November 2022 • vol 23 • Issue 285

Seasonal Stronings

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Hipfish talks with Cloud & Leaf's new owner Holly Lorincz-MacGregor

2SLGBTQIA+ There's a new "place for us."

PM McDonald tells a story about her Uncle Jack

Every Brilliant Thing



A one-person play directed by Edward James, featuring Terri Baier and co-starring the audience!

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"One of the funniest plays you'll ever see about depression..." The Guardian

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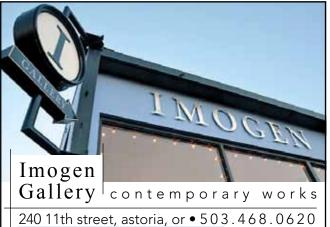


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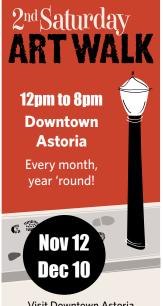
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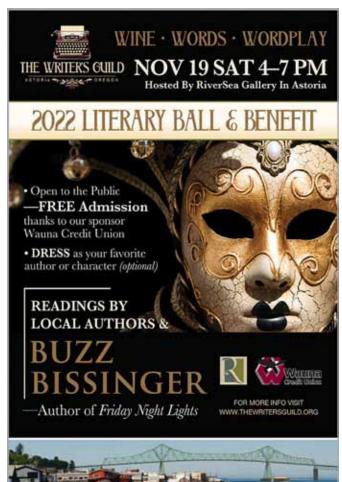
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Every Brilliant Thing

brimming with heart and humor, encapsulating the human experience

By Katherine Lacaze



Terri Baier as Narrator

If you created a list of all the beautiful, brilliant and breathtaking things in the world the things that make life worth living—what would it include?

For the narrator of Duncan Macmillan's oneperson play "Every Brilliant Thing," which will be produced at KALA Performance Space in Astoria at 7:30 p.m. Friday, Nov. 18, and Saturday, Nov. 19, her list includes the color yellow, kung fu movies, ice cream, water fights, rollercoasters and people falling over, to name

The woman sharing her story, who will be played by Terri Baier, starts her list when she's 7 years old. At that point, she is coping with her mother's clinical depression and hoping, in her childlike way, to help her mother feel better by sharing this burgeoning list of "brilliant things" with her.

It doesn't work the way she expects it to, but over the next three decades of her life, the narrator continues building on the list, letting it take on a life of its own and eventually reaching one million brilliant things.

"It really helps people understand they're not alone in feeling overwhelming thoughts, even sadness," Baier said.

"Every Brilliant Thing" is being produced by Edward James and Carolyn Wells, in collaboration with KALA. James—who was born and raised in Astoria before building a professional theater career across various states—is also directing the play, and Grace Jacobsen is the stage manager.

The Humor or the Human Condition

Although "Every Brilliant Thing" explores sobering subjects such as loneliness, suicide and depression, it is brimming with both heart and humor in a way that fully encapsulates the human experience and makes the story relatable, empowering and uplifting.

In fact, a reviewer for The Guardian once described it as: "One of the funniest plays you'll ever see about depressionand possibly one of the funniest plays you'll ever see, full stop." Jonny Donahoe, who co-wrote the script with Macmillan, is a well-known British comedian and performer who

does stand-up comedy, and his brand of humor is evident in the writing.

That's one of the reasons the play appealed to James: It embeds humor into genuinely gut-wrenching topics without minimizing their impact or the authenticity of the woman who is recounting her life experiences.

At the beginning, Baier explains, the narrator is a young child, "so there are still little bursts of that childhood experience and viewpoint."

Another element of humor comes through incorporating the audience into what is otherwise a one-woman show. That lends itself to improvisation and the comedy that naturally accompanies the unexpected.

Throughout the course of the play, Baier's character will engage and guide various audience members, and even feed them lines, but it still puts them on the spot, making their reactions a surprise to everyone.

"How they choose to participate and whatever they come up with is unique," she said.

James added, "It's a play that's not a play—it's improvisa-

"I think that's really an endearing quality of the show," he

James' Return to the Oregon Coast

An Astoria native, James left the area after high school to pursue his career. He earned a masters degree in playwrighting at Portland State University and then continued to develop his acting skills by working with a variety of organizations and venues, including The Guthrie Theater in Minneapolis and Actors Theater of Louisville.

One of his most meaningful experiences was being involved with the Kentucky Shakespeare Festival as a young actor. Because of the difficulty of the lines, in terms of length and language, rehearsing and performing Shakespeare's works is an effective way for thespians to learn essential techniques that can be applied across genres.

"That was the best training I ever had," James said. Equipped with skills most suited for the stage—and having put a special focus on Shakespeare's works—it took work to transition to film acting when James moved to New York.

"I had to scale back," he said.



Terri and director Edward James



Terri and audience stand-in Mark Erickson

He appeared on various soap operas and television shows, including "All My Children," "Guiding Light," "The Cosby Show," and "Dr. Ruth." James also continued doing regional theater in New York.

In 1992, he moved back to Oregon, settling in Portland and transitioning more toward directing. He opened a theater and then spent more than a dozen years as the artistic director of the highly successful Sylvia's Class Act Dinner Theater, through which he produced and directed more than 50

Since returning to Astoria, he has directed at The Ten Fifteen Theater, the Coaster Theatre Playhouse, Pier Pressure, Astor Street Opry Company, and the Charlene Larsen Center for Performing Arts (the PAC) over the past decade.





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A Second Collaboration for James and Baier

James met Baier when directing "Stupid F#!*ing Bird" at Ten Fifteen earlier this year. Impressed with her skills and her relentless work ethic, he reached out to her about putting on "Every Brilliant Thing."

Baier read the script and knew right away she "wanted to be a part of it."

"Suicide is an important issue to me," she said. "First of all, [it] is something that has touched almost every human being, in some form or another. ... I've been touched by it probably more than most."

That personal connection to the subject has both inspired her ability to act the show and also made the process more difficult at times.

"Because there is that personal connection, it's hard," she said. "It's challenged me in some ways. I've had to connect to the issues, but then also pull away, and find the balance."

There is also the onerous task of doing a one-person show, which itself is a daunting undertaking for a performer. The line load is extensive and there is no relief or energy provided by fellow castmates.

As a teacher in the Jewell School District, Baier is used to speaking for long periods of time, but, she adds, her class of third-through fifth-graders is "a much different audience

Another challenging aspect of the role is that she has to portray the narrator at different points in her life: as a 7-yearold, a teenager and a young adult.

But Baier appreciates the opportunity to take on these challenges, and through the course of the rehearsal journey—particularly under James' direction—she can see ways she's developed as a performer.

"He's pushed me to my limits," she said. "I've learned what they are and how to continue growing throughout the process. ... It's forced me out of my comfort zone.'

As with most directors, James has a specific approach to working with the material and his cast.

"My best tools are my ears," he said. "I think a play has to

Words are tied to the way humans feel. For example, he adds, "the way we say somebody's name is filled with emo-

In "Every Brilliant Thing," the narrator frequently references her mom and her dad, so there has been an emphasis put on identifying and defining how she feels about those people and how those feelings are embodied in the way she says their names.





"Zo tell me... how long have you had this problem?" Edward James as a schill on Dr. Ruth. "I was given a scenario -- the thrill is gone -- about a newspaper editor whose daughter has gone to college and left him alone with his wife...I had to improvise with the very capable Dr. Ruth."

"When I feel the emotion connected to that word, I feel grounded in the character," James said.

However, James also recognizes the individuality of each actor and that they may require a different type of guidance to successfully hone their skills and perform at a high level.

'Actors are kind of like seals or dogs," he explains, adding the director has to "give them the right motivation. And they respond in different ways."

Not only that, but "they all have different levels of experience and they all have different experiences too." Through several decades of directing, James is learning to tailor his approach to help coax the best performance from an actor and motivate them in the most effective way.

Collaboration with KALA

"Every Brilliant Thing" is opening at KALA Performance Space, an intimate cabaret theater with a small bar and fullsound stage located on Marine Drive in downtown Astoria. It is run by Dinah Urell and Les Kanekuni, and is owned by HIPFiSHmonthly. "We've co-produced a variety of theatre shows with a lot of the great directors from the region, in addition to solo performance artists. We're excited to work with Edward and Terri and this inventive format," said

"It's the best off-off-Commercial Street place to be," James said.

However, he and Baier hope to take the show on the road and perform it in other venues. The ability to do so was another reason James was drawn to the play: "it's easy to transport," he said, adding there are minimal props.

The piece has the ability to bring awareness to and generate important dialogue about pervasive mental health issues, such as depression and suicidal ideations.

PERFORMANCES: Friday and Saturday, Nov. 18-19. 7:30pm. Doors open at 7pm. Chair and table seating. Beer, wine and coctktails available. Minors okay. Tickets: \$20. Tickets in advance higly suggested. www.brownpapertickets.com. KALA is located at 1017 Marine Dr. in Astoria. 503.338.4878



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

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CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:

Bob Goldberg

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5th Annual **Literary Ball**

THE WRITER'S GUILD of Astoria announces their fifth annual Literary Ball and Benefit, hosted by RiverSea Art Gallery 1160 Commercial Street, Astoria, Oregon. This event will take place at the gallery on Saturday November 19, 3-7 pm.

Featuring wordplay games, wine, and a silent auction, the event will include readings from local authors, the Guild's 2022 writer-in-residence, and our special guest of honor, Pulitzer Prize winning author, Buzz Bissinger, who will read from his new book, Mosquito Bowl.

The event is free and open to the public thanks to our sponsor, Wauna Credit Union. The Writer's Guild is a literary nonprofit with 501 (c)(3) status, and all gifts are fully

tax deductible. The Guild's mission is to foster the literary arts in the lower Columbia region.

The Guild holds monthly open mic meetings, hosts writing workshops, organizes public readings, sponsors a writer-in-residence program with Astoria Visual Arts (AVA), and brings authors to work with students at the college and high school. We also facilitate creative writing clubs with local students. Our organization is fully volunteer-powered and led by a community-based board of directors.

"To make a tax deductible donation in support of the Literary Ball and Benefit, please email: info@thewritersquild.org or go to our website www. thewritersguild.org.

.....



North Coast Communities for Watershed Protection has just launched a petition, "Stop Clearcutting, Slash Burns and Pesticide Sprays Near Drinking Water Sources on the Oregon Coast" aimed at building momentum for protecting our forests and drinking watersheds. You can learn more and sign the petition and share it.

The link: https://petitions.sumofus.org/p/ healthywatershed

It's mission: to build a network of support for this cause, and spread awareness, because many people throughout Oregon and around the nation are unaware of : the impacts of current industrial forestry practices in Oregon. NCCWP calls for the eyes of the local communities, as well as the eyes of the world, to turn towards our forests and their watersheds.

NCCWP aims to gather 10,000 signatures or more, and present the petition to local and state elected officials, timber corporations, and relevant agencies.

North Coast Communities for Watershed Protection (formerly Rockaway Beach Citizens for Watershed Protection) is a grassroots group working, through education and advocacy, for better protections of the water we drink, the air we breathe, and the forests that sustain us.

Pacific County Transit Get a Free Ride

Guest: Pulitzer Prize winning author

Buzz Bissinger

Pacific County Transit received a grant that allows Youth/Students under the age of 18 to ride free on their fixed routes, they were also able to extend this benefit to Veterans in the County. Cities in Pacific County include South Bend, Raymond, Ocean Park, Long Beach, Ilwaco and Willapa. For more info: (360) 875-9418 OR (360) 642-9418.

Business After Hours Thursday, November 10th 5:30pm - 7:00pm, FREE

JOIN THE ASTORIA-Warrenton Area Chamber of Commerce for a social networking event at The Liberty Theatre. The main theatre floor and concessions area will be open with food and drink available. There will be door prizes and a cash drawing if you are a member business and are present at the event. Come to chat, network, and socialize with other Chamber members under the chandeliers of the Liberty!

For more information on this Astoria-Warrenton Area Chamber of Commerce event, please visit: https://members.oldoregon.com/ events

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Sunday, November 6 7pm - Finnish Singer/ Songwriter EEPPI URSIN in Concert Tickets: \$15

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Sunday, November 13 3pm - NORTH COAST CHAMBER ORCHESTRA Presents "The Spirit of Life" Tickets: \$10-Adults, \$8-Students, Children: (with adult supervision)12 and under-free



Saturday, November 19 7pm - FRIENDS: David Drury, Shelley Loring Barker and **Luke Ydstie in Concert** Tickets: \$15

.



Sunday, November 20 (Concert at Liberty Theatre) 2pm - NORTH COAST SYMPHONIC BAND Presents "Strike Up the Band – Fall to Winter" Purchase Tickets: \$15 Gen libertyastoria.showare.com



Sunday, November 27 4pm - NORTH COAST CHORALE Presents Annual Messiah **Sing-along Concert** FREE • Donations for the **Food Bank**

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"It takes all of us to look after all of us." — Michael "Sasha" Miller

Bias Toward Optimism And Action By Laurie Caplan

Kudos to everyone who voted and to everyone who volunteered or donated to candidates' campaigns or took part in Get Out the Vote (GOTV) drives for this midterm election. Democracy is a team project.

I'm writing this in October to meet Hipfish's deadline, so I don't know yet how many pro-democracy candidates defeated the hundreds of election deniers in Oregon and across the country who support the January 6 insurrection and the destruction of our democracy. I don't know how many Americans voted - and how many threw away their most important shot at defending our rights and freedoms.

I hope Americans are renewing their trust in our elections and in each other.

Testimony at the January 6 committee revealed that Trump decided in July, 2020 to declare victory regardless of the outcome of the November, 2020 election. He had placed loyalists in positions of power to promote his lies, prevent obstacles to his plan, and even block aid to those in the Capitol hunted by insurrectionists on January 6.

As Representative Liz Cheney, the January 6 investigative committee's vice chair, said at its October 13th hearing, "Our institutions only hold when men and women of good faith make them hold, regardless of the political cost. We have no guarantee that these men and women will be in place next time."

"The good news is that the January 6th hearings have signaled that American democracy is strong enough to withstand a public investigation of the root causes of the insurrection however uncomfortable that process may be. If the hearings enable the DOJ to prosecute those responsible for the attack, it will vindicate the rule of law in America and go a long way to reestablishing trust in American democracy—at home and abroad.

That would be an ambitious and noble achievement by the January 6th Committee. Every American

owes the members and staff of the Committee a debt of gratitude for a job well done!"-

-- Robert Hubbell, Today's Edition, Substack, October 14, 2022

The rest is up to us. Like you, I am weary of Trump and his accomplices, his lies, and his cynical and misguided followers. I remind myself that there are more pro-democracy Americans than there are violent insurrectionists, wannabe theocrats, and hate-filled bigots.

Like you, I want to be part of the solution for whatever comes our way. I'm inspired by activist Jessica Craven:

"Darkness marches on, but so does illumination. Hatred marches on, but so does love. Greed marches on. So does

"Fascists march on. We will march on also.

'Evil doesn't get extinguished—it just gets beaten back and beaten down over and over again.

"Right now it's our turn to do the beating.

"If we do our jobs well, future generations will be able to take their turns more ably. That's why we're here; that's why we act." --Jessica Craven, Chop Wood, Carry Water, Substack, October 6, 2022

Each of us can be a source of hope for others. Let's celebrate how much we've accomplished politically. Most importantly, let's encourage people to maintain a bias toward optimism, decency, and action.

Laurie Caplan, a retired therapist and teacher, is a long-time community volunteer and activist in Astoria. A co-founder of INCO, she is on its leadership team.

Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. Sign up to

get our weekly e-newsletter at www.incoregon. org, or contact

503-468-5155



Connect with the Q Community LOWER COLUMBIA Q CENTER

THE ROSTER OF OFFERINGS at the Lower Columbia Q Center includes 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 at this current time of mask mandates. 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 6-8pm FRIDAY NIGHTS FOR GAME NIGHT, using the same guidelines. Q Center invites 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: Benedetto DeFrancisco, Program Coordinator

YOUTH GROUP: In Partnership with The Harbor, The Closet Cleaners Youth Group, meets Thursdays 4-5pm on Zoom. These meetings may feature special guests and teen experts from the Harbor. Contact: Benedetto DeFrancisco

THE LCQC GENDER ALLIANCE meets the first and third Tuesdays of the month from 6-7pm on Zoom. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact; Tessa Scheller or Benedetto DeFrancisco

QUEER EDGE SOBRIETY is Q Center's peer support group featuring support for fun and sober living. Meeting currently by zoom, every Wednesday from 6-7pm. Contact: Tessa Scheller or Benedetto DeFrancisco

QUEER BOOK CLUB meets on the last Monday of the month, on Zoom from 6pm – 7pm. Visit the website for details. Contact: Benedetto DeFrancisco

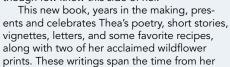
WORD

New Riverside Press of Gray's River, Washington announces publication

Part of Me: Poems and Other Writings by Thea Linnaea Pyle

Thea Linnaea Pyle was a long-time and much-loved resident of Wahkiakum County, Washington, who died in 2013. While widely known and admired

as a botanical artist, she was also a fine writer, though few knew this side of her.



youth on Mercer Island to her final years in the Gray's River Valley, and range from her whimsy, wit, and love of nature to her personal concerns of mind, body, and community. Her friends and admirers, who were many, will take great pleasure discovering Thea's inner life through her words, and those who never got to know her will wish they had. The book was compiled and introduced by her husband, Robert Michael Pyle.

PART OF ME is available through Tsuga Gallery in Cathlamet, Redmen Hall/Riverlife Interpretive Center in Skamokawa, the Appelo Archive Center in Naselle, and several local bookshops.



Wit & Wisdom: Why Do We Love Our Friends? A Philosofarian Discussion

WE ALL KNOW how important our friends are to us, but this isn't the half of it. It's not just that we enjoy our friends, or that they are integral to our everyday lives. We will make decisions and take actions that are sometimes against our own interests and even our values for the sake of our friends. Indeed It's been said that a friend is "another self". But what does all this mean? Are our friends fundamentally important to happiness? Are there different kinds of "friends", and do they mean different things to us? Why do we weigh and value the unique moral, psychological, and even spiritual obligations to friends in the way that we do, and how might this be connected to our own sense of self?

Join Philosofarian in the Fort George Lovell Showroom every 2nd Thursday, (This month Nov. 10) October – May for Wit & Wisdom: A Philosofarian Discussion. Doors open at 6pm with food & beverages available via the Taproom window, talk starts at 7pm. All ages welcome and never a cover!

Ric's Poetry Night

Ric's Poetry Mic is back in person, with hosts, Astoria poets Florence Sage and Jim Dott, on first Tuesdays of the month at WineKraft in Astoria, 80 10th St., at the Columbia River's edge, in the Pier 11 Building. Writers and poetry lovers gather to read their original or favorite poems/ prose excerpts at the mic, welcoming

Sign-up to read is at 7pm, 5 min. per reader. Face masks are requested at this time.



NW Author Series Ellie Alexander

MYSTERY AUTHOR Ellie Alexander likes to bake. It's no surprise, then, that her Bakeshop mystery series includes the titles, "Muffin But the Truth," "Donut Disturb" and "Nothing Bundt Trouble.

Alexander will discuss her books – and maybe offer a recipe – when she visits the Cannon Beach Library at 2pm on Nov 12. This is a hybrid

event; the presentation can be viewed in person at the library or online: www.cannonbeachlibrary.org. All library events are free and open to the public.

The event is offered by the NW Authors Series, a committee of the Cannon Beach Library that sponsors monthly author talks and other events from September through May. The CB Library is located at 131 N Hemlock St, or watch online - at www.cannonbeachlibrary.org.



SUPPOSE novelist Ernest Hemingway arrived at Oregon's North Coast and wanted to write about his experience in a maximum of 600 words. What would he write?

This year's Writers Read Celebration, sponsored by the Cannon Beach Library, asks that question with the theme, "Hemingway at the beach: What Would He Say?" Writers of all ages are invited to consider how or what Hemingway would say while at the beach. All written formats will be considered (essay, story, poetry, haiku, script, etc.) Authors are limited to three entries with a 600-word maximum per entry. The deadline for submissions is Jan. 20. A panel of volunteer judges will select 10 to 12 works to be read by their authors during the celebration March 10.

Hemingway wrote about his experiences using as few words as possible, and his novels and short stories have become classics. The Writers Read Celebration offers an opportunity to have fun with this writing style in any form; the piece can be serious, whimsical, tongue-in-cheek or thoughtful. To get the specifics on submissions please contact (info@cannonbeachlibrary.org)

This is the fifth year of the Writers Read Celebration. Previous themes were: "Life on the North Coast," "The View from the North Coast," "Pandemic" and "Recovery?." Writers Read Celebrations on Zoom from 2022 and 2021 are available for viewing on Cannon Beach Library's website.



Putting the Attitude in Gratitude

LATELY I've found myself waiting until the last possible moment to write this column. Although I'll readily admit to being a chronic procrastinator, in this case there have been some legitimate reasons for delaying. I've wanted to give readers the most current news about what's happening at the Astoria Warming Center (AWC), but the changing dynamics and plans have made it difficult to state what exactly that will be. We have been in talks with LiFEBoat Services (which includes Filling Empty Bellies) about working with them in some capacity. There are still a lot of details to be worked out, as any sort of official collaboration or merger of organizations is a massive endeavor, but the salient information is that we plan to begin overnight shelter at the AWC on November 24th following Filling Empty Bellies' Annual Thanksgiving Meal.

I love the idea of opening on Thanksgiving and starting off the season in a spirit of abundance and gratitude. I think of everything else this holiday means to peoplehow it can be a source of both joy and sadness, fellowship and tension- and can't help but draw parallels to what the Warming Center has meant to its guests, staff, volunteers and community at large over the years. I consider the problematic roots of Thanksgiving, and how the AWC also has an origin story that cannot be separated from its connections to colonialism, capitalism, and the mistreatment by people in power of those they consider to be less than them.

I'd like to give a little more depth to that statement, as I wouldn't want to give the impression that the Warming Center doesn't also have a rich, compassionate history that highlights the love and commitment to taking care of each other we are capable of when we put our collective minds to it. I used to think of the organization in much the same way I thought of Thanksgiving as a kid: as a positive example of people coming together to help each other out. But to leave it there ignores the context in which both institutions were created. The depiction of the first Thanksgiving bringing the Pilgrims and Indians together in a bountiful feast that many from my generation were given in school is now pretty widely acknowledged to be a white-washed version of events.

While there is a nugget of truth in there, the parts that have been left out tell more of the story than the parts that remain. We know the Pilgrims didn't come to this country to share a meal- what of the mindset that tells us the freedom to express our beliefs can come at the expense of an entire country's inhabitants' right to exist? 400 years after the first Thanksgiving, how is it still too soon to make the connection between our past and our present? Nationally and locally, a disproportionate number of people who now have no place to call home are descendants of the original inhabitants of this land.

I see a connection in our charitable revision of Thanksgiving and our charitable view of those who try to create shelter for the displaced. While churches and empathetic neighbors step in to make sure vulnerable community members have their most basic needs met, local governments tend to put up roadblocks. At first glance this seems counterintuitive, but on closer inspection it makes some sense. I think if the government admitted how important these efforts are then they would be obligated to do more. In the same way that apologizing invites blame, acknowledgment invites action- to express thanks is to say, "What you're doing matters." And saying that inspires us to express that in a tangible way and help out. Or at least it should.

I believe this struggle needs to move from the mindset of charity and hierarchy to the vernacular of solidarity and social justice. This is a movement, and there is a desperate need to center the voices of people experiencing homelessness in the fight. Contrary to the popular depiction of the attitudes of the unhoused, what I've found in my time working directly with this population is person after person who is full of gratitude. Warming Center clients express thankfulness all the time for those who treat them like humans who are equally deserving of warmth, in all its meanings. I'd like to pass that thanks along- to the board and staff at the AWC, and LiFEBoat, and to everyone who puts their gratitude into action.

Teresa Baarnes is an activist, housing advocate and community organizer at the Astoria Warming Center







CLOUD LEAF

By Heather Hirschi





BOOKSHOP KEEPS TRADITION LIVELY WITH NEW OWNER, HOLLY LORINCZ-MACGREGOR

WHEN Deborah Reed asked Holly Lorincz-MacGregor if she knew anyone who might be interested in buying Manzanita's iconic Cloud & Leaf Bookshop, Lorincz-MacGregor knew immediately she "wanted to abandon all other things and buy the bookstore."

A long time member of Manzanita's coastal community, Lorincz-MacGregor has been a denizen of the bookstore since it was operated by owner Jody Swanson, who founded Cloud & Leaf in 2004.

In 2019, Swanson wanted to sell to someone committed to the community centered customer service readers expect. Under Deborah Reed's guidance, Cloud & Leaf maintained Swanson's vision of an independent, local gathering place-cozy and edifying.

Writers Lorincz-MacGregor and Reed met when Reed, new to town, put out a call for a developmental editor on social media. One of her witer friends in New Jersey responded that his editor, Holly Lorincz-MacGregor, lives in Manzanita. Reed and Lorincz-MacGregor worked together on Reed's novel Olivay, becom-

In early 2022, Reed decided to return to a full-time writing life in Berlin. When she told Lorincz-MacGregor she was looking for a new owner devoted to maintaining the store's sensibility and asthetic, Lorincz-MacGregor knew "in that very moment," that she wanted to buy the bookstore. Her husband, Chip MacGregor, agreed with no hesitation.

The MacGregors met through Reed at a Hoffmann Center event. Lorincz-MacGregor needed an agent for her novel, Smart Mouth, and asked Reed if she knew any. Enter Chip MacGregor,

literary agent. Holly and Chip are now married and owners of MacGregor's Whiskey Bars in Manzanita and Cannon Beach.

Smart Mouth placed third overall in the 2014 18th Annual Independent Publisher Book Awards (IPPY). The novel is the story of Addy Taylor, first year teacher juggling teaching high school and coaching the debate team. Ultimately, according to Lorincz-MacGregor, the book explores "self-identity" and "becom[ing] the person that we need to be."

Lorincz-MacGregor, whose former profession as a high school teacher informs Smart Mouth, continues to work as an editor, writer and collaborator. She's particularly excited about her recent project, The Invisible Machine: The Startling Truth About Trauma and the Scientific Breakthrough that Can Change Your Mind, a collaboration with Eugene Lipov, MD and Jamie Mustard. Scheduled for release in April, 2023, the book will be accompanied by a documentary about "a surprising new treatment to reverse" Post Traumatic Stress Injury. The project features interviews with Dr. Gabor Mate, a renowned thinker and healer in the field of Trauma, and will include his blurb.

All this while learning the new trade of bookshop propriety. Lorincz-Mac-Gregor loves the challenge. While there are skills specific to book-selling, she's learned a lot about business ownership with MacGregor's Whiskey Bar. Bookstore ownership is "more detailed" than she thought. And rewarding. This past summer, the gift was her 16-year-old son working with her in the bookstore.

Each owner of Cloud & Leaf Bookshop has curated a collection to appeal to local readers and customers who've traveled specifically to browse the store. Most traditions remain in Lorinicz-MacGregor's iteration, like sections dedicated to the the New York Times Review's best literature in translation. Each owner's unique curation style contributes to a novel kind of continuity.

When Lorinicz-MacGregor took the helm on June 1, 2022, Cloud & Leaf's developing traditions expanded, sometimes subtly. She identifies a shift in the bookstore's physical "flow." "It reflects the way I think, through connections," she says of the slight but significant changes to the flow of genre sections. Noticing that graphic literature was underappreciated next to the Poetry section, she moved the Graphic Novel section to a spot between Young Adult Fiction and Fiction. "It makes sense of the audience for graphic novels." Since the shift, graphic novels have flowed more feely from the shelves.

Another innovation is the new Books After Dark tradition. Through the end of 2022, Cloud & Leaf will be open each Saturday from 5 to 8 pm for Books **After Dark.** The inaugural After Dark evening in October was a success, supported by all kinds of people unable to patronize the bookstore during business hours. Lorincz-MacGregor opens the bookstore for browsing and shopping and sweetens the experience with wine, cheese, and the delicious French chocolate she now sells in the bookshop. Produced by a French chocolatier and his Oregon-based partner, the chocolates are a rare treat on the Coast, like Cloud & Leaf Bookshop itself.

Owning and operating Cloud & Leaf Bookshop is Lorincz-MacGregor's dream. Cloud & Leaf is the "culmination of everything I've done in my life," she says, all her skills and varied experience. "I fully intend to own the bookstore until I die."

Hiding In Plain Sight

By Pamela Mattson McDonald

MY FATHER'S BROTHER, JOHN LEO MCDONALD, discovered his love of men in his teens. Which, I learned from my Dad, Bob, in his seventies, during a quiet night in the humid Ohio summer evening.

Watching the fireflies glimmer, I asked, "When did you know John was Gay?"

Without a hitch... (and Bob was a cool cucumber), he explained "One school night, when I was twelve, I woke up to hear voices in his room next to mine. I wondered what was going on. Thinking it was a family problem, I went to his room, knocked on the door and entered in a minor panic. John was holding another teenager in his bed. Stroking his hair. I didn't know what to do. Being four years younger, my vison of the world was still limited. I felt confused and left. At a later moment that day, when we were alone, John explained the situation. He said his friend and mother were beaten by his drunk father, he couldn't take it anymore and the boy ran away to John for safety."

I knew him as Uncle Jack, acerbically wise and witty. Always attending holiday dinners with a "friend". Knowing my mother's influence, to be kind, compassionate and accepting, growing up in the Quaker religion, we had many interesting people of the 1950's and 60's entertained in our home.

After graduating from Hunter College, in New York City, with a Fine Arts degree, Jack obtained a job at the Metropolitan Museum of Art (MET) in New York City, specializing in the medieval period.

Being of small build, he was photographed wearing an Italian suit of armor for the museum magazine. He told this to me when I was home on holiday, while I was studying ceramic engineering and design at Alfred University. We shared a love of art and science—how civilizations have mastered the power of creativity to advance, or hinder, civilization. With beauty, innovation and, in ignorance, the perceptions of people's value. Wearing that armor was a highlight of his life.

Before I was born, my mother was a fourth grade teacher in the Cleveland Heights School System. My father was in Germany, secretary to a general with the Marshall Plan. He



"Talking it over with our Principal - Dr. McDonald"



Uncle Jack (right) and his highschool friend

knew Morse code, was a lightening fast typist and could file folders just as quickly. When my father came home, my mother, Audrey held a family dinner. Jack and my grandmother were

During the meal, Jack complained about, "My pitiful salary at the 'MET'. Most of the employees at the museum are from wealthy families, with trust funds to supplant their living expenses. I don't know how to deal with this. New York City

But my mom, always a creative problem solver, suggested a solution, "Why not become a teacher? There are scholarships for Masters of Arts in Teaching. Western Reserve University has a program."

The "Baby Boom," after World War Two and the Korean War, created a great need for educational professionals. So, John Leo McDonald became a sixth grade teacher.

But, he was ambitious.

After four years, my Uncle attended Western Reserve College in East Cleveland, for PhD studies within their Higher Education graduate department. He became the principle of an elementary school.

If anyone knew, he could be put in prison!

While teaching, his boyfriend, Rem (short for – Remington) lived in Toronto, Canada. He fled to Fort Lauderdale, Florida for vacations. An early tropical haven for Gay Men! Jack loved Hollywood, California, New York City, Fort Lauderdale and Paris, France. Places where he could find "His communi-

ties of acceptance."

Uncle Jack taught many pupils, during his commitment to education, while teaching and being a principle. As if anyone during the era of 1950's to 1970's had an inkling. Often, he was categorized as a "Momma's boy," because he lived at home.

But what a home it was. The fourth floor had a ballroom with built-in sound system, bar, and kitchen. Plus, two bedrooms, two baths and a TV. "Like friends," would gather to dance and play together in Shaker Heights above the suburbs of the people married man and wife. With no one the wiser, except Jack's mother, a dress designer, during World War Two. Especially, after the Stonewall Riots in 1969, which catapulted the gay community towards getting rights for their life. It would take years for him to come out.

He didn't.

XANADU By Dinah Urell GENESIS OF A QUEER PLACE



IF YOU'RE ON THE STREETS, and in the know, and lets face it, on facebook, you're privy to the knowledge of the coming queer-identified venue to a familiar location near you.

The history of queer organizing in the Lower Columbia Region goes back some 32 years ago, when Lon Mabon and the Oregon Citizens Alliance began thrusting their anti-gay rhetoric and legislation upon the people. Of course queer peoples existed on the coast before that, but allies and queers began to materialize, stand up, and come together.

Flash forward to 2020. Scott Justus and his husband Michael move to Astoria from Oakland, CA. Scott took a position with the Astoria-Warrenton Chamber of Commerce as the Membership Director, and his husband is a career oncology nurse, both self-identified climate refugees, with retirement on the horizon.

Scott is today a familiar person in the business community of Astoria. With a 20 year background in non-profit development and communications, he saw the Chamber position as an excellent way to get to know the coastal community, and to help assist the Chamber in non-profit sector outreach.

In the meantime, he says, "I've had gay bar in my planner." He furthers, "When I got to town I'd heard of this big PRIDE celebration, gay flags all over the place, pride stickers, but I'm like, where's the Gay

So he says, he started floating the idea as he was out and about doing karaoke (Scott is also a performer), "What would you all think about a gay bar?" Positive response affirmed. From the Q Center, the word was, "That would be transformational."

If you view XANADUASTORIA.COM, you'll get the picture as to what will make this bar queer—that would be queer culture events, equally geared toward all facets of the 2SLGBTQIA+, welcoming to all. "It's really no different a place than another venue you would frequent, except there will be a sign on the door, and if that bothers you .. "Scott trails off, and Marco Davis continues, "No Judgement Zone."

Marco Davis is teaming up with Scott, Xanadu, and the new owners of the Columbian/Voodoo Riviera building, Karen and Stephen Allen. The Voodoo Room is currently undergoing remodeling, that will culminate in an opening sometime in Spring 2023, leased by Xanadu.

The versatile, multi-talented creator of Dragalution, and co-founder of Astoria Pride and the Lower Columbia Q Center will be chef, where he began some decades ago, under the tutelage of Astoria's Bohemian Mother and Father, Jeanine Fairchild and Uriah Hulsey. The strange and wonderful bar on the corner of 11th and Marine Dr., which nurtured the spirit of art and music, and the art of being ones self, and deeply mourned in its closure, will miraculously transform. This is where we sing Leonard Cohen's "Hallelujah."

There is no doubt that a place called Xanadu can thrive in a place called Astoria. "It's become less taboo to hang out with gay friends, especially for straight men," says Davis, "They just want to talk, and dance and have a good time like anyone else. Straight male is the new

So much more to report as we progress into a new year. HIPFISHmonthly has proudly and visibly supported the queer community since 1997.

THEAT REPERFORMANCE

THE TIMELESS CLASSIC SCROOGE! **COMING TO THE COASTER THEATRE**

THIS HOLIDAY SEASON the Coaster Theatre Playhouse brings to the stage "Scrooge! The Musical." This timeless musical adaptation of Charles Dickens' "A Christmas Carol," sets the classic story of Ebenezer Scrooge to a music and lyrics by Leslie Bricusse.

Opening Nov. 19 and running weekends through Dec. 18, performances will be at 7:30 p.m. on Fridays and Saturdays with two 3 p.m. matinees on Sunday, Nov. 27 and Dec. 18 at the Coaster Theatre Playhouse.



Scrooge cast from the "Coaster Past"

"Scrooge! The Musical" continues a 50 year tradition of community supported theatre in Cannon Beach and tops off the theatre's 50th anniversary season.

Tickets are \$30 or \$25; they can be purchased at the theatre box office (503-436-1242) or online at coastertheatre.com. The box office is open 12:30 to 4:30 p.m. Fridays and Saturdays and 12:30 p.m. to curtain on performance days.

Please check the Coaster website for current COVID Guidelines for the theatre. coastertheatre.com Upcoming shows and events at the theatre:

Lauren Kinhan | Love Letter and Ornaments in Blue, Fri. Dec. 23, 7:30pm

TEN FIFTEEN PRODUCTIONS to finish 2022 with a holiday rom-com

TEN FIFTEEN PRODUCTIONS will end their first full season of shows with The Twelve Dates of Christmas by Ginna Hoben. This one-woman romantic comedy will have six performances between December 9th and December 17th. The show features actor Grace Jacobson

About the show: After seeing her fiance kiss another woman at the televised Thanksgiving Day Parade, Mary's life falls apart -- just in time for the holidays. Over the next year, she stumbles back into the dating world, where "romance" ranges from weird and creepy to absurd and comical. It seems nothing can help Mary's growing cynicism, until the charm and innocence of a five-year-old boy unexpectedly brings a new outlook on life and love. This heartwarming one-woman play offers a hilarious and modern alternative to the old standards of the holiday season.

Directed by Danyelle Tinker, the production team includes Olivia Johnston, Mick Alderman, Edward James, Judith Light, Jayne Osborn, and Janice

Tickets are \$20, and are currently available online at www.thetenfifteentheater.com. The Ten Fifteen Theater is located at 1015 Commercial in Astoria. Please check the theatre website for COVID Guidelines.

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2023 season of shows at a free event on Saturday, November 12th, beginning at 7:00pm. A double celebration of sorts, combining a reflection of the past year and sharing what is to come; Executive Director, Danyelle Tinker will announce the eight productions slated for 2023 and introduce their directors, who will then share additional information about their individual shows.

Season packages will be available for purchase at a discounted rate that will be offered exclusively

one's first drink of the night will be on the house - a thank you for the public's support throughout the community theater's first year back from the

a seat is strongly recommended and can be done by visiting the ticketing page: www.thetenfifteentheater.com.

Ten Fifteen 2023 Season:

Ten Fifteen Productions will announce their

at the event before all 2023 ticket options become available to the public the following week. Light refreshments will be provided, and every-

This event is free to the public, however reserving

AHS Theater Presents The Play That Goes Wrong

MARK YOU CALENDAR for Astoria High School Theater's upcoming fall production of "The Play That Goes Wrong," showing the first two weekends in November at the AHS auditorium.

Performances will be at 6:30 p.m. Friday, Nov. 4; Saturday, Nov. 5; Thursday, Nov. 10; and Friday, Nov. 11. There also will be a 2 p.m. matinee Saturday, Nov.

"The Play That Goes Wrong," by Henry Lewis, Jonathan Sayer & Henry Shields, is a farcical romp that follows the opening night of the Cornley University Drama Society's newest production, "The Murder at Haversham Manor," where things are quickly going from bad to ut-

This 1920s whodunit has everything you never wanted in a show—an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything



(including their lines).

Nevertheless, the accident-prone thespians battle against all odds to make it through to their final curtain call, with hilarious consequences!

Admission is \$10 for adults and \$5 for children 12 and younger and students with ASB card. Pay at the door. Concessions also will be available during intermission

North Coast Chorale

.THE MESSIAH Sing-a-long/Play-a-long



ONCE AGAIN North Coast Chorale (NCC) is preparing for the annual community "Messiah" Sing-Along / Play-Along. This benefit is for our local food banks and will be held on Sunday, November 27th, at 4 p.m., Charlene Larsen Center for the Performing Arts, 588 - 16th Street, Astoria.

This NCC sponsored event is free with the only request being a monetary donation or shelf-

stable food items. Everything received goes directly to the Clatsop Community Action's Regional Foodbank, which distributes to our local foodbanks.

There are many ways to enjoy this afternoon of musical enchantment: simply listen to the choruses and arias sung by NCC and soloists; or "Sing Along", using your own or scores provided by the Chorale; or bring your Strings, horns, and/or percussion instrument and "Play Along" with the accompanist.

The Chorale also invites you to enjoy its winter concert, "Colors of Winter", Friday, December 9th at 7:00 and Sunday, Dec. 11th at 4:00 p.m. Enjoy these performances at the Larsen Center PAC. Tickets are \$17 and are available on-line. www.partnersforthepac.org .

ENCORE DANCE STUDIO is proud to present "The Holiday Spectacular" this December at The Liberty Theatre! On Friday December 2nd at 6:30pm the Rockettes-Inspired show will come to life, featuring holiday-themed Tap, Jazz and Acro routines from Encore dancers, age 3 to 18. Doors open for seating at 6:00pm and Admission is FREE though donations accepted to benefit The Encore Performing Arts Foundation. The Encore Performing Arts Foundation provides scholarships and financial assistance to the students of programs offered through Encore and any dona-



The Holiday Spectacular



Festival of Lights

THE ANNUAL SANKTA LUCIA Festival of Lights representing Astoria's Nordic Heritage will take place at the Astoria High School Auditorium and Commons. As tradition holds, Lucia will lead her Attendants and Star Boys in a lighted procession and make her time-honored Holiday Season declaration to the Astoria community. This year's Lucia bride is Raelee Telen, runner-up to Miss Scandinavia 2022

The Celebration includes Christmas carols, lighting of the Christmas tree, festive music by the Polk Dots, and dancing. Refreshments for this event will be provided by Astor Vasa Lodge #215.

Friday, November 25 at 7pm. Admission for the evening is \$1 per person or \$5 per family. Proceeds benefit the Astoria Scandinavian Midsummer Scholarship fund. All are welcome to join in the festivities.

NORTH COAST SYMPHONIC BAND BEGINS 43RD SEASON

The North Coast Symphonic Band celebrates its 43rd season of providing community music to the region with a series of four concerts at the Liberty Theater in Astoria, Oregon. Terry Dahlgren assumes his role as conductor and musical director for the 2023-23 season. Dahlgren retired as an award-winning music educator in the Seaside School District and was guest conductor for the NCSB

Coming up: "Strike up the Band, Fall to Winter" on November 20, at 2pm. \$15 Gen. Tickets are available at libertyastoria.showare.com

The North Coast Symphonic Band offers local musicians of all ages the chance to network, learn from each other, and maintain their skill level in a positive and supportive environment. There are current openings for clarinet and percussion. Musicians interested in joining should email Personnel Director Lee Stromquist

at encore1@charter.net or call 503-861-1328. Potential new members should read music, own their own instruments, and have advanced high school level performance skills or higher. Rehearsals are from 7-9pm on Monday nights at the Larsen Center PAC in Astoria.

FMI: www.northcoastsymphonicband.org, e-mail cablebri@charter.net, or call 503-298-1087.

art happens openings and news in the LCPR

AVA The Basement Show: Unexpected Emergence

SEVEN ARTISTS gathered together in the basement of an historic Astoria home built in 1890. Each individual explored the space and its contents including period fixtures, miscellaneous objects and surfaces flaunting an archive of beautiful colors and textures from over 130 years of wear. To an artist's eye each corner can lend a story for artistic interpretation. The final result is "The Basement Show: Unexpected Emergence", the brainchild of Carol Scott who resides in the historic home. "My art has always been related in some way to found "stuff", the everyday, the non-precious. So this basement is a "playground" for me!" says Carol, who also draws inspiration from contemporary artists including John Chamberlain, Eva Hesse, Tony Fehrer, and Robert Rauschenberg.

The Basement Show features artists Bill Atwood, Greg Carrigan, Annie Eskelin, Lucca Ettienne, Carol Scott, Kate Speranza, and Carrie Mariko Williams who have all made paintings, sculpture, assemblage, poetry or interpretive soundscaping as a direct result of interactions with the basement. The resulting exhibit is a unique installation providing a contemporary presentation of artwork meant to inspire others to reclaim and/or reinterpret spaces in which they live, work, and play, and to reframe or remind us all of the possibilities that art can be for each of us.



Carol Scott, pastel on cardboard

See the Show November 12 – December, Opening reception: November 12, 12 - 8pm. Open Hrs: Friday, Saturday 12 - 4pm or by appt. AVA Gallery is located at 1000 Duane Street, Astoria.

AVA: The Grid Project Fundraiser

Artists from throughout the Columbia Pacific Region are invited to participate in The Grid Project, a fundraising exhibit for Astoria Visual Arts (AVA), a 501c3 nonprofit. Panels may be picked up at AVA on Fridays and Saturday from noon to 4pm or by arrangement through emailing astoriavisualarts@gmail.com. Panels are either 12x12 or 6x6 inches and artists can choose to make up to six of each. All media is welcome. Although most panels will be displayed flat on the wall, sculpture or other 3-dimensional work is also welcome. All completed artwork will be a tax-deductible donation to AVA and sold to raise funds for various programs including the nonprofit gallery, youth education, artist residences, and other programs that are important for the cultural landscape of the region. All panels must be returned to AVA by Saturday, December 3.

The resulting installation which will open during Artwalk in December will be a grid representing many artists from throughout the region. FMI: visit astoriavisualarts.org.

CALL FOR WORK

The Cannon Beach History Center & Museum calls for work for their upcoming temporary exhibit, "Art Along the Coast: A Collective Exhibition" featuring up to 10 different artists showcasing mixed media art. The CBHCM is looking for people to submit up to 5 pieces of any mixed media art that must feature imagery along the coast from Astoria all the way to Newport.

Submit your work by Nov 15, and a short biography, along with any questions to the Cannon Beach History Center & Museum at info@cbhistory.org. Artists that are chosen will be contacted via email no later than the end of November, and each artist may choose to sell their art at the Museum if they wish. Work will be put on display by January 20. Artwork that is chosen must be mounted or framed in order to be put on display. Artists are responsible for shipping or dropping off their own artwork. This seasonal exhibit will be on display from January 20th through May 2023. www.cbhistory.org 503.436.9301

Ceramics Art Sale CCC Ceramics Dept.

Love dirt? From the bowels of the Clatsop Community College Ceramics workshop and treasures; a two-day sale of ceramic student's wares - affordable cups, bowls, vases, curiosities and more. All sales to benefit the CCC Ceramics Dept. studio equipment. Cash, Checks, Credit and Debit Cards will be accepted.

Friday and Saturday, Nov. 18-19, 11am to 4pm. 1799 Lexington Ave., Art Center, Room #110 @ Clatsop Community College, Astoria, OR. Refreshments provided. All are welcome.

LightBox The Guild: The Spirit Seed + Portland Photographers Forum

LIGHTBOX Photographic Gallery hosts the opening of two exhibits on Saturday, November 12, The Spirit Seed opens in the upper gallery with work produced by members of The Guild at

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LightBox. Jim Fitzgerald, Jody Miller, Julie Moore, Sam Blair, Michael **Puff and Loren Nelson** contribute imagery. Each photographer was given The Spirit Seed to experience and interpret whatever mystery they felt thrumming from

within its core. Also opening in the gallery is the annual Portland Photographers Forum Members Exhibit with work of 40 Photographers from the Portland

region and beyond. This year's theme is Perspectives and is juried by Astoria's own Jody Miller.

Join Lightbox from noon - 7pm on Nov 12, view the show through Dec 7. LightBox is located at 1045 Marine Drive in Astoria. Gallery viewing hours are Wed, Thurs, Fri and Sat., 12pm - 5pm and by appointment. 503.468.0238



Jody Miller, SPIRIT SEED



Ray Bidegain, Faith

THE NOVEMBER exhibition at the Hoffman Center for the Arts Gallery brings ceramics by a group of potters from the woodfired Anagama kiln. The artists join Hoffman Gallery from East Creek Art, a community art studio and retreat in Willamina.

This exhibition



celebrates women who fire at East Creek. They are a diverse group of artists, whose ages, backgrounds, and style vary.

Additionally HCA presents mixed media paintings from Levering Thomas' "Peter Iredale" series. The work involves subtracted layers of paint, mediums and collage. This Nehalem-based artist takes her inspiration from the remains of a 1906 shipwreck located in Fort Stevens State Park near Astoria.

View art November 4 through 27, Fri - Sun 1-4 pm. An artist's reception will be held 2-4 pm on November 5 during which artists will speak about their work and answer questions. The not-for-profit Hoffman Center for the Arts is located at 594 Laneda Avenue, Manzanita, Oregon

Levering Thomas, Shipwreck, Panel 10



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A Tribute to Life on the North Coast: Three Solo Shows at RiverSea

RIVERSEA GALLERY presents paintings by Drea Rose Frost, ceramic vessels and drawings by Randy Mc-Clelland, and jewelry by Kate Speranza in three solo shows this month. An opening reception will be held during Astoria's Artwalk on Saturday November 12. View the art from 12 - 8pm, meet the artists beginning at 5pm, and enjoy jazz guitar by John Orr. The artwork will remain on view through December 6,

Cannon Beach artist Drea Rose Frost explores the rugged natural beauty of the Oregon coast landscape in Between Shorelines and Shearwaters. Working in acrylic on panel, she captures the dramatic sweep of headlands and beaches, the rhythm of ocean tides, and the grace of native birds in her lyrical painting style. Her years of surfing, hiking, foraging, and beach

loved coastline lend a profoundly personal experience to her artwork. North coast ceramic artist Randy

exploration

along this be-

McClelland brings multiple disciplines and techniques into play in Interdisciplinarity, a show influenced by his American and Japanese

McClelland offers classic, functional ceramic vessels embellished with fired-on decals incorporating his narrative drawings. Large scale jugs, crocks, and butter churns are inspired by historic American pottery, while the decals that grace them reflect the artist's life and interests. More of his drawings appear on series of wall-mounted skateboard decks. Influences include life on the coast, American history, Japanese mythology,

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skateboarding, and the artist's cultural experiences as an Asian American.

Local artist and metalsmith Kate Speranza pays tribute to Astoria's century-old sidewalk vault lights in As-

toria Underfoot, a show including both jewelry and painting. Vault lights are a historic element in many cities, grids of glass prisms created to provide natural light into subterranean spaces. These originally colorless prisms were installed in Astoria's sidewalks in the 1920s, when the downtown was rebuilt after the great fire, and turned purple after decades of UV exposure.

Speranza has made 100 brooches, enough to emulate an entire sidewalk vault grid. Each one-of-a-kind brooch is 1.25" square and depicts a unique light in the grid. They are created from salvaged fragments of amethyst-hued sidewalk glass, bits of wood, and collected materials set



R. McClelland, That One Night, Crock.

in sterling silver. Displayed for the show just as they appeared in the sidewalk grid, each will be available separately. Lending context is Speranza's latest painting, a depiction of an Astoria sidewalk vault grid with its mysterious, gritty patina developed through a century of wear and tear underfoot.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Mon Thru Saturday, noon to 5; Sunday, noon to 4. 503-325-1270 www.riverseagallery.com

White Bird Gallery **Paper and Mixed Media Artists**



V. Savarie, Tis almost fairy time

WHITE BIRD GALLERY opens a new exhibition during Stormy Weather Arts Festival celebrating paper and mixed media artists who use innovative techniques in their creations. Valerie Savarie creates one of a kind relief sculpture from vintage books by cutting pages one at a time to reveal shapes, imagery and new narratives. Her pieces are embellished with embroidery, found objects and original characters painted in gouache. Savarie will be demonstrating her techniques in the gallery on

Saturday November 5th from 11am - 2pm. Helga Winter also

uses books as central point of inspiration. Her works pay homage to the connection between trees and paper, and the interconnectedness of the natural world. New Artist Dmitri Swain uses a multitude of materials in his architectural sculptures. His delightful assemblages utilize materials such as plaster, wood, paint, clay, and repurposed cardboard to render worn and weathered structures that are inhabited by playful creatures. Swain is a local Cannon Beach artist, this is his first exhibition at White Bird Gallery. Long-time gallery artist Barb Campbell in this brand new body

of work on panel uses handmade paper collaged into encaustic paintings. The series "Estudio de la Naturaleza" recalls intimate moments in nature and her time living in Mexico. Robert Schlegel (1947-2021) began creating figurative work late in his career. The gestural renditions often use old book pages and ledger paper as a backdrop for his colorful subjects. Robin & John Gumaelius, husband and wife team created a new flock of story birds and other small works in their signature style.



D. Swain. Romulus Awaiting the Moon

View the show through Dec 20. White Bird is located at 251 N. Hemlock in Cannon Beach.

KIMONOS Astoria Art Loft

IN NOVEMBER, the Astoria Art Loft will feature an exhibit of Japanese kimonos and fiber arts.

The kimono is historically significant, steeped in symbolism, and through its elegance and beauty, shows that clothing can be more than meets the eye. The kimono is valued for its style, and there are many, its motif, color, and material. All of these aspects reveal

the individual identity of the wearer. A program by artist on Saturday, November 12, 2pm, during Astoria Art Walk will explain how kimonos are worn, their history, and show examples of traditional and contemporary

Along with the kimonos, local artists will exhibit various fiber arts. Many local artists work in several media and enjoy creating

View the exhibit through December 10, Open Tues-Sat 10am -4pm at the Astoria Art Loft, 106 Third St, above Fine Art Supply.

Trail's End Oil and Cold Wax Exhibition

THE TRAIL'S END ART Association Gallery opens a new show in November featuring four Oil & Cold Wax artists. A reception takes place November 5, during the Gearhart Art Walk, 2-5 pm. The medium's process is a method of mixing oil paint with cold beeswax mixed with Galykd. It allows for wide freedom of expression that can be found in this show. The following artists are featured: Becky Chappell, Kitty Paino, Kathy Samsel, and Gheri Fouts.

Visit Trail's End Gallery at 656 A Street, Fri - Sun 11am - 3pm. The show runs Nov 4 - 27, 503,717,9458, trailsendart.org.



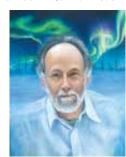


FACING YOU at IMOGEN

IMOGEN presents its eighth annual invitational exhibition exploring humanity through portraiture. This year's exhibition will include the paintings of Portland based artists Pippa Arend, Reed Clarke and Ruth Shively as well as local Astoria talent of Denise Monaghan, Timothy Peitsch, Amelia Santiago, and Aaron Toledo; all exploring the essence of humanity.

This evocative collection moves beyond a surface glance of an individual, inviting the viewer a step closer and to consider the underlying. Perhaps even to see ourselves through the eyes of others and what it means to be a part of humankind. Each portrait tells a story; we invite you to take part. The exhibition opens during Astoria's Second Saturday Artwalk, November 12th, 12:00 -8:00 pm and will be on view thru December 6th. Artists will be at the gallery from 5 - 7 pm, November 12 and available to answer questions about their work.

Imogen Gallery is located at 240 11th Street. Open Thurs - Mon 12 to 5pm, Sun12 - 4, closed Tue/Wed. www.imogengallery.com 503.468.0620



D Monaghan, Barry Lopez



Reed Clarke, Thinking About It





FRIENDS is a unique trio comprised of guitarist David Drury, bassists Luke Ydstie and flutist Shelley Loring Barker. Drury and Barker were members of the popular trio "Equinox," and Ydstie has assumed the role as bassist. Each member has a broad range of musical experience and together they bridge the gaps between musical styles seamlessly and with virtuosity. They take their audiences on a musical tour that personifies modern standards and contemporary jazz, as well as a blend of indie folk and more

David Drury is a former RCA recording artist, composer and music educator and has performed in much of the United States including concerts with the Phoenix Symphony and recordings as a session musician.

Luke Ydstie is a member of Blind Pilot and has toured internationally with the band since 2008. He is a member of the Hackles and writes, records, and performs with his partner Kati Claborn.

Shelley Loring Barker has studied and performed from in New York City, California, and Oregon. She studied with Jazz Flutist Hubert Laws and has performed with numerous orchestras and chamber and jazz ensembles. She currently teaches flute and piano at the Astoria Conservatory of Music.

The title of their upcoming concert is Friends and will feature David Drury's original compositions, including Waltzing Bald Peak, How Long Will It Take, and Teddy's Tango.

The event is presented by the Partners for the PAC and takes place at the Charlene Larsen Center, November 19, 2022, at 7:00 p.m., located at 588 16th St. in Astoria, Oregon. Tickets online at LarsenCenter.org or 503-338-9132.

Friday 4

A Town Called Home. Folk Country. 6 - 8pm at the Shelburne Hotel in Seaview.

David Robinson. Melodies in the Storm Piano Concert & Photo Show. Admission by donation. 7pm at Cannon Beach Community Church.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards, Admission by donation. 6 - 8pm at the Garibaldi Community Hall.

THEATER & PERFORMANCE

The Play That Goes Wrong. Farce. \$10, 6:30pm at the Astoria High School

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

One Flew Over the Cuckoo's Nest. Film Screening and live Q&A with actor Mews Small. Free, 6pm at the Liberty Theater in Astoria.

Uniquely Local Quality Crafts Holiday Gift Bazaar. 10am - 3pm at the Peninsula Church Center in Seaview.

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person, bid in person or online. 10am – 4pm at the Columbia Pacific Museum in Ilwaco.

HAPPENNINGS in the Lower Columbia Pacific Region

Stormy Weather Arts Festival. In Cannon Beach, cannonbeach.org

Saturday 5

The Sounds of Soul. Motown, Soul, R&B. \$15 - \$35, 7pm at the Liberty Theater in

Astoria Ukulele Orchestra. \$15, People under 18 admitted free with adult admission, 7 - 8:15pm at Ten Fifteen Theater in Astoria

Jeanne Walker Sings Joni Mitchell. \$20, 4pm at the Peninsula Arts Center in Long

Eric Kallio. 3 – 5pm at the Shelburne Hotel in Seaview.

Dukes of Swing. A night of music and dancing to honor our men and women in uniform, \$20 donation, 5 - 8pm at the Fort Columbia Theater, Chinook.

Cannon Beach Boys. Beach Boys Tribute. \$35, 7:30 at the Coaster Theater in Cannon Beach.

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

The Play That Goes Wrong. Farce. \$10, 6:30pm at the Astoria High School Auditorium.

HAPPENING

Uniquely Local Quality Crafts Holiday Gift Bazaar. 10am - 3pm at the Peninsula Church Center in Seaview.

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person, bid in person or online, 10am – 4pm at the Columbia Pacific Museum in Ilwaco.

First Saturday Art Walk. 8am – 5pm between Holladay Drive and Broadway Street in the Historic Gilbert District of downtown Seaside.

Stormy Weather Arts Festival. In Cannon Beach, cannonbeach.org

Sunday 6

Reb & the Good News, Funk/World/ Soul. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Eeppi Ursin Concert. Finnish Singer/ Songwriter. \$15, 7pm at the PAC in

Eric Kallio. 8pm at Pickled Fish in Long Beach

HAPPFNING

Labvrinth Walk, Free, Indoors or outdoors, depending upon the season and weather. 3 – 5pm at St Catherine's Episcopal Church in Nehalem.

Stormy Weather Arts Festival. In Cannon Beach. cannonbeach.org

Monday 7

Nathan Earle. 8pm at Pickled Fish in Long Beach.

HAPPENING

Stunt Dog Experience! Amazing tricks, big air stunts, comedy antics, dancing dogs, and athletic feats, \$15 - \$35, 7pm at the Liberty Theater in Astoria.

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person, bid in person or online. 10am - 4pm at the Columbia Pacific Museum

Tuesday 8

Nathan Earle. 8pm at Pickled Fish in Long Beach.

HAPPENING

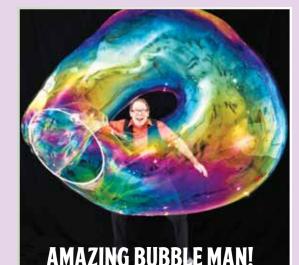
Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person, bid in person or online. 10am - 4pm at the Columbia Pacific Museum in Ilwaco.

Iron Chef Goes Coastal. A cooking competition featuring chefs from local restaurants and food related businesses. Silent Auction. \$45, 59pm at the Seaside Convention Center. Get



Portland-based, funk, world and soul band led by Vocalist/Guitarist Reb Cotter who believes that through feeling deeply and dancing together, we can face all that we're up

at Fort George Lovell Room.



LOUIS PEARL is one of the world's leading bubble-ologists. He began in 1980 by making, demonstrating, and selling a toy called the Bubble Trumpet on a street corner in Berkeley, California. Eventually his toy company had 147 products with international manufacturing and distribution, but Louis found that he preferred playing with the toys over selling them. He sold Tangent Toys in 2002. Since then he has been touring the world, performing hundreds of shows every year.

And it just so happens, you have the opportunity to get up, up and away with Louis very soon. Bring your young friends, and your young self! What a treat! Louis will be accompanied by the amazing funky accordionist Ms. Jet Black Pearl, Queen of the disco accordion (she's hot).

Saturday, November 19, at 2pm. Tickets \$15 Gen Admission. 17 and under just \$8 Bubble Bucks. Liberty Theater in Astoria.

tickets at aftontickets.com/IronChef-GoesCoastal

Wednesday 9

Nathan Earle. 8pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Rayn: Flamenco for a New World. Flamenco dance performance. \$18 - \$40, 7pm at River City Theater in Ilwaco.

LECTURE

Astoria Visual Arts and Astoria Writer's Guild present Jennifer D. Munro, Writer in Residence. She will be reading from her work in progress as the culmination of her week long residency in Willapa Bay. 6 – 7pm at AVA Gallery Astoria.

Friends of Haystack Rock Library Lecture Series. European Green Crabs: Are They Here to Stay? Free, 7pm at the Cannon Beach Library.

HAPPENING

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person, bid in person or online. 10am – 4pm at the Columbia Pacific Museum in Ilwaco.

Thursday 10

George Coleman. 8pm at Pickled Fish in Long Beach.

Ye Vagabonds. Celtic. \$30, 7pm at the Lincoln City Cultural Center.

THEATER & PERFORMANCE

The Play That Goes Wrong. Farce. \$10, 6:30pm at the Astoria High School Auditorium.

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

LECTURE

Wit and Wisdom Philosophy Talk. 7pm in the Lovell Room at Fort George in Astoria

HAPPENING

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person bid in person or online. 10am – 4pm at the Columbia Pacific Museum in Ilwaco.

Open House at Knappton Cove Heritage Center, 10am - 2pm, 521 State Rt 401, East of the North end of the Astoria-Megler Bridge.

Fall Festival. Bingo, carnival games, Art Auction, raffle prizes and more. \$2.

cont. p15

VOTE YOUR VALUES!

Tina is Standing Up for People Who Need continue to bring forward concrete solu services for the unhoused to affordab struggled with houselessness, Tina b

Tina is Standing Up for a Climateongoing bold action to match the climate crisis, she is committed to

Tina will do more to protect Orego were able to respond faster.

Tina is Standing Up for More Access to mental health care and strengthen all Oregonians can access the care they

Tina is Standing Up for Working Families. to help people feed their families. She know all communities across the state. Tina also be collective power.

Tina believes contribution limits are long over of unlimited and undisclosed money in politics the public's confidence in our democratic institution finance laws and transparency around elections

Tina is Standing Up for Our Chilcren. Before serving director for Children First or Oregon. She knows the will make sure children have what they need to succeed

Tina is Standing Up for FIPOC Communities. As House Meaker, Tina listened to and worked with communities of will continue to address the legacy of systemic racism and color to promote solutions to injustice. As Governor, T inequality in Oregon by prioritizing racial justice in all pol y areas.

Tina is Standing Up for Gun Safety. Vina believes that We heed to continue to do the hard work to make our communities safer from sole n violence.

Alth Care. Tina believes the Tina is Standing Up for s deserve justice in health care - that e, regardless of their race, income o means equitable access so p code, has access to the care that they need.

Tina is Standing Up for Women's Rights and Reproductive Freedom. Society is more fair and just when women have equal rights and protections, including the right to make health care choices about their bodies. Tina is a leader with a proven record of standing up for women's rights and protections. Tina's Priorities including Advancing Women's Rights and Defending Reproductive Freedom.

Text resource: tinafororegon.com

is housing crisis at the scale needed to solve it – from homeownership. And, as local communities have ources to help.

national leader in addressing housing stability and will

and the health of our communities require stands that Oregon alone cannot solve the

negotiated in 2021 legislation allowing fire officials

effort to invest nearly \$500 million to expand access al health system statewide, working to ensure that ling Improving Oregon's Behavioral Health System.

vice at the Oregon Food Bank, advocating for ways jobs are the key to reducing poverty and lifting up anize and has fought to protect workers' access to

c strengthening our democracy by ending the flow me in our state and in our nation, we need to bolster ways we can do this by improving campaign

of Egon House, Tina advocated for children as the policy bortance of strong systems that support working families and graduate from high school.

HIPFISH ENDORSES TINA KOTEK FOR GOVERNOR

LIVE MUSIC • THEATRE • PERFORMANCE in the Lower Columbia Pacific

6 - 8:30pm at Pacific Ridge Elementary School in Seaside.

Friday 11

No Living Witness & LUNAEA. \$5, 21+, 7pm at the Haunt (143 9th St) Astoria.

George Coleman. 8pm at Shelburne Pub in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

North Coast Chamber Orchestra. The Spirit of Life. Classical. \$10, 7pm at St Catherine's Episcopal Church, Nehalem.

Garibaldi Jam. Old-time favorites and Country-Western standards, Admission by donation. 6 - 8pm at the Garibaldi Community Hall

Artist/Music Showcase. 7 - 9pm at the Tillamook Fairview Grange.

THEATER & PERFORMANCE

The Play That Goes Wrong. Farce. \$10, 6:30pm at the Astoria High School

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

The Liberty Gala. Music, food, and live auction. \$150, 5pm at the Liberty Theater in Astoria.

Columbia Pacific Museum Annual Benefit Art Auction. View the artworks in person. bid in person or online, 10am – 4pm at the Columbia Pacific Museum in Ilwaco.

Holiday Bazaar. 4 - 6pm at Calvary Episcopal Church in Seaside.

Artisan Makers Market. 10:30am - 2pm at the Cannon Beach Chamber Hall.

Veterans Day at the Tillamook Air Museum. Breakfast 8 – 11am, plus a ceremony at 11am honoring WWII Veterans, with a flyover following.

Saturday 12

MUSIC

Barney Perrine. 8pm at Shelburne Pub in

THEATER & PERFORMANCE

The Play That Goes Wrong. Farce. \$10, 2pm at the Astoria High School Auditorium.

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Second Saturday Art Walk. 5pm in downtown Astoria.

Ten Fifteen Productions Celebration. A double celebration, combining a reflection of the past year and sharing what is to come; Executive Director, Danyelle Tinker will announce eight productions slated for 2023 and introduce the directors, who will share information about shows. Free, seat reservations recommended. 7pm at Ten Fifteen Theater in Astoria. thetenfifteentheater.com

Appelo Archives Harvest Auction & Champagne Dinner. \$, 5 - 9pm at Rosburg Community Hall.

Fall Wine Walk. \$20, 3 - 6:30pm in downtown Seaside. Register from 1 – 6pm at Carousel Mall.

Holiday Bazaar. 10am – 3pm at Calvary Episcopal Church in Seaside.

Artisan Makers Market, 10:30am – 2pm at the Cannon Beach Chamber Hall.

Northwest Authors Series. With Mystery author Ellie Alexander, Free, 2pm at the Cannon Beach Library.

Mushroom Spotting Walk and Cooking Demonstration. Join mushroom guide Brett Buesnel at the Mt. Hebo Campground for a 1.5 mile walk through the Siuslaw National Forest. Free, 10am – 12:30pm.

Sunday 13

North Coast Chamber Orchestra. The Spirit of Life. Classical. \$10, 3pm at Larsen Center in Astoria.

The Macrae Sisters. Country. No cover, 6pm in the Lovell Building at Fort George

Raeann Phillips. Singer/Songwriter8pm at Pickled Fish in Long Beach.

THE FOUR C NOTES. A tribute to Frankie Valli and The Four Seasons. \$25, 7:30pm at Birkenfeld Theater in Clatskanie.

HAPPENING

Artisan Makers Market. 10:30am – 2pm at the Cannon Beach Chamber Hall.

Monday 14

Raeann Phillips. Singer/Songwriter8pm at Pickled Fish in Long Beach.

Tuesday 15

Raeann Phillips. Singer/Songwriter8pm at Pickled Fish in Long Beach.

Wednesday 16

Bees in a Bottle. Indie Rock. 8pm at Pickled Fish in Long Beach.

Thursday 17

Bees in a Bottle. Indie Rock. 8pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

LECTURE

Thursday Talks with Clatsop County Historical Society. 6 - 8pm in the Lovell Room at Fort George in Astoria.

Friday 18

The Hackles Music. 6pm at Buoy Beer in

Bees in a Bottle. Indie Rock. 6pm at Shelburne Pub in Seaview Beach.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 – 8pm at the Garibaldi Community Hall.

THEATER & PERFORMANCE Every Brilliant Thing. 7:30pm. Tickets \$20.

at KALA in Astoria. Scrooge! The Musical. \$25 - \$30. 7:30pm

at the Coaster Theater in Cannon Beach.

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Clatsop Community College Student Pottery Sale. 11am -4pm at the CCC Art Building, Room 110, Astoria.

Saturday 19

Barney Perrine. Blues & Classic Rock. 3pm at the Shelburne Pub in Seaview.

Friends. David Drury, Shelley Barker Loring, and Luke Ydstie in concert. \$15,7pm at the Larsen Center in Astoria.

THEATER & PERFORMANCE

Every Brilliant Thing. 7:30pm. Tickets \$20. at KALA in Astoria.



Desdemona Speaks

The Columbian Theater lobby glowed enticingly in the early fall darkness. I stood in line outside a blue-tiled ticket booth, a five spot in my hand. (Where else can you see a movie for



\$5.00?) Once inside, I paused at the snack bar. A neon-lit display offered classic movie candies: Mike and Ike, Junior Mints, Dots, Raisinets, Jujyfruits and Jujubes. You can also order

house-made pizza. I chose the "Combo Special"—a small popcorn and soda---for \$2.00.

My friend had already staked out a sofa in the living-room-like balcony. Tiered rows of couches, each with tables in front, filled quickly on the last night of the new Bowie documentary, Moonage Daydream. I saw many familiar faces in the house; neighbors, artists, musicians, and writers, including Hipfish's own Architect Hound.

I leaned back, savoring the pre-movie moments, the vermillion glow of wall sconces, the drone of

multiple conversations, the water-stained ceiling, grateful the old movie house had managed to survive the pandemic years.



The lights dimmed; the house hushed. A kaleidoscope of images flashed on the screen. The voice of Bowie, like an ancient storyteller, cast a spell over the audience. Brett Morgen's film, described as "a neon-soaked non-linear joyride," focuses on Bowie's creative journey rather than his personal life. It's an inspirational tour de force, meant to be

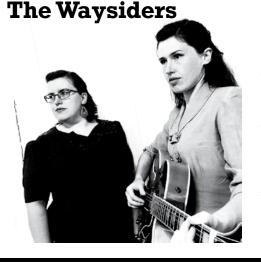
experienced on a big screen with big speakers.

Tonight, there would be no group-chat bubbles, no pausing. We were sitting closer than six feet apart. We were humans immersing ourselves in a movie together, in real time--the ultimate "watch party".

"Always go a little further into the water than you feel capable of being in. Go a little bit out of your depth. And when you don't feel that your feet are quite touching bottom, you're just about in the right place to do something exciting." -David Bowie

Bring your Watch Party to the Columbian Theater Thursday – Saturday eves at 7pm, and Sundays at 5pm. On the corner of 11th and Marine Dr. in Astoria.

— just a bystander at the edge of the continent



ORIGINAL COUNTRY MUSIC from Portland, Oregon, featuring the songwriting of Gabrielle Macrae. Sisters Joanna and Gabrielle Macrae front the band with close vocal harmonies of the kind that only happen between siblings while the band bring a distinctively vintage sound to the new and old music they play. Drawing on the traditions of Swing, Rock and Roll, Old Time and Rhythm and Blues, the Waysiders deliver a new brand of classic country all their own.

Gabrielle Macrae- guitar, vocals. Joanna Macrae- vocals. Barry Southern- guitar. Jamie Herrmann- Bass. Don Lawry- drums.

Sunday, Nov 13, 6-8pm at the Fort George Lovell Room, Astoria



LIVE MUSIC • THEATRE • PERFORMANCE in the Columbia Pacific

Scrooge! The Musical. \$25 - \$30. 7:30pm at the Coaster Theater in Cannon Beach

Almost Maine. \$20, 7:30pm at Theater West in Lincoln City.

HAPPFNING

Clatsop Community College Student Pottery Sale. 11am - 4pm at the CCC Art Building, Room 110, Astoria.

Literary Ball & Benefit. Dress as your favorite author or character if you wish. Readings by local authors and more. Free admission, 4 - 7pm at RiverSea Gallery

Amazing Bubble Man! The art, magic, science and fun of bubbles. \$15, 2pm at the Liberty Theater in Astoria.

Art Auction & Oyster Fry. \$20.4 - 7pm at the Historic Chinook School Gym.

Sunday 20

North Coast Symphonic Band. Strike Up the Band: Fall to Winter. \$15, 2pm at the Liberty Theater in Astoria.

Jack Habegger's Celebrity Telethon. Alt Country. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Mark Tegio. 8pm at Pickled Fish in Long

HAPPENING

Artful Breakfast. All you can eat eggs, pancakes, beans, salsa, fruit, coffee or tea. \$5, 8am - noon at the Bay City Arts Center.

Tuesday 22

Mbrascatu Solo. 8pm at Pickled Fish in Long Beach.

Wednesday 23

Mbrascatu Solo. 8pm at Pickled Fish in Long Beach.

Thursday 24

HAPPENING

Community Day of Thanks - Thanksgiving Dinner. Free, dine in, curbside pick up, or free delivery in Clatsop County. Donations welcome. Noon - 4pm at the Warrenton Community Center. Call 503-861-3502 for reservations.

Free Thanksgiving Meal. Noon – 2pm at Bob Chisholm Community Center in

Turkey Trot 5K. \$35, 9 – 11am Sunset Recreation Center, Seaside. Register at https://secure.rec1.com/OR/sunsetempire/catalog

Friday 25

Hayley Lynn. Singer/Songwriter. 6pm at Shelburne Pub in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 – 8pm at the Garibaldi Community Hall.

THEATER & PERFORMANCE

Scrooge! The Musical. \$25 - \$30. 7:30pm at the Coaster Theater in Cannon Beach.

Theater West's Holiday Trio. Christmasthemed staged readings. 7:30pm at Theater West in Lincoln City.

HAPPFNING

Sankta Lucia Festival of Lights, \$1,7pm at the Astoria high School Auditorium.

Peninsula Arts Association Fall Studio Tour. 10am – 4pm at locations on the Long Beach Peninsula

Seaside Artisan Fair. 10am - 5pm at the Seaside Convention Center.

Afternoon Holiday Tea. Select teas, savories and sweets will be served. Reservations required. \$25, 1:30 -3:30pm at Butterfield Cottage at the Seaside Museum and Historical Society. seasideoregonmuseum.com/Events/ calendar.html

Seaside Parade of Lights. 7 – 8pm in downtown Seaside.

Lincoln City Winter Art Festival. 10am -5pm at the Lincoln City Cultural Center.

Saturday 26

Kate & The Crocodiles. Tickets \$26 tickettomato.com. 7pm at NCRD PAC in Nehalem.

Gabe Hess. Country Singer/Songwriter. 3pm at Shelburne Pub in Seaview.

THEATER & PERFORMANCE

Scrooge! The Musical. \$25 - \$30. 2pm at the Coaster Theater in Cannon Beach.

Theater West's Holiday Trio. Christmasthemed staged readings. 7:30pm at Theater West in Lincoln City.

HAPPENING

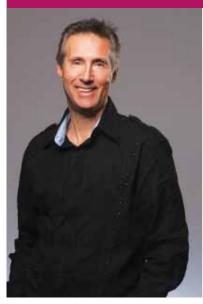
Peninsula Arts Association Fall Studio Tour. 10am - 4pm at locations on the Long Beach Peninsula.

Holiday Tree Auction and Bazaar. 11am -4pm at the Salt Hotel and Pub in Ilwaco.

Seaside Artisan Fair, 10am - 5pm at the Seaside Convention Center.

Afternoon Holiday Tea. Select teas, savories and sweets will be served. Reservations are required. \$25, 1:30 -3:30pm at Butterfield Cottage at the Seaside Museum and Historical Society. seasideoregonmuseum.com/Events/ calendar.html

The George Mitchell Quintet w/ Marilyn Keller



Lincoln City Winter Art Festival, 10am -5pm at the Lincoln City Cultural Center.

Sunday 27

Messiah Sing-along / Play-along. With the North Coast Chorale. 4 - 6pm at the Larsen Center in Astoria.

Nick Delffs. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Gabe Hess. Country Singer/Songwriter. 8pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Scrooge! The Musical, \$25 - \$30, 3pm at the Coaster Theater in Cannon /

Theater West's Holiday Trio. Christmasthemed staged readings, 7:30pm at Theater West in Lincoln City.

HAPPENING

Peninsula Arts Association Fall Studio Tour, 10am – 4pm at locations on the Long Beach Peninsula

Monday 28

Gabe Hess. Country Singer/Songwriter. 8pm at Pickled Fish in Long Beach.

Tuesday 29

Erisy Watt. 8pm at Pickled Fish in Long

Wednesday 30

Erisy Watt. 8pm at Pickled Fish in Long

Thursday 1

The Horsenecks. Bluegrass. 8pm at Pickled Fish in Long Beach.

day of the concert.

school music education programs!

LECTURE

Ales and Ideas. Free, 7pm in the Lovell Room at Fort George in

Friday 2

MUSIC

The Horsenecks. Bluegrass. 3pm at Shelburne Pub in Seaview.

Spirit Dance 2.0. Free-form dance. Music by DJ Pranawave. Suggested donation, \$10. Free for kids. 6 - 8pm. At Pine Grove Community Club in Manzanita.

Garibaldi Jam. Old-time favorites and Country-Western standards. Admission by donation. 6 - 8pm at the Garibaldi Community Hall.

THEATER & PERFORMANCE

Encore Dance Studio. The Holiday Spectacular, Free, 6:30pm at the Liberty Theater in Astoria.

Scrooge! The Musical. \$25 - \$30. 7:30pm at the Coaster Theater in

Saturday 3

The Horsenecks. Bluegrass. 3pm at Shelburne Pub in Seaview

THEATER & PERFORMANCE

The Nutcracker. With Little Ballet Theater, \$16 - \$51, 2pm and 7:30pm at the Astoria High School Auditorium

Scrooge! The Musical. \$25 - \$30. 7:30pm at the Coaster Theater in Cannon Beach.

HAPPFNING

WATER MUSIC SOCIETY on the Long Beach Peninsula cel-

ebrates the spirit of the holiday season with an afternoon of

amazing George Mitchell Quintet, including quest vocalist

Marilyn Keller. Jazz pianist George Mitchell is Diana Ross'

Porter on trumpet, Dave Averre on drums, and Tim Gilson

This annual, very popular Christmas Concert is Sunday,

Festivities begin at 2:00pm with sweet and savory treats,

beverages, and a no-host champagne and wine bar. Tony

and Ann Kischner, recently retired Bridgewater Bistro own-

ers, will be on hand to serve some premium wines. Enjoy a

musical feast starting at 3pm. Tickets are available for \$15 in

advance online at watermusicfestival.com. or at the door the

A portion of all proceeds goes toward supporting the local

DECEMBER 4, at the festively decorated Chinook Event

Center—a wonderful way to commence the holiday season!!

touring pianist and Marilyn Keller is a powerful soul and jazz

singer. The remaining members of the quintet include Charlie

extraordinary Christmas and holiday music, performed by the

Pictures with Santa. Free, 11am - 1pm at the Liberty Theater in Astoria

Crab Pot Christmas. 5 - 7:30pm at the Port of Ilwaco.

Ugly Sweater 5K fun Run & Walk. \$10, 9am at Clatsop County Fairgrounds and Expo Center.

Winter Bazaar & Craft Fair. 10am - 4:30pm at Clatsop County Fairgrounds and Expo Center.

First Saturday Art Walk. 8am -5pm between Holladay Drive and Broadway Street in the Historic Gilbert District of downtown Seaside.

Sunday 4

MUSIC

Live Music. No cover, 6pm in the Lovell Building at Fort George in

Micah Subar. Singer/Songwriter. 8pm at Pickled Fish in Long Beach.

Water Music Society Christmas Concert, \$15, 2 – 5pm at the Historic Chinook School Event Center.

The Gothard Sisters, Celtic, \$30, 2pm at the Lincoln City Cultural

THEATER & PERFORMANCE

The Nutcracker. With Little Ballet Theater. \$16 - \$51, 2pm at the Astoria High School Auditorium.



Kate & The Crocodiles

Kate Morrison, a refreshing and innovative classicallytrained vocalist and player of generally small instruments (ukulele, toy drums, etc...), performing as a guest vocalist with Pink Martini, the Oregon East Symphony and Utah Symphony; Craig Bidondo, a colorful, energetic and soulful keyboardist; Gavin Bondy, the intuitive trumpeter of Pink Martini.

The Portland-based trio present compelling indie rock originals and covers mixed with early jazz, classical art song and reinventions of classic rock.

Saturday, Nov. 26, 7pm at the NCRD PAC in Nehalem. \$26 on tickettomato.com

By Kate Cooper • Animal Rescue Volunteer

ABOUT DUANE



THIS MONTH we're re-listing Duane, as this guy has been at the shelter far too long! If you like blockheads, here is your boy. This little rockstar is a 4.5-year-old male

pittie mix. Since his arrival at the shelter, Duane has become a definite favorite amongst volunteers and staff, the dog walking team adore him. As one walker says, 'Duane is a loveable goofball!' He is an affectionate pup who will want to snuggle up with you. If there were couches at the shelter. Duane would be up and on one! That said, he is a trainable boy. He is food motivated. Duane needs a home where he is the only dog, and without cats or other small animals. He is hugely likeable, and has a lot of personality! Duane loves

going for a walk, sniffing and exploring. He has a lot of energy and he is strong a boy. Duane enjoys playing with all manner of toys. This pup is a lot of fun! Duane is

fixed and up to date on his vaccinations as well as microchipped. If he sounds like the one for you, please contact the shelter.

Please go to: WWW.BEACHPETS.COM and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet. More info: 360.642.1180.

By Tobi Nason

I HEARD THIS the other day... someone hoped I was doing well and was "full of piss and vinegar." (And no, Dinah, I won't mention

wordwisdom

I googled that phrase just to make sure I knew what it meant. It's vulgar slang referring to aggressive energy or vim, boisterous behavior. During the 1920's, vinegar was associated with vitality and energy. How it got connected to piss is probably another story. But the phrase does imply someone full of spunk, borderline obnoxious and contrary to social norms.

Have I ever been accused of being full of piss and vinegar? No. But I have to admit that sometimes my words can turn to piss and vinegar. Sarcasm. That's my piss and vinegar. Yep, that's my aggressive energy.

Isn't it funny—in the formal definition most likely it describes, it's an aggressive energy. A good thing? Possibly. Most likely, since it may be defining a person not adverse to pissing on convention and being slightly distasteful to some, hence the vinegar reference. Hmm. Could be an honest person



speaking truth... an outspoken person, a free thinker, defying convention. Too boisterous? Too confrontational? Too... honest?

As Americans, we have learned to be socially superficial. Smile whenever. Be best friends over nothing. Quantity over depth.

As I write this, I realize I probably have been someone's piss and vinegar. I've not been boisterous but rather a bit aggressive in getting myself heard. If it takes irony or sarcasm to make a point, so be it. I refuse to be sidelined. Yes. it's a childhood thing. I have little tolerance for phoniness. I willingly embrace the piss and vinegar of the truth teller.

Tobi Nason, counselor, (503)440-0587 lives in Warrenton. While she can be piss and vinegar - she's mostly a quiet pleasant person.



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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

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Bleach

Cat Toys (No Catnip)

Dog Kongs (Black only please)

Feline Pine Cat Litter

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THEATRICAL / STREAMING **RELEASES**



THE WONDER (NOV. 16 NETFLIX) Academy Award nominee Florence Pugh toplines this story of faith and deception. Based on the Emma Donoghue novel, story is set in 1800's Ireland, 13 years after the Great Potato Famine. English Nightingale Nurse Lib Wright (Pugh) is summoned to a devout rural Irish community to examine an 11-year-old girl, Anna O'Donnell (Kila Lord Cassidy) who apparently has not eaten for four months, claiming she lives on "manna from heaven." Anna's case has attracted the attention of Pilgrims, attracted to the "wonder" of her survival. Local authorities have hired Lib and a nun to examine Anna. Lib, being a woman of science, believes Anna could not be healthy without eating and believes someone is slipping her food, whereas the town doctor (Toby Jones) and the local council believe in a divine explanation. Suspecting, Anna's parents are being the ploy, Lib separates Anna from her parents. When the girl's health declines, Lib must reconcile being proved right over Anna's well-being



CAUSEWAY (NOV. 4 APPLE TV+) After a short hiatus from acting, Jennifer Lawrence returns to her indie roots, playing a soldier recovering from a brain injury suffered while serving in Afghanistan. Lawrence plays Lindsay, an Army water engineer whose vehicle hit an IED. Lindsay rehabs her injury, which has compromised her ability to communicate and motor skills. Against her care worker's recommendation, Lindsay returns home to New Orleans to her dilapidated family home, a mother (Linda Emond), who has little to say to Lindsay, and a brother who's become a drug addict. All of which make Lindsay eager to return to active service, despite warnings from her neurologist. But when Lindsay strikes up a friendship with friendly auto mechanic James (Brian Tyree Henry) who's lost a leg, Lindsay begins to open up, speaking for the first time about what happened in Afghani-



BLACK PANTHER: WAKANDA FOREVER (NOV. 11) After the smash success of Black Panther in 2018, Marvel immediately greenlit a sequel. Director Ryan Coogler wrote a complete screenplay for the sequel, but plans were irrevocably altered by the death of star Chadwick Boseman in 2020. Out of respect to Boseman, Marvel chose not to recast the role or use a digital double but instead to have Boseman's character, T'Challa, die between the films. Tenoch Huerta plays Namor, the antagonist, ruler of an underwater dwelling people who's existence is threatened when Wakanda reveals itself to the world at the end of Black Panther. Synopsis: Queen Ramonda, Shuri, M'Baku, Okoye and the

Dora Milaje fight to protect their nation from intervening world powers in the wake of King T'Challa's death. As the Wakandans strive to embrace their next chapter, the heroes must band together with Nakia and Everett Ross to forge a new path for their beloved kingdom.

THE FABELMANS

(NOV. 23) Steven Spielberg's autobiographical story about his early life in Arizona is already being touted as the Oscar favorite. To be sure, a major preoccupation of Spielberg's has been the suburban American family, but until now, he has never turned his gaze so openly on himself. Sammy Fabelman is introduced to the movies as a young child, afraid to go into the theater showing The Greatest Show on Earth because he's heard giants tell the stories. Reassured by his parents Mitzi (Michelle Williams) and Burt (Paul Dano), Sammy is frightened by a scene of a train derailment, but soon is staging his

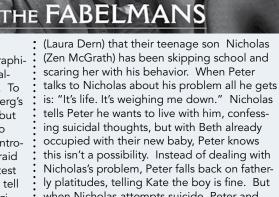
own train crashes with a home movie camera. Sammy's productions become more elaborate. Drafting his sisters to play toilet paperwrapped mummies, then moving on to Westerns and war movies starring his Boy Scout troupe. The dark side of the Fabelsmans ideal suburban existence concerns the parents. Mitzi is a talented pianist who once dreamed of a career before marriage and children removed that possibility. Burt, while a good

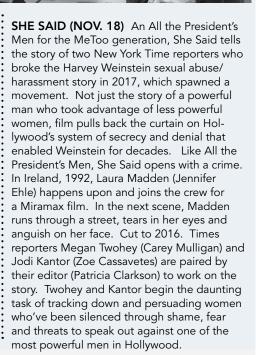
father, continuously hurts Sammy by referring to his moviemaking as a "hobby." A new job takes the family to California, where Sammy is a fish out of water and experiences bullying and anti-Semitism, but also meet Jesus freak Monica, who is fascinated by Jews and whose idea of a date is a prayer meeting. At the prom, when Sammy screens a film of his, he learns how his "hobby" can meaningfully affect others, when the bullies who humiliated him are transfixed by his film. Sammy learns another life lesson when his parents divorce, leaving him alone in California with this father, but Burt surprises Sammy by supporting his interest, leading to his first entrance into actual show business.

THE SON (NOV. 11) Hugh Jackman stars as a father unequipped to deal with his teenage son's depression in director Florian Zeller's follow up to The Father. Peter (Jackman) is a high-powered New York lawyer who has just started a new family with Beth (Vanessa Kirby), when he's informed by ex-wife Kate

when Nicholas attempts suicide, Peter and

Kate are forced to consider hospitalization.





FREE WILL ASTROLOG

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ARIES (March 21-April 19): In the coming weeks, I encourage you to work as hard as you have ever worked. Work smart, too. Work with flair and aplomb and relish. You now have a surprisingly fertile opportunity to reinvent how you do your work and how you feel about your work. To take maximum advantage of this potential breakthrough, you should inspire yourself to give more of your heart and soul to your work than you have previously imagined possible. (PS: By "work," I mean your job and any crucial activity that is both challenging and rewarding.)

TAURUS (April 20-May 20): Here's my weird suggestion, Taurus. Just for now, only for a week or two, experiment with dreaming about what you want but can't have. And just for now, only for a week or two, go in pursuit of what you want but can't have. I predict that these exercises in quixotic futility will generate an unexpected benefit. They will motivate you to dream true and strong and deep about what you do want and can have. They will intensify and focus you to pursue what you do want and

GEMINI (May 21-June 20): Your most successful times in life usually come when all your various selves are involved. During these interludes, none of them is neglected or shunted to the outskirts. In my astrological opinion, you will be wise to ensure this scenario is in full play during the coming weeks. In fact, I recommend you throw a big Unity Party and invite all your various sub-personalities to come as they are. Have outrageous fun acting out the festivities. Set out a placemat and nametag on a table for each participant. Move around from seat to seat and speak from the heart on behalf of each one. Later, discuss a project you could all participate in creating.

CANCER (June 21-July 22): A Cancerian reader named Joost Joring explained to me how he cultivates the art of being the best Cancerian he can be. He said, "I shape my psyche into a fortress, and I make people feel privileged when they are allowed inside. If I must sometimes instruct my allies to stay outside for a while, to camp out by the drawbridge as I work out my problems, I make sure they know they can still love me—and that I still love them." I appreciate Joost's perspective. As a Cancerian myself, I can attest to its value. But I will also note that in the coming weeks, you will reap some nice benefits from having less of a fortress mentality. In my astrological opinion, it's PARTY TIME!

LEO (July 23-Aug. 22): Leo poet Antonio Machado wrote, "I thought my fire was out, and I stirred the ashes. I burnt my fingers." I'm telling you this so you won't make the same mistake, Leo. Your energy may be a bit less radiant and fervent than usual right now, but that's only because you're in a recharging phase. Your deep reserves of fertility and power are regenerating. That's a good thing! Don't make the error of thinking it's a sign of reduced vitality. Don't overreact with a flurry of worry.

VIRGO (Aug. 23-Sept. 22): Virgo author Siegfried Sassoon became renowned for the poetry he wrote about being a soldier in World War I. Having witnessed carnage firsthand, he became adept at focusing on what was truly important. "As long as I can go on living a rich inner life," he wrote, "I have no cause for complaint, and I welcome anything which helps me to simplify my life, which seems to be more and more a process of eliminating inessentials!" I suggest we make Sassoon your inspirational role model for the next three weeks. What inessentials can you eliminate? What could you do to enhance your appreciation for all the everyday miracles that life offers you?

LIBRA (Sept. 23-Oct. 22): You Libras have a talent that I consider a superpower: You can remove yourself from the heart of the chaos and deliver astute insights about how to tame the chaos. I like that about you. I have personally benefited from it on

numerous occasions. But for the next few weeks, I will ask you to try something different. I'll encourage you to put an emphasis on practical action, however imperfect it might be, more than on in-depth analysis. This moment in the history of your universe requires a commitment to getting things done, even if they're untidy and incomplete. Here's your motto: "I improvise compromises in the midst of the interesting mess."

SCORPIO (Oct. 23-Nov. 21): "Fear is the raw material from which courage is manufactured," said author Martha Beck. "Without it, we wouldn't even know what it means to be brave." I love that quote—and I especially love it as a guiding meditation for you Scorpios right now. We usually think of fear as an unambiguously bad thing, a drain of our precious life force. But I suspect that for you, it will turn out to be useful in the coming days. You're going to find a way to transmute fear into boldness, bravery, and even badassery.

SAGITTARIUS (Nov. 22-Dec. 21): For decades, the Canadian city of Sudbury hosted a robust mining industry. Deposits of nickel sulphide ore spawned a booming business. But these riches also brought terrible pollution. Sudbury's native vegetation was devastated. The land was stained with foul air produced by the smelting process. An effort to re-green the area began in the 1970s. Today, the air is among the cleanest in the province of Ontario. In the spirit of this transformation, I invite you to embark on a personal reclamation project. Now is a favorable time to detoxify and purify any parts of your life that have been spoiled or sullied.

CAPRICORN (Dec. 22-Jan. 19): The literal meaning of the ancient Greek word aigilips is "devoid of goats." It refers to a place on the earth that is so high and steep that not even sure-footed goats can climb it. There aren't many of those places. Similarly, there are very few metaphorical peaks that a determined Capricorn can't reach. One of your specialties is the power to master seemingly improbable and impassable heights. But here's an unexpected twist in your destiny: In the coming months, your forte will be a talent for going very far down and in. Your agility at ascending, for a change, will be useful in descending—for exploring the depths. Now is a good time to get started!

AQUARIUS (Jan. 20-Feb. 18): Evolved Aquarians are often blessed with unprecedented friendships and free-spirited intimacy and innovative alliances. People who align themselves with you may enjoy experimental collaborations they never imagined before engaging with you. They might be surprised at the creative potentials unleashed in them because of their synergy with you. In the coming weeks and months, you will have even more power than usual to generate such liaisons and connections. You might want to make a copy of this horoscope and use it as your calling card or business card.

PISCES (Feb. 19-March 20): I surveyed the history of literature to identify authors I consider highly intuitive. Piscean-born Anais Nin was my top choice. She used language with fluidity and lyricism. She lived a colorful, unpredictable life. No one better deserves the title of Intuition Champion. And yet she also had a discerning view of this faculty. She wrote, "I began to understand that there were times when I must question my intuition and separate it from my anxieties or fears. I must think, observe, question, seek facts and not trust blindly to my intuition," Ladmire her caution. And I suspect it was one reason her intuition was so potent. Your assignment, Pisces, is to apply her approach to your relationship with your intuition. The coming months will be a time when you can supercharge this key aspect of your intelligence and make it work for you better than it ever has before.

HOMEWORK: IMAGINE YOU HAVE TAKEN A PARTICULAR CONSCIOUSNESS-ALTERING DRUG. IMAGINE HOW IT AFFECTS YOU. NEWSLETTER.FREEWILLASTROLOGY.COM

By Dayle Olson



Your words, hard-edged as gravel scraped against each other, mashed my soft organs to pulp, drained the spit from my mouth. You coughed and turned on the windshield wipers to clear four raindrops. Where the sign warned of falling rocks I wished for a boulder to crush us One of us said the clouds are pretty. We forgot the flat of blueberries in the trunk. A week later they turned to ink.

About the Poem: A spare account of the hell that can happen between two people in ordinary situations. Just quick sketches – like a sad comic strip, each panel a striking picture: the people in the car with the gravel, four raindrops, the wipers, the boulder, the blueberries in the trunk. "The clouds are pretty," brings a shift. A moment of denial, pretending things are OK, or do the pretty clouds reduce the sting, move the two closer, as beauty can do? Do they forget the berries because they're both so upset, or so relieved? Don't know. Memorable final image, the poetic surprise: those berries become ink. The poet will use that mush (like the pulp the words made of the woman's organs) - use it to write this very poem, and some good can come from it all. From crisis points, lived or imagined, artists make art, and art does not need to explain.

About the Poet: Dayle Olson lives in Cathlamet, WA, visiting Astoria often for poetry. She is on the Board of The Writers Guild of Astoria and a member of Willamette Writers. A regular reader at Astoria's monthly Ric's Poetry Mic at WineKraft, she recently started a quarterly poetry open mic in Cathlamet at RiverMile 38. This Fall, she and Writers Guild president Marianne Monson launched River Writers on KMUN-FM, a monthly radio interview with local writers on writing. Dayle writes most days and for many occasions, and sends her poems out to the world in regional papers. Her poem about 17th-century philosopher Renee Descartes won her a reading at The Angry Ghost poetry competition in Felixstowe, England, in October. Dayle often accompanies her husband David, mayor of Cathlamet, to mayoral events in old-time dress, artfully aware of the effect of the pictorial.

By Columbia Memorial Hospital

A Short, Spooky History of Scary Diagnoses

AS YOU READ THIS, all but the most die-hard Halloween fans have taken down their haunted lawn displays and picked stray bits of fake spiderwebs from the bushes. Folks love Halloween because it's full of safe scares and tame terrors. That's not the case with scary diagnoses.

Being told you have a life-altering, perhaps life-threatening illness car-

ries a certain blend of fear and relief: fear because we're brought face to face with our mortal frailty, and for some, relief to have a name to attach to mysterious symptoms, that comes with treatments and even a potential cure. How (or even whether) a healthcare provider discloses serious diagnoses has changed over time and across cultures,

and reflects a society's concept of the healer's role.

Healthcare providers once shied away from revealing a life-threatening diagnosis to a patient for fear of depriving them of hope. They recognized the power of the bodymind relationship and worried that telling someone that they had cancer or heart failure would bring despair, which would hasten the end of their life as well as cause needless anguish. While this attitude might be compassionate, it's also paternalistic, with the doctor as a benevolent patriarch (medical matriarchs being rare at the time) who decides to keep the harsh facts from patients they

deem childlike in their relationship to the provider. This attitude persisted longer than you might think; a 1961 survey of physicians revealed that 90% preferred not to disclose a cancer diagnosis. The same survey was administered again in 1977, and almost the same percentage favored disclosure (Novak et al, "Changes in

Physicians' Attitudes Toward Telling the Cancer Patient," JAMA, March 2, 1979: 897-900).

This attitudinal about-face was precipitated by patients, not providers. The patients' rights movement overthrew the doctor-as-parent model and replaced it with the more equitable team approach, with an emphasis on providing all the information someone needs to make informed decisions, presented in clear, non-technical language. The patient then had the right to accept or decline treatments. Instead of being the passive entity implied by the word "patient," people became collaborators in the treatment planning process.

Pressure to complete a medical visit in record time has unfortunately led to the use of handouts as replacements for an in-depth consultation. When you're on the clock, you're also likely to present "just the facts" without giving people time to process their feelings, or even to ask important questions because they're still shocked by the news. The commodification of

medicine as something akin to fast food means you drive through your diagnosis, with little opportunity for reflection or empathy in the delivery. The process of giving bad news to patients is also painful for the provider; consider that a 1999 questionnaire given to oncologists revealed that they shared a grave prognosis with patients and family an average of 35 times per month! (Baile, Walter, et al, "Oncologists' Attitudes Toward and Practices In Giving

Bad News: A Pilot Study," Journal of Clinical Oncology 20.8: 2189-96).

Cutting-edge surgical techniques and new medications have given us the opportunity to live longer with complex medical conditions and have even eradicated some diseases, such as smallpox. But so far, healthcare technology can't promise to produce immortality or invulnerability. That's where, wrenching as the process is, I believe there's a glimpse of the sacred in the scared—not in the dreadful diseases themselves, but in the opportunity to care for people at vulnerable times, to offer compassion as well as expertise, and hope along with knowledge.

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Diabetes is a serious disease. It can harm virtually every part of the body. Treatment can lower the risk for even the worst of its serious health consequences.

Often the tricky part is knowing if you have diabetes — it doesn't always cause symptoms that you'd notice. That's where testing comes in.

Why get tested?

Having diabetes means your blood sugar (glucose) is above normal, either because your body doesn't make insulin (type 1 diabetes) or doesn't properly make or use it (type 2 diabetes), according to the National Institutes of Health. Insulin is a hormone that helps the body convert glucose into energy.

Millions of people have diabetes and don't know it, according to the American Diabetes Association.

It's also possible to have a condition called prediabetes without realizing it. That's when blood sugar is higher than normal but not high enough to be diagnosed as diabetes. Having prediabetes greatly increases your risk for type 2 diabetes.

If you have diabetes, you are at higher risk for many serious health complications such as:

- Heart disease
- Stroke
- Kidney disease
- Vision loss
- Nerve damage
- Foot problems

Learning that you have the disease and taking steps to control it can help you avoid these complications.

For those who have prediabetes, finding and treating it with diet and exercise may help you avoid type 2 diabetes altogether.

When to get tested

If you're 45 or older, you should be tested for diabetes. If your test results are normal, you should be tested again at least every three years, according to the American Diabetes Association.

If you're younger than 45, you should be tested for diabetes if you are overweight and:

- Don't exercise regularly
- Have an immediate family member with a history of diabetes
- Are Black, Hispanic/Latino, Native American, Asian American or Pacific Islander
- Have, or are being treated for, high blood pressure or unhealthy cholesterol levels
 - Have a history of heart or blood vessel disease
 - Have other conditions associated with insulin resistance
 - Have been diagnosed with gestational diabetes
 - Have polycystic ovary syndrome

Talk to your provider

If you're turning 45 or have other reasons to be concerned about diabetes, talk to your healthcare provider. They can help you decide which test may be right for you.

If one of the above tests shows that you have prediabetes, you should be checked for diabetes every one to two years.

To learn about Columbia Memorial Hospital's Diabetes Education Program, visit columbiamemorial.org/diabetes or call 503-338-4012.

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FOOD GROOVE

I WROTE THIS COLUMN FOUR Novembers ago. I have tweaked the recipe. I tweak every recipe. If I share it with you four Novembers from now, it will have been tweaked many more times. That's the cool thing about cooking, use what you have, try something new, rearrange the culinary furniture and see what happens. It's a delicious adventure.

You know how some psychological studies say that the thing you dislike most about someone who annoys you is probably something you dislike about yourself? And the whole proposition seems so preachy and judgmental you could just scream? But if you did you'd call attention to yourself and then everyone would know you could actually be one of the case studies? Me, too!

One thing that reliably trips my trigger is the tendency of some folks to be imperious when it comes to food. Applying the theory above would indicate that I am a frightfully judgmental person. To which I respond, anybody who says that is an annoying idiot! (See how that works?)

Almost all joking aside, I know myself to be pretty darned opinion-ated about politics, environmental issues and raising children. I am uniquely unqualified to have a say about any of them having never held office, washed a seabird covered with crude oil or had kids. All of which is my point exactly. None of us is qualified to judge our neighbors about much of anything. If we could remember that, we'd be less likely to be cross the line into the Land of the Astonishingly Obnoxious and more likely to forgive others who missed the sign and wound up there.

Being defensive or offensive about food is a classic slippery slope. Most of us live somewhere between the all drive-thru/microwave diet and the locally grown, organic vegan diet. Do I wish every one of us would learn to love to cook? I do! It's a valuable life skill, better for our health, a foolproof builder of family and community and a money saver. I'd like to be able to say that's why I do it, teach it and write about it. I'd like to be able to, but I can't. I do it because it's a pleasure and a gift to those I love. It's primal and inescapably erotic.

If you can eat a ripe peach on a summer day, hear the juicy, hollow scrunch of a knife piercing a ripe watermelon, awaken to the sound of sizzling bacon or catch a whiff of bread just coming out of the oven and not be moved by it, get a med check appointment asap. Your prescription probably needs tweaking. Cooking is luxury unrelated to cost, reward in huge proportion to effort and a wake up call to all five senses.

Regardless of your tendencies toward or away from judgement, this season I hope this one thing for you - PIE. Pie is beauty and lusciousness in a fluted crust. It sends sultry, steamy perfume swirling about the kitchen. Safe within the oven, away from prying eyes, it transforms a pile of ingredients into a stunning dish of scrumptious. Homemade pie cooling on the kitchen counter is the promise of impending paradise.

This pie recipe is a Frankensteinian mashup of 3 different pumpkin pie recipes. It requires neither cadavers nor lightening to come to life. And, it makes a frightfully good pie.





GIVING THANKS FOR BOURBON OH. AND PUMPKIN PIE

Makes a 9" deep dish pie

Preheat oven to 375°F

For streusel topping:

1/2 cup flour

1/3 cup brown sugar

1/4 teaspoon cinnamon

1/8 teaspoon salt

1/8 teaspoon baking powder

6 Tablespoons cold butter

1/2 cup toasted, roughly chopped pumpkin seeds or hazelnuts or pistachios or the nut of your dreams or an exotic blend from the half empty bags of a previous recipe.

Whisk together flour, sugar, cinnamon, salt and baking powder. Cut butter into small pieces and mix in with the dry ingredients. Use your fingers or a pastry blender to cut the butter in until the mix becomes clumpy and moist. Add the cooled seeds and/or nuts then refrigerate while you make the filling.

For the pie

1 single crust pie pastry, blind baked

1 15-ounce can pure pumpkin not pumpkin pie filling, just pumpkin

1 cup heavy cream

1/3 cup sour cream

2 large eggs

3/4 cup sugar

3 1/2 tablespoons bourbon 1 teaspoon ground cinnamon

3/4 teaspoon ground ginger

1/4 teaspoon ground allspice

Pinch of nutmea

1/4 teaspoon salt

Roll out dough on a lightly floured surface, trim to fit leaving a 1/2" overhang. Fold edge under and crimp. Lightly prick bottom all over with a fork. Chill until firm, at least 30 minutes (or freeze 10 minutes). Line pie shell with parchment or foil and fill with pie weights. Bake until side is set and edge is golden, about 20 minutes. Carefully remove weights and liner and bake shell until golden all over, 10 to 15 minutes more. Cool completely.

Whisk together remaining ingredients and pour into cooled shell. Top with streusel mix and bake about 45 minutes or until edges of filling are set but center is slightly jiggly. It will finish cooking while it cools. Allow to cool completely before cutting.

BONUS POINTS:

Top with whipped cream that you have flavored with powdered sugar, a dash of vanilla and a soupçon of bourbon.



Explore Greate Connect

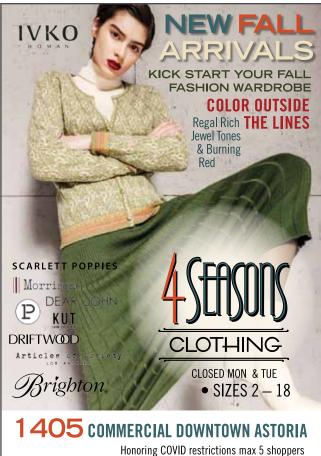
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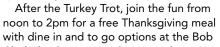
Manzanita

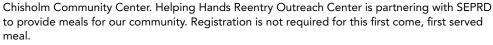




in store at one time + mask

Turkey Trot with the Sunset Empire Park & Recreation District! This is a fun 5K run/ walk held on Thanksgiving morning. The race starts at 9am from the Sunset Recreation Center at 1120 Broadway and follow a route through downtown Seaside to complete the 5K. Check-in begins at 8am at the south entrance of the building, and patrons are encouraged to pre-register. Admission is \$35 and includes a t-shirt. Please call at 503-738-3311 to reserve your spot or register at sunsetempire.com.





Thank you to the sponsors of the Turkey Trot: Toyota and Runkle Consulting Group. If you'd like to serve as a sponsor or volunteer for these events, please email Melissa Ousley at mousley@sunsetempire.com.



Pillar Rock Cannery Queens

By Eric Wheeler

The Architect Hound

Look up!....

start seeing

architecture.

Pillar Rock Cannery

THE ARCHITECT HOUND recently went on a road trip to a remote site on the north side of the Columbia River in Wahkiakum County, WA. The Pillar Rock Cannery building is reportedly one of only two surviving salmon cannery structures in the Lower Columbia estuary. The building is named after a prominent rock outcrop in the Columbia River located about 1000 feet off-shore. Pillar Rock formerly rose over 75 feet above the river surface, but was reduced and flattened to accommodate a navigational marker and light which still sit atop the highly visible channel marker.

The cannery site has layers of history dating back to millenia of habitation by indigenous people. Euro-American history of Pillar Rock begins with two visits by Lewis and Clark's Corps of Discovery who camped on the north bank of the river twice in November of 1805. In the 1830s, Hudson's Bay Company operatives based at Fort Vancouver set up a salmon salting station for food production for camp occupants and export to the Sandwich Islands (Hawaii). The Pillar Rock Cannery that we see today was built in 1877 by English entrepreneur, John T M Harrington. This cannery was one of over 40 salmon canneries located on the Lower Columbia that thrived during the boom years of the industry from the 1880s up through the 1920s. During the height of the salmon harvest, the cannery and surroundings were home to over 200 people living on site in temporary housing. The residents included fishermen, cannery workers and managers. Over-harvesting, habitat destruction and dam building all contributed to the decline of the salmon canning industry.

The Pillar Rock Cannery shipped its last canned salmon in 1947, 70 years after its beginning.

In 1978, the current owner, Leon Gollersrud purchased the idled cannery and surrounding property from the Del Monte company. On recent trip to the site, the Architect Hound and a couple of friends from Astoria were given a tour of the cannery buildings and regaled with stories of the canning industry at Pillar Rock. The remarkably intact building has identifiable areas that were devoted to various aspects of the salmon processing enterprise; including the packing room, net drying room and manager's office. Several areas of the building are devoted to the display of artifacts, tools, photos, signs and other memorabilia related to the salmon canning and regional lumber industry that were collected by the current owner. An even more remarkable part of the Pillar Rock Cannery story is the preservation and maintenance of the wooden structure that is located on pilings extending out over the Columbia River tidal flats. The cannery is one of the most historic and architecturally significant buildings in the Lower Columbia region. The Architect Hound barks out a historic preservation three cheers (woofs) to Leon Gollersud and his family for their years of dedication to this surviving reminder of area

Please Note! The Pillar Rock Cannery is private property. To arrange a visit please contact the Pillar Rock Cannery Escape at bkbocker@ gmail.com

Joulutorttu, Kiitos! Finnish Prune Tarts, taking orders!

SOME THINGS are just irresistible, and the Finnish prune tart is one. Our Aunt Eva Rahkonen Parnell was the Queen of the Joulutorttu. She'd bake them up in her apartment The Doughboy Apartments in Astoria, next to Savell's Bakery, next to Hellberg's corner grocery, all at the foot of Alameda, across from the Doughboy Monument. There was a lot of life on that little corner of the world.

Her brother, our dear Uncle Bob, old Finn bachelor he was, made Eva a nice prune tart cutter, fashioned from an old tin can-my sister Darcy still uses it today.

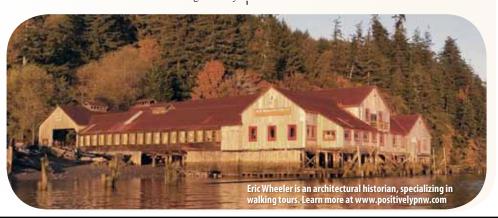
Lots of Finns are contributing to the making of Prune Tarts-To-Go through the auxiliary at



LAST WORD

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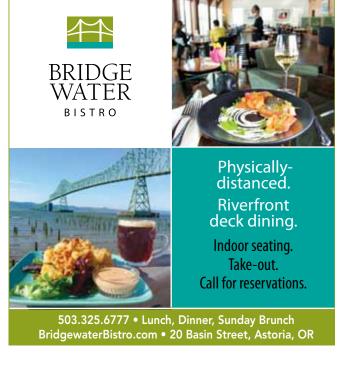


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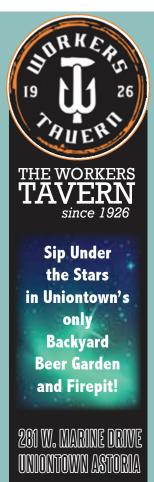
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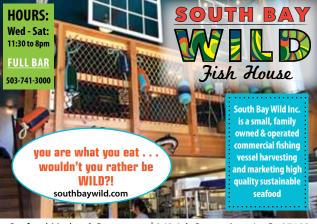
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