oregon, is seeking volunteers to join their transportation network driving sick, injured, and orphaned patients on the central and north Oregon coast.



The late Sharnelle Fee, Founder of the Wildlife Center and a younger, ever passionate Joshua Saranpaa – Executive Director

Local Wildlife Center Seeks
Transport Volunteers

THE NEED is particularly dire in Lincoln and Tillamook counties from Newport to Manzanita. Transport volunteers are part of a network, delivering patients to and from pick-up and drop-off sites, ensuring their quick and safe delivery to the wildlife hospital. Transport volunteers who feel comfortable are occasionally needed to assist in the rescue of wildlife within their preferred network area. Ideal transport volunteers will have flexible schedules and occasionally will be called upon at short notice. There is no minimum distance requirement for transport volunteers and the need is ongoing. The wildlife hospital has several drop-off sites, so any distance volunteers are able to transport is greatly appreciated. Training and supplies are provided.

The Wildlife Center of the North Coast receives an average of 1,000 patients annually, and is the only wildlife care hospital on the Central and North Oregon Coast. They serve communities from as far south as Newport, OR all the way up to Willapa Bay in Washington. The facility specializes in seabird rehabilitation, but provides professional medical care for all native wild birds and mammals in need of help.

The Wildlife Center’s mission is, “Promoting compassion, empathy and respect for all life through wildlife rehabilitation, ecological teachings, and wildlife conservation.”

Anyone interested in volunteering for the Volunteer Transport Team, and for more information, please contact: Reva Lipe, Volunteer Coordinator at volunteer@coastwildlife.org or call (503)338-0331.

DID YOU KNOW OREGON has
about 500 different species of bees?

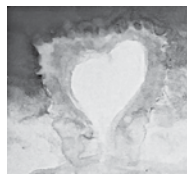
We say ‘about 500’ because we do not exactly know how many bee species call Oregon home. Much of the state has been poorly surveyed. The Oregon Bee Atlas’ five year mission’ is to train volunteers to generate museum quality records with a complete inventory of the bees of the state.



Learn more about the Oregon Bee Atlas, training opportunities and how you can get involved with surveying for native bees in 2020 at the Netul River Room at the Fort Clatsop Visitor Center on **Wednesday, November 13th at 3:30 – 5:30 p.m.**

The presenter, Andony Melathopoulos, is an Assistant Professor in Pollinator Health Extension in the Department of Horticulture at Oregon State University, which was the first such position in the US. He also sits on the Steering Committee of the Oregon Bee Project, which coordinates pollinator health work across state agencies and hosts a weekly podcast called PolliNation. In 2018, Andony was recognized with the national Pollinator Advocate award by the North American Pollinator Protection Campaign.

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



Sarah Wyckoff Integrated Inner Learning

...learn self love and apply it in daily life.

Multiple Specialties

30 years professional experience
Confidential sessions in Nehalem,
or by phone/video

www.FreeheartRanch.com
Sarah@FreeheartRanch.com

619-246-4595

Freeheart Transformative Coaching™ and Inner-active Movement™



Seaside Real Estate, LLC. Clatsop's Newest Realtor

- Residential, Land & Re-Development
- Dual Licensing CO & OR
- MSL Member

Paul Hands
Buyer Broker

☎ 970.846.9783

✉ aphands@gmail.com



- Hydrofacial Therapy
 - Customized Facials
 - Microdermabrasion
 - Glycolic peel
 - Spa Pedicure/Manicure
- and much more!



*Nadia's Exclusive Salon
& Skin Care*

Hrs: 11 to 3 Tue - Fri
503.338.8104

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



Art Cards, Artisan Crafts,
Gallery & Working Studio
1133 Commercial St. Astoria, OR 97103
503.468.0308



Lower Columbia Q Center

Astoria Armory - 1636 Exchange Street Astoria

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

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

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First

Wednesday of the month. 6-7:30 pm

- LCQC Board Meeting: Third Wednesday of the month. 6-8 pm

Lower Columbia Gender Alliance/Trans Support

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

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

LCQC Choir. Meets Mondays at 7pm
LCQCAstoria@gmail.com.

**-LGBTIQ+ Teen Social and Skate Night: Every Friday
at the Astoria Armory. 5-9 pm**

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

A New Executive Order, ensures equal treatment under the law for Oregon's LGBTQ+ Community.

THIS OCTOBER 2019, Governor Kate Brown signed into law an Executive Order affirming and respecting everyone's gender identity.

In October, 1987 Executive Order No. 87-20 was issued, which for the first time in history prohibited agencies within the Executive Branch of state government from discriminating on the basis of sexual orientation in employment and provision of services. 32 years later the order has been updated.

Executive Order No 19-08 will ensure state agencies prohibit discrimination on the basis of sexual orientation and gender identity. That everyone's gender identity will be respected and affirmed—whether you're a state employee, accessing public services, or receiving public grants.

"As the United States Supreme Court takes up three cases addressing LGBTQ employment discrimination that may turn back the clock on federal civil rights, we are responding with a resounding message: Hate and discrimination are never welcome in Oregon," said Nancy Haque, Executive Director of Basic Rights Oregon.

"There are more sexual orientations than just gay and lesbian. And there are more than two gender identities. Recognizing everyone, is one step closer to a more inclusive and welcoming Oregon," said Governor Brown.

Specifically, the executive order:

- Prohibits discrimination against LGBTQ+ people by state agencies in performing all functions of government, including employment decisions.

- Directs state agencies to treat all persons consistent with their gender identity. Directs state agencies to modify forms inquiring about gender to include, in addition to "Male" and "Female," a third option designated as "Nonbinary/Other."

- Directs the Department of Administrative Services to adopt statewide policies to expand access to appropriate restrooms and to accommodate state employees and members of the public who are transgender, nonbinary, or gender non-conforming.

At a time when the United States Supreme Court is taking up three cases addressing LGBTQ employment discrimination that may turn back the clock on federal civil rights, this executive order will ensure protections are in place at the state level regardless of what happens at the federal level. Currently, 26 states lack legal protections against employment discrimination for LGBTQ+ people.

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

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

CREATE • Nov 21 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.

Tools for Sustainability Lecture, November 21 at 7pm in Columbia Hall, Room 219, Clatsop Community College, 1651 Lexington Avenue, Astoria,

TECH TREK TRIVIA NIGHT Nov 19 to benefit
AAUW STEM Scholarship Fund to support girls in science



Tech Trek Camp, attendees in Tillamook, OR June 2019

THE AMERICAN Association of University Women (AAUW) Astoria Branch is holding a “FUN”draiser at KALA, 1017 Marine Drive, on Tuesday, November 19th to benefit the Tech Trek scholarship fund. Tech Trek is a Science, Technology, Engineering, and Mathematics (STEM) camp for young women. The “FUN”draiser will be a Trivia night with four rounds of trivia with one round each for the topics of Science, Technology, Engineering, and Mathematics. The cost of admission is \$5 with soda, beer, wine, and food concessions from various area businesses available for purchase to benefit the Tech Trek scholarship fund. There will be prizes for each team or individual winner for each round. It will also be a great way to learn more about the STEM fields.

To reserve tickets please contact event coordinator, Astoria AAUW member Erin J. Engelson, by phone at 503.440.1195, or by email at erinj.engelson@gmail.com.

Through hands-on problem solving and encounters with women role models in science, technology, engineering, and math (STEM), AAUW Tech Trek helps girls see their futures while having nonstop fun. This one-week summer camp is backed by AAUW's research and designed to make STEM fields exciting and accessible to girls in middle school — the age when girls' participation in these fields statistically drops. For many girls, the weeklong camp sparks their curiosity and places them on a path toward success.

AAUW of California member Marie Wolbach founded Tech Trek in 1998 with the help of an AAUW Community Action Grant. Today AAUW Tech Trek operates at 22 different sites around the nation. A 2013 survey of AAUW Tech Trek alumnae from California demonstrates the program's lasting effects on many levels, including interest and confidence in STEM fields, decision to pursue those fields, and future career plans.

The American Association of University Women, AAUW, a nationwide non-profit, is committed to advancing equity to women and girls through advocacy, education, philanthropy, and research. The Astoria Branch was established in 1927. Since 2017 the AAUW Branches in Astoria and Seaside have financially supported 26 young women to attend Tech Trek. The cost is \$650 per attendee with \$600 being awarded as a scholarship from the Astoria and Seaside Branches.

To contribute to the AAUW Tech Trek scholarship fund, please send a check to AAUW, P.O. Box 847, Astoria, Oregon, 97103 with Tech Trek in the Memo line.

Girls who completed precalculus in 2009



87%

of respondents had completed algebra II, compared with 78 percent of female students and 73 percent of male students nationally.

Language Evolves and People Do Too

Comedian Myq Kaplan recently tweeted the following:

SOMEONE: “I hate political correctness”

POLITICAL CORRECTNESS: “I actually prefer to be called ‘compassion’”

SOMEONE: “but that makes it harder for me to say that I hate it”

COMPASSION: “I understand”

LANGUAGE IS A LIVE, evolving representation of culture. As we change and grow, our language changes with us. Sometimes, culture reaches a watershed moment where the shifts happen so quickly, language struggles to keep up. These moments can lead to discomfort when the right words are missing and articulation is difficult.

At present, a seemingly rapid change of language, particularly as it relates to identity and the visibility of marginalized groups of people, has been taking place. The perception that the change is “rapid” however, is relative. It may only seem so to those whose identities are in protected classes and who may have never fought for their right to be seen in safe, self-identified terms.

Even the term “political correctness” doesn’t mean the same thing it once did, depending on who you ask. Originally referring to someone who strictly toes the party line, for some it still amounts to thought policing. For others, it is a cover act for dismissing the voices and visibility of minority groups. An aversion to “political correctness,” in this case, serves as a defensive strategy to avoid uncomfortable growth.

Someone recently asked me when it was ok to use “queer” vs “gay,” and for help with “political correctness” as it relates to the queer community. What this person was really seeking was less about being PC and more about using compassionate language; they were also looking to be met with compassion in their questioning.

The following are some current terms defined. It is by no means complete, but is a partial representation of where our language has grown and where it is still limited. My queerness does not make me an authority on all queer identities. By putting terms on a page, I engage with the process of supporting others to understand, as well as inviting those who can see what I missed or got wrong to chime in with more perspective and information.

Common Terms Defined

Culturally, “**queer**” has become a somewhat blanket term. Originally meaning “odd” or “different,” the word turned into a slur against the community, but has since been reclaimed. It is inclusive, meant to represent the myriad of ways a person can be themselves in their identity, expression, or orientation.

“**Gay**,” is by no means outdated or inappropriate; it is somewhat similar to “queer,” although less inclusive in terms of often being used specifically for same-sex or same-gender relationships.

As one north coast-queer put it, “queer is for anyone with an orientation or gender identity that falls outside of the monogamous, heterosexual, cisgender, binary.” They go further to say that the term is so inclusive as to “require personally asking or interpreting specifics. People may or may not have a lot in common with others who self-identify as “queer.”

Here is where accepting a shift from political correctness to compassion is critical, because there are actually no immutable or “correct” answers. We can define all day, and

By Kaisa Schlarb



individual experiences will still need to be honored. Addressing language matters so we can affirm one another, but staying on the same pages as they turn requires a commitment to keep reading.

Orientation is related to whom a person is attracted to or oriented toward. Terms like hetero- or homo-sexual relate to orientation. Hetero, means “different,” referring to having dissimilar parts, whereas homo- means “the same.” The parts being referred to are sex organs. These words have been used extensively to identify people as “gay” or “straight.”

Gender Identity is a person’s sense of their own gender, which can be the same or different than what they are assigned at birth. Gender expression relates to how someone expresses their gender.

Binary refers to a system with only two- parts, either/or, as in: man/woman, black/white. Words like hetero- and homo- capture less meaning as we attempt to look beyond the binary and include gender identity and expression instead of just orientation. A north coast, transgender person clarified, “my identify, who I am-- is first. Who I sleep with is second.”

Cisgender is a term that refers to sex and gender identity being the same. “Cis” is a term in chemistry meaning, “two groups lie on the same side.” A cisgender women is someone whose gender identify is girl/woman and their sex is female. A cisgender man is a person whose gender identity is man/boy and their sex is male.

Transgender refers people whose gender identity is not the same as their sex at birth. The prefix trans means “across” or “through,” and here refers to a difference between sex and gender. A transman is a person who identifies as boy/man, but was born assigned girl/female at birth, based on sex. A transwoman is a person who identifies as girl/woman, but was assigned boy/male at birth, based on sex.

Non-binary is a term for people who are neither man nor woman identified, or identify with both. Trans non binary is a term also used. Other terms are genderqueer, agender, and bigender. Some Indigenous groups use the term two-spirit to refer to Indigenous, trans people.

They/them are gender neutral pronouns that are used by non-binary people, who do not identify with “she/her” or “he/him” pronouns.

Rather than working with these terms as vocabulary to be memorized, consider them as concepts to explore. Getting the right answer, being correct, is not the end game. Visibility, affirmation and safety for queer and trans people is what matters. Compassionate engagement with the evolution of language supports all queer people; even straight ones.



**Come on,
there must be
something you want
to frame**

Your favorite concert poster?
Your best friend or your best dog?
Your vacation abroad?
Your staycation at home?
Your favorite greeting card?
Your son's champion golf memories??
Your daughter's christening dress?
Your mother's oil painting?
Your grandmother's beaded bags?
Your father's war discharge papers?
Your grandfather's fishing pole?
Your boyfriend's baseball mitt or ballet shoes?
AHS winning season football jersey?
Your favorite cat's fur?
Your grandson's first baby shoes?
Your great grandmother's tea cups?



**We frame
pictures.
We frame
memories.**

**Downtown Astoria
1287 Commercial St.
503.325.5221**



Enjoy the serenity of our
gardens, wooded paths, sauna,
yurt and bhuddas ...
... in Nahcotta, Washington
on Sandridge Road,
just south of Bay Avenue
overlooking Willapa Bay



**"The human race is
challenged more than ever
before to demonstrate our
mastery, not over nature but
over ourselves."**

— Rachel Carson

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

INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS NOV 2019
.....

INCO Astoria Community Group

Saturday, Nov. 2, 10:30 am
OSU Seafood Research & Extension Center
Astoria

INCO Advocacy Team

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

INCO Seaside-Gearhart Community Group

Tuesday, Nov. 12, 6:30 – 8:00 pm
Email incoregon@gmail.com for location

INCO Vote the Future

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

INCO Warrenton Community Group

Saturday, Date TBD, 11:30 am
El Compadre Restaurant, Warrenton

Postcards to Voters

Tuesday, 2 – 4 pm
Winekraft, Astoria

Postcards to Voters

Fridays, 2 – 4 pm
Mary Blake Playhouse,
1215 Avenue A, Seaside



ON IMPEACHMENT AND RECALLS

We live in strange times.

At the federal level, we're in the midst of an impeachment process to hold a corrupt and self-dealing president to account, a process designed by our country's founders as a check on anyone who would abuse the country's highest office for his or her personal gain.

Here in House District 32, we're in the midst of a completely unwarranted effort to recall Representative Tiffany Mitchell. Mitchell's opponents accuse her of no wrongdoing—they simply don't like some of the votes she cast. This is an abuse of the recall process, a disruptive tactic that threatens democracy.

Through "Timber Unity," over \$13,000 has been spent on the HD 32 recall effort so far. In their attempt to gather 4,883 signatures by December 4, they've mailed recall petitions to voters in envelopes that look a lot like those that typically contain ballots. If they succeed in their bogus recall attempt, we can expect these tactics to be replicated elsewhere.

To help the public get clarity, all of us need to speak up. Talk with your friends and neighbors about impeachment and the HD 32 recall effort. Letters to the Editor are another good way to share the facts. Some points you might emphasize:

ON IMPEACHMENT:

- Congress is doing its job under the Constitution
- Abuse of power, as demonstrated by the president clearly and openly soliciting help with his re-election from a foreign leader, is an impeachable offense.
- For the president to have withheld appropriated military assistance to Ukraine, a democracy struggling to fend off Russian aggression, creates a national security risk. This is especially bad when his motive is to benefit his re-election campaign.
- Regardless of political party, everyone who values freedom and the rule of law should support an im-

peachment inquiry that holds the president accountable for his actions.

ON THE HD 32 RECALL EFFORT:

- Representative Mitchell supports working families:
 - She voted to slow the growth of healthcare costs for working Oregonians, including a law that requires prescription drug companies to give notice of significant price increases.
 - She voted for measures to curb the influence of Big Money in our elections.
 - She voted for measures to prevent bad actors from hacking our electronic devices.
 - She voted to keep payday lenders from charging big fees to hardworking borrowers.
 - She voted to protect the environment on which loggers, farmers, and fishermen depend.
- Representative Mitchell shows fortitude and integrity. She is a public servant in the truest sense. She explains the reasons behind her votes. She holds town halls where she addresses constituent concerns.
- In word and deed, Representative Mitchell shows that she values honesty, hard work, justice, and our representative democracy.
- The well-financed effort by Representative Mitchell's opponents to recall her from office is an abuse of the recall process:
 - Recall is a means of removing an official due to misconduct. The petitioners allege no misconduct by Representative Mitchell. They want to remove her from office because they don't like how she voted on certain issues.
 - If we recalled every official who cast a vote we didn't like, our system of representative democracy would break down. In a representative democracy, we rely on elections, not recalls, to remove from office people with whom we disagree.

CREATE Sustainability Lecture Series welcomes Sunbridge Solar Nov 21

THE CREATE Sustainability Lecture Series starts off Thursday, November 21st at 7 pm, with a presentation from Sunbridge Solar at Clatsop Community College, Columbia Hall Room 219. Over the next five months the speaker series will focus on giving people tools to make effective choices beneficial to the environment and pocketbook, to mitigate climate change.

Sunbridge Solar, a company based in Vancouver, Washington, has been providing solar installation services for over nine years to Washington and Oregon residents. Justin Turet and Jim Steiner will present

information on solar and answer questions for home and business owners.

Justin Turet has been serving the growing solar and storage industry for over four years. He helps homeowners, farms, non-profits and businesses convert to clean energy. He lives in Portland, Oregon with his wife, and two children.

Jim Steiner knows there's lots of room for growth. The industry is booming with more cost effective installations and storage systems available for the homeowner and businesses in the last few years. He welcomes questions and queries from all participants.

Current Oregon solar incentives allow homeowners and businesses to lower the upfront cost associated with a brand new solar energy system. By combining free, renewable energy with lucrative state and federal solar tax credits, thousands of Oregon consumers, from across the state, are choosing to realize the short and long-term benefits of solar.

Tools for Sustainability Lecture, November 21 at 7pm in Columbia Hall, Room 219, Clatsop Community College, 1651 Lexington Avenue, Astoria, OR 97103.

NEWS FOR OREGON SUSTAINABILITY SOLAR POWER INTERNATIONAL 2019

By Pamela Mattson McDonald

IN SEPTEMBER, THE COLUMBIAN THEATER showed a film called, "From Paris to Pittsburgh" which illustrated how people are solving the climate crisis. Not by protests, but by actively making changes in their lives. Choosing products, utilities, and ways of living which do not use fossil fuels.

While the audience watched the movie and Stephen Shumaker was talking about solutions, I attended the Solar Power International (SPI) Conference in Salt Lake City. Eleven - thousand and five hundred people visited eight hundred plus booths from various aspects of the sustainable energy market. Milling about, making deals, sharing tech and showing off advances in energy, storage, non-toxic manufacturing and recycling processes.

Utah's sizable amounts of solar installations, both utility and household, influenced the Solar Energy Industry Association (SEIA) choice for their location of the Solar Power International 2019 Conference. Because they are now lower in cost, higher in quality and longevity, solar installations have been highly successful in forty-five states and more than ten countries. Leading the International Solar Revolution in 2019 are:

Germany - 38,250 Megawatts
China - 28,330 Megawatts
Japan - 23,409 Megawatts
Italy - 18,622 Megawatts
United States - 18,317 Megawatts
France - 5,678 Megawatts
Spain - 5,376 Megawatts
Australia - 4,130 Megawatts
Belgium - 3,156 Megawatts
South Korea - 2,398 Megawatts

SO... How does this affect OREGON?

Physics discoveries have made solar cells so powerful, they can collect energy, even in overcast skies. In Hillsboro, Oregon, a company called SunPower, is manufacturing these amazing Photo Voltic's (PV), at the highest collection power known in the industry. Sunbridge, in Vancouver, Washington is an installer with ten years of experience. Knowing wide knowledge needed for projects. Greenridge Solar in Tualatin, Oregon, source only U.S. made P.V. panels, which is a plus, at this time in international trade and service Washington and Oregon.

Trade War Considerations

For those who have doubts about solar panel costs rising, due to the tariff situation with China. I talked with over thirty companies, who are moving or have moved their manufacturing to the US or countries other than China. LG's solar division is manufactured in Alabama and South Korea. REC Group produces their PV panels in Singapore and Norway. Canadian Solar creates panels in seven different countries outside of China. Sun Power has a manufacturing plant in Hillsboro, Oregon as well as other places all over the globe. India has a large number of manufacturers: Vikram Solar, Tata Solar Systems, Kotak Urja Pvt. Ltd, and Waaree Solar are among the top ten.

Warranties and Consumer Protection

Solar module warranties of twenty years are now standard for the lifetime of PV installations on a home or business structure. LG highlighted their advances at SPI, with their Bi-Facial Solar panels.

Which now carry a twenty-five year warrantee. The homeowner can be assured with these Bi-Facial Panels they receive 80% of the sun's energy. If the roof has a white surface.

Consumer Protection in Residential Solar was the topic of a number of the educational sessions. I attended one led by Amir Yazdi of the Solar Energy Industries Association (SEIA). He spoke of the work done to create consumer guides useful



in insuring quality and reliability for installations. Consumers can access their recommendations for knowing what to ask installers of solar at: <https://www.seia.org/research-resources/residential-consumer-guide-solar-power>

A variety of independent labs test and give as-surgency on quality, performance and durability of the different components of systems, from panels, support construction, storage and attachments. Underwriters Laboratories (UL) is the father and The Renewable Energy Testing Center (RETC) is the son of reliable consumer information for solar products.

Recycling of Solar Materials

Within the educational seminars, there was a focus on the toxicity of recycling solar cells due to the lead solder. PV's have been manufactured since the 1980's. And those with older systems have upgraded their solar arrays. Solar cell electrical recycling can be hazardous for seven years. But a company called, "We Recycle Solar" takes on the challenge. They process solar cells, infrastructure and wiring. They receive the materials in Phoenix, Arizona and New Jersey. Independent auditors are R2.

Manufacturing Safely

Knowledge of manufacturing more safely and non-toxically has informed the scientists working within the industry. A number of companies are taking down the temperature of manufacturing so lead won't be used. Longi is using solar energy to produce solar panels in China. REC Group uses a lower temperature and very low lead components, substituting other non-toxic components in the solder of the panels.

Storage Systems

Battery innovation is probably the most exciting new development. Customers that have already gone solar can easily retrofit. Lead Acid batteries are going the way of the Dinosaur. Sometimes newer isn't better. But in the case of solar battery technology, the newer lithium iron phosphate batteries (LiFePO4, or LFP) defeat the older lead acid varieties in almost every way. Especially with lead/acid's unreliability with temperature fluctuations and the cost of disposal.

For the last four years, Lithium Ferrous Phosphate batteries have been taking over the market: SimplPhi, Pika, Sonnen and Lithonics are the best sellers. Over the next year there will be several new battery options on the market. This will enable both residential and commercial customers to store their own energy. In the future, these customers can help avoid costly grid expansions by allowing the grid to pull from their mini-storage sites during peak use times, and benefit financially.

Without getting too technical, here are eight reasons lithium ferrous phosphate squashes lead batteries, if you're looking to buy and install a solar storage system in your home or business:

1. Safe

Lithium Ferrous Phosphate (LFP) solar batteries will not explode or catch fire. They are stable even at high temperatures. And if you're wondering about those exploding laptops and cell phones from a few years ago, those were lithium-cobalt batteries. Not the same thing. In contrast, lead batteries have all sorts of stuff that can go wrong without proper maintenance, like spilled or leaking acid. Which leads to reason #2.

2. No need for a "solar-sitter" while you're on vacation

Your dog might need help while you're gone, but your LFP solar battery will be just fine on its own. It needs no ongoing maintenance like voltage monitoring or refills.

In contrast, lead acid requires a lot of monitoring and upkeep. And, lots of things can go wrong, including leakage, loss of power, and a big hole in your wallet. Some varieties need more work than others, like refilling the electrolyte solution with fresh water and checking specific gravity. But all of them require technical skill and attention. If you have LFP batteries, you avoid all that maintenance and risk.

3. LFP lasts way longer.

Again, specific data varies by brand and type. But a typical lithium iron phosphate battery will last for 8-10 years and for thousands of cycles. The Sonnen battery is guaranteed for a minimum of 10 years and 10,000 cycles.

4. Solar batteries care about their weight too.

Lithium batteries generally weigh less than half of what comparable lead acid batteries weigh. This means lower shipping costs, less stress during installation, and less strain on your walls, or wherever you end up installing it.

5. Lithium is "green," even if you're not.

You'll have to discard your battery eventually. The chemicals in the LFP solar batteries are non-toxic and cause no harm to the environment. They contain no rare metals or what is commonly referred to as battery acid - which is very danger-

ous. Lead batteries, on the other hand, use dangerous chemicals that are harmful - to you and to the fish. So even if you maintain it properly, disposing of a lead battery is environmentally problematic. Regardless of whether you consider yourself an 'environmentalist,' choosing lithium over lead is an easy way to help the planet.

6. Versatility, thy name is lithium iron phosphate

A stable battery is a huge advantage. It means you can orient it however is most convenient, and put it wherever you want. Lithium solar batteries can be installed indoors or outdoors, in any room of your house, and on the walls or on the floor. While some lead acid batteries also offer some flexibility as far as not requiring it to sit a certain way, they do not offer the range of installation options of the LFPs.

7. Full discharge

Lithium batteries can be fully discharged without risk and without loss of future capacity. That means longer cycles, and fewer of them. Lead batteries can only be about 80% discharged, or they risk being damaged - this is another thing you have to monitor.

8. Stable When Left Alone

With LFP solar batteries, it doesn't matter. Their capacity doesn't even move when not in use. They have minimal self-discharge. This is a huge advantage, because if you're gone for a two week vacation or don't need the battery for certain times of day, it will be at full capacity when you return. But lead batteries do self-discharge and lose a lot more capacity even when not in continuous use.

Back in the 1970's there was a book, *Future Shock*, by Alvin Toffler, who wrote about the coming computer revolution. Now, computers are a part of our world most everywhere. Once in the 1890's horses and carriages were integral to our transportation. Then, the Model "T" and other automobiles entered, disrupting yet another facet of our life. Now sustainable energy is riding the waves of transformation, wind, solar, battery storage, and mini grids. Change is part of living. Get used to it.



Liberty Theater GALA II and a renovation campaign about the future, not the past . . .

THE LIBERTY THEATRE in Astoria is hosting its second annual gala to continue progressing in the \$3.5 million capital campaign necessary to renovate the historic building and bring bigger, glitzier Broadway-style shows to its stage for the benefit of the community.

"More and more people are coming in and asking for more and more," Executive Director Jennifer Crockett said, adding the timing of the project "feels right."

At the gala, which will be held from 5 to 9 p.m. Saturday, Nov. 16, patrons can observe the progress made thus far during the first phase of the theater's comprehensive renovation. The event includes a lavish reception in the McTavish room, an auction, and a special appeal from state senator Betsy Johnson, who was integral earlier this year in helping the Liberty acquire \$1 million in lottery money from the state. The gala will conclude with a performance combining the talents of actresses and singer-songwriters Jenn Grinels and Merideth Kaye Clark, who played Elphaba in the original touring cast of "Wicked."

"I thought that was a fun way to tie in the 'Bring Broadway to Astoria' theme," Crockett said.

One Year into the Capital Campaign

The idea for the renovation sprung up organically among the theater's staff. Crockett attended a conference hosted by the League of Historic American Theatres and connected with a consulting firm from Minnesota called Schuler Shook that is nationally known for its theater planning and architectural design. The consultants combed through the entire complex and developed an approximately six-page list of changes, repairs, and upgrades necessary to transform the Liberty into "a modern, industry-standard theater without compromising our beauty," Crockett said.

"We started talking about that list at our board meetings and staff meetings, and it sort of caught fire," she said.

The board approved the project and the fundraising campaign before presenting the idea to donors and sponsors during the inaugural Liberty Theatre Gala last year.

"What was a kind of crazy idea from the staff has turned into this really well-running campaign and building project," Crockett said.

Putting the Plan into Action

Behind the renovation project – vigilantly monitoring its progress and doing ample amounts of the footwork to keep it in motion – is the theatre's Building Committee, comprised of numerous board members and community members, many of

whom worked in fields that enable them to provide applicable skills. Committee chair Ted Osborn is a retired architect, while Rosemary McGrath worked as an interior designer and Will Rose is a former contractor. The committee also includes board treasurer Miriam Rose.

"All the planning and design and contracting has to be in sync with the raising of funds," Osborn said. "I'm sort of choreographing that and everybody else is playing big roles."

When the committee was formed last year,

Osborn relayed to the other members that it was a working committee – meaning there would be homework and an expectation for members to devote time and effort to the success of the project. Considering the committee consistently meets every two weeks, or even weekly at times, and has had perfect attendance so far, the members appear to have taken Osborn's pronouncement to heart.

They have actively participated in the smaller projects that are part of Phase 1, which includes updating the blade sign with LED lighting and adding a neon "Show Today" sign; increasing exterior visibility with a new entryway; bringing back the original chandelier; renovating the concession area to be more efficient and serve a greater volume; and adding curtains to interior doors and windows to mitigate noise from the lobby and street. Despite the hard work



SIREN SONGS
Singer-songwriter Jenn Grinels and Broadway actress Merideth Kaye Clark, friends in real-life and musical duo, perform on the Liberty GALA II stage, bringing a new take on Broadway themes plus original songs. Attend and learn more about the new Liberty vision.

required of the committee members, Osborn feels they're having fun and finding joy through their volunteerism.

"We're doing these first projects for team-building and as a starter course, gearing up for the big project," he said.

The onus is also on the committee, along with the staff, to ensure the project is carried out in a fiscally responsible way. To capture savings, they've personally sourced materials, pushed back deadlines to lower costs for subcontractors, and even done some of the manual labor themselves. As the Liberty works with Harka Architecture and R&H Construction, their goal is to secure the best value for the project.

"There are a lot of hands in this project making sure we're making good decisions and getting high quality but also being fiscally responsible with donor money, because it's hard to come by and also, you want to honor people's donations and good wishes," Crockett said.

What the Future Holds

The theater complex as it currently stands puts limitations on what the organization can present. Established in 1925 as a vaudeville theater that quickly was converted to a cinema, the building is lacking in wing space, backstage space, dressing rooms, rigging and other technical features necessary to support shows with numerous set pieces, complex lighting, and large casts.



LIBERTY GALA 2018

"You can't load in, you can't hang anything, you can't even fit your whole cast," Crockett said. "We don't have a concession stand to support the audience, and if you walk by the theater today, you'd have no idea we were doing anything inside because of the visibility."

When the Liberty approached groups about staging big productions, she said, "We were told 'no' a lot." As an alternative, they considered bringing in local groups to stage bigger productions, but working around another group's schedule for long periods of time is challenging for a theater with a small staff.

After the entire renovation is completed – as the stage house and rigging are two of the last items on the agenda – the facility will be able to accommodate Broadway Across America productions and other Broadway-style musicals, operas, and dance productions to appeal not only to the local community but also the burgeoning tourist population. Currently, Crockett said, the theater is struggling to capture more than 1% to 2% of the tourists who come to town.

"That speaks a lot to the fact we're not really doing anything that is at the level of theater that these people expect coming from a bigger city," she said.

She already has been in contact with booking agents for shows such as "Rent," "Hairspray," "Fiddler on the Roof," and "Spamalot." The process starts with developing a relationship with a Broadway-style agent. They arrange one-night showings with an outside producer, which Crockett described as a "blind date with a chaperone." As merely the presenter, the theater does not carry the financial risk. Rather, the producers do, giving them the incentive to ensure the show is successful.

Eventually, she said, "you can start to become a producer of the shows."

While meeting with Broadway-style agents during the summer, she showed them plans for the renovated theater, along with the local demographics.

When she told people the Liberty is in Astoria, situated between Portland and Seattle on the Oregon Coast and a tourist destination, "They were like, 'When are you going to be ready?'"



A sweet spooky touch adorns the Liberty lobby



Executive Director Jennifer Crockett

SOULULAIRE. You won't find the term in the dictionary, but Shakespeare, who contributed over 1700 words to the English language, some by connecting words never before used together, might approve. Jennifer Westlake explains it's a combined concept of a "deep cellular level," a "soul level," and possibly even "a flair for life."

Jennifer Westlake does indeed have flair. After experiencing a life threatening illness, four near death experiences connected to that illness and a profound healing, she made a commitment to assist fellow humans with the empathic gifts she received in the process. She is a direct contactee and channeler for, and in the service of, the One Creator since 1997.

On the practical side, she has a Post Graduate Certification in Integrated Marketing Communication, a B.A. in Political Science and Ancient Civilizations, and 20 years of experience in financial services.

Jennifer and her husband Steve founded Soululaire, a Healing and Personal Development Company in 2010 in Salt Lake City, Utah. Jennifer's services include Reiki Healing, Chakra Balancing, Life Coaching and Intuitive Messages. Steve is a Human Behaviorist, Life Coach and Photographer and together with a team of practitioners created their unique business, offering individual counseling and a repertoire of 25 classes and seasonal group activities centered on the chakra systems and Mayan Calendar.

What attracts people, especially those used to big city life such as Salt Lake to rural areas? Jennifer and Steve had spent the last five years vacationing here at the Upper Left Edge, much of it in Cannon Beach, but realized it was Astoria that was calling to them to make a change, and a year ago last September, they took a "leap of faith" and much to the surprise of many of their citified friends. Yes, mountains and trees, river and ocean play their part.

"We're thrilled to be here and excited to be a part of and serve this community, people are so friendly and open," says Jennifer. "We're doing the shift from the energy of living in a center with a million people to 10,000. It's a change," says Steve.

The Westlake's are also enthused by the mission of Designing Health, where Jennifer is working as a practitioner, and where they will also be hosting classes. "There are wonderful practitioners there, everyone has something to offer for the service and betterment of the individual," says Jennifer.

You can sit down with Jennifer and she'll generously fill you in on all the latest metaphysical news. For example, while many now are akin to the knowledge of the 7 chakras, and their functions—today you may pick up tips from your yoga teacher, Jennifer informs that two new chakras have been activated. The Earth Star, above the Crown, and the Soul Star, below the Root chakra. This has something to do with the expansion and evolution of human consciousness and intuitive facility. She also informs, we will eventually move to a 13-chakra system. Wow, that's a lot of chakras.

Jennifer informs, as an intuitive and in service to the changes happening on earth and for the people of the earth, that she receives what she refers to as packets of information regarding various metaphysical events when the time is right to share them. "I know that I am not the only one receiving information. There are many new teachers coming in to help with changes for the betterment of the planet. Our planet has a soul, it is a living being, as well as all the planets in our universe."

While for most of us, it can be difficult to grasp the concept of metaphysical intelligence, even if we think it exists, as our



Jennifer and Steve Westlake are Soululaire

Combining ancient wisdom, new science, metaphysical knowledge and practical experience—a healing and personal development team

shear existence relies on the 3D physical manifestations of every day life.

Jennifer and Steve Westlake hope to offer the expanded class series to the region, where you can learn in-depth about the individual chakras. This is a great resource for the region, as one would need to look to larger urban areas for such services.

Classes Coming Up:

Your Energy Tree

Friday, November 22, 2019 at 6:30 – 8:30 pm

Your Energy Tree is within your body and is known as the chakras. Chakra in Sanskrit means spinning wheel of light, they are your own personal creative force of life.

This class will describe the attributes, qualities and mission of each energy center. We will discuss the importance of balanced energy and how that benefits your mind, body and soul.

We also discuss how we get out of balance and the things that deliberately keep you from maintaining your energetic equilibrium.

Learn how to work with the energy centers and grow an abundant, healthy and beautiful Tree of Life.

Winter Solstice – A New Beginning

Friday, December 20, 2019 at 6:30 – 8:30 pm

According to mainstream interpretation of the Mayan prophecy for December 21, 2012 the world was supposed to end. However, we are still here today.

Come and learn the real meaning behind the Mayan calendar, what transpired seven years ago on Winter Solstice, what it means for us now and the days ahead.

We will explore the symbolism of their sacred numbers of 7, 9, and 13, how they correlate to the 9-step pyramid, the stars in the skies, the chakra system and our collective transformation into a new golden era of light. Register for this class by Dec. 5, and receive 20% off. Classes \$50

You can Register at Designing Health at 503-298-9773 or Soululaire at 503-861-8811. Classes held at Designing Health – 1428 Commercial St., Astoria OR.

ALSO: Call 503-861-8811 for individual services offered by Jennifer Westlake. Chakra/Reiki healing and intuitive readings.

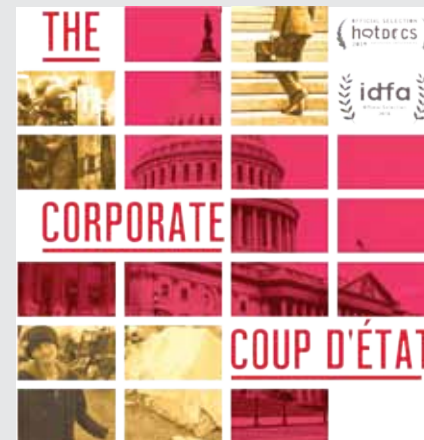
**YOUR Advertising
in HIPFiSH
Once a month . . .**

**all month long
ya dig?**

Over 300 locations on the Coast

503.338.4878

**KMUN 91.9
COAST COMMUNITY RADIO
presents the film:**



Democracy is weakening... corporatism is strengthening

A documentary which examines how we arrived at the influence corporations wield over American politics.

**Saturday
Nov. 9
7p.m.**

**Tickets
\$10**

**Q & A with co-producer
Jeff Cohen following**

**@ Historic Liberty Theater
Tickets at www.LibertyAstoria.com
and at the door**

This is a fundraiser for:



Coast Community Radio: KMUN*KTCP*KCPB
P.O. Box 269, Astoria, OR 97103
Station: 503.325.0010 | Listen online: CoastRadio.org

CLASSICAL OFFERINGS

“Messiah” Sing-Along / Play-Along

NORTH COAST CHORALE will present the Annual “Messiah” Sing-Along / Play-Along on **Sunday, December 1st** at the Performing Arts Center on the corner of 16th and Franklin St. at 4 p.m. As in the past, the purpose for this event is to bring an awareness of those who are less fortunate in our community and raise money for the Clatsop Community Action Regional Food Bank.

This North Coast Chorale sponsored event is free to the public, the only request – a donation of food or money. Last year alone, over \$1,250 was raised plus 96 pounds of food! Everything received goes directly to the Clatsop Community Action’s Regional Foodbank, which distributes to our local foodbanks.

There are a variety of ways one can enjoy this afternoon of musical enchantment. First, one can simply listen to the choruses and arias sung by the Chorale and soloists. Or, if one is inclined to “Sing Along”, scores will be available in the Lobby. Strings, horns, and percussionists are also invited; bring an instrument and “Play Along” with the accompanist to make it a delightful afternoon for everyone.

Also coming December 13th, 20th, & 22nd, “Amahl and the Night Visitors”, performed by NCC and local soloists. Don’t want to miss this!



FALL CONCERT OF CLASSIC TUNES performed by **Baritone Deac Guidi, young Soprano Minntah Haefker**, and the two Meesters of **3 Leg Torso** at Carruthers Restaurant in collaboration with the Astoria Music Festival, November 15 at 6:30pm. For reservations call: 503-741-3443.



CLATSOP COMMUNITY COLLEGE Foundation presents **“Saturday in the Church**

with Deac & Susan”. Join CCC Foundation on **Saturday, November 23, at 4pm at the Peace Lutheran Church** in Astoria for a free concert.

Enjoy an afternoon of art songs and cabaret by De Falla, Barber, Bowles, Bolcom, and McKay featuring local/regional opera artist Deac Guidi with accompanist Dr. Susan Buehler.



The Mighty Handful • Russian Classical Music North Coast Chamber Orchestra

The North Coast Chamber Orchestra, under the direction of Conductor

Cory Pederson, presents two concerts of Russian classical favorites titled “The Mighty Handful.” The theme is based upon five specific Russian composers (Balakirev, Cui, Mussorgsky, Rimsky-Korsakov, and Borodin) who, at the time, were considered amateurs, and created a characteristic Russian sound in their music. In their compositions, they tried to incorporate what they heard in village songs, in Cossack and Caucasian dances, in church chants and the tolling of church bells, celebrating the uniqueness of these influences. Each concert will include music from these five nineteenth century composers, whose works have made a lasting contribution to the international culture of classical music.



The programs will also feature performances by the North Oregon Coast’s own Diane Amos, an accomplished pianist who will be prominent in a number of selections such as César Cui’s “Oriental.” Other selections will include: Mily Balakirev’s “Overture on Three Russian Folk Themes,” Modest Mussorgsky’s “Khovanshchina Overture,” Nikolai Rimsky-Korsakov’s “Dubnushka,” Alexander Borodin’s “In the Steppes of Central Asia,” and more Russian classical standards.

Friday, November 15th at St. Catherine’s Episcopal Church (36335 N. Hwy 101, Nehalem, OR) beginning at 7pm

Sunday, November 17th at the Performing Arts Center (PAC) (588 16th St. Astoria, OR), beginning at 3pm Admission for the concerts will be: \$10 adults, \$5 students, and children under 12 (with adult supervision) free. All concerts are very family-friendly.

Portland Opera To Go presents La Boheme A CANDLE GUTTERS. Two hands meet. Love kindles into flame.

Puccini’s classic love story La Boheme is a beautiful, accessible introduction to the world of opera—and Portland Opera To Go creates a bite-size Boheme perfect for those new to the opera and a delightful diversion for those familiar with Puccini’s gorgeous melodies.

This fully staged and costumed adaptation runs a lean 50 minutes and is performed in English with some of the most exciting young talent North America has to offer.

November 15 at 7pm At NCRD Performing Arts Center, Nehalem Oregon Tickets are available online at tickettomato.com, at the NCRD Welcome Center (Mon-Fri, 8:00 am – 5:30 pm) or at the door.

Join Allison Dennis

for an evening of music, chanting, and storytelling. Allison started her career in musical theater and performed off Broadway until an injury led to her transition to a life of yoga in all its forms. After running a studio and leading teacher trainings for ten years, she has merged her study of the Indian classics and Vedic Astrology with her passion for music and stories into a practice of devotion and awakening that she delights in sharing with others. Visit allisondennis.com to learn more about her extensive offerings.



November 9th 6:30-8:30pm Yoga Gypsy Sally 399 31st St, Astoria \$20 suggested donation

ART ON

Facing You An Exploration of Portraiture IMOGEN Gallery

IMOGEN presents the fifth annual invitational exhibition exploring humanity through portraiture. This year’s exhibition will include the sublime paintings of Reed Clarke, Meghann Hanour and Ruth Shively, all exploring the essence of humanity. The evocative collection moves beyond a surface glance of an individual, inviting the viewer a step closer and to consider the underlying. Each portrait tells a story. The exhibition opens for Astoria’s Second Saturday Artwalk, November 9, with a reception for the artists, 5 – 8 pm, on view through December 10.

Reed Clarke of Portland, Oregon has dedicated much of his career as a fine artist painting others. Known for his skill as a painter and printmaker, his work has been juried into Clatsop Community College’s prestigious Au Naturel: Nudes in the 21st Century exhibition several years running, receiving a first prize award as well as a purchase award from CCC. He has exhibited his work throughout Portland including a show at the White Gallery of Portland State University.

Astoria artist **Meghann Hanour** is primarily a self-taught artist.

She brings a large scale acrylic painting on canvas as well as several drawings, representing preliminary work for her larger scale paintings.



R. Shively, Ever Changing Moods oil on canvas

informed by humanity, primarily depictions of women. Her work is informed in much part by the human experience, particularly through the struggles of women, battling to care, nurture and protect offspring while still fighting for the dignity of freedom of self.

Hanour spends countless hours developing her composition before bringing paint to canvas, creating her own period wardrobe for her models. About her process she elaborates: “I start a painting by first sewing garments for my models, then posing and photographing them to help build lines and images before a brushstroke occurs. I work on big canvases, capturing movement, gesture, joy and pain in my work.”

Portland based artist **Ruth Shively** is drawn to imagery of women, portraying quiet resilience and an innate sense of strength and beauty. Shively, who grew up in the Midwest has lived in Paris, New York City, Minneapolis and now Portland. She has exhibited her work in numerous group and solo exhibitions that have taken her from Los Angeles to New York and many venues in between.

Imogen Gallery is located at 240 11th Street. Open Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday. 503.468.0620 www.imogengallery.com



M. Hanour, Sister, 96x72 acrylic on canvas

Michael Mathers WORK SPACES
Royal Nebeker Gallery CCC

CLATSOP COMMUNITY COLLEGE Royal Nebeker Art Gallery presents Work Spaces featuring over 100 photographs by Astoria-based artist Michael Mathers, October 28th through November 27th, with a **reception scheduled for Thursday, November 7 at 6pm**. The gallery reception and exhibit are free and open to the public.

In his last year at Harvard, Michael discovered photography. He began to document the things he did, like sheep herding, riding the rails, circus life and traveling the country taking pictures of people he found interesting. Some of these projects made it into books.

After settling down, he became an architectural photographer and eventually he and his wife moved to Svensen, where he could row in the early morning hours. Soon he began to document the life of the river, going back to his roots, documenting the things he did.

After a final move to Astoria he has taken pictures of City Workers and the Views from Astoria Windows. He made a short movie of the Sunday Market and the Music Festival and most recently documented a year of the Columbia from his motor boat.

Of this exhibit Michael says, “This show is the result of two years of knocking on doors of different kinds of work spaces. Everyone photographed got a print in exchange for a referral to another work space. Once the project was underway I would show samples to a prospective subject and offer a free meal anywhere in Astoria if he or she could identify 60% of the spaces. No one could, which says so much about the unusual makeup of this historic town at the mouth of the Columbia. This is my thanks for the privilege to be part of this community.”



The CCC Royal Nebeker Gallery is ADA accessible and is located at 1799 Lexington Avenue in Astoria. The gallery hours are from 9:00 a.m. – 5:00 p.m. Monday through Friday, and on weekends and holidays by appointment only. For more information, please contact Kristin Shauck at 503-338-2472.

NOV CALENDAR

Tuesday 5

FOOD & DRINK

Iron Chef Goes Coastal. Live cooking competition with local chefs. General Advance General Admission \$35, Reserved seating \$75. 5pm at the Seaside Convention Center. Get tickets at clatsopunitedway.ejoinme.org

Wednesday 6

MUSIC

Mike Metzner. Jazz/Blues. 8pm at Albatross in Astoria.

Thursday 7

MUSIC

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

Brian Copeland Band. 7pm at the Gearhart Hotel.

CINEMA

Damned to Extinction. \$5, 7pm at the Columbian Theater in Astoria.

LECTURE

Ales and Ideas. Water Supply and Purification for Emergencies. . With Shaun Martin. 7pm in the Lovell Showroom at Ft George in Astoria.

“Don’t Box Me In” Community Forum. Speaker Keith Jones will challenge his audience to examine their perceptions about Disability and Race. 10am – noon at the Nehalem Bay United Methodist Church, Nehalem.

LITERARY

Manzanita Writer’s Series. With Poet Floyd Skloot. \$7, 4pm at the Hoffman Center in Manzanita.

THEATER

Going for Broke. \$7, 7pm at Seaside High School.

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Friday 8

MUSIC

Dave Drury. 6pm at the Bridgewater in Astoria.

Ashleigh Flynn and the Riveters, \$15, 7pm at the Hoffman Center in Manzanita.

Forest Grove Outlaws. Rural scuzz-rock/outlaw country band at 8pm, Charlie’s Chophouse in Astoria.

The Junebugs. \$5, 8pm at the Times Theater and Pub in Seaside.

FOOD & DRINK

Tillamook Creamery + 2 Towns Cider Pairing Dinner. \$65/person or \$100/couple. 6:30 – 8:30pm at the Tillamook Creamery. Get tickets at eventbrite.com

Lewis and Clark Wild Game Dinner with Elsom Cellars. 7:30 – 10:30pm at the Depot Restaurant in Seaview. Call 360-642-7880 for reservations.

HAPPENING

Holiday Bazaar. 10am – 3pm at Calvary Episcopal Church in Seaside.

OUTSIDE

Wild Mushroom Hike. A guided hike to hunt and identify wild mushrooms. 1pm at Battery Russell, Ft Stevens State Park, Warrenton.

THEATER

Clue on Stage. Whodunit. \$10, 7pm at the Astoria High School Auditorium.

Going for Broke. \$7, 7pm at Seaside High School.

Moon Over Buffalo. Farce. 7pm at the NCRD Theater in Nehalem.

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Saturday 9

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Allison Dennis. Music, chanting, storytelling. \$20 suggested donation. 6:30 – 8:30pm at Yoga Gypsy Sally, 399 31st St, Astoria.

Sky Flamenco. Flamenco Dancer Savannah Fuentes in performance with percussionist/singer Diego Amador Jr. and renowned Spanish Gypsy guitarist Pedro Cortes. 730pm. \$20. at the door. At KALA in Astoria. Tickets in advance at libertyastoria.showare.com

Dreckig and Mondegreen. 8pm at the Sou’wester Lodge in Seaview.

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

Scratchdog Stringband

plays a high-energy, innovative brand of bluegrass that satisfies both old-school traditionalists and newcomers to the genre, entertaining audiences with their rich harmonies, lush fiddle lines and break-neck banjo picking.

Sunday, Nov 10, 8pm at Fort George in Astoria. All Ages. No cover.



Creature Double Feature of Horror Rock. With Toxic Zombie and Hideous Monster. \$5, 9:30pm at the Labor Temple in Astoria.

ART

Columbia Pacific Fiber Festival. Vendors, classes, mini workshops. 10am – 5pm at Chautauqua Lodge in Long Beach. FMI, see ColumbiaPacific-FiberFestival on Facebook.

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

CINEMA

North Coast Musicians. A documentary film with filmmaker Ron Walker. 1pm in the Community Room at the Seaside Library.

The Corporate Coup D’Etat. A documentary, which takes a look at the politics and history of the declining democracy in the US. \$10, 7pm at the Liberty Theater in Astoria.

FOOD & DRINK

Fill Your Pantry. Local agricultural products from the Wikiup and Brownsmead Grange Districts. Noon – 4pm at the Wikiup Water District in Svensen.

Seaside Downtown Fall Wine Walk. \$20, includes commemorative glass, tastings charged separately. 3 – 7pm. Get tickets at eventbrite.com

HAPPENING

Bazaar and Bake Sale. 10am at Naselle Lutheran Church.

Chinook Nation Holiday Art Auction and Oyster Fry. 4 – 7pm at the Chinook School Event Center.

“Horrible” Day Open House. A tribute to the Lewis and Clark Expedition. 1 – 4pm at Knappton Cove Heritage Center, Naselle.

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

Be an ASOC Angel Fundraiser. Desserts, live auction, silent auction, and a Reader’s Theatre

performance. \$25, \$40/couple. 6 – 9pm at the ASOC Playhouse in Astoria.

Holiday Bazaar. 10am – 3pm at Calvary Episcopal Church in Seaside.

Harvest Party. 6pm at the Nehalem Bay Winery, Nehalem.

Garage Sale and Bazaar. 9am – 3pm at Swiss Hall in Tillamook.

LECTURE

How Did the Corps of Discovery Survive the North Coast Winter? With Tom Wilson. 4pm at the Cannon Beach History Center and Museum.

THEATER

Clue on Stage. Whodunit. \$10, 7pm at the Astoria High School Auditorium.

Going for Broke. \$7, 7pm at Seaside High School.

Moon Over Buffalo. Farce. 7pm at the NCRD Theater in Nehalem.

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Sunday 10

MUSIC

Buzz Rogowski. 11:30am at the Bridgewater in Astoria.

Jennifer Goodenberger. 6pm at the Bridgewater in Astoria.

Rona. Celtic. \$25, 7pm at the Lincoln City Cultural Center.

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

LECTURE

Compassion in Action. Community Discussion on the meaning of compassion, led by Seth Tichenor. 4pm to 6pm at Providence Seaside Hospital Education Center.

OUTSIDE

Mysterious Mushrooms! A short program on wild mushrooms followed by a guided hike to



Ashleigh Flynn & the Riveters

bring their hard kicking country rock to the coast. In both name and spirit, this all-female band is a nod to the “Rosie the Riveter” archetype and an homage to the millions of American women who entered this country’s male-dominated workforce during World War II. Her third album in 2017 hearkens back to

early Stones and ’70s psychedelic country rock,

Produced by Flynn’s longtime musical collaborator, Chris Funk of the Decemberists.

Saturday, Nov 9, 7pm. \$15 at the door. Cash only please - All ages event Hoffman Center, 594 Laneda in Manzanita

hunt for fungi. 1pm at Picnic Shelter A, Cof-fenbury Lake, Ft Stevens, Warrenton.

THEATER

Moon Over Buffalo. 7pm at the NCRD Theater in Nehalem.

Monday 11

MUSIC

Cappella Romana. Performing Kastalsky’s Requiem. \$42, 2pm at the Lincoln City Cultural Center.

Tuesday 12

MUSIC

North Coast Chamber Orchestra. The Mighty Handful. Free rehearsal event. 7pm at the Cannon Beach Community Church.

ART

Clatsop County Arts Summit. Workshops, roundtable discussions, and presentations designed to educate, empower, and inspire artists. 1 – 5:30pm at the Seaside Convention Center.

CINEMA

Moonrise Kingdom. \$5, 6pm at the Times Theater in Seaside.

HAPPENING

Veteran’s Day observance. Plus Information Session for Veterans and Others. With Devon Whitaker. 10am at the Driftwood Library in Lincoln City.

LITERARY

Writer’s Guild of Astoria. Hosting Steven Moore, author of the new memoir, “The

Longer We Were There, alongside three local writers: Heather Douglas, Kimberly Bryant, and Alyssa Graybeal. 6-9pm at WineKraft in Astoria

→ cont. p19



Forest Grove Outlaws

Touring in support of their new album, Filthy Country (Deer Lodge Records), rural scuzz-rock band Forest Grove Outlaws (from Forest Grove, OR) play Astoria. FGO encompasses a truly unique sound, rooted in classic outlaw country while incorporating heavy rock ‘n’ roll riffs. Love, rebelliousness and psychedelic adventures fuel their wide musical landscape.

Friday, Nov 8 at Charlie’s Chophouse in Astoria

Nehalem Riverbend Players Present The Comedy Classic *Moon Over Buffalo* By Ken Ludwig

"A cross between Waiting for Guffman and
Noises Off. A laugh out loud comedy classic"

MOON OVER BUFFALO Is a 1995 comic play by America playwright Ken Ludwig whose work has been performed in more than 30 countries in over 20 languages. Some of his best known work includes: Lend Me A Tenor, Crazy for You (the musical), Leading Ladies, Baskerville: A Sherlock Holmes Mystery and Moon Over Buffalo.

Moon Over Buffalo is set in Buffalo, New York in 1953. This 1995 production marked the return of Carol Burnett to the Broadway stage, after a 30-year absence. She and her co-star Philip Bosco both received Tony Award nominations for their roles as Charlotte and George Hay.

In the madcap comedy tradition of Lend me a Tenor, the hilarious Moon Over Buffalo centers on George and Charlotte Hay, fading stars of the 1950's. At the moment, they're playing Cyrano De Bergerac and Private Lives in rep in Buffalo, New York, with 5 actors. On the brink of a disastrous split-up caused by George's dalliance with a young ingénue Eileen, they receive word that they might just have one last shot at stardom: Frank Capra is coming to town to see their matinee, and if likes what he sees, he might cast them in his movie remake of The Scarlet Pimpernel. Unfortunately for George and Charlotte, everything that could go wrong does go wrong, abetted by a visit from their daughter's clueless fiancé Howard and hilarious uncertainty about which play they're actually performing, caused by Charlotte's deaf old stage-manager mother Ethel who hates every bone in George's body.

CAST: Shay Knorr, Chazz Miska, Margo McClellan, Rodney Dahl, Mike Arseneault, Linda Makohon, Bobi Bergh, Dave Bell. Directed by Mike Arseneault

Opening November 1, 2019, at the NCRD Performing Arts Center, 36155 9th Street, Nehalem, Oregon, 97131. Performance are: Nov 1, 2, 8, 9 at 7pm with 2pm matinees on Nov 3 and 10, 2019. There also be will be a scheduled Advance tickets at www.tickettomato.com



Chazz Miska (as George) and Shay Knorr (as Charlotte) in Riverbend Players production of Moon Over Buffalo. Photo: RecreateNow LLC



Ahikaaroa - Fire from Long Ago: Three Perspectives in Clay at RiverSea Gallery

THREE CLAY ARTISTS, Richard Rowland, Randy McClelland and Brand Dichter present an exhibition of their ceramics fired with an ancient wood-fired process in a newly built anagama kiln. The works on display are all from the most recent firing of the kiln. The show opens during Astoria's Second Saturday Artwalk on November 9 with a reception from 5:00 to 8:00 pm. Meet the artists and enjoy live music by John Orr and Peter Hinsbeeck. All work will remain on view through December 5, 2019.

Rowland's anagama kiln is a traditional, Japanese-style, sloping tunnel structure built into a hillside in Astoria, and is the second rendition of such a kiln first built by Rowland and friends in 1981. The historic process utilizes truckloads of firewood in a week-long firing that reaches temperatures of 2400 degrees Fahrenheit at its peak. It is held at that high temperature thirty hours or more. The entire process from firing to cooling takes a week of hands-on maintenance and monitoring.

Rowland's original kiln was known as the Astoria Dragon Kiln, with a reputation that garnered interest from wood-fire aficionados nationally and interna-

tionally. The new kiln was given its name by a select group of masterful uku (clay) artists from Aotearoa (New Zealand). Rowland developed a deep connection with these Maori artists during the time he spent studying clay art in that part of the world and he has a profound respect for their culture. A contingent of these clay masters visited Astoria in 2018 to fire the new kiln in honor of two Maori elder artists who were founders of the clay movement in Aotearoa and who had recently passed away.

This exhibition is meant to honor these nine Maori artists and to honor the new anagama they named "Ahikaaroa" – fire from long ago. This show also celebrates the longtime friendship of the three exhibiting clay artists. Together they have fired the Astoria Dragon Kiln and the new anagama for over twenty years. They hope their newly fired work will clearly express the "living quality" of this creative process and its local community that it is deeply dependent on.

Imogen Gallery is located at 240 11th Street, Open Mon through Sat, 11 to 5, 11 to 4 Sun, closed Wed. 503.468.0620/ imogengallery.com

Opening at The Coaster Nov 15 - Dec 22



BASED on the popular comic strip by Harold Gray, Annie has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical. The beloved book and score by Tony Award winners, Thomas Meehan, Charles Strouse and Martin Charnin, features some of the greatest musical theatre hits ever written, including "Tomorrow."

With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. What a gal!

Performances begin at 7pm, Fri/Sat, 3pm Sun Mat. Full schedule and ticket info: coastertheatre.com

Astor St. Opry Co. 6th Annual Fundraiser • Nov 9

"BE AN ANGEL" 6th Annual fundraising event is Saturday, November 9 at 6pm. The eve features a silent and live auction, a Reader's Theatre presentation written by ChrisLynn Taylor, Scandinavian dessert by Table 360, and all proceeds go to keep the Astor Street Opry Company doors open and the lights on and the popcorn popped.

If you cannot attend you can still get in on the auction fun at www.biddinggow.com/ASOC. Four packages available for online bidding including hotel stays at the Cannery Pier, Best Western, and Comfort Suites in Astoria, dinners at Bridgewater Bistro, Fulio's and Carruthers, and a lot more! You can purchase tickets to the event at asocplay.com

HOLIDAY SURPRISE AN EVENING OF MUSIC, DANCE, & MORE... WITH TAPA



BRING the entire family and join TAPA to usher in the holiday season with a delightful revue featuring traditional and non-traditional holiday music, dance, and sing-along! Directed by Joni Sauer-Folger with musical direction by Diane Nelson. CAST pictured (front to back and left to right) Kiara Carver, Roberta Bettis, Kathy Gervasi, Joni Sauer-Folger, Diane Nelson. Not pictured Kelli McMellon.

Shows Nov 22-23 at 7pm. Nov 24 at 2pm. Doors open 30 min. prior to curtain. At The Barn Community Playhouse, 1204 Ivy Ave in Tillamook. For tickets: tillamooktheater.com

CANNON BEACH GALLERY presents a group exhibition on view through November 13. Salvadoran-American textile artist **Orquidia Violeta** known for her exuberant handmade clothing. **Jessica Sund** is a local textile artist who has been knitting for most of her life. Spinning her own yarn using natural fibers and synthetic dyes. **Elizabeth Pattison** creates highly sculptural and detailed art jewelry. Inspired by color patterns her work often incorporates colorful intricate beading. **Yoshi Aoki** captures the essence of nature in abstract ways. The mixed media artist uses metal, wood, ceramic and concrete to create core forms.

CALL FOR ARTISTS!

CB GALLERY final exhibit of the year is open to all artists. The annual miniature exhibit will be open to all art forms with dimensions of 6 inches by 6 inches or smaller (36 square inches). Three dimensional work is also encouraged. To submit work bring up to three pieces that fit the theme of the show and meet the size restrictions to the Cannon Beach Gallery on November 10 between 11 – 4pm. Unselected work will be picked up November 13th during gallery hours. An artist's reception will be held Saturday, November 16 at 6pm at the Gallery.



Jessica Sund

WHITE BIRD GALLERY

art made from old books, wood, paper, paint & mixed media methods



Valerie Savarie, *Natures Nanny*

Tom Cramer is a native Oregonian and well-known artist who creates meticulously carved, painted and gilded wood reliefs. Cramer gained much recognition throughout Portland in the 1980's and 90's for his landmark outdoor murals, wildly painted art cars and carved miniature totems – all of which are bright, bold and lean toward American pop-culture. This show revisits those themes in a series of new paintings, functional art and his signature carved Totem sculptures. Cramer is currently the feature of a museum show that maps out the origins of his career, from early drawings, to paintings and three-dimensional works. It's on view at the Jordan Schnitzer Museum of Art in Eugene through December.

The gallery is also showcasing new reductive wood sculptures by Eugene-based guest artist **Shadowfox**. Local gallery artist **Stirling Gorsuch** has a new series of monoprints. New artist **Jon Norquist** uses black coffee as his innovative medium. Long-time gallery artist Helga Winter has been using reclaimed library books for her mixed media wall hangings. Her works speak about disseminating stored knowledge and making room for new ideas.

White Bird Gallery is located at 251 N. Hemlock in Cannon Beach. whitbirdgallery.com

Kissed By Wax: Kitty Paino Trail's End Gallery



TRAIL'S END ART GALLERY presents new works by Astoria painter Kitty Paino, entitled "Kissed by Wax," opening Saturday, November 2. This show is a new direction that combines several years of experimenting, along with mentoring from local sculptured painting artist, Terrie Remington. All of the pieces demonstrate different hot and cold wax media that emphasizes building dimension. The show includes everything from encaustics and hot wax on plaster to oil and cold wax and wax over collage. The mediums are used to explore the natural world on the coast of Oregon.

Paino's awards include multiple Best of Show and People's Choice awards at Trail's End Art Annual Judged Exhibition; an honorable mention at the juried international au Naturel competition; and her work is in the permanent collection of Oregon Coast Artists at the Oregon Coast Arts Commission Visual Arts Center Showcase permanent collection at the Newport Visual Arts Center. www.kittypaino.com

Opening reception, Nov 2, 2pm to 5pm. The gallery is located in Gearhart at 656 A St. in Gearhart. 503-717-9458, trailsendart.org Winter Hours: Wednesday-Sunday from 11-3.

ED PETERSON: New Works

Tempo Art Gallery

EDWARD PETERSON is the November featured artist at Tempo Gallery, during the Nov 9 Astoria Art Walk. His show titled, "Artful Expressions of Thanks," is a colorful cornucopia of acrylic paintings. Ed has recently returned from a successful solo show in Jackson Hole, WY. Peter Unander entertains with keyboard jazz.

Tempo Gallery is located at 1271 Commercial St. Astoria, Open hours are 12-4 every Fri. & Sat. and 5-8 on 2nd Saturday Art Walk.



SHORE/LINES Marcus Fischer Sou'Wester Art Trailer



A NEW ART EXHIBIT in a vintage travel trailer turned into a permanent art gallery, at The Sou'wester Lodge. 'Shore Lines' is an exhibition featuring a multi-channel sculptural sound installation inspired by the coastal environment open for viewing on Nov 8 – Jan 12.

Marcus Fischer is a first generation American musician + interdisciplinary artist based in Portland, Oregon. His work typically centers around memory, geography + the manipulation of physical audio recording mediums. Slowly unfolding melodies and warm tape saturated drones have become a trademark of his recordings + live performances alike. These sounds have found their way into multimedia installations, short films, and even into the award winning public radio program Radiolab. Fischer has released a number of recordings on the widely respected 12k label including his photographic + sonic collaborations with label founder Taylor Deupree. In 2017 Marcus Fischer was an artist in residence at the Robert Rauschenberg Foundation / Rauschenberg Residency where he completed "Loss", his most recent solo album (released September, 2017)

Two of his sound works were on view in the 2019 Whitney Biennial May 17th-Sept 22nd, 2019. Fischer performs solo, in collaborations, and as a member of unrecognizable now and wild card.

RECEPTION with the artist on Friday January 10, 6pm-9pm. OPEN: Fri/Sat/Sun 9am-9pm (and by request: visit the lodge front desk and we'll open the gallery for you) Sou'wester Lodge, 3728 J Place, Seaview, WA 360-642-2542 9am-9pm, www.souwesterlodge.com

ART HAPPENS



Betsey Nelson

THE EDGE 6 Artists at the AVA Center for the Arts

ASTORIA VISUAL ARTS presents six local artists, Kristin Shauck, Penny Treat, Kirsten Horning, Marie Powell, Anna Lee Larimore, and Betsey Nelson, at the AVA Center for the Arts in an exhibit titled The Edge. The artists collectively used the prompt 'the edge' to each create a body of work inferring a unique and personal meaning.

Kirsten Horning from Seaside has a sharp graphic monochromatic approach. Her work is straightforward and minimalistic with a strict compositional eye. Her primary subject is natural world primarily animals. **Marie Powell** splits her time between Ilwaco and New Zealand. She's been a gallery owner, painter, and printmaker for 28 years. Her printmaking includes monoprints and mixed media canvases including striking designs of landscapes and still lifes. Ecologic concerns are forefront in her artistic vision. Printmaker/watercolorist **Penny Treat** from Long Beach holds a passion for the environment. Her work reflects empathy of distressed cultures, environments and animals. **Anna Lee Larimore** from Chinook has an experimental bent that marries traditional tools of a trained artist with abstract sensibilities to create more modern work. **Betsey Nelson** lives in Ocean Park and paints with oil, using color and atmosphere for landscape, portrait and still life. Nelson teaches in Ilwaco at Grays Harbor Community College. Figurative artist **Kristin Shauck's** dream like narratives explore the connection of the physical world to the emotional one. Using the language of color and brushwork, life experience, she references art history and poetry to create layered works that have a physical presence and a powerful personal feel. Shauck instructs at Clatsop Community College in Astoria.

The Edge opens November 9, from 5 to 8pm and closes December 7. The AVA Center for the Arts is located at 1000 Duane Street in Astoria and is open Friday and Saturday from 12 to 5pm and also by appointment.

DREAMING IN COLOR AT LIGHTBOX

LIGHTBOX PHOTOGRAPHIC GALLERY hosts an artists' opening reception for Dreaming in Color on Saturday, November 9, from 5-8 pm. Dreaming in Color is a celebration of photographic images where the color element is pivotal. Dreaming in Color was juried by one of the most talented purveyors of color in her photography, **Jody Miller**.

Forty-three photographers from around the country were chosen for the exhibit which includes 60 pieces. The Juror's award was given to Steve Lease of Doylestown Pa., the second Juror's Award to Chuck Kirchner of Tuscon, Arizona and the third Award to Dianne Yudelsohn of Pleasanton Ca. In addition five honorable mentions were awarded.

"Color is a very personal issue for most photographers. It's also a completely individual experience, since not one of us sees color exactly the same way as anyone else. Our perception of color informs our choices as photographers and creates our emotional language. "Dreaming in Color" is about much more than our dreams. It is an invitation to explore your own uses of color in your photography and tell us how it influences your decisions in image making." ~ Jody Miller

Jody Miller has been a photographer for most of her life. She's studied with Ansel Adams, Arthur Ollman and Jerry Uelsmann. Her photographs of landscape and cityscape have been featured in many publications. She has been featured in solo shows at Camerwork Gallery in Portland, the MorYork Gallery in Los Angeles, and LightBox Gallery in Astoria, with one image in the permanent collection of the Tate Gallery in London. Lens Culture named her one of "21 Great Female Photographers" in 2016 and she has won numerous awards both here in the US and internationally. She is a happy part time resident of Astoria, Oregon. jodymillerphoto.com.

Dreaming in Color runs through December 10. LightBox memberships are a way to become part of the community that helps to further the mission of the gallery. lightbox-photographic.com, 503-468-0238. LightBox is located at 1045 Marine Drive in Astoria, Open Tues – Sat 11 - 5:30.



Cristina Fontes • *Inside the Forest, at Fifteen*

NORTH COAST SQUID 7th Edition Launch Party

If you are unable to attend the event, we encourage you to stop by the Hoffman Center Art Gallery during open hours – Fridays, Saturdays, and Sundays from 1 pm to 4 pm – all of November to see the new show. 15 of the artists who are

published in the new issue of the North Coast Squid will be showing their work in the Hoffman Gallery during the month. Copies will be available to purchase during gallery hours.

By mid-November, magazines will also be available for sale at the following locations: Astoria: Blue Scorch and Lucy's Books · Seaside: Beach Books · Cannon Beach: Cannon Beach Art Gallery and Cannon Beach Book · Manzanita: Manzanita News & Espresso and Cloud & Leaf Books · Wheeler: The Roost Café Rockaway Beach: The Offshore Grill Café · Garibaldi: The Garibaldi Maritime Museum · Tillamook: The Tillamook Pioneer Museum · Pacific City: Rowboat Gallery

The Manzanita Writers Series is a program of Hoffman Center for the Arts, located at 594 Laneda Avenue in Manzanita, OR.

JOIN THE CELEBRATION! 7th edition of the North Coast Squid Journal of Writing & Art at the Annual Squid Launch Party, **Saturday, November 2nd** at 7pm at Hoffman Center for the Arts in Manzanita.

The first edition of the North Coast Squid was published in 2012 in collaboration with The North Coast Citizen and is now published by the Manzanita Writers' Series. This literary magazine offers local writers and artists—as well as those who have a strong connection to the north Oregon coast—a way to share their work in print.

This year's edition, with more pages and more color images than ever, features the work of 53 contributors with connections to the North Oregon Coast. Celebrate with readings by ten of the published authors, a gallery show of published artists, as well as an amazing cake that features the cover of the latest journal.

Authors and Sisters Lisa Jackson and Nancy Bush At Manzanita Writer's Series

WINTER ON THE NORTH COAST means the days are a little shorter, the nights a little darker. It's time to curl up in front of the fire with a good murder mystery. Ever wonder what goes into writing all those thrills and chills? Join the Manzanita Writers' Series as they present New York Times best-selling suspense authors (and frequent visitors to Manzanita) Lisa Jackson and Nancy Bush. The duo will be sharing the Hoffman stage to talk about their work and writing process. Local author and editor, Holly Lorincz, will be moderating the conversation.

Lisa Jackson is the number-one New York Times bestselling author of more than 85 novels, including *Afraid to Die*, *Tell Me, You Don't Want to Know*, *Running Scared*, *Without Mercy*, *Malice*, *Shiver*, and her latest *Paranoid*. She is also the co-author of the *Colony Series*, co-written with her sister, Nancy Bush. There are over 20 million copies of Lisa Jackson's books in print in twenty languages.

Before she became a nationally bestselling author, Lisa Jackson was a mother struggling to keep food on the table by writing novels, hoping against hope that someone would pay her for them. Today, neck deep in murder, her books appear on *The New York*

Times, the *USA Today*, and the Publishers Weekly national bestseller lists.

With over thirty bestsellers to her name, Lisa Jackson is a master of taking readers to the edge of sanity in novels that buzz with dangerous secrets and deadly passions. She continues to be fascinated by the minds and motives of both her killers and their pursuers—the personal, the professional and downright twisted.

Bestselling author Nancy Bush has had an eclectic writing career. She started her first story when she heard how young mothers were making money writing romance novels. She thought, "I can do that," and talked her sister, bestselling author, Lisa Jackson, into joining her in her foray into writing. At the time Nancy was a young mother herself. Now, she says she's just...a mother.

Nancy began her career in the romance genre, writing both contemporary and historical novels, but being a mystery buff, she kept trying to add suspense into the plot, as much as her editors would allow.

After a stint in New York working as a breakdown writer for ABC's top-rated daytime show *ALL MY CHILDREN*, Nancy returned to her home state of Oregon. Now she channels her energy into writing the kind of books she's always loved: mysteries. The

last several years she's turned her attention to romantic suspense novels, writing both with her sister and on her own. Like Lisa, she's now a New York Times and *USA Today* bestselling author, both in her co-writing ventures and on her own merits as well.

Manzanita's Cloud & Leaf Book Store will be on site to sell a selection of Jackson's and Bush's recent books.

Saturday Nov 16 at 7pm. \$7.
At Hoffman Center for the Arts,
located at 594 Laneda Avenue
in Manzanita, OR.

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
mmauley05@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. 5-7pm.

AUTHOR STEVEN MOORE: THE LONGER WE WERE THERE

IN CONCURRENCE with Portland BookFest and Veterans Day, the **WRITER'S GUILD OF ASTORIA** will host Corvallis's Steven Moore, author of the new memoir *The Longer We Were There*, for a literary reading alongside three local writers: Heather Douglas, Kimberly O'Bryant, and Alyssa Graybeal.

The Longer We Were There, Moore's debut book, tells the true story of the author's experience as an infantryman in the Iowa Army National Guard, from training in Iowa to disaster relief to a deployment in Afghanistan. With a keen eye and a sharp sense of humor, Moore examines the difficulty of balancing college life and military training, and the follow-on confusion of participating in a war that is both

routinely violent and a tedious stalemate. In 2018, *The Longer We Were*

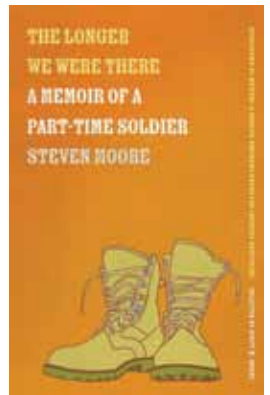
There won the prestigious AWP Award for Creative Nonfiction. Steven Moore was born and raised in southeast Iowa and served seven years in the Iowa National Guard.



His essays have appeared or are forthcoming in the *Kenyon Review* online, the *Georgia Review*, *North American Review*, *Ninth Letter*, and *BOAAT*, among other publications. He and his wife live in Corvallis, Oregon.

November 12, 6pm – 9pm at WineKraft, 80 10th St. in Astoria. The Writer's Guild is a group of writers in Astoria committed to strengthening the larger community through the power of the written word. The Guild holds workshops, retreats, and monthly gatherings in the Astoria, Oregon, area. Additionally, The Guild promotes literacy in the schools and with at-risk populations through residency and workshop programming. A literate community is a thriving community. Join us. info@thewritersguild.org.

For further information, please contact: Andrew Zingg (415) 240-6406 (Text or Voice) or at: zingg.andrew@gmail.com



Poet Floyd Skloot At the Hoffman Center

West, at 4 pm at the Hoffman Center for the Arts in Manzanita on Thursday, November 7th.

Floyd Skloot's *Far West* intertwines the past and present, as time alternates between racing and standing still. Crafting poems that confront memory lapses and painful recollections, Skloot traces his moments of purest perception and expression: his wife practicing music, his daughter finding delight in the presence of wildlife, Vladimir Nabokov able to lose himself when playing goalie in a soccer match.

In poems that range from traditional forms and short lyrics to longer narratives and free verse, Skloot explores how emotional experiences—memory and forgetting, love and loss, reverie and urgent attention—all come together in our search for coherence and authentic self-expression.

Floyd Skloot is a poet, creative nonfiction writer, and novelist whose work has won three Pushcart Prizes, a Pen USA Literary Award, two Pacific NW Book Awards, and two Oregon Book Awards.

His writing has appeared in numerous publications, including *The New York Times Magazine*, *Atlantic Monthly*, and *Harper's*. His nineteen books include several memoirs, novels, and poetry collections.

He lives in Portland, and sometimes in Manzanita, with his wife Beverly Hallberg.

Thur Nov 7, 4pm. \$7. Hoffman Center for the Arts is located at 594 Laneda Ave, Manzanita, OR.



Seaside Library hosts BONNIE OLIN author of The Owyhee River Journals on November 16, at 1pm in the Community Room.

The headwaters of the Owyhee River are found in Elko County in northeastern Nevada. The Owyhee flows north along the east side of the Independence Mountains before it proceeds through southwestern Idaho where it is joined by the South Fork of the Owyhee River before reaching the Oregon border. In 1984, Congress designated 120 miles of the Owyhee, beginning at the Idaho-Oregon border as wild. The Owyhee flows through areas that are remote, arid and sparsely populated. Much of the river cuts through deeply incised canyons that, along with canyon rims,

are home to a rich assortment of wildlife. It has become increasingly popular for recreation despite its rugged nature and limited access. It is against this backdrop that Bonnie Olin presents an inspiring look at one of the natural wonders of our region.

Bonnie Olin is a third generation Oregonian growing up in Springfield. She was born into a family with a great love of the outdoors. In the 1960s and early 1970s, she occasionally worked for her father during the summer months on his survey crew and sometimes as his compass-man on a timber cruise. The close proximity to the Owyhee allowed her and photographer Mike Quigley many more opportunities to explore the region.

The Seaside Public Library is located at 1131 Broadway. (503)738-6742 www.seasidelibrary.org



Wednesday 13

MUSIC

James Pendley & Nick Kilian. \$15, 7pm at the Peninsula arts Center in Long Beach.

Mike Metzner & Friends. Jazz./Blues. 8pm at Albatross in Astoria.

HAPPENING

Oregon Bee Atlas Training Opportunity. Learn how to help surveying for native bees in 2020. 3:30 – 5:30pm in the Netul River Room at Lewis and Clark National Historical Monument, Astoria.

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

LECTURE

World of Haystack Rock Lecture Series. Conservation Status, Population Trends, and Natural History of the Tufted Puffin. With Scott Pearson. 7pm at the Cannon Beach Library.

Art of Aging. Ageism – A Conversation. With Jeanine Rumble and Sue McGrath. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

Thursday 14

MUSIC

Basin Street Duo. 6pm at the Bridgewater in Astoria.

Electric Relic. 7pm at the Gearhart Hotel.

CINEMA

Frank Capra Film Festival. Platinum Blonde. 6pm at the Manzanita Library.

LECTURE

Nature Matters. Dr. Wayne Carmichael will discuss the need to balance human activities with our need to manage nutrients in aquatic systems. 7pm in the Lovell Showroom at Fort George, Astoria.

Lower Nehalem Watershed Council Speaker Series. North Coast Ecology: A Picture of Diversity. With Katie Voelke. 7pm at Pine Grove Community House in Manzanita.

Jean Mann

Singer-songwriter and entertainer by uke, tenor guitar and meaningful tunes with a cerebral bent, Jean Mann plays an Astoria house concert. Bring your own chair and make yourself a reservation by calling Dave at 503.741.8412.

Saturday, Nov 16 at 7pm. \$15



OUTSIDE

Wild Mushroom Hike. A guided hike to hunt and identify wild mushrooms. 1pm at Battery Russell, Ft Stevens State Park, Warrenton.

THEATER

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Friday 15

MUSIC

Dave Drury. 6pm at the Bridgewater in Astoria.

Music at Carruthers. Join Meester and Meester of 3 Leg Torso, Soprano Minntah Haefker and Baritone Deac Guidi for some classic songs. Call for dinner seating reservations. 6:30pm at Carruthers in Astoria. Seating is limited. 503.741.3443

La Boheme. Performed by Portland opera to Go. 7pm at the NCRD in Nehalem.

North Coast Chamber Orchestra. The Mighty Handful. \$10, 7pm at St Catherine's Episcopal Church in Nehalem.

HAPPENING

Storyteller Will Hornyak. Hans My Hedgehog and Other Tales of Exiles, Outcasts and Wanderers. \$15. 7:30pm at KALA in Astoria.

Cheap Whiskey & Dirty Jokes. Stand-up Comedy. \$5 cover, 8:30pm at the Labor Temple in Astoria.

LITERARY

Owyhee River Journals. Author Bonnie Olin will host a presentation from her book. 1pm in the Community Room at the Seaside Library.

THEATER

Uh Oh, Here Comes Christmas. Holiday-themed shorts. \$10, 7pm at Peninsula Players in Ilwaco.

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

La Boheme. Portland Opera To Go. A 50-minute English version fully staged at the NCRD Performing Arts Center in Manzanita. Tickettomato.com and at the door.

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Saturday 16

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Eric John Kaiser. 7pm a Public Coast in Cannon Beach.

Jean Mann. \$15, 7pm at a house concert in Astoria. Email dpwamb@charter.net to reserve.

Rona. \$15, 7pm at the Peninsula arts Center in Long Beach.

Mike Coykendall and Tyler Berd. 8pm at the Sou'wester Lodge in Seaview.

HAPPENING

Dog Recreational Agility Event. This event gives dogs and their owners a chance to try some beginning level dog agility. There will also be an opportunity for participants to test

for the American Kennel Club Canine Good Citizen (AKC-CGC) or Trick Title certification from 9am – 3pm. At the Clatsop County Fairgrounds, Astoria.

2019 Liberty Gala. Reception, music, live auction. \$150, 5 - 9pm in the McTavish Room at the Liberty Theater in Astoria.

Jazz, Art, and Jambalaya. Live music by Jazzatti-tude, authentic Jambalaya dinner, and local art show. \$15, 6 – 9pm at the Fairview Grange in Tillamook.

Holiday Market. Hand made gifts and goodies. 10am – 5pm at Pacific Grange, Warrenton.

LITERARY

Manzanita Writer's Series. With authors Lisa Jackson and Nancy Bush. \$7, 7pm at the Hoffman Center in Manzanita.

Annual Mook Fair. Meet local and regional authors who will be selling their books. 10am – 2pm at the Tillamook County Pioneer Museum in Tillamook.

THEATER

Uh Oh, Here Comes Christmas. Holiday-themed shorts. \$10, 7pm at Peninsula Players in Ilwaco.

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Deathtrap. Comedic Thriller. 7:30pm at the Lincoln City Cultural Center.

Sunday 17

MUSIC

North Coast Chamber Orchestra. The Mighty Handful. \$10, 3pm at the PAC in Astoria.

Metronomaly Concert. From Mozart to Metallica. 4pm at Pioneer Presbyterian Church in Warrenton.

Isabella Morrill. 6pm at the Bridgewater in Astoria.

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Amanda Winterhalter. No cover. 7pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENING

Ecstatic Dance. Waves in Motion, 10am to 11:30am, (doors open 9:30am). \$10 - \$20 by Donation, pay what you can. At Graceful Waves Wellness Center in Manzanita.

Whale Spirit Drum Circle. \$10 suggested donation goes toward venue rental. No experience needed, extra drums are available. 7 – 8pm at the Bob Chisholm Community Center in Seaside. WhaleSpirit.com

LECTURE

In Their Footsteps Lecture Series. Trials and Tribulations of the Corps of Discovery. With Ian Simpson. 1pm in the Netul Room at the

Longtime Portland, OR roots-rockers weave together musical styles from folk, country and classic rock. Their music features gritty, soulful vocal harmonies, fierce slide guitar work, and dark, vibey songs. You heard them at the Astoria Brewfest!

Catch 'em at The Sandtrap in Gearhart Thursday, Nov 21 7-10pm. All Ages. No cover.



WANDERLodge

Lewis & Clark National Historical Park Visitor Center, Astoria.

Monday 18

MUSIC

Chris Trapper & Brady Goss. \$22, 7pm at the Lincoln City Cultural Center.

LECTURE

Speaking Truth to Power. With Conrad Gowell. 5pm at St Mary by the Sea in Rockaway Beach.

Tuesday 19

MUSIC

Winter Band Concert. 7 – 8pm at Hilltop Auditorium in Ilwaco.

Wednesday 20

MUSIC

The Chair Rocks. A Celebration of Music and Aging with the Ferrets. \$10, 2pm and 7pm at the Hoffman Center in Manzanita.

Mike Metzner. Jazz. 8pm at Albatross in Astoria.

LECTURE

The Forager's Table. An Ethnobotanical Tour of the Lewis and Clark Journals, Winter 1805 – 1806. With Sally Freeman and Judi Lampi. 7pm at the Astoria Library.

Thursday 21

MUSIC

Basin Street Duo. 6pm at the Bridgewater in Astoria.

Wanderlodge. 7pm at the Gaerhart Hotel.

HAPPENING

Repair Café. Volunteers will repair, sew, and give expert advice on items in need of fixing. No internal combustion engines. 6 – 8pm at the Bay City Arts Center in Bay City.

LECTURE

Tools for Sustainability. Presented by CREATE. 7pm in Columbia Hall, Room 219, Clatsop Community College, Astoria.

History and Hops. History of the Seaside Police. With Bruce Holt. 7pm at Seaside Brewing.

Friday 22

MUSIC

Dave Drury. 6pm at the Bridgewater in Astoria.

Terry Robb. \$22, 7pm at the Lincoln City Cultural Center.

CINEMA

Manzanita Film Series. An evening of short films exploring the themes of ocean, sand, and natural

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

THEATER

Uh Oh, Here Comes Christmas. Holiday-themed shorts. \$10, 7pm at Peninsula Players in Ilwaco.

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 23

MUSIC

Jennifer Goodenberger. 6pm at the Bridgewater in Astoria.

Geezer Creek. 7pm at T paul's Supper Club in Astoria.

Tom Grant and Shelly Rudolph. \$15, 7pm at the Peninsula arts Center in Long Beach.

Bar-K Buckaroos. 8pm at Public Coast in Cannon Beach.

Charming Disaster. 8pm at the Sou'wester Lodge in Seaview.

ART

Tillamook Artwalk. 2 – 3pm in downtown Tillamook.

FOOD & DRINK

Sandals and Sunsets. An evening of appetizers and tropical beverages. \$45, preregistration required. 6:30 – 9:30pm at Pacific Restaurant in Tillamook. Tickets at evnetbrite.com

HAPPENING

A Country Christmas Bazaar. 10am – 4pm at St James Family Center Cathlamet.

LECTURE

Cascade Preparedness. Clatsop County Emergency Management will be hosting real talk about earthquakes, preparedness, and culture for Clatsop County residents with TED speaker Steve Eberlein. 10am – noon at the Seaside Convention Center.

THEATER

Uh Oh, Here Comes Christmas. Holiday-themed shorts. \$10, 7pm at Peninsula Players in Ilwaco.

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Comedy Sportz. Two teams - the Blue and the Red - battle for laughs and points under the command of the all-powerful Referee. 7pm. NCRD Performing Arts Center in Manzanita. Tickettomato.com

Sunday 24

MUSIC

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

Birch Pereira & the Gin Joints. \$15, 2pm at the Raymond Theater in Raymond.

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Wednesday 27

MUSIC

Mike Metzner. Jazz. 8pm at Albatross in Astoria.

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.

LECTURE

Art of Dying. Open-ended Conversation on Death and Dying. With Lane deMoll and Kathleen Moore. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

Thursday 28

MUSIC

Annual Gracitunes Festival. Sing-along and talent show with Lewis and Ivy. Starting after dark at the Sou'wester Lodge in Seaview.

OUTSIDE

Turkey Trot 5K Fun Run/Walk. \$10, 8am at Quatat Park in Seaside. Register at sunsetempire.com/turkey-trot

Friday 29

MUSIC

Dave Drury. 6pm at the Bridgewater in Astoria.

Mojo Holler. 6pm at the Sand Dollar Restaurant in Rockaway Beach.

Annual Gracitunes Festival. Nate Lumbard and Marisa Anderson. 8pm at the Sou'wester Lodge in Seaview.

A Fireside Christmas. The Fireside Social Orchestra performs 19th Century Christmas music on period instruments. 7pm at the NCRD Performing Arts Center in Manzanita. tickettomato.

ART

PAA Annual Studio Tour. Free. 10am – 4pm at locations on the Long Beach Peninsula. Map available at beachartist.org

HAPPENING

Santa Lucia Festival. \$1, 7pm in the Astoria High School Auditorium.

Seaside Boutique artisan Gift Fair. Showcasing the work of local artists from around Seaside and Clatsop County. Noon – 5pm at the Seaside Convention Center.

Seaside Parade of Lights. 7pm in downtown Seaside.

THEATER

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 30

MUSIC

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

Annual Gracitunes Festival. Kritin and Rick Olson-Hiddle with an interactive and hilarious kid's lair from noon – 12:45pm. Frontjentress and Shelly Shor at 8pm. At the Sou'wester Lodge in Seaview.

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Mojo Holler. 6pm at the Sand Dollar Restaurant in Rockaway Beach.

The Floating Glass Balls. 8pm at Public Coast in Cannon Beach.

ART

PAA Annual Studio Tour. Free. 10am – 4pm at locations on the Long Beach Peninsula. Map available at beachartist.org

FOOD & DRINK

Gingerbread Tea. 1 – 4pm at Butterfield Cottage in Seaside.

HAPPENING

Seaside Boutique artisan Gift Fair. Showcasing the work of local artists from around Seaside and Clatsop County. 10am – 5pm at the Seaside Convention Center.

OUTSIDE

Mysterious Mushrooms! A short program on wild mushrooms followed by a guided hike to hunt for fungi. 1pm at Picnic Shelter A, Coffenbury Lake, Ft Stevens, Warrenton.

THEATER

Annie. Musical. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 1

MUSIC

North Coast Chorale. Messiah Sing-Along / Play-Along. 4pm at the PAC in Astoria.

HAPPENING

Crab Pot Christmas. Crab Pot Christmas tree lighting, crabby carols, the world's shortest fireworks display, and more. 4 – 6pm at the Port of Ilwaco.

Pictures with Santa. Free, 11am – 2pm in the Liberty Theater Lobby, Astoria.

Christmas Bargains and Beer. Indoor rummage sale. 4 – 8pm at the Labor Temple in Astoria.

ART

PAA Annual Studio Tour. Free. 10am – 4pm at locations on the Long Beach Peninsula. Map available at beachartist.org

THEATER

Annie. Musical. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Tuesday 3

MUSIC

Richard T and Friends. 11:30am at the Bridge-water in Astoria.

Wednesday 4

MUSIC

Ara Lee James and Jamie Stillway. \$15, 7pm at the Peninsula arts Center in Long Beach.

Mike Metzner. Jazz. 8pm at Albatross in Astoria.

Friday 6

MUSIC

Phil Vassar & Lonestar. \$25 - \$40, 8pm at Chinoock Winds in Lincoln City.

Krampus Infestival. Metal and mayhem. 9:30pm at the Labor Temple in Astoria.

FLASH CUTS

MOVIES & MUSINGS



THE IRISHMAN (NOV. 1 LIMITED, NOV. 27 NETFLIX) Robert De Niro and Al Pacino star in this long-awaited Martin Scorsese picture about the Mafia hitman who killed legendary labor boss Jimmy Hoffa. In the 70s, Frank Sheeran (De Niro) and Russell Bufalino (Joe Pesci) go on a road trip to Detroit with their wives. Film flashes back to the '50s, as Sheeran, a WWII vet, starts working for a northern New Jersey Mafia family headed by Bufalino. After making a mistake which requires Bufalino to cover for him, Sheeran owes him a favor, one that can only be repaid by making his first kill. Eventually, Bufalino assigns Frank to do a favor for Hoffa (Pacino), then the most powerful man in the country other than the President. Hoffa and Sheeran become friends, but when the swaggering Hoffa steps on toes in the family, Sheeran is called on. 70-somethings De Niro and Pesci were digitally de-aged to their 50s and younger for a large portion of the 3 ½ hour film.

DOCTOR SLEEP (NOV. 8) Ewan McGregor stars as grown-up Danny Torrance in this sequel to *The Shining*. Synopsis: Still irrevocably scarred by the trauma he endured as a child at the Overlook, Dan Torrance (Ewan McGregor) has fought to find some semblance of peace. But that peace is shattered when he encounters Abra (Kyliegh Curran), a courageous teenager with her own powerful extrasensory gift, known as the 'shine.' Instinctively recognizing that Dan shares her power, Abra has sought him out, desperate for his help against the merciless Rose the Hat (Rebecca Ferguson) and her followers, The True Knot, who feed off the shine of innocents in their quest for immortality. Forming an unlikely alliance, Dan and Abra engage in a brutal life-or-death

battle with Rose. Abra's innocence and fearless embrace of her shine compel Dan to call upon his own powers as never before—at once facing his fears and reawakening the ghosts of the past.

FORD V FERRARI (NOV. 15) Matt Damon and Christian Bale star as car designer Carroll Shelby and driver Ken Miles, who partnered with Ford Motor Company to take down racing giant Ferrari at the 24 Hours of LeMans. With Ford Motor Company hurting in the early '60s, Henry Ford II (Tracy Letts) hatches a plan to attract young buyers by acquiring Ferrari. But when imperious Enzo Ferrari dismisses him, Ford decides to hire genius designer Shelby and hotheaded



Previews

FILM.

BY LES KANEKUNI



A BEAUTIFUL DAY IN THE NEIGHBORHOOD (NOV. 22) Tom Hanks lifts himself into Academy Award running with his performance as legendary children's TV host Fred Rogers. Set in the '90s, story focuses on cynical journalist Lloyd Vogel (Matthew Rhys), who is as dark as Rogers is light. Despite being an award-winning journalist, Lloyd harbors deep anger towards his alcoholic father Jerry (Chris Cooper) with whom he's been estranged for years. Upon encountering him at his sister's wedding, Lloyd takes a swing at him. Lloyd is put off by his assignment to interview Rogers, but heads off to Pittsburgh. There, Lloyd, doubting that the genial TV host's personality is genuine, asks probing questions designed to get behind the façade, only to discover there is no façade – Fred Rogers is real.

KNIVES OUT (NOV. 27) *The Last Jedi* director Rian Johnson started his career with his low budget high school-set murder mystery Brick. Johnson returns to his roots with this glossy, star-laden homage to Agatha Christie-type classic murder mysteries. When the family of the world's best-selling mystery writer Harlan Thrombey (Christopher Plummer) gather for a festive 85th birthday celebration, the gaiety is cut short when Thrombey is found dead the next morning with his throat slit. Local police call the death a suicide, but celebrity detective Benoit Blanc (Daniel Craig with a cornpone accent) declares the death a murder – and that the murderer is amongst them. As is usual in murder mysteries, there is no lack of stars and no lack of suspects behave despicably and who all have reasons to kill Harlan including Harlan's daughter (Jamie Lee Curtis), her husband Richard (Don Johnson), her son Ransom (Chris Evans), Harlan's other daughter Joni (Toni Collette) and Harlan's son (Michael Shannon).

FREE WILL ASTROLOGY

© Copyright 2019 Rob Brezсны

h	♈	♉	♊	♋	♌	♍	♎	♏
11°	6'	27°	7'	15°	54'	0°	48'	

ARIES (March 21-April 19): Do you have any skill in fulfilling the wishes and answering the prayers of your allies? Have you developed a capacity to tune in to what people want even when they themselves aren't sure of what they want? Do you sometimes have a knack for offering just the right gesture at the right time to help people do what they haven't been able to do under their own power? If you possess any of those aptitudes, now is an excellent time to put them in play. More than usual, you are needed as a catalyst, a transformer, an inspirational influence. Homework: Imagine yourself as a kind of fairy godmother, genie, or benefactor.

TAURUS (April 20-May 20): Author Amy Tan describes the magic moment when her muse appears and takes command: "I sense a subtle shift, a nudge to move over, and everything cracks open, the writing is freed, the language is full, resources are plentiful, ideas pour forth, and to be frank, some of these ideas surprise me. It seems as though the universe is my friend and is helping me write, its hand over mine." Even if you're not a creative artist, Taurus, I suspect you'll be offered intense visitations from a muse or muses in the coming days. If you make yourself alert for and receptive to these potential blessings, you'll feel like you're being guided and fueled by higher powers. Homework: Spend some fun fantasy time musing about your muses: what they're like and what they can do.

GEMINI (May 21-June 20): More than a century ago, author Anton Chekhov wrote, "If many remedies are prescribed for an illness, you may be certain that the illness has no cure." Decades later, I wrote, "If you're frantically trying to heal yourself with a random flurry of half-assed remedies, you'll never cure what ails you. But if you sit still in a safe place and ask your inner genius to identify the one or two things you need to do to heal, you will find the cure." Homework: Picture yourself as a potent healer; imagine what it would be like to possess the power to soothe and restore and rejuvenate yourself.

CANCER (June 21-July 22): Cancerian artist Marc Chagall (1887–1985) was a playful visionary and a pioneer of modernism. He appealed to sophisticates despite being described as a dreamy, eccentric outsider who invented his own visual language. In the 1950s, Picasso observed that Chagall was one of the only painters who "understood what color really is." In 2017, one of Chagall's paintings sold for \$28.5 million. What was the secret to his success? "If I create from the heart, nearly everything works," he testified. "If from the head, almost nothing." Your current assignment, Cancerian, is to authorize your heart to rule everything you do. Homework: Make or buy an inspiring image of a heart.

LEO (July 23-Aug. 22): The Dead Sea, on the border of Jordan and Israel, is far saltier than the ocean. No fish or frogs live in it. But here and there on the lake's bottom are springs that exude fresh water. They support large, diverse communities of microbes. It's hard for divers to get down there and study the life forms, though. The water's so saline, they tend to float. So they carry 90 pounds of ballast that enables them to sink to the sea floor. I urge you to get inspired by all this, Leo. What would be the metaphorical equivalent for you of descending into the lower depths so as to research unexplored sources of vitality and excitement? Homework: Imagine yourself as a diver, spelunker, or archaeologist.

VIRGO (Aug. 23-Sept. 22): "We have stripped all things of their mystery and luminosity," lamented psychologist Carl Jung. "Nothing is holy any longer." In accordance with current astrological omens, Virgo, your assignment is to rebel against that mournful state of affairs. I hope you will devote some of your fine intelligence to restoring mystery and luminosity to the world in which you dwell. I hope you will find and create holiness that's worthy of your reverence and awe. Homework: Imagine yourself as a mage, priestess, poet, enchantrix, witch, alchemist, or sacramentalist.

LIBRA (Sept. 23-Oct. 22): "One language is never enough," says a Pashto proverb. How could it be, right? Each language has a specific structure and a finite vocabulary that limit its power to describe and understand the world. I think the same is true for religion: one is never enough. Why confine yourself to a single set of theories about spiritual matters when more will enable you to enlarge and deepen your perspective? With this in mind, Libra, I invite you to regard November as "One Is Never Enough Month" for you. Assume you need more of everything.

SCORPIO (Oct. 23-Nov. 21): In his novel *Zone One*, Scorpio author Colson Whitehead writes, "A monster is a person who has stopped pretending." He means it in the worst sense possible: the emergence of the ugly beast who had been hiding behind social niceties. But I'm going to twist his meme for my own purposes. I propose that when you stop pretending and shed fake politeness, you may indeed resemble an ugly monster—but only temporarily. After the suppressed stuff gets free rein to yammer, it will relax and recede—and you will feel so cleansed and relieved that you'll naturally be able to express more of your monumental beauty.

SAGITTARIUS (Nov. 22-Dec. 21): "I am glad that I paid so little attention to good advice," testified poet Edna St. Vincent Millay. "Had I abided by it, I might have been saved from some of my most valuable mistakes." This is excellent advice for you. I suspect you're in the midst of either committing or learning from a valuable mistake. It's best if you don't interrupt yourself!

CAPRICORN (Dec. 22-Jan. 19): Cleopatra was an ancient Egyptian queen who ruled for 21 years. She was probably a Capricorn. All you need to know about her modern reputation is that Kim Kardashian portrayed her as a sultry seductress in a photo spread in a fashion magazine. But the facts are that Cleopatra was a well-educated, multilingual political leader with strategic cunning. Among her many skills were poetry, philosophy, and mathematics. I propose we make the REAL Cleopatra your role model. Now is an excellent time to correct people's misunderstandings about you—and show people who you truly are. Have maximum fun being your actual authentic self.

AQUARIUS (Jan. 20-Feb. 18): Around the eleventh hour of the eleventh day of the eleventh month, the eleventh sign of the zodiac, Aquarius, will be capable of strenuous feats; will have the power to achieve a success that surpasses past successes; will be authorized to attempt a brave act of transcendence that renders a long-standing limitation irrelevant. As for the eleven days and eleven hours before that magic hour, the eleventh sign of the zodiac will be smart to engage in fierce meditation and thorough preparation for the magic hour. And as for the eleven days and eleven hours afterward, the eleventh sign should expend all possible effort to capitalize on the semi-miraculous breakthrough.

PISCES (Feb. 19-March 20): Author Robert Musil made a surprising declaration: "A number of flawed individuals can often add up to a brilliant social unit." I propose we make that one of your mottoes for the coming months. I think you have the potential to be a flawed but inspiring individual who'll serve as a dynamic force in assembling and nurturing a brilliant social unit. So let me ask you: what would be your dream-come-true of a brilliant social unit that is a fertile influence on you and everyone else in the unit? Be a ringleader, mastermind, or orchestrator.

Homework: "Be homesick for wild knowing," wrote Clarissa Pinkola Estés. Try that out. Report results to FreeWillAstrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Bikes vs. the Forces of Darkness

DOES YOUR BIKE NEED AN EXORCISM? Unless the head-set starts spinning around in traffic, no. However, this spooky time of year reminds us of more prosaic forces of darkness gathering: earlier dusk and later dawn, the enemies of Seeing and Being Seen on the road. It's tricky enough to ride at night in town, but heading out on a rural route after dark is no treat unless you've got the right equipment to light your way and bring yourself to other road users' notice.

Forget those standard front lights—they're not powerful enough to show you every downed branch, pothole, and supernatural beast at night. You need a front light that sheds at least 1,000 lumens. Look for one that produces a cone - or half-circle radius so you don't just reveal the terrain directly in front of you and leave the sides a sinister mystery. I like my rechargeable light, which goes two hours on a charge and then recharges via USB port. The Cycle Torch is a newer version of this USB-compatible type.

A rear light that blinks brings you to the attention of other road users more readily than a steady red light. Standard rear lights are fine for this purpose; many models offer several different blinking patterns. The larger the light, the better, and you can even mount several, all strobing in different rhythms. Some include a central white light for more contrast. Make sure the manufacturer specifies that the light can be seen from at least 500 feet away, which ensures you'll be seen when it's rainy as well as dark. (The forces of precipitation often accompany the forces of darkness on their nocturnal rounds.)

Many cool options abound for making your bike more noticeable. These include wireless illuminated turn signals, a device that creates its own laser-light "bike lane" behind you (the Xlight is one example; other manufacturers produce similar devices), and wheel-mounted LEDs that spin along



with your wheels. The latter come in everything from red and white (for the rear and front wheels, respectively) to dazzling patterns that beguile the eye but don't seduce other road users to get too close to you (Monkeylectric produces many fun models). Some, like the Revolight (mounted to your wheels), save energy by glowing only when you're pedaling...and for a few minutes after you've stopped so folks can see you when you're waiting at a traffic light. Others activate when you press a button, like a regular bike light.

A neat high-tech gadget is the Hammerhead, which connects with your GPS unit to give you turn-by-turn riding directions so you don't have to stop and look at a map (or try reading one as you ride...bad news!) The SeeSense light encourages proper proximity on the part of other vehicles. It has a motion sensor that causes the light to brighten as vehicles get closer. In the same vein as the laser-light instant bike lane, the Blazelight casts the eerie green silhouette of a bicycle ahead of the rider so other road users can anticipate the rider's approach.

Dark, lonely roads make perfect settings for horror stories but not for safe night rides. Equipment that enhances your night vision, and allows other road users to spot you before it's too late, prevents you from becoming a casualty in your own unplanned horror movie.

WORKSHOPS/CLASSES

WHALE SPIRIT DRUM CIRCLE: Open drum circle meets the first Saturday of each month in Seaside from 7pm - 8pm. Everyone is welcome to gather and drum together; no drumming experience is necessary. Our goal is to drum indoors at the Bob Chisholm Community Center in Seaside at 1225 Avenue 'A'. We ask that you kick in a \$10 donation to cover renting the venue. Don't have a drum yet? Extra drums may be available for you to play. Please respect that this is a drug and alcohol free event. For more information go to: www.WholeSpirit.com

WRITING ALIVE WORKSHOP: Thursdays, November 7 – December 5. With Dana Cunningham Anderson. A supportive writing workshop offering positive feedback for writers in all genres. Either 11:30am – 1:30pm, or 2 – 4:30pm at the Hoffman Center in Manzanita. Register at [Hoffman arts.org](http://Hoffmanarts.org)

DIY SCREEN PRINTING with Contact Paper Stencils. November 9 & 10. With Heather McLaughlin. In this workshop, artists will create successful designs to cut, create the contact paper stencils by hand and pull a small set of prints. \$40 + \$10 materials fee. Noon – 4pm at the Sou'wester Lodge in Seaview. 360-642-2542

EARTH ENERGY MEDICINE. Healing with Gemstones. November 10. With Star Weitman. Learn techniques and practices to keep our environments healthy and supportive with the teachings of the ancient practice of Feng Shui and Geomancy. \$35, 12:30 – 2pm at Cannon Beach Yoga Arts. cannonbeachyogaarts.com

WRITING CLASS: Makin'Whoopee. November 11. Learn to write about physical intimacy. \$15 - \$30, 3 – 5pm at the Astoria Studio Collective. RSVP to Jennifer.brennock@live.com

FLORAL BUNDLE DYEING. November 23. With Brittany Boles. Use flowers, spices, extracts, and pigments to create beautiful watercolor effects on natural fabric. Discuss the world of natural dyes and explore hammered leaf and flower prints on paper as well. \$60 plus \$25 materials fee. 11am – 3pm at the Sou'wester Lodge in Seaview. 360-642-2542

HOLIDAY WREATH MAKING. November 30. This wreath making event comes with an instructor, refreshments and holiday music. \$22, 2 for \$40. 11am – 3pm at the Cannon Beach Chamber of Commerce.

THE CRUCIBLE FEMINIST ART WEEKEND. December 6 – 8. The Crucible makes space to write, read, draw, question, meditate, brainstorm, collaborate, support other women's work, and replenish your artistic energy. Bring a project that's already underway or start something totally new. There will be "spark sessions" with writing prompts and discussion of creative process. No charge additional to lodging. 4pm on Friday to 11am on Sunday at the Sou'wester Lodge in Seaview. 360-642-2542

BODY WORK•YOGA•FITNESS

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

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

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

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

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

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

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

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

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

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

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

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

SPIRITUALITY

LOOKING FOR A DIFFERENT APPROACH TO RECOVERY? Join us every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30. Refuge Recovery is a program using Buddhist based principles and meditation to support our recovery from addictions of all kinds. Each meeting includes a meditation session, study of recovery related materials and group discussion. For additional

information contact Roger at roger.s.oakes@gmail.com.

SPIRITUAL BUT NOT RELIGIOUS? Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from new thought sources or 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. 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. Course in Miracles, cont. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

AUTHENTIC Spiritual Conversations Meets every Tuesday in Astoria, from 7:00 – 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center located at 1905 Exchange. For more information contact info@cgifellowship.org or call 916-307-9790.

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

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

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

LECTIO DIVINA • Meditation with Holy Scripture. The Center for the Contemplative Arts,

Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

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

VOLUNTEER

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



MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Qeustions 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. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

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

REPAIR CAFE

HOLIDAYS are coming! Repair Café is ready to help you repair gift items and toys, get those appliances ready, and sharpen knives and tools for turkey carving and/or branch trimming!

Repair Café events will be held a week earlier than usual in November and December in order for you bring in those treasures for repair. (No gas engines.)

A major goal of Repair Café is keeping anything that can possibly be repaired out of the local landfill. This time of year repairing and sprucing up items for gift giving is a special part of that plan. Each item is weighed when you arrive, and a running total is kept hoping to get close to the goal of 2,000 each year.

If you have any questions about an item to bring to Astoria's Repair Café Please call Daryl at 503-307-0834.

Next Repair Café events on the third Wednesdays of the month: November 20, and December 18, 2019. In 2020 RC returns to fourth Wednesday schedule – January 22, 2020!

facebook.com/repairastoria • 1010 Duane Street, Astoria



Dance Your Joy at AAMC

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

• **MONDAY**
8:30 - 9:30am: Zumba Dance Fitness with Kim Postlewaite
6:30 - 7:30pm: Ballroom with Estelle Olivares
7 - 8pm: Tap with Marco Davis

• **TUESDAY**
8:30-9:30am: Zumba with Joy Sigler
6 - 7pm: Beginner West Coast Swing (Level 1) with Rich Small
7 - 8pm: Intermediate West Coast Swing (Level 2) with Rich Small
8 - 9pm: Latin Dance (Salsa) with Rich Small

• **WEDNESDAY**
10 - 11:15am: Gentle Yoga with Terrie Powers
6 - 7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• **THURSDAY**
8:30-9:30am: Zumba with Joy Sigler
5:30 - 6:30pm: Hot Pot I.T.S. (Group Improv Tribal Style Bellydance) with Julie Kovatch
6:45-7:45pm: Tango Technique and Connection with Estelle Olivares

7:45 - 8:45pm: Argentine Tango Practica hosted by Estelle and Celeste Olivares

FRIDAY
7-10pm: Contra Dance (1st Fri. ea. mnth) LIVE Band
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)
6:30 - 8:30pm: Wise Women Gatherings with Melissa Henige (4th Friday of each month)

• **SATURDAY**
9:30 - 10:30am: Beginning Modern Fundamentals with Julia Gingerich
10:30 – 11:30am: Intermed/ Advanced Contemporary with Julia Gingerich
11:30 - 12:30pm: Sparrow Dance Company (private) with Julia Gingerich
6-7pm: Argentine Tango Fundamentals (All Levels) with Estelle/Celeste 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: 3rd Tuesdays 5:30-7pm. Blue Scorchers Bakery 1493 Duane St, Astoria.



MESSAGES SONJA GRACE

mystic healer
The Exchange of Energy

DO YOU FEEL BAD about things from the past? Do you hold onto old arguments and hurt feelings with friends and family? All of this takes energy. We are made up of energy and our daily lives are about the exchange of energy. When we put a lot of energy into what we should or could have done, we waste the moment and recycle patterns of old emotional tapes. Our energy is ultimately meant for the Earth. The electro-magnetic field of the physical body is charged by the planet and our health benefits from this divine conversion.

When we face an illness and we don't look at what the emotional cause is, we spend a lot of energy trying to get better without connecting the dots. Our physical body is a warehouse for emotional wounds from childhood. These emotional wounds get stored and if they go untended, it can result in a physical illness.

For example: if your spouse ignores you and you feel alone you can trace this feeling back to a much earlier time in childhood where you felt the same feelings within your family of origin. This emotional wound continues to manifest throughout your adult life. You decide to leave your

partner and discover years later you still feel alone and ignored no matter who is with you. That is because you are dancing with the wounds of the inner child and creating Broadway level productions to heal the abandonment and lack of attention.

The stories we tell from our past are a part of our patterns created from our emotional wounds. When we spend a lot of time focused on the past replaying an event over and over, we are spending energy that could be used to support our growth and development in the present moment. Sometimes the wound is so deep it feels we cannot get past it and we become paralyzed by the pain. The body reflects this in arthritis, fibromyalgia, cancers, and bone dis-ease. Listen to what you are saying - hear yourself talk about the past. Hear yourself repeat a story that reflects a difficult time, a hurt or loss. Ask yourself why you are attached to the story, maybe it's because you don't understand why something like that could happen or you feel unjustly accused. You may have suffered a loss that was untimely. Find where you have stored the pain in your body. You may feel this in your heart, gut or back, your hands, legs or throat. Ask yourself what you are getting out of holding onto this story. What is this story giving to you energetically that feels like emotional food? Ask yourself if it's something that you're ready to let go of. You may discover

your identity is wrapped up in the story and the fear that you won't be noticed or heard can stop you from releasing it. Let it go even for an hour. See how you feel. No one needs to know that you are practicing letting go. You can always pick it back up and tell the story a few more times. The basis of who you are is deep within your soul body and has nothing to do with any of these stories that we carry. The essence of everyone is: we are infinite souls having a human experience.

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. 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.

*Her latest creation is **ODIN AND THE NINE REALMS ORACLE** a 54-card set containing all original artwork by Sonja Grace who share the wisdom and guidance of the Norse Gods. Findhorn Press/ Inner Traditions Pre -order at: www.sonjagrace.com*

wordwisdom

Learning All The Time...

I'M ABOUT DAY 45 into my 90-day "Habit Rehab." In a nutshell, I'm discovering the factors that lead to my failure, my fallback oneasier, old habits. I've found that certain uneventful circumstances can trigger less than positive habits. If my bank balance edges towards the danger zone, I find myself in a bit of a fear mode, counting the days until payday. Knowing the cash flow is dripping, I may pull out that credit card and treat myself to a salad and gin and tonic at my favorite restaurant. That breaks two of my resolves: refrain from eating at restaurants and using the credit card. If, for some reason, I am flooded with a bad memory, I find I need to leave the house and drive. That breaks my resolve to sit tight, stay calm, and not waste gas or time.

Okay, you get the picture. I have work to do. An ongoing process, a process that involves the motives and emotions that sabotage self. This morning I sit and write this, finally getting a grip on where the

sabotage comes in. Old habits that seem harmless, but I hate to see the credit card bill, when I see I ate out 5 times, not even registering the frequency at the time. What can I do? Seems that my subtle anxiety about money needs to be dealt with better. Duh. On a practical level, I need to be more serious about the issue, and reassert an authority over my life. That sounds good. Again, I need to put my emotions in perspective. If I have anxiety about a low bank balance and a happy face when it's flush, my aim now is to slowly build up a nice reserve. If I have a down mood over something that has saddened me, I need to do something other than drive or eat out or use the credit card. What is that something? Reminding myself that moods are temporary—review my long-term goals, don't reach for the immediate sense of uplift.

So, today is a new day. I'm getting back on board with my goals. Today I will eat what I have in the house. I will

not charge a darn thing. I'm prepared to knock down irrational fears one by one. That's what they are - not based in reality. I work, I get paychecks, and today I'm being interviewed for another part-time retail position. I've always managed. These days are no different.

How about you? Have you started your own habit rehab? Do you find yourself sabotaging your efforts at revamping habits? I guess if I'm learning anything it is this: the emotional background of self-sabotage needs to be dealt with for things to change. There is no place for fear, irrational or not.

Learning all the time...

Tobi Nason is a counselor located in Warrenton (503) 440-0587. I offer a sliding fee scale which makes counseling affordable for anyone, everyone.

By Tobi Nason



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

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

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

Paper Towels

Dawn

Bleach

Cat Toys (No Catnip)

Dog Kongs (Black only please)

Feline Pine Cat Litter

Laundry Detergent (HE)

Also - We take Cash Donations!

Clatsop County
Animal Shelter

1315 SE 19th Street
Warrenton, OR 97146

503-861-7387
Tuesday thru Saturday
Noon to 4pm

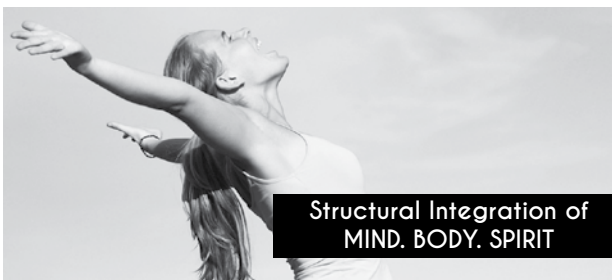


THE LOWER COLUMBIA CLINIC

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

595 18th, Astoria • 503-325-9131

MERKABA CENTER for Healing, LLC



Structural Integration of
MIND. BODY. SPIRIT

Offering a gentle therapeutic bodywork that helps release limitations, creating alignment, ease and resilience within your system.

Kendra Bratherton
OTA, PBP,
Reiki Master

Bowenwork®
Energy Medicine
Tensegrity Medicine™
FREE CONSULT
(209) 791-3092

Medical Sauna
and Chromotherapy

merkabacenterforhealing.com

399 31st. Suite B, Astoria, OR 97013

Dragonheart Herbs & Natural Medicine
www.cannonbeachacupuncture.com

Margaret Hammit-McDonald, PhD, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist
Shannon K. Brown, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist
Seth Goldstein, DC, Chiropractic Physician

1355 S Hemlock Street PO Box 1465
Cannon Beach, Oregon 97110-1465
Office: 503-436-2255 Fax: 888-653-7244

Tobi Nason
Counseling and Mediation Services
Specializing in Life Changes
M.A in Counseling

Sliding Fee Schedule and Flexible Hours

Whole PLANET Health

By Margaret Hammit McDonald

Are Lifestyle Choices Always Choices?

EVERY TERM, students in my writing classes at Clatsop Community College write essays encouraging readers to make modifications to their lifestyle to get healthier and protect the environment. They're inspired to leave the world better than they found it and convinced that individual actions matter. I prefer this attitude to the apathetic alternative—that our choices have so little impact that we might as well pollute our bodies and our planet at will, as long as we're having fun. But the notion that our decisions alone dictate our personal and planetary health omits crucial factors: among them, health-care disparities and industry's outsized contribution to environmental degradation.

Thanks to improvements in sanitation and public health, many people enjoy a longer life free from the infectious diseases, malnutrition, and life-threatening injuries that plagued the generations before. The conditions for which many of my patients come in are overwhelmingly lifestyle-related: repetitive-motion injuries from work; Type II diabetes and heart disease, connected with poor diet, insufficient exercise, and using damaging substance. The good news is that changing one's habits produces improved health and longer life. The bad news is that these modifiable lifestyle factors aren't so modifiable when poverty, racism, and other inequities are taken into account.

Let's take food as an example. Some folks recommend a regulatory approach: taxing processed snack foods, banning trans fats, etc. But what happens when a person with a limited income lives in a food desert, where dollar stores, convenience stores, and fast-food restaurants outnumber grocery stores? How far might this person have to travel to get access to fresh produce? And because so many people are rent-burdened (with at least 30% of their incomes dedicated to housing costs), they might work second and third jobs, which doesn't give them time to prepare meals from scratch. Moreover, low-wage work features swing shifts, night hours, and/or uncertain schedules, and mealtimes get replaced with forays to the snack machine in the break room. Sure, you can bring a bag of carrots to work or

prepare your week's meals on your day off, but once you add responsibilities for children and elders, lack of sleep, required (though unpaid) overtime, both free time and motivation dwindle. The same goes for finding time to exercise, relax, and de-stress. It's no wonder pressured workers find themselves addicted to substances that alternately calm them down and energize them for the next 12-hour work day.

Of course we're responsible for our decisions and their consequences, our decision-making process doesn't occur in a vacuum or a lab. They occur in the context of family, culture, workplace, and other communities to which we belong. Our friends and family can support us in our quest for a healthier life, or they can constrain us. And while capitalism may tout consumer choice as the major means by which we can express ourselves and improve our lives, we can't always buy our way to happiness—especially when our financial means are limited.

Implicit in this consumer-oriented self-improvement philosophy is the assumption that we have enough disposable income to buy that supplement, exercise equipment, or vacation. Then there are other factors beyond our control: toxic exposures from nearby industries, for example. Hence even a lifelong vegan and non-smoker can develop cancer.

I want the lifestyle modifications I suggest to patients to be empowering, not judgmental or insurmountable. I also acknowledge that we can't extricate individual choice from structural and environmental factors; hence, optimal health for all is a social-justice issue, addressed through legislation (like Medicare For All) and community-level initiatives, not individuals' decisions alone.



A Community Conversation moderated by Seth Tichenor, Co-host of Philosopharians, *on Compassion in Action.*

We all like to think of ourselves as "compassionate," but what does that really mean and why does it matter? How are we to be compassionate in a time where it seems so inaccessible? How do we bring compassion to others with whom we find ourselves in disagreement, or even offensive?

What ways are you called to be kind and loving within your community, your family and life? What issues make your heart hurt or pull on you in ways that make you want to look away? How can we open and lean into those hard places? What does it mean to you to be compassionate anyway?

Come join the conversation on Sunday, November 10, from 4 to 6 pm with light refreshments following.

At Providence Seaside Hospital Education Center. Sponsored by SCIP (Spiritual Communities in Partnership) and Providence Seaside. FMI: 503-738-0200.

Dog Recreational Agility CGC Event

CLASSY CANINES 4-H CLUB is holding its annual public-participation Dog Recreational Agility CGC Event (or Dog R.A.C.E.) on **Saturday, November 16**. This event gives dogs and their owners a chance to try some beginning level dog agility. There will also be an opportunity for participants to test for the American Kennel Club Canine Good Citizen (AKC-CGC) or Trick Title certification from 9:00 to 3:00. This dog activity day will be at the Clatsop County Fairgrounds & Expo Center arena.

The day starts with a mandatory free registration and orientation from 8:00 to 8:30 a.m., followed by a free Introduction to Jumpers with Weaves Workshop. After this workshop, participants will have an opportunity to try a Jumpers with Weaves Fun Run for \$3.00 each. Next will be a free Introduction to Agility Contacts Workshop followed by Agility Touch 'n' Go (Contacts) Fun Runs for \$3.00 each. The afternoon will conclude with Standard Agility Fun Runs for \$3.00 each. No previous experience is needed as long as you are willing to have fun working with your dog and follow the safety instructions. Participants are asked to help to put the equipment away at the end of the day.

The competitions will feature unique ribbons for the top placements. A spectacular prize drawing will take place after lunch. Proceeds from the fun competitions and the drawing will be donated to River Song Foundation <http://riversongfoundation.org/>. There will also be vendors organized by Angels for Sara Sanctuary <https://www.angelsforsarasanctuary.com/> on-site.

Participants should bring a dog, a kennel/crate, a non-tightening collar or harness, a short leash (no more than six feet long), many tiny soft treats such as ¼" cheese cubes, a water bowl, a towel, and plastic clean-up bags. The arena is generally very cold in the morning, so dress in layers and wear shoes that allow you to run on uneven dirt.

Spectators are welcome to watch the dogs learn to navigate the obstacle courses. FMI: contact Sally Freeman at youngsrivier@yahoo.com or 503-325-7161 or text 503-308-2372 prior to the day of the event.



YOU KNOW HOW SOME PSYCHOLOGISTS say that the thing you dislike most about someone who annoys you is probably something you dislike about yourself? And the whole proposition comes off as being so preachy and judgmental you could just scream? But if you did you'd call attention to yourself and then everyone would know you could actually be one of the case studies? Me, too!

One thing that reliably trips my trigger is the tendency of some folks to be imperious when it comes to food. Applying the formula above would indicate that I am a frightfully judgmental person. To which I respond, anybody who says that is a consummate idiot!

Almost all joking aside, I know myself to be pretty darned opinionated about politics, environmental issues and raising children. I am uniquely unqualified to have a say about any of them having never held office, washed a seabird covered with crude oil or had kids. All of which is my point exactly. None of us is qualified to judge our neighbors about much of anything. If we could remember that, we'd be less likely to be cross the line into the Land of the Astonishingly Obnoxious and more likely to forgive others who missed the sign and wound up there.

Being defensive or offensive about food is a classic slippery slope. Most of us live somewhere between the all drive-thru/ microwave diet and the locally grown, organic vegan diet. Do I wish every one of us would learn to love to cook? You bet! It's a valuable life skill, better for our health, a foolproof builder of family and community and a money saver. I'd like to be able to say that's why I do it, teach it and write about it. I'd like to be able to, but I can't. I do it because it's a pleasure and a gift to those I love. It's primal and inescapably erotic.

If you can eat a ripe peach on a summer day, hear the juicy hollow crunch of a knife piercing a ripe watermelon, awaken to the sound of sizzling bacon or catch a whiff of bread just coming out of the oven and not be moved by it, get a med check appointment asap. Your prescription probably needs tweaking. I say this because cooking is luxury unrelated to cost, reward in huge proportion to effort and a wake up call to all five senses.

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

This pie recipe is a Frankensteinian mashup of 3 different pumpkin pie recipes. It requires neither cadavers nor lightning and makes a frightfully good pie.



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 10am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org

CHEW ON THIS!

by Merianne Myers



**BOURBON PUMPKIN PIE
W/ PUMPKIN SEED STREUSEL**

Makes a 9" deep dish pie

For topping:

- 1/2 cup flour
- 1/3 cup brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon baking powder
- 6 Tablespoons cold butter
- 1/2 cup toasted, roughly chopped pumpkin seeds

Whisk together flour, sugar, cinnamon, salt and baking powder. Cut butter into small pieces and mix in with the dry ingredients. Use your fingers or a pastry blender to cut the butter in until the mix becomes clumpy and moist. Add the cooled pumpkin seeds and refrigerate while you make the filling.

For the pie:

- 1 single crust pie pastry, blind baked
- 1 15-ounce can pure pumpkin
- 1 cup heavy cream
- 1/3 cup sour cream
- 2 large eggs
- 3/4 cup sugar
- 3 1/2 tablespoons bourbon
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt

Preheat oven to 375°F

Roll out dough on a lightly floured surface, trim to fit leaving a 1/2" overhang. Fold edge under and crimp. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes). Line pie shell with parchment or foil and fill with pie weights. Bake until side is set and edge is golden, about 20 minutes. Carefully remove weights and liner and bake shell until golden all over, 10 to 15 minutes more. Cool completely.

Whisk together remaining ingredients and pour into cooled shell. Top with streusel mix and bake about 45 minutes or until edges of filling are set but center is slightly jiggly. It will finish cooking while it cools. Allow to cool completely before cutting.

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.

Dream Circles Ecstatic Dance

What wants to move through you? Explore ecstatic dance at the Astoria Arts & Movement Center, 3rd Fridays 7 to 8:30pm. \$10. A once a month event with dream specific themes and opening circle. With Kimberly O'Bryant

**Waves in Motion:
Ecstatic Dance on Sunday Mornings**

Manzanita Spirit Dance and Beach Dance Oregon are joining forces and moving to Graceful Waves Wellness Center in Wheeler.

Besides being a beautiful healing space right on the Nehalem River, the floor is floating hardwood over cork, which will be wonderful to dance on PLUS a great sound system.

- First and third Sundays each month - Denise Lofman from Beach Dance Oregon will facilitate the first Sunday dance each month, and Lane deMoll who regularly leads Manzanita Spirit Dance, will facilitate the dances on the third Sundays.

- 10:00 am - doors open at 9:30, playlist will start at 10

- Donation of \$10-20 (the dance is open to all, please pay what you can)

- Playlists will be 1.25 - 1.5 hours long

Questions? Contact Lane by text or phone at 503-440-1342 or by email: lane@nehalem.tel.net

**Singing Bowl
Meditation**

with Julie Garcia

Julie's meditations include an introduction to the history, traditions, and making of the Himalayan Singing Bowls. As you embark on your meditation with Julie, you will be invited to set an intention for your session. The sounds of the bowls are designed to deeply relax and open the Chakras, which the bowls are in harmonic resonance with. The session is both tactile AND auditory: bowls will be placed around and even on your body to both feel and hear the acoustic vibrations they produce. The meditation concludes with a grounding exercise to support walking out the door and into the world feeling more relaxed, healthy, and uplifted!



2nd Friday of the every month at 6:30pm at Graceful Waves Wellness Center. Register and make payment through gracefulwaveswellness.com Cost: \$30. Feel free to bring a blanket, pillow, and/or yoga mat to optimize your relaxation on heated floor! (yoga mats available for most participants.) Graceful Waves Wellness Center, 206 S. Marine Dr., Wheeler, OR 97147 503-368-WELL (9355) FMI: www.himalayanharmonioushealing.com

Living Well with Chronic Conditions

In this workshop, you will learn how to manage your conditions and continue to live a fulfilling life. Each workshop runs 6-weeks, meeting 2 1/2 hours per week. Topics include: Pain and fatigue management, better breathing, healthy eating, medication usage, making informed treatment decisions and more. Wednesdays Oct 23 - Nov 27, 10am to 12:30pm. CMH Columbia Center, 2021 Marine Dr. Astoria. Chinook Rm (2nd Flr). Register online at www.columbiamemorial.org or call 503.338.7564.



BE A TOURIST IN YOUR OWN HOMETOWNS

PACIFIC AND CLATSOP COUNTIES are known throughout the region for their tourist attractions, but how long has it been since you visited these sites? As a "local tourist," the Hometown Tourism Day on Monday, November 11 (Veterans Day), might be just the ticket for you.

Several local sites are working together to offer free or reduced admissions or other special deals on these days to encourage their neighbors to come and see what they have to offer. Here is a list of the special activities available for this ninth annual Hometown Tourism Day.

- **Northwest Carriage Museum** – 314 Alder Street, Raymond, Washington - 50% off admission, 10:00-4:00

- **Willapa Seaport Museum** – 310 Alder Street, Raymond, Washington – special opening with free admission for military veterans and active duty, refreshments, 12:00-4:00

- **Pacific County Historical Society** Museum and Visitor Center - milepost 54, Hwy 101, South Bend, Washington - Free admission, 12:00-3:00

- **Willapa National Wildlife Refuge** – milepost 24, Hwy 101, Washington (no dogs beyond the parking lots) - Free admission, 10:30 guided walk: Art and Cutthroat Climb Trails; daylight hours

- **Cranberry Museum & Gift Shop** – 2907 Pioneer Road, Long Beach, Washington - Free admission, 10:00-5:00

- **World Kite Museum** – 303 Sid Snyder Drive West, Long Beach, Washington - \$1.00 off admission, 11:00-5:00

- **Long Beach Peninsula Visitor Bureau** – 3914 Pacific Way (corner of Highways 101/103), Seaview, Washington – Mention "Hometown Tourism" to receive a free bag filled with information about local sites, 9:00-5:00

- **Cape Disappointment State Park** – Ilwaco, Washington - Free park admission, \$5 admission to Lewis and Clark Interpretive Center, 10:00-5:00

- **Fort Columbia State Park** – Chinook, Washington - Free admission to the grounds including trails, dawn to dusk

- **Knappton Cove Heritage Center**, Historic U.S. Quarantine Station – 3 mi. E of Astoria Bridge, Hwy 401, Washington - Free admission to the Columbia River's

- "Ellis Island," museum, Nature Path, 1:00-4:00

- **Bumble Bee Seafoods** Hanthorn Cannery Museum at Pier 39, 100 39th Street, Astoria, Oregon - Free admission, 9:00-6:00

- **Columbia River Maritime Museum** – 1792 Marine Drive, Astoria, Oregon - Free Quarter Deck magazine for mentioning "Hometown Tourism," military veterans admitted for free, 9:30-5:00

- **Astoria Underground Tours** – downtown Astoria, www.oldastoria.com/underground.php, Veterans Day special tour for \$15 (25% discount) with on-line reservation, 5:30

- **Lewis and Clark National Historical Park**, Fort Clatsop – 92343 Fort Clatsop Road, Astoria, Oregon - Ranger programs and free admission 9:00-5:00,

- **Seaside Museum & Historical Society** – 570 Necanicum Drive, Seaside, Oregon – Free admission, 10:00-3:00

- **Seaside Aquarium** – 200 N. Prom, Seaside, Oregon – Free admission with donation of two cans of food per person, 9:00-5:00

- **Seaside Inverted Experience** – 111 Broadway #7, Seaside, Oregon – www.seasideinverted.com, \$2 off regular admission

- **Cannon Beach History Center** – 1387 S. Spruce Street, Cannon Beach, Oregon – Free admission, delicious beverages, 11:00-4:00

- **Jewell Meadows Wildlife Area** – 79878 Hwy 202, Jewell, Oregon – Free wildlife viewing with valid Wildlife Area Parking Permit, all day

BUOY DUNKEL LAGER on shelves in 6-pack 12oz cans during the rainy season

BUOY BEER COMPANY continues their rotating 12oz can series with 6-packs of Dunkel Lager, the final feature in the 2019 line-up. Dunkel Lager is an original recipe from Buoy Beer's founding brewer, Dan Hamilton. It has become a core beer for the company and is available in draft year-round.

A version of Buoy's Dunkel Lager has been brewed since 1981, when Dan was an amateur brewer and experimental beer drinker. "It was the '80s," Dan says. "We had parties where all the attendees had to wear some sort of special hat and bring a 6-pack of 'interesting' beer to be served from an ice block-filled kiddie pool. We tried all kinds of beers and the ones that stuck with us were really clean, tight, balanced, and perfectly conditioned. Wowzers I thought, gimme more of that."

Buoy Beer's head brewer Kevin Shaw and his staff took Dan's popular homebrew recipe and professionally adapted it. It became a high-quality production beer brewed with German malts and finished with traditional cellaring & conditioning practices which include stacked horizontal lagering tanks.

Inspired by the original beer style of Bavarian villages, the Dunkel Lager yields flavors of chocolate, toffee, caramel, and freshly baked bread that are perfect for sipping from a cozy pint in our own riverside village. A gentle kiss



of hops brings a nice, crisp finish to this smooth, complex lager with a 5.5% ABV. Awards for the Dunkel Lager include Best of Show in the 1992 Big Fresno Fair Home Brew Festival and Buoy Beer's first GABF award, a silver medal in 2014.

"Dunkel is an anytime beer for most of the people I talk to," says Jessyka Dart-Mclean, Buoy's Marketing Manager. "It's light, crisp, and clean, so it's suitable for sunny backyard hang-outs. But it's ideal for PNW fall days when you notice the sun setting a little earlier than yesterday and you're sitting in your backyard filled with multicolored leaves, wearing your winter flannel."

Dunkel Lager will be available in 6-packs of 12oz cans distributed in Oregon and SW Washington. Look for the cans everywhere you bought Buoy Helles Lager and Hoppy Blonde during this year's can series.

OSU Extension Master Gardener™ Training Class for Clatsop County

NOW'S THE TIME to register for the OSU Clatsop County Extension Service Master Gardener™ Training Program. Applications are available at the Clatsop County Extension office, 2001 Marine Drive, Room 210, Astoria, (503) 325-8573, or request an application by email from Amanda Noyes at amanda.noyes@oregonstate.edu.

Classes are held at Clatsop Community College – Astoria Campus in Astoria on Wednesdays from 6pm to 9pm and Saturdays from 9am to noon beginning January 8 and ending March 21. Students will receive over 60 hours of intensive gardening education in the classroom and an additional 55 hours of volunteer service as hands-on training. The cost is \$250 and includes the course text: "Sustainable Gardening: The Oregon-Washington Master Gardener Handbook."

The Master Gardener™ curriculum provides the volunteer with information and references on subjects such as botany, soil management, pruning techniques, integrated pest management and more. The classes are taught by OSU Extension Faculty, certified Master Gardeners and experts in their respective fields. Students of all ages and abilities, beginners and experienced gardeners alike, are welcomed in the program.

Master Gardener Volunteer Service is a fun time spent working on projects such as the OSU Extension Master Gardener Information Line, Sunday Market or other plant clinics, as well as hands-on gardening in the Learning and Demonstration Gardens with experienced Master Gardeners. The remainder of your community service may be spent on many different projects such as teaching high school students the basics of gardening, and the annual "Spring into Gardening" and "Winterizing your Garden" events.

If you like to have fun exploring gardening, and are prepared to learn more about sustainable gardening methods to share with the local community, please return your completed application with payment to the OSU Extension Office by Friday, November 22, 2019.



The Forager's Table: An ethnobotanical tour of the Lewis and Clark Journals, winter 1805-1806

In 1805, the Lewis and Clark Expedition arrived in the food-rich land near the mouth of the Columbia River, right in time for winter. The coastal Indians had preserved food in preparation for seasonal scarcity, but the Expedition had run out while traveling. By trading and hunting, William Clark was able to write at the end of winter, "we were never one day without 3 meals of some kind a day either pore Elk meat or roots."

At 7pm, Wednesday, November 20 at the Astoria Library, Sally Freeman and Judi Lampi will present an ethnobotanical tour of the Lewis and Clark Expedition's 1805-1806 winter at Fort Clatsop. Using the Lewis and Clark Journals as a guide, Freeman and Lampi will describe how the indigenous people of the lower Columbia River used plants and what Expedition members ate during that time. Attendees also will hear about a holiday dinner that was not the explorers' customary feast.

This event is part of "Natural Selections," the Astoria Library's science and nature speaker series. All ages are welcome. Admission is free.

Sally Freeman is a national park ranger at Lewis and Clark National Historical Park, where she manages the volunteer program, supervises the historic weapons program, coordinates tours and shares the stories of the park.

Judi Lampi taught ethnobotany as a science elective at the Health Sciences Biotechnology Magnet School in Portland, Oregon. She later worked as a national park ranger at Fort Clatsop. She attributes her passion for native plants and how the Chinook and Clatsop people used them to her grandfather, who would walk with her as a child in the forest and along the Columbia River, telling her names of plants and stories of the region's indigenous people.

The Astoria Library is at 450 10th St., Astoria. For information about library programs and services, contact 503-325-7323 or visit astorialibrary.org.



Italian & Mediterranean
Cuisine

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

FULL BAR
HAPPY HOUR 3-6



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

1149 COMMERCIAL
503-325-9001
FULIOS.COM



1423 COMMERCIAL ST.
ASTORIA • OREGON

fresh juices
smoothies & bowls
wellness shots
hot soup & toasts
plant-based snacks

Health is
Delicious!

WINTER HOURS 10-5
SUN 10-4 CLOSED WED



FORT GEORGE
ASTORIA, OREGON

1 CITY BLOCK
3 LOCATIONS

LOCAL CRAFT BEER
BURGERS
WOOD-FIRED PIZZA

1483 Duane St, Astoria, OR • 503.325.7468 • fortgeorgebrewery.com

**SHWEEASH
BAMBOO**

nursery | removal | design

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

Dave Crabtree • Noah Bell
87509 Lewis & Clark Rd, Astoria, OR
(4.5 mi from Seaside) by appointment only
503.440.2998 | www.ShweeashBamboo.com



7 AM 6 PM
1493 DUANE
503-338-7473
bluescorcher.coop

Building
a strong
community,
serving
delicious and
organic
foods, and
fostering
joyous work
for every
worker



LIGHT DINNER SERVICE
3pm to 6pm



eat the coast

BITE LOCAL

Celebrating 45 years.
Thanks for your support!



Astoria
coop
good. local. food.

BRIDGE
water
BISTRO



gluten
free
friendly!

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

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.

Sing-Along/Play-Along
MESSIAH

Presented by: North Coast Chorale

Benefiting the CCA Regional Food Bank

December 1, 2019 • 4:00 pm onwards
 Performing Arts Center 588 16th Street Astoria, OR 97103
 Directed by: Dr Denise Reed

Free Admission with a Monetary or Non-Perishable Food Donation

ALSO COMING December 13th, 20th, & 22nd, "Amahl and the Night Visitors," performed by NCC and local soloists. *Not to Miss!*

OREGON ARTS COMMISSION

TOYOTA



ENJOY A **25%** DISCOUNT
 FOR GIFT CERTIFICATES
 OF AN UNLIMITED AMOUNT
 UNTIL JANUARY 1ST, 2020

HOST YOUR EVENT AT THE STARRY NIGHT INN

ENJOY 25% OFF THE ENTIRE VICTORIAN
 (2-DAY MIN.) 3BD/3BA (SLEEPS 7+) -OR-
 THE ENTIRE HOTEL 6BD /6BA SLEEPS 13+

follow us on INSTAGRAM to get our friends and family discounts!

CALL US! @ (503)738-7825 Book online: thestarrynightinn.com

STARRY NIGHT INN

An Art Motel By The Sea in Seaside, Oregon

COMING UP AT KALA PERFORMANCE SPACE



SKY Flamenco
 Nov 9 • 7:30pm
An evening of Spanish Flamenco
 featuring dancer Savannah Fuentes, guitarist Pedro Cortes, and singer/percussionist Diego Amador Jr.
 Tickets \$20 at the door (opens 7pm)
 in advance at libertyastoria.showare.com

New Bi-monthly Jam
Hosted by RAIZZ THE BAR:
 Victoria Kingsbury- acoustic guitar
 Richard Thomasian – elec guitar
 Flint Rice - drums

Coming up: Wed Nov 13 and 27
 7pm – 10pm
 Instrumentalists, Singers, Bands
 Rock Trio Support
 Solo or play with the band
 MORE INFO: message facebook – Raizz the Bar

Storyteller Will Hornyak
Hans My Hedgehog
And other Tales of Exiles, Outcasts and Wanderers
Friday, November 15, 7:30pm
 (doors at 7pm)
 \$15 at the door

AAUW TECH TREK
 Trivia Night Benefit Tickets \$5
Tuesday Nov 19
 6pm – 8pm
 Food/Beverage/Trivia!!!
 To reserve tickets please contact event coordinator, Erin J. Engelson 503.440.1195 or erinj.engelson@gmail.com

KALA 1017 Marine Dr. Astoria 503.338.4878

LIBERTY THEATRE GALA

LIBERTY
 SHOW TODAY

SATURDAY, NOVEMBER 16TH, 2019 · DOORS AT 5:00pm

TICKETS ONLINE libertyastoria.org	FEATURED PERFORMANCE "Siren Songs" Merideth Kaye Clark & Jenn Grinels	SPECIAL APPEAL WITH SENATOR BETSY JOHNSON	LAVISH RECEPTION Catered by Baked Alaska
BOX OFFICE 503.325.5922 x55			LIVE LUXURY AUCTION

PROCEEDS SUPPORT THE CAPITAL CAMPAIGN TO IMPROVE THE LIBERTY'S STAGE CAPABILITIES



"Congratulations
 Keepers of the
 Odd Fellows!"

Our community
 logged over
 89,000 votes!

\$150,000
 Partners in
 Preservation
 Grant Award!