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KALA presents
Singer Songwriter Myshkin Warbler w/ Cellist Jenny Q.
Saturday, January 18, 8pm
HIPFiSH at KALA presents Singer Songwriter Myshkin Warbler and cellist Jenny Q. in a concert of original, post modern blues, on Saturday, January 18 at 8pm. Doors open 7:30pm. Tickets are $15, available in advance at libertyastoria.showare.com. KALA is located at 1017 Marine Drive in Astoria.

New Orleans schooled, gypsy spirited, endlessly curious, Myshkin is a rare bird among singer/songwriters. Her darkly joyous, compellingly complex songs meld a wide world of influence into a spooky acoustic Jazz and postmodern Blues: literate, political, heartbreaking, soulbuilding.

Myshkin's career spans two and a half decades of award-winning writing, recording, performance, production and collaboration that has taken her around the world. She currently lives in Joshua Tree CA and Astoria OR, inspired by nature and community to create ever dreamier projects, songs, circuses & satires.

Myshkin returns to the KALA stage joined by Jenny Q on cello. In a collaborative tour in June 2018, Myshkin and Jenny Q. performed TRUST.TOGETHER, a compelling literary/music show that pulls together Myshkin's latest release “Trust and the Highwire” and Jenny Q's book “Held Together,” based on a remarkable true story of finding and growing love through incredible hardship.

“Haunting melodies, intricate metaphors and subversive subplots ... An unmistakable, complex underground legend.”

—Bitch Magazine, US
MyshkinWarbler.com

Doors open at 7:30 p.m. Show at 8 p.m. Tickets $15. Full Bar. 21+. KALA, intimate performance space is located at 1017 Marine Drive in Astoria. Advance tickets at libertyastoria.showare.com. Tickets purchased online are held at the door at KALA time of show. 503.338.4878.

KALA presents
Chris Jones & the Night Drivers
Bluegrass • 16 IBMA Awards
Sunday, February 7, 7pm

CHRIS JONES & THE NIGHT DRIVERS make some of the most distinctively elegant yet driving bluegrass music heard anywhere today. Deeply rooted in tradition but never bound to it, they deliver original music with tight arrangements, emotional authenticity, and engaging humor. As actor and banjo player Steve Martin says, “Chris Jones’ voice is there with the great masters,” adding that the Night Drivers are “some of the best players in bluegrass.” Collectively, Chris Jones & the Night Drivers have won 16 IBMA awards.

The band’s latest release, The Choosing Road, has proved to be enormously poplar. The album’s refined dynamics and heartfelt original songs produced three consecutive number one hits. Each new single released has landed on the top of the Bluegrass Today chart, which brings the band’s total count of number one songs to 12. “Bend in the Road” spent 20 weeks on the chart.

Chris Jones & the Night Drivers are currently signed to one of bluegrass music’s top record labels, Mountain Home Music Company, for whom they’ve recorded three critically acclaimed albums.

A well-established band formed in the mid-1990s, Chris Jones & the Night Drivers have become popular repeat performers at major festivals like Merlefest in North Carolina, California’s Huck Finn Jubilee, and the Walnut Valley Festival in Winfield, Kansas. They have filled a wide variety of venues around the world, touring across the U.S. and Canada, and all over Europe, including Germany, Switzerland, the Czech Republic, and Ireland. Together with the band and as a solo artist, Chris has released 14 albums.

Not content to rely on their long track record of success, the band continues to grow and change, with two new members joining in late 2019: celebrated bluegrass veteran Marshall Wilborn and exciting newcomer Grace Van’t Hof.

Doors open at 6:30pm Show at 7pm Tickets $20. Full Bar. 21+. KALA, intimate performance space is located at 1017 Marine Drive in Astoria. Advance tickets at libertyastoria.showare.com. Tickets purchased online are held at the door at KALA time of show. 503.338.4878.
SOME VERSION OF THE ADAGE, “We’ve come along way, Baby!” aptly applies to the Lower Columbia Q Center. It was in 2014, that a group of people got together at Clatsop Community College to ask the question, “Where is our LGBTQ community?” and six years later, it’s moving to Union Town—home turf to history of immigrant residency, and social activism in Astoria. After a 5-year tenure at the Astoria Armory Community Center, LCQC has given 30-day notice and will be looking forward to a space that will help the organization to better facilitate all that it has grown into. LCQC rented a relatively small space in the Armory facility which was converted to its center, the new space will have several convertible rooms.

“The best thing that has come from our time at the Armory is greater community visibility,” says Board Chair Tess Scheller. “The organized Queer community has really gained a visibility that we feel both responsible for and want to continue to nurture.”

In the month of June, four years running, Astoria and the coastal community has been welcomed with open arms to Astoria PRIDE, an arm of the LCQC, and Scheller states that the 2019 Pride Block Party and Parade clicked in some 2000 people, of all ages. PRIDE has its own board and hard working organizers, some of which cross over to the Q Center Board, but the Q Center supports activities and networking throughout the year.

One of the strengths that the Q Center board has developed is networking within the community – such as the Harbor, the CCC Diversity group, of which they have co-organized forums, and educational outreach to High School and Middle School Gay/Straight Alliances (GSA) in addition to Tongue Point Job Corps, and the justice system through the courthouse seeking training support in the LGBTQ arena.

The Q Center also sponsors support groups; a long running Gender Alliance/Trans support group, the Queer Edge Sobriety group, plus summer bonfires, the Q Choir, Over the Rainbow Radio Show on KMUN, a softball team, The Red Dress Party benefiting the National AIDS Coalition and various other events in addition to PRIDE. This past fall, the Q Center successfully presented for the first time in the history of the region, The Portland Lesbian Choir, in existence themselves for over 30 years.

From whence the collaboration with the Armory came, Former Chair Marco Davis started Big Gay Skate Nights, and eventually Q Center made its home there. The Q Center teamed up with the Armory to be a part of the volunteer staff and the concept of community inclusiveness. Friday nights at the Q Center provided a drop-in center social night that included all ages, access to the Q Center office for resources and socializing, and of course skating, which is an all-community event. “For the first time in the 40 years that I’ve lived here, I witnessed and experienced real inclusive community.”

As the board settles in, expect a grand opening party. And six years later, it’s moving to Union Town—home turf to history of immigrant residency, and social activism in Astoria. After a 5-year tenure at the Astoria Armory Community Center, LCQC has given 30-day notice and will be looking forward in 2020 to a space that will help the organization to better facilitate all that it has grown into. LCQC rented a relatively small space in the Armory facility which was converted to its center, the new space will have several convertible rooms.

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Albeit, Scheller remarks, “It came with a learning curve—we are a rural community, there was incident of racism and homophobia, you want to be diplomatic, and you know everyone has to be safe. We had to deal with situations at the Armory where education was going on.”

While welcoming youth to the Friday night drop-in social, the Q Center instilled a parental permission policy, in addition to two adults must be present at all times. The popularity of the youth social caught on from teens to middle school kids.

“To me, it’s only been in the last 30 years that the LGB’s are now really out. Everyone knows someone who is gay—and with Tran’s people, now there is better science, knowledge and treatment. The whole coming out arena has shifted toward middle school—it’s a phenomena of our time, it really is. For many of us at our age in our 60’s, there wasn’t any coming out, even as young adults, you’d lose your job, lose your family.”

“Today, these kids are well-informed,” says Scheller, “they have social media and the internet, they know what’s going on, and they know who they are. And parents are better informed, they support and value their children, people are still part of families.”

Over the last two years the Q Center board members and volunteers have been invited to assemblies, to school registrations, to take part in mentoring in GSAs.

This past October at the Astoria Middle School, the first Queer/Straight Alliance Invitational Dance was held inviting students from Seaside Broadway Middle School. The Q Center, adult volunteers and the High School GSA chaperoned.

About 100 middle school kids, provided with pizza, soda pop and a DJ danced the night away. According to Scheller, “they were singing dance tunes like they were anthems, and they never let the Pride Flag hit the ground once, as if it were sacred. They were obviously all comfortable with each other. That was a real success - so supportive for those young people—parents, friends, teachers – the whole community said “Your Okay” and you’re worth throwing a party for.”

Tessa Scheller admits, “I had to go to my car and shed a tear, it was really wonderful.”

This Valentine’s Day, the Q Center is helping to organize the first-ever high school GSA dance.

For the LCQC, a retreat will be coming up, and new board nominations. Currently five people sit on a board, which ideally will be nine members. Diversity is encouraged, straight identified, and of all ages. If interested a nominations meeting is taking place on January 15, 6pm – 8pm. FMI: lowercolumbiacenter.org

While Skate nights will no longer be a part of the social stratosphere, the new Q Center will have room for a ping-pong table.
Stand Up Tragedy

Fireside Chat with Lâm Quáng.
Retelling the stories of leaving a war torn country and living the “American Dream”.

January 23 • 7pm AT KALA

KOWN THROUGHOUT THE PACIFIC NORTHWEST as one half of the extraordinary HiiH Lights, beloved craftsman and artist Lâm Quáng, steps into new territory, that of storytelling. On Thursday, January 23, 7pm at KALA, Lâm presents, A Stand Up Tragedy, Retelling the stories of leaving a war torn country and living the “American Dream”.

Lâm Quáng was born in a small village outside of Pleiku, and later then lived in Saigon, the capital of South Vietnam the last three to four years prior to leaving. It was 1975 and the last day of the war. Lâm was 15. He says, “I left with my mother and 2 younger brothers on the last plane to leave the airport before the chaos ensued. We left 4 other siblings behind to endure the aftermath of the Communist take over.”

The impetus for his story reflects the present; refugees fleeing their country looking for safety and security, looking for a better life.

“So many stories are not told. I want to tell my story and lay the groundwork for others to tell their stories, hence Stand-Up Tragedy,” he says. “There are so many tragedy stories to be told, be it refugees fleeing their countries or farmers loosing their land to development, others enduring sexual assault/harassment...

What I am interested in is the healing aspect of storytelling, we must tell stories with love, conviction and humor, humor goes a long way to connect people.”

Join Lâm Quáng in Stand Up Tragedy, Thursday, Jan 23. Doors open at 6:30pm. $8 at the door. Beer and wine available. Storytelling at 7pm. Presented with HIPFiSH at KALA performance space. 1017 Marine Drive in Astoria. 503.338.4878.
Instead of real-time commentary, eight common-sense reasons for not going to war with Iran

In the wake of the assassination of Iranian military leader Major General Qasem Soleimani and nine other people by a U.S. drone strike in Iraq, tensions between the United States and Iran are at their height. The immediate threat of war is real. Real-time news and expert commentary across the nationwide spectrum of media outlets probably have the heads of American citizens spinning. When things are moving so fast, perhaps it is best to move away from the ever-changing and confusing real-time commentary about what should happen and what will happen. Let’s look for the obvious reasons for not going to war with Iran.

Here are eight:

First, Iranians are not our enemies. We must start looking at Iran as a country with 80 million people who are not our enemies, instead of an entity reduced to “bad guys” who need to be “eliminated.” If war starts, civilians will bear the brunt of it and we must do everything in our power and in our respective spheres of influence to prevent that from happening.

Second, war is destructive. War means introducing weapons, conducting air strikes, and sending combat troops. It is the use of deadly force on a massive scale. Wars are by nature destructive. There is violence, death, and suffering. In other words, we are talking about a complete oxymoron when declaring the intention to defend life and make us more secure, while actively taking lives.

Third, the human costs of war are too high. Approximately 80,000 people have been counted as direct war deaths in major war zones in the post 9/11 wars. That’s almost the population of Indianapolis, Charlotte, or San Francisco. According to the Brown University’s Costs of War Project, “war deaths from malnutrition, and a damaged health system and environment likely far outnumber deaths from combat”. In addition, 21 million people are war refugees and displaced persons. That’s the population of Florida.

Fourth, the economic costs are too high. Through fiscal year 2019, the US has spent or obligated almost six trillion dollars on the wars in Afghanistan, Pakistan and Iraq. The National Priorities Project estimates that taxpayers in the United States are paying $32 million every hour for the total costs of war. These tax dollars could be used to pay elementary school teachers, create clean energy jobs, jobs supporting high poverty community, providing better VA medical care, providing low-income healthcare, and many other domestic trade-offs.

Fifth, the assassination and further acts or war against Iran are illegal. As Yale Law Professor Oona Hathaway argues, the attack on Soleimani was missing both domestic and international legal authorization. At home, Congress is the only branch of government authorized to declare war. The representatives of the American people were completely cut out and denied their authority by the Trump administration. Moreover, the United Nations Security Council would have had to approve the use of force. The Trump administration initiated and act of war without any approval.

Sixth, war makes us less secure. Or how would you explain Senate Majority leader Mitch McConnell’s prayers with “all American diplomats, personnel, and brave servicemembers serving in Iraq and the Middle East”.

He certainly doesn’t display any confidence about their security. Or how would you explain the State Department’s urgent request for all Americans to immediately leave Iraq after the US drone attack? Retired Army Colonel and US diplomat Ann Wright lists 36 bases with US military forces in 14 countries that are neighbors with Iran as targets for retaliation. One thing is certain, the Iranian government will consider a calculated response proportionate to the killing of Soleimani. When it happens, and how it will happen is unclear, but it will be opposite to the positive developments toward common security that came with the so-called Iran Nuclear Deal.

Seventh, wars are often based on lies and provocation. The US has a history of both. The Gulf of Tonkin incident was used to falsely justify war against Vietnam. Iraq was invaded in 2003 under the false pretext of Saddam Hussein developing weapons of mass destruction. The Washington Post is tracking the President’s claims and has found more than 15,000 false or misleading claims since assuming office. Now we should believe and trust in President Trump and his claim that this assassination took place to prevent war? Even without considering the domestic pressure of an impeached President, it would be foolish believe someone who lies about everything as long as it is politically expedient.

Eight, going to war with Iran is immoral. The assassination of Soleimani and nine others was murder. War with Iran would be nothing other than murder on a large scale. Much of the debate right now revolves around General Soleimani being a “bad guy.” We don’t have to disagree with that assessment while still advocating for diplomacy and peaceful approaches and certainly rejecting his targeted assassination. If war starts, civilians more than combatants will die and suffer. Large-scale killing, wounding, impoverishing, making homeless, orphaning, and traumatizing of people is immoral.

This brings me back to point one: Iranians are not our enemies.

Patrick T. Hiller, Ph.D., syndicated by PeaceVoice, is a Conflict Transformation scholar, professor, served on the Governing Council of the International Peace Research Association (2012-2016), member of the Peace and Security Funders Group, and Director of the War Prevention Initiative of the jubitz Family Foundation

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

THEY MAY NOT LOOK LIKE MUCH, but “habitat piles” are a boon to wildlife. Join North Coast Land Conservancy for a volunteer stewardship day WEDNESDAY, JAN. 15, from 10am to 1pm and help create habitat heaps at Circle Creek Conservation Center in Seaside.

Large piles of woody debris create perching sites for songbirds. They shelter frogs and salamanders seeking dark, wet refuges. On floodplains such as the one at Circle Creek, they help slow the movement of water, creating resting places for juvenile salmon. As they age, the wood in habitat heaps slowly breaks down, adding richness to the soil. NCLC has used habitat piles as part of its forest restoration project high on Boneyard Ridge. Now volunteers are being sought to build habitat heaps on the former pasture at Circle Creek.

If you’d like to help, contact NCLC Stewardship Director Melissa Reich at 503-738-9126 or melissar@nccltrust.org to let her know you’re coming. Wear sturdy boots and gloves. All necessary tools will be provided. Bring drinking water and lunch; there will be no toilets or potable water on site. Dogs are not allowed on NCLC properties.

Circle Creek Conservation Center is at the end of Rippet Road in Seaside; look for it on the west side of US 101, 0.7 mile north of the junction with US 26.

Follow the road west and north a short distance,

QUESTuary is coming! Test your knowledge
January 22
Garibaldi, OR. How many gallons of water can an adult oyster filter in a day? In what year was Oregon’s Beach Bill passed? How many rivers flow into Tillamook Bay? If you think you know the answers – or maybe you would like to find out – then check out QUESTuary Trivia Night!

ON JANUARY 22 from 6:00 pm – 8:00 pm at the Garibaldi Portside Bistro, test your nature knowledge while supporting outdoor education programs for Tillamook County’s students! Trivia will be environmentally focused but there will be questions for everyone including history, local area, entertainment and more.

Funds raised during this event will support Tillamook Estuaries Partnership’s Landmark Outdoor Learning Experiences: Down by the Creekside and Children’s Clean Water Festival. Nearly 600 3rd and 4th grade students participate annually in these hands-on, inquiry-based field trips where they explore topics such as the life cycle of a salmon, how water quality affects us, riparian areas, and much more.

There is a suggested donation of $5.00 per person to play trivia and teams of 1-4 people will be allowed. Prizes will be awarded for 1st, 2nd, and 3rd place. Must be 21 or older to play, as this event will be held in the bar.

Learn more at www.tbnep.org.

Listening to the Land: Listening to the Crabs

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

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

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

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

BEAVER play a critical role in riparian and wetland systems, often creating better habitat in a site than humans can construct with big money and machinery. Beaver also can cause issues when in close proximity to the built environment. Wildlife biologist Jakob Shockey will touch upon these topics in a free presentation about beaver biology and management at 7pm, Wednesday, January 15 at the Astoria Library.

This event is part of “Natural Selections,” the Astoria Library’s monthly science and nature speaker series.

Shockey will talk about what beaver do and why they do it, their keystone role in our ecosystem and the historical context of beaver and humans in the Pacific Northwest. He will discuss tools for addressing common conflicts through natural science and design, and why predictive management of beaver at a site is worthwhile. Finally, Shockey will look at emergent trends in beaver management and strategies for partnering with beaver for habitat restoration and water resiliency.

Jakob Shockey has worked professionally in Oregon’s streams, rivers and wetlands for over seven years. He manages the restoration program for the Applegate Partnership and owns Beaver State Wildlife Solutions, a company that specializes in responding to frustrating conflicts with wildlife in a new way. He cofounded The Beaver Coalition, an organization working to address the factors that limit the return of beaver to the drying watersheds of the northern hemisphere.

Oregon King Tides Photo Share

SNAP PHOTOS OF THE KING TIDES – the highest high tides of the winter – Jan. 10-12. Pick, Snap, and Share! Help visualize what sea level rise might look like along the Oregon coast in the future. Remember that the time of day of the king tides is based on your location on the coast. Check the exacttime for your area here: https://www.oregonkingtides.net/when/

Capture photos of local coastal areas that are subject to flooding or erosion. Take images with these features in them will be very useful in comparison shots taken at other times, and can help people understand the potential impact of rising water levels on our coastal environment.

Take contrasting shots of the king tide event compared to a “typical” high tide. This helps show the tidal variability in a single location. For this reason, time-lapse photography can also be quite striking.
Lower Columbia Q Center
Astoria Armory - 1636 Exchange Street Astoria

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

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

NOTE: LCQ Center closes in January for relocation.

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

Lower Columbia Gender Alliance/Trans Support

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

Over the Rainbow Radio Show on KMUN 91.9 Every 3rd Wednesday 8:30 - 10:00pm
LCQC Choir. Meets Mondays at 7pm
LCQCAstoria@gmail.com. Regroup in March.

-LGBTIQ+ Teen Social and Skate Night: Canceled. Look for new Teen Social Events in 2020, as the LCQ Center relocates.

Monthly LGBTQ Events in Lincoln County
- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie’s in Newport.
- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen’s at 9th and Hurbert in Newport.
- 4th Sun of ea month, 11am is OUT OR Coast Women’s Coffee at Cafe Mundo in Newport.

To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

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

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

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

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Our Time is Now
By Erica Goldman

DO YOU REMEMBER where you were election night 2016? Probably. It's a catastrophic story. Like many, I was at the most depressing party I've ever attended. Everyone stared silently at the TV screen, watching the election returns in baffled disbelief.

My phone started lighting up with a steady stream of text messages from friends and family spanning the country – many of whom I hadn't spoken with in months, some even years – texting each other to check-in. We collectively pinched ourselves, with messages like “What's happening?” “Is Donald Trump really going to win?! “Is this for real?!”

Suddenly, everyone was wide awake.

We haven't rested since.

We started organizing like never before. We hit the streets after inauguration day, in the largest single protest our country has ever seen. Many of us joined or started our first-ever political groups. We figured out who our Members of Congress were – and then we started pressuring them with phone calls, emails, and office visits. Those of us who have been doing this work for a long time welcomed and educated new volunteers, and we taught each other new phrases like “intersectionality” and “white privilege.” We rallied some more.

Many of us found Swing Left's plan to win back the House in 2018, and we learned more new phrases like “canvassing” and “field margin.” More importantly: we got better at engaging swing voters, managing volunteers, and organizing campaign events.

We became stronger.

And in November 2018, we won Democratic control of the US House of Representatives by driving the largest voter turnout in 100 years.

But you know all of this. You were there too.

Now, we’re less than one year away from the next most important election of our lifetime. What can we do as volunteers to make sweeping, historic change? How do we unite to transform our government and defeat the GOP?

We must harness the incredible grassroots energy we've been building for the last three years. It’s time to win control of the White House, the Senate, and the state races key to undoing unfair Republican gerrymandering. And of course, we must protect our majority in the House of Representatives.

On January 18th, please join me at the INCO Summit “How We Win,” to discuss Swing Left’s Super State Strategy—the plan for accomplishing all these goals at once—and how you can take immediate action. I’ll talk about how Swing Left is empowering an army over a million grassroots volunteers and donors nationwide, with smart, innovative, and easy things we can do—starting now—to help Democrats win in the 12 most high-impact battleground states: the Super States.

Now through next summer is the critical time when we need to build infrastructure for 2020’s most important campaigns. Hundreds of thousands of Super State voters need to be registered. Millions of dollars need to be raised. We’ve got to work now to ensure that our candidates have a base of voters and the funds they'll need to compete—and win.

If we do things right, we’ll not only beat Trump and the GOP, we’ll set up our country for a decade of progressive victories.

We’re a different country than we were three years ago, when so many of us stood dumbfounded in front of a TV screen. We’re mobilized. We’re skilled. We’re organized. We know our power.

We’re primed to get 2020-ready.

I hope to see you January 18.

Erica Goldman became involved in grassroots political advocacy 6 years ago through Moms Demand Action for Gun Sense in Oregon. After Trump was elected, Erica dialed-up her political engagement by founding and leading Indivisible Oregon. She’s currently Swing Left’s Regional Organizing Coordinator for the Pacific Northwest, where she serves as a resource for volunteers and local groups in OR, WA, ID, AK and HI. She is the featured speaker at INCO’s How We Win Summit on Saturday, Jan. 18, 9 am – 2:30 pm at the Lovell Showroom in Astoria.

The 2020 INCO SUMMIT interactive program features strategies for winning elections in 2020, sustaining activism, and transforming grassroots energy into progressive action.

The complete summit schedule is available at www.incoregon.org and in INCO’s weekly e-newsletter, available by signing up at the website, as well as in the Facebook group for Indivisible North Coast Oregon.
2020 VISIONS Redux Writers Revisit 11 Years On

The January 2009 issue of HIPFishMonthly featured a compilation of 20 community voices forecasting for the year 2020 in the Lower Columbia Pacific Region – in various realms of topic—from culture to forests to development to the personal…some prose, some essay. Why 2020 in 2009. 11 years ahead, what could happen? Take a deep breath. One common thread was the demise of LNG. We got that right. A handful of voices looked back at their particular visions, and the last selection is getting a replay.

You can look back at the original “20 Voices • 20 Visions” at www.hippishmonthly.com

Here’s to 2020!
D.U.

DOWN TO EARTH: 2020
Wow…11 years have gone by?? Time is moment to moment, filled with instant decisions and future hope, and now it’s time to reflect again on past observations. My last reflections focussed on art and artists, and about when life is too full of rapid, unsettling changes we crave familiar comfort. Unsettled skies continue to darken, and the FUTURE seems to become less and less possible. Artists tirelessly continue to struggle to make ends meet, and are swayed by the heartfelt whisms of the marketplace. The comforts of the familiar draw the pendulum of taste back to the figurative and comprehensible representation. We all gravitate to the warm center, but new rules must be developed for art that leaves nothing to buy—the more ephemeral, energized, transcendent meaning that by-passes the functional product.

*We need solace that can be passed from hand to heart—the poetry of soul and vision.
*We need work controlled by makers equal and accessible, because equality is the necessary ground for creativity.
*We need to interrogate the separations that keep us apart and in conflict.
*We need to support the broadest definition art and graduate from isolated consumers to active creative participation.
*We need to comprehend that the relation between art and life coincides and is not a preoccupation bubble.
*We need to understand that all existing life is interdependent and co-evolving.

It is not possible to predict the future with total certainty. It is possible to predict that change will continue and the pendulum will swing back again, and perhaps to excess. 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, and it is possible to create multiple visions. Gerhard Richter said “Art is the highest form of hope” and I agree. Don’t be afraid of anything.

Agnes Field Artist/Curator
Astoria Visual Arts

COOPERATION VS. CORPORATION
I appreciate the opportunity to look back ten years to reconsider and temper some thoughts and continue to champion others. This remains a “bright and vibrant community” now with more progressive and diverse people visible in elective office and social movements. More homes, schools and even businesses utilize solar power with improved accesses to trails but so much more is needed as we now face acute climate change and the ruin of our salmon runs.

Ten years ago I had hoped that greater regional cooperation would comprehensively address health care and emergency preparedness. Today we still see a for profit medical system that provides for some but has major gaps for the uninsured, mental health and addictions treatment resources. Tsunami preparedness has gained in awareness even as hundreds of people now sleep on the streets. Our children are at greater risk than ever!

Our region has more hotels, cruise ships and fine cuisine than a decade ago but we struggle to maintain our rural character, working waterfront and public viewpoints. As the country becomes more politically polarized local affinity groups of all kinds work to protect our civil rights and democracy itself. Civic discourse is essential as we continue to search for that common ground and clear way forward. My personal passions are tempered with a renewed effort to produce more light than heat. There seems to be enough scorched earth already

Tessa Scheller, Community Activist, Warren

THE FOREST FOR THE TREES
Well, as visions go, this one definitely was pretty much a bust in terms of predicting what 2020 would bring regarding our forests and trees. Instead of great “national and state legislation enacted recently to combat climate change,” we have a national government that has forsaken all climate change action, and a complete debacle at the state level (HB2020), with the local ramifications of TimberUnity. Instead of highway buffer zones and the state and private forests behind them being restored, as I envisioned, our local roads and highways have continued to lose the amazing tree cover that was one of the reasons I moved here in 2005. Instead of the envisioned policy change that would fund schools and other coastal county services without timber money, we have the timber lawsuit that was recently decided in favor of the counties (not including Clatsop), which would force the state to cut more timber in coastal forests.

There has been some action locally, particularly Astoria, with saving trees to act as carbon sinks. But most of these trees were not slated for cutting, in order to keep the city’s watershed clean. Local governments have not changed their tune and come up with money to support tree planting and reforestation programs in our coastal region. On the contrary, development has picked up after several years of recession, and local cities have supported that development wholeheartedly for the most part. And homeowners and renters haven’t “gotten into the act, too.” The sounds of sprinklers and shovels have certainly not “replaced the constant buzz of chainsaws,” and people (except a few like this author) are not “planting a diverse, native tree cover in their yards.” And despite my writing and lobbying on the subject, alder is still hated and hasn’t made the envisioned comeback. Local environmental groups and land trusts have been trying to save and restore some of what we have here in paradise, as envisioned, but that’s what they do. There has not been a shift “over the last few years in how we think of our natural environment.” We (most of us) still see our local forests and trees as either economic resources to be sold to the highest bidder, or as nuisances that block our views. At this rate, in 10 more years we won’t see the forest or the trees.

Bob Goldberg/Renaissance Thief • Astoria

MANZANITA WRITER SERIES
In 2009 we were just one year into the Manzanita Writers’ Series, at the Hoffman Center for the Arts.

Much of what we’d envisioned came true. Especially our goal of helping our community be a place for individuals to foster their creativity.

Kay S. hadn’t done any writing since a long-ago Creative Writing class. In her early 80s and newly moved to the coast she read an announcement about our weekly Writing Lounge and attended one meeting with trepidation. She rarely misses a session now, having discovered a supportive diverse group of fellow writers. Initially avoiding reading at Open Mic events, she enjoys audience reactions now, and has seen a number of her pieces published in the North Coast Squid Literary magazine.

Like many part-timers here, Emily R. rarely interacted with the locals, relaxing instead at her cottage with family and friends. Her writing had been focused on marketing materials in the corporate world. Then she stepped into the Writing Lounge. Her experiences there pulled her into other aspects of the series, cohosting the annual PoetryFest, and initiating Word & Image, a unique program that gets writers and artists responding to each other’s work. Emily went on to complete her MFA in Creative Writing in Poetry and will lead an Introduction to Poetry course through the Hoffman Center in April.

These are just two of many stories of people stepping more fully into their creativity here. The series evolved into many things, including a literary journal in its 7th edition, many writing workshops with visiting authors, along with peer-led craft workshops at Writing Lounge. We’ve hosted more than 100 authors, including Ursula LeGuin and Brian Doyle, Cheryl Strayed (“we discovered her before Oprah did”), Garth Stein, Philip Margolin, Rene Denfeld. Authors and publicists now contact us. Four of the visiting authors have since bought homes here. One moved here fulltime and then bought Cloud & Leaf bookstore, continuing our great partnership. Visioning works. And so does writing.

Kathie Hightower
Writer, Co-Founder Manzanita Writing Series

At our 10-year celebration event, 23 attendees had published 53 books and 481 pieces.

For a full 10-year overview: https://hoffmanarts.org/writing/writers-series-10-years/

WELL HAVE ENOUGH
In early 2009 I looked ahead to 2020 with hope and commitment. I was filled with eagerness to fulfill our dreams of finishing a little house out in Swsen and living there as simply as possible. A tiny permaculture haven with solar panels, seemed easily within reach. We were a young family with strength and vision on our side. Planting seeds as a conscious revolutionary act, hosting potlucks, baking bread…

The ways that life shifts and changes our dreams are sometimes subtle, and other times like a flash flood that washes away everything.

The last decade held several flood moments for me, portals of radical personal change. I hold great gentleness for my younger self. I mourn sometimes that I could not carry out all her plans.

Yet what remains is trust that together we are stronger than we imagine, that our dreams are bigger than us, and that we are all connected. Even though our small garden is still perched here in the dark woods, others have brought those dreams into the light for themselves, and that is no small thing.

I choose to align myself with faith in the best possible outcome for all. When faced with impossible odds I will choose the slim chance at redemption. In some universe, in some timeline, everything works out. I walk towards that future, sure of nothing except the certainty that choosing to put my faith in joy, in beauty, in connection, leads me towards a different outcome than focusing on the cultivated horror that is dished up as inevitable during these times of collective transformation.

It is 2020, and I am still here. It is 2020 and my beloved husband is here with me, our two lads have grown into young men, we are blessed with good friends, and there is plenty of work for my hands to do. It is more than good enough.

Iris Sullivan, Artist/Writer
HANK HANKENEN REVISITED
Looking ahead to 2020, I envisioned Hank Hankenen as a young man in a world committed to strategies with hope to stop, slow, or mitigate climate change. Green collar jobs abounded in Clatsop County.

In Hank's community, a renewable energy cluster had emerged at Tongue Point. It has not. The Skippyon Peninsula hosted an ocean research center. It didn’t happen, but fossil fuel promoters no longer control the property, their plan to build a terminal on the peninsula to export fracked, super-cooled natural gas, abandoned.

Clatsop County did not create a program of free use of electric vehicles, although there are now a few charging stations.

Backpacks with solar arrays are a reality. Cloud-based software to assist small businesses has come to be. Battery-operated cauclung guns are available. And jobs in energy conservation, similar to Hank’s vocation, exist.

Meanwhile, the crisis of global suffocation confronts apathy by the institutions most needed to lead—significantly abdication of responsibility by the current POTUS. It is interesting, however, that the US military has stepped up leadership in clean energy and conservation.

Hank’s world did not face our current understanding of the advance of global temperature, the retreat of glaciers, the rise of sea levels, the acidification of the oceans, and the increased frequency of extreme weather events. Yet, the attitude of collaboration and the all-in commitment of Hank’s community models a response that may—if a miracle arrives in time—help to save the world.


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.

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=mc2) 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—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 satisfaction. It can maintain the useful knowledge of the past while shedding its excesses. The trade-off will be the 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.

Remembering Gail
Victoria Kingsbury

WHEN I FIRST CAME TO ASTORIA to play music, many years ago, I was often invited to stay with my friends for the night, since I lived almost an hour away. It kept me here in town during the days, so I picked up gardening jobs, and did most of my daily living on the streets in Astoria, for periods of time between gigs.

It doesn’t take long to notice how many folks are doing the same thing, only without a place to go to night, or anytime, for shelter. Over the years, I’ve become friends with people who are shelterless in Astoria, as many of us in the community have.

When I heard about Gail’s death, alone on the concrete, I came to town to see how her companion Charlie was doing. He was soaked through to the skin, in his leather jacket at the Rusty Cup. I gave him a hug and said that he needed raingear. He looked at me with his steely, watering eyes, and said, “I never fucking get cold.” I knew what he meant, but a few people laughed. I told him that I was really sorry about Gail, and he kept repeating, “You have to be smarter than what you are dealing with…..”, over and over.

Riverfolk made everything happen, and Reverend Kit Ketcham contributed a lovely Celebration of Life sermon for Gail at Hughes-Ransom Chapel. I was so moved to see her family, and a full church, with some very sophisticated people there, of all ages.

Her death, a few days before the Solstice, threw me into deep contemplation about life, and this crucible of human activity here in town—there are task forces, public services, public housing…. When Gail was struggling, I told her that I thought that she was dehydrated. She stuck out her tongue, which was yellow, and said, “SEE! You’re right! I need water!” Of which I already knew. It’s interesting how everyone is so sure to have water on the sidewalk for dogs, but not homeless old ladies. If you read the side effects of dehydration, you would have a list of Gail’s symptoms, but she gets kicked out for being too frisky, rather than offered a glass of water, and a place to sit for a half hour. I understand, I just know that we can do better. We are smarter. We are stronger, and we are more capable.

I was honored when I was asked to sing at Gail’s Celebration of Life, because I really knew her, and she and Charlie McKenzie would come and listen, when I busk on the streets. Charlie had said that everybody matters, over and over, all day. No matter how small, he kept saying, he knew that Gail mattered. I didn’t have my guitar, so we decided to sing “This Little Light of Mine,” and Charlie approved. It matter how small, he kept saying, he knew that Gail mattered. I didn’t have my guitar, so we decided to sing “This Little Light of Mine,” and Charlie approved. It was perfect.

Everyone told stories, and I knew how proud Gail would have been, to see how full the chapel was, with people spilling out into the streets, and that the hall was full for the celebration afterwards, and that all of her friends and others, went home with a very full belly, as well.

The story I shared at the service was about a stranger that had shouted at her, “Hey, why don’t you go back where you came from?” And, oh boy, Gail stiffened up, and yelled back, with a slight screech, “Hey, I am from HERE! Why don’t YOU go back to where YOU came from!” Gail Griffey was an Astorian.

The prevailing theme of most of the stories, was how proud Gail was. If you gave her something, she was genuinely delighted, but was going to give you something back, too, because she felt equal, and had a clear sense of her identity, and didn’t want to trouble people, or be thought of as needy. We all had upbeat conversations that strongly referred to days when Gail had her own cloth napkins that she would use, because she knew that you would like the pattern. Most her life, she had been housed. We gave each other earrings, and scarves, and it was always a two way street, with lively banter all the way.

Gail lived in Eugene for a while. She was a licensed Beautician, and also licensed to teach at the beauty school. She had family, and a boyfriend. Does one need a lack of pride, or a lack of identity, to get help, one has to wonder? I also wonder if the hospital staff at the emergency room saw this real person or not, when they turned her away twice in one day, a mere few hours before she died alone on the concrete, in the cold?

Speaking at the memorial service Astoria Mayor Bruce Jones touched on the idea that some shelterless folks don’t want help, or won’t accept it, but I feel that it’s a very complex subject, that deserves much further probing.

You can need help, and still be proudful in the land of plenty, methinks.
USED TO BE that patrons of the Astoria Co-op Grocery had the option between two hot soups and a small variety of grab-and-go food items on any given day. Now, at the new facility at 23rd Street and Marine Drive, you can choose between a fresh salad bar, taqueria, four soups, and other hot meals that change daily, taking your food to go or enjoying it in a comfortable seating area enhanced by local art.

“We essentially have a restaurant now in the new Co-op and it makes it destination,” General Manager Matthew Stanley said. “You can do shopping, get some food, chat it up with some people you know in town, get a lot done, and really have a good experience.”

The new location, which opened in December and is the co-op’s fourth site since being established in 1974, has a variety of improved features compared to the old store on Exchange Street, but the prepared foods department—including the kitchen necessary to support it—was the area of operations into which the organization made the largest investment.

“It’s where we took the biggest leap out of any department,” Stanley said. “We wanted to put a bold stamp on the deli as a way to differentiate ourselves.”

Within the dining area on the north end of the store, local craftsmanship and artistry can be found, including a mural by Roger McKay, fixtures from HiiH Lights, and plants from Becky Graham of Harvest Moon Design. A redwood tree that used to grow on the property was repurposed for tabletops and trimming. The vision, Stanley said, was to create “a peaceful oasis in what’s normally a buzzing grocery store.”

Over the summer, Prepared Foods Manager Andy Catalano, a former board member of the co-op, worked to develop and test new recipes, along with transporting tried-and-true dishes into the new menus.

“It’s been fun for me to exist within the grocery store framework,” he said.

The hot bar, which includes 10 different dishes that change daily, is currently open from 10 a.m. until 8 p.m—or an hour before the store closes—but they will eventually have hot breakfast ready to go when the store opens at 7 a.m. The salad bar includes 30-plus ingredients, including non-produce items like kimchee, sauerkraut, and pickled vegetables prepared in-house.

Meanwhile, the made-to-order taqueria offers three different meats and three different grains. The amount of customization featured throughout the department makes it accessible to diners possessing a variety of diets.

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Andy Catalano, Prepared Foods Manager

“It’s been an honor for me to be able to take the co-op values and translate them to the restaurant world and try to create a food service operation that strives to sustain people.”

— Andy Catalano, Prepared Foods Manager
It’s been an honor for me to be able to take the co-op values and translate them to the restaurant world and try to create a food service operation that strives to sustain people,” he said.

In terms of patrons, marketing director Zetty Nemlowill said, “I like to think of co-op deli foods as kind of a gateway to healthy living. A lot of time people will try something made in the deli and they’ll want to cook it themselves.” For example, she added, the first time she tried kale salad it was from a deli, and she then started preparing them at home.

Reducing Plastic Waste

While trying to expand its prepared food offerings, the store is also striving to reduce the amount of plastic to be found on the shelves and throughout every department. The grab-and-go options still utilize plastic containers for convenience, but patrons can get their food to go in a cardboard box or use a reusable and washable plate and cutlery if they are staying on the premises to eat. According to Catalano, there are numerous non-plastic packaging options available, but “nothing is perfect.”

“What we have now is the best we can do at the moment, but it’s fully on my radar to make improvements whenever possible,” he said.

Stanley agreed they intend to continue reducing plastic in the store in the coming years. One area where they’ve already taken a step is with packaged water, which tends to be a popular item in the tourist town. The only water available in plastic, as opposed to metal, glass, or paper, is pH-enhanced, meaning it has a value-added component. Other plain, distilled drinking water is only offered in alternative packaging to reduce plastic waste.

Part of the Strategic Plan

The co-op’s new facility is a manifestation of its five-year strategic plan, adopted by the board of directors in 2014. According to the strategic plan, the organization’s purpose is to promote a welcoming community, a thriving local economy, individual and community health, and a flourishing cooperative culture. The plan also encompassed the goal of expanding the facility “in order to offer the best selection of fresh, organic, and natural foods in the Lower Columbia Region,” while still maintaining its “unique character and commitment to our values.”

According to Stanley, the old site had a more boutique-feel to it, but they were frequently challenged trying to carry products people wanted without eliminating something other shoppers were buying. Additionally, they no longer had room for interior seating. Now, the grocery store has not only the seating area, but an employee break room, proper offices, lockers, and a designated receiving area, in addition to more product options in every department.

“The goal of this was to attract and welcome a much bigger audience and make the store more accessible, without alienating the people who have brought us along for the past 46 years,” Stanley said. “We have the potential to be a pretty serious player in the grocery scene here in town. That’s going to take time to build into that.”

The increase of products is also designed to help strengthen the financial resilience of the co-op by leveraging volume and increasing owner-investment in the business. This augmented purchasing power trickles down to the consumers, according to Nemlowill, who added, “By buying a lot of stuff, it allows us to get a better deal and have more wiggle room with prices.”

The co-op will continue to offers new sales and deals regularly. They also have reapplied so they can once again accept Supplemental Nutrition Assistance Program (SNAP) benefits and eventually Oregon Women, Infants, and Children (WIC), as well. Additionally, Nemlowill said, they are working with the Oregon Food Bank to implement Double Up Food Bucks (DUFB) at the grocery store, which would allow SNAP participants to get double the value on fresh fruit and vegetables.

Although they are still getting settled at the new location and working toward these enhancements, the co-op will hold a Grand Opening Jan. 18. The event, open to the public, will include demonstrations, sales throughout the store, prize giveaways, and family friendly activities.

“We’re going to try to get as many people from the region to come check out our new store,” Nemlowill said.
**MUSIC AND DANCE: ALL AGES!**

**Join the NC Chorale**

**30 years 30 Favorites**

THIRTY YEARS of joyful singing. What a time for celebration! 2020 will be a banner year for North Coast Chorale (NCC). Throughout these years members of North Coast communities have joined to share their singing talent and love of song in this community.

The Chorale’s theme song says, “How can I keep from singing?” As in the past, NCC is inviting singers in all four parts, from 7th Grade students to Senior Citizens, to join the fun. Students attending Clatsop Community College can earn credits while singing as a member of NCC. A desire to sing, and the ability to match pitch, is the only requirement. Rehearsals are Tuesdays, at the “PAC”, on the corner of 16th and Franklin Streets, beginning January 7th, from 6:45 to 9:00 p.m. A donation of $25.00 per month enables funding for Director, Dr. Denise Reed, the accompanist, purchase of music, and rent at the PAC. For more information, please call Denise Reed (503-338-8403) or Frank Spence (503-325-3265).

North Coast Chorale is supported by the Oregon Arts Commission. With this help, the new season will begin by reprise a 2013 performance of Northwest composer Martin Lauridsen’s, Lux Aeterna with the River City Singers of Saint Helens on March 15th in St. Helens and March 22nd in Astoria. On Friday, May 15th and Saturday, May 16th the Chorale will present 30 favorite songs from its repertoire over the last 30 years.

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**Little Bird Parent-Child Music Class**

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

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

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

Appropriate for children from infancy to age four with an adult, from babies-in-arms to jumping toddlers. Taught by musician and music teacher Gabrielle Macrae.

About Gabrielle Macrae:

Gabrielle grew up in a musical family in Portland and has been playing music for most of her life. She began teaching Appalachian string band music in 2006 as part of an after-school program for low-income elementary school students in rural North Carolina. She went on to teach early childhood music programs in Portland with Heart in Hand Preschool and Frog Song Preschool. Gabrielle has worked in Portland Public Schools leading workshops on traditional Appalachian music and dance and given private music lessons to adults and children. She plays fiddle, banjo, and guitar and has taught and performed at numerous music camps and festivals across the country as well as in Great Britain and Ireland. She moved to Astoria in January 2018. This will be her third session of Little Bird Music Class held in Astoria. She plays in Astoria bands “The Horseknocks” and “Hook and Anchor.”

Location: Riverszen Yoga Studio 1406 Marine Drive in Astoria. When: Tuesday mornings 9am to 9:45am, January 14 - February 4.

Cost: Drop-in $12 per class, or $40 for the full four-week session. This is for two people, one child and one parent.

If you have more than one child, there is a family rate of $15 drop-in per class, for up to three children with one adult, or $50 for the four-week session. Children must be accompanied and supervised by an adult. Parents/guardians must sign a liability waiver for the yoga studio. Feel free to email with any questions.

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

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**ENCORE Dance**

**FREE Community Tap and Ballet**

ENCORE Believes that everyone should have the opportunity to dance! So they’ve partnered with the Encore Performing Arts Foundation to offer tuition FREE community ballet & tap classes! Classes are open to all experience levels and abilities.

Sessions are 8 weeks long, and are sponsored by businesses and members of our community.

Tuition: FREE. Registration: $10. Ages: 13 years to Adults, Attire: Movable clothing to dance in.

Next session dates: January 9 - February 27 2020.

Tap: Thursdays 6:45-7:30pm. Ballet: Thursdays 7:45-8:45pm

Encore Dance Studio - Warrenton location. To register or sponsor call or email Encore’s Warrenton office at getyoudancing@gmail.com or 503-861-1637.

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**Imogen Gallery**

Imogen Gallery is located at 240 11th Street. Open Monday through Saturday, Noon – 5pm. Information on upcoming exhibitions and events can be found at www.imogengallery.com or by calling 503-368-7605.

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**January 2020**

**Windless Kite Festival Jan 25 - 26**

THE LONGEST RUNNING INDOOR KITE FESTIVAL in North America returns. The event includes performances, competitions, workshops and open flying for kite enthusiasts of every age and ability. Perfect for families, the Windless Kite Festival features a $5 kite-making workshop and opportunities for children, families and friends to learn the art of indoor kiting, where kites are powered by the motion of the flyer’s body.

SAT Jan 25: Doors open at 8:30am for warm-up, free fly and lessons • Saturday at 9am is the famous Alexa King Garbage Bag Kite Workshop. Cost is $5.00 per person. Limited to 25 participants. Performances, competitions, demos, and free fly and lessons continue through 4pm. SUN: Performances Sunday will be 8:30am-3pm

At the Long Beach School Gymnasium 400 S Washington Ave, South Long Beach

**Friday 10**

**MUSIC**

Bold Doherty. 7pm at Crown Alley Irish Pub. Klipsan Beach.

Bucky. 8pm at the Times Theater and Public House in Seaside.

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

**LITERARY**

Ciel Downing. The author and poet will read from her work from 5 – 7pm at Art Accelerated Gallery in Tillamook.

**HAPPENING**

Sparrow Dance Company Debut Performance Flight. $10, 7:15pm at Ten Fifteen Theater (formerly Pier Pressure) in Astoria.

**THEATER**

A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

**Saturday 11**

**MUSIC**

Brad Cree & the Reel Deal. 7pm at the Hoffman Center in Manzanita.

Casey Neill and Johnny Connolly. Celtic and Celtic-Inspired. 15, 7:15pm at the Peninsula Arts Center, Long Beach.

Ted Brainard. 7pm at Crown Alley Irish pub. Klipsan Beach.

Nate Botford. 7pm at Public Coast in Cannon Beach.

Petti Fever. Tom Petty Tribute. $25, 7pm at the Liberty Theater in Astoria.

John Stowell and Anandi Gefroh. $10, 7pm at the Bay City Arts Center.

**FOOD & DRINK**

Lutefisk Luncheon. $20 admission includes Lutefisk and/or meatballs with all the trimmings. A silent auction is featured with Nordic treasures and delicious Finnish treats. 11:30am – 2pm at Suomi Hall in Astoria.

**HAPPENING**

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

Sparrow Dance Company Debut Performance Flight. $10, 7:15pm at Ten Fifteen Theater (formerly Pier Pressure) in Astoria.

**THEATER**

A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

**Sunday 12**

**MUSIC**

Celtic Series. Johnny Connolly and Casey Neill. 2pm at the Lincoln City Cultural Center.
**Thursday 16**

**MUSIC**
John Nilsen & Swimfish. 7pm at the Gearhart Hotel.
Anna Tivel & Jeffrey Martin. No cover, 7pm at the Adrift Hotel in Long Beach.

**FOOD & DRINK**
Pancake Breakfast. All-you-can-eat for $5, 8am – noon at the Bay City Arts Center.
Cookbook Swap. 5 – 8pm at Reach Break Brewing in Astoria.

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

**LECTURE**
Listen to the Land. Listening to the Crabs. With Sarah Henkel and Curtis Roegner. 7pm at the Adrift Hotel in Astoria.

**THEATER**
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

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**Friday 17**

**MUSIC**
Pensicaptity. 7pm at the Astoria Library.
The Moonshine. No cover, 9pm at the Adrift Hotel in Long Beach.

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

**THEATER**
Betrayal. Drama. $15, 7:15pm at the Ten Fifteen Theater (formerly Pier Pressure Productions), Astoria.
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

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**Saturday 18**

**MUSIC**
- Myshkin Warbler. Singer Songwriter Myshkin with cellist Jenny Q. Original post modern blues. $15.8pm. KALA in Astoria.
- John Kaiser. 7pm at Public Coast in Cannon Beach.
- Kevin Burke. $15, 7pm at the Peninsula Performing Arts Center in Long Beach.
- Steve Frost. 7pm at Crown Alley, Klipsan Beach.
- Little Sue. 8pm at the Sour/ester Lodge in Seaview: The Moonshine. 9pm at the Adrift Hotel in Long Beach.

**ART**

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**Sunday 19**

**MUSIC**
Inspirational Sounds Gospel Choir. $15, 2pm at the Lincoln City Cultural Center.
Gould Piano Trio. $25, 3pm at Camp Winema, Cloverdale.

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**SVER from Scandinavia**

SVER plays grand Norwegian folk music with relentless energy and seductive spark taking you on a fantastic musical journey guaranteed to excite you. Ranging from the very dreamy to a swinging, pounding and sweaty madness—you are invited to the party, greeted by a welcoming primal force that pulls you into the dance. Since 2008 SVER has put on countless performances at festivals and clubs all over Europe. The last four years SVER has collaborated with the Swedish dance-hall artist Snakka San, and created the new genre Folkhall, playing in Scandinavia and have had multiple songs on the radio charts in Norway and Sweden.

**Sunday, January 19 at Fort George in Astoria. 8pm, All Ages, No Cover.**
Betrayal at Ten Fifteen Theater

BETRAYAL, written by Harold Pinter in 1978, a critical and popular success in London and New York, is currently still playing on Broadway. Critically regarded as one of the English playwright’s major dramatic works, it features his caracteristically economical dialogue, characters’ hidden emotions and veiled motivations, and their self-absorbed competitive one-upmanship, face-saving, dishonesty, and (self-)deceptions.[1] This is a remount of the recent offering from the Liberty Theatre Players, directed by Sen Incavo which performed just 3 shows this past August, all sold out, and features actors Katrina Godderz, Stephen Wood, and Daric Moore. Due to popular demand it returns for 6 more shows but now at the Ten Fifteen Theater (recently and formerly Pier Pressure).

Betrayal begins in the present with Emma and Jerry who had an affair years before. Emma is still married to Robert who is Jerry’s best friend. None of them knows exactly what the others know. In a triangle of relationship each is tied to the other in deep bonds and the question becomes who is betraying who. The play moves backward in time to the beginning of the affair, throwing into relief the little lies and oblique remarks that, in this
day, reveal more than direct statements, or overt actions, ever could.

Showtimes: January 17-18, 24-25 at 7:15pm. January 19, 26 at 2:15pm. $15 at the door.

Pier Pressure Productions ends run
The Ten Fifteen Theater goes on

PIER PRESSURE PRODUCTIONS, begun by Susi Brown (theatre arts teacher, director, designer) in 2008 and in operation intermittently over the ensuing eleven years, is ending its run as a production company effective the end of 2019. The theater at 1015 Commercial Street will remain as a burgeoning community arts venue.

PPP has been presenting plays, producing works by visual and performance artists, supporting actors, directors, designers, technicians, musicians, writers, students and dancers, offering classes in the arts and working in the background throughout Clatsop County since its inception. Some of the venues which welcomed the company include KALA, 3Cups Coffee House, the Coaster and Liberty Theatres, a self-named, 35-seat independent theater on 10th Street. Most recently, Brown and Daric Moore (contractor, musician, actor) created a new home for PPP in Astoria, up the street and around the corner from its original location, featuring performers from Canada to California.

In September 2018, Brown and Daric Moore combined efforts to build an intimate community theater under the Pier Pressure Productions name. With the financial support, enthusiasm, talent, skill and labor of more than 100 community members, the Astoria Chamber of Commerce, the Astoria Downtown Historic District Association, the Astoria Oddfellows, LLC, and a generous grant from the City of Astoria, the second Pier Pressure Productions theater was opened a year later. During the time leading up to the
Roger Hayes at IMOGEN
Pacific Northwest Trees

LOCAL FAVORITE and internationally acclaimed outsider artist Roger Hayes returns to Imogen for his fourth solo exhibition. This series Hayes turns his focus to the mythos of the great Pacific Northwest trees of the coastal region.

Painting primarily in acrylic, he brings a collection of abstract and representational paintings considering physical attributes as well as metaphoric content through the totemic connection to land and sky. Pacific Northwest Trees opens during Astoria’s Second Saturday Artwalk, January 11, with a reception for the artist 5 – 8 pm. The show will be on display through February 4th.

Building on the theme of his last solo exhibition at Imogen, Roger Hayes forays deeper into the forests of the coastal range. He brings large scale acrylic and oil paintings focusing on the strength, beauty and symbiotic connectivity between trees, bridging earth and atmosphere. His interest stems from the obvious of environmental concerns but also crossing into the deeper connection of metaphysics and social structure of these towering giants. About this current series he states:

Trees define the Northwest environment and create boundaries that ripple for miles, joining environments that surpass our districts through a natural order.

There is some risk of even cueing into a trendy point of focus with this topic, as we scramble to find solutions to stabilize a rapidly changing environment.

It is hard not to think of a tree as a neural connection between the sky and the earth, with cell like dendrites extending into the sky, and axons terminating in the earth. It strengthens the image of trees as sustaining the exchange of chemical messengers.

My interest in trees may have more to do with expressions of individuality, character and symbolism. Trees, like iconic and archaic animals also reach far back into the human psyche, and are also likely to be highly charged and evocative.

Trees are also linked in complex networks with other organisms, and form colonies. Yet an image persists of the weather distraught solitary tree on a perch, withstanding millennia of solitude.

I can think of no better expressionist, or primitivist icon than a tree that both calls on the hallowed rites of millennia, or shuts the populace for a lonely and craggy vista.

Hayes, who hails from the gritty streets of Detroit, studied ambiguously the constant evolution of sides of buildings, billboards, and passing trains created by graffiti artists whose only canvas was the city itself. He has enjoyed a colorful and eclectic career as a painter, extending well beyond the diverse art community of Astoria, Oregon, establishing himself early on in his career into what was known as the International Neo-Expressionist movement.

His work has been exhibited extensively throughout the great cities of the Mid-West prior to his inclusion in European exhibitions. He has participated in exhibitions throughout France, Switzerland, Argentina and many other destinations.

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

Tim Janchar
At AVA Center for the Arts

NORTHWESTERN SONGS OF THE AMERICAS is an exhibition of work by Tim Janchar reflecting on the personal ethos of Astoria and the surrounding area and opens at Astoria Visual Arts on January 11th. Utilizing resin, paint, and sculpture, the artwork uses logos and sportswear as allegory to the struggle and perseverance of the populations here. Collaged ruminations on past, present and future coalesce into a common consciousness of time, place, self, and community.

“Reality is greater than the sum of its parts, also a damn sight holier.”
Ken Kesey, Sometimes A Great Notion

Tim Janchar received an MFA from the Pacific Northwest College of Art in 2013 and is in the process of reconstructing a historic garage in town.

AVA’ Center for the Arts is located at 1000 Duane Street. Show opens January 11th, 5 to 8pm and can also be seen Fridays and Saturdays noon to 5pm through February 1.

instant Nostalgia
New Century Polaroïds

AMBRE VON ROSE is an Astoria-based film photographer who favors Polaroid as her medium. Ambre began studying photography in High School and continued her education at the Art Institute of Portland in 2012. Independently, she has pursued her passion for photography ever since.

Ambre’s photos offer a fresh perspective of Astoria and the Oregon coast through an instant lens. Her polaroid photography creates a bridge between analog and digital film that casts a nostalgic glow on the immediate world.

Pink Elephant
Juke Emporium, Open Reception Astoria 2nd Saturday Art Walk, 5 – 8pm. 1423 Commercial Street.

2019 LightBox Members Group Exhibit

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

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

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

Noel Thomas 85th Birthday Show, Sale And Benefit

RIVERSEA GALLERY opens 2020 with the Noel Thomas 85th Birthday Celebration, an exhibition of his new and recent artwork, and a benefit for Astoria Visual Arts' Miss Bea Johnson Fund for young artists. Thomas, one of this region’s most distinguished and beloved artists, presents a bounty of watercolors, drawings and mixed media works chronicling north coast scenes and characters in one of his most prolific shows to date, opening on January 11 during Astoria’s Second Saturday Artwalk with a reception from 5:00 to 8:00 pm. Featured musician is cellist Phyllis Taylor. All are invited to stop by during Artwalk to celebrate with Thomas, have a piece of birthday cake, and take the opportunity to support his favorite arts non-profit. The show runs through February 4, 2020.

Thomas has decided to create an opportunity for purchasers to support the Miss Bea Johnson Fund while collecting savings for themselves. He is offering older, framed work at a generous discount during the entire length of the exhibition, and he and the gallery will each donate a percentage of sales to the fund, which was originated by Thomas in 2011 and named for the eighth grade teacher who encouraged him to pursue a fine art degree.

As always, Thomas brings a level of enthusiasm that can be felt in this collection of work featuring charismatic aspects of Astoria and its denizens, teeming with iconic scenes mixed with odd views and forgotten nooks and crannies. In this extensive array of subjects, Thomas seems to be everywhere in the region, sketchbook and watercolors at hand, recording whatever catches his eye. His signature style has continued to evolve over the years, a testament to constant practice and experimentation, even for an artist at the top of his game. These are dynamic, suggestive works created with a loose, confident mastery that lead the viewer into supplying details only hinted at by the artist. Expect sublime scenes mixed with quirky surprises, a tribute to an artist with many decades of experience who remains young at heart.

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

George Wilse - Woman in Paris #1

Inside The Liberty, 11x85, water color
Cuban-American author Leigh Camacho Rourks reads from her debut short story collection

THE MANZANITA WRITERS’ SERIES welcomes Cuban-American author Leigh Camacho Rourks reading from her debut short story collection, Moon Trees and Other Orphans, at 4pm at the Hoffman Center for the Arts in Manzanita on Saturday, January 18, 2020. Moon Trees and Other Orphans is a grytt collection of short stories set along the Gulf Coast, focusing on themes of desperation, loneliness, and love. Filled with hard-living characters who are deeply lonely, it tracks the ways they fight for survival, often making very bad decisions as they go. Populated by gun toting women, ex-cons, desperate teens, and other outsiders, it is a collection about what life is like in hard places, both beautiful and dangerous.

Hot damn, this is a powerhouse debut. Leigh Camacho Rourks deserves

for hipfish, and for 22 events on the production crew of the annual FisherPoets Gathering. She reads at Ric’s Poetry Mic on first Tuesdays in Astoria, as well as by invitation at other literary events. She is a retired college psychology, addictions and philosophy teacher. Her 2014 collection is Nevertheless: Poems from the Gray Area, Hipfish Publications. A new collection of lyric narratives, The Man Who Whistled, The Woman Who Wished, is being prepared for 2020 publication. Her current working manuscript is titled What to Do With Night.

The Writer's Guild is a group of writers in Astoria committed to strengthening the larger community through the power of the written word. To register, please go to: www.thewritersguild.org

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

IN THIS INFORMATIVE INTERACTIVE WORKSHOP on things poetic, Florence Sage will present Writing Poems for Reading Aloud, focusing on lyric narrative, rhythm, sound, with very brief writing, reading, and tips for using the mic. Robert Michael Pyle will discuss Parsing the Particular: How to find, keep, and use specific details of the physical earth for poetry and prose, with brief writing. The workshop will conclude with practice at the mic.

Robert Michael Pyle writes fiction, poetry, and essay from a Swedish homestead in Wahkiakum County, Washington. His 24 books include the award-winning Wintergreen, Sky Time in Gray’s River, and Where Bigfoot Walks; a flight of butterfly collections; and three poetry collections (Evolution of the Genus Iris, Chinook & Chanterelle, and the chapbook Letting the Flies Out), as well as his recent novel, Magdalena Mountain.

Florence Sage has been an Astoria poet and an organizer of local poetry events since 1998, for several years poetry editor of the written word. To register, please go to: website of the Writers’ Guild of Oregon.

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Florence Sage has been an Astoria poet and an organizer of local poetry events since 1998, for several years poetry editor of the written word. To register, please go to: website of the Writers’ Guild of Oregon.

January 2020 Poetry Contest

Here’s your chance to see your poem published on the Hoffman web site, along with winning a $100 cash prize.

Submit poems of 30 lines or less, on any subject. Up to three poems will be accepted in a single submission document. Each submitter must state a clear connection to a specific place in the Columbia River Gorge. Your poem may be any genre. Finalist poems will be published on the Hoffman web site.

The contest will be limited to the first 50 poets who submit during January 2020. After 50 submissions, the contest will close. The winner will be notified in March.

There’s a $7 non-refundable fee to enter the contest. All submissions must be made online, at hoffmanarts.org. Please follow the specific guidelines.

The contest will be judged by Lisa Ayers, MFA, who has been publishing the Concrete Wolf Poetry Chapbook Series since 2001. In 2010, she created Moon-Path Press to publish poetry collections by Pacific Northwest poets. She has authored books of poetry and recently released her first novel. In addition to the cash prize, the winning poem and poet will be featured in the Hoffman Center Newsletter in April.

For full submission details email: rainmagazine@ClarkArts.org. TMG: contact instructor Ryan Hume at rhume@ClarkArts.org.

Rain Magazine

Open for Submissions for 51st Issue

Rain Magazine, Clatsop Community College’s long-running literary arts publication, welcomes submissions through Saturday, Feb. 1, for the 2020 edition.

Rain welcomes submissions from the public as well as CCC students and area high school students. This year’s theme section will meditate upon the idea of “Broke.” This could include poverty, divorce, political division, jail breaks, horse breaking, breaking free, breaking — however the writer or artist interprets the concept.

Of course, all general submissions of art, fiction, poetry and nonfiction will also be considered.

Submit no more than three items total, including poems, photographs, high-quality (at least 300 dpi) digital images of original artwork and prose less than 5,000 words in length. Make sure to label your work by its appropriate genre (poetry, fiction, nonfiction) in a cover letter or on the manuscript.

For full submission details email: rainmagazine@ClarkArts.org. TMG: contact instructor Ryan Hume at rhume@ClarkArts.org.

Tuesday 21

MUSIC

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Seaview.

Bart Budwig. Album Release Show. $10, 8pm at Albatross in Astoria.

FOOD & DRINK

Local Food Buyer Seller Meet-Up. Free, 6pm at the Northcoast Food Web office in Long Beach.

LECTURE

Columbia Forum. Author Karl Marlanes, $15 lecture only, $35 lecture + dinner. Dinner at 6pm, arrive around 6:45pm for lecture only. At the Liberty Theater in Astoria.

Wednesday 22

MUSIC

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

HAPPENING

Project Community Connect. A one-day free resource fair for individuals experiencing poverty, homelessness or anyone in need, all ages welcome. Free eye exams and glasses, dental care, flu shots, pet care, I.D. cards, clothing, supplies, and more plus easy access to social and veterans services and a free meal. Free, 9am – 3pm at Elk Lodge in Long Beach.

Thursday 23

MUSIC

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

HAPPENING

The Astoria Library presents 10TH STREET STAGE: RAINY SEASON EDITION, a free, three-part concert series taking place in the library’s reading room (450 10th St.). The series starts at 7pm, FRIDAY, JANUARY 17 with local folk duo, Perspicuity.

PERSPICUITY is Joanne Rideout and Jerry Middaugh. The duo performs vocal and guitar arrangements of traditional folk songs and contemporary songs related to traditional music. Some selections are of Appalachian origin, some Irish. Some are from the folk music movement of the 1960s and 1970s, drawn from Folkways records, Vanguard records, Riverside records, Stinson records (now Smithsonian Folkways) and music heard at festivals and coffeehouse concerts. Joanne Rideout has been a singer most of her life. She has a lovely soprano and excellent ear for melodies and harmonies. She learned harmony singing from her mother. Jerry Middaugh — also a lifelong singer — plays guitar (and banjo occasionally) with Joanne. He’s been active in folk music groups since the early 1960s. Jerry hosts Coast Community Radio’s Wednesday Morning Folk Music show on alternate weeks.

10th Street Stage will continue with guitarist and singer Christopher Brown at 7 p.m. Friday, February 21.
Friday 24
MUSIC
Melissa Crispo. 8pm at the Manzanita Lighthouse.
The Desert Kind. No cover, 9pm at the Adrift Hotel in Long Beach.
CINEMA
Manzanita Film Series. PDX Short Docs. 7pm at the Hoffman Center in Manzanita.
LECTURE
Solo Speak Series. Lives = Stories. 7:30pm at the Hoffman Center in Manzanita.
THEATER
Betrayal. Drama. $15, 7:15pm at the Ten Fifteen Theater (formerly Pier Pressure Productions), Astoria.
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

Saturday 25
MUSIC
Troll Radio Revue. 11am at Fort George in Astoria.
Bar-K Bukaroos. 7pm at Public Coast in Cannon Beach.
Johnny Franco. 8pm at the Sou’wester Lodge in Seaview.
The Desert Kind. No cover, 9pm at the Adrift Hotel in Long Beach.
Schwing. $5, 9:30pm at the Labor Temple in Astoria.

Susannah Weaver/ Little Sue
as she has been affectionately known since she was a teenager, grew up in West Virginia and moved to Portland in 1992. She has been a fixture in the local folk and alt-country scene in Portland for over 25 years and a big part of the Laurelthirst scene. Her quirky lyrical style, solid guitar playing, and bee-stung voice have won her music lovers of every age and stripe. Sue has released 7 CDs including her 2019 20th anniversary re-release of her 1999 album Crow, and her new CD titled Gold.

Sue has sung harmony on over 50 Oregon releases, and opened with her own music for Roger McGuinn, Loudon Wainwright III, and most memorably for folk hero Bob Dylan. Sue was recently honored as a 2019 inductee to the Oregon Music Hall Of Fame.

January 18 at the Sou’wester Lodge in Seaview. 8-10pm. All ages, FREE, open to the public.

Sunday 26
MUSIC
The Desert Kind. No cover, 7pm at the Adrift Hotel in Long Beach.
Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.
HAPPENING
Windless Kite Festival. Indoor kite flying competition and performances. 8:30am – 4pm at the Long Beach School Gymnasium in Long Beach.
Tillamook Head Gathering. Live music, silent auction and more. $15, 7 - 9pm at the Seaside Convention Center.
THEATER
Betrayal. Drama. $15, 2:15pm at the Ten Fifteen Theater (formerly Pier Pressure Productions), Astoria.
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

Monday 27
MUSIC
Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.
LITERARY
Pacific Story Slam. Music Live storytelling performance competition. 7 – 9pm at North Beach Tavern in Long Beach.

Tuesday 28
MUSIC
Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 29
MUSIC
Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.
HAPPENING
Project Homeless Connect. A one-day, one-stop event to provide a variety of services to homeless and near-homeless families and individuals. 11am – 4pm at the Seaside Convention Center.

Thursday 30
MUSIC
Adam Miller. Folksongs of the Great American Railroad. Free, 7pm in the Community Room at the Seaside Library.
The Lonely. Roy Orbison Memories. $20, 7pm at the Raymond Theater in Raymond.
Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.
FOOD & DRINK
Fort George Beer Dinner. $100, 6 – 7:30pm at Offshore Grill in Rockaway Beach. Make reservations at 503-355-3005.
LECTURE
History and Hops. Haystack Rock Natural History. With Elaine Mundy-Trucke. 6pm at Seaside Brewing.
LITERARY
Pacific Story Slam. Music Live storytelling performance competition. 6 – 8pm at Maggies on the Prom in Seaside.
THEATER
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

Friday 31
MUSIC
Hammer Dulcimer Concert. 3pm at the Hoffman Center in Manzanita.
45th Parallel Universe Orchestra. Smorgasbord. $50, 7pm at the Liberty Theater in Astoria.
The Jesse Leigh Band. 8pm at the Manzanita Lighthouse.
There is No Mountain? No cover, 9pm at the Adrift Hotel in Long Beach.
THREE DAYS TEN TIMES
A Bench in the Sun. $20 - $25, 7:30pm at the Rooster Theater in Cannon Beach.
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

Saturday 1
MUSIC
Curlew’s Call. Celtic and maritime. $15, 7pm at the Peninsula Performing Arts Center in Long Beach.
The Blank Tapes. 8pm at the Sou’wester Lodge in Seaview.

Sunday 2
MUSIC
Celtic Series. The Browne Sisters and George Cavanaugh. $25, 7pm at the Lincoln City Cultural Center.
Raeann Petit. No cover, 7pm at the Adrift Hotel in Long Beach.
Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.
HAPPENING
Ecstatic Dance. Waves in Motion, 10am to 11:30am, doors open 9:30am. $10 - $20 by Donation, pay what you can. At Graceful Waves Wellness Center in Manzanita.
LITERARY
Oregon Legacy. With author Willy Vlautin. 3pm at the Driftwood Library in Lincoln City.

Sunday 3
MUSIC
Raeann Petit. No cover, 7pm at the Adrift Hotel in Long Beach.
LITERARY
Pacific Story Slam. When Life Gives You Lemons. Live storytelling performance competition. 7 – 9pm at the North Beach Tavern in Long Beach.

Tuesday 4
MUSIC
Raeann Petit. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 5
MUSIC
Greg Parke. $15, 7pm at the Peninsula Performing Arts Center in Long Beach.
The Brothers Reed. No cover, 7pm at the Adrift Hotel in Long Beach.
Mike Metzner Jazz. Pianist/vocalist Metzner and friends perform jazz standards with a blues touch, 8pm at Albatross in Astoria.
LITERARY
Oregon Legacy. Raeann Petit performs the 2019 literary season package.

Thursday 6
MUSIC
The Brothers Reed. No cover, 7pm at the Adrift Hotel in Long Beach.

There is No Mountain? No cover, 9pm at the Adrift Hotel in Long Beach.

ART
Seaside Art Walk. 5 – 8pm at galleries and businesses in downtown Seaside and Gearhart.
Day at the Library. Relax and have fun with family and friends at the library’s free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.
HAPPENING
Indoor Arena Cross. Motorsports racing. $15, 6:30 – 10pm at the Clatsop County Fairgrounds, Astoria.
Whale Spirit Drum Circle. $10 suggested donation goes toward venue rental. No experience needed, extra drums are available. 7 – 8pm at the Bob Chisholm Community Center in Seaside. WhaleSpirit.com.
THEATER
Puss in Boots. A shadow puppet play with live music. Free, 11am at the Hoffman Center in Manzanita.
A Bench in the Sun. $20 - $25, 7:30pm at the Rooster Theater in Cannon Beach.
A Bad Year for Tomatoes. $15, 7:30pm at Theater West in Lincoln City.

45th Parallel Universe ORCHESTRA
January 31st, 7pm
Smorgasbord

The nyckelharpa and the hardanger fiddle are two of Scandinavia’s most iconic traditional instruments. This program will feature folk music for both of these bowed instruments as well as a pair of youthful masterpieces by two of Scandinavia’s most beloved composers, Carl Nielsen’s String Quartet No. 1 and Edvard Grieg’s tuneful Sonata in F Major for Violin and Piano. Both works are inspired in part by Scandinavian folk music and are gems of the chamber music literature.

Liberty Theatre. $30, $25 with Season Package. Tickets: libertyastoria.showare.com

Bringing it all Back Home
The Songs of Bob Dylan
Local Artists Showcase performs the songs of Dylan, to benefit the Long Beach Peninsula Music Foundation which supports classes and workshops to Peninsula residents.
Wednesday, January 15, 7pm. $10 at the door, at the Peninsula Arts Center, 504 Pacific Ave. N in Long Beach, WA. For reservations email events@peninsulaartscenter.org or call Bill at (360) 901-0962.
JUST MERCY (JAN. 10)  In this true-life legal drama, Michael B. Jordan plays a young lawyer who fights for the rights of death row inmates in the deep South. In the late ’80s, Harvard Law student Bryan Stevenson (Jordan) is interning in Georgia, when he shares a moment with a death row inmate close to his age. He moves south and begins representing death row inmates for no charge against a system stacked against them. Stevenson represents Walter McMillian (Jamie Foxx), charged for a murder of a young white woman he did not commit, despite dozens of witnesses confirming his alibi, and sentenced to death. Before he can fight the legal case, Stevenson must win over McMillian, who believes fighting his conviction is pointless against a bigoted system. Eventually, Stevenson convinces McMillian of his seriousness, and with paralegal Eva Ansley (Brie Larson), begins to break down the state’s corrupt case.

UNDERWATER (JAN. 10)  Kristen Stewart topslines this undersea horror about four scientists who descend 7 miles to the ocean floor with a drilling rig, only to have an earthquake wreck the rig, forcing the crew to make a trek across the ocean floor to their station. But the earthquake has done more than damage their rig, it has unearthed monsters of the deep upon them. With Vincent Cassel and T.J. Miller.

GRETAL AND HANSEL (JAN. 31)  An update of the classic Brothers Grimm fairy tale about a pair of children who encounter a witch. Synopsis: Directed by Oz Perkins, the film stars Sophia Lillis as older sister Gretel and Sam Leakey as her 8-year-old brother, Hansel. It finds the siblings cast out from their home and struggling to survive when they stumble upon a small house in the forest, from which emanates an intoxicating smell of sweet food. Of course, the house belongs to a witch named Holda (played by Alice Krige), who takes the children in and gets right down to doing some terrifying, witchy things.

THE RHYTHM SECTION (JAN. 31)  Bond producers Barbara Broccoli and Michael G. Wilson are behind this espionage thriller based on the Stephanie Patrick books by Mark Burnell. Blake Lively plays Patrick, a woman whose life is destroyed when her family is killed in a plane crash. But when Patrick learns that the crash was not an accident but an act of terrorism her goal in life becomes revenge. When she’s recruited by a covert intelligence agency, Patrick sees a way to achieve her goal. She undergoes intense training, learns to become different characters on international espionage missions. As the missions become every more brutal, Patrick questions: Is her organization telling her all they know about the plane crash? Is avenging her family worth the loss of her own life? Will she ever be free?

BIRDS OF PREY (FEB. 7)  Margot Robbie producers and stars as Harley Quinn in this spinoff of 2016’s Suicide Squad. Robbie pitched the film to Warner Bros. as “an R-rated girl gang film including Harley, because I was like, ‘Harley needs friends.’” To that end, Harley has Huntress (Mary Elizabeth Winstead), Black Canary (Jurnee Smollett-Bell) and Renee Montoya (Rosie Perez) in her crew. Not limiting the female crew to the cast, BOP was written by English screenwriter Christina Hodson and directed by Chinese-American Cathy Yan. Synopsis: Since the events of Suicide Squad, Harley Quinn has left the Joker. When Roman Sionis, a narcissistic crime lord known as Black Mask, places a hit on a young girl named Cassandra Cain, Gotham City turns upside down looking for her. Harley joins forces with Black Canary, Helena Bertinelli, and Renee Montoya to protect the girl and to take Sionis down.
FREE WILL ASTROLOGY

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ARIES (March 21-April 19): Nazi Germany invaded and occupied Denmark during World War II. In 1943, Hitler ordered all Danish Jews to be arrested—a first step in his plan to send them to concentration camps. But the Danish resistance movement leapt into action and smuggled virtually all of them to safety via fishing boats bound for Sweden. As a result, 8,000+ Danish Jews survived the Holocaust. You may not have the opportunity to do anything quite as heroic in 2020, Aries. But I expect you will have chances to express a high order of practical idealism that could be among your noblest and most valiant efforts ever. Draw inspiration from the Danish resistance.

TAURUS (April 20-May 20): When she was 31, Taurus writer Charlotte Brontë finished writing her novel Jane Eyre. She guessed it would have a better chance of getting published if its author was thought to be a man. So she adopted the masculine pen name of Currer Bell and sent the manuscript unsolicited to a London publisher. Less than eight weeks later, her new book was in print. It quickly became a commercial success. I propose that we make Brontë one of your role models for 2020, Taurus. May she inspire you to be audacious in expressing yourself and confident in seeking the help you need to reach your goals. May she embolden you, too, to use ingenuous stratagems to support your righteous cause.


CANCER (June 21-July 22): “There are years that ask questions and years that answer,” wrote author Zora Neale Hurston. According to my astrological analysis, Cancerian, 2020 is likely to be one of those years. Splendid questions this year, but how will you answer? Will 2021 be a time when you’ll get rich and meaningful answers to the queries you’ll pose in 2020? To ensure that this plan works out for your maximum benefit, it’s essential that you formulate provocative questions in the coming months. At first, it’s fine if you generate too many. As the year progresses, you can whittle them down to the most ultimate and important questions. Get started!

LEO (July 23-Aug. 22): The Roman Emperor Vespasian (9-79 AD) supervised the restoration of the Temple of Peace, the Temple of Claudius, and the Theater of Marcellus. He also built a huge statue of Apollo and the amphitheater now known as the Colosseum, whose magnificent ruins are still a major tourist attraction. Vespasian also created a less majestic but quite practical wonder: Rome’s first public urinals. In accordance with astrological omens, I invite you Leon to be stimulated by his example in 2020. Be your usual magnificent self as you generate both inspiring beauty and earthy, pragmatic improvements.

VIRGO (Aug. 23-Sept. 22): When Virgo author Mary Shelley was 18 years old, she had a disconcerting dream-like vision about a mad chemist who created a weird human-like creature out of non-living matter. She set about to write a book based on her mirage. At age 20, she published Frankenstein, a novel that would ultimately wield a huge cultural influence and become a seminal work in the “science fiction” genre. I propose we make Shelley one of your role models for 2020. Why? Because I suspect that you, too, will have the power to transform a challenging event or influence into an important asset. You’ll be able to generate or attract a new source of energy by responding creatively to experiences that initially provoke anxiety.

LIBRA (Sept. 23-Oct. 22): Libra-born mystic poet Rumi (1207-1273) wrote that he searched for holy sustenance and divine inspiration in temples, churches, and mosques—but couldn’t find them there. The good news? Because of his disappointment, he was motivated to go on an inner quest—and ultimately found holy sustenance and divine inspiration in his own heart. I’ve got a strong feeling that you’ll have similar experiences in 2020, Libra. Not on every occasion, but much of the time, you will discover the treasure you need and long for not in the outside world but rather in your own depths.

SCORPIO (Oct. 23-Nov. 21): Among his many accomplishments, Scorpio rapper Drake is an inventive rhymers. In his song “Diplomatic Immunity,” he rhymes “sacred temple” with “stencil! Brilliant! Other rhymes: “statistics” with “ballistics”, “Treaty of Versailles” with “no cease and desist in!”, and—my favorite—“Al Jazeera” (the Qatar-based news source) with “Shakira” (the Colombian singer). According to my analysis of the astrological omens in 2020, many of you Scorpios will have Drake-style skill at mixing and blending seemingly disparate elements. I bet you’ll also be good at connecting influences that belong together but have never been able to combine before.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian poet Rainer Maria Rilke (1875-1926) embodied a trait that many astrology textbooks suggest is common to the Sagittarian tribe: wanderlust. He was born in Prague but traveled widely throughout Europe and Russia. If there were a Guinness World Records category for “Time Spent as a Houseguest,” Rilke might hold it. There was a four-year period when he lived at fifty different addresses. I’m going to be bold here and hypothesize that 2020 will NOT be one of those years when you would benefit from being like Rilke. In fact, I hope you’ll seek out more stability and security than usual.

CAPRICORN (Dec. 22-Jan. 19): Fifteenth-century Italian metalworker Lorenzo Ghiberti worked for 28 years to turn the Doors of the Florence Baptistery into a massive work of art. He used bronze to create numerous scenes from the Bible. His fellow artist Michelangelo was so impressed that he said Ghiberti’s doors could have served as “The Gates of Paradise.” I offer Ghiberti as inspiration for your life in 2020, Capricorn. I think you’ll be capable of beginning a masterwork that could take quite some time to complete and serve as your very own “gate to paradise”: in other words, an engaging project and delightful accomplishment that will make you feel your life is eminently meaningful and worthwhile.

AQUARIUS (Jan. 20-Feb. 18): You’re wise to cultivate a degree of skepticism and even contrariness. Like all of us, your abilities to say NO to detrimental influences and to criticize bad things are key to your mental health. On the other hand, it’s a smart idea to keep checking yourself for irrelevant, gratuitous skepticism and contrariness. You have a sacred duty to maintain just the amount you need, but no more—even as you foster a vigorous reservoir of receptivity, optimism, and generosity. And guess what? 2020 will be an excel lent time to make this one of your cornerstone habits.

PISCES (Feb. 19-March 20): Dante Alighieri (1265-1321) finished writing The Divine Comedy in 1320. Today it’s considered one of the supreme literary accomplishments in the Italian language and a classic of world literature. But no one ever read the entire work in the English language until 1802, when it was translated for the first time. Let’s invoke this as a metaphor for your life in the coming months, Pisces. According to my visions, a resource or influence that has previously been inaccessible to you will finally arrive in a form you can understand and use. Some wisdom that has been untranslatable or unattainable will at last be available.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

How Much Impact Can Cycling Have on Climate Change?

SINCE the publication of books like Fifty Ways To Save The Earth, a strand of environmental literature focuses on individual lifestyle changes. The recommended actions are generally not expensive or difficult: cloth grocery bags, recycling, decreasing home energy use, and carpooling, taking the bus, and/or riding a bike. This approach also appeals to our optimism, reassures us that our choices have an impact.

Yet the individual-change approach, while important, isn’t sufficient. Industries and corporations, subject to ever-diminishing environmental-protection regulations, are the primary drivers of climate change, and focusing exclusively on individuals’ actions allows them to continue on their merry, devastating way. The individual-action approach also emphasizes consumerism, with eco-friendly gadgets.

Pondering this conundrum spurred me to investigate just how much impact riding a bike regularly can have on reducing carbon emissions.

Climate Central, an organization of climate scientists, cites a 2015 study that projects a significant positive impact from a relatively minor increase in cycling versus driving: in cities, they suggest, carbon emissions may decrease by as much as 11% if urban residents replaced just 10% of their car trips with bike trips (Bobby Magill, “Shifting Gears To Cycling Would Be Big Climate Boost,” Climate Central, November 12, 2015, www.climatecentral.org). Another way to put this is that, while cycling accounts for around 1% of trips in over-developed countries, car trips also hold promise; however, this option might not serve everyone. Bike-share programs are the primary drivers of climate change, and focusing exclusively on individuals’ actions allows them to continue on their merry, devastating way. The individual-action approach also emphasizes consumerism, with eco-friendly gadgets.

Reading about the potential impact of getting a few more people out of their cars and onto bikes reassured me that some individual changes can exert a big impact—as long as a critical mass joins in. An 11% reduction in emissions by 2050 may sound minuscule, but when you factor in meaningful regulation of the gargantuan corporate environmental-protection regulations, that’s a big bite for a small change in one’s routine.

To encourage the adoption of infra-structure changes that will encourage more people to ride, we need to do more than ride ourselves. Take part in local meetings about transit issues whenever possible—this gives you the chance to shape the transportation future for mass transit and non-motorized users. Making travel safe for all users benefits all users—and the planet we’re all riding on through space.
INTRO TO DRAWING. Alternating Fridays from January 17 – April 24. With Ben Rosenberg. Ideal for the person with little or no experience in drawing. This course is designed to teach students how to translate what their eyes see to paper. Students will learn how to use line, gesture, value, and composition through observations of still life and the figure. $275, noon – 3pm at the Hoffman Center in Manzanita. Register at hoffmanarts.org.


NEHALEM ZUMBA. 503.738.6560

COMMUNITY LISTINGS

Dance Your Joy at AAMC

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

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

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

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

- THURSDAY
  8:30-9:30am: Zumba with Joy Sigler
  5:30 – 6:30pm: Hot Style P.I.T.S. (Group Improv Tribal Style) with Buddy Kovalt
  6:45-7:45pm: Tango Technique and Connection with Estelle Olivares

- SUNDAY
  9:10-10:30am: Tri-Dosha Yoga with Melissa Himei
  10:30 – 11:30pm: Open Jam with Rachel Lionheart

The Heart of the Matter. Introduction to storytelling. February 5

In every good story we hear...something has to happen.

Discover story telling not as a memorized monologue, but as a crafted “known” narrative that is expressed from the heart and connects straight to the listener. Explore performing, stage presence, the use of space and how those techniques can strengthen your impact and bring you closer to the audience.

$10, 1 – 4pm at the Hoffman Center in Manzanita, 594 Lanedo Ave.

With Shay Knowl of Solo Speak.

This workshop helps performers, writers and anyone who has to speak to groups of people. Bring something to write on and something to write with. FMI: Hoffmansarts.org

MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE.
Lower Columbia Hospice is currently offering grief support to meet the needs of the community.

Meetings twice per month. 1st Thurs. 2-4pm @ Bob Chisholm Comm. Center, Meeting Room 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Choinik Room, 2001 Exchange St., Astoria.


NCORE – Join us for the ENCORE Lunch Bunch on 11th. For more information see http://www.northcoastfoodweb.org or contact nccore.org or call 916-307-9970.

SPIRITUAL BUT NOT RELIGIOUS? Join in a “Celebration of Spirit” sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the “spiritual but not religious” as well as those who draw from new thought sources or from one more than one faith tradition. Time: Sundays 9:30 – 10:30 am Location: Franklin Ave. & 11th St, Comm. Center. For more information see http://www.cgifellowship.org, contact info@cgifellowship.org, or call 916-307-9970.

A COURSE IN MIRACLES STUDY GROUP. The Circle in Miracles group is a study group that meets on Sundays from 3-5pm at the Ocean Park Library conference room. All meetings are open to the public and free of charge. This course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The course will address existential questions such as “Who am I?” “Where did I come from?” “What is my purpose here?”, as well as the practice of undoing fear and guilt, attaining of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Circle in Miracles books will be available for use and purchase at the meetings. Course in Miracles, cont. for more info, please contact: Kenney Tam (206) 979-7714 (cell).

AUTHENTIC SPIRITUAL Conversations Meets every Tuesday in Astoria, from 7:00 – 8:30 PM. Are you looking for a spiritual community of like-minded people but don’t seem to fit in anywhere? Do you want to be able to explore spiritual questions and practices in a space where everyones needs are respectfully held? Are you scared of keeping silent in order to fit into a group norm that tells you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including “spiritual but not religious” are welcome. We meet in the new Columbia Memorial Hospital Cancer Center located at 1905 Exchange. For more information contact info@cgifellowship.org or call 916-307-9970.

COLUMBIA RIVER MEDITATION GROUP Meets Wed 5:30-7:30pm, Tolliver Hall rm 306 at ECC Medical Center, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordened Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on developing a regular practice. All welcome.

CONFERENCE – Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Colleen Perey 360-244-3018 or Carey Birkenfeld, 503-791-3197. ENCORE is a membership organization for people age 50 and older who are interested in lifelong learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) is sponsored by Clatsop Community College and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 or Toll Free at 1-855-252-9767.
MESSAGES
SONJA GRACE

The Pleiadians announced they will be showing themselves to humanity in 2020. A sighting of their ship in Northern Arizona was a clear indication they are here. This ship had the same look as the facets of a diamond shimmering with red, green and gold colors. The shape was a disc and then changed to a triangle and finally an egg shape.

Their message bore a strong tone as they informed me the Galactic community wanted Earth back. There are many races of aliens that have utilized natural resources on our planet for centuries. The mishandling of the planet has led to intergalactic fighting. We are seeing the start of this with the fires in Australia. The Ancient Ones said, “Many of the world leaders will think they are being attacked by one another, but it will be a space invasion, ‘Star Wars.’” They stressed they would do all that they can to protect humans.

As we split further apart in duality, we are experiencing multi-dimensional realities. This means we can observe what is going on in Australia with the massive fires and devastating loss of homes and wildlife at the same time there is a war going on amongst the alien communities that is taking place here on Earth but not visible to the average human. It will be a bit like a collision when the energy has increased to such a rate we visually step into other dimensions and witness the unseen world. What humans can understand is the midyear natural disasters, and disease will increase due to the warming of the planet.

Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV’s Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM.

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

2020 Message from the Pleiadians

THE PLEIADEANS have communicated with me on a regular basis – some of you may remember my encounters with them in my book Spirit Traveler. They are Demi-Gods and I refer to them as the Ancient Ones. They have stressed that they are coming back in 2020 and will herald a new phase of humanity. They shared with me that they are our parents and have helped mold and create numerous phases throughout history. They are proud of humans but also deeply concerned that we have created things that pose a great threat to the Earth. They are extremely protective of this planet and told me that the Galactic Community refers to Earth as the ‘Blue Gem’. They said, “As long as we are working on keeping our vibration high, we will be able to handle the increase in frequency that is coming with our New Year. Those who are not able to do so will be leaving the planet.” They said, “We may watch many people leave.” They stressed how important it is to be proactive with your own evolution - awakening and helping the Earth. They warned, “Do not become complacent – they will only help those who are helping themselves!”

word wisdom

I’M AT THE LIBRARY, working on this column since my dinosaur computer will not send out mail. I knew the day would come...

I am full of ambition. Big plans! Long term plans! I have a feeling I’ve seen too many Tony Robbins ads. It feels better than having doubts or less than positive mindset. Here’s what I do know—the days will come and go with or without me and my wonderful or less than wonderful outlook. I choose to be positive, today, this moment.

Last August 2019, I attempted a 90-day behavior change program. I wanted to stop eating after work at 9pm. I wanted to use time better. I wanted to be neater in my habits. How did it all work? Up to a point it was a good thing. I realized what keeps me regressing and self-sabotaging was basically anxiety. A loss of focus, followed by a small dose of fear: I would get uncomfortable and feel like I just needed to read or leave the house for a drive. Fear drove my bad habits. Long story short—I’m still working on it. I felt it worthwhile to at least discover that about myself.

People mostly object to change. It can be a scary thing. It’s what keeps a bad marriage intact, or a person in an unpleasant job. Some people have more objections and fear than others. I’m finding the less I fear, the more I overcome objections, the more life feels like Life.

This is going to be my year to break apart those roadblocks. I want to get to an older age with a lot more experiences to remember.

I refuse to stagnate. I refuse to accept limitations. I refuse to waste time with negative or unkind people. At the risk of sounding slightly political, unkindness is also using derogatory terms, ridiculing anyone, discrimination of any sort. Everyone has the right to be valued, loved, accepted. No one has the right to say otherwise about any person or group.

My wish for the rest of the year—let’s get back to kindness, honesty, and caring for all living beings. Dogs. Especially dogs.

Counselor’s advice: Days will pass. Make them count.

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

By Tobi Nason
HEALTHY BODIES COME IN ALL SIZES

DRAGONBOATING is a team paddling sport from China that emphasizes timing, body mechanics, and cooperation. I've enjoyed dragonboating for over ten years because it's such a friendly and well, sporting sport, with a focus on the team rather than the individual. Another thing that makes dragonboating unique is that the athletes come in all sizes. Because the sport demands both power and endurance, athletes of size are welcome. When a new paddler asked my team's coach, Jeanie, whether she should try to lose weight to improve her fitness, Jeanie said, “Nope—as long as you can pull more than your own weight, you’re fine.”

In my medical practice, I take a similar approach. I'm concerned about the same things for all of my patients, regardless of their size. How active are they? What do they eat and drink? What stressors impact their lives? What kind of support networks do they have? What are their outlets for creativity and personal development? While I do address conditions particular to different body types (such as ligamentous laxity in thin patients and joint problems in larger patients), I don’t focus on people’s weight or body size.

My office used to have a small bulk-herb shop attached. From time to time, a visitor would wander in and ask about weight-loss products. I told them what I told people who came in looking for other packaged products—that I didn’t sell supplements, and I gave a list of nearby places that did—but if the person was my patient instead of a tourist who’d just stopped by to buy something, I’d ask, “And why would you like to lose weight?” The cultural ideal of thinness, pushed by corporate interests and entertainment media, assumes that being small-framed is automatically healthy, and obesity alone is considered a risk factor for cardiovascular and other diseases. But what about the health consequences of harsh dieting regimes? When people try to lose weight precipitously, their bodies react as if they've been starving by regaining the weight once the diet is over, as well as dialing down one's metabolic rate, causing the person to gain even more weight than they had lost on the diet.

Instead of focusing on the scale and its dire revelations, I encourage all of my patients to get moving on a regular basis with physical activity they enjoy, gradually replace other drinks with water, and increase their intake of whole foods, mostly vegetables and fruits, until they’re consuming eight to ten servings of fresh plant foods daily. I emphasize fun, curiosity, and pleasure over deprivation and admonishments. Why not try a weird-looking new vegetable this week, such as fennel or winged peas? How about playing hopscotch with grandchildren?

Dietary advice tends to focus on what we shouldn’t be eating, and while there’s wisdom in cutting out processed foods and added sugar, I prefer to focus on what you’re adding to your life: new culinary adventures, learning a new dance style, and cultivating a positive attitude toward the body “vehicle” with which we steer ourselves through life.

One salutary result of these lifestyle changes is that, gradually and over time, we tend to arrive at whatever size is ideal for us. But this size may not fit prevailing social standards; it could be pint-sized, super-sized, or somewhere in between. Our bodies also naturally change with the aging process, building more muscle and endurance, learning a new dance style, and cultivating a positive attitude toward the body “vehicle” with which we steer ourselves through life.

Confidence Building
With Certified Life Coach Jenn Visser

The Friends of the Seaside Library host certified life coach Jenn Visser speaking about Confidence Building. The event is free, and takes place in the Community Room at 1pm. January 18, 1pm at the The Seaside Public Library located at 1131 Broadway. For more information call (503)738-6742 or visit us at www.seasidelibrary.org.
No text content is extracted from the image provided.
**FUNCTION hosts Buoy Beer for sustainable packaging release party.**

PORTLAND OREGON - Five innovators in Oregon’s craft beverage industry will come together at FUNCTION in NW Portland for 10 days of bottle releases, specialty draft options, and education about what brings them together - sustainable packaging with BottleDrop’s Refillable Bottle Program.

“We’re more than thrilled to host these five influential and innovative beverage makers,” says Casey Armstrong, owner of FUNCTION. “Watching the beverage industry continue to innovate from a product standpoint is exciting, but seeing select producers change the landscape of sustainability in the industry is truly remarkable and we couldn’t be happier to host this event.”

BottleDrop Refillable bottles are unique glass bottles that can be washed and refilled up to 25 times, making them the most sustainable package for craft beverages. The bottles are made locally from recycled glass and are exclusive to the state of Oregon. Each bottle is marked with “BottleDrop Refillable” on the glass as well as the label to make it easy for the consumer to recognize. Once washed and thoroughly inspected, the bottles are re-distributed back to the participating beverage producers.

“We’re excited about this different type of collaboration,” says Jessyka Dart-McLean, Marketing Manager at Buoy Beer Company. “The refillable bottle program will be successful if we all work together - from makers to drinkers, our choices in packaging can make a difference.”

Along with education about this exciting Oregon craft beverage innovation, the event will have BEER & WINE, fun events, bottle releases, and specialty draft options. Join the Facebook event to stay in the loop.

**January 23rd - Buoy Beer Baltic Porter bottle release PARTY!**

FUNCTION is located at 919 NW 23rd, Portland OR.

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**It’s lutefisk Time!**

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

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

- Lutefisk (lapeakala)
- Finnish meatballs (lihapysyorkota)
- green beans (vihreät pavut)
- potatoes (peruna)
- beet salad (rosolli)
- pickled herring (soulasili)
- Finnish flat bread (rieska)
- Black cherry pudding (vispipuuro)
- coffee (kahvi)

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

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**Free Cooking Classes for Youth!**

**FOR NINE YEARS**, 4-H has been offering FREE cooking classes to 4-H and non-4-H youth around the county.

This year, the 4-week cooking series will be held at the Astoria Middle School on Thursdays **BEGINNING JANUARY 16TH FROM 2:15PM TO 4:45PM.** (early release days). Youth in grades 6 to 8 will be cutting, chopping, learning nutrition, and making a meal for their parents on the final day. They will be learning to cook on the stove top as well as in the oven. The class is limited to 12 youth. To sign up, call 503-325-8573.

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**What Did Lewis & Clark Eat?**

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event, **What Did Lewis & Clark Eat?** by Jennifer Burns Bright will be **SUNDAY, JANUARY 19, AT 1:00 P.M.**

Jennifer Burns Bright, Ph.D., is a food educator, recipe developer, and travel writer based in Astoria. Known for her lively Oregon Humanities community discussions on the DIY movement, she also teaches Northwest food history and culinary skills on land and onboard Columbia/Snake Rivers and Puget Sound cruises. In her spare time, she forages for wild edibles, makes artisan jam, and produces and hosts a KMUN seafood radio show called A Fine Kettle of Fish.

What Did Lewis & Clark Eat? explores the diet of the Corps of Discovery members as they made their way to the Pacific Ocean, and why they might have made their food choices. Thomas Jefferson’s love of good food will be discussed along with native diets, edible plants found at Fort Clatsop and in the Lower Columbia foodshed, and early 19th century cooking methods and nutritional challenges.

In Their Footsteps is a monthly Sunday forum sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop’s visitor center and are free of charge.
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Mountain, and 10 watts each
from translators in Wheeler,
Cannon Beach and South Astoria.

KTCB 89.5
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