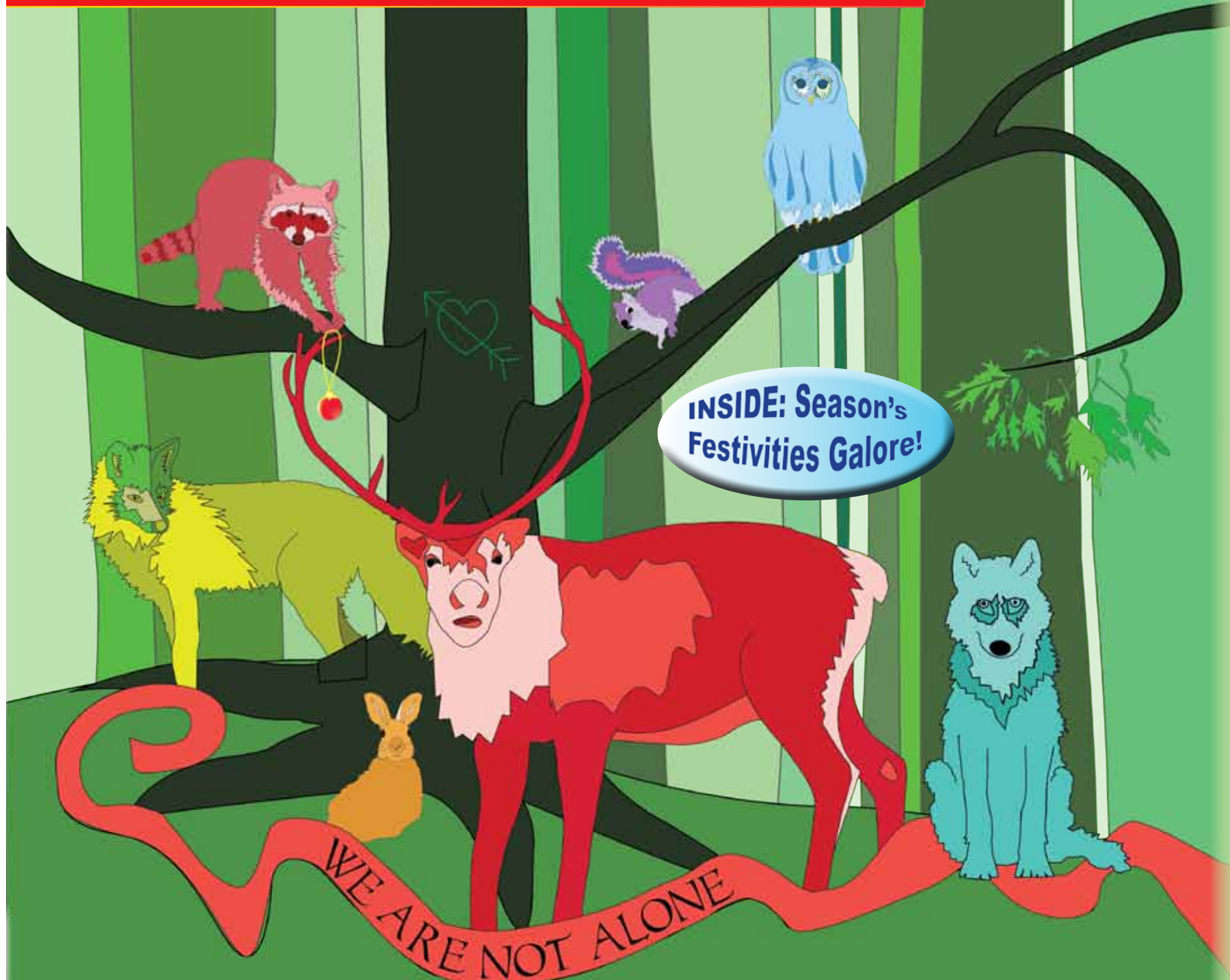


HIPFiSHmonthly

alternative press serving the lower columbia pacific region

Volume 21 Issue 250
December 2019




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By Peter Huhtala

Jake's Legacy

to the river and Columbia Riverkeeper



Robert "Jake" Jacob at the wheel of the Tourist No. 2

AS THE MILLENNIUM CHANGED, a small group of visionaries gathered to create a new organization dedicated to protect and restore the clean water of the Columbia River. They knew it would be a challenge. The Columbia stretched over 1200 miles. Its watershed touched four states and two countries. Among that small group was the articulate and uncompromising Elizabeth Furse, who had served three terms in Congress, representing Oregon's First District—which included a hundred-mile stretch of the Columbia River from Portland to the Pacific Ocean.

I was honored to be tapped to serve on the board of directors of the new organization—Columbia Riverkeeper. As an Astorian, I often brought matters that concerned the Columbia River estuary to share with my colleagues. Every issue could not earn a response, let alone be adopted as a campaign. With dams on the main-stem and tributaries, numerous pipes illegally dumping waste and dangerous chemicals, and the world's largest repository of nuclear waste bumping its shores, the Columbia River faced a plethora of problems.

One citizen who I often consulted about challenges that faced the estuary was Robert "Jake" Jacob. I'd known Jake since I was four. I appreciated his opinions, which were always delivered

unfiltered, full-hearted, with a genuine appreciation for the heritage of our home turf. Sadly, Jake passed in September 2018.

Jake was eulogized for his extraordinary talent for development and restoration. He was the ultimate deal maker—pivotal in sparking the exquisite Liberty Theater restoration in downtown Astoria and ushering the return of the Astoria Armory to public use. Before his death, he was helping return a ferry, the Tourist No. 2, to Astoria, where, in our youth, it had carried vehicles and passengers across the four-mile-wide river to Washington State.

Many of us viewed what was left of the Union Fisherman cannery and saw deteriorated buildings and rotting pilings. But Jake dreamed that a hotel could be built over the river, nearly touching the passing ships. He tenaciously negotiated for permits then financed and built a luxury hotel in an unlikely location.

In the early 2000s, it seemed to me that the challenge of building the hotel awakened in Jake a deepening appreciation for the river. When fossil fuel exploiters proposed building massive liquified natural gas (LNG) terminals on the shores of the estuary, Jake quickly realized that allowing such development would change the estuary forever—and not for the better.

The LNG proposals propelled a cadre of concerned citizens to swiftly educate themselves about the hazards and environmental consequences of such development. By 2005, multiple developers battled for rights to install billions of dollars worth of fossil fuel infrastructure, to win permits to industrialize the estuary.

Not only would the LNG terminals and their attached huge high-pressure pipelines damage the estuarine ecology, but the storage and transfer of the fossil fuel posed risks of conflagration in forests and farmland, of fiery spills from breached tankers, and explosions that could destroy much of nearby towns. Accidents, terrorists, or earthquakes each offered new consequences.

Jake understood the environmental damage and potential fiery threats. But he also knew in his brilliant, practical, and unequivocal manner that these LNG terminals would be bad for business. They would nip the budding up-scale tourism trend of Clatsop County. Creative investors drawn to the amazing quality of life along the lower river would take their money and jobs elsewhere if the region was to become the West Coast hub for the last vestiges of fossil fuel speculation. Jake, the tenacious businessman, engaged others in the business community. He helped many see that the LNG development would have a negative economic impact, as desirable businesses departed or located elsewhere.

Facing down the developers of multi-billion dollar projects was at best aspirational for the loosely organized citizens, even with Jake bringing businesses into the discussion. To successfully resist the LNG projects, the community needed professional organizers experienced in major environmental campaigns. Smart, experienced legal help was essential. The estuary had been identified as a distribution center for LNG, with purveyors of oil, coal, and fracked gas lined up. This was not only a regional issue but a matter of urgent worldwide significance. Columbia Riverkeeper stepped forward to help. They had what was needed.

The spontaneous activists of community groups such as RiverVision were relieved for the organizing help from Columbia Riverkeeper staff. Jake generously provided rooms and meeting space for Columbia Riverkeeper at his flagship venture, the Cannery Pier Hotel. Jake appreciated the clear strategic thinking of Riverkeeper's executive directors, first Brent Foster and later Brett VandenHeuvel, who also holds the title of Riverkeeper. Top-shelf legal help arrived.

Meanwhile, Jake founded the Columbia River Business Alliance, signing over sixty local businesses to a new organization that offered economic alternatives to fossil fuels subservience—calling for development comparable with the history, culture, and resources of the estuary. (I served as the first executive director, but resigned when I was elected to the Clatsop County Board of Commissioners.)

It took twelve years before the last of the LNG speculators gave up on their plans for the Columbia River estuary. Columbia Riverkeeper partnered with the community for over a decade on the LNG issue. The relationship persists. Several other fossil fuel developments have since been turned away from the lower river, with citizens inspired by the success in Clatsop County—and with the help of tribal leadership, Columbia Riverkeeper, and other conservation groups.

It was no surprise to me to hear that Jake's estate made a \$25,000 legacy gift to Columbia Riverkeeper. Riverkeeper is now providing an opportunity to honor Jake by making a matching donation of any amount here: <https://www.columbiariverkeeper.org/Jake-Match>

**Peter Huhtala served four years on the Clatsop County Board of Commissioners. He documents the LNG controversy from a deeply personal point of view in his memoir *Whispered Echoes: Who speaks for those without a say?* You can write to him at peterhuhtala@gmail.com.*



The early days of NO LNG activism in Astoria

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ART + ACTIVISM

Two coastal-based disciplines intersect at Oregon Governor Kate Brown's Office—Jordan Cove No LNG activists and the works of Astoria painter Darren Orange.

ON NOVEMBER 21, 10 impacted individuals began peacefully sitting in Governor Kate Brown's office in the Oregon State Capitol Building, quickly joined by 65 more for a total of 75. The sit-in began after hundreds of Oregon and northern California residents entered the Oregon State Capitol Building singing "we have got the power, it's in the hands of us all." Allies in the capitol's rotunda displayed a banner with all the watersheds impacted by Jordan Cove LNG over the Oregon State seal on the floor of the rotunda. The rural landowners, tribal members, and others along the proposed pipeline route are urging the Governor to publicly oppose the proposed Jordan Cove LNG export terminal and Pacific Connector fracked gas pipeline, which would damage four southern Oregon counties—and contribute to climate change. They want her to take a stand before the Federal Government issues a decision on the ill-advised project in February. The sit-in comes less than a week after the U.S. government issued a weak final environmental impact statement for the project, underlining the critical role that the State of Oregon must play in denying the project.

The sit-in was led by people living in communities directly impacted by the 229 mile-long fracked gas pipeline and export terminal, including former Secretary of State Bill Bradbury. Others quickly joined, taking seats inside the office in solidarity with the community members who began the sit-in.

During the sit-in, people are singing, writing letters to Governor Kate Brown, and telling stories about how their homes and the places they love would be hurt by the project.

A FEW STORIES

"It's so clear to me that the Jordan Cove energy project in Coos Bay makes absolutely NO SENSE. It risks the safety of about 25,000 citizens while employing less than 200 people AND makes global warming worse for every resident of our planet," said former **Secretary of State and Coos County Resident, Bill Bradbury**.

"My husband and I have lived on our ranch for the past 29 years working extremely hard to create and live our dream. We raised our son here, teaching him to respect the land, its people and its incredible natural resources. For 15 of those years, we have been fighting the proposed gas pipeline which a fossil fuel corporation has chosen our land to cross and seize it from us by eminent domain," said **Sandy Lyons, an impacted landowner and rancher in Days Creek**.

"We need to be ending our dependence on fossil fuels. And not criminalizing water protectors that are defending the sanctity of Oregon's lands and waters," said **Thomas Joseph II, Hoopa Tribal Member and co-founder of California Kitchen**. "Let's not do Standing Rock again, let's create something new. Indigenous Knowledge is vital in this transition."

In order to enrich a Canadian fossil fuel corporation, the Jordan Cove LNG export project would trample the private property rights of private landowners, harm the traditional territories and treaty-protected cultural resources of local Tribes, put hundreds of waterways and the drinking water of over 150,000 people at risk, threaten jobs in fishing and crabbing, pose a new major wildfire risk, and become the single largest source of climate pollution in Oregon.



SOURCE: Southern Oregon Rising Tide is dedicated to promoting community-based solutions to the climate crisis and taking direct action to confront the root causes of climate change. We are based in the mountains and rivers of rural Southern Oregon, with most of our members living on stolen Takelma land.



Astoria artist Darren Orange exhibits "Those Who Step Into The Same Rivers" in the Governor's Office of the Capitol Building in Salem from Nov. 14 to Jan. 21.

In this new body of work Orange's compositions stretch further from literal reference and deeper into abstraction. The artist continues to explore automatism, a practice of intuitive mark making that engages both play and meditative focus. The resulting built-up paint layers present suggestive imagery that reveal the history of the painting process in line, smudge and replacement. The exhibited works were created in Orange's studio on the Columbia River.

The exhibition title refers to a quote by Greek philosopher Heraclitus. In response to the ancient philosophical paradox known as The Ship of Theseus, Heraclitus stated that though a river changes as the water is replenished by other water, the river continues to be the same river. Likewise, a person who steps into the same river twice may also have changed, but still maintains the same identity.

After studying art at Western Washington University, Orange moved to the remote area of the Lower Columbia in 2000, setting up a studio with friends in a defunct schoolhouse. He has resided in Astoria since then, minus a two-year sojourn to Santa Fe in the mid-2000s. The sublime and grandeur experience of nature, in the place where the Columbia River meets the Pacific Ocean, continues to inspire him.

Orange's work is recognized throughout the Northwest and abroad. His work has been selected for exhibitions by Dominic Iacono of the Syracuse University Art Galleries, Michael Klein of the Microsoft Collection, Nat Trotman of the Guggenheim, Bonnie Laing Malcolmson of the Portland Art Museum, Margaret Bullock of the Tacoma Art Museum, and many northwest Academic institutions in solo exhibition. He is represented by Imogen Gallery in Astoria.

The Art in the Governor's Office Program honors selected artists in Oregon with exhibitions in the reception area of the Governor's Office in the State Capitol. Professional, living Oregon artists are considered and an exhibit in the Governor's office is regarded as a "once in a lifetime" honor. Artists whose work has previously been shown in the Governor's office include Henk Pander, Michele Russo, Manuel Izquierdo, James Lavadour, Margot Thompson, Gordon Gilkey and Yuji Hiratsuka.



"Ship of Theseus," Oil on Canvas, 24 x 30



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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 Art
By Myshkin Warbler



WE TALK ABOUT POVERTY because it dramatically impacts our community; we see the effects of it everyday as our friends and neighbors struggle with housing and transportation needs, drug or alcohol abuse, and parents valiantly try to care for their children. According to the American Academy of Pediatrics childhood poverty is associated with

Peninsula Poverty Response PPR starts their first fundraising campaign to meet community's growing needs.

lifelong hardships, poor health and other factors that lead to economic hardships. The American Physiological Association informs us poverty impacts youth by increasing their risks of homelessness, exposure to violence, hunger, chronic illnesses, poor grades, teenage pregnancies, and drug and alcohol abuse. Homeless adults are at a significantly higher risk for physical and sexual abuse; sleep deprivation, mental illness, respiratory diseases, cold injuries and mortality. (<https://depts.washington.edu/triolive/quest/2007/TTQ07033/effects.html>)

Pacific County is the poorest county in the state of Washington with an 18.7% poverty rate compared to Washington state's 12.7% poverty rate. Long Beach has a poverty rate of 24%, Ocean Park comes in at 25.8% and our wealthy community comes in at 19.9%. Our richest community has a poverty rate seven points higher than the state average. PPR acts as a "response" to come alongside those with difficult life circumstances and provide community and physical aid. This translates into our mission statement: "Reducing the consequences related to poverty on the Long Beach Peninsula through advocacy, awareness and action".

To expand its response to poverty, Peninsula Poverty Response is

kicking-off a year-end fundraising campaign with a goal of \$5,000.

Peninsula Poverty Response supports Laundry Love financially and with laundry soap and volunteers to manage the program. Community support has been strong enough to allow the program to continue though the end of this year.

Project Community Connect is scheduled for January 23, 2020 at the Elks Lodge. More than 150 families were helped at the event last year, with 1,000 free health and welfare services plus a myriad of tangible goods. This year, PPR is asking for help purchasing these vitally important items.

- \$5 will purchase an emergency blanket.
- \$10 will purchase basic hygiene supplies, toothbrush, toothpaste, shampoo, soap, deodorant, comb, brush, and more.
- \$15 will purchase a rainproof poncho or a female hygiene kit.
- \$25.00 will purchase a tent.
- \$50 will purchase a waterproof sleeping bag.

David Solis, Americorp and Laundry Love Volunteer, noticed many people coming to Laundry Love on bicycles; so this year PPR is going to have a bicycle repair station at Project Community Connect. Our plan is to be able to repair and tune up bikes during the event and provide bicycles too. If you have an old bike collecting dust in your garage PPR is the place to donate it. Call PPR (360) 783-2688 to schedule a bike pick-up. Financial support is also needed for this free service to be successful.

- \$6 will purchase a set of bike inner tubes.
 - \$8 will purchase a tire repair kit.
 - \$15 will purchase a new bike tire or a pump.
 - \$25 will purchase a bike helmet.
- You can join Peninsula Poverty Response's compassion in action team by visiting www.peninsulapoverityresponse.com and clicking on the donate button or by mailing a check to Peninsula Poverty Response, P.O. Box 655, Ocean Park, WA 98640.

DANCE & DONATE!

North Coast Dance Fitness Collective invites the community to Dance and Donate Christmas Eve Morning, 8:30am at Astoria Arts and Movement Center, 342 10th St. Suggested donation is \$10 and all donations will be given to "Filling Empty Bellies" a local non-profit dedicated to feeding the hungry while directing participants to services that provide long term solutions.

A Zumba Fitness class is an hour long dance fitness experience using world rhythms. This is a cardio workout like no other and appropriate for most ages and abilities. FMI: or to directly donate, ring Joy 503.440.2547. Donations are tax deductible.



The New Astoria Co+op Opens Dec 11

ASTORIA CO+OP'S VISION for a bigger new store becomes a reality as it opens the doors to its new space on Wednesday December 11 following a ribbon-cutting ceremony at 10 a.m.

The co-op's newly constructed 12,000 square foot building at 2350 Marine Drive will provide four-times more space, plenty of parking, and new amenities. Every department is expanding, with a focus on fresh and a deli which will feature a hot bar, salad bar, and made-to-order foods.

"Shoppers with any dietary restriction or preference will be able to find something they love. My busy family will be trusting the organic produce and quality meats we use in the deli when making dinner can't happen," Co-op General Manager Matt Stanley said.

The expansion fulfills a major goal of the co-op's five-year strategic plan which aims to create a welcoming community store and thriving local economy. The plan, adopted by the co-op's board of directors in 2014, included extensive outreach and reflected strong public support for expansion.

The co-op raised more than \$2 million in local investments from its consumer-owners. This successful capital campaign was instrumental in leveraging additional financing to make the \$10-million project possible.

The new location is the former home of Astoria Plywood Mill, a worker-owned co-op. The mill shut down in the late 1980's and the City of Astoria embarked on a major environmental cleanup so the area could be redeveloped into a mixed-use neighborhood.

The co-op, formerly known as "The Community Store," opened 45 years ago at a storefront near the Columbian Café on Marine Drive in Astoria. While the co-op has grown and evolved over the years, it's focus on natural, organic and local foods remains the same. The co-op is a community-owned grocery store and all shoppers are welcome, no membership needed.

The co-op's current location at 1355 Exchange Street in Astoria closed on Sunday, December 8.

While the December 11 opening is considered a "soft opening" the co-op encourages everyone to come check out the new store. A grand opening celebration is being planned for January.

COAST COMMUNITY RADIO

awarded Oregon Cultural Trust Grant

Coast Community Radio (CCR), the nonprofit radio station in the Columbia-Pacific region, has received a \$19,401 grant from Oregon Cultural Trust. Station Manager Graham Nystrom wrote the grant for money toward the Radio For Good (RFG) campaign. The trust awarded CCR \$19,401 toward phase two of RFG project, a three year plan to repair, replace, and update all of our broadcast equipment from microphone to transmitter.

"We are incredibly grateful that the Oregon Cultural Trust sees the importance of our services, and that they acknowledged the need for our equipment to be updated and reinforced. I hope the NW Coast never sees another storm like we did in 2007, but with the help of community members and grant-making foundations like the Oregon Cultural Trust, Coast Community Radio is doing its part to be prepared. Plus, in the meantime, we'll keep bringing you great community radio," enthused Nystrom.

Coast Community Radio is a member-supported, volunteer-operated radio station, serving a diverse listening audience along the North Oregon and SW Washington coasts, from Raymond, Washington to Pacific City, Oregon. We strive to provide locally relevant programming, news and emergency information on three stations KMUN, KTCB and KCPB.

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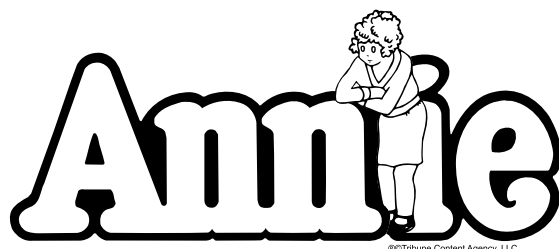
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PeaceVoice



By Robert C. Koehler

Let's bomb Iowa! Or maybe Texas or Michigan or Nebraska . . .

OH WAIT, I got confused for a second. Those places are part of America and we love them. We would never bomb them. These are places we would bomb: Guatemala, Indonesia, Cuba, Congo, Vietnam, Cambodia, Grenada, Libya, El Salvador, Nicaragua, Iran, Panama, Iraq, Kuwait, Somalia, Bosnia, Sudan, Afghanistan, Yugoslavia, Yemen, Pakistan, Syria, etc.

Think how our bombs have kept the country safe over the last half century or so. Indeed, think about "national safety" as a concept: protecting only what's within our borders, because that's all that

nuclear war and man-made, climate-based catastrophe."

Can we not look at matters from a planetary, as opposed to an us-vs.-them, perspective? Sjursen's point is that humanity is trembling on the brink of extinction and the global political structure we've built is incapable of addressing or even acknowledging this. Borders are obsolete. Nationalism is obsolete; it's been obsolete, Sjursen maintains, since World War I, which, following the deaths of millions of soldiers, begot the even bloodier World War II, which begot the Cold War,

money flows, and to transfer a portion of them into public channels. Without this, our political infrastructure will continue to become more and more superfluous to actual material life. In the process we must also think more seriously about global redistribution: . . . the systematic transfer of wealth from rich to poor for the improved security of all."

2. Transnational democracy: "National governments themselves need to be subjected to a superior tier of authority: they have proved to be the most dangerous forces in the nation-state era, waging endless wars against other nations while oppressing, killing and otherwise failing their own populations." He cites the European Union as an imperfect example, which at least has democratized

ENVISIONING A UNITED WORLD

matters. Indeed, think about the sanctity of those borders. People born on one side of them are citizens; people born on the other side — like Delmer Joel Ramirez Palma — are illegals, plain and simple.

Ramirez Palma, a construction worker, had lived in the U.S. for twenty years. In October, he was nearly killed (and three of his co-workers were killed) when an 18-story hotel under construction in New Orleans started to collapse. He later became a plaintiff in a lawsuit against the developers, who were accused of using substandard building materials and inadequately shoring up the concrete flooring.

But guess what? He wasn't a citizen! He was here without bureaucratic bona fides; and while the investigation was in progress, he was arrested by ICE and quickly deported to Honduras. No matter he's married and has a 10-year-old son in the U.S. The rights of building developers not to have to endure the negative testimony of illegals remains intact.

This is one tiny example of a global absurdity — indeed, a global insanity: the alleged sovereignty of nation states to decide who matters and who doesn't, what matters and what doesn't. And what doesn't matter is that the whole planet is in danger. If its infrastructure, both political and ecological, collapses, every country loses.

As Danny Sjursen wrote recently at Truthdig: "As the U.S. government, as well as far too many Americans, remain fixated on the decidedly minor threat of Islamist 'terrorism,' two actual global existential perils persist and are hardly addressed. I'm speaking, of course, of

the nuclear arms race and ultimately the endless wars of the 21st Century. Yet "world government," whatever that might mean, and one-world political consciousness seem beyond our collective imagination. But such an evolution is necessary.

Can we envision a world in which bombing Libya or Iraq is as unimaginable as bombing Iowa? Can we envision a world that is organized around the requirements of planetary survival and values the transcultural connectedness of every human occupant?

Rana Dasgupta, writing last year in The Guardian, put it this way: "The most momentous development of our era, precisely, is the waning of the nation state: its inability to withstand countervailing 21st-century forces, and its calamitous loss of influence over human circumstance. National political authority is in decline, and, since we do not know any other sort, it feels like the end of the world."

The xenophobia and global obsession with secure borders — protection from the millions of war and climate refugees at loose on this troubled planet — are "symptoms," he writes, "of what is slowly revealing itself to all: nation states everywhere are in an advanced state of political and moral decay from which they cannot individually extricate themselves."

So what happens next? The time has come, Dasgupta says, to envision what seems impossible: a global order that doesn't currently exist. He takes it upon himself to begin the process and defines three elements as crucial. These are:

1. Global financial regulation: "We must build systems to track transnational

movement and economic opportunity within its confines.

3. New conceptions of citizenship: Citizenship should be de-linked from territory and global movement should be deregulated. Also, people profoundly affected by decisions made on the other side of the planet ought to have a say in those decisions. For instance: "Should a U.S. election not involve most people on earth? What would American political discourse look like, if it had to satisfy voters in Iraq or Afghanistan?"

We're all imperiled by climate change and the possibility of nuclear (or any) war. The time has come to face these real dangers by becoming global citizens. Embracing transnational connectedness does not mean surrendering to homogenization or devaluing diversity but, rather, just the opposite. It means deciding not to fear differences of language, culture or ethnicity. It means realizing that all of us are equal at a global level and what we have to learn from one another is endless.

Robert Koehler, syndicated by PeaceVoice, is an award-winning Chicago journalist and editor.

PeaceVoice is a program of the Oregon Peace Institute devoted to changing U.S. national conversation about the possibilities of peace and justice and the inadvisability of war and injustice. Nonviolent conflict transformation from destructive to constructive — peace and justice by peaceable means — can help shape public discourse and thus, ultimately, public policy.

NATURE NEWS

NATURE MATTERS

Marine Debris and Microplastics in Our Watersheds



DOROTHY HORN, PH.D. student at Portland State University, studies impacts of microplastics on near shore marine organisms. In her Dec. 12 Nature Matters presentation, she will discuss overall problems with marine debris, how it impacts our watersheds from upriver all the way to our coastal ecosystems and what we know so far. She will present research investigating the impacts of microplastics on invertebrates here in Oregon, and some of the ways we can all make changes to help with the problem.

Horn grew up in southern California and joined the Marine Corps after high school, training to be a helicopter crew chief. She holds a Bachelor's Degree of Science at California State University Channel Islands in Environmental Science and

Biology and has worked with the National Park Service, and the U.S. Fish and Wildlife Service as a ranger. Her presentations focused on wildlife, including the California Condor.

She has received the National Science Foundation graduate research fellowship in her second year of graduate study, a fellowship that has allowed her to investigate what happens to crabs and fish when they ingest microplastics. Her research has taken her along the coast of Oregon, California, the California Channel Islands, Hawaii and Costa Rica. Now Horn lives in Newport, Oregon, while she finishes her research with the help of Oregon Department of Fish and Wildlife's shellfish team.

The free 7pm presentation takes place Dec. 12 at the Fort George Lovell Showroom, 1483 Duane Street, Astoria. Doors open at 6 p.m. to purchase dinner or beverages at the Fort George Brewery before the event.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George Brewery + Public House. FMI: (503) 861-2471.

Seeing the Forest and the Trees: Stewarding our Public Forests



WE LIVE IN A STATE with abundant forests, and yet we don't all see the same thing when we look into the woods. Oregon is known for both its timber industry and its deep environmental values. What are the beliefs we have about our forests and what will we, as a state, do to steward, manage and protect this special resource?

This is the focus of "Seeing the Forest and the Trees: Stewarding Our Public Lands," a free conversation with Mariah Acton at 7pm, Wednesday, December 11 at the Astoria Library. This program is sponsored by Oregon Humanities.

Mariah Acton is a recent graduate from the University of Oregon where her master's work focused at the intersection of conflict resolution, nonprofit management, and public administration. She currently works in Salem as a strategic business analyst at Oregon Housing and Community Services where she helps to facilitate conversations around housing, homelessness, and anti-poverty policies. As a recent social science researcher for the US Forest Service and a former volunteer facilitator with forest collaboratives in the southern Willamette Valley, she recognizes that this is an exciting time for public-driven, sustainable forest management, and she appreciates that there are more conversations to be had.

LISTENING TO THE LAND kicks off the 2020 season on January 15th, 2020 with a presentation from Sarah Henkel titled "Listening to the Crabs". Oregon State University marine ecologist Sarah Henkel and her colleague Curtis Roegner, from the National Oceanic and Atmospheric Administration glued acoustic tags onto several legal-sized Dungeness crabs near the mouth of the Columbia River and off Cape Falcon last year. Then, they deployed acoustic receivers north and south of the two locations.

Their goal was to learn how frequently and how far crabs move in sandy versus rocky habitat – data that will help inform decision-making on potential impacts of wave energy testing and marine reserves. What they found out about the crabs surprised them. What they discovered about great white sharks in Oregon waters from listening for the signals emitted from the crab tags intrigued them even more.

Join NWC on January 15th at the Seaside Public Library from 6-8 pm to find out all about the study and what they found.

Listening to the Land is a monthly winter speaker series offered January through May and presented by the Necanicum Watershed Council in partnership with the Seaside Public Library. Presentations are held the 3rd Wednesday of every month starting at 6pm at the Seaside Library, 1131 Broadway St, Seaside, OR. Doors open at 5:45pm. Events are free and open to the public. For more information, visit www.necanicumwatershed.org.



Listening to the Land: Listening to the Crabs

ATTENDEES of the season's first Nature Matters talk at Fort George Brewery in Astoria on Thursday, October 10th were treated to a fascinating overview of the impact of sea star wasting syndrome (SSWS) on Oregon's sea stars and the impacts on intertidal ecosystems by Oregon State University's Silke Bachhuber. The event was sponsored by Friends of Cape Falcon Marine Reserve, Lewis and Clark National Historical Park, and North Coast Watershed Association.

Sea Star Talk kicks off Friends of Cape Falcon Marine Reserve winter events



The outbreak of SSWS in 2013-14 is the largest marine disease outbreak ever documented in a non-commercial species. Over 20 species of intertidal and subtidal sea stars were affected from Alaska to Baja California. Since the outbreak, the disease has persisted at low levels and continues to kill sea stars. The cause of both SSWS and the outbreak are unknown, although marine biologists have been working hard to find answers.

Once common in the subtidal, sunflower sea stars are still sparse or non-existent on much of the U.S. West Coast. The ochre sea star, an iconic sight in Oregon's rocky tidepools, was also hard hit by the SSWS outbreak. Populations have not recovered to pre-outbreak levels and the animals are doing better in some locations than in others.

Both ochre sea stars and sunflower sea stars are considered keystone species because of their disproportionately large influence on other species in their ecosystem. The loss of these top predators results in a "trophic cascade," where changes in the relative populations of the ecosystem's species change as a result. For example, the loss of the ochre sea star in the intertidal results in a boost in the population of mussels, which the ochre stars eat.

Teams of scientists are working on determining causes of the outbreak and ways to help sea stars on the West Coast. Bachhuber encouraged audience members to participate in community science projects to document sea stars and SSWS through the Multi-Agency Rocky Intertidal Network (MARINe). For more information, visit www.seastarwasting.org

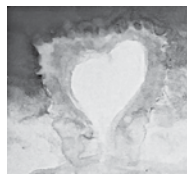
Next up are back-to-back presentations in mid-December on "Life on the Rocks: Oregon's Rocky Shore Habitats"

•Wednesday, December 11, 2019 at 7 pm, "World of Haystack Rock" Lecture Series, Cannon Beach Library (131 Hemlock St., Cannon Beach, OR)

•Thursday, December 12, 2019 at 7 pm, Lower Nehalem Watershed Council, Pine Grove Community House (225 Laneda Avenue, Manzanita, OR)



Charlie Plybon is Oregon Policy Manager for Surfrider Foundation and Chair of the working group responsible for drafting the update. He will be joined by Department of Land Conservation and Development staff working on the update process.



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Lower Columbia Q Center

Astoria Armory - 1636 Exchange Street Astoria

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

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

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First

Wednesday of the month. 6-7:30 pm

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

Lower Columbia Gender Alliance/Trans Support

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

Over the Rainbow Radio Show on KMUN
91.9 Every 3rd Wednesday 8:30 - 10:30pm

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: pflagoccc@gmail.com



Listening Sessions 2020

Representative Tiffany Mitchell District 32

Sunday, January 5, 2020, 10:00 a.m.-12:00p.m.
Tillamook Bay Community College Room 214
4301 3rd St, Tillamook, OR 97141

Sunday, January 5, 2020, 2:00 p.m.-4:00p.m.
Banks Public Library
42461 NW Market St, Banks, OR 97106

Monday, January 6, 2020, 10:00 a.m.-12:00p.m.
Three Cups Coffee House
279 W Marine Dr, Astoria, OR 97103

Crime Victim & Survivor Services Division Citizen & Potential Grantee Roundtables

Crime Victim & Survivor Services Division of the Oregon Department of Justice will continue its Community Conversations Tour via a citizen roundtable. This roundtable will provide discussions addressing the needs of underserved, marginalized and oppressed crime victims. There will also be a roundtable for potential grantees. This roundtable will discuss upcoming grant funding opportunities for the creation of new or expansion of existing cultural and population-specific victim services programs.

For those who are unable to attend in person, you still may join the conversation and have your voice heard. Please call 1-888-251-2909 and enter code 379945 at the date and time of the session you would like to attend.

12/17/19 11am - 2pm (Citizen Roundtable)
12/17/19 3pm - 5:45pm (Potential Grantee Roundtable)
Astoria Armory, 1636 Exchange, Astoria

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

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

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GIFTS THAT MAKE A DIFFERENCE

December 14th, 12pm-4pm Free!

United Way of Clatsop County presents **Gifts That Make a Difference**. Gifts That Make a Difference gathers thirty non-profits in one space for one afternoon and invites the public to join them. Clatsop County is a community filled with passionate, skilled, driven and giving individuals. Bring your knowledge, your personal experiences and your skills to this event to meet like-minded people and open new doors of volunteer opportunities for yourself and for your family. Sometimes looking for the perfect match of those in need paired with what you have to offer may not be easy, Gifts That Make a Difference is an opportunity to find that meaningful fit.

Along with volunteer opportunities, many organizations will have items for sale that will help support their agencies mission along with end of the year giving opportunities.

Enjoy festive music and delicious refreshments. This event is a great way to embrace the holiday spirit of by giving of your time talent and treasures. This event will be held in the Liberty's McTavish Room.

5th Annual Handmade Bazaar at The Sou'wester Lodge, 3728 J Place in Seaview WA., Saturday, Dec 14, 12pm – 5pm.

Sou' Wester hosts its 5th Annual Handmade Bazaar. Free and open to the public. The sale is in 3 spaces: the large heated Pavilion, the Lodge Living Room and the Lodge Velvet Lounge Guest Room. Meet a lovely bunch of talented artists/crafters/makers! The POP-UP Thrifty Sale in the Vintage Travel Trailer and the Library Bar will be open.

Don't miss The Paul Bearers performing Abbey Road in the lodge 8-10pm. Members of Sun City Girls, Pendejo, Thinking Fellers Union Local 282, Sad Horse, Sea Donkeys, and the Evolutionary Jass Band perform The Beatles' classic studio LP from 1969: Abbey Road



in its entirety!

Winter Festival & Holiday Market. Live music, vendors, Santa's Workshop, and more. \$5 - \$10 suggested donation. Noon – 8pm at the Salmonberry Saloon in Wheeler. Dec 13 – 15.

Second Saturday Makers Bazaar & Flea Market. Dec 14. 10am – 3pm at the First Presbyterian Church in Astoria.

Clatsop Animal Assistance Holiday Party and Fundraiser. Silent auction, raffles, pet photos with Santa and bake sale. 9am – 3pm in the Lovell Dec 14. Showroom at Fort George in Astoria.



Solstice Bazaar at the Astoria Armory. 11am – 5pm. Saturday Dec 21.

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco. Sat/ Sun Dec 21-22.

Tolovana Arts Colony 4th Annual Holiday Gift Party. December 13 – 15. A weekend-long **Art Show and Craft Bazaar**, all locally made. It kicks off with a party on Friday, December 13th (Friday the 13th!), from 6-8PM at Tolovana Hall (3779 S. Hemlock in Cannon Beach). Friday's festive celebration features hot food, cool drinks and a whole lot of good company.

The bazaar continues through the weekend, open from 11AM-3PM on Saturday, December 14th and Sunday, December 15th. But be advised: some of these are one-of-a-kind items and many will be scooped up early.

On display--and available for purchase--will be a stunning array of works from local artists and crafters including everything from jewelry to house wares, fine arts to clothing, snacks, beauty products and more. Besides offering some of the coolest, locally made art and crafts around, gift buying at the bazaar offers serious support to local artists and crafters. Your purchases are a big deal--especially at this time of year.

Solstice Bazaar at the Astoria Armory. 11am – 5pm. Saturday Dec 21.

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco. Sat/ Sun Dec 21-22.

The 2nd Annual Winter Solstice Gift Bazaar in beautiful beachfront Manzanita brings together local north coast artisans and farmers for a one of kind local shopping experience. The Winter Solstice Bazaar will feature goodies for your holiday meals such as farm grown teas, jams, baked goods, coffee and cheeses as well as one of kind jewelry, clothing, copper art, stained glass, crystals and soaps! Everything you need for your list and to fill those stockings! Saturday, Dec. 21, 10am – 3pm at the Pine Grove Center, 225 Laneda Ave in Manzanita.

"A voice of astonishing lyric beauty!" Opera News

By Dinah Urell

O Holy Night: A Classical Christmas Lyric Tenor Marco Panuccio

Dec
16
7:30pm

AWARD WINNING LYRIC TENOR, Cincinnati-based Marco Panuccio returns to Astoria to perform his **Emmy Nominated Christmas concert – O Holy Night: A Classical Christmas**. This year marks the 11th year of this special production that tours cities in the U.S.

Astoria Music Festival attendees have had the pleasure of Panuccio's supple, radiant and robust tenor, and as one critic has described as "liquid silver," as well his refined, yet warm and accessible stage presence. Panuccio performed numerous operas during the run of the Astoria Music Festival, being one of the younger singers with a bright career. Noted for his versatility, musical exploration and linguistics, his repertoire of 25 major roles extends from the baroque to the contemporary with many operas of the Romantic Era. In addition he's in demand as a concert soloist.

Panuccio's concert tour is a unique opportunity to experience a classical Christmas repertoire, such as Schubert's "Ave Maria" and Franck's "Panis Angelicus." Gesu Bambino, selections from Handel's Messiah, as well as yuletide songs from a modern era, and a moving rendition of Leonard Cohen's "Hallelujah."

In his third performance of his Christmas special in Astoria, this year audiences will be treated to a world premiere by Washington DC composer, Emily Mason called "Stopping by Woods on a Snowy Evening" based on the famous poem by Robert Frost. Mason has composed this piece for Panuccio's 2019 American tour. In correspondence with Panuccio, he shared that he is researching and exploring more repertoire by women composers for next year's tour. "It is time that more and more opera companies and symphony orchestras around the world represent women composers in their seasons. I am very excited to share this piece with my audiences around the country this year. Emily's music needs to be exposed to as many people as possible."



He also shared a personal story of a recent life experience. A friend in hospice asked him to come and sing "O Holy Night" to him before he died. He had been to all of Panuccio's 11 Christmas concerts performed in Cincinnati and was saddened that he would not be able to attend. "I went to hospice on Sunday to visit him, sat very close to him and sang this piece to him in a soft tone. He joined in singing with me. We all cried and it was a beautiful moment," shared Panuccio. Two days later on December 3rd was the concert in Cincinnati and it was live streamed to his friend in hospice, he died the following day. "I want to believe that he heard me and that he knew that I had dedicated O Holy Night to him. I want to believe that the music that was created that evening was some comfort to him as he passed from this world."

And taking this into consideration Panuccio furthered, "In a world where we are so divided, I hope that for a little over an hour, I am able to allow the audience to forget about this horrible turmoil we are facing on a daily basis. To allow their troubles to be left at the door and to experience some sense of solace and beauty in their day, however long or short that may be."

Monday, December 16, 7:30pm, CCC PAC, 16th & Franklin in Astoria. \$25 General. \$15 Student. Tickets: please visit astoria.brownpapertickets.com



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challenged more than ever
before to demonstrate our
mastery, not over nature but
over ourselves."

- Rachel Carson

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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS DEC 2019

INCO Astoria Community Group

Saturday, Dec. 7, 10:30 am
OSU Seafood Research & Extension
Center, Astoria

INCO Seaside-Gearhart Community Group

Tuesday, Dec. 10, 6:30 - 8:00 pm
Email incoregon@gmail.com for
location

INCO Vote the Future

Wednesday, Dec. 18, 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, Dec. 3, 10, & 17, 2 - 4 pm
Winekraft, Astoria

Postcards to Voters

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

SAVE THE DATE

Saturday, January 18
How We Win | 2020 INCO
Summit and March
Astoria



How We Win | 2020 INCO Regional Summit

JAN 18, 2020

INDIVISIBLE NORTH COAST OREGON (INCO) invites defenders of democracy to the How We Win | 2020 INCO Regional Summit on Saturday, January 18. This free event will take place at the Lovell Showroom, 426 14th Street, Astoria. The summit will conclude with the March to Win through downtown Astoria, starting at Heritage Square, at 12th and Exchange.

The featured speaker is Erica Goldman, the Regional Organizing Coordinator, Pacific Northwest and Hawaii of Swing Left, a grassroots movement of hundreds of thousands of people across the country. Goldman will show attendees the most impactful things they can do to help Democrats win important elections in 2020.

The summit's momentum continues later in the afternoon with the March to Win, which starts at Astoria's Heritage Square, 12th and Exchange. The route is less than a mile on the sidewalks of downtown Astoria. This inclusive peaceful event is free and open to the public.

"Celebrate democracy with us on January 18 at the INCO Summit, and enjoy a day of hope, mutual support, and good company," said Bebe Michel, an INCO leader from Gearhart.

The summit's interactive program features strategies for winning elections in 2020, sustaining activism, and transforming grassroots energy into progressive action. The summit also features focus groups supporting a redistricting initiative in Oregon, running for office, and the 2020 census.

INCO is a grassroots organization that defends democracy by opposing authoritarianism, bigotry, and corruption. Its members live in Clatsop County, part of Tillamook County, and part of Pacific County, WA.

"We're delighted to offer this opportunity to strengthen community networks and build new skills for defending democracy and promoting progressive values," said Laurie Caplan, INCO

co-leader, from Astoria. Since its start in January 2017, INCO has become a regional leader of resistance and productive action.

The complete summit schedule will be available later this month at www.incuregon.org and in INCO's weekly e-newsletter, available by signing up at the website, as well as in the Facebook group for Indivisible North Coast Oregon.

Guide for the March to Win

SAFETY: We will walk on the sidewalk for less than a mile, mainly on Commercial and Marine Drive. Obey traffic lights and stop signs. Use common sense and courtesy. Volunteer safety monitors in neon vests will assist for everyone's safety.

BE PREPARED: Do not engage with hecklers. Ignore them. In the unlikely event of a physical threat, call 911. Should press or others ask to interview you, it's OK to decline to speak. If you choose to talk, be sure to ask who is interviewing and how the material will be used.

PARKING & PETS: Unlimited free street parking is widely available up the hill from Exchange Street. Two- and three-hour parking is available in many downtown locations. Pets must be on a leash. Public bathrooms are 1/2-block east of 12th on Exchange.

SIGNS: We encourage you to make and carry a sign with your positive message about what you believe in and what you're working for. Organizations are invited to march with their signs/banners.

North Coast Chorale Winter Concert Featuring Amahl and the Night Visitors



NORTH COAST CHORALE Winter Concert begins with the Chorale performing several Holiday Favorites, followed by a staged performance of "Amahl and the Night Visitors". Well-known local artists, **Ann Bronson**, playing Amahl's Mother, **Deac Guidi**, **Phil Keim** and **Tony Kischner** portraying the three Kings will share the stage with **Soleil Maya Rathmell-Stokes**, as Amahl. This one-act opera by Gian-Carlo Menotti was first performed on television by the NBC Opera Theatre in December 1951. It is a retelling of the tale of the Magi from the point of view of a young disabled boy who lives in poverty with his widowed mother.

"Amahl and the Night Visitors" is a story of hope that warms the heart; in response, the Chorale is providing receptacles in the lobby of the PAC and is inviting the audience to share this opportunity to donate money, new socks, scarves, or gloves in an effort to warm others and share our hope. All donations will be given to the Astoria Warming Center, whose mission is to warm unsheltered people in our community.

*This year, the winter concert will be presented three times: **Friday, December 13t at 7pm, Friday December 20 at 7pm and again on Sunday December 22 at 4pm.** As usual, all performances will be held at the Performing Arts Center, 588 16th St. and tickets are still only \$10 each with children under 12 admitted free when accompanied by an adult.*



Winter Songs with Kathryn Claire Don Henson, and Sid Ditson

KATHRYN CLAIRE is a long-time favorite of our audiences, bringing outstanding musicianship on violin and guitar, captivating vocals, and a infectiously joyful presence.

Don Henson has toured extensively with Kathryn Claire in the Pacific Northwest. His own band 'Sneakin Out' has played various stages with Pink Martini, on The Tonight Show (With Jay Leno), and had the honor of playing Carnegie Hall.

Sid Ditson recently joined Kathryn on a tour in Belgium and the Netherlands and has been an integral part of Kathryn's music over the past couple years. He loves to explore the sometimes irreverent blend of fiddle and violin styles, and his versatility with the instrument is truly unique. Classical, indie, bluegrass, Celtic and improv are all a part of Sids pallet.

Saturday, December 14, at the River City Playhouse in Ilwaco, WA. 7-9pm. \$20. Available in advance at brownpapertickets.com

Seasonal Concerts

NEW TRIO DEBUTS "WINTER SERENADE"



While the names Jennifer Goodenberger, Shelley Loring, and Kim Angelis might be familiar to many local music buffs, the combining of their musical expertise on piano, flute, and violin is a new undertaking. **The trio's debut performance is scheduled for Sunday, January 5, at 2 p.m., at First Presbyterian Church in Astoria.** From the bluster of a powerful storm to the quietness of freshly fallen snow, the program will focus on music with a wintery theme. Compositions by J.S. Bach, Gabriel Faure, Astor Piazzolla, Jennifer Goodenberger, Kim Angelis, and traditional Celtic masters will be featured.

Each performer contributes a long history of professional music-making to the trio. **Flautist Shelley Loring** has been surrounded by music her entire life. At a young age, Shelley performed concerts of Jewish music with her father who was a Cantor. After completing her music degrees at San Francisco State University and Portland State University, Shelley performed with many orchestras, chamber ensembles and jazz ensembles in the San Francisco Bay area and the Portland Metropolitan area. Shelley has also been an active participant in the local musical community, performing with the North Coast Chamber Orchestra, the North Coast Symphonic Band, the Little Ballet Theater Nutcracker Orchestra, The Goodenberger/Loring Duo, and the jazz trio Equinox, among other performing groups.

Jennifer Goodenberger is a pianist and composer who has been performing for over 40 years. Her original works range from deeply healing and spiritual compositions to passionate and romantic creations. Jennifer has a Master's Degree in music composition from Northwestern University, and she is author of the book Subject Guide to Classical Instrumental Music, published by Scarecrow Press. Jennifer believes in the healing power of music and the arts. Her compositions are transcendent, meditative, moving, and deeply peaceful.

Kim Angelis is a world class violin virtuoso and composer who has transcended artistic boundaries - a "Gypsy Primas" blazing a melodic trail through the territories of world and classical music. From Alaska to Ancud (Chile) to Africa and Asia, Kim Angelis has enthralled international concert audiences. Her music was highlighted on NBC's world-wide coverage of the 2000 Olympics in Sydney, and it continues to accompany and inspire elite gymnasts and dancers the world over. In July 2007, her song, "Zingaro!" won Global Rhythm Magazine's international song contest; she is also the recipient of two ASCAP "Plus" Awards for her contributions to American music.

These accomplished musicians are excited to be joining forces for the first time.



Sugar & Spice: A Holiday Treat!



SEVERAL of the Northwest's most beloved musical artists will take the stage for "Sugar & Spice" Holiday showcase on Saturday, December 21. The 5th Annual showcase has performed to sold out audiences in the Portland area, and is now taking the show on the road!

The show is a benefit for the Musical Enrichment Program for the Neah-Kah-Nie School District, a new project within the Mudd-Nick Foundation.

"Sugar & Spice: A Holiday Treat!" features the award-winning vocalist **LaRhonda Steele**, and her husband **Mark Steele** on piano, Oregon Music Hall of Fame Drummer **Carlton Jackson**, multi-award-winner **Dean Mueller** on bass, and the one and only **Julie Amici** on vocals. Together they will be showcasing various styles of Jazz, Blues, R&B, and Soul, all in the spirit of the Holidays. A great holiday choice as it debuts at the NCRD Theater in Nehalem.

Saturday, December 21, 7pm. At the NCRD Performing Arts Center in Nehalem, Or. General Admission. Purchase at tickettomato.com

COLUMBIA RIVER SYMPHONY Annual Holiday Concert

ENJOY LOTS OF INSPIRING family-friendly holiday music to listen and sing to with the North Coast community! Featuring the Warrenton High School and Warrenton Grade School Choirs. Santa will be there too!

The Columbia River Symphony provides both performers and audiences inspired opportunities to play and enjoy great symphonic music. Led by Conductor Cory Pederson, and assisted by Angela Pederson-Calvin, CRS is an all-volunteer, non-profit performing arts group. The Mission of The Columbia River Symphony is to provide quality musical entertainment, to increase of the musical talents of its performers, and to serve a leadership role in the community while promoting cultural enrichment and artistic and musical benefit of all involved.

FREE AND OPEN TO THE PUBLIC. 7PM at The Liberty Theatre. General admission, no tickets needed. Please arrive early, as this event fills quickly. Doors will open one hour before showtime at 6pm.

Nordic Winter Fest North Coast Symphonic Band

Guest Conductor Dr. Joan Paddock. Music from all five Nordic countries will be represented in this program, which includes secular as well as sacred melodies associated with the holidays in Scandinavia and the US. After the concert Carruthers will offer several Scandinavian dinner specials and cocktails. visit www.northcoastsymphonicband.org

Sunday, December 15th, 2pm, \$15 adults, under 18 free. At The Liberty Theatre in Astoria.

TIMBER UNITY

Rural Voices of an Oregon Movement

By Kaisa Schlarb

#TIMBER UNITY bumper stickers and yard signs are as much a part of the developed landscape in Clatsop County as the Evergreen trees themselves. Since its inception in June 2019, Timber Unity has become a highly visible movement on the north coast. Yard signs proclaim the movement is "Standing Up For Working Oregonians."

BOTH A POLITICAL MOVEMENT and a badge of rural identity, a picture of three evergreen trees in the background of the hashtag #TimberUnity which make up the logo, are intended to remind lawmakers that rural identities will not be ignored in Oregon politics.

Timber Unity grew in the spring in resistance to HB 2020, which sought to create caps on carbon emissions, otherwise known as "cap-and-trade." The other bill was HB 2007, pertained to a reduction of diesel emissions.

Both bills were successfully killed in June, when 11 Republican senators walked out on their votes. Simultaneously, #TimberUnity supporters rallied at the capital in a dramatic show of resistance. Log truck and other large vehicle operators drove their rigs to Salem and brought downtown to a standstill with the magnitude of their presence.

Since the rally, the movement has continued to grow, directing their efforts toward unseating political supporters of HB2020, namely district 32 House Representative Tiffany Mitchell. As of their December 4th deadline for collecting signatures, the needed numbers were not reached and the recall was unsuccessful.

In a statement, chief petitioner of the recall Darren Mead said, "When Timber Unity folks rose up to challenge politicians in Salem this past June, it sparked the attention of Oregonians who had given up on politics."

Board President of Timber Unity Mike Pihl said of the recall results, "This was Timber Unity's first effort to engage new volunteers, reengage voters who haven't voted in years, and empower people who feel disconnected from the political process."

Timber Unity Beginnings

It was in May of this year when the movement first began, when Andrew Miller, CEO of Stimson Lumber, announced the layoff of 60 workers at the company's Forest Grove Mill. Miller

sited the high cost of doing business in Oregon as the reason he was shutting down the mill and moving business elsewhere.

Agitation over mill closures among those who make a living on the timber supply chain, namely, log truck drivers, evolved into Timber Unity, when people started talking to one another and elected officials about their concerns.

"We weren't thinking at first about HB 2020 at that point," recalls Shelly Gedenburg-Solum, a Timber Unity administrator and a supervisor at Gedenburg Trucking in Astoria. "We were thinking about our jobs." Gedenburg Trucking has contracts with Stimson.



A yard sign at Miles Crossing in Astoria, a familiar part of the landscape.

After the mill closure announcement, Gedenburg-Solum says an early organizer, Clatskanie log truck driver, Jeff Leavy, contacted State Senator Betsy Johnson with his concerns about the mill closure. After speaking with Senator Johnson, Leavy came back with more buzz around the cost of business in Oregon: Cap-and-Trade.

The sentiment that law makers were not on the side of rural, working people quickly became the movement's rallying cry.

A Facebook page where concerned voices gathered to discuss concerns quickly swelled to 50,000 members, fueling people to action. Members started heading to Salem in greater and greater numbers, gathering more industry workers and organizers along the way. The rally on June 21st in Salem was the most dramatic and impressive event of the movement thus far.

As it states on the TU website, the movement is "Shared values- one voice." As Pihl noted in his address of the Mitchell recall, the reawakening of rural voters has been at its Timber Unity's heart.

Shared Values

A lifelong Clatsop County resident, who currently lives in Knappa, proudly added a #TimberUnity decal to her car during the time of the rally. She's wary of having her name in print, because of her ethic to "not make things too political" yet she expresses her support of the movement with a practical character, representative of her rural roots.

Driven by a "work-hard" and "be honest" philosophy, she is a moderate voter who does not subscribe to a party. From where she sits, politicians have always proved corrupt, so when cap-and-trade came, "crashing down on rural Oregonians," as she put it, she saw proof of what she already believed to be true.

Growing up with a logger father, today she still knows plenty of other loggers, truck drivers and industry workers, either closely or by reputation. This rural resident has been around to witness her community move through ups and downs across decades, including the decline of timber jobs over the last 40 years.

A career service-industry worker herself, she has supported and raised children on a working-class way of life. Keeping meticulous notes on her restaurant income, she plans her year around the highs and lows of an industry built on seasonal tourism, part of the face of the modern north coast economy.



AX Men Star and Board President of Timber Unity Mike Pihl.

It makes her worry to think of how cap-and-trade could harm the “mom-and-pop” businesses she grew up with, people like her who are trying to stay organized and count every penny. It’s her neighbors, many of whom are timber industry workers, whom she sees as the real conservationists. In her mind, these are the folks who would be villainized by cap-and-trade legislation in the fight against climate change.

“These are the people who’ll repair a vehicle until it dies rather than buy new, and feed their families with a home garden,” she advocates.

Putting the same practical lens on climate response, it is ethical to care about environmental stewardship, but she isn’t exactly on the same page as so-called “climate warriors.” Climate legislation reads to her like a bunch of political jargon, unclear promises, and too large an ask of trust from Oregonians.

This kind of narrative is common among rural residents, part of the ethos of the identity-driven piece of the movement, which has spoken quite loudly. People who have worked hard all their lives feel threatened by hard-to-understand state regulations they perceive will jeopardize their livelihoods.

Grassroots or Politically Funded?

The Timber Unity movement is celebrated as grass-roots by its supporters. In many ways, its rapid, bottom up growth did occur in localized settings that feel organic. The original #TimberUnity logo was designed collaboratively by Gedenburg-Solum and Action Sign Works owner Darren Mead, also the petitioner of the Mitchell Recall. Gedenburg Trucking Company and Action Sign Works are virtually across the street from one another in Miles Crossing, in Astoria, where Solum sent Mead a picture from her office: the 3 trees in a stand that became the logo.

Gedenburg-Solum talks about being one of the people moved from apathy to action by the movement and galvanizing a previously politically inactive segment of the rural population is a fundamental characteristic of the grassroots process.

However, the role of corporate sponsorship since the movement’s inception and the way it drives the on-going narrative cannot be ignored. After announcing the layoff and closure of the Forest Grove Mill, Stimson CEO Andrew Miller seeded the fledgling group with 5K to get started. Critics have been quick to point this out, while TU members, including Board President Mike Pihl, shrug it off as an insignificant amount of cash.

In the wake of the rally on Salem, the Timber Unity name and logo was trademarked by a newly formed Timber Unity PAC. The PAC was spearheaded by former House Representative Julie Parrish-R of West Linn, and CEO Andrew Miller. Miller has historically been involved in Oregon political movements aimed at electing more Republican lawmakers, including the Oregon Transformation Project. Miller is listed on the Oregon Secretary of State Website as the Director of the #TimberUnity PAC.

Given Miller’s political history, critics see Timber Unity as a movement taking advantage of working-class fears. Or at the very least, politicians and corporate interests “hitching their hats” to the movement, as one local resident put it.

With the formation of the PAC also came Timber Unity swag, branded bags of coffee, hats, sweatshirts, yard signs and other materials. Action Sign Works still prints Timber Unity car decals, but the Timber Unity PAC now employs support from larger scale media and political consulting groups to get its message across the state, and across the country.

The infusion of such GOP focused energy must call into question the claim that Timber Unity can maintain its purported roots as an “of the people” movement.

2020 Election

Recently, an even larger show of GOP support made its way from Washington D.C. to Oregon to meet with Timber Unity. After the Salem rally, two Timber Unity organizers were invited to the White House. In November, Brad Pascale, campaign manager for President Trump’s 2020 election campaign, and



Shelly Gedenburg-Solum, a Timber Unity administrator and a supervisor at Gedenburg Trucking in Astoria.

Lara Trump, campaign advisor and the President’s daughter-in-law, flew to Oregon to meet with Timber Unity organizers and Republican lawmakers in a listening session hosted by Ferres Lumber, outside of Salem.

Neither Donald Trump, nor any part of his campaign visited Oregon in 2016, as Oregon was voting solidly Democrat in the election.

The feeling among TU and the White House is this has the potential to change.

Speakers at the listening session included TU board members Marie Bowers who expressed gratitude and support of the Trump administration on behalf of themselves and other Timber Unity members.

Bowers stated, “We are looking forward to the 2020 election to mobilize the base, to make sure we elect pro natural resources, pro business candidates. We are a non-partisan group but many of us support the President, and I know I speak for many farmers, ranchers, and truckers who appreciate what the president has done for us already.”

Pascale wrapped up the listening session by assuring the group that Oregon was on the President’s radar. “Oregon’s

budget in the 2016 campaign was zero dollars, but now, we’re here,” he says. “What we see in Oregon is an opportunity for the President to expand his map. I’ll be watching, the president will be watching and I’ll be talking to him.”

One Voice?

With this listening session seen as support from the President, many Timber Unity members feel hopeful for changes in the Oregon political landscape. Regardless of how the movement frames its non-partisanship, that hope seems to clearly be in shifting Oregon toward the GOP.

Moving on from the attempts to force a recall on Representative Mitchell, TU is getting ready for its next rally on Salem on February 6th. The legislature will be convening for a short session where Governor Kate Brown promises cap and trade will be back on the table. TU promises a large show of resistance.

However, time will tell if the movement’s shift will allow them to keep the base of earnest, moderate rural voters it began with; the rural people who included union members and Democratic voters.

Sliding into partisan politics will also bring into sharper focus who is actually fighting for their industry to have a seat at the table addressing climate change, versus those who deny its reality and want their industries frozen in time.

On the hopeful side, Mike Pihl has acknowledged climate change repeatedly. During the listening session with Pascale and Trump, Pihl’s comment was the next issue Oregon will face are “climate refugees.” Where he stands on what to do with climate refugees is unclear, but he knows they are coming.

In a Q&A with the Oregon Transformation Project newsletter, the same organization Stimson CEO Andrew Miller is also involved with, Pihl also acknowledges the climate crisis.

His perspective is that the private sector can address climate change, but he is also willing to have an honest conversation with legislators about how much carbon needs to be sequestered and how industries can manage it.

Skeptical of that happening though, he says “as long as groups seek to tax us in order to transfer our hard-earned money to “green jobs” and as long as politicians don’t care that their votes for special interest agendas will put us out of work, its tough to negotiate solutions in good faith.”

Conversely, in an op ed for the industry subscription magazine “Logger’s World,” Pihl points out flawed action on the part of “climate warriors.”

“I wonder how people with electric vehicles felt,” he considers, “when PG&E shut down power to nearly a million customers in California? They wound up relying on gas and propane generators to keep their refrigerators and cars running. So much for going green and alternative energy.”

This perspective hearkens back to the Knappa resident who can’t be fooled that regulations on timber won’t hurt her neighbor’s business, but simultaneously believes in sensible care of the environment for future generations.

HF



The Hidden Underground Experience

Wonderland Through The Wardrobe

an immersive, interactive theatre project merging entertainment and shopping

IMAGINE BEING ABLE to guide your friends and family through the wardrobe, looking-glass, or tree-hollow this holiday season, instead of looking at a display of it from outside a shop window.

The Hidden Underground Experience is a collection of quirky shops located in a unique building created from one man's vision of Astoria, Oregon history. This holiday season the Hidden Underground will be transformed into a fantasy world called Wonderland Through the Wardrobe.

Visitors enter through one of three portals for immersive holiday shopping and adventure. "It's better than Christmas display windows," said Sondra Carr, owner of Weird Sisters Freak Boutique (one of the shops in the Hidden Underground) who is also an artist and the visual merchandiser who first conceived of the event, "... this will delight audiences of all ages



Meet a rabbit in the underground Wonderland

because you're invited inside the display to have an adventure – and each adventure will be unique. All the businesses in the underground – Kit's Apothecary, Floral Haze Vintage and Weird Sisters, as well as our generous sponsors, have come together to make this possible."

The immersive display will be open now through January 6th for no-cost exploration. However, on three days during the holiday season tickets will be sold, and actors - playing characters that are based loosely on a variety of beloved childhood tales, myths, and fairytales - will improvise and engage with the audience in interactive theatre productions. Each experience will build upon the last one to reward those who attend all three. Look for one of Astoria's performance drag artists Ginger Vitus, as the White Queen coming up this next art walk.

Carr and the other shop-owners in the Hidden Underground have been planning this event since open-



Shop Weird Sisters Freak Boutique

ing this past summer. "... I personally am so excited to see this building come to life in such a memorable way. Michael Foster was my school librarian and I believe he would have loved this!" said Kirsten Norgaard, owner of Kit's Apothecary, House of Health.

Foster was the previous owner of the building now housing the Hidden Underground Experience and the man whose dream it was to bring historical 1890s top-side Astoria back to life and into the underground as a small indoor town with individual building facades that patrons can wander through, protected from the sometimes unpredictable Astoria weather. Former students describe Foster as a talented visionary and art lover. Carr said that she thinks his ideas were ahead of their time.

Megan Davis, owner of Floral Haze Vintage clothing shop said, "It'll be really cool - we're having live actors interacting with people while they're shopping and taking you on a journey through an underground winter wonderland."

The Hidden Underground Experience is at 1004 Marine Drive, in Astoria, Oregon on the NE corner of the intersection. Hours : Thurs 9am – 6pm, Fri/Sat 9am – 7pm, Sun/Mon 9am – 6pm CLOSED Tuesday and Wednesday

Immersive Theatre Showtimes

December 14th: 5 – 9pm – a PG13 Art Walk Show
December 21st: noon – 7pm

Tickets are \$5 through Eventbrite. Ticket stubs can be used for the face-value off purchases in any of the Underground shops - some local Astoria sponsors may also offer discounts with ticket stubs. All the Hidden Underground shops are wheelchair accessible.

For more information and to purchase tickets go to <https://www.facebook.com/events>

Art Accelerated Paint Night Paint in the New Year with Monet

Art Accelerated, local non-profit art organization based in Tillamook invites you to their upcoming Paint Night at Blue Heron's First Friday, Jan. 3rd 6-8PM! Sign up today on eventbrite or stop by the Gallery at 1906 Third Street Thursday or Friday noon to 5PM or Saturday noon to 4PM to sign up for this upcoming fundraiser! Looking for a creative gift idea???? Gift cards are available for Paint Nights, classes or workshops associated with Art Accelerated. \$55 all supplies included For more information, go to www.artaccelerated.org



Real Red, True Blue & Fast Yellows:

Using Ancient Natural Dyes to Create Lasting Beauty
with Iris Sullivan Daire at the Sou' Wester Lodge

INDIGO, MADDER, AND WELD – the names are an incantation for the trinity of natural color in the ancient world of Europe and the Near East. Meanwhile in the Americas, they created amazing textiles and painting manuscripts with Indigo, Cochineal and Marigolds starting over 6,000 years ago.

In this three day immersion workshop delve into the potential of these 5 nature based dyes to create pure and long lasting colors. Each day will focus on one of the three primaries. Sourcing directly from the raw materials, create vibrant hues on cloth and paper.

Iris Sullivan Daire is fascinated with plants and color. She lives with her family in Astoria Oregon where she grows dye plants, and is slowly mapping the color potential of the wild plants that grow in and around the Columbia River. She learned how to weave on a floor loom at age seven, and has been working with natural dyes and pigments for over 25 years in her work as an artist. More about Iris at DreamBirdStudio.com

This class will provide a strong foundation for working with natural dyes, including the science that makes it all work, how to best prepare fibers, and growing dye plants.

The students will work together creating a full rainbow of dyed cloth samples, and experience the alchemy of making pigment lakes that can be turned into inks and paint. Each student will take home a detailed instruction booklet, a rainbow cloth, and the dye portfolio they create for future reference.

CLASS DATES: 11am-3pm class each day: Fri, Sat, Sun, Jan 17-19. COST: \$135 plus a \$100 material fee. For more detail and to register visit souwesterlodge.com



Hoffman Center for the Arts Gallery call for art GREEN PIECE

ARTISTS WANTED for "Green Piece" show in January 2020! This is the Hoffman Center's fourth year of celebrating creativity and community with a "Color" art show during the month of January. This is a fun event demonstrating the wide range of imagination and skills of the many people who live here.

Tillamook and Clatsop county artists of all mediums are invited to participate. The theme this year is the color green, featuring a wide variety of art forms inspired by the color green and created by our community of North Coast Artists from Astoria to Tillamook. Art includes ceramics, collage, fiber, drawing, painting, photography, and sculpture.

One (1) piece of Art is due by Thursday, January 2, 2020 between 2 – 4 pm and must include the color green. Artists must prepare artwork for easy and secure hanging or display using professional art hanging hardware. We aim to display at least one piece of art per person as determined by space.

To kick off the show and celebrate the grand re-opening of the Hoffman Center, there will be an artist's reception on Saturday, January 4 from 2 to 4 pm with refreshments and good cheer. This event is free and the public is invited to attend, enjoy the gallery, and view the repairs and renovations completed during December: two loos, improvements to the Gallery, repainting of clay studio floor, and deep cleaning of surfaces and recesses within the building.

The show, "Green Piece," will continue every weekend through February 2, 2020. Items will be offered for sale with 70% commission to the artist and the remainder to the Hoffman Center for the Arts.

FMI: and other gallery shows, email hoffmancenterartgallery@gmail.com or visit www.hoffmanblog.org/hoffman-gallery The Hoffman Gallery is a program of Hoffman Center for the Arts and is located at 594 Laneda Avenue in Manzanita.



DEC CALENDAR

Wednesday 11

MUSIC

Mike Metzner Jazz. Pianist/vocalist Metzner and friends perform Jazz standards with a blues touch, 8pm at Albatross in Astoria.

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Astoria Fire Department Christmas Food Parade. Decorated fire trucks will parade through Astoria neighborhoods to pick up donations of non-perishable food items. 6:30 – 8:30pm.

Gingerbread Tavern Decorating Night. Create your own gingerbread architecture to take home. \$5, 7 – 9pm at Workers Tavern in Astoria.

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

LECTURE

Oregon Humanities Conversation Project. Seeing the Forest and the Trees: Stewarding our Public Forests. 7pm at the Astoria Library.

World of Haystack Rock Lecture Series. Life on the Rocks. Oregon's Rocky Shore Habitats. With Charlie Plybon. 7pm at the Cannon Beach Library.

Thursday 12

MUSIC

Basin Street Duo. 6pm at Bridgewater in Astoria.

Molly's Revenge. Winterdance. 7pm at the Lincoln City Cultural Center.

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

The W Lovers. 7pm at the SandTtrap, Gearhart Hotel.

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

FOOD & DRINK

Whiskey and Beer Tasting. With Fort George beer and Westward Whiskey. \$30, advance ticket purchase required. 5:30 – 10pm at Blaylock's Whiskey Bar in Astoria. Get tickets at eventbrite.com

HAPPENING

Astoria Fire Department Christmas Food Parade. Decorated fire trucks will parade through Astoria neighborhoods to pick up donations of non-perishable food items. 6:30 – 8:30pm.

Meat Bingo Night Fundraiser. \$15 tickets sold at bar. Prizes for each round of meat bingo are helicopter rides, blowing the whistle at Fort George and overnight hotel packages. Also a \$10 all you can eat spaghetti feed with all proceeds being donated to the

skate program at the Astoria Armory. At the Workers Tavern in Astoria.

LECTURE

Nature Matters. Marine Debris and Microplastics in Our Watersheds. With Dorothy Horn. 7pm at the Lovell Room at Ft George in Astoria.

World of Haystack Rock Lecture Series. Life on the Rocks. Oregon's Rocky Shore Habitats. With Charlie Plybon. 7pm at the Pine Grove Community House in Manzanita.

Friday 13

MUSIC

David Drury. 6pm at Bridgewater in Astoria.

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

The North Coast Chorale. Amahl and the Night Visitors. \$10 and accepting donations of money, or new socks, scarves, and gloves for the Astoria Warming Center. 7pm at the PAC in Astoria.

Bucky. 8pm at the Times Theater in Seaside.

McDougall & Friends. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Astoria Fire Department Christmas Food Parade. Decorated fire trucks will parade through Astoria neighborhoods to pick up donations of non-perishable food items. 6:30 – 8:30pm.

Winter Festival & Holiday Market. Live music, vendors, Santa's Workshop, and more. \$5 - \$10 suggested donation. 4 – 8pm at the Salmonberry Saloon in Wheeler.

THEATER

A Charlie Brown Christmas. \$10, 7pm at the Lincoln City Cultural Center.

Jacob Marley's Christmas Carol. Readers theater. \$10, 7:15pm at Pier Pressure Productions in Astoria.

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

Saturday 14

MUSIC

Tuba Christmas Concert. Free, 2 – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

WHITE CHRISTMAS SING-A-LONG at the Liberty

Gather your family and friends for this beloved 1954 film with lyrics embedded on the screen. You'll enjoy singing along with such songs as "The Best Things Happen When You're Dancing," "Snow," "Sisters" and, of course, the iconic "White Christmas." It's ok, we know you know all of the words.

Festive wear encouraged! Doors open at 6:30pm. Bring your Liberty cups and enjoy a beverage while you watch. Cups and concessions for sale in the historic Owl Bar.

Columbia River Symphony. Holiday Concert. Free, 7pm at the Liberty Theater in Astoria.

Winter Songs. Kathryn Claire with Don Henson & Sid Ditson. \$20, 7pm at Peninsula Players in Ilwaco. brownpapertickets.com

Bec Pickrel. 8pm at Public Coast in Cannon Beach.



WORKER'S TAVERN is having a "Gingerbread Tavern Decorating Night" from 7-9p.m., Dec 11. \$5 to participate and you get to leave with your own gingerbread house, gingerbread tavern or gingerbread foreclosure. Have fun with new friends and plan to laugh! Wed. Dec 11

The Paul Bearers. Performing Abbey Road. 8pm at the Sou'wester Lodge in Seaview.

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

ART

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

FOOD & DRINK

High Tea for Jane Austen's Birthday. Noon – 3pm at the Shelburne Hotel in Seaview.

Breakfast with Santa. \$5, 8 – 11am at the Warrenton Community Center.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage in Seaside.

HAPPENING

Holidays at the Jetty. Handmade edibles and gifts. Noon – 4pm at North Jetty Brewing in Seaview.

Handmade Bazaar. Noon – 5pm at the Sou'wester Lodge in Seaview.

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco.

Clatsop Animal Assistance Holiday Party and Fundraiser. Silent auction, raffles, pet photos with Santa and bake sale. 9am – 3pm in the Lovell Showroom at Fort George.

Pictures with Santa. Bring your own camera. Free, 11am – 2pm in the lobby of the Liberty Theater in Astoria.

Gifts that Make a Difference. Choose gifts, donations and volunteer opportunities from 30 non-profit organizations. Plus music and refreshments. Free admission, noon – 4pm in the Liberty Theater's McTavish Room, Astoria.

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

Wonderland Through the wardrobe. Entering through a wardrobe into another world. \$5. 5 – 9pm at Weird Sisters Freak Boutique in Astoria. Find more info and purchase tickets through Eventbrite.Wonderland.

Santa Swim. Watch Home Alone while floating in the pool, take photos with Santa, and more. \$2, 1 – 3pm at Sunset Empire Parks and Recreation District in Seaside.

The Nutcracker. Free, 2pm at the Seaside Convention Center.

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

PJ Party. 8pm – midnight at Manzanita Light-house.

Winter Festival & Holiday Market. Live music, vendors, Santa's Workshop, and more. \$5 - \$10 suggested donation. Noon – 8pm at the Salmonberry Saloon in Wheeler.

LITERARY

A Generous Nature. An afternoon with author Marcy Houle, with Neal Maine, and Katie Voelke. 2pm at Beach Books in Seaside.

THEATER

A Charlie Brown Christmas. \$10, 2 & 7pm at the Lincoln City Cultural Center.

Jacob Marley's Christmas Carol. Readers theater. \$10, 7:15pm at Pier Pressure Productions in Astoria.

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

Sunday 15

MUSIC

Isabella Morrill with Astoria high School Port City Singers. 11:30am - 2 pm at Bridgewater in Astoria.

North Coast Symphonic Band. Nordic Winter Fest. \$15, 1:30pm at the Liberty Theater in Astoria.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

Laney Lou and the Bird Dogs. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

High Tea for Jane Austen's Birthday. Noon – 3pm at the Shelburne Hotel in Seaview.

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

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco.

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

Winter Festival & Holiday Market. Live music, vendors, Santa's Workshop, and more. \$5 - \$10 suggested donation. Noon – 8pm at the Salmonberry Saloon in Wheeler.



Carol with the Lower Columbia Q-Choir

Dec 14 – 5:30pm.

Meet at the Liberty Theater Entrance in Astoria. Music folders provided, Q Choir provides the harmony, and off you go!!!!!! Instant queer choral music magic!

Also: Catch the Qhoir Dec 23 at the Seaside Starbucks at 5:30pm. 420 Roosevelt Drive

→ cont. p18

ANNIE at the Coaster



Hadassah Davis as ANNIE, and cast, "Tomorrow."

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. She is determined to find the parents who abandoned her years ago on the doorstep of a New York City Orphanage that is run by the cruel, embittered Miss Hannigan. With the help of the other girls in the Orphanage, Annie escapes to the wondrous world of NYC. In adventure after fun-filled adventure, Annie foils Miss Hannigan's evil machinations... and even befriends President Franklin Delano Roosevelt! She finds a new home and family in billionaire, Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy.

Annie is portrayed by Hadassah Davis and Alona Whisenhunt in a shared role. Directed by Patrick Lathrop, Music Director is Chris Engbretson, Choreographer Lisa Fergus, Costumer Sondra Gomez, and Lighting Design by Mick Alderman.

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



Alona Whisenhunt as ANNIE with Sandy



Pier Pressure Productions presents a staged reading of Jacob Marley's Christmas Carol

"MARLEY WAS DEAD, to begin with..." and what happens to Ebenezer Scrooge's mean, sour, prune old business partner after that?"

Join Pier Pressure Productions in a staged reading of Tom Mula's, Jacob Marley's Christmas Carol, with Arnie Hummasti, Sheila Shaffer, Edward James, Slab Slabinski, Susi Brown and William Ham. Directed by Sheila Shaffer.

THE STORY: "Marley was dead, to begin with..."—and what happens to Ebenezer Scrooge's mean, sour, prune old business partner after that? Chained and shackled, Marley is condemned to a hellish eternity.

He's even given his own private tormentor: a malicious little hell-sprite who thoroughly enjoys his work. Desperate, Marley accepts his one chance to free himself: To escape his own chains, he must first redeem Scrooge. So begins a journey of laughter and terror, redemption and renewal, during which Scrooge's heart, indeed, is opened; but not before Marley—in this irreverent, funny and deeply moving story—discovers his own.

Performances: Fri/Sat, Dec 13-14 at 7:15pm. Sunday Show, Dec 15, 4:15pm.

On the TEN-FIFTEEN Stage at 1015 Commercial Street, Astoria. \$10 at the door.

ELVIS HAS LEFT THE BUILDING



SANDRA KOOPS, Whitney Wilks, James Meritt, Jason Hovey and Edward Egging are the cast of TAPA's production coming up this January. Elvis Has Left the Building is set on December 20, 1970 in the Colonel's office with Elvis nowhere in sight. No one can find him, and hilarious things happen as they desperately try to locate the king of rock and roll.

At the Barn Community Playhouse in Tillamook, January 24 – February 9.

Brighten Your Holiday Spirits with Scrooged in Astoria!

THE ASTOR STREET OPRY COMPANY is proud to present the 13th Holiday Musical Melodrama SCROOGED IN ASTORIA! Written by Judith P. Niland, with original music by Phil Morrill, and directed by Stephanie Osborn, this fun and colorful show combines the traditional holiday story "A Christmas Carol" with beloved ASOC characters from SHANGHAIED IN ASTORIA.



In the "original" story we find the penny-pinching, miserly, Max Krooke Jr., guided by of the Ghosts of Christmas— Past, "The Big Krooke, Present, "Miss Yul Macie" and the Future "Saint Lucia." Heroes Eric Olsen and Sweet Virginia with a family of their own along with a cast of characters warm your hearts. Will Krooke learn the error of his ways? Find out when you attend this holiday ASOC tradition.

Performances: Through Dec 22. Fridays and Saturdays at 7pm, 2pm Sunday matinees, at the ASOC Playhouse, 129 W. Bond Street in Uniontown, Astoria. Doors open a half hour before performances, and the box office opens 1 hour before performances. If you purchase tickets online, you may proceed to the door and do not need to visit the box office.



Two Solo Shows Offer Nostalgia and Whimsy at RiverSea Gallery

RIVERSEA GALLERY offers a slate of nostalgia and whimsy with two solo exhibitions featuring Oregon artists this December: paintings by **Roger McKay** and sculpture assembled from vintage objects by **Stephanie Brockway**. Both shows open on December 14 during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00 pm. Artwork will remain on display through January 7, 2020.

Here Today and Gone Tomorrow is a collection that McKay began when he read that the historic Astoria Marine Construction Company complex would probably be torn down due to soil contamination issues. This series speaks to Astoria's history and features mostly marine and waterfront structures, along with river vessels that have long been a part of daily life here and that will be missed should they disappear. The paintings evoke a yearning for a present that is slipping away and fast fading into memory in these rapidly changing times. The artist considers these works to be something of a historical documentation and has paid particular attention to detail in the renderings.



"Alderbrook Boat Barn" by Roger McKay, 24" x 24"

McKay's background combines a formal art education from Portland's Museum Art School in the early 1960s with the decades since spent as a wood carver, sign maker and muralist. McKay is best known locally for his commissioned murals, some of which can be found at the Astoria Aquatic Center, Fort Astoria Park and the Heritage Museum. In the summer of 2015, he was part of a team of artists who restored the artwork on the Astor Column. He has previously been featured in shows throughout the region, including at RiverSea Gallery where he has been a represented artist for many years.



Folk-art characters, Stephanie Brockway

In the Alcove, Portland artist Stephanie Brockway brings the fun to RiverSea this holiday season with a re-imagined cast of her folk art characters featuring one-of-a-kind carved hand puppets, rattles and oddities in a show titled, Tattered Menagerie. As usual, she fires up her imagination with collections of re-purposed vintage objects and assembles these treasures with her signature wood carving to create captivating and charming collectibles like no other, proving that you're never too old to play.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.

AVA Center for the Arts Denise Monaghan and John Willis Astoria: Two Point Perspective

ASTORIA VISUAL ARTS presents two local artists, John Willis and Denise Monaghan in, ASTORIA: TWO POINT PERSPECTIVE, both featuring new work at the AVA Center for the Arts. Willis' oil paintings offer a unique view of some beloved Astoria scenes in unique, obscure perspectives while Monaghan captures people and animals with exacting, painterly intent.

One collector calls Astoria, Willis' geographic muse. "It's true," Willis says. My current work is art about place—this place. There's a patina here you just don't find in other western U.S. cities. There are stories everywhere—in concrete-patchwork sidewalks—in every downtown building and old home. That patina has a feeling. And that's what I'm after. I want to catch the feeling of Astoria." Willis paintings are often likened to Edward Hopper. "I see the connection," Willis says, "Our painting styles are quite different, but we both choose subjects to define the essence of a place. Where Hopper had his vision of Americana, I have mine of Astoria-Americana." You can see more of Willis' art at www.ArtsFortheHeart.com.

Denise Monaghan moved to Astoria in April of this year, immediately being inspired by the natural beauty of the Pacific Northwest. "I spend a lot of time wondering about the connection between human and animal, how they overlap and where they disconnect,"



Denise Monaghan, oil

Monaghan says. "Humans often forget that they are animals that share the planet with other beings. We live in a world that makes that gulf more conspicuous with our technology and our symbolic thinking brain."

AVA Center for the Arts is located at 1000 Duane Street in Astoria and is open Fridays and Saturdays from 12-5pm and by appointment. Join the artists for a reception during Second Saturday Artwalk on December 14 from 5 to 8 pm. The exhibit runs through December 31. www.astoriavisualarts.org.



John Willis, oil

Thron Riggs TEMPO GALLERY

During the Dec.14th Art Walk, TEMPO Gallery will showcase coastal paintings by Thron Riggs, artist and retired Columbia River Bar Pilot. Thron's acrylic and watercolor paintings reflect his love for the Pacific Coast. Music supplied by the unique vocal and guitar duo Birds of a Feather, Robert & Shawna Boyd. Refreshments served.

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.



"Cape Sebastian," acrylic Thron Riggs

LUMINARI ARTS

Luminari Arts is spreading the holiday cheer with six theme decorated trees and ornaments galor, adult beverages and music with Red Beans and Rice, Ted Brainard and John Orr. Astoria 2nd Sat. Art Walk.



Patti Breidenbach

Celeste Olivares

HiiH Lights

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

IMOGEN celebrates the holidays with a rich and diverse invitational exhibition exploring fiber. Functional and non-functional work will be included in this unique exhibition of textile based arts. Color, texture and composition form the backbone of this diverse collection including a new selection of artist-made paper lights and jewelry by **Lâm Quãng and Kestrel Gates** of HiiH Lights, wall hung mixed fiber art pieces by **Susan Circone**, hand dyed silk scarves and wraps from **Iris Sullivan Daire**, and needle felted wool characters by **Patti Breidenbach** are just a few of the exquisite and whimsical examples of fiber in art to be presented for the exhibition. The exhibition opens for Astoria's Second Saturday Artwalk, December 14th with a reception for the artists, 5 – 8 pm.

Fiber based art has a long running history, with weaving techniques dating back to Neolithic times some 12,000 years ago. It is respected as one of the oldest surviving craft forms in the world that evolved from multiple cultures, including the Incans who utilized textiles as currency, which held a more prominent role than gold for trade. Native Americans, for centuries have created elaborate basketry for all uses, including vessels that were water tight, made from regionally known plant materials. Middle Eastern nomadic tribes, have been respected for intricate hand knotted rugs made of wool and silk, dating back over 4000 years, and the rich illustrative tapestries of the 14th and 15th centuries of European cultures, all helped to forge what we appreciate as textile based art today. The term "fiber arts" came to be applied much later; post World War II with the resurgence of the craft movement. With this came the recognition of craft as fine art and the diminished idea of utilitarian needs.

Hook, Pulp and Weave is a collection of just a few examples of what textile or fiber arts has evolved into. With the lessening of the importance of function, and the consideration of pure artistic concept being delivered through the fiber medium, artists have found a new voice to explore ancient arts, utilizing texture, color and form.

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

:2019 LightBox Members Group Exhibit

LIGHTBOX Photographic Gallery host the opening artists' reception of the 2019 LightBox Members Group Exhibit on Saturday, December 14th from 5-8 pm. LightBox members are a community of photographers and patrons from the North Coast and beyond who support the mission of the gallery, to promote and educate in the photographic arts through exhibits, education, events and member gatherings. The annual members exhibit celebrates each individual's unique creativity, this year over 40 members are featured in an open call. All the photographers are listed and images can be seen on the Exhibit Showpage: lightbox-photographic.com

The Member's exhibit will show in the gallery from December 14th until January 30th. LightBox offers memberships as a way to become part of the community that helps to further the mission of the gallery.

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



Michael Demkowicz, Birch, Ore Coast

A GENEROUS NATURE: LIVES TRANSFORMED BY OREGON features conservationist Neal Maine

A NEW BOOK from OSU Press, *A Generous Nature: Lives Transformed by Oregon*, profiles 21 conservationists and activists who have made enduring contributions to the preservation of Oregon's wild and natural places and high quality of life. Among those featured in the book is Neal Maine, a founder of North Coast Land Conservancy and its first executive director.



Author Marcy Houle will be at Beach Books in Seaside, to discuss and read from the book. Maine will also be there to sign books, along with current NCLC Executive Director Katie Voelke, who will provide a glimpse of the future unfolding as a result of Neal's legacy.

"This book is a wonderful tribute to the people who kept Oregon the magnificent place it is—and a goad to the rest of us to continue their work all across this endangered planet," writes Bill McKibben, author, journalist and leader of the climate campaign group 350.org, of *A Generous Nature*.

North Coast Land Conservancy is a nationally accredited private, nonprofit land trust, based in Seaside, that helps to conserve and connect the landscape of the Oregon Coast from the Columbia River to Siletz Bay. Beach Books is donating a portion of the afternoon's book sales to NCLC.

Saturday, Dec 14 at 2pm. Beach Books, 616 Broadway in Seaside.

JOHN WOOD is the featured writer at Sip and Shop, Friday, December 13th at Art Accelerated Gallery.

JOHN WOOD spent his career teaching elementary education for 42 years at East Elementary School in Tillamook. Born in Fort Dodge, Iowa, in 1945, John moved with his family to Hermiston, Oregon, where he spent his childhood and teenage years until going to college. People, places and things have influenced his writing over the years, and John looks forward to sharing his work with the public.

December 13, 5-7pm at Art Accelerated, 1906 3d St in Tillamook.



Cuban-American author Leigh Camacho Rourks reads from her debut short story collection

THE MANZANITA WRITERS' SERIES welcomes Cuban-American author Leigh Camacho Rourks reading from her debut short story collection, *Moon Trees and Other Orphans*, at 4pm at the Hoffman Center for the Arts in Manzanita on Saturday, January 18, 2020.

Moon Trees and Other Orphans is a gritty collection of short stories set along the Gulf Coast, focusing on themes of desperation, loneliness, and love. Filled with hard-living characters who are deeply lonely, it tracks the ways they fight for survival, often making very bad decisions as they go. Populated by gun toting women, ex-cons, desperate teens, and other outsiders, it is a collection about what life is like in hard places, both beautiful and dangerous.

Hot damn, this is a powerhouse debut. Leigh Camacho Rourks deserves a hallowed space on the shelf between Flannery O'Connor and Donald Ray Pollock. Every sentence burns like a black candle . . . — Benjamin Percy



Leigh Camacho Rourks is a Cuban-American author who lives and works in Central Florida, where she is an Assistant Professor of English and Humanities at Beacon College. She is the recipient of the St. Lawrence Book Award, the Glenna Luschei Prairie Schooner Award, and the Robert Watson Literary Review Prize, and her work has been shortlisted for several other awards. Her fiction, poems, and essays have appeared in a number of journals, including Kenyon Review, Prairie Schooner, RHINO, TriQuarterly, December Magazine, and Greensboro Review.

Saturday, January 18, 4pm at the Hoffman Center on Laneda in Manzanita. hoffmanarts.org



LECTURE

Bridging Oregon. A half-day gathering during which participants will explore real and perceived divides in the region to work toward a stronger, more resilient and trusting community. 1 – 4pm at the Astoria Public Library.

In Their Footsteps Lecture Series. Historic Winter Transportation with Richard Brenne. 1pm in the Netul Room at the Visitor Center at Lewis and Clark National Historic Park, Astoria.

THEATER

A Charlie Brown Christmas. \$10, 2pm at the Lincoln City Cultural Center.

Jacob Marley's Christmas Carol. Readers theater. \$10, 4:15pm at Pier Pressure Productions in Astoria.

Monday 16

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

O Holy Night. A Classical Christmas. With Opera Star Marco Panuccio. \$25, 7:30pm at the PAC in Astoria.

HAPPENING

Old-Fashioned Christmas. Free, 6 – 8pm at the Flavel House in Astoria.

Tuesday 17

MUSIC

Laney Lou & the Birddogs. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 18

MUSIC

Crooked Heart. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Laney Lou & the Birddogs. No cover, 7pm at the Adrift Hotel in Long Beach.

Musician's Jam. Instrumentalists, duos, bands, singer-songwriters welcome to take the stage. Bass, drums, guitars and piano available. Play with the house band too. All welcome. No cover. 7 to 10pm at KALA in Astoria.

Mike Metzner Jazz. Pianist/vocalist Metzner and friends perform jazz standards with a blues touch, 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.



DRAGALUTION ERUPTION 2020

IT'S THAT TIME OF YEAR, time to get ready to ring in a new one!!!

What better way than with your Dragalution Family and Friends! Attend New Year's Eve at the Columbian Theater for a show guaranteed to entertain. Daylight is bringing her family to the stage for an all new dance show with lots of guest performers; Triple Moon Belly Dance, Martin Buel, Richard Bowman, Darren Hull, Ann Bronson, Dida DiAngeles, Julie Kovatch, Arty Choke, Ginger Vitus, Old Witch, Dinah Urell, and maybe a few more surprises; and treats and tricks for your viewing pleasure. To wrap up the night/year, Midas Diggs will end the evening and begin the New Year as we shake and shimmy into 2020! Doors open at 9:30, show starts at 10. 21+ and 10 bucks to get in.

At the Columbian Theater in Astoria, Or.

Thursday 19

MUSIC

Basin Street Duo. 6pm at Bridgewater in Astoria.

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

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

FOOD & DRINK

Christmas Cookie Sale. 4 – 6pm at the Peninsula Senior Activity Center, Ocean Park.

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.

Friday 20

MUSIC

David Drury. 6pm at Bridgewater in Astoria.



**Encore Dance Studio Presents:
HOLIDAY SPECTACULAR
December 20th, 6:30 PM, Free**

A Radio City Rockettes inspired showcase featuring performers from Encore Dance Studio. This is a non-ticketed event, donations will be accepted at the door to benefit the Encore Performing Arts Foundation who provide scholarships to dancers with financial barriers. Doors open 6pm. General Seating. At the Liberty Theatre in Astoria

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

Sugar & Spice. A Holiday Treat. \$20, 6:30 – 7pm at the NCRD in Nehalem.

The North Coast Chorale. Amahl and the Night Visitors. \$10 and accepting donations of money, or new socks, scarves, and gloves for the Astoria Warming Center. 7pm at the PAC in Astoria.

Toasted. 7pm at North Beach Tavern, Long Beach.

Sami Roussi. 8pm at Public Coast in Cannon Beach.

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

HAPPENING

Holiday Spectacular. Presented by Encore Dance Studio. Free, donations accepted. 6:30pm at the Liberty Theater in Astoria.

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

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

Celebrate Winter Solstice. Music and poetry. 6:30pm in the Distad Reading Room at the Driftwood Library in Lincoln City.

THEATER

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

Saturday 21

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Lisa Mann. \$15, 7pm at the Peninsula Arts Center in Long Beach.

White Christmas Sing-A-Long. \$8, 7pm at the Liberty Theater in Astoria.

Green Hills Alone. CD release party. 8pm at the Sou'wester Lodge in Seaview.

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

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

Silverhill. 9pm at the Schooner in Tillamook.

FOOD & DRINK

Breakfast with Santa. 9:30am – 1pm at the Astoria Elks.

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

Gingerbread Tea. \$5, 1 – 4pm at Butterfield Cottage in Seaside.

Winter Solstice Crab Dinner. 4 - 8pm at Dough Dough in Seaside.

HAPPENING

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco.

Pictures with Santa. Bring your own camera. Free, 11am – 2pm in the lobby of the Liberty Theater in Astoria.

Solstice Bazaar. 11am – 5pm at the Astoria Armory.

Wonderland Through the Wardrobe. \$5, noon – 7pm at Weird Sisters Freak Boutique in Astoria.

Annual Holiday Party. Crafts, hot chocolate bar, face painting, and more. Noon – 4pm at the Cannon Beach History Center and Museum.

Winter Solstice Gift Bazaar. 10am – 3pm at the Pine Grove Community House in Manzanita.

Visit with Santa & Mrs Claus. 1 – 4pm at the Manzanita Visitors Center.

Ugly Sweater Party. 8pm – midnight at the Manzanita Lighthouse.



Countryside Ride

Called honky-tonk preservationists by Andrew Tonry of the Portland Mercur, Countryside Ride know what it takes to make a great bar band, playing mostly covers the last 10 years with easy, ego-less finesse, Telecaster twang, love-sick croons and hootin' hollers.

Sunday, December 22nd, 8pm, All Ages, No Cover, Fort George Brewery + Public House

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

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

Sunday 22

MUSIC

Richard T and Friends. 11am - 2 pm at Bridgewater in Astoria.

Silver Bells and Diamond. \$25, 2 – 4pm at Tillamook High School.

Jennifer Goodenberger. Free, 3pm at Cannon Beach Community Church.

The North Coast Chorale. Amahl and the Night Visitors. \$10 and accepting donations of money, or new socks, scarves, and gloves for the Astoria Warming Center. 4pm at the PAC in Astoria.

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

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

FOOD & DRINK

Breakfast Buffet with Santa. 8am – 11pm at the Shelburne Hotel in Seaview.

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

HAPPENING

Waterfront Holiday Market. 11am – 4pm at the Salt Hotel and at other participating businesses at the Port of Ilwaco.

THEATER

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

Monday 23

MUSIC

Danny Sternadel. 6pm at Bridgewater in Astoria.

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

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

Tuesday 24

MUSIC

Danny Sternadel. 6pm at Bridgewater in Astoria.

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

HAPPENING

Fitness Fundraiser. Join North Coast Dance Fitness Collective in a Zumba workout, 8:30am. \$10 suggested donation to benefit Filling Empty Bellies non-profit. At Astoria Arts and Movement Center.

Thursday 26

MUSIC

Equinox Jazz Ensemble. 6pm at Bridgewater in Astoria.

The Fireside Social Orchestra. Winter Holiday Concert. \$30, 7pm at the Coaster Theater in Cannon Beach.

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

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

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

LECTURE

History & Hops. Seaside Police History. With Lt Bruce Holt. 6pm at Seaside Brewing.

Friday 27

MUSIC

Mojo Holler. 5pm at the Sand Dollar Restaurant in Rockaway Beach.

David Drury. 6pm at Bridgewater in Astoria.

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

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

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

Saturday 28

MUSIC

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

Mojo Holler. 5pm at the Sand Dollar Restaurant in Rockaway Beach.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

The Builders and the Butchers. 8pm at the Sou'wester Lodge in Seaview.

Umphy. 8pm at Public Coast in Cannon Beach.

Damn Well Rights. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

ART

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

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

Sunday 29

MUSIC

Richard T and Friends. 11am - 2pm at Bridgewater in Astoria.

Jennifer Goodenberger. 6pm at Bridgewater in Astoria.

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

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

HAPPENING

Dance Church. Free-form dance from 10:30 - 12noon. Dance skills not required! Just let the music move your body in any way it wants to move. Ages 12 – 112 welcome. \$10 at the door. Astoria Arts & Movement Center.

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

Monday 30

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

FOOD & DRINK

Holiday Tea and Plum Pudding. \$12, 1 – 4pm at the Flavel House in Astoria.

NYE 2020!!!!!!!

MUSIC

Equinox Jazz Trio and friends. 6pm at Bridgewater in Astoria.

Worker's Tavern New Year's Eve Dance party. With live rock, blues and cover band Odd Man In starting at 10pm. Come ready to boogie down and welcome 2020 on this super fun night at Workers Tavern in Astoria.

Kerfuffle Burlesque Show. Labor Temple. See brown-papertickets.

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

Bruce Thomas Smith. New Year's Eve Party. 9pm at the Gearhart Hotel.

Karaoke from Hell. New Year's Eve Party. 9pm at the San Dune Pub in Manzanita.

New Year's Eve Dance Party. With DJ Cuica, Sahel Sounds, and Coldyron. An all-night dance party starting at 10pm at the Sou'wester Lodge in Seaview.

HAPPENING

Fireworks at Midnight. Over the beach at the Bolstad beach approach in Long Beach.

Dragalution New Year's Eve Eruption 2020. Plus Midas Digs. \$10, 10pm at the Columbian Theater in Astoria.

Wednesday 1

MUSIC

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

Mike Metzner Jazz. Pianist/vocalist Metzner and friends perform jazz standards with a blues touch, 8pm at Albatross in Astoria.

Thursday 2

MUSIC

Karaoke With Joe Bear. 8-11:30pm at the labor Temple in Astoria.

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

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

Friday 3

MUSIC

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

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

ART

Paint Night. \$55, 6 – 8pm at Blue Heron French Cheese Company in Tillamook.eventbrite.com

Saturday 4

MUSIC

John Stowell and Anandi Gefroh. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

HAPPENING

Cat Show. \$4 admission. 10am – 4pm at the Seaside Convention Center.

Sunday 5

MUSIC

Winter Serenade. Trio Jennifer Goodenberger - pianist, Shelley Loring -Flute, and Kim Angelis - violin, perform classical to Celtic music with a winter theme, 2pm at the First Presbyterian Church in Astoria.

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

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



Coastal Roots Rocker Bruce Thomas Smith NYE at the Sand Trap

Head to the Gearhart Hotel and Sand Trap Pub if you're looking for solid rock to cap off the end of 2019. Bruce has shared the stage with notables like Jon Koonce (Johnny & the Distractions), Mike Mitchell (The Kingsmen) and Blues Legend Robbie Laws.

Sand Trap is throwing a party. Book the night in a cozy guest room and receive food and drink amenities or just go for the music, no cover, 9pm till after 2020.



Brad Creel and the Reel Deel

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

Saturday, January 11, 7pm. \$10 at the door. Hoffman Center for the Arts in Manzanita, 594 Laneda Ave.



BOMBSHELL (DEC. 13 LIMITED)

Charlize Theron and Nicole Kidman star as Megan Kelly and Gretchen Carlson, the Fox newswomen who broke the story of their boss Roger Ailes's (John Lithgow) sexual harassment of women. Margot Robbie plays Kayla, a rising star at Fox who discovers firsthand what favors women are expected to provide to Aisles and other higher ups to advance their careers.



MARRIAGE STORY (DEC. 6 NETFLIX)

Acclaimed indie director Noah Baumbach tells the story of a couple whose marriage has reached the breaking point. Charlie (Adam Driver) and Nicole (Scarlett Johansson) are a couple who live in Brooklyn. Charlie is a theater director, Nicole an actress. But when Nicole gets an offer to star in a TV pilot in L.A., the marriage starts to fissure. Charlie can't see moving. Nicole sees that her wants/desires have been sublimated to Charlie's. Despite the fact that they still love each other, Nicole takes their son and moves to L.A., and hires pitbull divorce lawyer Nora Fanshaw (Laura Dern). Charlie follows to L.A. but only to establish residency for

custody and hires his own celebrity divorce lawyer (Ray Liotta). The battle, and the subsequent re-examination of their marriage, is on.

RICHARD JEWELL (DEC. 13)

Clint Eastwood directs the story of the Atlanta security

guard who was unjustly blamed for the Olympic Park bombing in 1996. Paul Walter Hauser plays



SANDLER OSCAR TIME

the bumbling Jewell, who although obsessed with law enforcement – "I study the penal code every night," he says – and owns a large gun collection, still lives with his mother (Kathy Bates) and seems like a small man with delusions of grandeur. This all changes when an alert is raised about an imminent bombing. Jewell clears the area around a suspicious backpack. A bomb goes off minutes later, but Jewell is hailed as a hero for his quick response. But adulation quickly turns to suspicion as Jewell becomes a suspect, pursued by an overzealous FBI Agent Tom Shaw (Jon Hamm) and staked out by the media who are desperate for someone to blame.

UNCUT GEMS (DEC. 13)

None other than Adam Sandler has entered the Academy Award discussion with his performance as a New York diamond dealer who lives life on a razor's edge. Sandler plays Howard Ratner, a player in the frenetic world of the diamond district, a self-destructive compulsive gambler, womanizer and risk taker who



GERWIG'S SECOND. LITTLE WOMEN.

pays off his personal and gambling debts with money entrusted to him by clients. With the pressure mounting, Ratner seizes on a scheme to smuggle a precious African Black Opal to get him out of his jam. But go-between Germany (Lakeith Stanfield), who steers celebrity clients to Howard, introduces basketball star Kevin Garnett, who is entranced and asks to borrow the Opal as a good luck talisman for an important game. Against his better judgment, Howard agrees – and spends the rest of the film trying to recover the Opal before his debtors close in.

THE TWO POPES (DEC. 20 NETFLIX)

Story of the transition in power between two very different Popes. Synopsis: Frustrated with the direction of the church, Cardinal Bergoglio (Jonathan Pryce) requests permission to retire in 2012 from Pope Benedict (Anthony Hopkins). Instead, facing scandal and self-doubt, the introspective Pope Benedict summons his harshest critic and future successor to Rome to reveal a secret that would shake the foundations of the Catholic Church. Behind Vatican walls,

1917. REAL TIME WAR DIRECTED BY SAM MENDES



a struggle commences between both tradition and progress, guilt and forgiveness, as these two very different men confront their pasts in order to find common ground and forge a future for a billion followers around the world.

STAR WARS: THE RISE OF SKYWALKER (DEC. 20)

J.J. Abrams directs the final piece if the 9 film series. Rise of Skywalker takes place a year after the events of The Last Jedi. The Resistance battle the First Order, and the conflict between the Jedi and Sith reaches a climax. Billy Dee Williams returns as Lando Calrissian. Unused footage of Carrie Fisher from The Force Awakens and The Last Jedi was used for an appearance of Leia Organa.

1917 (DEC. 25) Director Sam Mendes audaciously directs this World War I trench warfare story from ground level in close to real time with minimal cuts. On the Hindenburg line in 1917, two young lance corporals Schofield and Blake are sent by General Erinmore (Colin Firth) on a mission to deliver a crucial message to Col. Mackenzie (Benedict Cumberbatch) to abandon a planned attack, one that will end in certain slaughter, as intelligence as disclosed that it is a German trap. As the two push on through the horrors of No Man's Land, Blake has a personal motivation – his older brother is among those soldiers who will take part in the planned attack.

LITTLE WOMEN (DEC. 25) Greta Gerwig returns with her second stint in the director's chair with her modern take on the Louisa May Alcott classic about the four March sisters. Although sticking to the basic story and characters, Gerwig has shuffled the chronology, with scenes from the sisters' lives almost entirely out of orders, except for the letter from Father (Bob Odenkirk) that opens and the kiss that concludes the story. Saoirse Ronan plays the writer Jo; Emma Watson plays Meg, the teacher; Eliza Scanlen plays Beth, the musical talent and rising star Florence Pugh is Amy, the aspiring artist. Timothée Chalamet plays Laurie, the boy next door who eventually proposes to Jo.

FREE WILL ASTROLOGY

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ARIES (March 21-April 19): Humans invented the plow in 4,500 BC, the wheel in 4,000 BC, and writing in 3,400 BC. But long before that, by 6,000 BC, they had learned how to brew beer and make psychoactive drugs from plants. Psychopharmacologist Ronald Siegel points to this evidence to support his hypothesis that the yearning to transform our normal waking consciousness is a basic drive akin to our need to eat and drink. Of course, there are many ways to accomplish this shift besides alcohol and drugs. They include dancing, singing, praying, drumming, meditating, and having sex. What are your favorite modes? According to my astrological analysis, it'll be extra important for you to alter your habitual perceptions and thinking patterns during the coming weeks.

TAURUS (April 20-May 20): What's something you're afraid of, but pretty confident you could become unafraid of? The coming weeks will be a favorable time to dismantle or dissolve that fear. Your levels of courage will be higher than usual, and your imagination will be unusually ingenious in devising methods and actions to free you of the unnecessary burden. Step one: Formulate an image or scene that symbolizes the dread, and visualize yourself blowing it up with a "bomb" made of a hundred roses.

GEMINI (May 21-June 20): The word "enantiodromia" refers to a phenomenon that occurs when a vivid form of expression turns into its opposite, often in dramatic fashion. Yang becomes yin; resistance transforms into welcome; loss morphs into gain. According to my reading of the astrological omens, you Gemini are the sign of the zodiac that's most likely to experience enantiodromia in the coming weeks. Will it be a good thing or a bad thing? You can have a lot of influence over how that question resolves. For best results, don't fear or demonize contradictions and paradoxes. Love and embrace them.

CANCER (June 21-July 22): There are Americans who speak only one language, English, and yet imagine they are smarter than bilingual immigrants. That fact amazes me, and inspires me to advise me and all my fellow Cancerians to engage in humble reflection about how we judge our fellow humans. Now is a favorable time for us to take inventory of any inclinations we might have to regard ourselves as superior to others; to question why we might imagine others aren't as worthy of love and respect as we are; or to be skeptical of any tendency we might have to dismiss and devalue those who don't act and think as we do. I'm not saying we Cancerians are more guilty of these sins than everyone else; I'm merely letting you know that the coming weeks are our special time to make corrections.

LEO (July 23-Aug. 22): "Erotic love is one of the highest forms of contemplation," wrote the sensually wise poet Kenneth Rexroth. That's a provocative and profitable inspiration for you to tap into. According to my analysis of the astrological omens, you're in the Season of Lucky Plucky Delight, when brave love can save you from wrong turns and irrelevant ideas; when the grandeur of amour can be your teacher and catalyst. If you have a partner with whom you can conduct these educational experiments, wonderful. If you don't, be extra sweet and intimate with yourself.

VIRGO (Aug. 23-Sept. 22): In the follow-up story to Alice's Adventures in Wonderland, our heroine uses a magic mirror as a portal into a fantastical land. There she encounters the Red Queen, and soon the two of them are holding hands as they run as fast as they can. Alice notices that despite their great effort, they don't seem to be moving forward. What's happening? The Queen clears up the mystery: In her realm, you must run as hard as possible just to remain in the same spot. Sound familiar, Virgo? I'm wondering whether you've had a similar experience lately. If so, here's my advice: Stop running. Sit back, relax, and allow the world to zoom by you. Yes, you might temporarily fall behind. But in the meantime, you'll get fully recharged. No more than three weeks from now, you'll be so energized that you'll make up for all the lost time—and more.

LIBRA (Sept. 23-Oct. 22): Most sane people wish there could be less animosity between groups that have different beliefs and interests. How much better the world would be if everyone felt a generous acceptance toward those who are unlike them. But the problem goes even deeper: Most of us are at odds with ourselves. Here's how author Rebecca West described it: Even the different parts of the same person do not often converse among themselves, do not succeed in learning from each other. That's the bad news, Libra. The good news is that the coming weeks will be a favorable time for you to promote unity and harmony among all the various parts of yourself. I urge you to entice them to enter into earnest conversations with each other!

SCORPIO (Oct. 23-Nov. 21): Poet Cecilia Woloch asks, "How to un-want what the body has wanted, explain how the flesh in its wisdom was wrong?" Did the apparent error occur because of some "some ghost in the mind?" she adds. Was it due to "some blue chemical rushing the blood" or "some demon or god"? I'm sure that you, like most of us, have experienced this mystery. But the good news is that in the coming weeks you will have the power to un-want inappropriate or unhealthy experiences that your body has wanted. Step one: Have a talk with yourself about why the thing your body has wanted isn't in alignment with your highest good.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian composer Ludwig van Beethoven was inclined to get deeply absorbed in his work. Even when he took time to attend to the details of daily necessity, he allowed himself to be spontaneously responsive to compelling musical inspirations that suddenly welled up in him. On more than a few occasions, he lathered his face with the nineteenth-century equivalent of shaving cream, then got waylaid by a burst of brilliance and forgot to actually shave. His servants found that amusing. I suspect that the coming weeks may be Beethoven-like for you, Sagittarius. I bet you'll be surprised by worthy fascinations and subject to impromptu illuminations.

CAPRICORN (Dec. 22-Jan. 19): During the next eleven months, you could initiate fundamental improvements in the way you live from day to day. It's conceivable you'll discover or generate innovations that permanently raise your life's possibilities to a higher octave. At the risk of sounding grandiose, I'm tempted to predict that you'll celebrate at least one improvement that is your personal equivalent of the invention of the wheel or the compass or the calendar.

AQUARIUS (Jan. 20-Feb. 18): The only thing we learn from history is that we never learn anything from history. Philosopher Georg Hegel said that. But I think you will have an excellent chance to disprove this theory in the coming months. I suspect you will be inclined and motivated to study your own past in detail; you'll be skilled at drawing useful lessons from it; and you will apply those lessons with wise panache as you re-route your destiny.

PISCES (Feb. 19-March 20): In his own time, poet Henry Wadsworth Longfellow (1807–1882) was acclaimed and beloved. At the height of his fame, he earned \$3,000 per poem. But modern literary critics think that most of what he created is derivative, sentimental, and unworthy of serious appreciation. In dramatic contrast is poet Emily Dickinson (1830–1886). Her writing was virtually unknown in her lifetime, but is now regarded as among the best ever. In accordance with astrological omens, I invite you to sort through your own past so as to determine which of your work, like Longfellow's, should be archived as unimportant or irrelevant, and which, like Dickinson's, deserves to be a continuing inspiration as you glide into the future.

Homework: You have the power to re-genius yourself. Guidance: <https://tinyurl.com/ReGeniusYourself>

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Surviving Apocalyptic Weather

EVERY WINTER, newcomers to the North Coast experience surprise attacks from extreme weather: high winds, deluges, out-of-nowhere hailstorms, and more. Some discover an affinity for wild weather; others retreat inland to blander, more predictable places. I've always thrilled to a dramatic storm, but I prefer not to be caught in one while riding. Living here, I often do!

Tips for enduring wet, blustery weather start with the sensible stuff: always carry your rain gear during rainy season, even if the weather forecast predicts clear skies; keep your tire-repair tools and a spare tire handy, since tires seek out rainstorms as the most exciting backdrop for a flat. Here are some other suggestions you might not have thought about.

Bring extra snacks! Even with great rain gear, a prolonged soaking combined with exertion can make you clammy, as condensation beads up on the inside, especially with rain gear that emphasizes imperviousness over breathability. Once you're damp, you expend energy trying to heat and dry yourself. Additional fuel lends you energy to counter the shivers. Be aware of symptoms suggesting hypothermia, when your core temperature drops dangerously: confusion, shivering that won't stop, and numbness or burning feelings in your hands and feet. Remember your grandparents' warning not to get chilled or you'd catch pneumonia? You need somebody to infect you in order to catch pneumonia, but if you replace "pneumonia" with "hypothermia," your grandparents were onto something. Take extra layers to warm you up (especially materials like wool that stay warm when wet). However, too many layers can cause you to overheat and sweat, and then that dampness invites the chills. When the temperature drops below 40 degrees Fahrenheit and rain's pouring down, unless you have

a short trip and a change of clothing, you might be better off taking the bus or driving that day.

Wet roads pose hazards any time, but the worst time may be when the rain starts, since the water mixes with oil and particulates sitting on top of the road, creating oil-slick conditions. Go slowly and leave extra time for decelerating (and feather the brakes if you do have to halt).

If visibility drops to unsafe levels, or

if you hear thunder, that's the time to find shelter and wait out the storm. Otherwise, it's best to keep moving so your muscles (and the rest of you) stay

warm. Forget the "one-Mississippi" (or hippopotamus, or one thousand) thing received wisdom tells us about ascertaining how close a thunderstorm is to you. If you hear thunder, assume lightning can strike you, so find shelter, stay low, and if you're in a group, disperse to reduce the risk of more than one person getting struck. If you must wait for conditions to improve, a space blanket holds in warmth and prevents hypothermia. If you're sitting or lying down, put a pad or even a jacket underneath you to insulate you from the cold, wet ground.

Weather forecasts aren't 100% accurate, but please check them during rainy season—especially for dangerous-weather warnings. Thrill-seekers may chase storms, on bikes or otherwise, but don't become one by accident when you neglect to check the conditions before you go out. If a tornado grabs you, you're unlikely to end up in Oz.

Here are sources I've consulted in writing this article: A.C. Shilton, "How to Ride Out a Storm on a Bike," *Bicycling*, April 4, 2016, <https://www.bicycling.com/rides/a20020924/how-to-ride-out-a-storm-on-a-bike/>; Joe Lindsey, "What To Do When You Get Caught in A Lightning Storm on Your Bike," *Bicycling*, October 31, 2017, <https://www.bicycling.com/training/a20021271/getting-caught-in-storm-on-bike/>



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

LIVE TERRARIUM ORNAMENTS. December 14. Terrarium Ornaments are a fresh addition to your holiday decorating & are great as gifts! Measuring approximately 3.25 inches they are perfectly lightweight for hanging on trees, in windows, or with their flat bottom-sitting wherever you like. \$10, 11am at Basket Case Greenhouse in Long Beach. RSVP at 360-642-8860

CREATE A HOLIDAY CENTERPIECE. Dec 14. All materials for your centerpiece will be provided, but feel free to bring some cherished bobbles and bits to add to your creation. \$25, pre-registration required. 1 - 2pm at Dennis' 7 Dees, Seaside. 503-738-6980

FRESH EVERGREEN WREATHS. December 15. Choose from a wide variety of holiday decorations, ribbons & bows to decorate a premade evergreen wreath. \$35, 11am - 12:30pm at Basket Case Greenhouse in Long Beach. RSVP at 360-642-8860

ALCOHOL INK ART CLASS. December 16. Learn to make alcohol ink art coasters. 1 - 3pm at Long Beach Elks #1937.

ARTFUL CORRESPONDENCE. December 21. With Melissa Favara. Creative letter craft will involve writing, gathering ephemera, and collaging with a wealth of curious materials. Typewriters, a variety of other writing implements, and all collage materials will be provided. \$30 plus \$5 materials fee. 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

WRITE YOUR OWN SNAPSHOT MEMOIR. December 28. With Heather Douglas. Do you have a memory floating around in your mind? Harness that moment by writing your own "Snapshot Memoir." Use a plethora of writing prompts and exercises to mine a powerful snapshot—then write a 1-2 page memoir. If possible, bring a photo of yourself from more than 5 years ago. \$30, 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

RICE, ROLLS, AND KNIFE SKILLS. Vegetarian Sushi. January 8. With Chris Ross. Learn how to make sushi rice, roll sushi, and the knife skills needed to make your sushi look professional. 5:30 - 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

BODY WORK•YOGA•FITNESS

QIGONG WALKING AND FORMS. Tuesdays, 7:30am. 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 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 regular practice. All welcome.

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

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

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

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

LABYRINTH WALK • Grace Episcopal Church, 1545

Franklin St, Astoria, 3-6. Every 1st Sunday.

VOLUNTEER

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. Questions call: 503-338-6230.

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. 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 event is on the third Wednesday of the month: December 18, 2019. In 2020 RC returns to fourth Wednesday schedule - January 22, 2020!

[facebook.com/repairastoria](https://www.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

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.

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)



MESSAGES SONJA GRACE

mystic healer
Seeing is Believing

WE RELY ON OUR EYES AND EARS to see and hear what is happening in the world. Our sixth sense also is at play giving us hidden signals helping to further interpret the situation. This is a common experience for all people even if we are super reliant on our intellect, our sixth sense is always at work in the background, giving us a hunch or feeling.

When we step onto a spiritual path, we are inundated with vast amounts of information often causing a need for discernment. There is a strong desire to understand our soul's experience as we navigate our sixth sense and newfound spiritualism. Quite often, we run head long into many cycles of addiction all in place to better cope with the unresolved core wound. The desire to feel good becomes satisfied by various addictions like shopping and food to not feel the core wound. We dress it up and ignore our feelings to a point that what we see and hear becomes distorted.

This distortion is the filter known as the ego - protecting us from feeling the trauma. For example: if the core wound is, I am wrong - then the journey through life entails patterns of betrayal and abandon-

ment proving we must be wrong - ultimately from a small child's perspective, I am wrong for existing. The ego protects us no matter what - making sure we are feeling good, not accessing that deeper level of pain - having another drink or helping of food to reassure us that it's ok.

So, what do we do when we step onto a spiritual path and we are operating from a false ego? We have an existential crisis. Wherever our consciousness is, that is what is being reflected back to us, all the while being protected by the ego. Life becomes a reflection of our emotional symptoms, for example: anger, jealousy and intolerance are manifested all around us, reflecting our own feelings of anger, jealousy and intolerance; validating the core wound.

This can lead to a difficult journey because we must address the core wound in order to spiritually awaken, otherwise we are simply catering to the ego and having another addicted experience. Spend time noticing what you are hearing and seeing - check in with your feelings: sixth sense and see if it matches what you see or hear. If not, check in with your inner child and ask him or her how they feel and what do they

need. This process will help you to better identify what the core wound is and begin to heal. Finding your truth may take time and inner work, eventually allowing you to align with what you see, hear and your sixth sense.

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

wordwisdom

Managing Those Off Days

Or, that off month. You know those days, where several events collide into each other and suddenly, it feels and looks like life sucks. It may also be that there is no one to vent to... since maybe you've clashed with a good friend, the one you would have vented to if only you hadn't reacted so badly to her in the last conversation.

In the effort to continue on with work schedule and other required events, I have to temporarily move on. Put any breach in the back of my brain. Give myself a break. Yes, every one of us has had those "behaving badly" moments. I could beat myself up but I don't have the time and the mood to do so. So where do I plan to go from here? Several people in my life are upset with me. I just plan to sit tight until I figure out what triggered me so badly. I'm going to say it outright: Maybe, just maybe the words were warranted. Maybe I sat on too much for too long. Maybe I let my boundaries get

loose. Maybe it's the time of year. Maybe it's any and all of the above.

I believe I'm one of those that have hard times during the holidays. Why yes, I can see clearly that I am. I'm not alone in that. In previous columns I suggested strategies, such as; pick one special event, do something for someone else, and count your blessings. Still good advice, but right now is the time for me to sit back, relax, do little pleasant things. I'll put the fire on and have a glass of wine, read a book. I'll write my to-do list for 2020. I'll listen to Van Morrison, Virgo Clowns: Let your laughter fill the room. Take away all your misery and pain. Let's take you by the hand. Let's help you understand. Let's see the twinkle



in your eye. Let your feet go dancing. Let your laughter fill the room.

He nails it for me. Sometimes these restorative times have to be a solo job. Sometimes a good counselor is an asset, but basically honoring oneself means letting yourself feel the good, the bad, and the ugly. Be willing to forgive yourself for being human. Others can wait. Good friends will be there.

We are taught either directly or by implication that negative emotions are best kept to oneself. Nobody likes a Debbie Downer, for example. It's hard to be around someone who may or may not want advice or kindness or uplifting thoughts. Sometimes being alone is what a wounded person needs. Give them the gift of understanding. Know they will return in time.

Tobi Nason is a counselor located in Warrenton. She can be reached at (503)440-0587.

By Tobi Nason



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

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Dog Food - Nature's Domain (Costco)
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Bleach
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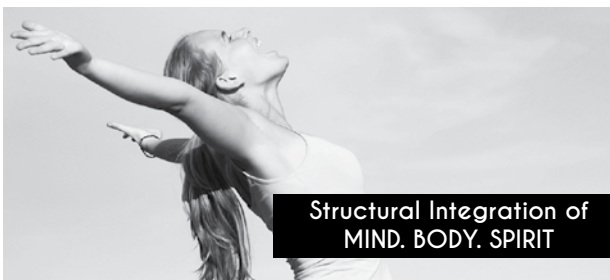
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Whole PLANET Health

By Margaret Hammit McDonald

ENGENDERING TOXICITY



THE SEX-GENDER SYSTEM prevalent in our society is dangerous to everyone's health.

NO LONGER content to impose itself the moment we're born, thanks to ultrasonography, parents can ready their not-yet-born baby for their pre-packaged life as a boy or girl. But this notion, that certain traits belong on one end of the artificial binary or the other, truncates everyone's full humanity. It also fosters illnesses associated more strongly with a given gender and produces socioeconomic inequities that lead to health disparities.

Providing loving care to children and elders is the heart of the role assigned to women in this society. It's no surprise, then, that most professional caregivers are women, and women also provide the larger share of unpaid caring work in the home. When this caring role is essentialized as a natural female trait, society doesn't see fit to compensate caregivers with a living wage. In the first five years of life, children undergo tremendous growth—cognitively, socially-emotionally, and ethically as well as physically—and yet preschool teachers get paid a fraction of a CEO's take for overseeing a company that designs projectile erasers. Caregivers for elders perform physically draining, emotionally challenging work, yet they also receive low pay and little respect. All this can be shrugged off when one assumes these tasks come naturally to women—why pay someone to, say, breathe?

Thanks to long-term research on heart disease, there's a well-established connection between the hostile, controlling "Type A" personality and adverse cardiovascular events. What we

don't hear as much is that Type A personality traits are pushed on men from boyhood. Punished for expressing "soft" emotions and crying, boys are taught to suppress their feelings, all except for anger and the urge to dominate. Rage and resentment do both internal and external harm. A steady diet of these destructive emotions raises blood pressure and alters digestive and immune functioning for the worse. They also damage relationships, depriving men of the emotional sensitivity and awareness that lead to listening, empathizing, and personal growth. In its extreme form, this emotional amputation leads to violence; in its more typical form, it results in the misunderstanding and distancing we're socialized to write off as just part of the male-female or father-child script. Additionally, because men are prompted to ignore pain and weakness and forge through, many don't seek health care until they're "broken."

What if you don't fit into the gender binary/straitjacket at all? Transgender and genderqueer people suffer higher than background rates of depression, anxiety, PTSD, and chronic illnesses, as well as hate crimes out of proportion to their numbers in the population. Gender-nonconforming individuals also receive demeaning, thoughtless treatment from uninformed healthcare professionals. They bear the brunt of gender policing, whether in the form of constant, wearing microaggressions or the macro-aggressions of transphobic attacks.

As a teenager in the 1980s, I considered myself practical rather than gender-nonconforming when I stopped shaving my legs. I had better things to do than remove the stuff every three days. But when I dared to wear shorts in public, I was shocked by young men's outrage. I concluded that without the "proper" gender marker, they wouldn't know whether to treat me as a potential mate or as a potential rival. Never mind that my other equipment was gender-typical. This experience, more than anything I'd read or talked about with my progressive parents, cemented my commitment to abolishing the gender machine one brick (or snide remark) at a time. We still have far to come in our health as a society and toward respecting all people, regardless of their "packaging."

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.

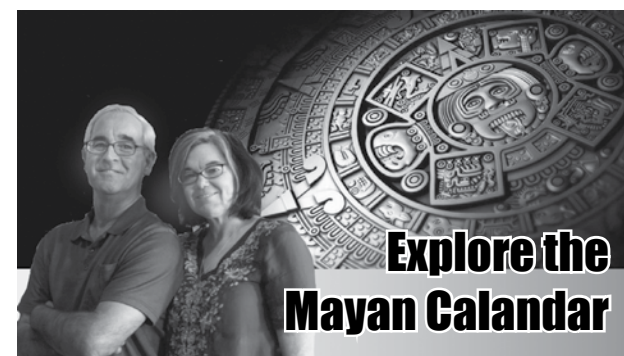
Learn the real meaning behind the Mayan calendar, what transpired seven years ago on Winter Solstice, what it means for us now and the days ahead.

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. Class \$50

You can Register at Designing Health at 503-298-9773 or Soullaire 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

Presented by Jennifer and Steve Westlake of Soullaire, a Healing and Personal Development Company combine ancient wisdom, new science, hidden metaphysical knowledge and practical experience to help you heal your Mind, Body and Soul.



**Explore the
Mayan Calendar**

Soullaire has been helping people since 2010 in the Mountain West and are now excited to expand their reach by bringing their services and insights to the Pacific Northwest. Services include Reiki Healing, Chakra Balancing, Life Coaching, Intuitive Messages, as well as a repertoire of 25 classes and seasonal group activities. They look forward to introducing themselves to our community and to provide the opportunity for questions and answers.

ANYONE WHO KNOWS ME even slightly can vouch for the fact that I am not a patient woman. It isn't that I am unable to wait quietly when need be. It's more that I am unwilling to dawdle under certain circumstances. As time goes by and I get closer to the tape than the starting line, I am moved to question the necessity and/or prudence of waiting in light of the fact that I could be dead. Of course, this is the case for any one of us at any time in our lives. Nevertheless, when one is looking at one's 60's in the rearview, one can rightfully presume that the curtain could fall at any moment and I'd rather be caught in the act than in the waiting room if you get my drift.

I am neither frightened nor maudlin about the inevitability of life's end. I am merely inclined to make judgements about whether or not something is worthy of patience and disinclined to take yours or anyone else's opinion on the subject. You know, sort of like a cat.

There are some exceptions wherein I am always willing to wait, optimally with an adult beverage and a book in hand. One of those is beef stew. With the evenings morphing from cool to cold, I welcome a low oven warming the kitchen and a simmering pot pouring forth delectable perfume.

I can think of no defensible reason to resist the opportunity to simmer beef, mushrooms and wine on a winter evening. Mushrooms are one of my favorite things to toss in the dehydrator. Dried mushrooms are repositories of heady aroma and intense flavor. They are also a way to compensate for my tendency to be overenthusiastic when buying wild mushrooms in season or domestic mushrooms on sale.

It is no secret, thanks to my incessant ravings in this column, that I am not a fan of 'the holidays'. In this case, the December holidays. But, in all cases, all holidays.

I resist:

Being told when to celebrate

Worshipping any particular deity, their retinues or their directives

Considering the movements of the seasons mystical and/or magical

Adopting someone else's idea of when I should bestow a gift

I am not without faith. I believe in us, despite the fact that we humans have managed to screw up pretty much everything with which we've come in contact from day one. I'm crazy about the good things: music, art, the written word, green growing things, wildlife, our horrid little dog and my beloved husband. I am grateful every single day for being lucky and being alive. So, I will not wait for anyone's holiday to celebrate. I will open the refrigerator or freezer regularly to find something that I can use to make a tiny celebration of the day and to toast not being dead.



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



STEWING ABOUT THE HOLIDAYS? ADD BEEF & CALL IT DINNER

Adapted from a recipe in The Complete Cooking For Two Cookbook from America's Test Kitchen

In case you didn't grok the title of the book, this serves 2

For Stew:

1 1/2 pounds beef short ribs, trimmed of fat (The recipe supposes boneless ribs. Use what you have, they will fall off the bone soon enough)
1 Tablespoon olive oil
1 onion, finely chopped
1 Roma tomato, halved and grated, toss the skin
1/2 teaspoon smoked paprika (Again, use what you have)
1 bay leaf
3/4 cup water
1/2 cup dry white wine (Buy what you like, you'll have plenty left to drink.)
8 ounces mushrooms of your choice or a mix, thick sliced
1 sprig fresh thyme
Pinch cinnamon
Salt & Pepper

Picada:

2 Tablespoons whole, blanched almonds
2 teaspoons olive oil
1/2 slice of hearty white sandwich bread or a whole slice of baguette, crust removed, torn into chunks
1 garlic clove, peeled
1 1/2 Tablespoons minced parsley
1/4 teaspoon sherry vinegar (Have I mentioned use what you have?)

Preheat the oven to 300 degrees.

Heat the olive oil in a medium, oven-proof saucepan or casserole over medium low heat until it shimmers. Add onions and salt, stirring often until onion is deeply caramelized. Be patient, this takes 20 to 30 minutes. Stir in paprika, tomato and bay leaf and stir while mixture turns dark and thick, another 5 to 10 minutes.

Stir in water, wine, mushrooms, thyme and cinnamon. Scrape browned bits from the bottom of the pan. Season the beef with salt and pepper and add to the pot. Bring to a simmer. Stick the works in the oven, uncovered for an hour. Then, take it out, give it a stir and cook for another 1 1/2 to 2 hours until meat is ultra tender.

Meanwhile, combine the almonds and oil in a microwave-safe bowl and nuke for 30 to 60 seconds until nuts are golden brown. Stir in bread and nuke until bread is golden, another 60 seconds or so. Transfer it all to a food processor, add the garlic and pulse until mixture is finely ground, scraping down the sides of the bowl as needed. Dump it into a bowl and fold in the parsley.

When the beef is tender, discard the bay leaf and thyme sprig, stir in the picada and vinegar, adjust the salt and pepper to your taste and begin celebrating.

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@nehalemfel.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 graceful-waveswellness.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

Cancer Support Cooking Class Dec17 - 10am-12:30pm

FREE monthly cooking class series for patients of the CMH Knight Cancer Collaborative and their support persons.

Each month, explore a themed menu in this hands-on cooking class using fresh, organic ingredients. The class is meant to be fun, not stressful! It's a space to build community, cook together, and eat together. You are free to participate as much or as little as you'd like during the class. We can accommodate limited mobility and/or dietary restrictions and concerns (with notice).

To register, contact Resource Center Coordinator at CMH-OHSU Knight Cancer Collaborative 1905 Exchange Street—stop by to register M-F 9-3pm or call 503-338-4520.

By Dinah Urell

new! BRUT WINE BAR it's an adventure

THE BEST THING YOU CAN SAY to Lisa Parks and Eric Dix, partners in life and in the newly opened Brut Wine Bar in Astoria is, "I don't know that much about wine," and they'll welcome you with open arms, an open mind and an of course an open bottle of wine.

Brut Wine Bar opened its doors Oct. 30, on 10th St. in Astoria, now helping to complete a no-longer vacant group of businesses in the small storefronts of the Occident Building. It was about a year ago, whilst relaxing at Pilot House Distillery with owner Larry Cary, when he commented on Astoria's growing craft drinking establishments, "Now we just need a real funky wine bar in town."

Eric Dix later asked Lisa Parks, "Have you ever thought about opening a wine bar?" She answered, "Yes, like daily for about 15 years."

A transplant from Denver, Colorado, there Parks began working in a wine shop part time in 2007 as reprieve from her job as a victim's advocate. Not long after, she enrolled in a sommelier academy, and then eventually a move to Oregon in 2009 found her working as a wine rep for Galaxy Wine Co. and being close to North West wines.

A search for just the right space, and visiting wine bars in Portland to find out what they did and didn't like, Parks and Dix have created a venue true to their mission—and therein lies the risk of following your passion. Will an Astoria base of customers be receptive?

But first and foremost, the Brut menu offers various selections in sparkling, whites, rosé, reds, and dessert—by the glass or bottle, with many, many more retail bottle selections to choose from. Enjoy small plates of cheese, charcuterie, meats and some sweets. For the non-wine lover friend, there are two local beers on tap from Fort George and Buoy Beer Co., plus ciders.

Enter the magic. Flights. Pick 3, 2 oz. pours by the glass—served on clever flight sheets that identify each brand, \$12 for the flight—equaling one glass of wine. This is an opportunity to journey to the center of an art that Parks and Dix have so poured their hearts into. Brut Wine will be presenting a wine theme aka the "Flight of the Week." Here to report the couple were overjoyed in this first month, that a non-Northwest Pinot

Noir Flight sold out. Each week a new theme will be created for your palette to explore.

You can also choose your own delicious poison, or allow the wine experts to choose for you, "It's a great way to introduce yourself to the wine list," says Parks, "Every time you come in you can try something different and learn something new, that's kind of the key here."

As they progress and re-evaluate how it's all working, part of the fun will be some informal educational wine nights, "When someone says, wow, this is really tannic or acidic, how do we explain



that," says Parks. Whether formal or not, the wine flight journey is a natural for Parks to converse with you. As well Eric Dix, a retired engineer, has fallen in love with Park's addiction to vintner knowledge, and Parks comments, "He's got a great palette, and he's just a natural in the hospitality business."

During this holiday season, look for champagne and sparkling wine flights. Seeking bubbly for guests and parties, "We have great sparkling wines from France that are very affordable, they're made like Champagne, they just aren't from the region. They're delicious, and they're just half the price. If you want to pick up a good sparkling wine for say, \$13, we have it." Parks furthers, "We want to hit all the price points for retail. You can come in and find a really great \$11 bottle of wine or a great \$70 bottle."

"We're trying to find wines that you're not seeing anywhere, that are unique but approachable, and not snobby or scary," says Parks. Natural wines are indicated on the menu, and while the small batch wine movement has taken off in the Northwest, with small wine bars in Portland and Seattle dedicated to this very practice, the Brut menu is offering selections from the European countries. One chardonnay from France is from lineage of a



family of wine makers dating back to 1512. "A lot of these farmers from the old world have been organic farming for years, it's just what they do, they're cool" say Parks, "They're French," says Dix.

When asked if they themselves currently had a favorite wine, Dix smiled with a guilty pleasure, pulled out an Italian White Arneis and poured me a sample. It was to say the least, magically delicious. The better the wine the slower to savor, available at \$10 per glass or \$36 a bottle for the take out retail discount.

More fun with wine—the "Blind Taste Test," 3 wines to keep you guessing, and "Brut's Choice," like a Chef's Choice, they tell you if it's a red or white . . . you get the picture, and then you sit with it, eventually it's revealed and it could well be something very, very old from Parks wine cellar, or something very new.

What has been a grateful surprise, "I'm so happy that people are receptive to experiment," says Parks, "I wasn't quite sure if it was going to work out here, because people love Northwest wine, and we both love Northwest wine, but seeing how open people are to the imported wines has been just great, its so exciting."

When perusing the Brut Wine menu, in only a few minutes with Lisa and Eric, you'll discover why Lisa Parks became a wine expert. "There's always something new to learn, the more you learn, the more you don't know, it never gets old. It's the history, the geography, the agriculture . . . when people are drinking wine they're having a good time, and you remember a bottle of wine that you had with a certain person."

Simple yet elegant design and décor in black and greys, with window dressings by local artist Jasmine Craven Varner, artworks by Susan Bish and Blaine Varley, and a beautiful Maplewood bar crafted by Eric Dix, (maple supplied courtesy of Laurel Hood's vineyard of Laurel's Cannon Beach Wine Shop), Brut Wine Bar is a very welcome newcomer to the 10th St. neighborhood.

Off to sip some Arneis! Just around the corner. Happiest of the Season to all!

BRUT WINE BAR
240 10th St. Astoria
Open 3pm - 10pm Tues - Sat
503.468.0829
brutwineastoria.com



It's Lutfisk Time!

SUOMI HALL'S famous Lutfisk Dinner is coming up. Of course they have to advertise it in plenty of time to convince people to come, but by golly they do. And if you don't get there early, all the gelatinous lye fish might be eaten up.

So, on January 11 from 11:30 to 2pm, feast yourselves on a delicious Scandinavian banquet, celebrate the new year, buy your tickets (\$20) at the door, and here's the menu:

- lutfisk (lipeakala)
- Finnish meatballs (lihapyrykoita)
- green beans (vihreat pavut)
- potatoes (peruna)
- beet salad (rosolli)
- pickled herring (suolasilli)
- Finnish flat bread (rieska)
- Black cherry pudding (vispipuuro)
- coffee (kahvi)

Lutfisk/Meatball Luncheon served at Suomi Hall--244 West Marine Drive--on Saturday, January 11, 2020. Come celebrate the new year with friends at the Finnish Hall from 11:30-2 PM.

NEED PRUNE TARTS FOR HOLIDAY PARTIES? The Suomi Lodge auxiliary is taking orders for frozen (\$20/dozen) or baked (\$25/dozen) prune tarts. Made in the lodge kitchen with a former cornerstone Uniontown bakery recipe. Place your order by December 9th by calling Beth at 971-704-6243. Prune tarts can be picked up Wednesday, December 11th between 9-2 at the hall, 244 West Marine Drive, or by special arrangement. If you're reading this past the above date, couldn't hurt to try, or then better luck in 2020.





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Presented By:

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Performing Arts Center - 2019

Fri. Dec. 13th, 20th - 7 p.m.

Sun., Dec. 22nd - 4 p.m.



WHITE CHRISTMAS SING-A-LONG

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Gather your family and friends for this beloved 1954 film with lyrics embedded on screen.



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December 7, 14, 21. 11am-2pm.

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Joey Patenaude - elec guitar

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MORE INFO:

message facebook - Raizz the Bar

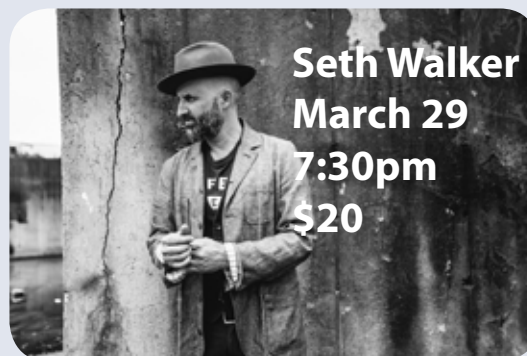


**Sat
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Singer Songwriter Myshkin Warbler w/Cellist Jenny Q

an intimate night of original postmodern blues.

"Haunting melodies, intricate metaphors and subversive subplots, an unmistakable, complex underground legend." -Bitch Magazine



**Seth Walker
March 29
7:30pm
\$20**

Guest Artist Tickets on sale
Dec 20 @ libertyastoria.showare.com