



HIPFISH MONTHLY

the alternative press serving the lower columbia pacific region

AUGUST 2014

vol. 15 issue 187



**NORTH COAST
PEACE FEST
2014**

.....
Taking A Stand
Against War Culture

AUGUST 30 in Wheeler, OR

@ KALA

Booze & Bites pg.3
Foody Queen Merianne Myers Hosts!
PLUS North Coast Distilling Spirits!
And Music from The PEEPERS!

Alaska Stories pg.4
Authors Nancy Slavin & Dan Berne

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.....
**North Coast Printmakers
Collective** pg.12

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HIPFISH PRESENTS

BOOZE & BITES



A Celebration of Local Distillations, Comestibles and Musical Entertainments.

Your Host, Foody Queen MERIANNE MYERS

SPIRITS by North Coast Distilling

Music by THE PEEPERS

Friday August 22 @ KALA • \$15

ON FRIDAY EVE, August 22, with gastronomical enthusiasm, HIPFISHmonthly welcomes esteemed columnist Merianne Myers to the veritable palate pulpit. Merianne will talk up the local, sustainable food movement and cooking with locally sourced foods. But mainly, she'll be inviting all present to join in what she believes to be the answer to most of the world's problems - sitting down to eat together, (metaphorically speaking).

A little bit about Merianne: An Oregon native, restaurant owner, food writer, gardener, local foods advocate Merianne Myers lived for many years in Hawaii and Texas before settling on Oregon's North Coast where she has worked in, managed and owned restaurants on both sides of the Columbia River, including the former North Star restaurant in Gearhart. She is a former board chair of the Astoria Co-op and currently serves as board chair of North Coast Food Web.

Merianne has written about food and restaurants for HIPFISH for umpteen years beginning with "The Astoria Food Column" in the long ago 90's and currently serving up "Chew On This," (see page 25) a monthly Philosophical Paeon/Rant in Food Columnist's clothing.

Don't miss this opportunity to meet, greet and eat with the Lower Columbia Pacific's official, unofficial Foody Queen. For Booze & Bites says Merianne, "I'm wanting to offer tastes that enhance the distilled spirits. We'll be munching on a wide variety of appetizers using a preponderance of local, seasonal deliciousness. Join us for salmon lox on tiny bagels, prunes stuffed with bleu cheese and wrapped in bacon, tiny roasted spuds piped with Romesco, rum-spiked chocolate mousse and more. Menu to be determined by what's fresh at River People Farmers Market that week. An evening of music, food and hooch - what's not to love?"

And as "sustainability" progressively becomes the golden rule on the coast, so too the booze follows suit. Lawrence Cary, proprietor of North Coast Distilling, newly opened this past February in Astoria, will be providing tastings of NCD artisanal spirits. Read up on Cary and NCD, this issue on page 26.

"It Won't Be Long," into the eve before The Peepers, a newly formed rock quartet, comprised again, of four fab local musicians who have sustained the live music scene on the coast for a number of decades, debut a selection of Beatles songs, in honor of the 50th Anniversary, in addition to original material. John Crowley (on Hofner bass, left-handed no-less), Tom Peake (drums), Peter Unander (keyboards), and Bob Lennon (sorry, no relation), have honed tasteful renditions of tunes like "Penny Lane," "Don't Let Me Down," and "Words of Love."

John Crowley speaks to the recent endeavor:

"Why do we perform only original and Beatles material? Not that we compare ourselves to them (no one can) but they wrote great songs, and learning them is like

going to school. If you learn enough of them, you have a pretty good musical toolbox. Many of them sound deceptively simple, but when you try to play them you see how much work went into them. I think if you can put together a pretty decent Beatles set, you've accomplished something. Extra points if you can put your own little spin on it. The Beatles showed how to assimilate your influences and step on the gas. Beside all that, though, Beatles music should be played and enjoyed live whenever possible.

Having said that, our original material covers a wide area in that some of Pete's songs are featured, some of mine and then some we wrote together. Their topics include love, etiquette, vigilantes, camping with clergy and some guy wearing a barrel, and there's always more coming."

• Please join us for Booze & Bites at our presentation space KALA for a celebratory summer eve.

• Doors open at 6pm. The celebration is mixer style, comestibles and conversation served between 6-8pm.

• A No-Host Bar will feature cocktails crafted with NCD spirits, Beer and Wine, also.

• \$15 - Includes Hors d'oeuvres, Tastings and Music.

• After 8pm, NO HOST BAR and THE PEEPERS till 10pm - \$5



Foody Queen and Columnist Merianne Myers



The PEEPERS, John Crowley, Bob Lennon, Tom Peake, and Peter Unander

KALA is located at 1017 Marine Drive in Astoria.

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Advance tickets suggested and available at RiverSea Gallery and IMOGEN in Astoria. Also, available at the door.

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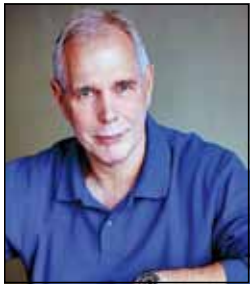
ALASKA STORIES. & ASTORIA CONNECTIONS

An evening with authors
Dan Berne & Nancy Slavin
Friday, August 15

TWO OREGON authors with novels set in Alaska and three local artists with unique perspectives on Astoria will be celebrating and sharing their work on Friday, August 15, at KALA, 1017 Marine Drive. Authors Dan Berne of Portland and Nancy Slavin of Bay City, along with artists Vickie Gasser, Leigh Oviatt, and Angela Whitlock will host an evening of readings and art.

Doors open at 7pm with the official artists' reception. As you browse the art, Alaskan-themed food and drinks will be available to set the mood for the author readings, which will begin around 7:30.

Dan Berne, author of *The Gods of Second Chances*, and Nancy Slavin, author of *Moorings* – two novels set in Alaska with commercial-fishing characters who both happened to be named Ray – will share excerpts from their novels and discuss why they, as Oregon residents, chose to set their works in the U.S.'s northernmost state.



Dan Berne's manuscript was chosen to be the first novel in Portland-based Forest Avenue Press' fiction catalog. In *The Gods of Second Chances*, family means everything to widowed Alaskan fisherman Ray Bancroft, who's raising his granddaughter while battling storms, invasive species, and lawsuit happy tourists. To navigate, and to catch

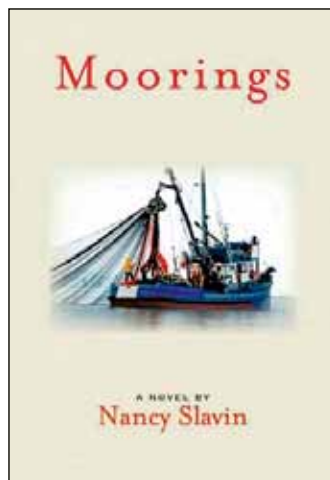
enough crab to feed her college fund, Ray seeks help from a multitude of gods

and goddesses – not to mention ad-libbed rituals performed at sea by his half-Tlingit best friend. But kitchen counter statues and otter bone ceremonies aren't enough

IN THE BARE BULB GALLERY:
Portlander Stephen Stefanov exhibits mixed media paintings; Astoria artist Sid Deluca rotates selected surrealist collage.

when his estranged daughter returns from prison, swearing she's clean and sober. Her search for a safe harbor threatens everything Ray holds sacred. Set against a backdrop of ice, mud, and loss, this debut novel explores the unpredictable fissures of memory, and how families can break apart, even in the midst of healing. Berne, who grew up in a working-class family in Cincinnati, Ohio, worked in his way through college, with jobs in drugstores, warehouses, U-bolt factories, and cement plants. He has been an active member of a select writing workshop led by author Karen Karbo for ten years.

A section of Nancy Slavin's *Moorings* (Feather Mountain Press, 2013) won the PSU Nina Mae Kellogg Award first place prize in graduate fiction. *Moorings* follows 23-year old Anne Holloway as she journeys from the lower-48 up to a small, Alaskan fishing town to find her biological father, whom she believes in named Ray. Instead of finding what she came looking for, however, Anne realizes the past can never be untangled from people's memories, and damage from oil spilled under the surface never completely dissolves. By making the journey, Anne discovers that what she's been longing for all her life, an identity of her own, can only be found within. Slavin worked for 5 seasons as a natural history guide in Alaska, and has worked as literary and creative writing tutor, an educator for a non-profit organization seeking to stop violence against women, and is a longtime English and writing teacher for Tillamook Bay Community College. She has also been a feature contributor to HIPFISHmonthly over the years.



ART @KALA

ASTORIA CONNECTIONS

EACH OF the artists, working in different mediums, has a special connection to Astoria, and each has unique way of looking at Oregon's westernmost port city.

Vickie Gasser, an Astoria-reared artist who went to Captain Robert Gray school, lived in Portland for over 30 years before returning to buy the home in which her mother and 13 siblings were raised. Gasser creates mixed media art, primarily made up of found objects, both natural and manmade.



Vickie Gasser, Mult-media, untitled.

For Gasser, the rusty bits along the road, river, beach or trail are as interesting as the weathered leaf, the small blue egg or broken board. Gasser believes in recycling and upcycling objects, which find their way into her art. "All of the bits I've collected have their own story that I, in turn, add to the story I'm creating," Gasser says. "I've always been a collector. I love finding boxes of old photos at garage sales, and I imagine my own story for the people in them." As for being back in Astoria, Gasser says she loves being back home and never tires of the sky and all its changes.

Leigh Oviatt is originally from Bozeman, Montana but has called the Pacific Northwest home for almost 20 years. She now lives in Astoria, where she is a licensed massage therapist. Her photography has been shown at Newspace Center for Photography and the Red E in Portland, and at KALA, Fort George Lovell Showroom, and



Leigh Oviatt, Holga Camera, Mental.

Lightbox Photographic in Astoria. She is a board member for the Cannon Beach Arts Association and a member of the Lightbox Photographic Darkroom Group. She is drawn to shooting anything weird, dark, or out of the ordinary. Her current series is all shot with a plastic Holga film camera, and is a mix of nautical themed photos and "a few other random piece in the mix." Oviatt loves living in Astoria with capital letters on LOVE. "I feel like I have a different adventure every time I leave the house," she says.

Angela Whitlock is a Seaside artist who works as a goldsmith in Astoria. Whitlock works in many mediums as well, including crochet, collage, precious metal and gemstones, painting, pen and ink, and found



Angela Whitlock, Shadow Box, Green.

object assemblage. Her greatest artistic inspiration comes from long exploratory beach walks with her min-pin/mini-greyhound. The curve of a piece of driftwood, a barnacle-encrusted seashell, a clutch of squid eggs or the always-changing ocean is all inspiration for Whitlock. For the August 15 show, Whitlock is exploring small shadow boxes. "I love the world in miniature," Whitlock says, "I spend lots of time working on jewelry under a microscope. There is so much to see on a small scale."

Friday, August 15. Browse the art and nibble on Alaska-themed hors d'oeuvres beginning at 7pm. Cocktails available at the No-Host Bar. At 7:30pm the authors read and discuss their novels. Admission is \$6 @ the door. Also view the exhibit, "Astoria Connections" at KALA during the Aug. 9 Second Saturday Art Walk. 5pm-8pm. KALA is located at 1017 Marine Drive in Astoria.

HIPFISHmonthly

Mar 14

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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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SEPT HIPFISH ON THE RACKS FRIDAY AUG 29

Cover Design: BUGGY BISON
An Oregon Army National Guard soldier takes "point" in a room-clearing exercise during training in Oman. A troubling shortage of help for soldiers returning from overseas combat and their families has led volunteer caregivers with the Portland-based Returning Veterans Project to fill some of the gaps. Photo by Sgt. Cory Grogan, Oregon National Guard. see pg 10.

U.S. Department of Energy Grants Approval for Oregon LNG Export Project: State of Oregon Holds Keys to Final Decision

WARRENTON, OR—The U.S. Department of Energy gave a conditional approval to Oregon LNG to export liquefied natural gas (LNG) to nations with which the U.S. does not currently have a free trade agreement, but the project still requires approval from the Federal Energy Regulatory Commission (FERC), the State of Oregon, and local agencies. Regardless of DOE's decision, the Oregon LNG export project faces significant local, state, and federal hurdles.

Brett VandenHeuvel, executive director of Columbia Riverkeeper, stated, "DOE's decision is tone-deaf, ignoring the reality that, despite 10 years of pushing a dead-end project, Oregon LNG has failed to obtain approvals from local, state, and other federal officials."

Cheryl Johnson, a local retired school librarian, emphasized the community's opposition to LNG.

"We are absolutely opposed to LNG exports in our community," she said. "The project would harm our fishery, our community, and our economy. DOE's decision has no bearing on our continued effort to stop Oregon LNG, and we urge the State of Oregon to swiftly, emphatically reject Oregon LNG."

In October 2013, the Clatsop County Board of Commissioners rejected Oregon LNG's proposed feeder pipeline by a 5-0 vote. The decision is currently under review by the Oregon State Court of Appeals.

Nathan Matthews with Sierra Club pointed to the broader implications of exporting LNG, and he argued that

DOE largely side-stepped key issues in its decision.

According to Matthews, "Exporting LNG will lead to more drilling -- and more drilling means more fracking, more air and water pollution, and more climate-fueled weather disasters like last year's record fires, droughts, and superstorms. In today's conditional authorization for Oregon LNG, the Department of Energy acknowledges that it has not yet considered any of these impacts, but that environmental effects must be considered before Oregon LNG can proceed."

Despite DOE's decision, Oregon LNG faces fierce opposition in Oregon, where Oregon LNG would have to gain local and state approvals for its LNG export plans.

THE HARBOR

New Volunteer Training Scheduled to start August 5th 2014

HAVE YOU been looking for a way to give back to your community? Do you want to help individuals who have been affected by domestic violence and/or sexual assault? Are you looking for a way to increase job skills, while doing work that makes a difference in your community?

Volunteer with The Harbor! (formerly called Clatsop County Women's Resource Center)

Volunteer Training begins August 5th, 5:30pm to 8:30pm. Come learn the basics in Compassionate Communication, Crisis Intervention, Active Listening, the impact of Oppression on individuals and communities, DV and the Law and more. The

training includes educators from the Harbor as well as experienced guest speakers from the community.

We currently have volunteer opportunities at the shelter, during community events and special projects. Some volunteers work in our client service office, Déjà Vu's donation center, and as ongoing advocates for individuals accessing services.

All volunteers will need to attend the first training August 5th, 2014. Training requirements vary depending on the type of volunteer position. Contact Chris, Volunteer Coordinator, at 503-325-3426, or stop by our office at 1361 Duane St, Astoria to receive your volunteer packet.

TIME BANK @ River Peoples Market

Thursday, August 28th the Lower Columbia TimeBank will host an information table at the River People Farmers Market on 13th Street in Astoria between Duane and Exchange. Stop by to learn how timebanking works. Members who bring a friend to the table get a free hour.

Lincoln County Annual PFLAG Picnic

Don't miss the annual PFLAG Family Picnic on Sunday, August 17 from 1-4 pm at Fishermen's Park by the Lighthouse near Yaquina Bay Bridge in Newport. Bring food to share--we'll have plates & utensils, drinks, etc. This is a joint effort of PFLAG and the Welcoming Churches in Lincoln County--so round up your friends and family and celebrate summer with us!

Congressional Action Supports Toxics Reduction in the Columbia River Basin

ON JULY 28, 2014, US Senator Merkley and US Representative Blumenauer reintroduced the Columbia River Restoration Act. This could bring significant resources to the Columbia River Basin to reduce toxic contaminants and improve ecosystem conditions. The Columbia River Restoration Act will authorize Congress to appropriate funds for voluntary toxics reduction actions by growers, tribes, foresters, soil and water conservation districts, nongovernment entities, and local and state governments.

"We are thrilled with this step to protect the Columbia River Basin. Senator Merkley and Congressman Blumenauer have shown strong leadership for the protection of the Columbia River. This bill will help the region get the recognition and resources we need to address toxics in the river. Toxic contaminants impact human health, plants and animals, and our economy; the more we learn, the worse the impact," says Debrah

Marriott, Executive Director of the Lower Columbia Estuary Partnership.

What toxics do:

- PCBs harm our immune systems and increase cancer risks.
- Mercury affects the developing brains of children and alters behavior and learning.
- Contaminants in flame-retardants, pharmaceuticals, and other chemicals cause male fish to morph to females during their life cycle.

Harmful impacts of "new" contaminants of emerging concern, including chemicals in personal care products, pharmaceuticals, and flame retardants are beginning to surface. Rates are increasing for some forms of cancer; hormone balances are disrupted; brain function is impacted. This contamination is the collective result of many activities over many years, is extensive, and requires comprehensive solutions.

There is good news. Many industries, businesses, municipalities, states, growers, farmers, ports, and others are voluntarily reducing contaminants. The Columbia River Restoration Act will build on this good work by making funds available for a wide variety of entities and governments to address toxics in the basin.

Since 2009, the Estuary Partnership has worked with members of Congress to bring attention to the Columbia River and toxics. In 2010 the Columbia River Restoration Act was first introduced. For the past year, a broad coalition of partners including tribes, ports, growers, utilities, and others from throughout the Basin have worked together to push for the reintroduction of the Columbia River Restoration Act. The Columbia River Basin is the only major EPA designated 'large aquatic ecosystem' to receive zero funding pursuant to this designation.



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Russian Roulette

WASHINGTON'S COMPLICITY in the February right wing coup against the legitimately elected Yanukovich government has spun into a US confrontation with Russia that may well be worse than the Cuban Missile Crisis of 1962. At that time two great powers that saw themselves as roughly equivalent faced off over the USSR's giving nuclear missiles to Cuba to prevent an expected US invasion. During the crisis, President Kennedy eventually solved the problem through negotiation with the Soviets. Because they recognized the threat of nuclear war, Kennedy and Nikita Khrushchev began negotiations in hope of ending the Cold War. Within six months they had worked out an atmospheric test ban treaty.

Today the former Soviet Union has become the lesser power, Russia, while the US, remains "sole superpower." As such it proffers the aggressive doctrine of neocon Paul Wolfowitz "to prevent the reemergence of a new rival either on the territory of the former Soviet Union or elsewhere" with capacity to challenge American world hegemony. Bill Clinton fatefully decided to retain NATO, an anti-Soviet military pact formed in 1949, and expand it eastward rather than seeking cooperation with a now friendly capitalist nation. Bush and Obama continued NATO expansion, surrounding Russia with bases bearing both offensive and defensive missiles. The Russian Federation is less powerful than the Soviet Union, but it retains a nuclear arsenal and has a much greater natural resource base than the US, particularly in the declining realm of fossil fuels. As such it has become chief supplier of those to Europe and is also aligned with economic powerhouse, China.

After Obama became president he received the Nobel Peace Prize based on the mere hope that he would desist from starting unnecessary wars and sowing chaos, as had his predecessor. But that hope

never materialized. While exiting Iraq in compliance with a previous agreement, he escalated the Afghanistan War to no avail and initiated drone warfare to kill terrorists in Muslim states, often killing innocent civilians and producing more Jihadists. But Obama's commitment to imperialism became crystal clear when US operatives participated in orchestrating the Ukrainian protests and violent coup led by Neo-Nazis



SOURCES: East European Gas Analysis, The National Gas Union of Ukraine
RICH CLABAUGH/STAFF

against the pro-Russian Yanukovich government. Victoria Nuland, his Undersecretary of State for Eurasian Affairs, a neocon, married to leading neocon, Robert Kagan, was instrumental in creating Kiev's militantly anti-Russian regime.

In June, the President told the graduates of the US Military Academy: "I believe in American exceptionalism with every fiber of my being." And Vice President Biden, speaking at the Naval Academy, told graduates they would be part of building the "new world order." The clear indication was that there was to be an American world empire and it was to be militarily imposed. If exceptionalism were purely cultural or political, Obama might have spoken at Harvard. If the new world order referred to free market economics, the Vice President might have spoken at the University of Chicago. But they uttered these loaded phrases at the two prestigious military academies.

by Stephen Berk



Meanwhile, Russians in territory given to Ukraine during the corrupt Yeltsin period of economic oligarchs, sought to separate from the Kiev government. This has inspired ruthless bombing attacks on eastern areas which have proclaimed their independence as the People's Republic of Luhansk and the People's Republic of Donetsk. Russia's President Putin has been reluctant to get directly involved in their defense, even though he is under increasing pressure to do so as Kiev inflicted casualties and atrocities in the east increase. Washington's response has been to declare the separatists "terrorists," and thus non-persons. Senate Bill 2277, for the purpose of preventing "Russian aggression toward Ukraine and other sovereign states in Europe and Eurasia," is likely to become law. In fact, there has been no such Russian aggression. Congress considers Russia's taking back its historic sea outlet, the Crimea, following the coup, an act of aggression.

SB2277 enables the US to make Ukraine an ally without its having joined NATO. When the US then moves to "protect" its ally in Kiev, it will be joined by NATO forces. General Philip Breedlove has announced plans for "massive military means in Eastern Europe" that would permit "lightning responses" against "Russian aggression." Indeed, the US has been the aggressor together with its client in Kiev. Putin has resisted military involvement and has called on Kiev and the separatists to negotiate. American elites need to stop casting Putin as a Stalinesque dictator. Russia has a vibrant multiparty parliament, and Putin faces those to his left and right who would take stronger measures to protect the Russians in East Ukraine. Obama has already sent military advisers to Ukraine. He needs to stop this mad militarism and negotiate with Putin. If he approves Congressional further escalation, war with Russia and nuclear annihilation will become a real possibility.

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7/4: The Holiday Friends	7/19, 7/20: Secretary
7/5, 7/6: The Brazillionaires	7/21, 7/22, 7/23: Tony Furtado & Stephanie Schneiderman
7/7, 7/8, 7/9: Luke & Kati w/Special Guests	7/24, 7/25: Sneakin' Out
7/10, 7/11: Bradford Loomis	7/26, 7/27: Blake Noble
7/12, 7/13: McDougall	7/28, 7/29, 7/30: Lotte Kester & Kevin Long
7/14, 7/15, 7/16: Allison Preisinger	7/31, 8/1: Dave McGraw & Mandy Fer

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pg 27

EUGENE, OREGON TAKES HISTORIC CLIMATE ACTION

The City is the First in the Nation to Adopt a Law Incorporating a Viable Scientific Prescription for Climate Recovery

EUGENE, OREGON – On July 28, 2014 with a vote of 6-2, the Eugene City Council adopted a powerful Climate Recovery Ordinance that was promoted by the city's young people, and backed by a scientific prescription for climate recovery. The Ordinance is the first in the country to require carbon neutrality, fossil fuel use reductions, and the development of a carbon budget based on the best available science.

At a public hearing on July 21, over 100 community members showed up to testify or stand in support of Eugene adopting the Climate Recovery Ordinance. Eugene's faith community, scientists, lawyers, business owners, children, parents, and students all spoke in favor of the Ordinance.

"I am amazed by the young people of Eugene. For months they have come to us to speak about climate disruption, and to ask us to take action to protect their futures. I'm proud of this City and our community for rising to the challenge of taking meaningful action on the biggest threat of our time. My hope is that other cities across the nation will follow Eugene's example to combat climate change," said Mayor Kitty Piercy. "Here at home, we now need to redouble our efforts to make sure this new law is fully implemented and to meet our City's carbon budget."

This climate victory is the result of a group of young people in Eugene who have been working hard for the past 10 months to get the Eugene City Council to adopt the Ordinance. With the help of Our Children's Trust, the young people came together last September to create the Youth Climate Action Now (YouCAN) Campaign to advocate for their right to a safe and stable climate system. The youth and their supporters have attended every City Council meeting since last fall to present testimony to the City Councilors, voicing their concerns about the negative effects of climate disruption in Eugene, Oregon, and beyond, as well as the need for urgent action by every level of government. Last night, their leaders took action. The vote to adopt the Climate Recovery Ordinance left the young people behind this effort feeling celebratory and proud of their city.

"It was awesome!" exclaimed 10-year-old Zealand Bell, who testified before Eugene's City Council and was there for the vote on the Climate Recovery Ordinance. "I'm glad that the City of Eugene is helping us stop climate change so that I can live a healthy life when I'm an adult and be able to see the wilderness and have fun like I do now. I want to enjoy what I do now my whole life."

"Now in my early twenties, I've come to realize that the places we live are ultimately what we make of them. In this imperative time, the Climate Recovery Ordinance instills the City of Eugene, young and old, a realization of the power we hold in mak-



Students paint a climate change mural on Eugene's Arriving By Bike. Photo Credit: Julia Olson. Courtesy Eugene Weekly.

ing our world what we want and need it to be," said Kyra Gunther, a college student, activist, and artist, who helped lead the YouCAN Campaign and worked side-by-side with young people like Zealand Bell to paint a climate mural on the wall of a local business, Arriving By Bike, to bring more climate awareness to Eugene.

The Climate Recovery Ordinance legally commits the City of Eugene to its pre-existing climate goals of carbon neutral internal operations by 2020 and reduction of citywide fossil fuel use by 50% by 2030. The Ordinance directs staff to develop a citywide, science-based target and carbon budget for emission reductions consistent with achieving 350 ppm of CO₂ in the atmosphere by 2100. The Ordinance also requires regular reports on the City's progress toward meeting its climate obligations and creates a mechanism for getting back on track if the City is not meeting its obligations.

"Eugene is a leading example of what governments can do to help avoid the most catastrophic consequences of climate disruption and ocean acidification," said Dr. Pushker Kharecha, climate scientist with the Columbia University Earth Institute who is working with the City of Eugene to help the City align its emission reductions and carbon budget with the trajectory of reducing carbon dioxide levels to 350 ppm in the atmosphere. "I applaud Eugene for enacting a law grounded in the science of stabilizing our climate system and seeking

to protect our youth and future generations. I hope it inspires many such laws around the nation and the world."

The Climate Recovery Ordinance is informed by and incorporates a viable scientific prescription for climate recovery from one of our nation's top climate scientists and other experts from across the globe. According to Dr. James Hansen, "the science is crystal-clear we must rapidly reduce fossil fuel carbon dioxide emissions if we are to have a chance of protecting Earth's natural systems for these young people." The best available science prescribes that atmospheric carbon dioxide levels must be reduced from the current annual mean concentration of 397 parts per million (ppm) to 350 ppm by 2100 in order to achieve climate stabilization and protect our oceans from catastrophic acidification.

Our Children's Trust is a nonprofit advocating for urgent emissions reductions on behalf of youth and future generations, who have the most to lose. OCT is spearheading the international human rights and environmental TRUST Campaign to compel governments to safeguard the atmosphere as a public trust resource. We use law, film, and media to elevate their compelling voices. Our ultimate goal is for governments to adopt and implement enforceable science-based Climate Recovery Plans with annual emissions reductions to return atmospheric CO₂ concentration to 350 ppm. www.OurChildrensTrust.org/

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THREE VOICES @ KALA AUG 13

IN SERENDIPITOUS FASHION, three local artists come together to share an evening of music performance at KALA, Wednesday August 13, at 8pm. Kamila Swerdloff, Sofie Kline and Dinah Urell, while all at different points in life paths, discovered that they share in common, current explorations in a different sector of performance than they are typically known for. In the short time that they are all in one place at the same time, 3-Voices is an opportunity to support one another in a small, concert setting, and share their more unknown.

A native Astorian, Kamila Swerdloff recently graduated from Ithaca College with a Bachelor of Music in Piano Performance. In her local community she has been heard and known for her classical prowess. However, Kamila is relocating to Austin, TX to continue developing her songwriting craft.

As so she states, if you absolutely felt the need to classify her musically, you could stuff her songs into the pop/folk/blues basket. She keeps a notepad stuffed with wrinkled loose papers where she writes down phrases like "downtown sheep", "nice ankles", and "postmodern contempt," in hopes that they will inspire a new song. Sometimes that approach works. Most likely, the song will end up being about love. For Kamila, songwriting is an outlet for expression that would otherwise come out in a somewhat confusing and kind of bizarre dance. Her songwriting is ever changing, sometimes for the better. Her songs are harmony driven, and influenced by John Legend, Philip Glass, Pablo Neruda, and the occasional sensual French drama.

An Astoria transplant, Sofie Kline has been seen in numerous theatre productions in the coastal region. A regular as a Liberty Theater stage and Reader's Theater player, in her last and most recent role, she portrayed Nora in Ibsen's classic "A Doll's House" at the Coaster



Kamila Swerdloff, Dinah Urell, & Sofie Kline perform written works @ KALA

Theater. In 2009 Sofie Kline was gifted a beautiful upright piano which became, unbeknownst to her, her soul mate, and song writing companion. Sofie's songs are a culmination of desires; emotions expressed into the tonal world. She is influenced by her background in the theatre, as comes through in playful and witty lyrics, and the necessity of fluid vocal expression. In the fall, she heads to Ashland to attend Southern Oregon University to continue her studies in theatre and performance.

Publisher/Editor or HIPFISHmonthly, Dinah Urell breaks small pieces of time from her schedule to exercise her vocal pipes in performance and quite often just for the walls and spirits listening. As a child she used to play improvisational piano for hours, driving her mother crazy, but had no interest in lessons. Later she would study vocal music and threw herself into rock and jazz and writing songs on guitar. Of late, accompanying her self on piano, she creates minimalist arrangements; emotional landscapes to tease and transport the imagination, while her physical self stays planted in Astoria. One of her favorite contemporary pianist/composers is Ryuichi Sakamoto.

Wednesday, August 13. Doors open at 7:30pm. Concert at 8pm. Cocktails and one-hour show. Admission is \$6. KALA is located at 1017 Marine Drive in Astoria.



GUY CARIGLIO, a 1973 graduate of Astoria High School, is currently in the middle of a month long tour with the Bill Magee Blues Band. The tour began July 30th in Laguna Beach, California and included stops in Utah, Idaho, Montana, Alberta, Oregon and back to California. "When I heard that the last leg of our tour was going through Oregon I contacted our agent and asked him to see about booking us at The Birk" Cariglio said. The Birk is a stopping point for many national touring acts as well as top regional bands.

Former Astorian on Tour with Blues Legend Bill Magee. At The Birk August 20

Cariglio began his musical roots as a member of the Sunsetters Drum and Bugle Corps in Astoria and played around Astoria and Seaside with regional bands such as The Rhythm Rockets, The Sage Brothers Band and Swingshift. Relocating to the Boston area in 1987 was a "big boost to my drumming career" Cariglio said. "I was able to play with some amazing musicians". One of those bands, Lucille and the Steamers, became one of the most popular bands during the 90's in and around the New England states. Their 1996 debut CD received rave reviews and was spotlighted on many Boston radio stations. Moving to San Diego in 2001 he hooked up with Conqueroot recording artist Whitey Conwell and the Tone Kings. Cariglio then met Bill Magee in 2004 and was asked to sit in resulting in a musical relationship for over 10 years.

BILL MAGEE is a top drawer Blues artist whose early career began with a band called Jimmy James and the Flames. Jimmy James went back to his real name of Jimi Hendrix and changed the musical world. Bill formed his own band, The Kansas City Playboys, and toured the world. Magee has also toured with Bill played with James Brown, Otis Redding, BB King, Jimmy Reed and many others over the years before retiring to raise a family. Bill and his family relocated to San Diego in the 80's and he soon felt the urge to play again. He formed The Bill Magee Blues Band in 1993 and has been tearing up concert and festival stages in southern California ever since.

The Bill Magee Blues Band, Wednesday, August 20th 6:30 pm (Doors open at 5:30). The Birk, 11139 Hwy 202, Birkenfeld, OR 503- 755 2722

RIVER QUEEN

Actor/Theatre Advocate Nancy Montgomery

THE RIVER Theatre with its glorious ten year run, made its home in the Union Town District of Astoria, and thrived from the minute the doors opened. Dedicated volunteers; onstage, backstage, and those busy keeping the coffers full, contributed to the coolest of cool real-live intimate Black Box theatre spaces on the coast.

Actor/theatre advocate Nancy Montgomery, in these parts, is synonymous with The River. Co-founder, along with former husband Tim Hurd, and Director Karen Bain, she served the space from its opening to its closure, primarily off-stage, she says, "in a kaleidoscope of capacities." On stage at The River, she played notable roles in *Dancing at Lughnasa*,

Shakespeare (Abridged), *Vita & Virginia*, *Sweet Scent of Apples* (written by Hurd), and *Nine Parts of Desire*. When Pier Pressure Productions, with its ambitious one year run, surfaced a few years after The River's close, Montgomery was seen in several of its productions, but never seen enough. For theatre devotees who cherish the reality of a palpable maturation of a coastal theatre community, Montgomery stands out as a star player -- one we look to, actor peers and audiences alike, for her strength of craft on stage, and her commitment to the craft of theatre. Mother of two teens, and part owner of the Columbia River Coffee Roaster of 22 years, writer Sofie Kline snoops out what's up with the River's queen.

Sofie Kline: Why are you an actress?

Nancy Montgomery: I think initially in High School it was because you get to play with other people, that's the main reason. You get to play in a way you don't play in sports, or in class, or in a youth group. You're working with other people in collaboration toward a final goal. Working together toward a common goal is the best way to make friends, the best way to get involved in a community, the best way to make things happen, the best way to get people talking to each other. Then as I got older, the people who I was working under brought into my scope what theatre can do. Then, it became a way to start a conversation in the community. A gathering place for people to come and explore ideas or watch other people explore ideas, and hopefully they continue that conversation and it goes back out into the community. The exchange of energy is expansive rather than exhaustive.

SK: It's a unique platform to do that in.

NM: Yeah, anything live. That exchange of energy and of ideas as well. Music can feed and nourish and excite, but I'm not a musician. Theatre can take the energy into the realm of ideas and hopefully social change.

SK: You touched on this, you mentioned what theatre can do. In your perspective what is the importance of having a theatre in a community or access to a theatre? Why is it important?

NM: Yes, like you said, a unique platform for ideas, and for people to exchange energy. Getting up on the stage, what you do with your free time -- you are, rather than holing up, engaging with people. It's the gathering place, the place where everybody knows your name kind of thing. Instead of a bar, it's a theatre. Now these death cafés are happening where people are getting together to discuss ideas, more of that please. I think theatre is a place for that. It's putting ideas out there, experiences out there, you're sharing things. Even if it's just that particular night, you're sharing with the people around you, and the people on stage . . . different from film because you're not really sharing with the people on the screen, they can't feed off your energy. They're already long done with the project by the time you see it. So the value within the community would be the vibrant gathering place for live performance, for a live exchange of ideas.

It's also a place for people who might not have a place otherwise. As in schools, you cut the music, you cut the arts, you cut the sports, there is nothing left to stimulate free exchange.

S: So it sort of rounds out our experiences.

N: Yes, and it can catch so many more people that other things don't catch. Like math doesn't catch, or science doesn't catch. Theatre can teach beyond the memorizing of a scene.

S: What is something that, being involved in the community theatre has taught you? What do you feel that you've learned?

N: Being an actual actor as opposed to all the other ways you can be involved, it's taught me how to listen to people and how to give my energy to my partner. If I'm ever feeling self conscious, or out of touch with my character, or forgetting what's going on in the scene, or not sure what I'm doing next, or worried about how I'm coming across, "give my energy to my partner," is the mantra my mentor Karen Bain taught me -- because they are the most important thing for your character, for your self, and I think in life. The person you are with deserves everything you've got. If there is something wrong in your own life, then who is the partner in the scenario? Give your energy to your partner and figure out what's going on and you'll forget about yourself and your own shortcomings or fears, fears of inadequacy or anything else.

S: Every time I interview someone and I ask the question "What would you like to see in the theatre community in the next five years?" I always get "We miss the River Theatre" or "We want that kind of platform." I'm wondering, since you were so intimately involved with it, what do you feel is needed or lacking in getting something like The River back in our community here in Astoria?

N: We hear it said that the energy from The River has supposedly diffused out into the community, not dissipated. But where is it? Is it so diffused that it's not concentrated enough in one place? Certainly there is a concentration of it at the Astor St. Theater Co. and there is an even smaller concentration of it at the Liberty. Really, it is a consequence of the lack of educational programs -- like a steady intro to acting 101, 102,

and 103, a theatre program at the college. The River came in as the college program was on its way out. It had several years into the River's existence and then it faded away.

S: Do you feel like the community college program really fed the River Theatre?

N: Yes. It fed the acting pool as well as the energy of "Let's put on a show!" And the people from that program were a good portion of the core of The River and it's energy. It might have just been, for that style of theatre, what that theatre fed in people, a rising tide. And now it's ebbing. It will flow again when the right combination of people get together.

S: It's interesting the idea that perhaps what's really needed is some kind of educational place for people to come where they don't feel intimidated by a lack of experience.

N: Right. Having those classes within acting venues could be intimidating. But a college course, beginning acting, how harmless and safe that must feel? I felt that way and I think so many people did. And when a person has had fun, they take it again! Then people are more willing to audition and audition and audition, and that rising tied floats all boats. So if something like that could happen at the college, I think people would come out of the woodwork.

S: I will ask you this question too, what would you like to see happen here within the community theatre scene in the next 5 years? Do you want to be apart of it?

N: Probably that, a re-institution of a theatre department at the college. And I'd like to give the reins to someone else, and I'll come watch! Maybe audition, maybe help backstage. But probably, yes. I'd also like to do some of the things I didn't have the opportunity to be a part of, such as

theatreroids

Q&A w/SOFIE Kline



Photos: Dinah Urell

CASA or volunteering for VOCA, which I'm now doing. I heard about a program that is working with inmates. My thoughts go toward bedtime stories for the youth correctional facility, teenager type, half-hour stories. I'm considering how I can take what I've studied and make the world a better place with it, exchanging that energy in a deeper way than over a cup of coffee.



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North Coast PeaceFest

Taking a Stand Against War Culture

August 30 in Wheeler, OR By Scott Gilbert



An Oregon Army National Guard soldier provides cover, along with other members of his squad and Omani soldiers, during a training exercise in Oman. Oregon National Guard soldiers have died by suicide in numbers that place it at or near the top of Guard members from any state, a situation that has raised alarm among volunteer caregivers with the Portland-based Returning Veterans Project. Photo by Sgt. Cory Grogan, Oregon National Guard

GOOD TIMES and a good cause will wrap up the summer, as the local chapter of Veterans for Peace (VFP) stages its first-ever North Coast PeaceFest 2014.

The festival will raise money for the Returning Veterans Project, which connects Iraq and Afghanistan war veterans and their families with free mental-health and somatic health-care services in Oregon and southwestern Washington.

"Five bands, five hours, five bucks" is how VFP Chapter 164 member and PeaceFest organizer Brent Ancil describes the event, which will take place at the marina on Highway 101 in the center of Wheeler, a small town a few miles south of Manzanita. It will be held from 11 a.m. to 4 p.m. Aug. 30, the Saturday of the Labor Day weekend, and will offer live music, art, crafts, kids' attractions, food and a beer garden.

The Manzanita-based VFP group, founded 2½ years ago as a chapter of the nationwide organization, has an active core of about 10 members who attend

meetings and are involved in PeaceFest. VFP is open to "all peace-loving and peace-seeking people" regardless of veteran status, and while its statement of purpose includes a daunting list of goals in a world plagued by war, Ancil said the local group largely focuses on two objectives: "Educating the public about the consequences of war and advocating for peace, which I think is the same thing," and providing services for veterans, which is the fundraising purpose of PeaceFest.

With 900-plus Oregon National Guard soldiers being deployed to Afghanistan for the last year of planned combat operations, and an epidemic of suicide among current and former members of the military, the time is ripe for the fundraising event, Ancil said.

Nonprofit offers help

The desire to benefit a coastal charity focusing on veterans led Ancil to the Portland-based Returning Veterans Project, which he said is "local everywhere

if health-care providers participate." And while just one coastal care provider is among the scores of helpers currently enrolled, Ancil is hoping that PeaceFest — and the project's presence at the event — will help boost that number.

A recent breakthrough in Congress, muscled forward with the efforts of independent Sen. Bernie Sanders of Vermont, means a \$16.3 billion bill to overhaul the Department of Veterans Affairs has headed to President Obama's desk. But the need for the Returning Veterans Project's providers remains acute, since they offer services not available through the VA and assistance to family members as well as veterans.

Ancil brings years of military experience — and his beliefs about proper and improper uses of military power — to his role in VFP. A former Army captain whose specialty was military intelligence, Ancil first enlisted in 1991 and served as an infantry soldier in the Army Reserve, then

How to help or find help

NORTH COAST PEACEFEST 2014

North Coast PeaceFest 2014, staged by Veterans for Peace Chapter 164, will be held from 11 a.m. to 4 p.m. Aug. 30 at the marina in Wheeler, along Highway 101 a few miles south of Manzanita. It will feature live music, art, crafts, kids' attractions, food and a beer garden. Admission is \$5, with proceeds benefiting the Returning Veterans Project, which will have a booth at the event. Organizer Brent Ancil is seeking sponsors, vendors, musicians and volunteers. To help, write to: brentancil@gmail.com For event information, go to: nocopeacefest.weebly.com

VETERANS FOR PEACE

Veterans for Peace, open to "all peace-loving and peace-seeking people" regardless of veteran status, has a North Coast chapter based in Manzanita. It aims to build a culture of peace and heal the wounds of war.

For information on Veterans for Peace locally, go to: chapter164vfp.org For information on Veterans for Peace nationally, go to: veteransforpeace.org

RETURNING VETERANS PROJECT

Returning Veterans Project is a Portland-based nonprofit that provides free mental-health care and somatic health services to Iraq and Afghanistan war veterans and their families. It has about 150 caregivers in its network, but is aggressively seeking to boost that number due to the widespread and growing need for its services.

To find help or become a care provider, go to: returningveterans.org Or call: 503-954-2259



An Oregon Army National Guard soldier and an Omani soldier take part in a training exercise in Oman. More than 900 National Guard troops from Oregon are being deployed to Afghanistan in what some expect to be a troubled period, as the war moves toward the planned conclusion of U.S. combat operations. Photo by Sgt. Cory Grogan, Oregon National Guard

joined as an officer in 1995 and served until 2005, with time spent in NATO and United Nations missions.

"My time was during the Bosnian conflict," he said. "Seeing the consequences of war and conflict and the terrible things that it brings to people, it can turn you into a real advocate for peace and working to resolve problems."

Ancil was involved in the search for people indicted for war crimes in Bosnia — "like going after Capone" — and in a United Nations mission in Macedonia. "For me to serve in the period that I did, and do what I did, I'm really fortunate, actually. And it was a good experience and at times I miss the service," he said. "We were keeping people from killing each other. We weren't killing anybody and we were stopping other people from doing it."

Change in approach

But military intervention begun during the George W. Bush administration strikes Ancil as a far more misguided and deceptive extension

RETURNING VETERANS PROJECT

Program tackles gaps in care for vets, families

By Scott Gilbert

SOME INJURIES from the Iraq and Afghanistan wars are visible; some are not. Some are suffered by members of the uniformed services; others strike at the hearts of family members.

The Department of Veterans Affairs struggles to handle its mission of caring for wounded warriors. In Oregon and southwest Washington, the nonprofit Returning Veterans Project (RVP) helps Iraq and Afghanistan veterans and their loved ones heal invisible wounds by providing free mental-health and somatic care services.

"The first year or so, they think they're fine," said Belle Landau, RVP executive director, describing the state of mind of many returning veterans. But many are not fine, even some who have yet to deploy and are living with the stress of upcoming overseas duty and separation from their families.

The nearly 10-year-old RVP, based in Portland, is a network of caregivers offering free services to current war veterans and their spouses, children, parents and grandparents. Providers include psychologists and other behavioral-health professionals, plus specialists in services not available through the VA, such as massage, naturopathy, acupuncture and chiropractic.

Knee, back and neck pain are common among veterans, who wear heavy packs and operate in rough conditions overseas. Many veterans jump at the chance for bodywork, Landau said, which can open the door to treating emotional pain.

"Trauma is stored in the body," she said. Bodywork can also relieve pain that disrupts sleep, she added, and lack of sleep can lead to excessive drinking and difficulties with relationships and employment.

RVP gets referrals from the VA's regional vet centers, which focus on reintegration issues after combat, and from PTSD programs, VA mental-health teams, state and county veterans-service offices, jails, AA groups and others. RVP includes about 150 caregivers, but there is a crying need for more throughout its service area, especially along the coast and in the Portland area.

"I have never seen as many providers full as we have had this year. It's been incredible," Landau said. "We have about 80 mental-health providers just in the city of Portland, and in February, March and April only six were available to take a new client.

of U.S. military force, with destructive consequences for people overseas and Americans who serve there, at a time when the public lacks "the bandwidth to even think much about what we're doing over there."

When the second Iraq war was launched, he said, "nobody in the Army that I knew wanted to go or understood why we were doing it, and everyone was skeptical about the weapons of mass destruction claims." He spoke disparagingly of perceptions about "whiz-bang wonderful gizmos that will make war easier" and added: "It's people shooting at each other and people getting blown up, like wars have always been."

He ticked off elements of the current status after years and years of war in Iraq: "civilians killed, the government in shambles, the country completely at war with itself," and American soldiers with lives lost or damaged. "It will last a lifetime for many of them," he said.

That's never happened before." Many are treating veterans who have been home for years before reaching a crisis point, she added.

Government funding for veterans' readjustment is expected to dry up as the Afghanistan war winds down, Landau said, despite the fact that PTSD can take years to manifest. And Oregon already faces a suicide crisis, with the state's National Guard

ranging between first and third for suicides among Guard members nationwide between 2011 and today.

Oregon is one of only six states without an active-duty base, Landau said, so veterans returning to the state don't come back to a family in base housing. "When you come home," she said, "you just go home." RVP providers see a lot of people who deal with traumatic brain injury, depression or PTSD by self-medicating, in what Landau called "a huge issue for this current crop of veterans."

She said the VA personnel she knows are "amazing," but that there aren't enough doctors, counselors, psychologists or people treating brain injuries.

"We should have had a plan in place before we went to war about how we were going to take care of people, but that did not happen," Landau said. "We were going to be in and out, right?"

RVP is non-political, she said, because of the range of beliefs of its clients. Some veterans "would go back in a heartbeat and love what they did in the military," Landau said, while others are ashamed of their wartime service. "So we really try to stay neutral on that."

Most veterans and family members who access care through RVP do so by going online at returningveterans.org and clicking on the "Find a provider" link, she said. Others call RVP at 503-954-2259.

North Coast PeaceFest 2014, being staged by Veterans for Peace Chapter 164 in Wheeler at the start of Labor Day weekend, should help add to the number of volunteer caregivers along the coast and in southern Oregon, she said.

"The event in Wheeler is really exciting," she said. "They just called us and said they were doing it. It's really sweet."

In Ancil's view, the VA's response to the tide of emotionally troubled soldiers shows that the agency is in "triage mode."

Most VA health-care providers aren't bad people, he believes; but with little time for therapy or long-term approaches, he sees an over-reliance on large dosages of pills. "Long-term, that's not going to be a solution," he said. "It could just create problems."

Fest seeks sponsors, volunteers

The VFP's task of educating the public can be frustrating. "It's easy to get a little bit down or to be kind of cynical about the whole thing," Ancil said. But success, he said, most often occurs on a one-to-one individual basis, and the upcoming PeaceFest could offer such opportunities.

Astoria band Bonnie Bentley and The Phantom Teardrops, with Vietnam veteran Patrick Lines on harmonica, will perform, as will Manzanita-based Sedona Fire, featuring multi-instrumentalist



An Oregon Army National Guard soldier and an Omani soldier take part in a training exercise in Oman. More than 900 National Guard troops from Oregon are being deployed to Afghanistan in what some expect to be a troubled period, as the war moves toward the planned conclusion of U.S. combat operations. Photo by Sgt. Cory Grogan, Oregon National



Wheeler resident Brent Ancil, of Veterans for Peace, is seeking volunteers, sponsors, vendors and musicians for North Coast PeaceFest 2014, a benefit for the Returning Veterans Project. Photo by Scott Gilbert



Bonnie Bentley and The Phantom Teardrops, featuring Vietnam veteran Patrick Lines on harmonica, is one of the bands volunteering to perform at North Coast PeaceFest 2014 in Wheeler, an Aug. 30 fundraiser for the Returning Veterans Project. Photo courtesy of Bonnie Bentley and The Phantom Teardrops

and VFP member Michael Dinan. The Fellow Travelers from Longview, Wash., are on the bill, and organizers are at work on the rest of the day's lineup.

Musicians, vendors and sponsors are strongly encouraged to contact Ancil at brentancil@gmail.com, as are volunteers for setup/teardown, meet-and-greet and crowd control. More information is available at nocopeacefest.weebly.com.

Ancil gave a shout-out to the support PeaceFest has gotten from Wheeler residents, with a nod to Mayor Stevie Burden as "a champion of our cause."

"Wheeler," Ancil said, "is a little town with a big heart."

Scott Gilbert is a freelance journalist, editor and writer who lives in Rockaway Beach.

Art Is In The Eye Of The Beholder: Ben Rosenberg Brings His Constant Curiosity to Astoria

By Robin Baciorek



BEN ROSENBERG recently started sorting his artistic space out, but anyone outside the creative mind might not catch that at first glance. Upon walking into his Portland studio, there's a sense of a true artist's wandering eye; huge pale-toned water colors hanging on the walls, file cabinets with their tongues out exposing stacks of old illustrations, wooden slats with various nude bodies lounging. Even Rosenberg's childhood ceramics are clustered on shelves, all looking slightly related, each a little more evolved.

Rosenberg commutes between Portland and Astoria, both where he teaches a variety classes such as Oil Painting, Water Color and Concept and Creativity, a class Rosenberg helped design. Rosenberg taught printmaking during the spring, subbing for Royal Nebeker and is still active with the school, faculty and students. Just recently he curated a show called Bakery which contains



"What's The Price?" Rich with ink and artful design, printmakers Penny Treat and Marie Powell address environmental justice with their collaborative installation as part of the Odyssey exhibit. 500 Hector dolphins remain in the world, Honey Bee's, the Brown Pelican, wild fish populations, the endangered species list goes on. Powell's monoprints and Treat's woodblock prints As a visual message, have made each panel double-sided. One side depicts thriving vibrant creatures, and the other side hints at possible loss of the specie.

prints done by CCC students at Miss Zumsteins bakery in Portland opening Aug 6- 28.

The North Coast Printmakers Collective is currently showing the 'Odyssey' exhibit, in which they've chosen Rosenberg as the featured artist, showing a variety of monotypes. As we stood in his studio, he mentioned he attends a lot of lectures, and is often bored by hearing artists talk about their current work. It's right there, so he feels it's pointless and he'd rather hear the background and get a sense of where they've come from. So, here's how Rosenberg formed.

Rosenberg grew up on the East Coast, raised by two public artists. He made his way haphazardly to Oregon in 1990. After a stint in Cape Cod, he purchased a 1978 volkswagen bus and headed south looking for a warmer winter. Unfortunately, the south was going through a global warming flux, causing one of the coldest winters on record. Rosenberg kept west and ended up in Santa Cruz. Unfortunately, Santa Cruz had just been hit with its massive earthquake and was in shambles. So, Rosenberg headed north to southern Oregon where his family had recently relocated. He headed a little farther north.

"Literally in about 40 minutes fell in love with Portland," Rosenberg said. "At that time it was a city that wasn't big, and seemed like you could be a big fish in a little pond, and as an artist I was able to really venture into that. I started working for the newspapers immediately and had an amazing studio downtown for \$50 a month."

From there, Rosenberg started teaching art classes, working mainly with children, specifically at risk kids. At 40, Rosenberg decided to go back to school and was accepted by PSU's MFA program.

Throughout his schooling and professional work, Rosenberg has been constantly creating.

"The easiest and most fun thing I love to do is take a pad and a sharpie," Rosenberg said. "I always get made fun of by close friends of mine because they always know if they reach their hand in my pocket they're going to find at least five sharpies. I love that sort of impact, the bold black line moving on a napkin or moving on a paper."

For the 'Odyssey' exhibit, Rosenberg's main piece is a monotype based on an old movie poster Rosenberg found beneath the floor of his old studio in Manzanita. The building had been labelled condemned, and Rosenberg ended up tearing the floors up and finding layers of old posters from the '40s. One specifically spoke to him.

"It just had that classic '40s...when a woman's looking up at a man and he's got this nondescript suave look, and she's looking like 'I'd do anything for you'," Rosenberg said.

The piece ended up being 6 feet tall and nearly 4 feet wide, broken into large square puzzle pieces the size of large kitchen tiles. It's an interpretation that not anyone could envision upon finding an old poster under their floor, but Rosenberg seems to find inspiration in every corner.

"My wife always says when we go out to eat



2. Hedy and Paul, Ben Rosenberg

'make sure you bring your sketch pad' because I love that sort of spontaneity around us," Rosenberg said.

"I've been documenting dead birds that die or wash up on the coast," Rosenberg said. The huge pieces line his studio walls, elegant curved brushstrokes the size of kernels stacked in odd patterns that illuminate the bird's intricate feathers and precarious decomposing positions.

"I love giving myself an assignment. When I used to be an illustrator, everyday an assignment was different and I'd have 24 hours."

Rosenberg's movement seems to be nonstop, and it's hard to guess what he might pick to make and what he might make it with.

"If I'm looking at a figure or I'm standing outside and I want to do a drawing of my street, consciously whatever medium speaks to me is what I grab, because I can taste it." Rosenberg said. "It's almost like cooking, how do we know what we want to cook, what we want to prepare? Well, it just speaks to us. When we pick up different mediums and decide we want to work with it it's the same kind of language as knowing what kind of seasonings we want to pick up to make the food be right.

ODYSSEY

North Coast Printmakers Collective
CCC Art Center Gallery thru Sept. 18
Q&A w/NCPC Pres. Kristen Horning

Since 2010, the NCPC has become a vital part of Astoria's artistic community. The "Odyssey" Exhibit is one of several the NCPC has presented in its mere four years of existence. President Kirsten Horning took a few moments to give some insight to the group's fast growth and interworking.

NCPC is still fairly new, established in 2010, how did it begin?

We all have something in common, we have all had Royal Nebeker as an instructor for printmaking classes at Clatsop Community College. His talent, integrity, and dedication have been an inspiration to us, and his encouragement was the impetus for forming this group.

What are the main duties of the collective, are decisions made equally?

We are working on writing our formal mission statement, but informally, we are trying to raise awareness of and educate the public about printmaking as an art genre and to find venues for our collective work. The decisions are voted upon by the membership.

How are the exhibits picked?

We have been approached by some venues, and have proposed and applied for exhibits at others. The group decides if we will exhibit, and members can always decline if they have personal time constraints. About the pieces themselves, we have chosen pieces for exhibits in a number of ways. We have juried work into the show by committee, we have allowed the venue to jury the work in the case of a gallery, and we have had the artists self-select the work. It depends upon the time frame we have to work with and other circumstances.

Is there a strong community of printmakers in Astoria? Why do you think that sort of visual artist is drawn to the area?

This area is rife with artistic talent, painters, potters, sculptors, photographers, printmakers. This is a very beautiful area to live and work in, but I also think that it is welcoming and supportive people and community that makes this area so attractive to artists.

Where do you see the collective in five years?

I would like to see our membership continue to grow and to see an increase the number of exhibits, demonstrations, and presentations that we arrange for the public. A website is on the horizon as well as our formal mission statement, by-laws, etc. A permanent printmaking gallery and studio space for classes may not be in the five-year plan, but a person can always dream.

North Coast Printmakers Collective

Artists

Vicki Baker
Sarah Baumert
Elizabeth Bonn-Zimmerman
Reed Clarke
Stirling Gorsuch
Roger Hallin
Normandie Hand
Kirsten Horning
Patricia Howerton
Gin Laughery
Marie Powell
Ben Rosenberg
Miki'ala Souza
Penny Treat
Roxanne Turner
Janet Wade
Elizabeth Bonn-Zimmerman

Open House and Print Demonstrations

Saturday, August 16, 12-4pm

Through August 16th, the Gallery will be open Mon-Thurs 9-5pm, and Fri-Sat 1-4pm, with artists in attendance Fridays and Saturdays. After 8/16, Odyssey Show by appt.thru Sept 18. Art Center Gallery is located at 1799 Lexington Ave, Astoria. Contact Kristen Horning, 503.33.2341. khorning@clatsopcc.edu

DRAGALUTION 8/8

In loving reprieve after late-night rehearsal, DRAGALUTION cast members soon share the stage, for a generous night of bump and grind and old fashioned genderbending fun, Astoria-style. DRAG 8/8 features a short film DAYLIGHT SAVINGS TIME, written and directed by Colin Smith, and a music video of Drag King/Queen deliciousness. SAVE THE DATE. Fri. Aug 8. 10pm. \$8 at the door. 21+ Plus. COLUMBIAN THEATER ASTORIA.



PHOTO: Dinah Urell



ASTORIA REGATTA 2014 • The 120th

Astoria celebrates its maritime traditions, royalty, and the magic of the Regatta Parade.



WEDNESDAY AUGUST 6

- Astoria Regatta Junior Parade Sponsored by Astoria-Warrenton Kiwanis - 6:00pm

THURSDAY AUGUST 7

- Regatta Queen Coronation/Reception 7:00pm Where: TBA Cost: Regatta Pin Required (Or \$10.00 at the door, students are free)

FRIDAY AUGUST 8

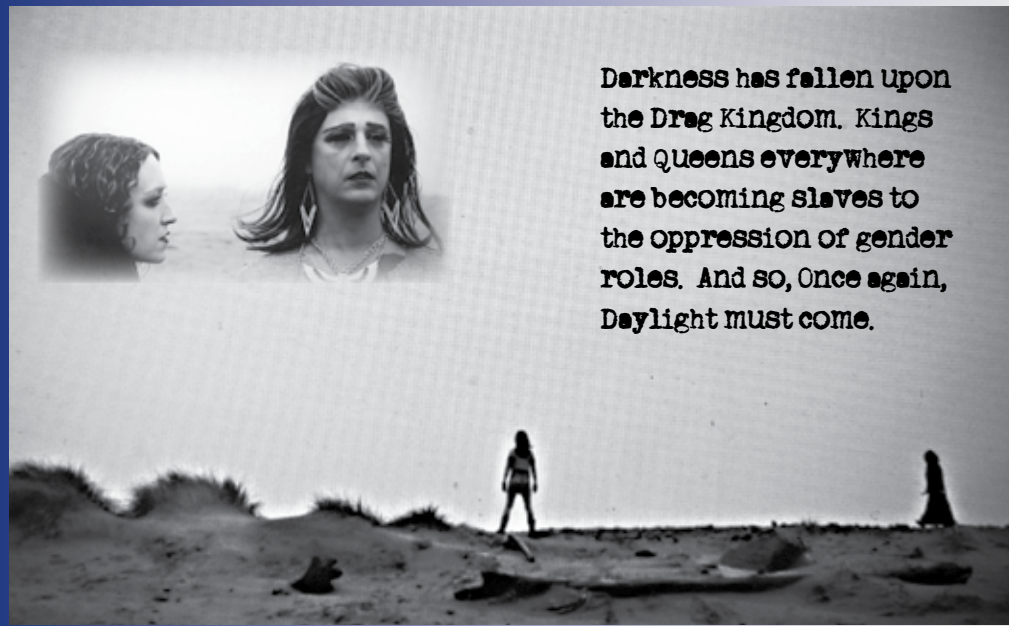
- Seamen's Memorial - 1am Maritime Memorial Park, Uniontown
- Admiral/President's Luncheon, 12:pm -Columbia Memorial Hospital
- Portland Royal Rosarians Rose Planting, 3pm-Flavel House Garden

SATURDAY AUGUST 9

- Annual Pancake Breakfast Sponsored by Moose Lodge Astoria, 8am-Moose Lodge Astoria.
- Regatta Grand Land Parade, 12pm-Downtown Astoria. Join Grand Marshall Neil Everett at the biggest and oldest Grand Land Parade west of the Rockies!
- Astoria Regatta Barbecue, 12pm-Heritage Square, Downtown Astoria. \$15 per person. Local and national breweries, Music & Performance.
- Craft Beer Competition, 12pm-Heritage Square, Downtown Astoria. Micro breweries compete to have their brew become the official beer of the 2014 Astoria Regatta!
- Coast Guard Cutter "Alert" Guided Tour, 9am - 11am and 1pm - 5pm
- Search and Rescue Demonstration, 4:30pm-Maritime Museum, Barbey Center. Clatsop County

Sheriffs Volunteers put on an impressive and exciting Search and Rescue demonstration!

- Sailboat Races Sponsored by Astoria Yacht Club, 12:30pm-Maritime Museum, Barbey Center
- Wooden Boats Trailer Show, 4pm-Maritime Museum Parking Lot. Sam Johnson, director of the Columbia Maritime Museum, will hold a free Foundry Workshop. Also, "Kid's Fun Zone" for all to enjoy.
- Regatta Highwater Boat Parade Sponsored by Englund Marine Supply. 5:30pm-Maritime Museum, Barbey Center. Before the sun goes down, at high tide, gather with us at the Maritime Museum for the annual Regatta Boat Parade!
- Regatta Awards Reception & Festival Gathering Sponsored by Knutsen Insurance. 6pm-Astoria Yacht Club, West Mooring Basin-\$20.00/person. Following the Boat Parade, reception in the West End Mooring Basin awards given in different categories to Boat Parade participants.
- Astoria Regatta Fireworks Show. 9:30pm-Maritime Museum, Barbey Center
- Pirate's Den-Friday, Saturday, August 8 & 9, 7pm-Moose Lodge Astoria
- Sailboat Races Sponsored by Astoria Yacht Club, 12:30pm-Maritime Museum, Barbey Center.
- Astoria Yacht Club Ducky Derby Sponsored by Astoria Yacht Club, Sunday, August 10 -11am-West Basin Marina.



Darkness has fallen upon the Drag Kingdom. Kings and Queens everywhere are becoming slaves to the oppression of gender roles. And so, Once again, Daylight must come.



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Into the Woods and The 39 Steps: Coaster Theatre Playhouse's Summer Repertory Season



Into The Woods, summer musical at the Coaster

If you're not familiar with the concept of "repertory" it's when a theatre company offers two or more plays during the same time frame, with alternating performances. This summer brings Sondheim and Hitchcock back-to-back to the Coaster Theatre's stage.

Into the Woods

One of Sondheim's most popular works, the powerhouse Broadway musical *Into the Woods* brings together the classic Fairytale characters from *The Brothers Grimm* with the Broadway magic of Stephen Sondheim and James Lapine to create a rare modern classic. The story follows a baker and his wife who wish to have a child, Cinderella who wishes to attend the King's Festival, and Jack who wishes his cow would give milk. When the baker and his wife learn that they cannot have a child because of a witch's curse, they set off on a journey to break it. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

Director Ryan Hull returns to the Coaster stage for this production having previously directed *Around*

The World in 80 Days at the Coaster Theatre. Before returning to Oregon he completed the actors training program at the Circle in the Square Theatre on Broadway in New York City.

The 39 Steps

Mix a Hitchcock masterpiece

with a juicy spy novel, add a dash of Monty Python and you have *The 39 Steps*, a fast-paced whodunit. The suave, yet bored, Richard Hannay eyes a mysterious woman at the theater, but returns to his London townhome... where the woman turns up dead.

With no more

than that, he finds himself on the run as a mysterious spy organization alternately pursues and is pursued by him, from London to Scotland and back, as he fights to clear himself of the murder. Along the way, he is hindered and helped by the beautiful, upstanding Pamela who, despite her best efforts, ends up shackled, literally to a man she thinks is a murderer. Meanwhile, the police and the mysterious spy organization are closing in on Richard.

Actor, director, costumer and educator, Patrick Lathrop, will direct this play. His other role is that of the Coaster's Executive Director, a position he accepted during the past year.

Previously he was education director of the theatre for 3

½ years.

Performance Schedule: Into the Woods: June 20 – Sept 7, \$18-\$23; The 39 Steps: June 27 – Sept 5, \$15-\$20. All performances start at 7:30pm. Box Office: 503-436-1242. coastertheatre.com



The 39 Steps, Hitchcock with Monty Python Twist.

Shanghaied's Extracurricular Fun Has Begun 2014 Miss Vivian & Virginia Contest

SHOW YOU support for the longest running community theater group on the North Coast, The Astor Street Opry Company -- by buying your Miss Virginia and Miss Vivian buttons from one of our favorite local establishments.

The contest works like this...each establishment, either a local coffee house or drinking establishment, chooses a representative as their "Miss Vivian," the rough and sturdy saloon owner from the shanghaied story, who's just trying to make a livin' in this rough man's world or for their "Miss Virginia" the sweet heroine who is trying to find her hero, Eric. They each sell a custom made ASOC button with their image on it. Each button sale counts as a vote! Whoever sells the most...WINS! (YES... this truly is an election that can be bought!!!)

Then the fun comes to a roaring conclusion when the winners will be announced on the evening of the hysterical, wild "Shanghaied like you've never seen before"...TOPSEY TURVEY SHANG-



Shanghaiers (left to right): Skye McKey, Carleta Lewis Allenn, Sarah Johnson and Annabel Knight

HAIED returning for the first time in years for one night only on Friday September 19th at the ASOC Playhouse.

Interesting in playing? Don't miss out on this fun fundraising event with The Astor Street Opry Company! Sign up now! And support your favorite femme fatale. 503-325-6104.

Sponsored by Napa Auto Parts of Warrenton and Old Town Framing Company in Astoria.

Jesse Olsen Bay

Bay Area Composer presents MAKINGS
Aug 9 • Bay City Arts Center

BAY AREA composer Jesse Olsen Bay presents a song cycle based on unpublished writings by his grandmother, legendary author and activist Tillie Olsen. Olsen Bay is an award winning composer, known for his work on acoustic guitar, piano, percussion, toy instruments and found objects.

A composer and performer who lives just north of the San Francisco Bay, Olsen Bay is at home in a wide variety of musical forms and styles, he creates aural landscapes and narratives that explore the depths and extremities of the human experience. Ranging from art-songs and folk ballads to instrumental music for dance and film, from soundscape collage to experimental performance art, his music is rooted in a search for meaning, truth, human connection and honest communication.

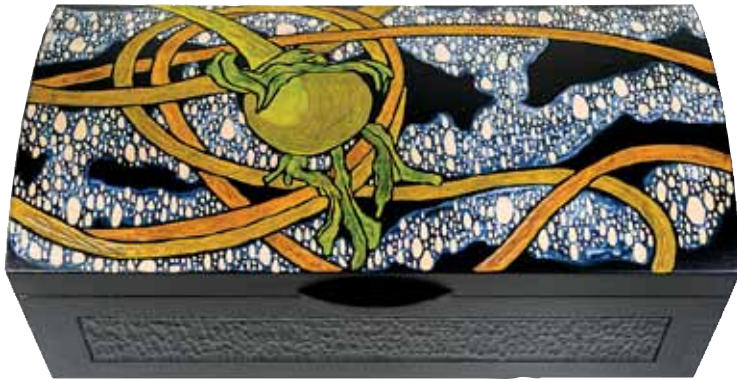
Tillie Olsen, 1912-2007, is internationally known and honored for her powerful, poetic writing depicting the lives of working-class people, women, and people of color, with respect, profound



understanding, and deep love. Her books, *Tell Me a Riddle*, *Yonnonidio from the Thirties*, *Silences*, and her essays and lectures, have been translated into twelve languages.

Her works are considered by many to be central to working class literature, women's studies, and the understanding of creative processes and the conditions, which permit imagination to flourish.

Saturday, August 9, 7pm, Free dinner (Soup and Bread) begins at 6pm. Admission by Donation. Bay City Arts Center 5680 A Street Bay City, Oregon



Close Range: Sara Tabbert Woodcuts At IMOGEN

IMOGEN GALLERY is pleased to be presenting Close Range, a second solo exhibition for Alaska artist Sara Tabbert. Tabbert brings a new collection of stunning woodcut prints, wood carved panels, and exquisitely crafted wood boxes. This is a must see exhibition for anyone interested in the woodcut process combined with sumptuous and exacting aesthetics. Her intricate yet bold sense of composition reveals incredible control of line and registration. The exhibition will open August 9th with an artist's reception from 5 – 8 pm and remain on display through September 9th. We are especially pleased that Sara will be here for the reception, visiting from Fairbanks, AK. She will be available to answer ques-

tions about her processes throughout the evening of Saturday, August 9th.

Primarily respected as a printmaker, the focus of this exhibition will be Tabbert's cedar relief wood panels that are carved and painted. Pattern, color and texture all come together to create elegant depictions of flora and fauna. Tabbert began creating the carved panels over 10 years ago as further exploration of her printmaking process. "They grew out of what every printmaker sees from time to time – that the matrix is just as compelling (or sometimes more compelling!) than the print itself. I'm always interested in the visual conversation between what happens on wood and what happens on paper. This interest was recently taken one step further, lead-



ing to a collaborative effort between Tabbert and woodworker Brandon McGrath-Bernhard, creating a series of exquisitely crafted wood boxes which are included in the exhibition.

Imogen Gallery is open daily at 240 11th Open Monday through Saturday, 11am to 5pm, and 11am to 4pm each Sunday. 503.468.0620

Lulu Unlimited

Lulu Quinn at Luminari Arts

Astorian Lulu Quinn is the Featured Artist at Luminari Arts August 9th Second Saturday Artwalk. Lulu is an artist and designer who draws, doodles, paints and creates colorful images on anything and everything, whether canvas, furniture, clothing or? The title of this show is "Lulu Unlimited".

"Lulu's work is bright, imaginative and vibrant with a sense of humor which comes through each of her pieces", says Luminari Arts owner Charlotte Bruhn. "Her personality is fun and her art is fun – a lot of folks say her enigmatic images remind them of Dr. Seuss, with a twist"!

Quinn has been drawing, painting and creating luluart since she was a wee lass. Graduating from Astoria High School in 2005 (winning the coveted "Best Artist" Award there) she then attended University of Oregon. A move back to her beloved Astoria in 2012, she enjoys walking around the town in torrential downpours.

Says Quinn of her process, "The best things come naturally, so I try not to force anything. It really is about the journey of a piece and not the outcome. I have a lot of images in my head, and sometimes they come out and other times they change while I am working and become something different than I originally envisioned. I have to be open to having a piece go in



whatever direction it wants to go. There are glorious and amazing things in the "real" world – almost anything can inspire something strange and different in my head. I hope others can feel the joy and passion in my work and that it will make them laugh or smile."

Opening Reception: Saturday, Aug 15, 5-8pm. Luminari Arts is located at 1133 Commercial in Astoria.

Intersections: An Invitational Group Show At Cannon Beach Gallery

INTERSECTIONS: A place where things meet, cross paths, and move on. Or, in mathematics, the set that contains all elements of A that also belong to B, but no other elements.

The Cannon Beach Gallery will be hosting a group show featuring a mix of regional talent entitled Intersections in August. The artists in the show will be exploring the theme in a variety of mediums including photography, mixed media collage, printmaking and painting. The featured artists are Liza Jones, Sally Lackaff, Barbara Temple Ayres, Janet Bland, Don Frank, Allyn Cantor, Susan C. Walsh and Marilyn Joyce.

The exhibit will open on August 1- September 1, with an Artist's Reception on Saturday, August 2, 5-7pm. The Artist's Reception is a great time to come interact with the artists and gain insight into their process while enjoying light refreshments. All receptions are free and open to the public.

Manzanita artist, Susan C. Walsh, reflects on the theme in her artist statement. "When 2 things cross paths, that's an intersection. In my drawings, I am strangely attracted to that point where lines cross and how that crossing creates a new shape to the space in which the event occurs."



Don Frank

That reorganization of the space opens up possibilities that were not there before. Sometimes that poses a solution, other times a problem, but it's a new dynamic in the picture plane and sends the whole story onto a new adventure.

The Cannon Beach Gallery is open seven days a week through Labor Day, 10am-5pm daily. If you are an artist or art lover in the area who would like to become more involved as a member of the volunteer Docent staff, contact the executive director at cannonbeacharts@gmail.com.

Art Raffle Tickets On Sale At The Cannon Beach Gallery

CBAA HAS secured it's next Art Raffle item, a gorgeous, hand blown vessel by Cannon Beach's own Jim Kingwell.

Kingwell, blows glass five days a week in his studio, Icefire Glassworks, right across the street from the Cannon Beach Gallery and is a long time member and supporter of the CBAA, along with his wife, Suzanne Kindland. Kingwell created one of his spectacular Bloomers for the CBAA's Annual Art Raffle, which are meant to bloom year round in the garden but also look gorgeous as an interior piece.

The Bloomer will be on display at the Cannon Beach Gallery in Midtown (1064 S. Hemlock Street) between now and the time of the drawing.

Tickets are \$5 each or five for \$20 with the Art Raffle Drawing occurring over Stormy Weather Arts Weekend, November 7-9th, 2014. All proceeds will go toward supporting the cultural programming of the CBAA, including the Individual Artist's Grant, Summer Art Camp and our Summer Internship Program.

Interested parties can buy tickets via the mail also by sending a check, attention Raffle, to the CBAA at P.O. Box 684, Cannon Beach, Oregon, 97110.



AT RIVERSEA GALLERY



Beyond the Boundaries: Celebrating the 50th Anniversary of the Wilderness Act Paintings of Jennifer Williams

RIVERSEA GALLERY presents, *Beyond the Boundaries*, an exhibition of environmental landscape paintings by Jennifer Williams celebrating the 50th anniversary of the Wilderness Act. Williams offers a series of paintings in tribute to the great waterways and wild spaces that define the Pacific Northwest and explores the connections between people and wilderness. Her work is in collaboration with Oregon environmental writer, Valerie Rapp, whose words have directly inspired each painting in the show. The two women have been working in tandem on this body of work since last year, with written phrases inspiring art, and then the artwork influencing more writing.

Williams's newest paintings express the grandeur, beauty, and mystery of wilderness. In this show, she partners with science writer Valerie Rapp to give homage in art and word to the fiftieth anniversary of the Wilderness Act, a law inspired by a far-reaching vision to retain the magnificence of nature, wild and unbound, for future generations.

Villains, Harpies & Sailors Will Carve Their Way Into Your Heart Wood Carvings of Stephanie Brockway

RIVERSEA GALLERY invites one and all to come meet a salty cast of characters at *Villains, Harpies & Sailors*, an



exhibition of carved wood from vintage found-objects, brought to life by Portland folk artist, Stephanie Brockway. The show opens Saturday, August 9th in the gallery's Alcove space, with a reception from 5:00 – 8:00. The artist will be in attendance to discuss her inspirations and techniques and Acustica World

Music will provide live tunes. The show continues through September 9, 2014.

Brockway approaches her carved characters through her background as a painter who has dabbled in many mediums. A common thread throughout all her work is unexpected colors or materials. She considers her style to be primitive and naive, with touches of urban destruction and decay. A generous dose of humor is also involved.

The shows open Saturday, August 9, during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00 featuring live tunes by Acustica World Music. All work will remain on exhibit through September 9.

Vickie Baker: Funky Friends Painting & Prints at TEMPO Gallery

TEMPO GALLERY will feature the works of Astoria painter and printmaker, Vicki Baker. Baker, who lives part of year in Fort Myers Florida, has been working on a series of paintings that she calls "Funky Friends".

"They are quickly executed small paintings done in acrylic on canvas of characters from my imagination," says Baker.



"I think of them as a diverse group of young people that you might see on the street, or playground or in a mall."

She has also created a large Monotype piece called "Hey Dudes" that will be on display during the August 9, Astoria 2nd Saturday Art Walk.

TEMPO Gallery is 1271 Commercial St., in Astoria.

Tuesday 5

MUSIC

Luke and Kati. Americana/Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Monthly Photo Salon. 7 – 9pm at the Hoffman Center in Manzanita.

HAPPENING

National Night Out Event. The Seaside and Cannon Beach police departments invite its residents to join them for the annual National Night Out. Learn about safety, crime prevention, meet your neighbors, make new friends and get a free meal. 6pm at Cartwright Park and Broadway Park in Seaside and at 5pm at City Park in Cannon Beach.

Wednesday 6

MUSIC

Luke and Kati. Americana/Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Despicable Me 2. Free, 8pm at Lindstrom Park in Astoria. 503-325-7275

HAPPENING

Astoria Regatta. Events at various locations in and around Astoria. astoriaregatta.com/events/index.html

Tillamook County Fair. 10am – 10pm at the Tillamook County Fairgrounds in Tillamook. tillamookfair.com/schedulefairevents.htm

THEATER

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 7

MUSIC

Otis Heat. Funk/Rock. No cover, 8pm at the Adrift Hotel in Long Beach 8pm

Michael Hurley. Our god of country folk at The VooDoo Room in Astoria. 9pm.

CINEMA

Mary Poppins. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Astoria Regatta. Events at various locations in and around Astoria. astoriaregatta.com/events/index.html

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.

Tillamook County Fair. 10am – 10pm at the Tillamook County Fairgrounds in Tillamook. tillamookfair.com/schedulefairevents.htm

Let's Go Butterfly a Kite. Learn about the Silverspot Butterfly and create a Japanese-style kite in honor of ongoing restoration projects. \$5 donation, all ages welcome. Pre-registration required. At the Connie Hansen Garden in Lincoln City. 503-812-6392

OUTSIDE

On the Land Circle Creek Walk. Free, registration required. 10am – noon at the Circle Creek Habitat Reserve, Seaside. ncltrust.org/on-the-land/ot-august-7-2014-circle-creek-walk

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Friday 8

MUSIC

Otis Heat. Funk/Rock. No cover, 9pm at the Adrift Hotel in Long Beach.

Richard T. 6-9pm at Finn's Fish House in Seaside.

Rhythm Culture. No cover, 9pm at Roadhouse 101 in Lincoln City.

ART

Opening Reception. For the Casbah Artist Group Exhibit which is up through September 8. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Astoria Regatta. Events at various locations in and around Astoria. astoriaregatta.com/events/index.html

Tillamook County Fair. 10am – 10pm at the Tillamook County Fairgrounds in Tillamook. tillamookfair.com/schedulefairevents.htm

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. 1:30pm at the North Lincoln County Historical Museum. Register at 541-996-6614

OUTSIDE

Cathlamet Downhill Corral. Longboard races at various locations in and around Cathlamet. cathlametcorral.com

THEATER

Fiddler on the Roof. Musical. \$5 - \$17, 7pm at Fort Columbia, Chinook.

Dragalution. Shake out that wig and polish your sequins! \$8, 21 and over, 10pm at the Columbian Theater in Astoria.

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse. in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Saturday 9

MUSIC

Midnight Honey. R&B/Soul. No cover, 9pm at the Adrift Hotel in Long Beach.

The Ben Rice Band. Waikiki Beach Concert Series, 7pm at Cape Disappointment State Park. The Concert is free, but a Discover Pass is needed for park access.

Jesse Olsen Bay. Olsen will be presenting a song cycle based on writings by his activist and author grandmother, Tillie Olsen. Free soup & bread dinner at 6pm, music at 7pm. At the Bay City Arts Center.

The Thomasian Trio with Maggie Kitson. 7pm at Sweet Basil's Wine Bar in Cannon Beach.

Saul Conrad. No cover, 9pm at the Voodoo Room in Astoria.

Shelly Rudolph Band. No cover, 9pm at the Adrift Hotel in Long Beach.

Smoke on the Water. \$5 cover. 9pm at the San Dune Pub in Manzanita.

The Sore Thumb Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

Tickle Stick. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

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

CINEMA

Blazing Saddles. \$2, 11am at the Bijou Theatre in Lincoln City.

FOOD & DRINK

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

Wine Tasting. Eyrie Vinyards. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Pomum Cellars. 1 – 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Astoria Regatta. Events at various locations in and around Astoria. astoriaregatta.com/events/index.html

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

Surf n' Saddle Jr Rodeo. Come watch kids perform break away roping, barrel racing, goat tying, dummy roping and more. Cowboy breakfast 7-11am. Events at the Peninsula Saddle Club in Long Beach, WA. 360-642-4459

Tillamook County Fair. 10am – 10pm at the Tillamook County Fairgrounds in Tillamook. tillamookfair.com/schedulefairevents.htm

Nesika Illahee (Siletz) Pow Wow. Held in Siletz. 541-444-2532

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. 1:30pm at the North Lincoln County Historical Museum. Register at 541-996-6614

Siletz Bay Sandcastle Contest. Compete or just take it all in as original creations rise out of the sand right before your eyes. In the Historic Taft District of Lincoln City.

LECTURE.

Growing Carnivorous Plants. With Jacob Farin. Whether it's a Venus Flytrap, Pitcher Plant, or a Sundew, you can grow beautiful carnivorous plants for your home and garden and Jacob from Sarracenia Northwest will show you how. Carnivorous plants will be for sale. Free, 1pm at the Seaside Library.

OUTSIDE

Cathlamet Downhill Corral. Longboard races at various locations in and around Cathlamet. cathlametcorral.com

Regatta Fun Run. A one mile fun race. No registration necessary. 11:45am at 17th and Exchange in Astoria. FMI 503-325-8669

THEATER

Fiddler on the Roof. Musical. \$5 - \$17, 7pm at Fort Columbia, Chinook.

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Blackbeard the Pirate. Children's Theater. 3pm and 7pm at the Lincoln City Cultural Center. 541-994-9994

Sunday 10

MUSIC

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

Richard Thomasian, Don Burghett, and Maggie Kitson. 11:30-2pm at the Sunday Blues Brunch at the Bridgewater Bistro in Astoria.

Otis Heat. Funk/Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Shelly Rudolph Band. No cover, 8pm at the Adrift Hotel in Long Beach.

Scott Kirby. 7pm at the Lincoln City Cultural Center. 541-994-9994

Sweet Ghosts, Luke & Katie. No cover, 9pm at the Voodoo Room in Astoria.

HAPPENING

Surf n' Saddle Jr Rodeo. Come watch kids perform break away roping, barrel racing, goat tying, dummy roping and more. Cowboy breakfast 7-11am. Events at the Peninsula Saddle Club in Long Beach, WA. 360-642-4459

Astoria Regatta. Events at various locations in and around Astoria. astoriaregatta.com/events/index.html

Nesika Ilahee (Siletz) Pow Wow. Held in Siletz. 541-444-2532

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. By appointment at the North Lincoln County Historical Museum. Register at 541-996-6614

OUTSIDE

Cathlamet Downhill Corral. Longboard races at various locations in and around Cathlamet. cathlametcorral.com

Cedar Creek Beach Challenge. 10K/5K run, kid's fun run. \$40 (includes shirt), 9am on the beach at Cape Kiwanda in Pacific City. pcnv-chamber.org/events/local-events.htm

THEATER

Fiddler on the Roof. Musical. \$5 - \$17, 7pm at Fort Columbia, Chinook.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 11

MUSIC

Will West. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Blazing Saddles. \$2, 11am at the Bijou Theatre in Lincoln City.

Tuesday 12

MUSIC

Will West. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Bee Keepers, New Bee Keepers & Wantabe Bee Keepers. A monthly meeting to educate and answer questions about bee keeping. 7pm at Art Space in Bay City.

Wednesday 13

MUSIC

Will West. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

The Lego Movie. Free, 8pm at Lindstrom Park in Astoria. 503-325-7275

HAPPENING

Night of All Knowledge Team Trivia Tournament. Teams of 1 - 6 compete for fun and prizes. Free, 6pm at the Seaside Library.

LITERARY

Readings on Alaska. The Tillamook County Library will host a program featuring readings about Alaska with Nancy Slavin and Dan Berne. Free, 7pm.

THEATER

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Wednesday 13

MUSIC

3-Voices. Three independent musician/performers; Dinah Urell, Kamila Swerdloff and Sofie Kline perform original songs in a concert setting. 8pm - 9pm. Cocktails. \$6 Cover. At KALA, 1017 Marine Drive in Astoria.

Thursday 14

MUSIC

Br'er Rabbit. No cover, 8pm at the Adrift Hotel in Long Beach.

Tara Jane O'Neil. Experimental. No cover, 8pm at the Sou'wester Lodge in Seaview.

CINEMA

Blazing Saddles. \$2, 11am at the Bijou Theatre in Lincoln City.

HAPPENING

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

Living History Event. Friends of Willie and Joe: Military Vehicle Collector's Club of Oregon; Central Coast Military Vehicle Group 249th Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

LITERARY

Lunch in the Loft. With author Whitney Otto who will discuss her novel "Eight Girls Taking Pictures". \$20, includes a catered lunch and a signed copy of the book. Reservations required. Noon at Beach Books in Seaside. 503-738-3500

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Friday 15

MUSIC

Blues & Seafood. A two-day lineup of blues music performed live, seafood, micro brews and regional wines will be available in the food court. \$25 for Saturday, \$35 for Friday+Saturday, \$55 for Blues and Seafood + Jazz and Oysters. Tickets available at databarevents.com/bluesand-seafood. 5 - 10pm at the Port of Ilwaco. FMI: bluesandseafood.com

Experimental Acts. Turtle (featuring visual artist Eddie Bond), Andrew Weathers & Ryan P. Jobses, Hem and Haw (Brandon Conway and Ryan Stuewe on guitar and drums), Gregg Skloff (Astorian). By Donation. At the Blue Scorch in Astoria.

Advance Base. No cover, 9pm at the Voodoo Room in Astoria.

Blue Evolution. No cover, 9pm at Roadhouse 101 in Lincoln City.

Br'er Rabbit. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Alaska Stories. Spend an eve with authors Nancy Slavin and Dan Berne. Complimentary Alaskan-themed hors d'oeuvres, No-host bar. \$6 cover. At KALA, 1017 Marine Drive in Astoria.

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

Living History Event. Friends of Willie and Joe: Military Vehicle Collector's Club of Oregon; Central Coast Military Vehicle Group 249th Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

A Step Back in Time. Tour through the Cape Meares Lighthouse, Tillamook Forest Center, Tillamook County Pioneer Museum, Old Iron Show, Latimer Quilt and Textile Center, Garibaldi Maritime Museum and the Oregon Coast Scenic Railroad. Tickets are \$15 for 12 and over. (\$2.50 children's surcharge for the train). FMI call 503-442-5443.

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. 1:30pm at the North Lincoln County Historical Museum. Register at 541-996-6614

KidSTYLE Fashion Camp & Tour. This fun-filled weekend includes In-Store StyleSTOPS, Stuff-a-Bus, Bicycle Safety Seminars and much more. 10am - 5pm at the Tanger Outlet Center in Lincoln City. 541-996-5000

OUTSIDE

Greater Oregon Brew Tour Golf Tourney. \$55/player, \$15/player cart rental. 2pm shotgun start at the Gearhart Hotel.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Saturday 16

MUSIC

Blues & Seafood. A two-day lineup of blues music performed live, seafood, micro brews and regional wines will be available in the food court. \$25 for Saturday, \$35 for Friday+Saturday, \$55 for Blues and Seafood + Jazz and Oysters. Tickets available at databarevents.com/bluesand-seafood. 1 - 10pm at the Port of Ilwaco. FMI: bluesandseafood.com

Bluegrass & BBQ. With the Columbians and Back Alley String Band. Free admission. 4 - 9pm at the Nehalem Bay Winery in Mohler. nehalem-baywinery.com

The Peter & Will Anderson Jazz Trio. 7pm at the Lincoln City Cultural Center. 541-994-9994

Pigs on the Wing. A tribute to Pink Floyd. \$10, 8pm at the Astoria Event Center.

Run On Sentence. No cover, 8pm at the Sou'wester Lodge in Seaview.

Callow. No cover, 9pm at the Voodoo Room in Astoria.

Live Music. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Lewi Longmire. Roots Rock and Old Country Blues. No cover, 9pm at the Adrift Hotel in Long Beach.

Let it Roll. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Live Music. No cover, 9pm at Roadhouse 101 in Lincoln City.

ART

Art Sale. Liberate your art! If you have art piling up under your bed, in the closet, on the walls... bring it to the Hoffman Center in Manzanita. From 10-4 we will have the place open for sales of your art at prices you set. The only charge will be \$15 if you use one of the Hoffman Center tables, or 10 if you bring your own table or blanket. Email glenna@nehalemotel.net

CINEMA

Back to the Future II. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. Sineann. 1 - 4pm at the Cellar on 10th in Astoria

Wine Tasting. Lujon Wine Cellars. 1 - 5pm at the Wine Shack Tasting Room in Cannon Beach.

END OF SUMMER BEACH DANCE PARTY!
At the AAMC!! • Friday, Aug 29, 9pm



AAMC PRESENTS an End of Summer Beach Party with PDX DJ Shawn Steele!! Get down in honor of a most extraordinary summer to club faves that dare you to let loose...

Shawn Steele has over 10 years of DJ experience, spinning at clubs and parties from here to Southern California. He is also the owner and operator of Spinning Music Productions, LLC and a guest Deejay at a monthly event known as Spun! in downtown Portland.

Costumes are highly encouraged. We love everything from coconut bras to tropical sarongs, naughty nautical to hula hoops- put on your beach-y best!!

Astoria Arts and Movement Center, 342 10th St, 2nd floor ballroom, \$5 cover. 21+ / Bar

Blues and Seafood
August 15 -16
Port of Ilwaco

NOMINATED FOR Cascade Blues Association's Muddy Award for "Best Blues Event"

for the past 3 years, Blues and Seafood presents another 2-day lineup of music, at the Port of Ilwaco. Seafood delights will be served in the food court, along with micro brews and regional wine.

"Blues and Seafood has gained popularity in recent years as one of the most enjoyable festivals in the region," said Clint Carter, event organizer. "We are small, intimate and friendly, with a fantastic view of the marina."

Friday: Chicago's Southside swagger of BILLY D AND THE HOODOOS, LISA MANN AND HER REALLY GOOD BAND, from the East Coast the uplifting sounds of ALBERT CUMMINGS.



Saturday: THE BONES BROTHERS, NORTH COAST BLUES and the CADILLAC HORNS, Portland's Favorites, FRANCO PALETTA AND THE STINGERS, NORMAN SYLVESTER, THE HEARTBREAKERS, a red-hot compilation of female blues singers including Lady A. White, Mary McPage, Lucy Hammond and Lady Kat True Blue, headline.

Tickets are \$15 for Friday eve, \$25 for all day Sat, \$35 for both days. A full weekend pass that includes Jazz & Oysters is \$55. Tickets online @ databarevents.com, schedule @ bluesandseafood.com.

AAMC WEEKLY SCHEDULE OF CLASSES

We are located at 342 10th st in Astoria. For info about a specific class please contact the instructor directly. Classes subject to change, for a current schedule visit: www.astoriaartsandmovement.com

Monday

5:30-6:30pm Beginning Ballet with Trixie Gunn
7:45-8:45pm Zumba with Nayelli Dalida

Tuesday

9:00-10:00am Zumba Fitness with Nayelli Dalida
5:30-6:30pm Intermediate Lyrical Jazz with Trixie Gunn

Wednesday

5:00-6:00pm Intermediate/Advanced Ballet with Trixie Gunn
7:00-8:15pm Belly Dance with Jessamyn Grace

Thursday

9:00-10:00am Zumba Toning with Nayelli Dalida
7:00-8:00pm Ecstatic Dance with Kim Hazel
(Every OTHER Thursday only: August 7th & 21st)

INSTRUCTOR CONTACT INFO:

Nayelli Dalida: 858-539-5641 Nayellibella@gmail.com
Kim Hazel: 503-791-6087 kimhazel@charter.net
Jessamyn Grace: 503-791-5657 info@astoriaart-sandmovement.com
Marco Davis / Daylight: 541-654-2412 marcogearddavis@gmail.com
Trixie Gunn: 503-440-5581 trixie.gunn@facebook.com
Jon Belcher (Kenpo Karate workshops): 360-665-0860 jbgroove2@crescomm.net
Jen Miller (ballroom workshops): 503-755-0200 jen@floorplay.net http://floorplay.net/

Jazz & Oysters
August 17, 2014
On The Long Beach Peninsula

JAZZ & Oysters, a popular outdoor concert with lawn seating on sprawling green fields, serves up a variety of delights from noon until 5:30pm, in Ocean Park, Aug. 17. Listeners can savor famed Willapa Bay oysters, as well as fruit and cheese plates and desserts, provided by the area's fine restaurants + beverages. **CHERIE BLUES** stirs it up with blues-infused jazz with a touch of R&B. Vocalist Cherie Walters, jazz guitarist Clifford Dibble, Bass guitarist Philippe Joubert, and drummer Rossen Atanassov, complete the ensemble.

THE CORY WEEDS QUARTET keeps toes tapping with jazz rhythms. The quartet blends the amazing talents of alto saxophonist Cory Weeds, guitarist Dan Balmer, and drummer Julian MacDonough.

Tickets are \$25. Active military and their families are free. For those interested in also attending Blues and Seafood in Ilwaco, August 15 and 16, combo tickets are \$55. Tickets online @ watermusicfestival.com/tickets/

MORE MUSIC



Ed and the Reds

COUNTRY 'N North-Western" music, as Ed calls it, is about storytelling. Combining 60's psych-rock, old-time, classic folk, outlaw country and modern influences, Ed and the Reds is a true American mutt, combining many different elements to make

something wholly original. Hailing from Portland, check em' out for yourself as they make their Astorita debut.

Sunday August 10, 8pm, No Cover, Fort George Brewery in Astoria



Tara Jane O'Neil

TARA JANE O'Neil is a multi-instrumentalist, composer, and visual artist. She creates melodic and experimental music under her own name and in collaboration. TJO has composed and performed music and sound for films, theater and dance performances, and written large and small ensemble experimental

architectures.

She's performed at All Tomorrow's Parties, the Centre de Pompidou, the Whitney Museum of American Art, TBA festival (portland), High Desert Test Sites and many many others.

Thursday, August 14, 7pmish at the Sou 'Wester Lodge in Seaview

Three For Silver

CREATING A distinctive sound employing a range of unusual instruments and devices - from tin pan percussion and scratchy bullhorn vocals to a foundation of bass clarinet and a gigantic bass banjo heralding the way, Portland-based Three For Silver make a unique performance style. Sans breaks and band patter, Willa Sertain's voice and accordion leads you into the musical dreamtime, supported by a band of 5. This is a DON'T MISS!

Thurs/Fri Aug 21-22, at The Adrift in LB, and Sat, Aug 23 at The VooDoo Lounge in Astoria.



HAPPENING

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

National Honey Bee Day Event. Beekeeper Julie Tennis will be hosting an open apiary with honey tasting and sales, honey extraction demonstrations, and more. Attendance is free, 1 - 3pm at Bee Haven Apiary, 282 Knapppton Rd, Naselle.

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.

Living History Event. Friends of Willie and Joe: Military Vehicle Collector's Club of Oregon; Central Coast Military Vehicle Group 249th Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

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.

A Step Back in Time. Tour through the Cape Meares Lighthouse, Tillamook Forest Center, Tillamook County Pioneer Museum, Old Iron Show, Latimer Quilt and Textile Center, Garibaldi Maritime Museum and the Oregon Coast Scenic Railroad. Tickets are \$15 for 12 and over. (\$2.50 children's surcharge for the train). FMI call 503-442-5443.

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. 1:30pm at the North Lincoln County Historical Museum. Register at 541-996-6614

KidSTYLE Fashion Camp & Tour. This fun-filled weekend includes In-Store StyleSTOPS, Stuff-a-Bus, Bicycle Safety Seminars and much more. 10am - 5pm at the Tanger Outlet Center in Lincoln City. 541-996-5000

Annual Pirate Treasure Hunt. Spend your day solving a mystery, collecting clues and rubbing elbows with some local pirates in Depoe Bay. Admission: \$50 per team. Spectators are welcome, free of charge. Registration begins at 8:30AM. FMI 541-765-4373

LITERARY

Nye Beach Writers' Series. Author, poet, playwright, and visual artist Sandra Stone will present from her work. Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

Northwest Author Fair. New York Times bestselling authors Lisa Jackson & Nancy Bush speak at The Bijou Theater in Lincoln City. From 9:30am-10:10am. 60 authors and illustrators will sign books and speak in the plaza next to Bob's Beach Books from 10:30am-1:30pm. Free, FMI 541-994-4467

OUTSIDE

Tillamook Bay Run. Come join in on all the fun on the Bayocean Spit! Enjoy a run/walk then food and beer afterwards. Entry forms available online at GoTillamook.com

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Sunday 17

MUSIC

Jazz & Oysters. Two Jazz bands, grilled oysters, beer & wine garden. \$25, 10am - 4pm at Wilson Field in Ocean Park.

Lonesome Highway. 10am - 3pm at the Astoria Sunday Market.

Marshall McLean Band. Americana/Folk/Rock. 8pm at Fort George Brewery & Public House in Astoria.

Lewi Longmire. Roots Rock and Old Country Blues. No cover, 9pm at the Adrift Hotel in Long Beach.

Hannah & Fred. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

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.

Living History Event. Friends of Willie and Joe: Military Vehicle Collector's Club of Oregon; Central Coast Military Vehicle Group 249th Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

HAPPENING

A Step Back in Time. Tour through the Cape Meares Lighthouse, Tillamook Forest Center, Tillamook County Pioneer Museum, Old Iron Show, Latimer Quilt and Textile Center, Garibaldi Maritime Museum and the Oregon Coast Scenic Railroad. Tickets are \$15 for 12 and over. (\$2.50 children's surcharge for the train). FMI call 503-442-5443.

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. By appointment at the North Lincoln County Historical Museum. Register at 541-996-6614

KidSTYLE Fashion Camp & Tour. This fun-filled weekend includes In-Store StyleSTOPS, Stuff-a-Bus, Bicycle Safety Seminars and much more. 10am - 5pm at the Tanger Outlet Center in Lincoln City. 541-996-5000

OUTSIDE

On the Land. Family Fun: Discover the Millponds. Free, registration required. 11am - noon at the Seaside Mill Ponds. nclctrust.org/on-the-land/otl-august-17-2014-family-fun-seaside-mill-ponds/

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 2pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 2pm at Theater West in Lincoln City. 541-994-5665

Monday 18

MUSIC

Dustin Hamman. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Back to the Future II. \$2, 11am at the Bijou Theater in Lincoln City.

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

HAPPENING

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

Tuesday 19

MUSIC

Dustin Hamman. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

Wednesday 20

MUSIC

The Bill Magee Blues Band. 6:30pm at the Birk in Birkenfeld.

Dustin Hamman. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Monsters University. Free, 8pm at Lindstrom Park in Astoria.

HAPPENING

Pacific County Fair. Admission \$5/day or \$10 for all 4 days. At the Pacific County Fairgrounds in Menlo. co.pacific.wa.us/pcfair/

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

THEATER

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 21

MUSIC

Three for Silver. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Back to the Future II. \$2, 11am at the Bijou Theater in Lincoln City.

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

HAPPENING

Pacific County Fair. Admission \$5/day or \$10 for all 4 days. At the Pacific County Fairgrounds in Menlo. co.pacific.wa.us/pcfair/

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Friday 22

MUSIC

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

Tribute to Frankie Valli & the 4 Seasons. \$5 - \$15. 8pm at Chinook Winds in Lincoln City.

Kevin Selfe & the Tornados. No cover, 9pm at Roadhouse 101 in Lincoln City.

Three for Silver. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Booze & Bites. Celebrate locally-sourced delectable hors d'oeuvres prepared by Foody Queen Marianne Myers, sample the spirits of North Coast Distilling and then swoon to the sound of The Peepers, a local rock quartet devoted to recreating their own twist on the Beatles Songbook. \$15 admission @ door, or advance at RiverSea Gallery and IMOGEN in Astoria. It all happens at KALA. 1017 Marine Drive in Astoria. See feature pg.3.

Pacific County Fair. Admission \$5/day or \$10 for all 4 days. At the Pacific County Fairgrounds in Menlo. co.pacific.wa.us/pcfair/

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

Hood to Coast Run. Ends at the turnaround in Seaside. On the Beach there will be Music, Beer Garden and Vendors with Food and Drinks. FMI: hitdeseaside.com

Rummage Sale/Car Wash Fundraiser. 9am - 4pm at Necanicum Village in Seaside.

Alzheimer's Association Fundraising Dinner and Presentation. Shelly Edwards will teach "The Basics" which provides information on detection, causes & risk factors, stages of disease, treatment, & much more. \$10 for dinner, the class is free. 5 - 7pm at Necanicum Village in Seaside. RSVP at 503-738-0900

LITERARY

Mingle & Muse. With author Matt Love. Free. Event begins at 4:30PM with light refreshments followed by a presentation from Cheryl. At The Sitka Center north of Lincoln City.

Oregon Tuna Classic. A tuna fishing derby event that benefits the Oregon Food Band. Garibaldi. FMI oregontunaclassic.org/garibaldi.php

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 23

MUSIC

Double J & The Boys. 10am - 3pm at the Astoria Sunday Market.

The Resolectrics. Waikiki Beach Concert Series, 7pm at Cape Disappointment State Park. The Concert is free, but a Discover Pass is needed for park access.

Tribute to Frankie Valli & the 4 Seasons. \$5 - \$15. 8pm at Chinook Winds in Lincoln City.

Colleen Raney Band. Celtic. No cover, 9pm at the Adrift Hotel in Long Beach.

Countryside Ride. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

Three for Silver. No cover, 9pm at the Voodoo Room in Astoria.

The Unlikely Saints. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

CINEMA

Shrek. \$2, at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #4. 1 - 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Abacela. 1 - 5pm at the Wine Shack Tasting Room in Cannon Beach.

HAPPENING

Pacific County Fair. Admission \$5/day or \$10 for all 4 days. At the Pacific County Fairgrounds in Menlo. co.pacific.wa.us/pcfair/

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

Living History Event. 2nd Connecticut Regimental Militia. Revolutionary War. At Fort Stevens State Park, Hammond.

Rummage Sale/Car Wash Fundraiser. 9am - 4pm at Necanicum Village in Seaside.

Manzanita Tour of Homes. 10am - 4pm in Manzanita. Tickets available on the day of the event at the Kiwanis booth at Howell's Square. 503-368-7002

Old School Classic Car Show. Come enjoy classic cars, food, music and some "old school" competition. 10am - 4pm at the Lincoln City Cultural Center.

OUTSIDE

Oregon Tuna Classic. A tuna fishing derby event that benefits the Oregon Food Band. Garibaldi. FMI oregontunaclassic.org/garibaldi.php

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Murder Is A Game. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5665

Sunday 24

MUSIC

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

Colleen Raney Band. Celtic. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

HAPPENING

Washington State International Kite Festival. On the Long Beach Peninsula. kitefestival.com

Living History Event. 2nd Connecticut Regimental Militia. Revolutionary War. At Fort Stevens State Park, Hammond.

Rummage Sale/Car Wash Fundraiser. 9am - 4pm at Necanicum Village in Seaside.

THEATER

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 25

MUSIC

The Bellfuries. Rockabilly. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Shrek. \$2, at the Bijou Theater in Lincoln City.

Tuesday 26

MUSIC

The Bellfuries. Rockabilly. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 27

MUSIC

Tele Novella. Indie psych-pop. No cover, 8pm at the Sou'wester Lodge in Seaview.

CINEMA

Frozen. Free, 8pm at Lindstrom Park in Astoria.

LITERARY

NW Author Series. Presenting mystery writer JA Jance. 4 - 6pm at the Coaster Theater in Cannon Beach.

THEATER

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Listings continued on pg. 21

Thursday 28

MUSIC

The Winterlings. Alt Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Ilwaco Art Night. Local galleries and artisans join together for a night of art and refreshments at the monthly Thursday Art Night along the waterfront marina in Ilwaco.

CINEMA

Shrek. \$2, at the Bijou Theater in Lincoln City.

LITERARY

"Destination Astoria". With Local Author Brain Ratty, who will read from his book, "Destination Astoria: Odyssey to the Pacific." Free, 7pm at the Seaside Library.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Friday 29

MUSIC

Melissa Etheridge. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

End of Summer Dance Party. With DJ Shawn Steele. \$5, 9pm at the AAMC in Astoria.

Jacob Merlin Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

The Winterlings. Alt Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Swap Meet. At the Appelo Archives Center in Naselle. 360-484-7103

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. 1:30pm at the North Lincoln County Historical Museum. Register at 541-996-6614

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 30

MUSIC

Troll Radio Revue. Americana. \$2 for adults, free for children. 11am - noon at Fort George in Astoria.

Cat's Creek Band. Country Swing. Free admission, 2pm at the Nehalem Bay Winery in Mohler.

Melissa Etheridge. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

Ian McFeron. Indie. No cover, 9pm at the Adrift Hotel in Long Beach.

Sonny Hess & Vicki Stevens. No cover, 9pm at Roadhouse 101 in Lincoln City.

Ted Vaughn Blues Band. 9pm at the End of Summer Bash at the Snug Harbor Bar & Grill in Lincoln City.

ART

Festival of Pearls Art Sale. Vendors will be selling their hand-made art from 9am - 6pm at the Bay City Arts Center.

CINEMA

Man in Black. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Buzzard's Breath Chili Cook-Off. Lots of fun events. 10am - 5pm. Public tasting, \$7, starts at 1pm. At Elochoman Slough Marina in Cathlamet.

Wine Tasting. End of Summer Surprise. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING

Swap Meet. At the Appelo Archives Center in Naselle. 360-484-7103

Summer Plant Clinic. Pacific County Master Gardeners will be available for questions/concerns/questions with respect to plants. Bring samples, if possible. Free, 10am - 1pm at the Columbia Pacific Heritage Museum in Ilwaco. FMI, email bevamoldy@gmail.com

Living History Event. Annual Civil War Reenactment. At Fort Stevens State Park, Hammond.

A Walk Back in Time. Walking Tour of Lincoln City's Historic Taft District. By appointment. at the North Lincoln County Historical Museum. Register at 541-996-6614

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 31

MUSIC

Third Street Band. 10am - 3pm at the Astoria Sunday Market.

Maggie Kitson and friends. Free admission, 2pm at the Nehalem Bay Winery in Mohler.

Rio Con Brio. Brazilian choro. \$15 - \$20, 6pm at the Pine Grove Community Center in Manzanita.

Ian McFeron. Indie. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Andy Stokes. No cover, 9pm at Roadhouse 101 in Lincoln City.

CINEMA

Man in Black. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Living History Event. Annual Civil War Reenactment. At Fort Stevens State Park, Hammond.

Garibaldi Lions Fish Fry. Noon - 5pm at the Old Mill marina in Garibaldi. 503-322-0322

THEATER

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 1

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Living History Event. Annual Civil War Reenactment. At Fort Stevens State Park, Hammond.

Tuesday 2

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Monthly Photo Salon. 7 - 9pm at the Hoffman Center in Manzanita.

Wednesday 3

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Thursday 4

HAPPENING

Thursday Night Out. Shopping, wine and door prizes. With \$2 admission, you get 2 tickets for door prizes. With \$5 admission, you get a beverage and 6 door prize tickets. 5 - 8pm at the Astoria Event Center.

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.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Friday 5

MUSIC

Lloyd Jones. \$5 cover, 9pm at the San Dune Pub in Manzanita.

HAPPENING

Slow Drag at the Port. 5pm at the Port of Ilwaco. portofilwaco.com/events/slow-drag-at-the-port



Pigs on the Wing.

The Floyd flies at Astoria Event Center • Aug 16

Far from an attempt at Floyd-impersonation, POTW specializes in 70's era Floyd but is unapologetic in the interpretation and improvisation of the music in ways that the band believes any Pink Floyd fan will appreciate. Rather than always obsessing over exact, note for note replication of Floyd albums or any sort of look-alike mimicry of band members, POTW rather seeks to capture the intense atmosphere and rock energy of Pink Floyd in as unpretentious a style as possible. The result is a show which is true to the original and yet also a refreshing take on the music and experience of Pink Floyd.

Pigs on the Wing features a collaborative and occasionally rotating roster composed of members of original Portland rock bands Oxcart, System and Station and other NW musicians brought together by a common appreciation for Pink Floyd. The current lineup includes: Jason Baker (guitar, vocals); Matt Jones (keys, vocals); Eric Welder (bass); Bryan Fairfield (drums); David Lindenbaum (guitar, vocals); Keeley St. Clair (backing vocals) and Pete Galluzzo (saxophone).

102.3 FM KCRX The Classic Rock Station presents: Pigs on the Wing: A tribute to Pink Floyd. SAT, AUG 16th - 8PM Astoria Event Center (255 9th St Astoria) all ages welcome - bar with ID. ADV tickets \$10 through brownpapertickets.com direct link to tickets: pig-wing-astoria.brownpapertickets.com

Oregon Coast Pride Festival. This fun and fabulous weekend includes stand-up comedy, live bands, dancing, flamingo bingo, food and more. In Lincoln City. oregoncoastpride.com/

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

The 39 Steps. A whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 6

MUSIC

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

Blues Evolution. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

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

ART

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

FOOD & DRINK

Wine Tasting. New Fall Releases. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING

Rod Run to the End of the World. A weekend full of classic cars, great people and lots of fun. At Wilson Field in Ocean Park.

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.

HAPPENING

Oregon Coast Pride Festival. This fun and fabulous weekend includes stand-up comedy, live bands, dancing, flamingo bingo, food and more. In Lincoln City. oregoncoastpride.com/

OUTSIDE

Race to the Bar. 5k/10k run/walk. Come on out to the beautiful PNW coast for an evening beach run, ending with a bonfire, beer tent, sunset, great music and great company. Bring a team, or unite family members in honor of a loved one, or come for the 5k or 10k run on hard sand on one of the

most beautiful beaches in Oregon. 5:30pm at the Peter Iredale Shipwreck at Fort Stevens State Park, Hammond. Racetothebar.com

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 7pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 7

MUSIC

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

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

HAPPENING

Rod Run to the End of the World. A weekend full of classic cars, great people and lots of fun. At Wilson Field in Ocean Park.

Oregon Coast Pride Festival. This fun and fabulous weekend includes stand-up comedy, live bands, dancing, flamingo bingo, food and more. In Lincoln City. oregoncoastpride.com/

Dog Swim. Well-behaved dogs of all breeds are invited to swim and play in the pool from 4:00-5:00 PM. Humans may wade, but not swim, with their canine friends. At the Lincoln City Community Center.

OUTSIDE

Sprint Triathlon. A .75k swim, a 15.5 mile bike ride around Devils Lake and 5K run on city streets in Lincoln City starting at 8:30am. For registration information and more details, call 541-994-2131.

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

Shanghai'd in Astoria. Musical Melodrama. \$12 - \$20, 2pm at the Astor Street Opry Company Playhouse in Astoria.

Into The Woods. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

WEEKLY

Friday

MUSIC

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.

Jackson Andrews & Dave Quinton. Blues/Folk/Rock. No cover, 6pm 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.

Trivia Night. Find out how much useless (or even useful) stuff you know at the weekly Trivia Night. 7pm at Baked Alaska in Astoria.

Saturday

MUSIC

Musician's Jam. Free, 2 - 4pm at the Tillamook Library.

George Coleman. Pop/Jazz/Folk/Rock guitar. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

The Honky Tonk Cowboys. Country. No cover, 7 - 10p at the Astoria Moose Lodge.

Saturday Night Dance Party. With DJ Nacho Biznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

FOOD & DRINK

Wine Tasting Special. \$9 for 4, 2-oz pours + complimentary appetizers. 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. 5 - 7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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, 6 - 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

THEATER

Teen Theater Club. Classes will present acting skill development and a monthly focus on a specific area of theater, including stage make-up, set design and lighting, script writing, budgeting and stage management. For ages 14 to 17. \$10/ month. At the ASOC Playhouse in Astoria.

Wednesday

MUSIC

George Coleman. Pop/Jazz/Folk/Rock. 5:30 - 9pm at Shelburne Restaurant and Pub in Seaview.

The Coconut. Swing/Jazz/Country/Bluegrass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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.

Dan Golden. World Music. 7:30 - 10:30pm at McKeown's Restaurant & Bar in Seaside.

HAPPENING

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

LITERARY

Weekly Writing Lounge. A weekly drop-in writing environment with resources. \$3/ session. 10am - 12:30pm at the Hoffman Center 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

Alex Puzauskas. Jazz. 6pm at the Shelburne Inn in Seaview.

Dallas Williams. Folk/Americana. No cover, 6pm at the Wine bar at Sweet Basil's Café in Cannon Beach.

Live Music. No cover, 6pm at U Street Pub in Seaside.

Richard T. Blues. No cover, 6 - 8:30pm at T Paul's Supper Club in Astoria.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Music Jam. All are welcome. 6:30 - 8:30pm at the Astoria Senior Center.

Jim Wilkins. 7pm at the Voodoo Room in Astoria.

Floating Glass Balls. A string band. 8 - 11pm at Bill's Tavern in Cannon Beach.

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.



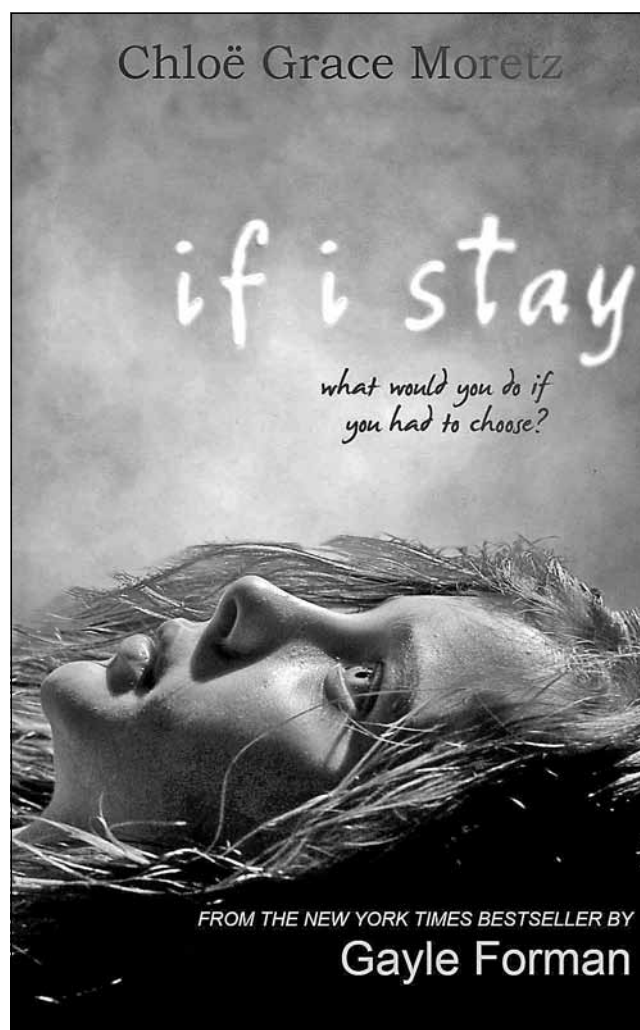
THE HUNDRED-FOOT JOURNEY (Aug. 8) Helen Mirren stars in this feel-good foodie comic drama about two rival restaurants in a sleepy French village. Story reps a battle of the taste buds (and culture) between fiery Indian cuisine and elegant classical French cooking. After unrest in their native Mumbai causes the Kadam family to relocate to Europe led by their proud Papa (Om Puri), they decide to open an Indian restaurant in a small village in the South of France. After opening Maison Mumbai they find they are literally 100 feet from the Michelin-starred restaurant of snooty Madame Mallory (Mirren) who looks down on the newcomers with their colorful clothes and loud music. Soon the war is on between unstoppable force Papa and immovable object Madame Mallory who compete for . Romance blooms when Hassan (Manish Dayal), Papa's talented chef son, and Madame Mallory's beautiful sous chef Marguerite (Charlotte Le Bon) take an interest in each other. But when racist thugs beat up Hassan and nearly burn down the Maison Mumbai, this leads to a thawing of relations between Madame Mallory and the Kadams, particularly when she realizes Hassan's skills can help her win a coveted second Michelin star.

THE EXPENDABLES 3 (Aug. 15) Everyone's favorite action near-septuagenarian action stars (Sylvester Stallone is 68; Arnold Schwarzenegger, 67) topline the third installment in the oldest collective action series ever. If Sly and Arnold are not enough, they are joined by Harrison Ford (72), Mel Gibson (58) and Wesley Snipes (a spry 51). Bruce Willis (59) did not return from the second movie after Stallone's offer of \$3M for 4 days shooting was turned down by Willis, who wanted \$4M. Official synopsis: Barney (Stallone), Christmas (Statham) and the rest of the team come face-to-face with Conrad Stonebanks (Mel Gibson), who years ago founded The Expendables with Barney. Stonebanks became a ruthless arms trader who Barney was forced to kill... or so he thought. Stonebanks, who eluded death once before, now is making it his mission to end The Expendables – but Barney has other plans. Barney decides he has to fight old blood with new blood, and brings in a new era of Expendables team members, recruiting individuals who are younger, faster and more tech-savvy. The latest mission becomes a clash of old-school style versus high-tech expertise in The Expendables' most personal battle yet.

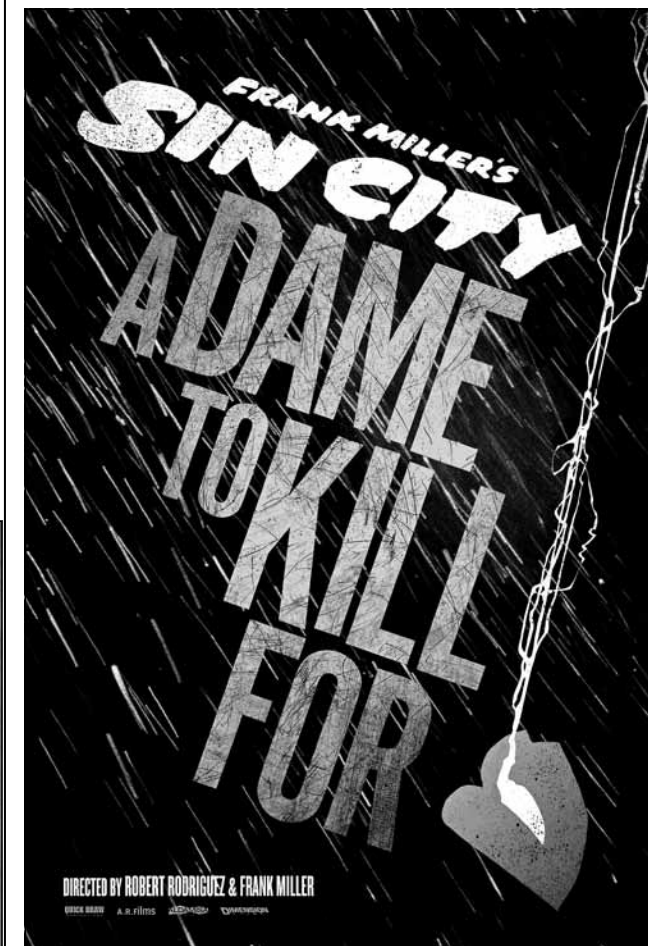
THE GIVER (Aug. 15) Based on the 1993 best-selling young adult novel by Lois Lowry, The Giver tells the story of the price people pay for life in utopia. Set in a future society where there is no pain, suffering, hunger or war, those who live there must also live a sterile black-and-white life without color, music or love, pacified by daily injections. Eleven-year-old Jonas (Brenton Thwaites) is given the job of Receiver, where he must accept memories, even painful ones. Toward this end, he meets The Giver (Jeff Bridges), who opens Jonas' eyes to the colorful, and painful memories of what society is capable of to make the utopia they live in. With his eyes opened, Johnas and The Giver conclude that they must

change society and restore the memories that have been repressed by the Elders. Meryl Streep plays the Chief Elder. Katie Holmes plays Mother. Taylor Swift plays Rosemary.

IF I STAY (Aug. 22) Another young adult novel adaptation involving death to pull heart strings. Chloe Grace Moretz plays Mia Hall. Jamie Blackley plays Mia's boyfriend, Adam. Mireille Enos and Joshua Leonard play Mia's parents. Official synopsis: Mia Hall thought the hardest decision she would ever face would be whether to pursue her musical dreams at Juilliard or follow a different path to be with the love of her life, her rebellious boyfriend, Adam. But when what should have been a carefree family drive takes the lives of her mother Kat, her father Denny, and her little brother Teddy, everything changes in an instant, and now her own life hangs in the balance as she lies in a coma in the hospital. Caught in limbo between life and death for one revealing day, she flashes back into her past, and has an out-of-body experience as she watches friends and family gather at the hospital. She must make a decision that will not only decide her future, but her ultimate fate.



SIN CITY: A DAME TO KILL FOR (Aug. 22) Third in the series of Frank Miller graphic novel adaptations featuring hyper-violent men, sexy dames and tough guy voice over. A Dame To Kill For is a semi-quel to the first Sin City movie featuring Mickey Rourke, Jessica Alba and Bruce Willis from the first movie and a much larger new ensemble cast topped by Josh Brolin, Eva Green and Joseph Gordon-Leavitt. Robert Rodriguez directs again.



THE GREEN INFERNO (Sept. 5) Well-meaning American college kids meet a gruesome fate in the Peruvian rainforest as horrormeister Eli Roth returns for his first film in seven years. All of Roth's movies – the two Hostel films and Cabin Fever – deal with typical white middle-class American kids venturing outside their normal environs to dark woods or terrifying Eastern European countries and the consequences that ensue. The Green Inferno is no different. College student Justine (Lorenza Izzo) has a crush on Alejandro (Ariel Levy), the leader of the campus activist group. To make a big splash, Alejandro invites his group members to go to Peru to stop an oil company bent on uprooting and even killing an indigenous tribe territory lies on an oil deposit. Justine volunteers. But, after their plane crashes in the rain forest, the activists are taken hostage by the very tribe they're trying to help – with gory consequences. Roth's film is an outright homage to Italian cannibal exploitation films of the '70s and '80s, even going so far as to list them in the closing credits.





FREE WILL ASTROLOGY

August

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ARIES (March 21-April 19): If a farmer plants the same crop in the same field year after year, the earth's nutrients get exhausted. For instance, lettuce sucks up a lot of nitrogen. It's better to plant beans or peas in that location the next season, since they add nitrogen back into the soil. Meanwhile, lettuce will do well in the field where the beans or peas grew last time. This strategy is called crop rotation. I nominate it as your operative metaphor for the next ten months, Aries. Your creative output will be abundant if you keep sowing each new "crop" in a fertile situation where it is most likely to thrive.

TAURUS (April 20-May 20): Maybe your grandparents are dead, or maybe they're still alive. Whatever the case may be, do you have a meaningful or interesting connection with them? Is there anything about their souls or destinies that inspires you as you face your own challenges? Or is your link with them based more on sentimentality and nostalgia? In the near future, I urge you to dig deeper in search of the power they might have to offer you. Proceed on the hypothesis that you have not yet deciphered some of the useful messages you can derive from how they lived their lives. Explore the possibility that their mysteries are relevant to yours.

GEMINI (May 21-June 20): The prolific American author James Fenimore Cooper (1789-1851) wrote 32 novels. In those pages, he crammed in almost 1,100 quotations from Shakespeare. What motivated such extreme homage? I suspect he regarded Shakespeare as a mentor, and wanted to blend the Bard's intelligence with his own. I invite you to do something similar, Gemini. What heroes have moved you the most? What teachers have stirred you the deepest? It's a perfect time to pay tribute in a way that feels self-empowering. I suspect you will benefit from revivifying their influence on you.

CANCER (June 21-July 22): Was there an actual poet named Homer who wrote the ancient Greek epics the Iliad and the Odyssey? Or was "Homer" a fictitious name given to several authors who created those two master works? Whatever the case may be, we know that Homer plagiarized himself. The opening line of Book XI in the Iliad is identical to the opening line of Book V in the Odyssey: "Now Dawn arose from her couch beside the lordly Tithonos, to bear light to the immortals and to mortal men." So should we be critical of Homer? Nah. Nor will I hold it against you if, in the coming days, you imitate some fine action or brilliant move you did in the past. It was great the first time. I'm sure it will be nearly as great this time, but in a different way.

LEO (July 23-Aug. 22): The Earth has been around for almost 4.6 billion years. But according to scientists who study the fossil records, fire didn't make its first appearance on our planet until 470 million years ago. Only then were there enough land-based plants and oxygen to allow the possibility of fires arising naturally. Do the math and you will see that for 90 percent of the Earth's history, fire was absent. In evolutionary terms, it's a newcomer. As I study your astrological omens for the next ten months, I foresee the arrival of an almost equally monumental addition to your life, Leo. You can't imagine what it is yet, but by this time next year, you won't fathom how you could have lived without it for so long.

VIRGO (Aug. 23-Sept. 22): In the nights to come, I expect you will dream of creatures like fiery monsters, robot warriors, extraterrestrial ghosts, and zombie vampires. But here's the weird twist: They will be your helpers and friends. They will protect you and fight on your behalf as you defeat your real enemies, who are smiling pretenders wearing white hats. Dreams like this will prepare you well for events in your waking life, where you will get the chance to gain an advantage over fake nice guys who have hurt you or thwarted you.

LIBRA (Sept. 23-Oct. 22): It's fine if you want to turn the volume all the way up on your charisma and socialize like a party animal.

I won't protest if you gleefully blend business and pleasure as you nurture your web of human connections. But I hope you will also find time to commune with the earth and sky and rivers and winds. Why? You are scheduled to take a big, fun spiritual test in the not-too-distant future. An excellent way to prepare for this rite of passage will be to deepen your relationship with Mother Nature.

SCORPIO (Oct. 23-Nov. 21): You are hereby excused from doing household chores and busywork, Scorpio. Feel free to cancel boring appointments. Avoid tasks that are not sufficiently epic, majestic, and fantastic to engage your heroic imagination. As I see it, this is your time to think really big. You have cosmic authorization to give your full intensity to exploring the amazing maze where the treasure is hidden. I urge you to pay attention to your dreams for clues. I encourage you to ignore all fears except the one that evokes your most brilliant courage. Abandon all trivial worries, you curious warrior, as you go in quest of your equivalent of the Holy Grail.

SAGITTARIUS (Nov. 22-Dec. 21): Broadway is one of New York City's main streets. It runs the length of the island of Manhattan. But hundreds of years ago it was known by the indigenous Lenape people as the Wickquasgeck Trail. It was a passageway that cut through stands of chestnut, poplar, and pine trees. Strawberries grew wild in fields along the route. Is there a metaphorical equivalent in your own life, Sagittarius? I think there is: a modest, natural path that you will ultimately build into a major thoroughfare buzzing with activity. Part of you will feel sad at the loss of innocence that results. But mostly you'll be proud of the visionary strength you will have summoned to create such an important conduit.

CAPRICORN (Dec. 22-Jan. 19): The heavenly body known as 1986 DA is a near-Earth asteroid that's 1.4 miles in diameter. It's packed with 10,000 tons of gold and 100,000 tons of platinum, meaning it's worth over five trillion dollars. Can we humans get to it and mine its riches? Not yet. That project is beyond our current technology. But one day, I'm sure we will find a way. I'm thinking there's a smaller-scale version of this scenario in your life, Capricorn. You know about or will soon find out about a source of wealth that's beyond your grasp. But I'm betting that in the next ten months you will figure out a way to tap into it, and begin the process.

AQUARIUS (Jan. 20-Feb. 18): "I just sort of drifted into it." According to author Gore Vidal, "That's almost always the explanation for everything." But I hope this won't be true for you anytime soon, Aquarius. You can't afford to be unconscious or lazy or careless about what you're getting yourself into. You must formulate a clear, strong intention, and stick to it. I don't mean that you should be overly cautious or ultra-skeptical. To make the correct decisions, all you have to do is be wide awake and stay in intimate touch with what's best for you.

PISCES (Feb. 19-March 20): Members of the industrial band Skinny Puppy are upset with the U.S. military. They discovered that an interrogation team at America's Guantanamo Bay detention camp tortured prisoners by playing their music at deafening volumes for extended periods. That's why they sent an invoice to the Defense Department for \$666,000, and are threatening to sue. Now would be a good time for you to take comparable action, Pisces. Are others distorting your creations or misrepresenting your meaning? Could your reputation benefit from repair? Is there anything you can do to correct people's misunderstandings about who you are and what you stand for?

Homework. Finish this sentence: "The one thing that really keeps me from being myself is _____." Testify at Truthrooster@gmail.com.

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

By Margaret Hammitt-McDonald

Bring the Fun Back With a Cycling Event

REMEMBER WHEN you were a child and a bike wasn't just a means of transportation or a fitness tool but a source of entertainment? You might have named it T-Rex, Zippy, or Rocinante and gave it personality with spoke décor and handlebar streamers, or perhaps mud was its typical wardrobe. You may have cheered it up a hill and shrieked all the way back down. If you've gotten stuck in the adult ruts of regular maintenance, monitoring your cadence, and saddle-soreness, attending a cycling event can bring the fun back to your relationship with your bike. This list of Oregon happenings, by no means exhaustive, should get you started. (Disclaimer: I'm not connected with any of these events; they just sounded neat.)

When I lived in Gresham, I went to a wacky event called Climb Mt. Tabor and Claim It For Our Own! Attendees rode over to Mt. Tabor Park, dressed in explorers' garb (19th-century, steampunk, futuristic, etc.) and toting gear, such as the collection of rock-climbing hardware my husband and I share. We pretended we were on the first expedition to summit the mysterious Mt. Tabor while passers-by gaped at our intrepid group. We celebrated our feat with Voodoo Donuts, chatted with new friends, and then all dispersed to ride back home.

I'd like to think this delightful romp was the granddaddy of Pedalpalooza, a Portland event that's dubbed "3+ weeks of bike fun." The roster of activities ranges from the athletic (Unicycle Polo and Bike Rodeo) to the wild, with costumed rides like Star Wars vs. Star Trek and the Emo Ride. Short tours take riders to intriguing locales, such as the Monkey Puzzle Ride to admire specimens of that awesome Dr. Seussian tree, half spruce and half succulent. It takes place in June, so it's too late this year, but you can get in on the zaniness next year.

Wine and beer fans can rejoice in two events made for them: the Oregon Wine Country Tours (three dates: August 3, 17, and 31) and the Biketoberfest in mid-September. The latter lets you sample Portland's finest craft brews, while the former takes you through Willamette Valley wine country and includes two winery tours and a tasting at the end.

If you're a covered bridge enthusiast, check out the Covered Bridge Bike Tour

on August 10. You'll ride over up to five covered bridges in the Albany area, experiencing history, culture, and beautiful scenery along the way.

Those of us who are cool enough to ride a recumbent get our own event, the Recumbent Retreat, a three-day ride and camping trip on August 15 through 17, starting at Fort Stevens. Two-wheelers, three-wheelers, fully-faired, long-wheelbase, short-wheelbase, and even the occasional upright bike (which recumbent riders fondly call "wedgie bikes") will all be there.

Among the many competitive or recreational distance rides are the Portland



Century (which includes an old favorite, Jackson's Ride the Gorge) on August 16, the Crater Lake Century (Also August 16), and the People's Coast Classic on September 7 through 12. The Portland Century takes riders through this bike-friendly city and around the Columbia River Gorge, my favorite hiking spot. The Crater Lake Century has 62- and 100-mile courses with spectacular views of the iconic lake. The People's Coast Classic tours our entire dazzling Oregon coastline, from Astoria to Brookings Harbor, and benefits the Arthritis Foundation.

There are many more great events out there, in Oregon and beyond, so find one or more and reignite the spark that's missing in your workaday relationship with your bike!

WORKSHOPS/CLASSES

LOCAL FARM BOUNTY CLASS. Wednesday, August 6. Learn about sourcing food from local farms and what's in season. Food samples, recipes and a \$5 Co-op Gift Card will be available for participants. Please sign up in advance. Noon – 12:30pm at the Astoria Co-op.

WATER FEATURES FOR HOME GARDENS. Saturday, August 9. Learn about types of water features, pond construction, plant selection, maintenance, safety, plus bog and rain gardens. Workshop lecture 10-11am, Tours of the Discovery Garden 11am – 1pm. At the Columbia Pacific Heritage Museum in Ilwaco. FMI, email bevarnoldy@gmail.com

BEGINNING CROCHET. Monday, August 4. Introduction to the basics of crochet, including single and double crochet stitches, increasing and decreasing, changing colors, and reading a pattern. \$20, 6 – 8:30pm at the Astoria Fiber Arts Academy. astoriafiberarts.com

Botanical Drawing Class. Saturday, August 16. With Dorota Haber-Lehigh. Free, pre-registration required. 1pm at the Seaside Library. 503-738-6742

Vegetable Canning Class. Wednesday, August 27. The OSU Extension Service in Tillamook is offering a class in canning pickles, tomatoes and salsa. 6 – 9pm. Preregistration is required. FMI 503-842-3433

Painting with Words – The Art of Visual Ideas. Monday afternoons. With Sandra Foushee. Focus will be on helping writers visualize and paint with verbal images in poetry, music lyrics, short stories, stories for children or lyrical essays. Tuition is \$20 per session or \$60 per three-session sequence. 2pm - 5pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

The Hoffman Center Clay Studio. Manzanita. Drop by studio to reserve or e-mail hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

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.

The Writing Lounge. TUESDAYS. July 15-Silent Writing. July 8 - Word Play. July 15 - Silent Writing. July 22 - Word Play. July 29 - Silent Writing. All sessions are 10:30am – 1:00pm at the Hoffman Center, 594 Laneda, in Manzanita. Everyone is welcome \$3 donation is appreciated.

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.

BODY WORK • YOGA • FITNESS

SELF DEFENSE TRAINING. Tuesday, June 3. With Mike Calog. A dynamic self-defense class for the ordinary citizen with no prior training. Learn how to get out of tight places, escape from holds, even how to thwart a carjacker inside the vehicle. This course emphasizes breath control, relaxation, movement and striking techniques from the Russian styles as well as Japanese small circle jujitsu finger and joint locking. The class is designed for all body styles, ages 16 and older. \$75, 6:30 – 8:30pm at CCC in Astoria.

YOGA NAMASTÉ. Unlimited community yoga classes plus a 90 min. massage or private yoga \$125. Regular yoga(90min-class) unlimited \$90. Community yoga(60min-class) unlimited \$45. Regular Yoga Classes à la carte \$15/class. Community Yoga classes à la carte \$10/class. Offers expire 12/20/2013. 342 10th Street Astoria. www.yoganam.com. 503 440 9761.

LOTUS YOGA ASTORIA. Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

RiversZen Yoga and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow. Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2 price for new students first month and locals residents first free. Free parking and a handicapped ramp is available. http://riverszen.com or Facebook.com/RiversZen.

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.

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.

YOGA North Coast Recreation District. Nehalem. Yoga Schedule. Mondays: Yoga of the Heart 8:15-9:45 a.m.; Vinyasa Flow 4-5:30 p.m. Tuesdays: Mixed Level Yoga 4-5:30 p.m. Wednesdays: Morning Yoga Stretch 8-9:30 a.m. Dig Deep Yoga 4-5:30 p.m. Restorative Yoga 5:45-7:15 p.m. Thursdays: Yoga of the Heart 8:15-9:45 a.m.; Fridays: Very Gentle Yoga 8-9:30 a.m. Saturdays: Mixed Level Yoga 8-9:30 a.m. More info: www.ncrdnehallem.org/about-us/schedules/

LINE DANCING. NCRD is hosting Line Dancing with Teresa on Saturday mornings from

10am to noon. Come on out an do Bootin' Scootin' Boogie and MANY more. Fun for all ages. \$1.00 admission fee. North Coast Rec District in Nehalem.

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.gearhart-workout.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.

QIGONG ASTORIA. Tues & Thurs, 8:30am to 9:30am at Waves of Change Wellness Center, 1 12th street (the docks on 12th FREE 1ST CLASS \$40 a month. Drop in's welcome \$5.CALL LINDA WILLIAMSON, 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.

WAVES OF CHANGE. TAI CHI, TU/TH 10-11am - Advanced Fan Form. TU/TH 5:30-6:30pm - Beginning Sun Style, Instructor: Angela Sidlo. QIGONG/TU/TH 8:30-9:30am Instructor: Linda Williamson, Sat 10:30-11:30am, Instructor: Janet Maher PILATES M/W/F 8:45-9:45am, Instructor: Sam Peters. GENTLE STRETCHING, M/W 5:30-6:30pm & 6:45-7:45pm, Sat 9-10am Instructor: Angela Sidlo Private lessons available \$25/hr. Drop In rate for 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. Yoga \$50/month M/W classes. Get a punch card for \$50 and mix 'n match 8 class sessions.

FREE TAI CHI FOR ARTHRITIS. Free for those 60+ years old and Adults with Disabilities. Studies have proven that Tai Chi, helps prevent falls, improve balance, health and the quality of life. **Courses will be taught by Angela Sidlo from Waves of Change Wellness Center. Angela is a certified Tai Chi Instructor through the Arthritis Foundation. She teaches a 12 form program based on the Sun Style developed by Dr. Paul Lam, designed for seniors and those with Arthritis. United Methodist Church-Monday and Wednesdays, 679 S Main Warrenton, July 7-August 13, 10am to 11am.** Astoria Senior Center - Monday and Wednesdays. **Yacht Club, July 7- August 13, 1555 W Marine Dr, Astoria, 1-2pm To register call: Angela Sidlo at 503-338-9921.**

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Sunday August 10, 2014, 10:30 to 12:30ish. In Seaside, Oregon at Barbara's home. Call or email for directions: 503-717-4302 beach-house11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

PAINTING/MEDITATION FOR WOMEN. Fridays, September 5 – 26. With Linda

Wiebenson. These classes are series of four quiet mornings of meditation, reflection, and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$20 per 4 week session. 9:30am – 12:30pm at the Center for Contemplative Arts in Manzanita. FMI 541-231-0136.

ILLUMINATE YOUR WAY TO A LIFE OF PURPOSE & MEANING. Four & Eight week modules beginning May 8. With Sallena Pool. This course will help you discover how to tap into the deep wisdom of your soul, learn methods to help you find your higher calling & power and share stories, skills & strengths with other members of this intimate and empowering group. Thursday evenings from 7:05 – 8:30pm at Seaside Yoga. FMI or to register, call 503-501-6204.

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

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog their information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygencsoc@gmail.com or call 503-325-1963 or 503-298-8917.

Grant writer wanted to assist the Hanthorn Foundation apply for grants to improve the Cannery Museum at Pier 39. Write to the volunteer director Peter Marsh at seatosummitpm@gmail.com or call 503-470-0356.

VOLUNTEER AT THE CANNERY MUSEUM. The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands of visitors from all over the NW and beyond. The Hanthorn Foundation (a 501(c) 3) needs volunteer staff to welcome people to this unique site and share a little local history. No experience needed, no age limits, and you definitely do not have to stand! Nor will you at the end of the day, smell like a fish. To learn more, please call Peter Marsh: 503-470-0356 or seatosummitpm@gmail.com

WEEKLY HABITAT RESTORATION/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita.



Lewis and Clark Saltmakers Return! August 15-17, 2014 5pm Friday to 3pm Sunday, Seaside, Oregon

Who would think boiling water could be so interesting? The Saltmakers Return to Seaside August 15-17 in a sojourn into history where visitors can meet and talk with men of the Lewis and Clark Corps of Discovery as they make salt for their return trip. Pacific Northwest Living Historian interpreters will set up a camp on the beach in south Seaside. Here they will make salt from seawater 24 hours a day from 5:00 p.m. Friday through 3:00 p.m. Sunday. This event will be on the beach at the west end of Avenue U in Seaside, Oregon. (From Highway 101 take Avenue U to the beach. From the Promenade in Seaside, walk south to where Avenue U meets the beach.)

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@nehallemtel.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.

KIDS • SUMMER

GRIEF GROUP FOR KIDS. This Summer (ages 7-15) Mondays, June 30- August 4, 2014, 4:00-5:00p.m. Hope House would like to announce a collaboration with Lower Columbia Hospice in presenting a Grief Group for kids this summer. Starting Monday, June 30, 2014, this group will meet Mondays 4:00-5:00p.m. for 6 weeks. This will be a therapeutic expressive arts and support group, and will be held at Hope House, adjacent to the First Lutheran Church off 33rd Ave, Astoria (3107 Grand Ave). Any child or adolescent, 7-15, who has experienced serious loss issues or a death in their close network, is encouraged to attend. (Parents, please call if your child falls outside of that range.) The group will be co-lead by a Hope House counselor and a Hospice social worker. Suggested donation is \$10 per child per session; no one will be turned away for inability to pay. Contact Melissa Anglim (503) 325-6754 or Liz Covey, LPC (503)

741-1509.

MEETINGS AND MEET-UPS!

The Lower Columbia Classics Car Club. Invention 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

THE ASTORIA CHESS CLUB. meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachessclub@gmail.com or visit our Facebook page.*

TILLAMOOK PILOTS ASSOCIATION. A non-profit organization, meets the first Saturday each month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Next meeting is August 2nd and breakfast is available. If you are interested in learning to fly, or are simply interested in general aviation why not come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. Check out tillamookpilots.org for more information.

MEN'S GROUP FORMING. Forming a new more inclusive Men's Group in North County. EVERY other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens. Contact: Darel Grothaus 206-818-4833.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to



Messages Sonja Grace mystic healer

Intolerance

Intolerance: *not tolerating or respecting beliefs, opinions, usages, manners, etc., different from one's own, as in political or religious matters; bigoted.*

PUT A hold on that irritation you feel every time something doesn't go your way. We are quick to judge and even quicker to feel exasperated with the lack of attention to our needs. We get this way because we are living in a premixed pre washed, pre viewed society that expects everything now. We have literally lost our patience! When we look inward and find the impatient inner child who has every right to cry because they are hungry or feel alone, it becomes apparent that we start to understand how our percep-

tion was altered. Nurturing the inner child is the key to healing the impatient adult.

We drive our cars and get upset with the driver in front of us yelling and screaming as if they do not understand we must get to our destination. What we are forgetting is they too have a mission that might a difficult doctor's appointment or they are from another town trying to find their way. Keep your cool and remember you too might find yourself lost traveling in a new city or retired and driving slower enjoying the road and your freedom.

When we get into judging others it is often from our own lack of information or resistance to something we do not understand. Our human experience is only

limited if we chose to believe in what we are told, not questioning but blindly trusting the information from books, the internet, religion and more. When we examine history we can see where many events are recorded as the truth and later changed to fit the scientific findings of the current times. This is enough evidence to help us understand we must have some discernment for ourselves and step outside of the box to question why we think the way we do. Our intolerance is a symptom of our society being out of balance. We can learn so much from the Earth if we take the time to breathe, walk barefoot, feel our feelings and quiet the mind. We become irritated because we no longer understand the natural rhythm of life.

We can reconnect with the Earth and regain our inner balance and compassion by simply changing the way we believe life is supposed to be. Expectations are often the leader of our impatience. Intolerance however is a horse of a different color. Feeling intolerant of a person's race or religion or simply the way they chose to care for their yard is judging from an understanding that your way is correct and theirs is not. We can feel intolerant towards many things like violence and crime and chose to not participate in that energy. It is when we take intolerance to another

level, judging and disrespecting other people's beliefs that we enter the pool of karma. The collective karma of the human race has been quite intolerant of religion, politics, race and just simply getting along. May we all have tolerance for the vast differences that make up over seven billion people around the world and may we remember it is not our place to judge or invest in the duality of right and wrong, good and bad but to simply observe and respect other's and their differences the way you wish to be respected yourself.

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. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Other books by Sonja Grace are: 'Angels in the 21st Century' and 'Earth Ways Healing Medicine for the Soul'. The companion film presentation Earth Ways Series is available on her website. www.sonjagraces.com

word and wisdom

By Tobi Nason

Moving On.... Part Two of How We Change- (Just Say Yes!)

I DON'T know it there was a part one, but the last article I wrote about my big life changes. I had sold my home, disbanded my business, bought a condo in Warrenton.... Big Changes, and in a short amount of time. Someone told me yesterday that he never heard me vacillate regarding decisions. I didn't ponder where I would move to - I chose the Astoria region and that was that. I found the Port Warren condos and that was that. I just needed to find one to rent or buy. I thought about that today. I also found myself remembering other situations, other people stating the same thing.- that I seemed to be able to make a decision with little vacillation. I'm 61 years old. I finally realized that yes, I have the ability to make decisions and move on. This is something I never realized before. And, of course, people are different. I would say I avoid change like crazy, but when the time comes, I want to be the one setting the scene.

I learned a long time ago, and its too long a story for this column, that we each own our own life. The consequences are there. The path is suddenly curving a bit to the left, then to the right, and each step takes you closer to where you need to be. So many times I have heard people say- "If I hadn't lost my job, I wouldn't have . . . (fill in the blank.)" "If my husband hadn't left me, I wouldn't have (fill in the blank.)" We don't wish for adversity, but sometimes it comes as a kick-in-the-butt- to spur one into action.

There's my plug for rolling with the flow, somehow knowing that you'll land on your feet. And now I'm going back to my favorite topic of all time - Happiness!

Today my favorite book is "Being Happy! A Handbook to Greater Confidence and Security" by Andrew Matthews, 1990, Price Sloan. Its a slim book, easy to read with bit at the end of each chapter called, In a Nutshell.

We gravitate in the direction of our dominant thoughts (pg 56). Positive thinkers dwell on what they want. "Always think about what you want." (58). Sounds kind of selfish doesn't it? Or egocentric, maybe? NOT.

People invariably know what they want, even when they cannot express it in succinct words or nice phrases. There's a rule in counseling that suggests that clients do know what they want- they just need help unearthing it from all the clutter that overshadows the vision. So here's where I'm going, people.....

Dream Big.

Imagine the best you can for yourself, what would make you feel comfortable, happy, successful, loved. And start today in making a path that can only get you closer to your Dream.

I'm going to share a dream here.... (and I think Dinah, our beloved editor will enjoy this) . . . I remember the first time I saw Hipfish. I said to my husband, "I would love to write for Hipfish." I left it at that, although, at the time, I did approach the local editor of the

North Coast Citizen about contributing a column- and since I had been doing a column (albeit) about historic houses) in Forest Grove, he hired me. My first paid writing job! And then I saw Hipfish and wished I could write for them. It was cool, hip, cutting edge, alternative... probably all the things my conventional married life negated in me. Some years later I advertised my counseling business with Hipfish, and when Dinah wanted a few words on counseling, could I write a few words? I said yes, I can do it. I had not a clue if I could or couldn't but I knew I wanted to . . . Here I am, today, years later, still writing this column. I said yes, because the worst that could happen is that one or two articles got printed. I said yes, because unless I tried, I would regret not taking advantage of an opportunity that clearly I wanted. I said yes, because the worst that could have happened is a bit of failure.

Here's my nugget - say yes! Yes to those things that fall in your pathway. Let failure be an option, a good worthy option. Not everything's a sure thing, but failure in itself is not a bad thing. Its fear of failure that reigns us in, that keeps our lives small. Dream Big. Say Yes. And be willing to . . . go where it leads you.

Tobi Nason is a Warrenton resident and counselor. Call (503) 440-0587 for an appointment.

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bodies in balance

By Tracy Erfling, N.D.

Andropause: The Male Menopause

ANDROPAUSE IS a relatively new word in medical lingo. It is essentially the male equivalent to female menopause. But instead of the more notable ceasing of the menstrual cycle it is instead a subtler lowering of testosterone that induces changes in mood, energy and sexual function. Treatment options are emerging...so read on to educate yourself or a male you love as to this life change.

Testosterone lowers over time. Research is showing that the average male testosterone levels lower about 10% every decade beginning in the 40's. So with the increased life expectancy it is no wonder that this has become a concern for men.

What does lower testosterone mean for aging men? Testosterone is a hormone that defines many male functions from sperm production to muscle mass, so as these levels begin to lower the changes reflect those male traits. There are many potential changes associated with this shift. Lowered sex drive and function, changes in mood (irritability, anger, sadness), fatigue, decreased muscles mass and muscle weakness, increased belly fat and cardiovascular risk top the list.

How can we test for this phenomenon? There are certainly blood tests available. But if you have read my articles in the past you have likely been privy to the salivary tests that I use regularly in my practice. This would be another condition for which this type of testing would be indicated. The reason these tests are so valuable is that they show the hormone metabolites (i.e. the breakdown products from the tissues in which the hormones are

active), and therefore we know the quantities of the hormones used in the tissues not just what is circulating in the blood.

Now it would seem the obvious solution to just replace the testosterone and all would improve. BUT based on naturopathic philosophy of do least harm and work with the natural rhythms of the body it lends to some deviation from outright testosterone replacement. There are some gentler hormone precursors (namely DHEA and pregnenolone) that feed into the testosterone pathway and can have an equally effective result. These are substances not to be taken lightly, or without the advice of a licensed professional, so consider their use carefully and seek the help necessary to make the appropriate decision



for your health needs.

Now if you are thinking that testosterone is the only answer you are wrong. There are many nutrients that can nourish the male body as it ages. Selenium and Zinc, these are two trace minerals are at the top of my list. They are wonderful antioxidants and help to prime the

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



immune system to better deal with unwanted invaders. I also think of the ever lacking essential fatty acids which lubricate the nerves, cardiovascular system and the joints for smoother movement and transmissions (get the car maintenance analogy there?). Some foods I think about for men are pumpkin seeds, oysters, and dark leafy

body, mind and spirit. It is a time I would suggest looking closely at the health risks that run in the family as well as your own personal health history. This helps to guide the priorities in your health care and maintenance to better ensure your longevity. Men have the unfortunate disadvantage that they have not been encouraged to seek a medical exam yearly...but as you men reach your 40's and especially your 50's this becomes an increasingly important suggestion...so don't be shy, find a health care professional just for you!

So men if you have been wondering about your increasing fatigue, bitter moods, and poor stamina; think andropause...it may hold the answers you seek.

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

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greens as these provide a rich source of the nutrients listed above.

Similar to the advice I would give women; men experiencing andropause are also facing a shift in their lives. It is not only a time for lifestyle modification, but also for self-reflection. It is an occasion to nourish the

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for more info: SoulOfYourBusinessEvent.com

CHEW ON THIS!

by Merianne Myers



MELON.

The very word is round and curvy and beckoning. Melon is Greek for apple. It's hard to say which came first the word or The Word but it's not too big a stretch to imagine being catastrophically tempted by a bite of ripe, juicy, gorgeous melon.

August is a synonym for watermelon*. Actually, August is a synonym for lots of torrid stuff - sun, siesta, sweet corn, cherries, chilies, the chink of ice in a glass, the sweat on the outside of a frosty beer bottle, lemonade with bits of fresh-squeezed pulp, the jolt of cold water on hot skin and the upshot gasp, the scent of a sun-warmed herb garden. August is a temptation that defies resistance. Only an idiot would try.

August is ferocious and sweet, tempestuous and languid. It begs indolence even as it moves to wrap Summer up in Autumn's brown and orange afghan and stick it in the back of the cosmic closet. It's call to dive in is rivaled only by its invitation to lie down. It's a delicious dilemma. Melon is the key to the conundrum. Part of the perfection of melon is that it's best eaten just before diving in AND while swaying torpidly in a hammock.

It is said that David Livingstone (I presume) discovered watermelon grow-

ing wild in Africa. Knowing that historical accounts are inevitably skewed in favor of the teller, I've got to assume that the Africans already knew about this.

Watermelon can be juiced, brined, pickled and frozen. It makes wicked good sorbet and granita. Watermelon salsa makes fish and meat giddy with joy. The seeds can be toasted and salted for snacks. The rind makes sweet pickles without

peer. The juice can be reduced to a luscious syrup. The promise of a watermelon paleta, seeds and all, chilling out in the freezer of my favorite Mexican grocery is flat out irresistible. A dish of seeded watermelon chunks is a gift of love and devotion that outshines any bouquet of roses ever picked.

Despite mankind's collective riffs on the theme, watermelon is best eaten as is. There is simply nothing better in the known world than a chunk of chilly watermelon eaten without benefit of dish or flatware. The thunk of a knife piercing a ripe melon is a call to pleasure. Sitting in a sunny backyard savoring a slab of sweet watermelon

then rinsing off with the hose is an articulate reason to live. Slicing off a wedge of melon and relishing the first bite of the heart is a transcendent moment. In truth, eating watermelon on a sunny August day is a joyous affirmation of life, an act of gratitude, a prayer.

Living the hell out of life is the object of the game as far as I can tell. If you're currently on autopilot I recommend fifteen minutes in the sunshine with a ripe watermelon. Ennui can not survive in the face of such joy. Let us pray.

WATERMELON SALAD

It's salad, not science so amounts are completely up to you

- Watermelon and cucumber chunks (add other melons, too if you have them)
- Thinly sliced red onion
- Chiffonade of fresh basil
- Feta or other tangy, crumbly cheese
- Arugula or salad greens of your choice

Dress greens lightly and plate. Toss everything else in dressing to coat and arrange on top of greens. Add a hunk of baguette, a glass of something cold and sparkly and contemplate your good fortune.

DRESSING:

- 4 Tablespoons fresh squeezed lemon juice
- 6 Tablespoons extra virgin olive oil
- Drizzle of honey
- Pinch of salt
- 1 teaspoon dry mustard or a dollop of Dijon
- Fresh ground pepper to taste

Whisk everything but the oil together, then continue whisking while adding oil in a slow drizzle. Or dump the whole shootin' match in a jar, close tightly and shake until blended.

*Disclaimer: Hybrid seedless watermelon or worse, dwarf, all-heart science experiments are not the stuff of dreams. They can boast only a modicum of convenience and a nerfy texture. Real, old-fashioned, seeds-and-all watermelons are increasingly hard to come by but, oh so worth the effort. You won't find them at the supermarket (and what are you doing shopping for produce at the supermarket anyway?). Farmers markets are your best bet.



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FOOD GROOVE

In Spirituous

Astoria's NORTH COAST DISTILLING making its mark.

By Cathy Nist

NORTH COAST DISTILLING (NCD), Astoria's first legal distillery, opened its doors for tastings and bottle sales on Valentine's Day of this year. Tucked into the back of the Liberty Theatre building at 1280 Duane Street, the dark windows of the distillery's exterior give little clue to what may be found inside. Enter, you will be amazed!

A backtrack in history, prior to prohibition, there were thousands of distilleries across the US producing a variety of products. After prohibition was repealed in 1933, only a handful of corporate-dominated megadistilleries remained. Today, after more than 80 years, that trend is finally reversing. Following in the footsteps of the craft beer industry the micro-distillery industry is experiencing rapid growth. "The state of Oregon is a leader in this market, we now have 69 distilleries," says Lawrence Cary, owner of North Coast Distilling.

Cary grew up in Tennessee, and was exposed to deep-rooted cultural traditions around the distillation and distribution of illegal spirits that sparked his interest. He took classes on distilling spirits, and grew and perfected his pastime over the course of years. After moving to Portland he fell in love with the coast. He and his wife chose Astoria almost at random and have not regretted their decision for a minute. Dissatisfied with his former career in sales and marketing of many years, Cary took the opportunity to turn his hobby into a living. After months of planning and hard work, he opened North Coast Distilling earlier this year.

A quiet man and a perfectionist at heart, Cary seems at his happiest working in the distillery where he produces artisanal rum, vodka, gin, moonshine (a white corn

The design of the NCD tasting room invokes a strong sense of place. From the Douglas Fir bar to the wood and metal fixtures and furnishings to the waterfront images by Astoria photographer Jeff Daly, to the chart of the Columbia River Bar on the wall, you'll know that you could be nowhere other than Astoria. If you awoke one morn from a night of indulgence

(per person, per day) are available for a moderate fee, but no cocktails are mixed or sold. Spirits are sold by the bottle for consumption offsite.

Cary recommends starting with the Bar Pilot Vodka, a pure, clear grain spirit, twice distilled and run through charcoal for 48 hours. The vodka is unexpectedly smooth, light and clean. Next, one might progress to flavored vodkas, infused with unadulterated whole ingredients (fruits, vegetables, herbs and spices). No extracts, or artificial flavorings are used.

I'm not a gin lover, but Painted Lady Gin swept me off my feet. This unusual gin is made with coriander, orrisroot, chamomile, rose hips, lavender and other botanicals in addition to juniper. The smell is intoxicating, the flavor progresses through one distinct herbal note after another. It was love at first sip!

Bar Pilot Gin, a London dry style gin, has a more typical juniper forward flavor, and is a favorite for gin lovers.

Uncle Scary's Moonshine is served up old-school style, right out of a fruit jar. The flavor of corn comes through clearly. It does burn a bit going down, but is quite mellow compared to your typical backwoods 'shine.

Shanghai'd Rum is subtle and perfectly suited for serving with your favorite juice or mixer.

In the works are; Grumpy Dog Shrub Co. drinking vinegars (created by Cary's wife Christine), NCD's own tonic water, simple syrups, whiskey, bourbon, and more. Lucky visitors to the tasting room may be given the opportunity to beta test upcoming products.

Bar Pilot Gin and Vodka and Painted Lady Gin are also available in some liquor stores, bars, and restaurants. Flavored vodkas will also be available offsite later in August.

North Coast Distillery is located at 1270 Duane St. in Astoria.

The tasting room is open to the public 3 - 6pm on Thursday and Friday, 1 - 6pm on Saturday, and 11am - 3pm on Sunday. Sample a flight of 3 spirits for \$5 (tasting fees are waived with the purchase of a bottle.) Bottles are priced at

\$25 - \$30.

Check out their website at northcoastdistilling.com or follow North Coast Distilling on Facebook to keep up with the newest offerings, drink recipes, and upcoming events.



North Coast Distilling's Lawrence Cary, where it happens.



whiskey), and flavored vodkas. "It's a lot of fun," he said. His workplace resembling some mad scientists' underground creation, the stills and vats, of highly polished stainless steel and brass, are voluptuous in their resemblance to Italian Futurist spaceships.

time. Unless you are an experienced craft distillery sampler, you will likely be surprised by just how damn good this booze tastes. You may find yourself, like me, falling for something unexpected.

A tasting room is not a bar. It operates like a wine shop, a limited number of tastes



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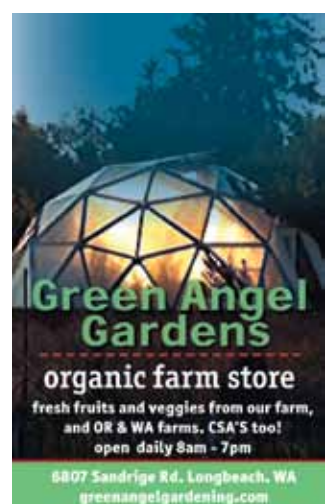
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