

CommunityCalendar

Disclaimer: Thanksgiving is Thursday, Nov. 22. Regularly scheduled events are listed, but may be canceled without notice.

Friday, Nov. 9

AAUW Walkers

9:30 a.m., 503-738-7751. This low-impact walking group meets weekly at different locations.

Author Talk

4 p.m., CB History Center, 1387 Spruce St., Cannon Beach, 503-436-9301. Author Brian Ratty will give a presentation on the Tillamook Rock Lighthouse.

Holiday Bazaar

4 p.m., Calvary Episcopal Church, 503 Holladay Drive, Seaside. Calvary's annual bazaar offers baked goods, home décor, art and a raffle; lunch available for purchase.

"Altar Egos"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586, \$3 to \$5. Chaos breaks out when a bride and groom want to have a simple wedding in the comedic farce "Altar Egos: The I Dos and Don'ts of an American Wedding."

Jacob Westfall

7 p.m., McMenamins, 1157 Marion Ave., Gearhart, 503-717-8150, www.mcmenamins.com, no cover. Songwriter Jacob Westfall plays pop and a bit of country with a lot of soul.

Saturday, Nov. 10

Hometown Tourism

9 a.m., Seaside, 503-861-4424. Be a tourist during Hometown Tourism Days at Seaside Aquarium, Seaside Museum & Historical Society, Seaside Inverted Experience and Jewell Meadows Wildlife Area with free or reduced admission.

Holiday Bazaar

10 a.m., Calvary Episcopal Church, 503 Holladay Drive, Seaside.

Author Reading

2 p.m., Cannon Beach Library, 131 Hemlock St., Cannon Beach, 503-436-1391. Northwest Author Series presents Ellen Notbohm, author of "The River by Starlight."

SDDA Wine Walk

3 p.m., multiple locations downtown Seaside, 503-717-1914, \$15 to \$20, 21+. Seaside businesses will showcase Oregon wineries during the fall wine walk; ID check stations open at 1 p.m., tasting fees may apply.

Folk City

6 p.m., McMenamins, 1157 Marion Ave., Gearhart, 503-717-8150, no cover. Join Celtic folk band Folk City in celebrating Robert Livingstone and the history behind the Livingstone Room.

"Altar Egos"

7 p.m., Seaside High School, 1901 Holladay Drive, Seaside, 503-738-5586, \$3 to \$5.

Just Us

7:30 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111, www.seasidepost99.org, no cover, 21+. Join with country band Just Us at a special benefit spaghetti feed fundraiser for bartender Ronda Haney; dinner at 5 p.m.

Sunday, Nov. 11

Hometown Tourism

9 a.m., Seaside Aquarium, Seaside Museum & Historical Society, Seaside Inverted Experience, and Jewell Meadows Wildlife Area, 503-861-4424.

NAMI Meeting

2 p.m., Seaside Library, 1131 Broadway, Seaside, 503-738-6165, www.nami.org. The National Alliance on Mental Illness welcomes individuals and caregivers of anyone who suffers from mental illness.

Monday, Nov. 12

Pinochle Group

1 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-3311, \$1 per session per person. This is a weekly, regular play card game; prizes awarded.

City Council

7 p.m., City Hall, 989 Broadway, Seaside, 503-738-5511, www.cityofseaside.us. The Seaside City Council meets the second and fourth Monday.

Tuesday, Nov. 13

TOPS Meeting

9:15 a.m., NC Family Fellowship, 2245 Wahanna Road, Seaside, 509-910-0354. Take Pounds Off Sensibly (TOPS) focuses on healthy lifestyle changes for weight loss, meets weekly.

Community Forum

6 p.m., Seaside Convention Center, 415 First Ave., Seaside, 503-738-3311. "The Choices We Make" is a stage production and youth forum to address modern day challenges; free and open to the public.

Rehearsal Concert

7 p.m., CB Community Church, 132 Washington St., Cannon Beach, no cover. North Coast Chamber Orchestra performs "Souvenirs of Summer" with selections from Mozart, Pleyel and Dvorak.

Wednesday, Nov. 14

Chamber Breakfast

8 a.m., call for location, Seaside, 503-738-6391, www.seasidechamber.com. Open to the public, weekly speakers and discussions; locations subject to change.

Bingo!

12:30 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-3311, 10 cents per card, \$2.40 (in dimes) all games. Join in for a weekly game of Bingo fun with friends.

Trivia Night

6 p.m., Seaside Library, 1131 Broadway, Seaside, 503-738-6742, www.seasidelibrary.org. Trivia tournament nights are informal, fun competitions; prizes awarded.



Desshia Duffey and Amanda McKimney of Fresh B Cuz.

Just call it 'Fresh B Cuz'

From Divine Grounds to Fresh B Cuz

By Eve Marx
Seaside Signal

Searching for delicious, nutritious, gluten-free, dairy-free, no-meat food to go? look no further than Fresh B Cuz, a spanking new micro-restaurant just opened in Seaside.

"As much as possible, our food is locally sourced," said Desshia Duffey, the proprietor. "That also helps keep the farmers in business over the winter months."

A 20-year Seaside resident and Nebraska native, Duffey is a familiar face to many as, with a partner, she was a long time owner and operator of the coffee hut, Divine Grounds.

Inspired by the acai bowls she fell in love with during family vacations to Hawaii, Duffey said she was motivated to open Fresh B Cuz because she craved that kind of food.

"There aren't a lot of places in Seaside offer-

ing meat-free, gluten-free, dairy-free choices," Duffey said.

Fresh B Cuz occupies a tiny 9-foot-by-9-foot structure on the corner of Holladay and 11th. In time, Duffey expects to be joined at the location by two other micro-restaurant establishments.

Featuring smoothies, acai bowls, protein bowls, avocado toast, soup, and Sleepy Monk coffee, Fresh B Cuz is already shaping up as a popular destination for clean, healthy eating.

How did Duffey come up with the name?

"At first I was just going to call it 'Fresh' but I couldn't get that name," Duffey said. "Then I was going to call it 'Fresh by Dessh,' because that is my name. Then I hired Amanda McKimney to help out — and she's my 'cuz.'"

Fresh B Cuz is located at 1115 N. Holladay Drive in Seaside. Hours of operation are 7 a.m. to 4 p.m., Monday through Saturday.

Drive up or walk up; there are two windows. Call or text your order to 503-298-7903.

Lunch in the Loft

Noon, Beach Books, 616 Broadway, Seaside, 503-738-3500, www.beachbooks37.com. William Willingham, author of "Grit and Ink" offers an insight look at Pacific Northwest publishing, cost for lunch and book is \$30; lunch only \$10, reservations required.

Matinee Thursdays

1 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-7393. Enjoy popcorn and a movie on senior matinee Thursdays.

Writers at Work

6 p.m., Seaside Library, 1131 Broadway, Seaside, 503-738-6742. This group is designed for writers to meet and share ideas with local authors.

Friday, Nov. 16

Poetry & Music

7 p.m., Tolovana Hall, 3779 Hemlock St., Cannon Beach, no cover. Clemens Starck launches his new book "Cathedrals & Parking Lots."

Will West

7 p.m., McMenamins, 1157 Marion Ave., Gearhart, 503-717-8150, no cover. Will West plays modern roots, folk, bluegrass, pop and groove sounds.

"Wizard of Oz"

7:30 p.m., Coaster Theatre, 108 Hemlock St., Cannon Beach, 503-436-1242, \$20 to \$25, PG. Journey over the rainbow into the magical land of Oz in this classic fantasy adventure based on the motion picture "The Wizard of Oz."

Saturday, Nov. 17

Author Talk

1 p.m., Seaside Library, 1131 Broadway, Seaside, 503-738-6742. Jim Aalberg, author of "Historical Company Towns of Clatsop County" will talk about his book.

Artist Reception

6 p.m., Cannon Beach Gallery, 1064 Hemlock St., Cannon Beach, 503-436-0744. The annual miniatures show features a juried selection of artists' work.

Mark Dove

7:30 p.m., American Legion, 1315 Broadway, Seaside, 503-738-5111, no cover, 21+. Mark Dove plays roadhouse classic country and vintage rock-n-roll music.

"Wizard of Oz"

7:30 p.m., Coaster Theatre, 108 Hemlock St., Cannon Beach, 503-436-1242, \$20 to \$25, PG.

Sunday, Nov. 18

Life Coaching

2 p.m., Tolovana Hall, 3779 Hemlock St., Cannon Beach, 720-301-3993, \$25. Linda Lawson will lead a group life coaching session, bring drawing supplies and sketchbook.

FOHR Lectures

7 p.m., Cannon Beach Library, 131 Hemlock St., Cannon Beach, 503-436-1391. Friends of Haystack Rock presents Kristen Don who will give a virtual underwater tour of the reserves.

Thursday, Nov. 15

Ham Radio

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-739-3890. Ham radio operators meet every Thursday.

SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasideowntown.com. Weekly speakers, discussions and a no-host breakfast.

Holiday Treasures

11 a.m., Elks Lodge, 324 Avenue A, Seaside. PEO Chapter FB will host its annual Holiday Treasures gift sale of handcrafted items, holiday décor, gifts and baked goods.

Kiwanis Club

Noon, Pig 'N' Pancake, 323 Broadway, Seaside, www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore, open to the public. Features weekly speakers, discussions and a no-host lunch.

Monday, Nov. 19

Pinochle Group

1 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-3311, \$1 per session per person.

Tuesday, Nov. 20

TOPS Meeting

9:15 a.m., NC Family Fellowship, 2245 Wahanna Road, Seaside, 509-910-0354.

Wednesday, Nov. 21

Chamber Breakfast

8 a.m., call for location, Seaside, 503-738-6391.

Bingo!

12:30 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-3311.

Thursday, Nov. 22

Ham Radio

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-739-3890.

Turkey Trot

8 a.m., Quat Park, 493 Oceanway St., Seaside, 503-738-3311, www.sunsetempire.com, \$10. Start the day off at the annual 5k fun run/walk race on Thanksgiving morning; registration required.

Matinee Thursdays

1 p.m., Bob Chisholm Center, 1225 Avenue A, Seaside, 503-738-7393.

Friday, Nov. 23

Holiday Shopping

7 a.m., Seaside Outlets, 1111 Roosevelt Drive, 503-717-1603, www.seasideoutlets.com. Enjoy Thanksgiving dinner then start your holiday shopping at the Seaside Outlets, some stores open as early as 6 p.m. Thanksgiving night.

Artisan Fair

Noon, Seaside Convention Center, 415 First Ave., Seaside, 503-738-6391. The annual Artisan Fair features fine art, artisan gifts, craft beverages, and a decorating contest booth.

JoAnna Lee

7 p.m., McMenamins, 1157 Marion Ave., Gearhart, 503-717-8150, no cover. Songwriter JoAnna Lee's songs cross between AAA (adult album alternative) and country music.

Parade of Lights

7 p.m., downtown Seaside, 503-738-6391. Kick off the holiday season at Seaside's Parade of Lights and lighting of the community tree, includes caroling, visit from Santa and refreshments.

"Wizard of Oz"

7:30 p.m., Coaster Theatre, 108 Hemlock St., Cannon Beach, 503-436-1242, \$20 to \$25, PG.

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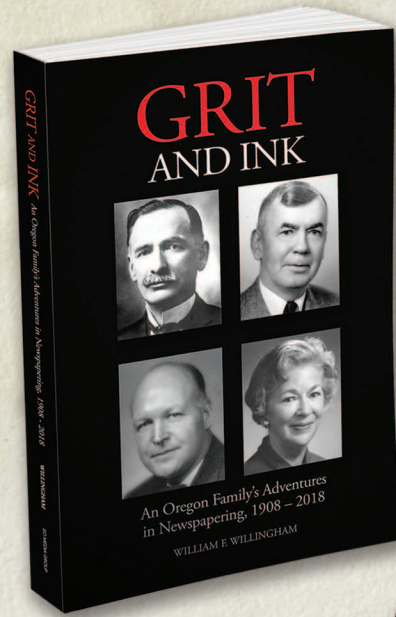
William F. Willingham

A native of Pendleton, Oregon and a consulting historian working in the fields of American history, historic preservation, architectural history, and water resources development. He is the author of numerous scholarly articles, consultant reports, and books

Beach Books

616 Broadway St. • Seaside

Thursday, November 15
Lunch at noon to 2 p.m.
RSVP by 5 p.m. Wednesday, Nov. 14
(503) 738-3500



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AMAZING AWAITS.

Come visit our newest location at the corner of Sunset and Hemlock in Cannon Beach. You can also find us at our original Pacific City brewpub right on the beach or at our Tillamook brewery and tap room to see where the magic happens.

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