

HIPFISH MONTHLY

the alternative press serving the lower columbia pacific region

SEPTEMBER 2014

vol. 15 issue 188

HOLIDAY FRIENDS
Major Magic CD Release Concert
Sept 19 @ KALA pg4

PACIFIC NORTHWEST BREW CUP

17 BANDS • 36+ BREWS
SEPT 26-28

.....

ROCKAWAY BEACH CITIZENS

SERIOUS ABOUT SPRAYING PG12

.....

DISTRICT 5 RACE

WHY LIANNE THOMPSON
SHOULD WIN! PG13

JUPITER'S BOOKS

IN CANNON BEACH IS **25!**

IT'S A MERRY PRANKSTER PARTY!

SEPT 20 PG 11

riversea
gallery contemporary works of art



Jennifer Williams

original art fine craft exceptional jewelry

open daily at 11:00

1160 commercial street astoria oregon
503.325.1270 riverseagallery.com

Imogen Gallery contemporary works

240 11th street, astoria, or • 503.468.0620
mon – sat 11 to 5:30, sun 11 to 4 • www.imogengallery.com

FALL is whispering in the breeze...

See what fall styles await you

essentially fashionable

4 Seasons
C · L · O · T · H · I · N · G

A LADIES' CLOTHING BOUTIQUE
1144 COMMERCIAL IN HISTORIC DOWNTOWN ASTORIA

BELLY DANCE WITH JESSAMYN

Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and levels are welcome.

* Coin belts, zills, veils, & music are provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

GYPSY'S WHIMSY
HERBAL APOTHECARY

Enter into the Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871
Hrs: Tue - Sat 11am - 6pm
closed sun - mon

1139 Commercial St.
Astoria, OR 97103

Call for a consultation

Darcy Wiegardt
Permanent Cosmetics Technician
licensed/certified
503.791.7870

PERMANENT COSMETICS

"Always Look Your Best!"

Located at Exclusive Salon
#1, 12th Ste. 3,
Astoria, OR

The Natural flower shop Nook

Floral designs from casual beach to sophisticated elegance

Unique Gifts
Greeting Cards
Locally made original art and jewelry

Full service florist and wedding specialist

back alley gardens
"a collectors nursery"

738 Pacific Way, Gearhart, OR
503.738.5332

finnware

crystal & pottery dinnerware
cooking products home decor
sweet treats jewelry sweaters and

t-shirts books & travel music cards & calendars
astoria souvenirs too!

MARIMEKKO CELEBRATES 50 Years of UNIKKO!

Open Daily

1116 Commercial St. in Astoria • finnware.com 503/325.5720

La Luna Loca

Global Treasures to Adorn Body & Home

Now in Downtown Astoria, too!

382-12th St. in the Liberty Theater Building
107 N Hemlock St. across from the Coaster Theatre
503.468.0788 Astoria • Cannon Beach 503.436.0774
www.LaLunaLoca.com

Forsythia home & garden ARTS

fine art
artisan decor
garden ornaments

1124 Commercial St • Astoria, OR Open 11 - 5:30 (closed Sun, Mon)

prana massage

Leigh Oviatt, LMT
Historic Pier 39
503.812.2492
leighoviatt@gmail.com
www.pranamassage.org #18492

swedish, deep tissue & traditional thai massage

MOVE WITH THE REST OF THE WORLD!

Zumba Fitness Cannon Beach
Low Impact Mon & Wed 8:30am
Tolovana Community Hall
3779 S. Hemlock, Cannon Beach

Zumba Fitness Seaside
Tues & Thurs 6:30-7:30pm
1601 S. Roosevelt (Hwy 101), Seaside
503.738.6560
Adamson Bros. Jiu Jitsu Academy (membership not required)

All classes licensed instruction, dynamic, energizing, easy to follow!

13th Annual Pacific Northwest Brew Cup

Sept. 26-28 • On Astoria's Columbia River Waterfront



THE PACIFIC Northwest Brew Cup will go on September 26th through the 28th, with a select pre-tasting opener on September 25th, on Astoria, Oregon's Columbia River waterfront. Over 36 beers from across the

The event opens Friday, September 26 at noon and continues through Sunday, September 30, closing at 4pm. Entrance to the PNW Brew Cup is free and open to all ages. Souvenir tasting mugs are available

for purchase (\$9) and tokens (\$1) are required to sample any of the great beers.

Don't forget to participate in the "People's Choice" award and help your favorite beer win a great trophy from Fernhill Glass; the winner will be announced Saturday night.

BREW CUP SWAG is available at entry as well as chances to play the "Business Crawl Passport," and be entered to win great prizes

and KMUN broadcasting live on Saturday morning through the afternoon, there is something for everyone. On Sunday the "Ben Rice Band" will be making their PNW Brew Cup debut. And don't forget: Fill up on "Growler Fill Sunday." Growlers available.

2014 PNW Brew Cup Music Lineup

- Tango Alpha Tango
- The Resolectrics
- Albatross
- The Quick & Easy Boys
- Michael Hurley
- Kaylee Rob
- James Dean Kindel and the Eastern Oregon Playboys
- Will West and the Friendly Strangers
- Future Historians
- Runaway Symphony
- The Pine Hearts
- Ben Rice Band
- The Cowpokers
- Shaena Stabler
- The Brownsmead Flats
- Cedar Shakes



Michael Hurley

Northwest will fight it out to become the first keg to blow in the "Thar She Blows" contest, and it will be a close competition this year with so many great beers! This year also features more great music for all three days, with "The Quick & Easy Boys," a power-trio out of Portland, Oregon, who create their own blend of rock and roll, "J. D. Kindel and the Eastern Oregon Playboys," crooners returning again this year from Pendleton, OR, and "The Pine Hearts," Americana/Country from Olympia, WA.

Located just east of the Maritime Museum at the recently renovated Barbey Maritime Center, this outdoor festival is on the waterfront, with access to the Astoria Riverwalk and historic Astoria Trolley, which will run the Brew Cup route until 10:00pm on Friday and Saturday.

donated by Astoria's downtown merchants. A special area for kids, both big and small, provided by Purple Cow Toys, will keep the children happy. Local food vendors fill your belly with pizza, chowder, tacos, tamales,

hamburgers, hotdogs or a wrap, baba-ganosh, and hummus for those vegetarian beer drinkers!

With the music as varied as the beer, from "Brownsmead Flats" and "Shaena Stabler" opening on Friday to Troll Radio



TangoAlphaTango

and KMUN broadcasting live on Saturday morning through the afternoon, there is something for everyone. On Sunday the "Ben Rice Band" will be making their PNW Brew Cup debut. And don't forget: Fill up on "Growler Fill Sunday." Growlers available.

For more information, please visit www.pacificnorthwestbrewcup.com and "like" us on Facebook: Pacific Northwest Brew Cup.

NEW! Brewer's Reception – Thursday, Sept. 25 from 5-8 p.m., at Barbey Maritime Center. A pre-tasting session kicks off the festival weekend with limited-edition beers only available Thursday night and a meet-and-greet with some of the brewers. Fresh bites will be served by Buoy Beer. Tickets are \$35 and include sample tastings and a 2014 Pacific Northwest Brew Cup commemorative mug that can be used throughout the weekend. This event is 21 and over only.

NEW! Brewer's Breakfast – Sunday, Sept. 27 from 9-11 a.m. at Baked Alaska. Finish out the weekend strong with a hearty breakfast buffet and beer cocktails – think Beer-mosas – by Baked Alaska at the Brewer's Breakfast on Sunday morning, sponsored by Pacific Power. Brewers will be on hand to mix and mingle. Tickets are \$25 and is a 21 and over event only.



Resolectrics

Marco's Custom Bodyworks

Healings and blessings through space, touch, dance, laughter and food.

Call for your appointment **541.654.2412**
Come check out my New Studio
Located at **2935 Marine Drive in Astoria**
Mention this ad for a **\$15 discount!**

The Astoria High School Class of 1964

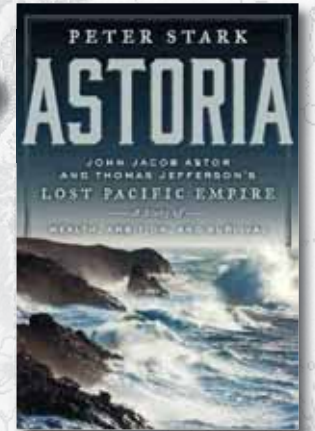
Invites the Lower Columbia Community

JOIN US!

For a Talk and Book Reading from



PETER STARK



ASTORIA
John Jacob Astor & Thomas Jefferson's
LOST PACIFIC EMPIRE

Published in 2014

Saturday Afternoon
September 20th, 2014 • 3:00PM

BARBEY MARITIME CENTER
1792 Marine Drive, Astoria, OR

A free event

"The NW's Original Surf Shop"

SEASIDE
60 N Roosevelt (Hwy 101)
503.738.7888

CANNON BEACH
171 Sunset Blvd.
503.436.9726

www.cleanlinesurf.com



HOLIDAY Friends

Major Magic • CD Release Concert at KALA • Sept 18



HOLIDAY FRIENDS are regular hometown guys. Literally. They live and work in Astoria and, as of this writing, are Hipfish's official "most likely to blow up," poised at a moment of transition with all the attendant personal and professional tensions.

by Wesley K. Andrews

PHOTO: Nathan Lampson

Holiday Friends is a five-piece indie-rock group with two lead-swapping vocalists and a mantra of "don't think too hard, just dance!" They play at punchy tempos and never let a measure pass without a catchy melody, be it vocal, synth, or guitar.

A Holiday Friends song is practically an anthology of hooks. Each motif and refrain burrows into your synapses and stays there. Hard.

Take the single-bound "Night Vision Mode" from their upcoming album *Major Magic* (they've actually positioned another track, "Spirit Girl," as the single but I'm banking on this one). It begins with a hint at the forthcoming vocal hook before feeding right into the keyboard hook. In the next repetition, the keyboard hook is overlaid with a "doo doo doo" hook (harkening back to Third Eye Blind? Am I showing my age?) with a relentless catchiness that makes me wonder: which of these hooks is actually the hook?

I asked Scott Fagerland, one of the two songwriters, what band they'd most like to open for. His answer was Foster the People because they share the same basic energy, or, in Scott's words, "the same basic mission to jump up and down."

Indeed, Holiday Friends holds the distinction of being a well-known dance band in famously dance-averse Portland. They're not really a sit quietly, listen carefully kind of band. Holiday Friends is a don't think too hard, just dance band.

Major Magic is their second full-length album atop a college-era EP that "we don't really talk about". They've been in studio on this project for over a year and it brims with the electric potential

energy of a mid-career band ready for new heights. The sound is balanced and clean. It's glossier than MGMT and more orderly than Animal Collective while simultaneously striving for the earnestness of those influential groups. And, if I can take the liberty of sounding old again, I hear notes of The Buggles, Roxy Music, and other Brian Eno-era technology



On its consistently catchy, playful, and uplifting debut album *Major Magic*, the spirited quintet Holiday Friends deliver ten joyous new tunes, refreshingly free of hipster cynicism, that strike a decisive blow for the enduring values of infectious melodic hooks and emotional engaging lyrics. *Major Magic*, release date: September 12th.

groups as they bring a gentle synth backing to the angular sound of their guitars.

But Fagerland cites the Beach Boys as his most important influence. "Their compositions are so different," says Fagerland, "more like movements in classical music than pieces of a song."

I ask Fagerland about the band's biggest problem and his answer is simple:

they're not a full-time band. And they want to be. Badly.

You can hear it in the music.

Major Magic is a release with unapologetic commercial intentions. It might just be the vehicle that takes the five Astoria-based members of Holiday Friends from hobby to job.

Worst gig ever? Let's ask band member Zack O'Connor:

"We played at a horrible St. Paddy's Day show in an alley behind a bar in Bellingham which shall remain unnamed. The sound guy was an absolute monster in every sense. Bullying, aggressive, demeaning, pompous, downright unqualified. During the sound check, had it been solely up to me, we wouldn't have played the show. The planning was nonexistent, the crowd was frigid and miserable and roped off in off-putting ways, and the overall result is, and I imagine always will be, my worst touring experience."

Holiday Friends' upcoming tour has them traveling from Moscow, Idaho, all the way south to West Hollywood and includes an opening slot for indie icons Blitzen Trapper. A long way from an alley behind the bar!

This is a fascinating time for Holiday Friends and their upcoming KALA show might just be that "I saw them when" moment. Come downtown and catch the wave!

And don't forget to not think too hard! Just dance!

Friday, Sept. 19. \$6 @ the door. Doors open 8pm. 21+ please. Music at 9pm. Full Bar. KALA is located at 1017 Marine Drive in Astoria.

Acoustic Fingerstyle Guitarist Eric Skye

Re-imagines Miles Davis' "Kind of Blue"
@ KALA, Thursday, September 18

PACIFIC NORTHWEST acoustic guitarist Eric Skye occupies a unique niche. Most often billed as jazz

guitarist, Skye actually plays an eclectic and original style, with a range of influences from bluegrass, to blues, to vintage funk, even a little classical guitar... all threaded together with a healthy respect for the groove.

Skye has been featured in magazines such as *Guitar Player*, *Acoustic Guitar*, *Jazziz*, *Jazz Improv*, *20th Century Guitar*, and others. His music has been on National Public Radio and Public Radio International. He has performed and been interviewed on many live radio broadcasts in the United States and Europe, and has written and recorded music for public television.

His newest release (July 2012), *A Different Kind Of Blue*, is a solo acoustic fingerstyle guitar re-imagining of the landmark 1959 Miles Davis recording *Kind Of Blue*. His previous release (Oct 2010) *Slow Moving Dog*, combines the sound of his little 00 size acoustic guitar with drums by Bruce Robertson and the upright bassist of Brian Casey. *Slow Moving Dog* features ten original tunes, all recorded live, that might be described as somewhere between Grant Green and the David Grisman Quintet.

Born in Bucks County, Pennsylvania, Skye taught himself to play when he was seven years old. At the end of 1970s, his family relocated to the Bay Area and Skye started taking classical guitar lessons. "I wanted to learn rock tunes as well, which my father wouldn't pay for, so in seventh grade I earned money to pay for extra lessons cleaning fish tanks in local dental offices. My teacher showed me tunes by Cream, The Allman Brothers, Led Zeppelin, etc, but he also turned me onto jazz guys like Joe Pass, Kenny Burrell, and Tal Farlow—and that kind of took over. In addition to

jazz and blues, I was very into the contemporary acoustic fingerstyle guys like Michael Hedges, William Ackerman, and in particular, Alex De Grassi. I still played some electric guitar in high school and college, but increasingly, it was all about my acoustic guitar."

By the 90s, living in San Francisco, Skye performed in his own blues band, played jazz gigs, and started a seven-piece vintage groove jazz group. In 2000, when Skye just by chance heard flat-picking great, David Grier on the trio record with Matt Flinner and Todd Phillips, and the last piece of his musical style came together.

"I had a vague awareness of bluegrass, Tony Rice, David Grisman, and others. But now all of sudden I got it. I completely dedicated myself to steelstring guitar, and to incorporating the tone and technique of these flatpickers into everything I did. I spent a lot of time working out fiddle tunes, trying to master the very strict rhythmic picking they use, but what I didn't see coming was just how much I would fall in love with that music. My technique, tone, and timing all came together from that."

In 2001 Skye moved to Portland, Oregon and in 2002, recorded his first CD *Acoustic Jazz Guitar Solos*. "That record was picked up by a pretty good distributor and did very well in the United States," says Skye. In 2005 he followed with *For Lulu*, another collection of solo jazz guitar tunes, but this time including a few original tunes. "I was really excited when most of the positive feedback I got was about my original tunes."

Eric Skye performs Thursday, September 18, 7:30pm. Doors open 7pm. \$10 at the door. Full Bar. At KALA, 1017 Marine Drive in Astoria. 503.338.4878. Listen to Eric Skye at eric.skye.com



HIPFISHmonthly

Mar 14

CULTURAL CALENDAR
& the month day by day 14 - 19

NEWS & FEATURES . . . 5 - 13

- Theateroid . . . Kline 9
- Jupiter's 25th . . . 11
- Rockaway Beach Citizen Action . . . Gilbert 12
- Why you should vote for Lianne Thompson . . . Urell 13

COLUMNS

- Steve Berk . . . 6
THEATER . . . 16
ART HAPPENS . . . 17
WORD/Literary EVents . . . 18
FLASHCUTS KANEKUNI 20
BIKE MADAME . . . HAMMITT-MCDONALD . . 21
FREE WILL ASTROLOGY . . . BREZNY 21
NETWORK COMMUNITY LISTINGS . . . 22
SONJA GRACE MESSAGES . . . 23
BODIES IN BALANCE ERFLING ND 24
WORD & WISDOM . . . NASON 23
CHEW ON THIS . . . MYERS 25
FOODGROOVE . . . GOLDBERG 26

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.

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence: hipfish@charter.net
HIPFISH is produced on the web at: www.hipfishmonthly.com
Hipfish is printed at the Daily Astorian

EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison
Les Kanekuni
Michelle Roth
Kate Giese

CALENDAR/PRODUCTION

Assistance/StaffWriter: Cathy Nist

MAGIC WEB WORKER:

Bob Goldberg

KALA VISUAL ARTS CURATOR:

Agnes Field

SEPT HIPFISH ON THE RACKS MONDAY OCT 6

Cover Art:
Don Frank Photography

Triple Divide: The Consequences of Fracking

Screens in Astoria with co-producers in attendance • Sept 13

THE PUBLIC is invited to a free screening of *Triple Divide*. The producers Joshua Pribanic and Melissa Troutman will be present to lead a discussion following the film, with Ted Gleichman from the Oregon Sierra Club.

Triple Divide tells the story of the consequences of fracking in Pennsylvania's Marcellus Shale. The story has local implications as Clatsop County continues its own struggles with the proposed LNG export terminal at Warrenton.

Triple Divide documents the effects of fracking the Marcellus Shale. Pennsylvania is one of four Triple (Continental) Divides in North America, where water flows into three major watersheds. Pennsylvania's water flows north into Canada, east to the Atlantic Ocean, and west ending up in the Gulf of Mexico. The effects of fracking the Marcellus Shale in Pennsylvania affect the water and lives of millions of people.

"Fracking in Pennsylvania and other places drives the push to export North American natural gas, including the liquefied natural gas (LNG) terminal proposed for Warrenton," says Laurie Caplan, of Astoria, co-chair of Columbia Pacific Common Sense, a sponsor of this event. "Massive profits go to the companies, while local communities are forced to find ways to live with toxic air, soil, and water."

"*Triple Divide* is about how water and energy connect us all," says co-producer Melissa Troutman. "The public isn't seeing the full scale of impacts from fracking," adds co-producer Pribanic, either because regulators are mismanaging the data or decisions are made based on politics instead of science. The impacts we encountered in *Triple Divide* are systemic and growing, but we can learn from these experiences so that the stories of those interviewed are not in vain."

An investigation of impacts from fracking in Pennsylvania, *Triple Divide* has been called "a bombshell" and "best documentary on fracking." According to Pribanic and Troutman, who also co-founded the investigative news nonprofit Public Herald, *Triple Divide* reveals how one state's 'world-class regulations' fail to protect people, communities, and the environment.



AN INVESTIGATION of impacts from fracking in Pennsylvania, *TRIPLE DIVIDE* has been called "a bombshell" and "best documentary on fracking." According to Filmmakers Joshua Pribanic and Melissa Troutman, who also co-founded the investigative news nonprofit Public Herald, *Triple Divide* reveals how one state's 'world-class regulations' fail to protect people, communities, and the environment.

"Pennsylvania has some of the best environmental laws in the country, but they aren't being enforced," says Troutman. "And major problems like the 'Pressure Bulb' effect from fracking, which we cover in *Triple Divide*, aren't a part of state or federal regulations at all."

The filmmakers, Joshua Pribanic and Melissa Troutman, are at the beginning of a nationwide 10,000 mile national gasoline-free tour in a Tesla Motors Model S, a long-range, all-electric sedan, and will test the company's nationwide Supercharger system where the electric cars can be quickly recharged for free. The directors aim to cross the U.S. using zero gasoline and emitting zero greenhouse gas pollution. They will be present at this screening for discussion afterwards. Joining them will be Ted Gleichman with the Sierra Club's "Beyond Natural Gas" campaign.

Saturday, September 12, starting at 4 PM. Doors open at 3:30pm. Columbia Theater, 1102 Marine Drive, Astoria OR. FREE. Sponsored by Columbia Pacific Common Sense, Alliance for Democracy Co-sponsored by Oregon Sierra Club, and Columbia Riverkeeper.

Astoria Candidates Forum

THE ASTORIA branch of the American Association of University Women and the Daily Astorian will be sponsoring a Candidates Forum which will take place on Tuesday, October 7, 2014, at 7:00 p.m. at the Kern Room at the Columbia River Maritime Museum, Astoria, Oregon.

All candidates for the positions of Astoria City Mayor and City Councilor for Wards 1 and 3 will be participating. The candidates for Mayor include Larry Taylor and Arline LaMear. Zetty Nemlowill and George McCartin are running for the Ward 1, and Cindy Price the Ward 3 City Council positions.

The speakers will give an opening statement and then answer brief, written questions submitted by the audience. Questions for the candidates will be accepted at the door and during the Forum.

The event is being live video-streamed by the Daily Astorian which can be seen at dailyastorian.com. It will also be taped for later broadcast by KMUN.

We invite and encourage the community to attend this Forum in order to meet the candidates and learn about their positions regarding important issues that face our community.

AAUW Meet and Greet

THE ASTORIA Branch of the American Association of University Women (AAUW) meeting will be a "Meet and Greet/ Getting to Know our Membership" to be held at the Blue Scorcher on Tuesday, September 16th at 5:30 pm. Anyone interested in AAUW is welcome to attend. We bring people together for the common goal of breaking through educational and economic barriers for women and girls. Our mission is: Advancing equity for women and girls through advocacy, education, philanthropy, and research. For further information call or text Janet Weidman at 503-741-0345.



the
Cloud & Leaf
Bookstore

148 Laneda Ave.
Manzanita, Oregon
Special Orders
Recommendations
Telephone: 503.368.2665
www.cloudandleaf.com

A store with **BOOK** sense™

Planet-Forward Fashion for Women & Men



home
organic cotton
bamboo
shoes
jewelry
art

unfurl
manzanita

Open daily • 447 Laneda Ave. • Manzanita • 503.368.8316

Astoria Real Estate

Your Locally Owned Real Estate Office for all Your Real Estate needs!

Buying • Selling • Investing

www.astoriarealestate.net
Peter and Janet Weidman
Owner-Brokers

336 Industry Street
Astoria, OR 97103
503-325-3304

Why Suffer?

call us today!

- Auto Accidents
- Work Related Injuries
- Sports Injuries
- Second Opinions

covered by most insurance



ASTORIA CHIROPRACTIC

Dr. Ann Goldeen, D.C. • Dr. Barry Sears, D.C.

503-325-3311

2935 Marine Drive • Astoria

Alternative Natural Health Care Since 1981

Imperial Decline and Local Renewal

Many Americans in recent years have wondered whether we are following the downward trajectory of imperial Rome. Having begun as a relatively cohesive republic, established functional governing institutions at the national, state and local levels that enjoyed a modicum of popular input and control, the US, in large part due to its diverse immigrant population, created a rich popular culture replete with a wide variety of civic organizations. When French visitor Alexis de Tocqueville wrote his fabled *Democracy in America* in the 1830s, one of the attributes he believed made the young republic a vibrant society was the welter of civic organizations, many of them dedicated to social improvement. We had societies devoted to promoting the means of humane care of the blind, deaf and mentally ill. Reformers sought to improve morals by curbing various forms of excess, and others held in bondage.

Sensitive Americans were appalled at the economic and social inequalities that were the product of the prevalent unregulated market economy. They sometimes went into the hinterland to found societies based on communal sharing and cooperative production and distribution of goods. Some of these communitarian societies, such as Oneida, which became famous for its production of fine silverware, also practiced controversial alternative forms of marriage and child rearing. The many Shaker communities that sprang up in locales from New England to the Ohio Valley and the upper South, practiced celibacy while also holding all goods in common. Their alternative Christianity held that all aspects of the physical world were outward manifestations of God's spirit, which had both female and male aspects. With this in mind, they produced some of the most beautiful architecture of all time, with finely polished wood grains and simplicity of line and structure. They were also practically creative, invent-



ing such household items as the flat broom and the clothespin. Amidst a masculinized, bellicose dominant culture, they upheld peace and the ideal of women's equality. The Shakers were also antislavery, as were the other peace churches like the Quakers and Mennonites.

Oneida, the Shakers, and many other communitarian societies, represented what became known as "come outerism." The term came from a letter of St. Paul in the New Testament exhorting an idealistic church community to come out and separate from the corrupt world. This did not mean cloistering but establishing a creative refuge from ubiquitous commercialism. Come outerism has recurred at various times in the development of American civilization, notably the late 1960s, when hippies or, as they often called themselves, "freaks," experimented with handicrafts, "free stores," and a communal back to the land movement. Mainstream media, by then visual and pervasive, tended to caricature lifestyles outside the commercial norm, portraying the youthful rebellion as mere self-indulgence, highlighted by unbounded sex, hallucinogenic drugs and rock music. But as observers of nineteenth century communitarianism, like Charles Nordhoff, wrote excellent objective accounts, so have recent intellectuals, like Theodore Roszak, written sympathetically, yet not uncritically, of Sixties alternative forms in *The Making of*

by Stephen Berk



a *Counterculture*, which blisters mainstream values.

Today, amidst the fish bowl of the Internet and often superficial world of cyber games and social media, we sense a new longing of the creative young for something more meaningful than globalized consumerism. The US has always had imperial pretensions, beginning with Manifest Destiny, used to provoke war with and dismemberment of Mexico, and then wars in Cuba and the Philippines fought ostensibly to "liberate" nationals from the Spanish yoke, only to impose one of our own. In previous columns, I have written extensively of the dominant strain of imperial adventurism pursued by American economic elites since the end of World War Two and of the hyper-capitalism American and European banking and corporate interests have imposed on the world in a last gasp of Western imperialism. I have also described high tech imperialism's dependence on resources now in sharp decline.

The wild card of climate change caused by industrial excess is also setting sharp limits on the continuation of ever expansive markets. Resource depletion, acidification of the seas, and catastrophic global warming, as prophetic writers like Michael Klare, Richard Heinberg, and Dereck Jensen have emphasized, must force an end to globalized corporate exploitation and rape of the planet. And it must force Americans, as well as people the world over, to move back to simpler technologies, good manual tools and localized markets. Writers like Gar Alperovitz look at emerging locally based economic forms including cooperatives, farmers' markets, and egalitarian community redevelopment organizations. Greener cities like Portland, Oregon are full of highly inventive neighborhood organizations, based more on sharing than profits. Of necessity, the recessive American practice of come outerism is recurring in the face of the imperial greed that threatens the world.

Sonja Grace
Mystic Healer

www.sonjagrace.com
Read MESSAGES
every month in hipfish

pg 27

[pickled fish]

- locally inspired menu
- classic craft cocktails

visit adifthotel.com
for menus + live music schedule
360.642.2344

live music weekly

The Adrift Hotel Music Calendar Sept. 2014

9/1, 9/2, 9/3: Luke & Kati w/ special guests	9/15, 9/16, 9/17: Mark Macminn
9/4, 9/5: The Quick and Easy Boys	9/18, 9/19: Patchy Sanders
9/6, 9/7: Leslie Lou & the Lowburners	9/20, 9/21: Betty and the Boy
9/8, 9/9, 9/10: The Harmed Brothers	9/23, 9/24: Blackberry Bushes
9/11, 9/12: Lone Madrone	9/25, 9/26: Cahalen Morrison & Country Hammer
9/13, 9/14: The Weather Machine	9/27, 9/28: Urban Wildlife
	9/29, 9/30, 10/1: The Pine Hearts

Show times are 9pm to 11pm on Fridays and Saturdays, 8pm to 10pm on weeknights (including Sundays).
For more information please contact Ezra Holbrook at ezraholbrook@gmail.com or (503) 888-0675.

Why Are There So Few Black People in Oregon?: A Hidden History, presented and facilitated by organizer and educator Walidah Imarisha.

THE RURAL Organizing Project (ROP) in conjunction with dignity groups across Oregon hosts *Why Are There So Few Black People in Oregon?: A Hidden History*, presented and facilitated by organizer and educator Walidah Imarisha.

Have you ever wondered why the Black population in Oregon is so small? Oregon has a history not only of Black exclusion and discrimination, but also of a vibrant Black culture that helped sustain many communities throughout the state -- a history that is not taught in schools.

With the recent murder of Mike Brown and the police backlash to the collective community outrage in Ferguson, attacks on Gazans, and refugee children traumatized at the border by racist mobs and inhumane detention centers fresh on our minds, several communities will dig in deep and explore what racial justice can look like in Oregon.

ROP is thrilled to be working with Walidah, the Oregon Humanities, and local leaders across the state of rural Oregon. Attend an event near you.

Saturday, September 6 - 7pm

Astoria, Clatsop County: LCDP & ROP present
Judge Guy Boyington Building, 857 Commercial
Sponsored by the Lower Columbia Diversity Council

Monday, September 8 - 7pm

Newport, Lincoln County
Oregon Coast Community College, Community Room,
400 SE College Way
Sponsored by Immigration Information Response Team

Tuesday, September 9 - 6pm

Bay City, Tillamook County
Bay City Arts Center, 5680 A St.
Sponsored by the Tillamook County Women's Resource Center



The 2014 Clatsop County Cultural Coalition Grant

EACH YEAR, approximately \$8,000 is made available by the Oregon Cultural Trust to Clatsop County Cultural Coalition to fund projects in art, music, humanities, and heritage in Clatsop County. Groups and individuals can go online to the Clatsop County Cultural Coalition's website to download this year's application form and learn about the goals and work of the Coalition. Grants of up to \$2,000 can be given to both organized groups and individuals in Clatsop County. Successful applications often exhibit a broader community purpose and involvement. Cultural Trust funding has gone to school music programs, theater performances, dance instruction, ballet costumes, musical instruments, speakers, and even paint for a historic community building, among others. Formal non-profit status is not required.

There are two opportunities to get coaching on preparation of the application and to ask questions: Tuesday, September 23 from 6:00 - 7:00

p.m. in Columbia Hall 219, Clatsop Community College, 1651 Lexington Avenue, Astoria OR Saturday, September 27 from 10:00 - 11:00 a.m., Clatsop Community College, South County Campus, 1455 N. Roosevelt Drive, Seaside.

Application forms are available on the Coalition's website, www.clatsopculturalcoalition.org/. Applications accepted between September 15 and November 1, 2014. Completed applications must be received no later than 5pm November 1, 2014 at P.O. Box 864, Astoria, Oregon, 97103. Late applications will not be accepted. Successful applicants will be notified directly and will receive their award checks at an awards ceremony to be held December 9, 2014 at a location to be announced.

Questions regarding the process or the project, please contact Janet Bowler, jlbowler@charter.net, or go online to www.clatsopculturalcoalition.org/.

CCC Hosts Conference on Extraordinary Living Live Life to the Fullest After 50

TODAY'S 50+ age population enjoys more opportunities and a longer lifespan than ever before. This segment of the U.S. population is also the largest and fastest growing. The 50+ age group will continue to be actively engaged and will influence society, culture and the economy for years to come.

Clatsop Community College, with sponsorship from Columbia Memorial Hospital, Providence Seaside Hospital, Northwest Senior and Disabilities Services and ENCORE, will host its first annual Conference on Extraordinary Living addressing the interests and challenges of the growing 50+ population. This one-day conference will take place on the CCC main campus, 1651 Lexington Avenue, Astoria, on Saturday September 13,

2014 from 8:30 a.m. to 4:00 p.m. The conference includes a complimentary lunch. A suggested donation for the conference is \$10 at the door. Seating is limited, and pre-registration is required by Monday, September 8 by calling 503-894-0187 or email rmccllland@clatsopcc.edu.

The Conference on Extraordinary Living will show you how to live life to the fullest. Twenty-one informative breakout sessions will be offered, for example, travel tips and information, nutrition for a healthy life, genealogy, and numerous topics related to health, safety and well-being after 50. For details, visit www.clatsopcc.edu/community/summer-programs.

Please direct inquiries to: Robert McClelland, 503-894-0187; rmccllland@clatsopcc.edu.

Citizen Panel Releases Findings and Makes Recommendations on GMO Measure 92

(Salem, OR) – A cross-section of Oregon voters concluded their three-and-a-half day review of the Oregon Mandatory Labeling of GMOs Initiative, and released their findings and recommendations.

The panelists were closely divided, with a narrow majority (11 of 20) voting to oppose the measure. Their findings will appear in the Official Voters' Guide this November.

A separate panel finished a review of Measure 90 on Wednesday, and a majority of that panel voted to oppose the Top Two primary measure.

The twenty panelists, who were randomly selected to match the demographics of the state, heard from proponents and opponents of the measure and had the opportunity to ask questions and deliberate before producing a Citizens' Statement to inform their fellow voters. The Citizens' Statement gives voters key facts about the measure, as well as arguments for and against its passage.



"It was really great meeting everyone here, even if we disagree," said Mia, a panelist from Portland. "That's what Oregonians are about. I learned so much about GMOs that I didn't know before."

Citizens' Initiative Review Commissioner Ann Bakkensen said, "Oregon voters are looking for unbiased information about the issues they'll be voting on in November, and the Citizens' Initiative Review provides information they can trust."

CHIP-in Volunteers to Clean Violet LaPlante Park in the Alderbrook Neighborhood

ASTORIA PARKS and Recreation's Citizen's Helping Improve Parks (CHIP-in) program will have its next park clean-up at Violet LaPlante Park, located at 45th and Cedar Streets on Sunday, September 14th from 1pm to 4pm.

Violet LaPlante was an active community member in the Alderbrook neighborhood. She was a staunch advocate for the creation of this beautiful park that residents are able to access in the neighborhood and from the Astoria Riverwalk. Mrs. LaPlante, unfortunately, passed away at the young age of 49 in 1970 and the Alderbrook community organization that spear-headed the park thought it fitting to name it after her. Violet LaPlante's family still resides in Astoria. Her daughter, Mary Kretzler is

the owner of Commercial Street Antiques & Collectibles which she owns with her husband, Jim who formerly worked for the Parks Department.

Volunteers interested in partaking in the CHIP-in @ Violet LaPlante Park event are asked to bring: sturdy work gloves, weed whackers, hand pruners, or loppers if they have them. Volunteers are also urged to wear long pants and closed toe shoes.

CHIP-in has other volunteer opportunities available with monthly park clean-ups as well as park adoption. FMI: Astoria Parks & Recreation Facebook page and website (www.astoriaparks.com). Also contact Volunteer Coordinator, Janice O'Malley Galizio at (503) 741-5965 or via email at chip-in@astoria.or.us.



Visit Historic Downtown
Astoria
and
don't forget to
bring your artwork.

Custom Picture Framing
Eclectic Cards
Redi-Made Frames
Standard Mats
Fun.

1287 Commercial St.
Astoria
503.325.5221
M-F 9:30 - 5:30 Saturday 10 - 5
Sunday by appt.

Moby Dick
Hotel
and Oyster Farm

Enjoy the serenity of our
gardens, wooded paths, sauna,
yurt and bhuddas . . .

. . . in Nahcotta, Washington
on Sandridge Road,
just south of Bay Avenue
overlooking willapa bay

"women have been central to the environmental movement and our understanding of ecology since its earliest stirrings and fragile beginnings in the 19th century"
Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil



www.mobydickhotel.com
360-665-4543 or 1-800-673-6145

exhilarating freedom.



BEACH DANCE

• Cannon Beach at Chapman Point
Friday Sept 5, 19 - 6pm

• Manzanita at Base of Neahkahnie
Saturday Sept 6, 20 - 10am
(please arrive 15 min. before dance time)

RESERVATIONS ARE REQUIRED.
To reserve a spot and for more info and directions, email: Denise at denise.lofman@gmail.com. Sliding Scale \$10-\$20

Join Us For the End of Summer!

The Harbor Volunteer Training Program

LEARN ABOUT OPPRESSION, DOMESTIC VIOLENCE, SEXUAL ASSAULT, ADVOCACY SKILLS, AND MORE.

Interested applicants call:
Chris Wright (503) 325-3426

The Harbor
1361 Duane St. in Astoria
www.harbornw.org



Three Village



Massage

- Therapeutic Massage
- Acupressure
- Hotstone Massage
- Aromatherapy & Reiki

Janet Maher LMT (License #4356)
www.threevillagemassage.com

35750 7th St (Hwy 101)
Nehalem, OR • 503.368.3693

The Coaster Theatre Playhouse Presents



TWELFTH NIGHT

A COMEDY BY
WILLIAM SHAKESPEARE

SEPT. 26 - OCT. 25, 2014

TICKETS \$20 OR \$15

PERFORMANCES BEGIN AT 7:30 P.M.

ALL SUNDAY SHOWS BEGIN AT 3:00 P.M.

TALKBACK — THURSDAY, OCTOBER 9TH

SPONSORED BY COASTER CONSTRUCTION



Tickets: 503-436-1242 or coastertheatre.com
108 N Hemlock Street, Cannon Beach, OR

Lower Nehalem Community Trust Hosts 12th Annual Harvest Festival A Day Of Family Fun And Celebration • Oct 4

THINK PUMPKINS, apple cider, live music in the barn and celebrating with the community when the bounty of the harvest comes alive at the 12th annual Harvest Festival on Saturday, October 4 at the Lower Nehalem Community Trust's Alder Creek Farm in Nehalem. Bring the whole family to the farm and have some fun. From noon until 4 p.m. this 54-acre preserved natural area, along with its barns, gardens and creek-side trails, welcomes the community to this setting for an afternoon of harvest festival activities.

This year's Harvest Festival features live music by the Coaster—just right for dancing and singing along. Along with the music comes a bountiful farmer's market, cider pressing, information booths, children's activities and conservation tours of the 54-acre property.

The gardens of Alder Creek Farm will be open for strolling and inspiration. Caretakers of the Community Garden and the Permaculture Garden will be on hand to answer questions and inspire green thumb aspirations. If you have not visited these gardens, plan to spend extra time this year seeing the delicious beauty of what can be grown in our Lower Nehalem/Neahkahnie Mountain region.

Prepared foods, beverages and ice cream will be available. All proceeds



benefit the year-round Education Programs of the Lower Nehalem Community Trust.

To reach Alder Creek Farm & Natural Area, turn south off of Hwy 101 at Underhill Lane between Manzanita and Nehalem. Follow the Lane to the end of the road. Parking is limited so carpooling, walking or bicycling in is encouraged.

The 12th Annual Harvest Festival is made possible with the support of

Unfurl Manzanita and Ecologic Tree, LLC. Lower Nehalem Community Trust, a 501 (c)(3) non-profit, has been conserving and stewarding land in the lower Nehalem watershed since 2002. The Trust leads restoration projects and provides year-round community education programs for children and adults. For more information call (503) 368-3203 or go to www.nehalemtrust.org.

Hoffman Center to Celebrates the Arts Oct 11 - 13

THE HOFFMAN Center in Manzanita will mark its tenth anniversary with a special three-day Celebration of the Arts October 11-13. The event will showcase Hoffman Center artists

and programs, and introduce the newly remodeled building. The hours will be 11 a.m. to 4 p.m. each day.

Saturday, Oct. 11 includes an art show featuring over 20 Hoffman Center artists, as well as writing, poetry and children's activities. The Center's clay studio artists will offer wheel

throwing and hand building demonstrations. A silent auction will offer a wide variety of merchandise and local experiences. An overnight stay at the Inn at Manzanita, dinner at Blackbird, and a massage, will be raffled off during the celebration.

The art show will continue Sunday, with an Artists' Reception from 2 to 4 p.m. The reception will include a 10th anniversary ceremony with cake and other refreshments.

A Celebration of Music concert, featuring local musical groups, will be held Sunday evening at 7 p.m. Admission to the concert will be \$10, with all funds going to support the Hoffman Center.

The art show will continue all day Monday, Oct. 13, providing a last opportunity to view and purchase art.

The tenth anniversary year has been a significant one for Hoffman Center. The Hoffman House Studio Building was demolished, with the help of an anonymous grant from a local family. It was replaced by the new Hoffman Gardens, built with additional funds, labor and plants donations by

Volunteers Needed to Help Survivors of Abuse Tillamook County Women's Resource Center

Are you looking for a learning opportunity this fall? Tillamook County Women's Resource Center is offering a free training starting September 11, for individuals interested in volunteering and community partners who wish to increase their understanding and improve their crisis intervention skills. The thirty-hour training will cover topics such as counseling and communication, oppression awareness, root causes and dynamics of domestic and sexual violence, and how you can be part of the solution. The training prepares volunteers for various positions like working with the hotline, direct services, clerical duties, fundraising, publicity, maintenance and odd jobs, and many other opportunities. There are volunteer positions for everyone, for every skill set and interest.

TCWR Center has worked since 1982 to eliminate domestic and sexual violence in our community. FMI: For Volunteer Training or to get started on your volunteer application, call TCWRC's Volunteer Coordinator, Emily Fanjoy at 503-842-8294 x211.

the community. The Center's "Finish Off the Hoff" campaign raised enough money from community contributions and grants to complete remodeling the main building, just in time for the Celebration of the Arts.

FMI: Tela Skinner at mactela@nehalem.tel.net or Glenna Gray glenna@nehalem.tel.net.

North Coast Director Extraordinaire Merril Lynn Taylor

WHAT DO you get when you mix together a director, actor, costumer, and English major? An invaluable person in our North Coast theatre community, and that's exactly who Merrill Lynn Taylor is. Originally from the Southwest, Taylor has been on and off the stage since her childhood. During stints in New Mexico, London, L.A., San Francisco, and Portland, Taylor has been involved in an array of facets of the theatre.

With a degree in English Literature, and a Masters in Theatre Art, she's worked as a Theatre Arts teacher at Clackamas Community College, Pacific University, and PSU. She now finds home in Cannon Beach, where the Coaster Theatre has the pleasure of showcasing her directorial talents. Taylor's most recent project has been directing Shakespeare's Twelfth Night, set to open September 26th.

Sofie Kline: How long have you been doing theatre in this area?

Merril Lyn Taylor: I first came to Cannon Beach in 1983 when Portland State University had a repertory company here, which they ran for 17 years. It only ran for another 2 or 3 years after '83. I think it was a time when funding became difficult at Portland State and a fellow Jack Featheringill- who a lot of actors in this area as well as Portland had worked with- was coming close to retirement and they pulled the company, so that was the first time I stayed here.

SK: So when the Coaster Theatre brought in shows from Portland that's when you first came?

MT: Right. When Portland State ran a summer rep company, right at the end of that I had gone back to Portland State to do some studies in theatre. I came to Cannon Beach for a summer and in fact did a master's project which was directing Bedroom Farce. After that I stayed at the beach part of the time and Portland part of the time and continued to direct off and on here which I have done ever since.

SK: When were you first interested in theatre?

MT: As a kid, you know church plays and school plays. I remember taking oral reading and learning poetry; I think my mother was very interested in it living in a small town in New Mexico. I also took dance a lot of years when I was a kid.

SK: Was there a point when you knew directing was it, when you knew that was what you loved?

MT: Yes, actually. I started out doing acting as I think most people do, and then you kind of discover all the other aspects of theatre. I went to London, studied acting at the Guildhall School for a time, came back, lived in L.A. and San Francisco and auditioned and did a few things and then I didn't do theatre for a while. When I went back to Portland State I took a directing class from Jack Featheringill and it just was so thrilling, I loved it. By then I had managed a dance company for a while and I loved the administrative aspects of the arts. I had done acting, which is obviously relevant to it. I had been an English major, which brings in the literary side. It seemed like a great place to use everything.

SK: What inspires you the most about

directing here in this area, the North Coast community?

MT: It's not really an answer to say "opportunity" but that is part of the answer. It's a great opportunity, and it's quite extraordinary how much there is here. Okay, this is inspiring, the people that are available to work with. That is really exciting, and I think it's because there has been a theatre here for a long time -- there are traditions here. And by "here" I don't just mean here in Cannon Beach, I've done shows with people from Oceanside to Long Beach in the same show, it's a community. There really is a wide range of talent, and many of them are interested in many aspects of the arts. They are artists, or musicians, or writers. I think all of that coalesces into a community of artists that's really lovely to work with.

SK: Has there ever been a play that you felt was really challenging but turned out to be a success?

MT: I would say this one. I think Twelfth Night is a really good example of a really challenging play, but it's proving to be very exciting. We're catching up with it I would say.

SK: How is it different for you as a director to direct Shakespeare vs. a more modern show? Is there a difference?

MT: There is a difference in the amount of work, the play is bigger and has more people, has literary aspects and research aspects that are important to make one's self aware of. I think that's were the old English major rises up and says "Yes, Yes! I get to do this!" The complexity of the language is a challenge for both the actors as well as for me, but you learn, and that is very exciting. In terms of going about the business of acting I don't think it actually is a lot different. It takes more time than a modern play would, because of some of those aspects. I still think it has to be clear it has to be believable. I always like to start work at a table and find out some things about one another and about the script and then you get it up on it's feet and add elements to it. Those kinds of things don't change for me.

SK: Do you have a dream play you'd like to direct?

MT: I'm doing it. That is really interesting. I don't think I've ever done a play in which I wasn't interested, or became interested. I

theatreroids Q&A w/SOFIE Kline



think a lot of times because a play is coded in a way, you don't really find out what it's about in the same way reading it as you do once people are working with it. It's always very surprising, at least I find it surprising. The unknown of what an actor is going to bring to it. I can read it and have an idea and then you get in a room and read it and somebody else has a different and very possibly better idea and then your working together. The collaboration aspects of it are really interesting. Getting to do more Shakespeare is great, because it's challenging, simply because it's big. Modern plays are generally smaller, in terms of cast size. So Shakespeare becomes challenging in terms of organizing and costumes, and in a community like this where people do work and have families and other interests, it's just challenging to get everybody together. I would also like to do more comedy. I had a chance at one point to do some French farce and I'd love to do more of that.

SK: What would you like to see develop in the theatre community on the north coast in the next 5 years? If you could envision your dream come alive?

MT: I think we are very fortunate that there are theatres in Astoria, and here in Cannon Beach. So I guess the answer is that it continues to flourish and grow. I think the communities continue to be joined together more through people who work one place and another and I don't just mean in theatre, I mean in every way in the amount of time since '83 when I first came here. I think there is richness in that. So to see the theatre propagate would probably be it.

SK: And do you want to be a part of it?

MT: Of course, I think I am a part of it. If you keep doing work you are. Administratively probably not, but just continuing to do work.

Winnifred Byrne LUMINARI ARTS

Astoria Artwalk

5-8pm • SEPT 13, 2014

Featured Artist:

Constance Waissanen

Fiber Artist

Art Cards, Artisan Crafts, Gallery & Working Studio
1133 Commercial St. Astoria, OR 97103
503.468.0308

Montessori-Based Preschool Grace Episcopal Preschool



Register Now to secure your spot
for the 2014-2015 School Year.

Limited Openings available in
our Monday - Friday classes

www.graceastoria.org

Grace Episcopal Church - 1545 Franklin Ave., Astoria
For more information, call (503)325-4691

THIS WAY OUT

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio
Wednesdays at 10:30pm.

This Way Out marks almost 25 years on the air!
Our first program was distributed on April 1, 1988,
(no foolin').

It's **THE** award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.



This Way Out leads off each week with NewsWrap, a summary of some of the major news events in or affecting the lesbian/gay community, compiled from a variety of publications and broadcasts around the world. If you have a local news story you'd like us to report, please let us know!

This Way Out is sponsored in part by *Qfolk/Hipfish*.

KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

The 2014 Northwest Symposium Alternative Process Photography & "Altered Views" LightBox Photographic

LIGHTBOX PHOTOGRAPHIC Gallery will host the 2014 Northwest Symposium for Alternative Process Photography, September 12-14th and the opening and artists reception of "Altered Views" an International Exhibit of Alternative Process Photography, Saturday night September 13, from 6-9pm.

Presenting their work and vision at the weekend Symposium, to be held upstairs at the Liberty Theater from 10-4 pm Saturday and Sunday, are a masterful group of Alternative Process Photographers, including keynote speaker, Mark Osterman of the George Eastman House in Rochester N.Y. and presenters, S Gayle Stevens, Bill Vaccaro, Doug Ethridge, Diana Bloomfield and Susan de Witt. The weekend is full of presentations, sharing, learning and meeting other Alt Process Photographers. Over 60 photographers and enthusiasts will be attending for a very special weekend!

The weekend starts Friday night September 12th at LightBox with a special preview opening of "Altered Views",



a beautiful collection of photography from 55 artists, along with a gallery full of alt process work from the presenters and organizers, and a meet and greet party for Symposium participants. You may contact LightBox for last minute registration. info@lightbox-



photographic.com and visit <http://www.altphotopacific.org/Events.html> for all the details.

The exhibit "Altered Views" was juried by S. Gayle Stevens of Downer's Grove, IL. Gayle has worked in antiquarian photographic processes for over fifteen years. Her chosen medium is wet plate collodion for its fluidity and individuality. She exhibits extensively across the United States, United Kingdom, the Netherlands and China. Ms. Stevens received an MFA from the School of the Art Institute of Chicago in 1999. She is an educator, speaker, juror, curator and an active member of the photographic community.

Photographic art is thriving with creativity with the use of historical and alternative processes. In "Altered Views" the juror was looking for artists who push the boundaries of alternative processes, with the innovative use of antiquarian processes, not imitations of early practitioners. She wished to see contemporary use of these processes, what would the early practitioners be doing today? Fifty Five Photographers will display work in the exhibit

of the finest works, considering technique and creativity, from photographers using the Alternative Processes. With this exhibit gallery visitors will be able to view work created with a variety of photographic processes, including Platinum/Palladium, Cyanotype, Vandyke, Daguerreotype, Wet Plate Collodion, Dryplate, Ambrotype, Gum Bichromate, Lith, and Albumen prints to name a few.

"Altered Views" will be shown in the gallery from September 13th until October 7th. Every month LightBox exhibits Silver Gelatin prints from the LightBox Darkroom Members. LightBox offers memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox provides fine art reproduction, restorations, photographic printing, and other photographic services. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238 or at info@lightbox-photographic.com.



com, and visit lightbox-photographic.com for more info and to enjoy past, current and upcoming exhibits.



The dearly departed Reverend Billy Hults, Founder of the Upper Left Edge

Photo: Dinah Urell

Revive a Great Notion Jupiter's Books Marks 25 celebrating the Upper Left Edge and the 50th Anniversary of Kesey's novel IN MERRY PRANKSTER FASHION

TWO LITERARY TRIBUTES will converge in Cannon Beach on the third Saturday of September. Jupiter's Books will mark its 25th Anniversary with a salute to Ken Kesey's *Sometimes a Great Notion*. The iconic Northwest novel turns 50 this year.

"These anniversaries fit together like Kesey in Day-Glo boots," says Watt Childress, owner of Jupiter's Books. "His novels are mileposts in the quest for independent thinking. Since its inception, our bookstore has served as a way station in that journey."



Photo Series: Don Frank

→ The idea to combine these celebrations arose from conversations between Childress and Matt Love, author of *"Sometimes a Great Movie: Paul Newman, Ken Kesey and the filming of the Great Oregon Novel."*

"The social context of Kesey's book is significant," says Love. "He and his tribe took a wild bus ride across the country in order to be in New York when the novel was published. That trip made its own literary mark when Tom Wolfe chronicled it in *Electric Kool-aid Acid Test*. Not a lot of people, even Kesey fans, realize the connection."

Love will introduce the novel at the gathering and give a brief history of its publication. The event will also feature dramatic readings from the novel and music performed by Manzanita's *The Cedar Shakes*, who will play many of the honky-tonk and blues songs that Kesey excerpted in the book. Food and drink will be provided, too.

In addition to the celebration of the novel, attendees will receive an advance new print edition of the *Upper Left Edge* -- the monthly newspaper that's long been connected with Jupiter's Books and was founded by the late Billy Hults. Many long-time coastal residents fondly recall the *Upper Left Edge*, and the distinct counterculture flavor it provided.

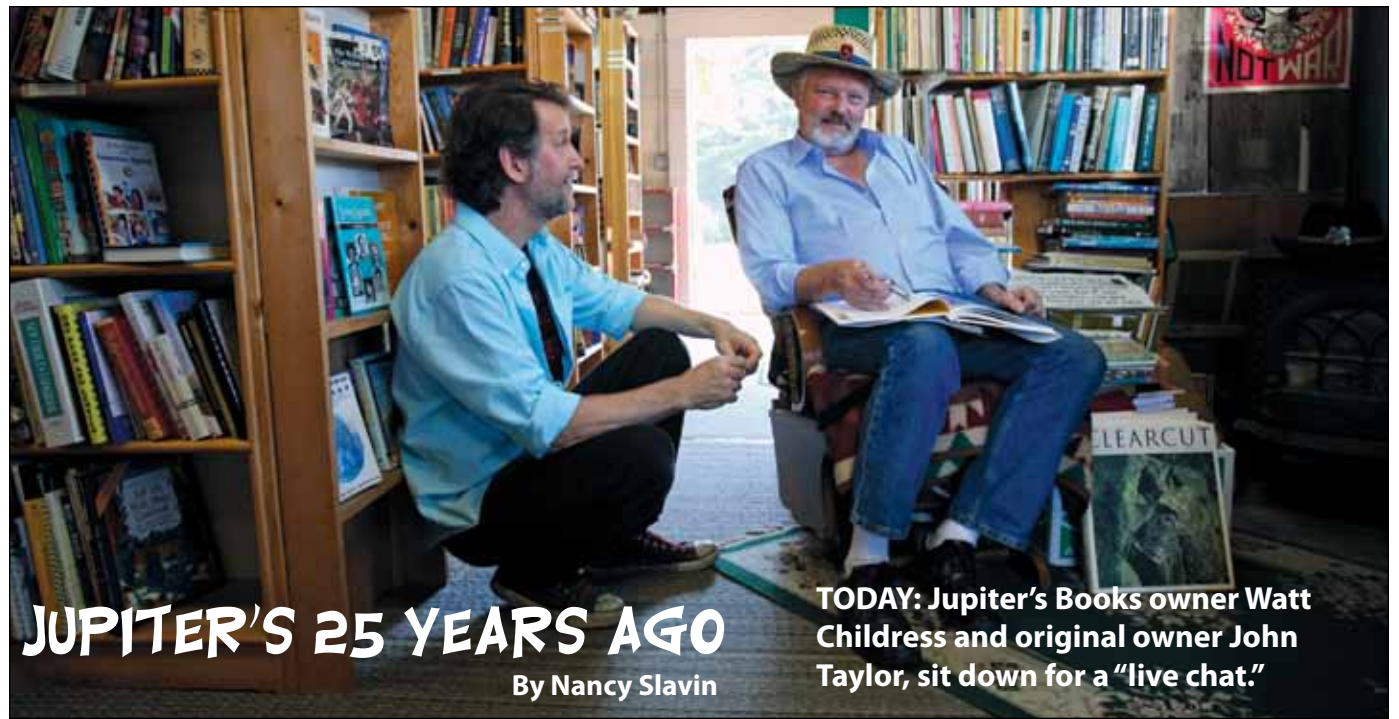
"Billy put together the first issues of the *Upper Left Edge* at Jupiter's," says John Taylor, who started the bookstore in 1989. "The newspaper began as an extension of that place where freethinkers gather up words. Readers will be glad to get our hands on a new print edition. Yet another reason to throw a party."

"This is our way of re-investing in community," says Childress. "We invite folks to join us and revive some north coast spunk. Come dressed in Merry Prankster garb. You'll feel right at home."

The Happening is slated for 5 to 8 pm on Saturday, September 20th at Jupiter's Books (in downtown Cannon Beach, on Spruce Street across from the park). For more information contact Watt Childress at 503-436-0549 or wattchildress@yahoo.com.



Kesey's celebrated novel, "Sometimes a Great Notion," available at Jupiter's.



JUPITER'S 25 YEARS AGO

By Nancy Slavin

TODAY: Jupiter's Books owner Watt Childress and original owner John Taylor, sit down for a "live chat."

TWENTY-FIVE YEARS ago, Mary Lou McAuley was living in Washington State when she received a "sudden tip from the cosmos" that she should move to Cannon Beach, and open a bookshop. Since then, Jupiter's Books has showcased secondhand books and other wares in a recycled garage across from the park in downtown Cannon Beach.

The name "Jupiter's Rare & Used Books" was adopted in 1990 by John Taylor, a local house painter, who suddenly knew, like a bolt from the blue, he was going to be the next owner. As a boy, John's mom gave him the nickname "Jupiter" for some unknown reason. Taylor installed the wooden shelving that enables, current owner, Watt Childress, to fit some 15,000 titles in the space of about 500 square feet. While John was still the shop owner, he hired a washboard-playing hippie named Billy Hults. Hults had just moved to the coast from Portland, where he had been working at the Goose Hollow Inn to promote live music, and to help elect Goose Hollow's owner, Bud Clark, as Portland's mayor.

In 1992, Billy began publishing "The Upper Left Edge" while working at the book shop. "Our beloved Reverend Billy Lloyd Hults", as he became known to his readers, enticed his bosom buddy and fellow writer, Michael Burgess, to join him at the coast. Burgess came to Cannon Beach, and served as anchor columnist for the publication. After work on most evenings, the duo would join other local literati at Bill's Tavern for "vespers."

In the late 90s, Billy sold "Jupiter's" to two of his "vesper" brethren, Bob and Suzanne Ragsdale. This couple had made enough dough, after retiring from Microsoft, to keep Billy on to work in the shop, along with several

other characters. Watt began visiting the shop circa 1989, and soon fell in love with a Clatsop County girl. He and Jennifer moved to the coast to live full-time in 2001. Childress

him Friday and Saturday nights at The Bistro in Cannon Beach.

"When I travel I see fewer shops like Jupiter's, fewer places to peruse the shelves, and explore a selection of out-of-print stories and offbeat ideas," Watt comments. "Many secondhand booksellers have shut their doors during the past decade — cutting brick-and-mortar costs, and shifting solely to online marketing. That's too bad, because you can't get the same experience at a website. Secondhand bookshops can be seedbeds for enlightenment, in my humble experience. Time and again, I've watched how seemingly random bits of information converge in ways we don't expect. Suddenly, we're holding a book we've never seen before, on a topic we hadn't considered. Then real magic is unleashed, when some word opens up a conversation." His aim is to provide the fertile ground for that process to continue. "People call it 'browsing', which makes it sound like a safe, sane dalliance, but on good days it feels more like getting struck by lightning."

Childress finds, "it's challenging to own an independent bookstore now -- competing with e-books and large online marketers in a sluggish economy. Some folks walk in my shop to browse, see something they like, then leave figuring they'll find it cheaper elsewhere. I like it when they come back after they realize they were mistaken."

What does the future hold for Jupiter's Books?

"We're selling new books now, not just used ones like we've done in the past. We'll continue to expand our eclectic mix of new and used, plus host book events here and at other venues. Maybe some day we'll find a larger space, but for now we'll keep tending shop in this little spot we've loved for a quarter century." - Nancy Slavin for *Hipfish*



started working at the bookshop, then, and would scout for additional inventory, on the side. Together, Watt and Jennifer purchased Jupiter's Books in 2004; recently, reviving "The Upper Left Edge", as an online journal. Musician, Wes Wahrmond works in the shop at least one day a week, and is known to bring his guitar to play, but you can always catch

2nd Saturday ART WALK

5:00 pm
Downtown
Astoria

Every month
Year round

Sept
13th

Visit
Downtown
Astoria on the
2nd Saturday
of every month for Art,
Music, and
General Merriment!

Sponsored by
Fort George Brewery
& Public House



astoriadowntown.com



SHANGHAIED CLOSING WEEKEND



SEPT
11-13

UFDAAH! ASOC's Topsey Turvey
Shanghaied is Back!

And It Is Crazier Than Ever! Oct 11-25

Friday Sept 19th box office
6:30pm, doors at 7:00pm,
show time 7:30pm

Tickets can also be purchased at the door
beginning one hour before show time, going
fast, reservations recommended.



Coming This November:
Larry Shue's
The Foreigner
Oct 11-25

ASOC PLAYHOUSE

129 West Bond Street
in Uniontown Astoria
tickets online @
astoriestreetoprycompany.com

ticket info call
ASOC Box Office: 503-325-6104

Rockaway Beach Citizens for Watershed Protection

By Scott Gilbert

Group takes stand for clean water and air • Pesticide spraying on clear-cuts led citizens to join forces



Residents of Rockaway Beach and nearby areas gathered Aug. 25 to plan a Sept. 4 town-hall presentation on aerial herbicide spraying and its effects on water quality, presented by Rockaway Beach Citizens for Watershed Protection. Behind the group is a clear-cut of the type that is sprayed by timber companies. Seated, from left, are Janet and Patrick McIntire; standing, from left, are Jill Holbrook, Mary McGinnis, Nancy Webster, Steve King and Jane and Jack Anderson. Photo by Scott Gilbert

IT WAS 2011 when Nancy Webster started watching a rapidly expanding clear-cut in the Jetty Creek watershed, which provides drinking water for Rockaway Beach.

Fast-forward three years and meet the Rockaway Beach Citizens for Watershed Protection, a loosely organized group focused on ensuring that "the water we drink and the air we breathe are safe."

Aerial spraying of herbicides on clear-cut timber lands, coupled with notices from Rockaway Beach that warned residents of problems tied to organic compounds running off the deforested watershed into the city's drinking supply, have energized the group.

Eight members of the group held an enthusiastic gathering recently as they prepared for a Sept. 4 town-hall meeting at St. Mary by the Sea Catholic Church in Rockaway Beach, with the goal of bringing together experts in fields including Oregon law, forestry, environmental issues and the health impacts of pesticides.

"I had no awareness of what was happening up there," Webster said of the privately owned clear-cut uphill from her home that sparked her initial concerns. She and fellow group member Steve King saw

the work taking place three years ago, then Webster hiked into the area with her friend Judy Coleman, a retired Oregon Department of Environmental Quality water-quality analyst.

"We were just overwhelmed by what we saw," said Webster, adding that they encountered contract loggers who praised the quality of the hilltop water and warned of the herbicide spraying to come.

She first saw aerial pesticide spraying at the site in 2012, the same year that another

WANT TO join?

If you'd like to participate in Rockaway Beach Citizens for Watershed Protection or the North Coast Basin Coalition, write to: rockawaycitizen.water@gmail.com

trip up the hill during a tsunami-awareness practice led to a talk with a neighbor and the initial meeting of concerned residents.

"The initial concern was how aerial spraying might be affecting our water," Webster said. More concerns were sparked when Rockaway Beach's upgraded water treatment facility, which had switched from a conventional system to a membrane filtration process, exceeded Environmental Protection Agency limits for trihalomethanes and was required to send warning notices to water customers for two years.

Trihalomethanes are formed when chlorine used to disinfect drinking water reacts

with organic materials of the kind that run down Jetty Creek, carrying more mud after the clear-cut. The chemicals, tied to cancers in lab animals, required a change to the treatment plant last December, when the city and the facility manufacturer each spent about \$150,000 to add another layer of pre-treatment filtering.

Concerns about drift from herbicide spraying also motivate the Rockaway Beach group members, who point to the expense and difficulty of receiving notifications about the wide time frames in which aerial spraying can occur. The Oregon Department of Forestry charges \$25 per forest section per year to provide notifications, and the periods in which spraying can be performed can stretch for months.

Many problems, group members say, stem from Oregon's Forest Practices Act, which gives private timber companies more leeway than is permitted on public lands. The law also allows less stringent clear-cut and herbicide buffers along streams than are required in other states and national forests.

"I think Jetty Creek is a good case example of the effects of the lenient Forest Practices Act," King said.

Group members would like to see better protections and improved notifications under state law, but "we try to be realistic that to change the Forest Practices Act is a very long-term thing,"

as Janet McIntire said. A process that might work faster, some said, would be acquisition of crucial properties by communities, conservancies or others that would improve land practices.

"In the short term, conservancy as a watershed would be nice," said Patrick McIntire, "but it's

a long-term struggle to fix all the other things that need to be fixed just to have safe air and water."

"We have this dream of being able to get a paid conservancy of our watershed," Webster said. "Maybe the land could be restored for fish, wildlife, drinking water, hiking, recreation, and then there can be selective logging done conscientiously with a mind for water."

"We're doing all the legwork to talk to environmental organizations and outfits that involve themselves as middlemen for these kinds of projects to the land trusts," Patrick McIntire said. "Hopefully we'll find something out and take that to the city."

Another focus of Rockaway Beach Citizens for Watershed Protection is public knowledge, said Mary McGinnis, who was preparing to moderate the town-hall session. "I moved here four years ago, saw how beautiful it was, and assumed the cleanness followed the beauty," she said. "So there's just a lot of education to be done, and awareness-raising to be done."

"We went through the same thing when we moved from Idaho 11 or 12 years ago," said Garibaldi resident Jack Anderson. "We thought: 'Oh good, we're going to get over to a good progressive state.'"

While Rockaway Beach Citizens for Watershed Protection is focused on the area around its namesake city, the group has reached out to form a wider organization, the North Coast Basin Coalition. The coalition, a working group and information provider, highlights similar issues in water districts throughout Tillamook County's coastal and near-coast areas.

Members have their hands full as they tackle big issues, but a sense of hope pervaded their recent gathering. If you give the land a chance, said Janet McIntire, "it knows how to take care of itself."



This clear-cut northeast of Rockaway Beach lies in the 1,400-acre watershed that supplies the city's water through Jetty Creek. Nancy Webster, whose home has a view of the area, began observing the spread of the clear-cut three years ago, then was "blown away" by a hike into the watershed and an encounter with loggers who were concerned about the effects of herbicide spraying on water quality. Webster now plays a key role in Rockaway Beach Citizens for Watershed Protection. Photo by Scott Gilbert

Clatsop County Commission District 5 Revote Why Candidate Lianne Thompson Should Win.

THE BALLOTS ARE OUT. On September 16, the voters in District 5, South Clatsop County will have elected a new commissioner from the two candidates, Lianne Thompson of Arch Cape and Dale Barrett of Seaside. The special election, due to the error in ballot distribution in county rezoning, is a revote. Lianne Thompson took the first election by 99 votes and each candidate scored the most votes in their live/work regions.

So maybe you've just picked up this publication for the first time. You might be one of the 'less than half of the 3500 voters' that did not participate in the May 2014 primary. Your new ballot is stuffed under the toaster. Funny, how did it get there? You're busy working, or eking out some fun time in these latter days of summer.

Sit down and have a cup of coffee with Lianne Thompson. I did. When she is elected as the new District 5 commissioner, there's a good chance she'll find you. And when she does, she'll inspire you: with hope and vision, commitment and even practicality.

Oh she'll brag all right, about all the things she's done in her life. She brags real good, with humility and brevity and charm, and childlike eyes, the kind of eyes kids have when they are pure and knowing. In these few short columns it would be real tough to cover even half of what she said, what she has immersed herself in, in her 69 years of life.

I asked Thompson first what a candidate *should* bring to a commissioner position?

"I can only speak for myself. I've been from urban Detroit, to rural Anchorage, and Portland in the middle. I'm corn-fed Midwestern, my people worked hard and they flourished, and their expectation was, that we would take what we were given and use it to be good citizens, so for me this is being a good citizen. I want to do as much good for as many people as possible. And government, the thing that everyone is part of . . . like it, don't like it, everybody is part of it. You don't vote, you're still a part of it because you're impacted by it."

You can access the candidate's community service and governmental experience on the county's website. Since relocating to the North Coast shores from Portland 10 years ago, Thompson has worked for the Oregon Department of Geology and Mineral Industries as an emergency preparedness expert, and is a volunteer Community Emergency Response Team (CERT) coordinator. Currently Thompson serves on the county plan-

ning commission, but when former District 5 commissioner Debra Birkby resigned, the door opened.

"I got on the planning commission because I thought it would be a good way to serve. The planning commission is about applying laws. I was delighted to be on the commission and do good work with good people, but I thought, if I am going to do what I want, to make more of a positive difference for people, it's not enough."

Next question: Do you think the commissioner position can direct change?

"That's exactly the question to investigate. Here's another growth experience. Because if people haven't done it, they might not see that it is possible. If people have not experienced it, they might not believe in it. So the idea is where is the cambium layer? How do you find where the growth is possible? You have got to get beyond the defenses, you can't penetrate the hardwood, but there is a growth place, there's a space where new stuff can happen."

Thompson graduated cum laude from Michigan State University in Humanities, and holds a Masters in Social Work from Univ. of Michigan. In her diverse employment career, she's managed a senior center, worked with male offenders in a medium security correctional facility, been an administrator in the Alaska State Head Start program, worked in the toughest, high crime areas of Detroit with at-risk youth, chaired on Portland's NWDA Board, and numerous other volunteer policy setting mucky-muck positions. As a member of St. Catherine's Episcopal Church in Manzanita, says Thompson, "Honey, before I could even be baptized they had me tapped as a bureaucrat for the Bishop's advisory committee."

When asked why St. Catherine's, "They have feminist women vicars. And I've found a spiritual community there that nourishes and supports the best in me, so I can bring that to the world."

When elected, Thompson envisions a system of communication to put herself in, where people can talk to her. She doesn't know what that looks like, but knows it will be geographically diverse. "I don't think I should listen only to the people who seek me out." Do people seek out commissioners I ask? "No, of course not, because they don't feel empowered and the



By Dinah Urell

people who do, often are hyper-empowered. How do we distinguish between empowered and privileged?"

Some years ago, Thompson was involved with organizing a Pachamama Symposium; a South American-based alliance that asks says Thompson, "What if the human presence on the planet was characterized by ecological sustainability, spiritual satisfaction and social justice? That's for me."

Twenty years from now, if we could do something really different and institute changes, what might those changes be? Thompson with a snap of a finger and then measured, assured speech spoke directly to the question, "Affordable housing, healthcare from cradle to grave that is preventive in nature, an economic system that respects and restores what is best about this beautiful place and provides everyone with adequate income for their secure, on-going development, and separate bike paths, one end of the county to the other and then one in between. I want to be like one of those Swedish grandmas, I want to be able to wear my house dress, I don't want to have to be spandex clad to bicycle."

ELECTION DAY: The Clatsop County Elections Office will be open from 7 a.m. to 8 p.m. Ballots must be delivered to an official drop site or the County Clerk's Office, 820 Exchange Street, 2nd floor, Astoria, no later than 8 p.m. on this date. Postmarks are NOT considered.



We Buy Estates

Jonathon's, LTD.

Estate Jewelry • Art Antiques

- ◆ Diamonds and Gems ALWAYS at Wholesale Prices
- ◆ Beautiful and Unique Engagement Rings
- ◆ Custom Design and Expert Repairs
"If you can imagine it, we can make it"
- ◆ Antique and Vintage Jewelry

- ◆ Oil Paintings, Watercolors and Prints
- ◆ Antique Silver and Glass, Porcelains

Email: bookscout@jonathonsltd.com

TOP PRICES PAID FOR GOLD & SILVER!

Located in Downtown Astoria's
Historical District
332 12th Street

503-325-7600



SHANGHAIED ROLLER DOLLS BATTLE THE DOCKYARD DERBY DAMES AT THE BACK TO SCHOOL BRAWL

Local roller derby league's September 13 bout is a fundraiser for the restoration of the Astoria Armory



ON SEPTEMBER 13, the Shanghaied Roller Dolls will battle Tacoma's Dockyard Derby Dames at the Astoria Armory-407 17th Street, Astoria. Doors open at 5:00, and the game begins at 6:00 pm. Purchase advance tickets at www.brownpapertickets.com: general admission is

\$10.00, and VIP seats including private balcony seating and a drink ticket are \$35. Limited tickets will be available at the door. Proceeds from the event will benefit the Friends of the Astoria Armory, a non-profit organization dedicated to the goal of restoring and

reopening the Astoria Armory as a community asset. To learn more about the history of the Astoria Armory and the current restoration project, follow the Friends of the Astoria Armory on Facebook or visit: astoriaarmory.com

Shanghaied Roller Dolls, founded in 2011, is Clatsop County's flat-track women's roller derby league. Flat track roller derby is a fast-paced contact team sport that requires speed, strategy, and athleticism. SRD is a non-profit organization dedicated to empowering women of all shapes, sizes, and skills to be braver, kinder, smarter, healthier, stronger, and more accepting, and to embrace their empowered selves while having fun and encouraging others. To learn more about SRD and roller derby, contact info@shanghaiedrollerdolls.com visit srdleague.com, or find the Shanghaied Roller Dolls on Facebook.

Commander Cody & his Modern Day Airmen!

Liberty Theater • Friday, September 19, 8pm
Country Music's Jessica Lynne, Opens the show at 7 pm



THAT'S RIGHT, the Commander himself, a.k.a. George Frayne, is bringing the Summer of Love to Astoria. Piano, guitar, fiddle, sax, pedal steel guitar, bass and drums – don't miss the experience, a true representation of American roots music.

As always Commander Cody himself will be behind the piano, leading the musical mayhem and controlled chaos, and sporting his legendary antics and ability to spark up even the toughest crowds.

Hot Rod Lincoln, Smoke, Smoke, Smoke That Cigarette, Too Much Fun, See See Rider, Should

Have Been Me, Lone Ranger and 20 + more songs in the repertoire!

Country Music's Jessica Lynne opens, on the top of her newly released single "Calling Me Home" at 7pm.

Sponsored by KMUN Coast Community Radio and Fulio's Pastaria, Steakhouse and Deli

Tickets on sale Liberty Box Office 503.325.5922 Ext. 55. Open Tuesday-Saturday from 2 to 5:30 pm and 2 hours before curtain.

On line at ticketswest.com or 1.800.992.8499.



Shandor The Elvis • Sept 28

THE MONDAY Musical Club of Tillamook has announced a lineup of four fantastic events for its 20th concert season. Leading off the 2014 - 2015 season on Sunday, Sept. 28, at 2 p.m. will be The Ultimate Elvis Show Starring Justin Shandor. Shandor and World's Ultimate Elvis Band made up of horns, gospel singers, strings and rhythm section will perform Elvis' 1970s show. Shandor is the only Elvis tribute artist to make the front page of USA Today and he has been featured on the Late Show with David Letterman.

(BTY: that 70's Elvis TV special IS the

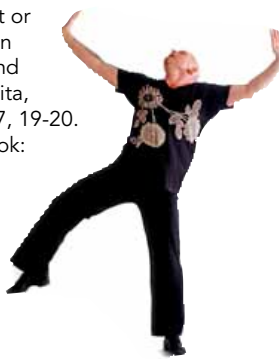


living gospel of entertainment!). A season pass gets you the best ticket price – the season continues with The Eugene Ballet (Cinderella, Nov. 2), The amazing Voetberg Family (a real virtuosic family of musicians March 8), Quartetto Gelato, (enterprisingly entertaining classical fun, April 20). All performances are held at the Don Whitney Auditorium in Tillamook.

To order advance tickets with reserved seating, call (503) 842-2078. For all ticket info go to: www.mondaymusicalclub.com.

Free Your Mind and Your Body will Follow

ECSTATIC DANCE at AAMC happens every other Thursday eve. Dance with Priestess Kim Hazell, to deep trance, techno, prog jazz, and more, and place your intentions at the altar. Rejuvenate your spirit, your physical self, give your heart a gift. Freeform dance is no longer a best kept secret. ALSO: Do it on the beach with Denise Lofman, outdoor dance diva. Two weekends, Fri night or Sat morn in CB and Manzanita, Sept 6-7, 19-20. Facebook: Beach Dance Oregon to reserve a spot.



AAMC WEEKLY SCHEDULE OF CLASSES

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: September 4th & 18th)

Saturday 6

MUSIC

Boomerang Kids. Garage rock, 9pm at the Voodoo Room in Astoria.

Tillamook Music & Brew Festival. Performers include Curtis Salgado, Eric Sappington, Two Crows Joy, Bay City Rockers, The Exiles, and Venti Friends. Adult admission with tastings is \$20, without tastings is \$8, Youth (11-20) \$5, and kids under 10 are free with paid adult. 1 – 10pm at the Blue Heron French Cheese Company in Tillamook.

Rock N Blues Concert. Featuring Darrell Mansfield. \$10, 7pm at the Cannon Beach Community Church.

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.

Icelfire Annual Seconds Sales Event. At Icelfire Glassworks in Cannon Beach.

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.

Living History Military Reenactment. 2nd US Artillery, Battery C. Civil War. At Fort Stevens State Park, Hammond.

Wheels & Waves. Take a step back in time at the annual Wheels & Waves car show where show quality hot rods, custom and street cars from 1965, and older, will cruise the streets in Seaside throughout the weekend. Several events are free and open to the public including a downtown cruise, show and shine and a vendor alley.

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.

Comedy + Live Music. With Comedian Carl Wolfson and live music with Fred Lackaff and Friends. \$15, 7:30 – 9pm at the Pine Grove Community Club in Manzanita.

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. Racetothobar.com

Beach Cleanup. Help clean up Seaside beaches. Meet up at the Seashore Inn on the Beach in Seaside at 9am.

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.

Sunday 7

MUSIC

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

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

Desert Noises. Rock & Roll. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Larry Blake Band. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Icefire Annual Seconds Sales Event. At Icefire Glassworks in Cannon Beach.

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.

Living History Military Reenactment. 2nd US Artillery, Battery C. Civil War. At Fort Stevens State Park, Hammond.

Wheels & Waves. Take a step back in time at the annual Wheels & Waves car show where show quality hot rods, custom and street cars from 1965, and older, will cruise the streets in Seaside throughout the weekend. Several events are free and open to the public including a downtown cruise, show and shine and a vendor alley.

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.

Monday 8

MUSIC

The Harmed Brothers. No cover, 8pm at the Adrift Hotel in Long Beach.

LITERARY

Read More, See More, See More. Join hosts Jody of Cloud & Leaf Bookstore and Dale of Lower Nehalem Community Trust in their continuing conversation on nature. The next discussion will be based on Holdfast: At Home in the Natural World, by award-winning Oregon writer, Kathleen Dean Moore. Copies are on sale at Cloud & Leaf Bookstore. Free, 7pm at Cloud and Leaf Bookstore in Manzanita.

Tuesday 9

MUSIC

The Harmed Brothers. 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.

LECTURE

Conversation About African American History in Oregon. Why Are There So Few Black People in Oregon?: A Hidden History. Have you ever wondered why the Black population in Oregon is so small? Author and educator Wali-dah Imarisha will lead participants through an interactive timeline of Black history in Oregon that speaks to the history of race, identity, and power in this state and the nation. We will discuss how history, politics, and culture have shaped - and will continue to shape - the landscape for Oregonians. Free, please RSVP by calling 503-842-8294, ext 209. 6 – 8pm at the Bay City Arts Center.

Wednesday 10

MUSIC

The Harmed Brothers. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Team Trivia Tournament. Trivia nights are informal, fun, competitions where teams battle to see who has the greatest knowledge of all matters trivial. General questions will be asked by our trivia host and the winners are the team which, at the end of the night, has correctly answered the most questions. Prizes will be awarded, but the main prize is knowing you have the smartest trivia team in Clatsop County.

Thursday 11

MUSIC

Lone Madrone. Western-tinged Blues. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Mingle & Muse. With Painter Mariana Stoddard Hayes. Free admission. 4:30pm at the Sitka Center, near Otis.

LITERARY

Author Appearance. Science writer Sandi Doughton will discuss her book "Full Rip 9.0: The Next Big Earthquake in the Pacific Northwest," a look at how scientists understand the earth's movements, identifying patterns and preparation. 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.

Friday 12

MUSIC

Lone Madrone. Western-tinged Blues. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Art Exhibit Opening Reception. Featuring the work of Jill Perry. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Cannon Beach Cottage and Garden Tour. Event includes a wine reception, luncheon, presentations by Ed Overbay and Beth Holland and a concert with Maggie Kitson. FMI 503-436-9301

LITERARY

Author appearance. Brian Doyle, editor of Portland Magazine and author of Mink River and The Plover will speak at the Tillamook County Library in Tillamook. Free, at 2pm.

THEATER

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

Saturday 13

MUSIC

Robin Bacior. Singer songwriter, classical arrangements with folk structures, cello, guitar and voice, 9pm at the Voodoo Room in Astoria.

Water Bros. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

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

ART

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

CINEMA

Triple Divide. Producers Joshua Pribanic and Melissa Troutman will be present to lead a discussion following the film, with Ted Gleichman from the Oregon Sierra Club. 'Triple Divide' tells the story of the consequences of fracking in Pennsylvania's Marcellus Shale. The story has local implications as Clatsop County continues its own struggles with the proposed LNG export terminal at Warrenton. Free, 4pm at the Columbian Theater in Astoria.

FOOD & DRINK

Wine Tasting and Live Auction. \$6:30 – 10pm at the Skamokawa Grange.

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

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

HAPPENING

Conference on Extraordinary Living. The conference will address the interests and challenges of the growing 50 plus population. \$10, starts at 8:30am at Clatsop Community College in Astoria. Pre-registration required. clatsopcc.edu/community/summer-programs

Old-Fashioned Fun & Games. There will be contests and prizes, story telling, music, several different craft demonstrations, and other hands-on activities. Free, 11am – 4pm on the Flavel House Museum lawn in Astoria.

Living History Military Reenactment. 2nd US Artillery, Battery C. Civil War. At Fort Stevens State Park, Hammond.

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

Halfway to St Patrick's Day. An all-day celebration with drinks, music and fun. At the Sand Trap Pub in Gearhart.

Cannon Beach Cottage and Garden Tour. Event includes a wine reception, luncheon, presentations by Ed Overbay and Beth Holland and a concert with Maggie Kitson. FMI 503-436-9301

Crusin' the Bay Car Show. In the Historic Taft District of Lincoln City. facebook.com/pages/Cruisin-the-Bay-Car-Show

LITERARY

Author appearance. Brian Doyle, editor of Portland Magazine and author of Mink River and The Plover will speak at the Pacific City Library. Free, at 1pm.

OUTSIDE

Half Marathon Run. Run or walk a certified half marathon on the lovely Discovery Trail located in Long Beach. The course is on a beautiful paved trail, which scrolls through the dunes. Catch sensational views of the powerful Pacific Ocean during your run. Certified course and chip timed. FMI discoverytrailhalf.com

THEATER

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

Sunday 14

MUSIC

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

Ladies Musical Club of Seattle. \$12, 2pm at the Historic Raymond Theater in Raymond.

The Weather Machine. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Old-Fashioned Fun & Games. There will be contests and prizes, story telling, music, several different craft demonstrations, and other hands-on activities. Free, 11am – 4pm on the Flavel House Museum lawn in Astoria.

Park Clean-up. CHIP-in will have its next park clean-up at Violet LaPlante Park in the Alderbrook neighborhood of Astoria. Volunteers are asked to bring: sturdy work gloves, weed whackers, hand pruners, or loppers if they have them. Volunteers are also urged to wear long pants and closed toe shoes. 1 – 4pm

Living History Military Reenactment. 2nd US Artillery, Battery C. Civil War. At Fort Stevens State Park, Hammond.

LITERARY

Author Appearance. Author Jean M Auel will be speaking and signing books at the Lincoln City Cultural. The event is free, but tickets are required. Tickets are available at the Driftwood Public Library's circulation desk. 541-996-1242

Monday 15

MUSIC

Mark Macminn. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Tuesday 16

MUSIC

Mark Macminn. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

AAUW Meeting. The Astoria Branch of the American Association of University Women (AAUW) meeting will be a "Meet and Greet/Getting to Know our Membership." Anyone interested in AAUW is welcome to attend. We bring people together for the common goal of breaking through educational and economic barriers for women and girls. 5:30pm at Blue Scorch in Astoria.

LITERARY

Lunch in the Loft. With Holly Lorincz. Manzanita author, agent and editor, Holly Lorincz will share her novel Smart Mouth and will offer writers tips on finding an editor and an agent. \$20 includes catered lunch and signed copy of the book. Noon at Beach Books in Seaside.

Wednesday 17

MUSIC

Mark Macminn. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 18

MUSIC

Eric Skye. Acoustic fingerstyle guitarist Eric Skye performs in concert from his latest release, **A Different Kind of Blue, based on Miles Davis' 1959 Kind of Blue.** 7:30pm, door at 7pm. \$10. Full Bar. At KALA in Astoria.

Listings continued on pg. 21

MORE MUSIC



Robin Bacior

SINGER SONGWRITER Robin Bacior sketches notes from every day observations, crafting them into eloquent tunes, classical arrangements underneath folk structures, accompanying with keyboard and her clear and compelling vocals. Her new CD is due out January 14. Cellist Dan Binschedler accompanies. **Saturday, September 13, 9pm at the VooDoo Room in Astoria.**



Old Wave

OLD WAVE, formerly "the Adam Brock 4," is quickly becoming a live local favorite in Portland, OR. With intricate three-part vocal harmonies and catchy, well-crafted songs, they often have the audience singing and dancing along. Adam's version of Good Vibrations, on the Tender Loving Empire label, Beach Boys tribute, has received over 55,000 hits on SoundCloud. **Sunday, September 14, 8pm, Fort George in Astoria.**



The Blackberry Bushes

THE BLACKBERRY Bushes are a Northwest bluegrass trio who draw from the deep roots of American traditional music to create a playful and resonant sound with both twang and sophistication. **Sept 23-24, 8pm at The Adrift in Long Beach, Wa.**



Uffdah! Asoc's Topsey Turvey Shanghaied Is Back

And It's Crazier Than Ever!

SPONSORED BY M & S Rentals this twist on ASOC's award winning, musical melodrama SHANGHAIED IN ASTORIA will keep you in stitches as the cast of 2014 (along with a few special guests) attempt to see what happens when you they step into each other heels (and wigs) to have boys playing girls and the girls playing boys! Yes, this is the most outrageous, original, entertaining event this side of Vernonia! But definitely fun and absolute silly time!

ONE NIGHT ONLY, Friday, Sept 19. Box office 6:30pm, doors at 7pm and show time 7:30pm. Tickets at the door one hour before show, but reservations recommended. Tickets: \$20 to 15.00 (sorry no comps or discounts for this show!) All proceeds help the ASOC Production Committee. Call now! 503-325-6104 or by going online @ www.astorstreetycompany.com.

Reader's Theatre in the McTavish Room Liberty Players Angel Street (Gaslight) by Patrick Hamilton

THIS PLAY gave rise to the term "gaslighting," as a form of psychological abuse in which false information is presented to the victim with the intent of making him/her doubt his/her own memory and perception.

Angel Street (Gaslight) tells the story of the Mannings who live on Angel Street in 19th Century London. As the curtain rises, all appears the essence of Victorian tranquility. However, it quickly becomes apparent,

that the suavely handsome Jack Manningham, is slowly driving his gentle, devoted wife Bella, to the brink of insanity with an insinuating kindness masking his sinister motives.

The author Patrick Hamilton has built and sustained some of the most brilliant, suspenseful sequences in modern theatre.

October 1, 2, 8 and 9 in the Liberty Theater McTavish Room. 7pm. Tickets: \$15.

Ta-ta Shanghaied

THE 30TH Season of SHANGHAIED IN ASTORIA is coming to a close the weekend of September 11 – 13. But wait! They've saved some of the best for last. This closing weekend to feature special guest performers the "Wong Long Twins" (LaMar Blackner and Deac Guidi) as they return to the ASOC Playhouse to reprise their original characters.

No one is really sure when the Twins first appeared on the scene in Astoria but it's said they originated from deep in the orient. Here in the Northwest they discovered showbiz and there was no stoppin' these wild and crazy guys, who were last seen in a thirty-week run in Elko Nevada.

ASOC welcomes 'em home for a sure to impress show-stopping performance on our stage for 3 nights only! Box office opens at 6:00pm each night of the show with doors at 6:30pm and show at 7:00pm. Don't miss em call now for tickets at 503-32-6104 or on line at www.astorstreetycompany.com



Coaster Summer Rep Wrap! And 12th Night to Come!

THE COASTER'S production of "Into the Woods" ends Saturday, Sept 7. A long run for the vivacious, and animated cast that made this show a great success, in addition to the stellar Sondheim song performances.

Rolling into Fall, Shakespeares' in the alley. 12th Night, The Bard's romantic comedy is the intriguing tale of twins, Sebastian and Viola. Comic confusion of mistaken identities, foolish duels, drunken antics and mischievous pranks by a cast of favorite characters lightens the load of Shakspearean text!

12th Night opens Sept 26, through Oct 25. Talkback Thursday is Oct 9. All shows 7:30pm. Two Mats, Oct 5 and 19, 3pm.

FORM PATTERN LIGHT Sculpture and Lighting Inspired by Nature at RiverSea Gallery

RIVERSEA GALLERY presents FORM PATTERN LIGHT, an exhibition featuring contemporary metal sculpture by Yoshi Aoki and paper light sculpture by Lâm Qung and Kestrel Gates. The show opens Saturday, September 13 with an opening reception from 5:30—8:00 during Astoria's Second Saturday Artwalk, and the gallery invites all to meet the artist and enjoy complimentary refreshments while viewing the artwork. The show continues through October 7, 2014.

Yoshi Aoki translates the essence of nature into graceful and exuberant contemporary sculpture formed from metal and accented with wood. His work evokes patterns found in the natural world: wind moving through leaves, sunlight spangled through

branches, or kelp curled in the sand. Working in aluminum or steel, Aoki hammers, shapes, and welds to achieve soft, organic forms from



"Hanging Lamp" by Lâm Qung and Kestrel Gates.

metal sheets and wire. For contrast he punctuates the soft gleam of worked metal with pieces of wood that are often dyed in bright colors and augmented with textural carving.

For many years, Lâm Qung and Kestrel Gates, the husband and wife team who make up HiiH Studios, pursued their craft out of their Portland location in the Alberta Arts District, creating the ethereal paper light sculptures that have been celebrated far and wide, finding their way into homes and commercial



"Three Fish" relief print by Carrie Moore

establishments nationally, appearing in art books, design blogs and

even in a New York Metropolitan Opera production of Madame Butterfly.

ALCOVE SHOW: Oregon artist Carrie Moore will showcase her relief prints, copper sculpture, and leather handbags in a solo show in the Alcove at RiverSea Gallery opening September 13 and continuing through



Structure 2" by Yoshi Aoki, steel on wood base, 20" h x 7" x 7"

October 7, 2014. Meet the artist at the opening reception during Astoria's Second Saturday Artwalk this Saturday from 5:30—8:00.

RiverSea Gallery is open daily at 1160 Commercial Street in historic, downtown Astoria, Oregon. 503-325-1270.

DOODLE OFF!

CHANNEL YOUR inner artist! Old Town Framing Co. in Astoria invites you to DOODLE OFF! Bring your favorite drawing instrument and your creative brain to this month's Astoria 2nd Sat. Art Walk. Paper and some materials supplied, and the brews courtesy of Fort George Brewery.

Old Town Framing Co. is located at 1287 Commercial St. in Astoria.



Electronic doodles by Dulcye Taylor ease the sometime tension of city council meetings.

TURNING: Constance Waissanen At Luminari Arts

FOR SECOND Saturday Art Walk, Luminari Gallery presents TURNING, an exhibition of work by fiber artist Constance Waissanen, Saturday, September 13, 5pm-8pm.

Trained as a chemical engineer and currently working as a financial consultant, Waissanen takes the maelstrom of emotions that punctuate our lives and gives them three dimensional shape and form. Working with images ranging from the human form to Raven, icon of wisdom, to organic abstraction rooted in the natural world, she seeks the connection between our inner lives and the cosmos. "I am intrigued with both the microcosm and the macrocosm, the beauty inside each amazingly complex cell as well as the vastness of space." While crediting a science education as a primary source of inspiration, she also recognizes spiritual connections as a foundation for her work.

Waissanen works with fiber including commercially produced fabrics as well as fabric that she hand paints and dyes. The ancient Japanese art of Shibori is used to create repetitive patterns both with dye and discharge techniques. Images are added with a gelatin mono-printing process. The work is completed with hand-guided machine stitching using a wide range of threads as well as an occasional found object.

Luminari Gallery is located at 1133 Commercial St. in Astoria.



Feathers At Cannon Beach Gallery



Carol Riley, untitled

FEATHERS FEATURING new work by painter Carol Riley and photographer Neal Maine

opens on September 5 - 28, 2014 with an Artist's Reception on Saturday, September 6 from 5-7pm.

A respected north coast photographer and conservationist, Neal Maine spends countless hours watching and recording nature. "I believe birds are really about their feathers with their texture, amazing colors and patterns. My photographs seek to capture that moment when the light, the background and the bird come together and the familiar can be seen in a new and beautiful way."

Carol Riley is a well known regional painter. She too shares Neal's reverence for nature and fascination with birds. Her work is often inspired by the microcosm of activity in the courtyard garden just outside her studio.

The Cannon Beach Gallery is celebrating its 20th year in the Emma White Building in Midtown. Located at 224 North Hemlock St. 503-436-0744. Open Thursday - Monday,

10am-4pm.

Sock Monkeys Take Over Classic Album Covers!

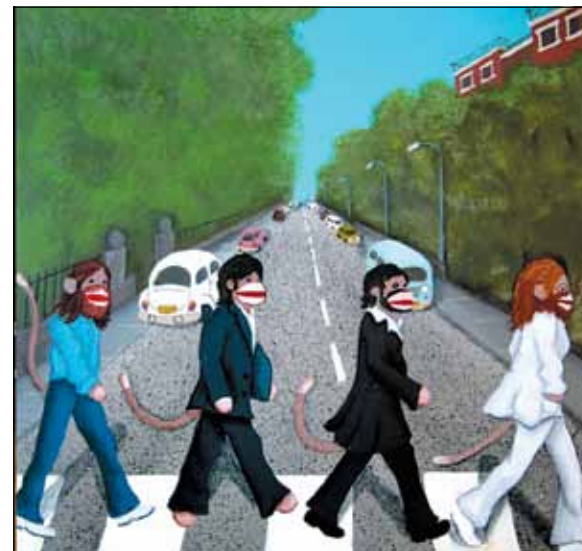
Leslie Lipe at Street 14

LOCAL ARTIST Leslie Hall Lipe will display her 'Sock Monkey Album Covers' series during Art Walk, on Saturday, September 13th at Street 14 Coffee. (1410 Commercial Street in Astoria) from 5:00 pm until 8:00 PM.

The series features reimagined classic album covers, in which the original cover subjects have been replaced with sock monkeys.

The paintings (acrylic on 12" x 12" wood, to resemble an actual LP!) were curated by Lipe and Greg Glover. Glover, who owns the retail shop Commercial Astoria in downtown Astoria, is also the host of Alternative Mornings on 94/7FM in Portland.

Two years ago, Glover purchased one of Lipe's sock monkey paintings, which spoofs the iconic '70s Farah Fawcett swimsuit poster. "Like every other young boy growing up in the late '70s, I owned that poster, which was eye-opening, to say the least. When I saw Leslie's rendition of it, I found it fun, clever,



cute, and ridiculous all at the same time, and I had to own it!"

Not long afterwards, Glover approached Lipe with the idea of sock monkeys 'invading' classic LP covers. Lipe says she "thought of doing a Beatles album cover with sock monkeys, but never an entire series." She added, "Greg

and I seemed to have similar taste in music, and what we considered iconic album covers, so I thought it'd be fun!"

Street 14 Coffee is located at 1410 Commercial Street in Astoria. A portion of proceeds will benefit Clatsop County Animal Services.

Conveyance Linden At IMOGEN

KNOWN FOR evocative abstraction, native born Astoria artist Linden, brings an exciting collection of work for her first show at Imogen. This series of paintings, Conveyance is Linden's own exploration of process and experience. Allowing elements of daily life to be interpreted through brushstroke, she tells a subtle story of existence. The exhibition opens September 13th with an artist's reception from 5 - 8 pm. The show will

remain on display through October 7th with a closing party held Saturday, October 4th 5 - 8 pm. All are invited to attend both events, Linden will be available to answer questions about her work and process during the opening and closing receptions. The exhibition will be on display through October 7th.

Imogen Gallery is open daily at 240 11th Street in Astoria. 503.468.0620



Mathers Art Donation Reception At CMH



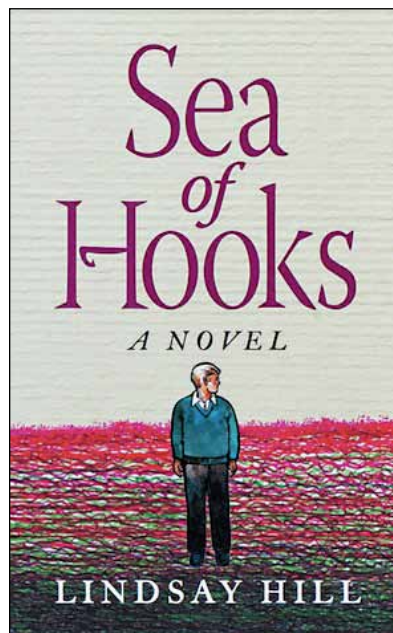
Bertie's Shoelaces by Petra Mathers

AN ART exhibit of the work of Petra Mathers, local author and illustrator of children's books, will be held on October 3rd, 2014 at Columbia Memorial Hospital at 2111 Exchange Street, Astoria. Ms. Mathers has donated 14 of her illustrations to CMH. The exhibit and a reception will be in West Lobby at 5pm. The exhibit consists of original illustrations from the book "Button Up", written by Alice Schertle. The art will later be placed throughout the CMH main campus and the CMH Pavilion located at 2055 Exchange Street, Astoria. The public is cordially invited to attend as guests of CMH.

Ms. Mathers, originally from Germany, is a four-time winner of the annual *New York Times* prize for Best Illustrated Children's Book and has won the Ezra Jack Keats Medal for her first book *Maria Theresa*.

Columbia Memorial Hospital is very grateful to Ms. Mathers for this donation. For further information, contact the CMH Foundation at 503.325.3208 or foundation@columbiamemorial.org.

Lindsay Hill : Sea of Hooks at the Pine Grove Community House Sept 20



LINDSAY HILL will read from his book *Sea of Hooks* at the Pine Grove Community House at 7pm on Saturday, September 20. Part of the Manzanita Writers' Series, the event is being moved to the Pine Grove Community House in Manzanita because the Hoffman Center is being renovated.

In this riveting, darkly humorous, and sometimes harrowing novel, Christopher Westall, an alarmingly imaginative young man, experiences repeated trauma and transformation.

His childhood has shattered into a thousand glints, shards, and tangled threads that are gathered and reweaved by the reader while following Christopher's pivotal journey from San Francisco to the mountains of Bhutan.

Sea of Hooks was named best book of 2013 by the *Oregonian*, and in the

top ten books of 2013 by *New York Magazine*. Gabe Habash, for *Publishers Weekly*, declared it the most underrated book of 2013. "It's one of the best books I've read in years," he writes. "That's it, I'm out of superlatives. Read *Sea of Hooks*." The magazine named it one of the top five books of 2013.

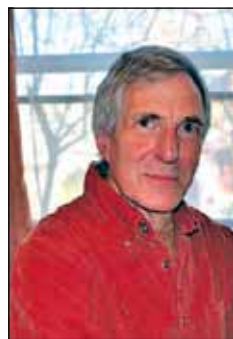
Lindsay Hill was born in San Francisco and graduated from Bard College. Since 1974, he has published six books of poetry and his work has appeared in a wide variety of literary journals. *Sea of Hooks*, his first novel, was published by McPherson & Company in November of 2013. Hill's other writing and editorial projects include

the production of a series of recordings of innovative writing under the Spoken Engine label, and the co-editing, with Paul Naylor, of the literary journal *Facture*. Since leaving a career in banking, he has worked in the nonprofit sector. Lindsay Hill lives in Portland, Oregon, with his wife, the painter Nita Hill.

Following Hill's reading and Q&A, Open Mic invites up to nine local writers to read. The Writers' Series Reading Group meets the Thursday prior to Hill's reading.

September 18th, \$5, 6:30pm at the Manzanita Library. Everyone is invited to bring a friend to both events.

At the Pine Grove Community House in September at 225 Laneda Avenue. FMI: hoffmanblog.org



AT SEASIDE LIBRARY

"Full Rip 9.0: The Next Big Earthquake In The Pacific Northwest" Science Writer Sandi Doughton Sept 11

ON THURSDAY, September 11, 7pm, Seaside Library host Sandi Doughton author of "Full Rip 9.0. Book sales and signings presented by Beach Books takes place in the Community Room.

Scientists have identified Seattle, Portland, and Vancouver as the urban centers of what could be the biggest earthquake, also called a mega-quake, in the continental United States.

The Cascadia subduction zone is 750 miles long, running along the Pacific coast from Northern California up to British Columbia. "Full Rip 9.0" introduces us to scientists who are dedicated to understanding the way the earth moves and who describe what patterns can be identified and how prepared (or not) people are.

Sandi Doughton doesn't use dry statistics to support the findings that caused scientists in the 1980s to predict a massive quake for our region, but instead formulates the information in a user friendly method by making much of the book read like a mystery novel. She also offers an interesting review of the steps various



individuals and civic organizations have taken to increase our seismic safety, and offers some very practical measures we can take to help prepare for a large seismic event.

Sandi Doughton writes about science for the *Seattle Times* and has been a journalist for 20 years. She covers environment, science, health,

and medicine. She lives in Seattle Washington.

LOCAL AUTHOR GLORIA LINKEY SEPT 20

On Saturday, September 20, at 1pm, Seaside Library host local author Gloria Linkey as she speaks about her new children's book "Abby Rescues Animals". The event will take place in the Community Room and there will be book sales and signings.

"Abby Rescues Animals" consists of three "charming and heartfelt stories that remind us of the importance of rescuing animals-both those found on the streets and in shelters". The narratives are titled, *The Adventures of Honey Bunny Boo*, *Buckwheat*

Becomes a Gentleman, and *Patches Gets Her Purr Back*. These small town stories have a local twist and will inspire kids of all ages to consider adopting a rescue animal.

Gloria Linkey is a well-known historian. She has been giving talks about the history of Lewis and Clark and is a member of the Pacific Northwest Living Historians. An ardent advocate for homeless and abandoned pets, "Abby Rescues Animals" is her first foray into children's books.

Seaside Public Library is located at 1131 Broadway. For more information call (503) 738-6742 or visit us at www.seasidelibrary.org and www.facebook.com/seasidepubliclibrary

CONTINUING CONVERSATIONS ON NATURE

Join hosts Jody of Cloud & Leaf Bookstore and Dale of Lower Nehalem Community Trust in their continuing conversation on nature. How does our connection to nature inform our daily lives? What does it mean to holdfast in our times? How do we know when we are home? What about a landscape makes it feel like home? What separates us from earth? What connects us?

The next discussion will be based on *Holdfast: At Home in the Natural World*, by award-winning Oregon writer, Kathleen Dean Moore. Copies are on sale at Cloud & Leaf Bookstore.

Monday, September 8, 7pm. Conversation, wine and tea. Cloud & Leaf Bookstore, 148 Laneda Avenue, Manzanita.

Oregon Poet Laureate Peter Sears To Conduct Poetry Workshop And Reading At Driftwood Public Library



DRIFTWOOD PUBLIC Library is thrilled to announce that Oregon Poet Laureate Peter Sears will be conducting a poetry workshop and reading at Driftwood Public Library on September 20 and 21.

The workshop will take place on Sat., Sept. 20, 2pm-4pm in

the Community Room. Pre-registration is not required, but attendees are asked to bring at least ten copies of any poems they would like to share with the class.

The reading takes place at 3pm on Sun., Sept 21 in the Distad Reading Room. All are welcome to attend.

Peter Sears came to Oregon in 1974 to teach creative writing at Reed College, and has gone on to do many poetry workshops and readings at public schools, libraries, colleges, community centers and literary festivals throughout the state.

Peter is the founder of the Oregon Literary Coalition and co-founder of Friends of William Stafford and Cloudbank Books. He serves on the board of advisors for Fishtrap, and splits his time between Corvallis and Portland.

FMI: For Peter's publications and awards, www.petersears.com. Questions about the event: Kirsten Brodbeck-Kenney, library director, at 541-996-1251, or by email at kbrodbeck-kenney@lincolncity.org. Driftwood Public Library is located at 801 SW HWY 101 in Lincoln City on the 2nd floor of the City Hall building.

Trying Poetry The Stafford Way Workshop Sept 20

CELEBRATE THE centennial of William Stafford's birth by doing some creative writing in a workshop offered by the Tillamook County Pioneer Museum and led by Oregon Poet Laureate Emerita, Paulann Petersen on Saturday, September 20 from 11am to 4pm in the Tillamook Main Library meeting rooms. In addition, Ms. Petersen will be doing a Stafford-themed poetry reading that evening at 7pm at the Pioneer Museum. The Poetry Reading will be free and open to the public, courtesy of the TCPM's Daisy Fund.

The most encouraging of teachers, William Stafford (1914-1993) urged us to use writing as a vehicle for exploration and inquiry. During this workshop, participants will use some Stafford poems as springboards for generating their own poems or short prose pieces. The goal will be to have each of the participants end the

day together with an outpouring of new work. Paulann will also be reading some of her own poems at 7:00 PM that evening at the Pioneer Museum.

The Poetry Workshop is designed for writers of all levels of experience and beginners are welcome - space is limited to 15 participants. The workshop fee will be \$5 per person and should be paid to the Pioneer Museum before September 17 to hold a space. Each workshop participant should bring a notebook or journal, preferably a large one (not diary size), because Ms. Petersen is encouraging participants to write copiously, not easily done with a small journal or notebook. Lunch will be on your own.

For more information or to register, please call the Tillamook County Pioneer Museum at 503-842-4553.

Tunes in the Dunes Ukelele Concert. At the Lincoln City Cultural Center. 541-994-9994
Patchy Sanders. Alternative. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Friday 19

MUSIC
Holiday Friends. Astoria's Rock/Pop quintet celebrates "Major Magic" CD release concert. Full bar, 21+ only please. \$6, doors open at 8pm, music at 9pm. At KALA, 1017 Marine Dr. in Astoria.

Lures. Surf Rock, 9pm at the VooDoo Room in Astoria.

Commander Cody & His Modern Day Airmen. Jessica Lynne will open. \$25 - \$30, 7pm at the Liberty Theater in Astoria.

Patchy Sanders. Alternative. No cover, 9pm at the Adrift Hotel in Long Beach.

OUTSIDE
Team Pride Golf Tourney. Don your football jerseys, hockey sweaters, baseball shirts or basketball tank tops. 4 person scramble format. \$55 per player, cart rental is \$15 per player. At the Gearhart Hotel.

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

Saturday 20

MUSIC
Cascadia Opera Concert. 7pm at the Lincoln City Cultural Center. 541-994-9994

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

The Local Strangers. No cover, 9pm at the Adrift Hotel in Long Beach.

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

LITERARY
Author Appearance. Local Gloria Linkey will discuss her new children's book, "Abby Rescues Animals." Free, 1pm the Seaside Library.

Reading. Author Lindsay Hill will read from his book "Sea of Hooks" at 7pm at the Pine Grove Community House in Manzanita.

FOOD & DRINK
Wine Tasting. Pinot Gris & Sauvignon Blancs. 1 - 4pm at the Cellar on 10th in Astoria

Indian Style Salmon Bake. At Depoe Bay City Park. FMI 541-765-2889

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

Shanghai'd Costume Ball. Featuring live music along with the crowning of 2014's Miss Vivian and Virginia. 8pm at the ASOC Playhouse in Astoria.

Living History Military Reenactment. 249th Coast 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.

YMCA Dinner and Auction. Dinner will be catered by the Pacific Restaurant. \$40 for one person, \$70 for two. Starts at 4pm at the Tillamook County Fairgrounds.

Fall Plant Sale. At the Connie Hansen Garden in Lincoln City. 541-994-6338

LITERARY
Manzanita Writers Series. Author Lindsay Hill will read from his book "Sea of Hooks." Open Mic session follows. \$5, 7 - 9pm at the Hoffman Center in Manzanita.

Poetry Reading. Poet Paulann Petersen will read from her work. 7pm at the Pioneer Museum in Tillamook.

Writers on the Edge. Poet and author Suzanne Burns will read from her work. Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center in Newport.

OUTSIDE
Help Preserve Cascade Head Trail. Help maintain this magnificent trail for future generations at this weekend work party. Tasks include removing invasive blackberry. Register at 541-994-5564

Sunday 21

MUSIC
Ray Prestegard. 10am - 3pm at the Astoria Sunday Market.

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

The Local Strangers. No cover, 8pm 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.

HAPPENING
Living History Military Reenactment. 249th Coast Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

LECTURE
In Their Footsteps Lecture Series. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

LITERARY
Poetry Reading. With Oregon Poet laureate Peter Sears. Free, 3pm at the Driftwood Public Library in Lincoln City.

Monday 22

MUSIC
The Easy Leaves. Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

SPIRITUAL
Fall Labyrinth Walk. 4 - 7pm at the Lincoln City Cultural Center. 541-994-9994

Tuesday 23

MUSIC
The Blackberry Buses. Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

LECTURE
Tillamook Library Guest Speaker. Dr. Rea Anne Scovill, Psychologist & Mental Health Therapist, will be presenting a program on her book, Claim Your Own Mental Fitness. 6:30pm at the Tillamook Library.

Wednesday 24

MUSIC
The Blackberry Buses. Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 25

MUSIC
Cahalen Morrison & Country Hammer. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING
Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. In Lincoln City. chinookwindscasino.com/celebration-of-honor

LECTURE
Estuaries - Linking Land and Ocean. With Neal Maine. Free, 7pm at the Seaside Library.

Friday 26

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

Cahalen Morrison & Country Hammer. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK
Pacific Northwest Brew Cup. In downtown Astoria. pacificnorthwestbrewcup.com

HAPPENING
Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. In Lincoln City. chinookwindscasino.com/celebration-of-honor

THEATER
True West. Drama. 7pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 27

MUSIC
Boy & Bean. Swing/Jazz. No cover, 9pm at the Adrift Hotel in Long Beach.

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

The Purple Cats. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK
Oktoberfest. Bratwurst and beer at the Northwest Carriage Museum in Raymond.

Pacific Northwest Brew Cup. In downtown Astoria. pacificnorthwestbrewcup.com

Wine Tasting. Wines from Spain/Portugal. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING
Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. In Lincoln City. chinookwindscasino.com/celebration-of-honor

OUTSIDE
Free Admission to WA State Parks.

Bridges to Breakers Hammerhead 100 Bike Ride. An all day ride starting at McMenamins St Johns Theater and Pub in Portland and ending at the Gearhart Hotel. \$75 per rider includes end-of-the-route celebration with live music and a buffet feast (starting at 2pm) included. Buffet is \$17.95 for non-riders. Register in advance for the ride at bridgesto-breakers.com

SOLVE Fall Beach Cleanup. 10am - 1pm at a beach or riverside near you. Register at solveoregon.org/what-we-do/solve-beach-and-riverside-cleanup-30th-anniversary

THEATER
True West. Drama. 7pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Twelfth Night. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 28

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

Cascadia Concert Opera. Beethoven's Fidelio (in English). 3pm at the PAC in Astoria.

Ultimate Elvis Concert. \$30, 2pm at the Don Whitney Auditorium in Tillamook.

Boy & Bean. Swing/Jazz. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Steve Sloan. 8:30pm at the Snug Harbor Bar in Grill in Lincoln City.

HAPPENING
Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their fami-

lies. In Lincoln City. chinookwindscasino.com/celebration-of-honor

OUTSIDE
FitOberfest. This family friendly event features three races that wind around the Tillamook Air Museum complex. "Little Smokies 800m Fun Run for kids 5-12" "Frankfurter 5k run/walk" "Sauerkraut Slam Team Challenge-3 person teams." Registration begins at Noon and the races will begin at 12:50 pm. At the Warehouse, Tillamook. 503-842-4245

Monday 29

MUSIC
A Moving Sound. From Taiwan. 7pm at the Lincoln City Cultural Center. 541-994-9994

The Pine Hearts. Alt-Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 30

MUSIC
The Pine Hearts. Alt-Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 1

The Pine Hearts. Alt-Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 2

MUSIC
Sky Colony. Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Friday 3

MUSIC
Sky Colony. Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

ART
Alex Exhibit. An art exhibit of the work of Petra Mathers, local author and illustrator of children's books, will be held on at Columbia Memorial Hospital, Astoria. Ms. Mather has donated 14 of her illustrations to CMH. The exhibit and a reception will be in West Lobby at 5:00pm.

FOOD & DRINK.
Wild Mushroom Celebration. Columbia Pacific Farmers Market Fungus Festival. Free presentation given by local forager, Veronica Williams of All Wild, about different kinds of mushrooms, how to forage and the do's and don'ts of foraging. Mushrooms and other foraged items will be available for purchase. 3pm at the Columbia Pacific Farmers Market in Long Beach.

Wild Mushroom Wine Dinner. Five wines, four courses. Reservations required. 7:30pm at the Depot Restaurant in Seaview. 360-642-7880

HAPPENING
Business Hazardous Waste Collection Day. By appointment only, fees will be set at the time of the appointment. At the Tillamook Transfer Station. 503-815-3975

Oregon Swimming Convention. At the Lincoln City Community Center. 541-994-2131

THEATER
True West. Drama. 7pm at The Barn Community Theater in Tillamook. Reserve tickets at 503-842-7940

Twelfth Night. Comedy. \$15 - \$20, 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.

Family Skate Night. The Shanghai'd Roller Dolls host a family friendly Open Skate Night. There's also Shanghai'd Roller Doll merchandise available to purchase and concessions if you need a snack during all the fun! Come on Friday and see if your favorite Doll is there. \$2 at the door and \$3 for skate rentals. 5 - 9:00pm at the Astoria Armory.

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 Bizznez 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.

Live Music. Thursday Night Gigs, 6pm at the Cannon Beach Gallery.

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

Two Crows Joy. 6 - 8pm at the Sand Dollar Restaurant & Lounge in Rockaway Beach.

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.

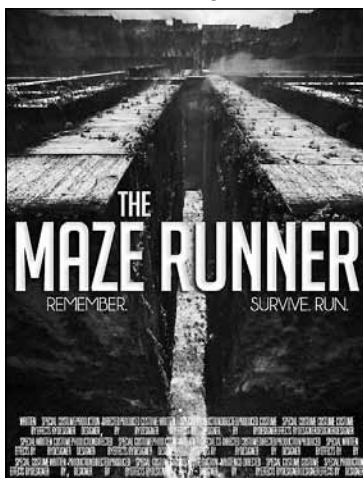
Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

by Les Kanekuni



THE DROP (Sept. 12 limited) Tom Hardy, Noomi Rapace and the late James Gandolfini star in this Dennis Lehane-written story of criminal underworld set in a Brooklyn drop bar. Hardy plays Bob Saginowski, a bartender at Uncle Marv's, a watering hole owned by Chechen gangsters who use it as a drop-off for cash from betting operations. Trying to escape a violent past, Bob lives a solitary life, working, going to church and trying to find a woman to alleviate his loneliness, to no avail. One day he finds a puppy who has been beaten and abandoned in a trash can. With the help of a woman he meets – Nadia (Rapace) – he learns to care for the dog. A slow relationship forms with both Nadia and the dog until one day the psychopathic Eric Deeds appears at Bob's door claiming the dog as his own and wanting it back or else he will have Bob killed. Bob offers Eric \$10,000 that he has saved for the dog, but when Eric refuses, this touches off a violent return to his old life for Bob and consequences with the Chechens. In his last film role, Gandolfini plays Cousin Marv, the former owner of the bar who now runs it for the Chechens. In reverse chronology, *The Drop* started as a short story by Lehane which he rewrote as a screenplay and then novelized it.

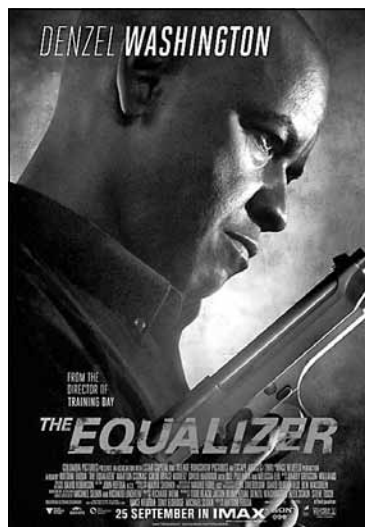
THE MAZE RUNNER (Sept. 19) In Hollywood, the highest form of tribute is copycatting. The massive success of *The Hunger Games* franchise has spawned a raft of young people in dystopian combat games movies – some successful like *Divergent*, others less so like *Ender's Game*. Thomas (Dylan O'Brien) wakes up in an elevator called the Box with no knowledge of how he got there – all he knows is his name. A group of teenage boys introduce him to the Glade, a community they have been trapped in for two years surrounded by a mammoth Maze. They survive on agriculture and regular supplies, while the Maze protects them from mechanical creatures called Grievers outside. A new boy is brought in through the Box every 30 days, but the day after Thomas arrives a girl, Teresa, enters through the Box, bearing a message that she is "the last one ever." Teresa soon falls into a coma. With the Gladers close to giving up hope, Thomas learns that the Gladers send out Runners to try to escape the Maze. He volunteers and becomes the best Runner ever in a last attempt to solve the Maze and escape the hopeless puzzle of their existence.



A WALK AMONG THE TOMBSTONES (Sept. 19) Liam Neeson had a decades-long career as a solid character actor and occasional leading man in small films, but taking the lead in the low budget actioner *Taken* which was a surprise hit in 2008, Neeson's career has taken off as a tough guy barely on the right side of the law with movies like *The A-Team*, *Taken 2* and *Non-Stop*. Official synopsis: "Based on Lawrence Sanders' bestselling series of mystery novels, *A Walk Among the Tombstones* stars Liam Neeson as Matt Scudder, an ex-NYPD cop who now works as an unlicensed private investigator operating just outside the law. When Scudder reluctantly agrees to help a heroin trafficker (Dan Stevens) hunt down the men who kidnapped and brutally murdered his wife, the PI learns that this is not the first time these men have committed this sort of twisted crime... nor will it be the last. Blurring the lines between right and wrong, Scudder races to track the deviants through the backstreets of New York City before they kill again." Asked to do a second sequel to *Taken*, Neeson said he only agreed to do the third movie (for \$20M) if no one got taken. He wasn't joking. *Taken 3* comes out next year.

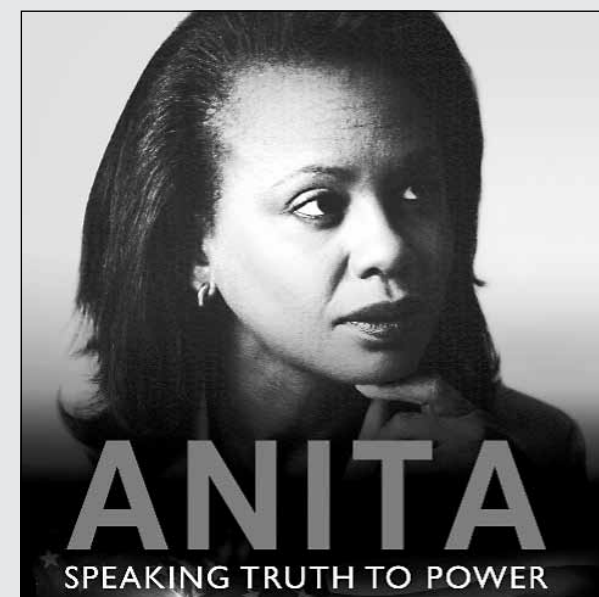
THE EQUALIZER (Sept. 26)

Despite the prestige roles for which he's often Oscar-nominated like in *Malcolm X*, *Flight*, *Training Day*, *Hurricane* and others, Denzel Washington maintains his star status with meat-and-potatoes action/thriller movies, which, while not classics, are usually above average for the genre. Washington's *Training Day* director Antoine Fuqua helms this solid, but not terribly original actioner about a man reluctant to do violence, but when needed is really good at it. A rare hard R action movie – even the recent *Expendables 3* was toned down to PG-13 to increase the potential audience. Synopsis: In *The Equalizer*, Denzel Washington plays McCall, a former black ops commando who has faked his death to live a quiet life in Boston. When he comes out of his self-imposed retirement to rescue a young girl, Teri (Chloë Grace Moretz), he finds himself face to face with ultra-violent Russian gangsters. As he serves vengeance against those who brutalize the helpless, McCall's desire for justice is reawakened. If someone has a problem, the odds are stacked against them, and they have nowhere else to turn, McCall will help. He is The Equalizer.



GONE GIRL (Oct. 3) Director David Fincher (*The Social Network*) returns with his film of Gillian Flynn's bestseller about a wife's disappearance. On the fifth anniversary of Nick (Ben Affleck) and Amy (Rosamund Pike) Dunne's wedding, Amy goes missing. The detectives on the case, Boney and Gilpin, can't find any traces of Amy and Nick seems suspiciously detached from his wife's disappearance. In addition, the detectives find Nick has increased his wife's life insurance to \$1.2M. They find Amy's diary, which indicates a growing

discomfort, even fear of her husband. Nick has described Amy as friendless and lacking purpose in her life, but her diary describes Nick as aggressive, even violent. As police and public scrutiny bores in on Nick as a possible murder suspect, the film flashes back to the dreamy beginning of their relationship when both lived glamorous lives in New York before the recession turned their lives upside down, forcing them to relocate to boring, suburban Missouri. A major turn reveals that Amy is not dead and has possibly engineered the entire disappearance and murder investigation to escape the confines of her marriage. In this Rashomon-like story, there are two unreliable narrators describing the events of not just a murder, but also the mystery of a marriage.



THE ASTORIA INTERNATIONAL FILM FESTIVAL sets to open 8th annual fest with AWARD WINNING docs *Winding Stream & Anita* • Oct 17 -19

Astoria International Film Festival, Oregon's cherished and venerable film festival, announces the first of the films selected for the fest's eighth year celebration. Award winning documentaries *Winding Stream & Anita*.

WINDING STREAM covers the epic sweep of this family's saga all in one film. It is told by family members; including Johnny Cash, Rosanne Cash, Janette Carter, as well as the musicians they influenced. And their musical contribution is vividly illustrated in performances by roots music practitioners like John Prine, George Jones, Sheryl Crow, Kris Kristofferson and many others. Filmmaker Beth Harrington will be joining us in Astoria to present her film.

The festival released the name of another documentary Festival Director Ron Craig and his programming team selected, Freida Mock's *ANITA: SPEAKING TRUTH TO POWER!* Against a backdrop of sex, politics, and race, *ANITA* reveals the intimate story of a woman who spoke truth to power. Directed by Academy Award-winning filmmaker Freida Mock, the film is both a celebration of Anita Hill's legacy and a rare glimpse into her private life with friends and family, many of whom were by her side that fateful day twenty-two years ago. Lisa Schwarzbaum's, review in *Entertainment Weekly*: One woman, stepping into a mess of political, racial and sexual power plays, makes for rapt viewing. In addition to the screening of the Anita Hill documentary, plan to join us for a conversation on how we view Ms. Hill and her place in history today.

Follow The Astoria International Film Festival on Facebook. For questions or more information: call 503-484-5122, email ron.craig@gmail.com or visit www.goaiff.com



FREE WILL ASTROLOGY

September

© Copyright 2014 Rob Brezsky

ARIES (March 21-April 19): In the coming weeks it will be important for you to bestow blessings and disseminate gifts and dole out helpful feedback. Maybe you already do a pretty good job at all that, but I urge you to go even further. Through acts of will and surges of compassion, you can and should raise your levels of generosity. Why? Your allies and loved ones need more from you than usual. They have pressing issues that you have special power to address. Moreover, boosting your largesse will heal a little glitch in your mental health. It's just what the soul doctor ordered.

TAURUS (April 20-May 20): The Icelandic word *hoppipolla* means "jumping into puddles." I'd love to make that one of your themes in the coming weeks. It would be in sweet accordance with the astrological omens. You are overdue for an extended reign of freelance play . . . for a time of high amusement mixed with deep fun and a wandering imagination. See if you can arrange to not only leap into the mud, but also roll down a hill and kiss the sky and sing hymns to the sun. For extra credit, consider adding the Bantu term *mbuki-mvuki* to your repertoire. It refers to the act of stripping off your clothes and dancing with crazy joy.

GEMINI (May 21-June 20): During the course of its life, an oyster may change genders numerous times. Back and forth it goes, from male to female and vice versa, always ready to switch. I'm nominating this ambisexual creature to be your power animal in the coming weeks. There has rarely been a better time than now to experiment with the pleasures of gender fluidity. I invite you to tap into the increased resilience and sexy wisdom that could come by expanding your sense of identity in this way.

CANCER (June 21-July 22): I'm getting the sense that in the coming days you will be more casual and nonchalant than usual. More jaunty and unflappable. You may not be outright irresponsible, but neither will you be hyper-focused on being ultra-responsible. I suspect you may even opt not to be buttoned and zippered all the way to the top. It's also possible you will be willing to let a sly secret or two slip out, and allow one of your interesting eccentricities to shine. I think this is mostly fine. My only advice is to tilt in the direction of being carefree rather than careless.

LEO (July 23-Aug. 22): In his novel *Les Misérables*, French author Victor Hugo chose to write a convoluted sentence that was 823 words long. American novelist William Faulkner outdid him, though. In his book *Absalom, Absalom!*, he crafted a single rambling, labyrinthine sentence crammed with 1,287 words. These people should not be your role models in the coming weeks, Leo. To keep rolling in the direction of your best possible destiny, you should be concise and precise. Straightforward simplicity will work better for you than meandering complexity. There's no need to rush, though. Take your time. Trust the rhythm that keeps you poised and purposeful.

VIRGO (Aug. 23-Sept. 22): As you know, real confidence has no bluster or bombast. It's not rooted in a desire to seem better than everyone else and it's not driven by a fear of appearing weak. Real confidence settles in when you have a clear vision of exactly what you need to do. Real confidence blooms as you wield the skills and power you have built through your hard work and discipline. And as I think you already sense, Virgo, the time has come for you to claim a generous new share of real confidence. You are ready to be a bolder and crisper version of yourself.

LIBRA (Sept. 23-Oct. 22): As I understand your situation, Libra, you have played by the rules; you have been sincere and well-meaning; you have pressed for a solution that was fair and just. But that hasn't been enough. So now, as long as you stay committed to creating a righteous outcome, you are authorized to invoke this declaration, originally uttered by the ancient Roman

poet Virgil: "If I am unable to make the gods above relent, I shall move hell." Here's an alternate translation of the original Latin text: "If heaven I cannot bend, then hell I will stir."

SCORPIO (Oct. 23-Nov. 21): "Start every day off with a smile and get it over with," said the misanthropic comedian W. C. Fields. I know it's weird to hear those words coming from a professional optimist like me, but just this once I recommend that you follow Fields' advice. In the near future, you should be as serious and sober and unamusable as you have ever been. You've got demanding work to attend to; knotty riddles to solve; complex situations to untangle. So frown strong, Scorpio. Keep an extra sour expression plastered on your face. Smiling would only distract you from the dogged effort you must summon. Unless, of course, you know for a fact that you actually get smarter and more creative when you laugh a lot. In which case, ignore everything I said. Instead, be a juggernaut of cheerful problem-solving.

SAGITTARIUS (Nov. 22-Dec. 21): Mahalia Jackson (1911-1972) was a renowned African-American gospel singer who lent her talents to the civil rights movement. Martin Luther King Jr. often called on her to be an opening act for his speeches. She was there on the podium with him on August 28, 1963 in Washington, D.C. when he delivered his famous "I Have a Dream" speech. In fact, it was her influence that prompted him to depart from his prepared notes and improvise the stirring climax. "Tell them about the dream, Martin," she politely heckled. And he did just that. Who's your equivalent of Mahalia Jackson, Sagittarius? Whose spur would you welcome? Who might interrupt you at just the right time? Seek out influences that will push you to reach higher.

CAPRICORN (Dec. 22-Jan. 19): When Europeans first explored the New World, ships captained by Italians led the way. But none of them sailed Italian ships or represented Italian cities. Cristoforo Colombo (today known as Christopher Columbus) was funded by the government of Spain, Giovanni de Verrazzano by France, and Giovanni Caboto (now known as John Cabot) by England. I see a lesson here for you, Capricorn. To flourish in the coming months, you don't necessarily need to be supported or sponsored by what you imagine are your natural allies. You may get further by seeking the help of sources that are not the obvious choices.

AQUARIUS (Jan. 20-Feb. 18): Walter Kaufman had a major role in clarifying the meaning and importance of Friedrich Nietzsche. His English translations of the German philosopher's books are benchmarks, as are his analyses of the man's ideas. And yet Kaufman was not a cheerleader. He regarded Nietzsche's *Thus Spake Zarathustra* as brilliant and triumphant, but also verbose and melodramatic: a "profusion of sapphires in the mud." I love that phrase, Aquarius, and maybe you will, too, as you navigate your way through the coming weeks. Don't just automatically avoid the mud, because that's probably where you will find the sapphires.

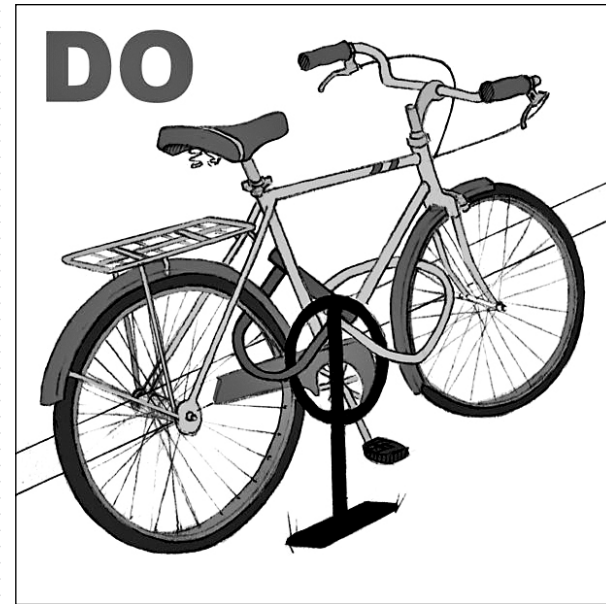
PISCES (Feb. 19-March 20): I'm not tolerant of greed. Acquisitiveness bothers me. Insatiableness disgusts me. I am all in favor of people having passionate yearnings, but am repelled when their passionate yearnings spill over into egomaniacal avarice. As you can imagine, then, I don't counsel anyone to be piggishly self-indulgent. Never ever. Having said that, though, I advise you to be zealous in asking for what you want in the coming weeks. It will be surprisingly healing for both you and your loved ones if you become aggressive in identifying what you need and then going after it. I'm confident, in fact, that it's the wisest thing for you to do.

Homework: Imagine it's 40 years from now and you're telling God the worst things and best things you ever did. What would they be? Testify at FreeWillAstrology.com.

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

By Margaret Hammitt-McDonald

Take a Bike Out of Crime



you don't alter the structural integrity of the frame!)

If you can, bring your bike inside—whether it's your living space or a bike closet at work. (Balconies and porches are not 100% safe.) If you can't bring it inside, attach it to a bike rack (not the kind that thieves can just lift and carry away but one that's anchored to the pavement) or other stationary structure, such as a signpost. The best locations are visible from wherever you'll be,

like through the window of a restaurant. Use a durable lock made for bikes, such as a U-lock or one of those thick cables with a clear, rubbery plastic shell around the metal strands, and pass it through multiple locations, like the wheel and the frame, rather than just the wheel, which a thief can detach to free the bike, put back on, and ride off. Don't be tempted to leave your bike unlocked because you expect to dart into a store for "just one second"—in that second, your beloved friend can be absconded with, never to be seen again. Make sure you've properly locked the bike before leaving it. Position your lock for the snuggest fit (so the thief can't maneuver). Consider using two locks instead of one, and never lock a bike to itself—it's still portable, if not ride-able. Bikes are safest when they're with other bikes; choose a location where your bike is not lonely and easy to get at.

Removing the front wheel and/or seat and taking them with you (after locking up the rest) is another option. It can be pesky to lug these parts around, and sometimes you get funny looks, but unless the thief can ride in the "wheelie" position without a seat, he/she can't escape.

Thieves may be determined, and bikes valuable, but by storing your bike carefully and taking the time to lock it up well when it's in the open, you can take your bike out of crime.

THE BROTHER of my childhood best friend had a habit of forgetting to put his bike away when his parents called him in for dinner. It was a familiar sight, that one-speed, knobby-tired bike, draped across the bottom step where it had fallen over in his haste to eat. That is, it was a familiar sight until one day his parents grew tired of reminding him to put it away (usually after tripping over it on the way up the stairs). One evening, his father snuck out the back door, collected the bike, and hid it in the basement, allowing him to believe that somebody had stolen it. A week later, his parents returned it to him, along with a stern lecture on *The Importance of Putting Your Things Where They Belong*. I don't remember whether the experience taught him anything other than to keep an eye on his parents.

Bike thieves have been with us as long as there have been bikes. As with everything from illnesses to painful breakups, prevention is the best strategy to keep from being parted from your beloved steed. Consider registering your bike with the local police, using its serial number. There's also a National Bike Registry. Take pictures, especially of unique features. If you have metal-working experience, you might be able to carve or weld your name into the frame of the bike. It's hard to paint over a bumpy texture, and your name will stubbornly shine forth when the thief tries to sell his/her booty. (Just be sure

WORKSHOPS/CLASSES

SELF HEALING WORKSHOP. With Janet Maher, Sat., Sept 27, 10 to 3pm. Learn to use acupressure points, qigong movements, essential oils and herbs to help improve the digestive system. The qigong form taught will be Eight Treasures. This form helps strengthen the body and tendons and is a perfect exercise to start each day. Limited class space, please e mail me at janetm55@yahoo.com to reserve your space. The cost is \$50. At Three Village Massage in Nehalem.

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.

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.

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 1-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 day 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.ncrdnehalen.org/about-us/schedules/

LINE DANCING. NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out on 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.

FREE TAI CHI. August 25 - October 8. FREE Tai Chi Classes M/W for those 60+ and anyone with a documented disability. 10-11am at Cannon Beach Community Church, 1-2 pm at Bob Chisholm Center, Seaside. Students must preregister by calling Angela Sidlo. 503.338.9921.

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.

AQUANASTICS - Gentle Water Exercise that's Lots of Fun! This water fitness class is energizing and strengthening, yet gentle on the joints. As an added bonus, students are given basic water health and safety tips. Plus play some water games. This class is for both women and men. WHEN: Tuesday and Thursday Beginning Sept. 16, thru Oct 8, a total of 8 classes, from 9:00 to 9:50am and 10 to 10:50am. Instructor: Kathleen Hudson. WHERE: KOA heated indoor pool, 1100 Ridge Road in Hammond. The cost is \$25.00. Call CCC 503 338-2402 to register.

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her

channel Barbara Beach. Sunday Sept. 14, 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. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Registration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Macted - 503.338.9153. email: ronmacted@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 the 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.clatsopcountygensoc@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

“THE ELDER’S JOURNEY” Workshop

Sept 27 Manzanita



The North Coast Men's Group is excited to announce that we are sponsoring our fourth "The Elders Journey" workshop on September 27th. This is part of an ongoing series begun at the "Elders" workshops offered over the last few years. It is not necessary that you attended a previous workshop.

Two beloved local elders, Michael Hithe and Kim Miller, will facilitate the class. The workshop is Saturday September 27th from 9:00-5:00 at the Center for Contemplative Arts in Manzanita.

We will be providing morning and afternoon snacks, and course materials. We are asking for a donation in the \$20 range which will be gifted to the Tillamook Women's Resource Center.

The workshop is limited to 24 people. If you would like to join us please RSVP via email (darelgrothaus@raincity.com) or call Darel at home 503-368-7602 or cell 206-818-4833.

We hope you can join us for this very special day.

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. 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, lnc2@nehalentel.net.

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

MEETINGS AND MEET-UPS!

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

Steve Jordan at 503-325-1807

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 share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. second Tuesdays, from 6:30 - 8 pm at Grace Episcopal Church, nursery room, 1545 Franklin Ave, Astoria. Meet 2nd Monday of the month at 10am- ASTORIA .FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 or Megan Oien: 503-440-4942.



Messages Sonja Grace mystic healer

Common Characteristics of the Earth Angel

IN MY new book 'Become an Earth Angel' I discuss what the common characteristics are for the aspiring Earth Angel which I have listed below and drafted from my own experience and from the observations of others:

AUTHENTICITY: Earth angels are authentic. They know who they are and why they are here. They have found their own voice deep within themselves. There is no mask, no facade. There is no investment in the duality.

NEED TO HELP OTHERS: Earth angels share a need to be in service as a way of realizing their earth angel experience. No doubt you too recognize and empathize with the pain of others. Just standing in line in the store, I can "see" and "feel" the energy of others; I "know" what they need. Compassion and love pour from my very being, but at the same time my respect and boundaries for others remain intact, never intruding on someone but sharing my gifts with those who ask.

INTEGRITY: There are many ways to work with energy but the

sign of a true earth angel is someone with integrity. When I am called to help others I maintain a space of compassion, no matter how important or trivial the issue.

SENSITIVITY: What sets an earth angel apart is that all of their senses, including intuition, are constantly open, and are often felt as an energetic acceleration. Many people experience an opening of one or two of these sensory systems, but it's only the earth angel who experiences all senses at all times. Earth angels experience telepathy, along with vivid dreams and psychic translations of past, present, or future. They experience themselves as constantly in contact with the Divine.

HUMILITY: Humility allows earth angels to transcend the duality, for when they are humble they no longer need to attach themselves to anything. Gandhi lived his life with total humility and showed the world his true strength, his inner peace. The humility that comes from understanding the importance of the earth and all that she gives

is something an earth angel understands.

HEALING: The gift of healing is something most earth angels are born with. Early signs in childhood show us the past life connection that inevitably brings the healing work to the forefront. The healing aspect is the most difficult for an earth angel, as it requires grounding, awareness, and selflessness. The healer is the one who understands how illness can serve us and helps others to see there is no victimization.

COMPASSION: Like Mother Teresa, earth angels understand there is no soul that gets left behind, for there is no separation between people, cultures, and religion. Compassion is the artist's palette whose colors I work with daily as I encounter so many stories of loss, pain, and hardship across the globe.

SENSE OF PURPOSE: Earth angels know their purpose, for it is deep within them and often discovered at a young age. Each day, I feel a deep sense of purpose. I always pray that my life is in alignment with the will of God and the Goddess, and that my work is for the highest good of everyone and the highest good of the universe.

PAST LIVES: The common thread connecting all earth angels is their experience of past lives as healers, mystics, or visionaries. Earth angels have worked throughout history helping people all over the world. The job of an earth angel is not for the faint of heart; it is for warriors who know where they have been and what they have done.

LOVE: The mission statement for humanity is to love at the deepest level of our beings. The path of the earth angel is one of service, of transcending the duality and embody-

ing such a high vibration of love that there is no seam between this world and the spirit universe. The love I experience in my work is the foundation for all that I do as an earth angel. It is through that experience that I am able to love every person around the world equally, with as much love as I have for my own family.

Have you been called to serve?
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 an 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 and her new Earth Angel Series is available on her website. www.sonjagraces.com

Coming Soon: Sonja Grace appears at KALA Friday Eve, Nov 14.



word and wisdom

By Tobi Nason

True to Oneself...

WHAT THE heck does that mean? How true? Bluntly true, or politely true? How true do you get before you annoy everyone around you?

I believe in being myself. I don't know any other way to be. I look and act like a - Tobi. Nothing pretentious there. I can't even pretend. I can't pretend to laugh at jokes I do not find funny. I will not compliment someone just for the sake of saying something nice. I defend my beliefs. And I'll let you know when your political correctness is encroaching on my more lax way of being.

I write this now because I am in the fine position of having to create a whole new life. Oh, I still am a counselor and mediator and I still write this column, but in terms of finding other sources of satisfaction, I've had to sit and think of the options. So much volunteer work is available. I cannot spread myself too much, too thinly. I realize I loved playing my flute, so I signed up for flute lessons. This morning I tried a water exercise class.

Much as I am thrilled the move is over, that I am in living in a fine little condo that suits me perfectly and my dogs walk 3 times

a day now that I am home more, I know that I occasionally need to be with people. A small crowd, a few neighborhood ladies, and a few condo mates are all I need to round out my world. Well, maybe not.

Love interest. I want to focus on someone that makes me laugh and shines bright on a cloudy day.

What is it that makes us want just that tad bit more?? I believe in gratitude lists, I do. I also believe in wish lists. If you can synch the two together, that would be better. At least for me. I'm annoyed that I take the good things for granted, and I try to counteract by reiterating my gratitude. But there's something that spurs a person to want to move - forward? I would not make a good Buddhist, I'm telling you. I find little pockets of - want.

I find some clients also have perfectly fine lives.... but its not enough. The desire to write a book, move to Africa, run in marathons come to the forefront.

Okay! Here's where I seemingly backtrack. I like to remind people of gratitude. Want will be minimized if you take your gratitude list seriously. Write the wish list. Take the little baby steps towards a desire, a wish, a want. Make it

a "to do" list. People get all convoluted about what happiness is, and why it is reserved for others, etc. I include myself in that human stockpile. Yes, how do I get my love interest manifested? How do I stop wanting and start feeling gratitude? How do I fine-tune my toggle switch- the one that goes back and forth between gratitude and desires?

Since this is an area for me to work on also, I'm going to suggest bolstering the gratitude stuff and keeping the want list down to a minimum. Im thinking its a bit of a mind-training... focusing on the positive over and over again. And again. But then, in small print print.... "I want...." and that will not go away.

End of a column. A quiet column. I've had more than my share of changes in the last two months. Its like I'm exhaling, and saying, "Now what?" Maybe its these quiet times that generate those "wants." I was too busy before to think about what I wanted? Its okay to identify the wants and desires. Maybe its all part of being true to oneself.

Tobi Nason is a counselor living in Warrenton. She lives with her pug and mini-doxie. Her phone number is (503)440-0587 if you would like to make an appointment.

VOLUNTEER AT THE ANIMAL SHELTER



Can you donate a few hours a week to help the dogs and cats at the Animal Shelter? CAA needs help! The work's not hard and it's terrifically rewarding.

For more information, call the Clatsop County Animal Shelter at 503.861.0737 between noon and 4 pm, Tues. through Sat. Must be sixteen or older unless accompanied by an adult.



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

595 18th, Astoria • 503-325-9131

Kittens at the Shelter! Come see 'em!



Awwwwh!!

Visit CAA on facebook

Clatsop County Animal Shelter | 1315 SE 19th in Warrenton
Ph. 503.861.0737 | Hrs. Tuesday thru Saturday, noon to 4 pm

To see more cats and dogs go to www.dogsncats.org

open 7 days a week 503.368.4777



s p a m a n z a n i t a
a full service day spa and shop
www.spamanzanita.com
located 1 block from the Pacific Ocean in Manzanita Oregon



THE CIRCLE OF THE LABYRINTH

FIRST SUNDAY OF THE MONTH
3 PM - 6 PM
(BRIEF INTRODUCTION AT 3 PM)
.....
GRACE EPISCOPAL CHURCH
1545 FRANKLIN ASTORIA
donations welcome

For more info: 503.325.6580

Tobi Nason
Counseling and Mediation Services
Specializing in Life Changes
M.A in Counseling

In Astoria
call 503-440-0587

TRACY ERLING N.D.
naturopathic physician

primary care using
natural therapeutics



Call for an appointment! 503.440.6927
2935 Marine Dr. • Astoria
email: erflingnd@hotmail.com

Dragonheart Herbs & Natural Medicine, LLC

Margaret Hammitt-McDonald Ph.D., MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist

Seth Goldstein, D.C.
Chiropractic Physician, Independent Medical Examiner

231 North Hemlock, Suite #106 PO Box 1465
Cannon Beach, Oregon 97110-1465

Office: 503.436.0335 Fax: 503.436-0604

bodies in balance

If You're Happy and You Know It Serotonin!

WHAT IS at the source of our happiness, anxiousness, depression, mania, tearfulness, obsessiveness or lack of any of the above? Neurotransmitters. These are the chemicals that we produce that communicate throughout the nervous system keeping many of our mental and physical functions in check, or not... Their production is a collaboration of amino acids, enzymatic functions and nutrients; as is their metabolism and elimination. When exploring how to evaluate and treat issues related to the neurotransmitter system, answers can often be elusive. As you will see this is a VAST topic with no cut and dry solutions but let's take this month to scratch the surface of this important health topic.

So who are these fascinating cast of characters? Serotonin, Dopamine, Epinephrine, Norepinephrine, and GABA. Yes they act primarily in the nervous system but are not exclusively produced there, nor does their function stay limited there. They influence the endocrine (hormone) system, the musculoskeletal system, the immune system, the gastrointestinal system and the cardiovascular system. Why? Because our nerves are linked from our central nervous system (the brain and spinal cord) throughout the body communicating our thoughts and needs to their outcome of our functions and actions. AWESOME!

I think of these characters you are likely most familiar with Serotonin. This little gem is our happy neurotransmitter. It is the main focus of most of the antidepressants out there whose goal is create more free-floating serotonin through a variety of pathways. The widespread use of antidepressants can also be linked to the fact that serotonin affects our pain, sleep, and

digestion as well as our moods. In fact did you know that close to 80% of our serotonin is created in our intestines? It should therefore be of no surprise that its use in irritable bowel and other GI complaints is of serious consideration. Natural inducers of healthy serotonin production are exercise, light and of course good nutrition! Incidentally serotonin also converts to melatonin, our sleep hormone, which may explain why when we're feeling troubled our sleep is affected too.

Dopamine may be another familiar neurotransmitter that is associated with our pleasure centers. For some the rewards of eating or gambling, drug use or other addictive behaviors can be linked to their lack of dopamine production. Although problems with moods, sleep, attention, behavior and learning may also be indicators of unhealthy dopamine levels. Parkinson's may be a familiar condition where poor coordination and movement along with low motivation and poor memory is caused by low to no dopamine. On the flip side too much dopamine can lead to paranoia...it'll destroy ya.

Epinephrine and norepinephrine are made from dopamine; these are our fight and flight responders. In a normal healthy state these neurotransmitters will help the body to ready itself in the face of stress and danger. So when we are experiencing deficiency we are sluggish, slow, depressed, reclusive and lack motivation or concentration. This can be a common scenario for those whose stress response has been overtaxed. Along with looking at adrenal health, sizing up our epi and norepi levels may be worthwhile. When we are overproducing these two, we are hyper, restless, have trouble relaxing, focusing and sleep-

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



ing. To help us tone down these stress responses we need our downregulating neurotransmitter GABA. It is calming and assists the body in relaxation. When GABA runs low however, we see conditions like anxiety, panic attacks and alcoholism (due to it's ability to depress the central nervous system). And as expected with too much GABA we see drowsiness, poor attention and memory, and depressed moods.

A LOT to think about huh? I think we can all relate to some combination of these issues to a greater or lesser degree... where to start? There are a few nutrients that seem to affect many pathways for creating and metabolizing neurotransmitters. They are safe and well tolerated, so worth checking out. The first is an amino acid called L-theanine. It facilitates the production and metabolism of most of the above and is a naturally occurring substance in green tea. It can help with moods, stress and brain power... so green tea may be a good addition for students and teachers alike this time of year! Vitamin D is another cofactor that is key in helping enzymatic reactions to move forward. When enzymes

are working properly, the body is not only able to create these neurotransmitters but also able to break them down...not too little, not too much, but just right. And finally fish oils (i.e. good quality fats) which bathe the nervous system allowing good access to the cells so that everyone is able to get where they need to go, and communicate what they need to communicate.

Is there testing? Yes! There are a variety of labs testing neurotransmitters. The one that I have recently begun to use tests a small urine sample; an easy in-home test. I cannot say how common or popular they are among the medical profession or whether they are something your insurance would cover!?! Neurotransmitter testing has really only emerged in the naturopathic community in, I would say, the last 10 years...so fairly new in the grand scheme of things. Definitely worth asking about or researching on your own!

If you're not happy and you know it then maybe its time to think about supporting the neurotransmitter pathways; because we all want to be our happiest and healthiest selves!

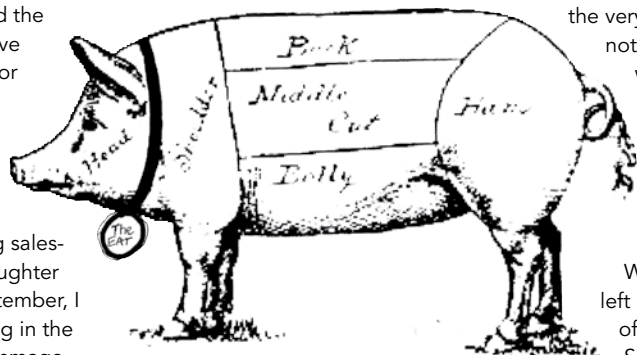
DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!

CHEW ON THIS!

by Merianne Myers



SEPTEMBER IS a split personality month - first part Summer, last part Autumn. Nighttime is the early warning system. All summer my perfect husband and I have awakened to find the comforter we have each kicked off for being too warm, squished into a giant baguette separating us like something out of a traveling salesman/farmer's daughter joke. Come September, I wake up shivering in the wee hours to rummage



around for the trailing edge of the very thing I wanted nothing to do with just weeks before. I'm not fickle. I'm flexible. The other thing about Fall is oven love. Where August left me resentful of pie baking, September finds

me grateful to preheat to 425 degrees. I'm not impossible to please. I'm open to change.

Along with cooler days and nights, September brings with it APPLES! Apples are the luscious consolation prize for having to bid farewell to melons, berries and stone fruits. They are Nature's way of making sure we don't dwell in the past. Apples are the gateway food for all things sweet and savory like chutney, cinnamon, sauerkraut, brandy, homemade vanilla ice cream and pork. I'm not food obsessed. I'm.....okay, I'm obsessed. Apples will do that to you.

MAGNIFICENT OBSESSION PORK WITH APPLE CIDER CREAM

- Pork Tenderloin 1 cup apple cider
- 1/2 cup beer 1/4 cup cider vinegar
- 3 Tablespoons Dijon mustard 2 cups heavy cream
- 1 Tablespoon chopped garlic Pinch cayenne
- 1 Tablespoon brown sugar Brie
- 2 Tablespoons chopped fresh rosemary

Pork Marinade:

Combine ale, 2 Tablespoons Dijon, garlic, brown sugar and rosemary. Pour over tenderloin and marinate at least 4 hours or overnight.

Apple Cider Cream:

Reduce the cider and vinegar until syrupy. Add the cream, 1 Tablespoon Dijon, and cayenne. Simmer until reduced by half. Taste and adjust seasoning.

Cut slices of tenderloin (about 1/2" thick) and grill or sauté. When you turn the pork, top each slice with a thin wedge of Brie. Serve with sautéed apples and mashed potatoes drizzled with Cider Cream.

Hello, Autumn, you scrumptious season you!



BILL'S TAVERN & BREWHOUSE

The North Coast's Original Brewery

Serving Fine Ales, Burgers, Fish & Chips and more!
Live Music most Thursday Nights in our Bar
Happy Hour Sunday-Thursday 4-6 PM

188 NORTH HEMLOCK STREET · CANNON BEACH OREGON



"LOCALS' SPECIAL"
EVERY MONTH

BODY TREATMENTS
MASSAGE
FACIALS
COUPLE'S PACKAGES

At CANNERY PIER HOTEL

AUTHENTIC
FINNISH SAUNA
•
MINERAL THERAPY
HOT TUB
•
GIFT CERTIFICATES
ALWAYS AVAILABLE



NO. 10 BASIN ST. 503-338-4772
www.cannerypierhotel.com

10-6 Daily

Listen Live! CoastRadio.org/KCPB
...hitting all the right notes

KCPB 90.9 FM
for the Coast

GET OUT AND PEDAL...



ON OUR NEW LINE, THE 27.5/650B MOUNTAIN BIKE
ACCELERATION OF A 26" SMOOTHNESS OF A 29"ER!



11th and Marine Drive
in Astoria
503.325.2961
OPEN DAILY

www.bikesandbeyond.com



VoIP

Voice over Internet Protocol

Locally owned and operated.

Save 30 - 70%
on your businesses
phone bills

Call us today
for a customized
phone & service
package quote
designed for your
business!

503.836.9100 (Local)
855.MOSSYTEL (Toll Free)
855.667.7983
503.836.9191 (Fax)
sales@mossytel.com

Stay tuned as
turns **KMUN 91.9FM**
30
1983 - 2013

as seen in

the
Current

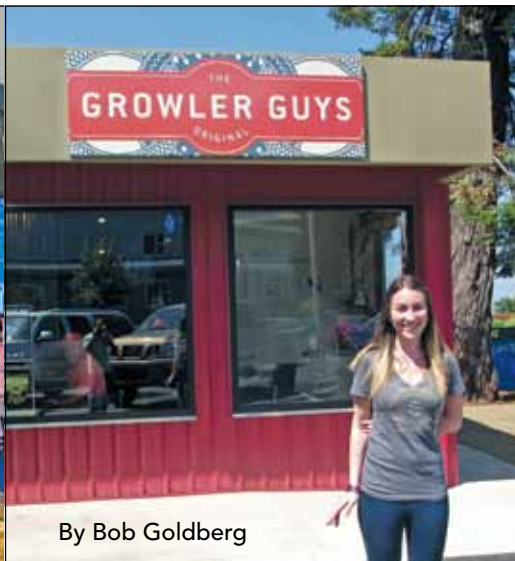


KMUN 91.9 Astoria KTCB 89.5 Tillamook KCPB 90.9 Warrenton // Coast Community Radio // coastradio.org

Kombucha on Tap!

The Growler Guys partners with the newest Mini Mart to serve up craft beer, cider, kombucha and root beer to go with amazing chicken strips

FOOD GROOVE



By Bob Goldberg

ASTORIA AS a craft beverage destination just got even better.

Joining the likes of Fort George, Wet Dog (Astoria Brewing), Hondo's, Buoy, Rogue and North Coast Distilling is... The Growler Guys! Yes, The Growler Guys is co-located with the new East Astoria Mini Mart, gas station and laundromat across from Columbia Memorial Hospital and down the block from the NAPA Auto Parts store, the City Lumber hardware store and the Mill Pond development on Marine Drive.

And what, or who, are The Growler Guys, you ask? Well, it's a chain of growler filling stations generally located in convenience stores or strip malls in Washington and Oregon, with locations (besides Astoria) in Bend, Portland, Eugene, Richland and Spokane. Originating in Bend, the company's founders, Kent and Kizer Couch (father and son) and Mark Knowles, just happen to know the owners of the Mini Marts in Warrenton and Astoria, Don & Renay Patterson, and so a Growler Guys filling station was tacked on to the new Mini Mart store this summer.

According to Krista Patterson (yes, the daughter – it's a family affair), the manager of the new Mini Mart, it's going well in all the parts of the complex since the store opened this spring. "Business has been great," said Patterson. "I'm sure that's partially due to the season, but since opening the Growler side we've increased sales on the store side. So that's very nice to see."

Patterson came home to run the new store, after being away a few years. She told me, "My parents bought the Mini Marts when I was one year old so I've grown up in these stores. They're my second home. I left Warrenton after high school, attended University of Oregon and then moved to Portland. I was gone a total of eight years. I moved home eight months ago to open the new store with my parents and I've been so excited about opening the Growler side. It's just such a nice change from the store side."

The drinkable liquid filling station (as opposed to the gas station) at the Mini Mart features 36 revolving taps of craft beer and cider from local brews to nationally distributed brands. If you're wondering what's on tap at the Astoria location, just whip out your mobile device (not while you're driving!) and check out the mobile-friendly Growler Guys site at thegrowlanguys.com.

For instance, my iPhone says that as of this writing, there is Farm Out Saison (Worthy in Bend) in tap #1 for \$9.99 per half-gallon growler, Dirty Lager (Rogue Ales in Newport) in tap #6 for \$12.99, Nut Red Ale (Fort George) for \$10.99 in

tap #11, Ruination Imperial IPA (Stone in Escondido, CA) for \$11.99 in tap #21 and Amber Hard Cider (Woodchuck in Middlebury, VT of all places) for \$9.99 in tap #34. Likely by the time you read this, the lineup will have changed. The filling station has three large TV screens

that act as tap information displays, which can be changed at any time via a handy app on Patterson's office computer. Information on alcohol content (ABV or alcohol by volume) and bitterness (IBUs or international bitterness units) is also available on-line and on the in-store displays. And the filling station attendants are pretty knowledgeable about the products in the kegs backstage as well. Tastes are free, and you can buy any beer or cider by the pint glass as well, and drink it in the food section of the Mini Mart, as well as at the two tables set up in the Growler section.

When asked about popularity of the various products, how local brews are doing and what percentage of business is take-out, Patterson replied, "Our most popular beer right now has definitely been Hop Venom by Boneyard; it's an imperial IPA. Ciders



are going like crazy though. I didn't expect it, but our first keg to blow was a raspberry cider. I can't keep enough ciders stocked and that really surprises me. As far as our local beers go they are selling very well. I make sure to always have several local options on my tap wall because I think it's really important to support the local businesses in our community. The majority of people are definitely filling growlers to go, but every night we've had people in here drinking pints. I'd say 80/20."

Let's you think that The Growler Guys is just for us older folks, think again! The Astoria location has three taps dedicated to kombucha and one for craft root beer. Kombucha is a fermented sweetened tea beverage, which often has fruit juices and spices added. The right brewing technique can limit the alcohol content so it's legal to drink for all ages, and kombucha is a probiotic (contains critters) that has been claimed to have all sorts of magical healing powers. With very little simple sugars, and a great variety of flavors, kombucha and other probiotic drinks are gaining market share nationwide. The Growler Guys in Astoria currently carries three flavors of Humm (Bend) kombucha – blueberry mint, strawberry lemonade and lemon ginger. If you can handle the sugar (unbleached and caramelized unrefined), the Astoria store carries Virgil's Root Beer (Reed's in Los Angeles, CA), which has no gluten, preservatives, caffeine, GMOs, or artificial anything!

"Having the kombucha and root beer is something I really like," says Patterson. "We don't want this to be a bar; it's a family store. Having options for kids or people who don't drink is important to me. We may eventually add a few more taps for more kombucha flavors and another fun soda. A lot of families come in and it's really fun to be able to have something for the kids to try."

And of course, no Growler Guys outlet would be complete without growlers and other accessories to enhance your beverage experience. The Astoria location sells their own brand of growlers,

Hondo's Brew & Cork Home Brew Competition

Hondo's Brew & Cork 2014 Home Brewer's Competition is currently underway. Contestants may register for the competition at Hondo's Brew & Cork, 2703 Marine Drive. The deadline for registration is Sep 26, 2014. Brew samples should be submitted to Hondo's Brew & Cork no later than Friday, September 27, before 5pm. Competition judging will take place between 11am and 1pm at Hondo's Brew & Cork on September 28, 2012. Brew samples should contain no less than 10 oz and be stored in dark brown glass beer bottles. Three categories will be judged: pale ales, stout/porter and lagers.

Best of show will win \$25 GIFT CERTIFICATE from Hondo's Brew & Cork. Rosettes for 1st, 2nd and 3rd place will be awarded for each category. Winners will be announced on stage around 8pm at the NW Brew Cup. Hondo's Brew & Cork provides home brew equipment and supplies, brew instruction and bottle micro brew beer serving and tasting on premises. We have an extensive catalog featuring everything for the home brewer, as well as twelve handle draft brews, with a selection of brews brewed in our pub as well as micro brews selected from popular brew pubs in the Northwest and across the US.

glasses and even the trademarked Phssssh CO2 TO GO device to deoxygenate and recarbonate your beverage, in case you can't consume it within a week or so.

"Mill Pond Growlers is us," Patterson replied when asked about the cool containers. "We wanted to have some Astoria memorabilia for sale, so we had a local artist come up with a concept and we loved it. Locals and tourists are really liking having the option to buy something with Astoria on it."

Finally, if you're looking for something to go with all those great beverages, just head a few feet to the west into the main part of the Mini Mart, and pick up some of their excellent chicken strips and other food to go. An informal survey taken by the author confirms that the chicken strips are the best in town! Patterson agrees. "They have treated me well over the years."

The Growler Guys and East Astoria Mini Mart (including laundromat and Shell gas station)

2264 Marine Drive, Astoria, OR 97103
503-468-0840 • Hours: 7am-10pm every day

Liberty Theater presents

Sponsored by KMUN Coast Community Radio and Fulio's Pastaria

Commander Cody & his Modern Day Airmen



Friday, September 19, 7pm
Tickets on Sale Now!
The Famed Top 10 Hit in 1972:
HOT ROD LINCOLN

Commander Cody's 1974 Album, "Live From Deep in the Heart of Texas" named as one of Rolling Stones 100 Greatest of all times!



Reader's Theater October 1, 2, 8 & 9
in beautiful the McTavish Room

LIBERTY THEATRE

LIBERTY THEATER BOX OFFICE Tues – Sat, 2 – 5:00pm & 2 hours before curtain • 503.325.5922 ext. 55
1203 Commercial Street, Astoria, OR (Corner of 12th & Commercial) • www.liberty-theater.org

HARD CIDERS
Handcrafted at
EDGEFIELD WINERY
since 1992
NOW
FEATURING
BLACKBERRY
HARD CIDER



Four miles north of Seaside
Gearhart Hotel & Sand Trap
1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159
mcmenamins.com

 Pet friendly

Canby Asparagus Farm
Casa de Tamales


Also Find us at the
**Astoria, Manzanita,
Cannon Beach & Ilwaco Markets**



FREE DELIVERY • 503-325-2931
1426 Commercial St • Astoria, OR

Now Serving!
Your Favorite Margaritas • Beer & Wine

Now through October 12
AstoriaSundayMarket.com



Feel the Beet!
at Astoria Sunday Market
on 12th St. 10 to 3

BRIDGE
water
B I S T R O



gluten-free friendly!

on the river • bridgewaterbistro.com
20 basin st, astoria or • 503.325.6777
open every day - lunch, dinner, sunday brunch

Listed in "Northwest Best Places" for 24 Consecutive Years!




- English Fish & Chips
- Chowder
- Seafood Entrees
- English Specialties
- Full Service Lounge
- Fireplace
- Int'l & Domestic Beers On Tap

Casual Dining
Great River Views



On the Trolley Route
We're Number 1 on 2nd Street
503.325.0033
www.shipinn-astoria.com

FORT GEORGE
BREWERY + PUBLIC HOUSE
ASTORIA, OREGON



one city block
• 3 locations
pub + 14 taps
pizza joint + 14 taps
taproom + 19 taps

503.325.7468 1483 duane st fortgeorgebrewery.com

7 DAYS A WEEK
LUNCH & DINNER



pastaria,
Tuscan steak house
& delicatessen

"The Best Italian restaurant between San Francisco and Seattle."
—J. Nicholas
The Oregonian

Cappuccino & Cocktail Lounge
Fine Italian Wines

- PASTA
- SEAFOOD
- TUSCAN STEAKS

Our Delicatessen serves up authentic, creative sandwiches and fresh salads specializing in toothsome meats and cheeses from around the globe.
~ ALL-YOU-CAN-EAT STEAMERS THURS. NITE ~

DOWNTOWN @ 1149 COMMERCIAL
503-32-9001 www.FULIOS.COM



Thank You for a great 40 years of community ownership

Open Daily! • 8am - 8pm
Corner of 14th & Exchange • (503) 325 - 0027

"Own it, shop it, love it"

Just \$25 to become an owner
"benefits include owner sales and other discounts"...

You do not have to be an owner (member) to shop at the Co-op

 Astoria co-op grocery




Food that makes you feel good.
Come on in, the berries are ripe.

1493 Duane Street
open daily 8-5



Green Angel Gardens
organic farm store
fresh fruits and veggies from our farm, and OR & WA farms, CSA'S too!
open daily 8am - 7pm
6807 Sandridge Rd., Longbeach, WA
greenangelgardening.com



REVIVE A GREAT NOTION
COME CELEBRATE
 Independent Thinking and a beloved Independent Bookstore
50th ANNIVERSARY of KEN KESEY'S
Sometimes a Great Notion
25th ANNIVERSARY of JUPITER'S BOOKS
Saturday, Sept. 20th, 2014 • 5-8PM
Jupiter's Books • 244 N. Spruce • Cannon Beach
Casual or Merry Prankster attire
Featuring
 • Free vittles and libations
 • Songs from the novel by *The Cedar Shakes*
 • Dramatic readings
Plus a passionate talk on the novel's history by *Matt Love*, curator of Keseyan culture
And reflections on the bonds between words and place by *John Taylor*, founder of Jupiter's
 Hosted by the **UPPER LEFT EDGE** with volunteer support from the **TOLOVANA ARTS COLONY**
 For more information contact
 Watt Childress 503-436-0549
 wattchildress@yahoo.com



2014 Pacific Northwest BREW CUP

Presented by Astoria Downtown Historic District Association

SEPT. 26-28 on Astoria's waterfront

@ the Barbey Maritime Center
 East of the Columbia River Maritime Museum

36+

BREWS & CIDERS
 from all over
 the Pacific NW.

A FAMILY FRIENDLY EVENT!

Games & Activities
 for children of all ages.

FRI NOON-10
SAT 11-10
SUN 11-4

beer & MUSIC

LIVE MUSIC
 all weekend.

beer & good FOOD

shop & win
 with your
DOWNTOWN PASSPORT!

Brewer's Breakfast
Sat. Sept 27 9-11am
Sponsored by Pacific Power
@ Baked Alaska #1-12th St.

—Enjoy a hearty breakfast buffet and specialty drink as you meet and mingle with the brewers! Breakfast Tickets \$25. 21+ event, so be sure to have your picture ID ready.



Pacific Northwest Brew Cup

RIVERFRONT TROLLEY
RUNS 'TIL 10PM FRI & SAT

pacificnorthwestbrewcup.com **QUESTIONS?** ADHDA 503-791-7940

FESTIVAL OPEN TO ALL AGES

FREE

ADMISSION

• Tasting Mug \$9

• Growler Fill Sunday



LUM'S AUTO CENTER



Astoria Riverwalk Inn



PACIFIC POWER



SAMUEL S. JOHNSON FOUNDATION



ASOC PLAYHOUSE

129 West Bond Street
 in Uniontown Astoria
 tickets online @
astorstretoprycompany.com

ticket info call
 ASOC Box Office:
 503-325-6104

The 30th Season of

SHANGHAIED IN ASTORIA



Sponsored by local radio station the "Q 94.9 FM Where Music Still Matters", continues on thru Sept 13th 2014.

Every Thursday, Friday and Saturday

Box office opening at 6:00pm, doors at 6:30pm and show at 7:00pm & ONE LAST SUNDAY MATINEE on Sept. 7th - show time 2:00pm with the box opening at 1:00pm and doors at 1:30pm.

SHANGHAIED IN ASTORIA

The Return of Topsy Turvey • Sept 19