

January 2024 • vol 25 • issue 281

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

KALA presents:

THE OYSTER CRACKERS Jan 12

THE CHELSEA JAZZ TRIO Jan 26

Living Well, Ending Well
The North Coast End of
Life Collective p8



FILM: Documentary highlights
the life of politician/activist
Stewart Udall p4

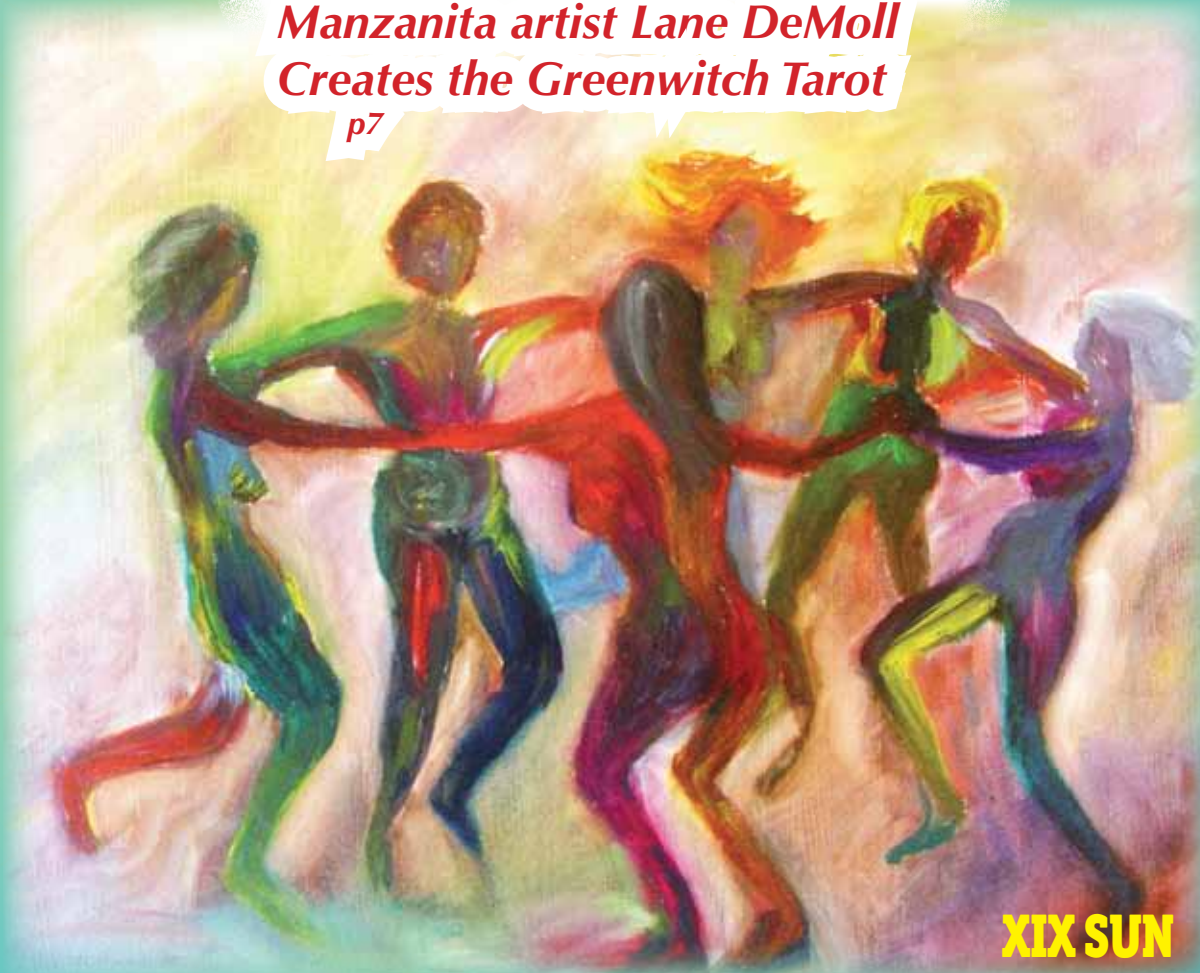


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XIX SUN



There's Always Something New at The Liberty!

North Coast Comedy Night

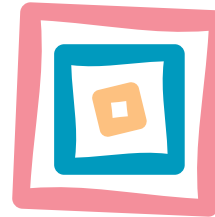
8:00 pm, Saturday, January 20, 2024

Start the new year with laughs and fun. Drew Wilson-McGrath hosts, followed by Imani Denae and headliner Tyler Boeh, making a return visit to the Liberty after years of touring, TV shows, albums, podcasts and related acclaim. Doors open at 7pm; arrive early for snacks and drinks. Still the best deal in town at only \$10! 18+



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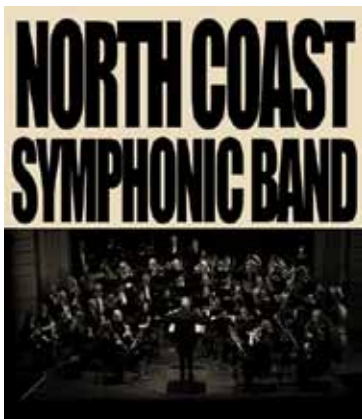
Join us for classes in acting, dance, stage combat, creative drama and more! Students have fun while learning theatre skills. They exercise their bodies, minds and imaginations.

All levels are welcome. Programming for ages 3.5 - 18 years of age. Thanks to a generous donation, class series are only \$15. Sign up today!

North Coast Symphonic Band

2:00 pm, Sunday, February 4, 2024

Director Terry Dahlgren has chosen pieces by British and American composers that reflect the national heritage and musical personalities of the United Kingdom and United States. You'll hear folk songs, Beatles tunes and a unique version of "76 Trombones" that will leave you cheering! General Admission \$15, 18 & Under free!



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KALA Performance Space

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The Oyster Crackers

KALA presents North Coast quartet, The Oyster Crackers, on Friday, Jan 12th at 7:00pm. Tickets are \$20. Available online at kalaastoria.com, and at the door. Doors open at 7pm.

The Oyster Crackers joyful harmonies and thoughtful folk songs will fill you with gladness and hope for a better world. **Rita Smith**, **Christl Mack** and **Bette Lu Krause** have been making music together since 2018 and **Phyllis Taylor** and her mello cello joined the group in 2021, when they recorded their first album, a collection of original songs called *Home Grown Pearls*. They have also recorded a collection called *Home Planet*.

The three singers accompany the music on guitar, fiddle and mandolin and offer a wide variety of original songs, covers and instrumental pieces. The band plays house concerts and small listening venues around the area, mostly near their homes on the Long Beach Peninsula.

Friday, January 12 at 7pm, Doors open at 6:30pm. Tickets \$20. Online at kalaastoria.com, and at the door



KALA presents The Chelsea Jazz Trio. Not a trio from a famous neighborhood in Manhattan, but the vibe is just as lively. Featuring North Coast musicians **Chelsea LaFey** on vocals, **John Orr** on guitar and **Clarence Robinson** on bass; the trio will perform jazz standards new and old, throwing in a bit of the blues.

LaFey originally from the east coast, landed on the west coast in 2009. In formative years she classically trained, and then eventually took up the uke, joining the famous jams around 2018 at the Cannon Beach American Legion. Down the road those musical acquaintances have turned into musical collaborations. These days, LaFey is making a big splash on all kinds of stages. One, Chelsea LaFey and the Saltshakers, a little big band of seven members playing jumpin' dance tunes from the 1940s. These gigs take place at the Seaside American Legion, (2nd Sat of the month) and now

pubs and joints, teaming up with long-time local players Richard Thomasian and Dave Quinton.

Over the holiday, she did a one-woman performance at the ever-creative caves of Weird Sisters Boutique, called X-Mas Files, performing songs and stories, and entertaining customers on the fly whilst they shopped.

This is a first show at KALA for the trio. LaFey, pre-COVID was an avid performer on the KALA stage during its open mic shows hosted by band Raizze The Bar that was just starting to take root. From uke to piano, folk tune to jazz, Ms. LaFey displayed prowess in numerous genres, raising her own bar, and sharing her warm, full vocal quality and sparkling stage presence au naturale. Adding a vintage touch, for this show, she'll be singing with a retro-styled, ala-40's Shure mic.



FOLK • CELTIC • AMERICANA • SWEET HARMONIES

The Chelsea Jazz Trio

once a month at the Netel Grange (1st Sat, 3-5pm) and both shows include swing dance lessons. LaFey also keeps the music fires burning with casual duos and trios at various local

On the bass, Clarence Robinson arrived upon the Seaside coast from the L.A. area. What?? A jazz bassist in town? Get outta here ... no don't. Robinson, originally from NYC, played with the legendary Reggie Workman before studies at the Manhattan School of Music and California Institute of the Arts in Santa Clarita, California, and he's played with many greats in the jazz world, including associations with saxophonists Carlos Garnett, and Frank Vicari. While there's more to learn about Clarence Robinson, the best thing to do is come and listen.

Multi-talented John Orr is at home in jazz, rock, pop and country. Orr keeps a regular schedule as a solo jazz guitarist, also has an act as a solo singer/songwriter in the Americana vein, fronted his rock-pop band Bad Drivers in the 90's-2000's, and was guitarist for Acustica World Music from 2012-2016. He's putting together the arrangements for the Chelsea Jazz Trio, and we may hear a tune or two in song from him.

Friday, January 26, 7:30pm. Doors open 7pm. Tickets \$15. Available in advance at kalaastoria.com and at the door.

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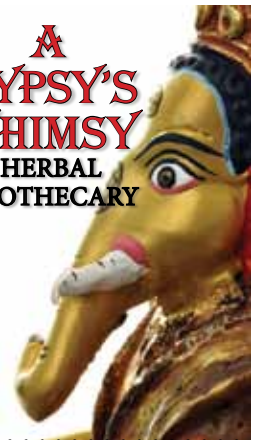
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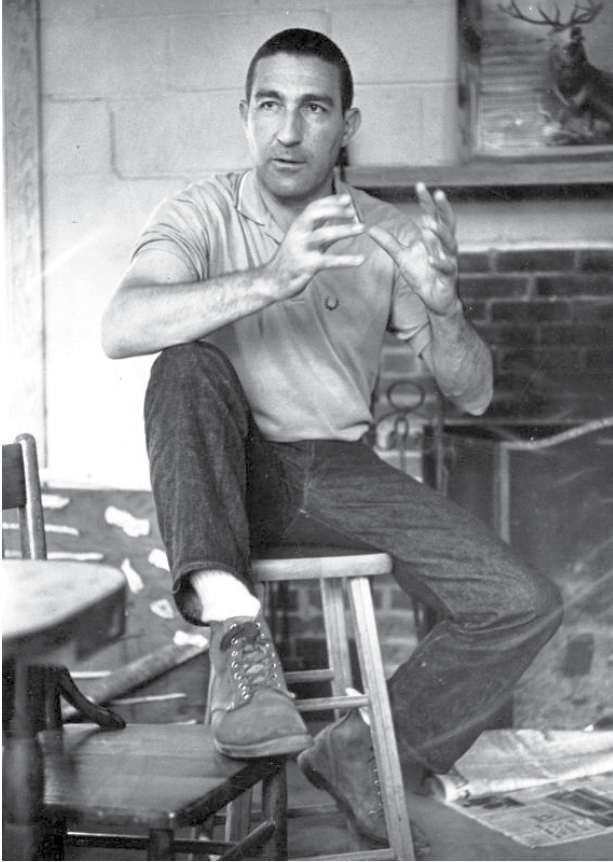
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STEWART UDALL: THE POLITICS OF BEAUTY a documentary highlights the life and work of the activist/politician

By Mike Francis

NORTHWESTERNERS who treasure their protected lands and waterways owe a great debt to Stewart Udall, a tireless champion for natural environments, as well as an advocate for indigenous rights, arts and culture, and clean energy. But even more than his policy victories when he served as Secretary of the Interior for Presidents John Kennedy and Lyndon Johnson, Udall helped foster a national ethos that prizes beauty over commercial extraction.

It was a radical notion for his time, which may be why Udall was so successful in designating new national parks and monuments, national seashores, and wild and scenic rivers, as well as playing a key role in developing the Endangered Species Act, Clean Air and Water legislation, the Wilderness Act and other measures that preserved many of the nation's natural wonders. These notions hadn't yet had time to become polarizing.

Udall was an Arizona Democrat who worked across the aisle on protections that drew support from Republicans and Democrats, before the era where politics became a zero-sum slog. He was a crucial figure in his political era, when many still assumed that natural resources were essentially unlimited, and that technology would eventually save mankind from its environmental mistakes.

The new documentary, which is getting its North Coast premiere at the Lovell Showroom on Jan. 25, highlights Udall's belief in "the economics of beauty" — the notion that the highest and best use of a natural resource isn't to extract value from its rivers, forests or mineral deposits, but in its enduring worth as an intact landscape and ecosystem. It's a benefit, Udall believed, that pays off slowly and often intangibly, but to the benefit of all Americans, unto succeeding generations.

This view has become a mainstream perspective, although the battles echo to this day. Just last month, for example, Oregon's Rep. Cliff Bentz (R-Ontario), called for the Supreme Court to halt presidents' ability to create and expand national monuments. That case centers on the Cascade-Siskiyou National Monument in southwestern Oregon, where logging has been blocked to the consternation of timber companies and local officials. Udall would have been on the other side of that argument.

Udall was an activist, but a pragmatist. He understood that others viewed the land and rivers as resources to be mined or dammed, and he worked to accommodate those views while pushing for his own, settling for about a third of the acreage he wanted to set aside for Canyonlands National Park in Utah, for example.

His own views, after all, had evolved. When he was a Congressman before becoming Interior Secretary, he supported the creation of the interstate highway system, a vote he later lamented. He also voted for dams that filled canyons and dried up natural waterways, which led to other regrets.

Udall, who died in 2010 at age 90, also was active on other fronts, from civil rights to cultural advocacy. He was a progressive before anyone used the word. As Interior Secretary, for example, he realized that the football team then known as the Washington Redskins played in a stadium owned by the Interior Department. He used his leverage to force the team's then-owner to integrate the team.

He also became friends with Robert Frost — a poet who wanted to be a politician, whereas Udall was a politician who wanted to be a poet — eventually encouraging incoming President Kennedy to invite Frost to recite a poem at his inauguration. Udall was a prolific author and essayist, producing such works as the environmental call to action *The Quiet Crisis*, and late in life, his *Letter to My Grandchildren*, available as an online video.

Stewart Udall and the Politics of Beauty by award-winning director and writer John de Graaf highlights Udall's works and beliefs in Udall's own words, as well as in the words of experts ranging from former Oregon Sen. Gordon Smith, (who is Udall's nephew), former Interior Secretary Bruce Babbitt, current Interior Secretary Deb Haaland, former Ariz. Senator John McCain and a range of former aides, biographers, indigenous experts and members of Udall's accomplished family.

Laurence Cotton of Portland, consulting producer, researcher and interviewer in the film, will attend the premiere in Astoria, and will field audience questions along with others in attendance. He wants the current generation to know of the importance of Stewart Udall.

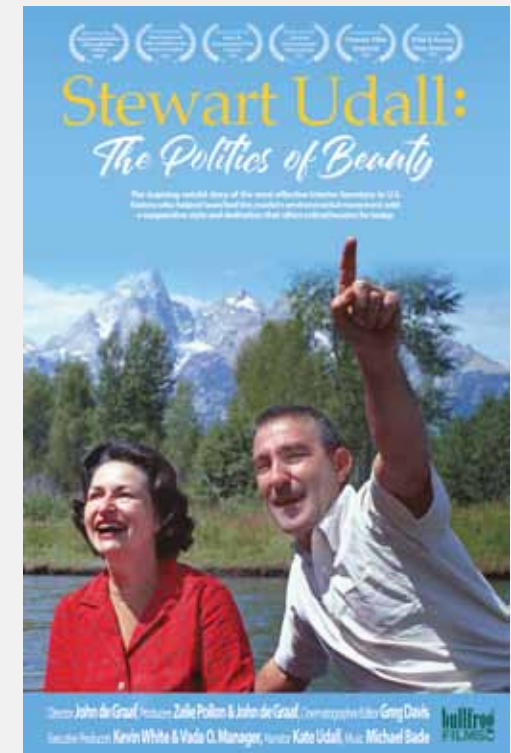
"There's really no contemporary individual, certainly in the second half of the 20th century, who was more instrumental in making huge changes to the American



John F. Kennedy and Stewart Udall at a press conference circa 1961. Special Collections at the University of Arizona Libraries

environment in such a senior federal role," Cotton said in a December interview. "Arguably there's no Interior Secretary in the history of the United States who's been as consequential."

De Graaf and Cotton are longtime collaborators. De Graaf co-produced Cotton's project *The Oregon Experience: C.E.S. Wood*, a television special for Oregon Public Broadcasting. De Graaf has been producing and directing PBS documentaries for 43 years, including 31 years at Seattle's KCTS. Cotton previously produced the documentary *Frederick Law Olmsted: Designing America*, funded by the National Endowment for the Humanities and broadcast nationally on PBS.



FILM SHOWING

Stewart Udall and the Politics of Beauty

A documentary written and directed by John de Graaf

Thursday, Jan. 25, 7pm. (Doors open at 6)

Lovell Showroom, Fort George Brewery, Astoria

Sponsored by the Columbia Land Trust and Confluence, with Lewis & Clark National Historical Park and Fort George. Includes a Q&A with consulting producer Laurence Cotton



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 Tarot Card XIX SUN Painting by
 Lane DeMoll

Cultural Grants to be Awarded at Ceremony

THE PUBLIC is invited to attend the Clatsop County Cultural Coalition's annual awards ceremony, to be held at 6:30 p.m. WEDNESDAY, JAN. 10, at the Coaster Theatre Playhouse in Cannon Beach.



The coalition will be presenting \$11,500 in grants to organizations from around Clatsop County that are involved in promoting, furthering, and providing for the arts, heritage, and humanities in the area.

Coalition co-chair Charlene Larsen will serve as emcee for the evening. Special guest speaker Sheila Martin, president of the Arts Council of Clatsop County, will present on how "Arts Make a Difference." Local musician Chelsea LaFey is providing entertainment for the event; she'll be singing hits from the 1940s and 1950s. Light refreshments will be served.

Coalition grants are funded by the Oregon Cultural Trust and awarded to projects that support, maintain, preserve and protect cultural programs

in the arts, heritage and humanities in Clatsop County. Those distributed at the awards ceremony will go to support projects, programs, events, and capital improvements scheduled to take place during fiscal year 2024. Funding priorities include:

- Raising awareness of culture in the visual and performing arts, heritage, and/ or humanities.
- Supporting the preservation, functionality, and/or sustained usage of physical facilities for visual and performing arts, heritage, and/or humanities in Clatsop County.
- Strengthening the overall health of existing nonprofit organizations, schools, individuals, or businesses related to visual and performing arts, heritage, and/or humanities in Clatsop County.

LCPS FILM NIGHT: FILMS ABOUT ARCHITECTURE AT KALA

JOIN the Lower Columbia Preservation Society (LCPS) for an evening of film and discussion about some of the best architecture in the world. From the Alhambra to Zaha Hadid, we'll explore the genius of design in two short films with time left for comments and discussion. This monthly series is sponsored by the LCPS. A FREE event with suggested donation of \$5.

Wednesday, February 7. Screening at 7pm. Light fare and beverages available for purchase. Doors open 6:30pm. At KALA Performance Space, 1017 Marine Dr. in Astoria. FMI: ericwheeler2@gmail.com

PUBLIC MEETING Clatsop Behavioral Healthcare Housing Project

CLATSOP Behavioral Healthcare Unveils Plans for New Property. The event will feature CBH representatives, architects, and developers. Attendees will have the opportunity to learn about the features of the proposed housing and the services that will be offered on-site to support future residents.

The 30-unit studio apartment complex is planned for the vacant lot on W. Marine Dr. in Astoria between KFC and Motel 6. The building, will target people earning up to 30% of the area median income, include an on-site resident manager and house the agency's Open Door program, which provides treatment, support and employment services.

Event Date is Thursday, January 11, 5 – 7pm at the Red Building in Astoria.



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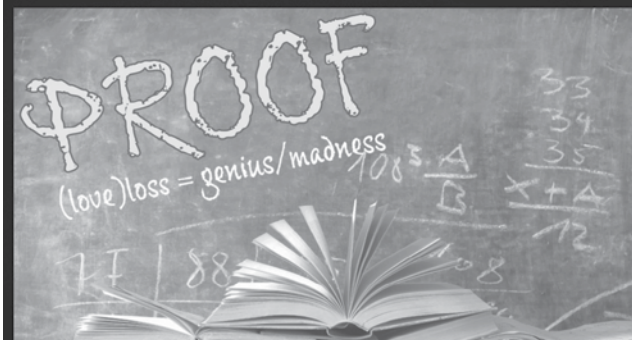
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GLEAMS OF GOLD

By Laurie Caplan

*"There's nothing more secure than a democratic, accountable, and participatory form of government."
- Wole Soyinka, Nobel Prize for Literature, 1986*

Like me, you probably assumed the US would always be a "democratic, accountable, and participatory form of government," just as Wole Soyinka described above.

Donald Trump has repeatedly promised to be a dictator if he is elected, starting on day one. He is telling us what he will do if he can reclaim power, whether elected or not. How do we stop him? How do we raise the alarm? How do we defeat the people who prefer a dictatorship?

We can't count on Trump's court cases, indictments, and felony charges – or even a conviction - to defeat him. We must count on each other to win elections to defeat Trump and right-wing extremists. If you want to preserve our freedoms, INCO urges you to join with millions of Americans to safeguard our freedoms.

* Support issues and candidates. Volunteer, donate, and communicate your political values and concerns. Pivotal issues include a national abortion ban, gun control, and homelessness.

- Successful campaigns to increase voter turnout include Vote Forward letters to voters and Postcards to voters.
- Get active with local and state candidates, including the spring 2024 election for Clatsop County commissioners.

"I am not an optimist by inclination. I am persuaded by what I have seen in the course of a long life, and still more by the histories I've read, that "hope" is not an especially useful concept. It functions as an article of faith rather than a way to describe the world as it is.

"The world's ebbs and flows are what they are. Intervals of peace are succeeded by intervals of madness, waves of serenity by tides of despair. Errors in judgment and diplomacy tend to compound while the most brilliant successes are on the whole ephemeral.

"Many of us grew up basking in the reassurance of the famous Anne Frank quotation that "In spite of everything I still believe that people are really good at heart.

"... I find I do not believe that, in spite of everything, people are really good at heart. A great many people are not at all good at heart. If they were, the world's sufferings would be considerably less than they are.

"Nevertheless those who create, who nurture, who produce music or paintings or poems or novels, who produce treatments and even cures for deadly diseases, who are scholars, artists, naturalists, scientists, those who love in the face of hate, who do the right thing when the wrong thing would be so much easier--what they produce is not hope, but life itself: a reason to live and to persevere in spite of all the horrors, and with no guarantee that anything will get better.

"Without those remarkable people, human existence would be, perhaps, entirely unbearable. Because of them, there are gleams of gold in the darkness."

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 incoregon@gmail.com. Indivisible North Coast Oregon is on Facebook.



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SAVE THE DATE for the 13th Biennial Nehalem Estuary Cleanup • March 9

Wheeler, OR – It's back! Bring the whole family to the Biennial Nehalem Estuary Cleanup at Wheeler Waterfront Park on March 9th, 2023. This event is a collaboration of the Lower Nehalem Community Trust (LNCT), Lower Nehalem Watershed Council (LNWC) and Heart of Cartm.

Join your community coming together to make a lasting difference for our beautiful Nehalem Bay Estuary!

As an all ages and abilities event, volunteers are invited to join a team to collect debris by boat or on foot and sort collected materials. We are also seeking volunteers to help hang posters, set-up and take down tents, lead children's activities, or lend a hand with day-of organization.

How do you want to be involved? Contact Jessi with the Heart of Cartm at jessi@heartofcartm.org. Keep an eye out for the registration link, coming soon!

The Biennial Nehalem Estuary Cleanup is part of a series of estuary events taking place from February to April. All events are free. We encourage you to participate in all the education, action and art events for our estuary.

FEBRUARY 6TH, 6pm at NCRD Kitchen & Gallery. Estuary Panel Discussion: 'Into the Muck - Estuary Management, Monitoring, and Restoration on the Nehalem'

MARCH 9TH, 7:30am Registration at Wheeler Waterfront Park. Biennial Nehalem Estuary Cleanup

MARCH 15TH, 2pm - 6pm NCRD Kitchen. Marine Debris Art Workshop Culminating in Gallery Display Through the Month of April at Manzanita News and Espresso

LNCT preserves land and nurtures conservation values in partnership with an engaged community in the Nehalem region of the Oregon Coast. For more information contact: Emily Akdedian at emilyakdedian@nehalemtrust.org.

LNWC protects, preserves, and enhances the Nehalem watershed through leadership, cooperation and education. For more information contact: Zac Mallon at lnwc@nehalem-tel.net.

Heart of Cartm is facilitating the reimagination, reuse and repair of our region's resources, leading to a zero waste community. www.heartofcartm.org



Tarot for a New Era

Manzanita artist Lane DeMoll creates the GREENWITCH TAROT

By Marianne Monson

"We seek not rest but transformation. We are dancing through each other as doorways."

-Marge Piercy

THE PIERCY QUOTE graces the bottom of Lane DeMoll's emails, but it embodies her work as an artist, writer, and spiritual practitioner as well.

Lane DeMoll, resident of Manzanita, just completed her first Tarot deck, creating the artwork for the 78 cards and authoring the accompanying guidebook. The artwork from the *Greenwitch Tarot* will be displayed at Manzanita News and Espresso in January, and the sets will be available to purchase.

Lane's spiritual and artistic life was awakened by community, the community of the North Oregon Coast, where she settled in the mid-seventies and has remained ever since. DeMoll and her husband settled on land overlooking the ocean. When she determined that public schools weren't the best option for her children, she worked with friends to found the Fire Mountain School, a small alternative school, which continues nearly 40 years later. DeMoll taught at the school while her children attended, and when they graduated, she found herself seeking for a new purpose.

She attended classes on tarot and began working with the cards in the mid-90s. Close to the same time, her friend Susan Walsh, started a painting group dedicated to working with the concept of *The Hero's Journey*. The group of women painted together in three-hour sessions where they were given a specific intention, time to paint, and then a chance to discuss their emerging pieces. DeMoll found herself immersed in the art, with surprising connections to her spiritual exploration. She feels the resulting paintings are channeled more than they are painted.

"It's always been a kind of guidance," DeMoll says, referring to her work. Lane's father and her grandmother were also artists; her grandmother seriously studied art in Paris. As Lane continued painting, she hung the images around her house and began to realize there were connections between her paintings and her work with the cards. She began doing tarot readings for friends and clients and had a reading booth at the Manzanita market for years. Lane began to wonder

about the possibility of developing a tarot deck based off her paintings. In 2021, she seriously began working towards that goal and participated in a few local retreats that helped finish the project, which went into production last spring. "My spirituality is organic, my art is organic, and the project has emerged over



decades as it was meant to," she says.

The cover of DeMoll's *Greenwitch Tarot* book depicts a gray-haired woman in a long dress, grasping a staff under a star-studded sky as she faces a spiral that recedes in the direction of a full moon. In the intro, DeMoll says: "To transform our righteous anger into creative manifesting, I believe this is what the Turning of the Ages calls for."

Unlike the muted tones that adorn most tarot decks, DeMoll's artwork is colorful, powerful, and visceral, with

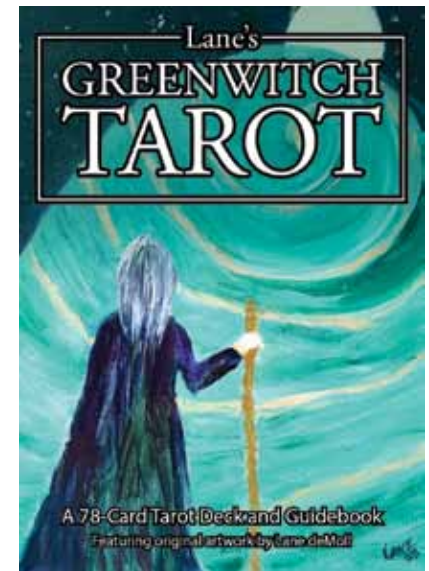
vibrant renderings of natural spaces in some pieces and a dream-like explosion of colors and movement in others. Spanning the gamut of mediums, Lane has illustrated her deck using acrylics, oils, and watercolors, collage, and even one fabric art piece (the Divine Feminine card). The Fire Mountain school she helped start showed up in a depiction of their annual May Pole illuminating The Wheel of the Year card. The paintings for the deck were produced between 1995 and 2023.

"This deck is really about life's journey," Lane explains. "It ventures into the esoteric, inviting us to question why we're here. You've got magic in your hands; so what are you doing with it?" Because of the organic and emergent process she uses, it was a challenge to fit her work into the tarot deck, but she embraced the challenge. "Like writing a haiku or a sonnet, your creativity is organized around an expected pattern," she explains. "Some pieces got left out and others emerged I didn't know I would need."

Venturing into the world of tarot publishing is new for DeMoll, and she admits to feeling trepidation at putting herself out there, citing the high inherent risk with creative work. She quotes Emile Zola who said: "I'm here to live out loud." DeMoll is embracing the vulnerability of publicly sharing of her art and mystical work with a broader public.

DeMoll acknowledges she has no idea how it will be to do readings for others with her own cards. The paintings have always been deeply personal for her, are now about to become universal. Though she's lived with many of the images for a long time, she still finds surprises in them which are in many cases prophetic.

DeMoll defines her spiritual practice as an earth-based spirituality shared with like-minded people. Whether that community is coming together to start a school or mark the seasons with a



ceremony, she believes coming together is essential. "We're all learning from each other, having experiences and getting into conflict, holding ideals and challenging those ideals. The world isn't about being solo, but about being in the midst of a tribe that sometimes gets messy and is sometimes glorious," she says. "Tarot helps us navigate all of that. It helps us find our place."

Lane DeMoll's *Greenwitch Tarot* decks will be for sale at Manzanita News and Espresso in January, with a reception and signing date on Saturday, January 6 from 12noon to 5pm. Prints and decks are also available to order on her website: www.lanedemoll.com



XIX SUN

What have you reclaimed and re-membered? Can you dance joyously naked, vulnerable, and open in the sunlight? Literally or figuratively? With others or alone? What will it take to get you to that place? Can you dig deep to find what keeps you from that glorious feel of sunshine on your body, out in the open as your true self, whatever that looks like? You are being given the opportunity to awaken to the joy of our collective dance as we create the New Age of Aquarius. Come on in, the water is fine! Kick up your heels! Claim your birthright! We are waiting for you. If not now, when?

Guidebook excerpt



DEATH IS INEVITABLE, as integral to life as breath. Yet considerations about one's own end of life often wait until death is immanent. Frank conversations about death and the end of life have only recently lost taboo in public discourse. As we move into 2024, according to Margo Lulich, people want to talk about death. And not just in old age or illness. Adults of all ages are interested in "ending well."

"Ending well," Margo says, "involves access to the knowledge and resources one needs to have agency over how they leave this life." Ending well means giving as much attention and care to dying as we do to living. Consider all the time we spend thinking about nutrition and the well-being of our bodies, how much energy we put into living. What if giving energy to dying well paid off with more energy for living? "Ending well facilitates living well."

While many avoid or ignore end-of-life considerations, some people think obsessively about dying, to the point of panic attacks and chronic anxiety. Recent attention to "death anxiety" supports the idea that mental health requires attention to death. People in the death-care field recognize the necessity for safe community space to consider end of life complexities.

The stigma attached to conversations about death is a public and population health issue, according to Cannon Beach resident Margo Lulich, a Nurse Consultant and End-of-Life Doula lauded for her public service in healthcare. As a nurse and administrator, she worked with Clatsop County's Public Health Department for 15 years, serving as Director from 2009 to 2013. She returned as Interim Director in 2021 to steer the department through the Covid Pandemic. The experience further solidified Margo's conviction that death and dying are community healthcare concerns.

Creating and sustaining community is the bedrock of the new organization, North Coast End of Life (EOL) Collective, which Margo

co-founded with Abby McNeil and Carolina Star Rett. The Collective's mission is to create "community by connecting people, resources and experiences to educate and support a holistic approach for individuals and families living on the north coast."

The North Coast EOL Collective offers unique services, collaborative resources, and an innovative approach to connecting systems of care. Attention to end-of-life quality has blossomed in recent decades, but few resources exist on Oregon's sparsely populated North Coast. Margo, Abby, and Carolina recognized the dearth and came together to form the EOL Collective, part of "an integrative and cogen-erational approach to death and dying."

The Collective provides resources, education, and safe spaces to consider the end of life. Topics of discussion span green burials to estate planning to psilocybin assisted palliative care. Individually, the founders offer direct services to clients according to their expertise. Additionally, the North Coast EOL Collective works collaboratively with other end-of-life providers to transform systems of care in the community. Margo's experience

spans several fields of expertise, including systems analysis and public administration; she provides a particular lens for the Collective's organizational strategies.

Like Margo, Abby McNeil has an extensive background in end-of-life care. Abby, who lives in Arch Cape, is a Licensed Clinical Social Worker with certifications in hospice and palliative care. While earning her Master's Degree at the University of Washington,

she served as a Carol LaMare Palliative Care and Oncology Social Work Fellow. Abby continues her work in that field, which has inspired her "passion for supporting individuals living with life-limiting illnesses and the people who love them." Additionally, Abby has more than a decade's experience "providing support to individuals living with complex and chronic behavior health needs and serious mental illness."

Disease and illness, according to Abby, often "shape indignity." She "believe[s] sharing our deep emotional selves brings opportunity for healing." Similarly, Textile Artist Carolina Star Rett "come[s] to this work through the lens that the end-of-life is not only a medical



Margo Lulich

Living Well, Ending Well

The North Coast End of Life Collective

A first of its kind endeavor offers community based end-of-life services on the Coast

By Heather Hirschi

experience but also a sacred time in our lives that should be treated with dignity and care."

Carolina, like Margo, is a trained End-of-Life Doula. She also is a Legacy Doula, who specializes in "life review and legacy work." Carolina, the youngest founder of the EOL collective, hopes to "facilitate meaning-making with loved ones" through life review. "Legacy work and life review," she says, "are ways of reconciling fear and isolation that can arise while dying by leaning into the appreciation, intention and interaction present in the process," considering "what it means to exist collectively."

Carolina is responsible for the North Coast EOL Collective's impressive and accessible web page, including all their graphic design. Her background as an artist and maker led her "to explore the meaning of legacy projects for members of [her] own family," a process through which she "fell in love with how stories of family, community, and connection become a bridge to carry our relationships across generations." The experience of creating her legacy project led Carolina to becoming "an educator and agent for end-of-life care."

Each founder came to deathcare work through individual experience that inspired a common passion for end-of-life advocacy. Spanning three generations, the three women had never met. But Margo notes that when they finally sat down together, the connection was immediate. "Old souls," she says, "as if we recognized each other."

Carolina reached out to Margo after hearing her interviewed on the radio. Already, Margo had been in conversation with Abby about end-of-life care. The three founders come from different but complementary professional backgrounds. Each experienced loss from loved ones' deaths personally, Carolina at a young age. They shared perspectives on end-of-life care and its urgency for community well being. A connection was forged at that first meeting. Abby, Carolina, and Margo committed their own resources to forming a collective dedicated to inclusive, community-based deathcare.

One year later, their nascent idea of an end-of-life collective was born. Margo explains that the North Coast EOL Collective's work is "creating community, connecting systems, and giving voice to what is too often unspoken."

The North Coast EOL Collective offers resources and education to anyone seeking agency over their own end-of-life experience and, more broadly, to any groups or individuals curious about death and dying. They are committed to creating a "culture of acceptance, challenging taboos and fears through conversation, education, questioning, and listening well." To this end, the EOL Collective offers educational forums and death cafes, both



Abby McNeil

in person and virtual. They offer "experiences where individuals are safe sharing their stories and being heard and seen."

Often, what people need is a safe space, "a place [to] grieve, process, and find their bearing. A space to be supported and comforted, respected and honored, and most importantly, connected."

The Collective works to normalize "cogenerational" conversations about death at the community level. Some of the conversations take place through Death Cafes. Death Cafes are gatherings of people, often strangers, who come together to talk about death (perhaps while sipping tea and eating cake). Typically, Cafes take place in a public space such as a local restaurant or other gathering spot. The cafes are informal, facilitated conversations without agenda.

Death Cafes are safe spaces to explore the complexities of death and life. Cafes offer people the opportunity to freely discuss their concepts, fears, and questions about death, without fear of recrimination or judgement. Death Cafes operate on the premise that allowing death a place in our conversations decreases the stigma and anxiety we attach to it.

Bernard Crettaz, a Swiss sociologist, is credited with initiating death cafes in 2004 with "Cafe Mortals" after the European tradition of gathering in public places to discuss various philosophical and scientific topics. Jon Under-

wood later expanded the idea in Britain, establishing Death Cafes in 2011. In the US, the first death cafe took place in 2012.

The North Coast End of Life Collective has facilitated six death cafes since its inception July 1 2023. Cafes have met in

person locally and Margo has been happily surprised by turnout and reception. The Death Cafes that the Collective has hosted virtually are attended by the local community as well as attendees from as far away as the East Coast.

Death Cafes are one of several services on the EOL Collective's menu that includes advance care planning and grief counseling. Another service is Doula support. An End-of-Life Doula, or Death Doula, is a trained nonmedical professional who supports dying people and their families through the end of life. The Collective's Doulas "offer compassionate, thoughtful end-of-life assistance to individuals and their chosen families."



Carolina Star Rett

Carolina specializes in facilitating Legacy Projects, a process of creating "meaningful and lasting contributions" to the world one leaves behind. According to the EOL Collective, "Art and storytelling can play a significant role in supporting and comforting individuals at the end-of-life" through reflection on their lived experiences. Legacy projects can take form as memory books, audio or video recordings, letters or messages to loved ones, memorials, or art installations. Legacy projects may not take physical form, yet "involve transmitting values, beliefs, and stories to future generations." The North Coast EOL Project, through these various services, helps individuals and families find meaning and purpose during the end-of-life journey.

Carolina characterizes Legacy work as sacred. "Through my legacy work," she says, "I craft a space in which the interconnection of collaborative and generational making is honored. Together we explore the ways in which stories and language are carried in the body and passed down, giving the dying and their loved ones the intentionality of a legacy."

A sacred gift, The North Coast EOL Collective offers an intentionality to dying. Legacy, "the invitation to create beauty and meaning from our lived experience and story," is one of the Collective's 4 cornerstone values that include:

Acceptance: "To be a container for the joy, suffering, and uncertainty of each person's lived experience and relationship with death and dying"

Belonging: "Person-centered, inclusive, equitable. Each person has a unique lived experience and story within our shared humanity"

Connection: "With a servant's heart to listen, bear witness to, and hold the story of each individual and family as a unique and integral part of our shared humanity and sense of place"

Well-being encompasses the whole of life, including the end. The North Coast EOL Collective, through their extensive professional expertise and personal journeys share the conviction that we live and die collectively, that there is great meaning in bearing witness and holding sacred the stories of our lives and deaths. After all, the Collective expresses in the words of Ram Dass and Mirabai Bush, we are all "walking each other home."

The North Coast EOL's next DEATH CAFE, "Making Visible the Invisible: A Community Conversation about Death and Dying" takes place JANUARY 7 at Bacana CoWork, 240 N Hemlock St, Cannon Beach. Following Cafe on zoom: JAN 21. Check the website for more upcoming events. www.northcoasteolcollective.com/events

"To honor our grief, to grant it space and time in our frantic world, is to fulfill a covenant with soul~to welcome all that is, thereby granting room for our most authentic life."

~Francis Weller

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WORD

Poetry at the Co+op

IN CELEBRATION of 50 Years, the Astoria Co+op will be marking the milestone all year long with local collaborations, events and more. Local poet, writer and storyteller

Cliff Taylor will be reading from his books, *The Memory of Souls* and *The Native Who Never Left*. Taylor is a member of the Ponca Tribe of Nebraska and passionate speaker and writer about the native experience.

Catch the reading on January 15 at 2pm in the indoor deli seating area at the Co+op, 2350 Marine Dr. in Astoria.



Wit & Wisdom Philosophy Talk

HOW CAN I be sure I am not always dreaming, (and what difference would it make if I were)?

Dreams are just dreams, and yet we never seem to realize that in the middle of them. How do I know the difference between dreaming and waking consciousness? Are dreams legitimate ways of knowing and experiencing the world in their own right? Is there a way that dreams are "real", even if they are different from our waking experiences?

Join Seth Tichenor for all things philosophy! No Cover. Thursday, Jan 11, 7-8pm. Fort George Brewery's Lovell Building, 1483 Duane Street, Astoria

The Devil's Eye – Stories of Indigo

CELEBRATE the Indigo-themed January Community show at the Hoffman Center! Attend a lecture presentation about the fascinating history of indigo dye, with Astoria artist and well-travelled Indigo explorer Iris Sullivan Daire.

Plant-based Indigo Blue has a long and complicated story with humans, quite unexpected to those unfamiliar. Our obsession with this color has uplifted it to the realm of the sacred and led to some of the most horrific actions in history. Learn a bit about the plants and the chemistry of the dye at the center of these many stories. Indigo might be a common thread that can help us face what has come before and find our way through these complex times we are living in now.

Sunday, January 14, 2-3:30pm. Cost: \$20. Hoffman Center in Manzanita, 594 Laneda Ave.

Open Mic: Indigo

CALLING CREATIVE FOLKS who wield words as their brush! The theme "Indigo" will also be featured at an Open Mic event on **Saturday, January 20th at 3pm** held in association with the Hoffman Gallery's January 2024 Community Art Show, themed "Indigo." Readers will be limited to five minutes. Watch IG and FB for more information as the date draws near.

Call for Submissions: Neahkahnie Mountain Poetry Prize

HERE'S YOUR CHANCE to have your poem published online and win a \$100 cash prize.

The winning poem and poet will be featured in the Hoffman Center Website and Newsletter in April. The top three winners will also be featured at a reading on Sunday, April 14th.

You may submit up to three poems of 30 lines or less, on any subject.

Each submitter must state a clear connection to the North Oregon Coast

in the biographical statement that accompanies the submission.

The contest will be limited to the first 50 poets who submit. The submission window runs from January 1 to 31. The winner will be notified in March.

There is a \$7 entry fee to enter the contest. All submissions must be made online at hoffmanarts.org. Please follow the specific guidelines.

The contest judge this year is Logan Garner, the 2023 winner of the Neahkahnie Mountain Poetry Prize.

6th Annual Writers Read Celebration Call for Submissions



ATTENTION WRITERS of all ages - this year's Writers Read theme, presented by the Cannon Beach Library is, "Beach Noir." Writers chosen to read at the Celebration can read in-person or on Zoom. You don't have to live locally to participate.

Noir detective fiction often takes place in a dark or foreboding setting, though the tone and descriptions can be unconventional or playful. Other elements may include flashes of humor, flawed underdog characters, or a crime scene.

RULES: All written formats will be accepted (essay, story, poetry, haiku, etc.). Writers may submit up to three entries, 600-word maximum per entry. A group of volunteer judges will select 10 to 12 works to be read by their authors during the Writers Read Celebration March 22, 2024. Submissions will be accepted by email (pre-

ferred) or mail. Submissions should be in Word format. Include a separate cover letter with your name, email and phone number - please no contact information on the entry document. **The deadline for submissions is February 2, 2024.**

SEND TO: Cannon Beach Library/ Attn: Writers Read Submission/ info@cannon-beachlibrary.org/ PO Box 486 Cannon Beach, OR 97110

The NW Authors Series Committee sponsors monthly author presentations and other events at the Cannon Beach Library. This is the sixth year of the Writers Read Celebration. Previous themes were: "Life on the North Coast," "The View from the North Coast," "Pandemic" and "Recovery?" and "What Would Hemingway Say?" Writers Read Celebrations on Zoom from past years were recorded and are available for viewing.

Rain Magazine Submissions

RAIN MAGAZINE, Clatsop Community College's long-running literary arts publication, welcomes art, photography, poetry, nonfiction, and fiction submissions **now through Monday, January 15th, 2024 for the 2024 edition.**

Rain welcomes submissions from the public as well as all Clatsop Community College and high school students. This year's theme section will simmer on the idea of "Food". This could include relationships with food, meals with loved ones, gathering over food, post-pandemic reconnection, cooking, dining out, cultivating and growing food, cultural identities, memories, travel—however the writer or artist interprets the concept.

All general submissions of art, fiction, poetry, and nonfiction not adhering to the theme will also be considered.

THE FAMOUS RIC'S POETRY MIC held the first Tuesday of each month takes place at its new location. No longer ye shall meet at the west end of Pier 11, but at the east end, 77 11th St. in Astoria at Winekraft.

All are welcome. Readers sign up beginning at 6:30, for a 5 minute presentation. Please practice to stay within the time limit. The Open Mic begins at 7pm to 8:30pm.

Ric's is hosted by Florence Sage and Jim Dott, event liaison Jennifer Nightingale, and Winekraft proprietor Rebecca Kraft.



ALBUM RELEASE: Jennifer Goodenberger

Sound Within Meditations for Solo Piano

By Jaime Lump

DECEMBER is over and the decorations and holiday music albums are back in storage. The new year marks a time for tidying up and starting over and, for many, January is a time of recuperation, rebalance, and healing amid a month of continuing cold, bitter winds, darkness, and sopping rains - perhaps this is the ideal time to put on some healing music.

North Coast pianist and composer Jennifer Goodenberger began working on *Sound Within* in 2007, her ninth recording. Her influence was drawn from Steven Halpern and Kay Gardner, composers of healing music from the 1970s and 80s, to create deep relaxing background melodies for meditation and self-reflection. Goodenberger began composing melodies in 2007, but found that she wasn't quite getting what she wanted, so put the music away for a number of years, only revisiting it periodically. But after studying the chakras under the teachings of yoga therapist Sally Anderson, her goals became clear and the album developed quickly during the spring of 2023.

According to the international yoga training institute, Arhanta Yoga, chakras are energy centers of the human body and lie within the astral body, meaning they cannot be seen or touched. There are seven chakras along the spinal cord from the base to the crown of the skull, each associated with parts of the physical body.

In *Sound Within, Meditations for Solo Piano*, each of the seven tracks corresponds to a specific chakra paired with a musical mode. Modes can be described by their pitches within musical scales characterized by their melodies and harmonies. Listeners of western music may be most familiar with two of the seven diatonic modes - Ionic which is equivalent to the major scale and Aeolian which follows the same pattern as a natural minor scale. Ancient Greek philosophers Plato and Aristotle both approached music as a vehicle for human emotions. Plato, in particular, considered a direct relationship between musical modes and human character. While there is no direct connection between chakras and modes, Jennifer paired each chakra with a mode by considering what each chakra meant and how each mode felt.

The album opens with *To Be Here*, a composition for the Root Chakra located at the base of the spine. Jennifer explains that, when balanced, the root chakra gives power to survival, grounding, and nourishment. *To Be Here* explores the Ionian mode, following the pattern of a major scale, which provides the listener with feelings of support,

nurturing, and reassurance.

The piece begins with a repetition of low notes played by Jennifer's left hand on the bass end of the piano. Her inspiration for this grounding technique came from the drone strings found on a sitar - low heavy strings that provide rhythm to East Indian music. As the piece ascends, Jennifer introduces an interval, defined by the distance between two notes measured by tones or steps. "Intervals have emotional meaning," she explains. In this piece, the 6th interval, which she describes as pleasing, awakening, and soothing, leads the movement of the music. Closing, the music revisits the drone of the left hand, pulling listeners back down to the ground. Each chakra expression is arranged similarly with a paired mode and corresponding interval.

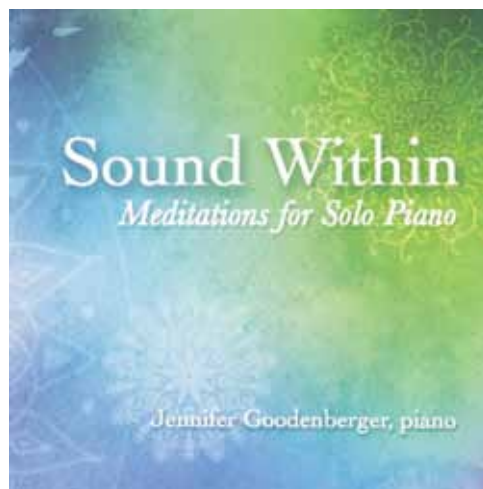
There are a number of ways to enjoy *Sound Within*. It creates a peaceful space for any relaxing activity, like reading and yoga. Various yoga poses correlating with the chakras can be explored with each composition. Jennifer's advice: "Just listen. Allow the music to enter the body and let the body move to the music." Listening with intention invites quiet meditation and a chance to check in on each of the energy centers - root, sacral, solar plexus, heart, throat, third eye, and crown - and give the body space to rebalance and heal.

Sound Within can be purchased on Jennifer's website, www.jennifer-goodenberger.com, and is available on all listening platforms. Be sure to explore the album's page to read more about the chakra, mode, and interval used in each piece.

PHOTO: Kathleen Barber

Jennifer Goodenberger is a pianist, composer, visual artist and poet.

Her compositions are a mesmerizing fusion of classical, improvisational and contemporary styles. The music is transcendent, meditative, moving, and deeply peaceful. Because of these qualities, her music is often used in the healing arts, especially massage and yoga, as ambient music for creativity and relaxation, and in birthing and hospice. It has also been used for film soundtracks. Including *Sound Within* (2023), she has 5 CDs of original solo piano music, *Return* (1999), *Mystical* (2002), *Breathe Peace* (2009), and *Sonnet* (2013); plus *Simple Gifts: American Folk Songs* (2006), *Christmas Reflections* (2007) and *Lark in the Clear Air: Contemplative Melodies from Ireland* (2011).






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WEEKLY EVENTS



Nevada Sowle

You may recognize his easy going resonant voice on the airwaves of KMUN delivering PSAs, a side job to his former position in the engineering department. You may also recognize Nevada Sowle as a bass player in local bands between his touring travels with west coast acts Bart Budwig, Desolation Horse, MAITA, Joseph Hein, and An American Forrest. And in between all of that, Nevada Sowle is shaping his own solo sound, considered more pop than folk-america, he's an artist to listen and follow.

Follow him Saturday, Jan 13, 7-8:30pm, No Cover at the Sou' Wester in Seaview.



Jon Lee

Singer, Songwriter, and Storyteller Jon Lee is a native Northeasterner and a recent transplant to the Peninsula. He's performed several years at the Fisher Poets Gathering, wooing audiences with his sweet country stylings.

Saturday, Jan 13, 4pm. Tickets \$15 at Peninsula Arts Center. Get Tickets at peninsulaartscenter.org



Johnny Franco & His Real Brother Dom

Walk down any street in Portland, Oregon and you are sure to encounter a mustachioed Brazilian rock and roll troubadour named Johnny Franco. Moving from Sao Paulo, Johnny has developed a following in Portland for his high energy street performances and stylish music. Signed by music producer Sterling Fox (Lana Del Rey, Elle King) on his label Blanket Fort, Johnny has released a debut EP "Experience Report #1" that feels instantly timeless and two singles "Stay Real & Shelter The Light" combining Dylan-esque vocal stylings with a unique jangly Brazilian influenced beat.

Whether from accompanying his famous-singer-father, Moacyr Franco, around the country, to starring in TV-shows at the age of 9, Johnny can do it all.

Sunday, Jan 21, 6-8pm. Nicht Cover. Fort George Lovell Room in Astoria

Saturday 6

MUSIC
Astoria Conservatory Fall Student Recital. Free, 6 – 8pm at the Larsen Center in Astoria.

JT Trawick. Bluegrass, Folk. 7 – 9pm at Pickled Fish in Long Beach.

Tomo Nakayama. One of Seattle's most notable artists of varied genres, including indie folk, and dance. Free, 7 - 8:30pm at the Sou'wester Lodge in Seaview.

Red Beans & Rice 7-9pm - southern blues, originals. Dobro, guitar, vocal harmonies. Other Brother's Bar in CB

THEATER & PERFORMANCE.
Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING
Film Screening of a British Action Comedy. Free, 1pm at the Seaside Library.

Sunday 7

MUSIC
Bikini Drone. Hailing from Mexico, Italy and the US, Bikini Drone mixes Italo

Disco with dreamy Tropicana and world spy pop. 6-8:30pm at Fort George Lovell Room in Astoria.

Monday 8

MUSIC
Folk Songs. An evening of Folk Music from other countries. Free, 7pm at St Johns United Church of Christ in Tillamook.

Wednesday 10

HAPPENING
Clatsop County Cultural Coalition Awards. 6:30pm at the Coaster Theater in Cannon Beach.

Thursday 11

LECTURE & LITERARY
Wit and Wisdom. How Can I Be Sure I am Not Always Dreaming? 7pm in the Lovell Showroom at Fort George in Astoria.

THEATER & PERFORMANCE.
Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Clatsop Behavioral Healthcare Unveils Plans for New Property. The event will feature CBH representatives, architects, and developers. Attendees will have the opportunity to learn about the features of the proposed housing and the services that will be offered on-site to support future residents. 5 – 7pm at the Red Building in Astoria.

Friday 12

MUSIC
The Oyster Crackers. Folk, Celtic, Americana and originals, coastal quartet the Oyster Crackers perform sweet harmonies, 7pm, \$20, online at kalaastoria.com. At KALA in Astoria.

Gabe Hess. R&B, Country. 7 – 9pm at Pickled Fish in Long Beach.

Chelsea Lafey & John Orr 7-9pm - Jazz standards, new & old, blues. Vocal sweetness, guitar, baritone ukulele, surprise instruments. Other Brother's Bar in CB

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

THEATER & PERFORMANCE.
Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Saturday 13

MUSIC
Jon Lee. Singer/Songwriter/Storyteller. \$15, 4pm at the Peninsula Arts Center in Long Beach.

Nevada Sowle. Astoria-based singer/songwriter. Free, 7 - 8:30pm at the Sou'wester Lodge in Seaview.

ART
Second Saturday Art Walk. 5 – 8pm in downtown Astoria.

THEATER & PERFORMANCE.
Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Sunday 14

MUSIC
New Beginnings. With the Fiskare String Quartet. Free, donations accepted. 3pm at the Charlene Larsen Center in Astoria.

MONDAY

Burgers & Jam Night at the Cannon Beach American Legion, every Monday from 6-8 pm, open to the public. Richard Thomasian, Dave Quinton, Bill Gaylord, Randy Weese, and Chelsea LaFey. Jammers welcome.

Music Monday with Gary. 1-3pm at Seaside Coffee House.

TUESDAY

Bingo Night. 6 – 8pm at Pelican Brewing Company – Cannon Beach.

WEDNESDAY

Live Bluegrass Music. With Small Towne. No cover, 6-8pm at Burly and the Bean in Seaside.

Trivia at the Merry Time. Trivia with host Sara Lu. 21+ . Sign-ups at 6:30 and play at 7pm. Bingo-Trivia at 9pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

THURSDAY

Small Farms Marketplace. Shop for eggs, veggies, bread, meat, prepared food, tea, coffee, and more. Customers can shop online Sunday-Tuesday each week and pick up their order Thursday 3-6pm at the North Coast Food Web in Astoria. Accepts SNAP EBT, cash, check, or debit/credit payments. Also accept Farm Direct checks seasonally (FDNP). Shop online at northcoastfoodweb.localfoodmarketplace.com

Guitar Noir with Joey Altruda. Jazz standards. 5 – 7pm at WineKraft in Astoria.

Karaoke with Lorraine. No cover, 7 – 10pm at the Labor Temple in Astoria.

The Hackles and the Horse-necks. Folk +. 5 – 7pm at Obelisk Beer Co in Astoria.

Karaoke at Xanadu 7-10pm Astoria

Crafternoon. Come in person or Online to Craft and make friends. All crafts and skill levels welcome. 1 - 3pm at Purly Shell Fiber Arts in Ilwaco.

Trivia Night. 6 – 8pm at Pelican Brewing Company – Cannon Beach.

FRIDAY

Skate Night. Roller skating family fun. 5 – 9pm at the Astoria Armory.

Virtual Open Mic. Live online from the Peninsula Arts Center in Long Beach. 6:45 – 8:30pm. get link

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.

SATURDAY

Liberty Theater Guided Tours. \$10, Noon and 1pm at the Liberty Theater in Astoria.

Craft Brewery Tours. Starting at Hondo's Brewery in Astoria. Then transport and have fun walk abouts in Astoria, Seaside and Cannon Beach. Free.

Karaoke at Xanadu 7-10pm Astoria

Skate Night. Roller skating family fun. 5 – 9pm at the Astoria Armory.

SUNDAY

Sunday Nostalgia with Barbara Anne. Folksinger Barbara Anne plays folk rock, covers and originals, and often is joined by her musical friends. 1-4pm at Winekraft in Astoria

Karaoke with Connor. No cover, 7 – 10pm at the Labor Temple in Astoria.

Kitchen Music. An informal song circle. If you are a musician (beginner or experienced), a singer or songwriter, or if you just enjoy listening to good music and maybe even singing along, please join in. 3 – 5pm at Long Beach Grange.

The String Conspiracy performs at The Bistro in Cannon Beach every Sunday, 5:30-8pm, reservations required. Chelsea LaFey, Richard Thomasian, Dave Quinton are the best kept secret in town, playing an eclectic mix of all genres of music.

Sunday Gems. Open Jams 3 – 6pm at the Other Brother's Bar in Cannon Beach.

Chris Couch. Portland music scene staple, and member of band touring Worlds's Finest, Couch branches out to solo. 6-8:30pm at Fort George Lovell Room in Astoria.

Cantrip. Celtic. \$35, 2pm at the Lincoln City Cultural Center.

LECTURE & LITERARY

The Devil's Dye – Stories of Indigo. With Iris Sullivan Daire. \$20, 2 – 3:30pm at the Hoffman Center in Manzanita.

Wednesday 17

MUSIC

Millionth Street. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Thursday 18

THEATER & PERFORMANCE.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Friday 19

MUSIC

Rogue Trio 7-9pm - rock, country rock, pop, blues. Guitar, bass, drums, vocals. Other Brother's Bar in CB

THEATER & PERFORMANCE.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Saturday 20

MUSIC

Kris Stuart. Folk, Blues, Country. 7 – 9pm at Pickled Fish in Long Beach.

Girgoyle. Indie rock. Free, 7 - 8:30pm at the Sou'wester Lodge in Seaview.

HAPPENING

Ecstatic Dance. Lead by Amana Bock. 6pm – 7:30pm every first and third Friday. \$15 sliding scale. At AAMC in Astoria.

LECTURE & LITERARY

NW Authors series. Local author Deb Vanasse will present from her work. Free, 2pm at the Cannon Beach Library.

Open Mic: Indigo. Indigo will be the theme for this open mic session.

3 – 4:30pm at the Hoffman Center in Manzanita.

THEATER & PERFORMANCE.

North Coast Comedy Night. Imani Denae & Tyler Boeh. \$10. 18+, 8pm at the Liberty Theater in Astoria.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Film Screening of an 80s Cult Classic. Free, 1pm at the Seaside Library.

3rd Saturday Craft Sale. 10am – 4pm at Cannon Beach American Legion.

Sunday 21

MUSIC

Johnny Franco & His Real Brother Dom. Born and raised in São Paulo, Brazil, Whether from accompanying his famous-singer- father, Moacyr Franco, around the country, to starring in TV-shows at the age of 9, Johnny can do it all. 6-8:30pm at Fort George Lovell Room in Astoria.

THEATER & PERFORMANCE.

Misery. Drama. \$20, 2pm at Theater West in Lincoln City.

HAPPENING

Artful Breakfast. All-you-can-eat eggs, pancakes, and more. \$5, 8am – noon at the Bay City Arts Center.

Wednesday 24

HAPPENING

Seaside Senior Class Fish Fry Fund-raiser. \$25 for adults, \$15 for kids 12 and under. 5 – 8pm at Mo's Seafood & Chowder House in Seaside.

Thursday 25

LECTURE & LITERARY

Nature Matters. Stuart Udall: The Politics of Beauty documentary screening. Free, 7pm at the Lovell Showroom in Astoria.

History and Hops. Salt. With Tom Wilson. Free, 6 – 7pm at Seaside Brewing.

THEATER & PERFORMANCE.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

USCGC Steadfast Decommissioning Ceremony. At Main Street Pier next to the Columbia River Maritime Museum in Astoria.

Friday 26

MUSIC

The Chelsea Jazz Trio. Vocalist Chelsea LaFey, guitarist John Orr and bassist Clarence Robinson perform jazz standards. 7:30pm at KALA. Tickets online at kalaastoria.com.

Eric Nordin 7-9pm - Original new rock, folk, blues. Killer guitar, vocals. Other Brother's Bar in CB

THEATER & PERFORMANCE.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

Saturday 27

MUSIC

Rio Con Brio. Brazilian Choro. \$25, 4pm at the Peninsula arts Center in Long Beach.

Jonah Sissoyev. Solo Country/Americana, song/songwriter. Free, 7 - 8:30pm at the Sou'wester Lodge in Seaview.

LIVE Music at Other Brother's Bar. TBA 7-9pm. In Cannon Beach

LECTURE & LITERARY

Author Presentation. Author Cheryl Gill, will be giving a talk and presentation on her book, "A Very Simple Estate Planning Guide." Free, 2pm at the Seaside Library.

ART

Tillamook Downtown District Art Walk. 1 – 3pm in downtown Tillamook.

THEATER & PERFORMANCE.

Misery. Drama. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

Pie Day Auction and Feast. Pie auction and pie and ice cream feast. \$15 admission, 3pm at White Clover Grange, Nehalem.

North Coast Throwdown Cornhole Tournament. Free - \$50, 11am – 5pm at the County Fairgrounds in Tillamook.

Sunday 28

MUSIC

Innocent Alex. Astoria's Brothers Jiroudek, Evan and Lake, serenade you with Everly Brother charm and brilliant original pop writing. . 6-8:30pm at Fort George Lovell Room in Astoria.

Wednesday 31

THEATER & PERFORMANCE

Proof. 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 1

THEATER & PERFORMANCE

Proof. 7:30pm at the Coaster Theater in Cannon Beach.

LECTURE & LITERARY

Manzanita Writers Series. Solo Speak Presentation. Hear students from the Storytelling Workshop present their stories. 2pm at the Hoffman Center in Manzanita.

THEATER & PERFORMANCE

Shooting Star. A bittersweet romantic comedy. \$25, 7:30pm at The Ten Fifteen Theater in Astoria.

Friday 2

HAPPENING

Ecstatic Dance. Lead by Amana Bock. 6pm – 7:30pm every first and third Friday. \$15 sliding scale. At AAMC in Astoria.

Saturday 3

MUSIC

Stephanie Anne Johnson. \$25, 4pm at the Peninsula Arts Center in Long Beach.

Chelsea LaFey & the Salt Shakers. Every first Saturday of the month starting Feb 3, doors open 1:30, \$15 cover, cash only, free swing lesson at 2pm, music 3-5. No food or alcohol. Non-alcoholic drinks available for sale, at The Netal Grange in Lewis & Clark.

Night Brunch. Night Brunch (Portland) brings their dense vocal harmonies and jangular guitar riffs but leaves a few decibels at home for an intimate "Light Brunch" version of their timeless groovemath. Free, 7 - 8:30pm at the Sou'wester Lodge in Seaview.

THEATER & PERFORMANCE Shooting Star. A bittersweet romantic comedy. \$25, 7:30pm at The Ten Fifteen Theater in Astoria.

Sunday 4

MUSIC

North Coast Symphonic Band. Over the Pond & Back. \$15, 2pm at the Liberty Theater in Astoria.

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

ART

Art for the Heart. A community celebration of the heart and artist reception. Artist Reception, Art Sale, Live Music with Ivan Danilich. 1 – 3pm at the NCRD gallery in Nehalem.

THEATER & PERFORMANCE Shooting Star. A bittersweet romantic comedy. \$25, 3:30pm at The Ten Fifteen Theater in Astoria.



Innocent Alex

GROWN UP in Cannon Beach, off to music schools and destined for L.A. brothers Jiroudek, Lake and Evan spent some years doing the music thang in tinsel town.

Writing, recording, playing venues and sidemen to many up and coming songwriters,

A return back to the coast during COVID, leaves Jiroudek fans the better. Playing as support on each other tunes, they released a co-album No More Heroes with a full band in 2022—indie rock with Beach Boy sensibilities, and co-vocals reminiscent of the Everly Bros. Brother Lake has been out and about on his own, but the bros are putting the band back together for a Lovell room gig. They're a dynamic duo! Check 'em out.

Sunday, Jan 28, 6-8pm. No Cover. Fort George Lovell Room in Astoria.



Inspired by her life in the Pacific Northwest and the strong women that raised her, Stephanie Anne Johnson writes and sings the way she lives: loud and full of emotion. From national television to intimate house concerts, she can rock your night, make you fall in love, bring you eto tears, and empower you.

Though classically trained, Stephanie's repertoire covers Americana and R&B to arias and rock and roll. She brings real life to every performance and takes the audience on an unforgettable ride.

Saturday, Feb 3, 4pm. Tickets \$25. at Peninsula Arts Center. Get Tickets at peninsulaartscenter.org



NIGHT BRUNCH (Portland) brings their dense vocal harmonies and jangular guitar riffs but leaves a few decibels at home for an intimate "Light Brunch" version of their timeless groovemath.

Saturday, Feb 3, 7-8:30pm. No Cover. Sou'Wester in Seaview.



Chelsea LaFey & the Salt Shakers. 40s Juke Joint Swing! Every first Saturday of the month (starting Feb 3) doors open 1:30, \$15 cover, cash only, free swing lesson at 2pm, music 3-5. No food or alcohol. Non-alcoholic drinks available for sale, at The Netal Grange in Lewis & Clark.

North Coast Chorale



PHOTO: SEAN MOLLOY

SIGN UP FOR SINGING

You're invited! To start the new year with the North Coast Chorale!

New to singing, or has it been awhile? If you are at least 18 years old and can breathe and make sound, you can sing, & auditions are not required. Director, Dr. Vincent Jones-Centeno is supportive, inspiring and fun loving. Making music together is a joy, even when the next concert is titled, "The Macabre". The spring concert will be in mid May, 2024, and will feature selections from *Sweeney Todd*, *The Little Shop of Horrors*, and *Phantom of the Opera*. NC Chorale will be joined by the Astoria Music Conservatory Children's choir, who will share selections from *Matilda*.

Singing is known to have health and wellness benefits, and singing with others is fun!

Registration opens Tuesday, 1/9/24, 5:00 pm at the Larsen Center, located on the corner of 16th and Franklin in Astoria. Rehearsals will start that same evening, 1/9/24, and continue every Tuesday from 6:30 to

New Beginnings: A New Year Music Celebration X3

WELCOME the new year with music by three coastal instrumental ensembles at the Larsen Center. This afternoon concert introduces the **Fiskare String Quartet**, Astoria High School's very own string group; Len Bergman, Allyson Fabela, Eliot Adams, Audrey Cereghino and Dylan Morrow. They are joined by performances by the **Quadraphone Sax Quartet** and the **Astoria Tuba Quartet**.

Sunday, January 14, 3pm. This is a free concert. Donations may be made the Larsen Center for the Performing Arts. The corner of 16th and Franklin in Astoria.



The Fiskare String Quintet (Fiskare: Swedish for fisherman) play at KALA (Finnish for fish), for 2023 "Make Music Day" last June.

THEATRE COMING UP

The Coaster Theatre
PROOF by David Auburn
Opening Jan 26

ON the eve of her twenty-fifth birthday, Catherine, a troubled young woman, has spent years caring for her brilliant but unstable father, a famous mathematician. Now, following his death, she must deal with her own volatile emotions; the arrival of her estranged sister, Claire; and the attentions of Hal, a former student of her father's who hopes to find valuable work in the 103 notebooks that her father left behind. Over the long weekend that follows, a burgeoning romance and the discovery of a mysterious notebook draw Catherine into the most difficult problem of all: How much of her father's madness—or genius—will she inherit?

January 26 - February 18. Fri/Sat Performances begin at 7:30pm. Sunday shows start at 3pm. TICKETS: \$30 and \$25. Tickets available online, at the theatre box office or by calling 503-436-1242.

The Ten Fifteen Theatre
Shooting Star by Steven Dietz
Opening Feb 2

Shooting Star explores the woulda-coulda-shouldas that come with examining one's past relationships. This tender-hearted story of past love is perfect for fans of both traditional and nontraditional romance... just in time for Valentine's Day! This production marks the first of the community theater's new season and will play for three weekends in their Downtown Astoria space.

SNOWED in overnight at a middle-America airport, college lovers Elena Carson and Reed McAllister have an unexpected and life-altering reunion. Elena has stayed true to her hippie-ish, counter-culture path, while Reed has gone predictably corporate and conservative. As the night gives way to laughter, banter, remembrance and alcohol, Elena and Reed revisit a past that holds more surprises than they imagined—and a present that neither of them could have predicted. Filled with laughter and ache, Shooting Star is a bittersweet romantic comedy about the middle days of our lives, and how we got there.

Directed by Danyelle Tinker. Featuring Gigi Chadwick and John Darcy. Feb 2- 17. Tickets \$25. Online at thetenteentheater.com.

NC COMEDY NIGHT



JUST 3 YEARS in comedy and making her NC Comedy Night debut, **IMANI DENAE** is one of Host Drew Wilson-McGrath's new favorites up and coming.

Known for her unique observations, witty puns, and social commentary, Imani was named one of the Willamette Weekly's 2023 Funniest Five comedians and was also named an Undisputable Geniuses of Comedy in 2023 (a statewide honor!). Through her comedy, Imani brings more awareness to the experiences we go through in our everyday lives, while at the same time making her audience laugh at things they probably didn't expect to laugh at.

In a WW interview she admits that much of her early standup was dick jokes:

"I'm not a size queen at all," one setup goes. "I don't care if you have a big dick or a little dick. I grew up Christian, and I know the Bible says God won't give you anything you can't handle. It's in Corinthians; you should look it up." - Willamette Week, Jan 2025.

But, not without intention as her mission is to demystify the aspects of dating and sex.

"I feel like I'm the best dick joke writer," she says. "It's a really big claim, but I feel confident in my weird ability to write dick jokes, even though I don't have one." - WW 2025.

Further into the interview, she talks about writing "less silly" material, working with perspective shifting jokes, pushing for more empathy and less rote judgement.

Her progress on the stage and comedy front - over 55,000 Instagram followers, starting her creative podcast Rap Dumbass and co-hosting the weekly showcase Giggles Gone Wild at Portland club The Get Down.

Start your year off with some thoughtful humor and Imani, who'll make you think and laugh at the same time.

PLUS National touring act and on-tv-screen comedian, the delightful Tyler Boeh, specializing in social commentary.

Saturday, Jan 20, 8pm, Admission \$10. 18+. Doors open 7pm. Liberty Theatre in Astoria.



Over The Pond North Coast Symphonic Band

DIRECTOR TERRY DAHLGREN has chosen pieces by British and American composers that reflect the national heritage and musical personalities of the United Kingdom and United States. You'll hear folk songs, Beatles tunes, and a unique version of "76 Trombones" that will leave you cheering!

Sunday, Feb 4, 2pm. Gen Admission \$15. Free admission 18 & under. At the Liberty Theatre in Astoria. Doors open early for Lower Lobby concessions, drinks and snacks to enjoy during the show!

Designer Mary de la Salandra *Atelier Obscura* at Made in Astoria

MARY DE LA SALANDRA'S career as an independent designer of clothes, shoes and toys spans 40 years in six galleries of her own making, in three countries. De la Salandra's designs are carefully crafted with quality materials, often including hand stitched



Mary and Machine

elements. Her last boutique, located on Commercial Street in Astoria (2014-2019), holds fond memories, like all her shops. The interiors were as eclectic as her handmade garments and testified to her architectural background where she built light fixtures and large 3D theatrical flats to distinguish each space.



de la Salandra classic

Her three shops in Portland (1986-1996) featured window displays with a large pond full of live fish and a grand piano. All of them felt other worldly. She worked onsite in a European style with sewing machines, an ironing board, and cutting table, surrounded by bolts of imported fabrics. In search of a thatch-roofed cottage, de la Salandra relocated to England and then southwest France, where she opened two more shops in her 13-year stay, before returning home to Oregon. She continues operating an atelier out of her home, fittingly, an enchanting European style stone house.

De la Salandra's Atelier Obscura opens at Made in Astoria on January 13 and runs through February 7. See her handmade designs and meet de la Salandra from 4:00



de la Salandra, France

to 6:00pm. Made in Astoria is located at 1269 Commercial Street, and is open Wednesday through Sunday from 12:00 to 5:00pm and by appointment.

Karen Abel Ceramics at Brumfield Gallery

OPENING JANUARY 13, during Astoria's second Saturday Art Walk, Brumfield Gallery presents an exhibition of new work by Karen Abel. Karen is known for her hand-built and slab-built ceramic structures that often feature textured surfaces with scenes influenced by the landscape. The theme for this new body of work is the idea of finding sanctuary from the storm. With some of the work, she has modified her usual way of working by pushing, curving, and twisting the structure to reflect the surging waves.

Karen Abel has worked with clay for over 30 years while pursuing a career in advertising and marketing in the Puget Sound area. She holds a communication and advertising degree from the University of Washington and has taken various ceramic and glass courses at the Kirkland Art Center, Pratt Art Center and Bellevue College. She was the founding executive director of ArtEast, a non-profit art center in Issaquah, Washington and currently consults on the development of visual art spaces, artist organizations and arts business models. She now maintains a full-time studio practice at Whidbey Clay Center on Whidbey Island as well as at her private studio in Central Washington.

Karen will be in the gallery from 4pm for an informal meet and greet. The gallery is open through 8pm during Art Walk. There will be a musical performance at 5:30pm



by singer songwriter Meredith Trospen, accompanied on guitar by Steven Christofor. Brumfield Gallery showcases ceramic and mixed media sculptures and figurative painting. The gallery is open Wednesday through Saturday 11am-5pm and Sunday 11am-4pm. It is located at 1033 Marine Drive in Astoria, Oregon. The artwork is also available from the gallery's website at www.brumfieldgallery.com. (503)741-3439

AND/OR: Four Mixed Media and Assemblage Artists at RiverSea Gallery



J. Allen, *rainy Day Dreaming*

RIVERSEA GALLERY opens AND/OR: a group show presented by guest curator Matthew Palmgren who brings together four extraordinary mixed media and assemblage artists from Oregon, all highly regarded figures in the Pacific Northwest arts scene: James Allen (courtesy of Russo Lee Gallery, Portland, OR), Rex Amos, John Stahl, and Judy Vogland. All are compelling visual storytellers whose exemplary artworks display an inventive approach to mixed media, and who have continued to inspire many artists over decades. The show opens during Artwalk on Saturday, January 13. View the artwork beginning at noon and attend the evening reception from 5:00 to 8:00. Enjoy libations and refreshments, plus musical accompaniment

by guitarist John Orr with Clarence Robinson on string bass. The show continues through February 6, 2024.

James Allen, a nationally acclaimed artist represented by Russo Lee Gallery in Portland, turns to illustrated books as his inspiration and his art medium. He excavates his chosen volumes, artfully exposing select images at multiple layers within the book to create each delightfully complex, cohesive work of art. The iconic Oregon artist Rex Amos has spent many years living quietly in Cannon Beach. His exhibition history stretches back to the avant garde scene in 1960s Portland where he became known as the first assemblage artist in the Pacific Northwest and played jazz in local clubs. His artwork is in museum collections and the Willamette University Archives holds a repository of his papers. A short biopic about him was shown in the 2023 Astoria International Film Festival.

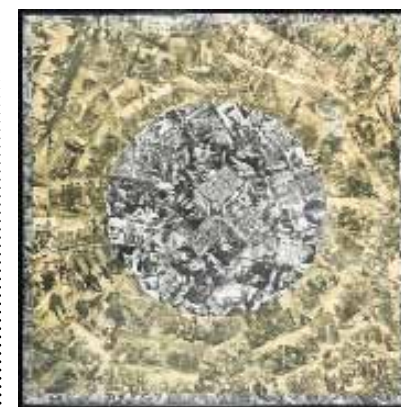


J. Stahl, *Collar View-print*

John Stahl (1937-2017) was an eminent artist, educator, and environmental activist working in many different styles and mediums. From his home in Netarts Bay, he demonstrated his profound love of the Oregon Coast in a prolific variety of work. He was an influential figure whose 45-year exhibition history in the Pacific Northwest included key galleries and museums. His work is in the permanent collections of the Portland Art Museum and Hallie Ford Museum of Art, Willamette University.



Judy Vogland



R. Amos, *Intelligent Design-print*

Judy Vogland, represented by RiverSea Gallery, is a renowned artist from Portland whose exhibition history and teaching practice span more than four decades. Her collage and assemblage artworks are compilations of historical photographs, documents, ephemera, and found objects. They burst with a heady mix of rollicking tales, both real and imagined, packed with layers of intriguing history, striking characters, and improvised situations.

Curator of the show, Matthew Palmgren, is a visual artist living in Astoria, represented by RiverSea Gallery. He holds a BFA in Fine/Studio Arts, Sculpture, and Industrial Design from Western Washington University. For the past five years he has been assistant curator for the Columbia River Maritime Museum in Astoria, a position that connects him to the maritime and fine arts worlds.

RiverSea Gallery is open daily at 1160 Commercial Street in the heart of historic Astoria. For more information, call the gallery at 503-325-1270, or visit the website at riverseagallery.com.



Man Who Takes His Shadow for a Walk, 60x36.

Nicholas Knapton Conversations with Gavi at IMOGEN

IMOGEN presents a long-awaited exhibition for Nicholas Knapton, a Pacific Northwest artist who has been balancing his career between Astoria, Oregon and Berlin, Germany for nearly three decades. This series, *Conversations with Gavi* encompasses

years of connection to a long-time friend, despite distance, via artistic expression. Knapton brings paintings, drawings and silk screen prints for his solo exhibition that opens during Astoria's Second Saturday Artwalk, January 13. Knapton will be at the gallery Saturday, January 13, 5 - 8 pm. The exhibition will be on view through February 5.

Knapton, born in York, England and raised in Astoria has a fascinating story. His sense of connection to home is strong, regardless of how far away he found himself and with the ever present need to immerse himself in other cultures, studying other languages and always gathering knowledge from wherever he landed to then imbue into his artwork. Back in his Astoria studio he has been creating new paintings, considering conversations with a longtime friend in Berlin. These conversations may feel insignificant in the moment but sometimes lead to the framing of one's identity. This exhibition is about personal connections, enjoying years of shared philosophy over tea and ultimately exploring what may seem mundane, to the life altering profound. He also includes drawings done while still in Berlin, the bridge from here to there.

Knapton continues with his recognizable direct and edgy abstract style, however within this series he brings brighter color to his palette. Gone is the moody darkness inspired by old gritty Astoria and war-torn East Berlin, instead turning to a more playful upbeat pallet, perhaps reflecting a hopeful future that we all look towards. His style still contains reference to the avant garde German Expressionist movement, an inescapable influence from his years living in Berlin within the rebellious counterculture, after the Wall came down and the unification of the country.

Knapton, who began his art studies at Clatsop Community College under the tutelage of Royal Nebeker and Richard Rowland has balanced a career that has taken him back and forth between two very distinctive art communities, exhibiting his work here in Astoria, Portland to the other side of the Atlantic in Berlin, Paris, Estonia, and other European art houses. This dual career is what inspires him, allowing him to participate in an epicenter to creative thought while also bringing it home to a quieter village lifestyle. It is living here, in a more rural setting, that gives him space to contemplate his broader experiences, shaping and defining his focus. His experience in both communities translates to a bold

painterly style where both dynamic layers of energy and spontaneity find spaces of open calm and dynamic use of color.

Knapton's flexibility in lifestyle has allowed him experiences few will encounter. After finishing studies at Clatsop Community College, he headed to Portland where he attended Portland State University, studying under Northwest notables such as Mel Katz, Linda Wysong and Susan Harlan. With a strong core of knowledge, Knapton then jumped into the then bur-



Scratched Up Figures, 50 x 30.5

geoning Berlin art scene. While in Europe he assisted with the restorations of the Royal Opera House at Covent Garden, London, and participated in the Wrapped-Reichstag project by famed installation artists Christo and Jeanne Claude in Berlin. Back home, his figurative work has been juried into the annual Au Naturel International Juried Exhibition multiple times by acclaimed art professionals, including an awarded purchase prize from the college. He continues to exhibit his work both in the Northwest as well as Berlin.

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

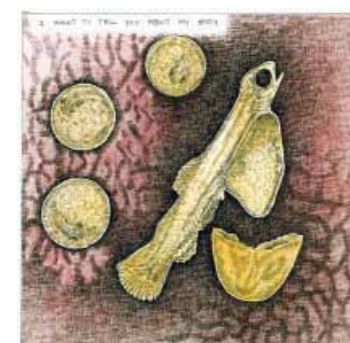
AVA Showcases Former Artists-in-Residence

FORMER AVA artists-in-residence, **Amelia Santiago** and **Anna Kaufman**, will be featured in a joint show showcasing the work they completed during their 6-month residency stay in 2023. The show will open January 13 during Astoria's Artwalk from noon to 8:00pm and run through February 4. Santiago's work celebrates the historic landscape of Astoria, exploring painting iconic houses using a traditional approach of portraiture. With this new body of work Santiago experimented with mediums and worked to express her feelings of being a part of this artistic and creative community. "This was a new endeavor for me as my previous work has always been figurative. But in my seven years here I find my sketchbook filled with more painted ladies and less faces." This body of work is created in gouache and ink using both resist and a reductive process.



Amelia Santiago

Kaufman will present a selection of a larger ongoing project,



Anna Kaufman

"I Want To Tell You About My Body", a fragment of a graphic poem, which is autobiographical in nature. The series explores our existence in the context of the world around us—as relational beings. As an environmental scientist, Kaufman studies the local ecosystems, and her art often reflects the environment of the Pacific Northwest: the complex interactions between rivers, oceans, forests, and their faunal inhabitants. "This has been my meditation on the life we breathe into each other. In this era of turbulence—a changing climate, senseless wars, political strife—it is a reflection on the cycles of birth, decay, death, transformation, and togetherness."

See the AIR show from January 13 through February 4 at AVA, 1000 Duane Street in Astoria, open Friday, Saturday and Sunday from 11am to 3pm.

OPEN CALL FOR FISH ART

ASTORIA VISUAL ARTS invites artists to submit work for a community exhibit at AVA featuring salmon related artwork in honor of the 26th annual FisherPoets Gathering in February. Artists may submit 1 to 3 pieces made using any media and in any size, keeping in mind that space is limited so work that is over 36" wide must be approved by AVA. Artwork needs to be delivered to AVA at 1000 Duane Street in Astoria, February 6 from 10:00am to noon or February 7 from 4:00 to 5:30pm or by arrangement. Artwork does not need to be for sale. The exhibit will open February 10 and run through March 3. For more information, please visit www.astoriavisualarts.org.

Kaufman and Sanchez Receive Agnes Field Artist Awards

Astoria Visual Arts is pleased to announce that Astoria artists Anna Kaufman and Roy Sanchez have each received \$500 for the second annual Agnes Field Artist Awards. Kaufman will continue working on a multi-media environmental activism installation to raise awareness of the ecological and cultural impact of a new lithium mine in Tracker Pass, Nevada. Sanchez will be taking classes through the Small Business Development Center to learn about how to establish a new business. This opportunity to help regional artists is the result of the collaborative efforts of longtime friends, artist Agnes Field and arts supporter L.C. Smith, whose dedication and commitment to the arts in our community over the years have en-

The Hoffman Center Indigo Community Show

THE THEME for the 8th Annual Hoffman Community Art Show is "Indigo." The exhibit features a diversity of media: paintings, prints, collage, textiles, metals, wood, ceramics, writing, and more.

Accompanying Events:

The Devil's Dye - Stories on Indigo, with Dye artist Iris Sullivan, Jan 14, 1-3:30pm.

Open Mic: Indigo. Sat, Jan 20 at 3pm.

An Artist reception takes place on Jan 6, 1-4pm. Visit the Hoffman Gallery and Indigo Show, Jan 6-27, 12 to 4pm, Thurs - Sun. 594 Laneda Ave in Manzanita.



Kyla Sjogren, collage

By Kate Cooper • Animal Rescue Volunteer



MEET MOOSE, your new best friend! Moose is a true gem in the world of dog companionship. Moose is potty trained and keeps his space clean, showcasing his well-mannered nature! Long walks, treats, and belly rubs are among his favorite things in life. This 7-year-old Pit Bull mix is seeking his forever home. Moose is affectionate and loving, an absolute cuddle enthusiast who thrives on giving and receiving love. His heart is as big as his adorable paws. He is both calm and playful, Moose knows how to appreciate the simple joys in life. He's a sunshine-loving pup who enjoys rolling in the grass and chasing a ball in the yard. He is a handsome hound, Moose's striking appearance turns heads wherever he goes. He's not just a dog; he's a head-turning heartthrob. Moose has won the

hearts of our staff and volunteers with his gentle and sweet nature. He's a favorite among everyone who meets him. He's perfectly comfortable around children, making him an excellent family dog. If you have a dog,

Moose would love to meet them to see if they could become great pals. Moose's tail is wagging in anticipation of finding his forever family. Will you be the one to give him the loving home he deserves? He's been at the shelter for 7 months now - it's time for him to go home.

MEET WINSTON, an 8-month-old Border Collie mix. Winston is bursting with energy and friendliness! This playful pup is in search of an active family who can keep up with his enthusiasm. Winston will make the perfect addition to your household! He loves people and is known for his friendly nature and joyful personality. He is a total love bug! With his beautiful shiny coat, he's not only charming but also a delight to look at.

Keen to please, Winston is ready for obedience training to become the best companion possible. His high energy levels mean he would really enjoy an active lifestyle and outdoor adventures. Winston is a great walking companion, while he might start off a bit eager during walks, he quickly settles into a pleasant stroll. He's the perfect exercise partner! He is house and crate trained, and has previously lived with small children and cats. If you're looking for a loving and

playful pup who thrives on activity, Winston might be the ideal match. Give this vibrant Border Collie a forever home, and together, you can embark on countless joyful adventures. of exercise - lots of walks and a fully fenced yard.

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.



A How-To Primer on Living a Life!

word wisdom

THE NEW YEAR! Time lies ahead like a winding road, one that twists and turns, marked every so often with a holiday or personal event (marriage, death). For most of us, we'll get into new routines. We try to establish better habits. We work 40 hours a week, 9 to 5 or some variation. We look forward to holidays. In other words, we've created a mundane predictable existence, one that maintains a personal status quo. Life becomes a maintenance game with some acquisition thrown in. Remodel the kitchen and let's buy a beach house! And for some, upgrading skills is a means of building upon a known quantity. I call all of the above as examples of a "low burning life."

What would happen if you chose to pursue a passion? Such as writing a memoir, moving to France, singing in clubs, trying stand-up comedy? The worst that can happen is you learn you need more experience or knowl-

edge under your belt... which means finding ways to get that experience or knowledge base.

What would happen if you took more chances? If you sent out as



many stories as possible to as many publications as possible? What if you said yes to small possibilities so you will be ready for a life changing event?

By Tobi Nason

Turn up the heat... let passion guide you. Take your fears—what if I fail? What if it's all for nothing? What if I'm wasting my time? . . . and reverse them. What if I succeed? What if my efforts and focus fan an ember into a rip roaring fire? What if pursuing your passion is the only way to love your life? It's not just time—it's a lifetime. Turn the burners up. Love the process. Give your days meaning and purpose.

Time is precious. It's all we really have. Things and people come and go. Time is ours to spend the way we wish. It's not an endless commodity, not a given but a gift. Love it, use it, share it. Make your world wonderful. Everyone has a regret or two but living a shallow, mundane life does not have to be one of them.

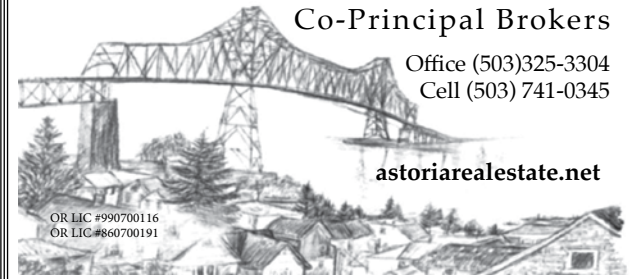
Tobi Nason is a counselor in Warrenton (503) 440-0587.

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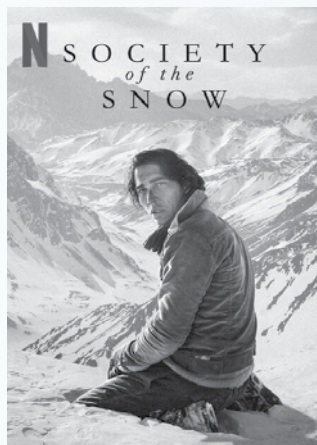
FLASH CUTS
MOVIES & MUSINGS

THEATRICAL / STREAMING RELEASES JAN '24

BY LES KANEKUNI

SOCIETY OF THE SNOW (Jan. 4 Netflix) Spanish director J.A. Bayona (The Impossible) returns with another true life disaster story. Already the subject of books, documentaries and two mediocre films

previously, story covers the 1972 crash of Uruguayan Flight 571 carrying a rugby team to a match in Chile. Because the crash site happened in a blind spot for rescue planes, the team is on their own with no rescue in site and very little food, eventually resorting to cannibalism to survive. While previous films focused on cannibalism, Bayona takes the opposite tack, downplaying it as just one aspect while focusing on the moral issue of eating the dead. Even more boldly, the main character is not one of the 16 survivors but one of the deceased. Numa, a young law student, who serves as the moral conscience of the group both before and after his demise. After exhausting their food supply, some survivors state starvation isn't necessary since there are frozen bodies available. A bitter moral and religious argument ensues, with Numa the last holdout. Eventually, as Numa narrates, "What was once unthinkable has become routine." In the end, he says, it's up to the individual to see this story as a miracle or a tragedy.



with 24 hours of night, Danvers is investigating the disappearance of six men from a research station. The men are found on the ice, intertwined bodies frozen into a block of ice. When the bodies are examined Danvers finds evidence that things were done to them. "Burnt eyeballs, self-inflicted wounds. Those men died before they froze," Danvers says. The only clue to the hideous crime: a spiral tattooed onto one victim's forehead, which also matches a spiral in an abandoned building and which has turned up in previous seasons. To solve the crime, Danvers must reunite with her hostile former partner, who reluctantly agrees to renew their partnership – only until the crime is solved. As more bodies are found, order in the small town breaks down. "The night country, it takes us," says Navarro. "One by one."

SEXY BEAST (Jan. 25 Paramount+) Before director Jonathan Glazer directed this year's highly-acclaimed The Zone of Interest, he debuted with the British gangster cult classic Sexy Beast, starring Ben Kingsley as the frightening Don Logan and Ray Winstone as the unable-to-get-out-of-the game Gal who's idyllic retirement in Spain is rudely interrupted by Don's recruitment of him for one last job. New prequel series follows the lives of Don and Gal 30 years previously, in the 1990's London underworld. Synopsis: The series will take place in the thrumming, volatile world of '90s London, as Gal (James McArdle) and Don (Emun Elliott) navigate the shady underside of the city, Gal strikes a dangerous relationship with DeeDee (Sarah Greene), and rising criminal Teddy Bass (Stephen Moyer) draws the two thieves into his growing influence.



TRUE DETECTIVE: NIGHT COUNTRY (Jan. 14 Max) Jodie Foster stars in the fourth season of the acclaimed series, which features a pair of detectives solving unspeakable crimes in a dark world that usually includes the detectives themselves. Foster has not starred in a series since 1975 and this is her first TV starring role as an adult. Foster plays Detective Liz Danvers who six years previously, was partnered with Detective Evangeline Navarro (Kali Reis). After an investigation goes sideways resulting in an abducted woman being killed instead of rescued the partners go their separate ways. But now, during a period



with connections, anything was possible. In 1979, Blanco, a Colombian and career criminal, sets up shop in Miami, a place where drugs, South Americans and cartels fighting for control of the cocaine trade merged. Blanco's was one of the most successful. Known for putting out hits on any enemies, this even included two ex-husbands. Synopsis: Griselda chronicles the real life of savvy and ambitious Colombian businesswoman Griselda Blanco, who created one of the most profitable drug cartels in history. A devoted mother, Blanco's lethal blend of charm and unsuspecting savagery helped her navigate between family and business, leading her to become widely known as the "Black Widow."

MASTERS OF THE AIR (Jan. 26 Apple TV) After years of development and production slowed by COVID, the third series created by Tom Hanks and Steven Spielberg finally arrives. Based on the Donald L. Miller book of the same title, the \$250M series covers the exploits of the bomber crews of the Eighth Air Force in World War II. Austin Butler (Elvis) and Callum Turner respectively play Major Gale Cleven and Major John Egan, Synopsis: Masters of the Air follows the men of the 100th Bomb Group, known as the "Bloody Hundredth," as they conduct perilous bombing raids over Nazi Germany and grapple with the frigid conditions, lack of oxygen and sheer terror of combat conducted at 25,000 feet in the air. Air combat was deadly but intermittent: periods of inactivity and anxiety were followed by short bursts of fire and fear. Unlike infantrymen, bomber boys slept on clean sheets, drank beer in local pubs, and danced to the swing music of Glenn Miller's Air Force band, which toured US air bases in England. But they had a



GRISELDA (Jan. 25 Netflix) Sofia Vergara plays infamous Miami drug "Queenpin" Griselda Blanco – the Cocaine Godmother -- in this limited series. In the 1970s and 80s cocaine was the drug of choice and no place was making more of it than Colombia. And no place was consuming more than the United States. The problem, for criminals, was getting it into the country. But for a resourceful and ruthless woman

much greater chance of dying than ground soldiers. Series portrays the psychological and emotional price paid by these young men as they helped destroy the horror of Hitler's Third Reich. Some were shot down and captured; some were wounded or killed. And some were lucky enough to make it home. Regardless of individual fate, a toll was exacted on them all.

FREE WILL ASTROLOGY

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JANUARY 2024

ARIES (March 21-April 19): Among couples who share their finances, 39 percent lie to their partners about money. If you have been among that 39 percent, please don't be in 2024. In fact, I hope you will be as candid as possible about most matters with every key ally in your life. It will be a time when the more honest and forthcoming you are, the more resources you will have at your disposal. Your commitment to telling the truth as kindly but completely as possible will earn you interesting rewards.

TAURUS (April 20-May 20): According to tradition in ancient Israel, a Jubilee year happened every half-century. It was a "trumpet blast of liberty," in the words of the Old Testament book Leviticus. During this grace period, enslaved people were supposed to be freed. Debts were forgiven, taxes canceled, and prisoners released. People were encouraged to work less and engage in more revelry. I boldly proclaim that 2024 should be a Jubilee Year for you Bulls. To launch the fun, make a list of the alleviations and emancipations you will claim in the months ahead.

GEMINI (May 21-June 20): "Make peace with their devils, and you will do the same with yours." The magazine *Dark's Art Parlor* provides us with this essential wisdom about how to conduct vibrant relationships. I invite you to make liberal use of it in 2024. Why? Because I suspect you will come to deeply appreciate how all your worthwhile bonds inevitably require you to engage with each other's wounds, shadows, and unripeness. To say it another way, healthy alliances require you to deal respectfully and compassionately with each other's darkness. The disagreements and misunderstandings the two of you face are not flaws that discolor perfect intimacy. They are often rich opportunities to enrich togetherness.

CANCER (June 21-July 22): Cancerian author Franz Kafka wrote over 500 letters to his love interest Felice Bauer. Her outpouring of affection wasn't as voluminous, but was still very warm. At one point, Kafka wryly communicated to her, "Please suggest a remedy to stop me trembling with joy like a lunatic when I receive and read your letters." He added, "You have given me a gift such as I never even dreamt of finding in this life." I will be outrageous here and predict that 2024 will bring you, too, a gift such as you never dreamt of finding in this life. It may or may not involve romantic love, but it will feel like an ultimate blessing.

LEO (July 23-Aug. 22): Renowned inventor Nikola Tesla (1856-1943) felt an extraordinary closeness with sparrows, finches, pigeons, and other wild birds. He loved feeding them, conversing with them, and inviting them into his home through open windows. He even fell in love with a special pigeon he called White Dove. He said, "I loved her as a man loves a woman, and she loved me. As long as I had her, there was a purpose to my life." I bring this to your attention because I suspect 2024 will be an excellent time to upgrade your relationship with birds, Leo. Your power to employ and enjoy the metaphorical power of flight will be at a maximum.

VIRGO (Aug. 23-Sept. 22): "All the world's a stage," wrote Shakespeare. He was comparing life to a theatrical drama, suggesting we are all performers attached to playing roles. In response, a band called the Kingpins released the song "All the World's a Cage." The lyrics include these lines: "You promised that the world was mine / You chained me to the borderline / Now I'm just sitting here doing time / All the world's a cage." These thoughts are the prelude to my advice for you. I believe that in 2024, you are poised to live your life in a world that is neither like a stage nor a cage. You will have unusually ample freedom from expectations, artificial constraints, and the inertia of the past. It will be an excellent time to break free from outdated self-images and your habitual persona.

LIBRA (Sept. 23-Oct. 22): At age 10, an American girl named Becky Schroeder launched her career as an inventor. Two years later, she got her first of many patents for a product that enables people to read and write in the dark. I propose we make her one of your role models for 2024. No matter how old you are, I suspect you will be doing precocious things. You will understand life like a person at least ten years older than you. You will master abilities that a casual observer might think you learned improbably fast. You may even have seemingly supernatural conversations with the Future You.

SCORPIO (Oct. 23-Nov. 21): Here are excellent questions for you to meditate on throughout 2024. 1. Who and what do you love? Who and what makes you spill over with adoration, caring, and longing? 2. How often do you feel deep waves of love? Would you like to feel more of them? If so, how could you? 3. What are the most practical and beautiful ways you express love for whom and what you love? Would you like to enhance the ways you express love, and if so, how? 4. Is there anything you can or should do to intensify your love for yourself?

SAGITTARIUS (Nov. 22-Dec. 21): Like the rest of the planet, Scotland used to be a wild land. It had vast swaths of virgin forests and undomesticated animals. Then humans came. They cut the trees, dug up charcoal, and brought agriculture. Many native species died, and most forests disappeared. In recent years, though, a rewilding movement has arisen. Now Scotland is on the way to restoring the ancient health of the land. Native flora and fauna are returning. In accordance with astrological omens, I propose that you launch your own personal rewilding project in 2024. What would that look like? How might you accomplish it?

CAPRICORN (Dec. 22-Jan. 19): Capricorn-born LeBron James is one of the greatest players in basketball history. Even more interesting from my perspective is that he is an exuberant activist and philanthropist. His list of magnificent contributions is too long to detail here. Here are a few examples: his bountiful support for charities like After-School All-Stars, Boys & Girls Clubs of America, the Children's Defense Fund, and his own Family Foundation. I suggest you make LeBron one of your role models in 2024. It will be a time when you can have more potent and far-reaching effects than ever before through the power of your compassion, generosity, and beneficence.

AQUARIUS (Jan. 20-Feb. 18): I propose we make the shark your soul creature in 2024. Not because some shark species are apex predators at the top of the food chain. Rather, I propose you embrace the shark as an inspirational role model because it is a stalwart, steadfast champion with spectacular endurance. Its lineage goes back 400 million years. Sharks were on Earth before there were dinosaurs, mammals, and grass. Saturn's rings didn't exist yet when the first sharks swam in the oceans. Here are the adjectives I expect you to specialize in during the coming months: resolute, staunch, indomitable, sturdy, resilient.

PISCES (Feb. 19-March 20): In the 19th century, many scientists believed in the bogus theory of eugenics, which proposed that we could upgrade the genetic quality of the human race through selective breeding. Here's a further example of experts' ignorance: Until the 1800s, most scientists dismissed the notion that stones fell from the sky, even though meteorites had been seen by countless people since ancient times. Scientists also rejected the idea that large reptiles once roamed the Earth, at least until the 19th century, when it became clear that dinosaurs had existed and had become extinct. The moral of the story is that even the smartest among us can be addicted to delusional beliefs and theories. I hope this inspires you to engage in a purge of your own outmoded dogmas in 2024. A beginner's mind can be your superpower! Discover a slew of new ways to think and see.



Terra Europa

TWENTY YEARS IN WAX: Elise Wagner Pop-up Show Featured at the CCC Royal Nebeker Art Gallery

THE CLATSOP Community College Royal Nebeker Art Gallery continues its exhibition season with a brief pop-up show, *Twenty Years in Wax*, featuring the exceptional encaustic works of Elise Wagner. Running from **January 8th to the 18th**, this exhibition provides a glimpse into Wagner's prolific two-decade exploration of this ancient Greco-Roman medium.

Elise Wagner, an accomplished artist and juror for this year's Annual Art Student Exhibit, showcases 17 selected pieces created during her extensive career. Originating from her Portland studio and now based in Astoria since 2022, Wagner's encaustic paintings have graced prestigious galleries such as Butters Gallery in Portland, Imogen Gallery in Astoria, Chase Young Gallery in Boston, Gemillion & Co. Fine Art in Houston, and Frederick Holmes & Company in Seattle.

Mastering the encaustic technique—a blend of beeswax, resin, and pigment—

technology, physics, and the mysteries of the universe, Wagner's metaphorical force is evident in each piece. Her work delves into diverse subjects, from particle collisions and glacier streams to the random contour lines of salt mines in rural India.



Star Cluster Cafe

The exhibition reveals Wagner's artistic evolution, showcasing the dominance of printmaking techniques since 2010. Viewers can explore the intricate details of pieces like *My Portland Parcel Lot 10/Block 10*, where graphite rubbings of studio textures create a footprint of her former home. In *Pluto Atlas III*, Wagner employs encaustic to interpret hi-resolution images of Pluto and other celestial landscapes.

A recipient of prestigious grants and awards, including the Pollock Krasner Foundation Grant and the 2022 Artist Resilience Award from the Regional Arts & Culture Council, Wagner's work adorns public and private collections across the U.S.

The CCC Royal Nebeker Gallery is dedicated to enriching cultural life in Astoria and the North Coast region. Located at 1799 Lexington Avenue, the gallery welcomes visitors from 9:00 a.m. to 5:00 p.m. on weekdays, with weekend and holiday viewings available by appointment. For further information, please contact Kristin Shauk at 503-338-2472 or kshauk@clatsopcc.edu.



Swift Descent

Wagner's work reflects a deep connection to ancient traditions. Dating back to the Greeks in Egypt around 23 B.C., encaustic painting, known for its moisture-resistant properties, has stood the test of time. Wagner's innovative approach includes the development of "encaustic collagraph," a printmaking method that combines wax, relief textures, and non-toxic soy-based inks.

Driven by a fascination with satellite

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Why January? Try a *Resolution Evolution!*

JANUARY, that longest and moistest of winter months, isn't the ideal time to start a new routine. Why not? Three words: cold, dark, and wet. Even outdoor-activity stalwarts struggle with low motivation in winter, so you can imagine how getting drenched on an inaugural jog might keep someone indoors until their sneakers dry sometime in mid-March. The Chinese medicine philosophy of seasonal energies portrays winter as a season under the influence of Water: not rushing rivers but still lakes that conserve our vital resources until the weather warms again. It's a time for gentle activities like Tai Chi, not marathons named after the mud. So, why do so many people feel impelled to launch ambitious lifestyle changes in wintertime? Alas, it's because someone had the bright idea of starting the New Year on January 1 and deciding that "New" means "time for a major lifestyle overhaul."

Instead of undertaking a life change that's better suited to superheroes than to ordinary mortals, why not consider setting goals that are at once more modest and more fulfilling? Getting outside every day has myriad health benefits, but the point is to foster connection and contentment, not chills.

Forest bathing (shinrin yoku) is a practice of being in nature that hails from Japan. The term was coined in 1982 after a study publicized the many negative health outcomes of

living and working in artificial environments, but the concept originates in older meditative practices. The aim of forest bathing isn't to do things in nature but simply to be in nature, to pay attention to the life surrounding you, of which you're a part. You don't need to visit a



Shinrin Yoku (Forest Bathing)

remote roadless area to experience forest bathing; the beach or a neighborhood park is a perfect setting. You don't need to stay outside for hours either. Opening your senses to the sights, sounds, smells, and textures of nature provides a rich immersive experience where a little goes a long way. Just a few minutes outdoors every day make for a low-barrier, enriching experience.

If you tend a garden in summer, consider extending your season to include winter crops like kale, carrots, and other hardy plants that either overwinter or flourish in the

cold. Gardening is a low-impact aerobic activity that helps you immerse yourself in nature (literally). Be sure that you have comfortable gear for the wet season and that you take extra care with your body mechanics; when it's colder, arthritis and other musculoskeletal woes are more likely to act up. Even if you let your garden rest at

this time of year, you can use this time to tidy up and let cover crops do the work of readying your soil for spring. Either way, it's enjoyable to go slowly as you experience your garden in a quiet season.

Whatever you choose to do outside, it's worth investing in quality raingear. It makes the difference between delight and misery! This includes often-overlooked items like socks. (Wet socks...ick.) When it's gray outside, it's difficult to motivate yourself to leave the great indoors, but I've found that a dark day looks drearier from inside.

Outside, the clean fragrances and moist, vibrant greens are so much cheerier.

If you find yourself persistently fatigued and unmotivated at this time of year, consider that you might be experiencing seasonal affective disorder. Your healthcare provider can offer many beneficial options, including full-spectrum light therapy, that make a huge difference. Winter doesn't have to be gloomy, inside or out.

So instead of New Year's Resolutions, Extreme Edition, consider committing yourself to a new relationship with the outdoors in gentle, gradual doses.

OSU FOODRIVE



OSU EXTENSION will be collecting food for local families in January and February. The 4-H Leadership Club will be holding a community food drive at the Astoria Safeway on Sunday, February 5 from 10:00 a.m. to 3:00 p.m.

The items received will be given to the Clatsop Community Action Food Bank and stay in our local community. Items that are most wanted are: soup, chili, macaroni and cheese, cereal, peanut butter, tuna, canned fruit, canned vegetables, pasta and pasta sauce. Sorry, no glass containers, perishable or homemade items. Can't make it on the 5th? No problem! Donations will be accepted from now until Feb. 21 and can be dropped off at the OSU Extension office at 2001 Marine Drive, Room 210, Astoria. Please contact Sandra at 503-325-8573 if you have any questions.

Coalition Re-Engages to Address Community Health Improvement Needs in Clatsop County

(Astoria, OR) – A coalition born out of the need to address the COVID-19 pandemic in Clatsop County is re-engaging to strengthen efforts to create a healthier community.

The Clatsop County Rural Health Coalition is made up of six local organizations. "Coming together allows the coalition to achieve more than any one organization individually could," said Viviana Matthews, Clatsop Community Action chief operating officer.

"We came together during the COVID-19 pandemic to better use the limited resources available to meet the healthcare needs of our rural community. Together, coalition members provided information, testing, personal protective equipment, and vaccinations to tens of thousands of Clatsop County residents," said Chris Laman, vice president of strategy at Columbia Memorial Hospital.

"Right now, we are meeting as a coalition to start addressing substance use disorder in Clatsop County," said Amy Baker, director of Clatsop Behavioral Health.

Coalition members are:

Clatsop County Department of Public Health (CCDPH)
Providence Seaside Hospital (PSH)
Columbia Memorial Hospital (CMH)
Clatsop Community Action (CCA)
Clatsop Behavioral Health (CBH)
Yakima Valley Farm Workers Clinic (Coastal Family)

"In 2024, the coalition collaboratively will produce the county's Community Health Needs Assessment and Improvement," said Jason Plamondon, chief nursing officer of Providence Seaside Hospital.

Clatsop County Rural Health Commission is dedicated to improving community health through the collaboration of organizations addressing healthcare needs and social determinants of health in Clatsop County. The coalition plans on meeting at least four times annually.

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FOOD GROOVE

2024! A year so new that, in the words of one of my favorite singer songwriters, Walt Wilkins, "it's still cryin' from the spankin'." I know the concept of a new year is a human construct. You know, like the whole time thing. But, every January first, I am able to convince myself I have the opportunity to hit the restart button and everything will once again be hunky dory. You know, like all those times it has never ever worked.

It will come as no surprise to those who know me that this optimistic lens through which I am currently viewing "life the universe and everything" * is a fluke not a trend. By the 15th I will no doubt be scouring that pesky rose tint off my glasses and once again able to see what looks to be civilization's devolution, our inability to live on earth shifting into hyper-entropy mode and the certainty that new refrigerators only last a month past their warranty. You know, reality.

For now, I will hold this fragile moment in time close and greet the new year not with promises to myself or others but with hope. My hope for each of us personally is that we have enough to eat, a warm and safe place to sleep, someone we love, someone who

loves us, fulfilling work that contributes to the greater good and lots and lots of music. As for the earth, I hope we fall short of our apparent goal of ruining everything. I know that ruining everything is at once one of our mad skills and our super power but, I hold out hope. You know, like it could happen. Like pie-in-the-sky. Like chances both fat and slim.

I bet you thought I forgot about a recipe. I didn't. I was just killing time while I tried to think of something to cook based on the contents of my fridge and pantry. This time of year I would rather take a dose of salts than go grocery shopping. The atmospheric fervor and chirpy holiday music leaves me feeling vaguely queasy. Not to worry. I found the very thing to warm your kitchen and your heart. You know, like Al Green singing Love and Happiness.

I don't know who to thank for this recipe. I found it in an old and tattered magazine in a laundromat years ago. The accompanying article, if there was one, was long gone. Treasure lurking between wash and dry cycles! You know, like a five dollar bill in the lint trap.

*I miss you Douglas Adams

CHEW ON THIS!

by Merianne Myers



ALL'S RIGHT WITH THE WORLD You know, like we tell ourselves ROASTED ROOT VEGETABLE SALAD with Curried Carrot Vinaigrette

Preheat oven to 400

- 3 parsnips, peeled
 - 3 carrots, peeled
 - 3 beets, peeled (If you're using red beets, wait to peel them until after roasting)
 - 1 celery root, peeled
 - 3 red onions, peeled
 - 2 1/4 cups olive oil
 - 3/4 cup carrot juice
 - 1 teaspoon curry powder
 - 1 teaspoon Dijon mustard
 - 1 Tablespoon seasoned rice vinegar
 - 1 fresh horseradish root (optional), peeled and thinly shredded
 - Salt and pepper
- Cut the parsnips and carrots in half crosswise, then cut each half in half again lengthwise. If the sticks are really fat, cut them again lengthwise. Cut beets, onions and celery root into 1 1/2 inch wedges.
- Place all vegetables in a roasting pan and toss in 1/4 cup of the olive oil. Bake until everything is browned and fork tender. Cool to room temperature.
- Vinaigrette:**
Mix 1 Tablespoon of the olive oil with the carrot juice, curry powder, mustard and rice vinegar.
- Fried Horseradish:**
Note: If I can't find fresh horseradish, I usually add a dollop of prepared horseradish to the vinaigrette. But, nothing beats the real deal.
- Heat the remaining olive oil in a 2 or 3 quart saucepan over medium high heat to 350 degrees. Working in batches, fry the shreds until golden brown, 25 to 30 seconds. Drain on paper towels. While still warm, season with salt and pepper
- Drizzle the vinaigrette over the vegetables and toss gently to coat. Sprinkle with toasty horseradish shreds. Enjoy with crusty bread to soak up the vinaigrette.



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The Architect Hound

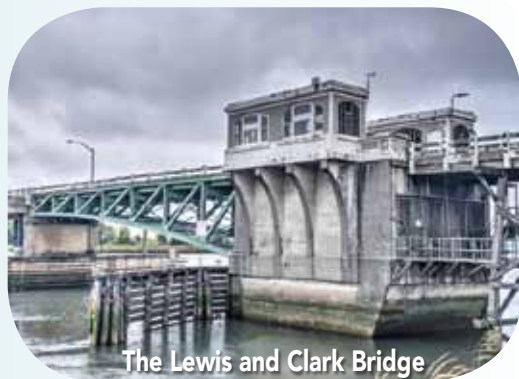
Two Historic Bridges

Recently, the Architect Hound trotted south of town across two bridges that in the early 1920s provided the first highway connection from Astoria to the North Coast beach communities in Oregon. The Old Young's Bay Bridge (1921) and the Lewis and Clark River Bridge (1924) were essential links in the growing network of hard-surface roads in the Lower Columbia region. Both bridges were designed by master bridge builder Conde McCullough (1887-1946), a brilliant engineer with an interest in using new techniques and materials that were developed in the early 20th century.



The Old Youngs Bay Bridge

In many ways, Conde McCullough was the right man at the right time. Born and raised in what was Dakota Territory in the 1880s, McCullough earned degrees in civil engineering in Iowa and worked in the Midwest until 1916 when he was hired to head the engineering department at Oregon Agricultural College (Oregon State University). After establishing a reputation as a standout professor of engineering, McCullough was hired by the state of Oregon as State Bridge Engineer in 1919 and served in that capacity until 1937. McCullough was a strong supporter of the "Good Roads" movement and eagerly promoted an ambitious plan to build coastal bridges in the depths of the Depression. During his tenure he was responsible for the design of hundreds of bridges in Oregon, most notably over a dozen bridges along Highway 101 from Astoria to the California border. These highly recognizable coastal bridges add to the breathtaking beauty of



The Lewis and Clark Bridge

By Eric Wheeler



Conde McCullough

a drive along the Oregon Coast.

Conde McCullough's legacy centers on the structural engineering and arresting beauty of his bridge designs. The best examples are the coastal bridges built between 1927 and 1936 that show the muscular strength of the steel web trusses contrasting to the rhythm of the concrete clad repeated arches. He referred to his bridges as the "jeweled clasps in a wonderful string of matched pearls"; man made steel and concrete connecting the natural beauty seen along the coastal highway. The Old Youngs Bay Bridge just south of Astoria was the first that McCullough designed for the Highway 101 series for which he is best known. Both the Old Young's Bay Bridge and the Lewis and Clark River Bridge are single-leafed bascule type bridges, often referred to as draw bridges. McCullough added some architectural accents in the pylons, railing and bridge tender office that show his understanding of the vocabulary of historic architecture. In many of his bridges one can see both Gothic Revival and Art Deco references.

Located on the west end of the Lewis and Clark River Bridge is an installation that shows some of the historic details and engineering plans of both of Astoria's McCullough bridges. The cut-out Corten steel display was a joint project of the Oregon Department of Transportation, a number of local contractors and students at the nearby Lewis and Clark Elementary School. Slow down, stop, and have a look at a reminder of Astoria's transportation history as you travel along Business Highway 101!



McCullough Historical Marker, Hwy 101

Contact the Architect Hound: ericwheeler2@gmail.com

Local - Robert Kovatch Finalist in The Greatest Baker Competition Place Your Votes!

THE GREATEST BAKER is a national competition hosted by TLC's Cake Boss: Buddy Valastro, and one local baker is a finalist. For this competition, which began in November, a winner is chosen by the people's votes.

Robert Kovatch visited Astoria in 2015 and he and his wife moved to the area a year later. Kovatch may have grown up helping at his family's restaurant in Montana, but it was only about 5-years ago that he started baking and found a love and skill for it. He likes making unusual cakes and desserts for birthdays and special occasions. He enjoys the challenge of using a variety of techniques and ingredients while exploring different cultures' desserts. You may have enjoyed his hummingbird cake, donuts or chocolate cake at Peter Pan Market & Deli in 2020, where he honed his craft while being temporarily furloughed from his full-time job. Kovatch volunteers for many local organizations including the Astoria-Warrenton



Yes...she's cake.

Area Chamber of Commerce, Astoria Downtown Historic District Association, Clatsop County Historical Society and more. You may recognize his voice as the morning radio host on Eagle Country 103.9 and the 106.3 ESPN

Radio play-by-play announcer for Astoria High School sports in recent years.

The winning baker will receive a spread of their work in Bake from Scratch magazine, an opportunity to meet the Cake Boss himself, and a \$10,000 cash prize. Bake from Scratch empowers home bakers to create artisan breads, cakes, pastries, and more. Each issue provides inspiration and education to cultivate your baking skills. The new Greatest Baker will have their work shared among this global baking community. Kovatch was encouraged by friends to enter the competition and he's thrilled to have made it this far.

"Local radio personality Rob Kovatch is a man of many talents, and baking is one of his hidden skills," shares Warrenton Mayor Henry Balensifer. "It would be cool to see one of Clatsop County's talented people become a national figure. I'm voting for Rob, and I'd encourage people to check out his page and consider supporting one of our community's own as well!"

To support Kovatch, visit the greatest baker website and cast your free daily vote at: www.greatestbaker.com/2023/robert-kovatch



14th Annual North County Pie Day Auction and Feast • 1/27

IT'S THE 14th Annual North County Pie Day! This annual and fun event takes place at the White Clover Grange in Nehalem (36585 Highway 53) and is a fundraiser for the Grange building fund.



Fifteen dollars (\$5 for children 10 and under) opens the door to a fast paced pie auction with the funny and entertaining Susan Tone returning for her 6th year as auctioneer. The auction features two dozen creative, delicious, and impressive pies from local bakers, chefs, and restaurants. And after the auction, there will be a pie and ice cream feast-fruit pies, custard pies, savory pies, vegan pies, gluten-free pies, and various pies-but-not-pies - all of them will be at this event! In addition, the incredible Liz Cole will kick off the festivities with her tradi-

tional and always compelling performance of "Ode to Pie."

Join your community on Saturday, January 27! Doors open at 2:30 pm and the auction starts at 3. There's nothing better to get you through a winter's afternoon than bidding on a delicious, locally made pie and then celebrating by eating lots of great pie and ice cream, all while supporting the White Clover Grange. Continue the ongoing work of maintaining our 103 year old building as a functional community resource.

Find more information about the White Clover Grange at www.whiteclovergrange.org and on Facebook.

SAVE THE DATE: 2/17 Nordic Winter Market

A NEW THING!!! Suomi Hall in Uniontown, Astoria will host a Nordic Market this February, featuring Nordic vintage collectibles, Scandinavian designed creations, arts and crafts, outstanding paintings by local artists, jewelry, pottery and baked goods. In addition, a White Elephant table of treasures.

The market kicks off with a traditional Finnish Pannukaku Breakfast; pannukaku, fruit, sausage and coffee served from 10am to 1pm. \$12. 244 W. Marine Drive in Astoria

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For more information, contact: Eric Wheeler 606-792-7753 ericwheeler2@gmail.com

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