

February 2020 • vol 22 • issue 253



# 2020 FISHER POETS GATHERING

**BOATLOAD OF WORKSHOPS**

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

# REIKI LOVE

practitioners talk healing energy

***FlashCuts  
OSCAR Picks!***


***PSI-2020  
Psilocybin  
Initiative***

***Black History  
Month Events***

***Attend the Next  
Coastal Tourism  
Forum***




**RIVERSEA**  
GALLERY  
contemporary works of art



**Shellie Garber**

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



**Imogen Gallery** contemporary works

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



closed  
mondays

**4 SEASONS CLOTHING**  
*Brighton. IVKO*

1405 COMMERCIAL ~ DOWNTOWN ASTORIA



**Celestine Durham**  
hair designer

Hair Cutting  
Color Services  
Extensions  
Brow Waxing & Coloring

salon STELLAR 2921 MARINE DR. ASTORIA Cell: 503.791.7285

**panache salon**



**Full Set Lash Extensions \$99**  
**Brazilian Wax \$29**

503.739.5181  
261 W. Marine Dr. Astoria  
Kelley Shannon—Cosmetologist

follow us on facebook

**finnware**

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

finnware.com • 503.325.5720

**Since 1987**

1116 Commercial St., Astoria OR • Open Daily



**ASTORIA ART LOFT**

AstoriaArtLoft.com

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

AstoriaArtLoft@gmail.com

106 Third Street, Astoria Or. 97103 503.325.4442

**BELLY DANCE WITH JESSAMYN**



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

\* All genders, ages, and  
levels are welcome.

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

For private lessons, performances:  
astoriaartsandmovement.com  
503.791.5657



**A GYPSY'S WHIMSY**  
HERBAL  
APOTHECARY

**Enter into the Gypsy's Caravan**

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

**Relax, Explore, Enjoy!**

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

1130 Commercial St.  
Astoria, OR 97103

**Wild Roots**

MOVEMENT & MASSAGE  
ASTORIA, OREGON

**RADICAL INCLUSIVE SELF CARE PRACTICED HERE**

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

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

922 COMMERCIAL IN ASTORIA WILDROOTSASTORIA.COM

FEB 20 | hipfishmonthly.com | 2


**2nd Saturday ART WALK**

5:00 pm  
Downtown

Every month,  
year round!

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

Presented by the  
Astoria Downtown  
Historic District Association



astoriadowntown.com

FEB 8



## Helen Gillet Taking the Cello For a Ride March 13 • 7:30pm

KALA welcomes the solo artist frequently referred to as "The Whirling Dervish of the Cello," Helen Gillet, on Friday, March 13, at 7:30pm.

Belgian-born Helen Gillet is both a singer-songwriter and surrealist-archeologist focused on the worlds of synthesized sound and acoustic cello. Though Gillet had already begun to experiment with improvisational music prior to her arrival in New Orleans, she's since flourished into one of the most unique, talented, and beloved artists in the Crescent City. She's known for her eclectic palette – which includes avant-garde jazz, French chansons, funk, alternative rock, and the bohemian flair of the Velvet Underground. Gillet's solo performance is known for its enigmatic quality as she fabricates each song with a true mastery of live looping technology.

Gillet has a Bachelor's Degree in both Music & Anthropology and a Master's Degree in Music (Beloit College '00, Loyola University New Orleans '04). Her training as an improviser began with North Indian Hindustani cellist Nancy Lesh in 1998, launching her into the worlds of free improvisation, jazz, funk, rock and song writing. She has a deep love for French Chansons and the work of Belgian poet Julos Beaucarne. Gillet has performed at a wide array of venues all over the world including New Orleans Jazz and Heritage Festival, Festival International (Lafayette, LA), Voodoo Festival, Copenhagen Jazz Festival and Hindsgavl Festival in Denmark, Nikodemuskirche Festival in Berlin, Mirano Oltre Festival in Italy, the Kennedy Center in Washington D.C. and MONA Mofo festival in Hobart, Tasmania and Darwin Music Festival in Australia.

Over the years — working in New Orleans with musicians of all stripes, from avant-garde jazz and classical to pop and funk — Gillet has developed a singular polyglot style. The core of her work is solo performance with live looping, layering cello parts and vocal lines. Rhythmic figures emerge with bowed or plucked ostinatos or a variety of rubbing and slapping on the body of the cello, then enhanced with melodies played or sung in her haunting alto.

Helen Gillet has also recorded several film soundtracks and for musicians such as Wardell Quergue, Arcade Fire, Kid Koala, Fermin, Cassandra Wilson, Dr. John, Marianne Faithful, Harold Brown, Danny Brilliant, Bill Summers... Her original score work to Katrina & Beyond and Living with Water plays above Fats Domino's wrecked piano as part of a permanent exhibit at the Louisiana State Museum. Helen Gillet is currently featured in the Jazz exhibit at the Old US Mint in New Orleans. She has recorded and composed music for feature length and short documentary films.

Gillet recorded a duo album with multi instrumentalist Jeff Coffin (Dave Matthews Band, Bela Fleck), scheduled to come out summer 2020 on Ear Up Records. She is founder of Tephra Sound Records and has several upcoming releases scheduled for 2020 including Shaking Souls; her Duo project with Swiss drummer Simon Berz. FMI: hellengillet.com

**Catch this unique performer Friday, March 13. Doors open at 7pm. Show at 7:30. \$15. Available in advance at [libertyastoria.org](http://libertyastoria.org). Will call tickets at venue time of show. Full Bar.**



## 2nd Saturday Art Walk Valentine Tea Pop Up North Fork 53 Tea Farm

Looking for a new way to share the local love this year? Be the first on your block to send north coast grown edible Valentines! Kala falls in love all over again with a very special Art Walk Valentine's Tea Pop up! Join Nehalem grown North Fork 53 Tea farm for free tea, cookies and hot chocolate samples. Pick up ready to send local tea art cards featuring North Fork 53's creative coast tea blends on a hand drawn Valentine created by artist Debbie Harmon. More local love includes Valentine's Day tea and mug in a gift box featuring



gluten free biscotti from Manzanita's Rising Tide Bakery. The world needs more love! Send it out there with creative flair while supporting a north coast tea farm, artist and bakery too!

PLUS Origami Hearts Installation by Cathy Nist. Take home a box of hearts! New Collage by Sid Deluca, Abstract Fluid Art by Jenessa Manion and Oil paintings by Paul Soriano.



## Storyteller William Kennedy Hornyak presents A Storytelling Show and Workshop at Kala

**March 20 and March 21**

**Show: Erin's Daughters**

**Tales of Ireland's Warrior Queens, Saints, Hags and Heroines**

From pirate queen Grace O'Malley and mighty Maeve to saintly Brigit and the ancient Hag of Beara, a toast in story, song, poetry and lore to the multi-faceted Celtic feminine. Mature audiences only. Friday, March 20 at 7:30pm.

KALA. \$15 Tickets: [libertyastoria.org](http://libertyastoria.org)

## Storytelling Workshop Well Told: Crafting Personal Narratives

We all have stories to tell and a unique voice and style with which to tell them. Truly memorable personal stories have a mythic quality to them. They provide a window to a larger world through the ordinary moments of our lives. The work of telling personal narratives is often to distill the universal from the personal, to find the common veins of meaning that connect to us all.

During this workshop share stories from our lives and explore the varied threads of meaning that run through them using traditional folktales and myths as a backdrop for our own stories and create a supportive environment to develop our own storytelling voices and styles of telling.

Consider the basics of a well-told tale and the tools required for all storytellers, be it for rendering personal narratives or traditional tales.

**Saturday, March 21, 10-2:30 at KALA. \$35.00**  
**Reservations: [hornyak.will@gmail.com](mailto:hornyak.will@gmail.com) or 503 697-5808. At KALA.**



## The New Q! Announcing the Grand Opening of the New Q, Friday Feb 21, 5-9 pm at 171 W Bond St in Astoria

Light refreshments and snacks will be served.

A Word From Q Center Chair Tessa Scheller: Come on out and see what this community of dedicated volunteers has nailed together. With the strength of our volunteers and donors we've renovated our new office and meeting spaces and are ready to open our doors to this community we love so dearly. This a street side, storefront office and we are delighted by the warm, light filled spaces. Like any "coming out" event we know our truth will shine brightly. We still have much more to do and recognize that this work is ongoing with your help. We have some new and continuing programs and support groups to serve our LGBTQIA+ family, friends and allies. Come on in, check it out, relax and find out what's next. We continue our mission to create a safe welcoming resource center for this very special region.

## Show The Love Q Night Dance At KALA in Celebration of the New Q! Saturday February 15

Doors Open 8pm. Meet n' Greet the Q Board. Complimentary Chocolate Treats. Raffle. Dance from 9pm – Midnight. 21+ Please \$10 cover. Proceeds to Benefit the New Q! Old Disco New Disco and Fav Dance Tunes!



## HOLY LOVE REIKI

A Healing Experience You Can Trust

### Empower Your Authentic Self With a Healing Gift of Reiki

30-minute Sessions for only \$60

Call or text Deborah: (503) 706-0908

www.HolyLoveReiki.com



KAREN KAUFMAN  
L.Ac. • Ph.D.

Acupuncture  
& Traditional  
Chinese  
Medicine

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

503.298.8815  
kikaufman@mac.com

**New Location!**  
495 Olney Ave Astoria Or

Forsythia  
home & garden ARTS

- artisan decor  
for home and garden
- traditional toys



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



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

Reiki Healing  
Chakra Balancing  
Life Coach  
Intuitive Reading

**Practitioner Jennifer Westlake**  
**www.soululaire.com**  
**503.861.8811**

\$10 off first session  
20% Senior Discount

**SOULULAIRE**  
LIVE FROM WITHIN

Join the Mass Meditation for Peace • January 12 at 11am  
For more info: stillnessinthestorm.com

# Maggie

January 20, 1952 - January 20, 2020

When I first returned to my hometown of Astoria in the mid 90's, one really incredible element that continually grasped my heart, strong enough to make me want to give up the wilds of L.A., was the presence of woman spirit . . . independent women, full of life and hutzpah, or should I say, sisu! Especially when I was lucky enough to nab a bartending job at Café Uniontown, the place in those days, where you'd catch all the social scene, the whose-who of hippie music freaks and cool cats, male and female.

The local music scene was alive and well, and leading the pack, the beloved Bond Street Blues Band. I'd kept hearing about a woman singer who had been fronting the band and who was rocking the sound waves. I don't actually remember when I first met Maggie Kitson, but I know I loved the hell outta her, right off the bat. I also loved that there was this powerful female blues voice, with a big heart and a dynamic and very hip energy. I would not be the only one to speak of her as an icon. With her spirit and her voice she represented a new era, and these now trumpeting times for the female race. And you could feel it from the women in the community; her voice and stature on the stage meant something more than just a singer. She made women feel proud.

At some point in her life, she had taken a break from performing, but when she came back, some 10 years ago, she came back strong and delivered the gift of her song and performance right up to the end.

Maggie and the Katz, Richard T (Thomasian) on guitar, Dave Quinton on bass and Miss Maggie, lit up a room. Just the right amount of groove and sweetness. Richard T. talks about how Maggie loved vintage stuff, and she brought it to the stage with her tambourine, real animal skin. Maggie kept impeccable time with a brush, playing the tambourine like a snare, great for all the restaurant gigs – not too loud but just the right amount of beat to keep the music up. Richard T. also praises her harmony chops, and together they practiced dual harmonies, not back ground harmonies, but two voices singing lead, adding yet another cool element to the KATZ trio, and their many renditions of rock and folk, Van Morrison tunes, and lots of great song choices.

In her younger days, according to Richard T., when Maggie was a member of the band, "Brian Lee, Miss Maggie and Jump St. Five," she sang on Bourbon St. at the Absinthe Bar aka the "A" Bar in New Orleans, 5 nights a week, 4 years straight.

For most of her life, wherever she was, she was singing. Three years ago, that fateful inauguration day, Maggie had called me and said, "Lets put on a show." It happened to be her birthday too, and she wasn't going to be silent and sit on her ass on that particular night. We threw the Inaugural Freedom Follies with a heap of performers, headed up by Maggie and the Katz. What a night to be proud of! Maggie's beautiful daughter Bridget, with equally beautiful voice was a part of the act too!

Many moon ago; I got a gig together at Café Uniontown called the Uniontown Bitches do the Bond Street Boys. Maggie, rocker Beth Basille, jazz singer Theda Spracklin, myself and a just-turned 21 Heather Christie. That was a hell of a show, night before Thanksgiving. Word has it, Bond Street will be doing a reunion show in April at the Elks Lodge, a fundraiser for the Warming Center. Maggie would approve, and she'd have been singing in it for sure.

"Maggie was a bright, bright star. She added beauty and life to the world in an artistic way. She was caring, and forgiving, strong and a talented performer," says Richard T. "She had a great ability to reach the audience, in a natural way, and make them feel a part of the music." Lisa Parks, owner of Brut Wine Bar in Astoria, and longtime Cannon Beach resident, talks about being a regular at Sweet Basil's, the Katz longtime gig, and how Maggie would always sing her favorite song, Mitchell's "Case of You" (which was a bit of a pun, she was the wine rep), but she never failed.

Miss Maggie touched many a soul. The town's procession of some hundred people on the night of her passing speaks volumes. Several days after, I was driving along, and that inimitable voice, came singing out of the radio. Programmer Carol Newman was playing a great rendition of the jazz tune "A Little Bit of History," by the Maggie Kitson Band. I had to pull over. It felt so good to hear her voice.

The Maggie Kitson Band was drummer and Bent Rabbit Studio owner Dave Gager, Thomasian, Calen Uhlig, and trombone player Skinny Linn (from Seattle), who amazingly passed on the same day as Maggie, also from cancer. Trumpeter Scott Wagner was often a part of the band also. The band was working on recording an album, that did not get finished, but perhaps one day in the future it will. Out of print, is an album by the Thomasian Trio with Maggie Kitson, called "Bring Down the House"

It's always difficult to grasp when someone leaves the planet. Maggie was brave through her illness, and chose to work with a holistic oncologist, rather than traditional treatments that would compromise her state of being.

Thank you Maggie for your generosity of self through it all. Thank you so much. You are forever in our hearts.

- Dinah







## Inside the Month:

Reiki LOVE . . . P. Huhtala p12

PSI - 2020 . . . Mattson McDonald p10

Black History Month Events . . . p10

Managing Regional Tourism . . .

N. Devlin p6

Nature News . . . p7

INCO SUMMIT. . . p9

Les' OSCAR PICKS . . . p20

### Qfolk

MOonthly LGBTQ eVenTs, +  
political groups/organizations... p8

DAY BY DAY HAPPENIGS . . .

p14-15, 18-19

## COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS . . . . . KANEKUNI 20

BIKE MADAME . . . HAMMITT-MCDONALD . . . 21

FREE WILL ASTROLOGY . . . BREZNY 21

NETWORK COMMUNITY LISTINGS . . . 22

S. GRACE MESSAGES. . . 23

WHOLE PLANET HEALTH. . . . HAMMITT-MCDONALD 23

WORD & WISDOM . . . NASON 23

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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

**ADVERTISING INQUIRIES - 503.338.4878**

Send general email correspondence:

[hipfish@charter.net](mailto:hipfish@charter.net).

HIPFISH is produced on the web at:

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

Hipfish is printed at the Daily Astorian

### EDITOR/PUBLISHER:

Dinah Urell

### GRAPHICS:

Les Kanekuni

Dinah Urell

Myshkin Warbler

### CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

### MAGIC WEB WORKER:

Bob Goldberg

Cover Art  
Hearts Landing  
Installation  
Cathy Nist



## North Coast Tourism Community Forum You're Invited.

THE NORTH COAST TOURISM MANAGEMENT NETWORK is offering a one day Community Forum for North Coast residents and tourism professionals to interact and explore tourism opportunities, challenges and solutions together. Attend the forum, which includes a complimentary lunch and be part of this important conversation!

Topics of discussion: How do we find balance between the economic and social benefits of tourism and the impacts that high visitation can have on traffic, local services, natural resources and quality of life? What is the history of tourism in our region? How is tourism currently impacting North Coast businesses and residents? What are tourism trends which will affect the North Coast? How are innovative sustainable tourism practices working for communities elsewhere?

There will be important updates from the four action teams of the North Coast Tourism Management Network as well as presentations by Travel Oregon staff. The North Coast Tourism Management Network represents 24 organizations and agencies on the North Oregon Coast from Astoria to Pacific City. This community forum is sponsored by Travel Oregon, Oregon Coast Visitors Association, Tillamook Coast Visitors Association, Astoria Warrenton Chamber of Commerce, City of Seaside and Cannon Beach Chamber of Commerce.

The North Coast Tourism Management Network Coordinator is Nan Devlin of Tillamook Coast Visitors Association ([nan@tillamookcoast.com](mailto:nan@tillamookcoast.com)) and the North Coast Tourism Community Forum organizer is Donna Quinn ([donnarquinn@gmail.com](mailto:donnarquinn@gmail.com)).

**Monday, March 9, 10:30am – 2:30pm. at McMenamins Gearhart. Free and open to the public. Lunch included. Please Register at: [www.eventbrite.com/North Coast Tourism Community Forum](http://www.eventbrite.com/North-Coast-Tourism-Community-Forum). See feature p.6**

.....

## PSI-2020 Campaign Volunteer Call

Momentum is building in Oregon for the 2020 campaign to create the country's first regulated, statewide, psilocybin-assisted therapy program!

To succeed, the Psilocybin Services Initiative 2020 campaign needs your help. Volunteers across the state are gathering signatures to help the petition qualify for the ballot, holding educational events, and more. To successfully run the campaign and win, we must first qualify for the ballot. That means we need to gather 150,000 signatures by an early Summer deadline. With your help we can break the cycle of illness and addiction and give Oregonians the breakthrough options they need.

Please visit [www.psi-2020.org/volunteer/](http://www.psi-2020.org/volunteer/) and sign up to volunteer with the campaign in Astoria and the greater Lower Columbia REgion area today! As soon as you do, our volunteer coordinator will reach out to get you connected with your local PSI leadership team.

## Speaking Truth to Power... Pesticides and Environmental Justice: Impacts on Community Health Feb 29

DR. DEKE GUNDERSEN'S EMAIL TAG SAYS IT ALL: *"Perhaps one of the most potent rebellions of this time is the refusal to walk in the mainstream western herd, conforming to expectations and values that have ultimately ravaged the Earth."*

When you read about Dr. Gundersen's impressive educational, research, and publication history, you understand that he is highly skilled, but with a different perspective. Dr. Gundersen will be the presenter at the first 2020 NCCWP "Speaking Truth to Power" educational event on Saturday, February 29, 2020, from 3:00 pm to 5:00 pm at St. Mary by the Sea, Rockaway Beach.

Since 2000, Gundersen has been a professor and currently is the Director of the Environmental Studies Program at Pacific University in Forest Grove; his academic publications include articles in 20 journals and books, many research grants and consulting service to a variety of agencies concerned with water quality.

His presentation will review the chemicals used by the timber industry and the consequent health risks to fish, other animals, and people. He has been called as an expert witness in court proceedings; early in February, he may be called as an expert witness for the defense in the trial of Ken Ward, the man who turned off the valve to the pipeline that brings tar sands oil down to the US from Canada.

The presentation will provide a basic understanding of toxicology (including chemical testing) and the impacts chemicals can have on human health, followed by an in-depth discussion about logging-related activities, how they impact ecosystems and human health, and what can be done about it.

In preparing for this event, NCCWP organizers discussed the following chemicals and industrial timber practices that impact human and ecosystem health: Trihalomethanes resulting from treating turbid water; pesticides applied in industrial forests; smoke from slash and broadcast burning, as well as Napalm, that may be used during burning operations, and Hampton's Tillamook mill that has a permit from the State to release cadmium and chromium.

The first half hour will be a "meet and greet." Maia Holliday will signal the beginning of the presentation by singing a song that she has written, followed by brief updates on NCCWP activities.

*North Coast Communities for Watershed Protection (formerly known as Rockaway Beach Citizens for Watershed Protection), reflects our working together on a regional basis to insure that the air we breathe and the water we drink are safe.*

.....

## Celebrate International Mermaid Day 1st Annual Longbeach Mermaid Parade

THE FIRST ANNUAL LONG BEACH MERMAID PARADE will be held on March 29, 2020 in conjunction with International Mermaid Day. Mermaids, mermen and sea creatures – even pirates of all ages are all welcome to join in the fun. Entries may include floats, push/pull carts and walkers. The parade route is approximately half a mile and will go from the Bolstad beach approach to 5th Street SE in downtown Long Beach, Wa. Vendors and parade awards follow the parade, 1-4 pm at the Mermaid Sandcastle.

Event founder, Jenna Austin, also known as "Queen La De Da" says she was inspired by the original Coney Island Mermaid Parade. She said she has been wanting to have a parade here for years. After recently moving her mermaid themed art business to Long Beach from Ilwaco she felt like the time was right and the parade would be a good fit for Long Beach.

Parade participants are also encouraged to "Save the Mermaids" by participating in the Grass Roots Garbage Gang Beach Clean-up on the day before the parade, Saturday, March 28th. A special incentive will be given to beach clean up volunteers that also participate in the parade. Volunteers may go to any beach approach on the peninsula to participate.

Additional information can be found at [www.longbeachmermaidparade.com](http://www.longbeachmermaidparade.com) or through their Facebook event page.

The event is sponsored by the Long Beach Merchants Association.



Cloud & Leaf



We believe  
in the  
Printed Page

Special Orders  
Recommendations  
Free shipping

The Cloud & Leaf Bookstore

148 Laneda Ave

Manzanita, Oregon

503.368.2665

www.cloudleafstore.com

open daily 10 to 5

THIS WAY OUT<sup>SM</sup>

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

10pm Wednesday Nights!

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

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

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

**KMUN 91.9 ASTORIA KTCB 89.5 TILLAMOOK**

COASTER THEATRE PLAYHOUSE

A Bench  
in the Sun

Jan. 31 - Feb. 22, 2020



Tickets \$20 or \$25  
Shows begin at 7:30 p.m.  
Sunday shows start at 3:00p.m.

Sponsored by Mike & Tracey Clark

Tickets: 503-436-1242 or coastertheatre.com  
108 N Hemlock Street, Cannon Beach, OR

By Nan Devlin

## Oregon's North Coast bands together to manage regional tourism impacts



Nan Devlin, executive director of Tillamook Coast Visitors Association and network coordinator for the North Coast Tourism Management Network, facilitate a goal-setting session with Clatsop County Commissioner Pam Wev and Clatsop County Economic Director Kevin Leahy.

OREGON'S NORTH COAST – Astoria at the north end, Neskowin at the south end – is one of the most visited regions in the state. Its close access to major urban areas makes it easy for most Oregonians and visitors to reach the beach in 90 minutes or less. That's just one of the reasons tourism has become one of the North Coast's major industries. According to the Dean Runyan economic impact report developed for Travel Oregon each year, visitors in 2018 spent \$580 million in Clatsop County, and \$240 million in Tillamook County (the 2019 report will be available in May).

These two rural counties are dotted with small towns. Farms, forests, waterways, beaches and public lands make up a majority of the landscape. Tourism growth also brings challenges: Highway 101, for example, becomes easily congested as the region's only north-south corridor. And the coast's small towns become overcrowded, especially in peak tourism month of July and August.

"The North Coast is clearly entering a new part of its destination 'lifecycle,'" said Kristin Dahl, vice president of destination development for Travel Oregon. "Key to moving forward will be finding the right balance between the economic and social benefits of tourism, and the impacts that high visitation can have on traffic, local services, natural resources and quality of life."

Dahl and her team brought Travel Oregon's Destination Management Tourism Studio to the North Coast, engaging a local steering committee representing 24 organizations and agencies. The studio began with listening sessions held throughout Tillamook and Clatsop counties starting in spring 2018. These sessions guided the topics for a series of five workshops, starting that fall and through winter 2019.

Community members from both counties were encouraged to work together to find solutions for achieving sustainable tourism best practices and leveraging programs already in place. Studio sessions were attended by both the private and public sectors and represented a variety of interests and knowledge backgrounds, including forestry, state parks, transportation, government, environmental nonprofits, and tourism businesses and organizations.

The year-long studio program concluded, but the work was just beginning for the participants and attendees. The final workshop session, held in Astoria in January 2019, established a way forward: the launch of the North Coast Tourism Management Network. It was formed by a leadership team that includes a network coordinator, core leaders, project team leaders, the original steering committee that worked with Travel Oregon and active community participants.

The network coordinator is Nan Devlin of Tillamook Coast Visitors Association (TCVA). Core team members include David Reid of Astoria Warrenton Chamber of Commerce, Jeremy Strober of Heartfelt Hospitality, Jim Paino of Cannon Beach Chamber of Commerce, and Arica Sears of Oregon Coast Visitors Association (OCVA). Regional funding for the network is supported by Astoria Warrenton Chamber of Commerce, Cannon Beach Chamber of Commerce, City of Seaside, OCVA and TCVA, plus a grant from Travel Oregon. TCVA is the fiscal agent for the network.

The network decided on six initial projects, four of which are part of phase one funding: creating awareness and incentives for using mass transit to and around the North Coast; encouraging stewardship practices by locals, visitors and tourism organizations; the introduction of beach and trailhead ambassadors to help disperse crowds in peak months; and communication efforts to create understanding of how tourism benefits the economy and communities. Phase two projects include expanding agritourism and the North Coast Food Trail, and developing a cultural heritage trail. All of these programs support established sustainable tourism principles.

"We understand the economic value of tourism, as do businesses that benefit from visitor spending. In addition to lodging and restaurants, tourist dollars are spent in gas stations, grocery stores, museums, retail shops, tire repair places and many more businesses that benefit communities," said Devlin. "We also understand the concern of possible 'overtourism,' which many European destinations have experienced in the past 20 years. We live here, too, and that's why we're working together now to mitigate issues."

*Written by Nan Devlin on behalf of the North Coast Tourism Management Network and will also be published in the February issue of Oregon Business Magazine.*

**ATTEND THE NEXT FORUM: Monday, March 9, 10:30am – 2:30pm. at McMenamins Gearhart. Free and open to the public. Lunch included. Please Register at: [www.eventbrite.com/NorthCoastTourismCommunityForum](http://www.eventbrite.com/NorthCoastTourismCommunityForum).**



## Join the Great Backyard Bird Count February 14-17, 2020

JOIN FORT CLATSOP FOR THE 23RD ANNUAL Great Backyard Bird Count (GBBC) February 14 through 17. To participate in this citizen science opportunity, anyone in the world can count birds at any location on one or more days of the count and enter their sightings at [gbbc.birdcount.org](http://gbbc.birdcount.org). The information gathered by tens of thousands of individuals helps track bird population changes on a massive scale. The GBBC is a joint project of the Cornell Lab of Ornithology, the National Audubon Society, Birds Canada, and Wild Birds Unlimited.

From Friday, February 14, through Monday, February 17, visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park and make plans to count birds in their own backyards. Binoculars will be available for loan within the park.

Along with the actual bird counting activities, the park has planned four days of bird-related opportunities. A "Great Pink Heron Scavenger Hunt" will be on-going using the Netul Trail along the Lewis and Clark River. A "Birds of Fort Clatsop" display and other bird-themed opportunities are available in the visitor center most of February.

**On Saturday, February 15**, naturalist Mike Patterson will lead a birding walk starting at 8:45 a.m. in the Fort Clatsop Visitor Center lobby. Although leashed dogs are welcome at most of the park's outdoor programs, dogs are not allowed at this morning walk. Please dress for the weather.

**On Sunday, February 16**, bird enthusiast Barbara Linnett, will give an illustrated presentation, "Common Birds of Fort Clatsop, Then and Now." This program is part of the monthly In Their Footsteps guest speaker series and takes place at 1:00 p.m. in the Netul River Room of the Fort Clatsop Visitor Center.



Park hours are 9:00 a.m. to 5:00 p.m. each day. Admission is \$10 per adult and free for youth 15 years old and under. Interagency Passes to National Park Service sites are accepted. A variety of bird field guides are available for purchase at the Lewis & Clark National Park Association bookstore in the Fort Clatsop Visitor Center.

For more information on the worldwide bird count event or to submit bird counts from your home, go to [gbbc.birdcount.org](http://gbbc.birdcount.org). The weekend's birding events at Fort Clatsop are sponsored by the Lewis & Clark National Park Association and the National Park Service. For more information, call the park at (503) 861-2471 or check out [www.nps.gov/lewi](http://www.nps.gov/lewi) or Lewis and Clark National Historical Park on Facebook.



### Jewels of the Sky:

#### a talk about hummingbirds

HUMMINGBIRDS are often described as the jewels of the sky. Lucky for us, two varieties of these beautiful pollinators make frequent appearances in Clatsop County. Join local bird enthusiast and wildlife volunteer Barbara Linnett for a presentation about hummingbirds at **7pm Wed. February 19 at the Astoria Library**. This event is part of "Natural Selections," the Astoria Library's monthly science and nature speaker series. Admission is free.

Linnett will discuss the difference between Clatsop County's two types of hummingbirds. She'll shed light on the why and how of hummingbirds' spectacular displays and colorful feathers. And she'll invite questions about feeding and otherwise helping

the hummingbirds that inhabit our gardens and yards.

Barbara Linnett enjoys sharing her knowledge and enthusiasm about local birds with groups throughout Clatsop County. She has spent over eight years volunteering at the Wildlife Center of the North Coast, learning to care for many kinds of migratory and local birds. She now specializes in baby songbirds and baby hummers. She is an amateur bird watcher, and she is creating a native plant garden to provide bird habitat in her yard.

The Astoria Library is at 450 10th St. For information about library programs and services, contact 503-325-7323 or visit [astorialibrary.org](http://astorialibrary.org).

**ON FEBRUARY 22**, The Friends of the Seaside Library host **Paleontologist Dr. David Taylor** as he presents the program "In Search of Prehistoric Whales." The event will take place in the Community Room at 1pm. In conjunction with the event, a display of fossils and bones from ancient marine mammals.

Dr. Taylor will speak on the 1987 excavation by volunteers of the NW Museum of Natural History Association south of Cape Blanco on the SW Oregon Coast. The whale specimen they discovered is about 500,000 years old and probably came from a large blue or baleen whale that would have been about 70 feet long. It is also the largest fossil ever found in Oregon. Dr. Taylor and his staff recovered 20 vertebrae and the rib cage (with ribs as long as 7 feet) and some additional bones. Large Ice-Age baleen skeletons are extremely rare, so this specimen is an important one. The dig was complicated and challenging because most of the work took place within the intertidal zone.

Dr. David Taylor is a faculty member at Portland State University in the Department of Geology and Earth Sciences. He also holds the position of Visiting Scholar and Courtesy Research Associate.

The Seaside Public Library is located at 1131 Broadway. For more information call (503) 738-6742 or visit us at [seasidelibrary.org](http://seasidelibrary.org)



### "In Search Of Prehistoric Whales"

## Oregon King Tides The Final Round



Nelscott Beach Lincoln City Jan 2020.

THE FINAL ROUND of the current winter's King Tides Photo Project is coming up Feb. 8-10. Volunteer photographers are invited to assist in this citizen science activity by taking photos that document the highest reach of the year's highest tides, the last of which arrive on those dates. The Oregon King Tides Photo Project takes place throughout Oregon's coastal region.

For the tenth year, Oregon is participating in this international citizen science effort. The Oregon branch of the project is sponsored by the CoastWatch Program of the Oregon Shores Conservation Coalition and the Oregon Coastal Management Program of the Department of Land Conservation and Development, along with local partners.

The other two high-tide sequences this winter on which the project's volunteers focused took place Nov. 25-27, 2019, and Jan. 10-12, 2020.

The international project began in Australia, where the highest tides of the year are known as "king tides," hence the name of the project. These tides arrive when the sun, moon, and earth are in alignment, causing a stronger than usual gravitational pull.

Anyone with a camera can participate. At high tide on any of the three project days (the timing of which varies, depending on location), find a safe spot to observe the tide in relation to the land, snap photos, and post them online. More information on the project, a link to tide tables, instructions for posting photos, and a map of photo locations, can be found on the website, <http://www.oregonkingtides.net/>.

King tide photos can be taken anywhere affected by tides, whether on the outer shoreline, in estuaries, or along lower river floodplains. Photos showing high water in relation to infrastructure (roads, bridges, seawalls, and the like) can be particularly striking, and reveal where flooding problems threaten. But shots of marshes or other habitats being inundated, or coastal shorelines subject to flooding and erosion, are also useful. The goal of this long-term citizen science project is to document the highest reach of the tides on an ongoing basis, for comparative study over a period of many years. (Photographers who participated in past years are urged to return to the locations from which they took earlier King Tide photos so as to track the tides in that location over time. Photographers are also urged to return to the same locations to take comparison shots at ordinary high tide.)

While the King Tides Photo Project can help to identify areas that are currently threatened by flooding, the more important purpose is to gain a preview of sea level rise. The king tides, while extreme today, will become the "new normal" as sea level continues to rise, and storm surges increase, due to global warming. Gaining a glimpse of tidal inundation likely to become common decades into the future will benefit planners, resource agencies, conservationists, and coastal citizens in preparing for these changes.

For more information about this event or the King Tides Project, contact Jesse Jones, CoastWatch volunteer coordinator, at (503) 989-7244, [jesse@oregonshores.org](mailto:jesse@oregonshores.org).



## Want To Live Life To The Fullest?

- Feel at home and present in your body.
- Clear unfinished business, release blocks, and other peoples energies and expectations.
- Have more gratitude, enthusiasm, joy, contentment, creativity, expansion and freedom.

**Awakening Wonder • Ann Robben Dott**  
503-791-3365 awakeningwonder@outlook.com

Wisdom distilled over forty years — Ann Robben Dott Embodiment Practitioner

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



*Nadia's Exclusive Salon  
& Skin Care*

Hrs: 11 to 3 Tue - Fri  
503.338.8104

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

ADVERTISE  
WITH  
**HIPFISH**  
AND  
LAND IN  
OVER  
**300**  
LOCATIONS



503.338.4878

## ASOC AUDITIONS

Monday, February 10 & Tuesday  
February 11 from 6-9pm



### The Real Lewis and Clark (or How The Finns Discovered Astoria)

→ No exp. necessary. Parts for over 26 men and women (ages 18 and older) who can carry a tune, do a little side step and be willing to go down in ASOC history as we relive the tale of how Astoria was discovered!

→ Parts for younger performers 16-17, based on exp.  
Contact Judith at (503) 791-1037

At the ASOC Playhouse **asocplay.com**  
129 W. Bond Street in Uniontown, Astoria.

ALSO SEEKING:  
• Costumers  
• Lighting  
• Operators  
• Stage  
• Assistance  
• Training  
• Available



## Lower Columbia Q Center

New Location: 171 W. Bond, Astoria

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

**OPEN FRIDAY NIGHTS 5:00-9:00pm**

**Open Hours (YOUTH ONLY)**

**February 27th 5:00-8:00pm**

**Every 1st and 4th Thursday**

Come on in out of the rain and check out your Q Center living room and offices. It's stocked with snacks, beverages, games, wifi and more importantly; Welcoming people and resources to share in a safe place with YOU.

## Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First

Wednesday of the month. 6-7:30 pm

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

## Lower Columbia Gender Alliance/Trans Support

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

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

LCQC Choir. Meets Mondays at 7pm  
LCQCAstoria@gmail.com. Regroup in March.  
QHOIR Auditions March 2. Contact Dida -  
Diedria@gmail.com to arrange time.

## Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.

- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.

- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.

- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

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

## LOVE IS LOVE Community Valentine Party

LGBTQIA south coast region

Planning for the annual LOVE IS LOVE Valentine Party hosted by PFLAG is in full swing. This community Valentine Party will be held from 2-4 PM on Saturday, Feb. 8 in the beautiful lobby of the Oregon Coast Community College in South Beach. Volunteers will transform the College Commons into a romantic Hearts and Flowers Valentine Party setting.

Past Forward, a popular local music group, will provide live music to celebrate the power of love in all its wonderful and surprising forms—young and old, gay and straight. Vocals and instrumentals by Past Forward will delight the audience with traditional and modern love songs.

Teen poets and writers representing the Gay/Straight Alliance Clubs from Lincoln County high schools will read their work, and adults will read striking modern and traditional love poetry. Newlywed and "oldlywed" couples, gay and straight, will be celebrated at the party.

Delightful and decadent Valentine desserts donated by the best bakers from several local Welcoming Churches will make this celebration a really sweet treat and chocolate heaven.

Volunteers are preparing a table of hearts, flowers, glitter and glue for guests to create their own hand-made Valentine Cards. You can surprise your sweetheart with a card from the heart, unique and special, just like your love.

PFLAG is a national organization providing support, education and advocacy for LGBTQ (Lesbian, Gay, Bisexual, Transgender & Questioning) folks, their families, and friends. The Oregon Central Coast Chapter focuses on creating safe and nurturing communities for young people in Lincoln County, and opening hearts and minds of all ages. With this Valentine Party for old and young, gay and straight, we're bringing people together to celebrate the power of love in our lives. After all, Love is Love!

Donations will support PFLAG's programs for LGBTQ youth. For more information about the Valentine Party or PFLAG, call 541-265-7194 or 509-359-0559.

## 2020 Census Assistance Center • LCHC

The Lower Columbia Hispanic Council will serve as a Census Assistance Center for the 2020 Census You can learn more about the Census at a LCHC presentation. During this presentation we will cover:

An overview of the census. Confidentiality laws. What is funded by the census? Information asked by the census. Ways to respond to the census. Important Census Dates.

This presentation will be in English and take place Thursday, February 20th from 3:00pm - 4:00pm at the Lower Columbia Hispanic Council Office (1373 Duane St. Astoria, OR 97103). To register go to: lchispanic-council.org/en/2020-census/

There will also be a presentation in SPANISH and in Seaside, February 12 from 6:00 pm to 7:30 pm in the high school library: 1901 N Holladay Dr, Seaside, OR 97138.

Your privacy is protected. It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household. By law, your responses cannot be used against you and can only be used to produce statistics.

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

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



# INCO NEWS INDIVISIBLE North Coast Oregon

## INCO EVENTS FEB 2020

### INCO Astoria Community Group

Saturday, Feb. 8, 10:30 am

OSU Seafood Research & Extension Center,  
Room 231, Astoria

Guest speakers: Nelle Moffat and Rick Bowers,  
of Friends of the Unsheltered.

### INCO Warrenton Community Group

Saturday, Feb. 8, 11:30 am

El Compadre Restaurant, Warrenton

INCO Seaside Gearhart Community Group

Tuesday, Feb. 11, 6:30 pm.

Email [incoregon@gmail.com](mailto:incoregon@gmail.com) for location

### INCO Vote the Future

Wednesday, Feb. 19,

6:30 pm, Seaside Library Board Room

### Postcards to Voters

Tuesdays, 2-4 pm

WineKraft, Astoria

Enter from 11th

### Postcards to Voters

Fridays, 2-4 pm

Mary Blake Playhouse,

1215 Avenue A, Seaside

[www.incoregon.org](http://www.incoregon.org)

Facebook: Indivisible North Coast Oregon

## Campaigns 101: Values, Volunteers, And Voting

By Cheryl Johnson

WHY SHOULD YOU BOTHER TO VOTE? Does your vote really make any difference?

When we are 1 of 2,750,000 voters in the state of Oregon and 1 of 153.6 million voters in the US, it might not seem like our vote counts. But consider this – Clatsop County Commissioner elections have been won (or lost) by 13 votes! On the local level EACH vote makes huge difference!!

In May 2019 only 6,324 Clatsop County citizens cast ballots out of the 27,899 that were eligible! This 23.6% voter turnout was better than the 20.8% turnout for the state of Oregon! When the majority of eligible voters don't bother to turn in their ballot, then everyone who votes has that much more influence on the outcome. Including voters you don't agree with.

If you care about community issues and want to be involved in the decisions that impact the future – YOU – yes, YOU – can run for office! Most of the information on local positions and filing is on the Clatsop County website: [co.clatsop.or.us/clerk/page/elections](http://co.clatsop.or.us/clerk/page/elections). Many people who run and win have no previous political experience, just a desire to get involved, advocate for issues and values they care about, and devote the time and energy to serve.

Some people run because they want their local governing boards to be transparent and provide information about offices up for election and meeting agendas and minutes. Transparent government keeps democracy stronger.

On May 19 this year, we Clatsop County voters will be electing a sheriff, a judge and two county commissioners, in addition to city councilors and commissioners in Warrenton, Seaside, Gearhart, Cannon Beach, and Astoria. The last day to file to run for local offices is Tuesday, March 10. This important deadline is quickly followed by the equally important date of Thursday, March 12, which is the last day to file candidate statement for Clatsop County's voters pamphlet.

Don't want

to run for

office – but

care about

who does?

Every cam-

pa-

ign needs

gobs of

volunteers!

There is a

wide variety

of work to be

done – from

putting up

campaign

yard signs to

writing letters

to the editor. Most

campaign volunteers

in local elections

have zero

experience, and

their energy and

enthusiasm are

welcome. There

is something for

everyone in a

campaign, whether

you'll attend

regular campaign

meetings for your

candidate or prefer

to do your

volunteer work

at home in your

pajamas.

You're invited

to a workshop on

overview of cam-

paigns, including

how to put together

a campaign

committee and

basics of campaign

financing.

"Campaigns 101" will be Saturday, March 7th,

10am – noon, at the Judge Guy Boyington Bldg,

9th and Commercial, Astoria. The training is

hosted by the Clatsop County Democrats and is

free, non-partisan, and open to the public.

Local elections are where it's at! You can have a

big impact on your community and issues that are

important to you if you run for office or volunteer

to help someone get elected. But whatever you

do – VOTE!! DEMOCRACY IS NOT A SPECTATOR

SPORT!

Cheryl Johnson is a Brownsmead resident,  
retired public school librarian, INCO member and  
executive Committee for Clatsop Co Democrats



Visit Historic  
Downtown Astoria

Don't forget to  
bring your artwork.  
Custom Picture Framing  
Eclectic Cards  
Redi-Made Frames  
Standard Mats

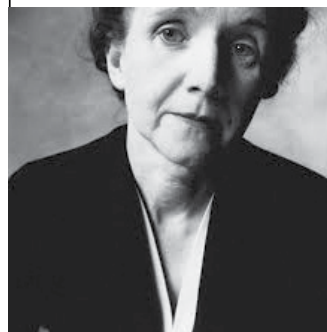
Fun.

Downtown Astoria  
1287 Commercial St.  
503.325.5221  
M-F 9:30 - 5:30 Saturday 10 - 5  
Sunday by appt.



Enjoy the serenity of our  
gardens, wooded paths, sauna,  
yurt and bhuddas ...

... in Nahcotta, Washington  
on Sandridge Road,  
just south of Bay Avenue  
overlooking Willapa Bay



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

– Rachel Carson

[www.mobydickhotel.com](http://www.mobydickhotel.com)  
360-665-4543 or 1-800-673-6145

### Electrify Everything, A Sustainability Tools Talk

Joe Wachunas from the non-profit Solar Oregon ( [solaroregon.org](http://solaroregon.org) ), which educates and advocates for clean energy will be the event speaker. He also works for the non-profit Forth( [forthmobility.org](http://forthmobility.org) ) which has tools for consumers interested in electric, shared and smart vehicles. He lives with his wife and two kids in a nearly net zero home. He'll discuss why electrifying everything is one of the fastest and most viable routes to zero carbon and then telling his own story about electrifying his home. Educating consumers on low cost heating of home and hot water, as well as heat pump technology benefits.

This is the third talk which occurs monthly at the college, through May, covering various aspects of sustainable energy, net zero housing remodeling, energy savings, electric vehicles and more.

Thursday, Feb 20, 7pm, Columbia Hall Room 219, Clatsop Community College, 1651 Lexington Ave., Astoria  
FMI: Pamela Mattson McDonald, 503.791.3561, [matmcd2002@gmail.com](mailto:matmcd2002@gmail.com)

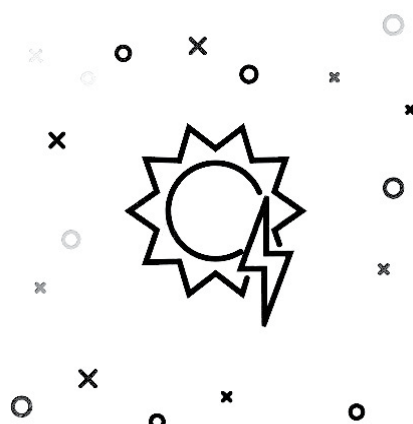
### Learn the Basics of Solar at a Free Workshop

Anyone interested in the possibilities for installing solar panels on your home is invited to a free public workshop "Basics of Solar Workshop" presented by Solar Oregon. The workshop will take place on Saturday, February 22 in the Astoria Public Library, beginning at 1 pm.

The workshop, led by Joe Wachunas of Solar Oregon, will teach participants the ins and outs of the solar process from installing to financing to tax credits. Joe will be joined by several solar installers from the Astoria area to help answer everyone's questions.

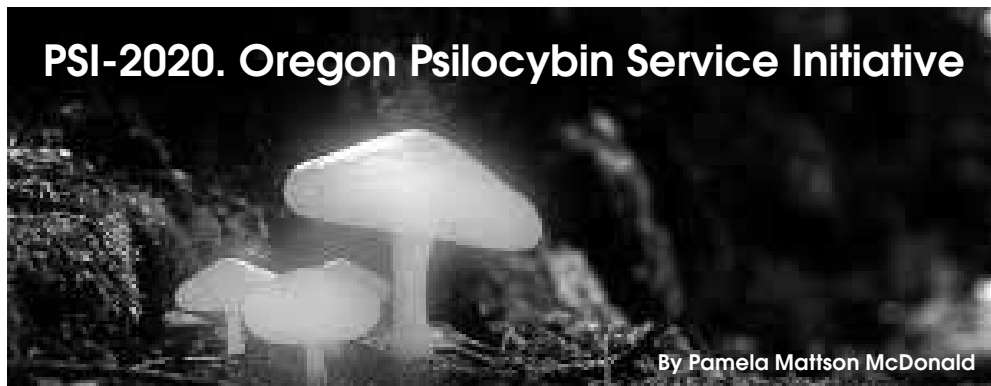
The workshop is especially timely because of the fact that the Oregon Legislature just passed new incentives for purchasing a residential solar power system. Joe will explain the new "Solar for All" rebate that will offer up to \$5,000 rebates for solar installations beginning this year.

February 22 at Astoria Public Library. This event is free and open to all and made possible with support from Energy Trust of Oregon





## PSI-2020. Oregon Psilocybin Service Initiative



By Pamela Mattson McDonald

THE OREGON LEGISLATIVE SESSION this year holds some doozies of initiatives and bills. The Climate Bill is being hacked and retro-fitted to satisfy more folks. And the Oregon Psilocybin Service Initiative takes us deep into the Octopus's Garden. Bringing a misunderstood mushroom's properties into the therapy realm.

Shannon T. Reel, Oregon's Assistant Attorney General, certified the Psilocybin Service Initiative Bill, in September of 2014. Which is coming forth in the upcoming 2019 session of the Oregon State Legislature.

Hillsboro Therapist, Sheri Eckert, co-founder of the Oregon Psilocybin Society, stressed the highlights of the Act:

- Safety, practice, and ethical standards for trained and competent facilitators
- Services open to anyone who is not medically contraindicated
- An affordable framework outside the medical / pharma system
- Establishment of an advisory board to work with state and federal officials
- An extended development period so the Oregon Health Authority can successfully roll out the program
- Prohibition of cannabis-style branding and marketing of psilocybin products

The supporters of the bill are from the health and wellness community; Paul Stamets, a world renowned mycologist and researcher from Shelton, Washington and David Bronner, CEO of Dr. Bronner's family-owned maker of natural soaps.

The cities of Oakland, California and Denver, Colorado have decriminalized this drug, but it still remains an illegal schedule #1 controlled substance, of the United States Food and Drug Division. Which means, the government believes it has, "a high potential for abuse and serves no legitimate medical purpose in the United States."

Psilocybin has been used by many cultures for spiritual and ritualistic purposes. In South America, the Catholic Church banned locals from using it with serious penalties. It's use was an affront to God, feared by the church, since the native peoples regarded it as the food of God.

In Cambridge, Harvard University, perused serious university research with Lysergic acid diethylamide (LSD). But it was curtailed almost fifty years ago, soon after Timothy Leary's Psilocybin Project took a nose dive in 1963.

Johns Hopkins University published an article in the journal, Psychopharmacology, under the title "Psilocybin Can Occasion Mystical-Type Experiences Having Substantial and Sustained Personal Meaning and Spiritual Significance." This study proved that a measured dose of psychedelics could be given safely to patients.

The volunteers in this study rated the experience as one of the most remarkable and meaningful experiences. Some compared it to the birth of a first child or death of a parent. More than a year afterward these same participants reported significant improvements in personal wellbeing, life satisfaction and positive behavior change.

The university researchers also gave cancer patients this therapy—which helped the individuals transcend their primary identification with their bodies and experience ego free states. They returned with a new perspective and profound acceptance of dying.

Though no one knew it at the time, this published work restarted research world-wide which started a number of drug trials. Using Psilocybin to treat a variety of conditions, including anxiety and depression, addiction to nicotine and alcohol, obsessive compulsive and eating disorder. The premise is that it's not the drug itself causing the change. But the kind of mental experience which temporarily disengages the ego, allowing change to take place.

In *Drugs Without the Hot Air; Minimizing the Harms of Legal and Illegal Drugs*, David Nutt writes, that much of the notorious horrifying tales are exaggerated or mythical. It's almost impossible to die of an overdose of psilocybin and it's not addictive. After trying the drug once, it tends to lose a bit of its "power" and loses its effects. It's true that the terrifying experiences some people have on psychedelics can flip a person into psychosis, so those with a family history of mental illness should never take them.

Sheri Eckert says, "The intent of the 2020 Psilocybin Service Initiative of Oregon is to advance a breakthrough therapeutic model currently being perfected in research settings at top universities around the world. The service model involves a sequence of facilitated sessions, including assessment and preparation, psilocybin administration, and post-therapy integration."

Psilocybin therapy has the potential to offer relief for the increasing number of Oregonians struggling with depression, anxiety, and addiction who have found little or no relief from pharmaceuticals. For more information on the initiative go to:

<http://psi-2020.org>

# BLACK HISTORY MONTH EVENTS

## Slavery, Religion, & Freedom: A Two Part Series

### A Filming of the 2016 remake of "Birth of A Nation" (Directed by Nate Parker)

View this powerful & insightful film of the famous Nat Turner Rebellion as a way of launching a discussion of "Slavery, Religion & Freedom" the following evening. Wednesday Feb 26, 7pm at Fort George Lovell Room

### Slavery, Religion, & Freedom: A Philosopharian Discussion.

The United States was founded on a principle of "Life, Liberty & The Pursuit of Happiness", yet the stain of slavery & the racism it spawned seem to have indelibly compromised this. What role has America's experience with slavery had on our ideas & treatment of race and identity? How does this legacy effect the pursuit of our ideals as a nation today? Is it possible to realize these ideals in the wake of slavery?

Join Speakers Ron Craig & Seth Tichenor, Feb 27, 7pm at Fort George Lovell Showroom



## "Breaking Chains" Slavery on Trial in the Oregon Territory

*Breaking Chains: Slavery on Trial in the Oregon Territory* is the long-overlooked history of racism and slavery in early Oregon, focusing on an 1853 slavery trial, *Holmes v. Ford*, in which a former slave sued his former owner to free his children, who were still held as slaves in Oregon's Polk County.

A finalist for the 2013 Oregon Book Award for nonfiction.

R. Gregory Nokes has traveled the world as a reporter and editor. He is author of three non-fiction Western histories. His latest book is "The Troubled Life of Peter Burnett: Oregon Pioneer and First Governor of California," published in 2018 by Oregon State University Press. His earlier books are "Massacred for Gold: The Chinese in Hells Canyon" in 2009, and "Breaking Chains: Slavery on Trial in the Oregon Territory" in 2013, both also published by OSU Press.

Greg spent more than forty years in journalism, during which he traveled to more than fifty countries. As a reporter in Washington, D.C. for The Associated Press, he covered the State Department and traveled with several presidents and secretaries of state on foreign trips. Greg started his career as a reporter for the Medford Mail Tribune, and finished at The Oregonian, where he was both an editor and reporter. He retired from journalism in 2003 to embark on a second career as an author and lecturer on Western history.

A native of Oregon, Nokes did his undergraduate work at Willamette University. He attended Harvard University as a Nieman Fellow in 1971-72. Nokes and his wife, Candise, live in West Linn, Oregon.

This event is brought to you by, Ron Craig, founder of the Astoria International Film Festival & Bruce Watts, Co-founder Astoria Jazz Festival in honor of Black History Month.

Wednesday, Feb 26, 5:30pm at the Astoria Public Library, 450 10th St in Astoria

## Discovering York

The Lewis and Clark Expedition is known for blazing a trail west and recording discoveries of plants, animals and people along the way. Although there are more than 1,000,000 words in the journal entries of the Expedition, many questions linger about details of the expedition including, "What about York?" Today York, the man enslaved to William Clark and member of the Expedition, is the subject of much fascination and admiration. In-depth research into York's life however is recent and limited.

Take a closer look at York's experience, what we know and what we can only speculate from limited information through our current day lens. The agenda for the afternoon will include the screening of York: One Man's Story, an eight-minute video produced by Lewis and Clark National Historical Park staff and Searching for York, a 30-minute documentary produced by Oregon Public Broadcasting.

Saturday, February 29, at 1pm. Participants will also hear from Filmmaker and Historian Ron Craig and join a ranger-facilitated conversation about minority perspectives in history. This free event will take place in the Fort Clatsop Visitor Center Netul River Room and last two hours.

## Black in Oregon 1840-1870

The Nehalem Valley Historical Society Speaker Series presents Layne Sawyer, Reference Manager for the Oregon State Archives. Learn about the award winning exhibit produced by the Oregon State Archives staff, interns and volunteers - illuminating the courage and resilience of black pioneers and their families who immigrated to Oregon between 1840 and 1870 despite the many barriers they faced.

The Nehalem Valley Historical Society presents a speaker series every second Saturday in February through May. FMI: [nehalemvalleyhistory.org](http://nehalemvalleyhistory.org).

February 8, 3pm, \$5. At the Pine Grove Community House, 225 Laneda Ave at the Admission: \$5 at the door.



# Fisher Poets Gathering 2020 Feb 28-29 WORKSHOP PREVIEW

**A**CELEBRATION of the commercial fishing industry in poetry, prose and song, the FisherPoets Gathering has attracted fisherpoets and their many fans to Astoria, Oregon the last weekend of February since 1998.

Originally conceived as a modest cultural reunion for far-flung friends in the commercial fishing fleet, the FisherPoets Gathering now attracts nearly a hundred poets, songwriters and storytellers from both the west and east coasts' commercial fishing communities. They gather in Astoria's pubs, restaurants and galleries to read for each other and for the hundreds of fisherpoetry fans who come to hear

the authentic, creative voices of deckhands and skippers, cannery workers and shipwrights, young greenhorns and old timers, strong women and good-looking men.

Fisherpoets perform music, poetry and prose Friday and Saturday evenings between 5pm and 11 pm at Astoria venues that include the Astoria Brewing Co., the Voodoo Room, the Ten-Fifteen Theater, Fort George Brewery's Lovell Showroom, the Columbian Theater, KALA performance gallery and the Liberty Theatre.

**BOATLOAD OF WORKSHOPS:** In addition, the Gathering includes workshops Friday afternoon and Saturday at the Columbia River Maritime Museum's Barbey Maritime Center, Clatsop Community College's re-modeled Patriot Hall, Studio 11 and at Pier 39 on subjects as varied as fish print making, fishing methods old and new, perfecting writing and performing, protecting Bristol Bay's watershed, exploring shipwrecks, and practicing knot tying and line splicing and more.

**Look to fisherpoet.org for scheduling soon.**

**Reef Netting: a Traditional Technique Lives On.** This unique salmon fishery, originally developed by Salish Sea people, is still practiced near Lummi Island and parts of the San Juans. Long-time reefnetter Pete Granger brings video, models, hands-on activities and stories to this workshop.

**Oregon Sea Grant:** Current Projects and Recent Successes. Sea Grant supports dynamic, inventive and flexible approaches to meet the needs of coastal communities in changing natural and social environments through research, public outreach and education. Sea Grant's Amanda Gladics shares good news.

**English Shipwrecks:** Scholar Julie Brown presents fascinating clues from a 400 year-old skeleton, a captain's scribbled notes and the remains of Henry VIII's Royal Navy Flagship Mary Rose, offering insight to Shakespeare and more.

**The Life and Songs of E. Gale Huntington:** New England singer/songwriter Larry Kaplan, through archival photos and recordings, introduces you to fisherman, farmer, poet and gravedigger from Martha's Vineyard and to the volumes of traditional sea songs he collected and recorded thank goodness.

**Global Ocean Health:** the news ain't all bad. Brad Warren and Dan Mulholland bring the latest from Salem about promising carbon emission legislation and share a vision for healthy oceans.

**Rich Media for Fisherpoets:** Video, Vlogging, Podcasting. Petersburg AK fisherman Dan Kowalski, producer of the Alaska Story Project, invites fisherpoets and others to explore technology beyond the live microphone.

**Knot Tying:** Once you've learned a bowline, a clove hitch and a sheet

bend, you'll wonder how you got along without them. Hands on and useful, with Jon Broderick and friends.

**Speed BS Session:** Rob Seitz and Pat Dixon put a modern spin on the early morning gam over coffee Saturday morning at South Bay Wild.

**Song Writing:** the Diddliest Catch, Parodies to Profundities, with John Palmes, Rich King and friends.

**Creative Writing:** Getting the Slack Out of Your Lines. Practice specific techniques to craft sentences that lay easy alongside each other.

**Poetry out Loud:** Speaking a Poem. Clem Starck and Ron McDaniel help you exploit your unique voice to better connect with a listening audience.

**The Wild:** Mark Titus's documentary continues where The Breach left off, examining the potential effects of the proposed Pebble Mine on the environment, communities and individuals. Followed by a discussion lead by Commercial Fishermen for Bristol Bay and the Bristol Bay Regional Seafood Development Association.

**Fish and Men:** Adam Jones's documentary describes how the global industrial seafood industry is affecting coastal communities from Gloucester, Massachusetts to San Diego, California and offers appetizing alternatives that could save family fisheries.

**Imogen Gallery:** Photos by commercial fisherman and acclaimed photographer Corey Arnold are the gallery's February exhibition.

**Hanthorn Cannery Museum:** Enjoy a self-guided tour of the oldest existing fish processing plant on the Columbia. Mug up at Coffee Girl while you're there. All day Friday, Saturday and Sunday.

**Gyotaku Fish Printing:** (Advanced registration required on-line at fisherpoets.org). Duncan Berry leads participants through this traditional Japanese fish printing process. This year he brings new subjects including gull wings, a large octopus, razor clams, Dungeness crab and more.

**Singing Circle:** Sing chauties and ballads with our Lower Columbia's own Mary Garvey and New Englanders Mark Lovewell and Larry Kaplan, and everyone else.

**Open Mic:** Rebecca Kraft invites fisherpoets and fans to join her on Pier 11 for a quick go at the annual open mic Friday and Saturday afternoons at WineKraft.

**Story Circle:** Jay Speakman invites Karl Marlantes, Dermott McCann among others to tell personal stories, true mostly, of terror or tedium working on the water. Saturday afternoon at the Columbian Theater.

**Annual FisherPoets Dance:** Dance your boots off at KALA, Annual Post Show Hulabula Friday Night till the crabs crawl home.

**Poetry at the Line:** Our third annual fisherpoetry slam featuring the best and the merely reckless. Friday night at the Liberty Theatre after readings.

**Singers' Gathering:** Still feel like singing with friends? Rebecca Kraft invites singers back to Pier 11 after readings Saturday night.

**Umpteenth Annual On-Site Poetry Contest:** Everyone with a 2020 FPG button is welcome to come to the Liberty Theatre after readings Saturday and have a try. Rules will be announced Friday at the Gathering.



Peak Days, pigment print 20x29

## Corey Arnold • Fish Work: The Archives

IMOGEN GALLERY hosts *Fish Work: The Archives*, an exhibition by professional artist/fisherman, Corey Arnold of Portland, Oregon. This will be Arnold's fourth exhibition at Imogen, held in conjunction with the 2020 FisherPoets Gathering. The exhibition opens February 8th for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm. The exhibition will remain on display through March 10th.

Corey Arnold began fishing as a child, about the same time he first picked up a camera. What began as weekend adventures with the family quickly became a permanent part of life, culminating into a successful dual career, one mutually supporting the other. This exhibition will include mostly work that has never been seen; a strong collection of photographs taken over the past 20 years that spans oceans and continents. Arnold began fishing commercially in 1995 as a deckhand aboard various vessels and skiffs in Alaska. His career as a fine art photographer and fisherman has taken him far, both documenting and fishing the world's oceans. Despite his international success as a photographer, Arnold returns every summer to Bristol Bay, Alaska, where he captains a skiff, fishing for salmon.

Arnold's work is without doubt a celebration of the lifestyle of the fisherman. He also hopes to convey a broader message, raising awareness to the challenges that coastal communities and our oceans, are facing in the 21st century. Through his lens he captures the raw and rugged reality of hard work, with brutal and honest images that depict both danger and beauty, sometimes in the same moment. Corey is not one however to overly romanticize, he is critically aware of the struggle of a rapidly changing global fishing industry.

While the photographs celebrate the lifestyle of fishermen, it is also my intention to bring awareness to the 21st century challenges facing coastal communities and oceans alike. The global fishing industry is in a period of rapid change. Serious threats to small-scale fishing communities include fleet consolidation due to catch shares, poorly managed fisheries abroad, ocean acidification, fish farming, and watershed destruction due to urban development, mining and pollution. Closest to home for me is the proposed Pebble Mine in the headwaters of Bristol Bay, Alaska. Backed by billions of dollars of foreign corporate investment, the Pebble Mine could be one of the largest open-pit copper mines in the world placed in the richest sockeye salmon watershed on earth.

Imogen Gallery is located at 240 11th Street in Astoria.

**EVENT BUTTONS** good for admission all weekend are \$20, \$10 after 8 p.m. Saturday night, available at the door. Find them also at venues and businesses the week of the Gathering and at the FisherPoets Gathering Gearshack starting noon Friday.



Billie 20x25 pigment print



# REIKI LOVE REIKI

**R**EIKI is a simple, gentle suite of techniques used with a particular type of energy. Some of these techniques allow a Reiki practitioner to provide services to any location or time.

Reiki is spiritually-guided life-force energy. It is both excruciatingly subtle and powerful beyond description. Students of Reiki participate in a tradition of person-to-person initiation that awakens and deepens their relationship with this energy. They learn to set aside ego and expectations—and behold the energy as it flows where needed, guided by an unseen hand.

The spiritual stewards of Reiki are the wellspring of love without limit. They communicate through our intuition to guide compassion and share wisdom. They happily connect with the spirit of human beings.

The most common style of Reiki used at this time is known as Usui. In March 1922, Mikao Usui completed a twenty-one day solitary fast on a Japanese mountain, Kurama Yama. He came to the mountain seeking enlightenment. By day twenty-one, weak and frustrated, he expected death. Instead, a phantasmagoric light show knocked him to the ground. Captivating symbols passed above him as delightful energy upwelled from within his being.

As he ran down Kurama Yama, celebrating his enlightenment, Mikao Usui tripped. A big toenail detached, and blood poured from the wound. As he held his foot in his hand, a powerful heat flowed through his palm. First, it soothed his pain, then wholly healed the wound. He had received the ability to heal himself!

In a dining cabin at the foot of the mountain, Mikao Usui met a woman with an abscessed tooth. He asked if he might touch her face. She agreed. Immediately, the inflammation departed. Usui realized he could heal others, and he fully envisioned the foundation of a Reiki healing system he could forthright practice and easily teach to others.

Reiki sessions usually involve a fully-clothed client laying face-up on a massage table. Soothing classical or meditative music might play. The practitioner rests their hands on or near the client's body, relying on experience and intuition to guide the placement of



hands. The client may notice heat radiating from the practitioner's hands or physical changes on parts of their body. Some fall asleep and that's always a positive affect.

On October 22, 2019, "A Large-Scale Effectiveness Trial of Reiki for Physical and Psychological Health" was published in the peer-reviewed Journal of Alternative and Complementary Medicine. With a sample size exceeding 1400, researchers determined that Reiki significantly relieved pain, anxiety, depression, nausea, and fatigue. They concluded that "a single session of Reiki improves multiple variables related to physical and psychological health."

Reiki has become a widespread complementary therapy for heart disease, cancer, neurological disorders, anxiety, addiction, and trauma. Hundreds of hospitals and clinics utilize Reiki. Treatments often improve tolerance of the side effects of chemotherapy. We've seen Reiki reverse progressive symptoms of Parkinson's Disease, essential tremor, and other neurological conditions. Reiki practitioners have even found their way into surgery rooms, including assisting heart surgery patients of Doctor Mehmet Oz.

Reiki is accessible, quickly learned by anyone willing to find a qualified teacher, and invest a modest amount of time and resources. Reiki is not an intellectual path, and no meditation experience is required. Reiki passes to the student through the teacher.

Reiki can:

- Reduce Stress
- Clear Your Mind
- Calm Your Emotions
- Enhance Your Body's Performance
- Relieve Pain and Inflammation
- With Zero Side Effects

Practitioners with specialized training can provide sessions remotely—over the phone or another form of connectivity, or in some instances with no outside connections at all.

One of the images Mikao Usui beheld on Kurama Yama is known as the Distance Symbol. This symbol and others activate, person-to-person, for the use of each practitioner as they progress on their Reiki path.

The Japanese name for the Distance Symbol means: "The origin of all is pure consciousness." We use this symbol to carry Reiki across a room or to remote places. The Distance Symbol works immediately and travels instantaneously. The Distance Symbol also transmits Reiki through time.

In the world of Reiki, the body is part of a unified interplay of spirit, energy, thought, and emotion. Relaxation and a healthy flow of energy allow the body to maintain and heal itself. Touch may be part of Reiki sessions, but it is not vital for relaxation, stress reduction, and other wonderful effects. Distance Sessions are equally beneficial as sessions conducted in-person.

Reiki is easy to learn, harmless, enjoyable, and always available—here, there, tomorrow, and yesterday.

*Peter Huhtala teaches and practices Reiki at Holy Love Reiki in Tigard and throughout space and time. He is a former Clatsop County Commissioner. His memoir, Whispered Echoes includes, among other tales, the story of how he and his wife, Deborah O'Brien, embarked on a life of love and Reiki. You can write to him at [peterhuhtala@gmail.com](mailto:peterhuhtala@gmail.com).*

**I'M DEBORAH O'BRIEN.** I grew up in Astoria. Yes, I'm that Debbie O'Brien related to the O'Brien clan on Irving Street. I'm a Holy Fire® III Usui and Karuna Reiki® Master Teacher. For the past four years, I've operated a Reiki teaching and therapy center—Holy Love Reiki—in Tigard, Oregon, with my husband, Peter Huhtala.

Reiki gives my life meaning. It has opened my heart to love and healed deep traumas. Reiki has guided me to provide healing that helps others!



My relationship with Reiki began one day in 1993. I arrived at my real estate office with a tension headache. A fellow Realtor, Halima Carolyn Adams, said she might be able to help me with my pain. She placed her hands over my head for a few moments. I was amazed when I felt a warm and soothing feeling coming from her hands to my head, relieving pain and producing peace. She explained that she was an Usui Reiki Master. I asked her if she could teach me. Over the next few years, I learned the basic skills for three levels of Usui Reiki.

When the recession hit the Oregon coast real estate market, I was confused and disillusioned. It was easy for me to recognize the consistent value that Reiki provides. In 2010 I decided to take another master level training with William Lee Rand of the International Center for Reiki Training. I wanted to become a professional practitioner and teacher of Reiki. I traveled to Glastonbury, UK, for the training, and William provided my attunement to Reiki in the center of Stonehenge. That trip changed my life!

Six months later, I went to Seattle to learn a more advanced form of Reiki from William, known as Karuna Reiki®. When Usui Reiki evolved even further, to a more refined energy known as Holy Fire®, I felt compelled to learn it. Holy Fire Reiki has made a dramatic improvement in my life. It has allowed me to provide more profound healing for others whom I serve in sessions and classes.

Reiki is easy to use for small things in daily life and crises, both personal and for others. Reiki always brings a clear sense of calm and balance. Over the years, I have found that Reiki is all-wise and knowing and that it comes from an unlimited source of unconditional love. Reiki always knows



what is best for the highest good for all, providing grace and balance to any situation without siding with personal agendas.

*Reiki helps in so many ways, some entirely unexpected! Here are a few of the marvelous results that I've observed.:*

A large tumor shrank to almost nothing before an operation.

An infertility problem was resolved after one Reiki session after doctors gave her less than a 20% chance of conceiving. (She now has three girls!)

A challenging life circumstance improved, as people rallied round to help a young family find a new home.

An autistic young woman began hearing voices and acting out in dangerous ways. Months of traditional therapies, including medications, had no positive effect. After two Reiki sessions, the unwanted voices quelled; behavior returned to her normal state.

A young man heard voices and acted out—flailing and screaming. The voices left and behavior improved after one session.

People with Parkinson's disorder receiving regular sessions have found significant improvement in reducing the need for medications.

Two eighteen-year-old boys with criminal and drug behavior problems reported less anxiety, more confidence, and were able to hold jobs.

A woman with chronic alcohol problems and depression was freed from addictive behaviors. Her mood improved as she found new ways to express her life's purpose.

Chronic pain has been resolved or reduced for many people.

A cat wouldn't eat for five days. After Reiki treatment, she ate a whole bowl of food!

A woman with debilitating anger and depression found deep peace. Her Psychiatric Nurse Practitioner exclaimed: "You look calmer and happier. What's new?" When the woman replied, "Reiki," the PNP said, "Keep that up, and you'll be off all your meds soon!"

Reiki has helped people die peacefully with dignity and less suffering.

To reach me, call or text 503-706-0908 or email [Deborah@holylovereiki.com](mailto:Deborah@holylovereiki.com) Please visit our website at [www.holylovereiki.com](http://www.holylovereiki.com).

**REIKI WORDS:** Balance, Healing, Freedom, Enlightenment, Peace, Answers, Calm, Relief, Oneness, Compassion, Transforming, Nurturing, Revitalizing, Centering, Love, Liberating, Life Changing, Connection, Guidance, Confidence, Emotional Release, Meditative

**I WAS FIRST** introduced to Reiki in my own personal healing process from a chronic illness. While working with traditional medicine I ran across several alternative options and was fascinated by the idea and benefits of energy healing and emotional freedom therapy.

I came to understand that our problems come from the distress of the Spirit, caused by a broken heart and wounded soul.

I was trained by a Reiki Master that had learned the original form in Japan. I have now been a Reiki Master for 13 years.

The greatest thing for me is giving my clients the opportunity to take some time out of their busy, stressful life for some self-care.

Many of my clients have amazing experiences. One client, during his session spiritually connected with his mother who had passed away when he was 2 years old. Another had her spiritual gifts activated and is now using them to help others, and others, in addition to healing their emotional pain and physical dis-eases, have received creative ideas, solutions to problems and freedom from negativity.

Most of all my clients come out of their sessions feeling at peace, empowered, revitalized and even transformed.

I have learned over the years that each person is precious and has their own unique gifts and qualities they share with the world and that they are loved beyond comprehension. It is such a gift to me, to have the opportunity to give them the healing compassion that can change their lives for the better.

Jen Westlake, Soululaire, [www.soululaire.com](http://www.soululaire.com), [Jen@soululaire.com](mailto:Jen@soululaire.com)  
503-861-8811 @soululaire on Facebook, Twitter and Instagram



**REIKI** is an energy that one should experience for themselves because it is a love energy that is more powerful than we could ever explain in words. My own experience was a miracle. After domestic violence, the impact of the harsh treatment left me paralyzed with a tumor on my spine. I was a yoga teacher and was starting my Reiki training when this happened. Imagine laying on a bed in a cancer research room with two Reiki III Masters, it felt like they were doing surgery on me but it was not painful. One taking it out of my spine while the other one disposed of the cancer. The before and after of the MRI was evidence enough for me to become a Reiki III Master.

Reiki takes serious study because there are several layers of energy centers in our body, and many different ways of using it. There are three Reiki classes; Reiki I for self-healing, Reiki II practitioner, Reiki III Master uses advanced training such as long distance healing and Psychic surgery, and Master symbols which use our healing hands as fine attunement to realign with a positive life-force energy. The Reiki Master Teacher is the most advanced level which allows for attuning other Reiki Masters.

My daily use is to purify food and water with prayer (sound energy) and Mudras which are hand postures that allow fine-tuning. I also alleviate others' pain and my own pain by working with chakras, our life-force energy. Paying attention to each one of seven for a few minutes will make you feel good as new. I also use sound and light to fine-tune myself as a musician, some use tuning forks. As we have seen in science that water molecules change depending on our vibrational energy, with the proper love energy and knowledge, our healing touch or even without touch, can make a big difference in our lives. But you experience it to gain true understanding.

Rebecca Nueman. S.H.E. Studios. Therapeutic Musician, Certified Yoga Teacher  
Hatha II – Meditation, Reiki III Master 503-739-0810 [rebeneuman.she1@gmail.com](mailto:rebeneuman.she1@gmail.com)



**I FIRST** learned Reiki while living in New Orleans, where I saw a flyer for a Reiki Level One class, and just had this feeling about it. I knew I had to take it! My teacher ended up becoming a very important friend, and a few years later, even my next-door neighbor. She introduced me to an entire community of radical healers and artists that opened up my world. I'm so grateful to Reiki because it truly was one door that opened to so many more for me. Eventually, I completed my Level 2 and 3 training there as well.

These days, I mostly use Reiki on myself if I have a cold coming on or some unusual flare-up in pain, such as a headache. I'll send the healing energy to myself first thing in the morning when I wake up, and it alleviates the pain significantly. I also like to Reiki charge my bath, to send healing energy to the earth, and sometimes even to bless my food before I eat it. In my last Reiki class, one of the students had great feedback for me. After the Reiki attunement (where you receive the Reiki healing energy) she mentioned that the chronic pain in her neck had left. I didn't think much of it until I saw her weeks after the class and she said the pain was still gone. It had been something that was there her whole life, and the healing energy was able to dissipate the energetic block that was causing the pain. That was truly amazing to hear! I still love to teach Reiki classes, because I feel they can be such important initiations toward self-healing. As a practitioner, I mostly utilize other energetic healing modalities that I've been trained in, including the Access Bars and Intuitive Readings.

For me, Reiki was a beautiful way to learn about energy, and begin opening up to recognizing that everything is energy. It taught me that if we tap into the energetic level of things, we can actually begin to create something greater simply through having the intention to do so. It's a basic principle, and trust is key. It becomes very powerful when more and more people acknowledge that they actually can choose to make a change in their life if they truly want it. Often it begins with making the choice to go deeper with your own self-healing, first.

Aislinn Kerchaert offers Access Bars sessions (acupressure points on the head) and Tarot Readings at Designing Health Astoria. She regularly teaches classes on energetic clearing and spiritual awareness. You can learn more about her offerings at [www.singswithtrees.com](http://www.singswithtrees.com)

HF



## CCC Presents the 14th Annual International Juried Exhibit Au Naturel: The Nude in the 21st Century Opening Reception Feb 20

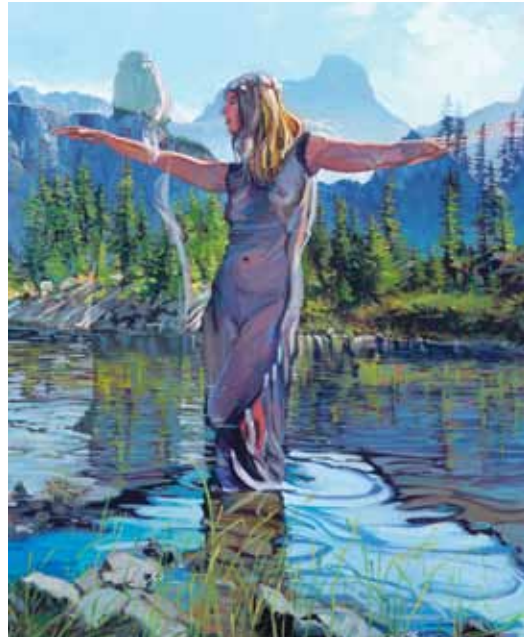
THE FOURTEENTH ANNUAL international juried exhibit Au Naturel: The Nude in the 21st Century will be on display from January 23rd through March 12th at Clatsop Community College's Royal Nebeker Art Gallery located at 1799 Lexington Avenue, Astoria, OR.

A community reception will be held on February 20th at 6pm, and this year's juror will be present to give a brief gallery talk. Awards to be announced at the reception include cash prizes, purchase awards, a special exhibit award to be held during the 2020 - 2021 exhibition season, and a select number of workshop awards. This reception is free and open to the public. A special post-reception gathering will be held at the Inferno Lounge, located at 77 11th Street immediately following the reception.

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

This year, over 500 images were submitted for consideration by artists from 27 states plus the District of Columbia, as well as international submissions from Canada. The 2020 exhibit will include works of art by 32 artists from 14 states across the U.S and Canada.

Juror for the 2020 exhibit is Henk Pander, an internationally recognized artist originally from Haarlem, The Netherlands, and who is currently based in Portland, Oregon. Henk Pander is represented in prestigious museums and collections across the globe, including the Rijksmuseum in Amsterdam. In addition to winning the first-place award in the 2017 Au Naturel, Pander was also an award-winning participant in CCC's ninth annual Au Naturel in 2015. He's been the recipient of many other prestigious awards, including: the Regional Arts and Cultural Council Visual Arts Fellowship in 2006-07; the State of Oregon Governor's Award for the Arts in 2005; the Oregon Arts Commission Master Fellowship for Painting in 1991; and two awards in national competitions in



**Upon the Threshold of Memory by Chris Sheridan**

the Netherlands in 1961 -- the Silver Medal in the Prix de Rome and the Talens Prize. For more information about Henk Pander, please visit his website [www.henkpander.com](http://www.henkpander.com)

Selecting artwork for each year's show from among the hundreds of submitted images is an extremely daunting task. Each year, a different juror is invited to select the work for the show, and each juror brings his or her own unique perspective and approach to the selection process. In his juror's statement, Henk Pander explains that he chose work that reflects "quality, originality, power, humanism, and lack of cliché."

**For all artists participating in the 2020 show, visit the Au Naturel website and navigate to the 2020 Au Naturel online gallery, which is available for viewing.**

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

**RECOLOGY WESTERN OREGON (RWO) and Astoria Visual Arts (AVA) announce the fifth round of the Coastal Oregon Artist Residency Program.** RWO and AVA aim to support the creation of art from recycled, repurposed and discarded materials recovered from the Recology Astoria Recycling Depot and Transfer Station. The Residency provides the two selected artists with access to discarded materials, a stipend of \$1,000 per month for 5 months, studio space at RWO's Warrenton-based facility and, at the close of the residency, a public exhibition in Astoria. The deadline to apply is March 31.

By supporting artists who work with recycled materials, RWO and AVA aim to encourage the public to conserve natural resources and promote new ways of thinking about art and the environment. Two five-month residencies will commence on May 1, 2019 and end on September 30, 2019. The public exhibit will take place during Artwalk in October.

During their residencies, artists have weekday scavenging privileges at the Astoria Transfer Station and access to a studio space at RWO's Warrenton office. RWO encourages artists to spend roughly 20 hours per week on their art projects.

### Eligibility

The Coastal Oregon Artists Residency is open to local, career-level artists living in Clatsop and Tillamook Counties in Oregon and Pacific and Wahkiakum Counties in Washington who are working in any style or medium. Applications are not accepted from artists who reside a driving distance of more than one hour from the RWO Astoria Transfer Station. Previous COAR participants are not eligible to apply.

**For the full prospectus, please visit [astoriavisualarts.org](http://astoriavisualarts.org). For questions about the residency, please contact Recology at [rwoeducationandoutreach@recology.com](mailto:rwoeducationandoutreach@recology.com).**



## February 2020



JERRY BOWMAN, CURATOR OF THE NORTHWEST CARRIAGE MUSEUM will be the featured speaker at Seaside Museum's next History & Hops at 6:00 pm on February 27th at the Seaside Brewing Co. in Seaside, Oregon. Bowman, known for his vast knowledge of horse drawn vehicle history and restoration will talk about 19th century transportation and share entertaining stories about the Carriage Museum's incredible collection.

The museum was opened in 2002. Bowman and his wife, Laurie - the museum's executive director - moved to Raymond 17 years ago and joined the museum in 2005. The collection has grown from 21 vehicles to 57, 30 of which Jerry has restored and conserved.

**February 27, 6pm. History & Hops, in its 6th year, is a series of local history discussions hosted by the Seaside Museum at 6pm on the last Thursday of each month, September through May, at Seaside Brewing Co., 851 Broadway.**

### Friday 7

#### MUSIC

- Anthony Enos. 6pm at Bridgewater in Astoria.
- Wes Warmund. 6pm at the Bistro in Cannon Beach.
- Toasted. 7pm at the North Beach Tavern in Long Beach.
- Dwight Yoakam. \$45 - \$85, 8pm at Chinook Winds in Lincoln City.
- Kina Lyn & Matt Franzen. No cover, 9pm at the Adrift Hotel in Long Beach.

#### CINEMA

- Oscar nominated Shorts. Live action and/or animated shorts. \$10, 6pm and 8:30pm at the Ten Fifteen Theater in Astoria.

#### HAPPENING

- Contra dance. With Clatsop County Stringband. \$5 - \$10 sliding scale. 7 - 10pm at the AAMC in Astoria.

#### THEATER

- A Midsummer Night's Dream. Musical Shakespeare. \$10, 7pm at the ASOC Playhouse in Astoria.
- Elvis Has Left the Building. Comedy. \$15, 7pm at TAPA in Tillamook.
- A Bench in the Sun. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Saturday 8

#### MUSIC

- Buzz Rogowski. 6pm at the Bridgewater in Astoria.
- Wes Warmund. 6pm at the Bistro in Cannon Beach.
- The Resolectrics. \$10, 7pm at the Hoffman Center in Manzanita.

Tony Furtado with Luke Price. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

Barna Howard. \$5 - \$10 suggested donation. 8pm at the Sou'wester Lodge in Seaview.

Britnee Kellogg. 8pm at Public Coast in Cannon Beach.

Dwight Yoakam. \$45 - \$85, 8pm at Chinook Winds in Lincoln City.

Kina Lyn & Matt Franzen. No cover, 9pm at the Adrift Hotel in Long Beach.

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

Beards II Men. \$8, 9:30pm at the Labor Temple in Astoria.

#### ART

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

Your Arts Desire. A celebration of art, wine, and chocolate. 6 - 8:30pm at the Kiawanda Community Center in Pacific City.

#### CINEMA

Oscar nominated Shorts. Documentary shorts. \$10, 2pm and 7:30pm at the Ten Fifteen Theater in Astoria.

#### HAPPENING

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

Baby Bodywork Day. Donation based bodywork clinic for babies. Bowenwork and Craniosacral Therapy. 2 - 5pm at Sage Water Collective in Astoria. [SageWaterCollective.com](http://SageWaterCollective.com)



Columbia River Shipwreck Conference. A variety of speakers will present topics on shipwreck research and discoveries from the Pacific Northwest and around the world. \$45, 9:30am – 4:30pm at the Columbia River Maritime Museum in Astoria.

Shore Style Wedding and Special Events Faire. Vendor Expo, “How-to” talks and demos, appetizers, and more. \$10 - \$20, 10am – 3:30pm in the Loft at the Red Building, Astoria. Get tickets at [brownpapertickets.com](#)

LECTURE  
Black in Oregon 1840 – 1870. With Layne Sawyer. 3pm at the Pine Grove Community House in Nehalem.

THEATER  
A Midsummer Night’s Dream. Musical Shakespeare. \$10, 7pm at the ASOC Playhouse in Astoria.

Elvis Has Left the Building. Comedy. \$15, 7pm at TAPA in Tillamook.

A Bench in the Sun. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 9

MUSIC  
Buzz Rogowski. 11am – 2pm at the Bridgewater in Astoria.

Miro Quartet. \$25, 3pm at Camp Winema, Cloverdale.

Anthony Enos. 6pm at the Bridgewater in Astoria.

Chris Jones & The Night Drivers. Award winning Bluegrass ensemble. \$20. 7pm. Doors open 6:30pm. At KALA in Astoria. Tickets at the door, advance at [libertyastoria.showare.com](#)

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

The Muddy Souls. 7:30 at Seaside Brewing.

Brownsmead Flats. No cover. 8pm at Fort George Brewery & Public House in Astoria.

LITERARY  
Oregon Legacy. With author Sophia Shalmiyev. 3pm at the Driftwood Library in Lincoln City.

THEATER  
A Midsummer Night’s Dream. Musical Shakespeare. \$10, 2pm at the ASOC Playhouse in Astoria.  
A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 10

MUSIC  
From Disney with Love. Free, 7pm at Tillamook First Christian Church.

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

LITERARY  
Pacific Story Slam. Love. Live storytelling performance competition. 6:30 – 8:30pm at North Beach Tavern in Long Beach.

Tuesday 11

MUSIC  
Barney Perrine. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING  
See You Next Tuesday. Comedy/Variety Night. 7 – 8:30pm at the Labor Temple in Astoria.

Wednesday 12

MUSIC  
Thistle & Rose. 6pm at the Bistro in Cannon Beach.

Barney Perrine. 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.

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

LITERARY  
Pacific Story Slam. Love. Live storytelling performance competition. 7 – 9pm at Workers Tavern in Astoria.

Thursday 13

MUSIC  
Anthony Enos. 6pm at the Bridgewater in Astoria.  
Wanderlodge. No cover, 7pm at the Adrift Hotel in Long Beach.

Anthropocene History and Science  
Professor Scott Fitzpatrick  
CB History Center

There is a general consensus that we are now living in a new geological epoch called the “Anthropocene,” a time marked by human domination of Earth’s bio systems. While the exact timing of this is still debated, there is no question that humans have caused widespread, and in some cases, irreversible damage to the environment. In this talk, Scott will discuss these issues using islands as case studies, which serve as ideal model systems for examining how Homo sapiens, through various cultural processes, have modified, disrupted, and permanently altered these pristine ecologies.

February 20, at 4pm at the Cannon Beach History Museum. 1387 South Spruce Street. FREE off-season lecture series.

The Liberty Presents  
Northern Lights  
ARCTURUS WIND QUINTET

Arcturus Quintet’s 2019-2020 season features a performance of three delightful Scandinavian wind quintets. Written in 1971, **Johan Kvandal’s Quintet, Op. 34** captures the ever-changing beauty of a northern landscape, from darkly brooding dawns to swirling snowflakes. A more recent addition to the repertoire, **Esa-Pekka Salonen’s 2003 composition Memoria** is a slow arc through different textures, requiring three of the musicians to double on their darker, lower auxiliary instruments (alto flute, English horn, and contrabassoon). Wrapping up the program is **Carl Nielsen’s eponymous Quintet, Op. 43**, which was written in 1921 for the musicians of the Copenhagen Wind Quintet. The piece captures the different personalities of each of the instruments – the chatty flute player, the sultry oboist, the practical joker who plays clarinet, the stoic horn player, and the grumpy bassoonist – and has since become a favorite of the wind quintet repertoire.

March 7, 7pm. Music from 7pm-8pm. \$30 per show, \$25 with season package. A post-performance reception with the artists is held in the McTavish Room immediately following the performance! Main doors open at 6:30pm. Tickets Free tickets for students under 18 years old are available in the box office. [libertyastoria.org](#)

LECTURE  
Lower Nehalem Watershed Council Speaker Series. Steve Trask will talk about the importance of beavers as ecosystem engineers and keystone species. \$5 suggested donation. 7pm at the Pine Grove Community Center in Manzanita.

LITERARY  
Pacific Story Slam. Love. Live storytelling performance competition. 7 – 9pm at Maggie’s on the Prom in Seaside.

Friday 14

MUSIC  
Todd Pederson and Peter Unander. 6pm at the Bridgewater in Astoria.

Wes Warmund. 6pm at the Bistro in Cannon Beach.

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

Kelley Shannon and George Colligan. Decades of Love Songs. \$10. Wine reception at 6:30pm, music at 7. At the PAC in Astoria.

Izthmi, Rat King, and Treasonist. \$5, 9pm at Charlie’s Chop House in Astoria.

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

ART  
Artaction. Interactive Art Experience. Opening Reception. Gallery staff is assembling an interactive art space that will have art elements that will grow, change and be built entirely by those that come to visit and experience this show. 5 – 7pm in the Chessman Gallery at the Lincoln City Cultural Center.

HAPPENING  
Mama Circle. A monthly gathering for pregnancy and postpartum with snacks, discussion, and movement. \$10 (Babies in arms welcome). 5:30 – 7pm at Sage Water Collective in Astoria. [SageWaterCollective.com](#)  
Stupid Cupid Valentine’s day Comedy Show. \$5, 8:30pm at the Labor Temple in Astoria.

THEATER  
A Midsummer Night’s Dream. Musical Shakespeare. \$10, 2pm at the ASOC Playhouse in Astoria.  
A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Saturday 15

MUSIC  
Jet Black Pearl. 5:50pm at Fort George in Astoria.

David Drury. 6pm at the Bridgewater in Astoria.

Wes Warmund. 6pm at the Bistro in Cannon Beach.

It Takes Two. 7pm at the North Beach Tavern in Long Beach.

Max Strozzi. 7pm at Public Coast in Cannon Beach.

Terry Robb. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

Three Together Acoustic Trio. \$15.27 - \$20.44. 7pm at the NCRD in Nehalem.

Hot July. \$5 - \$10 suggested donation. 8pm at the Sou’wester Lodge in Seaview.

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

The Quick and Easy Boys. \$5, 9pm at the Labor Temple in Astoria.

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

HAPPENING  
Asian New Year. Free. The Kite Museum’s collection of displays from 10 Asian countries comes to life. Learn about the many cultures of kites and enjoy tasty food. At the World kite Museum in Long Beach.

St Mary’s Fundraising Event. Live music, bake sale, craft sale, chili cook-off. 10am – 3:30pm at Peninsula Church Center in Seaview.

Winter Nordic Market. Treasures and Nordic treats. 10am – 3pm at Suomi Hall in Astoria.



Q Dance. Celebrate the new LCQ Center. Disco old and new. Doors open 8pm, dance 9pm-12pm. \$10. Proceeds benefit Q Center. At KALA. 21+ please.

Roaring 20s Speakeasy Casino Night. Prizes for top chip holders and best 1920s costume at the end of the night. \$15 per person, \$25 per couple. 6pm at the Heritage Museum in Astoria. Enter via the “Black” door on Duane Street.

LITERARY  
Author Marcy How. Howe will read from her book “A Generous Nature: Lives Transformed by Oregon.” 1pm in the Community Room at the Seaside Library.

Manzanita Writer’s Series. An Evening with Kim Taylor Blakemore. . 7pm at the Hoffman Center in Manzanita.

THEATER  
A Midsummer Night’s Dream. Musical Shakespeare. \$10, 2pm at the ASOC Playhouse in Astoria.

A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Sunday 16

MUSIC  
Isabella Morril. 11:30am – 2pm at the Bridgewater in Astoria.

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

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

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

Straw Hat Revival. 7:30pm at Seaside Brewing.  
The Hackles. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK  
Pancake Breakfast. All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.  
Cannon Beach American Legion Breakfast. \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.







Frank Jagodnik, David Sweeney and Liz McCall.

## A BENCH IN THE SUN at The Coaster

JOINED AT THE ARTHRITIC HIP, Harold and Burt, residents of Valley View Gardens and longtime friends, spend their days on a bench in the garden bickering. A once famous actress has just moved in, giving them something new to argue over. When they learn that the home is about to be sold and they will have to find a new residence, the three join forces to prevent this upsetting development.

Directed by Ann Bronson. Cast: David Sweeney, Frank Jagodnik and Liz McCall.

**Performances: January 31 – February 22. 7:30pm. Sunday Mats 3pm. If this were a movie it would be rated PG. A Bench in the Sun includes mild adult themes. Your own judgment is the best guide for your family. Ticket purchase at [coastertheatre.com](http://coastertheatre.com). \$25 - \$20.**



## 2020 Oscar Nominated Short Films

### The Ten Fifteen Theater

## Feb 4 – 8 • 15 Short Films in 3 Oscar Categories

The red carpet comes to Astoria! The Ten Fifteen Theater at 1015 Commercial Street in downtown Astoria will be showing the 2020 Oscar Nominated Short Films from February 4th - 8th. This is a rare opportunity to see a variety of brilliant and original filmmaking from around the world. This is the 15th year that Oscars Shorts have been released. The Animated and Live Action categories will be shown on the 4th - 7th at 6pm & 8:15pm, the Documentaries on the 8th at 2:15pm & 7:15pm. Running times for the Animated category is 84 minutes, 105 minutes for Live Action and 160 minutes for Documentary. Ratings for Animated is PG-13 and R for Live Action and Documentary. Please note that although they are animated films, the subject matter of the Animated category, while not showing anything decidedly inappropriate, is not directed towards children. Tickets & more details about showtimes are available online at [www.thetenfifteen.com](http://www.thetenfifteen.com) or through The Liberty Theatre box office. Tickets also available at the door. \$10 per showing or \$15 for a "day pass".

## DECADES OF LOVE

## Kelley Shannon with George Colligan Feb 14

NORTH COAST JAZZ VOCALIST Kelley Shannon and pianist George Colligan team up for a night of love songs at the PAC, and it just so happens to be Valentine's Day 2020, February 14.

George Colligan is a Portland based jazz pianist/composer/educator, who also tours, and spent 14 years in the NYC jazz scene. In an already prolific career, Colligan has released over twenty albums as a leader and has recorded on over 100 albums as a sideman. He's performed as a sideman with a long list of jazz greats, including Phil Woods, Gary Bartz, Robin Eubanks, Billy Higgins, Lee Konitz, Nicholas Payton, Steve Wilson, Richard Bona, Cassandra Wilson, Christian McBride, Buster Williams, Al Foster, Don Byron, Benny Golson, Lonnie Plaxico, and Vanessa Rubin. While his playing is influenced by Chick Corea, Miles Davis, Herbie Hancock, Thelonious Monk,



Wayne Shorter, and McCoy Tyner. Colligan's style is eclectic; it incorporates everything from show tunes to funk, from free improvisation to modern classical music.[1]

Shannon has chosen repertoire from the 60's/70's decades, but expect some twists and turns as the two artists interpret through jazz improvisations. Shannon has dedicated her rich vocal range to jazz since high school, and was recognized by the Kennedy Center as a young artist, has recorded four albums to date, several with jazz guitar virtuoso John Stowell. She's sung extensively in the Portland jazz scene and NYC. Of recent, she's crossed genres, performing as a collaboration in Brazilian groove trio Euphoria with trumpeter Derek Sims.

**The evening's performance begins at 7pm, with a wine reception preceding at 6:30pm. Tickets are \$10. Available in advance at [Panache Salon](http://PanacheSalon.com), 265 W. Marine Dr. in Astoria, and at the door. The PAC is located at 16th & Franklin in Astoria.**



## "Italian Opera Afternoon" at the Bridgewater!

ENJOY A DELICIOUS MIX of gorgeous Puccini arias, Italian desserts and prosecco, and the beautiful view at the Bridgewater Bistro with its floor to ceiling windows overlooking the Columbia River. "Italian Opera Afternoon", presented by the Water Music Society and the Bridgewater Bistro, is the final event of the Water Music Society's 35th anniversary celebration.

The featured artists for the event are Kari Burgess, Soprano, David Gustafson, Tenor, and John Jantzi, Piano. Kari Burgess is an expressive lyric soprano hailing from Portland, will join the Portland opera ensemble this season and was an apprentice artist for last year's music festival in Astoria. Internationally recognized for his robust, expressive voice, tenor David Gustafson made his San Francisco Opera debut

in 2010. Pianist John Jantzi is the Senior Instructor of Music Theory, Aural Skills, and Keyboard Skills at the University of Oregon and holds a PhD in Music Theory and Orchestral Conducting.

**Italian Opera Afternoon - Sunday, February 23, 2020, from 3pm to 4:30pm, doors open at 2:30. Bridgewater Bistro, 20 Basin St, Astoria Or. Tickets available online at [WaterMusicSociety.com](http://WaterMusicSociety.com); \$40 ticket price includes all of the above. Non-alcoholic alternatives available. Tickets will be sold at the door ONLY if space remains. A portion of the proceeds benefits the Ocean Beach and Naselle School District Music Programs.**

## AUDITIONS

**TAPA AUDITIONS:** The Tillamook Association for the Performing Arts announces auditions for **And Then There Were None** by Agatha Christie and directed by Chris Chiola. 11 roles are available for both men and women of any age as well as volunteers for stage and tech crew. Auditions will be held **February 15** in the Copeland Room at the Tillamook County Main Library branch at Third and Stillwell in Tillamook from 2-4pm. For more information or to request a cast listing, please contact Chris Chiola at (503) 812-7036 or at [chiola1970@yahoo.com](mailto:chiola1970@yahoo.com).

Based on her most successful novel, Christie wrote the stage version herself in response to the dark days of the Second World War. The play was a smash hit in London and Broadway and has been performed consistently ever since.

Ten strangers are summoned to a remote island. All that the guests have in common is a wicked past they're unwilling to reveal and a secret that will seal their fate. For each has been marked for murder. As the weather turns and the group is cut off from the mainland, the bloodbath begins and one by one they are brutally murdered in accordance with the lines of a sinister nursery rhyme.

**ASOC AUDITIONS:** Auditions for the Astor Street Opry Company's production of: **The Real Lewis and Clark (or HOW THE FINNS DISCOVERED ASTORIA)** are **Monday, Feb 10 and Tues February 11 from 6-9 pm** at the ASOC Playhouse, 129 W. Bond Street in Uniontown, Astoria.

This is the lost story of how Meriwether Lewis and William Clark and their Corps of Discovery really came to end of the trail. And how they were rescued by the true heroes of the Pacific Northwest, two boys from the Old Country, Minnesota, who showed up in time to save the day! (with the help of their Mama of course)

Many parts available including: Meriwether Lewis and William Clark the fearless leaders, Ole and Sven the Brew Masters, Mama Svenson and her girls (the REAL heroes), Jaynie Barnes, Capt. Bobby Gray, Barkeeps and wenches, a Master of Ceremonies, and the whole assortment of the crew who makes up "The Corps of Discovery".

No exp. is necessary. Parts for over 26 men and women (ages 18 and older) who can carry a tune, do a little side step and be willing to go down in ASOC history we relive the tale of how Astoria was discovered!

Parts may be open to younger performers 16-17, based on experience. Contact Judith at (503) 791-1037



## Abstract Paintings: Shellie Garber At Riversea



Ramblin Rose 24x24 canvas

ROMANCING THE LINE at RiverSea Gallery is a presentation of new paintings by Portland artist Shellie Garber, her first solo show on the north coast. Catch the artist and her latest work at the opening reception during Astoria's Second Saturday Artwalk on February 8 from 5:00 to 8:00, with local guitarist Dylan Clodgo providing musical accompaniment. The show remains on view through March 10, 2020.

These lively abstract paintings display a sophisticated interplay of structured and spontaneous mark making garnered from Garber's keen observation and imaginative response to her daily surroundings. The dance of line, form and color is often enhanced with collaged elements, adding further dimension to the textured surface. Throughout this series, the artist uses built up and obscured layers to convey a sense of mystery, curiosity and imperfection.

Garber is a self-taught artist who turned to her current non-representational style in 2015. Since then she has exhibited extensively and taken awards in juried shows throughout Oregon.

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

## Duncan Berry and Shelby Silver Gyotaku Tradition and Ecological Rehabilitation Through Art AVA

ASTORIA VISUAL ARTS presents renowned artist Duncan Berry in an exhibit titled *Creatures of the Deep: Gyotaku – Japanese Folk Art Prints* together with ecological artist Shelby Silver.

Berry's work is inspired by the tradition of 14th century European naturalists and 18th century Japanese court artists and features gyotaku: monoprints taken directly from fish, birds and plants. Berry's images take the viewer on a journey 5000 feet down in the Pacific Trench, to kelp beds near the shore, to nests high upon Oregon's cliffs. Berry is an artist, poet, and serial entrepreneur that has spent most of his life on, in or under the salty waters of the world's oceans. His current passion is honoring those epic creatures that inhabit our coastlines by depicting their fascinating lives in archival ink and paper. Berry will be giving gyotaku workshops during the FisherPoets Gathering in February.



D Berry, Giant Pacific Octopus

Shelby Silver will present *Ecological Rehabilitation Through Art*, sculptural work that transforms our creativity into poignant and meaningful efforts of activism through artistic process. Silver utilizes plastic marine debris or "ghost gear" of all shapes and sizes to create artwork from a place of deep value and appreciation of this earth and preservation of it. Plastic marine debris has been typically seen as "garbage", attaching a negative stigma to the word that often veers us from wanting to do something about it, and instead registers on a level of fear and disgust making



S. Silver, Marine Debris Sculpture

it challenging to know how to move forward. Silver suggests that if we can reshape the way we see ocean plastics by looking at the situation through eyes of love, we can then begin problem solving. A shift in perception gives us the opportunity to look at the situation and no longer see refuse, but resource.

Silver will be hosting a workshop at the AVA Center for the Arts guiding participants through making a signature buoy, Saturday, February 29 from noon to 2pm. Buoys and marine debris will be provided, but if you have special material or a buoy, please bring them. Donations are welcome.

**The show opens during Artwalk, February 8 from 5 to 8pm, and will be up through March 7. The AVA Center for the Arts is located at 1000 Duane Street in Astoria and is open Fridays and Saturdays from 12 to 5pm.**

## The Photographic Nude 2020 at LightBox

LIGHTBOX PHOTOGRAPHIC GALLERY opens "The Photographic Nude 2020" with an opening artists' reception on Saturday, February 8 from 5-8 pm. This is the ninth year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox established "The Photographic Nude" series in 2011 to gain an understanding of the nude historically in the photographic medium. The show features many talented practitioners of the photographic fine art nude from around the world. With 52 images selected for the exhibit from 42 photographers, this year LightBox is pleased to have Douglas Beasley as Juror for the Exhibit.

Douglas Beasley is owner and publisher of SHOTS Magazine, a quarterly journal of eclectic black & white photography now in its 35th year of publication. Doug's personal vision explores the spiritual aspects of people and place and is concerned with how the sacred is recognized and expressed in everyday life. His work has been exhibited and published worldwide. Having been a fine-art photographer and photo workshop instructor for many years.

"I want to see photographs that have a strong, honest direct connection to their subject or photos with a sense of mystery or meaning. A compelling image may ask more questions than it answers. There should be an awareness how of the entire frame is utilized not just subject and background. I react to a personal point of view and want to feel the photographer's presence in the process rather than submitting what they think will be liked by me or others. And even better if something of the maker is revealed as well as the subject."

Douglas Beasley will give a Juror's talk 'Sacredness & Sexuality in the Figure in Landscape' at 4pm on Saturday February 8 immediately before the opening reception. Please contact the gallery if you would like a seat.

**The exhibit runs February 8 through March 10. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238. Visit [lightbox-photographic.com](http://lightbox-photographic.com)**



Andrew Graham, Concession

## LUMINARI ARTS Expanding!

AFTER SIX SUCCESSFUL YEARS on Commercial Street, Luminari Arts is relocating and expanding to 1196 Duane Street, Astoria. With an ever increasing inventory of cards, stationery, gifts and jewelry, the business outgrew its current location, and plans to keep expanding in the new location.

Currently, work is being completed on the new space; replacements of windows and doors, new light fixtures, and other capital improvements. The high ceilings and fresh walls will provide ample space to highlight new artwork and inventory.

Luminari Arts will remain open at its current location, 1133 Commercial, until February 8, and reopen at its new location by February 13, with a soft opening celebration on February 15, with live music and sneak previews of new merchandise. Grand opening is scheduled for the April artwalk. Luminari Arts is open 7 days a week. Phone: 503.468.0308.



Melissa Young

### JOIN HOFFMAN CENTER FOR THE ARTS

in February as they unveil their new gallery show, "Fantastical February." The show opens February 7 and runs through March 1 and features the work of three artists: Zemula Felming-beaded and painted medieval villages, Denise Sirchie-mosaics, Melissa Young-collage.

Help kick off this exciting new show with an Artist Reception on Saturday, February 8th, 2pm to 4pm. Light refreshments will be served.

"Fantastical February" can be viewed during open gallery hours, Friday – Sunday 1pm to 4pm. The gallery is free and open to the public.

**Hoffman Gallery is a program of Hoffman Center for the Arts and is located at 594 Laneda Avenue in Manzanita, OR. visit <https://hoffmanarts.org/hoffman-gallery/>**



## Manzanita Writers' Series presents Kim Blakemore

KIM TAYLOR BLAKEMORE reads from her latest novel, *The Companion*, at 4 pm at the Hoffman Center for the Arts in Manzanita on Saturday, February 15.

1855, New Hampshire. Lucy Blunt is set to hang for a double murder. Murderess or victim? On-ly Lucy knows the truth. In the shadow of the gallows, Lucy reflects on the events that led to her bitter downfall—from the moment she arrived at the rambling Burton mansion looking for work and a better life to the grisly murders themselves.



"As her date with the gallows approaches, Lucy Blunt is struggling to understand why she is at odds with society. In a literary tradition stretching from Jane Eyre to Alias Grace, her intoxicating account took me to another time and place. A confession with the illicit excitement of a thriller, *The Companion* offers everything I like about modern historical fiction: a resonant voice that brings women's lives out of the shadows." —Jo Furniss, best-selling author of *All the Little*

Children and The Trailing Spouse

Kim writes about the thieves and servants, murderers and soiled doves, grifters and flim-flam girls. The fierce women. The dangerous women with tangled lies and hidden motives. *The Companion* is her adult debut in historical mystery. She is also the author of the YA historical novels *Bowery Girl* and the WILLA Literary Award winner *Cissy Funk*. Recipient of a Tucson Festival of Books Literary Award, WILLA Literary Award, and three Regional Arts and Culture Council (RACC) grants, she also teaches novel intensives in Portland, Oregon, and is a member of Women's Fiction Writers Association, and Historical Novel Society.

From 10am to 1pm she will also be teaching a writing workshop on setting as character.

**Saturday, Feb 15, 4pm. \$7. Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita, Visit <https://hoffmanarts.org/writing/manzanitas-writers-series/>**



## "A Generous Nature" with Author Marcy Houle At Seaside Public Library

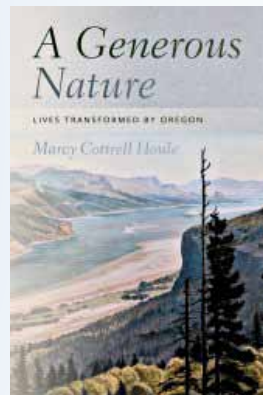
THE FRIENDS OF THE SEASIDE LIBRARY welcome author Marcy Houle speaking about her book "A Generous Nature: Lives Transformed by Oregon."

"A Generous Nature" offers profiles of twenty-one conservationists and activists who have made enduring contributions to the preservation of Oregon's wild and natural places. These stories speak to their courage, foresight and actions, at times against great odds. Taken from personal interviews conducted by the author, over a decade, these stories will illuminate the history of Oregon's exceptional places, innovative planning efforts, and laws. Houle features locations as diverse as the Columbia River Gorge, the Sandy River, and Tryon Creek State Park. Also included in the book are the background on critical laws such as the Beach Bill, Diack Act, and Senate Bill 100.

One of the people profiled in the book is local conservationist Neal Maine, and he will be on hand to participate in the event.

Marcy Houle is a fifth-generation Oregonian. Her books include "Wings for My Flight", "One City's Wilderness" and *The Prairie Keepers*. Her work has also appeared in *Nature Conservancy Magazine*, *Readers Digest*, and the *New York Times*.

**Saturday Feb. 5 at 1pm in the Community Room. The Seaside Public Library is located at 1131 Broadway. (503)738-6742, [seasidelibrary.org](http://seasidelibrary.org)**



## New Release Marianne Monson *Her Quiet Revolution*

MARIANNE MONSON, author of *Frontier Grit* and *Women of the Blue and Gray*, releases new historical fiction novel to commemorate the 100th anniversary of US Women's Suffrage: *Her Quiet Revolution: A Novel of Martha Hughes Cannon: Frontier Doctor and First Female State Senator* will be in bookstores in mid-February, 2020.

When her baby sister and her father die on the pioneer trail to Salt Lake City, Mattie is determined to become a healer. But her chosen road isn't an easy one as she faces roadblocks common to Victorian women. Fighting gender bias, geographic location, and mountains of self-doubt, Mattie pushed herself to become more than the world would have her be, only to have everything she's accomplished called into question when she meets the love of her life: Angus Cannon, a prominent Mormon leader and polygamist.

Forced into exile from the American Frontier to her childhood home of Wales, Martha's path takes her on a life journey that is almost stranger than fiction as she seeks to reconcile her role as mother with her desire to leave the world a better place. But as the US government increases persecution of her lifestyle, heartache isn't far behind, and ultimately Cannon must decide

how to navigate the world on her own terms and where greatest allegiance must lie.

*Her Quiet Revolution* is the story of one woman's determination to change her world, and the path she forged in the political arena for others to follow.

Marianne Monson teaches English at Clatsop Community College and is President of The Writer's Guild, a literary nonprofit. She writes on topics related to women's history from a 100-year-old house in Astoria, Oregon.

**Upcoming Events:** Ales and Ideas, Fort George Lecture Series, March 5, 7pm, Astoria Public Library, March 7, 7pm, Cannon Beach Library, March 14, 2-3pm NW Pilgrims Conference, Seaview Washington, March 28, 10am



10th St. Stage  
From San Fran, Christopher Brown  
winter concert series

THE ASTORIA LIBRARY PRESENTS 10TH STREET STAGE – Rainy Season, a three-part concert series situated in the library's reading room (450 10th St.). Next up at **7pm Friday, February 21**: a performance by San Francisco based singer-songwriter, Christopher Brown. All ages are welcome. Admission is free.

Christopher Brown has played in towns and cities across the country for almost eight years, as a street musician and in venues in NYC, Boston, Pittsburgh, Eugene, Seattle and elsewhere. Each song he performs – whether one of his own compositions or another's music that he relates to – takes listeners on an emotional journey. Through this journey with music, Christopher aims to interact with as many people as possible who too are seeking connection, authenticity and a place to share their story, their gifts and their human experience.

10th Street Stage will continue with a musical presentation by folksinger and storyteller Barbara Anne Gaidosh, at 7pm Friday, March 20.

### HAPPENING

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

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

### LECTURE

In Their Footsteps Speaker Series. Common Birds of Fort Clatsop, Then and Now. With Barbara Linnett. 1pm in the Netul Room at Fort Clatsop, Astoria.

### LITERARY

Driftwood Legacy Series. Author Kate Hope Day will talk about her first novel, "If, Then." 3pm at the Driftwood Library in Lincoln City.

### THEATER

A Midsummer Night's Dream. Musical Shakespeare. \$10, 2pm at the ASOC Playhouse in Astoria.

A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Monday 17

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

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

### LITERARY

Pacific Story Slam. On the Job. Live storytelling performance competition. 7 – 9pm at North Beach Tavern in Long Beach.

## Tuesday 18

### MUSIC

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

### LECTURE

Columbia Forum. Richard Neuberger of Oregon: A Man Ahead of His Time. With Steve Forrester. \$15 for lecture only, \$35 for lecture and meal. 6pm at The Astorian in Astoria.

## Wednesday 19

### MUSIC

Chuck Whittey with Janet Clark. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

KALA JAM. Players, singers, solo or sit in with House Band Raizz The Bar. No Cover. 7-10pm at KALA in Astoria.

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

### LECTURE

Natural Selections. Jewels of the Sky. A Talk about hummingbirds. With Barbara Linnett. 7pm at the Astoria Public Library.

### LITERARY

Pacific Story Slam. On the Job. Live storytelling performance competition. 7 – 9pm at the Workers Tavern in Astoria.

## Thursday 20

### MUSIC

David Drury and Friends. 6pm at the Bridgewater in Astoria.

Sugar Thistles. 6pm at the Bistro in Cannon Beach.

The Folly. 7pm at the Gearhart Hotel.



## HAPPENING

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

## LECTURE

Salty Talks. Restoring the North Head Light-house. With Alex McMurry. 6:30pm at Salt Hotel in Ilwaco.

Dry Farming: Growing Without Irrigation. With Teresa Retzlaff. 6pm, Rm 221, Columbia Hall. At CCC in Astoria.

Tools for Sustainability. Electrify Everything. With Joe Wachunas. 7pm , Columbia Hall 219, CCC, Astoria.

## LITERARY

Pacific Story Slam. On the Job. Live storytelling performance competition. 7 – 9pm at Maggie's on the Prom in Seaside.

An Evening with David Robinson. The author will read from his newest book “Cloud Devotion: Through the Year with the Cloud of Un-knowing.” 6:30pm at Beach Books in Seaside.

## Friday 21

## MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Wes Warmund. 6pm at the Bistro in Cannon Beach.

Baron Fenwick. 7pm at Cannon Beach Community Church.

Christopher Brown. 7pm at the Astoria Public library.

Jamos Blood. 7pm at Astoria Brewing.

## HAPPENING

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

## THEATER

A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Saturday 22

## MUSIC

Wes Warmund. 6pm at the Bistro in Cannon Beach.

Matthew Lindley and the Misbehaviors. 7pm at Public Coast in Cannon Beach.

Kassi Valazza. \$5 - \$10 suggested donation. 8pm at the Sou'wester Lodge in Seaview.

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

Neon Aces. \$5, 9pm at the San Dune Pub in Manzanita.

## ART

Tillamook Downtown District Art Walk. 1 - 3pm.

## LECTURE

In Search of Prehistoric Whales. With David Taylor. 1pm in the Community Room at the Seaside Library.

## THEATER

A Bench in the Sun. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Sunday 23

## MUSIC

North Country Bluegrass Band. \$15, 2pm at the Raymond Theater in Raymond.

Richard T and Friends. 11:30am – 2pm at the Bridgewater in Astoria.

Italian Opera Afternoon. \$40, get tickets at WaterMusicSociety.com. 3pm at Bridgewater in Astoria.

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

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

Everson Pines. No cover. 8pm at Fort George Brewery & Public House in Astoria.

## LITERARY

Oregon Legacy Series. The popular literary series concludes with a visit from Claire Rudy Foster — a queer, non-binary, trans writer of fiction, nonfiction, personal essays, screenplays and more. 3pm at the Driftwood Library in Lincoln City.

## Monday 24

## MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

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

## LITERARY

Pacific Story Slam. Epic Fail. Live storytelling performance competition. 6:30 – 8:30pm at North Beach Tavern in Long Beach.

## Wednesday 26

## MUSIC

Isabella Morill. 6pm at the Bridgewater in Astoria.

The Kathryn Claire Trio. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

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

## CINEMA

Birth of a Nation. Part One of the Slavery, Religion, & Freedom series. 7pm in the Lovell Showroom, Fort George, Astoria.

## HAPPENING

Repair Café. A community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull

## February 29: Robin Baciorek at Sou' Wester



**“A guitar. A voice. Sometimes that’s all a musician needs to lift the listener to a higher place. Smart lyrics help, too, and Robin Baciorek has them.” - Dave Riedel, CBS News**

or in need of repair. 4 – 8pm at 1010 Duane Street in Astoria.

## LECTURE

The Art of Living/Dying. A Year to Live : Learning the Art of Surrender. With Deborah Cipolla. 3 – 5pm at the Hoffman Center in Manzanita.

## LITERARY

Black History Month Event. Author R Gregory Nokes will present from his book, “Breaking Chins: Slavery on Trial in the Oregon Territory.” 5:30pm at the Astoria Public Library.

Pacific Story Slam. Epic Fail. Live storytelling performance competition. 7 – 9pm at the Workers Tavern in Astoria.

## Thursday 27

## MUSIC

David Drury and Friends. 6pm at the Bridgewater in Astoria.

Sugar Thistles. 6pm at the Bistro in Cannon Beach.

## LECTURE

Slavery, Religion, & Freedom. (Part 2) A Philosophical Discussion. With Ron Craig and Seth Tichenor. 7pm in the Fort George Lovell Showroom, Astoria.

History and Hops. NW Carriage Museum. With Jerry and Laurie Bowman. 7pm at Seaside Brewing.

## LITERARY

Pacific Story Slam. Epic Fail. Live storytelling performance competition. 6 – 8pm at Maggie's on the Prom in Seaside.

## Friday 28

## MUSIC

Todd Pederson and Peter Unander. 6pm at the Bridgewater in Astoria.

Wes Warmund. 6pm at the Bistro in Cannon Beach.

The Mutineers. 9pm at the Labor Temple in Astoria.

Straw Hat Revival. No cover, 9pm at the Adrift Hotel in Long Beach.

## HAPPENING

The Fisherpoets Gathering. Live poetry, prose, and music performances. \$15 for admittance button good for all events. Multiple venues and times in Astoria and nearby. Fisherpoets.org

## LITERARY

Writer's Read Celebration. Views from the North Coast. 7pm at the Cannon Beach Library.

## Saturday 29

## MUSIC

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

Anthony Enos. 6pm at the Bridgewater in Astoria.

Wes Warmund. 6pm at the Bistro in Cannon Beach.

The Floating Glass Balls. 7pm at Public Coast in Cannon Beach.

Silver Lake 66. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

In the Pink. Pink Floyd Tribute. \$18, 8pm at the Times Theater in Seaside.

Robin Baciorek. \$5 - \$10 suggested donation. 8pm at the Sou'wester Lodge in Seaview.

## ART

HiiH Lights Open Studio. See their latest handmade paper lights and the paper making process. 10am – noon at HiiH Lights near Astoria. 503-493-4367

## HAPPENING

The Fisherpoets Gathering. Live poetry, prose, and music performances. \$15 for admittance button good for all events. Multiple venues and times in Astoria.. Fisherpoets.org

Drag the River. Drag performance. \$10 - \$15, 9pm at the Labor Temple.

Comedy Variety Show. Featuring Magician Jason Andrews and Juggler Niels Duinker. \$20 - \$25, 7:30pm at the Coaster Theater in cannon beach.

## Sunday 1

## MUSIC

Richard T and Friends. 11:30am – 2pm at the Bridgewater in Astoria.

The Alexander String Quartet. \$25, 3pm at Camp Winema, Cloverdale.

Dan Sternadel. 6pm at the Bridgewater in Astoria.

Silver Lake 66. No cover, 7pm at the Adrift Hotel in Long Beach.

Fox and Bones. 7pm at Seaside Brewing.

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

## HAPPENING

The Fisherpoets Gathering. Live poetry, prose, and music performances. \$15 for admittance button

good for all events. Multiple venues and times in Astoria and nearby. Fisherpoets.org

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.

## Monday 2

## MUSIC

Dan Sternadel. 6pm at the Bridgewater in Astoria.

Silver Lake 66. No cover, 7pm at the Adrift Hotel in Long Beach.

## LITERARY

Pacific Story Slam. Life Changing. Live storytelling performance competition. 6:30 – 8:30pm at North Beach Tavern in Long Beach.

## Tuesday 3

## MUSIC

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

## Wednesday 4

## MUSIC

Geezer Creek. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

Raeann Phillips. 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.

Pacific Story Slam. Life Changing. Live storytelling performance competition. 7 – 9pm at the Workers Tavern in Astoria.

## Thursday 5

## MUSIC

Lisa Lynne & Aryeh Frankenfurter. Celtic Harps, Rare Instruments & Wondrous Stories. \$20, 7pm at the Lincoln City Cultural Center.

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

## LITERARY

Pacific Story Slam. Life Changing. Live storytelling performance competition. 7 – 9pm at Maggie's on the Prom in Seaside.

## THEATER

Cocktail Hour. \$15, 7pm at Theater West in Lincoln City.

## ART

Opening Reception. Au Naturel: the Nude in the 21st Century. 6pm at the Royal Nebeker Art Gallery, at CCC in Astoria.

## LITERARY

Pacific Story Slam. When Life Gives You Lemons. Live storytelling performance competition. 6 - 8pm at Maggie's on the Prom in Seaside.

## Friday 7

## MUSIC

Dwight Yoakam. \$45 - \$85, 8pm at Chinook Winds in Lincoln City.

Kina Lyn & Matt Franzen. No cover, 9pm at the Adrift Hotel in Long Beach.

## THEATER

A Midsummer Night's Dream. Musical Shakespeare. \$10, 7pm at the ASOC Playhouse in Astoria.

A Bench in the Sun. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 8

## MUSIC

The Resolelectrics. \$10, 7pm at the Hoffman Center in Manzanita.

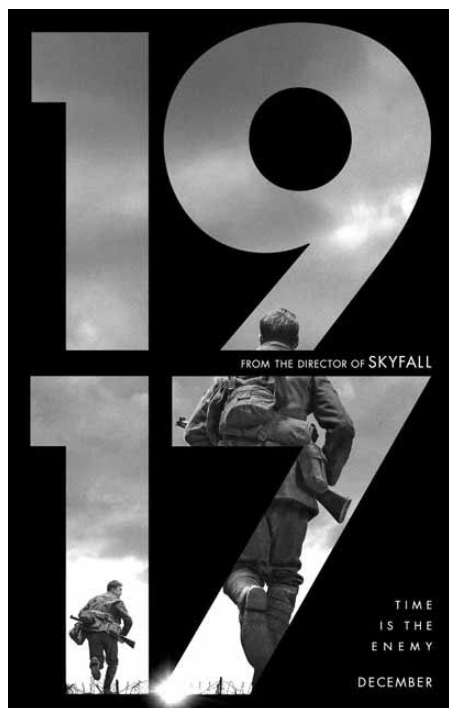


## The Hackles

Beloved Astorian roots folk duo The Hackles, Luke Ydstie and Kati Claborn with their recent sophomore release “A Dobritch did as a Dobritch Should”

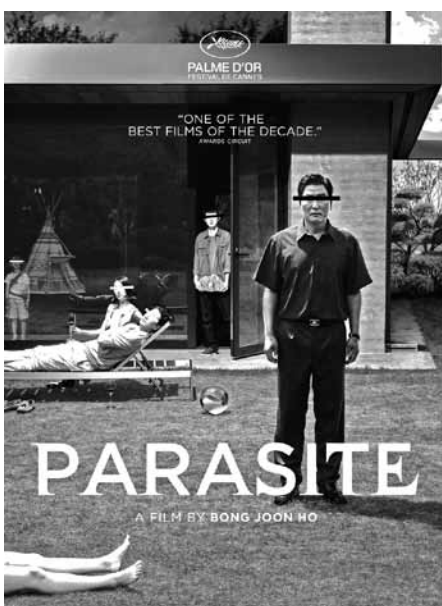
**Play Fort George, Sunday February 16 at 8pm.**





### BEST PICTURE

**Prediction: 1917** After winning the Producers Guild Award, and after director Sam Mendes won the Directors Guild award, 1917 stamped itself as the favorite for the Oscar. Inspired by a story told to him by his grandfather who fought in World War I, Mendes tells the story of two British soldiers sent on a mission to deliver a message that a planned attack is a trap. The real wizardry of 1917 is how Mendes and his production team re-created the devastation of No Man's Land, which corporals Schofield and Blake must cross to deliver their message. In long, uninterrupted takes the camera glides alongside the soldiers as they navigate mud, bodies, barbed wire and ever-present death. The effect places the viewer inside what the two men are experiencing in an immersive way that has not been achieved before for an entire film.



**Les's Favorite: Parasite** Bong Joon Ho's social class thriller about a destitute family that infiltrates an upper class family is at turns a drama, thriller, comedy and then, in the end, a horror. Parasite is easily the most audacious film in the field. Winning the Screen Actors Guild best ensemble award places Parasite as a contender for the big prize considering Screen Actors Guild members comprise the largest percentage of Academy voters. Parasite faces an uphill climb considering a foreign language film has never won the Best Picture Oscar, although it seems a shoe-in to win Best International Feature.

**Other Nominees:** *Ford v Ferrari* / *The Irishman* / *Jojo Rabbit* / *Joker* / *Little Women* / *Marriage Story* / *Once Upon a Time in Hollywood* /

### BEST DIRECTOR

**Prediction: Sam Mendes (1917)** Mendes began his career directing for the stage and made a big splash with his revival of Cabaret in 1993. In 1999 he made his film debut with American Beauty, which won 5 Academy Awards, including Best Picture and Best Director. However, there was only one way for his career to go from there and it spiraled downward critically and commercially until he resurrected his career by directing two Bond films. After working on two huge films, Mendes was looking for a smaller, more personal story for his next film. He remembered stories told to him by his grandfather Alfred, who enlisted at age 16. But when he got to the front "he couldn't believe what he found. His stories weren't about bravery, but about how utterly random it all was." Alfred, because he was a small man, was often chosen to be a messenger. "That image of that little man, cut adrift in that vast, misty landscape, really stayed with me," Mendes said in The Guardian.

**Les's Favorite: Bong Joon Ho** (Parasite)

**Other Nominees:** *Martin Scorsese* (The Irishman) / *Todd Phillips* (Joker) / *Quentin Tarantino* (Once Upon a Time in Hollywood) /

### BEST ACTOR

**Prediction: Joaquin Phoenix** (Joker) Phoenix is a lock for the Oscar following his spellbinding performance as Arthur Fleck/Joker. A childlike figure who's devoted to caring for his elderly mother, Arthur is target for abuse from all around him – from teenage punks who beat him, to his idol, talk show host Murray Franklin, who invites him on the show as a gag, to his own mother who spins a false story about Arthur being the son of billionaire Thomas Wayne who then humiliates him when he shows up at Wayne Manor. Already seeing a psychiatrist, Arthur finally explodes, killing three stockbrokers who beat him, inciting a riot from Gotham City's large underclass of havenots and eventually killing Murray live on TV when Murray admits having him on the show was a joke. It's a testament to Phoenix that despite the fact that Arthur is a deranged killer, we never lose sight of the fact that Arthur is a victim – a product of a corrupt society that extends to his own family.

**Les's Favorite: Phoenix**

**Other nominees:** *Antonio Banderas* (Pain and Glory) / *Leonardo DiCaprio* (Once Upon a Time in Hollywood) / *Adam Driver* (Marriage Story) / *Jonathan Pryce* (The Two Popes)

### BEST ACTRESS

**Prediction: Renee Zellweger** (Judy)

Renee Zellweger seems a sure thing to pick up her second Oscar for her performance as the iconic singer Judy Garland. Zellweger portrays Garland in the last year of her life, when she was caught between a rock and a hard place, broke, with a dissolving marriage and a career in decline. Truly a woman on the verge of a nervous breakdown. Garland gets an offer to perform at a nightclub in London, but despite having few other prospects she hesitates to leave her children with husband Sid Luft. In London, Garland's reliability and substance abuse issues prevent her from giving consistently excellent performances. In flashbacks to her beginnings as a child star in Hollywood, we see how Judy is pressured to take drugs to keep her weight down and energy up. Thirty years later, Garland is so addicted to drugs she collapses on stage after being heckled. She returns for one last unscheduled performance where she botches "Over the Rainbow," but with the audience's support finishes the song.

**Les's Favorite: Zellweger**

**Other Nominees:** *Cynthia Erivo* (Harriet) / *Scarlett Johansson* (Marriage Story) / *Saoirse Ronan* (Little Women) / *Charlize Theron* (Bombshell)



### BEST SUPPORTING ACTOR

**Prediction: Brad Pitt** (Once Upon A Time in Hollywood) After 30 years in Hollywood it seems appropriate that Brad Pitt is likely to win his first Oscar for a role in a movie with Hollywood in the title. Pitt plays Cliff Booth, an ex-serviceman who has become TV star Rick Dalton's stuntman, friend and minder. Booth is Dalton's polar opposite. As insecure and self-conscious as Dalton is about his failing career, Booth takes things in stride, despite the fact that his employment is directly tied to the well-being of Dalton's career. Nothing perturbs Booth, from an on-set tiff with Bruce Lee to murderous hippies to Charles Manson himself, Cliff remains Cliff – a role perfectly suited to the looks and likeability of the amiable Pitt who a critic said usually plays characters that are satisfied with who they are and where they are in life.



**Les's Favorite: Joe Pesci** (The Irishman)

**Other Nominees:** *Tom Hanks* (A Beautiful Day in the Neighborhood) / *Anthony Hopkins* (The Two Popes) / *Al Pacino* (The Irishman)

### BEST SUPPORTING ACTRESS

**Prediction: Laura Dern** (Marriage Story) Dern has been on a roll lately, picking up an Emmy for her performance as Renata on HBO's Big Little Lies, appearing in Stars Wars: The Last Jedi and now poised to win her first Academy Award for her role in Noah Baumbach's Marriage Story. Dern plays Nora Fanshaw, a divorce lawyer hired by Nicole, an actress, who wants to split from her husband Charlie, a theater director in New York, because he routinely ignores her and places his career above hers. As conflicted and fumbling as Nicole and Charlie are about marital issues, custody and the location of divorce proceedings, Nora is active and decisive. Unlike Charlie's lawyers who are too crude and ineffective by turns, Nora knows when to back off and when to strike for the jugular.

**Other Nominees:** *Kathy Bates* (Richard Jewell) / *Scarlett Johansson* (Jojo Rabbit) / *Florence Pugh* (Little Women) / *Margot Robbie* (Bombshell)

### BEST ORIGINAL SCREENPLAY

**Prediction: Parasite** (Bong Joon-ho, Jin Won Han)

**Les's Favorite: Parasite**

**Other nominees:** *Knives Out* (Rian Johnson) / *Marriage Story* (Noah Baumbach) / *Once Upon a Time in Hollywood* (Quentin Tarantino) / *1917* (Sam Mendes and Christy Wilson-Cairns)

### BEST ADAPTED SCREENPLAY

**Pick: Jojo Rabbit** (Taika Waititi)

**Les's Favorite: Little Women** (Greta Gerwig)

**Other Nominees:** *The Irishman* (The Irishman) / *Joker* (Todd Phillips, Scott Silver) / *The Two Popes* (Anthony McCarten)





# FREE WILL ASTROLOGY

© Copyright 2020 Rob Brezсны

h r ♂ ♀ ☉ ☿ ♃ ♄  
11° 6' 27° 7' 15° 54' 0° 48'

**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 ingenious stratagems to support your righteous cause.

**GEMINI** (May 21-June 20): 2020 can and should be a lyrically healing year for you. Here's what I mean: Beauty and grace will be curative. The "medicine" you need will come to you via poetic and mellifluous experiences. With this in mind, I encourage you to seek out encounters with the following remedies. 1. Truth Whimsies 2. Curiosity Breakthroughs 3. Delight Gambles 4. Sacred Amusements 4. Redemptive Synchronicities 5. Surprise Ripenings 6. Gleeful Discoveries 7. Epiphany Adventures 8. Enchantment Games 9. Elegance Eruptions 10. Intimacy Angels 11. Playful Salvation 12. Luminosity Spells

**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 that asks questions, while 2021 will 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 Leos 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 I"; 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.

Captain Gerard, **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 excellent 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 unreadable will at last be available.

FREEWILLASTROLOGY.COM

# Bike Madame

By Margaret Hammitt-McDonald

## Know When to Fold 'Em

AND OLD SCIENCE-FICTION movie I saw featured a time traveler who hopped out of his futuristic car and pressed a button that shrunk the vehicle to pint size, whereupon he stuck it in his pants pocket. While bikes are easier to park than cars, that imaginary technology would come in handy for them too.

Enter the folding bike, which hinges in the middle and (with a few other adjustments to headset and seat post) scrunches down to a half to a third the size. Folding bikes shine when your commute is multimodal: you ride a section, and then you take the train or bus for another. They're also great when you live and/or work in a small space. (Bringing your bike indoors also reduces the likelihood of theft.) But the compact convenience comes with a few price tags: folding bikes are equipped with one to eight gears; that, and the combination of a heavier frame and small wheels, doesn't make for a speedy ride.

Some folks worry that the frame won't be as stable, or that the bike will try to fold while you're riding it. I rode a Dahon folding bike, well, until somebody stole it, and I never felt unstable. The hinge had a safety latch that kept it from folding while riding, even if the hinge got jostled and sprang open. As for heaviness, just like with non-folding bikes, if you have the extra cash to pay for a top model, you'll get a lighter frame. I didn't find my bike slow—I'm slow and I won't blame that on a bike—but the smaller wheels did make for a slightly bumpier ride.

So where did folding bikes come from and where are they going?

The first documented folding bike was invented by Emmet G. Latta, who patented it in 1888. Like many folding bikes today, it hinged in the middle of the frame and folded with one wheel stacked on the other. The most famous

folding bike model, however, was the Captain Gerard, invented in 1893 and used by the French military. These bikes had full-sized frames and wheels and were similar in appearance to a standard safety bicycle. The first small-wheeled, petite-framed folding bike made its debut in the 1920s. Interest in folding models lapsed until the 1970s,

when a renaissance occurred. In the 1980s, the first Brompton and Dahon models made their appearance; these are still leading folding-bike manufacturers. Now over 175 manufacturers exist, and electric models have been developed (<http://www.foldingcyclist.com/folding-bike-history.html>). Not surprisingly, new designs for these commuting workhorses show up frequently in bike-of-the-future lineups.

Rick Marland's Folding Commuter Bike features an odd-looking circular hole in the middle—that's the lock as well as the folding point. After you latch it in place around a bike stanchion, a thief can't get it off without rendering the bike unrideable. Samantha Kay Schultz's folding model resembles a classic beach cruiser; the seat splits down the middle to fold.

The Mando Footloose is a hybrid e-cycle (pedals plus electric motor) with a chain-free drive train and gadgetry displaying battery power, distance, speed, and other parameters.

The Full Circle is a jazzy-looking model from South Korea that's designed to roll behind you like luggage when folded. When you fold the London Garden e-cycle, you can use it as a bus seat! ("These Radical New Bike Designs Could Transform Cycling," MSN, November 5, 2015,

If portability and packability are your main concerns in a steed, consider a folding bike. As of now, there are no folding cars or horses to compete with them.





## WORKSHOPS/CLASSES

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

**HERBAL WORKSHOP.** Valentines Day Edition. February 10. With Jamie Oller and Whitney Wolfe. \$15, 4 - 6pm at Harbor Midwifery in Astoria. RSVP at [horbormidwifery.com](http://horbormidwifery.com)

**HOLISTIC ESTATE PLANNING WORKSHOP.** February 12. With Sarah Smyth McIntosh. It's not just about having a will for when you die, it's about your life, your legacy and your death, it's about making your life's work mean something to benefit others, it's also about who you leave behind, and their transition as well, whether it is family, close friends, villagers, or charities that represent your values. \$5, 3 - 5pm at the Hoffman Center in Manzanita. Register at [hoffmanarts.org](http://hoffmanarts.org)

**SORRY, KNOT SORRY.** A Creative Healing Macrame Workshop. February 15. With Nicole Boyer. Select rope, driftwood, planters, add-ons, and the ideal project for your skills and ambitions. Next, be guided through project set-up, some essential knots, and how to welcome bumps in our learning. Students will create a driftwood plant hanger. \$30 plus \$20 materials fee. 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

**SORRY, KNOT SORRY.** A Creative Healing Macrame Workshop. February 15. With Nicole Boyer. Select rope, driftwood, planters, add-ons, and the ideal project for your skills and ambitions. Next, be guided through project set-up, some essential knots, and how to welcome bumps in our learning. Students will create a driftwood plant hanger. \$30 plus \$20 materials fee. 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

**OCEAN KNOTS: KARMA MAT WEAVING.** (Ocean Knot Mat). February 15. With Greg Neitzel. Neitzel will lead you through the process of weaving a nautical mat from recycled fishing line. \$40, 10am - noon at the Barbey Maritime Center in Astoria. Call 503.325.2323 to register.

**WET FELTING ABSTRACT LANDSCAPES.** February 22. With Jennifer Bencharsky. Learn how to create an abstract landscape using wet felting. All materials are supplied. \$100, materials fee \$35. 9:30am - 4pm at the Hoffman Center in Manzanita. Register at [hoffmanarts.org](http://hoffmanarts.org)

## BODY WORK•YOGA•FITNESS

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

**CLASSICAL BELLY DANCE.** Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778

s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

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

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

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

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

**YOGA/GEARHART.** Gearhart Workout. For more information log on to [www.gearhart-workout.com](http://www.gearhart-workout.com) 3470 Hwy. 101 N. Suite 104 in Gearhart

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

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

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

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

## SPIRITUALITY

**LOOKING FOR A DIFFERENT APPROACH TO RECOVERY?** Join us in Seaside for Refuge Recovery meetings. Refuge Recovery is a program using Buddhist based principles and meditation to support our recovery from addictions of all kinds. Each meeting includes a meditation session, study of recovery related materials and group discussion. Meetings are held every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30, or Thursdays at the Seaside Library board room from 6:30 to 7:30. For additional information contact

Roger at [roger.s.oakes@gmail.com](mailto:roger.s.oakes@gmail.com), or website [refugerecovery.org](http://refugerecovery.org).

**SPIRITUAL BUT NOT RELIGIOUS?** Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from new thought sources or from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see <http://cgifellowship.org>, contact [info@cgifellowship.org](mailto:info@cgifellowship.org), or call 916-307-9790.

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

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

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

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

**ASH WEDNESDAY.** First United Methodist Church, located on the corner of 11th and Franklin, announces Ash Wednesday Prayer, Meditation and Ashes on February 26th

between 5:30 and 7:30 p.m. For more information call the church office at 503-325-5454.



## VOLUNTEER

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

## MEETINGS/MEET-UPS

**GRIEF SUPPORT GROUP. ASTORIA/SEASIDE.** Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Questions call: 503-338-6230.

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

**INCLUSIVE MEN'S GROUP.** Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, [darelgrothaus@raincity.com](mailto:darelgrothaus@raincity.com)

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

## SORRY, KNOT SORRY.

REMEMBER those amazing Jute plant hangers from the 70's? Ohhhhhh- You've made your share, but don't remember too much from that era? OMG you weren't even born yet! (And you're pretty sure Urban Outfitters invented those things...) Bring your stories and join Coppoletti Macramé for an afternoon of laughs and mindful knot-tying. Folks of all artistic levels and all ages (kids 10 and up) are welcome to attend. We'll begin by identifying our personal and group goals and sharing concepts of Mindfulness.



**A Creative Healing Macrame Workshop. February 15.** With Nicole Boyer. Select rope, driftwood, planters, add-ons, and the ideal project for your skills and ambitions. Next, be guided through project set-up, some essential knots, and how to welcome bumps in our learning. Students will create a driftwood plant hanger. \$30 plus \$20 materials fee. 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

## Dance Your Joy at AAMC

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

**• MONDAY**  
8:30 - 9:30am: Zumba Dance Fitness with Kim Postlewaite  
5:30 - 6:15pm Beginning Modern Dance Fundamentals with Julia Gingerich  
6:15 - 7:00pm Interm/Advance Contemporary Modern with Julia Gingerich  
7 - 8pm: Tap with Marco Davis

**• TUESDAY**  
8:30-9:30am: Zumba with Tammy Loughran  
4:30 - 5:30pm: Yin Yoga with Kelli Daffron  
6 - 7pm: Beg. West Coast Swing (Level 1) with Rich Small  
7 - 8pm: Interm. West Coast Swing (Level 2) with Rich Small  
8 - 9pm: Ballroom with Rich Small

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

**• THURSDAY**  
8:30-9:30am: Zumba w/Tammy Loughran  
5:30 - 6:30pm: Hot Pot I.T.S. (Group Improv Tribal Bellydance) with Julie Kovatch  
6:45-7:45pm: Tango Technique and Connection with Estelle Olivares  
7:45 - 8:45pm: Argentine Tango Practica w/Jim Mandes

**FRIDAY**  
7-10pm: Contra Dance (1st Fri. ea. mnth) LIVE Band  
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)

**•SATURDAY**  
9 - 10am: Hip Hop Dance Fitness with Erin Carlsen  
6-7pm: Argentine Tango Fundamentals (All Levels) with Estelle/Celeste Olivares  
7-8pm: Intermediate Argentine Tango Concepts

**SUNDAY**  
10am - 10:30am Dance Church Warm-up/Contact Improv with Zachar Sollars (LAST Sunday of the month only)  
10:30am - 12noon Dance Church with Shanna Gillette (LAST Sunday of the month only)  
1:00 - 2:00pm Ballroom (Private) with Rich Small

**NORTH COAST LA LECHE LEAGUE.** Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 3rd Tuesdays 5:30-7pm. Blue Scorchers Bakery 1493 Duane St, Astoria.





## MESSAGES SONJA GRACE

WE OFTEN FORGET THE EARTH has been here for 4.54 billion years! The earliest life dates back 3.5 billion years according to science. Some of the earliest findings of humans dates back 200,000 years from the Middle Paleolithic period. My own research has humans arriving on Earth 20 million years ago. We are extra-terrestrials as is all life on Earth. Our human form has been morphed and changed from the influence of Demi Gods and aliens. It is a hard pill to swallow when we have clearly defined who we are and what life means to us. Religious and cultural beliefs can lock us into a state of understanding that might not be what the current moment holds. For example: we are in the fifth dimension now and the vibration we are experiencing is much higher than it was ten years ago. We are moving faster, and our experience of time and space is altered daily. I have clients that have reported hearing their phone ringing as if they called someone and it is on speaker, but the phone is across the room! The voice mail for Sonja Grace answers and asks them to please leave a message! Others report their phone dialing me and it is across the room. Others

are reporting hearing sounds that are loud and a bit like what we would imagine outer space to sound like. These very sensitive people are suffering a loss of silence and no medical rhyme or reason for the intrusion. This is all a shift in time and space and requires us to be even more grounded than ever before. It is also requiring us to shift our understanding of what we think we know to perhaps what we don't know.

The Earth is shifting, and this is her time to make those critical adjustments to the new vibration we are in. Australia continues to suffer massive fires and floods. China is burdened with the coronavirus and Africa is losing their crops to locus the size of birds. Sounds biblical? That is one templet you can drop this into as well as other prophecies from many cultures around the world. The one who holds all the history is the Earth. She has cycles of events that have happened throughout her life. We drop in believing our time is the most important and our lives the most significant and yet the Earth has endured for billions of years. Ice ages, floods, rising oceans, tornados, earthquakes, landmasses breaking off, comets hitting the Earth, volcanoes erupting, hurricanes, droughts and more! This is her life and what she does to keep the balance. The biggest iceberg in Antarctica looks the same on top, but if you look underneath it – it is melting fast and when the ice is gone the sea levels rise five to ten feet. This is common before an

ice age which I have been predicting for years. My geologist friends agree that the warming of the planet is the preparation for an ice age. We might want to adjust our viewpoints to include the Earth' story as a part of our awareness and understanding. She will have the last word, for she is much more powerful than mankind. Holding her in a state of peace and sending your love into her soil will help all who inhabit her body.

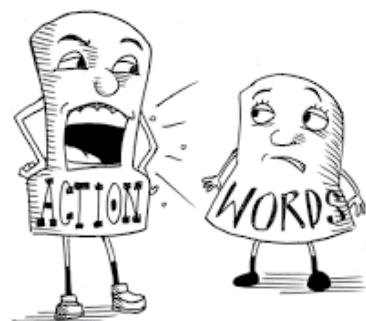
*Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven 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](http://www.sonjagrace.com)*

By Tobi Nason

## wordwisdom

**Words Versus Actions...** "I LOVE YOU." Enough said, for many. This is the month for high romantic expectations. Maybe a fancy meal and shared time, or exchange small gifts, fun or heart-felt. The aim is to validate a relationship between two people. It's an opportunity to move forward, nano steps or leaps and bounds within the existing relationship. Is saying "I love you" a gift enough? Here's where I'm going: We do not need material goods to validate love. On the other hand, saying words without backup action is not enough. Talk is easy. Some people are more glib than others. Some "love" everybody. Some can barely spit out the words. It doesn't matter. What does matter is behavior. Ever know someone who said he/she loved you, and they proceeded to treat you like a doormat? Ever have a love interest that acts like he/she "loves



" you, yet never approaches the subject verbally?

Here's what I think: Love is deeper than a card, a gift or verbal display. Once the special day – Valentine's Day – is over, the card placed prominently in the middle of

the dining room table - how is the love flowing? Is your loved one doing the helpful things, saying the comforting things? Is he/she turning the word "love" into an action verb?

As we see in the world, especially our national political scene, actions DO speak louder than words. Saying something does not make it so. Facts and actions have to back up words. Being true to oneself means having the integrity to mean what you say, say what you mean. We know when someone appears well-integrated. The person inspires trust and a calm. The opposite is also true: When actions belie words, distrust seeps in. Counselor's Advice: Watch your words. Watch your actions. Inspire trust. The world and you will benefit.

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



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

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

Dog Food – Nature's Domain (Costco)  
Cat Food – Nature's Domain (Costco)  
Wet Dog Food & Pate style Cat Food  
High Quality Kitten Food  
50 Gallon Garbage Bags  
13 Gallon Tall Kitchen Bags  
Paper Towels  
Dawn  
Bleach  
Cat Toys (No Catnip)  
Dog Kongs (Black only please)  
Feline Pine Cat Litter  
Laundry Detergent (HE)  
*Also - We take Cash Donations!*

Clatsop County  
Animal Shelter  
1315 SE 19th Street  
Warrenton, OR 97146

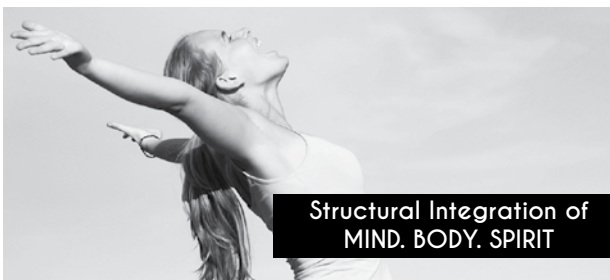
**503-861-7387**  
Tuesday thru Saturday  
Noon to 4pm



**THE LOWER COLUMBIA CLINIC**  
Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP  
595 18th, Astoria • 503-325-9131



## MERKABA CENTER for Healing, LLC



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

**Kendra Bratherton**  
OTA, PBP,  
Reiki Master

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

Medical Sauna  
and Chromotherapy

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

399 31st. Suite B, Astoria, OR 97013

**Dragonheart Herbs & Natural Medicine**  
[www.cannonbeachacupuncture.com](http://www.cannonbeachacupuncture.com)

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

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

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

Sliding Fee Schedule and Flexible Hours

## Whole PLANET Health

By Kathleen Dudley

### SLEEP HEALTH AND VITALITY

TODAY we are suffering in epidemic numbers from sleep-deprivation and experiencing fewer deeply uninterrupted sleeping hours. Sleep is without doubt, our body's most complicated function. It depends upon quality and balance in everything that we do, think, and feel throughout our waking hours.

Thomas Edison, the father of artificial light and a staunch opponent of sleep, espoused in 1914, There is really no reason why men should go to bed at all. But according to the Centers for Disease Control, CDC, insufficient sleep predisposes us to chronic health conditions such as cardiovascular complications, cancer, diabetes, kidney disease, Alzheimers, ADHD, arthritis, depression, asthma, and obesity. A March 2011 study published in The Journal of Neuroscience found that long-term sleep-loss was associated with permanent brain damage in rats.

50-70 million people in the United States suffer from one or several sleep disorders indicating our need for optimal sleep according to the Maternal and Child Health Bureau. 30% of adults suffer from insomnia, National Center for Biotechnical Information, NCBI, and nine million Americans take prescription drugs to help them fall asleep, reports ABC News.

Lack of sleep is costing the US government and taxpayers over \$411 billion annually according to Fortune Magazine. And additionally, Americans will spend a projected \$52 billion in sleep aids and remedies in 2020 according to BCC Research.

It is only at night, in complete darkness, that our body repairs and heals—when the delta waves move us into deep sleep. During this time the body's involuntary healing processes slough off dead, damaged and cancerous cells (autophagy); generate new healthy stem cells; invigorate our immune system; repair torn tissues and build our energy for the coming day. Without accessing this stage of deep sleep, we age more rapidly, with more pain.

Falling into sleep is the shift from consciousness to unconsciousness, the moment when our body lets go into the most vulnerable state of being. It is no wonder when our aches and pains and troubles rise up in alarm along with the food we ate, too late, or too rich for our digestive track to manage.

As elusive as nourishing sleep is to many people today, it is achievable. Although, with our modern lifestyle exposures and entrapments, significant choices must be made in order to align with our body's needs.

Taking time to nourish our emotions, in reflection and stillness can give us the necessary insights into understanding our needs and behaviors. Discovering and living a purposeful life gives us the excitement and engagement we need to feel alive and of value within our society. Clean certified organic food nourishes our bodies on the cellular level ensuring vitality, thereby lowering body inflammation, which underlies all disease. Processed foods, nonorganic and junk food rob us of our health and interfere with the energy the mitochondria need to ensure health. The herbicides/pesticides and toxic metals in conventional food damage rather than fortify.

We have been lured into an entire slough of addictive and harmful substances and behaviors in this culture. Limiting and eliminating these addictions such as caffeine, sugar, alcohol, drugs, overwork, electronic devices and social media are necessary for optimal health, and therefore, optimal sleep.

#### Check list to ensure deep sleep:

- Throughout the day go outside into the sunlight to stimulate melatonin production. (Overuse of melatonin supplements can inhibit the body's natural production) On days when there is no sunlight, use Chromalux full spectrum light bulbs
- Exercise, daily, preferably outside in nature
- Vitamin D3 and K2 are necessary supplementation in this climate.
- Stay well hydrated
- Fluoride may have an adverse impact on sleep by accumulating in the pineal gland, and inhibiting the production of melatonin. Both Seaside and Astoria's municipal water are fluoridated. Consider a water filtration system.
- According to Chinese medicine, eating after 6:00 pm can disrupt the liver's metabolic functions, in particular, purifying the blood. The most active time for the liver is between 1:00-3:00 am. Awakening



during this time period often indicates liver issues.

- Turn off wireless routers and put all wireless devices in airplane mode/off at night. Away from the bedroom. Cellphones emit radioactive frequencies even when shut off.
- Turn down lights in the evening to ensure melatonin is not depleted.
- Blue light from fluorescents, LEDs, and LED screens on wireless devices inhibit the production of melatonin at night. If you are on these devices use blue-blocking glasses.
- At bedtime, take a daily dose of calcium citrate and magnesium malate. We are nearly all magnesium deficient, which interferes with our muscles to fully relax into sleep.
- Herbal remedies to aid in sleep can be found at natural food and herb stores in forms of teas, tinctures and capsules.

Revitalizing sleep is as natural to our life as breath. We can regain this natural healing process. I have, and to sleep deeply again took rewiring my brain patterns. If the sleep cycle has been interrupted, be patient. It will take a month for the brain to recognize your new pattern. Your actions and patience will not disappoint you.

Sweet dreams and vitality!

*Kathleen Dudley is a reflexologist, herbalist, writer and musician. She currently is on sabbatical in New Mexico writing two books, The Legend of Mora and Woman's Worth, Man's Worth—Overfed Body, Underfed Soul. Her non-fiction prose and poetry have been published in Rain Magazine, Light of New Mexico, Rio Grande Sierran, Animal Wellness magazine, Whole Dog Journal, BVHS Journal, AHVMA Journal, Animal Wellness magazine, Eco Watch, and Albuquerque Journal*



WE LIVE IN DARK TIMES. I'm not talking winter. I mean the big old mess we've made of almost everything. I mean we the people. Humans. I say that without restriction to planetary location, political position or dogma of any kind. I think it's just plain human nature to muck things up, sometimes unintentionally, sometimes with resolve. I have come to believe that every single one of us is somewhere on the spectrum of crazy with barking mad at one extreme and enthusiastic on the other. Just to make things



even more interesting, we don't sit still in our place on that spectrum. We cruise around. That's probably smart...moving targets and all.

I feel lucky to have been raised in a military family then run away to come of age in San Francisco in the 60's and 70's. To say, "I've looked at life from both sides now,"\* would imply that I think there are only two sides to life, which I don't, but I think you get my drift. My six decades of observation (I'm 73, but I didn't notice too damn much in the first 13 years) have shown me nothing to indicate that we will all settle down and start taking care of each other. Or that we will, as a whole, come to respect the rights of all living things or take care of the planet or dedicate ourselves to one thing like, say, not killing each other in wholesale quantities.

I do not believe we will ever overcome our tendencies toward greed, possessiveness, paranoia of the unknown/change, suspicion of the 'other', etc., etc. The list of lousy reasons to run amok is long and has not, as far as I can tell, grown one iota shorter since we crawled out of the ooze.

This perspective would sink any emotional life raft if it weren't for the people in my world who work hard, spend their time on others, spread light and make me laugh. People who have managed to jettison a bunch of the tendencies

listed above. I'm lucky and I know it.

Then there's ART! My drug of choice, my salvation in the face of a cruel reality and the tow rope that drags me along the spectrum from unhinged to passionate. Given that there truly is no accounting for taste, I don't worry about anyone else's opinion

of what qualifies as art. I can't be pinned down to a genre or school or discipline. My tastes are wide-ranging and inexplicable swinging from Michelangelo to Mapplethorpe and Beethoven to Bone Thugs in a mad cavalcade of bliss. The concept of 'inappropriate' has no place in my perception of art. A bad day can be set right with a couple of hours of music. Or watering and trimming my indoor plants whose constant gift of beauty and oxygen makes me hopeful. Or wondering how I can make more wall space to accommodate the ridiculous number of paintings I have acquired over the years, all of which I want to see every day. Like I said, drug of choice.

Wondering where the recipe is? Me, too! I saved the best for last. Cooking for someone is a beloved art form and one that allows for listening to music, looking at a painting and cuddling up to the fern on my kitchen counter all at the same time. It's everything!

\*I'm confident that Joni Mitchell didn't think there were only two sides to life either, but the phrase made a nice song.

## Tune in to FOOD TALK, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins.

First and Third Mondays of every month, 9:30 to 10am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at [coastradio.org](http://coastradio.org)

## CHEW ON THIS! by Merianne Myers



## ALL'S NOT RIGHT WITH THE WORLD BUT AT LEAST THERE'S CORN CHOWDER

Serves 4 to 6

I am aware that February is not corn season. However, corn, like green peas, is a vegetable that freezes perfectly and is sometimes even better frozen if the in-season ears have been sitting in the store long enough to get bored and begin converting their sugar into starch. So, get some frozen corn and make soup.

- 4 ounces bacon or pancetta, roughly chopped
- 2 Tablespoons olive oil
- 2 yellow onions, small diced
- 1 red bell pepper, seeded & small diced
- 2 Tablespoons butter
- 1/4 cup all purpose flour
- 1 teaspoon salt or to taste
- 1/2 teaspoon pepper
- 6 cups chicken stock
- 3 cups potatoes, peeled & medium-diced
- 1 1/2 pounds frozen corn or 10 cups if you're making this in August with fresh corn
- 1 cup half-and-half
- 5 ounces sharp cheddar cheese, grated
- Your favorite hot sauce (optional)

Put your soup pot on medium high, add the oil and bacon and cook until crisp. Remove the bacon and set on a towel to drain. Turn the heat to medium, add the butter, onions and red pepper. Sauté until translucent but not brown.

Stir in the flour, salt and pepper and cook stirring for a few minutes. Add the stock and potatoes. Bring to a boil then simmer until the potatoes are al dente. Add the corn, half-and-half and cheese. Cook until the cheese is melted and the corn heated through.

Add a dollop of your favorite hot sauce and taste, adjusting salt and pepper as needed. Serve topped with bacon.

NOTE: For a vegetarian version, garnish with thin sliced scallions and sub vegetable broth for chicken.

FURTHER NOTE: You can add last night's chicken to this or chunks of smoked salmon or garlicky croutons or, you know, whatever.

## Access Bars® Certification in Astoria, Oregon

Join Access Bars Facilitator® Aislinn Kerchaert, in this one-day certification class where you will learn to gift and receive "The Bars". The Access Bars® is a set of 32 points on the head (similar to meridian points) which, when lightly touched, begin to release all of the judgments, considerations, and limitations you have stored up over a lifetime. This stimulates the body's natural ability to heal and facilitate the physiological changes required for greater wellbeing. This gentle, non-invasive technique helps to release trauma and tension from the body and mind. Imagine if someone could press a button and mute that voice in your head that tells you that you're not good enough or that you can't accomplish what you dream about? Lightly touch the bars-points and you begin to clear away what's locked up that keeps you from believing you can have the life you've always known is possible! After this class, you will become a Bars practitioner and can begin receiving clients of your own, and practicing with family and friends! Email [aislinn@singswithtrees.com](mailto:aislinn@singswithtrees.com) to learn more.

**Sunday, February 16, Designing Health Astoria, 1428 Commercial Street. Exchange: \$350 / half-off for repeat students and ages 16 and under. Email [aislinn@singswithtrees.com](mailto:aislinn@singswithtrees.com) to register, or visit [www.singswithtrees.com](http://www.singswithtrees.com)**

## Energetic Orientation Class

How to INSTANTLY have 30% more energy by living in your correct energetic orientation!

Meet The Externals. Some people tend to be more energy-rich by looking forward in time, initially gathering energy outside themselves. They may focus on others, the cosmos, outdoors, and be invigorated by social activities. They are excited by multiple perspectives, complexities, tend to be visionary/artistic, and are resourced by the future.

Meet the Internals. Others tend to be energized or recharged by spending time alone, 'going within', holding things close to themselves their heart, and making it 'their own'. They are masterful at seeing a project through to completion, and find strength in pulling from the wisdom of their past and our collective heritage - even when dotted with pain for them it is a path toward gain. Often for these people, the future is a little nebulous, the past is a blast, but slow and steady wins the race!

Come learn if you are an "Inny" or an "outty," and how you can live more fully supported by your nature! And enjoy the energy boost!!!!

**Thursday, February 20, 6:15 pm - 7:15pm. \$40 Attendance Fee. Dawn Sea Kahrs. Graceful Waves Chiropractic. 206 S Marine Drive, Wheeler (503) 368-9355 (WELL).**

## Full On Living!

Want to have a party? 1st you need to be home, 2nd clean house, 3rd party and celebrate! Want to Live life to the fullest, be home and present in your body.?

Clear unfinished business, release blocks, and other peoples energies and expectations. Celebrate with gratitude, enthusiasm, joy, contentment, wild abandon, creativity, expansion and freedom.

Ready to rock your world in 2020? Play with Ann Robben Dott for a day of foundational meditation energy techniques that can also be added to any other ways you heal your self or spiritual practices you like. All in the spirit of play, fun and creativity.

Wisdom distilled over forty years. Ann Robben Dott is an embodiment practitioner - practice is putting what you learn into conscious use.

**Saturday February 22, Noon to 4pm. Early enrollment special of \$60 by February 14th 2020, \$80 there after. [awakeningwonder@outlook.com](mailto:awakeningwonder@outlook.com) or call 503-791-3365. Gypsy Yoga Studio, 399 31st St, Astoria.**

## MamaBaby

Baby Bodywork Day. February 8th 2-5pm Donation based bodywork clinic for babies. Bowenwork and Craniosacral Therapy [www.SageWaterCollective.com](http://www.SageWaterCollective.com)

Herb Workshop, Valentines Day Edition. Harbor Midwives Jamie Oller and Whitney Wolfe  
February 10th 4-pm \$15 [www.harbormidwifery.com](http://www.harbormidwifery.com)



# ADVERTISE WITH HIPFiSH AND LAND IN OVER 300 LOCATIONS



503.338.4878

**McMenamins**  
**GEARHART HOTEL & SAND TRAP PUB**  
Open for breakfast

**February is OREGON CRAFT BEER Month**

McMenamins is celebrating with different \$5 pints each week:

**Feb 1-9: Porters and Stouts** **Feb 17-23: 50/50 Blends**  
(Rubinator, CopperHead; What's your blend?)  
**Feb 10-16: Fruit Beers** **Feb 24-29: IPAs**

**LIVE MUSIC**

**Thursday, February 20**

**The Folly**

Alt-rock

7-9 pm • Free • All ages welcome



**Valentine's Overnight Package**

**Valid Friday, February 7–Sunday, February 16**

Surprise your valentine with an overnight stay.

Package includes lodging, dinner, a bottle of Edgefield Sparkling Wine with keepsake flutes and breakfast the following day.

Call the hotel or book online • 21 & over

**Gearhart Hotel & Sand Trap Pub**

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



**FG**



**STOUT MONTH**

FEBRUARY on the Oregon Coast just got a whole lot darker. Stout Month at FortGeorge lasts a full 29 days in 2020, thanks to the leap year. Stout lovers will have an extra 24 hours to taste an array of unusual stouts, immerse in dark arts, and revel in the release of barrel-aged Matryoshkas.

"I started Stout Month because as a new brewer I loved making stout," said Jack Harris, co-owner of Fort George. "It just seemed like a style with endless amounts of opportunity to put different spins on it."

Brewers looked to the darkest corners of their recipe books to prepare for this year's Stout Month. They selected cacao nibs and coffees, cardamom and sea salt for their inky creations. The resulting stouts will be on tap throughout the Fort George block in downtown Astoria everyday in February, with new releases coming out every Saturday.

On the heels of the sold-out Festival of Dark Arts, stout lovers will gather for The Aftermath on February 16. There, six new Matryoshka variants aged in Westward Whiskey and Bourbon barrels will debut. Matryoshka Vertical Week deepens the darkness February 22–29.

## STOUT MONTH

Harris started his first Stout Month in 1992 at Cornelius Pass Roadhouse, while working for McMenamins. "I carried it with me to The Lighthouse Brewpub in Lincoln City and then to Boulder, Colorado," he said. "I also imposed Stout Month on Bill's Tavern in Cannon Beach for nine years before bringing it up here to Astoria."

Blind taster trays let visitors try a variety of stouts with their senses fully engaged. "Stout takes a lot of the visual cues out of the beer," according to Harris. "It makes you rely on your nose and taste buds to explore it without preconceptions your eyes dictate."

He adds that you can learn from looking at a stout—how dark it is, how thick it is, how tiny the bubbles are—but mostly, "You get to let your mouth tell you what the beer is."

## THE STOUTS

This year, Fort George will release more stouts than ever before. Playing on the brewery's spidery Cavatica theme, releases range from Itsy Bitsy—a light and dry Irish Stout—to an imposing Wolf Spider aged in Laphroaig Scotch Whiskey and Buffalo Trace Bourbon Barrels. A smoked maple stout goes by the moniker Book of Shadows. Ice cream lovers will gravitate to Spumoni Stout, complete with pistachios and cherries. Staff are available to help stout lovers make selections or dive right into a blind taster.

**FOODGROOVE**

## The Lower Nehalem Community Trust Kickoff: The 2020 Community Garden Season!

REGISTRATION to join opens February 1st online at [www.nehalemtrust.org](http://www.nehalemtrust.org). Community Garden Startup Day is February 25th from 9am to 12pm at Alder Creek Farm - 35955 Underhill Lane in Nehalem.

The Community Garden has been in operation at Alder Creek Farm since 2006 and we are welcoming community members who would like to join the team. The program is focused on teaching organic gardening in our coastal climate and growing food shared among Community Gardeners and with the North County Food Bank.

Community Garden members commit to 3 hours of volunteer work per week. The registration fee to join is \$50 and scholarships are available upon request. Both a traditional row garden as well as a permaculture garden are grown, that demonstrates how flowers and vegetables can be integrated into a home landscape for an ornamental and edible approach to gardening.

It is preferred that gardeners are physically able to bend, stretch, and occasionally lift 25 lbs but jobs are available that are less demanding physically. Do you have a special skill to share? Building, maintenance, record keeping...

Those interested in joining the Community Garden are encouraged to contact LNCT's Garden Coordinator by phone at 503-705-5203 for questions. For Community Garden guidelines and to register (starting February 1st) visit <http://www.nehalemtrust.org/alder-creek-farm/community-garden/>



**ASTORIA NORDIC HERITAGE PARK** committee members cheered as committee chair Judi Lampi gave Astoria Scandinavian Heritage Association president Loran Mathews \$99.01 in cash bringing total funds raised for Astoria Nordic Heritage Park to \$750,000 or three quarters of a million dollars. Committee members have been working since 2015 on this project. The design and engineering phases of the project are finished, paid for and have passed review by the City of Astoria. A construction management firm, Urban Resources, Inc. of Portland, Oregon, is updating the initial estimate of \$1.2 million for construction of the park. Construction will begin when fundraising is complete.

**A Nordic Lights Benefit Dinner for the project will be held at Carruthers Restaurant on March 28.** Tickets are \$150 per person and include a five-course Nordic-themed dining experience. To receive an invitation, contact Lampi at [clatsop41@yahoo.com](mailto:clatsop41@yahoo.com) or call her at 503-791-9156. To learn more about the park, visit: [www.AstoriaNordicPark.org](http://www.AstoriaNordicPark.org).

## Master Gardeners Lecture:

### Dry Farming: Growing Without Irrigation

THE CLATSOP COUNTY MASTER GARDENERS Association (CCMGA) is sponsoring a public lecture on dry farming, an innovative practice for growing crops and gardening without irrigation, on Wednesday, **FEBRUARY 20**, at 6:00 PM at Columbia Hall, Room 221, Clatsop Community College, Astoria. All are welcome.

Dry farming is of growing importance in the move towards sustainable agriculture and resource preservation. Featured speaker Teresa Retzlaff has participated in Oregon State University's Dry Farming Collaborative since 2015 and also sits on the Advisory Committee for Oregon State University's Center for Small Farms and Community Food Systems. An advocate for the importance of local food and small farms to the Lower Columbia Pacific region, Ms. Retzlaff is the owner (along with her husband Packy Coleman) of 46 North Farm, an 18-acre property in Olney, and host of "In Season," a twice-monthly radio show on Coast Community Radio KMUN Astoria 91.9FM.

The CCMGA offers a number of programs throughout the county aimed at broadening the public's knowledge of evidence-based horticulture practices, including year-round hands-on learning gardens, plant sales and symposia in the spring and fall, a plant clinic at the Astoria Sunday Market, topical lectures throughout the year, and more.

FMI: Janet Willoughby: (503) 739-7021 Email: [clatsopcountymastergardeners@gmail.com](mailto:clatsopcountymastergardeners@gmail.com)

If you want to know more about growing plants indoors or outside, trees or shrubs, a grassy lawn or a raised-bed veggie garden, flowers or ferns, guidance for a greenhouse, or how to compost—with worms or without—and, of course how to have more bees and fewer slugs, a Clatsop County Master Gardener can be of help.





**Italian & Mediterranean  
Cuisine**

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

**FULL BAR**  
HAPPY HOUR 3–6



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

1149 COMMERCIAL  
503-325-9001  
FULIOS.COM

## GREAT INTERNATIONAL & DOMESTIC WINES



- ♦ by the glass
- ♦ by the bottle
- ♦ retail bottles to go  
(let us help you pick out  
a great bottle!)
- ♦ specialty flights  
or choose your own
- ♦ BRUT'S CHOICE  
mystery pour
- ♦ beer & cider too

red | white | rosé | sparkling | dessert | natural | aperitif

240 10<sup>th</sup> St., Astoria ♦ 3–10 p.m. ♦ Closed Mondays



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

Health is  
Delicious!

WINTER HOURS 10–5  
SUN 10–4 CLOSED WED

1423 COMMERCIAL ST.  
ASTORIA • OREGON



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

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



**LIGHT DINNER SERVICE**  
3pm to 6pm



**HOURS:**  
Wed - Sat:  
11am to 9pm  
Sunday:  
11am - 3pm  
**FULL BAR**  
503-741-3000

## SOUTH BAY WILD

*Fish House*

South Bay Wild Inc.  
is a small, family  
owned & operated  
commercial fishing  
vessel harvesting  
and marketing high  
quality sustainable  
seafood

**you are what you eat . . .  
wouldn't you rather be  
WILD?!**  
southbaywild.com

Seafood Market & Restaurant | 262 9th Street, Astoria, Or 97103

## FORT GEORGE

ASTORIA, OREGON

**1 CITY BLOCK  
3 LOCATIONS**

LOCAL CRAFT BEER  
BURGERS  
WOOD-FIRED PIZZA

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

# eat the coast BITE LOCAL

## SHWEEASH BAMBOO

nursery | removal | design

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

Dave Crabtree • Noah Bell  
87509 Lewis & Clark Rd, Astoria, OR  
(4.5 mi from Seaside) by appointment only

503.440.2998 | www.ShweeashBamboo.com

## BRIDGE water

BISTRO

gluten  
-free  
friendly!

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

# ARE YOU LISTENING?

## KMUN

astoria 91.9  
tillamook 89.5  
coastradio.org





First Annual  
**MERMAID**  
**PARADE**  
SUNDAY, MARCH 29, 2020

Parade starts at 1pm.  
Parade route goes from  
Bolstad Beach  
Approach to 5th Street SE.

**VENDORS AND FUN  
AFTER THE PARADE!**  
Mermaid Sandcastle 1 - 4pm  
106 5th St. SE (behind the frying pan)

Parade Registration and Information:  
[www.longbeachmermaidparade.com](http://www.longbeachmermaidparade.com)



**LIBERTY  
THEATRE**  
ASTORIA OREGON



**45th PARALLEL  
UNIVERSE ORCHESTRA**  
March 7 7pm  
Arcturus Wind Quintet  
**NORTHERN LIGHTS**  
3 Delightful Scandinavian Wind Quintets

**STEEP CANYON RANGERS**  
Sunday April 5th 7:30pm  
Grammy Award-winning  
North Carolina-based Bluegrass Sextet

LIBERTY  
"HARD HAT" RENOVATION  
OPEN HOUSE  
Wednesday, February 19th  
4pm-5:30pm, FREE  
.....



**Home Grown Series**  
Ilwaco High School Music Night  
Wednesday, March 11, 7pm  
FREE

**Tickets  
ON SALE NOW!**  
.....

Tickets available online at  
[www.libertyastoria.org](http://www.libertyastoria.org)  
or at the Liberty Theater Box Office

office hours:  
2pm - 5:30pm  
Wed - Sat  
503.  
325.  
5922. x55

**WE'RE EXPANDING!**  
Thank You for Your Support  
We couldn't do it without you

**OPENING**  
**SOFT** SATURDAY FEBRUARY 15TH  
AT OUR NEW LOCATION:  
1196 DUANE ST. ASTORIA

**LUMINARI ARTS**



Artisan Crafts  
Stationary  
Ceramics  
Jewelry  
Cards  
Arts

Open 7 days a week

503.468.0308

**NORDIC LIGHTS  
BENEFIT DINNER**

SATURDAY, MARCH 28, 2020  
Astoria Nordic Heritage Park  
Capital Campaign

.....  
A 5-Course Fine Dining  
Nordic-themed Event!  
.....

Carruthers Restaurant  
1198 Commercial St., Astoria

Full Detail: [www.astorianordicpark.org](http://www.astorianordicpark.org)

Specialty Cocktails 5pm • Dinner 6pm  
\$150 per person. Reservations required, tip is  
included. Nordic attire is encouraged!

To Reserve: please contact  
Judi Lampi: [clatsop41@yahoo.com](mailto:clatsop41@yahoo.com) or call 503-791-9156

**K A L A COMING UP**

**SUNDAY FEB 9**

**Chris Jones & The Night Drivers.**  
Bluegrass Extraordinaire!

7pm. Tickets \$20 at the door. In advance  
at [libertyastoria.showare.com](http://libertyastoria.showare.com) Doors open  
6:30pm. Online will call tickets at the door.

**SATURDAY FEB 15**

**Q NIGHT DANCE**

Celebrate the  
new LCQ  
Center.  
Doors open  
8pm, Dance  
9pm-12pm.  
\$10. Proceeds  
benefit Q Center. At KALA. 21+ please.  
Disco into Queer 2020! Friends+Allies+Q's!  
Raffles+Chocolate+LOVE!



**WED NIGHT KALA JAM/OPEN MIC**

Players, singers, solo, or sit in with house  
band Raizze The Bar. No Cover. 7 - 10pm at  
KALA in Astoria. "jus sho up" Coming up: Wed  
- **Feb 19, March 11, March 25.**

**FISHER POETS GATHERING FEB 28-29**

Annual FPG Dance at KALA - Friday 28  
following FPG shows.

**FRIDAY MARCH 13:**

From France/New Orleans

**HELEN GILLET**  
The Whirling Dervish  
of the CELLO

7:30pm \$15  
[libertyastoria.showare.com](http://libertyastoria.showare.com)

**FRIDAY MARCH 20**

**Storyteller Will Hornyak**

Erin's Daughters: Tales  
of Ireland's Warrior  
Queens, Saints, Hags and Heroines  
7:30pm \$15  
Storyteller's Workshop March 21:  
10am - 2:30. Reservations:  
[hornyak.will@gmail.com](mailto:hornyak.will@gmail.com) or 503 697-5808



**SUNDAY MARCH 29**

**National Roots/  
Blues Artist  
Seth Walker**

7pm \$20  
Tickets:  
[libertyastoria.showare.com](http://libertyastoria.showare.com)

