

November 2020 • vol 22 • issue 261

# HIPFISH MONTHLY

alternative press serving the  
lower columbia pacific region

**ENVIRO:** Forest vs Timber Unity p8

**FOOD:** Eat Healthy at Green Door p18

**PERFORMANCE:** Real LIVE & Virtual LIVE

46



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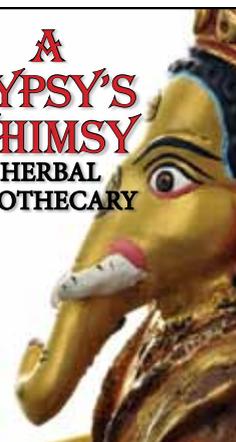
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# KMUN LIVE AT KALA

A Special LIVE Event Series presented by Coast Community Radio and HIPFiSHmonthly

## Concept Born

DRIVING along one sunny "early COVID-Times" afternoon, I turned the radio on, thinking that I was looking forward to listening to programmer Edward James's show, "Stage and Screen." This show always brings up my spirits. Edward James is a professional theatre veteran, and a local, who brings his love and longtime career to his volunteer program on KMUN, featuring music from the theatre and movies—always fresh, fun and inspiring.



David Drafall and Marco Davis, Over The Rainbow

Gratefully, James is one of many KMUN programmers who is checking out the studio equipment and now pre-recording his show from home. Stage and Screen is back! While KMUN is doing a great job of filling in air space with syndicated shows, and volunteer programmers are busting chops to bring it to us—it's been a strange disconnect to listen to replacement shows, to not hear the familiar host's voice in their time slot.

As radio lovers and listeners we form bonds with the folks in airwave land. Like a third place where we go to find refuge, comfort and like-mindedness, radio show hosts become our musical allies.

Since March of 2020, KALA Performance Space has been dark. Much of the focus at KALA is touring acts, and collaboration with local performance in theater, people actively in motion with each other, and cohabitating with an audience in an intimate and performer-focused space. Ah, what a concept.

As eating and enter-



**JAZZ Live w/ Pam Trenary**  
tainment establishments cautiously experiment with presentation, this new concept of experiencing the radio host LIVE appealed to my sense of possibility. It is the volunteer programmers that are the life of the public radio station, and KMUN Manager Graham Nystrom, no surprise, vehemently agreed.

So we bring our venerable local hosts to the stage! While we'll be physically distanced we can share our love of music and KMUN Celebs, take time out, and enjoy cultural



Rhythm Lounge w/ Joey Altruda

gathering, hopefully before we forget how to. And together we will make all efforts to proceed safely.

KALA Performance space will provide two air purifiers, ceiling fans and stage barrier, and follow sanitation guidelines. 9 seating spots are available, 7, 2-spots, and 2, 3-spots, total attendance of 20 people. Tickets must be purchased in advance.

Three events are scheduled for November and December, and if all goes well, look for more dates and programmers through January and February.

**OVER THE RAINBOW:** Saturday November 28. Join Marco Davis and David Drafall for an uplifting eve of Gay Anthems and the most current in Queer music and themes.

8pm to 10pm. Doors open at 7:15. Full Bar and Complimentary Snacks. \$12 per person. Be a part of the Live audience, recorded for broadcast in its monthly time slot.

**JAZZ LIVE W/ PAM TRENARY.** Tuesday Dec 8. A KMUN programmer for 38 years, since its beginning, Pam Trenary recognizes jazz as the Black Freedom Music and an evolving American art form. Specializing in swing and blues, and female vocalists. This show will be live broadcast in its time slot. 6pm to 8pm. Doors open 5:15pm. Small plates by Blue Scorcher will be available. Full Bar. \$10 per person.

**RHYTHM LOUNGE W/JOEY ALTRUDA:** Friday, Dec 18. Veteran musician, composer, producer and DJ, dig on the vast collection of vinyl from Joey Altruda's collection of Kool Elecktika, Yazy, Brazillian, African, Jamaican, Cuban and more. Show: 8pm -10pm. Doors open at 7:15. Be a part of the Live audience, recorded for broadcast in its monthly time slot. Complimentary Snacks + Full Bar. 21+ please. All seats \$12.

- Dinah Urell

**SEATING:** Physically Distanced, KALA Performance Space affords 9 table Seatings. Available are a total of 7, 2-tops, and 2, 3-tops. Total Full House attendance is 20 people.

**TICKETS** are \$10 and \$12. Please go to: [brownpapertickets.com](http://brownpapertickets.com). Search KMUN LIVE at KALA + Name of Event, i.e, "Over The Rainbow." Tickets are will-call. We'll have your name at the bar for check-in.

**Tickets at [www.brownpapertickets.com](http://www.brownpapertickets.com). Search KMUN LIVE at KALA. All Questions please Call HIPFiSH: 503. 338.4878**

This event follows COVID-19 Safety Guidelines. Please wear your mask, wash your hands and stay home if you are not feeling well. We ask that masks be worn while standing and moving in the space. Wear your mask at any and all times, to your comfort level while eating and drinking.

**KALA Performance Space is located at 1017 Marine Dr. in Astoria.**

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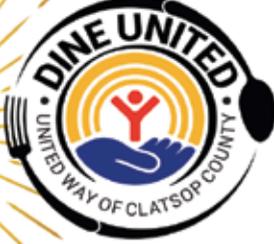
GO TO PARTICIPATING RESTAURANTS. FIND THEIR DINE UNITED POSTER. For a list of participating **DINE UNITED** restaurants, hover your phone camera over this QR code. A link will appear—click it. Physically go to those restaurant(s), look for their **DINE UNITED** poster. There you can scan and enter your chance to win a \$10 restaurant gift coupon. No purchase necessary!\*

**3 POST**

POST A PICTURE FROM YOUR FAVORITE, LOCAL RESTAURANT for a chance to win a \$10 restaurant gift coupon from one of the participating restaurants.\*\* #DineUnitedUWCC



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outside the box



STEPHEN BERK

## THE SOCIAL CONSEQUENCES of Covid-19

THE PERSISTENCE of the corona virus pandemic has devastated social life in America and much of the world. If the disease should continue unabated, complex social structures and interactions may well be greatly reduced. This will be to the detriment of public life, as well as education everywhere. We can see its grim effects on the worlds of entertainment and a great many forms of recreation. Theaters including those of New York's fabled theatrical district, have been shuttered now for the better part of a year with no end in sight. Musical performances from classical symphony to rock are suddenly non-existent. This mass collective shutdown also applies to the vast realm of educational instruction. Most universities and colleges have greatly reduced in-person interactions.

Virtually never in the modern world has social life of nearly every kind been so upended by the prevalence of a potentially deadly disease. The only parallel to the present pandemic can be found a hundred years ago, just after World War One, the most deadly war to its time. In the wake of the 1914-18 world war came the Spanish Flu, beginning in 1919. That disease actually began in Kansas, likely coming from one or more veterans of the Great War. It was much more virulent than the present flu, with some victims turning shades of blue and black and falling over dead in the street. It lasted into the first half of the 1920s, eventually killing some thirty million. People took their own precautions at that time, but public life continued unabated. Today's pandemic is a lot less virulent, with most victims recovering in about two weeks, though some have ongoing issues like heart problems.

One can speculate about why reaction to the present disease – shutdowns of crowd sourced events, as well as a range of in-person meetings, mask wearing – has been so much more prevalent than such preventive behavior in the far more deadly 1919 influenza. One does indeed read about people voluntarily restricting their activities, e.g. being afraid to enter

phone booths, during the earlier pandemic, which persisted into the twenties before dying out. Covid 19, without a vaccine, could also persist for some years despite all precautions presently being taken. We are now experiencing what epidemiologist, Anthony Fauci, of the Center for Disease Control, predicted, a "second wave" spike in the virus. Work on a vaccine is, however, progressing, and we may have one by early 2021.

Human behavior in various countries

a similar appropriation has been delayed due to the two parties' differences over the amount. The economy had boomed for over three years of the Trump presidency, but in the fourth, Covid 19 began to take its toll. Particularly in populous states like New York and California, the disease spread so rapidly that Democratic governors enacted temporary economic shutdowns that contributed much to the slowing of the overall economy. So Trump was stuck running for reelection in a pandemic induced recession.

Even if the disease recedes and the economy begins to rev up again, unemployment figures are likely to remain relatively high for some time, due to the overall contraction in the economy caused largely by recent business closure. Hence unemployment, while falling significantly from its peak, still remains at seven and a half per cent, a good deal higher than the two per cent of the boom years. With the risk of Covid eliminating spectators from spectator sports, internet receipts, while helping, hardly

replace in-person attendance. Sitting at home watching games played with no fans in the stands removes much of the excitement one normally experiences in professional or collegiate athletics.

The degree of cancellations of sporting, recreational and cultural events during the present pandemic is indeed unprecedented. In the much more serious 1919 influenza pandemic following on the heels of World War One, professional sports continued; the Black Sox World Series fixing scandal occurred that year. The same is true of the major outbreaks of polio during the middle of the last century. Swimming pools were closed, but little else. Polio often left its victims with various levels of paralysis, but outbreaks never generated the systematic closures we have seen with Covid 19. Given the degree of social restrictions, if we do not get a vaccine soon we may see isolated individuals and nuclear families mainly interacting with media and social life reduced to a whisper.



has acted to spread or curtail the disease. In Sweden, for example, no shutdowns were ordered, no special precautions taken, and the disease was allowed to run its course. The result has been that the Swedes have apparently achieved something on the order of "herd immunity," wherein the population-at-large has now developed antigens. On the other hand, South Korea and China effected successful lockdowns for several months. Thus both Asian countries were able to turn back the disease. The US, Europe and Russia, have seen much less success with lockdown measures and subsequent reopenings. Likely, a variety of conditions brought about by each country's urban density and overall way of life played a role.

For a number of reasons, the US has had little success in battling Covid 19. President Trump largely passed responsibility to the state governors, most of whom lack adequate resources. Congress has sought to plug this hole by appropriating some two trillion dollars to battle Covid 19. A second bill calling for



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# STAY SAFE!

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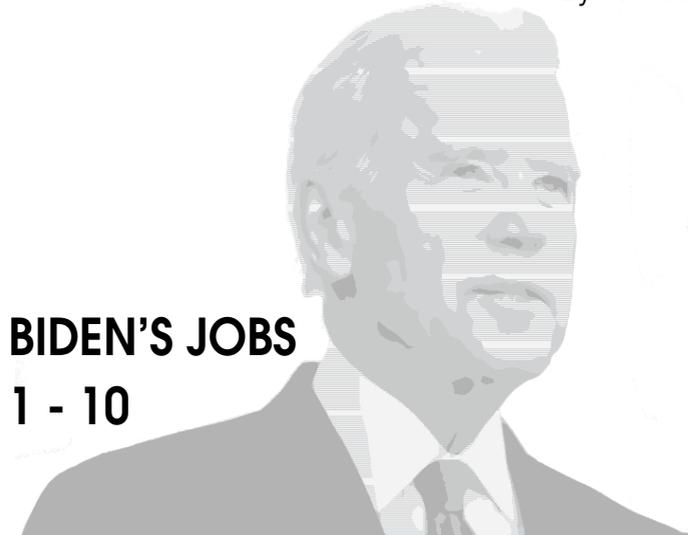
### MAGIC WEB WORKER:

Bob Goldberg

From our Partners at

# PeaceVoice

By Mel Gurtov



## BIDEN'S JOBS

### 1 - 10

In the next several weeks, President-elect Joe Biden will be preoccupied with creating a 100-day action agenda. It might be called "Operation Renewal." Here are my top-10 choices, in no particular order.

- Develop a public health strategy for containing and rolling back the coronavirus.
  - Support a multi-trillion dollar assistance package for economic recovery, with emphasis on relief for renters, unemployed workers, and small businesses.
  - Restore US membership in the Paris climate accord and the World Health Organization.
  - Issue a strong statement in support of racial justice, including explicit condemnation of hate groups.
  - Reaffirm support of the Deferred Action for Childhood Arrivals (DACA) program, opening it to new applications and removing limits on renewal of status.
  - On immigration: Halt building of the wall with Mexico, begin dismantling detention facilities (especially those with children), find the parents of unaccompanied children, stop ICE harassment and roundups of undocumented people, respect sanctuary cities, and resume accepting asylum applications. Lift restrictions on immigration from Muslim countries. Restore refugee admissions to their highest level in the Obama years.
  - Restore, by executive action, the roughly 100 environmental regulations from the Obama era that Trump rolled back as part of a comprehensive strategy for climate change.
  - Restart diplomacy with Iran on the nuclear deal. (Iran's leader has expressed readiness to do that.)
  - Clean house in the departments of justice, state, agriculture, and homeland security, as well as in the Environmental Protection Agency, National Security Agency, and Consumer Protection. Affirm to all professional staff that the nightmare of disrespect and disregard is over.
  - Restore sanity to US foreign relations, starting by reaffirming US alliance ties and letting China's and Russia's leaders know that the US is prepared to engage on the basis of mutual respect and benefit. Seek Russia's agreement to extension of the New START (strategic arms).
- Of course the to-do list is much, much longer. Student debt, consumer fraud, department of justice independence, Supreme Court expansion, labor and financial regulations, defense of public lands, protection of whistleblowers, back-to-school plan...almost endless. And all of these come down to appointments of people with integrity, experience, and humane values. Fortunately, such people are plentiful. Oh, yes: If Mitch McConnell tries to sideline the appointments, do what Trump did: appoint "acting" secretaries and directors.

Mel Gurtov, syndicated by PeaceVoice, is Professor Emeritus of Political Science at Portland State University and blogs at *In the Human Interest*.

## GIVING TUESDAY Local Non-Profits spotlights on KMUN

GIVING TUESDAY(GT) is a global generosity movement, unleashing the power of people and organizations to transform communities and the world. Created in 2012 as a simple idea: GT is a day that encourages people to do good. Over the past nine years, this idea has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. KMUN has participated in GT since 2014. In this pivotal year, we are doing good by giving back to local non-profits.

Janet Fryberger, KMUN Membership Director explains KMUN's "do good" plan for this year. "In addition to entertaining our community of listeners, we strive to educate as well. We're opting to highlight local non-profits through brief air spots at the top of each hour, throughout the week leading up to GT and on GT itself." Fryberger states, "We're calling it - KMUN: Looking Forward, Giving Back. We hope listeners will take this opportunity to learn about and support many local non-profits." This is a broadening of KMUN's Promos for Non-profits program launched in January 2020 by airing an informative segment about a local nonprofit at 5:48pm weekdays, during All Things Considered.

We all have gifts to give and there are limitless ways to show yours. KMUN will continue its focus on the many nonprofits that do their good work in our listening area. "KMUN hopes you appreciate our actions and choose to support our efforts as well, through Facebook and we always encourage donations through our website [coastradio.org](http://coastradio.org)," states Fryberger.

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

## Heroes The Untold Stories of Grit and Passion—and Success

The Columbia we cherish is a legacy of heroic efforts by Tribal Nations, communities, individuals, and many others who mustered the courage to take a stand. Join Columbia River Keepers this fall and winter through December 3, as they roll out video shorts of the powerful stories of these heroes of the Columbia on [columbiariverkeeper.org](http://columbiariverkeeper.org).

Hero  
Cheryl Johnson NO LNG Campaign  
Retired librarian and tireless Columbia Riverkeeper volunteer  
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## Peaceable Assembly

WE AMERICANS value our Constitution. Yet we sometimes forget the details of how it came to be, including the fact that its initial draft, setting up a system of checks and balances, was soon deemed incomplete. As Thomas Jefferson argued, the American people needed strong guarantees that their own government would not oppress them as the British monarch had.

So was born the Bill of Rights, a set of ten Constitutional Amendments protecting individual liberties, including the all-important First Amendment, including protections for freedom of speech, freedom of the press, freedom of religion, the freedom to peaceably assemble, and the right to petition the government.

In some ways, the freedom of assembly and the freedom to petition the government are connected. American colonists tried to petition King George with their grievances, but he ignored them. Only when they assembled in collective actions like the Boston Tea Party did they finally get his attention.

But freedom of assembly and the freedom to petition are also separate rights, as delineated by a comma in the original text and affirmed by the courts in precedent-setting cases. In fact, in a unanimous 1937 decision, *De Jonge v. Oregon*, the US Supreme Court recognized that "the right of peaceable assembly is a right cognate to those of free speech and free press and is equally fundamental."

Imagine a nation in which there are no guarantees on the right to peaceably assemble. It's an authoritarian's dream. Prohibited from gathering with others, we could take no collective action. We might individually talk about the need for change, but as history shows, change happens when people join forces and demand it.

Without the right to peaceably assemble, we would have had no abolitionist movement, no women's suffrage movement. Without the assembling of workers, we would have no restrictions on workdays or working conditions or child labor. Without civil rights activism, the promise of equality would remain entirely beyond reach.

Of course, no First Amendment right is without limits. Your freedom of speech does not include the right to incite panic by yelling "fire" just for the fun of it. Likewise, the government can prohibit assemblies that rely on force or violence to accomplish unlawful purposes. And in public emergencies like the Covid

pandemic, governments may impose temporary restrictions on indoor assemblies.

But these restrictions must hold up in court. To the dismay of would-be authoritarians, martial law can't be arbitrarily imposed as a way of keeping people from assembling so their voices will be heard.

From its inception in the 2017 Women's March, Indivisible North Coast Oregon has helped citizens in our region exercise their right to peaceably assemble and petition for change. We've hosted a Rally for Truth, a Rally to Defeat TrumpCare, a vigil for Charlottesville, a Rally for Our Lives, a Rally for Science, a Rally to Keep Families Together, a Lights for Liberty vigil, a Rally to Confront Corruption, and a Global Climate Strike Rally. We've also hosted multiple rallies to remind aspiring authoritarians that in America, Nobody is Above the Law.

Every one of our rallies has been a peaceable exercise of our First Amendment rights, uniting hundreds and hundreds of friends and neighbors from across our region in petitioning our government for change.

Every one of our rallies has been a peaceable exercise of our First Amendment rights, uniting hundreds and hundreds of friends and neighbors from across our region in petitioning our government for change.

Law-abiding citizens who exercise their right to peaceable assembly are not extremists. That sort of labeling is fearmongering, a time-worn tactic that has been grossly overused in recent years by politicians who have little of substance to offer. Anyone who has been paying attention knows the truth about INCO.

We'll continue to exercise our First Amendment rights. We hope you will too.

### INCO HAPPENINGS

Due to the coronavirus, INCO in-person events are suspended indefinitely.

**Tuesday, November 10** - INCO South County Community Group Zoom meeting, 6:30 pm - 8 pm. Please RSVP to Kathleen-macdonald@yahoo.com thru Monday, September 7 for your Zoom link.

**Saturday, November 21** - INCO Astoria and Warrenton Community Groups joint Zoom meeting, 11 a.m - noon. Contact [incoregon@gmail.com](mailto:incoregon@gmail.com) to get the Zoom link.



The roster of offerings at the Lower Columbia Q Center include engagement, service, community and support. LCQC is casting a wide net for volunteers who do everything from events and programs to service on the Board of Directors and committee positions.

**Lower Columbia Q Center** is open 3-5pm Mondays and Wednesdays for drop in and office hours utilizing local and CDC guidelines. That means 10 or less people and masks are required. Check out the new facility and views of the bridge and river from 171 W Bond St. in Uniontown, Astoria.

**Call the phone line for contacts listed:**

**OPEN 6-9PM** Friday nights using the same guidelines and also available at that time by Zoom online. We invite your interests in resources, support, socializing and just hanging out for fun. Some folks drop in for a few minutes others for a few hours. Contact: Jim Summers

**YOUTH GROUP**, Kiki at the Q, meets the second and fourth Thursdays 5-8 PM at the Lower Columbia Q Center and alternately by Zoom online. These meetings may feature special guests and teen experts from the Harbor. Contact: Christina Gilinsky

**THE LCQC GENDER ALLIANCE** meets the third Thursday of the month from 6-8 PM. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller

**THE LATE BLOOMERS** peer support group has been operating for some time in Portland and now at LCQC, currently by Zoom on line. The guys get together the second and fourth Saturdays 3:30-5:30 PM. Contact: Franklin/Jim Summers

**QUEER EDGE SOBRIETY** is our peer support group featuring support for fun and sober living. Meeting currently by zoom on line, the first Wednesday of the month 6-7:30 PM Contact: Tessa Scheller

**OVER THE RAINBOW** is the LCQC radio program featuring DJ Marco Davis the third and fifth Wednesday of the month on KMUN from 8:30-10:30 Contact: David Drafal

[www.lowercolumbiaqcenter.org](http://www.lowercolumbiaqcenter.org)  
503-468-5155  
171 Bond St. in Astoria

## ZOOM in to the Lower Nehalem Watershed Council Speaker Series

LOWER NEHALEM Watershed Council hosts Benjamin Clemens, Nov. 12, the Statewide Lamprey Coordinator ODFW, for his presentation "Connecting Oregon Lampreys with Oregonians."

Who wants to talk about lamprey? Ben does. He says "Lamprey are a fascinating group of jawless, boneless, fishes that have endured for at least 400 million years! 10 species of lamprey, about 25% of all lamprey species, live in Oregon! Pacific Lamprey were harvested and used by Native Americans for culture, ceremony, medicine, and food."

Ben also notes that, because there are so many species of lamprey in Oregon waters, they have diverse impacts on and needs in freshwater or marine habitats. Of the 10 Oregon lamprey species, 5 status assessments have been conducted. Every assessed lamprey species has been ranked on the state's Sensitive Species List, making them Oregon Conservation Strategy species.

Ben's presentation will help us get to know Oregon's lamprey, learn about their habits and ecology, and how those intersect with local communities. Because there are multiple threats to Oregon lampreys will be key factors in conserving Oregon lamprey.



Benjamin Clemens is the Statewide Lamprey Coordinator for the Oregon Department of Fish and Wildlife (ODFW). Ben works at the intersection of research, policy, and management to benefit Oregon's native lampreys and human use of them.

November 12, 7pm. Watershed Council Intro at 7pm. Presentation 7:10pm. Q&A 7:45. This event is FREE and open to the public. FMI: on (<https://www.facebook.com/lwnc1>). Event Location: <https://us02web.zoom.us/j/87548589146>



## 9th Street Wetland protection mitigates impact of flooding in Warrenton

**NORTH COAST LAND CONSERVANCY'S** conservation of 42 acres of Sitka spruce wetland on either side of 9th Street in Warrenton will help prevent flooding and double the length of an existing wildlife corridor in the area.

The 9th Street Wetland, transferred from Clatsop County to NCLC on Oct. 19, encompasses 42 acres that are part of the Alder Creek watershed that spreads to the Columbia River alongside Sand Creek.

Along with NCLC's Sand Creek Wetlands and Gardenia Wetland, the 9th Street Wetland helps preserve a wildlife corridor of more than 1 mile in the heart of Warrenton that is used by elk, small mammals, upland birds and invertebrates. Additionally, 9th Street Wetland contains several hundred meters of frontage along Alder Creek, which is downstream of a property with rearing habitat for Lower Columbia coho and other salmon.

The entire system stores large volumes of water, creating the potential to help mitigate the effects of flooding and storm surges, a critical ecosystem service in a low-lying community like Warrenton. The spruce forest and swamp habitat that characterize this property are considered globally rare. By the 1980s, about three-quarters of the forested and scrub/shrub tidal wetlands that existed in the lower Columbia River estuary in the 1800s were gone. Wetlands such as those found in this complex act as nature's kidneys, filtering out sediments, excess nutrients and pollutants.

The spruce, hemlock and alder trees on this property offer the ecological benefits that come with a layered and mature forest structure, such as healthy and diverse understory; large downed wood for moisture retention and nutrient cycling; and large snags for cavity nesting.

Public access to the property is limited to guided use.

## Bats, Spiders, Owls—Oh My! Virtual Lewis and Clark National Historical Park presents!

DO BATS DO AEROBATICS when they are not hanging around? Have a hoot and an owl-right time as we spin some fun tales and learn about night creatures with our ranger-led virtual talks! The tenth annual "Bats, Spiders, Owls – Oh My!" event will be happening online for anyone who would like to participate!

This opportunity happens each Friday at 4pm, through November 13 on Lewis and Clark National Historical Park's Facebook page. Go to [Facebook.com/LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark) to watch! The videos will stay on the Facebook page afterwards for anyone who missed the Friday afternoon premieres. Also, viewers are encouraged to go for a walk in their neighborhood or at the park and take a picture of a bat, spider, or owl and post it to social media using the event hashtag #LCBSO. The park is open daily 9am to 5pm. For more information, call the park at 503-861-4414.

## Let's Talk about Hummingbirds Nature Matters continues with online talks

BARBARA LINNETT discusses Clatsop County's hummingbirds, their unique behaviors, spectacular colors, amazing speed, and how people can get involved in protecting these important pollinators.

The 7pm presentation takes place Thursday, Nov. 12, online. This free event is open to the public and can be accessed from the Fort George Brewery Facebook page: <https://www.facebook.com/FortGeorgeBrewery/> where they will be streaming via Facebook Live or Fort George's Youtube channel: <https://www.youtube.com/user/fortgeorgebeer>.

Barbara Linnett is a bird enthusiast and wildlife volunteer whose favorite birds are hummingbirds. She is a retired nurse who volunteered for the Wildlife Center of the North Coast near Astoria for eight years. When this center has fragile hummingbirds as patients, Linnett is called upon to help with their special rehabilitation needs.

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



## King Tides

### Calling Volunteer Photographers

King tide on the Nehalem Spit. Photo: Steve Morey

EVERY YEAR in early winter, high tides on the Oregon coast are higher than usual. These extreme high tides, commonly called "King Tides," occur at a few specific times during the year when the moon's orbit comes closest to the earth, the earth's orbit is closest to the sun, and the sun, moon and earth are in alignment, thereby increasing their gravitational influence on the tides. These tidal events are also known as perigean spring tides.

And every winter for the past decade, a growing network of volunteer photographers has documented the highest point reached by these highest of tides. The hundreds of photos they take capture a moment in the interaction between land and sea which up till now has been rare, but is likely to become far more typical. The images reveal current vulnerabilities to flooding. Even more important, they help us visualize and understand the coming impacts of sea level rise (such as flooding and erosion) to coastal communities. These tides are especially important to document when storm surges and high winds and waves create even higher water levels.

The goal of this citizen science project is to encourage Oregonians and visitors to submit photos they take of the king tides to help track sea level rise over time and reveal its impacts on the Oregon Coast. The value of the project thus increases over time, as the record of changes caused by higher tides lengthens. Photographers are also encouraged to take photos at average high tides from the identical vantage points of their "king tides" shots, for purposes of comparison.

Anyone can participate by taking a photo during the peak period of a king tide, anywhere on the outer coast or along estuaries or lower river valleys. Photos that show the highest stand of the tide with reference to a man-made structure or natural feature reveal the reach of the tide most clear. Participants then submit their photos through the project website ([www.oregonkingtides.net](http://www.oregonkingtides.net)). For the 10-year anniversary of the project, a fantastic interactive web display was created to highlight the initiative through time. Many other partners support the project on-the-ground, such as watershed councils, non-profit groups, tourism groups, and public ports.

**This year, the three sequences of "king tides" that will be the focus of the project take place November 15-17, 2020; December 13-15, 2020; and January 11-13, 2021.**

"While this partnership and project is important to learn the reach of the tides into our communities, it is also an opportunity to remind those who visit the coast (and those who live at the coast) to know the tides by looking ahead at tide tables," says Jesse Jones, CoastWatch Volunteer Coordinator. "Remember that winter storm surges can add 1 - 3 or more feet to a projected tide height. Tide tables are available at many coastal markets and online. At [oregonkingtides.net](http://oregonkingtides.net), scroll down on the first page and you'll see a tide map. Please share this important information far and wide - indeed many are not aware that the Oregon coast has a vertical tidal range that doubles from 5-6 feet to 10-12 feet during extreme tides. As always, the Oregon King Tides Project and CoastWatch urge taking photos from a safe distance."

**This year, the Oregon King Tides Project is honing in on priority locations where photos are needed. Astoria, Fort Stevens, Seaside, Tillamook Bay Estuary, Neskowin and the Salmon River Estuary are north coast sites in need.** Also, regular high tide photos at photo-points of king tides photos from past years are very much in need, too. Please visit [oregonkingtides.net](http://oregonkingtides.net) to look at photo sets you can contribute to. For more information, please contact [jesse@oregonshores.org](mailto:jesse@oregonshores.org).



**Timber  
Unity's  
Julie  
Parrish**

**VS.**

**A  
New  
Path Toward  
Forest  
Management  
in Oregon**

**By Roger Doreband**

**T**IMBER UNITY couldn't wait for the final body count or the flames to subside in the current Oregon holocaust before unleashing Julie Parrish, former state representative and Timber Unity spokesperson, to attack Oregon Governor Kate Brown and other state leaders for mismanagement of forests leading to the year's epidemic of wildfires.

In her September 12, 2020 Washington Post opinion piece Parrish blames Brown, and by implication the Oregon Department of Forestry, for "misguided priorities and dramatic failure of leadership".

At a time when most Oregonians are coming together to aid their neighbors, when there are reports of heroism, generosity and self-sacrifice abound, Parrish's untimely remarks are full of cynicism, misinformation, partisanship and stubborn refusal to acknowledge the real causes of the Oregon fires. Her maliciousness peaks when she accuses Governor Brown and Oregon leaders of "indifference to Oregonian's suffering".

Whether still smarting from the loss in 2018 of the seat she held for four terms in the Oregon legislature, or bitter over the failed effort to recall Governor Brown that was backed by Timber Unity, Parrish's vitriol and the content of her diatribe is totally consistent with the tactics of the Timber Unity organization in which she plays a prominent role.

Parrish is a surrogate of the founder of Timber Unity, Stimson Lumber Company CEO, Andrew Miller, a longtime donor to conservatives and a strong opponent of environmental laws. Timber Unity was founded in 2019 by truckers who feared higher fuel prices if cap and trade legislation succeeded. Seeing an opportunity to coalesce political power, Miller and Parrish used Stimson's deep pockets to form a Timber Unity PAC effectively hijacking what has been portrayed as a grass roots movement.

Timber Unity's initial goal was to stop Oregon's first concerted step toward curbing global warming, the 2020 senate cap and trade bill, SB1536, brought before the senate in the February 2020 legislative session. And stop it they did by helping organize a walkout by senate Republicans that made it impossible to reach a quorum. For emphasis an armed vigilante militia was called on to protect the Republican senators in abstentia. Leaders of Timber Unity have never disavowed the use of the militia.

Ironically, the collateral damage of Timber Unity's stopping the vote on cap and trade was that bills that would have increased Oregon's number of firefighters, provided more resources for firefighting equipment, modernized the fire response of the Department of Forestry and provided funds to the Office of Emergency Management for evacuation and recovery were all left on the table due to the lack of a quorum.

All of these measures were the result of Governor Brown taking action in 2019 after the lessons of the California wildfires the year before. Realizing that it was just a matter of time before the conditions in California would be in Oregon, Brown established a Committee of Wildfire Preparedness that recommended the measures that ultimately didn't see the light of day.

Parrish is aware of all of this but it doesn't stop her from accusations of "bad policy and political indifference".

Contrary to the governor's correct assessment of the causes of Oregon's fires, Parrish pooh-poohs the

notion that wind and dry conditions due to climate change have much to do with them. And yet most foresters, ecologists, climatologists, and meteorologists agree with Governor Brown that they are major interrelated contributors.

In fact Oregon has a history of fires made devastating by high east winds that dates back to the Yacolt Burn of 1902. The Bandon fire of 1936, which burned nearly 150,000 acres and incinerated that entire coastal town killing 10 people, was also driven by east winds.

The most devastating fires before those the state is currently experiencing also took place in the Coast Range, an area normally exempt from fire due to its damp climate. During the span from 1933 to 1951 high temperatures, dry conditions on the ground and a strong east wind drove four wildfires that destroyed over 350,000 acres of old growth forest. Collectively the fires became known as the Tillamook Burn.

Two of these fires were attributed to logging operations during a time of forest restriction due to the hot weather and extremely dry conditions. The cause of the third was identified as a carelessly thrown cigarette.

This human connection to wildfires has been well documented. According to statistics gathered by the staff of our national parks, 80% of the wildfires in the parks have been caused by humans. Carelessness combined with dry conditions sums it up. Add the contribution of climate change driven drought and strong wind and the ante is upped many times

fold. That is what we are dealing with in Oregon and throughout the west. Forest thinning and brush removal not-with-standing, there are no easy answers to prevent more loss of lives, trees and property.

In spite of her pulling rank as a 7th generation Oregonian, Parrish seems to know little of this history and data. Instead, like Donald Trump, Parrish uses blaming and personal attack to deflect away from the inconvenient facts of science.

Research recently released by Columbia University found that the west is in a "climate driven megadrought" larger than any seen in the last 1200 years. Jeff Lucas with the Western Water Assessment at the University of Colorado concludes that, "The biggest impact to everyday people from changing climate and inevitable future megadroughts is not ...running out go water but very large and intense wildfires which will get even worse in a warmer future."

CASTING aside wind and climate as possible causes, Parrish claims that the real problem is that Oregon's forest have become "overgrown". Unfortunately she doesn't offer an explanation of exactly what that means.

At one point she suggests that some state forests are in need of thinning and brush removal to reduce fire risk. There is truth in that claim considering the ultra dry conditions on the ground being caused by increasingly hot summers. But Parrish goes on to play loose with the truth about who is responsible for managing the forests. She implies that the Oregon Department of Forestry is responsible for managing 80% of Oregon's forest. That is simply not true.

The state is responsible for actively managing state forestland which amounts to only 4% of the total. 35% of Oregon's forestland is owned by private timber companies who are responsible for managing their land; about 2% is owned by the tribes and the rest is federal.

Unfortunately forest management by industrial giants like Stimson Lumber is largely determined by the expectations of their Wall Street investors. To produce dividends and profits that amount to a billion dollar industry yearly companies are often reduced to clearcutting 30 to 40 year old tree stands on thousands of acres. They rationalize their means by pointing to state law they follow that requires replanting after clearcutting.

The problem is that the clearcut/replant cycle also contributes to fire danger because the resulting mono-crop tree farms sequester less carbon and consequently indirectly exacerbate dry conditions due to climate change. The Center for Biological Diversity has called the industry practice of clearcutting, "the most CO2 spewing logging method of them all."

That depiction was given more weight last year in a study done by researchers at Oregon State University School of Forestry which identified the timber industry as the leading producer of greenhouse gases in Oregon. That study corroborated an earlier one by the Center for Economic Sustainability which reached the same conclusion using a different statistical method.

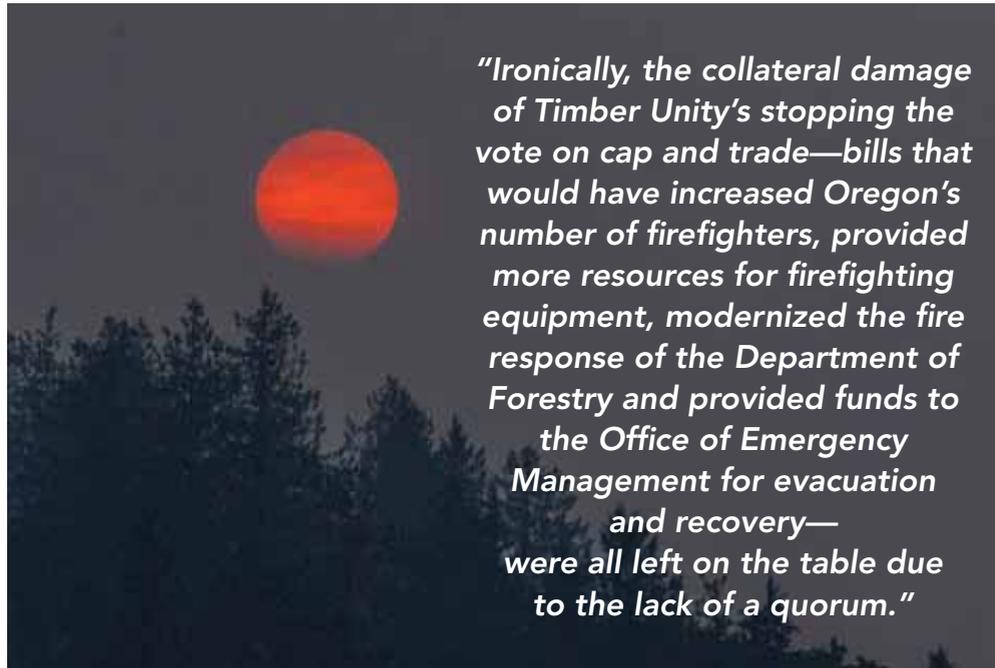
The finding of these studies is the 800 ton gorilla in the room that Parrish, who has a long track record of opposing environmental protection, Timber Unity and industry giants want to suppress and hide from the public.

Climate degradation aside, industrial tree farms are known by fire fighters to burn hotter and faster in a wildfire. Much of the uncontrollable fire we are seeing today is on land managed by the timber industry. It seems that Parrish's charge of bad policy and indifference lands squarely on the shoulders of industrial timber companies.

Their shortcomings have negatively impacted water quality as well. In 2016 the EPA penalized Oregon for failure to clean up coastal streams polluted by logging after warnings were issued for several years. While the adverse effects on water quality were due to private industry negligence, it was Oregonians in general who were the big losers. The federal government withheld 1.2 million dollars in federal grants that would have gone to projects for improving water quality in the state.

Admittedly the issue of forest management in Oregon is somewhat complicated because the state's Board of Forestry determines to a large extent how the totality of non-federal forestland will be managed. The rules they establish are known as the Oregon Forest Practices Act.

According to Parrish, mismanagement of forests has resulted from political power being in the hands of urban and suburban voters who want to "preserve the forests as untouchable playgrounds." A closer look reveals another story.



***"Ironically, the collateral damage of Timber Unity's stopping the vote on cap and trade—bills that would have increased Oregon's number of firefighters, provided more resources for firefighting equipment, modernized the fire response of the Department of Forestry and provided funds to the Office of Emergency Management for evacuation and recovery—were all left on the table due to the lack of a quorum."***

While it is true that for the past decade Oregon has been lead by Democrat governors, they have had little control over the Board of Forestry which has been virtually independent. Years of dark money and intense lobbying on the part of the timber industry have resulted in the OBF being controlled by a majority of members with ties to the timber industry.

As a result of the timber industry's majority on the OBF there have been few significant changes to the Oregon Forest Practices Act since the early 1990s. This has continued to be true in spite of 30 years of research and data clearly indicting the current industrial practices of clearcutting and aerial spraying of pesticides as significant contributors to the degradation of soil, harm to water quality and fish, wildlife habitat loss, reduced fire resilience, and contribution to the climate crisis.

The timber industry's grip on the OBF has only recently been loosened thanks to Governor Brown's brave leadership in resisting timber industry lobbyists. For the first time in many years the OBF is a more balanced body with both industry and non-industry members.

Parrish's highly politicized rhetoric is an attempt to further divide the state into rural versus urban camps. Her divisiveness, as well as other tactics deployed by Donald Trump, leave one wondering if she is fishing for an ambassadorship should he be reelected.

Toward the end of her Op Ed she goes off message and mimics Trump by taking a shot at Portland Mayor Ted Wheeler and Governor Brown, two of the president's favorite targets of late, for tolerating "rioters rampaging in the state's largest city". She imagines that somehow "violent protesters" are causing Portlanders to lose their livelihoods.

Parrish then contradicts her own accusation of indifference on the part of the mayor and governor by saying they involved state police in Black Lives Matter crowd control. She claims that those forces could have been "patrolling state forests protecting against fires." Really?

Parrish goes on to pour gasoline on her incendiary remarks by suggesting that BLM activists may be behind the looting of fire victims homes and possibly guilty of arson on at least one fire. Neither of these claims have credible evidence to back them up and have been vehemently discredited by all of the agencies involved in the fires.

Laurie Caplan, chairwoman of Indivisible North Coast Oregon, opining in the September 22nd Astorian calls Parrish's claims regarding BLM nothing more than "a racist dogwhistle".

Parrish ends her fear mongering by saying, "Oregon is a state that is losing control." One could argue that it is the timber industry, not the state, that is losing control.

After years of dominating the narrative on forest management, the timber industry is now besieged on numerous fronts. An international youth movement has taken up the banner of climate change, activist groups whose goal is to modernize the Oregon Forest Practices Act are more organized and determined than ever, and major media, like the Oregonian newspaper, are running investigative series that are alerting the general public to the malfeasance of the timber industry and their supporters.

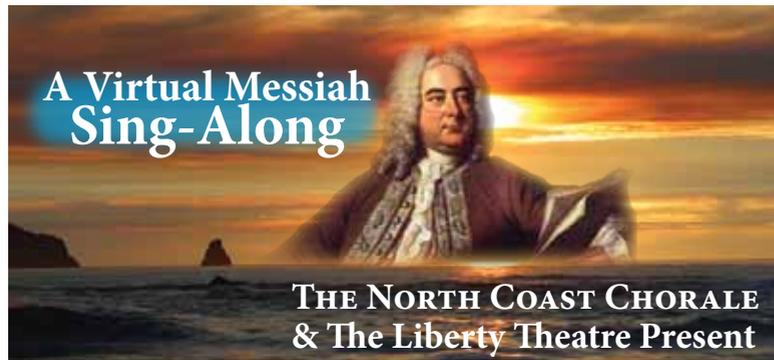
After years of trying to suppress the truth by downplaying and attacking any research that does not support their narrative, the timber industry now wants to dialogue with environmentalists. This year industry representatives asked Governor Brown to broker an agreement dubbed a memorandum of understanding (MOU) between the two sides. The MOU will in theory "chart a new path toward "meaningful, science-based forest management in Oregon."

This calculated move by the industry suggests the potential for positive change, but it doesn't mean we have seen the end of shrill attacks like Parrish's on the governor or any legislator who wants to mitigate climate change. And it certainly doesn't mean that the work of protecting and restoring Oregon's forest is anywhere near complete.

## **THE TAKE AWAY**

Oregon has a hard road of recovery and rebuilding ahead. Wildfires have burned more than a million acres of the 30 million acres of forests in the state and destroyed more than 2000 homes. As ecological writer and seer, Naomi Klein, has written of the climate crisis, "This changes everything." Oregon now has an opportunity to totally rethink forest management to help stop the worst effects of that crisis from recurring and to remake Oregon greener than it has been; economically, industrially, as a leader in forest products for the nation, and as the home of the emerald green forest sanctuary we Oregonians love to roam.

hf



EIGHT MONTHS AGO, the North Coast Chorale was rehearsing to present a series of concerts when COVID caused everything to grind to a halt. The arts, as we know them, were wiped from existence – no singing, dancing, bands, orchestras, operas, plays or musicals. It seemed like music and the arts would not be available to us for a very long time.

Thanks to Denise Reed, director of the North Coast Chorale and a small group of singers, a way has been found to continue singing amidst the silence. By following strict guidelines for indoor and outdoor rehearsals and performances, being extra-careful and observing the guidelines on cleanliness and wearing masks, the choir has begun to sing again! Two outdoor concerts were produced in early October in cooperation with the Astor Street Opry Company and Peace Lutheran Church.

Encouraged by the reception of both concerts, the North Coast Chorale is preparing to continue a long-time holiday tradition! Handel's Messiah, a North Coast Chorale benefit for the CCA Regional Food Bank, will be presented virtually on **Sunday, November 29, 4pm on the CCA website at [ccaservices.org/messiah](https://ccaservices.org/messiah)**. Local instrumentalists and soloists will be filmed so that those interested can sing/play along in the comfort and safety of their homes! It will be available on the CCA website through the month of December as well. Just go to the CCA website and click on the Facebook icon or go directly to the CCA page on Facebook. You can also look for the VIDEOS link on the CCA page to watch it on their website. It will also be broadcast on KMUN on Sunday, November 29, 2020 at 7pm. For those who wish to sing along at home, music scores will be available at the Astoria/Warrenton and Seaside Chambers of Commerce.

**Donations for the CCA Regional Food Bank can be made through their website at [ccaservices.org](https://ccaservices.org) or sent to CCA Regional Food Bank, 2010 SE Chokeberry Ave., Warrenton OR**

## Safe Sounds And Great Guitars At The Lccc Quarantunes Presents Terry Robb & Tom O

LINCOLN CITY – Lincoln City Cultural Center presents guitar stars Terry Robb and Tom Owczarzak, in the next Quarantunes concert, **November 12 12b at 7pm**, offered in-person with socially distant seating as well as live streamed.

One of the finest acoustic guitarists on the international scene, Terry Robb's signature fingerpicking style has earned him acclaim from worldwide audiences, esteemed music critics and his distinguished peers. From Delta blues, ragtime, country, swing and jazz, Robb has built a special blues sound that has made him a legend in his prolific music career spanning four decades.

Opening the three-set concert will be Tom Owczarzak, also known as Tom O. He's known for his warm style and original songs, and his longtime dedication to music education through the Americana Project, in play since the 1060s. Ticket purchases supports these musicians, as well as the Cultural Center and an adventurous group of local audio and video professionals dedicated to live broadcasts of the highest quality (the LCCC Stream Team). The LCCC is offering two kinds of tickets:

- 1) Table seating in the LCCC auditorium before a small audience of 25, seated in singles and couples at socially-distant tables. Masks are required.
- 2) VIP Live Stream, broadcast from the LCCC auditorium to your laptop, phone, tablet or TV through our private YouTube channel. Purchase a VIP Live Stream ticket and they'll send you the link prior to the show.

**Tickets are on sale now at <https://lincolncityculturalcenter.thundertix.com>, or by calling 541-994-9994.**



JOIN THE LIBERTY THEATRE for its first virtual Gala! Beginning at **7PM ON NOVEMBER 21ST**, the virtual program will include brief performances by **ANGELA MEADE** of the Metropolitan Opera and featured Soprano of the Astoria Music Festival, Portland's **45TH PARALLEL UNIVERSE ORCHESTRA** that has graced the Liberty stage with its compelling chamber series in the past year, and the inspiring and spirited Astoria-based national acoustic act **HORSE FEATHERS**, along with short video tributes from The Astoria School of Ballet and Board President, Ted Osborn. Take a tour of the new vestibule, box office, and concession stand as well! The event will conclude around 7:30pm.



Every day the Liberty Theatre is able to see how music, dance, and theatre transforms lives. Educational outreach is central to the mission. When the pandemic started and the Liberty had to close its doors, Liberty Staff and Board turned on the ghost light to rally the Grand Lady's spirits to keep her safe.

Since then, The Liberty Theatre has remained committed to its role as a catalyst for the performing arts on the North Oregon Coast and dedicated to its mission to foster a healthier, stronger, and more vibrant community. As one



of the larger performing arts organizations in our region, the Liberty makes a significant impact on our community's culture and its economy.

**ON NOVEMBER 21ST, the Liberty presents its Virtual GALA, free and available to the public, via: [www.libertyastoria.org/gala](https://www.libertyastoria.org/gala). You can support the work and mission of The Liberty Theatre. An accompanying phone bank will be open from 6:30pm - 8:30pm with the generous support of KMUN Coast Community Radio, which has donated their phone lines for the evening. Donors may call 503-325-0010 during phone bank hours or donate online from the gala viewing page: [www.libertyastoria.org/gala](https://www.libertyastoria.org/gala).**

## CONNECT TO CULTURE

### Sitka Center Event Maxim Loskutoff reads *Ruthie Fear*

Join the Sitka Center for a live book reading and Q & A session with 2016 and 2019 Sitka writer in residence Maxim Loskutoff, coming together to celebrate his newly released debut novel, *Ruthie Fear*.

Loskutoff shares with the Sitka community, "I set out to write a western without a hero, a parable for gun violence in America, and a new mythology of life in the modern west-I hope you will glimpse all those things in Ruthie's journey. I send you love in this moment, and strength in art, wild places, and the dream and fight for a better world."

About Ruthie Fear: In Montana's Bitterroot Valley, young Ruthie Fear sees an apparition: a strange, headless creature near a canyon creek. Raised in a trailer by her stubborn, bowhunting father, Ruthie develops a powerful connection with the natural world but struggles to find her place in a society shaped by men. As she comes of age, her small community begins to fracture in the face of class tension and encroaching natural disaster, and the creature she saw long ago reappears as a portent of the valley's final reckoning.

About the author: Raised in small towns in the west, Maxim Loskutoff is the critically acclaimed author of RUTHIE FEAR and COME WEST AND SEE, which was an NPR and Amazon Best Book of 2018, a New York Times Editor's Pick, and winner of the High Plains Book Award. His stories and essays have appeared in numerous periodicals, including the New York Times, Chicago Tribune, Ploughshares, and Playboy. He lives in the Rocky Mountains of western Montana.

**Thursday, November 12, 4-5pm PST/7-8pm PST. This event is free and will be held online via Zoom. Registration required@ [sitkacenter.org](https://sitkacenter.org)**

### Call Of The Columbia With Author Brian Ratty At Seaside Public Library

The Friends of the Seaside Library will welcome local author Brian Ratty to discuss his new book *Call of the Columbia* is the conclusion of Ratty's Pathfinder Trilogy. The event will take place in the Community Room and there will be book sales and signings. Due to safety guidelines, space is very limited and participants must register with the library in advance. Those who are unable to attend in person will be able to view the session from home on the library's Facebook page.

*Call of the Columbia* is the thrilling tale of a journey of redemption from the Wyoming wilderness to San Francisco Bay, and from the goldfields of Coos Bay Oregon, to Astoria's mighty Columbia River. With the completion of the Transcontinental Railroad in 1869, America became one land united by an iron highway that ushered in her Industrial Revolution. After the Golden Spike was driven and the link-up secured, two notorious Indian fighters, and a recently freed white captive girl, leave the high desert country to find their fortunes in the goldfields of the west. Along this iron trail Gus Savage, a one-eyed former Cavalry Officer, accidentally kills the kin of a local Sheriff and soon finds himself on the run. With the help of his Comanchero Scout Lightfoot and the twelve-year old girl Lucy, they stow away in a caboose heading for California.

Brian Ratty is a retired media executive and graduate of Brooks Institute of Photography. He and his wife, Tess, live on the north Oregon Coast where he writes about and photographs our rugged and majestic region.

**Saturday, November 14, 2pm. Seaside Public Library is located at 1131 Broadway. For more information call (503)738-6742 or visit us at [www.seasidelibrary.org](https://www.seasidelibrary.org)**

## AVA Gallery Iris Sullivan Daire: *Healing Stories of Plants & Ancestors*



ARTIST AND NATURALIST DYER Iris Sullivan Daire offers a contemplative installation for these times of peril. *Preserved: healing stories of plants & ancestors* includes an array of foraged colors on hand printed, stitched and woven cloth that celebrate a seven year journey of healing. Sullivan Daire of Astoria uses natural dyes as a portal to deeper relationships to self, others and the natural world.

In late 2013, Sullivan Daire was diagnosed with Stage 3 breast cancer. With deep sincerity and dedication, she documented her experience in a blog filled with heartfelt experiences, challenges, stories, lessons, and resources, which can be found at [dreambirdstudio.com](http://dreambirdstudio.com) or [pookaride.com](http://pookaride.com). A few excerpts, "The dividing rate given to the larger tumor was 70% on a scale in which anything over 20% represents HIGH growth. When I went over all of the particulars of my pathology report with the glossary to interpret it, basically every measurement that they took was an indication of, to quote from the pamphlet itself, 'Worse possible outcome.'" "With the help and support of my family, friends, community and healthcare team I experienced what is known as a "cure." ... As I look back I have been thinking about what parts have been the hardest for me to deal with. I do this not to wallow in it, but to get clear, reframe if needed and move forward more lightly....Choosing to use art and dreams and the sweetness of plant medicine to light my journey..."

Sullivan Daire's craft and artwork is well known to many in the area. She often participates in local fiber art exhibits, offers regional and national natural dyeing and indigo workshops and was one of the founders of the Blue Scorcher Café. Sullivan Daire's work is more than just visually appealing, it is infused with our roots, a journey of learning and celebration of our ancestors and a reminder that we share our world, and depend on, a lot more living organisms than just humans and animals.

Another excerpt from Sullivan Daire's blog, "The history of cloth is the history of humanity.... Perhaps the artists and knitters and makers of all kinds are creating the next revolution of human consciousness, one in which we again align ourselves with plants. If so then it is as part of a long line of craftsman, artists, farmers and activists who have known this truth all along. The lineage that acknowledges that to be human is to be a creator.... My intention is that the work of my hands, in collaboration with the natural world and the other makers of the materials I use, will inspire more connection, joy and beauty in the lives of all."

**Iris Sullivan Daire's installation can be viewed at Astoria Visual Arts, 1000 Duane Street, during Astoria Art Walk on November 14 from noon to 8pm and Fridays and Saturdays from noon to 4pm through December 5.**

## Deanna Antony Awarded AVA Residency

ASTORIA VISUAL ARTS offers Deanna Antony of Seaside, a rent free studio as the newest AVA artist-in-residence. The studio is located in the Astoria Studio Collective, above Astoria Visual Arts at 372 10th Street. The residency will run November 1 to May 31.

Antony is a multi-disciplinary artist working in soft sculpture, painting, and drawing. Her work investigates identity and space by exploring palette, form, and playful expression. Over the last number of years she has been dissecting the history of painting and abstraction to the point of building the painting out into three dimensions. She uses found materials, specifically clothing, to communicate and evoke time and place, in direct relationship to the body. She received an MFA from the University of Wisconsin-Madison in 2020, and a BA from the University of Wisconsin-Parkside in 2016.



Antony says of this opportunity, "The AVA residency [will] offer the opportunity to expand my dimensional and painted works further within a space. ... the ability to connect with more artists in the area, offer great conversations, share technical tricks and of course, offer stimulating and inspiring visual content.... My work helps me process the world around me. It offers a place to ponder and reflect. Having the space to create is vital to the work. These pieces need to breathe, and they need space to get there. Being near the ocean has opened up this space in me." As applicable, Antony will open her studio to the public during Astoria's 2nd Saturday Art Walks when safety considerations allow.

The AVA a-i-r program, now in its 6th year, is designed to encourage the creative, intellectual and professional growth of local artists. FMI: [astoriavisualarts.org](http://astoriavisualarts.org).



## Hoffman Gallery november artists

THE HOFFMAN GALLERY presents three artist exhibits this November; Monsters and Beasts—Monoprints by Dennis Worrel, Covid Spring—The Paintings of Christa Grimm, and Stained Glass Windows by Chuck Winkleman.



D. Worrel, *Animals at the Gate*

**Dennis Worrel** draws inspiration from the "Black Paintings" by the Spanish painter and printmaker, Francisco de Goya. These works were completed during the aftermath of the Napoleonic Wars



Christa Grimm

and the intense, internal turmoil that was occurring in the Spanish government, church, and society in general. Worrel's monoprints are printed onto 100% heavy weight rag paper and Japanese paper, and similar to Goya's works, include monsters and beasts, and animals—as

our personal guardians or seen as threatening, something that may harm or destroy us.

Searching for the perfect view each morning **Christa Grimm** goes out into Tillamook county to paint the quiet beauty of the coastal environment. She began her small acrylics on wood the first day of spring break, having some difficulty finding a quiet lonely place, as the coast filled up with visitors. "Covid has slowed down our lives, and my hope is that it has helped us in our simple quest for calmness and inspiration," says Grimm. It is an intimate love affair with the bays and headlands that holds her captive.



Chuck Winkleman

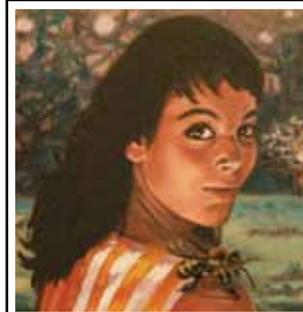
**Chuck Winkleman** has been working in stained glass for 22 years, first by necessity when restoring his 1913 Craftsman bungalow in Seattle. Today he makes custom windows as well as pieces for sale. Inspired by Frank Lloyd Wright, Scottish architect Renee' Mackintosh and brothers Charles and Henry Greene, he embraces the Arts and Crafts movement of the late 19th and early 20th century, some Art Nuevo and creates pieces not in either camp.

**The Hoffman Gallery is open Friday – Sunday, 1pm to 4pm daily. November's showing is through November 29. Located at 594 Laneda Ave in Manzanita. [hoffmancenter.org](http://hoffmancenter.org)**

A sculptural exhibit, **FROM THE DEPTHS**, by Carolyn Hopkins continues at the Sou'Wester Art Trailer. OPEN: Fri - Sun 9am-9pm (and by request: visit the lodge front desk). The Art Trailer Gallery is free and open to the public. From the Depths runs October 13 – December 13. *The Sou'wester Lodge is located at 3728 J Place, Seaview, WA. 360-642-2542*



Anchor-cement cast of whale vertebrae, hand built clay chain, plaster, paint



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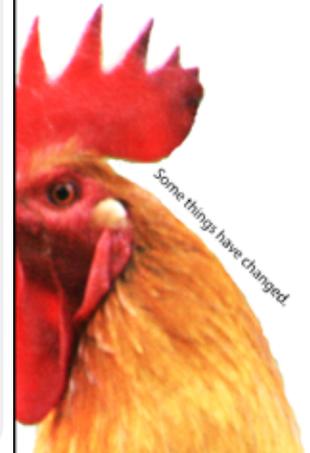
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## IMOGEN Gallery Facing You An Exploration of Portraiture

IMOGEN PRESENTS the sixth annual invitational exhibition exploring humanity through portraiture. This year's exhibition will include the sublime paintings of **Reed Clarke**, **Ruth Shively** and introducing local artist **Aaron Toledo**, all exploring the essence of humanity. This evocative collection moves beyond a surface glance of an individual, inviting the viewer a step closer and to consider the underlying. Perhaps even to see ourselves through the eyes of others, and what it means to be a part of mankind. Each portrait tells a story. The exhibition opens Saturday November 14th, 12:00 – 8:00 pm. And will be on view thru December 10th. The gallery is currently open Thursday – Monday, 12 – 5 pm and Sunday 12 – 4 pm. We are also available by appointment for private viewing.

Many artists at some point in their career have placed focus on the human form as subject matter, for some it's a practice of study, for others it's a means to participate with humanity on a more intimate level. Artists Reed Clarke, Ruth Shively and Aaron Toledo fall into that category. Portraiture becomes a vehicle utilized to explore deeper reflection of who we are, what we convey without speaking, simply by stance, expression or direction of gaze. These artists, all incredibly skilled with chosen medium, bring suggestion of story and history through portrayal of individuals.

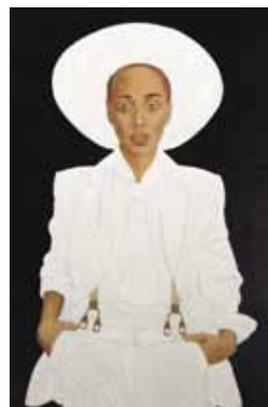
All three artists share a commonality of commitment and dedication to the marginalized within their work. Each brings beauty, vulnerability and rawness, elements that live within all of us. The power of the individual shines bright through compassion for humanity.



R. Shively, *Beauty of Color*

Imogen Gallery is currently open 5 days a week (closed Tuesday and Wednesdays) at

240 11th Street in Astoria. Regular business hours are Thursday through Monday, 12:00 to 5:00 and 12:00 to 4:00 each Sunday. Also available by appt, please call 503.468.0620 Imogen Gallery can also be found on Facebook or on the internet at [www.imogengallery.com](http://www.imogengallery.com).



R. Clarke, *Dwelling In Possibilities*



A. Toledo, *Nausea*

## Astoria Institute of Music and Center for the Arts

AIMCA presents PNW textured abstract acrylic landscapes by Jackie Leloff and fantasy, land & seascape oil paintings by Blaine Verley. The eve also includes doll assemblage art by Shannon Headrick and surreal art by Lisa Ackerman. Live acoustic folk and originals by Barbara Anne.

Opening for Astoria Art Walk, Saturday Nov 14, 12-8pm. AIMCA is located at 1159 Marine Dr. in Astoria



B. Verley, *Merman*



J. Lelo, *Give Me Shelter*

## Whitebird Gallery

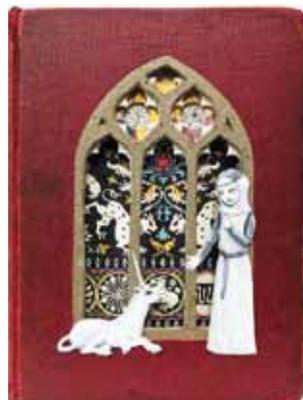
Whitebird Gallery joins the 33rd Annual STORMY WEATHER ARTS Festival, Nov 6 – 8.

Go to [cannonbeach.org](http://cannonbeach.org) for a schedule of galleries and special events, including music and artist presentations, following COVID safety guidelines.

Valerie Savarie presents a GALLERY DEMO at Whitebird Gallery, Sat Nov 7, 11am to 3pm. Valerie's unique process alters vintage books into delicate wall sculptures.

Through the month of December, the gallery will feature ROBERT SCHLEGEL - new paintings, VALERIE SAVARIE - altered book sculpture, JANEL PAHL - encaustic bird paintings, And new gallery collection by CHRISTOPHER MATHIE - mixed media coastal paintings.

Whitebird Gallery is located at 251 N. Hemlock in Cannon Beach. Open Tues – Sun and by appt. 503.436.2681



Valerie Savarie *Book Sculpture*

## Fairweather Gallery Seaside Art Walk

FAIRWEATHER GALLERY presents Group Show, WILD BEAUTY for the Seaside Art Walk. Artists include Leopoldine Brew, Mike Brown, Agnes Field, Patricia Finley-Clark, Dorota Haber-Lehigh, Ron Nicolaides, Jan Rimerman, Vanessa Stokes, and Tedd Chillless-Painting Seaside Live.

Seaside Art Walk happens Saturday, November 7, 5-7pm. Fairweather Gallery is located at 612 Broadway (Historic Gilbert District).



Devoted to capturing the grandeur of wildlife and conveying their fragile future, **Leopoldine Brew** is compelled to communicate through her work the overwhelming similarities between humans and animals.



Agnes Field uses commonly accessible materials such as cardboard, wood, plaster and fabric in mixed media paintings. "I paint what I need to see and consider this work functioning as emotional totems—expressions under the surface, with references to nature and poetry." - AgF

## Three Exhibitions at Riversea Gallery

IN RESPONSE to the darkness drawing in at the close of an endless year out of whack, RiverSea Gallery presents three exhibitions that offer an escape into mystery, whimsy and a touch of the surreal. The shows open Saturday, November 14 during Astoria's Second Saturday Artwalk, held from noon to 8:00 pm. The gallery welcomes individuals and small groups, with a maximum of 20 visitors at any given time, masks required. The artwork will remain on view through December 8, 2020.

In *Cat Astrophe*, Jill McVarish joins Dave Benz of Benz and Chang to offer an imaginative collection of paintings that are a response to this catastrophic year.



J. McVarish, 1961

As an artistic balm for the extreme events of 2020, McVarish presents portraits of cats, each representing a year in the 20th century, and each posed in front of a wallpaper pattern that was in fashion that year. Benz contributes vintage scenes delicately rendered in watercolor, each set in a specific year, many featuring monstrously sized cats that loom over the other figures; reflections upon how out of proportion our lives feel right now. As always, he includes allusions to mysticism and the interplay between mundane reality and the spirit world.

Showing in the Alcove is *Darkly Beautiful Creatures*, the enchantingly mysterious, storybook-like colored pencil drawings and dioramas by Portland artist **Melissa Kojima**. Her hauntingly beautiful drawings give brave voice to the creatures that inhabit a dark world and, according to the artist, "express their invisibility, anger, melancholy, loneliness, but also their courage, adventurous spirit and hope."

Featured alongside is *Tree Spirits*, figurative work in carved wood by local artist, **Jimi Smith**. Inspired by traditional Japanese folklore, this collection depicts "Kodama," the guardian spirits of trees. Kodama are said to tend the forest, help lost travelers and create mischief for those who endanger the trees. To bring a more contemporary edge to his work, Smith's Kodama figures are stylistically inspired by the Japanese animated film, "Princess Mononoke," lending the series an endearing, spritely appeal. Each wall-mounted sculpture is carved from various species of salvaged wood.



Gurudama, walnut



M. Kojima, *Moth Trap*

RiverSea Gallery, open daily at 1160 Commercial Street in Astoria. 503-325-1270, or visit the website at [riverseagallery.com](http://riverseagallery.com).

# MESSAGES SONJA GRACE



WITH THE HOLIDAYS upon us, it's important to have hope. Many people can remember times in the past where survival was difficult, and it seemed impossible to visualize a brighter future.

People are suffering without jobs, food, or a home. Some are dealing with cancers, illness, and disease. As a species, our ability to survive has been proven for centuries. We have endured war, famine, plagues, and natural disasters—experiencing cycles that have repeated throughout history. Some of the changes we have made are two steps forward, like women gaining the ability to vote. Some of our changes have been three steps backwards like judging each other for every little thing that we say and do on social media.

The most profound experience that I have had as a healer is working with people who have cancer. I am witness to their process not only in healing but also the emotional work one must undertake to heal dis-ease. A client announced three years ago she needed my help as she was diagnosed with the worst cancer you could have, multiple myeloma. Fourteen rounds of chemotherapy and a bone marrow transplant along with isolation and side effects, she has survived it all and is currently cancer free.

I worked on her through all her treatments and she attests that my work is why she is still here. I am reminded daily that there are far greater challenges that people face everywhere around the globe.

We can get through this time if we remember all the things we have gone through in past lives and this life. The biggest challenge for people in a time where technology is at an all-time high, is death. We have removed ourselves from the natural cycle of life and feel the victim when a loved one passes. Medicine and technology have given us a false sense

## Hope for the Future

of survival. When we can fully except our lives as a part of the natural cycle—living on Earth, we will endure the various challenges that are coming our way.

My hope for a brighter future is fueled by my belief in humanity. When we decide a healthy Earth is exactly what we need to survive and leave to the next seven generations, we will come together - no longer divided. The Earth will always have the last word.

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 at: [www.sonjagrace.com](http://www.sonjagrace.com)

By Tobi Nason

## WORDS TO LIVE BY. wordwisdom

I CHOOSE "Thank You" obviously, since Thanksgiving is coming up. Personally, I struggle through the holidays. I'm either working or home alone, puttering, drinking too much wine. My efforts to change said scenarios fail. I think it's due to lack of optimism, and a pragmatic view of "what is."

Maybe this article is more for me than for any readers out there. I often write two lists. A gratitude list and a wish list. After reading anything by Tony Robbins, my wish list explodes. He encourages everyone to "Dream Big." I like that. If I got bogged down in my smaller wishes, my life appears petty and not much going on. But "Big Dreams" combined with a gratitude list can keep me going. It keeps me going to work just so I can one day get that condo in Arizona. My gratitude list includes the jobs I have, even though I'm tired and sometimes bored and just want to wander around the neighborhood with my dog and notice foliage, I am indeed, grateful.

I have some income. Every once in a while I get good feedback from

a manager or two about my performance. It's easy to get bogged down in the sluggishness of daily life. Life doesn't just happen to a person. It is a result of a number of decisions that are made by that person. We are where we are due to choices we make! Even when life hands you circumstances, it is your choice how you respond. If for some reason your

**Dream  
big** ✨

past is riddled with what you might call bad decisions, ones that created new problems, for example, it doesn't mean you have to continue the sabotaging behavior. Every decision you make from now on can be one that honors you and heads you in the direction of "Big Dreams."

Where you've been does not have to determine where you're going. You

get to choose. Doesn't that sound like a luxury?

Problems and dilemmas keep coming, some worse than others. Let gratitude and big dreams guide your responses. Where do you see yourself in five years? If you see yourself living in Tuscany and writing a book, decisions you make today may get you one step closer to that reality. Start writing that book today. Done research on the cost of living in your Dream Spot? Save money. Keep working.

Here's the best part... occasionally, karma, the bigger world out there, tosses an opportunity into your lap. Be watchful for opportunities that are yours to use. Life can be tough and maybe downright depressing at times. Cultivating a creative outlook on your own life, how to navigate it for your happiness, starts today. Now.

Tobi Nason is a counselor located in Warrenton. Available for appointments. (503) 440-0587



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**UNDERCOVER SEASON 2 (NOV. 9 NETFLIX ORIGINAL)** Netflix has picked up a second season of the Dutch-language series about a pair of Dutch and Belgian cops going undercover. In its first season, the cops join forces to take down an Ecstasy manufacturing ring. Based on a true story, the two agents infiltrate the criminal operation by posing as a couple at a campground the drug kingpin frequents. Undercover was one of Netflix's most popular non-English language show in the U.K and Latin America. Season 2 picks up a year after Season 1. Kim De Rooij (Anna Drijver) now works for a human rights organization. Bob Lemmens (Tom Waes) is still a cop. The pair identify and illegal arms sales ring that originates in Syria but leads back to Belgium. Bob goes undercover. The drug kingpin they busted in Season 1, Ferry Bouman (Frank Lammers) has been imprisoned and is trying to identify the undercover officers who infiltrated him.

**A TEACHER (NOV. 10 FX ON HULU)** Kate Mara and Nick Robinson (Love, Simon) star in this series about an illicit sexual relationship between a high school teacher and her student. Claire (Mara) moves to a small Texas town and immediately becomes a favorite teacher. Claire meets Eric (Robinson) in her English class. While Eric's friends comment on her hotness, Claire has moments where she must face the fact that her marriage is failing. Eric, a senior, dreams about his life outside of high school. When Claire starts tutoring him, those dreams seems possible. Their relationship grows and eventually turns sexual. The relationship, once sweet, changes. Claire



becomes paranoid and yells at Nick for texting her, but still wants him. It's only then that Nick begins to realize that their once-idealistic love might be more akin to abuse -- or a crime.

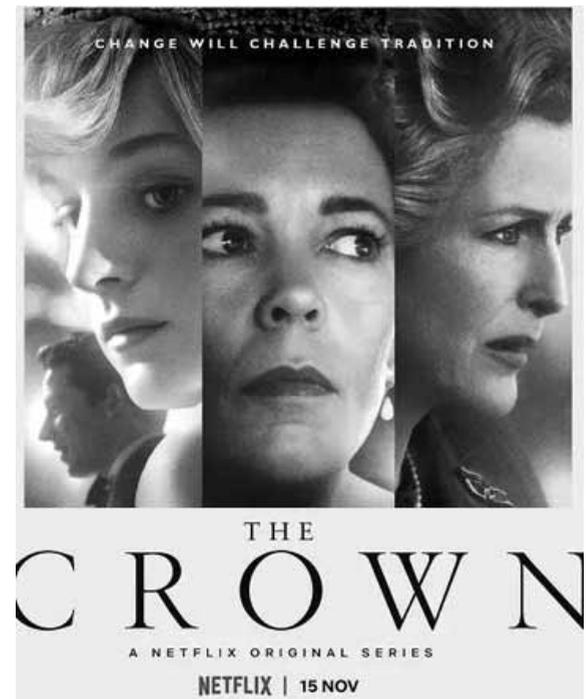
**THE LIBERATOR (NOV. 11 NETFLIX ORIGINAL)** Limited series uses innovative animation technique combining live action and CGI to tell the story of an Oklahoma National Guard regiment known as the Thunderbirds as it fights its way through World War II from Sicily,

Italy and France through Germany. Based on The Liberator: One World War II Soldier's 500-Day Odyssey by Alex Kershaw, series lead is Felix Sparks, who through 500 days of combat rises through the ranks to lead the regiment. Sparks is dedicated to his men and they to him. Shot through the chest, Sparks returns against doctor's orders to his outfit. Firsthand, Sparks sees his men killed and wounded by the hundred as they fight their way through Europe, finally discovering the ultimate evil when they liberate a concentration camp in Dachau. The horrors that Sparks encounters leave deep scars. In a letter to his wife he writes: "My darling Mary. For the rest of my life if ever I go silent or seem to leave you even when you're right beside me, you'll know where I am."



**THE CROWN SEASON 4 (NOV. 15 NETFLIX)** The much-awaited new season of The Crown, the Netflix series that covers the life of Queen Elizabeth, drops. With season 3 ending with the Queen's 25th year as public face of Britain, in season 4 the Queen (Olivia Colman) finds two women rivaling her in the public eye – one a possible ally and another an adversary. In season 4, the Queen and royal family concern themselves with succession – namely finding the "appropriate" bride for Prince Charles. Enter Lady Diana Spencer (Emma Corrin), who Charles romances and eventually marries. While the relationship between Prince Charles and Diana Spencer is presented to the public as a fairy tale romance, the reality of being in a relationship with a royal is difficult for Diana. Also covered is the rise of conservative Prime Minister Margaret Thatcher (Gillian Anderson), who has an uneasy relationship at best with the monarch. Also introduced this season are Prince William and Prince Harry.

**SMALL AXE (NOV. 15 AMAZON PRIME)** Academy Award-winning director Steve McQueen (12 Years a Slave) returns with a 5-part anthology consisting of 5 films dealing with personal stories from London's West Indian community from the mid-60s to the mid-'80s. Title refers to African saying popular in the Caribbean: "If you are the big tree we are the small axe." McQueen has dedicated the series to the memory of George Floyd, whose death at the hand of a white police officer sparked the Black Lives Matter movement. Films in the series include Lover's Rock, a story of young lovers set in a reggae house party in 1980. Mangrove, the longest entry in the series, tells the story of the Mangrove 9 – nine black activists



arrested after a public demonstration against London police harassment in 1970. The resulting civil rights trial devolves into the very behavior the Nine are protesting.

**HILLBILLY ELEGY (NOV. 24 NETFLIX)** Director Ron Howard brings J.D. Vance's bestselling book about his Appalachian white trash roots to the screen. Three generations of Vance's embodied by Vance's grandmother Mawmaw (Glenn Close), mother Bev (Amy Adams) and himself (Gabriel Basso), struggle against poverty, drug addiction, broken relationships and most of all – despair. Bev tries her best as a mother, but she is perpetually out of work, strung out on drugs and running through a string of boyfriends. Bev's struggles bringing up young J.D. frustrate Mawmaw to no end. Mawmaw, who is tough-as-nails but tremendously loving to her young grandson, sees potential in him. Someone who can break out of the cycle of poverty and hopelessness that has trapped their family and many others in the Rust Belt for generations. Mawmaw attempts to bring up J.D. herself, but that brings her in conflict with Bev, who despite her admitted failures still sees herself as J.D.'s mother.



# FREE WILL ASTROLOGY

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|     |    |     |    |     |     |    |     |
|-----|----|-----|----|-----|-----|----|-----|
| h   | r  | ♂   | ♃  | ♄   | ♅   | ♆  | ♇   |
| 11° | 6' | 27° | 7' | 15° | 54' | 0° | 48' |

**ARIES** (March 21-April 19): Aries poet Charles Baudelaire championed the privilege and luxury of changing one's mind. He thought it was natural and healthy to always keep evolving beyond one's previous beliefs and attitudes, even if that meant one might seem inconsistent or irrational. "It is lamentable," he once proclaimed, "that, among the Rights of Human Beings, the right to contradict oneself has been disregarded." I bring these thoughts to your attention, my dear Aries, so that you will feel at peace with the prospect of outgrowing any rules, strategies, and approaches that have worked pretty well for you up until now—but that have outlived their usefulness.

**TAURUS** (April 20-May 20): The horoscopes I write for you are my love letters to you. As I compose them, my goal is to celebrate your beauty and strength even as I discern what's lacking in your life and what confusions might be undermining you. In my philosophy of life, that's how love works at its best: remaining keenly aware of the good qualities in the beloved while helping them deal with their problems and heal their wounds. I suggest that in the coming weeks you adopt my approach for your own close relationships. Your allies are in special need of both your praise and your rectifications.

**GEMINI** (May 21-June 20): When Charles de Gaulle was 15, he wrote "General de Gaulle," a short story in which he envisioned himself, many years in the future, as a general in the French army. Thirty-five years later, his imaginary tale came true, as he became a general of the free French army fighting against Germany in World War II. In the spirit of de Gaulle's prophecy, and in accordance with current astrological omens, I encourage you to compose a comparable tale about your own destiny. Have fun as you visualize in great detail a successful role you will play years from now.

**CANCER** (June 21-July 22): In 1903, archaeologists digging in a cave in Cheddar Gorge, England found the fossilized remains of "Cheddar Man," a person who had lived there 9,000 years earlier. In 1997, DNA tests revealed that a teacher named Adrian Targett, who was currently living a half-mile from the cave, was a direct descendant of Cheddar Man. I propose that we invoke this scenario to serve as a metaphor for you in the coming months. According to my analysis of the astrological omens, your ancestors are likely to play a bigger role in your life than usual. Connections between you and them will be more vivid and influential.

**LEO** (July 23-Aug. 22): According to the film *Amadeus*, composers Wolfgang Amadeus Mozart (1756–1791) and Antonio Salieri (1750–1825) were adversaries who disliked and undermined each other. But there's evidence that this was not true. In fact, they collaborated on creating a cantata that was performed by Nancy Stora, a famous singer they both admired. It's unlikely they would have cooperated in such a way unless they had a working relationship. I suspect that a comparable correction is due in your world, Leo. It's time to dissolve a misunderstanding or restore a lost truth or fix an old story that got some of the facts wrong.

**VIRGO** (Aug. 23-Sept. 22): The coming weeks will be a favorable time for you to ask for help and seek support. I urge you to be forthright in doing so! Resources that have been inaccessible before may be more available. You may be able to capitalize on the luck and skill of allies who have benefited from your favors in the past. Their successes could bring you blessings and their breakthroughs should inspire you to instigate breakthroughs in your own life. Ask them to lend their influence in your behalf.

**LIBRA** (Sept. 23-Oct. 22): In the 1970s, an Englishman named Stephen Pile founded the Not Terribly Good Club. It was designed to be a gathering place for mediocre people whose lives were marked by inadequacy and incompetence. To organize his

thoughts about the club's themes, Pile eventually published a book entitled *The Book of Heroic Failures*. Unfortunately, it sold so many copies that he got expelled from his own club. He had become too successful! I suspect that in the coming months, you, too, will have an experience akin to his. You'll find interesting success in an area of your life where you have previously been just average.

**SCORPIO** (Oct. 23-Nov. 21): "At every crossroad, be prepared to bump into wonder," wrote Scorpio poet James Broughton. I believe that's perfect advice for you to keep in mind during the coming weeks. Broughton's words inspired me to come up with a corollary for you to heed, as well: "At every turning point, be ready to stumble into an opportunity disguised as a problem." I've got one more clue for you. Last night in my dream, my Scorpio poetry teacher offered an additional thought that's well-suited for you right now: "Every time you're ready to take a magic twisty leap into the big fresh future, you've got to have one last wrestling match with the past."

**SAGITTARIUS** (Nov. 22-Dec. 21): Actor Gary Busey is quirky and kooky, but his peculiar rants sometimes make good sense. Here's one that I suspect might be useful for you to consider during the next two weeks: "It's good for everyone to understand that they are to love their enemies, simply because your enemies show you things about yourself you need to change. So in actuality enemies are friends in reverse." I don't mean to imply that your adversaries and nemeses are totally accurate in their critiques of you. But there may be a thing or two you can learn from them that would truly improve your life.

**CAPRICORN** (Dec. 22-Jan. 19): Musician John Coltrane described one of his life goals as follows: "There are forces out here that bring suffering to others and misery to the world," he said. "But I want to be the opposite force. I want to be the force which is truly for good." Even if that's not an intention at the core of your long-term plans, Capricorn, I recommend you consider adopting it during the next few weeks. Being a vigorous and rigorous force for good will be especially needed in the worlds you inhabit—and will also result in you attracting interesting benefits.

**AQUARIUS** (Jan. 20-Feb. 18): Known as "the bad boy of bridge," Aquarian-born Geir Helgemo is a champion in the card game of bridge. At times he has been the top-rated player among Open World Grand Masters. But in 2019, he was suspended from the World Bridge Federation for a year because he tested positive for taking testosterone supplements that are banned. Why did he do it? He hasn't said. There is some scientific research suggesting that testosterone may boost cognitive function, but other evidence says it doesn't. I'd like to use Helgemo's foolishness as a teaching story for your use, Aquarius. According to my astrological analysis, you're approaching the peak of your competence and confidence. There's no need for you to cheat or sneak or misbehave in a misplaced effort to seek an even greater advantage.

**PISCES** (Feb. 19-March 20): "I might really have gone round the bend," confessed Botswana author Bessie Head. "I mean people who get visions and see a gigantic light descend on them from the sky can't be all there, but if so I feel mighty happy. If one is happy and cracked it's much better than being unhappy and sane." Although I don't expect your state of mind in the coming weeks will be as extreme as Bessie Head's, Pisces, I do suspect it will have resemblances to her dreamy cheerfulness. If I had to give a title to this upcoming phase, it might be "Wise Folly." And yes, I do think your "craziness" will generate useful insights and fertile revelations.

**Homework:** At what moment in your past were you happiest about the person you were? Can you recreate that experience? [FreeWillAstrology.com](http://FreeWillAstrology.com)

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

## Fitness at Large: A Resource Guide

AS A SIZE-AFFIRMING healthcare provider, I love encouraging my patients to get active outdoors to improve their cardiovascular fitness, connect with nature, and have fun, not to fit into restrictive, fat-shaming social norms for what a physically fit person looks like. One afternoon, I returned to my office after taking my lunchtime walk in sideways rain, and I enthused to my patients about how much of a blast they can have exercising in such weather. (Admittedly, I find walking in the wind and rain more enjoyable than riding, where I must guard against being blown over.) One of my patients confessed that although gyms aren't her first choice for an exercise venue, she's driven indoors to work out during the rainy season because she hasn't found quality rain gear in her size.

Everything from fitness magazines to the mannequins in outdoor stores features tiny frames as standard sporting equipment. That's why I've created this guide. I don't have any ties, financial or otherwise, to the companies on this list, and it's a starting point, not the last word.

**BIKES:** Worksman Cycles and Zize Bikes specialize in manufacturing bikes for large riders. Worksman's models include cruisers, commuter models, and my favorite, recumbents (or low-riders, as they call them). Zize, which refers to its products as "the Rolls-Royce of Big Bicycles," makes road, commuter, and hybrid bikes with strong frames and comfortable features. Trikes (cruiser or recumbent styles) are fantastic for folks with concerns about balance. If your knees give you trouble, you might prefer the long wheelbase recumbent style, where you're seated higher than your pedals, which puts less strain at least on my knees and doesn't cause my feet to fall asleep.

**OUTERWEAR AND BENEATH:** Sportive Plus is an online activewear outlet. In the "Waterproof-Breathables" section of their "Outerwear"

selections, you can find raincoats and pants from well-loved brands like Columbia and Marmot, as well as Sportive's own label. You can also find bicycling tights and jerseys in the Sports section. ([www.sportiveplus.com/en/](http://www.sportiveplus.com/en/)). Rsport sells apparel for "Athena and plus-sized athletes." Check out their Triathlon page for snazzy bike shorts, tights, and tops: ([www.rsportlife.com/collections/triathlon](http://www.rsportlife.com/collections/triathlon)). Superfit Hero makes body-positive activewear for folks from XS to 5XL, with great photos of regal-size models rockin' the cool styles: ([superfithero.com](http://superfithero.com)).

### INSPIRATION:

These are my favorite resources for body-positive words and images to celebrate everybody, as well as to connect with others for riding, hiking, working out, and hanging out.

Decolonizing Fitness

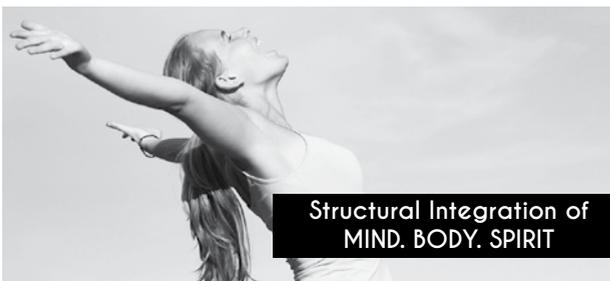
([www.decolonizingfitness.com](http://www.decolonizingfitness.com)) offers personal training, continuing education for personal trainers, and apparel that's truly intersectional; it's LGBT, fat, and BIPOC-friendly. Personal trainer Louise Green has written a book, created a fitness app, and facilitated a fitness community, all called Big Fit Girl: (<https://bigfitgirl.com/>). The app helps you to achieve your fitness goals without reference to weight loss and dieting. I also love Fat Girls Hiking (I found many of these resources on their website: <https://fatgirlshiking.com/resources/>), which hosts group hikes and other events in the Portland area (currently suspended during the pandemic), and Fat Girl Running (<https://fatgirlrunning-fatrunner.blogspot.com/>), Mirna Valerio's fantastic blog. Mirna's a trail runner, running coach, and Spanish teacher who shares her adventures (and sometimes misadventures) on trails and in races across the country. (You've got to have a sense of humor to run through ankle-high mud.)

Bike riding is kind to the joints and the planet. Many of us recall our first bike rides as liberating, offering freedom akin to flight. Happy soaring!



Louise Green

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**But man is a part of nature,  
and his War against nature  
is inevitably  
A war against himself.**  
-Rachel Carson

Yet, when it comes to healing our environment we have to work together.

Consider: Forming a CCC-like initiative, a Civilian Conservation Corps, comprised of veterans and active military to clean up the abandoned, orphaned and sacrificed lands that dangerously pollute communities.

The military has the know-how and technology. It also has a budget! Remember, all tax-paying citizens have made an investment in the military, which is a huge polluter. Why not get a healthy return on our investment, and use our dollars to regenerate the lands, deadened by toxins.

This is what we're thinking about here at Moby Dick, amongst the gardens and wooded paths; while having tea with our Buddhas.

What do you think?  
nahcotta2@aol.com

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and Oyster Farm**

## Whole PLANET Health

By Margaret Hammitt-McDonald

### Self-Care for Activists

SAY THE WORDS "SELF-CARE" and you might picture a luxurious experience at an exclusive resort. This relaxation-as-indulgence image implies a dichotomy between those who are cared for (and pampered) and those who do care work (mothers, professional caregivers, child-care providers). Not only are the latter less likely to have the time and/or money for self-care capitalism style, but they're also pressured to feel guilty, as if self-care means neglecting the caregiving duties they're socialized to perform.

Audre Lorde rejected the notion that caring for oneself is a luxury: "Caring for myself is not indulgence. It is self-preservation, and that is an act of political warfare." Standing against the various forms of insanity that plague our world can wear one down in short order if we don't set aside time for wholeness, laughter, friendship, nature, delicious food, refrigerator poetry, animal companions, crazy craft projects, and anything else that renews our being. That's why Angela Davis created the concept of radical self-care, a practice centered in the experiences of women of color that cherishes and uplifts amid the constant assaults of a racist, sexist, homophobic, discriminatory world.

We often hear the mantra, "You can't take care of others when you aren't taking care of yourself." Yet how often do we question the taking care of part? I'm not suggesting turning one's back on one's responsibilities or closing off one's compassion. However, if you've been socialized into the caring role, it's essential to ask yourself whether you need to be the only one "taking care" of this situation (or person, organization, event, movement)... At a meeting, are those who identify as women expected to provide refreshments? At work, who washes the dishes in the break-room kitchen? In your home, who picks up

socks, toys, hairballs, and other unmentionables off the floor? If a member of your book-discussion group starts having a "mantrum" or the "white tears" start flowing at an anti-racist training session, who's expected to provide reassurance and/or absolution?

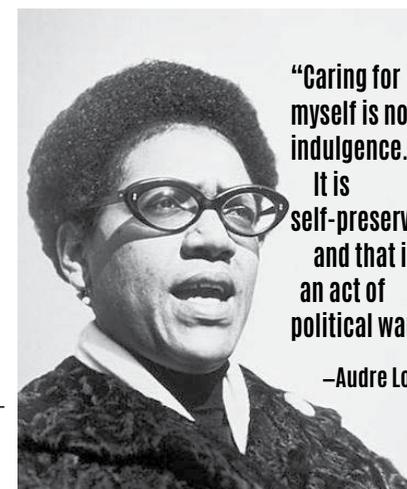
Self-care includes assertiveness, clear boundaries, and clarifications of role expectations. Otherwise, whether it's on the job or in a political organization, you may get saddled with "duties not otherwise specified." When I taught at a community college, my older male colleagues expected me, as a femme-presenting

junior faculty member, to make coffee before the department meetings...never mind that I don't drink coffee and have no idea how to make it. I let them know as much. Unfortunately, they didn't step up and assume caffeine duty; they just enlisted the (female) department secretary.

Self-care doesn't require loads of time off or a big bank account. Sometimes it's as quick as interrupt-

ing these types of interactions I've described. Every cultural and spiritual tradition also has self-care practices. You can make it a rewarding journey to discover and revitalize your ancestral self-care activities and invent your own. It also involves finding communities where you're comfortable and celebrated for yourself. It's painful enough for mainstream society to reject you; how much more painful it is when those who we expect to be our allies engage in the same dysfunctional behavior that patriarchy promotes? You have the right to seek spaces and communities where you're not just accepted but affirmed and loved and to turn away from those that don't, even if they insist they're your family.

Above all, radical self-care reminds yourself and others that you're worthy of love—including your own—in a world that's too often hateful toward those who don't fit into the dominator culture or its standards of worth.



**"Caring for myself is not indulgence. It is self-preservation, and that is an act of political warfare."**

-Audre Lorde

LIFE is one big contradiction. To wit::

The media would have me believe that every one of us is hell-bent on perpetrating cruelties upon each other and nature in ways both relentless and heretofore unimagined.

My friends are hard working, artful, community activists hell-bent on making the world a better place, helping those in need and having a few laughs in the process.

Since day one, religion and its obligatory zealots have perpetrated some of the most horrendous crimes against nature and man in the name of whatever deity is purported to be the only one that counts.

Locally, churches share their facilities with non-believers like me, feed the hungry, provide safe haven for children of working parents and host community events.

The corporate monopoly of our country has put profit ahead of all life forms (including humans which their shareholders theoretically are) for so long that we can easily forget that they are the naughty kids and we are the parents. Granted, we are the lazy, inattentive parents. But, still.....

In my neck of the woods, there is a burgeoning economy of home-grown businesses offering great products, services and jobs while maintaining a social conscience.

In the ways of human nature and capitalism, it pays to play people against each other. The grim gamut of vitriol and cruelty assaulting us daily from tv screens, radios, newspapers and internet can leave us thinking there is little to feel cheery about.

Our tiny corner of the known world is home to unparalleled natural beauty, stunningly high rates of volunteerism and creativity, ubiquitous access to art in all its forms and a resilient belief that hard work will pay off.

The planet is in the grips of a pandemic that is neither the first nor will it be the last to claim lives in huge numbers and remind us that nothing we think we know is a safe bet.

I have shelter, the key component to being able to shelter in place. My shelter has hot water, a coffee pot and a person who loves me within it. These are a huge source of comfort and security especially given the knowledge that comfort and security are largely random strokes of luck and ephemeral at best.

Don't get me wrong, I know as well as the next guy that we are all in the same hand basket hurtling toward our collective doom. In fact, I believe that of all the activities humankind has employed in the microsecond of our existence, hurtling toward our collective doom has been the only constant.

My defense against this inevitability is daily celebration of my dumb luck to have been put here, in this place, amongst these people, at this time. When the chips are down, celebration of the chips that are still up is the only recourse. Turn off the tv/ computer. Tell your brain to take ten and give your heart the floor. Take your coffee outside on a misty morning, write a letter to a friend, listen to music every day, grow something to eat.

And, scoot over a little would you? It's crowded here in this hand basket.



CHEW ON THIS!

by Merianne Myers



## SERENITY SCONES

THESE are meant to be drop scones as opposed to the scones that are rolled out and cut into triangles. I prefer these because they are lighter in texture and have lots of little peaks and craters which get toasty when baked and are extremely welcoming of butter and jam.

You can embellish these by adding any bit of yumminess you like. Think:

Chopped, dried apricots, cherries, dates, bananas, etc.

Chopped crystalized ginger

Currants or raisins

Fresh, dried or frozen berries (I sometimes soak dried berries or fruits in a bit of brandy just to make them really happy about participating in the process. Drain them before adding to the mix.)

Toasted nuts of any kind

You will need:

2 cups self-rising flour

2 1/2 Tablespoons of sugar

1/8 teaspoon salt

1 cube cold butter, cut into pieces

3/4 cup cold milk

1 teaspoon grated lemon or orange zest (optional)

Combine flour, sugar, salt and zest. Add chopped butter and pinch into the dry ingredients until you have a course meal consistency. Add the milk and mix just until dough forms a ball and all dry ingredient have been incorporated. Don't over mix! It's okay if the dough is a little lumpy.

Scoop out a palm full of dough, shape it roughly into a mound and place it on a buttered baking sheet. You should get 6 to 8 breakfast-sized scones from a batch. If you just want a little something with your cup of tea, make them smaller. They can be frozen after baking.

Brush the tops with cream, sprinkle with sugar and bake at 400 degrees for 15 to 20 minutes until the tops and bottoms are toasty. Let cool.

You can enjoy these any old way you like. My preference is to split them, toss them in the toaster oven, spread them with honey butter or butter and jam, grab a cup of coffee and set about feeling positively sanguine about our collective future. Of course, it doesn't last. But, a few peaceful minutes that can be had for the price of a scone feels like an excellent trade to me.



## Make safety part of your holiday celebrations

Portland, Ore.—With COVID-19 cases recently surging and the weather getting cooler, Oregon Health Authority (OHA) urges Oregonians to rethink holiday traditions to celebrate safely and still enjoy the season.

Along with the “three w’s” —wear a face covering, wash your hands frequently and watch your distance—OHA encourages everyone to participate in lower-risk activities to keep all Oregonians safe during the pandemic.

“Celebrating outside is safer than inside; just remember to dress in cold-weather gear and gather with fewer than 10 people,” said Shimi Sharief, one of the senior health advisors at OHA.

Other low-risk activities include making seasonal dishes with the people you live with, shopping locally or online and attending a virtual faith service.

It is safest to stay home and celebrate. If you decide to travel, go with members of your household and drive to your destination instead of flying, if possible. It's a good idea to get a COVID-19 test before going anywhere, but it's important to note that a negative test result is NOT a free pass. Some COVID-19 tests produce a high percentage of false negatives, so even if you test negative, follow stringent safety protocols if you travel.

While a COVID-19 vaccine is not yet available, getting a flu shot ahead of the holidays is especially important and can help avoid a “twindemic.” A flu vaccine will not protect against COVID-19, but vaccination has many other benefits. It's safe and effective and part of a comprehensive public health strategy to reduce the burden of flu.

## CMH New Podcast Series Hands On Health

CMH Marketing has started a new podcast, “Hands on Health,” all about living your healthiest life on the coast. The show's latest episode features new physician assistant Emma Todd, from CMH Astoria Primary Care Clinic. For October's Breast Cancer Awareness Month, Emma talks about catching signs of breast cancer early and when to start getting mammograms. Hospice Nurse Abbie Johnson gives tips on caring for a loved one at home. Go to [columbiamemorial.org](http://columbiamemorial.org)

Health is  
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**GREEN  
DOOR  
CAFE**

By  
Heather  
Hirschi



Green Door proprietors Wade and Kendall Padgett-McEuen

**GREEN DOOR CAFE**, Astoria's newest restaurant, opened October 2, 2020 in the Historic Odd Fellows Building downtown. The brainchild of Kendall and Wade Padgett-McEuen and Odd Fellows owner Andrea Mazzarella, Green Door offers healthy, delicious eating options at a time when we're all in need of nourishment. While there's no dearth of great food in Astoria, it's sometimes difficult to meet the requirements of particular diets. Green Door's menu features vegan, vegetarian, paleo and keto dishes that everyone can enjoy. "Nourishing the community" is Green Door's goal and they do so with "whole-some, organic, locally-sourced food." Everything on the menu is grain-free with no refined sugar.

Astoria has welcomed Green Door with excitement. Customers are "outstanding--supportive and enthusiastic," says Kendall. "We opened during a pandemic, in a building under renovation, at the beginning of winter, in an election year." Considering the circumstances, Green Door's first month in business has been "phenomenal."

Kendall and Wade have been imagining a place like Green Door since they met 8 years ago. Both are well known to restaurant goers in Astoria, Wade as Chef at the now closed Carruther's and Kendall as a server at the Astoria Coffee House and Bistro. They bring their talents to their new endeavor with aplomb, Wade creating kitchen wonders like Ahi Kinilaw, a Filipino ceviche with serrano pepper, red onion, coconut milk and lime, and Kendall graciously greeting customers like guests in her home.

The cozy eatery, that indeed features a green door at its 10th Street entrance, has an old-timey, funky green vibe. Plants abound and deep floral wallpaper adorns one wall. While pandemic-induced grab & go is the main mode of service, a corner nook offers seating at one end and a 50's era formica table provides a window view. When the weather allows, you can enjoy your meal at an outside table. "With great caution," Green Door eventually hopes to offer a full dine-in experience.

Bessie Smith playing in the background, Kendall's distinctive, warm voice welcomes customers by name. In these strange and alienating times,

Green Door's ambience reminds us to breathe deep and remember that we're still here for each other. "We want to nurture this community with healthy options," Kendall says. "Healthy options for bodies and minds."

Now married for 5 years, Kendall and Wade follow a paleo diet: grain free with a focus on healthy proteins. Those with similar preferences can find offerings like Korean beef, Short Rib or Hawaiian Ginger Chicken tacos and Bacon Cauliflower Chowder. Their partner, Andrea, has long been a champion of the health benefits of cold-pressed juice, which Green Door offers daily in three yummy flavors: Pink Crush, a sweet red cabbage and citrus blend; Sunshine Splash, orange carrot and celery with lemon and lime and Get Your Greens, a spicy mix of greens, ginger and mint.

For those with vegetarian preferences, tasty egg bites, "crustless quiche" muffins, come in daily flavors such as mushroom, tomato and mozzarella. And happily, vegan eaters can find sublime plant-based meals like the Mushroom Cauliflower Stir Fry with sweet potato, spinach and house-made walnut pesto. The Chard Wrap is always vegan and changes daily.

With a sizable sides menu featuring greens and proteins, you can build your own plate for a reasonable price. Green Door also offers an array of beverages from Bulletproof coffee to Astoria Tea and Chaga Chai. Meeting your smoothie needs, Green Door offers a Mixed Berry and Greens Smoothie and a Peanut Butter/Coconut Milk Protein Shake. For those who rely on its benefits, you can even find pasture raised, grass fed bone broth. For your sweet tooth, imagine a nut-crust lemon bar or a flourless matcha muffin. Monkfruit sugar, which rates 0 on the glycemic index, sweetens these delights.

Try a delectable new experience with hosts who know health is delicious. Expect a little grace and a lot of love when you come through the Green Door.

**The Green Door Cafe is located at 332 10th St. in Astoria. Open Wed-Sat 10am to 5pm, Sunday 10am to 4pm, closed Mon/Tue. Featuring take-out and outside seating. (971) 600-1165**

**BRUT Wine Bar in Astoria**  
Expanded Hours for a Great Selection of Retail Wines

**SOMMELIER LISA PARKS**, owner of Brut Wine Bar in Astoria, recently marked her first year in business. Last October, due to foot surgery setbacks, she wasn't able to throw a grand opening, but celebration be damned, doors opened!

A diminutive space—simple, elegant design, with hand-crafted bar and a small number of table seatings, Brut Wine Bar has proved just the right setting for patrons to imbibe in Park's expertise and in her mission to joyfully school in the art of drinking wine.

Offering selections in sparkling, whites, rosé, red, and dessert wines, Northwest and International wines, and retail bottles, you can count on Parks for a delightful balance of history, anecdotes and wine biology. Offered for the first time in Astoria's growing restaurateur business, Brut Wine Bar is "kicking up the grape jams," especially with the Wine Flight option—three 2 oz. flights you can put together yourself for about \$12 or better yet, the Flight of the Week, which could be a trio of Pinot Noir, or the adventurous and undisclosed Sommelier's Choice. A selection of charcuterie and small plates accompanies the wine list.

With a successful coastal Astoria response, Parks brightly looked forward to a first year celebration. Enter the pandemic. After closure in March, and continued surgery challenges, Parks eventually revised her business to open as a retail wine shop exclusively, during Covid-19. After testing the waters, and clearly a testament to business acumen and tenacity she recently expanded Brut hours, now open 12 to 7pm, Tuesday through Saturday.

While the relaxing benefits of sipping at Brut Wine Bar are put on hold, think about adding pleasure to your home meals with a well-informed bottle of wine. In a previous interview with Parks she quoted, "I'm trying to find wines that you're not seeing anywhere, that are unique but approachable, and not snobby or scary."

Venture into Brut Wine Bar, Parks will suggest a product for every price point. You can find a great bottle for \$11, or the even greater for up to \$70. And what you really need to do is watch the Brut Facebook page. Parks offers continual pop-up sales. For example the recent 20% off on all sparkling wines, and the Brut Squad deals, such as the recent offer of 12 bottles of Olivares Altos de la Hoya Monastrell (Mourvedre) from Spain, (super old vines. deep ruby red wine with notes of dark fruit, mineral and spice!) to the first 12 people, for \$12. What's to resist?

Watch for the upcoming Thanksgiving deal for wines that pair specifically with traditional Thanksgiving dinner. It's not about impressing (not that that's a bad thing) but truly taking advantage of the knowledge and joy of wine. Forget the scalloped potatoes dish, and offer to bring the wine!

You can also order online for a contactless exchange, and to find a bottle you've been searching for, Parks will track it down. Look for a wine club coming up in the near future, and consider the gift of wine this holiday season. brutwineastoria.com, Located at 240 10th St. in Astoria. Open Tue - Sat, 12noon to 7pm.



By Dinh Urell

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**JOULUTORTTU**, the Finnish Christmas Prune Tart, a tradition in many a coastal Finn family home, is a fairly new offering by Suomi Hall Finnish Brotherhood, and one that experienced immediate success on its first seasonal run. Buttery puff pastry and a prune filling, there's nothing better with your morning coffee, and this recipe is an historic Uniontown recipe.

Suomi Hall prune tarts come unbaked and frozen at \$20 per dozen ready to Finnish-ize your holiday party. Pre-order by December 4th and pick up December 11th -12th from 10am to 1pm, at Suomi Hall, 244 West Marine Dr., in Uniontown, Astoria. Call: 503-440-9002.



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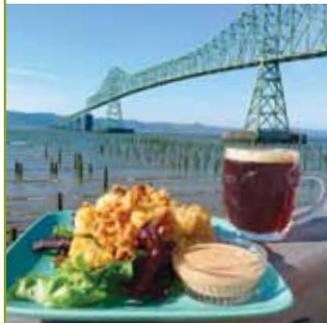


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## → Saturday, Nov. 28: Over the Rainbow

Coastal Celebs Marco Davis and David Drafall (Dragalution, Astoria PRIDE, et al) play inspiring Gay anthems and the most current in Queer music and themes. Show: 8pm -10pm. Doors open at 7:15. Attendees must exit space at 9:50pm in accordance with OLCC COVID 19 Guidelines). Be part of the live audience when the show airs at its regular time, (first Wed of the month, 8:30-10:30pm.) *Complimentary Snacks + Full Bar. 21+ please. All seats \$12*

## → Tuesday, Dec 8: Jazz with Pam Trenary

38 Year Veteran KMUN Jazz DJ Pam Trenary swings toward swing and the blues side of jazz and you can count on female vocalists from classics to current. Pam culls dusty favorites from her personal library plus immersion into the Northwest Jazz scene. This LIVE-LIVE event will air on KMUN at its regular time. Be a part of the LIVE audience. 6pm to 8pm. Doors open at 5:15. *A Light Bistro plate will be available, made by BLUE SCORCHER CAFÉ + Full Bar + Complimentary Snacks. 21+ please. All seats \$10*

## → Friday, Dec 18: Rhythm Lounge w/Joey Altruda

Veteran musician, composer, producer and DJ, dig on the vast collection of vinyl from Joey Altruda's collection of Kool Elecktika, Yazy, Brazillian, African, Jamaican, Cuban and more. Show: 8pm -10pm. Doors open at 7:15. Attendees must exit space at 9:50pm in accordance with OLCC COVID 19 Guidelines. Be part of the live audience when the show airs at its regular time, (Tuesdays on KMUN, 8:30-10:30pm.) *Complimentary Snacks + Full Bar. 21+ please. All seats \$12.*

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**TICKETS** at [www.brownpapertickets.com](http://www.brownpapertickets.com). Search **KMUN LIVE at KALA**. All Questions please Call HIPFiSHmonthly: 503.338.4878  
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This event follows COVID-19 Safety Guidelines. Please wear your mask, wash your hands and stay home if you are not feeling well. We ask that masks be worn while standing and moving in the space. Wear your mask at any and all times, to your comfort level while seated, drinking and eating.

