

# Will they understand? It's 'All In The Timing'

## Comedy on tap at the PAC this month

ASTORIA — Lock three chimpanzees in a room with typewriters. Could they eventually write "Hamlet"? What if they shared an affinity with three famous authors?

If a construction worker announced he was the Lindbergh baby, would you believe him?

And, if you went on a first date and said the wrong thing, would you like to start the conversation all over?

Odd questions, and seemingly unrelated, but they form the premise of David Ives' "All In The Timing," a zany play being staged at the Clatsop Community College Performing Arts Center in Astoria this month. Performances are 7 p.m. Jan 13, 14, 20 and 21 and 4 p.m. Jan. 15 and 22. Tickets are \$15, cash or check, at the door.

The production is directed by Edward James of Astoria and features a cast of North Coast actors. It has six comic segments that share a focus on words, language and almost inevitable miscommunications.



PHOTO COURTESY JANET BOWLER/PARTNERS FOR THE PAC

Justin Germond, left, appears as Milton, Amber Bletcha plays Kafka, and Edward James is Jonathan Swift in "Words, Words, Words," a scene from the Partners for the PAC production of "All In The Timing" being staged in Astoria this month. James also directs David Ives' play, which consists of six comic scenes focusing on language, relationships and miscommunications. In this scene, the three are chimpanzees who are locked in a room to type "Hamlet."

Written in 1993 and first staged Off-Broadway, the contrasting scenes highlight often existentialist perspectives on life. Several are complicated by romance, although none proceeds perfectly.

"What drew me to producing David Ives' 'All In The Timing' is that these six short comedies are simul-

taneously enchanting and perplexing, smart, as well as side-splittingly funny," said James, who directs the play and appears in one of the scenes as the satirist Jonathan Swift.

"He revolutionized short-form theatrical comedy 20-odd years ago, creating playful and poignant puzzles about relationships and

romance and the unintended consequences of the language we share."

The six scenes have varied topics, with the common theme of miscommunication. As well as James, the ensemble cast features Amber Blecha, Gigi Chadwick, Jim Dott, Justin Germond, Jordan Griffin, Barry Sears, Patricia Shannon and Patrick Webb.

Ives is a playwright, screenwriter and novelist, born in Chicago, educated at Yale and based in New York. Although he has written many scripts and adaptations of full-length plays, his skill in writing one-act comedies prompted The New York Times to label him the "maestro of the short form."

The director, James, expects audiences will have a good time — thanks to Ives' skill with words. "He tickles the heart, the brain and the funny bone," he said.

The Astoria performances are produced with permission of Dramatists Play Service, Inc. The show is funded, in large part, by a grant from the Clatsop County Cultural Coalition using money donated to the Oregon Cultural Trust.



PHOTO BY LUKE WHITTAKER

Peggy and Dave Stevens, owners of RiverZen Yoga and Resistance Studio, pose for a photo inside their new location located at 177 Howerton Way at the Port of Ilwaco.

## Take advantage of free yoga classes with RiverZen

ASTORIA and ILWACO, Wash. — RiversZen Yoga Studio will hold five free community classes each week, three in Astoria and two in Ilwaco, starting

"One of our core goals when we opened RiversZen Yoga Studio in Astoria was to be sure that our yoga and stretching classes were affordable and available for everyone, even for those that can't afford to pay," said owners Peggy and Dave Stevens in a press release.

For the past five years, RiverZen has offered two yoga classes each week in Astoria, at 12:10 p.m. Tuesdays and Thursdays, at no charge to the community.

Now, RiverZen is adding a third free class in Astoria at 7:30 a.m. Monday mornings: Qigong Walking and Forms with instructor Donna Quinn.

This new class will leave you tingly, energized and ready to meet the day head on. What is Qigong? Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word Qigong is made up of two Chinese words. "Qi" is pronounced "chee" and is usually translated to mean the life

force or vital-energy that flows through all things in the universe. The second word, "Gong," pronounced "gung," means accomplishment, or skill that is cultivated through steady practice. Together, Qigong means cultivating energy; it is a system practiced for health maintenance, healing and increasing vitality especially helpful to start off your week.

To further its mission of providing accessible yoga and stretching to the local community, RiverZen is also adding two more free classes at its Ilwaco studio location at 12:10 p.m. Wednesdays and Saturdays. These classes are perfect for the raw beginner, yet challenging enough for the advanced yogis, as RiversZen instructors, guides and consultants assist students to move at their own pace and level.

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio in Astoria is located at 399 31st St. on the Astoria Riverwalk. RiverZen's second location, which opened in October, is located at 177 Howerton Way on the Waterfront Walk in Ilwaco. There is plenty of free parking and a handicapped ramp is available.

## Take part in a community sugar detox

SEASIDE — Kick those sugar craving to the curb as you prepare for a healthier, happier you. Jenn Visser, owner of the Healthy Hub Massage and Wellness, presents her third annual 10-day Community Sugar Detox.

She created the 10-day program in January 2015 because everyone gets something from this detox.

"I volunteer my time to put on the sugar detox because I love seeing my community get healthier together," Visser says.

This year's detox is slightly different with three levels for participants to

choose from. Visser hopes to reach a broader audience and have a level for everyone. Participants in the past have experienced weight loss, better sleep, more energy, higher focus and more. The detox also helps create a level of consciousness with food and nutrition that information alone cannot do.

"When you feel the difference, long-lasting changes are likely to stick," Visser says.

An informational intro presentation about the Community Sugar Detox will be held from 6:30 to 7:30 p.m. Thursday, Jan. 12 at Seaside

Coffee House. The presentation will cover information like the detox rules and the three levels explained. The presentation also covers why you would want to detox from sugar, tips and tricks, what to expect, how to prepare and more. Participants do not need to be present to participate. A recorded link will be emailed the next day.

The cost of participation in this 10-day detox is free. Those interested can sign up at healthyhubwellness.com and receive daily emails, online Facebook group, recipes and meal planning and a life-after-detox workshop/



SUBMITTED PHOTO

Jennifer Visser, owner of The Healthy Hub in Seaside, will lead the third annual 10-day Sugar Detox Challenge this January.

potluck at the end of the 10 days. The 10-day detox starts Monday, Jan. 16.