

December 2020 • vol 22 • issue 262

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

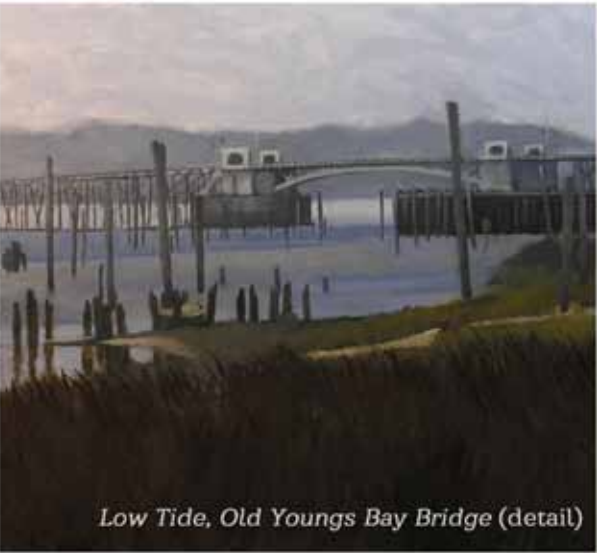
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Florence Sage Book Launch

IT IS WITH GREAT PLEASURE this December that we celebrate in collaboration with noted local Author/Poet Florence Sage and Gray Area Press, the launch of **The Man Who Whistled, The Woman Who Wished, A Polish-Canadian Story.**

Working with Sage on the design and layout of her work in remembrance of childhood and her Polish-Canadian family in Hamilton, Ontario was a welcome reprieve from the pandemic and the day's political stresses. The on-goings of a family in post-WWII, a different era—with no cell phones, and barely a television sneaks into the picture, a family with its rituals and ethnic underpinnings, of modest means when it was enough to send three children to college, a kindhearted and caring family with its own adventures to reveal, and in the style of poet Sage, adventures filled with heart.

Included in this book of 62 linked poems, is a collection of family photo pages that visually narrate some of its people and places, a bonus reverie.

Sage and HIPFISH have collaborated ongoing since the publications beginnings, from the Open Mic at the River Theatre, assistance in annual poetry collections,



Photo excerpt from *The Man Who Whistled: mother Flo and daughter Florence*

Sage's column the Poetry Venue, and her first book, *Nevertheless: Poems from the Gray Area*. We look forward to the third book, coming out in 2022, but for now, we relish in the completion of this fine collection and helping to make it available to you.

Join us on Friday, Dec 11 at 7pm on the HIPFISHmonthly facebook page. Please read more about it on p7.

VIRTUAL MESSIAH SING-ALONG

NINE 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 need not be reminded, 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.



Singer's Mask

Thanks to Denise Reed, director of the North Coast Chorale and a small group of singers, a way was 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, wearing masks, the choir began 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 prepared 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, December 20 at 4pm on the CCA website at ccaservices.org/messiah.**

The event was actually rescheduled after the recent two-week shutdown. Logistically, a small group of masked chorale members have rehearsed in sectionals, socially distanced in the chapel of Peace Lutheran Church. The actual video taping of the Messiah selections was done through many hours of taking breaks to clear the environment, and is the first time that the chorale members have come together as a whole to sing the works. Grant money purchased professional singers masks, which have proved to be an effective protection for chorale professionals across the nation.

VIRTUAL MESSIAH 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. For those who wish to sing along at home, music scores are 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 or sent to CCA Regional Food Bank, 2010 SE Chokeberry Ave., Warrenton OR

Joey Altruda's Christmas in Hollywood A Swinging Holiday Jazz Collection



You may know Joey Altruda as one of the hosts from KMUN's Rhythm Lounge show on Tuesday nights. He's playing from his vast collection of vinyl in jazz, Brazillian, Cuban, ska, the list goes on. Altruda is a native Los Angelino/Astoria transplant with a rich and colorful music career as bassist, arranger, band leader, DJ, producer and composer. In addition to his longtime renowned LA Ska band, "Jump with Joey," his foray into Latin-infused cocktail music, during its renaissance in the 90's, produced "Cocktails with Joey," an infective original album, of which he is currently selling his last vinyl copies.

However, tis the season to be merry. If you love jazz with a lounge twist, or just good jazz (let's not get too complicated here), 20 years ago, Altruda plus jazz saxophonist Plas Johnson, (of Pink Panther theme fame and the great LA Wrecking Crew—penultimate studio musicians) and quartet of jazz pros, put out a sweet little collection of Christmas tunes. It's now been reproduced in time of the season, and ready for download.

"Silver Bells" never sounded so groovy, nor "Rudolph" with a soulful vibe. "What are you doing Christmas Eve?" (rhetorical question), sung by venerable jazz vocalist Ernie Andrews, (now 92) is another part of this super spirited album of Christmas jazz arrangements, each with its own signature sound.

It is, a holiday masterpiece. And... you can get it online for \$10. Plus includes a couple extra downloads; Joey's Jazz trio performing the Vince Guaraldi Charlie Brown Christmas album, and a JA curated Xmas DJ download of tasty Yule cool music.

Christmas a little dif' this year? Pump up the spirit with some really special fun, and accompaniment to that fav holiday cocktail.


Get it at joeyaltruda.com.





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outside the box



STEPHEN BERK



EVEN as former vice president Biden clearly won last month's election, President Trump has stubbornly refused to concede. His intransigence is based in the persona Trump spent decades building for himself. Trump's flamboyant visibility as mega-real estate tycoon made him a public figure decades ago. Part of his mystique is an outsized ego. His luxury hotels are major attractions in resorts around the US and abroad. During his real estate career, Trump has had several bankruptcies, and it is estimated that he now owes over \$420 million. But regardless of debt he has long been part of the billionaire elite. And in the US's Second Gilded Age, being a plutocrat gives one ultimate status.

Trump supposedly entered the 2016 presidential primaries as a lark. Since he had never been part of the Republican Party's establishment, he was an outlier not expecting to be nominated. But the average TV watching American was familiar with his popular "reality" show, "The Apprentice," with his tag line, "You're fired." Television has captivated the American psyche since its inception just after World War Two. You become someone in America if you are seen on television. Hence Trump built his initial voter base in good part among viewers of "The Apprentice," where he played the role of decisive executive.

Over his years as real estate mogul and TV star Trump had often made public political statements that placed him outside mainstream Republican politics. An example was his vocal support of the "birther" movement, composed of racists who had convinced themselves that Barack Obama's claim to the presidency was illegitimate because he was not born in the US, but in Africa. Obama's father, whom he never knew, was African born, his mother a white American. In order to support the birther claim, Trump had to deny the legitimacy of Obama's official birth certificate, which showed he was born in Hawaii. Like the other birthers, Trump claimed the Hawaii birth certificate was a forgery. This and other marginal positions Trump took placed him outside the normal bounds of Republican politics.

Thus many Republican politicians were "never Trump."

During his presidency, his hyper-nationalist positions on various issues and his general hostility to black activism made him attractive to many white supremacists. One could claim that Trump's election was a repudiation of the Obama administration by those most inclined to favor white rule.

In his four years in office Trump established himself as an "America First" nationalist. America First was the phrase he used continuously to powerful effect among a large segment of the right, which rejects collaboration with our traditional European allies. America First is not a phrase original with Trump. Significantly it goes back to a movement led by the popular aviator Charles Lindbergh, first to fly across the Atlantic, accomplished in a tiny, primitive aircraft. In doing so, Lindbergh had gained the status of folk hero in the 1920s. But by the time of World War Two, he was a vocal opponent of FDR's support of the European allies against Hitler. He visited Nazi Germany and led the America First Committee, which opposed joining the European democracies in opposition to the Third Reich. Trump's America First position echoes Lindbergh's fascism. While in office Trump criticized NATO and the EU while embracing many authoritarian leaders: Brazil's Bolsonaro, North Korea's Kim Jung Un, India's

Modi, Turkey's Erdogan. At the same time he canceled Obama's normalization of relations with socialist Cuba.

Rejecting the internationalism of traditional governing elites, Trump withdrew from several previously negotiated multilateral pacts. He bailed out of the JCPOA wherein the US and Europe had removed sanctions on Iran in exchange for that country's not pursuing nuclear arms. He rejected the World Climate Accord, which set progressive limits on emissions, and he moved to reboot the coal industry. Under Trump the Republican Party became the only major party in world politics to ignore the climate crisis. Trump even rejected the INF Treaty to greatly reduce intermediate range missiles, signed by President Ronald Reagan with Soviet leader Gorbachov. That pact had been instrumental in lessening cold war tensions. Trump's withdrawal from these and other pacts was in the interest of gaining a free hand. The immediate effect, however, was to tell the world that the US could no longer be trusted to keep its commitments.

Trump also thought our ongoing trade agreements with China had given away the store. Many conservatives and liberals alike are critical of the West's enabling of the meteoric rise of China to economic giant, done by handing the Chinese domination of worldwide manufacturing. But Trump's policy of enacting tariffs on many Chinese goods sold here only ignited a messy trade war.

While Trump retains strong support among his base, mainly an older, whiter America, a great many without college degrees, his policies have not been popular among younger people, as well as blacks and other non-white Americans. As Trump received the votes of 56 per cent of white women and 57 per cent of white men, pundits note a bifurcation of the American voting public. Biden drew more from black and brown minorities, as well as more educated and younger voters. Trump's support remains strong among his base. But that base garnered only 47 per cent of the vote, Biden winning with 51 per cent. Republicans will have to broaden Trump's base to win in 2024.



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Jetty Creek Watershed Set to Endure Further Clear Cuts this December

55 acres of remaining forest called "The Olympic Line" is set to be removed from the primary drinking water source for Rockaway Beach, Oregon.



Olympic Line Trees

Rockaway Beach, Oregon - Among all coastal watersheds, Jetty Creek is the most extensively clear cut drinking water source on the Oregon Coast. The North Coast Communities for Watershed Protection has consistently opposed logging activity in this area since 2011. 55 acres of what remains, called "The Olympic Line" is set to be clear cut starting as soon as December 5th, 2020. This stand of second growth forest is surrounded by a sea of stumps, and damaged soil. The barren landscape is largely hidden by a thin strip of trees along the highway called a "beauty strip". However, the lasting damage to the watershed is not something that will disappear quickly.

The habitat on the forest floor, known for being rich in biodiversity on this section of the Tillamook Coast, will subsequently be taken out in the process. An application of pesticides will prevent shrubs and berry bushes from returning. Adversely affecting birds, salamanders, insects, and other wildlife. This habitat is essential to sustaining a healthy drinking watershed. The stream running through this site provides threatened coho salmon and wild steelhead habitat, and is in close proximity to the ocean.

Rockaway Beach is already challenged by turbidity in its source water. Turbid water invites creation of disinfection byproducts (DBPs) in treated water, some of which are carcinogenic. As a result of intensive forest management, Rockaway will see decreased water availability over the next 30 - 40 years. Any additional conversion to plantation type management will exacerbate this.

A notification for application of permit (NOAP) by Stimson Lumber Company to the Oregon Department of Forestry was filed on November 20, 2020. The fifteen calendar day comment period leaves minimal time to respond given the close proximity to the holidays and the end of the year. Clearcut activity could begin as early as December 5th, 2020. Many other notices for intent to clear cut an area are filed in January with an end date open through the end of the year. Leaving a stark contrast in the timing of this notice.

North Coast Communities for Watershed Protection (NCCWP) is requesting an extended comment period from the Oregon Department of Forestry. If you value clean drinking water and a healthy ecosystem, please consider adding your voice.

Access these addresses at www.healthywatersheds.org

Comments can be sent directly to Bryce Rodgers (ODF): bryce.rodgers@oregon.gov

Feel free to title your email, "Please post comment to FERNS Olympic Line NOAP ID: 2020-511-12574".

Or, submitted directly to the Oregon Department of Forestry on the FERNS application: Olympic Line NOAP (Must be logged in)

Additional: Oregon Department of Forestry General Contact Form

The North Coast Communities for Watershed Protection is a grassroots group. Seeking better protections for the water we drink, the air we breathe, and the forests we love.

\$400,000 grant puts Rainforest Reserve within reach

WITH ANNOUNCEMENT of a \$400,000 grant award from M.J. Murdock Charitable Trust, North Coast Land Conservancy is now appealing to the community to complete fundraising for the Rainforest Reserve, a landmark conservation project under way on Oregon's North Coast.

"Once again the Rainforest Reserve rises to the top because of the incredible place it is," said Katie Voelke, executive director of North Coast Land Conservancy. "The Murdock Trust is the last big funder we have reached out to, and after a rigorous screening process, they chose to support us generously. This grant is a win for all who love the Oregon Coast."

The proposed Rainforest Reserve is a 3,500-acre tract of forested coastline south of Arch Cape, adjacent to Oswald West State Park and above Cape Falcon Marine Reserve. When completed, the Rainforest Reserve will create an uninterrupted 32-square-mile conservation corridor stretching from the summits of 3,000-foot peaks—the horizon you see looking south from Cannon Beach or north from Rockaway Beach—to Short Sand Beach and the sandy seabed and rocky reefs of the near-shore ocean.

Creeks high in the proposed Rainforest Reserve provide drinking water to local communities. Allowing this stretch of temperate rainforest to grow to maturity will help mitigate the effects of climate change locally and globally by drawing down carbon dioxide from the air and storing it in the trees for centuries to come.



Onion Peak. Photo by Tom Horning

With support from the community, NCLC hopes to complete fundraising and take ownership of the Rainforest Reserve by the end of 2021. Gifts from individual donors, public agencies, and private foundations such as Murdock have now contributed \$9.3 million toward the campaign goal of \$10 million, leaving \$700,000 yet to be raised. (cont'd. page 2)

"This grant award launches us into the last stretch of this marathon campaign," Voelke added. "It's all hands in now. Every donation counts." More information about the Rainforest Reserve and a donation link can be found at NCLCtrust.org/creating-a-rainforest-reserve.

NCLC launched its campaign to conserve the Rainforest Reserve in November 2016 with signing of a purchase and sales agreement with Ecotrust Forest Management, a forestland investment management company that had just purchased the property. But NCLC had been negotiating with EFM and previous landowners for nearly a decade, attempting to find a way to conserve this biologically diverse landscape harboring rare plant and animal species. The effort to put this land into conservation actually began in the first half of the last century with Samuel Boardman, Oregon's first state parks superintendent, who envisioned creating "one of the great natural parks in the nation" but who was not able to achieve that vision before his retirement.



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North Coast

By Laurie Caplan

INCO NEWS INDIVISIBLE

Keep Democracy And Build Community

NOVEMBER'S election proved the power of hard work, patriotism, and the votes of more than 150 million Americans. The majority, almost 80 million, voted for the Constitution, decency, competence, and the rule of law. Now we must build on that strength.

We're already seeing pushback against the Biden/Harris win from Trump cultists, admirers of authoritarian governance, and anti-government militias, white supremacists, and others. They include people who view opponents as enemies, and compromise as failure.

We've learned that democracy requires care and vigilance for more than for a few weeks every four years. Congressional Republicans have ignored their Constitutional obligations by enabling Trump's worst impulses and have temporarily nullified the checks and balances essential to our system of government. Trump's lethal mismanagement – or un-management – of the pandemic will haunt us for generations. His embrace of hate, lies, and fear has sowed distrust of governance and each other. The description of Trump's anti-American and anti-democratic legacy could fill pages.

What can those of us in our little corner of Oregon do? It's easy to feel helpless and hopeless in the face of these systemic failures.

Instead, let's embrace these challenges as opportunities to strengthen our country and our democracy.

Stay in touch with your Members of Congress and with your state, county, and local elected leaders. They won't know what you want if you don't tell them.

Volunteer for local committees and boards to do the hands-on evaluation and advice for better government. Run for office. Support good candidates to represent you and enact good policies.

Get active with local political activists. What makes your blood boil? What makes your heart sing? There's work to do, and we're the ones to do it.

These progressive groups based in Clatsop County welcome your energy, wisdom, and idealism.

INDIVISIBLE NORTH COAST OREGON

(INCO) developed from the Astoria Women's March in 2017. Its mission remains to defend democracy by opposing authoritarianism, bigotry, and corruption. One of thousands of Indivisible groups around the country, INCO links with dozens of groups statewide through the Consolidated Oregon Indivisible Network.

You've seen INCO at Astoria Pride, Ales and Ideas, and the Astoria Regatta Grand Land Parade. INCO members have gathered to rally, lobby in Salem, register voters, mourn at vigils, write to voters around the country, campaign for candidates and issues, assist at Town Halls, write letters to the editor, and protest against injustice and racism. INCO's South County and Astoria-Warrenton Community Groups continue to meet regularly via Zoom.

Keep up with INCO news and actions with the weekly newsletter; sign up for it at incoregon.org. Check out resources there, available to everyone. Like, Follow, and Comment on Facebook at Indivisible North Coast Oregon. Contact incoregon@gmail.com for December's happenings, questions, and comments.



NORTH COAST PROGRESSIVE ACTION

(NCPA) aspires to be a welcoming, respectful, inclusive online community where members can convert energy into action. With over 1,100 members, the NCPA private Facebook group is a space for listening, which means members of dominant populations may sometimes need to sit in discomfort with hard conversations.

Collectively, NCPA aspires to listen better by sticking to the topic at hand, by avoiding personal attacks and name calling, and by listening when people from marginalized communities are speaking of their own or their community's lived experiences.

To join NCPA, search "North Coast Progressive Action" on Facebook. You'll be directed to membership screening questions, including a pledge to abide by guidelines and community agreements. NCPA shares action opportunities from Indivisible, Rural Organizing Project, and other progressive organizations, candidates, and movements.



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
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171 Bond St. in Astoria

Polish Weddings

Our father got “walked around a few blocks” on Barton Street at the end of weddings at the Polish Hall, Mom propping his sagging shoulder and setting the direction and pace.

He was hardly a drinker, that’s what it was. But bottles of Seagram’s 5 or 7 got set on the long tables straight from packing boxes, one between every four guests to start on, no matter your age, surprise, we put a small splash into our Canada Dry, rye and ginger the party drink, and everything called for a toast. Dad got pretty rubbery.

Utensils clinked on glasses, demanding lusty kisses by the newlyweds while they tried to eat, a couple of speeches by the men of the family, thin slices of wedding cake heavy with fruit to go under your pillow for dreams, polkas and waltzes upstairs, and catching up. Mom would watch Dad and call time to go.

But before we all got into the car, that walk around for Dad, allowing his two girls a few more dances with courting boys, the polka, the waltz. We were pretty good at those by 6 years old. Most any dance I can do it, like fluttering the Polish R off the front of the tongue, it’s just there.

Dad’s mother Anna worked the evening in the kitchen rolling softened cabbage around rice and meat, laying out the golumpki in long pans, tomato poured on top, gabbing her heart out in Polish to unburden herself with the Ladies’ Society of St. Stanislaus church.

She’d pause as she brought out the platters and sour cream, in her hairnet with her apron pinned to her flowery bosom, for a little smile at her eldest son pretending he was sober, his foot-tapping laughing wife, and her flushing granddaughters leading the willing boys in a dance around the floor after a couple of little drinks.

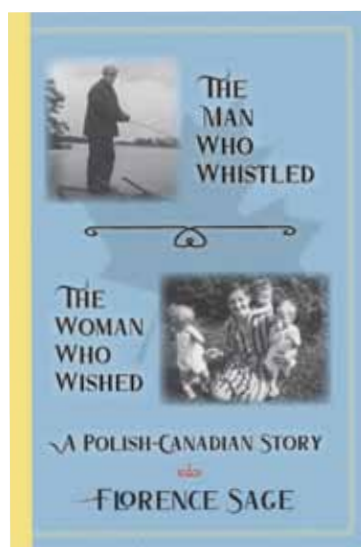
Florence Sage 2020

Poet Florence Sage The Man Who Whistled, The Woman Who Wished: A Polish-Canadian Story

By Marianne Monson

WELL-KNOWN ASTORIAN POET, Florence Sage, launches her new poetry collection on Dec. 11 as a joint venture between Gray Area Press and Hipfish Publications. *The Man Who Whistled, the Woman Who Wished: A Polish-Canadian Story*, is a memoir in poems, and traces Sage’s memories as the granddaughter of Polish-Canadian immigrants in the 1940s, 50s, and 60s.

“An exquisite piece of remembrance,” Hal Calbom of the Columbia River Reader, calls the collection, “brimming with life, and true to life.” Fellow poet Robert Michael Pyle writes: “There is pathos—aunties losing their loves to WWII, a Canadian father seeing his daughter off to America—but also whimsy, a fine eye for detail, and buckets of love all around.”



Cover Design: Dinah Urell

Sage explained that she didn’t initially intend to write a memoir. Rather, in 2018 she started with a few memories of her father that she thought she “ought to write down.” They came as poems, a form she’s worked with for many years. Once she began writing these memories down, she found herself flooded with stories, and delighted, she continued writing. Over the course of two years, she continued adding to the work, ultimately writing 62 poems in all. Though she’d written them in whatever order she recalled them, she re-arranged the piece chronologically and began to see the volume was, in fact, a story and a memoir.

“Reminiscing about life in your own family to this extent puts you in another time and place until it’s

done,” Sage writes in the introduction, “a place that sometimes seems more real than your daily life. I found my memories to be not just about my family, but about ‘us’ together.” As Sage says, the narrative poems capture family dynamics, cousins, siblings, speaking to what it means to transplant yourself to a new country, to live through a war and then put it behind you—the events that shape communities. Sage evokes these memories with lovely detail and poetic language: “Our mother was one to caution people about their perils, her warnings flying behind us like scarves as we ran to our fates, and she started early on their demise.”

Sage was born in Hamilton, Ontario, on the Great Lakes and retains dual Canadian-American citizenship. She and her siblings spoke Polish as their first language, until approaching school age when their parents accepted the dominant view of the day that children could only learn one language well at a time. She retains only fragments of Polish. She’s lived on Young’s Bay, Astoria, since 1987 and, as she says, has acquired a taste for wild salmon, overcast skies and the call of migratory birds in the night.

In her early career, she worked as a newspaper feature writer and editor, a public affairs writer, and a licensed professional counselor. She then taught philosophy, psychology and addiction studies on faculty at Clatsop Community College for many years. A member of the literary community for decades, she was founding poetry editor for HIPFISHmonthly, co-host and producer of Monday Mike at Astoria’s River Theater, co-producer of Read at the River poetry CD, reads regularly at Ric’s Poetry Mic, and served on the production team for the annual Fisher Poets Gathering for more than 20 years. Her first book of poetry, *Nevertheless: Poems from the Gray Area*, a Hipfish Publication, was published in 2014.



Photo: David Meyers

Launching a book for publication in 2020 is not for the faint of heart, but Sage plans to embrace the unfolding situation with a book reading broadcast live from the KALA Stage on Friday

December 11 at 7pm via the HIPFISH-monthly Facebook page. No need to join Facebook to view the reading. Signed copies of the book will be available immediately afterwards at RiverSea Gallery, 1160 Commercial St. in Astoria, and then at other area bookstores, or email hipfish@charter.net for information. Personalized gift signing is at RiverSea from 2 to 4 pm on Sunday Dec. 20.

When asked what she hopes readers will take from the collection, Florence smiles and says, “I hope they enjoy coming to know the characters, enjoy the past era, and be inspired to capture their own childhood stories, in any form.”

In *The Man Who Whistled, The Woman Who Wished*, readers are plucked down into Canada in the 1940’s, an era when milk was still delivered in glass bottles, Polish halls were the best place to find a beau, war was on in Europe and Canada was training allied pilots, and a twin baby’s existence might not be discovered until the very moment of its birth. Fans of Florence Sage’s poetry and readers curious about the time and place will find much to enjoy here, and yes, might get inspired.

BOOK LAUNCH LIVE BROADCAST

Friday, Dec 11, 7pm
on The KALA Stage
HIPFISHmonthly Facebook

Signed copies immediately avail.
RiverSea Gallery,
1160 Commercial in Astoria.

Personalized Gift Signing
at RiverSea, 2 to 4pm, Sun. Dec 20
and available at area bookstores

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NATURE NEWS

A Visit With Plantsman DAN HINKLEY

w/NPR Moderator Ketzell Levine

Hoffman Center Horticultural Arts Webinar

DAN HINKLEY is American horticulture's answer to Bruce Springsteen, Cindy Sherman and Sir Richard Attenborough, an icon and artist in his field. With over four decades immersed in the world of plants, Hinkley has distinguished himself as a gardener, nurseryman, plant hunter, lecturer, landscape designer and author. He is also an incredibly funny guy.

Hinkley landed in the Pacific Northwest in the early 1980's and within a decade turned 15 forested acres in Kingston, WA. into the Holy Grail of Northwest horticulture, Heronswood Nursery. A generation of gardeners lost months of sleep staying up nights reading and ordering from the Heronswood plant catalog, likely

the most tantalizing and hilarious plant manifesto thus written in American horticulture.

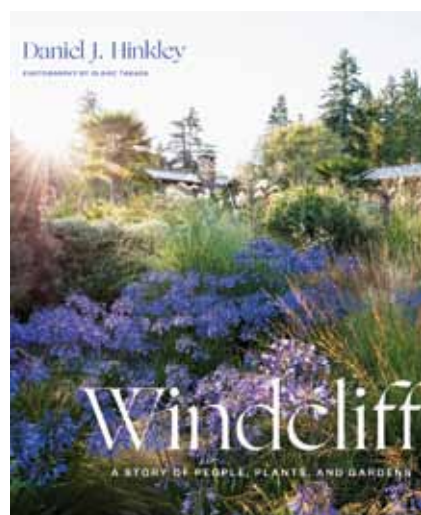
Heronwood has since become a celebrated botanical garden owned by the Port Gamble S'Klallam Tribe. The garden features more than 10,000 plant species, many of which Hinkley brought back from plant expeditions around the world and introduced through his own catalogs and Monrovia Growers' Dan Hinkley Plant Collection

After leaving Heronswood, Hinkley and his partner Robert Jones resettled in Indianola, WA. and again transformed their homestead into a horticultural Candyland. They named their home and new nursery, Windcliff, which is also the name of Dan Hinkley's just-published memoir, Windcliff, A Story of People, Plants and Gardens.

Join The Hoffman Center, Tuesday, December 15 at 2pm for what promises to be a delicious afternoon of wisdom and wit as Dan Hinkley takes us into the pages of his new book and walks us through his celebrated Washington State garden. He'll be joined by moderator and former NPR correspondent, Ketzell Levine, who, after 25 years of friendship, knows enough about Dan Hinkley to make her dangerous and make this an unusually ribald holiday event!

Horticultural Arts is a program of Hoffman Center for the Arts, located at 594 Laneda Avenue in Manzanita, OR

WEBINAR. Tues, Dec 15, 2pm. Cost: \$40. Register at www.hoffmanarts.org/register



Amanita Muscaria

NATURE MATTERS West Coast Fungi

NATURE MATTERS virtual season continues with botanist and ecologist, David Lebo, as he talks about the biology, ecology, and identification of macrofungi of the Oregon Coast that produce the diversity of mushrooms that are encountered in coastal habitats.

This free event is online. The 7pm presentation takes place December 10 online via Facebook Live on Fort George Brewery's Facebook page. www.facebook.com/FortGeorgeBrewery/

David earned a Master of Science degree in forest ecology from the University of Washington where he completed his research thesis on fungi and nutrient dynamics in the Hoh Rainforest in Olympic National Park. He has worked for the U.S. Forest Service for 35 years, currently working as a west-side zone botanist for the Mt. Hood National Forest.

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.

For more information, call the park at (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

LNWC Speaker Series: Terrestrial Salamanders

THE LOWER NEHALEM WATERSHED Council hosts Dr. Tiffany Garcia's Presentation "**Terrestrial Salamanders in Forested Ecosystems: Diversity, Ecology, and Their Role in Managed Landscapes**" on Dec. 10 at 7pm. Here Dr. Garcia will review terrestrial salamander habitat needs, behavior, and share insights from her research into their responses to timber harvest practices. The talk will be hosted on Zoom and streamed to Facebook Live. Find the links and RSVP at www.facebook.com/lnwc1

Dr. Tiffany Garcia is an Associate Professor in the Department of Fisheries and Wildlife at Oregon State University. Her research program encompasses a wide variety of biological disciplines including aquatic, behavioral and community



ecology, invasion biology, and herpetology. Her lab typically works in freshwater habitats and addresses ecological questions using amphibian and invertebrate systems. They concentrate on

In Their Footsteps – Virtual The Enlightenment: Eighteenth Century Curiosity about Nation-Building, Science, Exploration and Jefferson's Role in this Phenomenon

LEWIS AND CLARK National Historical Park, Fort Clatsop announces the next virtual "In Their Footsteps" guest speaker series event. Junius Rochester will present "The Enlightenment: Eighteenth Century Curiosity about Nation-Building, Science, Exploration and Jefferson's Role in this Phenomenon" on <https://www.youtube.com/user/Lewisandclarknhp> at 1:00 p.m. Pacific time, Sunday, December 20.

This monthly Sunday on-line event is made possible by the Lewis & Clark National Park Association (LCNPA), the park's non-profit partner. Since 1963, the LCNPA has supported education, interpretation, research, and community involvement. Purchases at the LCNPA's Fort Clatsop Bookstore support programs such as "In Their Footsteps." For more LCNPA information, visit <https://fortclatsopbookstore.com>.

In December 1805, Meriwether Lewis and the Corps of Discovery arrived at the Pacific Ocean as a result of careful planning, outstanding leadership, military discipline, and the help of Native groups. The seeds of Lewis's accomplishment were planted by Thomas Jefferson and others during one of the great intellectual and educational movements of human history. Sometimes known as the Age of Reason, documents, schools, debating societies, government reforms and scientific experiments characterized the Enlightenment. Jefferson's view of the North American continent – from sea-to-sea – helped push the Oregon Country into the nation's fold.

Junius Rochester is the author of numerous history books and articles. He gives talks about regional history aboard riverboats, cruise ships and elsewhere. For seven years he was the Regional Historian at KUOW-FM, National Public Radio. In 2006, he received an Award of Merit from the American Association for State and Local History (AASLH), and in 2014 he was chosen Historian of the Year by the Pacific Northwest Historians Guild.

For more information, call the park at (503) 861-2471, check out www.nps.gov/lewi, or



predator/prey dynamics, climate change, emerging infections diseases, and ontogenetic response to multiple stressors using observational, theoretical, and empirical methods.

The LNWC will also be holding their December Board Meeting at 5pm on the same Zoom channel. Feel free to join to learn about current watershed council activities, regular council business, and opportunities to get involved. Information about the upcoming 12th Biennial Nehalem Estuary Clean-Up will also be shared

Event Information: This event is FREE and open to the public. Find more information on our speaker series and the links for access on our Facebook page (<https://www.facebook.com/lnwc1>)

Into the Heart

what I learned from not dying

By Heather Hirschi

OCTOBER, 2020 marked my 54th birthday. I'd imagined, at the month's inception, finishing a draft of my latest project by the month's end. Instead, I had a heart attack. Wide awake in the night, my arms and teeth aching and a dull, heavy pain in the middle of my chest: I wanted to believe these were symptoms of gum disease, some hell-kindled heartburn. But unlike any pain I've known, these symptoms were subtle, steady—the lack of intensity helped me deny what was happening. Still, something was seriously off. For a week or so before that night, I'd felt fatigued. I'd noticed a vague discontent with my day-to-day, an uncharacteristic aggravation with minor problems. I was run down, but still walking daily, living my life as normally as possible in the year of COVID.

As the pains wore on, I knew something was gravely wrong. I kept trying to sleep, getting up to rub cbd & arnica on my arms and clove oil on my gums. I thought of calling 911 but didn't want to incur the cost of an ambulance. I thought of driving myself to the ER but worried about Gracie, my dog. I convinced myself I was just exhausted.

I finally fell asleep around 4 am. After sleep's momentary reprieve, the pains returned with a vengeance. The ache in my chest intensified. I looked up heart attack symptoms and discovered jaw pain is an indicator, especially for women, as is pain in both arms. I called my parents in Salt Lake, who'd both had heart attacks. They urged me to get to the Emergency Room immediately. Still I showered and dressed before contacting my friends and neighbors to take Gracie while I drove myself to the Emergency Room. Thankfully, Becky offered to take me to Columbia Memorial Hospital (CMH) ER. I regretted not bringing a book, expecting a wait and the likelihood I'd be sent home with assurances that I did indeed have gum disease and heartburn. But I never even sat down.

A friendly nurse ushered me into the examining room with calm efficiency. She gave me

nitroglycerin and wired me for an electrocardiogram. Almost immediately, CMH ER doctor, Colin Prather was at my bedside, explaining that I was having a myocardial infarction and he'd ordered a helicopter to life flight me to Providence/St. Vincent's hospital in Portland. I was loaded with fentanyl, strapped to the gurney and wrapped like a subzero camper. Within minutes, the capable, cheerful medics had hoisted me into the helicopter

me order meals, which became the highlights of my 5-day hospital stay.

I was well cared for at Providence. However, I continued to understand very little of what happened to me. I knew I had a blockage in my left ventricle. I knew I was now taking 2 types of insulin which I would have to self-inject at home. I knew I was on several medications to thin my blood and lower my cholesterol.

Weeks later, I finally understood what I experienced on October 6 was a STEMI (ST segment elevation myocardial infarction), a complete blockage of an artery. When I visited my follow-up cardiologist, Dr. Greenberg, he explained that the hours of postponing my trip to the ER irreparably damaged my heart.

One of the most difficult aspects of recovery has been facing the reality of what happened, acknowledging the absolute necessity of taking care of myself. The hospital cardiologist, Dr. Rami spoke to me a few days post-op. I was feeling foggy brained and queasy, and hadn't comprehended much beyond infarction in the left ventricle. The only physical evidence of surgery was the tiny red wound on my wrist.

"This is a wakeup call," Dr. Rami said. "And I hope you wake up. Or you will die." I was crying and nodding, although still not fully understanding. I knew his words were intended to name my responsibility for my

own well-being. And it's true that I had long downplayed my increasingly high blood pressure, my cholesterol levels and most egregiously, my often poorly controlled diabetes.

I eat a mostly plant-based diet., I walk miles daily, I'm usually fairly present to life's gifts. But I sink into rabbit holes, chase my projections and expectations into justifications for snacking on sugary, high carb treats, living in denial of my body's limitations because I'm denying my emotional limitations and needs.

Had I not postponed my trip to the hospital, my heart would not bear the extra burden of the damage inflicted due to the muscle's lack of oxygen. If I hadn't saturated my diet with glucose-skyrocketing goodies, if only...The list could include the stressors and thought patterns developed over a lifetime. If only.

Post-event recovery is a rollercoaster of emotions. A month in, I was coming to terms with actually having had a heart attack.

→ cont. p10



Art by Eryn Rose

and I was taking a very non-scenic ride.

As I was wheeled into the operating room, I thanked the medics. The Providence medical team explained that cardiac surgeon Dr. Wilson would be inserting a stent into my blocked artery, and that I was in good hands. I was already losing consciousness as Dr. Wilson explained he would insert a catheter into my wrist that would reach into the left ventricle of my heart. Through it, a medicated metal mesh stent would be blown up with a balloon inside the artery, returning blood flow.

I have little memory of waking up in outpatient recovery, but I remember my nurse. She helped me understand the importance of the heart monitor attached to my person. She explained their concern that my creatinine levels were high and that I might need dialysis. Thankfully, the high levels were caused by the contrast dye used for surgery and not kidney failure! My nurse cracked jokes and helped



Each woman will present with different symptoms of a heart attack.

Some women experience several symptoms while others show all symptoms. There are women who show no symptoms before their heart attack.

The sooner you can recognize your symptoms and take appropriate action, the better.

Symptoms to be aware of:

- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats, heart flutters, or paleness
- Unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing

Some women mistakenly think only crushing chest pain is a symptom of a heart attack and, therefore, delay seeking medical care.

Others have found that healthcare providers have failed to recognize their heart attack symptoms by attributing the cause of symptoms to other health problems, such as indigestion.

This is why it is so important to insist that the doctor or nurse administer an EKG test or an enzyme blood test to see if you are having a heart attack. Don't be shy – it's your heart and your life!

Led by trained patient volunteers, WomenHeart's local support groups meet monthly to provide women living with heart disease critical peer-to-peer support, information and encouragement. Please note, the majority of our support network meetings are conducted in English. Contact a WomenHeart Support Network Coordinator at the link below for details on the next scheduled meeting. go to womenheart.org

I've been hugely buoyed by Cardiac Rehabilitation and the fantastic CMH staff. I was checked into the program by Exercise Physiologist Brett Ralston, who explained that a STEMI is a heart attack in which a major artery is blocked. He also explained that I'd had a total occlusion of my Left Anterior Descending Artery (LAD). But it was a week later, when I asked Brett to show me with the diagram on a little cardiac pillow, that I finally got it. Tiffany Johnson, another Exercise Physiologist studied the pillow with us and exclaimed, "Heather had a widow-maker?"

No mistaking what that means! I went home and researched this type of heart attack. People who have such an event outside a medical setting, have a 12% chance of survival. The weight of holding death's inevitability is heavier than I've ever imagined, the abyss open just below my feet. In different words, I told the cardiologist what I'd been feeling.

"Do you remember Bobby McFerrin?" he asked.

"Don't worry, be happy?"

"Exactly."

From what I'd told him of my history in this initial visit, Dr. Gary Greenberg told me if he were "a betting man," he'd bet my heart attack was mainly caused by stress. While narrowed by plaque, my LAD was fully occluded by a blood clot, most likely stress-induced, he explained. No surprise and no need to expound on 2020, the eons long year that's passed like hours. We've all felt the impact of the truths this year has revealed, especially the impact on our health--physically, emotionally, and spiritually.

My 2020 started in October 2019 when I found myself nearly blind in my right eye. When I lay down, a koi-like swirl of inky black would fall across my eyeball. I knew by the translucent tinge of red it was blood. After a few months of injections to treat this proliferative retinopathy, the treatments caused a tear in my retina. I had eye surgery in February, shortly before COVID-19 shut down the country. In the ensuing months, I closed my less than a year old Pink Elephant Juice Emporium. My fledgling online writing consultancy was my focus at the time of the event. I recognized that I'd been solace eating throughout September.

I'd known that my LDL cholesterol was high, and that my lifelong low blood pressure had increased in the past five or so years. But the levels were not high enough to merit medications, in my mind. I've had Type II Diabetes for decades, and while I've been on numerous medications in the past, primarily I've controlled the condition through diet and exercise. Until I lose control. A normal blood glucose level is approximately 90-130. My reading in the ER was 500.

I've learned my experience--delaying the trip to the ER, dismissing stressors and downplaying physical indicators--is quite common among women. Heart failure remains the #1 cause of death for women in the U.S. and we are less aware of its impact than we were 5 years ago. I can't lament what might have been. I've swapped "if only's" for gratitude: I am among the 12% who survived a widow-maker. Being a heart survivor is becoming part of my story.

A small mesh tube is becoming part of my heart. As I write this, nearly two months have passed since that auspicious flight. I am alive. I call it grace, this gift of coming close enough to death to realize the wonder life offers. My wonder is profound for the medical world that saved my life, the doctors, nurses, medics, physiologists and technicians; the technology that reminds me of my heart with a single red dot on my wrist.

hf



Heather Hirschi is a writer, educator and former proprietor of Pink Elephant Juice Emporium. She currently offers writing consulting and tutoring through Creative Juices Writing Services. Contact: creativejuiceswriting@gmail.com.

The Coaster Theatre Streams Their Adaptation Of Charles Dickens' A Christmas Carol This Holiday Season

THIS HOLIDAY SEASON, the Coaster Theatre Playhouse will be streaming their adaptation of Charles Dickens' "A Christmas Carol." A radio style play written, workshopped and performed by the theatre's volunteers, past and present.

It's December 20, 1936 as the Coaster Theatre Radio Hour actors take their places to bring Christmas cheer to audiences during a turbulent time in American history. The story of A Christmas Carol is popular with children and adults of all ages. It's been adapted countless times and continues to urge us to honor the spirit of Christmas and keep it in our hearts all year round.

For those of you unfamiliar with the Coaster Theatre's history and their annual Dickens play, the fall of 1973 brought a gas crunch that left Cannon Beach wanting for visitors. Vicki Hawkins, then owner of the Cannon Beach Gazette, developed the idea of a Dickens theme with window decorations, food and costumes for the entire community at Christmas. Vicki came up with the motto, "The Low Lights will be the Highlights of Cannon Beach." She said the town was a natural for a Dickens theme -- the shopkeepers dressed in clothing of the Dickens era; the kids wore wool caps, scarves, and leggings.



vintage Dickens at the coaster

In keeping with the Dickens theme, the community decided to put on a Dickens play. The Dickens play became an annual tradition welcoming generations of North Coast families both on and off stage to the Coaster Theatre during the holiday season.

This season's production of "A Christmas Carol" will be recorded and streamed online on December 20, 22 and 24. There is no charge to watch the production but donations are welcome. Information on how to watch the show will be posted on the theatre's website (coastertheatre.com), Facebook page and Instagram.

PANDEMIC

is the Theme for Cannon Beach Library's WRITERS READ Event



For the past ten months, the word, "pandemic," has been heard every day. But, taken broadly, "pandemic" can have myriad meanings and can arouse unexpected reactions.

This year's theme for the Cannon Beach Library's Writers Read Celebration is "Pandemic." The library is calling for submissions; all written formats (stories, essays, poems, etc.) will be considered. Anyone can participate and use the theme in any way they wish.

The deadline is Jan. 11.

A panel of judges will select 10 to 12 anonymous submissions, which the writers will read in a virtual celebration via Zoom. The live presentation will be at 7 p.m. Feb. 20.

The guidelines for submissions are:

- 600-word limit per entry
- Limit three entries per person
- Include a cover letter with the writer's name, email and phone number. Do not put the name or contact information on the entry.

• Send submissions via email to info@cannonbeachlibrary.org or mail them to: Cannon Beach Library, P.O. Box 486, Cannon Beach, OR 97110.

RIVERBEND PLAYERS: LIVE Radio Theatre Virtual It's a Wonderful Life

Even though we are living in trying times you must believe that, "It's A Wonderful Life" will be revived and performed by Riverbend Players this December 12th and 13th at 7pm

This is a virtual live community fundraiser "It's A Wonderful Life" is alive radio play adapted by, Joe Landry. Becoming an annual event for the Nehalem-based Riverbend Players, featuring music, sound effects and the spirit of the season in this poignant and delightful production.

This fundraiser is being co-sponsored by Fulcrum Community Resources. There is no charge for admission, however voluntary donations which will go to Covid-19 North County Business Relief. To donate go to <http://exploremanzanita.com/donate/>



art happens *openings and news in the LCPR*

Hook, Pulp and Weave

An Exploration of Fiber as Medium at IMOGEN

IMOGEN celebrates the holidays with a rich and diverse invitational exhibition exploring fiber. Functional and non-functional work will be included in this unique exhibition of textile based arts. Color, texture and composition form the backbone of this collection including a new selection of artist-made paper lights and jewelry by Lâm Quãng and Kestrel Gates of HiiH Lights, wall hung mixed fiber art pieces by Susan Circone, hand dyed silk scarves and wraps from Iris Sullivan Daire, and paper collage flora and fauna masks by Kandace Manning. This exhibition is curated with the gift giving season in mind and will be on view December 12 – January 4.

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

Susan Circone of Portland, brings intricate wall hung abstract compositions focusing on use of texture, pattern and nuance of color. Coming from a former career in geological sciences, her compositions are inspired by nature.

Julie Kern Smith also of Portland, returns with her rich and sophisticated wraps made of nuno felted wool and repurposed silk, from vintage scarves and kimonos.



K Manning, paper collage

Shel Mae comes from a career of businesses that focused on repurposed materials including work with women's cooperatives around the world who utilized cast offs such as rubber tires, plastic bags and other found items to give a second life to through craft. With this in mind she collects and elevates vintage maps and sheet music into art pieces.

If you are looking to support local artists this year for your holiday gift giving, Astoria represents. **HiiH Lights** bring and elegant fusion of purposeful and sculptural, created from their own handmade paper and enhanced with natural pigments. Fiber artist, **Iris Sullivan Daire** this year brings wraps inspired by ancient Celtic rock carvings as well as a collection of wall hung mythical birds created with her own dyes. **Celeste Olivares** brings a new collection of intricate needle woven beaded necklaces and earrings, utilizing semi-precious stones, vintage glass and crystal along with found objects. **Kathy Karbo** returns with her hand cut paper installation work—papercut vegetables reflecting on the days of victory gardens and communities coming together in support of each during challenging times.

Imogen Gallery is open 5 days a week (closed Tues/Wed) at 240 11th Street in Astoria. Hours: Thur-Mon 12noon to 5pm, 12 to 4 Sun. Avail by appt, 503.468.0620/imogengallery.com.



S. Mae, View from Algiers vintage map acylic on wood



C Olivares, Beaded Jewelry

Floppy Makes a Big Splash

Writer, Cartoonist Alyssa Graybeal

By Heather Hirschi

YOU MIGHT RECOGNIZE ALYSSA GRAYBEAL'S writing from her regular contributions to *HipFish*, *RAIN Magazine*, and *North Coast Squid*. Alyssa's work also has appeared nationally in *The Mighty*, *Entropy*, and the anthology *Places Like Home* (2020). If you're lucky enough to have discovered Floppy Queerdo (@floppyqueerdo on Instagram), you've had a poignant glimpse into the mind of this writer, editor and cartoonist. Alyssa's delightfully funny comic is an autobiographical exploration of her life, now situated in Astoria. Alyssa explains that her comics "show my disjointed body held together with sewn threads."

She's used this technique to stitch together her new collection of essays. The metaphor of her "floppy" body alludes to classical Ehlers-Danlos Syndrome (cEDS), an extremely rare genetic connective tissue disorder caused by a defect in the body's collagen. The syndrome creates symptoms such as hyper-elastic joints, easy bruising, and rupture of tendons and internal organs. *Floppy: Tales of a Genetic Freak of Nature at the End of the World*, a "memoir-in-essays," chronicles Alyssa's life with cEDS. Her manuscript recently won the 2020 Red Hen Press Award for Nonfiction.



The book, forthcoming from Red Hen in Fall 2022, collects several "wry stories" about Alyssa's life and experience with cEDS. "While women often wait decades for diagnoses of rare genetic disorders," Alyssa writes, she

"was lucky enough to get diagnosed at age ten. Nevertheless, [she'd] already learned to dismiss chronic pain." Alyssa spent 20 years, in which she traveled from the U.S. to France to Canada, suppressing her constant pain and the strange symptoms of cEDS.

Her "unapologetically queer" memoir includes her Canadian "same-sex marriage" and eventually "same-sex divorce" while transgressing the expectations of a "coming out narrative". "At its heart," writes Alyssa, "*Floppy* is a coming-of-age story about homecoming to an idiosyncratic body and the creative energy that unfurls when I learn to integrate its limitations."

Limitations are something Alyssa urges women especially to recognize as potential creative sources. Alyssa has created a life with cEDS that allows her to do what she loves by using her genetic disorder as a catalyst for creativity. "Luckily," she writes, "I figured out a way to both survive and create. I discovered that limitations of any kind, even physical and/or energetic ones, amp up creative potential. Creativity thrives when it is circumscribed."

Alyssa currently is recovering from a series of strokes caused by a "dissected artery in her head". To date, Alyssa says, "the strokes are the most severe manifestation of Ehlers-Danlos Syndrome" she has experienced. During her recovery, and before the announcement of the Nonfiction prize, Alyssa discovered that Floppy was a finalist in the Red Hen Press Award for Women's Prose, an honor she shares with another manuscript about EDS. She hopes that her work, including *Floppy*, will encourage others who live with chronic pain or physical uncertainty. "Through my writing, comics, and workshops, I hope to inspire people to tap into that potential and reclaim their creative energy."

You can learn more about this inspiring Astoria creator and sign up for her newsletter at <http://www.alyssagraybeal.com/>



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Downtown Astoria



Food safe pottery, by local artist TKO

Astoria Institute of Music and Center for the Arts features a variety of artists opening for Astoria Art Walk on Dec 12, from

12pm to 8pm: food safe pottery by local artist **TKO**, PNW textured abstract acrylic landscapes by **Jackie Leloff** and fantasy, land & seascape oil paintings by **Blaine Verley**. Also: doll assemblage art by **Shannon Headrick**, little paintings by **Michael Metzner** and surreal art by **Lisa Ackerman**. Live music is featured during the art walk. Please call (503) 395-1221 for appt to see art before or after art walks and to get involved in music projects, plus string instrument and piano lessons.

Located at 1159 Marine Dr. Astoria

DECK THE WALLS TRAIL'S END

Trail's End Art Association curates a special show for the holidays. Called "Deck the Walls," the show will include many holiday and winter-themed gift items, most priced under \$100. "Deck the Walls" offers a festive opening December 5, from 2-5pm, and runs through Dec 24. Indulge in a swirl of creativity and find the perfect gift of original paintings, photographs, mixed media, glass, ceramics, prints and cards. Trail's End Art Association is the oldest art organization on the Northern Oregon Coast. It was built in the early 1900's and converted for use by Gearhart School before the Association purchased the building and renovated it to an art classroom and a gallery mid-century.

Learn about gallery, classes and studio groups at trailsendart.org. 503-717-9458. Trail's End Art Association is located at 656 A. St. Gearhart. Current COVID hours: Frid-Sun from 11am-3pm.



Carol Braden, multi-medium

art happens *openings and news in the LCPR*

THREE EXHIBITIONS at RiverSea Gallery

RIVERSEA GALLERY closes out 2020 with three shows featuring regional artists, each opening during Astoria's Second Saturday Artwalk on December 12, and continuing through January 5, 2021. A socially-distanced reception will be held Saturday, December 12, from 12:00—8:00 pm, with exhibiting artists available in the gallery at various times throughout.

Paintings from the Red Market showcases



M. Monroe, *New Wants*, acrylic on wood panel

new work by noted Astoria artist, **Robert Paulmenn**. Featured are still life paintings, plein air landscapes and figurative works from many months spent exploring quiet places to draw and paint around the region. Most works are in oil on linen, but he has also included a number of "charcoal paintings," a mix of powdered charcoal, titanium white pigment and denatured alcohol on frosted acetate. In putting together this body of work Paulmenn has mused over the concept of starts and stops, beginnings and endings, all set in a most unusual year. The title of the show refers to his new studio in a building known as the "red market."

Featured in the Alcove space are the exuberant, expressionist paintings of Portland artist, **Melissa Monroe**. Her new series, *A Faint Understanding*, is inspired both by old religious paintings, and toys and characters from her childhood. Monroe's bright, unfettered style

is contrasted by ornate, vintage frames that she has collected from estate sales, antique shops and thrift stores. She feels that the signs of age on the frames add to the stories alluded to in her paintings.

Heirloom Forms is a collection of jewelry by local artist, **Tabor Porter**, a master metalsmith and jewelry designer who has achieved national recognition. This new series draws upon his many decades of bench skills and unique design sense, combining historic techniques with contemporary appeal. As a lifelong collector of art and arcane objects, antique and new, Porter is able to reference many influences as he creates with fine metals, extraordinary gemstones and found objects.



Tabor Porter, *Wide*, forged sterling silver cuff

RiverSea Gallery, open daily at 1160 Commercial Street in Astoria. 503-325-1270, or visit the website at riverseagallery.com.

Hoffman Gallery Group Show

HOFFMAN CENTER Gallery presents a group show, opening Dec. 4 through 27. Featured artists are Kyla Sjogren, Lisa Sofia, Barbara Temple Ayres, and Jan Priddy.

Kyla Sjogren presents textiles; from spinning and dyeing to the warping board and then through the loom, an organic process of trust and contemplation create her offerings of handwoven pieces.

When viewed as whole, painter **Lisa Sofia** is then satisfied



Barbara Temple Ayres, *Urn*

enough to present her recent work of abstract paintings. Her works, entitled *Controlled Chaos*, are an attempt to capture the essence of movement, albeit complex lines and shapes, in attempt to solve the puzzle of the mind, never stagnant, and always exploring.

In elegy to beloved friends, **Barbara Temple Ayres** presents a show of ceramics made in dedication to her urn makings.

The Wearable Weavings of **Jan Priddy** celebrate color and comfort and the skills that have served human beings throughout our time on earth. Meant for daily use, as handwork in a time of mass production—communal in a culture focused on the individual, and women's work in an atmosphere that marginalizes women's cultural contributions. Learn more about this show at hoffmanarts.org

Hoffman Gallery at the Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita, OR. Gallery is free and open to the public. Open Fri-Sun, 1pm to 4pm. Face masks are required to enter.



Jan Priddy, *Fiber*



R. Paulmenn, *Low Tide, Old Youngs Bay Bridge*, oil on linen

Outside In at AVA Outsider Artists in Astoria

ONCE AGAIN Astorian Roger Hayes returns to his metier, Outsider Art, this time as a curator presenting artwork created by local residents who have found themselves at times stuck in the cracks of American society. Hayes discovered these artists during his ongoing project to document the pervasive gaps in our current social services systems.

He noticed something remarkable that inspired him to invite these folks to participate in a group exhibit at Astoria Visual Arts. The exhibit runs December 12 through January 2, and will be open for Astoria's Second Saturday Art Walk from noon to 8pm.

Participating artists include Eric Conley and Clarence Larkins Jr. as well as several individuals from Astoria's new Beacon Clubhouse. An excerpt from Eric Conley's artist statement, "The art I've made is becoming something of an unspoken dialogue between the above and below in which my mind eavesdrops on. It's me grasping at uncertainty, trying to depict a churning narrative of recurring motifs, spiraling formlessly, yet familiar in its course."

Hayes and AVA will also host an online fundraiser to raise money for several nonprofits, including the Beacon Clubhouse, that work to fill gaps in social services and provide basic human needs. Learn more about the ongoing fundraising efforts at AstoriaVisualArts.org and view Hayes' ongoing documentation of Clatsop County residents on YouTube at Loop-BasedZeros.

Astoria Visual Arts is a 501(c)3 nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria.

Astoria Visual Arts is located at 1000 Duane Street. View the exhibit during Astoria Art Walk on Dec 12 from noon to 8pm and Fridays and Saturdays from noon to 4pm.



Eric Conley, *Nude*

Momentary Collapse Installation: Kirista Trask At the Sou' Wester Art Trailer

A NEW INSTALLATION opens Dec 18 in the vintage travel trailer turned permanent art gallery, at The Sou'wester Lodge.

Momentary Collapse examines how multiple experiences while individual imprints can simultaneously function as one. Using one long roll of paper and created over nine months, Momentary Collapse abstractly documents individual experiences engaging with the same physical environment. The physical location is the Columbia River where it meets the Pacific, the mental location is merely a dream.

Kirista Trask translates subtle moments and landscapes into swirling abstraction, blending saturated, opaque colors with translucent washes to evoke moment as an emotional experience. Her work is created using a variety of materials, including acrylic, ink, charcoal, pencil, oil pastel, chalk and coffee, in order to react to the spirit of the location at the moment. These abstract works exist somewhere between presence and memory, giving the viewer a moment for pause. Her best work is done plein air style in stunning locations all over the world and especially in the Pacific Northwest. As a seventh generation Oregonian Kirista finds a deep connection to place and incorporates that into her work.

Kirista's current body of work explores the impact of identity in rural communities. As a native Oregonian and member of the LGBTQ community Kirista has experienced a life of bias based on sexual orientation. Her current work seeks to inquire as to whether art can be a channel of change in regards to rural community value systems.

OPEN: Dec 18 - Feb 28. Fri/Sat/Sun 9am-9pm (and by request: call the lodge front desk at 360-642-2542 and they'll open the gallery for you)* The Art Trailer Gallery is free and open to the public. The Sou'wester Lodge, 3728 J Place, Seaview, WA

*Due to Covid-19 a face covering is required while inside the gallery. The gallery is open to one person, couple or family at a time and allowing for 6' distance at all times.



MESSAGES SONJA GRACE



ARE YOU CALLING ON THE ANGELS? In my book 'Become an Earth Angel' I describe the angelic realm in detail - and how important it is to call upon them. Angels are benevolent beings who are here to help us. Do you hear the music of the angels? We have many ways to 'hear' the unseen world - your heart provides the cosmic ears for hearing the angelic realm. Drop into your heart chakra and listen. We receive gifts from the angels daily. Humans have a pattern of focusing on what we don't have rather than acknowledging our abundance. Fear, betrayal and jealousy all play karmic roles in this cycle. Recognize you are a soul having a human experience. Your abundance is the air you breathe and the water in

your glass. Make your daily practice one of gratitude- for the planet you live on, your children, the love you have for your family and friends and expand that to the world. Everyone needs love - The miracles the angels provide gives us hope and reminds us where we came from: Source. Feel the abundance in your heart - your love going inward to yourself and outward to the world. The angels are always there to help you. Just call on them. Does your pride get in the way? Do you feel your point of view or belief is the only way? Has your fear created judgment and intolerance? The angels bring love and compassion- when you feel your righteousness rise to the top think about all the different plants, animals, insects, humans, and stars in the universe and remember there are that many points of view. We can boast how right we are until the pendulum swings back to the opposite side forcing nature and all life to experience duality- in this fifth dimension-duality is splitting apart and the extreme is felt by everyone. The angels bring a message of humility and hope. Temper your anger, have tolerance for different points of view and find your compassion- how? We must forgive ourselves and each

other. Remember the angels have nothing but compassion for all life on Earth. Life is not about who you are or what you've done - it's about how much you love. Love everyone as much as you love your own family. May everyone around the world be held in the wings of angels - no matter how you feel about your fellow earth dwellers - love, forgiveness and compassion are what heal the collective. May we all unite in peace.

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 is currently presenting Mystic Healing on Sky TV in the U.K. on Feel Good Factor TV. She 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

Angels All Around Us



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

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

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

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Warrenton, OR 97146

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Tuesday thru Saturday
Noon to 4pm

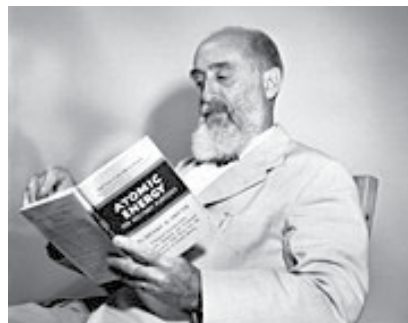
Get Uncomfortable! wordwisdom

What do I mean? I read an article which stated that we need to exercise our minds. The author states that if you daily do Sudoku, you will become good at it, but unless you up the ante, that's the end result: You are good at Sudoku. You have to push yourself to try ever more demanding mental activities. Like physical exercise, plateaus occur. You need to actively challenge yourself. Try a new form of puzzle, learn a language, study philosophy and art history. The key is to take a small step out of your comfort zone.

I'm tackling a slightly more difficult sweater pattern, a vest with cables, done "in the round." I had slowly over the past year stopped knitting. While I knew I missed having a project going, I also was bored with the simpler, easily achieved projects, but I was also reluctant to tackle a complicated project. Laziness and comfortability had set in.

A knitting pattern can read like a combo of a math problem crossed with a cryptogram. I spent an hour reading the directions thoroughly. In the process of finding the correct needle in one of my five storage

boxes of knitting supplies, I created a wonderful mess. I decided to organize the boxes before storing them again. I now have supplies sorted into various piles, patterns pulled aside for near future use and renewed interest in actually knitting. Much as one who wants to be healthier and chooses to up the exercise routine via more weights, more reps, more intensity,



the brain also needs challenges to keep the synapses firing. Read books that require thought. Take time to slow down and savor the form and content. Classics, new fiction, short story collections, science fiction, language and travel books, the Bible - all

are waiting to help excite your brain cells.

I remember my first year of college and picking out my courses. I was technically enrolled in the Medical Technologist program, but I had chosen so many literature classes, I ended up an English literature major. I took everything, British writers, modern fiction, communications, philosophy, intro to Shakespeare, Greek writers... and oh so many more.

People, myself included, get comfortable. We aim for comfort. We want a comfortable life, comfortable job, comfortable bed. Most of us achieve some level of personal comfortability. Like a pampered cat, our habits, geared towards our own comfort, do not inspire us to strive for the stars. We stagnate. Personal growth is dependent on struggling with new ideas, situations, emotions. To grow requires a step or two out of the comfort zone. Be willing to stretch. Paint, dance, learn a language. Read. Savor life. Explore. Let your mind grow and be strong. Life will blossom before you, like a flower new to you.

Tobi Nason, MA, counselor lives in (503)440-0587.

By Tobi Nason

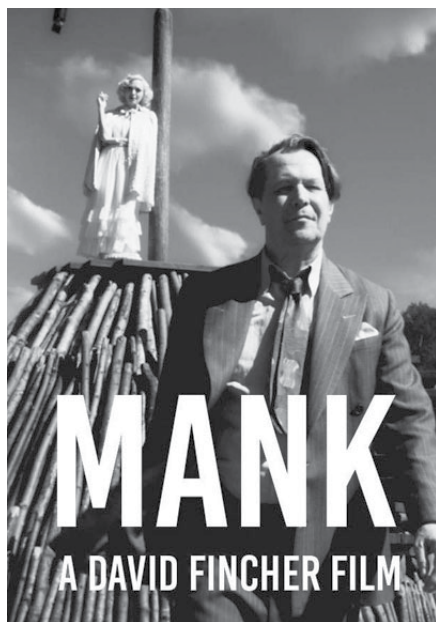


THE LOWER COLUMBIA CLINIC

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MANK (DEC. 4 NETFLIX)

One of several Netflix Best Picture hopefuls released this month. Director David Fincher brings a decades-long passion project to fruition with his inside-Hollywood tale of how screenwriter Herman Mankiewicz wrote the classic film *Citizen Kane*. Gary Oldman plays the brilliant self-destructive writer, who is laid up with a broken leg miles from L.A. with only a British typist and lots of booze for company. His assignment: write the screenplay for what would later become known as the greatest film ever made -- *Citizen Kane*. for With pressure from 24-year-old boy genius director, Orson Welles (Tom Burke) and his producer John Houseman, Mank has 90 days to turn in his script. Film flashes back to 1930, where Mank meets the real-life inspirations for principal Kane characters in newspaper tycoon William Randolph Hearst (Charles Dance) and his mistress Marion Davies (Amanda Seyfried). Pressure mounts on Mank when Hollywood (and Hearst) hear that corrupt Charles Foster Kane character is a thinly-veiled take on Hearst and alcoholic, talentless actress Susan Alexander is based on Davies.



THE PROM (DEC. 11 NETFLIX) TV producer Ryan Murphy brings the hit Broadway musical to the screen with star-studded cast including Meryl Streep, James Corden, Nicole Kidman and Tracey Ullman. When Emma, a high school student in a conservative Indiana town wants to bring her girlfriend to prom, the PTA announces they will cancel the prom rather than allow it. Meanwhile, self-absorbed Broadway stars Dee Dee Allen (Streep) and Barry Glickman (Corden) new musical is a flop that has destroyed their careers. Hearing about the prom cancellation, Allen and Glickman smell an opportunity to resurrect their careers and head to Indiana, joined by fellow down-on-their-luck actors Trent Oliver (Andrew Rannells) and Angie Dickinson (Kidman). A ham-fisted attempt by the actors to allow Emma and her girlfriend into prom backfires when it's revealed that Emma's girlfriend is none other than the PTA pres-

ident's daughter. The publicity and pressure cause them to break up, but the actors, now motivated by more than self-interest, fight to create a truly inclusive prom for all.

THE WILDS (DEC. 11 AMAZON) Amazon's first YA series has been described as a female *Lord of the Flies* with a twist of *Lost*. Synopsis: Part survival drama, part dystopian slumber party, *The Wilds* follows a group of teen girls from different backgrounds who must fight for survival after a plane crash strands them on a deserted island. As the castaways grapple with their new dire circumstances, they both clash and bond as they learn more about each other, the secrets they keep, and the traumas they've all endured. But what they don't know is they don't know is the biggest twist of all: that these girls did not end up on this island by accident. Series creator Sarah Streicher has said that *The Wilds* is about more than just physical survival. "Coming of age is not for the faint of heart. It can take as much grit and fire to survive our teenage years as it would say, a deserted island."



Viola Davis is the unapologetically bisexual Ma Rainey

MA RAINEY'S BLACK BOTTOM (DEC. 18 NETFLIX)

Another Netflix Best Picture nominee is the movie version of August Wilson's play about blues legend Ma Rainey (Viola Davis) featuring the final performance of Chadwick Boseman. Story takes place over a single day in a 1920's Chicago recording studio, where the brassy, unapologetically bisexual Ma Rainey is set to record the title song. Her band arrives early and begin to rehearse. Among them is the young, ambitious Levee (Boseman), who yearns to start his own band and has written a few songs that he hopes that Rainey's white manager Irvin (Jeremy Shamos) and producer Sturdyvant (Jonny Coyne) will find appealing. Tension rises between Levee and older members of the band Culter, Toledo and Slow Drag who are content with their station and question Levee's willingness to kowtow to white management. When Ma Rainey arrives late to the session, tensions ratchet higher as the commanding singer insists on recording the song her way, knowing her producer will discard her once he gets what he wants.

THE MIDNIGHT SKY (DEC. 23 NETFLIX) George Clooney directs this apocalyptic sci-fi story of a scientist who must warn a returning spaceship crew of a disaster on Earth. Clooney plays Augustine Lofthouse, the sole inhabitant of an Arctic research station who's dying of cancer. After a cataclysmic event devastates Earth, Lofthouse may be the only man left alive. But Lofthouse finds he's not alone. Iris, a young girl, has hid herself within the station when it was evacuated. Meanwhile, the NASA spaceship *Aether* has dis-



covered that a moon of Jupiter can support life, but as they emerge from their communications blackout, they discover that Mission Control has gone silent. The *Aether* is returning to an Earth that may not be able to support life. Lofthouse realizes he needs to warn them, but that means the dying man and Iris must go on a dangerous trek across a polar icecap to a neighboring observatory.

SYLVIE'S LOVE (DEC. 25 AMAZON) Tessa Thompson and Nnamdi Asomugha star in Sundance favorite *Sylvie's Love*, a lush period romance exactly like Hollywood romances from the '50s -- had African-Americans been allowed to play lead roles then. Thompson plays Sylvie, the strong-willed daughter of Mr. Jay, who works in his Harlem record store. There, she catches the eye of struggling jazz saxophonist Robert (Asomugha), who is so impressed by Sylvie and her knowledge of music that he takes a job in her store. Sylvie sees Robert play in a nightclub and is also impressed, declaring he's the best jazz saxophonist since John Coltrane. Soon, they fall in love but there are complications: Sylvie is already engaged to Lacy (Alano Miller). Life takes them in opposite directions -- Robert to Paris to establish his career, while the ambitious Sylvie tries to become a producer in the new medium of TV -- a difficult proposition for an African-American woman in the '50s. Five years later, a chance encounter brings the two together again and they discover that their feelings for each other have not diminished. To capture the sublime artificiality of '50s Hollywood pics, director Eugene Ashe said "We shot the entire thing in Los Angeles for New York, and we did a lot on classic backlots. The moment you step onto them, you feel the history."

Clooney on ice



FREE WILL ASTROLOGY

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h	r	♂	♂	♂	♂	♂	♂	♂
11°	6'	27°	7'	15°	64'	0°	48'	

ARIES (March 21-April 19): According to Taoist scholar Chad Hansen, “Western philosophers have endlessly analyzed and dissected a cluster of terms thought to be central to our thinking” such as truth, beauty, reason, knowledge, belief, mind, and goodness. But he reports that they’ve never turned their attention to a concept that’s central to Chinese philosophy: the Tao, which might be defined as the natural, unpredictable flow of life’s ever-changing rhythms. I’m going to say something crazy but true: I think that you Aries people, more than any other sign of the zodiac, have the potential to cultivate an intuitive sense of how best to align yourselves gracefully with the Tao. You’re now in prime time to do just that.

TAURUS (April 20-May 20): “Humans like to be scared,” declares author Cathy Bell. “We love the wicked witch’s cackle, the wolf’s hot breath, and the old lady who eats children because sometimes, when the scary is over, all we remember is the magic.” I guess that what she says is true. But there are so many other ways to encounter the magic, and many of them don’t require even a touch of dread. That’s exactly what I predict for you in the coming weeks, Taurus: a series of marvelous experiences—including catharses, epiphanies, and breakthroughs—that are neither spurred by fear nor infused with it.

GEMINI (May 21-June 20): “I haven’t been everywhere, but it’s on my list.” Author Susan Sontag made that wry comment as a way to express the fact that curiosity was at the heart of her approach to life. She traveled widely, learned voraciously, and wrote prolifically. I think her jokey aspiration would make a good motto for you in 2021, since the coming months will be a time when you will especially benefit from emphasizing the delights of exploration and expansion and education. Start making plans!

CANCER (June 21-July 22): Is there anyone whose forgiveness you would like to have? Is there anyone to whom you should make atonement? Now would be a favorable phase to initiate such actions. In a related subject, would you benefit from forgiving a certain person whom you feel wronged you? Might there be healing for you in asking that person to make amends? The coming weeks won’t be a perfect time to seek these changes, but it will provide the best opportunity you have had in a long time.

LEO (July 23-Aug. 22): Scientists know that the Earth’s rotation is gradually slowing down—but at the very slow rate of two milliseconds every 100 years. What that means is that 200 million years from now, one day will last 25 hours. Think of how much more we humans will be able to get done with an extra hour! I suspect that you may get a preview of this effect during the coming weeks, Leo. You’ll be extra efficient. You’ll be focused and intense in a rather relaxing way. Not only that: You will also be extra appreciative of the monumental privilege of being alive. As a result, you will seem to have more of the precious luxury of time.

VIRGO (Aug. 23-Sept. 22): Adventurer Tim Peck says there are three kinds of fun. The first is pure pleasure, enjoyed in full as it’s happening. The second kind of fun feels disagreeable and troublesome when it’s underway, but amusing and interesting in retrospect. Examples are giving birth to a baby or taking an arduous hike uphill through deep snow. The third variety of fun is no fun at all. It’s irksome while you’re doing it, and equally irksome as you think about it later. Now I’ll propose a fourth type of fun, which I suspect you’ll specialize in during the coming weeks. It’s rather boring or tedious or nondescript while it’s going on, but in retrospect you are very glad you did it.

LIBRA (Sept. 23-Oct. 22): “I made the wrong mistakes,” said Libran composer and jazz pianist Thelonious Monk. He had just completed an improvisatory performance he wasn’t satisfied with. On countless other occasions, however, he made the right

mistakes. The unexpected notes and tempo shifts he tried often resulted in music that pleased him. I hope that in the coming weeks you make a clear demarcation between wrong mistakes and right mistakes, dear Libra. The latter could help bring about just the transformations you need.

SCORPIO (Oct. 23-Nov. 21): “Home is not where you were born,” writes Naguib Mahfouz. “Home is where all your attempts to escape cease.” I propose that we make that one of your mottoes for the year 2021, Scorpio. According to my astrological analysis, you will receive all the inspiration and support you need as you strive to be at peace with exactly who you are. You’ll feel an ever-diminishing urge to wish you were doing something else besides what you’re actually doing. You’ll be less and less tempted to believe your destiny lies elsewhere, with different companions and different adventures. To your growing amazement, you will stop trying to flee what has been given you, and you will accept the gifts just as they are. And it all starts now.

SAGITTARIUS (Nov. 22-Dec. 21): “Pictures of perfection, as you know, make me sick and wicked,” observed Sagittarian author Jane Austen. She wrote this confession in a letter to her niece, Fanny, whose boyfriend thought that the women characters in Jane’s novels were too naughty. In the coming weeks, I encourage you Sagittarians to regard pictures of perfection with a similar disdain. To accomplish all the brisk innovations you have a mandate to generate, you must cultivate a deep respect for the messiness of creativity; you must understand that your dynamic imagination needs room to experiment with possibilities that may at first appear disorderly. For inspiration, keep in mind this quote from Pulitzer Prize-winning historian Laurel Thatcher Ulrich: “Well-behaved women seldom make history.”

CAPRICORN (Dec. 22-Jan. 19): Capricorn novelist Anne Brontë (1820–1849) said, “Smiles and tears are so alike with me, they are neither of them confined to any particular feelings: I often cry when I am happy, and smile when I am sad.” I suspect you could have experiences like hers in the coming weeks. I bet you’ll feel a welter of unique and unfamiliar emotions. Some of them may seem paradoxical or mysterious, although I think they’ll all be interesting and catalytic. I suggest you welcome them and allow them to teach you many new secrets about your deep self and the mysterious nature of life.

AQUARIUS (Jan. 20-Feb. 18): Aquarian philosopher Simone Weil formulated resolutions so as to avoid undermining herself. First, she vowed she would only deal with difficulties that actually confronted her, not any far-off or hypothetical difficulties. Second, she would allow herself to feel only those feelings that were needed to inspire her and make her take effective action. All other feelings were to be shed, including imaginary feelings—that is, those not rooted in any real, objective situation. Third, she vowed, she would “never react to evil in such a way as to augment it.” Dear Aquarius, I think all of these resolutions would be very useful for you to adopt in the coming weeks.

PISCES (Feb. 19-March 20): In June 2019, 25-year-old Piscean singer Justin Bieber addressed a tweet to 56-year-old actor Tom Cruise, challenging him to a mixed martial arts cage fight. “If you don’t take this fight,” said Bieber, “you will never live it down.” A few days later, Bieber retracted his dare, confessing, “He would probably whoop my ass in a fight.” If he had waited till now to make his proposal to Cruise, he might have had more confidence to follow through—and he might also have been better able to whoop Cruise’s ass. From what I can determine, you Pisceans are currently at the peak of your power and prowess.

Homework: What parts of your past weigh you down and limit your imagination? What can you do to free yourself? Testify at FreeWillAstrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Adopt a Bike

SERENDIPITOUSLY, in the same week, I adopted two new-to-me bikes and rediscovered my foster and adoptive parents’ handbook. As I’ve fostered two young adults, adopted a third one, and restored used bikes over the years, I hope you won’t consider it frivolous or disrespectful of me to suggest that providing a home for a new-to-you bike isn’t altogether different from opening your home to a child in need of one, and it might even help prepare you for such an exhilarating, challenging journey.

Of course, the major difference is that a bike is a vehicle for transportation, exercise, and recreation, not a person. Bringing one into your home is more a matter of finding space in your garage than in your heart. However, both bikes and people require time, care, and a gentle touch to help them flourish. Caring for both bikes and people requires you to learn new skills. For a bike, caring means maintaining it in proper working order so it continues to provide benefit and delight for the rider. Creating a healthy relationship with a child, one that fosters an unshakable belief in their own intrinsic worth, involves more complex skills than keeping a bike’s drive chain running smoothly. Life requires more than a bottle of chain lube to keep the grit out and repair the flats, but like riding a bike, it prods you into developing balance, strength, resiliency, a sense of humor, and respect for oneself and others (for example, yield to pedestrians and kids!)

Both bikes and human beings can enter your family with past histories and baggage both seen and unseen. Evidence of old crashes or inadequate maintenance aren’t always obvious on a cursory inspection of a bike, so you need to conduct a more thorough,

thoughtful evaluation. Humans require an additional layer of earning trust before they start to reveal their hidden rusty patches, spot welds from old injuries, and other wounds. Often, it’s when a child starts to trust a foster or adoptive parent that the train-

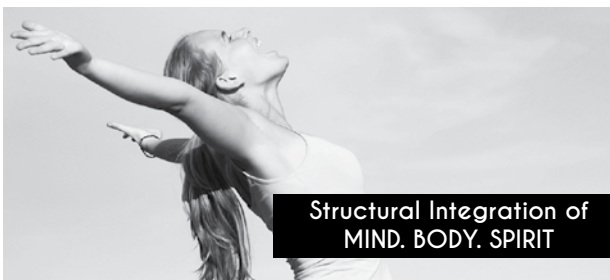
ing wheels come off—the “good behavior” that indicates they’re anxious about being rejected—and challenging behavior comes to the fore. The child is testing whether the parent will keep loving them, even if past trauma has left them with misalignments and a wobbly ride through their short lives.

When you take the time to care for someone, to fill in (as best as one can) the potholes they’ve been forced to navigate and to equip them with healthier tools for coping with the inevitable future bumps, you not only help that person to embark on a journey toward wholeness, but you also grow in ways you can’t anticipate. Learning how to maintain and repair a bike that’s been through stuff also enhances your self-efficacy and builds self-reliance. That doesn’t mean you can’t become a mature, self-actualized person unless you have a bike and/or a child. Other opportunities exist for growth by nudging you into, and past, your comfort zone. These are paths that have led me to such a place; others may find you. (To paraphrase Bilbo in *The Lord of the Rings*, any road can sweep you up and take you on an adventure.)

Taking on a project bike or enlarging your home, and heart, for a child who needs both can broaden your definition of family and your sense of your own capacities, as well as filling you with more love than you thought it possible to contain. (Well, maybe that old shifter isn’t so lovable, but the ape-hanger handlebars are the coolest...)



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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

This message sponsored by
**Moby Dick Hotel
and Oyster Farm**

Whole PLANET Health

By Margaret Hammitt-McDonald

Who's Afraid of the Big, Bad Health Conspiracy

I'VE BEEN AVOIDING WRITING about this subject for months, but with an escalating COVID-19 case count, it's time to come out and say it: conspiracy theories can be dangerous to your health...and everyone else's.

As a complementary healthcare provider, some of my patients come to me because they're seeking alternatives to conventional medicine. Some have complex functional disorders for which specialists have not been able to identify a cause. Others are frustrated by treatments that were unsuccessful and/or caused intolerable adverse effects. For some, the disconnect runs deeper. Through a combination of temperament, life experiences, and beliefs, they harbor intense distrust for the medical and scientific professions, especially for-profit monoliths like "Big Pharma." This fundamental mistrust prompts them to assume nefarious intent behind public-health organizations and interventions. When I deem it necessary to refer patients who hold these beliefs to my medical-doctor or nurse-practitioner colleagues, I encounter resistance. They're concerned about being pressured into accepting treatments they don't want, treatments they're convinced will exacerbate rather than relieve their problems. I do my best to inform my patients of all their options, to help them to communicate their concerns to providers whom they fear will be unsympathetic, and to find reputable information, but I run into difficulties when we can't agree on what information is reliable and where to find it.

I used to believe that conspiracy theories were harmless (if quirky) ideas some people thrived on the same way mystery-lovers savor the process of digging up "whodunit." Research has explored personality traits that make folks more likely to turn to conspiratorial explanations, especially in uncertain times, including a tendency to be mistrustful, a passion for closure (a combination of "everything in its place" and "there are no accidents"), and feelings of powerlessness (Jennifer Latson, "The Mind of a Conspiracy Theorist," *Psychology Today*, November 3, 2020, <https://www.psychologytoday.com/us/articles/202011/the-mind-conspiracy-theorist?collection=1108751>). I'd add that people who are drawn to



conspiracies are intelligent (although not well-informed about science or evaluating evidence), inquisitive, and experience a self-esteem boost when they unearth buried secrets, thus foiling malevolent organizations.

People can live healthy, happy lives even if they're convinced that space aliens are about to abduct them to perform invasive proctological procedures (although I've never figured out why someone would travel across interstellar space to evaluate human hemorrhoids). However, during this pandemic—when obtaining evidence-informed health information, and acting on it, is imperative—conspiracy theories can lead to behaviors that threaten our collective health.

Keeping ourselves and one another safe has demanded tremendous sacrifices and has disproportionately impacted already vulnerable communities. We've all suffered blows of varying severity, from the economic hardship of unemployment to the stress of facilitating school-aged children's distance learning while trying to hold everything else together. Yet as a nation, our suffering has been exacerbated by a political "leadership" that rejects science and panders to conspiratorial thinking. This has stymied efforts to contain the pandemic at every turn, whether through PPE supply-chain problems and slowness to implement COVID-19 testing or through framing sensible behavior-change measures (like face coverings and social distancing) as assaults on individual freedom.

Now more than ever, it's time to disseminate accurate information widely and to puncture "alternative facts" in whatever gloomy places they, like mold, tend to proliferate. It's time for public officials to stop using the authority voters have invested in them to misinform. These are no longer just fringe ideas believed by crackpots; during a pandemic, they have dire consequences. So keep that mask on and take off the tinfoil hat!

DISCLAIMER: I could not find an evocative photo for something as pedestrian as baked oatmeal. Please enjoy the frisbee turtle instead.

A lot has happened since last month's CHEW. Holidays have come and gone with more heading straight for us. Covid has taken a break then returned with a vengeance. We have a new president in the wings.

Some things are not new. Things like sequestering, social distancing, mask wearing and the devolution of civility. It's a heady mix of deadly virus, trolls coming out from under the bridge, haters convincing themselves they are righteous and social media providing lots of ways for us to discover things about each other we were better off not knowing. It makes for an embarrassment of riches where pitfalls are concerned.

I have long had a tendency to spout off about any little thing that bugs me. There was a time when a negative reaction to that pretension was something along the lines of, "What a jerk!" As often as not, that was a completely appropriate response. I'm just saying, it feels like we were less quick to go medieval about differences of opinion and we were hip to the fact that a lippy person might simply be ignored. Those were good times.

Civility can be defined as formal politeness and courtesy in behavior. I like the way we have made that concept more casual over time. It's comfier. We allow more latitude in language. We make value judgements about what's appropriate when and to whom. I think it beats the socks off the Emily Post Finishing School approach which was laughable even when I was young enough to be taught what was 'proper'. I am living proof that we are never 'finished' nor should we be. But, despite a swerve toward mean spiritedness, we are not off the hook for kindness and courtesy. We must teach our children well. (That's your children. I was smart/scared and had no children. I used the journalistic we which almost always means you.) A modicum of courtesy, respect and a good education will get them where they want to go. And who knows, we may one day have a fully functional education system open to all our children (see what I did there?) and a national tendency toward civility and a recovering ecosystem wherein crazy ass viruses can't thrive and huge herds of unicorns and flying pigs.

Clearly, I hold out no hope. I have often and always told you that. I do, however, hold out something easy, cheap and delicious to eat. And let's face it, it's easier to be civil on a full stomach.

Happy whatever it is you might celebrate this season. Stay safe, stay well, stay cool.



BODACIOUS BAKED OATMEAL

(Making porridge sexy again)

Preheat oven to 375

Butter an 8-inch square baking dish

- 2 cups rolled oats
- 1/2 cup nuts, toasted and chopped (Use what you have, mix them up, toss in some sunflower or pumpkin seeds. Get jiggy with it.)
- 1/3 cup maple syrup, plus more for serving
- 1 teaspoon baking powder
- 1 1/2 teaspoons cinnamon
- Scant 1/2 teaspoon salt
- 2 cups milk
- 1 egg
- 3 Tablespoons butter, melted and cooled slightly
- 2 teaspoons vanilla
- 2 ripe bananas, diced or some banana chips broken up
- 1 1/2 cups fresh or frozen berries (My choice is always blueberries because they're luscious and available fresh pretty much all the time. I also add some diced dried apricots or figs or prunes. You're the boss of this.)

Mix together the oats, half the nuts, baking powder, cinnamon and salt.

In a separate bowl, whisk together the maple syrup, milk, egg, vanilla and half of the butter.

Start with a thin layer of the oat mixture. Sprinkle two-thirds of the fruit over the top. Cover the fruit with the remaining oat mixture. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple thwacks on the countertop to make sure the milk moves through the oats. Scatter the remaining berries and remaining nuts across the top.

Bake for 35 to 45 minutes, until the top is nicely golden and the oat mixture has set. Remove from the oven and let cool slightly. Drizzle with the remaining melted butter and a bit of maple syrup or a sprinkle of turbinado sugar. Cut into squares and dig in.

Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10am

on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org



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.

"The introduction of a vaccine does not end this pandemic. Right now and into the foreseeable future, the only way to reduce transmission and slow the spread is to take safety precautions until the vaccine is both widely available and widely administered.

This is going to take time.

I will end with saying that I know these are the vaccines we have all been waiting for. And as we work across Oregon — and the entire country — to get them widely distributed, I am asking you all to buckle down for just a little bit longer. We can finally see a light at the end of this tunnel, but we are not there yet. We have to keep at it.

We can finally see a light at the end of this tunnel, but we are not there yet. We have to keep at it."

- Governor Kate Brown, Covid 19 Update, Dec 4, 2020



Discover Downtown Astoria Shopping Passport!

DISCOVER DOWNTOWN is a local shopping trail that will guide you throughout Astoria to find shops, items, and services you may not have realized were there before. Using your mobile device, check-in with each transaction at participating businesses to be entered to win weekly prizes and the grand prize wine country getaway to McMinnville, Oregon.

Free to sign up: Get your passport, check-in to earn drawing entries and repeat!

With places to shop, eat, stay and play in Astoria and Warrenton, shoppers have many options on where to spend their dollars locally. See how much of your holiday list you can fill nearby, then keep it up all year long. Don't forget to take some time for yourself, too – plan a staycation outing to visit our attractions, pamper yourself at the salon, or enjoy the muddy boot season on a local trail.



How to enter the drawing: Visit a participating business and show your Discover Downtown passport to the cashier at time of purchase. Cashier will provide a code to complete check-in for their location. For each check-in, you will receive an entry into the grand prize drawing on 12/31. Additional weekly drawings will be held on 12/15 and 12/22, based on check-ins made during the prior week. The contact information you provide when you sign up for the pass will be used to notify you in case of winning.

Sign into: experience.travelastoria.com and receive your shopping trail passport. Instantly delivered via text or email and copy to your home screen.

Tolovana Arts Colony Annual Holiday Bazaar Dec 12 - 20

The TAC Bazaar featuring all local artists and crafters goes on! With more ways to shop this year. The in-person bazaar takes place the weekends of Dec 12-13, and Dec 19-20, from noon to 5pm, and during the in between weekdays you can make an appt for in-person browsing, all set up for safe social distancing. In addition, the bazar will also be going online, and offers contact-less pickup, home delivery and even snail mail!

Many local artists have few holiday market options this year where they depend on they're income.

Shop at Tolovanaartscolony.org and visit Tolovanna Hall at 3779 S. Hemlock St. in the south end of Cannon Beach.

Shop Manzanita Small Biz Saturdays

Saturdays through December 19, Manzanita features Small Business Saturday. Collect 3 receipts from any participating business, photograph and send to the Manzanita Visitors Center to win some great prizes. Go to exploremanzanita.com for updates.

On The Peninsula Tuba Christmas Dec. 9

The Astoria Tuba Quartet will be playing Christmas classics, jazz arrangements, and even a bit of polka at the Columbia Pacific Heritage Museum at 2 PM. This fun, family friendly concert is free and open to the public, but seating is limited. The current members of the quartet have been playing together since 1997.



Handmade Bazaar – Dec. 16

SOU'WESTER and ADRIFT HOTEL are partnering this year to host the 3rd annual Handmade Bazaar. Local and regional vendors will be gathering to sell their handmade crafts between 10 AM-4 PM at Adrift and 12-6 PM at Sou'Wester. Discover all things handmade from jewelry and greeting cards to walnut ink and wall tapestries.

Old-Fashioned Christmas in the Flavel House Museum Stays Santa Safe

The Flavel House is decorated for Christmas...traditionally, a night with Santa would be right around the corner, but this year, to keep Santa safe and healthy for his annual journey, the elves have delivered a mailbox located on the front porch of the Flavel House. Children are invited to drop their letter to Santa in the box between now until December 18th. Then, return to visit the museum any day between December 19th and 23rd to pick up a special personalized stocking gift from the big man himself. Merry Christmas and Stay Santa Safe.

Kids can see a video message from Santa at <https://youtu.be/rh7QFdEg8Qc>

Santa's coming to the Liberty Theater

ticket kiosk every Saturday till Christmas, from 12-3pm! Meet St. Nick and let him know what you'd like under the tree. Santa will be safely behind glass in the historic kiosk- and you can pass him your Christmas list through the ticket window! Liberty elves will help with social distancing and sanitize the kiosk between kiddos.



Cannon Beach Haystack Holidays Through Dec 30

Haystack Holidays, a series of events designed to celebrate the season unlike anywhere else in the country. Highlights for 2020 include health & safety conscious events like a virtual stream of CBs annual beloved Lamplighting Ceremony, holiday wreath making classes by reservation, outside lighting & window contests, a holiday paint night, virtual storytime with Santa, and holiday foods from around the world featured at local restaurants.

Cannon Beach in Lights & 'Name That Tune'

Window Display Contest:

December 3rd – December 20th

Visit participating retailers and submit correct 'Name That Tune' playing cards for a chance to win a holiday gift basket. CB in Lights voting at the Chamber or on our website. Voting open through the 20th. Awards will be announced on Facebook the 21st.

Holiday Wreath Making Classes: December 5th and December 6th

Get creative at the Cannon Beach Chamber of Commerce offering (3) two-hour time slots 10am, 12:30pm & 3pm. This wreath making event even comes with an instructor, along with holiday music! Recycle last

year's ring and receive a discount. For your health and safety, a max of 6 groups per time slot so call to make your reservation 503.436.2623. Please bring your masks. ~DIY kits will also be available for pick up on November 28th and December 5th & 6th. Order on our website.

Virtual Lamp Lighting Ceremony:

Saturday, December 5th

Watch the live stream of a re-imaged tender Cannon Beach Christmas tradition on **Haystack Holidays Facebook page** at 5pm. Just before the ceremony keep an eye out for Santa around town in the fire truck. For more details, call (503) 436-2623.

Holiday Paint with Benjamin: Saturday, December 12th

Instructor Ben Schlattman will walk you through a holiday creation of your very own. For your health and safety, a limit of 18 seats will be available. Held at the Chamber Community Hall at 6pm. For more details, call (503) 436-2623.

Fireside Storytime with Santa: Saturday, December 19th

Settle in (virtually) by the fireplace for a holiday storytime with Santa Claus. Tune in on Facebook to watch Mr. and Mrs. Claus read jolly tales at the Surfsand Resort and type in any questions that the kids have for Santa. We hope to e-see you there for a merry good time!

Coaster Theatre Radio Hour – Streaming on December 20th, 22nd, and 24th

A radio hour rendition of Charles Dickens' A Christmas Carol. Written, workshoped, and performed by our community. For more details, visit www.coaster-theatre.com or call (503) 436-1242.

Holiday Foods Around the World

December 27th – 30th

Visit participating Cannon Beach restaurants as they feature unique food and beverage specials highlighting many different Countries and Cultures.



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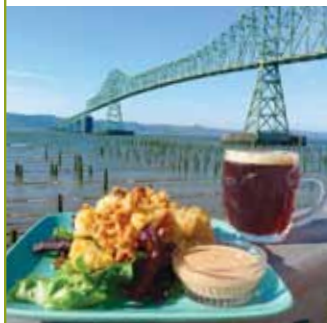


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