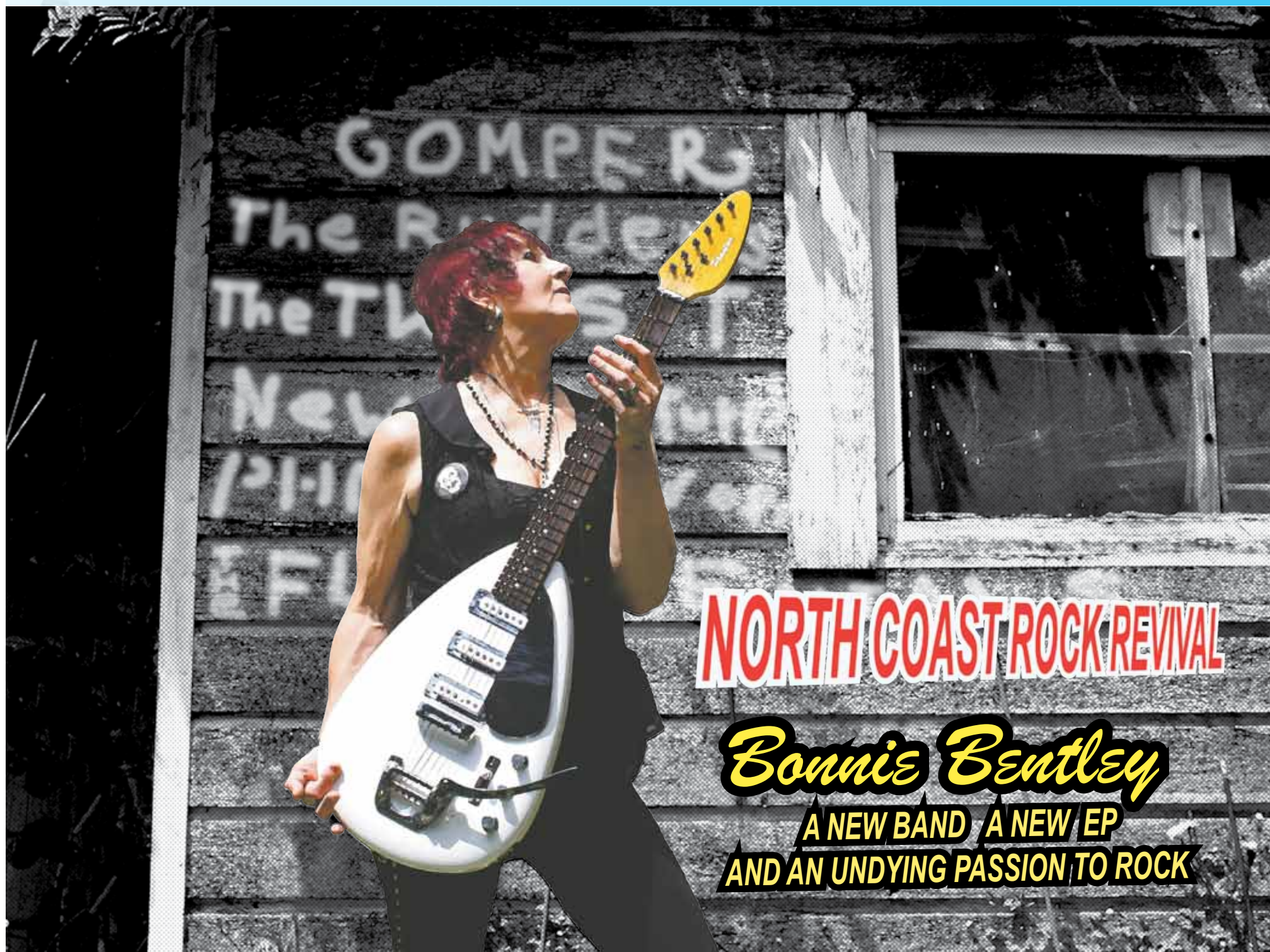


HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 14 Issue 174
July 2013



NORTH COAST ROCK REVIVAL

Bonnie Bentley

**A NEW BAND A NEW EP
AND AN UNDYING PASSION TO ROCK**

GOING PRIMAL:

GET THE PALEO DIET

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OUTLook

WE WENT TO THE MUSIC FEST


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**ASTORIA OPEN
STUDIO TOURS**

JULY 27 - 28

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HIPFiSHmonthly

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KALA is the groundfloor gallery and performance space located at the production office of HIPFiSHmonthly. We proudly collaborate with local and regional artists in a presentational format. KALA is the Finnish word for fish.

HIPFiSHmonthly is located at 1017 Marine Dr in Astoria.
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KALA VISUAL ARTS CURATOR:

Agnes Field

AUGUST HIPFiSH ON THE RACKS FRIDAY AUG 2

Cover Art: Photo by DinahUrell
Cover Design by Les Kanekuni

Astoria Visual Arts presents
ASTORIA OPEN STUDIO TOUR
JULY 26-28
An Annual Summer
Festival Of Visual Art

Friday Night Artist Reception
July 26 • 7pm
Clemente's Restaurant
Lounge off 12th St.
meet & mingle w/artists

Open Studio Tour
Sat/Sun July 27 & 28,
Begins 11am
10am tour maps/event schedule
at Astoria Cultural Center,
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The Open Studio Tour is partially
funded by the Oregon Cultural Trust
through the Clatsop County Cultural
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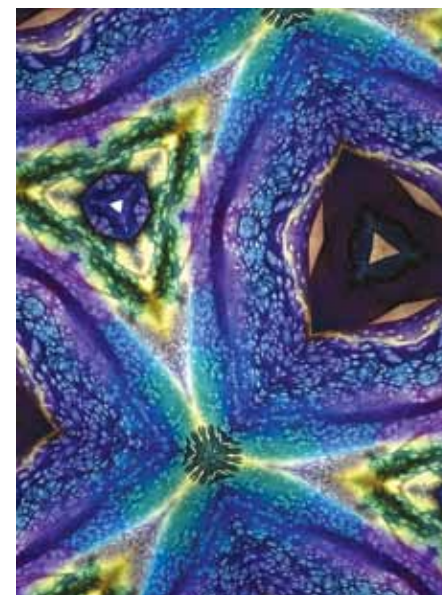



Cicely at the House of Blues

Meet Cicely during the 2nd Saturday Art Walk, July 13, 5 - 8pm.
View her work, noon to 4pm,
Fri/Sat thru July 28.
KALA, 1017 Marine Dr. Astoria

OPENING @KALA for the Second Saturday Art Walk on July 13 from 5-9 pm will be LA artist Cicely Gilman.

Cicely has been painting and creating fine art since graduating in Fashion and Textile Design from St Martin's College of Art in London, England in 1979. She was a colorist for Textile Converters in New York City, and then moved to LA in the early 80's, where she established "Cicely", a silk painting company. She has painted silks for boutiques, and major museum gift shops, such as the High



Painted Silk, Blue Triangle

Museum, Whitney, and LACMA. She has shown work around the country, and recently has been creating work using Indian sugar for a collected series of Kaleidoscope Images. www.cicelygilman.com

Cicely's most recent exhibit in April/May of this year: The Journey (It's OK To Go To Art School) with special guest Julian Lennon, was

curated by Melissa Watson Coetzee in partnership with the University of Arts London, L.A.Mart & BritWeek

4 in "SONG"

a late - night
One Act Cabaret
@ KALA
Saturday July 20

A GENRE-BENDING BLEND of musical styles, 4 in "Song," presents a one act exploration in song performance, on Saturday, July 20 at KALA. Baroque opera, Bessie Smith blues, Kurt Weill, Renaissance, rock and popular song weave a show with a mission to delight audiences with a singing performer focus.

Working in a studio ensemble format the four performers; Martin Buel, Teresa Barnes, Andrea Mazzearella and Dinah Urell are preparing pieces, solo and group, allowing for minimalist theatrical staging, and will be accompanied by a trio ensemble with a "new cabaret" bent, and mixing in prepared sound-tracking. KALA has designed its space to recreate the cabaret setting; small tables and cocktails, stage lighting and sound, allowing audience to experience intimate, up close performance in a casual setting.

Andrea Mazzearella and Teresa Barnes are members of the hip hop/dance duo Fever Damn. Their infectious act is a regular performing duo at the VooDoo Room. They've produced one CD, "Meow Down," and three of the tracks from the CD as videos on YouTube, receiving to date close to 4000 hits. Martin Buel is a newer resident to the North Coast. A landscape designer/gardener by trade with a background in dance and music, Buel has been working on building a song repertoire, having performed a one-man song show a year and a half ago at the former Pier Pressure Productions.

"4 in Song" is directed by Dinah Urell, a vocalist/performer and publisher of HIPFISHmonthly who has been in many performance



projects in the region over the last 15 years; her own solo cabaret performances with pianist David Carlson, "Mark Twain Out West" by Joseph Stephenson, the popular locally produced "Women of the Blues," to name a few, and of late performing in Marco Davis' DRAGALUTION, w/ Mazzearella and Barnes.

Instrumentalists include: Sterling Gorsuch (bass/guitar) Color Gorsuch (keyboard) & Olaf Ydstie (drums, accordion, piano). Tyler Little (tracks composer for Dragalution) and pianist Kamila Swerdlhoff supply special music recordings and treatment.

Saturday, July 20, doors open at 9:30pm, Show 10:15ish. 1-Act show (apprx 1 hr). Cocktails and lightfare. \$10 at the door, and advance tickets available at Imogen Gallery and RiverSea Gallery in Astoria. KALA is located at 1017 Marine Drive in Astoria. NOTE: 4 in "SONG" was rescheduled from its original June date.

Discussion on Wage Equality

THE LOWER Columbia Diversity Project invites the public to a panel discussion on wage inequality, with panelists Oregon Labor Commissioner Brad Avakian, Susan Denight from the Women's Resource Center, Marlene Howell of Portland State University, and others.

Tuesday, July 30th, 7 - 9 pm, at the Judge Guy Boyington Building, 857 Commercial Ave, Astoria OR.

Nationally, on average, a woman holding a full-time, full-year job is paid \$37,118 per year while a man is paid \$48,202. This means that, overall, women are paid 77 cents for every dollar paid to men, amounting to a yearly wage gap of \$11,084 between full-time working men and women.

Please join us for this free community discussion of wage inequality. For more information, write to lcdiversityproject@gmail.com, or call 503-325-1895.

The mission of the Lower Columbia Diversity Project is to engage pro-actively with diversity issues in the region, educate the community on the benefits of diversity, tolerance, and inclusion, and provide a forum through which individuals, groups, and organizations may address concerns relating to diversity in the community.



ORLNG Pipeline Tour

CURIOUS WHERE the 3-foot-diameter high-pressure pipeline carrying unscented natural gas is proposed to go in Clatsop? Wondering who would be affected if it is not stopped? Interested in seeing more than a line on a map?

Take the ORLNG Pipeline Tour - Sunday, July 7th, 10:00 am - 1:00 pm. Meet at the Elderberry Inn on HWY 26, about 22 mi east of Hwy 101. There will be BOTH a hiking route and a CAR route - you choose what works for you!

Gather at Elderberry Inn for background info on natural gas pipelines with Dan Serres, Conservation Director for Columbia Riverkeeper. (no host coffee, food)

There will be 2 versions of the Pipeline Tour - The hiking portion will explore the Nehalem watershed with a short (2 mile) but largely off-trail hike. The Driving version will car pool to important sites and join the hikers.

Pipeline Tour will feature: Brief walk in Oregon State Forestry land near proposed pipeline route; viewing of where the pipeline is proposed to cross the



Nehalem River; local landowners there in attendance to share their perspective.

Ends at Fishhawk Falls County Park on Hwy 202.

Bring a sack lunch and enjoy this beautiful park as we conclude the tour and discuss what this pipeline means for Clatsop County and what exporting fossil fuels means for our nation. PLEASE RSVP: It will help with our planning if you can let us know if you will be attending and if you will be a walker or a rider. Cheryl at 503-458-6910.

Clatsop Animal Assistance receives Petco Grant

CLATSOP ANIMAL Assistance, Inc. (CAA) of Warrenton, Oregon, has been awarded a \$4,000 grant from the Petco Foundation to be used for veterinary care for the dogs and cats at the Clatsop County Animal Control and Shelter.

CAA was started in 1999, in part to improve the lives of the local shelter animals and increase adoption rates. One of the biggest drains on CAA resources is the cost of veterinary care for shelter cats and dogs that have existing health problems or in the event of veterinary emergencies. Paying for antibiotics and other critical medicines (that aren't

provided for in the shelter's budget) are also picked up by the non-profit. What's more, CAA further subsidizes a portion of the cost to spay and neuter all adoptable shelter animals in its continuing effort to reduce pet overpopulation.

The Petco Foundation grant will be used to offset the increasing cost of veterinary care for animals coming under the shelter's care. The money will be spent directly on the care and treatment provided to animals by local area veterinarians who offer their services at reduced rates for CAA. The grant will be used for routine care, such as exams,

treatments, and medications as well as for more extensive care for injured or seriously ill animals. As a result of this care, animals have a much better chance of being adopted into a loving, permanent home.

"We're very grateful to the Petco Foundation for this generous award. A heartfelt thank you from CAA and the animals," said Rae Zimmerling, CAA president.

The Petco Foundation has served as a voice for companion animals across the country since 1999. Today, with more than 9,500 local animal-welfare partners across the country, the Petco Foundation donates approximately \$15 million a

year to make a difference in the lives of millions of animals. The organization is funded through donations raised during fundraisers conducted in Petco's more than 1,200 stores across the country, as well as from Petco associates, vendors and corporate contributions. The majority of the funds raised remain in the communities where they were raised, and the Petco Foundation is also involved in many national animal-welfare efforts.

In 2012, the Petco Foundation surpassed \$100 million in funds raised for companion animals since the organization was created. To learn more, visit www.petcofoundation.org

Summer Potluck and Hawk Talk

JOIN HAYSTACK Rock Awareness Program staff and volunteers for a summer potluck celebration! Free and open to the public, the potluck meal will begin at 6pm in the Warren Room of the Tolovana Inn, located at 3400 S. Hemlock in Cannon Beach, Oregon -- with ample parking at the Tolovana Wayside. Bring a dish to share, your own serving ware and any beverages you'd like. At 7:30pm, guest speaker Dick Ashford will share an exciting hour-long presentation about raptors.

Hawks! These fascinating creatures have captured our imaginations in ways that few other bird groups do; easily seen (but tough to identify), they push our primal poetic buttons. Simply stated, hawks have charisma! In this popular talk, we will examine the natural history of diurnal raptors - what makes a hawk a hawk, anyhow? This is NOT an ID class but, at the end of this course, you are guaranteed to be a dedicated hawk enthusiast!

Guest speaker Dick Ashford is the President of the Klamath Bird Observatory (www.klamathbird.org) and former Chair of the American Birding Association. He has spent hundreds of hours observing hawks in the field and an equal amount of time researching their natural history. Dick is a popular hawkwatching tour leader in both southern Oregon and northern California and a frequent presenter at birding festivals.



Photo: Ned Harris

Trash Art

Manzanita's Unique Art Medium and Beloved Annual Event

ART WITH recycled materials seems to be everywhere these days, but 15 years ago when the Trash Art Show was birthed by Susan Walsh and Lorraine Ortiz it was an emerging idea. Now, the Trash Art Show is a unique local tradition and much anticipated event. This year's show represents the 15th annual effort, now in its second year as a co-production/fundraiser for CARTM and Hoffman Center both in Manzanita.

The show which features art of all kinds made with recycled materials opens Friday, July 5, 6:30 - 8:00 p.m. at Hoffman Center, 594 Laneda Avenue in downtown Manzanita. The show continues through the weekend, Saturday, July 6, 10:00 a.m. - 4:00 p.m. and Sunday, 11:00 am - 1:00 p.m.

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The Security Fetish



REVELATIONS OF the National Security Agency's worldwide monitoring of telecommunications has generated political shock waves through the remaining American public that values civil liberties other than the right to keep a private arsenal. Since the events of 9/11/01 with ensuing Patriot Acts vastly expanding police powers, Fourth Amendment protections against arbitrary search and seizure have been much diminished. Both the Bush and Obama administrations have augmented the National Security State measurably. Assaults on the Fifth Amendment, which states no citizen can be deprived of life, liberty or property without due process of law, and the Eighth, banning cruel and unusual punishment, occur regularly. And we commonly see peaceful demonstrators clubbed and tazed in violation of the First Amendment

Much of the progressive community voted for Obama in good part because he had been a professor of constitutional law and supposed civil libertarian. In his 2008 campaign he vowed to end the worst excesses of the George W. Bush years, including "extraordinary rendition," wherein terrorism suspects could be arbitrarily picked up and taken to black sites anywhere in the world, where they were held without formal charge and subjected to torture, thus violating habeas corpus. During the 2008 campaign, Obama vowed to close the Guantanamo prison camp, where

men were held as "enemy combatants," a newly contrived status to get around strictures of the Geneva Convention on treatment of prisoners of war, thereby discarding the most basic human rights. But Guantanamo still exists, its inmates having been tortured as a matter of course, and most eventually sent home without indictment or conviction after many years incarceration. Something over a hundred, mostly Yemenites, remain, their sole "crime" being in the wrong place at the wrong time and coming from a state where Al Qaeda is still active. These abused prisoners have resorted to the desperate act of a months' long hunger strike. The president reiterates his intention to close Guantanamo, but nothing happens.

The National Defense Authorization Act, passed during this administration, gives the president the right to designate anyone in the world a terrorist and order that person killed. So much for habeas corpus and due process. The military thus fires drone missiles into Yemen and Pakistan, killing innocent civilians along with designated terrorists. These strikes are intended to make the US more secure. But inevitably such attacks provoke angry reaction and an increase in jihadist resistance, hardly enhancing American security.

US policy makers have been obsessed with security since the beginning of the Cold War following World War Two. This is ironic since at that time

by Stephen Berk



the US stood at the summit of world power and prosperity, having lost about 430,000 of its armed forces, but very few civilians. It enjoyed full employment, the most advanced technology, and its mainland was never bombed or invaded. The Soviet Union had suffered invasion, devastation and the loss of twenty millions. While it was hardly in condition to embark on world domination, American media propaganda drummed on the imminent Communist threat. To counter Communism's "subversion" of our way of life, the US developed the National Security State. The War Department, previously dormant in peacetime, now became the Defense Department and would be augmented by a powerful National Security Council, including intelligence and surveillance entities.

The CIA would conduct special operations, which often meant infiltrating other countries and upending popularly elected governments deemed inimical to American economic interests. This occurred in Iran, Guatemala, the Congo, and Chile among others. The CIA's younger brother, the NSA was added to monitor communications. An early NSA Cold War operation was known as the worldwide wiretap.

When the Cold War ended with the Soviet implosion in 1991, it seemed briefly that the National Security State would fade. But elites who profited handsomely from security, with its twin pillars of militarism and surveillance, soon would re-ignite fear in the American public with the threat of Islamic terrorism. Thus is justified an Orwellian total surveillance state. When former operative Edward Snowden blew the whistle on the NSA's Prism program for infiltrating virtually all telecommunications, he quoted Benjamin Franklin's warning: "Those who surrender freedom for security will not have, nor do they deserve, either one."

Aggie Bonds - Help Oregon Farmers

THE OREGON LEGISLATURE is considering a bill to provide some much needed relief to our straining network of Oregon family farms. House Bill 2700, or "Aggie Bonds," would provide financial support to early stage farmers and we hope will come up for a vote this week.

Take a moment to contact your legislator and ask them to support Oregon's family farmers by passing HB 2700? Send an email directly to your legislators or get your legislators contact information.

Aggie Bonds is a simple, low-cost step the state could take to make it possible for community banks to provide access to credit needed by the next generation of farmers. Passing this bill would authorize the state to participate in an already existing federal program aimed at helping early stage farmers get the start-up money they need to successfully launch their businesses. It's a win-win for our family farmers and for our local community banks who do much of the lending to family farmers. Read more about Aggie Bonds here.

Seventeen other states have already opted in to the Aggie Bonds program, and it is time for Oregon to do the same. House Bill 2700 is, at this time, scheduled for a vote in the Ways and Means Natural Resources Committee on Monday at 1pm. After that it will go to full Ways and Means for a vote and, if all goes well, to the House and Senate floor. We expect all of this to happen this week.

Take a moment to contact your legislator about Aggie Bonds (HB 2700). And if your legislator is a member of Ways and Means your call is that much more important. Then notify ROP, email cara@rop.org.

ROP is a member of the Oregon Grows Partnership. To read more about the coalition and priority legislation visit: <http://oregongrows.wordpress.com/>.

House passes \$1 billion increase to school budget

EDUPLICATION investments will help Oregon schools turn the corner after years of cuts. The Oregon House of Representatives on July 1, passed the largest-ever budget for the state's public schools. The budget is a \$1 billion increase over the last biennium, and will allow many school districts across the state to re-hire teachers and stabilize programs after years of cuts.

"The last half decade has seen over 7,000 teacher layoffs and seemingly endless cuts to school days," said House Speaker Tina Kotek (D-Portland). "With this budget we're offering school districts certainty and stability; we're positioning Oregon schools to turn the corner so we can begin reinvesting in the most critical element of our future prosperity."

The \$6.75 billion budget directly allocates \$6.55 billion for the state's public schools, coupled with \$200 million in school district savings to the Public Employee Retirement System enacted in SB 822, which passed earlier this session.

"When we crafted the state budget, we prioritized schools with a \$6.75 billion investment. I've been pleased to learn what that means for many school districts across the state, including those I represent, who are adding teachers and programs. After years of cuts, it's time to start rebuilding," said Rep. Peter Buckley (D-Ashland) Co-Chair of the Joint Ways and Means Committee. "We still have more to do, but today marks a turning point in Oregon's recovery."

The budget passed 53-5 with two excused and now goes to the Governor's desk for his signature.

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7/1, 7/2: Blackberry Bushes (modern bluegrass)
7/4: Holiday Friends (pop/rock)
7/5: Violet Isle (quirky indie rock)
7/6, 7/7: Jerry Joseph (legendary NW Americana)
7/8, 7/9: Truckstop Honey (folk/Americana)
7/10: Ark Life w/ Paleo (Americana)
7/11, 7/12: Blue Skies for Black Hearts (indie rock)
7/13, 7/14: Avians Alight (ethereal indie pop)
7/15, 7/16: The Harmed Brothers (soulful Americana)
7/17: The Tummybuckles (quirky folk)
7/18, 7/19: The Maldives (sweeping country-tinged rock)
7/20, 7/21: Ashleigh Flynn (Americana)
7/23, 7/24: Carolyn Mark (Country/Americana)
7/25, 7/26: Small Souls (dreamy indie folk)
7/27: The Weather Machine (indie pop)
7/28, 7/30: The Shilohs (pop/rock from Vancouver BC)
Show times are 9pm to 11pm on Fridays and Saturdays, 8:30pm to 10:30pm on weeknights (including Sundays). For more information

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ORAIN

A Bar Man's Song

A nonchalant rain fell outside of Hoover's, a gracefully languid bar in South Beach on the Central Coast. Oregon Tavern Age (OTA) men and women congregated at the bar, drank sorority whiskey or rotgut vodka, and told terrible jokes. One man played video poker and didn't drink anything. A motocross race in Dubai played on television. It was a torpid Thursday afternoon in late May. America's "Ventura Highway" played on the digital jukebox. I heard:

*Wishin' on a falling star
Waitin' for the early train
Sorry boy, but I've been hit by purple rain*

Interesting. America found purple rain 20 years before Prince. But they couldn't milk it.

I sat near the only window, alternately drinking the rainiest beer in the history of brewing, Rainier, writing a love letter, and reading my favorite passages from Isak Dinesen's *Out Of Africa*, quite possibly the greatest book in the history of world literature on the subject of waiting for rain to fall.

But when the earth answered like a sounding-board in a deep fertile roar, and the world sang around you in all dimensions all above and below—that was rain. It was like coming to the Sea, when you have been a long time away from it, like a lover's embrace.

Hot...I mean wet. After a long dry spell, rain is like sex the second time in the afternoon.

Marvin, Hoover's kindly, bespectacled proprietor, came over to me. He was holding a massive binder containing all the songs his rock band played. They probably knew 500 classic hits and least a dozen by ZZ Top. Marvin opened the binder, leafed through the pages for a few seconds, and then stopped. Apparently he had located the right song. He looked up at me.

"I heard you have a book of poetry about rain," he said. Rain gets around.

"It's actually a book of non fiction."

I immediately regretted my inane response. If someone believes you wrote a book of poetry about rain why disabuse them of that great notion? I'll never do it again. I have always wanted to be known as a poet, especially one who's never obtuse. By the way, rain is never obtuse. It falls and falls, sometimes slant, and I write about it, sometimes slant. Perhaps a few metaphors splash out here and there, but sometimes rain is just rain.

"I have a song about rain," said Marvin.

"You do?"

Ever since I started writing about rain, this sort of thing keeps happening and I relish the moments because I get to keep adding to a book that's already published. You can't stop rain.

"Can I play it for you, if you have the time?"

He meant now.

A bar owner on the Oregon Coast asks a writer who has just published a 40,000-word book on Oregon rain if the bar owner can play the writer his song about rain.

"I'd love to hear it. What's it called?" I put down my pen and sipped the Rainier. Behind me, I heard the poker machine paying off.

"Oregon Rain."

I knew that was coming.

"Does the band play it live?"

"No, the rest of the guys think it sounds like a Partridge Family song."

I laughed at that and suddenly remembered that the Partridge Family once played a song about whales and used the mysterious and beguiling sounds of the humpback whale throughout the recording. They were trying to call attention to the worldwide slaughter of whales.

Sometimes I miss the 1970s.

Marvin fished out his acoustic guitar and began playing his rain song for me, right there, five feet away. The OTA crew didn't seem to notice and I doubt the man playing video poker bothered to stop funding a portion of my teaching salary.

After the performance, which was sublimely remarkable, I gave a little clap and asked Marvin for a copy of the song because I wanted to learn how to play it. He agreed and went off to the kitchen to make a photocopy. As he did that, I raced to the truck and dug out *Of Walking in Rain* and had it signed and sitting on the table by the time he returned.

There is nothing more gratifying than to barter with rain.

Oregon Rain

*The clouds are shining
The winds are blowing
It feels like Oregon rain
The rainbow standing
Just past the landing
When the sun shines through the rain.
Oregon rain is here to stay
It's something that happens about every day
Rain. Rain, Rain
Can ease your pain, is here to stay, where children play
The stars are shining
The moon is glowing
It feels like Oregon rain
Yes, at times is frightening
When there is lightning
A flash in the day—or the night
Oregon rain is here to stay
It's something that happens about every day
Rain. Rain, Rain
Can ease your pain, is here to stay, where children play
The rivers flowing
The forest growing
The sky turns to shades of gray
The lights all glisten
Peacefully, when you listen
To the rainfall as it touches the ground.*

Matt Love lives near Newport and is the author/editor of ten books about Oregon, available at independent book stores or his web site at nestuccaspitpress.com. He can be reached at lovematt100@yahoo.com and would love to hear your rain story. His new book on rain is due out this summer.

illustration by Colin Miller



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Astoria Q Night features Sam Adams as special guest July 13 Mixer and Dance Party to raise money for Basic Rights Oregon



THE Q Night mixer and dance party in Astoria will feature Sam Adams as a special guest. Adams is the former mayor of Portland and is now the executive director of the City Club of Portland.

DJ Gray Matter will provide entertainment at the mixer and dance party. The event is also a fundraiser for Basic Rights Oregon. Basic Rights Oregon executive director Jeana Frazzini will provide an update about the organization's work to

build a politically-powerful movement for lesbian, gay, bisexual and transgender Oregonians. Basic Rights Oregon's programs include efforts to win trans-inclusive healthcare, racial justice and the freedom to marry.

Q Night Astoria at Astoria Coffeehouse & Bistro, 243 11th Street, Astoria, Ore. Saturday, July 13, 8pm Reception, \$25 suggested donation RSVP: <http://bit.ly/14GOTHz> - - - 10pm Dance Party, \$5.



Marriage Equality: DOMA Down, California a Go, Oregon next!

THANKS TO the Supreme Court and vital advocacy work from the ACLU, a major part of DOMA (the Defense of Marriage Act written into law in 1996 and signed by President Clinton) is officially history. Couples who are legally married in 12 states + DC are now afforded federal protections and the freedom to marry will soon be restored in California.

At the same time, thousands of Oregon families are still stuck with registered domestic partnerships that won't be recognized by the federal government, and the state is still barred by its constitution from granting

the freedom to marry to loving, committed same-sex couples.

In 2012, the state of Washington building a broad coalition including people from all across the state, defended the right of every person to marry the person they love.

In a news brief from Basic Rights Oregon Exec Director Jeana Frazzini, in the year 2014, she states, "We won't have a presidential candidate at the top of the ticket to drive election turnout. And we may be the **ONLY** marriage-related measure on the ballot - nationwide. That places a big target

on Oregon for organizations who oppose extending the freedom to all couples - and they are ready to settle the score from 2012."

Oregon is one of 35 states banning marriage for same-sex couples. A vote of the people in November 2014 is the quickest and best way to extend the freedom to marry to all Oregonians, and it starts with gathering 116,284 signatures. BRO just secured approval to begin circulating petitions, and will be on the streets across the state starting July 20th.

Oregon schools tighten anti-bullying policies One in three school district anti-bullying policies still do not comply with state law

OVER 70 Oregon school districts changed their anti-bullying policies last year to better protect students who are lesbian, gay, bisexual or transgender, but nearly one in three school districts still does not comply with state law, a new report has found.

With support from a grant from the Robert Wood Johnson Foundation's Public Health Law Research program awarded to the Oregon Public Health Division, the Oregon Safe Schools & Communities Coalition (OSSCC) in partnership with the Oregon Public Health Division, Q Center and OGALLA: The LGBT Bar Association of Oregon collected and examined school district policy information from nearly all of Oregon's 197 school districts. School districts were evaluated based on how well the district policies complied with the amended Oregon Safe Schools Act. The state law, passed with leadership from Basic Rights Oregon in 2009 and amended in 2012, strengthened protections for students who are or are perceived to be lesbian, gay, bisexual or transgender or are targeted because of their gender identity.

The evaluation process gave school districts gold, silver, or bronze stars, based on how well they met the legal requirements and recommendations of the amended Oregon Safe Schools Act. Compared to last year, the number of school districts recognized with a gold or silver star more than doubled:

- 67 school districts received gold stars because they were compliant with the law and expressly referenced gender identity and expression as a protected class. Last year, 43 school districts got a gold star.

- 60 school districts received silver stars because they were compliant with state law but do not expressly reference gender identity as a protected class as recommended by the revised safe school model policy. Last year, 12 school districts got a silver star.
- 55 school districts need to update or modify their anti-bullying policies to comply with Oregon law.
- 15 school districts do not have policies or did not respond to requests to provide them and do not provide them online.
- Other research, referenced in the report, has shown that one in five lesbian, gay, bisexual or queer youth in Oregon have attempted suicide in the last year and that more than half were harassed at school in the last thirty days.

Coastal District Ranking

The Oregon Safe Schools ranked school districts in the coastal region as follows: Warrenton, Seaside and Tillamook - Gold Star Districts; Astoria, Knappa and Jewell - Bronze Star Districts.

District Ranking Definitions: **GOLD STAR DISTRICTS** - Governance documents regarding harassment, intimidation, bullying, and cyberbullying are substantially compliant with current Oregon gender identity and gender expression as protected classes. **BRONZE STAR DISTRICTS** - Governance documents regarding harassment, intimidation, bullying and cyber bullying need updating and/or modification to achieve substantial compliance with current Oregon statutes. (http://www.oregonsafeschools.org/wp-content/uploads/SafeSchoolsReport_2013_pages_v5.pdf)

Minorities: Local Contractors

The North Coast Watershed Association is looking to put together a local contractors list of MBE/WBE (Minority Business Enterprise, Woman Business Enterprise) that we can send RFPs/RFOs to for watershed council projects. This is in addition of course, to our current list of contractors. If you are an MBE/WBE in Clatsop, Columbia or Pacific county, please send me an email with your organizational information and contact information to jjones@columbiaes-tuary.org

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, July 18, 6:30pm to 8pm at the First Lutheran Church, 725 33rd St., Astoria, OR. FMI: drewherzig@yahoo.com

TRANS FAMILIES SUPPORT GROUP meets on Saturday, July 20 at 1pm. For TBA location contact drewherzig@yahoo.com. For transgender individuals and family members only.

Lincoln City LGBT Monthly Gatherings

Save these July dates and don't miss the fun!

- On Wed., July 10 our PFLAG meeting at 7 PM at St. Stephen's Church in Newport will focus on Welcoming Churches--and how they came to be Welcoming! Always time for support, socializing, and refreshments as well.
- Saturday, July 13 is our turn at Saturday Market in Newport--stop by to visit and thank the PFLAG and Welcoming Church volunteers!
- Saturday, July 20 is the statewide kickoff for Oregon's Marriage Equality ballot measure signature gathering. Watch for an email with more info on how we will organize to gather LOTS of signatures in Lincoln County.

North Coast Rock Revival

BONNIE BENTLEY

A NEW BAND, A NEW EP AND AN UNDYING PASSION TO ROCK

In the early 80's, there are some of you who packed a little bar called Kokko's and danced to local band The New Creatures. Astoria had seen nothing like them before, blowing away the malaise of that era's tired covers bands, bluegrass and DJ Disco nights. A sound where the blues of Keith Richards meets up with the punk poetry of Patti Smith and sires Bonnie Bentley, all five foot five full of spunk and sass, a wife & mother in her 30's emerging from the house with a hungry need to rock 'n roll. Writing and singing gritty and real songs such as Half Tough, Leave Me Alone, and I'm No Angel (a song that became her anthem).

Kick it forward to Now, and she's still nobody's angel, still slaying audiences with her version of bluespunk, still writing great songs that'll leave you humming and hip shaking. When you head down to KALA on July 19th (and trust these jaded ears, you should), her new band The Phantom Teardrops will be setting it on fire with new songs Black Slip, From A Distance, Not The Right Girl (all recorded last month at local studio Bentrabbit). She still sounds like "The Patti Smith Of Astoria", one can still hear the influence of Marianne Faithful (both young and old), still enjoy her rhythmic shards of guitar chords with that Keith Richards attitude.

But now her voice is smokier, the blues more deeply felt, while her spirit and passion remain the same. "I have an edge to me that's unpredictable, a little unsafe, that's why the guys like to play with me 'cause they have to Watch It!" After deciding what color to dye her hair (perhaps fushia?), what guitar to strap on (perhaps the baby blue Casino?) and what "pirate's plunder" to wear 'round her neck,

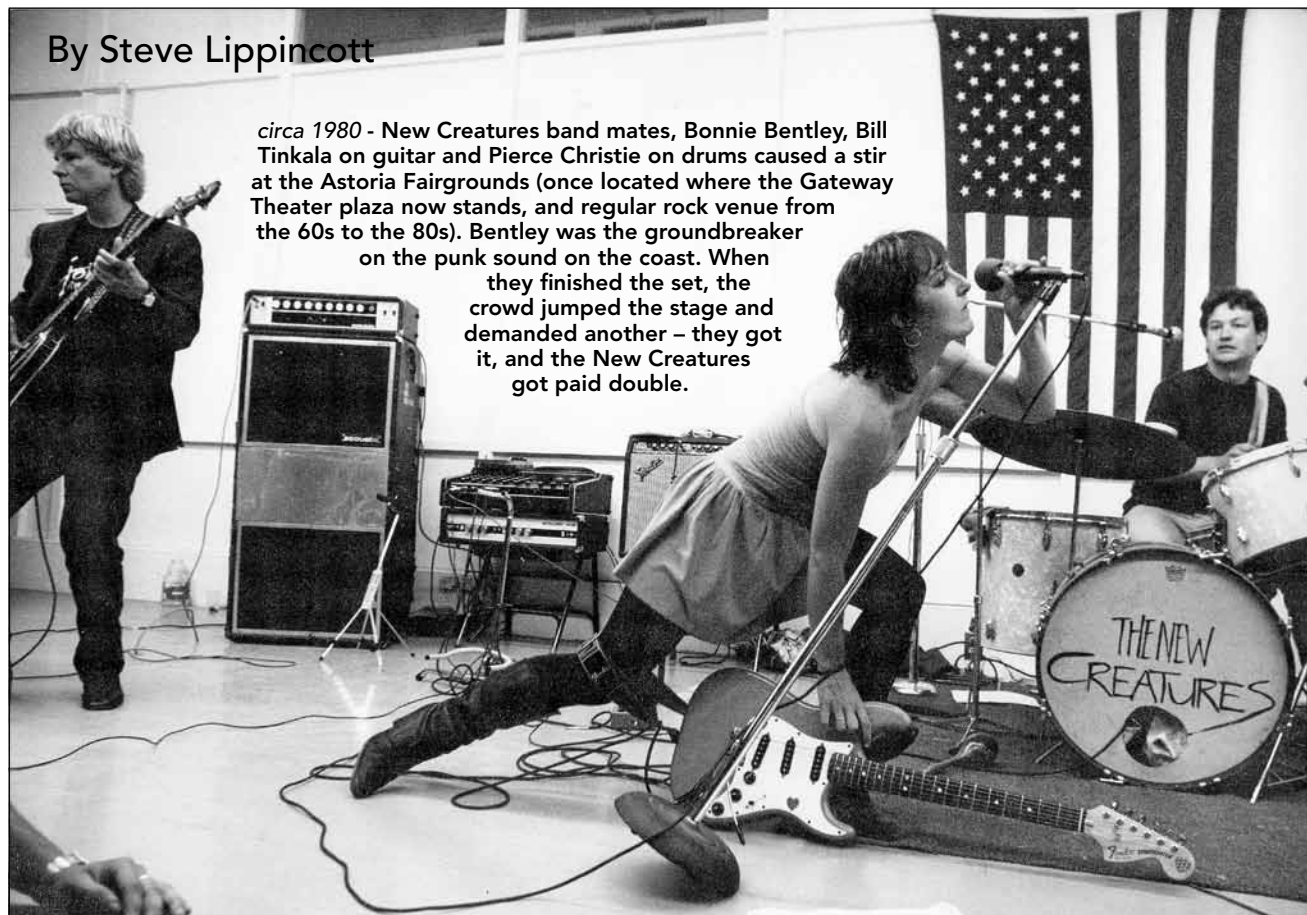


The tWist. Bonnie Bentley, Sylvia Hackathorne, Pat Baum, and Margaret Wise. Rehearsing in a condemned hotel across the street from the White Eagle – the tWist also made their debut there at a party. "I remember we drank a lot of coffee at those rehearsals, and it smelled like rats."

she'll once again be sharing the stage with bassist Arthur Beardsley, so simpatico with Bonnie after two decades of playing together. He knows when she's about to "break down" and stretch out the song, with her playing with the lyrics and bantering with the crowd. You can hear it on Slim Harpo's Got Love If You Want It when Arthur locks in the groove, drummer Jeff Carden slows it down to a smoulder and Patrick Lines' wailing harmonica enshrouds Bonnie's vocals like satin sheets. A plaintive offer of loving arms and a kick-start for those who came out to dance. When Jeff ups the tempo and the band slides into John Lee Hooker's Hip Shake, the dancers go wild.

A word of warning about Bonnie, seriously,...do not piss her off or she'll write a song about you! In "Not The Right Girl" she sings: Well you took me for a walk around the block, you said it was love but I guess it was not, it didn't take long to realize, Well, I, I, I, I'm not the right girl for you. The repeated I's sound like nails being hammered into the dick-for-brains now-Ex. From A Distance (in a song by that title) she sings that in hindsight, she could have walked away but was too close to see.

By Steve Lippincott



circa 1980 - New Creatures band mates, Bonnie Bentley, Bill Tinkala on guitar and Pierce Christie on drums caused a stir at the Astoria Fairgrounds (once located where the Gateway Theater plaza now stands, and regular rock venue from the 60s to the 80s). Bentley was the groundbreaker on the punk sound on the coast. When they finished the set, the crowd jumped the stage and demanded another – they got it, and the New Creatures got paid double.

The world, and love itself, being a lot safer once you keep your distance. The song is all the better with her Patti Smith-like sneering delivery. And, again similar to Patti, when they play the song live, her banter goes on and on, almost a hip hop thing. Patrick says it's a song people hear and think they've already heard, but they haven't yet.

In perhaps her best new song, Black Slip, Bonnie salaciously channels Etta James. Like a jilted Goldilocks, will she choose the pink slip (too sweet) or the red slip (too hot), or the black slip that's just right to bring home her errant lover, back into her loving arms. Only to dance and eat alone. It's a work of stunning nuance; almost a sonic noir film clip. "You be careful, Bonnie," said Dave Gager, who engineered the recent Bentrabbit studio session, "because someone will want to rip that one off". Bonnie equates the creative process to the analogy of throwing out your fishing line and watching for when the float starts bopping under the water's surface and back up with the silvery, squirming idea. "I'm standing at my kitchen counter, 10 o'clock at night, and here comes the incoming words and I'm scribbling fast to keep up and get it down. I ran over to the guitar, wrote out the chords, banged it out. I posted on Facebook that I think I just wrote a song for Etta James to sing. The next morning I find out that she had just died. So I said, oh my! thank you Etta for sending me this song. I tell that story before we play it live and people get the chills.

Patrick jokes that "we're not here because we are The 'Phantom' Teardrops." For him and Arthur, their sole goal is to make Bonnie shine. Patrick is the only one playing leads but is also watching Bonnie's boots to time out his rhythmic chugs on the harp. Arthur doesn't play a gazillion notes nor solely the root chords (as so many



bassists do), rather he chooses his notes carefully, walking the beat, moving it around and fills in the color. It was Dinah Urell of KALA who, after seeing them as a trio, suggested adding a drummer. Jeff and Arthur are now a solid rhythm section that propels the band forward.

Amazingly, she is writing some of the best songs of her 3 decades long career, and, at 62, has such passion, not only for her song craft, but for her spirited performance as well. That Rolling Stones album 12 X 5 that first awakened in her a love for the blues lead her to the source of the old blues greats, who were never too old, and were at their best in their 60's and 70's.

That tired adage "I hope I die before I get old" was for wimps, a wooden nickel given currency back when rock 'n roll was a young man's thing. Check out the latest albums by Bonnie Raitt, Dr John, John Cale and many others; they are at the top of their game. In a recent show, a group of women were dropping money in the tip jar, giving thumbs up and telling her "Rock On!". In those recent recordings, Bonnie sounds like she is 26. But she is so much more special precisely because of the age that she is, with a deepening of her craft thru experience. "I've written so many songs, I've forgotten many of them". Which is a good thing because we get to hear the new ones that she has yet to write, when she throws out her fishing line and sees what she catches.

Its only been in the last year that she's returned to writing and, after cajoling from Patrick, to performing as well. "I dropped out for about 10 years. I didn't want the obligation of gigs and being in a band. I still loved tunes. I still sang around the house. I was still a "pop-in" guest in a friend's band. But I had a 100 excuses for not doing more than that, like being too old. But some events happened that reminded me that this is what I do....write songs and make music. What happened was my son found this online Farm Town site that had an interactive chat feature, My granddaughter wasn't into it but I started

planting and growing things, just for fun. One evening, this guy calling himself "Clark Kent" asked if my fake name "Pirate Jenny" was from the song Mack The Knife. "Why yes it is," I replied. Turns out he's a drummer, about my age, and we became friends. At some point he emails me an mp3 of some music he had recorded. I said it was a really cool song but it doesn't have any words. Go For It, he says. So I listened to the music, scribbling down lyrics and shot them off to him within 48 hours. The words then went to two other players he knew in Colorado and, the next day, he sends their version using my words. They called me a genius that day. So the next week, these guys sent me another mp3 of new music, asking for lyrics. And within 48 hours, I not only sent lyrics but I went to a friend's house to record

my singing of them so they could hear the melody. They say, "Do you know what you are?". I reply that, well, I am a songwriter. "Oh, you are much more than that!" they told me. So that got me going.

"I started building a home studio, sharing these music files with these outside musicians. And re-connected

with my Portland musician friends, like Sylvia Hackathorn, who had been in the band The Twist with me. I wanted her to contribute guitar to some tracks. I also became friends with Patrick Lines, a local harmonica player, and I sent him an

mp3 of "Black Slip", asking if he's be willing to lay down a track. When he came over, he had it charted out. But wouldn't you know my computer fizzled out. It took us a year to finally record that one. I said, oh well, see you next week. I'll

re-learn three more songs. We've gotten together for music night every Tuesday since. He's my kick butt fire starter, he's lately become my musical guider. He's also Canned Heat all over the place!"

"What I am," retorts Patrick, "is prepared. When there is a gig, I make sure there is a working PA system. Write up the set list. I suggested we should start playing out, sharing Bonnie's songs out there" At first she was reluctant, thinking she was too old to be a star and front a band again, thinking maybe she could sell these songs to somebody, collect royalties ("who knows, people like them") but she quickly warmed to the idea of performing again. When Arthur came out from Portland to the coast, for one of their Tuesday music nights, Patrick said that's the only bass player he wants for any projects and for as many gigs because he is the true sound. "With him, we have a rhythm section that is killer".

Arthur first met Bonnie in the early '80's when her Astoria based New Creatures came to play at Louie's La Bamba. By this time, the band was playing out 3 or 4 nights a week, from Long

Beach to Cannon Beach and all of Portland's downtown clubs. Many of them showcase gigs with a lot of bands on the roster, lots of exposure. When Pierce Christie first joined the band in '81, he was replacing Liam Dunne on drums,

and Ben Hunt and Nile Carrol were on bass and guitar, respectively. But by the time the Portland gigs started happening, Larry Haas had come in as guitarist and Bill Tynkila was on bass. Pierce remembers, "these were the best players I had ever played with. They gave The New Creatures

a powerful, high energy

dynamic that suited Bonnie's style and added an extra WOW factor. It was a heady time and we had a good sound but it was Bonnie's drive that gave us something different from the rest of the up and comers, like Billy Rancher, The Crazy Eights, Steve Bradley and Robert Cray."

Sitting with friends at La Bamba, Arthur saw this gal walk by and wondered, "Whos'that? It wasn't just that she had a pretty face, she carried herself with a confident, authoritative manner. She walked like a star. I stuck around to catch her band and she reminded me of Chrissie Hynde and Patti Smith combined. Real pop sensibility but playing real aggressive guitar, and had all the rock moves. She seemed a performer on the pathway to greatness. I thought, Man, it would be fun to play with her! But I didn't see that happening. Later though, a friend of mine, Mark, who was playing in Bonnie's Portland based band, now called New New Creatures, told me they needed a good bass player and asked me 'round to jam. He didn't know I was interested in leaving the band Walkie Talkie, as they were changing over to be a covers only band to make more money and I, having done that once, felt that was too much like being in a job. I took that opportunity to jam with Bonnie's band and soon saw that she had every right to carry herself as she did. Because she wrote good material, good, solid stuff. It had pop sensibility but with a real punky edge to it, and with a lot of energy. At that time, women fronting bands were not players, just singers, but they had this Diva attitude like: Well, I'm the talent here. Whereas, Bonnie knew what she wanted, and what she wanted out of people but she had a way of expressing it without expressing it. And so I fell into being her bass player, not just with the New Creatures but for many years and many bands since then".

Dan Haley, who was in the much loved Ed & The Boat, remembers sharing the bill often with The New Creatures at that time and was suitably impressed. "She was rad, a real pioneer. It was just unheard of for a woman then fronting a band playing cool rock n roll guitar. I think it may have been a blue Fender jaguar. She played really good leads on that thing." On listening to



Backstage Louis's La Bamba in Portland, 1981.



Gomper. Bentley's (in the middle) '69 all-female band named for a Stones tune off "Their Satanic Majestic Request." Playing for a high school assembly (Portland), the backdrop being The Sound of Music.



a recording called "Lost Sessions" with Bonnie, Arthur and Jeff Hudus (of the Rockin' Razorbacks), its easy to hear that it was a formidable band, and understand why it was making waves in Portland. On the song Desperate Eyes, Bonnie plays leads that call to mind Tom Verlaine of Television. And, interestingly, there is a point where Bonnie decided to develop her guitar chops, playing more lead and not just rhythm. She suggested Arthur take over the band and she become the guitar player, no longer fronting the band. Arthur wrote the material and she did the guitar parts. "I just told her the chord progression and she did her thing. Which was always wonderful because I loved so much the way she played."

That band became known as The Rudders, fitting in with a nautical theme at what was to be their debut gig. A friend of Bonnie's, Rhys Schrock, was doing a farewell concert at Satyricon for his band The Titanics, as he was just leaving for a 2 year stint traveling thru Europe, and he asked Bonnie to perform. Also playing that night were Ed & The Boats so the nom de plume of The Rudders seemed apropos. It was the first time guitarist Sylvia Hackathorn of The Titanics met Bonnie. Later they would band together in the all girl group, The Twist. "Bonnie showed up for the show in full pirate regalia and the Rudders were totally great". It was the first time she played where she was not singing, and just being the badass guitar player. Says Bonnie, "I

wore a big, black hat which totally hid my face, which was the point."

Eventually, however, it wasn't quite what she wanted and Arthur and she had an amicable musical separation. They had been doing some of her songs but she was loath for it to become another Bonnie Bentley band. Arthur went in search of another female guitarist, but knew there wouldn't be another one like Bonnie, eventually settling on Ian Miller, Chris Miller's 16 year old brother, a total punk shredder, and changing the name to Pink TV. Arthur still played occasionally with Bonnie, notably in The Fundamentals but later filling in on the early gigs of her new band, The Twist, with Pat Baum of The Neo Boys and Sylvia Hackathorn of The Titanics. "This was before they found Margaret Grgich to come in on bass. "Because of Bonnie's reputation, and Pat & Sylvia's connections, they had gotten some gigs and I helped on bass. It was really fun, with all new material from Bonnie and another, different, dynamic."

Bonnie had first met Pat Baum years earlier when Pat worked the board recording Astoria based New Creatures at the club Euphoria in Dec of '81. A great show featuring Bonnie originals like Pleasin' Teasin' and Black Out (about forgetting to eat, falling asleep and the band not being able to rouse her) and covers of Patti Smith's Space Monkey and Grindin' Halt by The Cure. Five years later, Pat walks into Satyricon, sees Bonnie, and asks her what she is currently doing. "I'm doing nothing. I'm just watching." And Pat said, if you get an idea, let me know, I'm doing nothing too."

"I had finished up with the boy bands and decided I needed a new vision. You know what hap-

pens when you play in a band, loading, setting up, soundcheck, doing your gig. If everything goes right, you are out of there. And so, a lot of the times, I was not hanging around and nor was I going out to other clubs because I was playing at another one. So I took the summer off and

went dancing. So a month later, I call her up and I said I had an idea. An all girls group that's danceable but the "twist" is we have 3 guys in tuxedos dancing on the side. We called them The Davetones and they were the boowop shoobop guys. Role reversal where the girls were the meat and the boys were the foo foo's. And it worked. We always made the W a capitol letter for "women": the tWist.

"We were very serious about our music but wondered why at gigs the audience were giggling and smiling so much. We were too busy to see the antics of The Davetones behind us, such as on the song Desperate Eyes, they wore springy eyeglasses. They'd lean into the mics and the eyes would spring out. It was fun, lighthearted and danceable. What made it different was Sylvia played multiple string instruments and was a killer Irish style player. She can totally rock but in the nuances you would hear these runs that gave the band a very different sound."

Sylvia likewise found Bonnie wonderful to work with and, even tho she was the songwriter of the band, Bonnie was very open to collaboration in the musical arrangements. "We worked closely to create a melodic interplay between our two guitars. And she was a consummate show woman in every way; the rest of us being confirmed introverts gave her a lot to make up for!" Original bassist Margaret thought it was great fun playing with the Twist. "We attracted an art crowd. I loved our first gig at Pat Baum's warehouse studio" which was across from the White Eagle Tavern. "Bonnie's prolific songwriting abilities" says Pat Baum, "seemed to come in great creative waves; anything she ever wrote for the TWIST was marked with her signature mix of 60's folk-rock, ode to Keith Richard guitar riffs and heart-felt girl-to-woman meets boy-next-door lyrics. The music was straight

ahead rock: 3 chord, verse /chorus / versus / lead; in that sense she never strayed far from her roots, yet her music constantly evolved to encompass new genres, like new wave and punk.

"Her enthusiasm for our all-woman band continued even after she moved to the Oregon coast and took a job at a gallery. She'd come to Portland on her days off on the bus for band rehearsals, bursting with enthusiasm over a new song she'd just written for us. Or we'd go to Cannon Beach to play, then stay up late after the gig, slumber-party-style in jammies and listen to our fave women-rockers, like Marianne Faithful and Patti Smith or watch cult movies like, Jack Cardiff's, "Girl on a Motorcycle."

Bonnie left Portland in '87, but continued playing in the band until '89 when a great vinyl single was issued on Funhouse Records, by which time Nancy Buroff was on bass.

The song Wolves with a B side of Scared (Of A Woman), a tasty slab about making ends meet and keeping the wolves at bay followed by a song telling a man not to be afraid of a woman who is fancy and free and doesn't need no sympathy. "When it comes to the pain of love, you know you can hurt me with just one little shove, the scary truth is I'm just like you, and I've had my share of broken hearts too."

What is amazing is that, for all its power pop shredding '80's sound, the sentiments would fit remarkably well with her recent songs like

Not The Right Girl or From A Distance, only recorded a month ago. Perhaps she'll pull it out for the setlist for the upcoming gig at Kala Gallery, which will be something of a career retrospective. She is already promising to play "The Pervert Song", a song she wrote in her old folky days in the late '60's when she was performing at the Ninth Street Exit with people like Paul DeLay, Jim Mesi, and Steve Bradley.

What you will definitely hear is an Oregon Rock 'n Roll pioneer and a writer of songs from the heart playing with a white hot band. And so, when you head down to KALA this month, be sure to feed the tip jar and tell Bonnie to "Rock On"



BONNIE BENTLEY & THE PHANTOM TEARDROPS

**BONNIE AND PHANTOM TEARDROPS @ KALA
FRIDAY, JULY 19**

A RETROSPECTIVE PERFORMANCE
AND EP RELEASE PARTY
DOORS OPEN 8:30PM
SHOW AFTER 9PM
\$5

1017 MARINE DRIVE IN ASTORIA
COCKTAILS!!!!!!!!!!!!



The Rudders. Arthur Beardsley, Laurance Gillian, Bonnie Bentley.



Phantom Teardrop at Moodies. Patrick Lines harp, Arthur Beardsley bass, Bonnie, and Jeff Carden on drums. Photo: Heidie Aphrodite.

Going Primal: Get Paleo

By Erin Hofseth

IT'S A two-million-year-old "fad diet." Your immediate association with it may be cross-fit folks, body builders, or marathon runners. It may be synonymous in your mind with the well-known "Atkins diet" of the early 90's, which consisted of meat...lots and lots of meat. Well, truth be told, it's none of these things. In fact, if I were to sum it up, I'd say it's the most basic, return-to-nature, common sense diet I've caught wind of. Hailing back to what humans ate in the Paleolithic time period, before large scale farming and agriculture, before the domestication of cattle, and the industrial revolution; it dares to suggest that we avoid foods that come pre-packaged, with an ingredients lists consisting of too many unpronounceable words. It's dubbed the Paleo Diet, short for Paleolithic Era Diet. "For 2 million years we ate what we could hunt, what we could pull out of the ground, and what we could pull off of a tree," explains Naturopathic Doctor, Shannon Weeks, and this lifestyle is his immediate prescription for every patient that he sees.

Dr. Weeks is a Naturopathic Physician, an Applied Kinesologist and a former Las Vegas amateur kick boxer now residing and practicing in Portland, Oregon. He treats patients out of Elixia Wellness Group, located in the Sellwood area. His patients deal with issues ranging from chronic joint and muscle pain, to Type 2 Diabetes. His mantra: "eliminate the sugar." This goes beyond the white, refined, packaged sugar that we all know is bad for us, and extends to the foods that many of us don't even realize are spiking our blood sugar. "All grains are starches and all starches are sugar," says Weeks. "Your body doesn't know the difference between a baked potato and can of coco cola," Weeks continues, "when a person eats a starchy food, the enzymes in their mouth turn it into glucose immediately. This spikes blood sugar and causes a rise in insulin." According to Weeks, when people exist in a state of chronic high insulin, metabolic problems occur. In fact, obesity is the leading cause of disease in our country, bumping smoking right out of the way. The Standard American Diet tends to be heavy in grains, refined flours, sugars, and dairy; not exactly how our Paleolithic ancestors ate. If you consider the fact that our DNA is still the same as our ancient ancestors, who subsisted on a low-carb, high protein diet, it's no wonder that our bodies are negatively reacting to what we are feeding them.

But wait!? Didn't people eat grains all those many years ago? What about ancient grains...like the ones archeologists have found buried in Egyptian tombs? Well, according to Weeks, modern day wheat carries almost no resemblance to the wheat of ancient times. 99% of the wheat grown today is a type of wheat called "dwarf" wheat. Dwarf wheat is a genetically manipulated high-yielding variety of wheat, cultivated by humanitarian and agronomist, Norman Borlaug in the 1960's. Borlaug introduced dwarf wheat, along with modern agriculture practices, to developing countries in order to improve food security.

Although his work is admirable – earning him a Noble Peace Prize in 1970 for helping to increase the world's food supply – his wheat varieties seem to pose some problems for the typical grain-consuming American. Dwarf wheat has a higher gluten and starch content compared to the ancient varieties. According to Dr. Weeks, the overconsumption of this modified grain is the cause behind the rise we see in allergies, gluten intolerances, inflammation, blood sugar issues, obesity, and autoimmune diseases. Although it did feed many hungry people, it was actually never tested on humans, making us the guinea pigs.

So, we now know that modern wheat is hard on our systems, but what about all the other grains? Well, all grains

are starches which immediately turn to glucose in our bodies. Wheat may be the biggest offender because of the gluten it contains, but all grains have the potential to cause inflammation as they are not easily digestible and wreak havoc on blood sugar levels. As Dr. Weeks puts it, "we are still working with the DNA that we had thousands of years ago. It has not changed. Our insulin mechanism was developed under the low carbohydrate system. Our bodies work quite well under that system. You start overloading it with carbohydrates, and you have problems." Every week Dr. Weeks sees patients with either full blown Type 2 Diabetes or beginning stages of it; and over and over he witnesses success when people follow his prescription of a starch-free, dairy-free lifestyle. Eliminating the sugar for 30-40 days can actually get a Diabetic off their medication and onto a healthy lifestyle of consuming nutrient dense foods.

Jennifer Visser, local massage therapist, and current patient of Dr. Weeks, can attest to the benefits of adopting a Paleo lifestyle. Visser went to Weeks three months ago seeking healing for the back issues she'd suffered from for seven years. Dr. Weeks immediately put her on the Paleo diet – no corn, soy, legumes, grains, dairy, or sugar – and within 2 days she noticed a change in her ability to stay

focused. Visser was diagnosed with ADD in her teenage years, and the clarity

that she experienced after just two days of eating Paleo won Visser over immediately and she has never looked back. A month and a half later her chronic back pain eased as well. A few more benefits that Visser has experienced are: heightened energy levels, mood stability, and balanced blood sugar.

Her own Paleo journey has inspired her to view nutrition as a vital aspect in her client's journey towards healing. In reference to working with her clients, she says, "I can get rid of a million trigger points, but they will be right back if someone is assaulting their body from the inside out." Visser's passion about food as medicine has pointed her in the direction of nutritional counseling. She hopes to return to school soon so that she can add this certification to her practice. "We are a starved country for nutrients. We're obese, but we are starved, because we are consuming so many empty calories." Visser is driven to educate. After the healing she found through food, she wants everyone to know how easy it is to feel good. For this reason she has been busy organizing community events that will educate and bring people together. Among them is the upcoming guest lecture given by Dr. Shannon Weeks himself on

Saturday, July 13th at the Bob Chisholm Community Center, from 10-11:30 am. This is a free event that also includes free childcare. Visser has teamed up with Sunset Empire Parks and Recreation District in Seaside to put this event on. She is also scheduled to begin teaching Paleo cooking classes, starting in about a month. These will also take place at the Bob Chisholm Community Center, on the 4th Tuesday of every month, running from 6:30 – 8 pm.

If the Paleo lifestyle is intriguing but feels intimidating, Weeks gives some simple advice to get started. He recommends replacing starches with vegetables at every meal. For example if your dinner consists of chicken, rice, baked potato and salad; try replacing the rice and the potato with steamed broccoli and asparagus. In doing this you will be doubling your nutrient content and quadrupling your fiber content, as well as providing yourself with much higher micronutrient content.

Although a big part of the Paleo lifestyle is the consumption of healthy meat products, it is by no means a meat-heavy diet. Weeks stresses that vegetables should be the base, protein should be secondary and healthy



Dr. Shannon Weeks, Paleo Diet Specialist



Paleo Diet enthusiast Massage Therapist Jenn Visser will offer a series of cooking classes in Seaside.

fats and fruits should fill-in. Food sources are also a major component of the Paleo diet. Produce should optimally be purchased from local, organic farmers or farmer's markets. Meats should be obtained from healthy, grass-fed animals that have not been treated with hormones or antibiotics. Eggs should be from pastured chickens that have had the freedom to roam and have not been fed a diet heavy in corn and soy.

We are blessed here on the Oregon coast to have a variety of small, sustainable farms in which to purchase clean foods from. There are Farmer's Markets in towns all along the coast including Astoria, Seaside, Cannon Beach, and Manzanita. Astoria's own food cooperative also sells local produce, meats and butter from grass-fed animals, and wild-caught fish. Buying local and organic is always the best option for optimal health and community sustainability. Visser explains that eating Paleo doesn't have to be hard. It's really just a matter of shopping differently and finding great alternatives for the products that you've grown accustomed to. After all, the idea is to simplify, to reach back thousands of years ago before the complication of processed foods, and to feed our bodies what our DNA is begging for.

EVENT/CLASSES

**Dr. Shannon Weeks Presents:
Diet for Disease Prevention
How Food Choices Affect Health**

Saturday July 13
10am to 11:30am

Bob Chisholm Community Center
1225 Avenue A, Seaside.

A free presentation. Games and activities for kids 3 - 12.

**Paleo Diet Cooking Classes
Instructor Jenn Visser**

Beginning July 24 at the Bob Chisholm Community Center, the 4th Tuesday of every month from 6:30 - 8pm. Fee \$10, includes meal.



A Simplified Paleo Guide:

This list includes only common items that are relatively easy to buy at a local health food stores and farmer's markets. The list of allowable Paleo foods is extensive and worth investigating.

Meat, Seafood and Eggs:

From wild, grass-fed, pasture-raised animals

Fats and oils:

Avocado Oil
Butter from grass-fed cows
Coconut oil
Cold pressed olive oil

Liquids:

Almond Milk
Coconut Milk
Coconut water
Herbal tea
Mineral water
Water
Organic coffee

Most all vegetables – organically grown

**No starchy vegetables such as potatoes*

Most all Fruits – organically grown

Nuts and Nut Butters:

Almonds/Almond butter
Sunflower seeds/Sunflower butter
Pistachios
Walnuts
Macadamia nuts
Chestnuts

**Remember that peanuts are a legume, making them a non-Paleo food.*

Baking Flours:

Almond Flour/Almond Meal
Coconut Flour
Hazelnut Flour

Treats and Sweeteners:

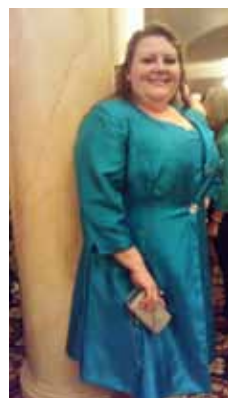
Carob Powder
Cocoa Powder
Raw Honey
Pure Maple Syrup
Molasses
Dark Chocolate



Coastal summer markets supply the menu for a Paleo diet.

OUTLOOK

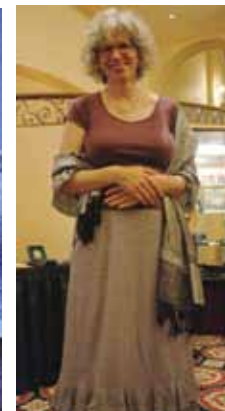
LOOKOUT



THE ASTORIA MUSIC FESTIVAL

Flutes & Violins, Cellos a Plenty
... but don't miss the jewels,
satin and silk of the evening.

Photos by Sofie Kline





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Goings On: July '13

in the columbia pacific

Our Heroes and Heroines Returns!

The 29th Season of Shanghaied In Astoria

Opens Thursday July 11th! • *Sponsored by the "Q" 94.9FM!*

ASOC'S INFAMOUS SHANG-HAIED IN ASTORIA opens Thursday July 11th with another FUN OPENING NIGHT featuring a gourmet BBQ by Chef Holen of BAKED ALASKA!

Sponsored by The "Q" 94.9 FM Opening Night Delights feature: Hot off the grill from Chef Holen and the Baked Alaska kitchen: Kobe Beef Hotdogs on house-made cheddar cheese hoagie with stone-ground mustard, pickled watermelon rind and tomato marmalade and Kobe Burgers on house-made sweet onion buns with smoked Gouda cheese, bacon jalapeno jam, red leaf lettuce and vin-ripe tomato slice, both with Pinot Gris mustard and Pinot Noir ketchup. Corn Bread and roasted corn panzanella tossed with arugula and cherry tomato, Fingerling potato salad with house-made chive mayo and for desert Gooney butter cake with macerated strawberries. Tickets FOR BOTH THE SHOW AND DINNER are just \$30 still available but going fast Call now! 503-325-6104.



Cute but Dumb Eric and Sweet Virginia

With returning Director Nate Bucholz at the helm, this season is guaranteed to tickle your funny bone as it gets your foot stomping and voice humming! So, get your tickets EARLY for your UFFDAH!

Have you not seen the Astor Street Opry Company's, Live on Stage... Award Winning...Family Entertainment...That Original... Historical, Hysterical...Broadway-Style...Musical Melodrama???

Well, it is part-vaudeville, part-soap opera, and part 1950's style Hollywood musical – all com-



Finnish hunks Jakko and Jano

bined into a fun and entertaining look at traditional local cultural folklore and this is the year NOT to miss featuring your friends and neighbors including some of the finest entertainers west of the Rocky Mountains! Including: Bill Carr, Brian Allen, Jason Hippert, Mathew Zedwick, Courtney Jenson, Eric Bredleau, Ken Chapman, Mark Galbraith, Brian Ashby, Dave Bergquist, Jim Coffee, ChrisLynn Taylor, Jody Halford, Sandi Hilton, Kristin Zedwick, Lora Nice, Lily Deufel, Jackie Higginbotham, Steven Nice, Jon Osborn, Derick Watson, Tim Murphy, Nathan Jones, Amy Coughlin, Elsa Nethercot, Zach Sandoval, Kessley Hosler, Lora Nice, Kerri Hilton, Erica Long, Stephanie Rowe, Ella Boyer with band members, Phil Morrill, David Bennett and David Burrell.

The 29th Season of SHANG-HAIED IN ASTORIA opens July 11th and runs thru Sept 14th 2013 with Sunday Matinees Sundays Matinees July 21st, August 4th & 25th, and Sept. 8th 2:00pm all at The ASOC Playhouse, 129 West Bond Street, Uniontown Astoria. (Right behind the Astoria-Warrenton Chamber of Commerce).

The show runs every Thursday, Friday and Saturday evenings with the box office opening at 6:30pm, doors at 7:00pm and show time 7:30pm. On Sunday Matinees the box opens at 1:00pm, doors at 1:30pm and show time 2:00pm. No late seating folks!

Also nightly available for Your Eating & Drinking Pleasure Miss Vivian's Saloon Features: Fine Brew from Fort George Brewery and Hotdogs & Chips, Popcorn, Soda Pop, Locally Made Candy & more from The Miss Virginia

Soda fountain sponsored by the Rio Cafe!

And did you know? The MISS VIVIAN & MISS VIRGINIA is being shook up starting this August. Watch for details!

Now that you have heard all about it, don't miss the North Coast Region's Own...SHANG-HAIED IN ASTORIA! Be a part of the MAGIC! Tickets are \$20 to 16 and can be purchased by calling our Shanghaied Ticket Hotline 503-325-6104 to leave a voice mail or you can purchase tickets online by going to our



Chef Holen

website at www.astorstreetopry-compnay.com Tickets can also be purchased at the door beginning one hour before show time, but reservations are recommended. Be sure to ask about our group and family rates and our senior and child discounts. Check out our website for all our activities at www.astorstreetoprycompany.com

Saturday 6

MUSIC

Eric Sappington. Noon – 2pm at the 2nd Street Public Market in Tillamook.

American Roots Festival. Closely Watched Trains, Baby Gramps, Freak Mountain Ramblers. Free admission, families welcome. Beer, wine & BBQ available for purchase. 1 – 10pm at the Nehalem Bay Winery.

First Saturday Concert. With the Lincoln Pops. 7pm at the Lincoln City Cultural Center.

Melissa Linder. 7 – 9pm at Moody's Supper House in Seaside.

Sedona Fire. Free, 7pm at the Nehalem Bay State Park Amphitheater.

DD&R Garage Band. Classic Rock. 7:30pm at the Seaside American Legion.

Farallons, with Kacey and Au Dunes. Ethereal Soundscapes, Soulful Acoustic Pop, and Psychedelic Rock, respectively. Free, starts at 8pm at the Sou'wester Lodge in Seaview.

International Anthem's 25 Year Reunion Show. Featuring The Koozies (punk/gypsy jazz/ dangerous rock-n-roll), with Psyrup (experimental hard rock/metal/psychedelic) and the Chronicles of Bad Butch (retro-'80s classic rock with a modern twist). \$8, 8pm at the ASOC Playhouse in Astoria.

Hank Shreve Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

Jerry Joseph. Rock. No cover, 9pm at the Adrift Hotel in Long Beach.

Karaoke From Hell. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Perhapst with Hook & Anchor. \$8, 9pm at the Columbian Theater in Astoria.

Tommy Hogan Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Oysterville Community Club Artisans Fair. 10am – 4pm at the Oysterville Schoolhouse.

Trash Art Show. 10am – 4pm at the Hoffman Center in Manzanita.

Artist of the Month Reception. Showing the work of Leanne Clement. 3 – 5pm at the 2nd Street Public Market in Tillamook.

Shirley Girl Artist Reception. 4 – 8pm at Tilted Art & Gifts in Seaside.

First Saturday Art Walk. 5 – 8pm at galleries and businesses in Gearhart and Seaside.

FOOD & DRINK

Wine Tasting. NW Chardonnay. 1 – 4pm at the Cellar on 10th in Astoria

Wine Tasting. Pudding River Wine Cellars. \$5, 1 – 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Rummage Sale. 9am – 4pm at the Kiawanda Community Center in Pacific City.

Fireworks at the Port. 9:45pm at the Port of Ilwaco.

Independence Weekend Party. Enjoy live music with Closely Watched Trains, Baby Gramps and Freak Mountain Ramblers. Starting at 1pm at the Nehalem Bay Winery.

Living Local Celebration. Enjoy free hot dogs and ice cream, tractor displays and rides and 4-H farm animals. Free, 11am – 2pm at the Mohler Co-op.

Old Fashion Barn Dance & Potluck. Basic dance steps will be taught at 6 p.m. before the dance starts. Bring a dish to share and a nonalcoholic drink for yourself.. Live music will be provided by Coaster. 6 – 9:30pm at the White Clover Grange on Hwy 53 near Nehalem.

Oregon Coast Classic Car Show. Classic cars, food, and entertainment. Starts at 9am at the Alderbrook Golf Course north of Tillamook.

Household Hazardous Waste Collection Day. 9am – 1pm at the Tillamook Transfer Station. 503-815-3975

World's Greatest Potato Chunkin' Contest. At the Tillamook County Fairgrounds. For entry forms and rules please call 503-842-2272

Clover's Day Parade. "South County Celebration." Fun activities all day long in downtown Cloverdale. 503-392-3456

Fireworks. 9:30 – 10pm at Bob Straub Wayside in Pacific City.

Lumberjack Show. At Chinook Winds in Lincoln City. 888-CHINOOK

Comedy on the Coast. \$15, at Chinook Winds in Lincoln City.

Firecracker 5k walk/Run. \$20 entry fee.

LITERARY

Book Sale Extravaganza. 9am – 4pm at the Cannon Beach Library.

OUTSIDE

Firecracker 5K. \$20 entry fee. 9am – noon, event starts at the Port of Ilwaco parking lot across from the pavilion in Ilwaco. Entry form at https://docs.google.com/file/d/0B21-6sxb8p0UXIzUTRISUFQ1k/edit?usp=drive_web&pli=1

Great Cannon Beach Puffin Watch. Bird watching stations with spotting scopes staffed by interpreters will be positioned at Haystack Rock.

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 7

MUSIC

Anthony Braco. Chicago eclectic acoustic guitar, 11am at the Blue Scorch in Astoria.

Brownsmead Flats. 10am – 3pm at the Astoria Sunday Market.

Bluegrass Music Jam. 1 – 3pm at the Tillamook Forest Center.

Jerry Joseph. Rock. No cover, 8pm at the Adrift Hotel in Long Beach.

Bar Budwig & the Country Crooners. Americana/Folk/Country. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Trash Art Show. 10am – 4pm at the Hoffman Center in Manzanita.

HAPPENING

Game Day at the Library. Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

World's Greatest Potato Chunkin' Contest. At the Tillamook County Fairgrounds. For entry forms and rules please call 503-842-2272

OUTSIDE

Pipeline Hike. Along a portion of the proposed LNG pipeline. With Pearl Rasmussen and Dan Serres. Meet at Elderberry Inn, Elsie, on Hwy 26, at 10am.

Great Cannon Beach Puffin Watch. Bird watching stations with spotting scopes staffed by interpreters will be positioned at Haystack Rock.

SPIRITUAL

Community HU Song. Regardless of your beliefs or religion, you can sing HU, an ancient name for God, to become happier and more secure. It is simply for the spiritual uplift of those who come and is not directed to any other purpose. Presented by Eckankar. Free, 1:30pm at the Seaside Library.

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 8

MUSIC

Truckstop Honeymoon. Bluegrass punk. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Oregon Coast Council for the Arts Training.

All Clatsop County artists, gallery owners, presenters of arts-related events, and arts, heritage and humanities organizations can learn how to input their information on OCCA's new website, www.coastarts.org. Students should bring a laptop or tablet computer if they have one but it is not required. Free, noon – 2pm at the Cannon Beach History Center and 4:30 – 6:30pm at CCC in Astoria.

Tuesday 9

MUSIC

Truckstop Honeymoon. Bluegrass punk. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Oregon Council for the Arts Training. Free,

10am – noon at CCC in Astoria and 6 – 8pm at Trail's End Art Association in Gearhart.

Wednesday 10

MUSIC

Brownsmead Flats. Americana. Free, 6:30pm at Lindstrom Park in Astoria.

Ark Life with Paleo. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Cowboy Buck & Elizabeth. Free, 2pm at the South Bend Timberland Library.

Chris Fascione Stories, Clowning & More. Free, 2pm at the Naselle Timberland Library.

Sandsations. A celebration of Sand Sculptures. At various locations in and around Long Beach. Schedule at sandsationslongbeach.com

Seaman's Day. Commemorating the dog of the corps of discovery. Visitors will get an opportunity to learn about Seaman and meet some modern Newfoundland dogs. Ranger talk, "Our Dog Seaman" at 11:30am and 3:30pm. Programs about modern life with a Newfoundland at 12:30 and 2:30pm. Dog-themed crafts for kids and face painting for all ages 11am – 4pm. Ranger guided walks at 11am & 2pm. Living history programs at 10:30am, and 1:30 and 4:30pm. At Fort Clatsop, Warrenton.

Night of All Knowledge Team Trivia Tournament. Free, 6pm at the Seaside Library.

Alex Zerba the Zaniac. Come enjoy a night of family fun. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Thursday 11

MUSIC

Brad Griswald. 3 – 6pm at the River People farmers Market in Astoria.

Blue Skies for Black Hearts. Indie rock. No cover. 8pm at the Adrift Hotel in Long Beach.

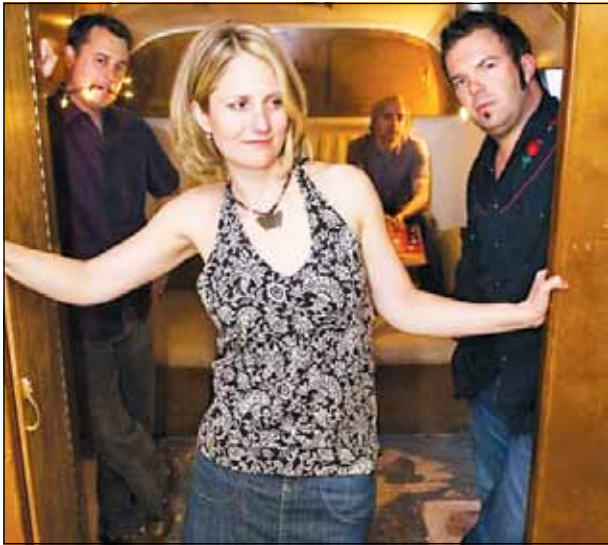
ART

10,000 Things Opening Reception. Featuring the work of Rebecca Read. 6 - 8pm at Yummy Wine Bar in Seaside.

HAPPENING

Eric Haines, One Man Band. Free, 2 – 3pm at the Raymond Timberland Library.

Sandsations. A celebration of Sand Sculptures. At various locations in and around Long Beach. Schedule at sandsationslongbeach.com



Pilar French

ECLECTIC PORTLAND music scene chanteuse, Pilar French delivers silk n' smoke to a refreshing, twisted funk n'

blues. Friday, July 12, 7pm at the Sandtrap in Gearhart, All Ages, No Cover.

Kirill Gliakovsky

VIRTUOSO PIANIST Kirill Gliakovsky performs classical compositions by Russian composers Rachmaninov, Tchaikovsky, Mussorgsky and more. A second benefit performance for TCAN, a Tillamook County creatives networking organization. Gliakovsky, is a world concert performer, on the faculty of at the University of Southern California, Santa Monica College and Pepperdine University and is currently Head of the Piano Area at Southern Utah University in Cedar City, UT. "Unabashedly romantic...stunned with intensity...a gripping and masterful performance." The Los Angeles Times.

Enjoy this rare virtuosic treat, Sunday, July 14, 2pm



at the Tillamook United Methodist Church, 3808 St., Tillamook. Tickets: Adults \$15 – Students \$10
Reservations & Info: 503-842-2078 — tillamookcounty-artsnetwork@gmail.com

Ashleigh Flynn



PORTLAND COUNTRIFIED roots chanteuse is getting great reviews for her latest album, A Million Stars, on her own Home Perm Records, featuring stories of important

pioneering women that history has largely overlooked. An all star Portland ensemble joins her. WW says "the most satisfying rootsy gal album to come out of pdx since 2002..." Like her facebook page and she offers a free download of her song, "See the Light," dedicated to the recent overturn of DOMA.

Catch the charming, talented and celebratingly "out" Flynn at the Adrift Hotel Lounge, 9 – 11pm in Long Beach, 7/20 and 7/21.

Vintage Airstream Rally. The public is welcome to come and enjoy these lovingly maintained and restored gems. At the Sou'wester Lodge in Seaview.

Summer Potluck & Hawk Talk. Potluck meal starts at 6pm, lecture on raptors at 7:30pm. In the Warren Room at the Tolovana Inn, Cannon Beach.

LITERARY

Author Appearance. Kristy Athens presents from her new book "Get Your Pitchfork On! The Real Dirt on Country Living." Free, 7pm at the Seaside Library.

THEATER

Shanghai'd in Astoria. Musical Melodrama. Opening night celebration gourmet BBQ dinner plus show for \$30, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 12

MUSIC

Benny & the Bay City Rockers. 6 – 9pm at the 2nd Street Public Market in Tillamook.

Cannon Beach Chorus. Presenting "Cabaret". 7 – 9pm at the Bob Chisholm Community Center in Seaside.

Pilar French Intention. Blues/Funk. No cover, 7pm at the Sand Trap Pub in Gearhart.

Daric Moore at KALA. Singer/songwriter in the folk rock tradition. Daric Moore performs a concert of originals on guitar and piano. Doors open 8:30pm, music at 9pm. Cocktails, light fare and cabaret table seating. \$5 cover. 1017 Marine Drive in Astoria

Blue Skies for Black Hearts. Indie rock. No cover. 9pm at the Adrift Hotel in Long Beach.

Rae Gordon. No cover, 9pm at Roadhouse 101 in Lincoln City.

ART

Summer Members' Show Reception. At the Lincoln City Cultural Center. 541-994-9994

HAPPENING

Sandsations. A celebration of Sand Sculptures. At various locations in and around Long Beach. Schedule at sandsationslongbeach.com

Vintage Airstream Rally. The public is welcome to come and enjoy these lovingly maintained and restored gems. At the Sou'wester Lodge in Seaview.

Billy Gardell. Comedy. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Crabbing Clinic. With Bill Lackner. A hands-on crabbing lesson on Siletz Bay. Free, meet at 9:30am at the pavilion near Mo's Restaurant in Lincoln City. 541-265-5847

THEATER

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 13

MUSIC

Burt Kline. Country Western. Noon – 1pm at the 2ns Street Public Market in Tillamook.

Get Your Dancing Shoes On! Live music and dancing by Acustica World Music. \$10, 7 – 9pm at Sundance Event Lodge, Sea Ranch Resort in Cannon Beach.

Little Beirut. 7pm at the Waikiki Beach arena at Cape Disappointment State Park, Ilwaco.

Pilar French Band. \$12, 7pm at the Lincoln City Cultural Center. 541-994-9994

Resoelectrics. High energy R&B. No cover, 8pm at the Sou'wester Lodge in Seaview.

Avians Alight. No cover. 9pm at the Adrift Hotel in Long Beach.

The Bucket List. 9pm at Snug Harbor Bar & Grill in Lincoln City.

Church of Surf. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Strange Tones. No cover, 9pm at Roadhouse 101 in Lincoln City.

ART

Astoria's Second Saturday Art Walk. 5 – 9pm downtown Astoria.

Ilwaco Art Night. 5 – 8pm on the Ilwaco waterfront Marina.

FOOD & DRINK

Pancake Breakfast. \$5 for adults, \$3 for children. 8am – 11am at the Peninsula Senior Activity Center in Klipsan Beach, WA

Wine Tasting. Pinot Gris. 1 – 4pm at the Cel-lar on 10th in Astoria.

Wine Tasting. Cristom. \$5, 1 – 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Sandsations. A celebration of Sand Sculptures. At various locations in and around Long Beach. Schedule at sandsationslongbeach.com

Vintage Airstream Rally. The public is welcome to come and enjoy these lovingly maintained and restored gems. At the Sou'wester Lodge in Seaview.

Lower Columbia Preservation Society Garden Tour. \$15, get tickets and map at 1th St and Grand in Astoria from 9:30am – 1pm. Tour from 10am – 3pm in Astoria.

Lower Columbia Pug Socializing Club. Pugs and their people meet monthly for fun and socialization. 11am at Carruthers Park in Warrenton.

Oregon Coast Scenic Railroad Dinner Train. Leaves at 6:15pm from Garibaldi for tickets and more info, call 503-842-7972

Billy Gardell. Comedy. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

HEALTH

Diet For Disease Prevention. How Food Choices Affect Health. Free, 10 – 11:30am at the Bob Chisholm Community Center in Seaside.

LECTURE

The Mystery Galleon Quest. Presented by Archeologist Scott Williams. &10, includes a light meal. 5:30 – 7:30pm at the Pine Grove Community Center in Manzanita. Call 503-368-7460 to make a reservation.

OUTSIDE

Friends of Willapa NWR Litter Pick-Up. Help clean up litter along Hwy 101 near Refuge Headquarters. BBQ potluck lunch follows. Starts at 10am. 360-842-4094

Miami River Preserve Wetlands Invasive Species Clean up. Help remove invasive species from the Miami River Preserve adjacent to Tillamook Bay. Registration required. 503-802-8100

Gary Anderson Open Golf Tournament. At Alderbrook Golf Course north of Tillamook. FMI 503-322-3331

Ocean's Edge 5K Fun Run/Walk. Race begins behind Kylio's Restaurant in Lincoln City. 541-994-2131

THEATER

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 14

MUSIC

... fest. A 2 day independent music festival at various locations in Astoria. Tickets, venues, and lineups available at: sites.google.com/site/dotdotdotfest2013

Low Tide Drifters. 10am - 3pm at the Astoria Sunday Market.

Bill Hayes. Acoustic Rock, Folk and Bluegrass. 11am at the Blue Scorchers Café in Astoria.

Kirill Gliadkovsky. Pianist. \$15, 2pm at the United Methodist Church in Tillamook.

Avians Alight. No cover. 8pm at the Adrift Hotel in Long Beach.

The Bar-K Buckaroos. A Buck Owens tribute group. 8pm upstairs at the Pizzeria at Fort George Brewery & Public House in Astoria.

Elizabeth Cable. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Sandsations. A celebration of Sand Sculptures. At various locations in and around Long Beach. Schedule at sandsationslongbeach.com

LECTURE

Mystery Galleon Quest. Presented by Kerry Tymchuk. 3pm at the Pine Grove Community Center in Manzanita. Call 503-368-7460 to make a reservation.

OUTSIDE

Family Scavenger Hunt at the Seaside Mill Ponds. Sharpen your powers of observation as we explore the Mill Ponds south of Avenue S in Seaside. Have beavers been here, and how can you tell? Who has been feeding on cat-tails—or using their fluffy seedheads to build a nest? What treasures of nature can you find? Join Katie Voelke as you explore the Mill Ponds with fresh eyes. Free, registration required. 11am – noon. Register at nclctrust.org/on-the-land/otl-july-14-2013-family-savenger-hunt-at-the-seaside-mill-ponds/

Gary Anderson Open Golf Tournament. At Alderbrook Golf Course north of Tillamook. FMI 503-322-3331

THEATER

Auditions. For Gramercy Ghost. Roles for 6 women and 6 men. 2 – 5pm at the Coaster Theater Playhouse in Cannon Beach.

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 15

MUSIC

... fest. A 2 day independent music festival at various locations in Astoria. Tickets, venues, and lineups available at: sites.google.com/site/dotdotdotfest2013

The Harmed Brothers. Folk/Roots/Indie. No cover. 8pm at the Adrift Hotel in Long Beach.

Hobo Nephews of Uncle Frank. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Mingle & Muse. With artist Yuji Hiratsuka. Free, 4:30pm at the Sitka Center for Art & Ecology.

FOOD & DRINK

Ice Cream Social. The public is invited for cake & ice cream + birthday celebration. \$1 suggested donation, free if it's your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

THEATER

Auditions. For Gramercy Ghost. Roles for 6 women and 6 men. 6:30 – 8:30pm at the Coaster Theater Playhouse in Cannon Beach.

Tuesday 16

MUSIC

The Harmed Brothers. Folk/Roots/Indie. 8pm at the Adrift Hotel in Long Beach.

Wednesday 17

MUSIC

John Gagnon. Free, 6:30pm at Lindstrom Park in Astoria.

The Tummybuckles. No cover. 8pm at the Adrift Hotel in Long Beach.

Billy Hagen Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Talk to the Animals with Wildlife Safari. Bring the kids to visit with animals from Wild-

life Safari. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

THEATER

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 18

MUSIC

The Lazy Boys. 3 – 6pm at the River People farmers Market in Astoria.

The Maldives. No cover. 8pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Coastal Fiber Arts. 5pm at the Art Center Gallery at CCC in Astoria.

FOOD & DRINK

Fundraising Dinner. \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

THEATER

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 19

MUSIC

Phantom Teardrops. Bluespunk artist Bonnie Bentley rocks a retrospective show, playing music from over a 30 year career, including new material and her new band. Doors open 8:30. Show at 9:30pm. Cocktails/lightfare. \$5 cover. At KALA in Astoria. See feature pg9.

Cloverdayle. \$5, 7 – 9pm at the 2nd Street Public Market in Tillamook.

Freak Mountain Ramblers. Bluegrass/Alt Country/Country-Blues. No cover, 7pm at the Sand Trap Pub in Gearhart.

The Maldives. No cover. 9pm at the Adrift Hotel in Long Beach.

The Tommy Hogan Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

Tony Smiley. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Bald Eagle Days Sidewalk Chalk Art Contest. Chalk provided. Starts at 2:30pm, judging at 5:30pm on sidewalks in front of the Bank of the Pacific and Cathlamet Building Materials in Cathlamet.

HAPPENING

Clamshell Railroad Days. Noon – 5pm at the Columbia Pacific Heritage Museum in Ilwaco.

Dory Days. A time-honored celebration of a time-honored tradition in Pacific City. Festivities include a parade through town of floats, dory boats and vintage cars. After that, a marine artisan fair is held at the beach on Cape Kiwanda in Pacific City.

OUTSIDE

Summer's Here.....Right? Golf Tourney. Aloha shirts & Mai Tai's please. \$55/ player, cart rental is \$15/player. 2pm shotgun start at the Gearhart Hotel.

Clamming Clinic. With Bill Lackner. Free clinic begins at 2:30 with a lecture on clam digging at the Driftwood Public Library in Lincoln City followed by a field trip to Siletz Bay to dig for clams.

Scenic Helicopter Tour. Take an aerial tour of the coastline at Lincoln City. Tours depart from Chinook Winds. 541-997-3270

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

Listings continued on pg. 18



Daric Moore Folk Rock at KALA

and bass guitar as well to round out a good rock 'n roll sound. He's played solo acoustic guitar and sung most of the time since the mid 90's but mainly just for friends or performing at local pubs. A leap into the world of carpentry/remodeling took most of his time pushing music into the background. But it found its rightful place at the top again recently when he began writing new material with a fever!

Having lived in Astoria for 5 years he finally is easing into its cultural scene. "There's a lot of music in this town and its very diverse, which I love. For a place this size it has an unusual concentration of talented musicians. I'm happy to be adding a voice to that pool". Moore's music is folk rock on guitar and voice with a lively tempo and emotional tone. He'll play mostly original work but add a few covers just for fun, in addition some tunes on the KALA baby grand. "The space at KALA is perfect for my music, intimate and relaxed with a great sound where you can enjoy a drink with friends and soak up some tunes. I'm excited to play there and contribute to Astoria's blossoming music scene".

Doors open at 8pm. Music at 9pm. Beverages and light fare. Cover charge \$5. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

Photo: Dinah Urell

KALA PRESENTS Daric Moore on Friday, July 12 at 9pm. Singer/ songwriter Moore is new to the Astoria music scene but not new to music. Starting with drums when he was 15, adding guitar at 16 and learning to sing with his band of 10 years through high school and college he calls music his first passion. In order to record some of his first originals when band mates left town, he learned the piano

The Coaster Summer

THIS SUMMER the Coaster Theater in Cannon Beach offers two classics. Currently showing, now through Aug 21, Stephen Sondheim's musical, "A Funny Thing Happened on the Way to the Forum," has been called one of the funniest musicals ever written. Fast paced, witty, irreverent and bawdy, it tells the story of a slave in ancient Rome who goes to great lengths to gain his freedom by securing a courtesan for his young master, Hero.

As the opening number clearly states, "Tragedy tomorrow, COMEDY TONIGHT". FYI: The title for the show is taken from an old vaudeville opener, "A funny thing happened on the way to the theater." Opening July 12 - Sept 1, Oscar Wilde's, "The importance of Being Earnest." This Oscar Wilde comedy of manners was first presented in London over 100 years ago and immediately became a classic. Meet Jack and Algernon who both lead double lives, each taking the name of Earnest as they attempt to win the hearts of Gwendolyn and Cecily under the ever watchful eye of Gwendolyn's battle-axe mother, Lady Bracknell. Witty repartee leads to the conclusion that it is indeed important to be Earnest - Earnest indeed! Coaster Produc-



Photo: George Vetter

tions run Wed - Sun, 7:30pm. Check coastertheater.com for play schedules and tickets.

Coaster Audition: Gramercy Ghost

Show dates: September 13 - October 12. Script readings: Sunday, July 14 at 2pm and Monday & Tuesday, July 15 & 16 at 6:30pm. 4 women, 6 men. John Cecil Holm's play was a Broadway hit when it opened in 1951. Nancy, the heroine, inherits a ghost from her landlady, the very young and handsome ghost of a Revolutionary soldier killed in 1776, who has been doomed to an earthbound existence for something he failed to do in the war. As a result of meeting her ghost, Nancy's life is turned upside-down, and mayhem results. But in the end, there is happiness for all in this charming comedy.



Print maker John Clark at Studio 11, at the corner of 11th and Duane.

ASTORIA OPEN STUDIO TOUR

50 Artists Featured and a Full Weekend of Events • July 27 - 28

ASTORIA VISUAL ARTS third annual Open Studio Tour, July 27th and 28th 2013 will be expanding the activities beyond the Saturday and Sunday afternoon Studio Tour that will feature 50 area artists to include an indoor information center and Artist Market space featuring local area artists and emerging student artists, Friday evening artist reception, Saturday evening costume ball and various performance installations and demonstrations in and around the downtown center throughout the weekend.

FRIDAY JULY 26 ARTIST RECEPTION begins 7pm at Clemente's on the corner of 12th and Commercial Street (lounge entrance on 12th Street.) This will be a wonderful opportunity to meet and mingle with the artists.

Saturday morning 10:00 AM, tour maps and schedule of events will be available at the 229 14th St. Information center location of the Astoria Cultural Art Center project.

The ARTIST STUDIOS and ARTIST MARKET SPACE will be open to visitors on Saturday and Sunday at 11:00 AM, closing Saturday at 6:00 PM, Sunday 5:00 PM. The public can see the artists working environments and watch artist demonstrations.

Saturday evening the **ARTIST MASQUERADE BALL** fundraiser will be the centerpiece of the weekend's events and showcasing the artistic community where attendees are encouraged to dress up as their favorite artist or work of art and dance to the live music of the Pagan Pancakes. There will be a no-host bar provided by Baked Alaska Restaurant. Light refreshments will be available. Doors open at 8pm in the newly refurbished Paulson Pavilion Ball Room, 1216 Duane Street, in the historic Liberty theater Building. Advance ticket purchases are now available for \$15.00 online. For further information go to: <http://www.astoriavisualarts.org/>. Admission will be \$20.00 at the door.

ARTIST MASQUERADE BALL is a kick-off fundraiser for the benefit of opening a Cultural Arts Center in Astoria that will through innovation, advocacy, and grant making, build a coalition of partners and allies by assisting youth arts programs, arts organizations and professional artists in their quest to serve diverse audiences, enrich the arts in our community, and provide access to the arts and arts education for all citizens.

The Open Studio Tour partially funded by the Oregon Cultural Trust through the Clatsop County Cultural Coalition, .C. Smith, Pete Gimre, Gimre's Shoes, Participating Artists & Businesses.

Astoria Visual Arts, a non-profit 501(c)3 enhancing and promoting the arts since 1989. FMI: contact AOST13 Coordinator Diane Lane/ddag-mar64@msn.com/503.325.5833.



Midsummer Study AgF paint on paper

AGNES FIELD will be participating in Astoria Visual Arts OPEN STUDIO @KALA on the weekend of July 27 & 28. She will be working and showing some of the recent work completed at Arteles Residency in Finland.

Coastal Fiberarts 2013

July 18 – Aug 15



ART Caption: Charles Schweigart, 28A - Departure

APPRECIATION OF fiber art is on the rise and Astoria Visual Arts, in cooperation with Clatsop Community College, has organized a national juried fiber arts exhibit so that you can see why.

"Coastal Fiberarts 2013" includes fiber artists from across the United States who are working with various and innovative techniques and materials. Those who visit "Coastal Fiberarts 2013" will see art quilts, contemporary handwoven tapestry, art to wear, paper art, felted works and contemporary art that is on the cutting edge. This is a rare opportunity to look at and learn about the next and newest trend in art, beautiful and innovative fiber art.

Coastal Fiber Arts 2013 runs from July 18 to August 15 at the Clatsop Community College Art Center Gallery, 1799 Lexington Avenue, Astoria. The Gallery will be open from 9 am to 5 pm, Mondays through Thursdays.

An Opening Night reception will be held from 5pm to 8pm on Thursday, July 18. This year's juror, Shelley Socolofsky, will describe the jurying process. Additionally, many of the fiber artists will be available to talk about their work. In creating this exhibit, Socolofsky reviewed submissions from fifty-five artists from across the U.S. Forty-nine pieces were selected for the exhibit. Three awards will be presented at the Opening Reception including "Best of Show", "Best Use of Fiber" and the AVA Award-Juror's Choice.

Shelley Socolofsky is currently on the faculty of the Oregon College of Art and Craft in Portland, Oregon and is a fiber artist in her own rite. Shelley has recently exhibited at the Bellevue Art Museum in Bellevue, WA and will be the featured speaker at the upcoming American Tapestry Alliance exhibit, "Small Tapestry International 3: Outside the Line" in Tacoma, WA. FMI: contact Cheryl Silverblatt, silverweaver44@yahoo.com

An Exhibit of Alternative Photography at LightBox

LIGHTBOX PHOTOGRAPHIC Gallery opens their Summer Showcase exhibits with an artists' reception on Saturday July 13th from 6-9p.m. LightBox has invited three Alternative Photographic Artists to exhibit their work along side each other in the gallery. Each series of work is being shown for the very first time in a gallery setting. Bill Vaccaro from Chicago, Michael Kirchoff from L.A. and Erin Malone from San Francisco will all be at the gallery for the artists' reception. Please join them for this opening night and welcome them to Astoria.

Bill Vaccaro shows a body of work entitled, "The Things She Left Behind". This series of work honors the memory of his late wife, who passed away in 1995, for his son who was 2 1/2 years old at the time. How does one visually depict those fragments



Bill Vaccaro – "Maybe"

of memory that remain when someone so young loses a parent and all that's left are her treasured possessions. Bill chose to combine the wet plate collodion process with the alternative print process of Ziatype to show what it might be like to see through the eyes of a child still struggling

to recall a significant part of his past that's been clouded forever by the relentlessness of time. This poignant cataloging of her precious possessions will hit home with all the viewers.

Michael Kirchoff exhibits "Fractured View".

This compilation of works from frequent travels has his signature style of using physically manipulated Polaroid positive/negative materials coupled with a very personal vision of our world.

Erin Malone will open "The Park". In a series examining city parks, Erin says, "We set out to fool ourselves that we are in the country—that we are experiencing an 'untamed wilderness'. Yet around the corner, just over the rise, lie hints of the outside world. Concrete. Highways. Cars. Steel and glass buildings. Inside the urban environs, we can't get away from the hand of man.

All images are photographed with a vintage Rolleiflex on B&W film, and printed in an edition of 5 in hand applied Palladium.

Exhibit runs July 13 – Aug 6. 1045 Marine Dr. in Astoria. Open Tues-Sat 11-5:30. 503-468-0238 or info@lightbox-photographic.com

Palimpsest

A Collection of Paintings and Turnings by Helga Winter At Imogen

PALIMPEST IS by definition a word used to describe the under markings of a manuscript, marks that have been erased and worked over. For artist Helga Winter these under markings are a source of fascination and tell a story of origin, acting as a record of change or evolution. Helga Winter brings her first solo exhibition to Astoria presented at Imogen Gallery July 13th. There will be an artist's reception for Winter during Astoria's Second Saturday Artwalk 5 – 9 pm. Light bites and drink will be provided by Astoria Coffee-house and Bistro. Palimpsest will be on view through August 6th.

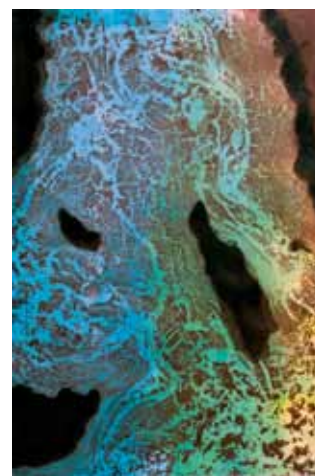
Helga Winter of Port Townsend, Washington has long been respected for her skills with a lathe and turning green Madrone. She is considered a pioneer in working with the species, one that is known as an "ornery" wood to use for turning. Today, she still can be found at the lathe, turning vessels and utilizing the instability of Madrone to its full advantage in creating elegant and graceful forms. For the past several years, she has been exploring surface of her turned forms by embellishing with dyes and wax resist, which led to her applying those techniques to painting on panel.



Included in the series Palimpsest will be Winter's woodturnings as well as her mixed medium paintings.

Winter has enjoyed a remarkable career, beginning with studies under the tutelage of master woodturner's Rude Osolink and David Ellsworth. Her work is included in the permanent collections of the Smithsonian American Art Museum as well as the Arrowmont School of Art and Craft. She also is honored to have been a past juror to the prestigious Art InThe Pearl, an annual art fair held in the heart of Portland's Pearl District.

Imogen Gallery is open six days a week (closed Wednesdays) at 240 11th Street in Astoria.



Normandie Hand at Tempo Gallery

"**THE QUALITY** of Water" is the focus of Normandie Hand's unique monotypes that will be featured at Tempo Gallery during Astoria's July Art Walk. Hand's monotypes represent the water around us (shorelines) and within the human body. The unique printmaking process that she has developed creates organic forms that seem to glow from within and shift on and off the paper. Her love of the sand and sea, mist and rain and the human form is clearly evident in her artwork. Stop by TEMPO Gallery, a collective of 11 artists, during ART WALK between 5 pm-8 pm on Saturday, July 13, to see Normandie Hand's Monotypes as well as works by other gallery members. Refreshments will be served.

TEMPO Gallery is located at 1271 Commercial St., Astoria. Open Tuesday-Saturday 12:00 pm-4:00 pm.

Trail's End Annual Judged Show

TRAIL'S END Art Association is celebrating 63 years as an Art Association with their annual Judged Show that will take place June 28 – July 27th. This show is open to all two dimensional and three dimensional artists within eight broad categories. There will also be a non-judged section for children under 16 and pets. This year the People's Choice award will receive a cash prize. Each painting is eligible to win and visitors can choose their favorite work of art. A form for entering the show with full information is available at www.trailsendart.org or at the Trail's End Art Center.

This year's judges are Joseph Cullimore, advertising designer, Terri Remington, artist and sculptor and Jennifer Goodenberger, artist and musician. On Saturday, July 6th, 3-6pm, TEAA will honor the winners in each of the eight categories who will receive ribbons as well as recognition in the Annual Brochure at our Annual Gala Celebration. The Best Of Show will receive a year's membership to Trail's End. The People's



Hedges At Sunset – Mixed Media – Kitty Paino

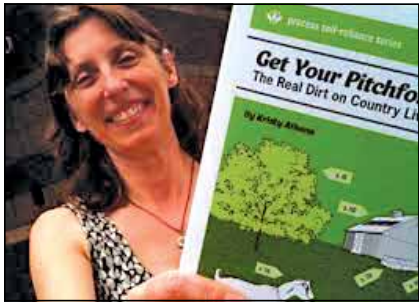
Choice winner will receive a monetary award. Guests will be treated to wine and refreshments and are also invited to view our new Lobby and its exhibits of affordable gifts and cards.

Trail's End Art Association is located at 656 A St. Gearhart, OR across from the fire station.

Information about the many camps, workshops, and classes can be found on the Trail's End website: www.trailsendart.org.

“GET YOUR PITCHFORK ON! The Real Dirt on Country Living”

Kristy Athens at Seaside Library



GRAB YOUR overalls and head down to the Seaside Library on Thursday, July 11, 7pm, as the Friends of the Seaside Library welcome Kristy Athens, author of “Get Your Pitchfork On: The Real Dirt on Country Living”. The event takes place in the Community Room with book sales and signings.

Hard-working urban professionals Kristy Athens and husband Mike were thrilled in 2003 to buy seven acres on the Washington side of the beautiful Columbia River Gorge. They were

surprised to learn just how challenging rural life could be. From burn piles to bovines, evil fire ants, the pitfalls of the worm bin, and vegetation control, Kristy and her husband quickly discovered “The Real Dirt on Country Living”.

In “Get Your Pitchfork On” the author gives the practical tools you need to realize your own dreams of getting away from it all, with the basics of home, farm, and hearth. Athens also enters territory that others avoid—straightforward advice about the social aspects of country living, from health care to schools to small town politics. Her observations are offered with a dose of dry humor and they hold plenty of joys and warnings for urbanites with a hankering for the rural lifestyle.

Kristy Athens nonfiction and short fiction have been published in a number of magazines, newspapers and literary journals. She is a contributing editor at Bear Deluxe magazine, and a member of the Masters in Food Systems and Society program at Marylhurst University.

Also at Seaside Library: “The History of Amusement Parks and Carousels in Oregon.” Videographer and Historian Darrell Jabin. Saturday, July 25 at 7pm. Jabin will take us on an entertaining and informative journey through more than a half dozen current and historic amusement parks in Oregon. Jabin will highlight one that was the largest in the nation and another that is still in business and may be the longest continuously operating amusement park in the country. Seaside Library is located at 1131 Broadway. (503)738-6742/www.seasidelibrary.org and www.facebook.com/seasidepubliclibrary

INK the Squid

Calling all writers, artists and photographers and those who love local writing and art

THE MANZANITA Writer's Series coordinators are excited to offer a new opportunity for writers and artists to see their works published in a literary magazine.

We will publish the next North Coast Squid literary magazine in a new magazine format, due out December 2013 with a kickoff celebration event in early December.

The new Squid will need “ink,” both in submissions and in donations to cover the cost that is not yet supported by a grant from the Tillamook County Cultural Coalition and by Squid sales.

Watch for details on fundraising as Ink, the Squid, himself (or is it herself? Who knows?) shows up around town to raise awareness of the fundraising campaign. You can help support local writers and artists with any size donation to help reach the \$2000 goal.

The North Coast Squid showcases work of writers and artists who live on the north coast or have a strong connection to the area. Writing will be accepted in three categories: poetry, fiction, narrative non-fiction (which includes memoir).

Submissions will be judged by literary judges from outside the local area.

“We’re also looking for art and photography submissions to accompany literary content for the publication,” says cofounder Vera Wildauer. Art categories include black and white photos and line drawings. Art and photos will be selected by the North Coast Squid’s editorial team.

Submissions for consideration are due August 31, 2013. For the full submission guidelines go to hoffmanblog.org <<http://hoffmanblog.org>> and click on Squid in the Blog Categories list.

Find copies of the current Squid available for sale in these coastal retail outlets: Cloud & Leaf Bookstore and Manzanita News and Espresso in Manzanita, Beach Books in Seaside, Jupiter Books in Cannon Beach, Lucy's Books and the Clatsop Community College bookstore in Astoria. Fifty percent of the \$2 cover price goes to the Hoffman Center to help fund future issues of the North Coast Squid.

Writers on the Edge

Author Jim Lynch is the featured guest for the July Nye Beach Writers Series.

JIM LYNCH has received the H. L. Mencken Award and a Livingston Award for Young Journalists, among other national honors. His novel, Border Songs, won the Washington State Book Award and is currently being adapted for television.

Saturday, July 20, 7pm. \$6. Free to students. Open mic follows. At the Newport Visual Arts Center. 777 NW Beach Drive, Newport OR 97365

Book Giveaway – Locally Written Trilogy

Be one of the first to read local author Melissa Eskue Ousley’s “Sign of the Throne,” Book One in the Solas Beir Trilogy, published by the Seattle-based Castle Garden Publications. This young adult novel combines legends and psychological concepts in a fantasy story with adventure, romance, humor, and an insidious evil hidden in plain view, according to its author.

Eskue Ousley will be reading from “Sign of the Throne” at Beach Books in Seaside this September, kicking off a regional and online book tour. To enter to win one of 10 galley copies go to www.goodreads.com, and to find out more about the author and the upcoming book release go to MelissaEskueOusley.com. Sign of the Throne will be available for purchase at independent bookstores.

Oregon Humanities Call for submissions on theme “THE CITY”

Oregonians who are thinking about urbanism, suburbanism, ruralism, place-making, people living together, people living apart—anything that considers the good, bad, and ugly of communal life and the places where we live—are invited to submit an essay or article for Oregon Humanities magazine’s fall/winter 2013 issue on the theme “The City.”

Contributors are encouraged to visit oregonhumanities.org to review the guidelines and complete call for submissions, and familiarize themselves with the publication. No phone calls, please.

Submit a proposal or draft by July 15, 2013, by email to k.holt@oregonhumanities.org or post to Kathleen Holt, Editor, Oregon Humanities magazine, 813 SW Alder Street, Suite 702, Portland, Oregon, 97205.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 20

MUSIC

Music in the Gardens. Classical and Jazz music played at several locations on the Long Beach Peninsula. \$15, 10am – 4pm. watermusicfestival.com/music-in-the-gardens-tour.

Late Night Cabaret at KALA. 4 in Song features 4 singers, 3 instrumentalists and the gamut in song from baroque opera to rock, with a twist. 1 act show. \$10. Doors open 9pm. Show at 10pm. Cocktails/lightfare. 1017 Marine Drive in Astoria.

Anton Mizerak. 7pm at the Lincoln City Cultural Center. 541-994-994

Ashleigh Flynn. No cover. 9pm at the Adrift Hotel in Long Beach.

John Nemeth. \$10, 9pm at Roadhouse 101 in Lincoln City.

Quick & Easy Boys. \$5 cover, 9pm at the San Dune Pub in Manzanita.

FOOD & DRINK

Wine Tasting. J Scott Cellars. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Seven of Hearts \$5, 1 – 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Bald Eagle Days Festival. Parade, vendors and more. In downtown Cathlamet. cathlametchamber.com/bald_eagle_days.php

Clamshell Railroad Days. 10am – 5pm at the Columbia Pacific Heritage Museum in Ilwaco.

Game Day at the Library. Relax and have fun with family and friends at the library’s free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

Craft Fair & Bake Sale. 10am – 4pm in the Gymnasium at Cannon Beach Elementary School.

Oregon Coast Scenic Railroad’s Moonlight Special. Departs Rockaway Beach at 7pm. For tickets and more information call 503-542-7972

United Paws Monthly Adoption Day. This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon – 3pm at the Tillamook County Fairgrounds.

Dory Days. A time-honored celebration of a time-honored tradition in Pacific City. Festivities include a parade through town of floats, dory boats and vintage cars. After that, a marine artisan fair is held at the beach on Cape Kiwanda in Pacific City.

LITERARY

Poetry Performance. Performance Poet Claire Blotter will present from her work. Free. 1pm at the Seaside Library.

Poetry Appreciation. Poetry, Poems, and Poets will be discussed during this hour long group meeting. 2 – 3pm at Necanicum Village assisted Living and Memory Care in Seaside.

Writers on the Edge. Author Jim Lynch will read from his newest book “Border Songs”. Q&A session and Open Mic afterward. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Bald Eagle Fun Run Challenge. 10K, 3K, 2 mile run/walk starts and ends on Main Street in Cathlamet WA. Call 360-849-4306 FMI

Weed Rumble. Be part of the solution to bring back the threatened Oregon silverspot butterfly to Washington State - Gather for a Weed Rumble at the Tarlatt Unit, Willapa Bay Wildlife Refuge. 9 – 11am at the east end of 95th off Sandridge Rd on the ong Beach Peninsula.

Seaside Beach Run. 5K & 10K beach run and 5K Prom Walk. \$50, 8:30 – 11am on the beach at Seaside. Register at SeasideBeach-Run.org

Devils Lake Revival. Live music, food, free kayak rentals, pontoon boat rides, stand up paddle board lessons, boat safety demos and

more. Free admission. At the Regatta Grounds in Lincoln City. 541-994-5330

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

Shanghaiad in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 21

MUSIC

Niall Carroll. Folk guitar, 11am, at the Blue Scorch in Astoria

The Distractions. 10am – 3pm at the Astoria Sunday Market.

Ashleigh Flynn. No cover. 8pm at the Adrift Hotel in Long Beach.

Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Pancake Breakfast. All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.

Cannon Beach American Legion Breakfast. \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.

HAPPENING

Bald Eagle Days Festival. Wooden Boat Show. At Elochoman Slough Marina in Cathlamet. cathlametchamber.com/bald_eagle_days.php

Clamshell Railroad Days. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Dory Days. A time-honored celebration of a time-honored tradition in Pacific City. Festivities include a parade through town of floats, dory boats and vintage cars. After that, a marine artisan fair is held at the beach on Cape Kiwanda in Pacific City.

THEATER

Shanghaiad in Astoria. Musical Melodrama. \$12 - \$20, 2pm at the ASOC Playhouse in Astoria.

Tuesday 23

MUSIC

Carolyn Mark. Alt/Country. No cover. 8pm at the Adrift Hotel in Long Beach.

Pony. No cover. At the Voodoo Room in Astoria.

Wednesday 24

MUSIC

Andrew Grade. Free, 6:30pm at Lindstrom Park in Astoria.

Carolyn Mark. Alt/Country. No cover. 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Spice 101 Class. Don't know a spice from an herb, confused about salt, want to learn how to use spices and herbs to enhance your cooking? Learn at this free class. 6pm at Pat's Pantry in Astoria.

HAPPENING

Jay Frasier Comedy & Magic. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

Interdunal Lake Nature Walk. Large, open sedge marshes along shorelines mingle with Sitka spruce and alder trees in these highly productive and diverse wetland systems. Join Katie Voelke on a leisurely walk following informal trails threading the lakes and swales on these NCLC preserves. Free, registration required. 10am - noon. Register at nclctrust.org/on-the-land/otl-july-24-2013-interdunal-lake-nature-walk/

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

Thursday 25

MUSIC

The Tummybuckles. 3 – 6pm at the River People farmers Market in Astoria.

Small Souls. Symphonic folk. No cover. 8pm at the Adrift Hotel in Long Beach.

Hamil Brown. Acoustic Americana & Folk. No cover. 8:30pm at the Voodoo Room in Astoria.

LECTURE

The History of Amusement Parks and Carousels. Presented by Darrel Jabin. Free, 7pm at the Seaside Library.

THEATER

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaiad in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Friday 26

MUSIC

Country Music Jam. Free, 7 – 9pm at the Wickiup Senior Center in Svensen.

DOTDOTDOTFEST. Independent Music Festival. 2 days. Bands from Olympia, Seattle and Astoria. Go to sites.google.com/site/dotdotdotfest2013 for tickets, location, etc.

Steelhead Duo: Sloan Martin & Tate Peterson. No cover, 7pm at the Sand Trap Pub in Gearhart.

Small Souls. Symphonic folk. No cover. 9pm at the Adrift Hotel in Long Beach.

Too Slim & the Taildraggers. \$10, 9pm at Roadhouse 101 in Lincoln City.

FOOD & DRINK

Meet Your Farmer Cooking Demonstration. Farmer Fred Johnson will showcase some of his seasonal products, with a live cooking demonstration at the Astoria Co-op. Free, 11am – 1pm.

HAPPENING

Spartan Rally. A vintage trailer exhibition/gathering with live music and lectures. At the Sou'wester Lodge in Seaview.

Long Beach Rodeo Parade. 6:30pm in downtown Long Beach.

Garibaldi Days. Enjoy a weekend of vendors, entertainment and a parade. 503-322-3327

OUTSIDE

Oregon Tuna Classic. A tuna fishing derby benefiting the Oregon Food Bank & Ducks Unlimited. Events take place at the Port of Ilwaco. FMI and registration: oregontunaclassic.org

Crabbing Clinic. With Bill Lackner. Free. Meet at 9:30am at the pavilion near Mo's Restaurant in Lincoln City. 541-265-5847

THEATER

Blackbeard the Pirate. With the Missoula Children's Theater. \$5, 2 – 5:30pm at the Liberty Theater in Astoria.

The Importance of Being Earnest. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaiad in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Saturday 27

MUSIC

Troll Radio Revue. Americana. \$2 for adults, free for children. 11am – noon at the PAC in Astoria.

Brent McCune. 1 – 3pm at the 2nd Street Public Market in Tillamook.

The Resolectrics. 7pm at the Waikiki Beach Arena at Cape Disappointment State Park in Ilwaco.

The Alialujah Choir. No cover, 8pm at the Sou'wester Lodge in Seaview.

Scott Cossu. At the Lincoln City Cultural Center. 541-994-9994

Chata Addy & Susuma. \$10, 9pm at Roadhouse 101 in Lincoln City.

Margo Tufo. Blues. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Weather Machine. No cover. 9pm at the Adrift Hotel in Long Beach.

DOTDOTDOTFEST. Independent Music Festival. 2 days. Bands from Olympia, Seattle and Astoria, in Astoria. Go to sites.google.com/site/dotdotdotest2013 for tickets, location, etc.

FOOD & DRINK

Wine Tasting. Wines for Summertime BBQs. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Amity Vineyards. \$5, 1 – 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Long Beach Rodeo. \$10 admission. At the Peninsula Saddle Club, Long Beach. peninsula-saddleclub.com/long-beach-rodeo/

Spartan Rally. A vintage trailer exhibition/ gathering with live music and lectures. At the Sou’wester Lodge in Seaview.

Grindhouse Cocktail Evening. Hosted by Uriah Hulse. Featuring performances by Dragalution and fever Damn. Wear your 60’s cocktail attire. 21 and over. \$50, 9pm at the Columbian Theater in Astoria.

Sand Dollar Auction and Dinner. \$100 for dinner and auction, reservations required. Preview auction items at: auctions.dnew-house.com/rinehartclinic. At NCRD’s lower field in Nehalem. To bid without attending auction, submit proxy bids to camyfam@nehalemel.net. Download reservation form at: form.rinehartclinic.org/

Garibaldi Days. Enjoy a weekend of vendors, entertainment and a parade. All day events plus a free dance at the Old Mill Marina from 7 – 10pm. 503-322-3327

Oregon Coast Scenic Dinner Train. Departs at 6:15pm from Garibaldi. For tickets and more information, call 503-842-7972

Orphan Plant Sale. 10am - 2pm at the Connie Hansen Garden in Lincoln City. Rockin’

Teen Beach Movie Party. Featuring Radio Disney DJ, game station, tattoo & salon station, craft station, live dancers and 8pm showing of “Teen Beach Movie.” 5pm – 9:30pm at the Lincoln City Cultural Center.

OUTSIDE

Oregon Tuna Classic. A tuna fishing derby benefitting the Oregon Food Bank & Ducks Unlimited. Events take place at the Port of Ilwaco. FMI and registration: oregontunaclassic.org

Nature Walk at the Yeon Property. Join Mike Patterson for a walk at Lewis & Clark National Historical Park’s Yeon Property near Sunset Beach, Warrenton. Free, registration required. 10am – noon. Register at nclctrust.org/on-the-land/otl-july-27-2013-nature-walk-at-the-yeon-property/

Saturday Morning Stewardship. Necanicum Forest Invasive Plant Pull. A volunteer work party. Bring gloves, sturdy boots, rain gear, and water, NCLC will supply the tools needed. FMI or directions, call 503-738-9126

Kilchis Point Reserve Discovery Day. Everyone is invite to Kilchis Point Reserve for a fun day of events, activities and guided tours. 1 – 3pm. This event is free and great for all ages. For more information and directions please call 503-842-4553 or visit www.tcpm.org

THEATER

Blackbeard the Pirate. With the Missoula Children’s Theater. \$5, 5:30pm at the Liberty Theater in Astoria.

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.



The Renown Alialujah Choir and Vintage Spartan Trailer Rally

THE ALIALUJAH Choir performs at the Sou’wester Lodge on July 27 during the first ever all Spartan Trailer Rally. They will perform at 8 p.m. on Saturday evening.

The Alialujah Choir consists of a rotating collection of collaborators including the Portland Cello Project, but it’s core is the trio of Adam Shearer and Alia Farah of Wienland, and Adam Selzer (Norfolk & Wester) founder of the famed Type Foundry Recording Studio in Portland. The group was founded after coming together to create a song for OPB’s Live Wire! Radio Show’s “Dearly Departed” benefit album, the band has gone on to record its debut album released by Jealous Butcher Records and garner international awards for the video and song , ‘A House, A Home’, directed by Mark Smith.

Sparse instrumentals showcase harmonized vocals, and a sound described as a throwback to the early 4ad label (Cocteau Twins, Bauhaus), but with a distinctly Northwest twist. The Willamette Week called it, “one of the prettiest albums to come out of Portland.” The super group has performed only 10 times in three years, and now another rare performance at the Sou ’wester.

In conjunction, the first annual “Spartan Only Rally” is the first time ever that Spartan trailer own-

ers have held a rally of exclusively the trailers produced by the Spartan Aircraft Company from 1946 until 1960. Also at the rally, will be guest lecturer Shirley Wallace who as a child traveled in an early Spartan Trailer, and even helped her father remodel the trailer, including adding a second floor to the structure.

Organizer of the Spartan Rally are even trying to bring the first Spartan to ever roll off the assembly line “The Silver Queen” to this event, the owners of that trailer are holding a fundraiser to cover the transport expense, and welcome donations of all sizes at: http://www.gofundme.com/31kcyk.

The Spartan Rally is open to the public during the day on July 26 and 27th, visitors are welcome to come see these amazing vintage trailers up close, and live music and lectures are always free open to all at The Sou’Wester Lodge in Seaview, Washington.



Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

Sunday 28

MUSIC

Greg Parke. 10am – 3pm at the Astoria Sunday Market.

Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Monday 29

MUSIC

The Shilohs, Power-pop. No cover. 8pm at the Adrift Hotel in Long Beach.

Tuesday 30

MUSIC

The Shilohs, Power-pop. No cover. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Clatsop County Fair. At the Clatsop County Fairgrounds 3 miles south of Astoria on Walluski Rd. Schedule at clatsopfairgrounds.com/fair.htm

LECTURE

Wage Inequality. A panel discussion presented by the Lower Columbia Diversity Project. Free, 7 – 9pm at the Judge Guy Boyington Building in Astoria.

Wednesday 31

MUSIC

Aisle of View. Free, 6:30pm at Lindstrom Park in Astoria.

Hookah Stew. CD Release Party at 8:30pm at the snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Clatsop County Fair. At the Clatsop County Fairgrounds 3 miles south of Astoria on Walluski Rd. Schedule at clatsopfairgrounds.com/fair.htm

Ken Iverson Northwest Storyteller. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

Thursday 1

MUSIC

Gregory Rawlins. 3 – 6pm at the River People farmers Market in Astoria.

Robin Bacior. No cover. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 – 6:30pm at the Astoria Public Library.

Clatsop County Fair. At the Clatsop County Fairgrounds 3 miles south of Astoria on Walluski Rd. Schedule at clatsopfairgrounds.com/fair.htm

OUTSIDE

Nature Walk at Neacoxie Forest. Join Neal Maine for a walk on one of his favorite NCLC properties. We’ll make our way through the open coastal prairie land to the Sitka spruce dominated riparian forest, where ancient crabapple trees drip with lichens and moss. This is a favorite spot for migratory songbirds and waterfowl as well as elk and deer. Free, registration required. 10am – noon. Register at nclctrust.org/on-the-land/otl-august-1-2013-nature-walk-at-neacoxie-forest/

THEATER

A Funny Thing Happened on the Way to the Forum. Musical comedy. \$8 - \$23, 7:30 at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

The Fox on the Fairway. Comedy. \$12, 8pm at Theater West in Lincoln City.

WEEKLY

Friday

MUSIC

Bill Hayes. Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company. **Mix & Mingle Jazz Night.** With jazz guitarist Wes Wahrmond & friends. Refreshments will be served. Free, 6 – 8:30pm at the Cannon Beach Gallery.

Tom Trudell. Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA. **Asleep at the Switch.** Blues, Country, 40’s, & 50’s. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

Thomasian Trio & Maggie Kitson. Blues/Classic Rock. No cover, 7-11pm at Sweet Basil’s Café in Cannon Beach.

Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo’s Brew & Cork in Astoria,

HAPPENING

Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 – 7pm at Imogen Gallery in Astoria.

Saturday

MUSIC

Musician’s Jam. Free, 2 – 4pm at the Tillamook Library. **Jennifer Goodenberger.** Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA **The Honky Tonk Cowboys.** Country. No cover, 7 – 10p at the Astoria Moose Lodge. **LIVE Music, 6:30 – 9:30, musicians TBA.** At Sweet Basils in Cannon Beach

FOOD & DRINK

Happy Hour Appetizers, \$3 \$5, 4 – 6pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.

Sunday

MUSIC

All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria. **North Coast Country Band.** No cover, 3 – 6pm at the Astoria Moose Lodge. **Brian Johnstone, Flamenco/Jazz/Blues.** 6 – 9pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach. **The Thomasian Trio with Maggie Kitson.** Jazz/Blues/Classic Rock. 7pm at Moody’s Supper House in Seaside. **Steve Sloan.** 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Monday

HAPPENING

Burgers & Jam Session. 6 – 9pm at the American Legion Hall in Cannon Beach.

Tuesday

MUSIC

Richard T. Blues. No cover, 5:30 – 8:30pm at T Paul’s Supper Club in Astoria. **Brian O’Connor.** Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA **Salty Dogs.** Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside. **Open Jam.** Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

Wednesday

MUSIC

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria, **Jam Session.** No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria. **Moody’s Music Jam.** Bruce Thomas Smith will host a music jam every Wednesday. Everyone is welcome. 7 – 9pm at Moody’s Supper House in Seaside. **Dan Golden.** World Music. 7:30 – 10:30pm at McKeown’s Restaurant & Bar in Seaside. **Suzanne Knutzen.** Piano. No cover, 7 – 8pm at the Shelburne Restaurant & Pub in Seaview, WA

FOOD & DRINK

Wine Wednesdays. Taste wines from around the World. \$5 tasting fee. 5-7pm at Sweet Basil’s in Cannon Beach.

HAPPENING

Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

SPIRITUAL

Ocean Within Awareness Group. Mission: to actively move toward our true nature and become one with the Ocean Within. Meetings will have two short meditation sessions, group discussions, and a focus practice for the week. All faiths/paths welcome. 6:30 – 7:30pm at the Astoria Indoor Garden Supply. FMI 503-741- 7626

Thursday

MUSIC

Live Music. No cover, 6pm at U Street Pub in Seaside. **Paul Dueber.** Folk music from the 70s and 80s. No cover, 6 – 8pm at the Cannon Beach Hardware & Pub. **The Thomasian Trio.** Jazz/Blues/Classic Rock. No cover, 6pm at Twisted Fish Steakhouse in Seaside. **Basin Street NW.** Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria. **Steamin’ Stan Ruffo.** Blues/Jazz/Soul/Rock. No cover, 7 – 10pm at Moody’s Supper House in Seaside. **Jim Wilkins.** 7pm at the Voodoo Room in Astoria. **Salty Dogs.** Folk/Blues/Classic Rock. No cover, 9pm at Sam’s Seaside Café in Seaside.

ART
Knitting/Spinning Group. 3 – 5pm at the Astoria Fiber Arts Academy.

HAPPENING

Trivia Night. Bring a team or just bring yourself and test your knowledge of useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria. **Poet & Songwriters Circle.** If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

THE LONE RANGER (July 3)

Disney is trying for a "Pirates of the Caribbean in the Old West"-type franchise as it re-ups producer Jerry Bruckheimer, director Gore Verbinski, star Johnny Depp and screenwriters Ted Elliot & Terry Rossio, all alumni of the Pirates movies. This long in development movie was derailed once when the proposed budget reached \$250M. Part of the reason was director Verbinski's insistence on physical stunts and authenticity which required the building of period locomotive from scratch. After expensive train sequences and personnel were slashed and the budget reduced, filming commenced in various locations around the southwest. But, as star Armie Hammer stated, it was as if the production were "cursed" as bad weather, production overruns, an outbreak of chicken pox and the death of a crew member bedeviled the shoot. None of the problems should show when the movie opens this Fourth of July weekend. Armie Hammer (The Social Network) plays John Reid, a Texas native who's gone East to receive his law degree. Returning to Texas as a prosecutor and bringing notorious outlaw Butch Cavendish (William Fichtner) back to justice, Reid's train is attacked by Cavendish's gang, who free Butch. Reid meets his brother Dan (James Badge Dale), a bounty hunter and Texas Ranger. But after Dan and other Rangers are ambushed by Cavendish, John is the only survivor. Near death, he's rescued by outcast Comanche Tonto (Depp), whose village has been destroyed. Together they join forces to bring those responsible to justice. Depp, who claims part American Indian heritage, has said his Tonto will not be the embarrassing racial stereotype of past depictions and that his Tonto is a "leader, not a follower." Unsurprisingly, Depp has given Tonto a quirkiness and humor not usually present in the character, although not to the extent of his Jack Sparrow in the Pirates of the Caribbean movies.

**PACIFIC RIM (July 12)**

Mexican fantasy/horror director Guillermo del Toro (Pan's Labyrinth) has had a rough last few years with two big budget fx movies falling through. Announced as director of The Hobbit in 2008, del Toro was deep into pre-production when MGM's financial crisis put the movie in limbo. The director eventually left. Producer Peter Jackson ended up directing. In 2010 he announced that his next project would be a version of H.P. Lovecraft's At The Mountains of Madness. That too, fell apart as del Toro said: "It doesn't look like I can do it. It's very difficult for the studios to take the step of doing a period-set, R-rated, tent-pole movie with a tough ending and no love story." But Warner Brothers said yes to screenwriter Travis Beacham's Japanese manga-inspired story of giant monsters and robots. Official synopsis: When legions of monstrous creatures, known as Kaiju, started rising from the sea, a war began that would take millions of lives and consume humanity's resources for years on end. To combat the giant Kaiju, a special type of weapon



was devised: massive robots, called Jaegers, which are controlled simultaneously by two pilots whose minds are locked in a neural bridge. But even the Jaegers are proving nearly defenseless in the face of the relentless Kaiju. On the verge of defeat, the forces defending mankind have no choice but to turn to two unlikely heroes—a washed up former pilot (Charlie Hunnam) and an untested trainee (Rinko Kikuchi)—who are teamed to drive a legendary but seemingly obsolete Jaeger from the past. Together, they stand as mankind's last hope against the mounting apocalypse.

THE CONJURING (July 19)

Aussie director James Wan made a splash in 2004 when his low budget Saw touched off a horror renaissance and spawned six sequels. After two little-seen followups, the clever ghost story Insidious stuck a chord with viewers last year. Now Wan returns with a haunted house story based on the true story of a family that moves into a house populated by spirits, also the basis for The Amityville Horror movie. Set in the 1970's, story is told from the perspective of paranormal investigators Ed and Lorraine Warren (Patrick Wilson and Vera Farmiga). Coming off an especially traumatic case, the Warrens are contacted by Roger and Caroline Perron (Ron Livingston and Lili Taylor), who with their five daughters have moved into a huge, old Rhode Island house. Before long, the Perrons have discovered the house has secrets. Hidden chambers, boarded-up corridors and unexplained phenomena in the night. In a word, the house appears to be haunted. Enter the Warrens. The clairvoyant Lorraine and straight arrow Ed project a folksy calm, but are deadly serious about their profession. Attempting to document the phenomena that only some of the family members experience

at any one time, the Warrens move into the house armed with Super-8 cameras, an assistant and a helpful cop. But this only aggravates things. As the Warrens uncover the secrets of the house, danger increases for everyone. Low on gore and strong on suggestion, Wan has said he wanted to make "a classic Hollywood haunted house ghost story." Variety has raved, calling it "a sensationally entertaining old-school freakout and one of the smartest, most viscerally effective thrillers in recent memory." The MPAA rated the film R not for any particular content but on sheer fright value. One of the rare horrors to open in mid-summer, Warners moved the release from a more typical February date to July in the middle of popcorn season in a show of confidence after highly positive previews.

**R.I.P.D. (July 19)**

A cross between Men In Black and Ghostbusters, R.I.P.D. stars Jeff Bridges and Ryan Reynolds as a mismatched pair of afterlife cops who dispatch evil souls who hide among the living and refuse to move on after death. So R.I.P.D. (usually violently) send them on their way to judgment. Chicago cop Nick Walker (Reynolds) is a straight arrow looking forward to a promotion that will get him off the dangerous streets, something his wife Julia is looking forward to. But Nick has made a deal with dirty cops and on a raid against elusive criminal Bobby Hayes (Kevin Bacon) he's shot and killed, waking up in the afterlife as a member of the Rest In Peace Department and assigned to Roy Pulsipher (Bridges) an R.I.P.D. officer since the days of the Old West. The ornery Pulsipher is wary of newbie Walker, but they set out ridding the streets of "deados," malignant spirits that hide among the living and refuse to move on. Pulsipher reveals to Walker their mission: take down Hayes. a living and dead criminal mastermind who has a plot against the living and is somehow responsible for Walker's own death.





FREE WILL ASTROLOGY

July

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ARIES (March 21-April 19): “To know when to stop is of the same importance as to know when to begin,” said the painter Paul Klee. Take that to heart, Aries! You are pretty adept at getting things launched, but you’ve got more to learn about the art of stopping. Sometimes you finish prematurely. Other times you sort of disappear without officially bringing things to a close. Now would be an excellent time to refine your skills.

TAURUS (April 20-May 20): “The problem with quotes on the Internet is that it’s hard to determine whether or not they are genuine.” So said Joan of Arc back in 1429, right before she helped lead French troops in the battle of Patay. JUST KIDDING! Joan of Arc never had the pleasure of surfing the Web, of course, since it didn’t exist until long after she died. But I was trying to make a point that will be useful for you to keep in mind, Taurus, which is: Be skeptical of both wild claims and mild claims. Stay alert for seemingly interesting leads that are really time-wasting half-truths. Be wary for unreliable gossip that would cause an unnecessary ruckus.

GEMINI (May 21-June 20): French Impressionist painter Claude Monet loved to paint water lilies, and he did so over and over again for many years. Eventually he created about 250 canvases that portrayed these floating flowers. Should we conclude that he repeated himself too much? Should we declare that he was boringly repetitive? Or might we wonder if he kept finding new delights in his comfortable subject? Would we have enough patience to notice that each of the 250 paintings shows the water lilies in a different kind of light, depending on the weather and the season and the time of day? I vote for the latter view, and suggest that you adopt a similar approach to the familiar things in your life during the coming weeks.

CANCER (June 21-July 22): “In order to swim one takes off all one’s clothes,” said 19th-century Danish philosopher Søren Kierkegaard. “In order to aspire to the truth one must undress in a far more inward sense, divest oneself of all one’s inward clothes, of thoughts, conceptions, selfishness, etc., before one is sufficiently naked.” Your assignment in the coming week, Cancerian, is to get au naturel like that. It’s time for you to make yourself available for as much of the raw, pure, wild truth as you can stand.

LEO (July 23-Aug. 22): Gertrude Stein was an innovative writer. Many illustrious artists were her friends. But she had an overly elevated conception of her own worth. “Think of the Bible and Homer,” she said, “think of Shakespeare and think of me.” On another occasion, she proclaimed, “Einstein was the creative philosophic mind of the century, and I have been the creative literary mind of the century.” Do you know anyone like Stein, Leo? Here’s the truth, in my opinion: To some degree, we are all like Stein. Every one of us has at least one inflated idea about ourselves – a conceited self-conception that doesn’t match reality. It was my turn to confront my egotistical delusions a few weeks ago. Now would be an excellent time for you to deal with yours. Don’t be too hard on yourself, though. Just recognize the inflation, laugh about it, and move on.

VIRGO (Aug. 23-Sept. 22): When I close my eyes, I get a psychic vision of you as a kid playing outside on a warm summer day. You’re with friends, immersed in a game that commands your full attention. Suddenly, you hear a jingling tune wafting your way from a distance. It’s the ice cream truck. You stop what you’re doing and run inside your home to beg your mom for some money. A few minutes later, you’re in a state of bliss, communing with your Fudgsicle or ice cream cone or strawberry-lime fruit bar. I have a feeling that you will soon experience an adult version of this scene, Virgo. Metaphorically speaking, either the ice cream man or the ice cream woman will be coming to your neighborhood. **LIBRA** (Sept. 23-Oct. 22): During the past ten months, you have been unusually adventurous. The last

time you summoned so much courage and expansiveness may have been 2001. I’m impressed! Please accept my respect and appreciation. You’ve had a sixth sense about knowing when it’s wise to push beyond your limitations and boundaries. You have also had a seventh sense about intuiting when to be crafty and cautious as you wander through the frontiers. Now here’s one of your assignments for the next 12 months: Distill all you’ve learned out there in the borderlands and decide how you will use your wisdom to build an unshakable power spot back here in the heart of the action.

SCORPIO (Oct. 23-Nov. 21): Michael Faraday (1791-1867) was one of the most influential scientists in history. He produced major breakthroughs in both chemistry and physics. Have you ever used devices that run on electricity? You can thank him for playing a major role in developing that wonderful convenience. And yet unlike most scientists, he had only the most elementary grasp of mathematics. In fact, his formal education was negligible. I propose that we name him your role model of the month. He’s a striking example of the fact that you can arrive at your chosen goal by many different paths. Keep that in mind if you’re ever tempted to believe that there’s just one right way to fulfill your dreams.

SAGITTARIUS (Nov. 22-Dec. 21): “The only thing that we learn from history,” said the German philosopher Georg Hegel, “is that we never learn anything from history.” I’m urging you to refute that statement in the coming weeks, Sagittarius. I’m pleading with you to search your memory for every possible clue that might help you be brilliant in dealing with your immediate future. What have you done in the past that you shouldn’t do now? What haven’t you done in the past that you should do now?

CAPRICORN (Dec. 22-Jan. 19): According to my analysis of the astrological omens, now would be a pretty good time to talk about things that are hard to talk about. I don’t necessarily mean that you’ll find it easy to do. But I suspect it would be relatively free of pain and karmic repercussions. There may even be a touch of pleasure once the catharsis kicks in. So try it if you dare, Capricorn. Summon the courage to express truths that have previously been hard to pin down. Articulate feelings that have been murky or hidden. For best results, encourage those you trust to do the same.

AQUARIUS (Jan. 20-Feb. 18): Are you familiar with Quidditch? It’s a rough sport played by wizards in the fictional world of Harry Potter. All seven books in the series mention it, so it’s an important element. Author J.K. Rowling says she dreamed up the sport after having a quarrel with her boyfriend. “In my deepest, darkest soul,” she reports, “I would quite like to see him hit by a bludger.” (In Quidditch, a bludger is a big black ball made of iron.) I bring this up, Aquarius, because I suspect that you, too, are in position to use anger in a creative and constructive way. Take advantage of your raw emotion to make a lasting improvement in your life.

PISCES (Feb. 19-March 20): In his erotic poem “Your Sex,” Joe Bolton exults: “My heart simplified, I touch the bud of happiness – it’s in season. And whatever grief I might have felt before simply dies inside me.” You might want to write that down on a slip of paper and carry it around with you in the coming weeks, Pisces. According to my understanding of the astrological omens, the bud of happiness is now in season for you. You have good reason to shed the undertones of sadness and fear you carry around with you. I’ll tell you the last lines of Bolton’s poem, because they also apply: “Sometimes I think it’s best just to take pleasure wherever we want and can. Look: the twilight is alive with wild honey.” (The full poem: tinyurl.com/JoeBolton.)

Homework: Each of us has a secret ignorance. Can you guess what yours is? What will you do about it? Freewillastrology.com.

The Pedaling Adventures of Madame Velo (a.k.a. The Bike Madame)

By Margaret Hammitt-McDonald

Avoiding Brake-Pocalypse

SO YOU’RE picking up speed down a long hill when the zombie driver who just passed you decides to make a right-hand turn, cutting you off with scant moments to avoid a collision. Your outrage turns to alarm when your squishy brakes—which you’ve been meaning to check for the past month—fail!

You slam into the car and fly off your bike into a blackberry patch. Dazed, bleeding, and in pain, you come to with somebody standing over you. You realize he’s speaking to you, but he’s not asking if you’ve broken anything or declaring that he didn’t see you. Instead he’s mumbling “Brains, braaaaaains” in tones of drooling anticipation.

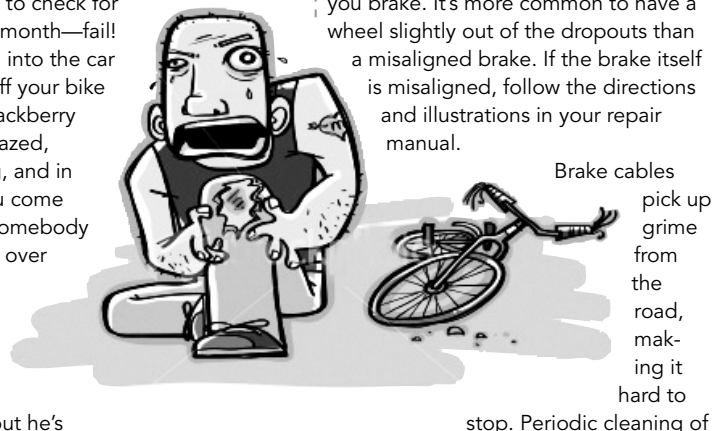
Oh, the horror: the zombie driver really is a zombie...

While you can’t control the misbehavior of your fellow road users, you can avoid becoming a brain-burger for a zombie by keeping your brakes in good working order. For this article, I’m assuming you have caliper brakes, not disc or coaster brakes. You can learn more about all types of brakes from a good bicycle repair manual.

Check your brakes before each ride! Lift your front tire off the ground, spin the wheel, and squeeze the front brake. Repeat with the rear brake. If the brakes don’t stop the wheels, or do so sluggishly, it’s repair time.

Some bikes have small rotating components where the brake cable meets the handlebar. Try loosening these a little and test the brakes again. If this doesn’t work, another possibility is that the wheel isn’t seated properly in its dropouts (the semicircular slots in the frame where the axle of the wheel goes), especially if you’ve just changed a flat tire. Loosen the screws holding

the wheel in the dropouts, re-seat it, tighten the screws, and spin the wheel, watching whether it seems to wobble or tilt to one side. You might also notice the brake pad rubbing against the rim on one side, while the other side doesn’t contact the rim even when you brake. It’s more common to have a wheel slightly out of the dropouts than a misaligned brake. If the brake itself is misaligned, follow the directions and illustrations in your repair manual.



stop. Periodic cleaning of the cables should be part of a regular maintenance routine. (If you don’t feel comfortable doing this yourself, your bicycle mechanic will do it as part of a tune-up.) If you choose to do it, please look at a bike repair manual for full details. In brief, you need to remove the cables and clean them with a solvent. You can use an old toothbrush or dish scouring pad to brush off gunk. The brake pads might also be caked in grease; clean them with a soft rag and a little solvent.

Over time, the brake pads wear out and need replacement. This is another repair that should be part of your yearly tune-up (which you can either do yourself or have your bike mechanic do for you). When your new brakes are in place, check that the pads are properly aligned and that they stop the wheel smoothly. You may be surprised by how quickly you stop and how little pressure you need to exert—be aware of this before you fly over your handlebars!

Keeping your brakes healthy prevents injury, but fighting off zombies is another matter. I recommend studying martial arts...and always wear your helmet. Zombies aren’t brainy, and they might not figure out how to get it off.

WORKSHOPS/CLASSES

DOES FOOD RUN YOUR LIFE? Come to Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

French Conversation Group Re-Start. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

Computer Basics. Third Saturday of each month 9:00am-10:00am. If you're new to PC computers or just needing to update basic skills, this class is for you. Each class is tailored to meet the needs of participants. Free, at the Astoria Public Library.

The Lower Columbia Classics Car Club. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

Toddler Arts Group. Every Wednesday 10 to 11am -Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City. t

CELEBRATE RECOVERY • Nazarene Church, 2611 3rd St, Tillamook. Adult & teen 12 step program. Child care provided. Call 503-812-3522 for more information. Tuesdays, 7-9, Dinner at 6 by donation.s

BODY WORK•YOGA•FITNESS

YOGA • NCRD. Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level I, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

LOTUS YOGA. 1230 Marine Drive, Downtown Astoria. Ongoing classes on a month to month basis. Call (503)298-3874, Check web for class schedule updates. Email lotusyoga@live.com, website

www.lotusyogaonline.com Yoga/Private Instruction.

Gentle Stretching Classes (M/W/F 9-10 AM & M/W 5:30-6:30 PM classes available) at Waves of Change Wellness Center, 1 12th Street suite #8 AstoriaQigong Classes offered TU/TH mornings 8:30-9:30 AM

ECSTATIC DANCE. Ecstatic, trance, yogic, spirit filled), playful, improvisational, freestyle - We're Dancing! Wed. at 6:30 at Pine Grove Community House, 225 Laneda Ave. in Manzanita. No experience necessary. You are welcome to bring Instruments of any sort to play along with what we've got going. Cost is a sliding scale from \$5 - \$7, or free if you really need to just be there.

"LEARN SELF DEFENSE IN ASTORIA. Kenpo Karate for Adults, WEEKLY KENPO KARATE CLASS every Friday, 5:15pm till 6:30pm, 342-10th Street, 2nd floor, Astoria, OR 97103. Class tuition is \$40.00/mo. Instructor is a Black Belt in Ed Parker's American Kenpo Karate. Visitors are welcome to drop in and see the class or inquire for free introductory lesson. Sign-up by e-mail at: jbgroove2@crecomm.net or by phone at: 360-665-0860".

YOGA • MANZANITA. Silver Services yoga with Holly Smith. Meeting each Thursday from 10 to 11:30am beginning March 14, 2013. Cost: \$40 for five classes. (Sorry, no drop-ins) To Register: Call Holly at 503-368-4883. There is a richness which comes from lessons learned in the later stages of life. Silver Services Yoga provides instruction in simple yoga postures with props, breath and energy work, meditation and relaxation.

ZUMBA CLASSES/NEHALEM. At the Lighthouse located at 36480 Hwy 101 in Nehalem. Mon and Wed. 5pm - 6pm. Beginners pace for all ages, 12 and over. 5.00 per class. First class FREE.

YOGA • Bay City Arts Center. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

YOGA • Manzanita. The Center for the Contemplative Arts, Manzanita: Tuesday evenings 5 - 5:45pm. \$35 for 5 classes. Call 368-6227 for more info.

Yoga in Gearhart. Gearhart Workout. For more information log on to www.gearhartworkout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

YOGA • Nehalem. Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

QI GONG CLASSES/ASTORIA. Taught by Linda Williamson at Wave of Change in Astoria. #1 12th St. Tuesday and Thursday 8:30am to 9:30am. Qigong is an ancient Chinese system of exercise and meditation. 503.861.2063

TAI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings

10-11:30. \$30/month. Call 368-6227 for more info.

TAI CHI AND STRETCHING. New Tai Chi Classes forming the first week of each month (am and pm times available) At WavesOf Change 1002 Marine Drive in Astoria. Also gentle stretching classes and light resistance training. Sat May 19 - Reiki Level 1 class 9 am - 3 pm, Sat June 2nd Aromatherapy Spa Party 2 pm, Sat June 23 Intro to Aromatherapy (Level 1) 9 am - 4 pm Call for details 503.338.9921

PILATES EXERCISE starts Monday, June 24 and runs Mondays and Wednesdays through August 14 from 6:30-7:20 pm. Loosen stiff joints, lose weight, increase your cardiovascular stamina & respiratory strength all at the same time. Please bring a yoga mat with you to class. This class is taught by Mary Jo Gruhlkey, and the cost is \$55. Class registration is open now at www.clatsopcc.edu/register or call 503.338.2402 or 503.338.2408.

Adult Beginning Tennis is held on Mondays and Wednesdays, June 24 through July 17, from 6:00-6:50 pm. Learn the basics of tennis with the fundamentals of forehand, backhand, the serve and volley. Please bring your own racquet and a can of balls. The class is taught by Donna Geertz who has a Bachelor's degree in Physical Education. Cost for this class is \$50. Class registration is open now at www.clatsopcc.edu/register or call 503.338.2402 or 503.338.2408.

WAVES OF CHANGE. M-W-F 9-10 AM—Gentle Stretching Class with Light resistance training with Sam Peters. M-W 530-630 PM- Beginning Gentle Stretching with Angela.TU/TH 830-930 AM - Qigong with Linda.TU/TH 10-11 AM—Tai Chi Fan 36 Form with Angela. TU/TH 530-630 PM—Sun Style Tai Chi with Angela. Saturday 9-10 AM - Stretching class with Angela.Private lessons available \$25/hr. Drop In rate for stretching classes \$10. Contact Angela at 503.338.9921 to sign up for a class. Fee: Tai Chi class \$50 per month. Qigong class \$40 per month. Stretching class is \$75 per month for M/W/F and \$50 for M/W.

HIKE THE NORTH OREGON COAST WITH ANGORA HIKING CLUB. This year the Angora Hiking Club will be leading 8 hikes that will cover the 64.4 miles of the north portion of the Oregon Coast Trail. These hikes are open to the community, and we encourage you to join us for one or all of the walks. If you have questions about this program, contact Arline LaMear, 503-338-6883. Car shuttles will begin at the Basin St. parking lot across Basin St. from Astoria KFC. Walkers should gather there by 9 a.m. for the March, April, May and June hikes. The remaining hikes, July, August, September, and October will begin at 8 a.m. to allow extra time for the longer drives to the walk start points. A record book is available for \$2 in which to record the eight legs of the North Oregon Coast Trail. Upon completion of all eight hikes, participants will receive a certificate. If you are interested in receiving one of the record books, please

call 503-338-6883 so we will know how many to have on hand.

SPIRITUALITY

COLUMBIA RIVER MEDITATION GROUP. Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

A SILENT MEDITATION • with Lola Sacks. St. Catherine's Center for the Contemplative Arts, Manzanita: Monday Nights 5 - 5:45 Call 368-6227 for more info.

LECTIO DIVINA • Meditation with Holy Scripture. The Center for the Contemplative Arts, Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

LABYRINTH WALK • Grace Episcopal Church, 1545 Franklin St, Astoria, 3-6. Every 1st Sunday.

VOLUNTEER

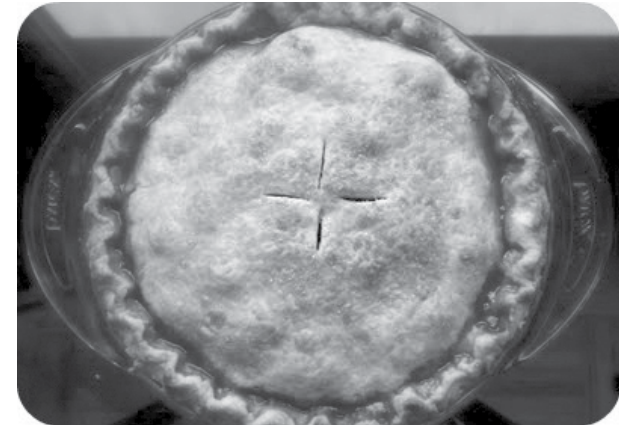
Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, Inct@nehalemtel.net.

VISITOR CENTER SEEKS VOLUNTEERS. The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

Meetings

Pacific County Democrats Meet. 1216 Robert Bush Drive, South Bend, WA. Monday, June 10, 2013 - 7:00pm, south County Building 7013 Sandridge Road, Long Beach, WA

ENCORE Retirement Learning Community. Is an association of retirement-age people who share a love of learning. Established in 2001 by a Steering Committee of retired adults, ENCORE is sponsored by Clatsop Community College. We meet for lunch the first Tuesday of



Artisans, bakers, and local merchant gifts are all part of the CB American Legion Craft Fair July 20-21.Don't Miss!

The CB American Legion Auxiliary will hold its annual craft fair and bake sale on July 20 and 21st, from 10 a.m. to 4 p.m. each day, at the big gymnasium of the Cannon Beach elementary school;.

The event will feature approx. 25 artisans, including basket weavers, quilters, jewelry makers, bonsai growers, toy makers, and many other crafts. A huge bake sale is also part of the event, with pies, whole or by the slice, plus cookies, cakes, breads and candies. Included in the event will be an auction of gifts donated by local merchants, including restaurant meals, motel stays, paintings, clothing, etc.

The craft sale is our annual fund raiser for the four veterans' hospitals in Oregon. The public is welcome; there is no admission charge.

every month. We try to alternate between North and South County, so look for these Community Notes in your local Newspaper to see the place of choice. Our Lunch Bunch get-togethers are a wonderful venue for meeting classmates over lunch, as well as new friends. Remember all guests that might be interested in ENCORE, or just want to know what we're all about, are welcome. Aletha Westerberg, 503-325-4325.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. We look forward to seeing you soon. Second Monday of the month at 10am- Astoria FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 OR LIZ PIETILA @ 503-861-2050.

KIDS

YOUTH NATURE CAMP. YOUNG people can explore the area's trails, water and animals at camps this summer through Lewis and Clark National Historical Park. Educators from the Lower Columbia Estuary Partnership and the park will lead two weeklong camps, both featuring exciting overnight opportunities. Nature Survival Camp, held July 15-19, takes campers

on the water and to the woods, deep into the park and other sites, as they explore and practice skills to survive and thrive in nature, including a two-night camping trip at the beach. This camp is open to students entering seventh and eighth grades. The cost is \$145. Nature Adventure Camp, held July 22-26, offers a week's worth of adventures at the park and nearby, as well as an overnight in Fort Clatsop! Nature Adventure Camp is open to students entering fourth grade through sixth grade. The cost is \$135. Please call Cathy at (503) 861-4422, or go to www.nps.gov/lewi and follow the links for applications.

Port of Play. Summer hours will begin Monday, June 3rd, 2013. Monday-Friday: 10am-1pm (closed weekends). Parent's Night Out Summer Dates Parents, drop your children off for a night of fun while you enjoy a night out. The kids will enjoy crafts, movies, popcorn and games. Snacks will be provided. Ages 2.5-10 (must be potty trained) Call 325-8669 or visit astoriaparks.com to register. 6:00pm-9:30pm. June 1st and June 29th. July 13 and 27th. **August 10th and 24th.**

TRIVIA AT THE LIGHTHOUSE. The Lighthouse has Trivia every Sunday at 5:00 pm. The competition is keen, the questions sometimes challenging and always FUN. Teams of up to 4 people compete. The members of the winning team each receive a \$5.00 poker chip good at the Lighthouse There's always FREE Pool every Sunday at Ron's Lighthouse, and a "3-Ball" competition at 1:00

PANCAKE BREAKFAST. All-you-can-eat, at the Bay City Arts Center. Every Sunday. 8am to noon. \$5/adults, \$4 members. Kids 1/2 price. Sausage, beans , slasa, fruit and yogurt, juice and tea.

Messages Sonja Grace mystic healer

The Passage of Death

Most people are never prepared for death and seldom are we truly prepared for the loss felt with the passing of a loved one. We make this passage over and over with each incarnation yet we remember nothing until we face the very passage as we travel with our loved ones towards the light. Once we are on the other side in the spirit realm we connect with our source. This merging with Divine Love is so profound all of the personality defects no longer apply. All we want to do is purify and seek forgiveness for any pain we caused on Earth. We become the guardian angels to the youngest members of the family while keeping an eye on the entire group. Our job in the spirit realm is

intensive. There is no rest and no pain only the efforts of keeping our world in balance. Even the darkest and most corrupt are immersed in Divine Love and have the difficult task of making amends from the spirit realm. Most people believe in a system of punishment but the real vibration of Divine Love is void of judgment. It only fills the soul and where there has been corruption, there is healing. These people who have suffered at the hands of others and developed their emotional woundings into larger cancers of anger, hatred and negativity are submerged into the light. The rights and wrongs of this Earthly plane exist in the duality. If we took more

responsibility for the karma we create in each life we might approach the duality from a different perspective. The Universe is made up of hot and cold, light and dark, good and bad and we can see that in physical form we encounter this duality each lifetime here on Earth. But our true existence is in spirit form and as particles of God; we come from the very essence of Divine Love. Our true state of being is void of the duality as we are in a state of balance and peace.

The higher octave of the human experience is to re-connect with that true state of being while in physical form. Often through the practice of mediation we can reach this state of consciousness. We are capable of obtaining inner peace but must first look at our belief systems and where we are holding onto out dated ideas that keep us attached and investing in the duality. We keep it all repeating lifetime after lifetime because our energy is engaged in what is right and wrong in this world. When we invest our energy in the duality and isolate that as the only experience, we limit our soul from self-realization. This is no easy mountain to climb as it requires selflessness and a desire to excavate the very

emotional woundings that keep us going round and round on the karmic wheel of life. The process is something we may seek our whole life and pursue what needs to be done so we are prepared in our next lifetime. It may take surrendering your ego many times before you understand what the ego is really for. It may take processing your past in a way your mind has been far too clever for you to get around. There is a state of surrender that allows us the ability to see death nothing more than a mere passage into our true state of being: spirit.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Two time author of Angels in the 21st Century and her latest book, Earth Ways Healing Medicine for the Soul, provides a pathway to the four seasons through prayer and ceremony and is a companion to the film presentation Earth Ways Series. www.sonjagrace.com

Let the Fireworks Fly!

FOURTH OF July is certainly a fun time. Lots of barbeque and parade and fireworks. And somewhere, somehow, patriotism is motivating all of it. Our independence. And yes, I said the word- patriotism. Patriotism has become a loaded word. It means much to many and the problem is: People define patriotism differently. I suggest we defuse the the word so we can use it to have meaningful conversation. Generations ago patriotism was a simple thing. You loved and honored your country with active service and symbolic gestures. Today is different.

Like many holidays, we celebrate on a superficial level. Lots of show and display with not much meaning and substance behind much of it.

The Fourth is the day that our country celebrates our independence and freedom. It is part of our national character to value and yes, revere, those traits. We celebrate the Individual. We value our pioneer sensibility. Our media highlights and spotlights

those that carve new paths or somehow rise above the crowd in individual achievement.

Being a counselor, I am fascinated with the role of man in society and the role of society upon the individual man. Independence and Freedom, our most cherished concepts..We are alternately asked to be all we can be and then, to help make our world a better place for all. Phew. That's a lot to ask.

Patriotism asks for commitment. A statement of belief. A consistency of behavior that reinforces that belief. The dictionary says a patriot loyally or zealously supports his own country.Years ago, men joined the armed services. Today- well, seems like its easier to talk. Talk about the war machine. Talk about our government being less than admirable. Talk about how other countries do things better.

I suggest that we all up our pride in our country. I think patriotism, if we are not going to join the armed forces, then at least

have nice things to say about the armed forces. Support those willing to do that kind of job- for you.

I'm trying to avoid political rhetoric. I'm avoiding saying dogmatic statements. I'm trying to stay on the topic of patriotism, which is a commitment to our country. I think, and this may seem political, but if you celebrate the Fourth, take part in the festivities, then reevaluate your personal stance. Make it mean something.

On a lighter note.... and more personal: We all need some fireworks in our lives occasionally. Something fun and spectacular.... something that makes us all a part of something bigger. Just for one day and one night, let it be a party. Let it somehow add to your sensibilities. Let our history make you committed to our country.Let it make you a better person.

Tobi Nason is a counselor in Manzanita. She was in the Army Reserve for almost 9 years. Like most people, she can be complicated.

word and wisdom

By Tobi Nason

VOLUNTEERS NEEDED To help Shelter animals

Can you donate a few hours a week to help the dogs and cats currently at the Clatsop County Animal Shelter? Volunteers are badly needed. The work's not hard but it's wonderfully rewarding.



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WHAT'S THIS INVISIBLE
DOG NONSENSE?



Skin Care for a Sunny Summer

By Tracy Erfling, N.D.

WHICH IS the largest organ of the human body? The skin. This layer of connective tissue, which is only millimeters deep, serves to govern many interactions between our body and our environment. The primary purposes of our skin in the sun-exposed summertime includes protection and temperature regulation. Now that summer is in full swing keep the following in mind to help your skin weather it's most exposed season.

Our planet would not survive without the sun, it allows for an amazing amount of energy and nutrients to be produced. So it simply follows that our bodies are designed and indeed benefit from sun exposure, we simply could not survive without it. When the sun makes contact with the skin it turns on cells called melanocytes, which in turn create melanin. Melanin gives people with lighter skin that golden brown hue (a tan), and gives those with brown and black skin that fantastic rich color. You are genetically programmed to have a certain amount of melanocytes, consequently melanin production. Melanin levels increase with sun exposure, this is the body's way of creating a natural sunscreen...yes indeed a key purpose of melanin is to deflect harmful UV rays. Undoubtedly some individuals are better at this than others, but most all of us are armed with this tool of nature. And as researchers adventure further into the role of melanin they are finding that it possibly has the ability to protect us in other ways, such as a natural chelator, removing toxic heavy metals... amazing bodies!!

Another vital nutrient we get from the sun is vitamin D. This fat soluble vitamin's first step is in the skin where a precursor is created from exposure to the sun...this precursor is sent to the liver, and finally on to the kidney's (and other tissues) where the final product (calcitriol, aka Vitamin D) helps the body to regulate blood calcium levels and MUCH more. Outside of calcium regulation this essential vitamin is showing up as a player in the prevention of many conditions from cancer to hypertension and heart disease. Unfortunately deficiency is common, especially in dark skinned people who have more melanin therefore more sun blocking action. In our more northern latitudes this is also an issue as the vital UVB rays which create all these sunny benefits are low to none from late fall to late spring.



What about sunscreen? I can't say that I don't see a connection between our growing fear of the sun and the topic of vit D deficiency; not to mention the added chemical exposure sunscreens provide. That being said in this sunny season the skin's cells often need support with sunscreens of SPF15 or higher when we are spending long hours outdoors. So which sunscreens are safest and offer best protection? Those which can deter both

UVB and UVA rays (i.e. full spectrum sunscreens). The ingredients to look for are titanium oxide or zinc oxide, these work via reflection to keep the burning rays away. Avobenzone is another ingredient found to be effective in absorbing these rays instead of your skin. Sunscreens often have chemicals that have been shown to cause skin

irritation or damage; some to watch for are PABA, Oxybenzone, Padimate-O, or Octyl Methoxycinnamate. For more information about sunscreen ingredients check out www.sunscreens.net.

Temperature regulation, another key function

and eggs, provides valuable antioxidant protection against damaged skin cells and harmful sun rays. Finally essential fatty acids (fish oils) properly lubricate the cell walls and allow the above mentioned nutrients access to the cell's interior.

Herbs which are soothing and healing to the skin could be consumed as a tea or applied topically to damaged skin. Calendula and Plantain are common herbs, which are soothing and promote skin healing. The above ground portion of these plants are used, and Plantain can be freshly ground and applied to burns as a poultice. Aloe, a common household plant, should be used topically. The inner gelatinous portion of the plant can be placed directly

on the skin. It offers a cool treatment for healing burns. An herb used internally to protect the skin is Gotu kola. This herb acts as a strengthener to the basement membrane of the skin and has terrific antioxidant qualities helping the body to get a jump start on damaged cells.

Avoiding the sun's most intense hours, wearing a wide-brimmed hat and clothing over vulnerable skin is always wise. If you are out in the water for long periods take regular shade breaks and apply sunscreen more often. Some medications such as birth control pills, acne medication, and corticosteroids increase your chances of burning, so ask your physician and be aware of your risks. As we age it is important to have a thorough skin exam once every 5 years, or more often if you have lighter more freckly skin. Our skin is often how we perceive one another's health and age, so establishing good habits early will ensure a lifetime of healthy skin. Hope you enjoy this sunny summer season and don't forget to think about all the beauty and protection your skin has to offer!

DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERY-DAY!!

**Dr. Tracy Erfling is a
naturopath physician in the
Lower Columbia Region.
Questions?
erflingnd@hotmail.com**



is also called upon as the weather warms our northern hemisphere. The skin directs temperature regulation via dilation or constriction of blood vessels. This action signals sweat glands or goosebumps to expel or conserve heat. Exercise and fluid intake are valuable parts of this regulation. Exercise promotes blood flow and can help increase body temperature, through muscular activity. This of course is true in the time spent exercising but also ensures that these vascular pathways remain active and responsive even in times of rest. WATER! Drinking half your body weight in ounces of water helps the skin to stay properly hydrated. It is much more difficult to sweat and cool off if your body is low on fluids.

Food adds vitamins and minerals to promote the health and healing of your skin. Adequate intake of fresh fruits and vegetable of the yellow and orange varieties (carrots, yams, squash, melons and peppers) supply the skin with beta-carotene and vitamin C. These vitamins assist in proper cell growth (especially of connective tissues) and healing of damaged skin. Oysters, pumpkin seeds, eggs, and legumes contain zinc, which also assist in the skin's healing process via the immune system. Vitamin E, found in raw nuts

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CHEW ON THIS!

by Merianne Myers



IF IT'S July, it must be peaches. Summer is a continuum, a sultry slow dance of sunshine and heat and fierce flavor. Used to be watermelon, sweet corn and peaches were the Holy Trinity of summer singing School's Out and Love is in the Air and Bite Me. Watermelon fell from grace the minute some agri-biz bottom line feeder decided we'd gratefully trade flavor and texture for seeds. Frankly, I don't remember being asked. The upshot is rubbery, tasteless stuff that in no way deserves the curvy, gorgeous name 'melon'. But, hey, no seeds.

However, PEACHES! Downy, juice-dripping-off-your-elbows peaches. We can still find them gracefully grown, dead ripe and well worth the wait. Botanically, stone fruits are so named because of their single pit or stone. It doesn't take much thought to realize what they really are is stone cold staggering. Rosy gold, dripping nectar, robed in velvet and harboring sunshine. They're intoxicating well before they're brandy.

So many ways to love peaches. They respond deliciously to grilling, broiling, baking, canning, freezing, poaching and drying. I recommend all of the above right after eating as many peaches as June will provide with as little tinkering as possible. Here's an idea:

PEACH SHORTCAKE

Makes 6 or 7 good sized shortcakes

This recipe is basically a drop scone. I prefer it to the spongy shortcakes for its texture, its not-too-sweetness and because if you have leftovers, you can split and toast them, spread them with a bit of butter and some marmalade, make a cup of bold dark roast and enjoy while you think about how brilliant you are. However, you could easily use a slice of pound cake, angel food cake, a slightly sweet corn muffin or anything you want.

Preheat oven to 400 degrees.

- 2 cups self-rising flour

- 2 1/2 Tablespoons sugar
- Pinch salt
- 8 Tablespoons COLD butter, cut into small chunks
- 3/4 cup milk
- 2 teaspoons lemon or orange zest (optional, but intensely lovely)
- As many peaches as you can get your hands on
- Some heavy cream for whipping later

Combine flour, sugar, salt and zest in a bowl. Add the butter and use your fingers to work it into the dry ingredients as quickly as possible until it is well distributed and about the size of lentils. The object here is to work fast enough to keep the butter cold so that it forms little pockets of steam as it bakes and makes for lofty, tender scones.

Add the milk and mix just until the dry ingredients are wet. Too much mixing alarms the gluten in the flour which will then busy itself making tough, chewy scones.

Grease a cookie sheet with a bit of butter. Drop the scoops of dough which you have slightly rounded, onto the sheet. Brush the tops with a bit of melted butter, a wash of beaten egg thinned with a little water or a sheen of cream and lightly sprinkle with sugar.

Bake for 20 minutes +/- until golden brown and slightly crispy around the edges. Cool on a rack.

While they're cooling, bring a pot of water to a boil and drop the peaches in a few at a time for no more than a minute. Fish them out to cool until you can handle them. They respond to the hot bath by slipping easily out of their skins. Chunk them up and toss with a little bit of sugar to start them macerating in their juices. Put them in the fridge until it's time for dessert.

Split a shortcake and layer with peaches and freshly whipped cream flavored with a whisper of vanilla. Put the top on and add more peaches and cream.

Leftover peaches will do the most wonderful thing to plain yogurt the next morning. Or top your pancakes or waffles. Or, wait until everyone has gone to bed, sneak back to the kitchen, ladle the peaches over vanilla ice cream, add a tiny drizzle of chocolate sauce, keep the groans to minimum.



Peach by Jeri Slevin, featured artist this month at Old Town Framing in Astoria



Annual Garden Tours

Lower Columbia Preservation Society 13th Annual Garden Tour/Fundraiser

The Lower Columbia Preservation Society's 13th annual Garden Tour fundraiser will be held on Saturday, July 13th from 10 a.m. to 3 p.m. featuring six gardens. Tickets can be purchased on the day of the tour at 17th Street and Grand Avenue in Astoria from 9:30 a.m. to 1:00 p.m. Admission is \$15 for nonmembers and \$10 for members. The tour will be held rain or shine.

Individuals who join the Lower Columbia Preservation Society on the day of the tour will receive the membership price of \$10 for a ticket. Membership in the organization is \$15 per year for an individual or \$25 per household. The benefits of membership include free or discounted lectures and workshops, the newsletter "Restoria", and emails of news and events on historic preservation.

Proceeds from the tour will be used to promote the Society's mission to preserve, protect, and promote the historic architecture in the lower Columbia region.

On the day of the tour, raffle tickets will be sold for \$1.00 each or 15 tickets for \$10.00. Winners are not required to be in attendance. For more information call 503-325-8024 or 503-325-3245.

Long Beach Peninsula Garden Tour

The 7th annual Garden Tour on the Long Beach Peninsula, "Music in the Gardens" will be held on Saturday, July 20th from 10:00 to 4:00. It will feature 8 gardens with a wonderful variety of live music and delectable food and beverages that will encourage you to linger, experience and enjoy the Peninsula's beautiful outdoor rooms. And in addition, meet the gardeners who have mastered the art of successful gardening on the coast.

The garden tour is a fundraiser for the Water Music Festival, who supports music programs in the Ocean Beach School District music programs. Tickets are \$15.00 and can be purchased one week before the tour at three venues:

The English Nursery
corner of Highways 101 and 103
Seaview, WA

Peninsula Landscape Supply
15289 Sandridge Rd
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Questions? Visit Music in the Gardens Tour Facebook page or contact Nancy Allen 360 642-2507.

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Meet Your Farmer Cooking Demonstration At Astoria Coop • July 26



FARMER FRED Johnson will showcase some of his seasonal products, with a live cooking demonstration at the Astoria Co-op. The event happens during the lunch hour on Friday July 26 11 a.m.-1 p.m. Johnson plans to bring peak-season produce possibly including peppers, tomatoes, and basil. Johnson, who was a chef prior to starting a farm in Naselle, Washington, plans to prepare these vegetables in what he calls, “the

simple and very rustic Italian vein”. The public is invited to come to the Co-op to learn how to prepare this seasonal produce, taste, and get the recipe.

“The Co-op is going above and beyond facilitating this social experiment of how to localize our food dollars, representing local growers, and showing people how they can eat the products that are delivered fresh at their peak. It’s something other grocery retailers in the area aren’t able to offer,” Johnson said.

Johnson said as of late June (when this was written)

that the peppers are looking “awesome” and he’s excited about the more than 400 tomatoes plants that are in the ground ripening. Johnson’s produce is available at the Astoria Co-op, a soon-to-be-created farm stand, farm-direct via the Consumer Supported Agriculture (CSA) program, and an email market. You can find more information at fredshomegrownproduce.com.

FarmTable

Vend your Home Gardened and make some extra dough

WHO DOESN’T like a little extra spending money? Food Roots’ FarmTable is a great opportunity for kids and adults growing food, florals or plants in Tillamook County to make extra money, by direct marketing their bounty. Food Roots’ FarmTable operates every Saturday, June 15 - September 28, 9 am - 2 pm, at Tillamook Farmers’ Market. It not only serves as an incubator for local agricultural producers who are not yet ready for a booth of their own, but it’s also a place for home gardeners to make some extra money by making their products available to farmers’ market shoppers. The FarmTable is run by Food Roots staff and volunteers, some of whom are vendors themselves. Those vendors who sell without volunteering pay a 20% consignment fee on their sales, which supports Food Roots’ other programs.

Food Roots is always interested in welcoming new FarmTable vendors. They bring variety and robust selection of locally grown products to customers who are looking for the freshest and best of North Coast grown. Becoming a vendor is as easy as growing something edible, plants, flowers or other ornaments. To vend at the FarmTable, folks fill out a vendor agreement, so they understand the policies and procedures; then prepare, package, price and deliver their goods for market on Saturday mornings, by 8:15 AM.

Food Roots exists to cultivate a healthy food system for our North Coast Communities, working to increase understanding, production and access to local food, for all. Food Roots’ programs

include: Farm to School, Education and Outreach, and Community and Economic Development. To be a part of Food Roots FarmTable, contact the FarmTable project coordinator, Rebekah Laszlo at FarmTable@foodrootsnw.org. For more information about Food Roots’ programs, Please visit our website, www.foodrootsnw.org.

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Take a Foodie Field Trip Up the River to Two Islands Farm Market



LOCAL FOOD CULTURE

is part of what makes a place special. One may not normally consider a farmers market to be a travel destination, but a visit to the Two Islands Farm Market on Puget Island, near Cathlamet Washington, might just change your mind. If you are looking for a Friday afternoon field trip away from the coast, the Two Islands Market is a fun and delicious destination.

The two Islands Farm Market is held every Friday from 3 – 6pm and runs until the last Friday of October. Sited at Stockhouse’s Farm at 59 West Birnie Slough Road on scenic Puget Island, about 25 miles up the Columbia River from Astoria; the market offers the usual variety of fresh, local produce. One of the things that help make this small, informal farm market exceptional is the variety of value-added products available for purchase. Shoppers can take home baked goods like peach or boysenberry pies, or choose from a selection of artisanal Italian-style breads, as well as Diane’s Organics: a selections of dried beans and snacks produced onsite. Also available are ferments and jams from Island’s End Farm, eggs, sausage, and pastured grass-finished beef, lamb, and poultry. New to the market this year are rustic hand-tossed, wood-fired pizzas featuring seasonal toppings grown right on the farm.

Currently open for it’s eighth season, the Two Islands Farm Market was founded by the owners of two Puget Island farms: Diane and Rob Stock



From left to right: Farmers Mike Howell, Kim Howell, Diane Stockhouse, Rob Stockhouse, Chris Henry

FOOD GROOVE

By Cathy Nist

house of Stockhouse’s Farm, and Mike and Kim Howell of Little Island Farm. The market began in 2006, assisted by the Wahkiakum County Extension Service, as an addition to special events like Bald Eagle Days. Stockhouse’s Farm had just started a CSA and was looking for a way to utilize surplus produce. It quickly became clear that the only consistent vendors at these event-based markets were Stockhouse’s Farm and Little Island Farm. The Howells and Stockhouses decided to become partners in a regular weekly market to be held on Puget Island, home to much of the farmland in Wahkiakum County.

More than just an outlet for farm products, the Two Islands Farm Market has become a social event for locals and visitors alike. “What started as a little farmers market has become a com-



munity gathering place, where people can come and meet their neighbors,” said co-founder Kim Howell. “We now have live music, drawn from the incredible pool of musical talent that we have in this county. We’ve partnered with the Wahkiakum Chamber of Commerce. People can get on a trolley at the [Elochoman Slough] Marina or in downtown Cathlamet [departing at 3, 4 or 5pm] and ride out here to shop. In turn, we support our community. We donate space at the market for fundraisers for local nonprofit organizations and host community events like the annual Punkin’ Chunkin’ contest.”

We’re having fun and are doing something that brings us joy”, said market co-founder Diane Stockhouse of running a farmers market. “We like

to provide a place where people can find everything needed for a whole meal.”

The Two Islands Farm Market accepts cash, checks, Washington SNAP cards, Senior Nutrition and WIC vouchers. Currently, they are unable to accept credit/debit cards or Oregon SNAP. Puget Island may be accessed by bridge from Cathlamet, Washington, or via the Wahkiakum Ferry from Westport, Oregon (\$5 cash per car). From WA-409 turn west onto W. Birnie Slough Road and look for signs. Two Islands Market is to the left at 59 W. Birnie Slough Rd.

Visit the Two Islands Market online at: twoislandsfarmmarket.com

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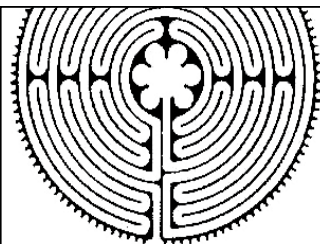
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