

VOL 11 ISSUE

1  
2  
3

JANUARY

2009

# HIPfish



The columbia pacific's ALTERNATIVE monthly

**FREE**

**2020 Columbia Pacific**  
**20 VOICES 20 VISIONS** pg.7

**MUSIC • THEATER • ART • IT'S ON THE COAST**

Check out  
our new  
*calendar* look

**LET IT POUR.**  
Matt Love say's goodbye  
to an old friend

*World Religions*  
converge right  
here in Astoria

Twang your string  
in the *metaphonia*  
*orchestra*



# RIVERSEA GALLERY

CONTEMPORARY WORKS OF ART



## BIG RED REVISITED

Group Exhibit juried by Royal Nebeker  
Rescheduled to open May 9th

Discover the creative spirit of the Northwest!

- Original Art • Fine Craft
- Exceptional Jewelry

OPEN DAILY

1160 Commercial Street Astoria, Oregon  
503.325.1270 riverseagalleryastoria.com



## Tsunami Studio

a free-form dance and expressive arts space

We've been looking  
for you.

Yes, you.

You know who you  
are...

The one who loves to  
dance.

Where are you?

Get in here.

Tsunami Studio...it's what moves you.



Checkout class details at  
[www.tsunamimovesyou.com](http://www.tsunamimovesyou.com)

1350 Exchange Street  
503.325.1162

It's our Winter  
Anniversary

# 4 Seasons CLOTHING

OPEN DAILY  
SALE ENDS  
JANUARY 31

## 20-50% OFF

ON ALL WINTER FASHIONS

ADD'L  
**5%**  
DISCOUNT  
FOR ALL  
CASH  
PURCHASES.

DOWNTOWN ASTORIA • 1144 COMMERCIAL

## Jumpstart

Your New Year's Resolutions!



Make those positive changes in  
your life you've intended to make.

**Joan M. Berry & Nancy Karacand**  
**Licensed Clinical Social Workers**  
have openings in their psychotherapy practice

at 10 Pier One, Suite 204, Astoria.  
Phone: 503-325-5212, select option 3.  
Most insurance and Tricare accepted.  
[www.beyondwordsconsultation.com](http://www.beyondwordsconsultation.com)

## Nadia's!

Nail and Skin Care

You deserve to be pampered



- Featuring •
- tonic foot detox baths
- facials and skin treatments
- pedicures • manicures • nail art
- silk wraps • semi permanent
- eyelash extensions
- eyebrow & lash tinting
- specialty waxing

!!!

At Bellissima Salon & Boutique  
1138 Commercial St. Downtown Astoria

SALON : 503.325.2950  
CELL: 503.338.8104



We do Water!  
All Kinds of Water...

Sunset Empire Park  
and Recreation District

503-738-3311

[www.sunsetempire.com](http://www.sunsetempire.com)



OPEN for 2nd Saturday Art Walks  
5pm - 8pm

Betty Lou

JEAN CO.

503.325.1994  
1003 Marine Drive Astoria

## PIER 11 Boutique

77 Eleventh in Astoria

Tue thru Sat  
11am to 5pm  
Sun/Mon  
call for hours  
503.338.3831

modern/traditional  
designs from  
the Himalayas

Affordable  
Fun  
Funky  
Fairtrade

[www.pier11boutique.com](http://www.pier11boutique.com)

## CLEANLINE FOR GIRLS

Open Daily 10-6pm  
783 1st Ave, Seaside  
503.717.1999

come test the waters

A Unique Surf Apparel Boutique For Women  
next to Cleanline Surf Shop

**La Luna Loca**  
global treasures to adorn body & home

**Absolutely Adornable!**

Visit our new store in  
Downtown Cannon Beach  
across from the Coaster Theatre

503.436.0774  
[www.LaLunaLoca.com](http://www.LaLunaLoca.com)



# HIPFISH

JANUARY 2009  
VOLUME 11 ISSUE 125

## CONTENTS

### newscommentaryfeatures

#### NEWS/EVENTS /FEATURES

4-5

#### CONDO/Minimum

POINT • COUNTER CULTURE POINT

6 BERK SPEAKS

7 - 11 COVER FEATURE

20 VOICES 20 VISIONS

12 QFOLK • GLBT NEWS AND CULTURE

13 WORLD RELIGION DAY

MATT'S BACK • LET IT POUR

14 UNCLE MIKE AND HOMEGROWN

HOSPICE • WATT CHILDRESS

### calendararts

check out our *new* calendar look

15 -20

arthappenz

theater

music

### musicliteraryfilmperformance

16 art happenz

17 theater & performance

18 - 20 the month by day

MUSIC GOING ON 21 - 22

Metaphonia Orchestra

WORD. 23 LITERARY

Open mics, readings, stuff!

24 FLASHCUTS • dude your at the

movies by les kanekuni

### healtheatingwellness

26-30

Tobi Nason - Word and Wisdom

Niki Sims TAROT DIARIES •

Uncle Mike BLAME IT ON THE STARS

Tracy Erfling BODIES IN BALANCE

Will Chapman INGREDIENT

Cathy Nist FOODY FEATURES

## CONTRIBUTORS

#### PUBLISHER AND EDITOR

Dinah Urell

#### PRODUCTION AND GRAPHICS

Richard Ridgeway

Michelle Roth

Cathy Nist

#### CONTRIBUTORS

Angela Baumgartner

Stephen Berk

Michael Burgess

Steve Butcher

Watt Childress

Will Chapman

Tracy Erfling

Don Frank

Agnes Field

Bob Goldberg

André Hagestedt

Tom Hartland

Peter Huhtala

Diana Johnson

Les Kanekuni

Matt Love

lisa Morrison

LeeAnn Neal

Donna Quinn

Vincent Reynolds

Rebecca Ruebens

Florence Sage

Niki Sims

Nancy Slavin

Laura Snyder

Jean Ann Van Krevelen

Donna K. Wright

#### DISTRIBUTION

HIPFISH Print:

February09 - 2/5

March09 - 3/5

Hipfish Main Line:

(503) 338-4878

Mailing Address:

PO Box 454

Astoria, OR 97103

Office:

No. 10 6th St.

Suite 205-A

Astoria

E-mail:

hipfish@charter.net

Net:

hipfishmonthly.com

Michelle Roth *cover art*

Jamie Boyd

Laugh...  
Learn...  
Play well with  
others...

O V E  
R B O  
A R D

Games and  
puzzles for kids  
of all ages!

503-368-4873  
457 Laneda Ave.  
Manzanita, OR



We do art.  
Do you walk?

Art Walks  
every  
2nd Saturday  
5-9 pm

come on, there  
must be something  
you want to frame



Your son's champion  
golf memories??  
Your daughter's  
christening dress?  
Your mother's painting?  
Your grandmother's  
beaded bags?  
Your father's baseball  
mitt?  
Your grandfather's  
fishing pole?

We frame  
memories.

1287 COMMERCIAL ST.  
ASTORIA, OR  
503.325.5221

## NESTUCCA SPIT PRESS

*Citadel of the Spirit: Oregon's Sesquicentennial Anthology*  
Edited by Matt Love

#### LITERARY ROSTER

Gina Ochsner

Kathleen Dean Moore

Michael Strelow

David Horowitz

Kim Stafford

Walt Curtis

Ken Babbs

Bart King

Ellen Waterston

Jeff Baker

Kassten Alonso

Katrine Barber

Joanna Rose

Brian Doyle

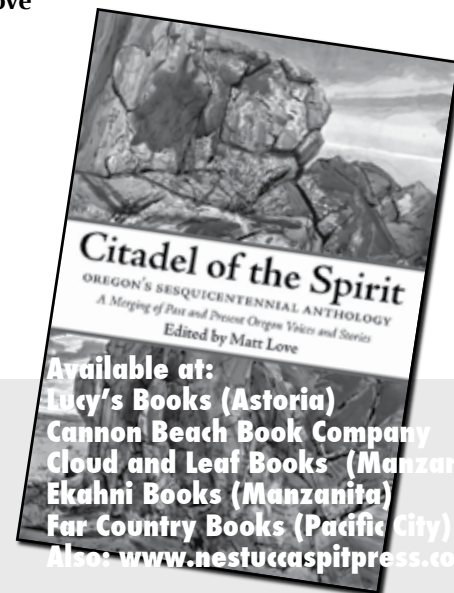
Melissa Madenski

Cheryl Strayed

William Robbins

Erin Ergen-Bright

Monica Drake



Available at:  
Lucy's Books (Astoria)  
Cannon Beach Book Company  
Cloud and Leaf Books (Manzanita)  
Ekahni Books (Manzanita)  
Far Country Books (Pacific City)  
Also: [www.nestuccaspitpress.com](http://www.nestuccaspitpress.com)

\$30, 500 pages, 6" x 9" paperback

#### Tour Dates in February

**Feb 7** North Lincoln County Historical Museum, Lincoln City, 3 pm (With Thomas Edwards and Niki Price)

**Feb 12** Third Street Books, McMinnville 6:30 pm (With Gina Ochsner and Michael Strelow)

**Feb 13** Powell's City of Books, Portland, 7 pm (With Bart King, Gina Ochsner, Brian Doyle, Erin Ergenbright, Kassten Alonso, David Horowitz, Doug Winn, Kaia Sand and Katrine Barber)

**Feb 14** Driftwood Library, Lincoln City, noon; Visual Arts Center, Newport, 7 pm (With Carla Perry, Andrew Rodman, Niki Price, Dennis Jones and Dorothy Blackcrow Mack)

**Feb. 28** Tea Party Bookstore, Salem, 4 pm (With Michael Strelow and Peter Wong)

Giving thanks, we offer our members these  
Fall Savings Specials  
just in time for the holiday season.

9 Month  
Certificate Special

3.45% APY\*  
ON NEW MONEY

iChecking

6.01% APY\*\*



Wauna Federal Credit Union

Own the Difference

1.800.773.3236 [www.waunafcu.org](http://www.waunafcu.org)

Call your Member Service Agent at:

Astoria	Clatskanie	St Helens	Vernonia	Warrenton
503.325.1044	503.728.4321	503.366.1334	503.429.8031	503.861.7526

\*Member of WFCU only. Offer is good until November 31, 2008. Rate shown applies to balances of \$500 and greater. All rates are Annual Percentage Yields and are subject to change. 9 month special certificate will automatically renew into a regular 12 month term certificate at the regular rate unless the credit union is otherwise notified. Penalties for early withdrawal apply.  
\*\*To receive 6.01% Annual Percentage Yield (APY) on balances up to \$25,000, you must meet these 4 easy monthly requirements: 1) 12 cleared debit card transactions; 2) one direct deposit or electronic auto debit (ACH); 3) one login to Internet Banking; and 4) active enrollment in eStatements. Balances over \$25,000 will receive 0.50% APY. If monthly requirements are not met, you will receive .10% APY that month. APY's effective 10/1/08 and subject to change at any time. Fees may reduce earnings. Membership requirements apply. Monthly = from the last day of the month to the day before the last day of the following month.











## OREGONIAN EDITORIAL

### The Oregonian: Build the Palomar natural gas pipeline

by The Oregonian editorial board, Wednesday December 31, 2008

**Environmentalists, property owners and their allies** in political office have a slew of objections to the proposed Palomar natural gas pipeline.

None of those objections, however, outweighs public benefits of the ambitious project.

The 217-mile pipeline would stretch from the lower Columbia River to an interstate gas hub in central Oregon. Portland-based Northwest Natural Gas Co., seeking approval for Palomar in a joint venture with TransCanada Corp., makes a convincing case that the project would enhance service reliability to NW Natural's 655,000 customers and help ease future price volatility.

That's no small matter, given that it was natural gas that kept more than a million people warm in Oregon and Washington during December's big storm. Before a million more people settle in the region, utilities must make sure the infrastructure is ready to serve them.

Palomar's critics remain unfazed by such reasoning. They voice concern that the pipeline's lower Columbia River terminus might serve a liquefied natural gas terminal, another highly controversial proposal. Among the objections: Backers of the LNG project haven't proved that all that imported liquefied gas would be needed in Oregon.

That's a debatable assertion, but there's an easy response to it: So what? Throughout this month's ice storm, none of the natural gas that kept thousands of Oregon-Washington homes and businesses warm came from here. It came via pipeline across state lines, mostly

from the Rockies and Canada.

A self-serving approach to pipelines, limited to projects benefiting only the states where they're built, would be poor public policy indeed. It would have meant not a single home heated by natural gas in chilly Portland last week.

Critics have other objections, of course, including Palomar's environmental impact. But federal law provides ample safeguards on that score, and NW Natural has a good record of building and operating more than 14,000 miles of pipelines with care for the environment.

Palomar critics also argue that natural gas and LNG development runs counter to global warming initiatives. To the contrary, clean-burning natural gas is essential in helping nations make the difficult transition from the coal and oil era to clean, renewable energy.

It's true that the pipeline would cut through many miles of valuable farm, vineyard and timber lands. That's an unavoidable downside that would have to be mitigated through fair compensation to landowners and adherence to the highest safety standards.

There's irony in this controversy. At a time when the federal government seeks to stimulate the economy by spending hundreds of billions of dollars on big public works projects, Palomar would be privately funded to the tune of \$800 billion.

That would put a lot of people to work. And though it's not the main reason the pipeline should be built, it's a good one.

-- Bob Caldwell, editorial page editor

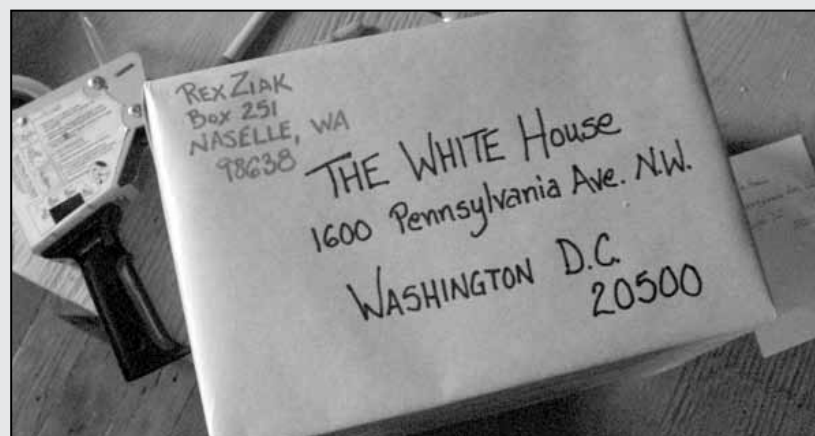
### DAN SERRES: CONSERVATION DIRECTOR OF COLUMBIA RIVERKEEPER talks back.



- Oregon doesn't need LNG. Oregon should invest in renewable energy infrastructure rather than pipelines meant to deliver foreign fossil fuels
- Renewable energy employers have hired, in the last two years alone, many more permanent employees than will be created by all the combined LNG terminals and pipelines.
- Oregon doesn't need Palomar. Recent projections from the federal government and the California Public Utility Commission show that gas imports will become less important as domestic supplies grow. With the largest market for Palomar's gas - California - projecting flat demand for the next 30 years, Bradwood and Palomar just don't make sense.
- Palomar will hurt ratepayers. LNG from Bradwood would cost more than domestic gas. The Oregonian mistakenly concludes that LNG will help solve Oregon's energy problems, when in reality it will cause us to be dependent on high-priced, foreign supplies that ratepayers will ultimately have to pay for in Oregon (and particularly in California, where most of the gas will go)
- The Oregonian falsely concludes that impacts will be mitigated to meet our laws. Apparently the Ed Board has failed to read the Oregonian's own recent stories on this issue. The USFS



"I hate to lose these shoes... they were well broken in with plenty of life, and I just found new laces, but..."



Care to send Bush a parting gift? One Columbia Pacific Region resident did. Here's your chance! What a message it will send if every American were to throw a pair of shoes his way....it would become part of his legacy and part of history!

plans to re-write federal management plans to accommodate the project. Senator Wyden was right to stand up to weakening our laws for a project Oregon doesn't need. Additionally, the projects would undermine our land use planning, having a huge impact on farms and forests - a reason why local Farm Bureaus, Grange chapters, and 1000 Friends of Oregon oppose Palomar and other LNG-related projects.

- The environmental impact of the Palomar pipeline will be devastating. Palomar would damage over 300 streams and rivers, including federally listed Wild & Scenic Rivers like the Clackamas and Deschutes.
- The use of Eminent Domain by for-profit companies against local agriculturalists and the impact to crop productivity that would result from this construction cannot be "mitigated." The condemnation of land and restrictions over its future use will forever impact the economic viability of farmers, vintners and foresters. There is no such thing as "fair compensation" for taking land for an unnecessary project.
- LNG will harm Oregon's global warming reduction goals. The editorial board refers to gas as a "clean-burning" fuel, but fails to acknowledge (yet again) that LNG-sourced gas is much more greenhouse gas polluting than domestic gas. In fact, LNG is 30% more carbon intensive than North American sources. LNG is not a clean burning fuel.
- There is a massive environmental, economic and political difference between investing in Natural Gas from Canada or Colorado and investing in Liquefied Natural Gas from Qatar, Russia, Venezuela, Iran and Indonesia. The Oregonian editorial board fails to acknowledge this problem.



## YOUR LETTER

Use Dan Serre's talking points and craft an editorial to the Oregonian. Letters go to: [letters@news.oregonian.com](mailto:letters@news.oregonian.com). Please include your address and daytime phone number. We also urge you to post your letter on the public blog, My Oregon. You can find the link to the My Oregon blog at [oregonlive.com/thestump](http://oregonlive.com/thestump). The blog ensures that your letter will be seen by other readers."





108 N. Hemlock  
Cannon Beach, OR  
**Box Office: 503.436.1242**  
Tickets \$17 - \$15  
Visit us online at:  
[www.coastertheatre.com](http://www.coastertheatre.com)

## 2009 SEASON TICKETS AVAILABLE

GRACE & GLORIE: Feb. 6 - 28  
BUS STOP: Mar. 20 - Apr. 19  
DAMES AT SEA: May 1 - 24

## SUMMER REPERTORY SEASON

June 12 - October 17  
BULLSHOT CRUMMOND  
SHERLOCK'S SECRET LIFE  
COME BLOW YOUR HORN

Winter Show Nov. 13 - Dec. 20  
HELLO DOLLY!

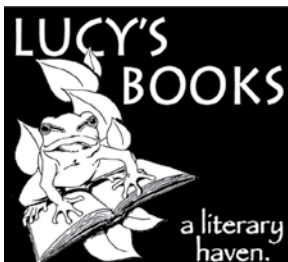
KIM ANGELIS Gypsy Violinist  
Sunday, Feb. 22 at 3 pm

## WINTER CLEARANCE NOW IN PROGRESS

unfurl  
eco-fiber clothing

hemp  
organic cotton  
bamboo  
shoes  
jewelry

Open daily • 447 Laneda Ave. • Manzanita • 503.368.8316



BOOKS FOR ALL AGES  
JOURNALS  
CARDS • CALENDARS

**LOCAL. INDEPENDENT.  
A HUMAN BEING BUSINESS**

Open Mon-Sat • 10:30-5:30 • Sun 11-3 • 503.325.4210  
348 12th • Downtown Astoria • [www.lucysbooks.net](http://www.lucysbooks.net)

## HISTORIC MUSIC SERIES: Acoustic Folk

last saturday  
of the month  
7:30 - 9:30pm  
\$5 Adults  
\$2 Kids  
gourmet  
coffee



▲ Saturday, Jan 31  
THE SASSPARILLA  
JUG BAND

► Saturday Feb 28  
LAUREN SHEEHAN  
FOLK CHANTEUSE

Corner of Spruce & Sunset Streets  
open wed - mon • 1pm - 5pm 503.436.9301

# WHAT ARE YOUR PRIORITIES? TAKE THE SURVEY!

**ONWARD OREGON**, the State's largest progressive online community network has recently posted a focus survey. Give your voice to critical issues and what you think the Oregon Legislature should focus on. Weigh in on ballot measure reform, fair and smart taxation, land use planning, climate change and green investment - and comment on local issues in your community - your feedback will set the priorities and Onward Oregon will provide it to our state

leadership in Salem as they begin the 2009 Legislative session.

Onward Oregon is an all-volunteer staff and part of the growing progressive grassroots movement both nationally and across Oregon. Onward Oregon exists to connect people in joined advocacy for progressive change in Oregon. To learn more about Onward Oregon and take the survey go to [www.onwardoregon.com](http://www.onwardoregon.com)

## Father Good the Whole

by Stephen Berk



**JUST BEFORE CHRISTMAS** an article appeared in the New York Times under the title, "It's a miserable life." It was a wizened critique of the 1946 Frank Capra film and perennial yuletide chestnut, "It's a Wonderful Life." The writer, Wendell Jamieson, first saw the film as one of a group of high school students a teacher showed it to after school in 1981. While backhandedly confessing to some of its charms, Jamieson spends the thrust of his article smartly slamming the film and what he takes to be its message.

In the unlikely case that you've never seen the movie, it portrays the life of George Bailey, the eldest son of the owner of a Building and Loan company in a small heartland town called Bedford Falls. The forerunners of Savings and Loans, or thrifts, Building and Loans were banks that flourished in the first half of the twentieth century whose purpose was to grow the economic base and prosperity of the local community. With federal assistance they provided low cost mortgages to help as many people as possible realize the American dream of owning a house. George feels confined by the smallness of Bedford Falls and he harbors dreams of seeing the world, living in the city, and making some major contribution. But when his father dies unexpectedly, George is the only one available and competent enough to run the bank. So he ends up sacrificing his life plans in order to keep the benevolent institution alive. And his younger brother Harry ends up living out the flashier life George had wanted for himself.

He marries a wealthy girl, moves away, goes into her father's business, and ultimately is celebrated as a combat hero in the Second World War.


George's nemesis is one William Potter, a rival banker and caricature of the self enclosed tycoon. Potter dislikes the Building and Loan because it stands in the way of his controlling the entire town. In the film's climax, George's forgetful uncle, a bank employee, misplaces a wad of cash the bank needed to pay its depositors. Potter finds the misplaced money, but holds onto it so that the bank will fold and George will be imprisoned for misappropriation of funds. Feeling the meaning drained from his life, George tries to throw himself off a bridge but is prevented from doing so by a guardian angel who shows him what Bedford Falls, renamed Pottersville, would be like if he had never lived. This is where Jamieson wants to turn Capra's morality tale on its head. Pottersville is a wide open town, full of bars, jazz, loose women and the like, a nascent Las Vegas. Jamieson thinks this would be a much more fun place to live and ultimately more economically viable than strait laced and dull old Bedford Falls. He notes that even though the Bailey Building and Loan had brought manufacturing to the town, in present day postmodern America manufacturing is out and casinos are in. So Bedford Falls is destined for the rust belt, and Pottersville is the cutting edge of casino nation.

In actuality, Capra's sentimental tale is much truer and more relevant to our time than Jamieson's hip

revision. Oddly Jamieson wrote this piece in the midst of the biggest economic meltdown since the Great Depression, yet he pokes fun at a film whose chief message is the merit of self sacrifice for the good of the whole. The generation that grew up in the depression and went on to fight World War Two knew that we Americans are all in this life, with all its crises, together. They understood the sharp limits of competitive individualism and of living purely for self enrichment, or self expression. Pottersville might be a superficially fun place for those who have money, but it has no thriving development of neat single family homes which the Building and Loan made possible. And people living in these homes in Bedford Falls are, in Pottersville, renting shacks from Potter. The party atmosphere on the Pottersville strip cloaks an underlying sense of fear and distrust that closes people off from one another, keeping them from acts of caring and kindness.

The economic crisis of our own time is the result of the "greed is good" philosophy that regained sway in the age of Reagan, beginning in the year Wendell Jamieson first saw "It's a Wonderful Life." We are waking up today hung over from partying in Pottersville for close to thirty years. Our country no longer makes much of anything, we have huge disparities of wealth and debt as far as the eye can see. Time to learn all over again the message of Capra's corny old film and the era it aptly symbolizes.





## 20/20 Columbia Pacific 20 Voices • 20 Visions

It's 2020 in the Columbia Pacific Region. How do we live, work, play and care in our coastal homeland? Are we eco-diversified, creatively self-sufficient, have we diminished the reported 25% of the Clatsop County population in 2008 who must rely on Food Bank donations? Or are the banks of the Columbia River polluted with LNG emissions, our shores cluttered with abandoned developments, our landscapes and waterways damaged beyond comprehension from the final imbalance of timber harvesting? What has changed for the better or worse?

A lot can happen in 11 years. To celebrate the New Year and the new tide of leadership in our country, hipfish invited 20 local/regional voices to share a prediction. Read on.

- Dinah Urell

### How We Live

#### Prayer

A fire or hearth is central.

Around it is dancing, song and stories told. We welcome strangers with tales to tell. Teaching our children and each other what once was and what is possible, we kindle the future.

Around it we share news and make decisions about the days to come – when to plant and when to reap. When to reprimand and when to teach. When to accept and when to be wary. When to forage and when to send to other climes for supplies and new blood, and to spread our stories. We practice this constantly, learning from our mistakes and growing in our wisdom to share both our traumas and our triumphs

We honor the seasons with celebrations and rituals, hauling out the costume trunks, face paints, and banners.

We accept the fruits of garden and hive, honoring the gifts of our plant and animal friends – carrot, chicken, salmon and huckleberry. We honor death as compost for new life and know the seasons of each. We call in what we need.

We have sacred wild places that are rarely touched.

Our living and meeting places are simple and elegant. We carve and sculpt the details, inside and out.

We live near enough to others to connect on a daily basis on foot or via small wheeled vehicles, pedaled or using the precious fuel we generate. We connect through our minds with those farther away – as well as by computer and phone.

We honor each other's bodies. Our differing sizes, shapes and ages draw us to each other in love, in play and in healing. We conceive and nurture our children in love and helping all to grow as the beings we came here to be.

We know the value of our old ones

with their skills and history. Those nearest the time of passing are part of our councils.

We do not throw anything "away," valuing each little part. We have depots and networks to share what is ready to be passed along. When something is truly at the end of its obvious work, we honor and celebrate its timely end.

We apprentice with the skilled ones of all ages. The craftspeople, the healers, the teachers among us. We honor the different ways of thinking and expressing our truth.

We know Spirit intimately. In all that we do we are in touch. We do not need to be afraid.

- Lane deMoll, Community Organizer/Artist/Writer, Nehalem

#### Cooperation vs. Competition

I have a vision of life here in the year 2020 that includes a bright and vibrant community of people who live here because they love the coast and this beautiful natural landscape.

By 2020 the political landscape will have changed to reflect the diverse and balanced perspectives of the citizenry. Progressive majorities will redouble their efforts to unite our community and reinforce regional cooperation. Home towns will still champion their "Loggers, Fishermen, and Warriors" but regional cooperation will be paramount as solutions for water use, flood control, emergency preparedness, transportation, housing and energy alternatives create green jobs and boost our local economy.

Individuals with foresight have led the way to local energy solutions such as wind generators, micro hydroelectric plants, wave energy and solar homes. Transportation will be renewed with weekend passenger train service to Portland and a steam locomotive excursion route. More folks will avail themselves

of the well connected system of trails for family fun, healthy exercise and getting around.

The building industry will grow with incentives for cluster developments featuring solar homes, a neighborhood square and trails that make it easy to jog or bike to work and shopping. Realistic system development fees will encourage smart growth with new development paying its way and contributing to the fire, police, sewer and water systems we all depend on. New and compatible businesses will locate here while our traditional resource based jobs remain strong due to conservation efforts and sustainable practices.

Our well educated work force is complimented by a regional emphasis on cooperation between schools, libraries and life long learning. Regional agriculture, coops, community gardens and farmers markets will foster sustainable small farms that renew the connections between tilth and town.

Community art and diversity will continue to foster dynamic interaction and seasons of celebration.

Regional health care will also seek greater opportunities for cooperation versus competition and wellness will be enhanced by a fully integrated and inclusive system of practitioners. Citizens will utilize regular City and County forums for visioning, interaction, and implementation of projects that retain our character and keep this a community we recognize. Investments in new roads, waterlines, emergency preparedness and energy conservation will foster the hope that we can meet the challenges of growth and global climate change. Rebuilt dikes, flood control and respect for this magnificent estuary will direct growth toward safe and sustainable areas.

We have the capacity now to be the change we seek and our local efforts will be complimented by State and National programs that encourage rebuilding infrastructure in ways that make sense for the 21st century.

We can do it!

- Jim Scheller, Community Activist, Warrenton

#### I Return Home

In 2020 I will return home to visit my parents. I will build a fire, perhaps the first fire in many months. There will be tasks to do, like weeding the garden and helping my father, Joe, to cut back blackberry vines. Hopefully we will harvest lots of fruits and vegetables. The chicken coop will be doing well, with a decent amount of eggs each day, and the bees will provide enough wax for beeswax candles to use during power outages.

The high cost of travel will make living close to my family a good idea. True community will be common, people will know each other and help each other out.

The LNG terminal will not be successful in getting through.

There will be enforcement of the laws to protect children, and more will be done about child abuse.

GMO stuff will be set aside and hopefully more people will be farming.

Corporations that are harming people, and the environment, like Nestle, will be shut down. With no government help to such corporations.

The big problems of today, like global warming and the economy, will be actively addressed and solved, at least in part.

There will be a better government.  
- Sam Garrison Daire, Homeschooler, Son of Joe Garrison and Iris Sullivan, Astoria

#### We'll Have Enough

In 2020 we will celebrate 10 years of energy self sufficiency at the Swallow House. Rain water catchment, grey water system, solar design. The orchard we are preparing the ground for this winter will be mature. We will harvest apples, pears, quince, plums, figs, currants, blueberries, cherries and seaberries. The elk fence will be reinforced by the tall wild roses and hawthorn of the hedgerow. I will turn 50, celebrate my 25th wedding anniversary, and my two sons will turn 18 and 22.

Our 1/2 acre will provide enough fruits, vegetables and eggs to feed ourselves and share with our neighbors. Our pantry will be filled with canned goods. Jewel tones of jam, golden corn relish, pickled green beans. Sauerkraut will call the root cellar home. The bee hives will be thriving and each year we will harvest enough honey to sweeten our tea and make birthday cake.

I am looking forward to the summer solstice party. The big wood fired oven full of bread, the bon fire waiting to be lit. Guests will ride from Astoria to Svensen on the bike path. We will make music, recite poetry, and dance our gratitude to the sun and each other.

- Iris Sullivan, Mama, weaver and a baker-owner of the Blue Scorcher Bakery, Astoria

#### The Natural Environment

11 years from now my four grandchildren will range in age from 12 to 24 years. As a long time peace activist and ardent environmentalist, my perspective is guarded; I struggle to be hopeful. If we are willing to bite the bullet, we can meet the huge environmental challenges facing us.

For 18 years I have fought against actions that have seriously degraded once-pristine Willapa Bay (hopefully not fatally). The misguided arrogance of the small number of people in power, underestimates the force and purpose





of nature, foments pesticide use, which along with other sources of pollution have compromised much of Pacific County.

My vision focuses on one solution to make our communities healthier and more prosperous by 2020.

The natural environment. A hugely amorphous concept, it encompasses the air we breathe, the food we eat, the water we drink; all are related to the health of our rivers, lakes, and oceans. All are impacted by human activity. Non-native species need to be accepted as an evolving part of the natural environment, and not be a justification for increasing pesticide use. In my opinion, by 2010, we must have a plan for the immediate reduction of pesticide use by 90% so that by 2020, the rivers, lakes and ocean will have a chance to recover. Pesticide use, because regulated by law, can be more easily controlled than contaminants flushed down toilets.

This is how we can begin to revive dead areas in our ocean, and stop utilizing toxic waste dumps on land that poison water and air. Thus, our waters will be restored with marine life, the bees will return, balance will be resumed. Fishing and farming, communities and our health will be revitalized. Our agriculture system will be sustainable, becoming more decentralized and local, so that food does not always have to travel great distances. Cancer, asthma, autism, diabetes; illnesses linked to pesticides and pollution will greatly decrease. There will be wind machines in the hills and backyards. Solar panels wherever it makes sense. Perhaps tidal energy will be tapped. All these methods will reduce our reliance on fossil fuel. Thoughts of LNG will be distant memories. This is the beginning of a recipe for survival (not utopia) that we must utilize if we are to reach 2020 intact.

- Fritz Cohen, Proprietor of the Moby Dick Hotel and Oysterfarm Nahcotta, Wa.

## Ampersand

I was thrilled to hear from my grandson today. With all of the technology out there one would think it would be more often. Alas! I'll take what I can get.

Fifteen years old, finishing his basic education to start college next term, two years there, then it's on to University (SOP).

My grandson sent me a text then

videoed a plea: Soc-eco professor assigned "What was the most significant Socio-economic development that changed your home town in the last decade?" "Bika, send the footage of the raging debates that took place during the years of the Either/Or Wars". You remember: either you were for us, or you were against us. Either you loved the way we tell you to love it or you must hate... So forth and so on.

An embarrassing time of sadness and hate; of family members not speaking, people booing and hissing during meetings, neighbors separating into "insiders" or "outsiders". The accusations thrown; the snide, snickering remarks and dear friends crossing the street to avoid one another.

Then, the Year of the Recall. Our little county spent one \$100,000 on recall elections! One side would recall a local official who gave the impression of approving LNG, then the other side would recall the person voted in to take their place. Back and forth, finally no one wanted to serve. Local affairs had to be conducted from the Governor's office.

My grandson asked, "What changed?"

Do you, my readers, remember what changed?

Someone introduced the word AND. Someone discovered that the natural gas system that covers the United States mapped out the infrastructure needed for compressed air to be stored AND that would be used by the solar plants constructed in the southwest to store energy. The compressed air could be stored AND released to run turbines, as needed, in combination with the natural gas.

Here we are in 2020 ahead of schedule in our goal of becoming 100% renewable energy reliant by 2050 because of the word AND. LNG is shipped from Alaska eliminating the incursion of pipelines. LNG's revolutionized pipe construction laid the groundwork for pipelines of liquefied salt (used as conduit of heat), if needed in the future. Locally, in Oregon, the energy plants work in partnership with one another because of the word AND. The renewables are able to keep their once prohibitive costs down because of this partnership with the LNG industries. The LNG industries work more efficiently because they are making money with the renewables. Because of these partnerships less money was spent on subsidizing, lessening the tax

burden. AND that meant more money stayed at home! AND the strengthened local economy attracted our youth to return home. AND all it took was one small word.

My Grandson is spending his 'mandatory year' overseas in Japan, learning cultures, sharing lives, expanding our business networks, while both our regions blossom economically. AND is all it took.

- Carrie Bartoldus, Writer, Astoria

## Hindsight is 2020

It had been a good holiday, unexpected, during what people referred to as the "Hundred-Year Decade" for its magnitude of change. To be sure, the weather kept guests lingering two weeks after the New Year, enjoying the luxury of a little free time with good company and enough to eat. They busied themselves chopping wood as the old woman set out on her errand. Every winter of the past twelve brought snow that stuck around a month or two, before giving way to thunderstorms and high winds in March. Sunny cold days, sleighs and sleds and skaters, making their way to market and friends, reminded her of Currier and Ives.

2020. It sounded like a prescription. If only everyone's vision had been so clear ten years ago they might have built railroads not airports and wind turbines not condos, while they still could. There would have been fruit and nut trees producing by 2020, and more gardens... Hindsight.

Certainly, the decade had made a great many things quite clear. Like Mother Nature's power. Withholding the dreaded tsunami, thankfully, She'd had plenty more up her sleeve: flooding, draught, freezing, and roasting. Summer temperatures as high as 103° during four of the past ten years. The old woman smiled at the memory. She enjoyed sunny summer skies, and the hot weather had increased yields for all the novice backyard gardeners, a lucky thing.

Clear, too, were the lengths to which people would go to avoid change, and their amazing adaptability once they embraced it. The ruthlessness of enormous global power and wealth; the speed at which it could be rendered impotent. Our initial helplessness, as reliance on outside sources for food, clothing and

shelter left us empty-handed. The bond created when we learned to supply these for each other.

"We're growing up," she mused. Our teens' world of text messaging, school and dating had given way to their core involvement in the local water power projects. Our adulthood proved to be in-name-only, utterly dependent on a System we did not control. System toys kept us entertained and docile, despite years of warnings, while we ceded control of reality and our future.

Not without cost. When gas soared to \$9 a gallon in 2010, trucks cut deliveries in half. Nationwide layoffs in '11 sent unemployment to 36% and initiated massive military recruiting. Then the power grid went down in '12. Disbelief, then panic. Out-of-control inflation, food shortages, and meaningless government actions teamed with Mother Nature's wrath, took a high toll.

During this decade-long Rite of Passage we were cut off from the outside world. When news came, some of it was stranger than science fiction: like when the synbio lab on Oahu lost control of some "nano goo," threatening all carbon-based life on Earth. Luckily a typhoon carried it out to sea where it gorged on the Great Pacific Garbage Patch, doubling in size before collapsing when the garbage was gone.

Bloom, overshoot, collapse. The old woman frowned, "Our story, too." She turned her horse into the neighbor's drive. Only 6,000 people stayed in the area formerly known as Clatsop County, many of them refugees. But...there was something new and very positive among them, a bond. They cared for each other and the land. Without the exchange of a single dollar, they repaired houses; raised, harvested and stored crops; crafted shoes and clothes. They were even completing a steam train to reconnect Clatsop with Portland.

She stopped her horse and climbed down from her cart, cradling two bottles

The old woman smiled.

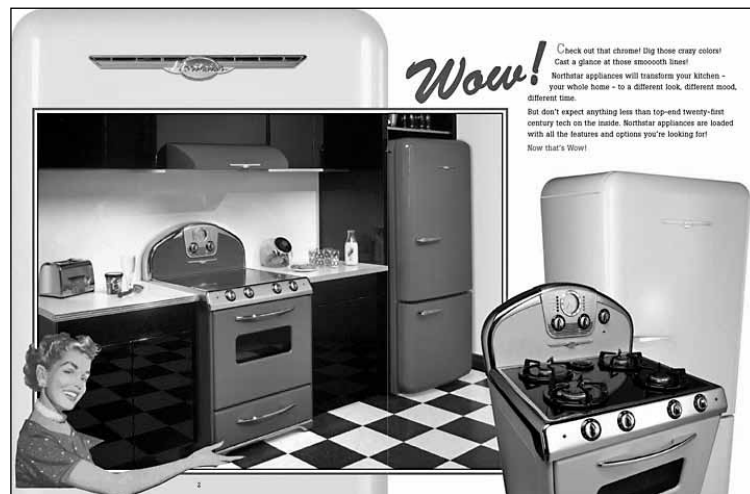
- Caran Black, Founder Titanic Life Boat, Astoria

## Human Scale Medicine

Medicine is an activity that defines human culture. All cultures have some collective theory about causes of disease and death, and designated medicine women and men who embody the knowledge of healing plants and techniques. Some have speculated that there are so many medicinal plants in the Amazon jungle because they were planted first by natives! (see Charles Mann's fascinating best-seller, 1491). In myth, humans learned the laws of nature (perhaps personified as goddesses and gods) and lived in harmony with a supportive Nature, bound by the resources of their environment.

That mythic harmony was shattered 8000 years ago, in the late Neolithic, as is recorded in our earliest written literature. Gilgamesh, king of Uruk, traveled to the Cedar Forest (home of the Gods) and killed Humbaba, its guardian. Gilgamesh then took possession of the Cedar Forest for his kingdom, and spent the rest of his life questing after immortality. That Neolithic revolution was a defining moment: no longer were people to be the passive servants of Nature, they were to dominate and control nature, and defy death itself. Today, some people's vision for the future requires the total control of nature; an aggressive medicine that seeks ultimate power over life and death.

In some ways, Gilgamesh's revolution seems to have succeeded, for today, it is almost commonplace that a 92 year old man can be rescued from terminal heart failure, taken by helicopter to a distant hospital, have his chest opened, his heart stopped, a valve replaced, and then wake up in less than a day -- able once again to father another child. Recently, a medical team replaced a woman's damaged trachea with a new one grown from her own stem cells.



of milk and handing the reins to a young boy, whose mother welcomed the old woman inside for a hot drink, pie and news, before exchanging freshly baked loaves of bread for the milk. Free exchange, cooperation, caring, living within our means in respect for all life; a new kind of freedom, where the good of the whole is enhanced by the good of each one. Our clear vision in January, 2020.

Is this almost immortality? Or is it the hubris of Icarus, flying too close to the Sun?

Gilgamesh's revolution isn't just a myth. Archaeological evidence demonstrates that people abandoned the hunter-gatherer lifeways and adopted settled agriculture and nomadic herding around 8000 years ago. From that time on, the Cedar Forest was toast -- ripe for human exploitation-- the accumulation of wealth as stored grain and herds of



animals became possible. The result was the foundation of great cities, the stratification of society into the powerful and the powerless, and ultimately the development of art and science and the transformation of medicine from passive to aggressive.

At first, it wasn't so clear, but now we all know ( $E=mc^2$ ) that Nature is actually made of Energy, and that the control of Nature depends on the understanding and control of Energy. Even before the dawn of urban civilization our forbears

had discovered how to transform energy into useful work by human and animal muscle power-- and the accumulated wealth of city life meant ever more energy to transform. And then, about 300 years ago, humans really hit energy pay dirt when they discovered how to exploit fossil fuels -- at first coal, then oil. Suddenly Time and Space lost their meaning as per-capita energy use skyrocketed and civilization went Global-- headed for the stars. Once again, the total human control of nature

seemed inevitable, and with it, a kind of medicine that would finally triumph over life and death.

But now, the 21st Century has brought a new vision, not one that all of us share yet, of new limits. Hydrocarbons are limited by geologic reality, the Cedar Forest is nearly gone, and the Earth's temperature is rising. There just isn't enough energy, or enough water, or enough air to keep on doing what we have been doing for the last few hundred years. On top of that, the

human population is exploding. Energy use per capita is now decreasing in a reversal of the human trajectory since the Neolithic Revolution. Modern medicine is intensely energy-dependent, and yet every sign of our times is that we have used up the easy resources of the Earth. Events in Iraq and Gaza stand as gory testament to that reality -- our now desperate search for what Thom Hartmann calls "the last hours of ancient sunlight."

Yet a new vision for the future of medicine and for ourselves is at hand.

We can learn from the past and develop a truly human scale medicine that is more localized, more self-reliant, more energy efficient, and ultimately far more satisfying. It can maintain the useful knowledge of the past while shedding its excesses. The trade-off will be the abandonment of the notion of human domination of all of nature, and a U-turn trajectory toward that mythic harmony that probably never existed, but remains a worthy, yet elusive goal.

- Dr. Tom Duncan, Activist, Astoria

## How We Work

### Hank Hankenen

Hank Hankenen was born in January 2000, one of Astoria's first children of the new millennium. Just over twenty years later he's walking to work in his home town.

Hank could have driven one of the electric cars or trucks provided by the Community Operations Department. Anyone with a holographic license could borrow one of these vehicles for trips within the city, then leave them at one of the numerous solar recharging kiosks.

Today Hank would rather walk. After the big snow, after the windstorms of a tumultuous and unpredictable winter, Hank was enjoying this crisp and sunny January day. Besides, he wanted to try out his new backpack.

Hank got the pack for his birthday, a gift from his brother Reino. Reino worked in the DNA simulation lab at the Skipanon Peninsula Ocean Research

Center.

The backpack sported the latest in nano-solar fabric. Even on an overcast day the pack could produce more than enough energy to charge Hank's tools, his communications portal and his 100th Generation iPod. This would be the first charge for Hank's new power-assist caulking gun.

Last summer Hank graduated from the Green Collar Jobs program, a popular part of Vocational Solutions to Environmental Challenges. "Solutions" was formed a decade before as an innovative partnership between Clatsop Community College, Astoria High School, Oregon State University and the local business alliance. This venture is largely credited with attracting a billion dollars in private investment at the Tongue Point Renewable Energy Development and Production Cluster.

Hank would rather run his own small business than take one of the numerous

jobs available in the green collar field. Today he'll begin an energy efficiency audit and conservation enhancement for Mrs. Karavara, in Uniontown. He enjoyed meeting his new customer the other day and explaining the federal program that encourages reducing energy consumption. Many of our elderly don't realize that they can stay warmer and save money by taking advantage of this program. Hank likes to get paid for helping his neighbors while doing the work that he loves.

At Mrs. Karavara's house Hank accepts a cup of coffee and toasted sweet cinnamon bread. Then he gets to work. He sets up a few air-flow and temperature sensors that transmit data by GreenRay to his communication portal. He checks some automated calculations in the three dimensional projected model of Mrs. Karavara's home. As good as the electronic analysis is, it always misses something.

Employing a combination of high tech tools and his common sense, he sees that he can make some improvements on the spot. In this case there were many obvious drafty spots around windows, baseboards and electrical outlets.

Hank pulls out his solar-charged power-assist caulking gun. The 100% post-consumer material housing shines. The motor softly purrs as a perfect bead of non-toxic caulk emerges. It just doesn't get any better than this. He can't see any reason to ever leave Astoria.

Peter Huhtala, Executive Director Columbia Pacific Business Alliance, Astoria

### The Forest for the Trees

National and state legislation enacted recently to combat climate change has created a market for trees as carbon sinks, and this prompted public and private land owners to grow back our coastal rainforests as the most profitable use of their land. We can see the beginnings of the change most clearly in the restoration of not only the highway buffer zones that were cut back in the 20-teens to "enhance safety", but also the state and private forests behind these buffers that were until recently clearcut on a regular schedule to provide money to our coastal communities and other rural communities in Oregon. (In fact, the old policy of timber providing funds for schools was superseded by new state and federal laws providing part of the funding source for schools through

taxes, with new revenues from local energy "farms" and agricultural producers providing the rest.)

Local governments, which until recently were supportive of the logging

few years in how we think of our natural environment. Due to some really smart legislation, and the changing demographics of the area, we are finally seeing the forest for the trees.



Bob Goldberg, hipfish local issues writer, Astoria

### Compassionate Vibration

Wow it is 2020, who would have thought we'd get this far!

I am reminded of Ghandi, he would always wait until the last minute, pondering, weighing his options and only in the final moment would he commit to a course of action. Maybe we humans share that trait.

I remember in 2007 when Al Gore came out with his movie about Global warming. Then in 2008 when Obama became President and rode the wave of "change consciousness" to help bring on the birth of this new era. Births must have labor, a spirit needs to go through the tunnel of darkness to emerge into the light. So we went through the labor of years of change.

I remember telling friends in 2008 about the economic crash and how institutions didn't have the emotional vocabulary to deal initially with the onslaught of people asking for assistance with their debts. We needed to develop the vocabulary of compassion. The Dali Llama had been telling the world about compassion for years, we finally got it. It was a slow glow, like a sunrise.

Fridjof Capra's concept of Morphogenic Fields comes to mind as an example.





The more of us who delved into our own souls and found compassion for ourselves, the more others were able to find it in themselves as well. As the sunshine of compassionate awareness grew and grew, ideas that had lain dormant for years emerged to heal the disharmonies on the Planet. We all woke up to the fact that we are crewmembers on the awesome Spaceship Earth.

One of the many elements of compassionate awareness that took hold was in the field of growing food. In the early 60's and 70's a place in Scotland called Findhorn had experienced the amazing results of growing food by tuning into the vibrational fields of the plants, listening to their essence. Some called this essence the angelic realm, others called aspects of it Deva's and Faires. Dorthy McClean was a prominent spokesperson for this communication. A woman named Michele Smallwright and others too had used this tool. Well in the early part of 2009 a wave of interest in small-scale food production swelled to a real movement. By growing some of our own food we were able to radically reduce the amount of greenhouse gasses being produced. Similar to

Victory Gardens, but with a connection to the essence of the plants. People saw that, as they were members of Spaceship Earth, so too were the plants and animals, the microbes and this essence.

We made it through labor and now wind and wave and climatic change has mellowed. The dance with the vibrational fields is like breathing now, one moves only in ways that are joyful and compassionate. Everyone grows food, flowers, nuts, berries, whatever works in their local climate zone, and there is a lot of music, poetry and community events that celebrate our oneness.

*Larkin Stentz, Steward of Green Angel Gardens Sustainable Living Center and Organic Farm, Long Beach, Wa*

### The Same, Yet Different

It's amazing. It doesn't look that different around here than 10 years ago, but it sure feels different. Economic collapse shifted into economic and social transformation. Amazing! That collapse, and 9/11, broke our "invulnerable" beliefs that we could endlessly plunder the earth. Suddenly we could see the wrongness of corporate economics and admit that basing our society on

greed and centralization of wealth was destructive. The rest was easy.

Our homes don't look much different, but there's more local employment as we continue to implement the "TillaWatts" Net-Zero-Energy retrofits on existing homes, eliminating the need for heating systems, chopping our electric use, and splitting oversized homes into affordable housing. As factor-10 economics predicted, we've already reduced home energy use by 80%. Enough to also run our electric cars on our share of BPA hydro. Our super-insulated homes are storm-safe, warm when power is out. And running the true numbers convinced us there is enough for everyone, needing a tenth of past energy and resources.

It's wonderful – no billboards and advertising; no oversized supermarkets and box stores. We know where our local food comes from, know it's organic, safe, and nutritious. No more boxes of sugar and empty calories. No more deceitful pricing - \$1.83 for 8.7 oz. Just simple prices that help make decisions. Eating organic and not overeating; eating local, unprocessed, and lower on the food chain; and having our own

gardens has reduced our food energy use by 90%.

It feels good trading and paying cash, not paying 20% financing on everything we buy. It was mind-boggling to realize we were spending more years paying finance charges on our homes than for the homes themselves. Thank goodness for the new shared-equity land-trust homes that eliminated financing! The foreclosure rebellion and debt cancellation for everyone, after Bush's Banker Bailout, really changed things. And living wages, living-wage social security, and single-payer healthcare is not only cheaper and fairer, but has wiped out that "fear" basis of our lives.

It feels good to still share our wonderful place with visitors, but tourism has really changed. People come by bus – relaxed, staying long enough to know and love our communities and places, instead of highway-vacations. They bring things to share with us from their communities. And it's wonderful having a richer culture here, with people from all parts of the world.

Global warming is another of fear that has receded, thanks to our strong and fast community actions that gave

leadership to the rest of the country. It sounded weird, at first, asking for energy taxes. But they encouraged and paid for the investments in efficiency; and knocked fossil fuel use, greenhouse gasses, and foreign debt way back. The construction moratoriums in low-lying areas, supported by the insurance industry, opened people's eyes to the impacts we faced on the coast here, and brought forceful action.

It's the invisible things that have changed the most. Living in a sacred, not a legal-centered culture. Doing meaningful work that contributes to our community, having leisure. That 32 hour European work-week not only took care of unemployment, but taught us to relax! We've gotten whole new sciences since we acknowledged qi energy and the magnetic basis of our universe. And new goals in our lives that really feel good. With longer rotations and no pesticides, our forests have recovered, and with them our fisheries, and the soul of the place we live.

What a wonderful time to be alive!  
*Tom Bender, Sustainable Architect, Nehalem*

## How We Play

### 2020 Beach Party

"May I get you a beverage?"  
A little later, "Would you like something to eat?"  
I was on the corner sofa at the Blue Scorchers unobtrusively babysitting the annual four hour open house required of historic buildings blessed by Oregon's special assessment program, when asked

that by Ajina, a young recent addition to our community, a self-described "child of hippies."

Such potent simple expressions of kindness to a stranger.

Shortly later I crossed paths with Mark Erickson, who attested to being impressed and given hope by this "new generation". Heaven knows we need hope. It's enough for me to set aside my

misanthropy long enough to imagine with you a few hours in the early summer of 2020.

Our Beloved Mayor remains our figurehead, having taught us affability and appreciation of Astoria's small town qualities that continue to confound newcomers. Our Fort Hill councilor continues his de facto role as articulator for the male majority on the council of the positions they perennially find so difficult to express in words, yet agree upon so dependably. We've expanded our cruise ship greeters to include a native dance troupe from Tongue Point, funded by a \$500 grant from our Arts Council. Karamel Korn is sold at shipside by local graduates. The elders of the ol' boy network are satiated financially and emotionally, having pleased their dead ancestors with pieces of the pie in real estate deals involving public lands on the river and out the window from City Hall.

So what do social progressives not blessed with a yellowed AHS diploma do to grasp at sanity? Time for a beach party.

We'll borrow the Cart'm Trash Bash guest list to bolster our ranks, and via 2020's version of media for spreading notice quickly, we'll all magically agglomerate at the appointed moment north of the access road on Sunset Beach for a massive ritual affirmation that we are not alone on the Upper Left Edge after all.

All confoundingly legal and mellow. Finger cymbals, dervish-like whirling. Chanting, massage. 5¢ psychotherapy booth. Some engaging in trespasso in the beach grass (lest you misconstrue this, Google trespasso + Arica). Food, camaraderie, listening to the surf.

Ommmmmmmmmm.  
Past as prologue? Interpersonally and socially it won't hurt us to borrow the

best of the 60s and early 70s. After the decade ahead of us, we'll need a good party.

*Robert C. Stricklin, Aspiring Saddle Songs Chanteur, Clatsop Plains*

### A Movement of the Masses

Perhaps it began eleven years ago when people were inspired by the idea of hope and change. A new administration not only made affordable healthcare available to everyone, it committed millions of dollars to ending our nation's obesity epidemic. The money wasn't spent on education. People have always known how to lose weight, but having the knowledge doesn't lead to weight loss. How one uses that knowledge is what makes the difference.

The message was a simple one, but the passion in which it was delivered was what caused the masses to shift. Move It! wasn't the latest fad diet or the newest exercise program. It was the massive media campaign that our government implemented across the country that not only reminded us the reasons why we wanted to live healthy, active lives, but encouraged us in ways that made sense. Americans not only changed the way they ate and exercised, but the way they lived.

It wasn't fat-free foods and gym memberships that gave people hope and inspired them to change. It was hearing the message day in and day out that brought about the desire within each of us to create the kind of lifestyle that made us feel good. It was becoming more mindful about what we put into our bodies and how we moved them. Collectively, we talked about the message with each other and we took action.

Taking our health seriously is now the nation's new epidemic and the North Oregon coast is no exception. It's a rare

thing these days to see an obese person in our area.

Hope and change may have been the buzzwords of a new kind of politics in 2009, but today in 2020, they represent a movement that continues to move the masses towards better health.

*Lisa Evans, Tsunami Studio Owner/Class Facilitator/Movement Artist, Cannon Beach*

### Art Expands

The Cultural Arts have evolved, grown, expanded, merged, are ubiquitous in this so very rich Columbia-Pacific region we inhabit. Looking back we see the seeds, buds, sometimes the already fully developed fruits and flowers of the scene of today, 2020.

Arts and Culture non-profits are alive and well. Coast Community Radio, Hip-fish, and other form of media are getting the word out. There's so much going on in the community that it's hard to fairly represent all the happenings, but we'll try. The public support of the arts is tremendous and the difference it has made to the community is palpable. Not just the events, but the spirit, the inclusiveness, the involvement in the arts by people of all ages, perspectives, interests, and abilities. The ever-expanding ethnic diversity has enhanced our vision; our understanding of the world, as well as our ability to creatively problem-solving through the vehicle of the arts.

The richest gifts of our region include the natural beauty: the Columbia River, Pacific Ocean, mountains, forests, wildlife; and the human made beauty, inside and out. Galleries and Beyond works to bring a wide diversity in visual and sculptural art forms in galleries and public places throughout the region. Grants are readily available for public projects that enhance the environs; in small out of the







way places as well as large public installations. Wall murals, sculptures, preservation and enhancement of historical buildings, young people mentored by experienced artists; just sampling of the many benefits we have received.

Theater and Dance (which for years were on a financial roller coaster) are now firmly entrenched. There are arts programs in the schools, connecting to and feeding the rich community arts organizations supported by the public. Plays are produced exploring profound and difficult subjects, many quite controversial. Folks exercise the opportunity to come together, discuss, exchange ideas, learn from one another, and solve problems. Musicals and classical productions abound as well.

In the Columbia Pacific region the arts slowly but surely have become the heart and soul of our communities. Art is recognized as being crucial to life; the most viable way to stay alive, communicating our thoughts and needs, sustaining our economy and helping us achieve our goals, as well as supplying us joy and fulfillment.

**BRAVO!**

*Carol Newman, KMUN Host and Culture Gura, Brownsmead*

### Future Theater Playhouse

Astor Street Opry Company and the Coaster Theater are thriving. There has been a resurgence of The River which is housed again in its own building. Theater companies are working together sharing resources. There are full time theater, music, dance instructors at the college. The theater program fulfills the desire for theater arts training in this community. Theater students are regularly accepted at four year college theater departments and professional training programs.

Theater continues to create dialogue in the community. The River is in the process of making a "community voices" project. The Coaster just closed an exciting season of contemporary plays for their summer rep. The Astor Street Theater Company is doing a new playwright's festival and offering children's theater. The college is running Othello. Jenny Newton is still working her magic with the High School Theater program, currently working with improvisational theater. The Liberty Theater has a resident opera company and is producing

Carmen.

Astoria is now considered a destination for the arts and is creating a following statewide. The business community recognizes the significant financial impact of a thriving arts community. We are working together as artists, business owners and community.

With hard work, community support and a lot of creativity it can happen.

*Karen Bain, Theater Director/Instructor, Astoria*

### Creativity AND Tourism

Dear Holly,  
Remember back in 2008 when I first told you about the community program I was developing with a group of women here at the coast? A writers' series. Our goal was to provide an entertaining evening monthly for local community and weekend visitors alike.

Of course, you know me — "Dream Big!" Our bigger goals: to connect the writing community, to help us learn from established authors, to sharpen our own writing and reading skills with the Open Mic session at each event. And to get more people excited about tapping into their own creativity.

Our group discussed bigger visions. We saw writing workshops for local children and adults, an annual writers retreat weekend bringing well-known authors here to teach craft, and an annual publishing weekend to help local writers get their work in print.

"It could become as big as Portland's Wordstock," we said. "After all the coast is a draw to writers! It will bring in visitors and boost the local economy. And hey, with national writers visiting our communities, we'll get great press in national and international publications! We want Manzanita and surroundings to become known as a Cultural Creative Retreat."

Yesterday, Jan 2, 2020, we reviewed all that's happened in 12 short years. It's surpassed our wildest dreams.

The Manzanita Writers' Series is a sell-out event each month, filling that wonderful new Hoffman Center auditorium here in town. Publicists and well-known authors contact us to ask to read at it. What's incredible is how many of them are willing to do workshops while here, for adults in the community, but also for students, providing opportunities and inspiration. That led to an annual juried short story/poetry contest for high

school seniors with a \$1000 prize. One English class turned submissions into a book printed on the old press at the Hoffman Center.

Writers "came out of the woodwork," stepping up to read from their work but also to help with programs. We added annual Writers Retreat weekends to help us all hone our craft and a Publishing Weekend to hone the business aspect. And, yes, they're as well known as Wordstock! What's really great is that the events book up the local hotels and restaurants during the winter! One favorite part of it is the Writer's Potluck and sharing at the Pine Grove.

Writers found ways to partner with other artists and musicians on projects. Tsunami Dance Studio holds free-form dance sessions to help writers access their subconscious creativity through movement. One of our group, Gail, wrote a play about coast life that was produced at local theaters. A group of poets started poetry slams that have become a monthly event filling the San Dune with writers and listeners. We partnered with Cart'm to help people create incredible art combining words and recycled objects. And now there is an annual Environmental Poetry reading similar to the Astoria Fisher Poets, raising awareness and community action.

Google "Manzanita" — the name is synonymous with "cultural creative retreat".

Best, Kathie

*Kathie Hightower, Author /Speaker, and Cofounder of the Manzanita Writers' Series, Manzanita*

### DOWN TO EARTH

The art world's preoccupation bubble, has been penetrated more deeply than usual, by the situation of the world as a whole. Art has always been influenced by visions of slick excess and shiny glitz, and it is probably safe to say, the foreseeable future will move toward issues reflecting the current reality. Who can enjoy excess with hunger at the window?

It seems more individuals are interested in ideas of personal safety, emotional comfort, cozy surroundings, quality and authenticity. When life has been too full of speedy, unsettling changes, the familiar comfort of a few favorite things becomes necessary.

What does this mean for art?

Perhaps OUT with the hard, the dry

and the slick, and IN with the moist, the soft, and the emotionally satisfying. Out with excess does not mean out with bursts of optimistic exuberance. It is too easy to slide into dour and sour in the northwest's almost constant gray drizzle. We all gravitate to the warm center, eyes seeking enough visual relief to spark imagination. Much of the current art is based in performance and installation--art of the moment. Museums have been madly scrambling trying to figure out how to preserve and conserve ephemeral art. New rules must be developed for art that leaves nothing to document and nothing to buy. Art possibly is becoming more like a folktale, to be passed on orally, around and around again full circle.

It is not possible to predict the future with total certainty. It is certain that in art and design we see vast swings in the pendulum of taste and desire. At the moment the pendulum has swung away from sloppy excess to a higher degree of tidiness.

It has been said that the only way to predict the future is to invent it, or in the case of an artist, to create it. The future is created every moment.

It is possible to create multiple visions of the future.

Sincerely yours for a happy go lucky New Year,

*Agnes Field, Artist/Curator, Gearhart*

### What the Guides Have Shown Me

Astoria becomes much more diverse culturally, with an influx of engineers and scientists. The result is an entirely new level of sophistication, leading to a much richer intellectual environment where we'll see:

1) increased support of the shipping channel with revitalized industrial areas along the riverfront north of the city where ships are retrofitted and maintained

2) a larger airport in Warrenton, and some type of air-related research facility located nearby

3) a retooling and expansion of the college utilizing new and existing buildings in the City -- so that the city becomes a university - focusing on renewable resources, ecology and wildlife, as well as incorporating specific technical skill training

4) the Forest Service capitalizes on the rich abundance of wildlife and develops almost-zoologic tours of natural habitats

5) the city branding itself as a village, incorporating community in new ways, modeling self-sufficiency with farming, bartering

6) a new municipal model, a complete restructuring that is more humane and community centric, going back to the rebranding theme

7) the community will be thought of or even called, The NW Corner of the World

8) there will be a lift of some kind from downtown Astoria to the top of the hill from which shuttles will go to The Column, and a new park where there is an incredible structure built for people who will jump off of it and fly over the juxtaposition of the many rivers on the other side of the hill during the Spring and Summer

9) the summers will be warmer, the winters colder -- there are outside activities during the winter as the city assures a comfortable winter village for tourists to enjoy the lights, shopping and skating

A new connection will be built between Seaside and Astoria where bicyclists and walkers will enjoy beautiful country and during the winter there will be cross-country skiing or some type of winter adventures along this route. There will also be a metro-like train connection between Astoria and Cannon Beach either alongside or above this route.

Seaside will change:

1) as flooding becomes more of an issue

2) there are more large buildings along the shoreline

3) the City will retain its character, however, and benefit from the increased population in Astoria

4) the mudflats between 101 and the hills are going to be another focus of the Forestry Department and there will be a large raised park built over the flats there, utilizing a nature conservancy effort to retain the wetland and utilize it as a scientific research and environmental protection facility

5) there is a new high school

6) the county fairground will be in Seaside

*Niki Sims, Intuitive Counselor, HIPFISH Columnist, Portland, Or. as interpreted through a reading for 2020 Columbia Pacific.*





## COAST PRIDE

GET  
ON  
THE  
LIST!

Send your email and mail  
address to:

**clatsop41@yahoo.com**

this is a confidential mailing  
list used only for LGBT related  
events and general info • it is  
not a correspondence

.....

### LGBT MIXER

3RD WEDNESDAY  
OF EACH MONTH  
HOSTED BY  
THE  
CANNERY  
CAFE  
LOUNGE  
no host bar  
complimentary  
snacks  
6pm - 9pm  
see you there  
foot of 6th  
in astoria

questions/comments:  
qfolk@charterinternet.com

## BASIC RIGHTS OREGON Calls for Legislative Action on ENDA

On January 6, Members of Congress raised their right hand and swore to uphold the Constitution as they begin the new legislative session. Basic Rights Oregon's Campaign call to action asked Oregon voters to make sure the first thing they heard about is the importance of an Employment Non-Discrimination Act that protects all lesbian, gay, bisexual and transgender people.

The Year 2009 will see the LGBT Community working on an all-inclusive ENDA.

Support an Inclusive ENDA sample letter:

Dear [congress person],

*I am a constituent and I strongly support the Employment Non-Discrimination Act that would ban discrimination against all lesbian, gay, bisexual and transgender people.*

*I join with the hundreds of thousands of people who make up the membership of the organizations of United ENDA in calling on Congress to quickly protect all workers in America by passing the Employment Nondiscrimination Act (ENDA).*

*I am proud to stand with United ENDA, a coalition over 300 organizations, in calling for an America where workers may not be discriminated against because of their sexual orientation or, gender identity or expression. The time for including these classes in the anti-discrimination laws of our nation is long overdue.*

Sincerely,  
Caring Oregonian

ENDA prohibits an employer from using an individual's sexual orientation or gender identity as the basis for adverse or different treatment in employment or employment opportunities. An employer cannot make an employment decision, such as hiring, firing, promotion, training or compensation, based on sexual orientation or gender identity.

On November 7, 2007 the House voted 235 to 184 to pass ENDA, barring workplace discrimination against lesbian and gay people. This was welcome news to lesbian and gay people who can be fired or refused a job in 30 states for no reason other than being themselves. However, the bill did not include protections for the full lesbian, gay, bisexual and transgender community. Unfortunately, key supporters of ENDA in the House decided to strip gender identity from the bill.

## Donate to Equality:

### BASIC RIGHTS OREGON

Why not skip the lines and the crowds this Holiday season? Give the gift of Equality-- to end bullying and harassment in our schools; to advance marriage equality; and to ensure that every Oregonian can live free from the sting of discrimination.

A gift to Basic Rights Oregon this holiday season is the gift that keeps on giving. Your year-end, tax-deductible contribution goes directly to BRO's most important work: changing hearts and minds to create broad public support for removing all legal, institutional, and cultural barriers to full equality.

With your help, BRO can raise \$10,000 before the end of the year to seed their 2009 efforts. They are one-third of the way there.

Contributions to BRO have secured Domestic Partnerships in Oregon and protected the rights of thousands to live and work where they choose. In 2009 the plan is to work for: LGBT youth through safe schools legislation, for our families by continuing efforts to overturn Measure 36, and for all Oregonians by building a broad and inclusive movement.

So be a part of the change, for yourself, and all your loved ones. Give the perfect gift by making a donation to Basic Rights Education Fund.

Contact Juan Martinez: bro@basicrightss.org

## Pamela Christensen, MA LICENSED PROFESSIONAL COUNSELOR

Providing general psychotherapy for adults and teen, couples and families, specializing in eating disturbances and addictive behaviors.

Over 10 Years Experience • Licensed in Oregon & Washington  
Most Insurance Accepted • Now accepting TRICARE

503-791-8833 • 503-325-4129

## Why Suffer? call us today!

- Auto Accidents
- Work Related Injuries
- Nutritional Evaluations
- Second Opinions

covered by most insurance

Now Offering  
Acupuncture  
Services

## ASTORIA CHIROPRACTIC

Dr. Ann Goldeen, D.C.

503-325-3311  
2935 Marine Drive • Astoria

Alternative Natural Health Care Since 1991

## THIS WAY OUT

The International Lesbian & Gay Radio Magazine

**THIS WAY OUT** airs on **KMUN Coast Community Radio, Wednesdays at 10pm.**

**This Way Out** marks over 20 years on the air! Our first program was distributed on April 1, 1988 (no foolin').

**This Way Out** is the award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.

**This Way Out** leads off each week with NewsWrap, a summary of some of the major news events in or affecting the lesbian/gay community, compiled from a variety of publications and broadcasts around the world. If you have a local news story you'd like us to report, please let us know!

**This Way Out** is sponsored in part by *Qfolk/Hipfish*.

**KMUN 91.9** ASTORIA  
**KTCB 89.5** TILLAMOOK  
**KCPB 90.9** WARRENTON



## Common Sacred Truths & the Unity in Peace WORLD RELIGION DAY

January 17, 7pm, Astoria Performing Arts

**WORLD RELIGION DAY** has been celebrated around the globe for over 50 years in cities, towns and villages. 2009 marks the third year celebration in the Columbia Pacific Region. The event is hosted and organized by Sali Diamond, and her co-host Ravi Sinha, both of the Baha'i Faith, in conjunction with Clatsop Community College Arts & Ideas program.

Six Faiths will be represented in historical timeline - the order of their appearance or revelation on earth will be used as a guide. They include Hindu, Jewish, Buddhist, Christian, Islam and Baha'i. As a part of the program, presenters share spiritual quilts and banners, music, prayer or chants, as well as shedding light on their faith and its meaning in the world today. All presenters are local/regional.

World Religion Day, which appears on the United Nations calendar each year was begun in 1948 by the National Spiritual Assembly of the Baha'i Faith to foster the establishment of interfaith understanding and harmony by emphasizing the common denominators underlying all religions.

According to its foundation; the aim of World Religion Day is to foster the establishment of interfaith understanding and harmony by emphasizing the common denominators underlying all religions. The message of World Religion



Day is that mankind, which has stemmed from one origin, must now strive towards the reconciliation of that which has been split up. Human unity and true equality depend not on past origins, but on future goals, on what we are becoming and where we are going. The prime cause of age-old conflict between man and man has been the absence of one ethical belief, a single spiritual standard – one moral code.



## A New Class Offering to the region: Peaceful Lifestyles and Development of Community

**Dr. William Eldridge**, a retired Professor and Psychotherapist from Ohio State University (living now in Cannon Beach) offers a 10 week Program, called Peaceful Lifestyles and Development of Community. Professor Eldridge has been teaching and doing Community Development work for nearly 30 years, both at the University; and through his Ohio Organization, called The Center for Peace Studies and Community Development.

Now, he has distilled his theories and methods, into a weekly (2 hours per session) "Class" and "Group Interactive Experience" that includes discussion, movies, readings, and experiences related to: a deeper understanding of our psy-

chological and social lives; ways that we communicate; our development as a physical and spiritual "being;" the "stories" we tell ourselves about the meanings and values of living; the importance of mind-body connection; processes of living cooperatively and compassionately; and methods of reducing stress, alienation, worry....and increasing joy, harmony, and love in our lives.

**Wednesdays, 6 – 8pm at the Bob Chisholm Community Center, 1255 Ave A. in Seaside.**  
Total Cost: \$20.09 (a new Vision for "2009").  
Beginning Jan. 21 – March 25. Call the 503-738-3311 (ex 0) to register or visit Sunset Pool main desk.

## An Old Oregon Friend Died

by Matt Love

**A LITTLE AFTER MIDNIGHT** on New Year's Eve, in a joint called Hoover's in South Beach, an old Oregon friend died. I stood by him at the end, but still, the loss feels inconsolable.

My friend's name was Oregon Tavern and he died after a long illness, finally succumbing as a result of the state's new ban on indoor smoking in restaurants and bars.

Our friendship began in 1985 when I turned 21 and found that I enjoyed his smoky company a lot more than the other shiny places that served beer and spirits. I drank the great and cheap Pacific Northwest lagers then brewed in the Pacific Northwest and looked at my reflection in the jars of pickled grotesqueries resting forlornly on the counter. But best of all, there were the veteran imbibers and their incredible Oregon stories. I may have earned a baccalaureate degree in history from Portland State University but I received my MFA in writing from Oregon taverns.

In the early 90s, in a fit of immaturity, I jilted my friend for Oregon's progressive microbrew culture. But when brew pubs banned smoking, pulled out the pool tables and encouraged toddlers to run around, it was time to leave and renew a friendship.

We quickly became fast friends again, and since then, in the course of my recreation, journalism and pursuit of Oregon history, I've visited taverns all over the state, including every one on the Oregon Coast where I live. My mission statement for all these

visits was borrowed from a line written by the novelist Jim Harrison, "How can you experience the rich fabric of life in a locale without visiting the bars? The answer is, you can't."

My friend first became sick with the introduction of video poker in 1991. What were once bastions of independence and colorful

anti government bias, quickly became the most efficient tax collectors in the state. Then, around the turn of the century, the OLCC apparently changed the rules about serving liquor in taverns and many joints hit the sauce.

When I saw a kid order a Pucker's and Coke for himself and a vanilla martini for his date, I knew my friend was very sick indeed.

When the public psychotherapy session known as karaoke showed up not long after the booze, my friend went on life support.

And when the state made him stop smoking on January 1, well, it was all over.

I do not smoke and never have. I am in complete agreement with the new ban. I know all the statistics that prove it will actually increase business. But still, something wonderfully gritty has gone out of Oregon's cultural life, irretrievably sanitized by the same people who use their phones while walking on the beach,

drink bottled water and use umbrellas.

Yes, I mourn the loss of grit in alleged favor of a clean, well-lighted, smoke free place, but to make myself feel better, I'd like to share a classic story from an Oregon tavern of the kind that will never happen again because the golden age of Oregon tavern life is long gone.

In one of my favorite taverns, where I once served as writer in residence, my friend fulfilled the last wish of a dying man. So the story goes, many years ago, a regular and elderly customer requested that upon his death, he wanted his wake held in the tav-

ern. Well, the old timer died, he was cremated, and of course the management obliged him. So his drinking buddies crowded in the men's bathroom, hoisted their pints for a second, smoked cigarettes and cigars...and flushed his ashes down the toilet.

Goodbye Oregon Tavern. I'll miss you.





## MASS DECEPTION in Willapa Bay WEAPONS OF MASS DESTRUCTION WEAPONS OF GRASS DESTRUCTION EGO-SYSTEMS BASED ON LIES

Spartina alterniflora caused no economic damage. Ducks, herons and other migratory birds use spartina. Spartina is a shoreline stabilizer/natural protection against rising oceans. As a c4 (like corn and sugar cane), it aggressively sequesters CO2 -- fighting global warming.

Revered on the East Coast and Gulf Coasts, demonized on the West Coast

Over \$25 million (taxpayer's money) has been spent pouring thousands of gallons of biocides onto the tidal flats justified by shoddy science, degrading this once pristine bay, threatening the health of this ecosystem, possibly our aquifer -- a project engineered by The Nature Conservancy, Audubon Society, US Fish & Wildlife Service and Monsanto. Supported by our US Senators and congressmen, the State legislature, and the commercial oystermen.

What's happened on Willapa Bay, to paraphrase Al Gore: is a deliberate strategy of propaganda taken as fact, as slogans taken as arguments, and yes, lies and half-truths taken as truth. Why? That's the real question that needs to be answered.

[www.mobydickhotel.com](http://www.mobydickhotel.com)



## Uncle Mike and the Homegrown Hospice

by Watt Childress

**COMMUNITY ON THE OREGON COAST** has been indelibly grooved by the creative team of Billy Hults and Michael Burgess. These brothers boheme stir the pot of characters who fill our scene with mindful fun.

Here's a snapshot of the civic endeavors that distinguish these best blokes. They first worked together in Portland, on Bud Clark's campaign for mayor. For ten years they collaborated on the Upper Left Edge, a monthly newspaper Uncle Mike called "post journalism" that became the staunchly unofficial voice of Cannon Beach, introducing many local writers and graphic artists. Four years ago, they co-founded Tolovana Arts Colony to offer classes and workshops that reconnect the community with its artists.

Their partnership was pained last summer when Billy was diagnosed with cancer and heart problems. At the start of winter his doctor said he might live till Christmas, but after that things would go quick. The last time I saw someone who looked as poorly as Billy, they died within a few weeks.

Things progressed as anticipated. Toward the end of November Billy couldn't use his hands and was unable to move about his apartment without assistance. It seemed the artist formally known as the Reverend was about to shed his skin. At Thanksgiving Billy was surrounded by close friends when he stopped breathing and asked them to call 911. They got him to the hospital (an amazing achievement), and after 5 days he became stable, so to speak.

He returned home to a communal outpouring of support. His friend Angela Hopla set up a schedule of volunteers to care for him in 4-hour shifts. About 30 people took turns cooking, cleaning, reading, and helping Billy to the bathroom. His next-door neighbor, Uncle Mike, continued in his

role as anchor caregiver, with key help from friend Maggie Kitson.

These extended visits provided the time and space for intimate conversations between Billy and an extraordinary circle of allies. Rich life stories and inspired dreams were shared, deepening awareness of the creative web that folks have been weaving in our region.

Something else happened, too. When I stopped by to visit Billy after Christmas, he was a new man. Gone was the pale gaunt grumbler. His eyes sparkled with the old fire and there was a bit more flesh on his bones. He'd just finished meeting with his producer about a 30-year compilation of his washboard music. Earlier in the day he had organized his belongings and mopped the floor.

"The feeling of all that love working on you is something everyone should experience," Billy testified as he loaded me up with old computer stuff he wanted to get rid of. "If we let it, it'll heal the world."

"Billy's been experiencing a lot of love," said Uncle Mike. "That sort of thing changes a person."

Pay attention. The person we're talking about had his ID stamped at the Summer of Love. We may think we're hip, but that water runs deeper than we know. And it flows in all directions.

"A person doesn't get many chances in life to be a friend," said Mike. "That stuff feeds you."

This gathering of friends at death's door has infused the community with creative force. The tribe has been dosed with good medicine. Regardless of what happens now, the healing shows what love brings to the table.

### Celebrating Billy Hults' Upper Left Edge

at the Cannon Beach History Center and Museum

At 7:30pm on WEDNESDAY, JANUARY 14TH, friends of do-it-yourself journalism will gather at the Cannon Beach History Center and Museum to celebrate an old friend. For ten all too short years, from 1992 to 2002, Billy Hults published the Upper Left Edge: a spirited monthly broadsheet that became the official unauthorized voice of Cannon Beach.

A haven for unsanctioned opinion, odd slices of life and refreshingly skewed perspective, it offered, in addition to a tide table, a horoscope for those who never read them and advice for people who shouldn't have asked. All the news Reverend Billy (the Church of the Rastified Cowboy Buddha) considered worthy of print, the sort of coverage the New York Times will never understand. The Edge still remains the only home-grown non-newspaper published by a washboard player you could find at City Lights in San Francisco, the Strand Bookstore in New York City and Shakespeare & Company in Paris.

Those sharing memories and swapping stories will include: Billy (hopefully), Sally Lackaff, Peter (Professor) Lindsey, Michael (Uncle Mike) Burgess, Gary (Dr. Karkeys) Keiski, Victoria Stoppielo, Peter (Spud) Siegel and Watt Childress. A two-volume portfolio of the Edge's ten year run, hand bound by Sally Lackaff, will be on display. Admission is free.

The History Center is located at the corner of Spruce & Sunset Streets in Cannon Beach. For more information, please contact CBHCM at 503-436-9301.



1230am  
**Kkeeradio**  
the talk alternative

**THE TALK  
ALTERNATIVE**

**ED SHULTZ**  
**STEPHANIE MILLER**  
**RANDI RHODES**  
**THOM HARTMAN**  
**DR. DEAN EDELL**  
**ALAN COLMES**



goings on  
in the columbia pacific

visual arts  
theater  
music  
literary  
outdoor  
happenings  
culture  
events



Celebrate Chinese New Year  
at the World Kite Museum  
February 7 - 8  
see sidebar

“CHINA: THEN AND NOW”

To celebrate the Asian Lunar New Year, the World Kite Museum in Long Beach, Washington is featuring Chinese kites, arts, and stories. Highlights of the two day event include a display of Chinese hand puppets from the famous “Journey to the West” Chinese saga; a display of dragon kites lead by the three headed Chinese dragon new to the Museum, Chinese artists who will help others learn techniques, presentations about China by two Portland boys who have learned Chinese, visited and lived in China and a variety of opportunities participate in other Chinese crafts. For more information go to the Museum web page [www.worldkitemuseum.com](http://www.worldkitemuseum.com) and click on Events. See Calendar for Windless Kite Festival on January 17th & 18th.

Classic Films: Grand Hotel  
Sunday Winter Film Series

The Liberty Theater presents a series of classic films, this month it's Grand Hotel. This grand Hollywood film opens and closes with Lewis Stone's totally unaware statement: “Grand Hotel. People come and go. Nothing ever happens.” The comment turns out to be ironic during the few days in which the plot unfolds, because everything seems to be happening at the hotel, from romance to robbery to an accidental death.

Grand Hotel is a 1932 MGM Pre-Code Art Deco film that won the Best Picture Oscar. The plot device of the film, bringing together several unrelated characters into one setting, was popular and effective enough that it was re-used in other films and became known as “the Grand Hotel” formula. The “all-star” scenario w perhaps most successfully replicated the following year in MGM's own “Dinner at Eight.” The top star, Greta Garbo melodramatically delivered her famous line “I want to be alone,” in this film. The case included a series of top names: Lionel Barrymore, John Barrymore, Joan Crawford, Wallace Beery, Lewis Stone and Jean Hersholt. In 2007, Grand Hotel was selected for preservation in the United States national Film Registry by the Library of Congress as being “culturally, historically, or aesthetically significant.”



CalendarJanuaryDaybyDaybeginsonpage18

The Series: January 18 Grand Hotel, February 8 Top Hat, February 22 The Wizard of Oz.  
Tickets are available at the Liberty Theater Box Office 503.325.5922 Ext. 55. All shows are at 2 pm and tickets are \$3 each or \$10 for all four movies. Presented by: The Liberty Theater, the Astoria-Warrenton Area Chamber of Commerce, The Daily Astorian and Astoria Productions.



an affordable place to call home

# EMERALD HEIGHTS APARTMENTS

In Astoria (503) 325-8221 [www.emeraldheights.com](http://www.emeraldheights.com)

2BR 850 sq ft - \$650 p/month	3BRS UNITS • DUPLEXES	RENT AMENITIES
2BR 1100 sq ft - \$775 p/month	also available	water • gas • electricity • garbage

EAT  
fresh sandwiches  
natural snacks

ASTORIA  
cooperative  
LOCAL FLAVOR • LOCAL OWNERS

DRINK  
beer & wine  
mineral water

local produce  
ORGANIC  
always fresh

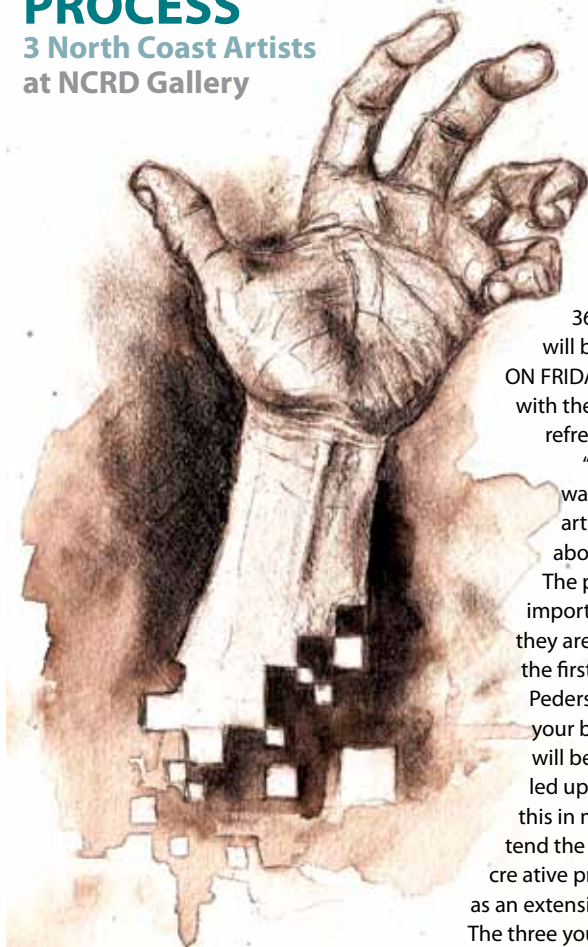


We've Moved! Visit us at our new location • 1355 Exchange St.



## PROCESS

3 North Coast Artists  
at NCRD Gallery



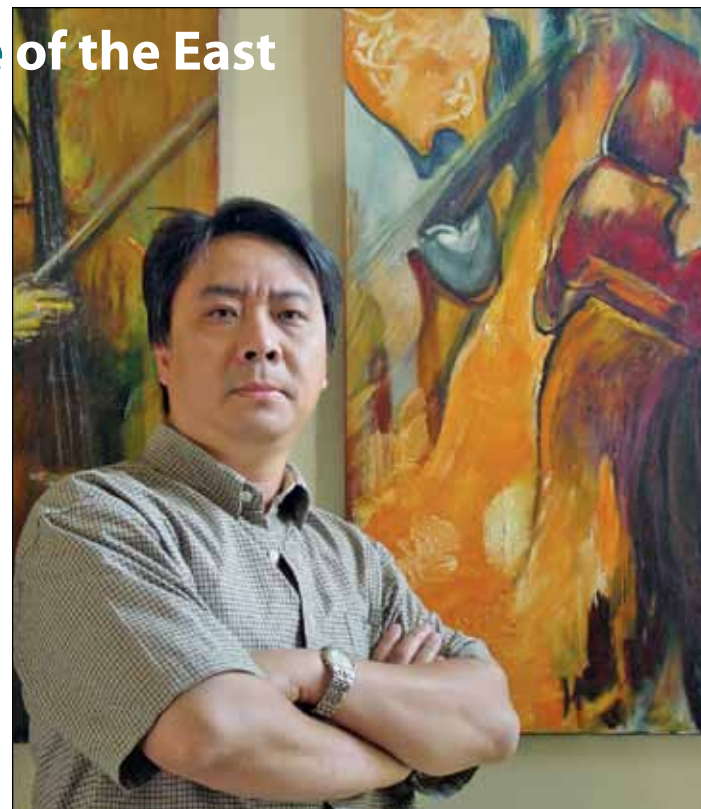
The process of creating art will be celebrated during the month of February by three young, talented artists from the North Coast area. Ryan Pedersen, Nicole Poole, and Dmitri Swain will hang their show Feb. 1 in the North County Recreation District Gallery, 36155 Ninth St. in Nehalem. There will be an OPENING CELEBRATION ON FRIDAY, FEB. 13 from 7pm to 10pm with the artists, music by the artists, and refreshments.

"Process" the name of the show, was chosen because the three artists want to show how they go about creating a finished piece. The process of creating is the most important thing to all of them, and so they are creating a show that, "breaks the first rule of art shows" according to Pedersen, "don't put anything up but your best work." Thus, finished pieces will be shown with the sketches which led up to the finished product. With this in mind, the artists invite you to attend the openings as an experience of the creative process, so that you are included as an extension of their process.

The three young artists share immense mutual respect and friendship. Their show promises to be innovative, inspirational and fun.

## Essence of the East

Call to  
community  
artists



Seaside Public Library invites local Clatsop County artists to submit artwork for their upcoming show "The Essence of the East," artwork inspired by the great traditions of Asian art with its underlying aesthetic of simple, subtle, or unobtrusive beauty. The submitted artwork will be juried by Seattle-area *Sumi* artist Yuming Zhu. Artists wishing to submit their art should bring the artwork to the Seaside Library community room on Thursday, February 5, from 3:00 to 7:00 p.m.

All submitted artwork should be two-dimensional with no side smaller than 10" x 12" or larger than 36" x 36," and professionally ready for hanging. Artists are asked to limit their submissions to two pieces of art. Submitting artists must live within Clatsop County.

This community art show will be featured at Seaside Public Library Saturday, February 7 through Sunday, March 8, 2009, and will be hung

in the library community room and entry hallway and foyer. An opening reception will take place on Saturday, February 7, at 4:00 p.m., where Yuming Zhu will discuss his selection process and the aesthetic underlying Asian art.

This art show is scheduled to correspond with the "2009 Oregon Reads" activities of Seaside and Astoria Libraries. Both libraries, during the month of February 2009, will encourage their patrons to read the memoir *Stubborn Twig* by Lauren Kessler, which details three generations of a Japanese-American family as they emigrate from Japan at the turn of the nineteenth century and settle in Hood River. Seaside and Astoria Library are planning a number of events to explore Japanese culture and the Japanese-American experience during this month. For further information on the art show or other library events, please contact Seaside Public Library, (503) 738-6742, [www.seasidelibrary.org](http://www.seasidelibrary.org).

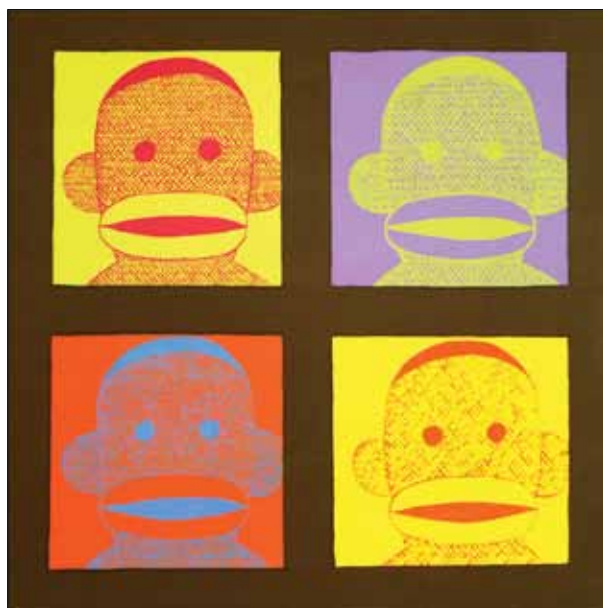
## Sock Monkey Masters . . . or Iconic Sock Monkeys through the Ages. Astoria Coffee House

Recent works by Leslie Atkinson will be on display at the Astoria Coffeehouse during the month of January. Atkinson, getting back to her "primal" roots of creativity combines a beloved pop culture icon with classic painter imagery. The results - left for the viewer's personal, religious experience.

"Art History was my first love in college and this collection came from the part of my brain that still thinks in those terms."

However, other than some decorative painting and small scale crafts, Atkinson had not painted since graduating from college in the late 80's. That changed last Spring. "I just picked up a cabinet door that was the wood pile in the basement and thought, this would make a good surface to paint on...." and started painting what was to be the first sockmonkey image of the collection.

The halo that adorns the *St. Monkey of the Sock* comes from Atkinson's fascination with and love of religious icons and art of



## Sock monkey

the Catholic Church. "I don't think I am done exploring the whole iconic imagery in my work yet," she said. "Venerating the monkey just sort of happened. I am sure the B.V.M. would be perfectly accepting of my work for what it is and is probably just happy to see that I am painting."

## KEEP THE ARTS ALIVE

Astoria Visual Arts (AVA) Historic 20th Anniversary  
Celebration and Auction

Be part of Astoria Visual Arts (AVA) historic 20th Anniversary Celebration & Auction on February 5th. "Keep The Arts Alive" benefit can only be successful with your participation!

For the past twenty years, Astoria Visual Arts Center (AVA) has facilitated important public art projects, supported emerging regional artists, offered a wide-ranging series of lectures, thematic art shows and experimental music on the North Coast, and mentored children and local high school artists.

In honor of all who recognize the value of a flourishing arts community here, which drives our economy and provides the color and enrichment locals and visitors enjoy. "Keep The

Arts Alive 2009" will take place at The Loft in the Red Building on Thursday, February 5th. 7 to 10 pm Refreshments, music, spoken word and champagne along with an auction of marvelous items and experiences will ensure that AVA continues to be the inclusive and pioneering non-profit organization it is

### DONATION ITEMS

Business, artists and individuals interested in donating an auction item, please call the AVA Center Gallery. AVA gallery and offices are located in the historic Elks Building at: 453-A 11th Street, Astoria, Oregon, 97103 (at the corner of 11th & Exchange Streets). Phone: 503-325-4589



## The 25th Annual Barbershop Cabaret

Jan 16 – 17 at the Seaside Convention Center

**The 25th Anniversary** Celebration of the Annual Barbershop Cabaret presented by the Seaside Chamber of Commerce and Quartet Champions of the Evergreen District (QCED) will present a sterling lineup of a cappella vocal entertainment. Eight championship quartets and a male choir of forty voices are included in the program.

The Cabaret features unique song stylings from International, National and District Competition Winners and the best quartets in the Pacific Northwest. The Friday casual, club-style show is a warm, up close, "get to know these guys" presentation. Saturday will feature an impressive display of all of the quartets singing in harmony as well as individual quartet performances by 2007 International Seniors Champions, Friendly Advice, and the 2006 International Seniors Champions, Antique Gold.

Fri - doors open at 6pm show begins 7pm. \$17 p/person, \$5 for students. Sat - doors open at 6:30pm, show begins 7:30pm. Reserved seat tickets are \$20, back section \$17. Free Parking. Adult beverages available. At the Seaside Convention Center, 415 1st Ave, Seaside, Oregon.



### ASOC THEATER OPPORTUNITIES

#### Reader's Theater Audition

The Astor Street Opry Company is having an open audition for actors (ages 14 and older) interesting in performing in three Reader's Theatre performances beginning at the end of January. Auditions will held on Weds and Thursday January 14th & 15th at 7pm at the ASOC playhouse 129 West Bond Street Astoria,

The first of the three Shows will be on January 30th & 31st directed by Markus Brown. The second will be directed by Michael Wangen and performed on February 20th & 21st and the third will be performed March 27th & 28th with direction by Anne Macgregor.

#### ASOC Kid's Theater

The Astor Street Opry Company is pleased to announce an annual winter ASOC Children's Theater Program for ages 8 to 12 beginning this January with Director/Instructor Dana Lewis-Allen. The first production will be "Charlotte's Web" with auditions to be held on Saturday January 17th 1:30pm at the ASOC Playhouse 129 West Bond Street Uniontown Astoria.

The show will be performed March 6th through 8th 2009. Rehearsals will be mostly in the weekday daytime hours with some weekend and evenings as the show approaches. Kids will get a chance to learn and experience stage performance form all aspects including: character development, movement, stage craft and voice. No experience or preparation is necessary and all are welcome.

There will be a fee per child to cover the costs of production, with a limited number of scholarships for low-income available. For more information call 503-325-6104



## Almost, Maine

### At the Barn Community Playhouse

**Nine stories of love** in its myriad forms, both joyful and painful, are each set simultaneously on a cold, clear, moonless, slightly surreal Friday night in the middle of the deepest part of a northern Maine winter.

All is not quite what it seems in the remote, mythical town of Almost. As the northern lights hover in the star-filled sky above, Almost's residents find themselves falling in and out of love in unexpected and often hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend --- Almost --- in this delightful

midwinter night's dream.

Directed by Tami Taliaferro and produced by Robert Buckingham. At The Barn Community Playhouse at 12th. & Ivy in Tillamook. 7pm on Fridays and Saturdays from February 6 though 21, with a matinee at 2:00 p.m. on Sunday, February 15. \$12 for adults, \$9 for seniors and students, and a family four-pack can be purchased for \$35. Reservations and advanced ticket sales are available at Diamond Art Jewelers; call (503) 842-7940. Doors open one half hour prior to curtain. Sponsored by

## Tab Hunter Confidential • Nighttime Noir

**As I was discussing** over lunch with the beautiful and talented artist and host of KMUN's new late night locally produced show *Nighttime Noir*, "Darling, I love the show, it's one of those jewels, like *Twin Peaks*, and *Mary Hartman, Mary Hartman* - it's delightfully addicting."

If you've not yet tuned in, you just missed Altruda's reading of the autobiography of Hollywood starlet Barbara Payton. The 1963 paperback penned by Peyton just three years before her death at age 39, is an astoundingly honest account of her rise to stardom and the aftermath, surviving as a 5 dollar a night party girl - and the weirder realities of the movie biz, making truth stranger and certainly more interesting, than fiction.

Altruda reads a perfect, punchy film noir mode that gives pulp fiction the edge it needs, folding the listener into the seamy pages of fame and

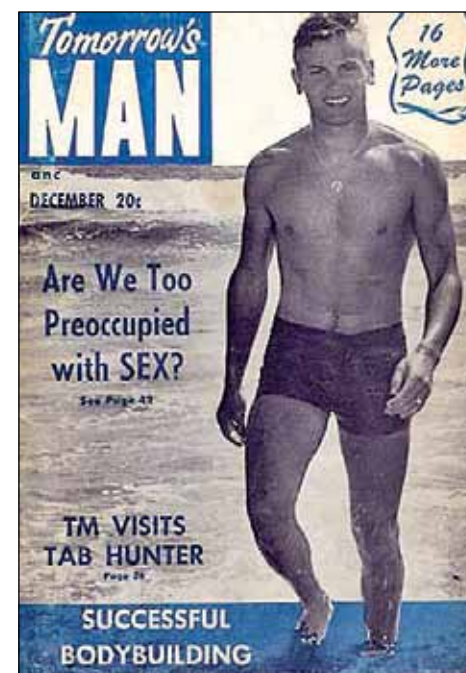
infamy, dark secrets and seduction.

As the series progresses, Altruda will include authors such as Raymond Chandler, Dashiell Hammet, Christopher Isherwood and Ann Bannon. But, hot on the airwaves beginning January 11, *Nighttime Noir* features Tab Hunter Confidential, another auto-bio, and this time it's the boy next door, whose ride to fame as the hunkiest guy alive is propelled by a secret that both tormented him and propelled him forward.

Hunter was a familiar name in these parts, as he once owned a small horse-type ranch somewhere either in Seaside or Gearhart - I don't know, just ask anybody at the Gay Men's potluck, they'll tell you for sure.

Tuck and tune to *Nighttime Noir*, Sundays at 11:30 p.m. on KMUN radio 91.9 FM . . and let Ms. Altruda tell you a story. . . or two.

- Dinah Urell





### TUE 13

#### HAPPENING

##### Clatsop County Commission Meeting.

Re: Arcadia State Park Rezoning, 10am, Boynton Building (857 Commercial) in Astoria. Oregon State Parks has given over 90% of Arcadia State Park, south of Cannon Beach to a developer, without notifying the public, as part of a series of land transactions made to acquire Stub Stewart State Park near Vernonia. This developer, James Smejkal, is now petitioning Clatsop County to rezone all of these lands at Arcadia so that he can develop a roughly 20 acre subdivision in the former park. We ask that you join us in requesting that the county oppose the rezoning. Questions can be directed to Doug Deur at (503)436-8877 or Mike Manzulli at (503) 440-7862 or manzulli at hotmail.com

**Clean Energy Rally.** This is an anti-LNG rally to launch clean energy legislation in the 2009 OR legislature. Carpools will be arranged. 11am – 1pm on the State Capitol steps in Salem. Contact: Cheryl & Ted ted067 at centurytel.net.

#### THEATER

**Auditions.** Give My Regards to Broadway. Parts for 10 female and 5 male characters, plus dancers, chorus, and extras. 7pm at the 2nd Story Playhouse in Ilwaco, WA Call Rita Smith 360-665-0028

### WED 14

#### MUSIC

**Howley Slim.** Folk. No cover, 7pm at Goose Hollow in Seaside.

#### HAPPENING

**Who Killed the Electric Car? Film and potluck.** Bring a dish to share and your own table setting. Beverages will be provided. 6 – 8:30pm at the Copeland Room in

the Main Branch of the Tillamook County Library in Tillamook.

#### LITERARY

##### Celebrate Billy Hults' Upper Left Edge.

Stories and memories by Uncle Mike, Sally, Professor Lindsey, Dr Karkeys, Watt, Victoria, Spud, and maybe Billy himself. Free. 7pm at the Cannon Beach History Center. 503-436-9301

#### THEATER

**Auditions.** Fro Give My Regards to Broadway. Parts for 10 female and 5 male characters, plus dancers, chorus, and extras. 7pm at the 2nd Story Playhouse in Ilwaco, WA Call Rita Smith 360-665-0028

**Auditions.** For the ASOC Reader's Theater 2009 series. Prisoner of Second Avenue has parts for 2 women and 4 men. Mark Twain Works has parts for 2 women and 5 men. Top Girls has parts for 7 women. 7pm at the ASOC Theater in Astoria.

### THUR 15

#### MUSIC

**Celtic Music Jam, Hoffman Center Annex, 594 Laneda, Manzanita, 7pm.** Acoustic Jam Session with a Celtic focus. Open to all ages and all acoustic instruments For more information contact Jane Dunkin 503-368-3538, or Mike Stanley 503-436-1266.

#### THEATER

**Auditions.** For the ASOC Reader's Theater 2009 series. Prisoner of Second Avenue has parts for 2 women and 4 men. Mark Twain Works has parts for 2 women and 5 men. Top Girls has parts for 7 women. 7pm at the ASOC Theater in Astoria.

### FRI 16

#### MUSIC

**Doug Rupe.** 6 – 8pm, no cover charge, at the Wet Dog Café in Astoria



### Kim Angelis & The Bohemians Romance the PAC

**Astoria's inspirational virtuoso** violinist Kim Angelis presents the 4th Annual Romancing the PAC concert, traditionally a benefit for Clatsop Community Arts & Idea program. This year is no acception – but the recipient is a very old but not forgotten friend to the Astoria Performing Arts Center (PAC).

Josef Gault, newly selected Cultural Arts Coordinator (Flamenco guitarist and Kim Angelis' husband), has plans to renovate the Circa 1916 Epsy pipe organ - once the musical accompaniment to the Trinity Lutheran Church Services, the PACS former incarnation - with the

goal of presenting occasional organ concerts on Sunday afternoons for starters (read more in next months hipfish).

This year Angelis is joined by The Bohemians, Jim Dwyer and Lorell Stoneman on gypsy percussion. Tickets are \$10, kids free, available at Bach n' Rock in Astoria and at the door. 3PM, SUNDAY FEB. 8. 16th and Franklin. Kim Angelis will also offer a violin workshop on Sat., Feb 7, 2pm at the PAC, \$10, violinists of all ages and levels welcome.



### Sassparilla Jug Band

**The Sassparilla Jug Band** plays tunes at the Cannon Beach History Center and Museum. Sassparilla describes their music using various phrases, almost all of which include the word "blues." Their true-to-the-music band features fiddle, washboard, banjo, steel guitar, and harmonica, and their sound is so vintage it is surprising that most of their songs are originals. Sassparilla evokes the blues of the 20's and 30's with astounding authenticity.

At the Cannon Beach History Center and Museum SATURDAY, JAN 22, 7:30-9:30pm. Tickets can be purchased at the door: \$5.00 for adults, \$2.00 for kids (suggested donation). Corner of Spruce and Sunset in Cannon Beach. For information, call (503) 436-9301.

**John Arevalo.** Blues. No cover, 7pm at Goose Hollow in Seaside.

**Barbershop Cabaret Show.** Champion Barbershop Quartets from around the Northwest and Canada. \$15, 7pm at the Seaside Convention Center. 503-738-6391

**James Lee Stanley.** Pop/Folk Rock/ Jazz. \$10, 8pm at redhare in Astoria.

**Astoria Metaphonia.** Presenting two sets of music: acoustic and electronic investigations of timbral gesture and an orchestra recruited from members of the local music community. David Knott and Matt Shoemaker begin the evening with their investigations via the guitar and electronics. The second set invites any interested music person to "be" in the orchestra. Arrive 4.30 pm at AVA, Friday January 16, to build your string and converse with the rest of the orchestra. \$5 suggested donation. Music starts at 9pm at AVA in Astoria.

### SAT 17

#### MUSIC

**Niall.** No cover, 6-8pm at the Wet Dog in Astoria.

**Barbershop Cabaret Show.** Champion Barbershop Quartets from around the Northwest and Canada. \$20 and \$17, 7:30pm at the Seaside Convention Center. 503-738-6391

**Monthly Swing Dance with Shy Jazz.**

Featuring the voice of Jewelee Yanko.

Dancing lessons with instructor, Heidi Cook available from 7-8, \$5 per couple. Music from 8-11, \$5 cover charge. Upstairs at the Sea Shack in Wheeler.

**Jeffrey Jacobs.** Adults \$25 and \$20, s/s \$22 and \$16. 7:30pm at the Liberty Theater in Astoria.

**Dave Mullaney.** Blues guitar. \$10, 8pm at redhare in Astoria.

**Sudden Anthem.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

#### HAPPENING

**Windless Kite Festival.** At the Long Beach School Gymnasium. 360-642-4020

**A Celebration of World Religion Day.** Common Sacred Truths in All Faith & the Unity in Peace. spiritual quilts and banners, as well as music, prayer or chants from the Faith presenters. We begin at 7PM and are presenting six Faiths. At the PAC in Astoria, For more info, call Sali Diamond 503-325-1963

#### FOOD & DRINK

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

**Italian Fundraising Dinner & Open Mic.** \$10.00 for all you can eat Italian meal and Open Mic night with featured music and fun. Call (503) 377-9620 for reservations. 5pm at the Bay City Arts Center.

#### LECTURE

**In Their Footsteps Lecture Series.** Jim Bergeron, "Technology of the Coastal Indians." Free. 1pm at the Netul Room at the Fort Clatsop Visitor's Center.

**"No Bar Too Rough, Too Tough, Too Far" is the motto for the U.S. Coast Guard Cutter Fir,** a buoy tender stationed in Astoria. Lieutenant Commander Mark Vlaun will give a presentation about the buoy tender and its missions. Learn what a "bar" really is and how buoy tenders maintain a buoy on the dangerous Columbia River bar, or board ships at sea to enforce Homeland Security laws. Free. 2:30-3:30pm at the Columbia River Maritime Museum in Astoria.

#### LITERARY

**Nye Beach Writer's Series.** Carlos Reyes, author of several poetry collections including most recently At The Edge Of The Western Wave. Open mike follows. \$5 (free to students). 7pm at the Newport Visual Arts Center in Newport.

**Manzanita Writer's Series.** Poet Judith Barrington will read from her chap books Postcards from the Bottom of the Sea and Lost Lands. Plus open mic. 7pm at the Hoffman Center Annex in Manzanita.

#### OUTSIDE

**Temperate Rainforest Guided Hike.** Lush moss, tall Douglas-fir trees, rough skinned newts, salmon and more depend





## LINCOLN LIVES

"My Fellow Americans. my brothers and sisters in the North, South and The Western States, today is a new day. But Today, This Great Country stands on rocky ground, just as it did when I was President. We must persevere, to honor the promise and potential of our Great Democracy. But today, we are still in a great civil war. A war of greed and subversion or power, decrying the better good of honorable citizens. Let us not rest until the rights of all peoples are placed above those seeking profit and power at any cost. I proclaim, we are One Nation,

Let us no longer be divided. Let us no longer battle, enslaving one another with inhuman injustice. Let Us Come Together, As One Nation of Man, United in Freedom. I pray our esteemed new President will lead our Nation in a New Birth of Freedom. May God Bless You Mr. Barrack Obama, President of The United States of America." NorthCoast Performance Artist Walt Trumbull portrays Abraham Lincoln on TUESDAY, JAN 20, Inauguration Day. **View it on Youtube and hipfish-monthly.com LINCOLN LIVES.**



### Inaugural Celebration with *Everyday People!*

Tolovana Arts Colony and Cannon Beach Arts Association host an Inaugural Celebration at The American Legion in Cannon Beach and the election of Cannon Beach's new mayor Mike Morgan. It's a Black Tie affair, which means, where your best funky black and white, put on your dancing shoes and get ready to party. The entertainment for the eve is Portland's EVERYDAY PEOPLE, an 8 piece 70's tribute band specializing in music to make you dance. Bond St. blues band member Calen Uhlig is part of the company. Celebrate hope and change worldwide, Cannon Beach style! Tuesday January 20th. 8-12 p.m. \$10 cover non-members (\$8 members)

on the 120 inches of rain that falls on the Tillamook. Grab your umbrellas, soak in the views and experience a temperate rain forest on a 2.0 mile Wilson River hike. We will finish the day warming in front of the fireplace at the Tillamook Forest Center. Bring your rain gear and sturdy hiking shoes. Families are welcome. Registration is required, and the deadline is Friday, January 16th at noon. Please call 866.930.4646, visit our website or stop by the Center to reserve your place. [www.tillamookforestcenter.org](http://www.tillamookforestcenter.org) 11:30am at the Tillamook Forest Center on the Wilson River Highway, east of Tillamook.

#### THEATER

**Auditions.** For the ASOC Children's Theater performance and classes (ages 8 – 13 years.) 1pm at the ASOC Playhouse in Astoria.

### SUN 18

#### MUSIC

**Classical Music Bruch.** Baroque. Recorder player Bryce Peltier and Lute Player Hideki Yamaya will perform works by 17th century composers, including: Castello, Dowland, and De Visee. A special brunch menu will be available. 11am – 1pm at the Blue Scorchers Café in Astoria.

**Vilnius String Quartet of Lithuania.** With Andrius Zlabys, pianist. \$20. 3pm at Winema chapel, Neskowin.

**Finn Riggins.** Experimental/ Indie/ Post-punk. No cover. 8pm at the Fort George Brewery and Public House in Astoria.

#### LECTURE

**Technology of the Coastal Indians.** Jim Bergeron speaks. 1:00 p.m. in the Netul River Room of the Fort Clatsop visitor center.

#### FOOD & DRINK

**Pancake Breakfast.** \$5, 8am – noon at the Bay City Arts Center.

#### HAPPENING

**Windless Kite Festival.** At the Long Beach School Gymnasium. 360-642-4020

**Winter Film Series.** Grand Hotel. \$3/movie or \$10 for all four. 2pm at the Liberty Theater in Astoria.

### MON 19

#### MUSIC

**Vilnius String Quartet of Lithuania.** With Andrius Zlabys, pianist. Free, refreshments offered. 9am at Nestucca Valley Presbyterian Church in Pacific City.

### TUE 20

#### FOOD & DRINK

**Lite Bite.** Come and experience the world cuisine of 11 regional chefs and raise money for United Way agencies. \$40, 6 – 9pm at Baked Alaska in Astoria. 503-325-7414

### WED 21

#### FOOD & DRINK

**Brewer's Dinner.** Indian Food & IPA. \$65, call 503-325-PINT for reservations. 6 – 9pm at Fort George Brewery and Public House in Astoria.

## january 09

## day by day

#### LECTURE

**Columbia Forum.** Clatsop County Circuit Court Judge Paula Brownhill will talk about "Family Drug Court: An Innovative Approach to Child Welfare Cases." Call 503-325-3211 for reservations. 6pm: Social half-hour including appetizers, 6:30pm: dinner, 7:15ish: lecture begins. At the Seafood Center in Astoria.

#### LITERARY

**Cannon Beach Reads.** Kim, by Rudyard Kipling. Discussion at 7pm at the Cannon Beach Library.

#### HAPPENING

**GLBT Social Mixer.** Free appetizer and no-host bar. 6pm at the Cannery Café Lounge in Astoria.

### THUR 22

#### MUSIC

**Woke Up Wrong & Sandman the Rapping Cowboy.** 8pm at Fort George Brewery and Public House in Astoria.

### FRI 23

#### MUSIC

**Johnnie Ward.** 6 – 8pm, no cover charge, at the Wet Dog Café in Astoria.

**Greensky Bluegrass.** Free. All ages. 7pm at McMenamins Sand Trap in Gearhart.

**Kate Mann.** 9 – 11pm at Yummy Wine Bar & Bistro in Seaside.

**Professor Gall.** Melodramatic & Popular Song/ Healing & Easy Listening/ Psychobilly. \$10, 8pm at redhare in Astoria.

#### FOOD & DRINK

**Family Potluck.** 3 – 9 pm at Pine Grove Community House in Manzanita.

### SAT 24

#### MUSIC

**Music of the Night.** Dinner & Music Variety Show. An evening of old favorites featuring Jill Stardust, Jim Becker, Jim Oleson and many more. Dinner: 5 pm, Show: 6 pm

**Dinner & Show at the door: \$25; Show only \$12; Advance: Dinner & Show \$20; Show only \$10.** At the Kiawanda Commu-

nity Center in Pacific City. 503-965-2204

**Bill Hayes.** No cover. 6-8pm at the Wet Dog in Astoria.

**Kate Mann.** Americana/ Roots Music/ Acoustic. \$10, 8pm at redhare in Astoria.

**Paradox.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

#### DANCE

**Encounter.** A fun and playful introduction to free-form dance 1-4pm \$35, Tsunami Studio, 1350 Exchange St. in Astoria. (see box)

#### FOOD & DRINK

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

### SUN 25

#### MUSIC

**Romanza.** Tickets in advance \$20/\$17 (18 and under), tickets at the door \$25/\$20 (18 and under). 2pm at Don Whitney Auditorium in Tillamook. 503/842-2078

**Pearl Django.** Bluegrass, Jazz, & Swing. 2pm at the Raymond Theater in Raymond, WA 360-875-5831

**North Coast Symphonic Band Concert.** Performing arrangements of familiar movie music + pre-concert chamber music. \$10, starting at 1:30pm at the PAC in Astoria.

**Karl Blau.** Folk/ Other/ Garage. No cover. 8 pm at the Fort George Brewery and Public House in Astoria.

#### FOOD & DRINK

**Chinese New Year Feast.** Celebrating the Chinese Year of the Oxen. The reservation-only community celebration features special foods for the Chinese New Year. The meal will be accompanied by flute music performed by Larkin. A slide show of images from the Asian travels of Blue Scorchers friends, lanterns, and surprises. Blue Scorchers Café in Astoria. Call 503-338-7473

### WED 28

#### MUSIC

**Hamil Brown and Kelsey Mousley.** No cover. 7pm at Goose Hollow in Seaside.



### Greensky Bluegrass

Performing at festivals, theaters, clubs and listening rooms all over the United States, Michigan's Greensky Bluegrass is a growing force in acoustic roots music. The band joins the Great Northwest Music Tours following a stellar 2008 performance at McMenamins Mission Theater. This winner of the 2006 Telluride Bluegrass Festival Band Competition has earned recognition nationwide for a "fusion of tradition and enthusiasm for improvisation" that has come to define the band's creative and compositional style. FRIDAY, JAN 23, 7PM MCMENAMINS SANDTRAP, FREE!





Windless Kite Festival  
January 17 -18

This good or bad weather kite flying entertainment happens at the Long Beach School Gymnasium on Washington and 4th St. S in Long Beach, WA. The performances feature indoor kite Flying choreographed to music; wild competitions of what are called Hot Trick Shoot Outs, and duets and other multiple flyer events.

Performance times are Saturday, January 17th 10:00 am and 2 pm. Sunday, January 18th 11:00 am. Admission is a donation. For more information contact the World Kite Museum: 360-642-4020 or info@worldkitemuseum.com or www.worldkitemuseum.com and click Events.

THUR 29

**MUSIC**  
**Celtic Music Jam.** 7pm at the Hoffman Center Annex in Manzanita.

**HAPPENING**  
**Energy Saving Slide Show & Talk.** With Anthony and Victoria Stoppiello. 7pm at NCRD in Nehalem. Call 503-368-6141

FRI 30

**DANCE**  
**Big Hair 80s Dance.** Tsunami Studio hosts a last Friday of the month dance from 7pm – 9pm. Themes, genre’s, artists, this month it’s the 80’s. \$12 doors open till 7:30pm. 1350 Exchange St in Astoria.

**MUSIC**  
**Doug Rupe.** No cover. 6 – 8pm at the Wet Dog Café in Astoria.

**Beth Willis.** Acoustic/ Folk Rock/ Blues. \$10, 8pm at redhare in Astoria.

SAT 31

**MUSIC**  
**Troll Radio Revue.** \$2 for adults, children are free. 11am at the PAC in Astoria.

**Niall.** No cover. 6-8pm at the Wet Dog in Astoria

**Rickshaw & Sad Horse.** At the VooDoo Room in Astoria.

**Blind Rootin Hogs.** Folk. No cover. 7pm at Goose Hollow in Seaside.

**Jill Trenholm.** Folk/ Jazz. \$10, 8pm at redhare in Astoria.

**FOOD & DRINK**  
**Wine Tasting.** Wines from Spain & Portugal. 1 – 4pm at The Cellar on 10th in Astoria.

OUTSIDE

**Washington Beach Clean Up Day.** Are you ready to adopt a section or want to help in some other way? Sign up today, contact shelly@ourbeach.org or 665-5388

FEBRUARY

SUN 1

**MUSIC**  
**Speed Limit.** Acoustic/ Blues/ Rock. No cover. 8 pm at the Fort George Brewery and Public House in Astoria.

FRI 6

**MUSIC**  
**Jason Lambert.** 6 - 8PM, no cover charge, at the Wet Dog Café in Astoria.

**MacDougall.** Blues / Folk/ Punk. \$10, 8pm at redhare in Astoria.

**Bob Marley Birthday Party.** With Ma Barley. Reggae (duh!). 8:30pm at the Astoria Event Center.

HAPPENING

**Mark Nizer - Educational Enrichment Program.** School shows at 9:30 am and 12:30. For information about attending, contact Mary Ritter at 503.325.5922 Ext. 31

THEATER

**Almost Maine.** Nine love stories at the Barn Community Playhouse, 7pm, \$12 General, \$9 Student/Sen. 12th & Ivy in Tillamook.

SAT 7

**MUSIC**  
**Troll Radio Revue.** \$2 adults, children free. 11am at the PAC in Astoria.

**Bill Hayes.** No cover. 6-8pm at the Wet Dog Café in Astoria.

**Jesse Meade.** Blues/ R&B/ Folk. \$10pm at redhare in Astoria.

ART

**First Saturday Artwalk.** At Galleries in Seaside.

THEATER

**Almost Maine.** Nine love stories at the Barn Community Playhouse, 7pm, \$12 General, \$9 Student/Sen. 12th & Ivy in Tillamook.

FOOD & DRINK

**Wine Tasting.** Penfold’s. 1 - 4PM at The Cellar on 10th, Astoria.

**Winemaker’s Dinner.** Penfold’s. Call 503-325-6600 for reservations. 6pm at the Cellar on 10th in Astoria.

HAPPENING

**Asian New Year Celebration.** China Then and Now. Exhibits. Lessons, and more. At the Long Beach Kite Museum, Long Beach, WA. 360-642-4020

LITERARY

**Molly Gloss.** Reading from her newest novel “The Hearts of Horses.” 4pm at Lucy’s Books in Astoria.

OUTSIDE

**Razor Clamming Open on WA Beaches**

SUN 8

**MUSIC**  
**Kim Angelis & the Bohemians.** Romancing the PAC. \$10. 3pm at the PAC in Astoria.

**The Distractions.** Classic Rock. No cover. 8pm at the Fort George Brewery and Public House in Astoria.

FOOD & DRINK

**A Sweet Affair.** An afternoon of wine tasting and hors d’oeuvres with proceeds going to the Sunset Empire Park & Recreation District Scholarship Fund and AAUW Scholarship Foundation. 2 – 4:30pm at the Seaside Convention Center. For tickets and information call 503.738.3311

HAPPENING

**Asian New Yaer Celebration.** China Then and Now. Exhibits. Lessons, and more. At the Long Beach Kite Museum, Long Beach, WA. 360-642-4020

**Winter Film Series.** Top Hat. \$3/movie or \$10 for all four. 2pm at the Liberty Theater in Astoria.

OUTSIDE

**Razor Clamming Open on WA Beaches**

THURS 12

**LECTURE**  
**Columbia Forum.** Doug Wilson, chief archaeologist at the Fort Vancouver National Historic Site, will talk about the “Archaeology of a Chinook Village at Lewis & Clark’s Station Camp.” Call 503-325-3211 for reservations. 6pm: Social half-hour including appetizers, 6:30pm: dinner, 7:15ish: lecture begins. At the Seafood Center in Astoria.



Take a Dance Break!

TSUNAMI STUDIO is now offering more opportunities to put dance space into your day. and learn more about free-form dance. Located at 1350 Exchange in Astoria. FMI call: 325-1162

BEGINNING THE WEEK OF JANUARY 19:

RECESS. A fun, exercise-focused class guaranteed to burn calories and boost your energy for the rest of your day. Get out of your chair and away from your desk and come dance during the noon hour. Tuesdays and Thursdays 12:10-12:55 p.m.

JOURNEYS. An ideal class for folks new to free-form dance as well as those who want a bit more guidance. Journeys begins with facilitated stretching and movement exercises then gives way to your own dance. Tuesdays and Thursdays 4:00-5:00 p.m.

SATURDAY, JANUARY 25 ENCOUNTER. A fun and playful introduction to free-form dance 1-4pm \$35 Love to dance but hesitant to do it outside of your own living room? This three hour workshop is especially designed for folks who may be somewhat shy, self-conscious or intimidated by dancing in the company of others. Through fun and playful exercises, you’ll become more comfortable and confident with your own creative self-expression while learning about the basics and benefits of free-form dance. Space is limited, pre-reg. rqrd. No dance exp. needed. Call the studio FMI and to register.

Continuing Classes: Divas – Women Only, Wed 6:30 – 8pm; Explorations – a deeper dance, Thur 6:30 – 8pm; Sanctuary – meditative/devotional side of dance, Sun 10-11:15am.



## Astoria Metaphonia

FRIDAY, JANUARY 16

David Knott w/Matt Shoemaker  
and the community of Astoria  
Astoria Visual Arts Center  
8 pm \$5 donation requested



DAVID KNOTT is a music therapist, instrument maker, composer and improviser living and working in Seattle. As a music therapist Knott specializes in using improvisation to facilitate therapeutic change with critically ill adults and children with special needs. He provides music therapy services to infants, children and teens at Children's Hospital and Regional Medical Center and to adults with life threatening illnesses and injuries at the Bailey-Boushay House in Seattle.

Musically, he was inspired by flamenco guitarist Carlos Montoya, he started playing guitar in 1981 and later studied jazz and classical guitar in college. But having access to his grandfather's salvage yard provided a host of opportunities for creative sound making and exploration and influenced his later interests in free improvisation and homemade instrument making and installation.

Since 1982, David has been playing and recording his own music solo and in collaboration with others. His interest in music and soundmaking comes from a personal, intuitive response to vibration. With instrument building, performances, workshops and recorded works, he seeks to stimulate the listener to a point of resonance and discovery of their own musical being. A debut solo CD "Natura Naturans," featuring his stringboard instruments, was released on Anomalous Records (2000). He is a founding member of animist Orchestra - an ensemble that uses natural materials to create very quiet, subtly evolving soundscapes. Additionally, he has made interactive installations in public and private settings which seek to provide participants with opportunities to realize kinesthetic expressions in sound and promote deeper listening.

Seattleite Matt Shoemaker focuses upon the treatment and manipulation of sonic phenomena. Shoemaker is a self-taught artist, employing a wide

**EXPERIENCE** acoustic and electronic investigations of timbral gesture and an orchestra recruited from members of the local music community performing a score that directs finding tone and creating unified fields of sound using <2.5volt on/off, speaker/string circuit instruments. (see below)

David Knott and Matt Shoemaker begin the evening with their investigations via the guitar and electronics. The second set invites any interested music person to "be" in the orchestra. Arrive 4.30 pm at AVA, FRIDAY JANUARY 16, to build your string and converse with the rest of the orchestra.

variety of approaches and strategies in his search for sublime sound. His work has been published in countries as diverse as Portugal, France, Germany, England, USA and Malaysia. He has also received commissions for radio works across the globe and presented his work at universities, dance halls, rock clubs, and art galleries

### THE ORCHESTRA

For those that have some interest in bowed strings and an appreciation for the least sophisticated methods for producing electrified sound, Metaphones provide a unique listening and playing experience.

**FYI METAPHONES MAKE MUSIC:** on and off.

A common length of string is set in motion and a connecting wire is held closely adjacent the vibrating length of string. The only instructions are to "find a tone" and "sustain it."

Requiring finely articulated movements regulated by focused auditory attention, the resulting dance between loud static and clear, searing tones provides the intentioned player a sonically rewarding but thoroughly challenging exercise in distress tolerance. The accompanying sound field reveals the miracle of the capacity for connection and wonder in the midst of instability and chaos.

Finding accord through collective action in our urban areas is often a challenge given the structure of our social and economic systems and the saturation of incidental visual, auditory and kinetic stimuli we are confronted with. When realized, collective resonance found in the performance of metaphones in large groups provides a rich aural metaphor for the individual and societal search for meaning.

## Pianist Jeffrey Jacob At the Liberty

AS THE 2009 Liberty Theater Presents series continues, the Columbia Pacific Region is given a rare treat, in a performance concert by renowned pianist Jeffrey Jacobs.

Described by the Warsaw Music Journal as "unquestionably one of the greatest performers of 20th century music," and the New York Times as "an artist of intense concentration and conviction," Jeffrey Jacobs has recorded over 50 works for solo piano and piano and orchestra - including his critically acclaimed series of CDs of the complete piano music of Samuel Barber and George Crumb and major works of Bela Bartok. Many of his recordings are available on amazon.com

Fanfare Magazine recently devoted a feature article to his series of CDs for New Ariel Recordings entitled "Contemporary American Eclectic Music for the Piano," and says this of Jacob's compositional work; "There is a strong sense that Jacob composes as one might write a diary, with an almost compulsive need to express oneself." In this sense, Jacob is a brave artist, as he speaks to us directly, almost nakedly, from the heart." JANUARY 17, 7:30 PM. Adults \$25 and \$20, Students & Seniors \$22 and \$16



## WEEKLY venues

**Open Jams begin  
at the Copland  
Room of the  
Tillamook County  
Library,  
Saturdays  
2 - 4pm.  
All skill levels  
welcome.**



### ASTORIA

#### ASTORIA COFFEE HOUSE: FRI-SAT

**7 - 10pm.** ACH features a broad selection of local musicians, from solo acts to duos and trios, classical to folk and rock taking center stage in the main room. Relaxed. Tasty entrée's, pastries, beer and wine available too. **CELTIC JAMS** every second Thursday. Musicians of all ages are welcome but should be proficient. Listeners welcome too. For more info: jbowler@charter.net. 243 11th St.

#### BAKED ALASKA: FRIDAYS 7 - 9PM

Play Trivial Pursuits. Host Dulcey Taylor takes you through 3 rounds. Bring a team or play solo, duo, etc. \$2 per game. 3 games per night. Win \$\$\$, exercise your brain. In the Northern Lights Lounge. Astoria, foot of 12th.

#### CRABERNET ROOM: SATURDAYS 6 - 9pm.

Solo artists perform in the wine cellar of the Elliott Hotel. Street entrance on 12th leads you to the Astoria underground, fine wines, cigar room if you like. A great way to transition into the eve. 357 12th St. Astoria

#### FT. GEORGE BREWERY: SUNDAYS 8PM.

Newly-opened, Ft. George promises a best brew on the coast, towering steel brew tanks, dining booths, and live bands with room to dance on a Sunday night. On Duane between 15th and 14th, Astoria.

#### THE SCHOONER 12TH ST. BISTRO: FRIDAYS/

**SAT 7pm - 11pm.** Featured soloists and dugroove to the din of busy bar chatter in Astoria's favorite after-work, class joint. On occasion a circle of musicians take over with acoustic guitar and percussion jams. 360 12th St.

#### T. PAUL'S URBAN CAFÉ: FRIDAYS/SAT

**6 - 9pm.** The colorful café with creative décor, and tasty salads that make a meal, quickly became an Astoria favorite and has stayed that way. Piano and guitar players accompany diners and social butterflies. 1119 Commercial.

#### THE WET DOG CAFE: DANCE ON FRIDAYS

**AND SATURDAYS** to DJ spins. Enjoy live acoustic music, dinner and brews every Friday from 6pm - 8pm.

#### THE VOODOO ROOM: THURSDAYS,

**8 - 11pm.** Indie rock, folk, or blues, The Voodoo Room saved Astoria from the possible extinction of live-music, instated the good martini, and allows reality from a Voodoo art collection perspective. *Blues artist Johnny Ward* plays "jass" on guitars and harp every Thursday. *Swing Cats*, acoustic swing, groove down on Sundays, 5:00 -8pm. Check the calendar for various musical guests throughout the week and weekend. Marine n'11th

### WARRENTON

#### SIPIN' ON: FRIDAYS, 9PM - CLOSE.

The former Ray's Tavern across from the Skipanon Marina features *Country Breeze*, rock and country. Sit around the bar, play pool or dance. 45 NE Skipanon.

### GEARHART

#### MC MENAMIN'S SANDTRAP: THURSDAYS

Newest kid on the sandy shore, uping the ante onlive music. Drawing from years of bringing it to the people, you'll find live music every Thur., 7pm, no cover. Downtown Gearhart.

### SEASIDE

#### GOOSE HOLLOW AT THE COVE: TUES - SAT.

**7 - 9pm.** Now a regular spot for acoustic music, brews and sandwiches in Seaside, Bud Clark's kids feature regulars Gary Kieski on fiddle and Bill Hayes on guitar Tuesdays, and eclectic music throughout the week. Check lisitngs for featured music. 220 Ave. U

#### RELEIF PITCHER: SATURDAYS 7 - 10PM.

Beginning July 12 and through the summer, the venue opens its cozy outdoor stage and picnic table seating. it's a unique and downright pleasantly lively place to hang for beers and listen to live local bands. On hwy 101 just out of Seaside.

#### LIL BAYOU: THURSDAYS/WEEKENDS

**6 -9pm.** All around soulful guitarist Richard T. plays jazz, swing, blues and standards. Come springtime The Magnolia Room transforms into a little New Orleans featuring heaps of local and regional blues and rock on the weekends and a delectable Creole menu. 20 N. Holiday,

#### YUMMY WINE BAR & BISTRO: FRIDAYS

Local Solo Acoustic muscians serenade. enjoy dinner, light faire or wine samplers and a nice warm fire. 831 Broadway in Seaside.

### CANNON BEACH

#### BILL'S TAVERN: THURSDAYS

**6 -9pm.** The Floating Glass Balls charge the evening with old time string band favorites, rootsy country too. The hub of CB is all about the good beer and boys in the band. Too much fun. 188 N. Hemlock

### MANZANITA

#### THE SAN DUNE PUB: WEEKENDS

Plenty of live music scheduled on Fri-Sat. through the summer.





## PROFESSOR GALL

**WITH WICKED HORN SECTION** (some members of March 4th Marching Band) in tow, Portland artist Drew Norman brings his mystery musical conglomerate to the Redhare Gallery Stage. Norman has been working on his Professor Gall alter ego in his spare time while simultaneously performing and recording with his well-known band The Cow Trippers, and affiliated bands The Sort Of's and BB's Fistful of Babies.

Playfully sinister, upfront dark satire, lurid absurdity and pseudo-psychological lesson plans, Professor Gall has a musical persona pulled from a medicine-man bottle, and a gypsy-rock back drop to assist in musically seducing

the crowd. The band's recent release, *Intravenous Delusion* has received approved head nods from P-Town music pundits.

Morphine, The Eels, Tom Waits; Professor Gall has a definite, organic music make-up that falls somewhere in similarity to the aforementioned. The Professor is also a proficient, talented guitarist who settles for nothing less than adding banjo, lap steel and trap kazoo to his bag of instruments.

Trip down a surreal lane to THE REDHARE, FRIDAY, JAN 23, 8PM, \$10 BILL.

## FINN RIGGINS IDAHO INDIE ROCK

### TOURING TO THE NORTH COAST

Finn Riggins brings their alternative rock music to the Fort George Brewery and Public House on Sunday, January 18th. Finn Riggins is the result of a longtime collaboration between Cameron Bouiss, Eric Gilbert and Lisa Simpson. Having met while completing their music degrees at the University of Idaho, the trio began playing music together in 2000, an endeavor that would ultimately culminate in what is now Finn Riggins. In August of 2006, Bouiss, Gilbert and Simpson quit their jobs and moved to Sun Valley, Idaho to stitch together the outlines of Finn Riggins at "the helibase" - a secret practice spot/tour launch pad. Practices yielded shows, shows yielded tours and by the end of their first year as a group, Finn Riggins found themselves a national touring act who lived as much on the road as they did at home.

Finn Riggins has been touring the U.S. relentlessly in support of its debut full length *A SOLDIER, A SAINT, AN*



*OCEAN EXPLORER* released Nov. 13th 2007 on Tender Loving Empire -- an independent record label, fine art/literature publishing house, fashion collective, art gallery and screen printer based in Portland, OR.

In 2008 alone, Finn Riggins played over 200 shows in 35 different states, including appearances at esteemed festivals like the CMJ Music Marathon in New York City, and Music Fest Northwest in Portland, OR. They've made a name for themselves as road warriors

brandishing a fresh take on NW indie rock and helping to further push Idaho on to the national independent music scene.

As the calendar flips to 2009, Finn Riggins is relocating to Boise, ID to begin work on a new record and to further immerse themselves in Idaho's growing music scene. SUNDAY, JAN 18, 8PM, FORT GEORGE BREWERY IN ASTORIA. NO COVER.

## KATE MANN COUNTRY/AMERICANA

**KATE MANN** grew up at the foot of the Sandia Mountains in New Mexico, and desert textures subtly sculpt her music. A deeply resonant, unique vocal quality, atypical chord progressions, and compelling and intelligent lyrics combine to conjure comparisons to artists as varied as PJ Harvey, Lucinda Williams, Tom Waits, and Nick Cave.

A former high-school teacher, Kate had an awakening in 2005 that led her to dedicate herself to music full time. She traded in her car for a van, overhauled her mother's classic 1963 Gibson steel-string acoustic, and started playing coffeehouses, dive bars, and farmers' markets. Her unique brand of moody Americana has been cultivating a loyal local fan base, and she is continuing the trend



regionally with performances throughout the western states.

A sexy cowgirl growl . . . . 2 Dates. YUMMY in Seaside, FRIDAY JAN 23, 9- 11PM. In concert at REDHARE GALLERY in Astoria SATURDAY, JAN 24, 8PM, \$10.

## SANDMAN THE RAPPIN' COWBOY RETURNS. FINALLY!

### THE FORT GEORGE BREWERY AND PUBLIC HOUSE

is having a special night of music on Thursday, January 22nd with well loved rapping poet Sandman the Rappin Cowboy and special guest WOKE UP WRONG (w/ local musician Sid Cooper). A prolific songwriter, Chris "Sandman" Sand has produced fifteen musical recordings, including ten CDs. His music is fusion in the raw--country/ hip hop/ folk/ rap/ cowboy/ punk. Whatever

you want to call it, it's unique, fresh, sexy, and distinctly western.

The great-grandson of Montana and North Dakota pioneers, Sand grew up hearing cowboy poetry and country music. When hip hop culture hit "the Rez" (the Flathead Indian Reservation in western Montana, where Sand lived most of his early years), he learned to rap and rhyme to the pulse of baling machines and irrigation pumps. By his late teens, when he discovered Marley and Dylan, he had already begun to find his own prophetic voice.

Sandman has toured the country many times, sharing bills with acts ranging from Devendra Banhart to Kimya Dawson to Michael Franti &



Spearhead. Selling "Sandman" t-shirts and pillowcases (recycled items slapped with the Sandman brand), worn leather belts, and old cowboy shirts, Sand keeps his audiences entertained during the breaks as well as on stage. He stays in touch with fans and friends between tours through his blog journal ([www.rappincowboy.com](http://www.rappincowboy.com)).

Sandman performances shine with heart and humor. If you are curious about the sound of avant-garde western Americana, take time to listen to this one-of-a-kind rappin' folk singer. Portland's Woke Up Wrong will open the night. THURSDAY, JANUARY 22, 8PM, FORT GEORGE BREWERY IN ASTORIA.



**2 Piece, WOKE UP WRONG**, switch out on guitar and drums, delivering post-punk rock ditties like *Vampire Love*, and *Steve's Biological Father* - rough and sweet all the way. They also open for SAD HORSE, another boy-girl set from North Portland brandishing fresh dollops of garage punk, with an 7" EP on Mississippi Records, already sold-out to europhile collectors. SATURDAY, JAN 31 AT THE VOODOO ROOM IN ASTORIA. FUN, FUN FUN!



## Oregon Reads 2009 Brings Stubborn Twig Discussion To CCC

**CLATSOP COMMUNITY COLLEGE** along with nearly every public Oregon library and county, has been reading *Stubborn Twig* as part of the Oregon Reads 2009 community reads program sponsored by The Oregon Library Association. *Stubborn Twig* was chosen as the book for the entire state to read in honor of Oregon's 2009 sesquicentennial.

The author of *Stubborn Twig* is Oregon resident Lauren Kessler. She is the author of various bestseller and award winning narrative nonfiction works, founder and editor of *Etude*, an online narrative nonfiction magazine, and directs the University of Oregon's graduate program in literary nonfiction.

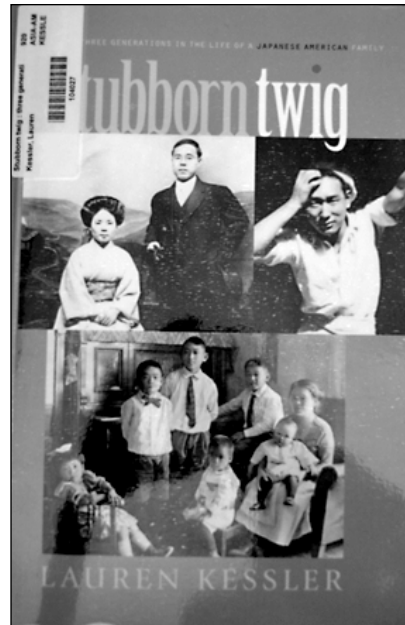
"*Stubborn Twig* is the true story of three generations of a Japanese American family in Hood River and the family's successes, challenges, internment in WWII, and lives afterward," says Candice Watkins, CCC's Reference and Instruction Librarian. "It is an eye-opening read that enriches your

understanding of Oregon, its history, and the diverse people who have made and continue to make Oregon such a wonderful and interesting place to live."

To help CCC celebrate the Oregon Reads 2009 community reads program, a presenter from the Oregon Nikkei Legacy Center will speak in the CCC Art Center Gallery at 11:00 a.m. on February 4th, 2009. The speaker will share the Japanese American experience in Oregon, including the internment of Japanese Americans during World War II.

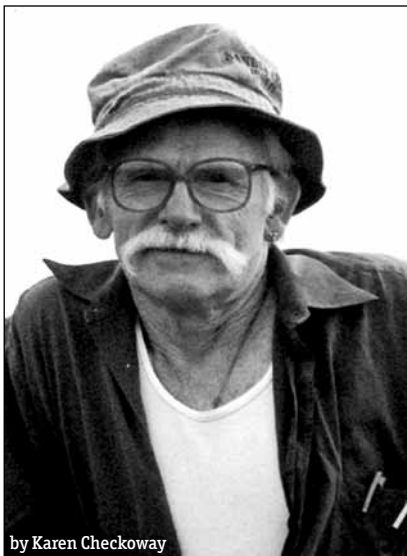
**BOOK DISCUSSION:** Feb. 4th, the faculty and staff are going to participate in a book discussion on January 23rd and 30th from 2:30 – 3:30 p.m. in the Library Conference Room. The public is invited. Discussion topics for *Stubborn Twig* can be found at [www.oregonreads2009.org/stubborn\\_twig\\_discussion.html](http://www.oregonreads2009.org/stubborn_twig_discussion.html)

The Art Center Gallery and Library are located at CCC's main campus in Astoria, OR. Both facilities are ADA Accessible. Events are free and open to



the entire public. Due to the Jerome Campus Redevelopment Project, parking at the campus is limited so please allow sufficient time to locate a parking place on or near the campus.

For more information about the CCC *Stubborn Twig* speaker event, contact Candice Watkins at 503-338-2460. For more information about the Oregon Reads 2009 program, visit [www.oregonreads2009.org/index.html](http://www.oregonreads2009.org/index.html)



by Karen Checkoway

## WRITERS ON THE EDGE NEWPORT

**Portland poet and Irish bard Carlos Reyes**, and Oregon coast poet Travis Champ are the featured authors at the next Nye Beach Writers' Series program Saturday, January 17. The readings begin at 7 pm in the upstairs community hall of the Newport Visual Arts Center, 777 NW Beach Drive across from the Nye Beach turnaround. General admission is \$5 at the door and students are admitted free.

The popular monthly open mic segment will take place following the featured authors' presentations. Open mic slots are available to the first 10 writers who sign up to read from their original works for up to five minutes. Light refreshments are available with proceeds benefiting the many literary programs of Writers On The Edge

## CALL FOR SUBMISSIONS FOR FOURTH ANNUAL CANNON BEACH WRITES! EVENT

**Submissions are being accepted** by North Coast writers (published or unpublished) for the fourth annual Cannon Beach Writes!—a collaboration between the Cannon Beach History Center and Museum and the Cannon Beach Library. Submissions are due by February 20th and notifications regarding acceptance will be mailed by March 16th. The reading event will take place on Saturday, April 4th at 7 PM at the Cannon Beach History Center and writers submitting work must

be available to attend the event and read. Readings should be 10 minutes maximum (shorter for poetry unless multiple poems are selected), and can be in any genre.

Send submissions to Program Director, CBHCM, P.O. Box 1005, Cannon Beach, OR 97110, including your contact information and email address. Submitted documents will not be returned. If you have questions, call (503) 436-9301.

## CANNON BEACH READS

"*Kim*," by **Rudyard Kipling** is the Cannon Beach Reads selection for January. The discussion will begin at 7 p.m. Wednesday, Jan. 21 at the Cannon Beach Library. Cannon Beach Reads is a free book group sponsored by the nonprofit Cannon Beach Library to encourage reading and discussion of significant books. Anyone can attend the discussion, even if they have not read the book.

Books can be purchased at the Cannon Beach Book Company, or, they are available to be checked out at the library. For further information about Cannon Beach Reads,

## Judith Barrington reads from *Postcard from the Bottom of the Sea* in Manzanita, Saturday, January 17



**JUDITH BARRINGTON** will read from her chap books *Postcards from the Bottom of the Sea*, and *Lost Lands* at 7 pm on Saturday, January 17 at the Manzanita Writers' Series at the Hoffman Center Annex in Manzanita.

Not only is Barrington an award-winning poet, memoirist and creative writing teacher, she has been instrumental in creating writing communities and opportunities in the Northwest. She was cofounder of the long-running Flight of the Mind Writing Workshops that ran every summer for 17 years along the McKenzie River. She is also one of the founders of the Soapstone Writing Retreat for Women located out on Hwy. 53. Besides the retreat location itself (a building that houses two writers at a time) Soapstone performs a key service for the Northwest Oregon and Southwest Washington writing community by sending out email community announcements about writing events and opportunities.

The Manzanita Writers' Series is thrilled to have Judith Barrington to kick off the second year series here at the Oregon Coast. (The complete schedule for 2009 with links to the author websites is at [www.hoffmancentermanzanita.org](http://www.hoffmancentermanzanita.org)

Following Barrington's reading, the popular Open Mic session will provide opportunities for the audience to hear nine local writers read from their original work. Interested writers sign up at the door to read, first come, first to read.

Writers interested in reading should check out the Open Mic guidelines at [hoffmancentermanzanita.org/manzanitawriters](http://hoffmancentermanzanita.org/manzanitawriters) and come prepared to read your original piece of work in five minutes or less.

At the Hoffman Center Annex (across from Manzanita Library at 594 Laneda Avenue.) The Annex is set up in a café style with coffee/tea and snacks available. Suggested donation covers event expenses, \$5. More Info: contact Kathie Hightower, 503-368-8161; [kathie@jumpintolife.net](mailto:kathie@jumpintolife.net).



## HOLIDAY MOVIES II

The end-of-year release glut continues, featuring Oscar contenders (and pretenders), a \$150M art movie, a war between producers and maybe, just maybe, Tom Cruise's last movie as a studio head.

**The Curious Case of Benjamin Button (December 25)** The oddest holiday release has to be this fantastical dark romance starring Brad Pitt as Benjamin Button, a man who ages backwards. Based on an F. Scott Fitzgerald short story, Button is born in New Orleans in 1919, as a "baby" of 80. As he ages, Benjamin gets younger and younger. Growing up in an



old folks' home, Benjamin meets 6-year-old Daisy. For the rest of their lives, their paths cross. At first kept apart by their age difference, as time goes by Benjamin and Daisy (Cate Blanchett) become closer and closer in age, until finally in their 30s they become lovers. As the movie suggests, though, time and life are fleeting - Benjamin and Daisy are headed in opposite directions - the union will not last. Film was written by Eric Roth, who also wrote Forrest Gump, and both films share a similarity in the way they meander through time. Although episodic, the story eventually builds to a moving finish. To achieve the backwards-aging effect, Director David Fincher (Fight Club) used cutting-edge technology to seamlessly place Brad Pitt's face on the bodies of other actors. He also made Pitt and Blanchett appear younger in some scenes. All of this special effects wizardry came at a price - the movie ended up costing \$150M.

**Revolutionary Road (December 26)** Leo DiCaprio



and Kate Winslet reunite for the first time since Titanic for the screen adaptation of Richard Yates celebrated novel of an American Dream slowly turning sour. Frank and April Wheeler live lives of quiet desperation in the Connecticut suburb of Revolutionary Hills Estate. Frank is an office functionary who hates his job. April is equally trapped in the conservative, conformist culture of 1955. April is an aspiring actress, but she embarrasses herself in a local theater production. Frank deals with his frustration by drinking and having an affair with a co-worker. The marriage crumbles into endless arguments and accusations. Then April hits on a solution: chuck it all and move to Paris. She will work while Frank tries to find something that interests him. But Frank is basically weak. He is actually starting to like his job. It's the beginning of the end. When April announces she is pregnant with their third child, the Paris plan fizzles. Although it sold poorly when released in 1961, in 2005 Yates' book was chosen by Time magazine as one of the 100 best novels in the English language from 1923 to the present. Winslet's performance has been buzzed about as a possible Best Actress nominee.

**Gran Torino (January 16)** "Get off my lawn." Only Clint Eastwood could make that line seem life-threatening. With his second directorial effort of the fall, Eastwood returns to the screen for the first time since 2004's Million Dollar Baby. Eastwood plays retired Korean War vet Walt Kowalski, a racist with a mean sneer and meaner disposition. Only two things matter to him - his M-1 rifle and his beloved 1972 Gran Torino. Kowalski is dismayed when Hmong people begin moving into his decaying Detroit neighborhood. Then, Kowalski catches teenage Thao attempting to steal his car in a gang initiation. When Thao's family orders him to make amends, a cross-cultural enlightening takes place. Kowalski becomes Thao's surrogate father - showing him how to "man up" and forcing a showdown with the gang. And Kowalski, through Thao's sister Sue, becomes acquainted with his neighbors who he initially treated with scorn. Eventually, Kowalski, who's alienated from his own children, says: "I have more in common with these gooks than my own, spoiled, rotten family." Aside from the 180 degree change in the character, from set-in-his-ways curmudgeon to a man who can finally admit his own faults, maybe the most impressive facet of Eastwood's performance is the fact that at 78, he can still convincingly kick butt.



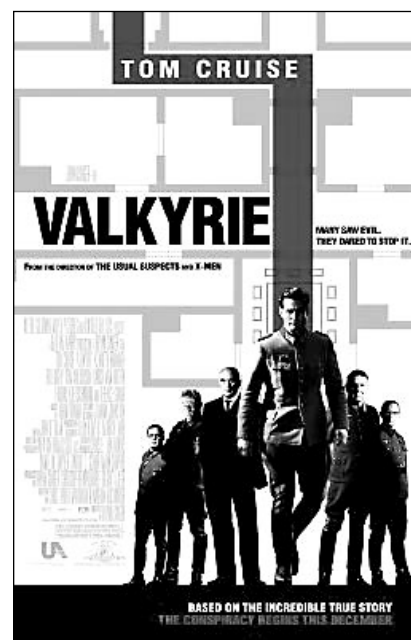
**The Reader** Kate Winslet topline the film version of Bernhard Schink's acclaimed post-Holocaust story. In 1958, 15-year-old Michael meets Hanna (Winslet), a woman 20 years his senior, and soon they are having daily trysts, preceded by Michael reading to Hanna. Michael falls in love, but one day Hanna vanishes without a trace. Cut to 1966. Michael is now a law student. One day his class attends the trials of women who worked as concentration camp guards. Hanna is one of them. Michael is shocked, then torn between feeling guilt for

having consorted with a possible war criminal and trying to help exonerate her. Eventually, he realizes Hanna has a deeper secret



than her Nazi past - she cannot read or write. Years later, middle-aged Michael (Ralph Fiennes), now a legal historian, travels to New York to interview a survivor of Hanna's camp. Through his conversation with her, he realizes Hanna has affected his entire life. An art movie with a capital "A," through the whole story Hanna remains an ambiguous figure, seen only through Michael's eyes. Winslet could end up competing with her performance in Revolutionary Road if she's nominated for her performance in this film. Post-production featured a war between two of the producers over the release date. Harvey Weinstein wanted the film to open in 2008 to qualify for awards. Rudin preferred 2009. In the end, Weinstein won. Rudin took his name off the picture.

**Valkyrie (December 25)** It's all about the eye patch. United Artists was so worried about the image of Tom Cruise playing a German and wearing an eye patch that they changed the poster (to de-emphasize the eye patch). And the release date - multiple times. All of this indicates a very nervous studio. Maybe they shouldn't have been. Early buzz is that Director Bryan Singer (X-Men) and screenwriter Chris McQuarrie (The Usual Suspects) have crafted an effective thriller about the famous July 20 plot to assassinate Hitler. Cruise plays Claus von Stauffenberg, a war hero who concludes the only way to save Germany is to kill Hitler and form a shadow government that would negotiate a surrender with the Allies. When plot after plot fails though, the partially-disabled von Stauffenberg realizes he must kill Hitler himself. Major controversy erupted when Cruise took the lead role. In Germany, Scientology is considered a dangerous cult. Permission to film at key military locations was withheld and von Stauffenberg's children objected to Cruise playing their father. Eventually, permission was granted. Commercial prospects seem iffy though, for a movie about a plot that everyone knows failed. Perhaps Tom should greenlight Mission Impossible 4 next.





WORKSHOPS/CLASSES

**SPIRITUAL WRITING/LIFEWITTING.** Instructor: Gail Balden is a writer, educator and workshop presenter with over 30 years of teaching experience. Saturday, JANUARY 17, 9 to 3pm/or FEB. 21 9-3pm. At the Center For Contemplative Arts. \$60 (Open to men and women). Class size is limited so register early. Description: The class will include information on where to begin telling your story, what form to follow, and how to develop a unique personal writing style. No previous writing experience is necessary. Participants should bring a journal or notebook and their favorite pen.Call Gail at 503-368-7807 or email her at gail@creativejourneys.net A minimum deposit of \$30 to reserve a space should be sent to Gail Balden, 41500 Anderson Road, Nehalem, Oregon 97131.

**ART AND MEDITATION.** Instructor: Jan Tarr, Spiritual Director and Artist . FRIDAYS, FEBRUARY 6 - MARCH 13, 9am to Noon. \$20 supplies fee. Description: Jan will facilitate a series of six quiet mornings of meditation, reflection, and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. This class will be limited to 10 participants. Center For Contemplative Arts. Register: Contact Lola Sacks at 503-368-6227 or email: contemplativearts.lola@gmail.com

**DROP IN PRINTMAKING CLASSES.** Tuesdays, 4-6pm or 6-8pm, Green Printmaking Studio, Wheeler (next to Richfield Antiques) with Lynn Thomas, beginning January 13. Cost \$15. Art Enthusiasts, Art Creatives, and Art Lovers!!! This is what you will receive each week: one hour of instruction & one hour of “play” time; use of a Takach table press; resource materials to peruse. Questions?? Call Lynn Thomas at 503 812-4240

**4-H SUPER SATURDAYS.** Do you have kids who like hands on activities? Would you like to find out more about how the 4-H program works? If so, come join us on Saturday, Jan. 24 at the Clatsop County Fairgrounds. Kids in grades K-3 will be doing crafts, stories, games and songs. Youth in grades 4-12 will choose 4 of 16 workshops some that include: Beginning Crocheting, Making a Volcano, Swedish Weaving, Electricity, Dying Yarn, Archery, Goat Grooming, Market Poultry, Drug and Patrol Dogs, and more! For more info or to RSVP call the OSU Extension office at 325-8573.

**OPEN ART NIGHT.** 5:30 to 7 PM –1st & 3rd Weds. Bay City Arts Center, Bay City.

**LIFE DRAWING.** 6 to 9 PM. Every 2nd & 4th Weds. Bay City Arts Center, Bay City.

**TODDLER ARTS GROUP.** Every Monday, 10:30 to 11:30 –Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City.

**YOGA FOR KIDS.** At Parinamah in Manzanita, Saturdays, 11am. For more info call 368-3800. At Lotus Yoga in AstoriaFridays, 3:30pm, 45 – 60 minutes. Adults must accompany child and can observe or participate. Pricoe is \$11 drop-in (1 adult + child) or \$9 per class, monthly.

**AARP DRIVER SAFETY COURSE.** The New Edition 6 of the AARP Driver Safety course will be offered September 20th from 9am to 12noon & 1pm to 5pm in Seaside at CCC South County Center, 1455 Hwy 101. Call Jerry Thiers at 503-738-2053 to make a reservation. ASTORIA CLASS will be September 16th & 17th at Fertig Hall, Room 1, CCC Campus 16th & Lexington from 9am to 1pm each day. Please call Bob Trumbull at 503-717-5079 or to reserve a space. Oregon State law provides for a discount on your auto insurance premium for completing this course. Attendance at both sessions is required to receive your certificate. If you have already taken this or a similar course most insurance companies require that a refresher course be taken every three years to continue to receive the discount; or every two years if you are 70 or over. The cost is \$10 per person.

Please make all checks payable to AARP. YOU DON'T HAVE TO BE A MEMBER OF AARP TO TAKE THIS COURSE.

**LEARN SELF DEFENSE IN ILWACO.** Kenpo Karate for Adults. River City School, 127 SE Lake St, Ilwaco. Tuesdays @ 7:00pm - 8:45pm, \$45/mo Inquire /sign up: jbgroove1@juno.com phone: 360-665-0860. KENPO Karate for Kids -River City School, 127 Lake Street SE, Ilwaco, Every Thursday @ 4:00pm - 5:00pm, \$45/mo.

**CLAY OPEN-STUDIO.** At the Hoffman Center Annex, 594 Laneda, Manzanita, Tuesdays 10-7pm for those 12 & over. Children’s clay open studio is on Thursdays from 3-5. Children’s clay classes from July 10 through August 14 on Thursdays from 2-3 before open studio. Open to all clay artists, or those who wish to learn with a supportive group. Center equipment available includes a slab roller, two potter’s wheels, a variety of tools and kiln time. The fee for participation in the Clay Open-Studio program will be \$2 per hour or \$10 per day per person. For more information contact Glenna Gray 368-3739 or glenna@nehalemtel.net

**FAMILY ART WORKSHOP.** Creative projects for all ages, bring the family. Free. Noon – 4pm at the Pine Grove Community House in Manzanita.

**CELEBRATE RECOVERY •** Nazarene Church, 2611 3rd St, Tillamook. Adult & teen 12 step program. Child care provided. Call 503-812-3522 for more information. Tuesdays, 7-9, Dinner at 6 by donation.

**OPEN ART NIGHT WITH PHAEDRA.** Bay City Arts Center, 5680 A St, 5-7pm on Wednesdays

**AFRICAN DRUMMING.** Every Fri. at 7:30 in Astoria. 2935 Marine Dr., Second Floor Taught by David Dickson @ 831-251-2518

**DINNER PARTY COOKING CLASS.** Features a dinner-party menu with all recipes, shopping list, and prep schedule. Fridays 7 – 9:30pm and Saturdays 6 – 8:30pm. At EV00 Cooking School in Cannon Beach. Contact 503-436-8555

**BRUNCH 101 COOKING CLASS.** Semi hands-on. \$49/ Sundays 11am – 1:30pm. At EV00 Cooking School in Cannon Beach. Contact 503-436-8555

**GENTLE YOGA W/SARAH FAWN.** 9:30-10:30a.m. Saturdays at Sunset Family Fitness; Morning Hatha Yoga at Sunset Family Fitness 10:15-11:30a.m Sundays; Yin Yoga at Lotus Yoga Studio 6-7:30p.m. Sundays; Afternoon Yoga Stretch at Cannon Beach Athletic Club 12:30-1:30p.m Sundays; Low-Intermediate Shakti Yoga at Cannon Beach Athletic Club 5:30-6:45p.m. Mondays & Wednesdays; Basic Hatha Yoga at Bob Chisholm Community Center 4:30-5:45p.m. Tuesdays & Thursdays. Private individual and group classes also available. Contact SarahFawn, RYT at 503-440-6738 or serra-phon@msn.com for rates and additional information.

**GENTLE YOGA.** With Angela Stephen, RYT. This all level class will focus on stretching, relaxation and meditation. Class will be held at Lotus Yoga, 2935 Marine Dr. 2nd Floor, Astoria. This 90 minute class begins at 10am on Saturdays. Cost is \$11 drop-in or \$35 for 4 sessions. 1st class is FREE! Call Angela at (503)458-0018.

**T’AI CHI.** Build balance, center, strength, stamina and enhance your immune system. Heal from the inside out as you engage the powerful energy of the life force. Great for all ages and levels of fitness. At Center of Balance in Astoria. Tuesdays @ 11AM – 12:15PM . \$40/mo. \$12/drop in

**YOGA IN GEARHART.** Gearhart Workout. For more information log on to www.gearhartworkout.com 3470 Hwy. 101 N. Suite 104 in Gearhart



“UNDERSTANDING WORLD RELIGIONS”

World religions will be explored when a new book club begins at the Cannon Beach Library in January. The Rev. David Robinson, pastor of Community Presbyterian Church, will lead the discussion using the book, “World Religions: The Great Faiths Explored & Explained,” by John Bowker. He also will work out of “The World’s Religions,” by Huston Smith.

The books are available at Cannon Beach Book Company. Robinson earned a bachelor’s degree in comparative world religion from the University of Washington, a master’s of divinity and a doctor of ministry degree from Fuller Theological Seminary.

7pm, 2nd Wednesdays of every month through June. 131 N. Hemlock St. FREE and open to the public. More info: 503.436.1391

**LOTUS YOGA • Astoria.** New Yoga Studio in Astoria. 2935 Marine Dr. 2nd Floor in Centre of Balance. All kinds of classes now available. From 6AM to 7PM Beginners, Intermediate or Advanced, Parents & Children, Pre/Postnatal & Babies, Intensive Workshops, short Yoga breaks, gentle or challenging; There’s something for everyone! Call, email or check out the website for more information. Judy Matulich, CYI (503)298-3874 lotusyoga@charter.net www.lotusyogaonline.com

**YOGA • Nehalem.** Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

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

**YOGA • Manzanita.** The Center for the Contemplative Arts, Manzanita: Thursday Mornings 9-10:30. \$35 for 5 classes. Call 368-6227 for more info.

**KUNG FU CLUB • Seaside.** Chi Gung, Tai Chi & An Art of Self Defense (Kung Fu) Series through the Sunset Empires Parks & Recreation District twice a week. For more information contact Dave Copeland, North Coast Kung Fu Club, davidd@transcore.com

**Tai Chi Chuan • Seaside.** Sunset Empire Parks & Rec presents the classical martial & healing art. Class times are Mondays and Wednesdays, 9-10:15 a.m. and Tuesday and Thursdays, 6:15-7:30 p.m. at the Seaside Youth Center, 1140 Broadway. Enrollment fee is \$25/month. Students may also be interested in inquiring about underwater Tai Chi Chuan, a unique opportunity at Sunset Pool. Call (503)

738-3211 for information.

**AEROBIC CLASSES, CYCLING, & YOGA AT COLUMBIA FITNESS.** Drop-ins welcome! Mix or match your classes. \$12.00 a class or 10 Classes for \$65.00 (10 class package comes to \$6.50 a class) Membership has it’s privileges. Always free for members. 30 - N Hwy. 101 (Premarq Center), Warrenton 503-861-0688

**QUI GONG • Bay City.** Katherine Delleney, student of master Zhongxian Wu, acupuncturist, and holds Master of Science in Oriental Medicine, will be teaching classes in Qui Gong, an ancient science of “energy work”. It is a means to connect ourselves and our spirit with the universal energy. Individual classes: \$8; package of 10 classes: \$60; and package of 5 classes: \$30. Thursdays at 6:00pm, at the Bay City Arts Center, 5680 A St. To register call Katherine at 842-6532 or 971-988-7064.

SPIRITUALITY

**PSYCHIC PATHWAYS.** Thursday nights, 7:30pm. We will be covering topics such as grounding, ethics, protection, auras, cording, contacting your personal guides, helping others, chakras, past lives and more! So much to cover! Suggested donation is \$10 a class. Starting Date TBA. Please email me at zia@nehalemtel.net or call me at 503-368-4494 if you are interested.

**SPIRIT DANCE.** Free-form ecstatic trance dance. Wednesdays at the Pine Grove Community Center in Manzanita. 7:30pm, \$5 donation.

**SPIRITUAL DANCE.** Sundays at Tsunami Studios in Astoria. 10:15am Sanctuary: a meditative musical journey intended to explore the devotional side of your dance. 10:30am-noon Fusion: A mix of soul-stirring music to sweat out your stress, strut your stuff and whatever else you need to dance through. \$12 p/class. 1350 Exchange St.

**“TIBETAN BUDDHIST DHARMA GROUP,** Dharma River. Mondays, 7 - 9 pm, 2935 Marine Dr., in Lotus Yoga studio on the 2nd floor. Meditation, sadhana practice, teachings & discussion. Dharma River is a satellite of the Portland Sakya Center, Orygen Chogyl Chonzo Ling, a center of H.E. Chogye Tri Rinpoche. Contact Dharma teacher, Rosetta Hurley, 338-9407 for more info.”

**CENTER FOR SPIRITUAL LIVING OF THE NORTH COAST.** CSLNC is a New Thought Church and Metaphysical Center. Sunday Celebration 10:30am, Sunday Children’s Church 10:30am Gateway Masonic Lodge, 66 S.W 4th St. Warrenton. www.centerforspiritualiving.org

**A SILENT MEDITATION •** with Lola Sacks. St. Catherine’s Center for the Contemplative Arts, Manzanita: Monday Nights 7:30-8:30 and Tuesday Mornings 8:45-9:30 Call 368-6227 for more info.

**LECTIO DIVINA •** Meditation with Holy Scripture. St. Catherine’s 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

**ALDER CREEK FARMS** Weekly Alder Creek Farm Community Garden Work Parties - Tuesdays, 10 am – Noon. Help out the Coastal Food Ecology Center, community garden, permaculture garden and harvesting for the Wheeler Food Bank. Tasks may include: greenhouse and garden weeding, planting, and watering.

Weekly Alder Creek Stewardship Work Parties- Wednesdays, 10 am – Noon. Join our “Trusty” volunteers on native plant propagation, planting, caging, invasive plant removal and many other stewardship tasks.

**CART’M WORK PARTIES.** The last Tuesday of each month. Next work party isSept.. 30, 9am-12 noon. Sort cans, dismantle microwaves, pick up litter, work in the garden. Then relax and have some pizza courtesy G’s Pizza. CART’M Recycling is located in Manzanita. See: cartm.org

TOLOVANA ARTS COLONY

CLASSES

**LET’S DANCE.** Tuesdays. (Instructor: Nadine Nordquist). Call for tuition rates. Creative Dance: 10-10:30am (4&5 y.o.) 10:45-11:15 (3&4 y.o.) Ballet/Tap Combo: 4:45-5:30pm Jazz/Hiphop: 5:30-6:15pm (Coming in March: Adult tap class. Call for information: 503.436.2080)

**HATHA YOGA** (Instructor: Christen Allsop) Begins 12 January: 4 weeks \$35 Intermediate Vinyasa Flow: Mondays & Fridays 9:30-10-45am.. 4 weeks, \$35. Drop-ins: \$10. Instructor: 503.440.1649

**CHAIR YOGA.** Wednesdays 10-11am. Begins 14 January: 4 weeks \$35. This gentle yoga class is practiced while seated or supported by a chair. Recommended for seniors and beginners. Please bring a mat. 4 weeks, \$35. Drop-ins: \$10.

**PAINTING.** Wednesdays 5:00-8pm! (Instructor: David Kinhan) Begins 14 January: 8 weeks \$70 Basic painting and drawing Beginners and experienced artists encouraged. Instructor: 503.440.1649

**ZEN LIFESTYLES.** Wednesdays 8:30-10pm (Instructor: Wm. Eldridge, PhD) Begins 14 January: 8 weeks \$70 Instructor: 503.436.9766

**ANUSARA YOGA.THURSDAYS** 6-7:30pm (Instructor: Jennifer Myers) Beginning 15 January: 4 weeks \$35 Instructor: 503.436.9567

**CHILDREN’S CHORUS.** Thursdays 4-5:30pm (Instructor: Lorain Trzyna) Begins 22 January: 6 weeks \$60 Instructor: 503.436.2296

**BECOMING A WRITER.** Thursdays 6-8pm: CB History Center (Instructor: Michael Burgess) Beginning 15 January: 8 weeks \$70 Develop the habits and skills necessary to good writing. Weekly exercises focus on aspects of story and voice Fiction, nonfiction, poetry. Drop-ins welcome: \$10/class. Instructor: 503.436.2868

WORKSHOPS

**WHAT MAKES GOOD WRITING GOOD.** Saturday 24 January 2-4pm: (Instructor Michael Burgess) \$35 Instructor: 503.436.2868

**ENCAUSTIC PAINTING.** Saturday, 21 February, 1-3pm (Instructor: Susan Simon) \$50/session. Instructor: 503.436.0178

**NEW CAMERA CRASH COURSE.** Sunday, 28 February, 1-4pm (Instructor: Glynis Valenti) \$35 Have a new camera? Take better photos by understanding some of the basics. Bring your camera and owner’s manual. Instructor: 503.739.6190

**LET’S SING.** Saturdays,27 February & 14 March, 1-2:30pm (Instructor: Lorain Trzyna) \$20 per session Focuses on basic vocal production and how you can get the best sound for singing Instructor: 503.436.2296

**STONE SOUP ARTIST’S DAY.** Saturday 22 March: 10am-3pm (Instructor: Kathy Allegri) \$60 Promotes individual exploration with water-media as each participant explores his or her creative muse Instructor: 971.219.6790

Send your listing to  
**NETWORK:**  
hipfish@charter.net





<p><b>ARIES (21 Mar-19 April):</b> Playing both ends against the middle is only fun if you're not in the middle. Take a break from the whirl. Go to your quiet place and remind yourself what you were doing before you abandoned yourself to the pursuit of whatever. If you don't know where you're going, you won't know when you get there.</p>	<p><b>LIBRA (23 Sept-23 Oct):</b> Life at center stage. You attract attention just by breathing. Among the admirers, someone entirely different. Not the time to be bashful or reticent. Dance with the stranger, embrace the unknown; there's nothing to lose but your body armor. Lie back and welcome love and adventure. You'll never do it any younger.</p>
<p><b>TAURUS (20 April-20 May):</b> Smitten again. Few forces of nature compare to a Taurus in love. Wallow freely but expect complications. Lose the blinders, look past your nose, tend your garden. You're attracted to forces that unsettle you and devote your life to making them stop. Very interesting game. Play nice.</p>	<p><b>SCORPIO (24 Oct-21 Nov):</b> Ready or not, change is upon you. You're more prepared than you think. Matters have become stagnant, a relationship has become a habit. Hard feelings and misunderstandings need to be dealt with. You may even, gasp, need to apologize. Suck it up. The results are more than worth the effort.</p>
<p><b>GEMINI (21 May-21 June):</b> Gandolph is knocking, time for an adventure. Being busy isn't enough: time to stop and notice the ruts. Get out of town. Failing that, get out of your envelope. Whatever you're doing, do something else. Equilibrium's not always a friend. Throw caution a little to the wind. There's something waiting to be free.</p>	<p><b>SAGITTARIUS (22 Nov-21 Dec):</b> You've got a lot on your mind; spit it out. Your words carry weight. Keep your motives pure and your spirits up. Make grand gestures, send roses, pay sincere compliments. You're laying the emotional groundwork for a relationship that will feed you. Be as honest as you are ardent.</p>
<p><b>CANCER (22 June-22 July):</b> Your mind is a marvel of efficiency. A good thing since you have some explaining to do. Misunderstandings have festered far past their shelf life. Not the time to clam up and walk away. There are many worse things than being wrong. Being bull-headed is one; being lonely is another.</p>	<p><b>CAPRICORN (22 Dec-19 Jan):</b> The clouds lift, the sky clears. A time to carry burdens, a time to lay them down. Give in to the gentle nibbling of romance; better yet, throw yourself into it. Thaw your emotions, let someone warm you. Life on the mountain top can get lonely. Ask yourself what you're resisting. Happiness maybe?</p>
<p><b>LEO (23 July-22 August):</b> Be careful what you whistle for. The good news is you won't be bored; the bad news is you may lose your head and let the game play you. Suitors and friends make demands on your time. Be mindful and honest in your dealings: matters begun now take on a life of their own. You wanted love and romance, right?</p>	<p><b>AQUARIUS (20 Jan-18 Feb):</b> You're back in the game. Your batteries are charged, your valves are freed, your pipes unclogged. Feel free to make up for lost time. Invoke passion, courage and honesty. Strengthen bonds, decrease separation, flirt with healthy abandon. Time to shine again. The world's been waiting patiently for you.</p>
<p><b>VIRGO (23 August-22 Sept):</b> You're spending too much time at the office. As someone's been trying to tell you, there's more to life than work. Listen up. Call in sick, unplug the phone, make love until you both giggle. It isn't the person with the most toys who wins; it's the person with the most friends and the best memories. Be that person.</p>	<p><b>PISCES (19 Feb-20 Mar):</b> Mystery is one thing; secrecy is another. When too much is concealed, truth has a hard time getting noticed. The trick is to float on top of the undercurrents. Accept confidences but shine light in dark places. Open your heart to someone you trust, plumb the mysteries together. The deepest truths lie on the surface.</p>



# The World Earned Rewards

As this column is being written, the moon is captivatingly close to full in Cancer, with some spice thrown in from Chiron and Pluto. This particular and dramatic watery pull has resulted in incredible emotional outbursts, events and surprises throughout the week as I and those around me are dealing with deep, unconscious, abrupt eruptions reflecting how we perceive ourselves as authorities: can I trust myself, am I good enough, am I my father/mother, etc. Issues from all sides come to sit in a circle around me and I am the fire, the heat, the warmth that infuses each issue with relaxed acceptance of truth, no matter what the truth is.

The World card is the last of the major arcana deck, and as such reflects the ultimate epitome of goals; the realization of long arduous effort with sometimes steep emotional, intellectual and spiritual curves. And so, as I write this column in the light of a ponderously glorious Moon, my truth is that I've worked long and hard and with great intention to achieve The World card --- upside down! Believe it or not, it's a good thing.

I've perceived this card to be beneficent when it's right side up, kind of like walking through the gates of heaven. But, like heaven, it's far off, right? A projection, an extension of time, something that will be achieved and will be given to me by God, Spirit, Guides, Angels.

HA!

The beauty of getting this card upside down is the realization that I actually have to do the work to get the reward. Somehow I'd responded to the card as if thought alone, intention alone, would reap an ultimate result. But, noooooo. I have to get physically involved. I have to earn the reward.



This realization came today in the doctor's office as I faced the doc who is in charge of the weight loss program I'd joined and neglected for these past months. I just blurted out from the deepest resources of myself that I wasn't ready to lose weight because when I did I began to feel sexy. That just won't do, I told her. I'm not ready. With that

a torrent of tears and instant realization that all of the intellectualization and compassionate and empathetic understanding of the situation that lead up to this point was not going to reward me with instant weight loss. There's still some work I need to do to achieve that place within myself that proves to me that I am more viscerally an authority of who I am than any other event or person's judgment.

The World isn't The World unless I believe it is, and the only way I can believe it is if I believe I am the authority that says it is so.

Niki's been gifted with the ability to hold "space" for Spirit to speak with you. To learn more about her and to schedule a personal reading, go to <http://www.incorrigibleoracle.com>.





HORMONAL  
COMMUNICATION  
BREAKDOWN

By Tracy Erfling, N.D.

ESTROGEN, Progesterone, Testosterone, Cortisol, Aldosterone, DHEA, Thyroxine, Melatonin, Calcitonin, Insulin, etc. What do these all have in common? They're hormones produced by the elusive and intricate endocrine system. Ovaries, testicles, adrenals, thyroid, pancreas, hypothalamus, pituitary, these are just some of the masters of the organism we call the human body. This amazing system of communication rules everything from blood sugar balance to sleep/wake

cycles. It is so important in the body's daily regulation that it is rarely overlooked when assessing a patient's overall health picture in my office. I could not possibly cover the extent of symptoms one would experience with a deficiency or excess of the hormones listed above...it would literally cover most all complaints. Instead what I'd like to do is explore hormones in general and get a better understanding of the effects of supplementation (prescription or not).

The beauty and detriment of natural medicine, the information age, and nutritional supplements is that there is SO much knowledge available. People are exploring health options on their own more and more (understandably). Sometimes this leads to important new avenues to health and sometimes it just leads to confusion. In general I welcome this freedom, and often learn from it, but in my opinion when playing with hormones people more often than not, get burned.

Hormones have a very well regulated and subtle method of communication. It is an intricate system with many levels, and many players. Let's take the thyroid as an example. In order to make the thyroid produce hormone first the hypothalamus (in

the brain) is triggered, it then communicates via a hormone of its own with the pituitary (still in the brain here) that in turn sends a message (yes, via another hormone) to the thyroid (which sits at the base of the throat). As the thyroid hormones activate their end organs like cellular metabolism, a communication returns to both the pituitary and the hypothalamus letting them know to

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



turn off their signal to the thyroid. This goes on throughout the day, everyday. And we haven't even covered the intricacies of the actual thyroid hormones themselves. All the endocrine glands listed above have a similar if not more complex communication system. It's kind of like one of those old fashioned switchboards; wires (the hormones) running every which way that are connected and disconnected every moment depending on the message to or from the operators (the glands). I do not claim

to have a mastery of this system, but I have a great deal of respect for it...as should you.

So now that you have a little foundation it will not surprise you to learn that when you supplement with a hormone (like DHEA for example) it has a profound effect on the body...let me elaborate. When taking a DHEA supplement or prescription the doses are often WAY above physiologic levels (i.e. that which naturally exists in the body). The benefit of this is that people notice the effects quickly. The problem that arises when we continue this supraphysiologic dose is that the communication is no longer well regulated...the supplemented DHEA is now shouting its message, which down regulates everything that's listening, leading one back to deficiency. Therefore, the long-term result is that the supplemented DHEA can create the same symptoms that drove us to start DHEA to begin with. This can happen with any hormone, but in my experience DHEA and progesterone are the most abused.

What is the solution? Well ideally one is under the supervision of a

practitioner who can help monitor the effect over time. Sadly the conventional medical model has, in my opinion, poor testing to assess this picture properly. They rely solely on blood testing, which is like taking a single frame of a movie and from it trying to determine the plot of an entire film. I have spoken of them before but salivary tests are preferable to many natural medicine practitioners, as they can let us know what the body is actually utilizing as opposed to what is available in any one moment in time...and although they are growing in popularity we can only hope they will claim the gold standard of care in endocrine related complaints. Using this and other tools the practitioner can better understand how and when to turn up or down the message so the glands have a chance to hear and communicate in the way they were naturally designed.

Communication is a constant challenge...both in our internal and external environments, it is something we are forever mastering. My message to you is to have reverence for the natural rhythms of the body, seek knowledge and guidance in your health care choices, and respect the power of substances however natural they may seem.



TRACY ERFLING N.D.

naturopathic physician

primary care using natural therapeutics

Call for an appointment! 503.440.6927

2935 Marine Dr. • Astoria

email: erfling@hotmail.com

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



"Tune-up" to maintain health and vitality!


Acupuncture & Traditional Chinese Medicine

Karen Kaufman, L.Ac., Ph.D.

2935 Marine Dr., Suite B Astoria, Oregon 97103

503.298.8815 kkaufman@mac.com

hipFish



Holistic Health Healing



HEALING ARTS

Nurturing Massage Therapy FOR INDIVIDUAL NEEDS

CAMERON WAGNER, LMT

503.298.8517 2935 Marine, Astoria

Hot Stones • Tuning Forks • Pain Mgt • Deep Tissue

Insurance Billing Available License #12739

The Circle of the Labyrinth




FIRST SUNDAY OF THE MONTH  
3PM - 6PM (Brief introduction at 3pm)

Grace Episcopal Church  
1545 Franklin, Astoria, Oregon  
Donations Welcome  
For info call (503) 325 - 6580 or (503) 325 - 8712

The Lower Columbia Clinic

595 18th St.  
Astoria, OR  
503 325-9131



Thomas S. Duncan, M.D.  
Susan L. Skinner,  
C.N.M., C.F.N.P., L.D.C., C.  
Michael J. Meno, III, PAC

Medical care for the entire family  
Minor surgery  
Lactation counseling



## Procrastination

By Tobi Nason

**THIS PARTICULAR COLUMN** is the result of procrastination. I put it off, could not settle upon a topic. I felt if I waited, inspiration would descend upon me nicely. But it didn't, and so time passed. Christmas came and went, and that's when it became clear....that's my topic – Procrastination!

Everyone knows something about this topic. If you are not a procrastinator, most likely you know one or two somehow, and they can drive you crazy.

"Procrastinate" comes from the words pro- meaning forth, producing, and cras which means tomorrow, or crastinus, belonging to the morrow (New World Dictionary). So now that I spent more time looking the word up in the dictionary, I can get down to the business of writing this article.

I know why I procrastinate. I worry about the end result. If I'm not confident about the topic, what will the end result be? If I do nothing at all, the end result gets postponed. Until tomorrow.

Bad habit - and one that I am going to put on my resolution list. I don't procrastinate often but the times I do are bothersome. But it's also very human and something that some people have more of a concern with than I. It is often a writers' curse, and sometimes a trait of a perfectionist. Self-doubt combined with an unwillingness to commit are at the heart of procrastination. Resolutions are often a New Year's tradition,

where we commit to better ways of being. To commit to being more timely provokes anxiety in me. And maybe the whole idea of resolutions. Especially since they seem made to be broken.

Speaking from a more professional place, procrastination can impair a person's quality of life. Meeting deadlines, making decisions, dealing with projects in a timely fashion are often part of a functioning workplace. Imagine the anxiety of missing deadlines, or rushing to turn in a project. The rationale for that is: I didn't have enough time, so here is what I have to offer. And often it is not a person's best. A life that does not shine....

I think the holidays are just begging for procrastination. It is the time of year when everyone's secret stash of self-doubts come to the forefront, like a big bag of Christmas goodies. Family time's past, New Years with all its Auld Lang Syne nostalgia.... a reservoir of intense memories, good and bad, can easily stall any one of us from moving forward. The overload of events doesn't help. Finding time to bake 6 dozen cookies for the office, when you know that your baking skills are not, never were, up to par can bring forth that small anxiety that says: It's cookies. Everyone can bake cookies. You promised to bake cookies. But remember last year's cookies were not well received, and the year before you had to buy the cookies and people teased you and somehow thought you were ducking

the baking thing. What to do? Well, no time today, but maybe after work tomorrow....

And tomorrow does indeed come, or rather, the day the cookies are due.

The cookies get bought and you are okay with: If I had the time, I could have made really good cookies.

Okay. Fear of baking bad cookies. Fear of failure. Fear of not keeping one's word. Fear of public disapproval. And most of it occurs all within our own minds. We are hard on ourselves, and want to bake cookies. We just don't want to bake bad cookies.

This was a small example, but for some people, procrastination is a year round daily concern. If it becomes a problem, first thing is to acknowledge that it has become a concern. Then treat it like any habit that you wish to change. Take baby steps toward the goal (ie: buy the basic cookie ingredients, for example) and reward yourself after each step.

If procrastination becomes a way of life that interferes with work and personal relationships, then it is time to reinforce the baby steps with professional counseling. There may be underlying reasons for the self-defeating behavior.

*Tobi Nason, MA., is a counselor in Manzanita, who dealt with her own procrastination issues this holiday season. Specifically, it did indeed revolve around - among other things- cookies.*

### New Offerings at Beyond Words

Joan Berry and Nancy Karacand of Beyond Words Consultation announce two new offerings, in addition to their regular psychotherapy and consultation services. Beginning in February, Nancy will be leading a weekly "Women in Recovery" group. This group will be for women recovering from alcohol and/or drug addiction who have established some beginning sobriety and are ready to take their recovery to the next level. Group meetings will be on Thursday evenings from 6:30 to 8 p.m. Women interested in attending need to contact Nancy for an individual intake appointment at no charge.

Joan is offering Sand Tray experiences for couples who are making major life changes, e.g., marriage, parenthood, divorce, illness. This is an opportunity to explore the changes in your lives in a safe and nurturing environment. Insurance can be used for "medically necessary" situations, although the experience is valuable for all. Call Joan for an intake interview at no charge.

You can reach Joan or Nancy at 503 325-5212 or visit their website at [www.beyondwordsconsultation.com](http://www.beyondwordsconsultation.com).

### Healing Workshop

Lifting the Veil of Illusion – A Journey Through Self to Heal. When you are able to move beyond how you perceive yourself in the world, an interconnectedness with all things is possible. How to heal your body, mind and spirit is made available to you.

The workshop will blend breath work, gentle yoga and shamanic meditation. Taught by Fawn Fitzsimmons Russo. The workshop is the first of a series. Fee \$45, January 18. 3pm to 6pm, Parinamah Wellness Center, 123 Laneda Ave, Manzanita. For more information in regard to this workshop call: 503-368-3800

### YOGA in Seaside.

Yoga instructor Sarah Fawn Wilson will begin a full schedule of yoga classes at the Seaside Brazilian Jui Jitsu Academy at 1601 S. Roosevelt Drive (corner of Ave Q & HWY 101) in Seaside. Classes will be offered Sun, Mon & Wed, with other dates. For complete info on classes and registration call 503-440-6738.

### Zen Lifestyles Class in Manzanita

Instructor Bill Eldridge brings his popular zen class to Manzanita. Beginning JAN. 12 – FEBRUARY 16 (6 weeks), 6pm. Class fee: \$70. To be held at Spa Manzanita. Study and play with the concepts of zen in a casual workshop atmosphere. To reserve a space and for more info contact B. Eldridge, 503-436-0766

### Manzanita Pace Setters

A walk-jog-run club that meets every Saturday morning at 7:30am in the parking lot behind spa manzanita. Fight the winter blues, winter weight gain and enjoy the camaraderie of other fitness enthusiasts of all levels on a weekly commitment to better health, weight loss, outdoor exposure and fun! Rain, wind or shine, its all good! No charge and all active club members get 10% off on massages at spa manzanita. Begins Saturday, Jan 10. Also: Bring a can of food for donation. More info call Janice Gaines 503 368-4777.

Moon Lotus  
massage

Marie Meiffren, BA., LMT

the nurturing flow of  
swedish massage  
with a deep therapeutic touch

1410 Marine Dr., Astoria  
phone: 503-325-4540  
cell: 503-415-0534

lic.#14319



Telephone  
Tarot  
Niki Sims

503.440.5853

clarity and perspective  
for everyday life.

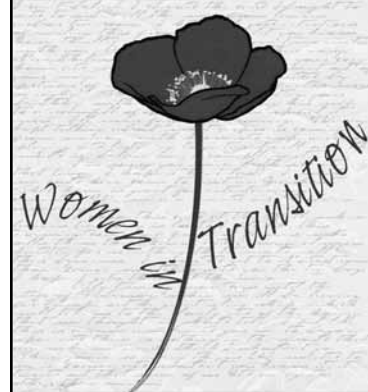
## COMPREHENSIVE HEALTHCARE for the Whole Family

**Medicare, Medicaid, Private Insurances**  
**Sliding Fee Discounts, Mission Driven Care**  
*Scheduled visits and walk-ins throughout the day*



Robert Peterson, MD  
Allison Mattila, FNP-C  
Tina Galey, FNP-C  
Wade Hunsaker, FNP-C

**Your Health Your Clinic**  
2158 Exchange St. #304  
Astoria, Oregon 97103  
**503.325.8315**



**Tobi C. Nason, M.A.**  
Counselor

406 Pine Avenue  
Manzanita, OR  
97130  
P.O. Box 907  
Tel: 503-368-5591  
[tobio@nehalem.tel.net](mailto:tobio@nehalem.tel.net)



## Blue Scorcher Bakery

New Moon Feast - Chinese New Year



Full Moon Dinner 2008

*A Community Celebration for the Year of the Oxen - Prosperity through hard work*

**THE FIRST FEAST OF 2009** is coming to the Blue Scorcher on Sunday January 25 at 5 p.m. With a multi-course meal of special celebration foods for the Chinese New Year. The meal will be accompanied by a slide show of images from the Asian travels of Blue Scorcher friends, lanterns, special surprises and flute Music provided by flutist Larkin Stentz.

Tickets are \$55 (gratuity not included). To purchase tickets and reserve a place at our table call: 503.338.7473. Blue Scorcher is located at 1493 Duane St. in Astoria.

Paying attention to the phases of the moon is not always easy when clouds cover the night sky more often than not. As the days slowly grow longer in the new year Blue Scorcher Bakery will resume their popular Moon Feasts to help keep track. Last year the full moon dinners

all sold out. This year's first dinner will mark the New Moon rather than the full to celebrate the beginning of the Chinese year of the Oxen. The first feast of each Chinese New Year cycle is traditionally vegetarian and features many delicious as well as symbolic foods. Community seating ensures interesting conversation to round out the event. Gluten free and vegan options available on request at time of reservation.

### Upcoming Dinners:

February 14th 6 p.m. *Hot and Sweet* - A community Valentine dinner

Friday March 20 6 p.m. *2nd Annual Persian New Year Feast* - On the Spring Equinox

Friday April 24th *Tastes of Provence* - Rites of spring

**Also coming up at Blue Scorcher: Third Sundays**  
**Classical Music Brunch - A Baroque music for the New Year**  
**Sunday January 18, 11-1 p.m.**

Sunday brunch with live classical music performed by: Bryce Peltier & Hideki Yamaya

Baroque music performed on lute and recorder. Works by 17th century composers, including: Castello, Dowland and De Visee.

Special brunch menu has something for everyone to enjoy beginning at 9 a.m. Classical Music Brunch features live music the third Sunday of every month. FMI on the web: [www.bluescorcher.com](http://www.bluescorcher.com) or call 503.338.7473

## Indian Cuisine and West Coast IPA Sit-down to Dinner at Fort George Wednesday, Jan 21

**HAND PICKED BREWS** accompany 5 courses, at least one from Fort George Brewery and the rest from all over the world. If you're a Vortex lover (and what self-respecting beer sipper isn't?) imagine it following a serving of Methi Gosht - lamb slow cooked with green chillies, ginger and fenugreek, served on a bed of saffron rice and roasted turnips.



Reservations for 30 in a family style setting, so seating is limited. Dinner is served from 6pm - 9pm. Reservations required. All-inclusive nonrefundable \$65 ticket covers food, beverages, and gratuity. Brewer's dinners take place the 3rd Wednesday of each month through the winter. Call (503) 325-PINT today to save your spot. Fort George Brewery + Public House · 1483 Duane Street Astoria, OR 97103 (503) 325-PINT · [www.fortgeorgebrewery.com](http://www.fortgeorgebrewery.com)

*FYI: February 1st is the beginning of Stout Month at the Fort George Brewery. 8 taps are dedicated to pouring eclectic, hard to get stouts for the month of February.*



*The Ship Inn*

**RESTAURANT & PUB**

We Are No.1 On 2 Street  
Great Columbia River Views  
On the Trolley Route  
(503) 325-0033

LISTED IN  
"NORTHWEST  
BEST PLACES"  
FOR 23  
CONSECUTIVE  
YEARS!

- Casual Dining
- English Fish & Chips
- Chowder
- Seafood Entrees
- English Specialties
- Full Service Lounge
- Fireplace
- Int'l & Domestic Beers on Tap

—Open Daily—  
11:30AM to 9:30PM

GREEN ANGEL  
GARDENS

Sustainable  
Living Center  
& Organic Farm

your local organic farm  
CSA Memberships

[greenangelgardening.com](http://greenangelgardening.com)

Farm Store Open Daily • 8am - 6pm

6807 Sandridge Rd., Long Beach, WA  
(360)643-4018



350  
titles



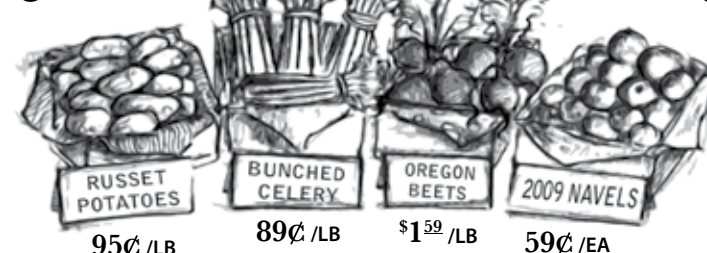
**OPENDAILY 7:30-5PM**  
**503 LANEDA**

503.368.7450

## BE FRUGAL

- SAVE BY BUYING IN BULK - LOWER PRICES & A MUCH LOWER CARBON FOOTPRINT
- OVER 350 BULK ITEMS - FLOUR, RIC, BEANS, CEREAL, DRIED FRUIT, HERBS, SPICES, VINEGAR & OILS - MOTHER NATURE'S WILL SPECIAL ORDER ITEMS IN ANY QUANTITY
- BRING YOUR OWN CONTAINERS - BUY "AN OUNCE, PINCH, OR POUND" - BUY ONLY WHAT YOU NEED
- SIGN UP FOR MOTHER NATURE'S FREQUENT SHOPPER DISCOUNT PLAN AND SAVE

### ORGANIC PRODUCE: WINTER SPECIALS



95¢ /LB

89¢ /LB

\$1.59 /LB

59¢ /EA

**SHOP LOCAL • SHOP LOCAL • SHOP LOCAL**



**298 Laneda Ave.**  
**Manzanita, OR**  
**503-368-5316**

[natural@nehalemtnet.net](mailto:natural@nehalemtnet.net)



## THE FRUITS OF JANUARY

As more and more people are buying organic foods as part of this suddenly trendy “green” movement, the focus has shifted to seasonal foods. While most from January’s bounty are available year round (carrots, apples, oranges), there are others you see displayed more prominently this month (pomegranate, brussels sprouts, parsnips, turnips). This month I’ll be offering a tip or simple recipe for produce that is thriving and at it’s best this month.

**Apples** - An old-fashioned, simple recipe is the baked apple. I’d forgotten about it until last week so here is a reminder for you as well. Core your favorite red apple (Braeburn or Fuji recommended, no love for Red Delicious) and bake for 20 minutes at 350. You can cease your core about half an inch from the bottom and fill the well with sugar, butter, cinnamon, or whatever you like, but I prefer to leave the apple unchanged, save the cooking. Serve warm with vanilla ice cream for a perfect winter dessert.

**Brussels Sprouts** - Luckily, I was not one of those children that refused to eat his Brussels sprouts. But that’s probably only because I was never served them. When I finally did try them, I was on my chef internship and pretty much open to anything. Built like tiny cabbages, this method takes advantage by slicing thinly. A bit time consuming (and difficult given the size), but well worth the result. Once you have a respectable pile (stump cored out), heat some sesame oil in a pan. When thinned but not yet smoking, add your shred and toss or stir constantly. It will cook down some, but don’t take it to mush. Salt, pepper and a squeeze of fresh lime juice will finish it off nicely. No one will even suspect Brussels sprouts! (Thanks Dana!)

**Carrots** - I generally prefer my carrots raw, and despite some protests, usually omit them from my mirepoix when I’m in charge or on my own time. But there are some ways that I’ll eat them cooked, albeit lightly. For me, spiced carrots are the way to go. Since these are sauteed rather quickly, you’ll want to cut them small. I prefer a bias cut, or an oblique. Peel and cut 3 carrots in your desired fashion. Saute in a little olive oil until the outer parts are softening. Reduce heat. Add 1 teaspoon each: cumin, allspice, and coriander. Add 2 tablespoons agave nectar or honey and a pinch of salt. Stir and let the sugars caramelize a bit. Serve as a side to pork.

**Celeriac** - Many people aren’t familiar with

celeriac. Also known as celery root (a part of the family although not the root of traditional celery), celeriac is a dense and dirty root vegetable with a mild celery flavor. Mostly used in soups and purees, you’ll see the occasional salad recipe, but I prefer it cooked. To introduce

yourself to the knob gradually, I recommend adding it to mashed potatoes with a ratio of 1 part celeriac to 2 parts potato. Wash, peel, and dice the celeriac

and boil it separately in salt water. Fold into your finished mashed potatoes.

**Grapefruit** - I love fresh grapefruit but have mixed feelings about juice from concentrate (this is when dad would call me a “food snob”). While all fresh juices taste better than their factory squeezed counterpart, this strikes me as more true with grapefruit juice. Sour and bitter, it conveys all of the undesirable qualities. Don’t talk to me about Ruby Red either, as that stuff is mostly sugar. Nothing beats a fresh grapefruit for breakfast (I even have a special angled knife for sectioning), and I can’t think of a more inspired or simple dessert than the broiled grapefruit. Simply halve a grapefruit, sprinkle with 2 tablespoons of brown sugar, and broil in the oven until the sugar is melted and bubbling.

**Parsnips** - Parsnips are generally used in the same ways as carrots, so many of the recipes are interchangeable. Parsnips however can also be used as potatoes, and that’s what I recommend. After peeling, you can cut them up and roast them in the oven with salt, pepper, and herbs, or you can steam or simmer the pieces until done, and then mash as a starchy side, or puree with stock and cream for a wonderful winter soup.

**Pomegranate** - One of the fruits that truly is hard to find most of the year. Many, myself included, are content with just scoring the skin, peeling and eating the seed-bearing berries within. But there are other uses. Quite popular these days are pomegranate cocktails, but for those you’re better off buying the juice, which is always available, albeit expensive. After removing the berries, you can sprinkle over salads, as they play well off of cheeses and nuts. Reduce with balsamic vinegar when making a syrup (be sure to “pop” them and strain out the seeds) and served with game meats. My favorite consumption method comes from a Jamie Oliver cookbook. Chill some good gin in the freezer. Drop 12 to 15 berries in the bottom of a shot glass, top with the cold gin, and shoot. Chew the berries and let it all mix in your mouth for a flavor explosion. Makes a good aperitif.



## Resolving Resolutions

By Cathy Nist

IT’S THE BEGINNING of a new year and someone you know (maybe even yourself) is struggling with New Year’s Resolutions. One friend of mine is quitting smoking, another is learning to meditate, another has started jogging (in the rain – hardcore!) and intends to run a half-marathon by 2010. Resolutions, those pesky promises of improvement that we vow to ourselves and others, fuel for teasing and ridicule, or sometimes respect and admiration.

I don’t buy into the concept of New Year’s Resolutions. At first look, they seem superstitious and silly to me. I had a good chuckle at the Seaside Safeway a few days ago. A display of gourmet and imported foods tempting impulse shoppers during the holiday season has been reset to offer only boxes and boxes of Slim-Fast.

For the most part, resolutions are difficult, and are upheld for only a short time.

At the beginning of 2008, I was determined to start a blog and post to it daily. I had visions of being discovered by a publisher who would find my journal so fascinating that it required memorializing in book form. I posted a few entries, then ran out of ideas, got bored and fed up, and then gave up. Thing is, I hate writing! How ironic, that I now write a monthly column for a newspaper.

Change is difficult and potentially traumatic, but is also a necessary part of our lives. Without change, there is no growth. Without change, no improvements are made. Without change, we can’t learn from our mistakes and move on to something new. Instead, we may repeat the same errors; dragging ourselves through the same rut that we followed to dissatisfaction.

Perhaps making a resolution at the New Year, following the excesses of holiday consumption; assuages guilt. Nonetheless, it appears that New Year’s resolutions may be going out of fashion.

According to an article in this month’s issue of Health Magazine, big annual resolutions often end up being exercises in futility, so many people are now choosing instead to make and

break small resolutions on a daily basis. In her article, writer Megan McCaffrey says “Opting out of grand annual resolutions doesn’t mean we’re copping out. Rather, we’re taking a more day-to-day approach to self-improvement, continually evolving the goal (moving the goalpost, even), and celebrating the small victories along the way. When I make good on

microgoals, right away I feel happier, healthier, and better organized. Instant gratification! Because my daily targets aren’t made ‘official’, I don’t feel as guilty when I slip up. I don’t feel as debilitated by defeat. I simply affect these lapses as part of being human, and move on – there’s always an opportunity to make a fresh start the next day.”

I like the concept of being able to make small resolutions when needed,

and adjust them as needed. Many of the little changes I want to undertake in my own life have to do with food. One of the best things that a person can do to help the environment is to grow some food. I want to increase how much food I grow this year and improve on the yield. I would like to be able to harvest more pounds of potatoes in the fall than I plant in the spring. I want to grow more greens, and beat the slugs to the beans. I want to incorporate greener practices into my way of living, to recycle more and discard less.

I also would like to take a whack at my obesity in small stages. Portion control is important; eating a few cookies, is healthier than eating all of them. I don’t really need to eat nothing but ice cream for dinner. I want to keep a food journal so I can pin down and track troubling behaviors. I want to exercise more than

the few blocks I cover when “airing” my dog Frida two of three times a day.

I approach these changes with anticipation. I’ll try to keep my eyes open for pitfalls, to treat myself kindly if I make mistakes, to approach change in a small way every day and celebrate my successes.

In the meantime, I’ll just say no to Slim-Fast.



Questions, comments, feedback? Contact the chef at skervich@gmail.com



**BLUE SCORCHER BAKERY CAFÉ**  
OPEN 7 DAYS A WEEK



Phone: 503.338.7473



baking up community,  
one loaf at a time...

1493 Duane Street, Astoria  
[bluescorcher.com](http://bluescorcher.com)

**RAVEN & FINCH**  
WINE BAR CAFÉ



**THE WINE BAR AT THE PORT.**  
Wine to drink.  
Wine to take home.  
Light eats.  
Espresso. Brews.  
Check online for live music & events!  
**2 - 10 . tuesday - saturday**

[www.ravenandfinchwine.com](http://www.ravenandfinchwine.com) . 215 howerton way . port of ilwaco . 360 642 7009

**BRIDGEwater**  
BISTRO




7 days  
lunch, dinner,  
sunday brunch  
**503.325.6777**  
[bridgewaterbistro.com](http://bridgewaterbistro.com)  
20 basin street  
astoria or

exceptional food & service  
breathtaking river view

**Duffy's**  
FINE CONFECTIONS

- Artisan Chocolates
- Custom Candy Boxes
- Imported Licorice
- Old Fashioned Hard Candies
- Catered Dessert Tables
- Fair Trade & Organic Choices
- Elegant Gifts and Cards

**Complimentary - Wine and Chocolate Pairings**  
*Valentines Day 2009*

*"Come taste the difference at Duffy's!"*

OPEN Wed - Sun, 11am to 6pm, closed Mon/Tues  
927 Marine Dr. Astoria  
503.325.1554

**JOIN US!**  
OUR MONTHLY BREWERS DINNER  
Wednesday, January 21st, Indian Food & IPA



LIVE MUSIC EVERY SUNDAY

**FORT GEORGE**  
BREWERY + PUBLIC HOUSE  
ASTORIA, OREGON

HOUSE-MADE SAUSAGES  
STEAKS  
FRESH SEAFOOD

**503-325-PINT**

[WWW.FORTGEORGE BREWERY.COM](http://WWW.FORTGEORGE BREWERY.COM)

**"Opa!"**



**Lazy Spoon Cafe**  
Greek & American Cuisine

Hey Folks!  
We're now open  
for Breakfast!  
Saturdays(till 3pm)  
Mon - Fri 7:30-4pm  
No. 10 6th, on the Riverwalk  
503-325-4220

**THE COLUMBIAN CAFE & THEATER**  
CORNER OF 11TH & MARINE

COLUMBIAN TV  
Call For Movie Info  
325-3516

**BEER WINE PIZZA**

Open Daily 7pm  
\$3/Gen • \$2/Child/Senior

**COLUMBIAN CAFE**  
503.325.CAFE

Simply The Finest  
Vegetarian & Seafood

Fresh Local  
Ingredients &  
Extensive Wine  
Selection

Mon-Fri 8am-Sat-Sun 9am  
Dinners  
Wed-Sat 5pm

**THE VOODOO ROOM**



Immortal Hip.  
cocktails • live music  
pizza • light fare  
Open Daily @ 5pm  
[www.columbianvoodoo.com](http://www.columbianvoodoo.com)

◆ **NEW** ◆ **HAPPY HOUR** ◆ **NEW** ◆

**Tapas Menu!**

Served Nightly  
4-6pm/8pm-close

Open: Sun - Thur, 4 to 10pm  
Fri & Sat 4 till 12 Midnight



**Cannery Café Lounge**

Foot of Sixth in Astoria 503.325.8642

**Fulio's**  
pastaria

"The best Italian restaurant in Astoria EVER!"  
—Richard R Fensak, The Daily Astorian



**TUSCAN**  
STEAK HOUSE

Lunch and Dinner

Open 7 days a week  
Specials Served Daily  
DOWNTOWN ASTORIA  
1149 COMMERCIAL • 503-325-9001

groovy!

**Yummy**  
wine bar & bistro

+ wine bar + bistro +  
+ wine retail + art gallery +

**hours**  
sunday: 3-10  
monday: 3-10  
tuesday: closed  
wednesday: closed  
thursday: 3-10  
friday: 3-12  
saturday: 3-12

831+ broadway  
seaside + oregon  
97138  
503-738-3100

view our full menu @  
[www.yummywinebarbistro.com](http://www.yummywinebarbistro.com)

eating  
the  
coast!





*The Liberty Presents...*



**Liberty Box Office 503.325.5922 Ext 55**

*This March...*  
Eugene Ballet in *"Swing Kings"* on March 13th at 7:30 pm. Mixing classic big band music dance with the poise and beauty of ballet technique has created a piece of incredible energy and grace. Jitterbug, Jive and Swing in a tribute to the *Swing Era of the 1940s*.



**Visit our website for full listing of events and call for a Season Brochure!**  
Tickets may be ordered by phoning or visiting the Liberty Box Office at 503.325.5922 Ext. 55 Wednesday thru Saturday 2 to 5:30 pm. At the corner of 12th and Commercial; we accept cash, Visa or Mastercard.

**Liberty Theatre • 1203 Commercial • Astoria • [www.liberty-theatre.org](http://www.liberty-theatre.org)**



1/17

**Jeffrey Jacob on January 17th at 7:30 pm. Adults \$25 and \$20, Students & Seniors \$22 and \$16.**



2/14

**"Brain Chemistry for Lovers" on February 14th at 7:30 pm. Portland Chamber Orchestra with Valerie Day and Darrell Grant. Adults \$25 and \$20, Students & Seniors \$22 and \$16. Complete a memorable evening with tickets to attend the Valentine McTavish Room Reception *"Light Up The Night"* at 5:00 pm for \$75. All proceeds to benefit The Liberty.**

**United Way of Clatsop County presents "Journey of the Torch"**  
Regional "Olympic" Chefs will serve you delectable bites from around the world. Join us for this amazing event. With dedication and discipline, you can take home a "medal" from our delegation of silent action items. All proceeds raised from this event will benefit the Clatsop County Women's Resource Center and United Way of Clatsop County.

**Only 200 Tickets will be sold—Do not hesitate!**

**TUE. JAN 20, 2009**  
**6 PM TO 9 PM @ THE BAKED ALASKA**  
**NO. 1-12TH STREET IN ASTORIA**

CALL 503-325-1961 OR VISIT [CLATSOPUNITEDWAY.ORG](http://CLATSOPUNITEDWAY.ORG). TICKETS ALSO AVAILABLE AT ALL PARTICIPATING RESTAURANTS AND IN ASTORIA AT LUCY'S BOOKS. — ADULT \$40 CHILD 12 AND UNDER \$20



**JOURNEY OF THE TORCH**

OUR GENEROUS SPONSORS:





**A hipfish Sponsored Advertisement**

**East Meets West**  
at Clatsop County Libraries

**CALL TO ARTISTS**  
*"The Essence of the East"*  
Juried art show at Seaside Public Library

The Clatsop County Libraries are hosting a series of events in February and March inspired by the book *Stubborn Twig* by Lauren Kessler, an official "Oregon Reads 2009" selection. One event is a juried art show, with submissions by local artists of work that has been inspired by Asian culture. The community exhibition will be judged by Seattle artist Yuming Zhu. The works will be on display at the Seaside Public Library from February 7 through March 8, 2009. Artists are encouraged to submit two pieces of original art in any two-dimensional media. There is no cost to enter and submissions will be accepted February 5. For more details about the show, and submission guidelines, please contact Susan Park at the Seaside Public Library at 503-738-6742, via the website at [www.seasidelibrary.org](http://www.seasidelibrary.org) or pick up a Call to Artists brochure at any Clatsop County Library or selected local art galleries.



This space has been provided in part by a generous donation from the Friends of Seaside Library,

**Buy Local!**

**Join hipfish in a Buy Local Campaign pledge to shop local visit [www.hipfishmonthly.com](http://www.hipfishmonthly.com)**