

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region • june 2015 • vol 16 • issue 197

Connect with your Equine Spirit  
At HORSEFEST • June 27 pg29

SCANDIFFEST June 19-21  
Discover your inner troll p18

GHOST SHRIMP in Willapa Bay pg7  
Before neonicotinoid, there was cartharyl



*Israel Nebeker*

*Angela Meade*



ASTORIA  
MUSIC  
FESTIVAL  
JUNE 13-28



*Jean Sibelius*



*Enso String  
Quartet*

a kerfuffle, a scuffle, and far too many truffle shuffles  
**A NEIGHBORHOOD BESIEGED BY**

**GOONIE GAWKERS**

by Erin Bernard  
**SPEAKS OUT PG3**

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Sizes 2-18

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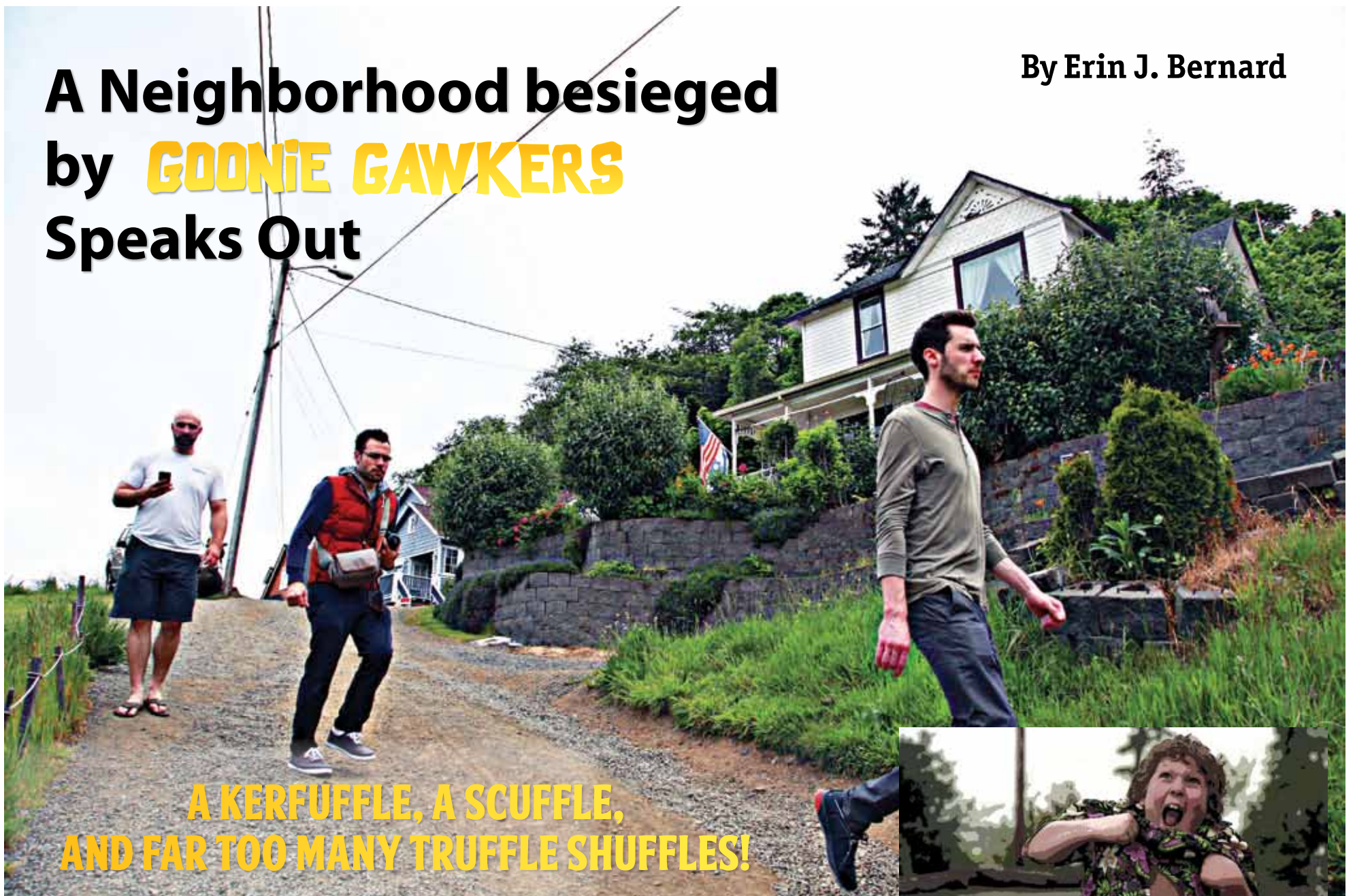
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By Erin J. Bernard

# A Neighborhood besieged by **GOONIE GAWKERS** Speaks Out



**A KERFUZZLE, A SCUFFLE,  
AND FAR TOO MANY TRUFFLE SHUFFLES!**



**'You've thrown us under the Goonie bus!'  
There Goes the Goondocks  
The Truffle Shuffle Kerfuffle**

**Goonies tourism is drawing thousands of  
visitors to one Astoria neighborhood.  
Here's what it's like to live there.**

**What do you get when you cram tens of  
thousands of "Goonies" fans into one tiny  
Astoria neighborhood?**

**A whole lotta trouble.**

**IT** STARTED OUT INNOCENTLY ENOUGH.

The year was 1984, and a crew showed up in Diana Mortensen's quiet Astoria neighborhood to film a quirky adventure comedy at a nearby home. Things got hectic, but it didn't last too long, and when filming wrapped, she says, the crew gave all the neighbors turkeys, just to say thanks.

That film — "The Goonies," — made \$61.4 million at the domestic box office, then faded quickly into cultural memory.

Life returned to normal for the residents of the newly christened "Goondocks," and it stayed that way for decades. Neighbors would occasionally find strangers wandering the streets, sometimes from places as far-flung as France or Michigan, looking lost. They'd point them toward the shabby white house up the gravel road and chuckle to themselves, but that was as far as it ever went.

In fact, Richard Foster and Gary Smyth, who moved to the neighborhood years after filming had wrapped, didn't even realize they were living in Goonies territory until they happened to pop in the movie at home one night. And there it was, right in the opening scene.

"We said, 'Holy crap, that's our street!' Smyth recalls with a laugh.

But somewhere along the way, while nobody was paying attention, "The Goonies" started to gain some serious pop culture traction. The house where filming took place, known colloquially as "Mikey's House" or, simply, the "Goonies House," was purchased and renovated. A cult following grew. And the Astoria-Warrenton Chamber of Commerce made note and got serious about promoting Goonies-related tourism. Soon, the trickle of visitors became a flood, say residents, more voluminous by the year, and bringing with it noise, trash, and cars. Lots, and lots of cars.

On the eve of the Goonies 30th Anniversary Celebration, the excitement is reaching a fever pitch. And the Goondocks, residents say, is starting to feel less like a residential neighborhood and more like a cross between an amusement park and a big old parking lot.

cont. pg 8

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# ALEXA WILEY and the wilderness

at KALA June 27  
a new album  
for a prodigal river daughter

**FOR** SOMEONE WHO DOESN'T LIVE HERE, IT SURE FEELS LIKE ALEXA WILEY IS COMING HOME.

"I first found out about Astoria when I opened for [folk singer] Michael Hurley ten

years ago," Wiley told Hipfish from Portland, "and from there I started so many friendships in Astoria. The people are so progressive in a really unique way. It's an activist community that I really admire and respect."

You might remember Wiley from that VooDoo Room show a decade ago. You might remember her from her frequent collaboration with fisherman-poet Dave Densmore or the long-running and much-celebrated Fisher Poets events that chronicle the true lives of wild fisherman in spoken word. Or maybe you saw her perform at one of many fundraisers for the Columbia River Keeper organization.

For Wiley, it all runs together into a unified ethos that guides her craft and her career simultaneously. Politics, music, and place are one and the same for the post-folk troubador.

We asked Wiley to tell us more about her passion for the Columbia River and she spoke at length about the perils of liquified natural gas (LNG). "These are very big ships full of flammables, hyper-risky and scary for locals."

LNG is a method of cooling and concentrating natural gas so it can be efficiently transported by tanker ship. According to the Columbia River Keeper, the proposed project that Wiley opposes would require the construction of a pipeline and would invite the ongoing

presence of enormous tanker ships. The fear is that an accident or act of sabotage could ignite the concentrated natural gas and induce a catastrophic explosion. Wiley also told Hipfish that security concerns could limit river use by other merchants or recreational users.

Wiley's passion for this local and global cause moved her to write an explicitly anti-LNG song titled "Beer on Ice". It is featured in Columbia Crossings: Oregon Faces America's Energy

Future, a documentary of the long fight in Oregon against proposed liquified natural gas terminals.

As you might have guessed, Wiley never leaves her politics at the venue door, so be prepared for an evening's entertainment that asks you to engage.

Billed at KALA as Alexa Wiley & the Wilderness, this upcoming concert features a 4-piece band fronted by Wiley featuring a range of originals and a handful of covers. "The Wilderness includes Sean Oldham (Richmond Fountaine) on drums, Dale Turnbull (Loose Change) on bass; guitarist Bret Malmquist (Jesus Presley) and the crowd pleasing multi-instrumentalist Steve Dearborn (The Outdoorsmen) on banjo, flute, penny whistle, mandolin, guitar, and more.

Originals will focus on her most recent album Alexa Wiley & the Wilderness. As Oregon Music News said in their February album review, "[this record] is an undeniable landmark for the group, coupling



metaphorical lyricism with rustic, yet vibrant Americana that can get dirty in its roots, while also shining pretty with hard-to-deny melodies."

Wiley wouldn't be pinned down on her selection of covers, but did tell us more about what she's been listening to lately.

"Linda Rondstat, pretty much nonstop. The tape deck in my car is the only thing that works, and I have that Linda Rondstat tape, so..." She also had a Jackson Browne tape but she listened to it too much and it broke. Lucinda Williams, Ryan Adams, and Tom Petty rounded out her roster of recent influences.

And what about her genre moniker "post-folk troubador"?

"The folk era that happened in the 60s is really not happening any more," said Wiley. "I would consider myself a folk musician, and writing your own songs and singing your own songs is part of that tradition, but the renaissance is past and now we're grappling and embracing and doing all kinds of crazy things with the changes in the music industry."

One of Wiley's "crazy things" is unlikely cross-media collaborations. Her frequent performances with Dave Densmore, titled For The Love of Fish, may be her calling card out here on the coast.

Dave Densmore tells true stories of his life as a fisherman is a plainspoken "cowboy poet" style and swaps short sets with Wiley. Their two styles, Densmore clipping along factually and Wiley drifting past like a poet, invite meditation on the mighty Columbia and waters everywhere from lots of different angles.

Welcome Alexa Wiley & the Wilderness home at KALA. Friend Michael Hurley promises to drop by for a song or two.

**Alexa Wiley  
& The Wilderness**  
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The Wilderness are: Sean Oldham (Richmond Fountaine) on drums, Dale Turnbull (Loose Change) on bass; guitarist Bret Malmquist (Jesus Presley) and the crowd pleasing multi-instrumentalist Steve Dearborn (The Outdoorsmen) on banjo, flute, penny.

## MORE Inside the Month:

Cover Story:  
Astoria Music Fest Schedule p14-15  
HF talks to ISRAEL NEBEKER  
by Robin Bacior p14

What a Rally - Salem NO LNG  
in Pictures! p11

QFOLK - LGBTQ NEWS p12

SURF W/THE PRIESTESS Lexie Hallahan  
p13

Get Your Vegan To Go! p23  
DJ's VINYL VEGAN By Cathy Nist

day by day Calendar  
pg 17, 21-23

CULTURAL EVENTS SECTION  
PG 17 - 23

## COLUMNS

Steve Berk . . . 6  
THEATER . . . 18  
ART HAPPENS . . . 19  
WORD/Literary EVents . . . 20  
FLASHCUTS . . . . . KANEKUNI 24  
BIKE MADAME . . . HAMMIT-MCDONALD . . 25  
FREE WILL ASTROLOGY . . . BREZNY 25  
NETWORK COMMUNITY LISTINGS . . . 26  
SONJA GRACE MESSAGES . . . 27  
BODIES IN BALANCE. . . . .ERFLING ND 28  
WORD & WISDOM . . . NASON 27  
FOODGROOVE NEWS . . . 29  
CHEW ON THIS . . . MYERS 30

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July HIPFISH on  
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## TIME IS MONEY Film Doc on Timebanking 2 Showings - June 18

CLATSOP COMMUNITY COLLEGE is proud to host *This As That Productions* and its partners Lower Columbia TimeBank and Portland Time Bank for a local community screening of "Time as Money", a new feature documentary film by Lenore and Mark Eklund that celebrates the power of community that is built through the complimentary currency of timebanking.

*Time as Money* will be shown twice on Thursday, June 18th. The first showing will be at 2:30 pm at Clatsop Community College, South County Campus, 1455 N Roosevelt Drive (Highway 101) in Seaside. The second showing will be on the Astoria campus in Columbia Hall, Room 219, 1651 Lexington Avenue, Astoria at 6:30pm. The screening will be followed by a question and answer period with Ms. Eklund and board members from the Lower Columbia TimeBank.

*Time as Money* is a documentary exploring timebanking, a service exchange program that uses time as the currency. Timebanking began in the 1980s while civil rights lawyer and former speech writer for Robert Kennedy, Edgar Cahn, was lying in a hospital bed after a heart attack. This experience of feeling helpless, similar to

the disenfranchised and unemployed, gave him the idea to create a new system of money as a tool to connect people and neighbors called time dollars. Timebankers find that not only does this complimentary currency bring improvement to their lives, but it empowers them to create larger-scaled timebank projects, giving everyone involved ownership in the community.

This film was made possible with the support of the timebank community. The film was funded with time, the currency of timebanking, with which production help were paid. No production quality was compromised. Instead,



Edgar Cahn, brain guy behind "time dollars."

the abundance of the talent in the timebank community allowed *This As That Productions* to finish this feature-length project.

*Time as Money* (2014, 71 mins.) Directed by Lenore Eklund. Produced by Mark Eklund. Composed by Nathan Schafer and Greg Eklund. Original music by: Hustle Roses and The Oohlas. U.S. English. A *This As That Productions* release.

## CCC's Puerta de Oportunidades Fosters Success

A grant from the State of Oregon Department of Community Colleges and Workforce Development enabled Clatsop Community College to launch the Puerta de Oportunidades program in 2015 to serve low-income, first-generation or disabled students. The one-year program designed to foster student success supported intensive academic advising, career guidance, scholarship and transfer planning assistance, technology support and tutoring.

This investment success is already demonstrating

Program Miguel Sosa was one of CCC's and a member Academic Team. career as a math teacher to Western to pursue his beginning this Sosa will degree at CCC after graduate-High School.

work part-time Restaurant in taking an ambitious course load including Physics with Calculus, Technical Writing, Small Group Communication, Health & Fitness and Political Philosophy. He believes that the Puertas program has helped him succeed at Clatsop and prepared him to continue his education. Personalized advising helped him focus his interests and provided a clear path through coursework to facilitate his transfer. The Puertas Program also connected him with faculty at Western Oregon University. He received practice interviewing and assistance in refining scholarship essays. He was chosen to present at the Cesar Chavez Leadership Conference conducted at WOU last March where he also gained familiarity with the campus and its activities.

Puerta de Oportunidades benefited eleven CCC students this year. In addition to academic support, each student received a scholarship of at least \$1,000. An extension of funding that would allow the program to continue in 2015/2016 is currently under consideration by the Oregon legislature.



Student Scholar José Miguel Sosa

ment in student ready demonstrating

participant José recently named as Student Scholars of the All-Oregon Sosa, who plans a educator, will transfer Oregon University Bachelor's degree Fall.

finish his AAOIT in June, two years from Seaside While continuing to at the Lumberyard Cannon Beach, he is

## AVA a-i-r STUDIO SPACE FOR LOCAL ARTISTS

Astoria Visual Arts Artists-in-Residence Program ("AVA a-i-r") seeks applications from local artists interested in the upcoming artist's residency (July 1-September 30, 2015). Residency finalists (currently limited to locally based artists) are chosen on the basis of artistic merit by an independent panel of established working artists and arts patrons. The selected artist is provided with a small studio in the Astoria Downtown Historic District free of charge for a three-month residency period. AVA a-i-r is designed to encourage the creative, intellectual and personal growth of emerging artists. While no exhibition, publication or performance is required of the selected artist, community responsibility includes a weekend open studio event before the end of each AVA a-i-r session. FMI and to apply online: please visit <http://astoriavisualarts.org>.

AVA was founded in 1989 as a non-profit membership organization to enhance, strengthen and promote the arts in the Greater Astoria Area.

## Helping Hands Month in Tillamook County

The Tillamook County Board of Commissioners will be naming June, 2015 as "Helping Hands Month in Tillamook County" during their June 3rd meeting. As part of a series of events to be held that month, Tillamook Helping Hands will be hosting "Just Desserts" on Sunday, June 7 from 3 to 5 PM at the Church of the Nazarene, Third Street in Tillamook. Local restaurants, bakeries and caterers will be providing a selection of tasty desserts for sampling. Tickets are \$15 and can be purchased in advance at the Tillamook County Pioneer Museum, or at the door the day of the event. This event is a fundraiser for the emergency services homeless center being planned in downtown Tillamook to service the 400 people that do not have a home. For more information, please call the Tillamook County Pioneer Museum at 503.842.4553, and ask for Ruby, Gary or Carla.

## Heel to Heal 5K/10K

The Healing Circle will be putting on our 2nd annual "Heel to Heal" race on June 13th, 2015 to raise funds for our 28th year of VOCA (Victory Over Child Abuse) camps. The theme for this year's race is Superheroes (and She-roses), so grab your cape, wand, crown, or invisible lasso and be a champion for local kids! The event will include both a 5k & 10k this year, and will be starting at 10am in the parking lot by the 6th Street pier. Pre-register at [www.vocacamp.org](http://www.vocacamp.org) to make sure you get a sweet Superhero t-shirt in your size. For more information visit our website or call 503-325-2761.

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# Everything's a Racket

IN HYPERCAPITALIST USA, ruled by billionaire oligarchs, everything has become a racket, that is a money making scheme to enrich a self-interested group that lobbies the Congress and state legislatures with nonstop special interest money. Take, for example, the oft derided "Obamacare," or Affordable Care Act. While FOX News pundits condemned it as a species of socialism, its content was originally the product of the staunchly conservative Heritage Foundation. And as many know, virtually the same bill had previously been enacted in Massachusetts and signed by then governor, Mitt Romney, who obediently opposed "Obamacare" as presidential candidate.

In fact, however, the Affordable Care Act was really a bonanza for health insurance companies. It was shepherded through Congress by the corporate Montana Democrat, now retired senator, Max Baucus. It would be more accurately called Baucuscare than Obamacare, since it most closely represents the views of the former senator, who fronted for the insurance companies. President Obama supported the addition of a public (government funded) option, a good way to secure fairer rates and get more people insured. Though as with most progressive measures Obama has supported, he never fought for the public option. Baucus saw to it that the bill be written in the interests of the insurance companies. The resulting act, while thus flawed, has given health insurance to several millions of Americans not formerly covered. And taxpayers no longer have to pay the giant tab traditionally shelled out to expensive emergency rooms to serve the uninsured. While it is a racket in the sense that its chief purpose has been to further enrich health insurance companies, rather than provide national health insurance, it has been one of the more benign ones, since it covers millions of the formerly uninsured.

More malevolent racketeering can be found in the practice, common since the

Reagan administration, of underfunding a particular government service so that it becomes understaffed, with often outdated equipment, and therefore increasingly inadequate. Ideologues who believe that the federal government should mainly spend trillions on elective wars in far-away small countries, rather than provide public services or jobs to improve infrastructure, would like to privatize services like the post office. The US Mail was created by the Constitution, along with the office of postmaster general. For almost two centuries it



functioned cheaply and efficiently, adding such benefits as rural free delivery, before it was partially privatized during the Nixon administration when Congress changed it to a government funded corporation, the US Postal Service. As corporations are generally better at gobbling up money than the public sector, the hybrid has functioned more expensively and less efficiently than its wholly public predecessor. Now the "anti-government unless it's for war" Congress is underfunding the Postal Service to make it so inefficient that they have an excuse to privatize the mail altogether, giving it over to entities like Federal Express and UPS. While enriching those companies, privatization would make mail so expensive that the ever growing numbers of poor could not afford it.

The prison boom, often featuring private prison companies, is a particularly obnoxious form of racketeering. As corporations, beginning in the eighties, began racing to the bottom, offshoring their workforces

to countries with the lowest wages and least regulation, many formerly prosperous locales joined the rust belt, blighted by store closures, unemployment, and despair characterized by increased drug use. The panacea for that condition became "tough on crime" laws, often passed by initiatives sponsored by special interests in the "corrections industry." These laws remove the power of sentencing from expert judges, substituting one size fits all mandatory minimum sentences for a host of often minor drug offenses. Among the most simplistic and expensive has been California's "three strikes" law, recently diminished, which equated criminal justice with baseball, cost the state untold billions, and sapped funding from more useful areas like public higher education, causing tuitions to skyrocket.

But as America de-industrialized, similar laws became popular in places in search of new jobs, and politicians stumbled over one another vying for a shiny new private prison to locate in their town. The ever growing prison population consists largely of African American, Latino and poor white drug offenders. Publicly funded rehab programs and job training would be cheaper and more productive. But the land of the free now incarcerates some 2.3 million, a rate higher than any country on earth. Sort of like Stalin's gulags, but great for the prison racket.

As corporations finance the nation's politics, we hear more and more anti-government propaganda, and we see more and more services privatized and rendered more expensive and less accessible. The biggest racket of all has been the lie that corporations perform services more cheaply and efficiently than government. Indeed, the opposite is true, because government services are nonprofit. No billionaire CEOs along with other high paid executives reap the lion's share.

by Stephen Berk



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pg 27

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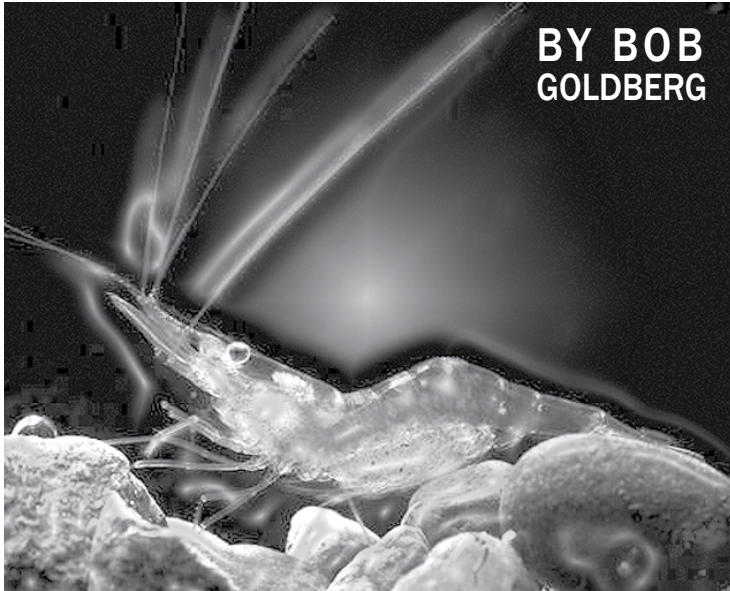
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# WEED WARS

# GHOST SHRIMP STILL HAUNTING THE SHELLFISH INDUSTRY ON WILLAPA BAY



BY BOB  
GOLDBERG

**IN THE WORLD OF TOXICS** use reduction – which was my world in the 1990s and early 2000s as an environmental engineer at the Washington State Department of Ecology (Ecology) – it’s a common trick to substitute one chemical for another when the one you were using is either heavily regulated, becomes illegal to use, or too expensive (or all three). Well, such was the case for the shellfish industry on Willapa Bay, that used a neurotoxin called carbaryl from the 1960s up until 2003 to control a small, native shrimp called ghost shrimp, which has the unfortunate tendency to burrow through the sand bars in the bay and suffocate the poor little oysters that are growing up there.

Problem is, carbaryl is not only deadly to ghost shrimp, but toxic to other crustaceans, fish (esp. salmon), small insects (e.g. bees), cats, and even humans. The EPA considers carbaryl “likely to be carcinogenic in humans” due to increased tumor production in mice.

According to Larry Warnberg, a former oyster grower in Nahcotta, “the emergence of burrowing shrimp as a pest coincided with the development of dredge-harvesting oysters at high tide, dragging a large basket to scoop up the oysters, ripping out submerged aquatic vegetation and oyster shell, leaving behind sand/mud, a perfect habitat for an invasion of burrowing shrimp.”

After telling me about his non-chemical methods of raising and harvesting oysters, Warnberg added, “In 1989 Fritz and Edward [Cohen] purchased the idle and deteriorating Moby Dick Hotel, along with a few acres of adjacent tideland, which I helped them develop for off-bottom oyster culture, supplying their in-house restaurant. They became strong allies in the struggle to keep toxins out of the bay; we formed the Ad Hoc Coalition for Willapa Bay, which is still working on new pesticide issues. In 2003 we reached a Settlement Agreement with the Growers, after appealing their NPDES [National Pollutant Discharge Elimination System] carbaryl pesticide permit at the State Pollution Control Hearings Board [PCHB]. As a result, carbaryl was scheduled to be phased out over nine years, ending in 2012. The Agreement stipulates that the Growers would only pursue non-chemical growing methods, but they immediately obtained USDA funding to hire Kim Patten [Washington State University Extension agent] and others to find a

pesticide alternative to carbaryl, resulting in the permitting of a neonicotinoid, imidacloprid. [Ecology] gave the Growers what they applied for on April 16 of this year, a 5-year NPDES permit.”

Now you might be familiar with this new chemical that the shellfish growers were going to switch to, or if not, to the general category of pesticides that the new chemical belongs to – the neonics, or neonicotinoids. These are the chemicals implicated in colony collapse disorder

that has been decimating honeybee populations around the world. Banned in Europe, but still used in the U.S. as a general purpose pesticide in homes & gardens and on crops, imidacloprid has never been used in aquatic environments before, and the permit the shellfish growers in Willapa Bay and Grays Harbor got was heavily dependent on monitoring. Growers worried the allowed doses would not be sufficient to kill the ghost shrimp, but they were hoping the new chemical would be as close to a “drop-in substitute” as possible for the old standby, carbaryl.

Well, in what can only be described as a series of unlikely events, the new permit regulating the use of imidacloprid on oyster beds in Willapa Bay and Grays Harbor was revoked by Ecology at the suggestion of the Willapa-Grays Harbor Shellfish Growers Association (WGHSGA) on May 3, less than a month after the permit was approved. Spraying was due to begin in mid-May. This is after a multi-year research effort costing the industry and taxpayers lots of money, a multi-year permitting process led by Ecology, including many public hearings and the processing of hundreds of comments, and untold efforts of many environmental groups and individuals fighting the proposed permit before approval.

We may never know the whole story, but here’s a short summary of the more obvious and known events and press:

- April 16: Ecology gives final approval to the permit.

- April 24: Bloomberg Magazine publishes a story titled *Washington State Turns to Neurotoxins to Save Its Oysters – A pesticide from the group of chemicals linked to colony collapse disorder will now be sprayed in US waters. What could go wrong?*

- April 28: Danny Westneat’s column in the *Seattle Times* is published, titled (borrowing a little from the Bloomberg article) *Disbelief over state plan to spray neurotoxin into oyster beds – The state has approved plans to spray in Willapa Bay a neurotoxic pesticide that has a warning right on the bottle: “Do not apply directly to water.” What could go wrong?*

- May 1: Respected Seattle weatherman Cliff Mass’ blog entry, titled *Oyster victory: But there is more left to do, talks about the sudden reversal and Taylor Shellfish’s statement that they would not spray imidacloprid on their oyster beds in Willapa Bay after hearing loud and clear from their customers. Later that day, the WGHSGA released a statement that they would request the permit be revoked. (Also check out Mass’ blog entry, *Oysters and Pesticides: The Washington State Department of Ecology Stumbles*, published April 29.)*

- May 3: A story in the *Seattle Times*, *State, growers scrap pesticide permit for oyster beds after outcry, tells of the delivery of a letter to Ecology from WGHSGA withdrawing their permit application, and of Ecology’s intention of withdrawing the permit the next day.*

So, what the heck happened? It’s very rare for a NPDES permit to be withdrawn without a PCHB hearing and/or lawsuit, and the industry (and Ecology) had spent all that time and money to put together the permit. Well, according to some of the articles I read (including those above), it seems that some pretty important restauranters in the Puget Sound area were not amused to learn that their local oysters were soon to be sprayed with bee killer, and basically told the growers that they would stop buying their oysters if this spraying occurred.

I also learned from some closer to home sources that efforts were made locally to contact these very customers of the shellfish growers, the growers themselves, and Ecology, letting them know of the permit and its implications. Even local legislators were brought in to put pressure on Ecology.

It worked.

Which is the more amazing because most previous efforts to combat the shellfish industry here have been either unsuccessful or costly, or both. The most prominent example is the eradication of *Spartina alterniflora*, a cordgrass that proliferated in Willapa Bay (and all over the west coast) after being used to ship oyster seed in the early 1900s from the east coast. Warnberg tells the story from his perspective:

In ’89 Monsanto launched a marketing program targeting *Spartina*, trying to sell its herbicide glyphosate for aquatic plants. It is known as Round-Up in agriculture; they renamed it Rodeo for aquatic use. They used some local scientists and The Nature Conservancy to demonize the grass, successfully getting it on the State Noxious Weed List, claiming it would cover all the tideflats eventually if unchecked. The oystermen signed on to their program, not because they felt threatened by *Spartina*, but because they were already using carbaryl for shrimp control, and didn’t want any enviros challenging pesticide use in their domain. So the Ad Hoc Coalition mounted a legal challenge of the herbicide permit at the PCHB. We went up against a gang of their lawyers, and lost our appeal. They sprayed some Rodeo, but it didn’t work very well. Turns out *Spartina* has a waxy cuticle, and the herbicide wasn’t absorbed enough to kill the grass. Monsanto lost that round – their product was ineffective.

A more potent herbicide was brought in, we challenged again, lost again, but delayed widespread spraying for eight years until 1998 when a major eradication effort was mounted. Over

the next four years crews worked diligently to kill about 10,000 acres of *Spartina*. It was painful to watch, seemed like ripping the scab off a wound. *Spartina* was helping the bay heal from a century of abuse. In a few years the negative effects began to show: mud trapped by the *Spartina* meadows was released by storm waves, increasing turbidity, and covering clam and oyster beds. The decaying root mat, often two feet deep, rotted anaerobically, releasing toxic hydrogen sulfide gas, killing wild oyster larvae.

Continuing our chemistry lesson, you might have heard about this ubiquitous herbicide glyphosate recently, as it was classified last month by the International Agency for Research on Cancer (IARC), an arm of the World Health Organization (WHO), as “probably carcinogenic to humans.” Studies of its effects on aquatic organisms have been mixed. The controversy over glyphosate continues, as do the remnants of the *Spartina* eradication program in Willapa Bay and elsewhere.

The future of the local shellfish industry is uncertain, given the withdrawal of the imidacloprid permit, the effects of climate change, local opposition to their farming methods, and a stubborn reluctance to embrace new methods. Local groups are still stunned but happy about the latest developments, but this reporter is shocked by customers of the growers and others who say they didn’t know about the permit, the carbaryl and glyphosate spraying programs, or much of anything about the history of shellfish farming in Willapa Bay before May 2015. Which means they probably don’t know about the use of imazamox on clam beds in Willapa Bay to eradicate Japanese eelgrass (*Zostera japonica*), regulated by yet another 5-year NPDES permit that was approved by Ecology in 2014 (see the April 2014 issue of HIPFiSHmonthly for more).

Warnberg feels the tide is turning (pardon the pun) for the Willapa Bay ecosystem and its human inhabitants. “Please give the growers some credit, they had the foresight to see that the oyster-loving public is no longer willing to tolerate aquatic pesticide use. By relinquishing the NPDES permit they shifted course significantly, bolstering their frequent claim to be stewards of the Bay. Finally we can work together improving water quality and strengthening biodiversity in the estuary.” He added, “Times are a-changin’.” Indeed.

Note: In June, Oysterville Sea Farms (OSF) and its owner, Dan Driscoll, has a date in Pacific County court, where two of the main protagonists for spraying pesticides to rid oyster harvesting operations of pests, Dick and Brian Sheldon (featured in the Bloomberg article cited above, and the estranged uncle and cousin of Driscoll, respectively), will be testifying for the county. At stake, according to Driscoll, is the only publicly accessible restaurant on Willapa Bay, which serves oysters that Driscoll harvests, without spraying, from his beds on the bay. It should be good entertainment! Check it out: June 16 at 9 am in the South District Courtroom of the Pacific County Courthouse at 7013 Sandridge Road in Long Beach. You can read the story of OSF in the November 2013 issue of HIPFiSHmonthly, and we will carry the exciting result of the hearing in the next installment of this series on the shellfish industry on Willapa Bay.

## A Neighborhood of Goonies . . . By Erin Bernard

# This Used to Be a Nice Neighborhood

**WHETHER YOU'RE A FILM SCOUT** or a family of four, it's not hard to see the appeal of this quiet enclave of Astoria. Sea lion barks drift by on a clipped breeze, the Megler Bridge looms long and wistful in the distance, and panoramic Columbia River views frame a storybook spread of colorful homes nestled into the hillside.

Over the years, the neighborhood has attracted its fair share of Hollywood interest. Portions of the Arnold Schwarzenegger film "Kindergarten Cop" were shot at the school down the road, and at the other end of the neighborhood, up a steep gravel incline, sits the Goonies House. The home plays only a tangential role in the movie itself, but it's central to the storyline: sleazebag developers are bent on razing the house and surrounding neighborhood to make way for a country club, and a goofy group of kids must find a way to buy them out. So they dodge bumbling criminals, one-eyed pirates and booby traps galore in search of a payload of treasure secreted away beneath the city.

The real-life residents of the Goonies are now on their own quest to save the neighborhood, but instead of bad-guy developers, they're battling what they see as a tourism initiative spun completely out of control.

Yes, it's life imitating art, and the irony's not lost on resident Roger Warren.

Warren moved in five years ago, when the Goonie fervor was just kicking up, and visitors still engendered bemusement among residents more than anything else.

Then came Astoria's much-promoted Goonies 25th Anniversary Celebration in 2010. Mayor Willis Van Dusen officially declared June 7 (the film's original release date and the start of the busy North Coast summer tourism season) as Goonies Day, and

the party drew 15,000 visitors, fanning the flames for all things Goonie.

Google a map of Astoria nowadays, and two points of interest pop up: the Astor Column and the Goonies House. Rumor has it that it's now the most visited site in town.

Warren, who has worked in tourism and promotions and is experienced in navigating the regulatory tangle required to stage public attractions and events, was surprised at the complete lack of regulation of the Goonies

backwards, sideways, being run into. It's really off the wall."

Resident Will Caplinger, who lives at what he calls "ground zero" to the Goonies House, also brings professional experience to bear in his observations of the phenomenon. He's a certified land-use planner, and after growing curious about the increasing numbers of visitors a few years back, he decided to conduct a statistical analysis. Caplinger counted visitorship during 33 randomly selected days over

the course of a year. He tallied the arrivals with a pen and a piece of notebook paper from right inside his house. Caplinger conservatively estimates 15,000 visitors came that year.

Then, the 25th anniversary arrived, and the flood became a

deluge.

"Every year we noticed more and more people coming there, and a lot more traffic," Caplinger said. "The neighborhood started to notice, and there started to be a disconcerting feeling among the neighbors of, 'What

Increasingly unnerved, residents convened a neighborhood meeting to discuss the situation. A good 40 people showed up, some of whom had lived side by side for decades without ever speaking much, and they bonded over their shared concerns. They brainstormed solutions and drafted letters to the City and Chamber. They kept on meeting. They started to mobilize.

The neighbors have coined all sorts of nicknames for the admirers: Goonie Gawkers. Pilgrims. Whatever you call them, 30 years out, still more are showing up. Most seem to mean well, and want only to trek up the gravel hill, snap a photo of themselves doing the Truffle Shuffle, and trek right back down. But there are just so many, neighbors say, and among them are a few very bad eggs, on the dishonor roll for misconduct including: hit-and-runs, defecating dogs, blocked driveways, busted fence posts, midnight picnics and public urination (women as well as men).

Caplinger believes traffic has tripled since promotions for the 25th anniversary began. During the Astoria Regatta last year, he counted approximately 900 people in a single

day. This Memorial Day, between the hours of 8am and 5pm, the number was around 660, and Caplinger says it's an underestimate as a portion of his day was spent running errands. And of the holiday weekend, that



A sign, so visible, that hundreds can't read.

House. So, two years after the 25th anniversary celebration, he brought his concerns to the Astoria City Council.

"I was basically told I was the only person who'd ever complained," Warren recalled.

Since then, Warren says, the situa-



Flunked the parking part of the test.



"Let's park on the wrong side of the street for our own convenience."



What's a sidewalk? A Goonie standard; walking down the middle of the street.

tion has worsened, and his voice has become just one among a chorus: "It's progressively gotten to a point where many times I was blocked access to my house. I live in the alley, and I have hundreds of photos of people parking

is going on?"

The owners of the Goonies House set up a donation box to capture an income stream off the visiting hordes and occasionally offered inside tours, seemingly unfazed.



## Willy-Nilly

**HOW DO YOU STOP** a pop culture freight train? The residents of the Goondocks, who have rallied together under the moniker, Save Our Neighborhood Now, have plenty of ideas. Set up a viewing platform down below, away from the neighborhood, so Goonie Gawkers can view the house from a respectful distance. Scale back house-centric promotions. Get the GPS pins removed. Enforce operating hours. Turn the street into a private drive. Get a full-time person from the Chamber to direct traffic. Or turn the house into a museum, à la Portland's Pittock Mansion.

The City has met with residents to discuss concerns and installed directional signage on the worst affected streets, neighbors say, but it's shown little interest in the rest of their suggestions.

Astoria City Manager Brett Estes insists that the City and Chamber have taken a "collaborative" approach to working with neighbors, and that the major issues, which center on parking, have already been resolved.

The new signage has merely shifted the problem onto the shoulders (and driveways) of a different section of the neighborhood, argues Caplinger. "What they did is they squeezed the balloon and moved the traffic toward the school," he says.

Unsatisfied neighbors have augmented the official signage with their own collection of homemade signs, scattered up and down the neighborhood streets, and peppered with injunctions of varying severity. Some politely declare "No Parking," while a one desperate neighbor once posted a threat of "sliced tires," after many incidents of being blocked from going to work.

Official or unofficial, the signs don't do much good, Caplinger says: cars that cannot locate parking simply circle the neighborhood at snail's pace or idle in the street while occupants pile out to see the house.

The City can't do much about the sheer volume of traffic, either, says Estes, as the house is on a public road: "The folks who are going to see this house are traveling on city rights of way, and the City cannot prohibit people from accessing public streets."

But many Goondocks residents see the Goonies House as an ad-hoc, unpermitted business and their complaints as land-use issues that violate the City's Development Code and Comprehensive Plan.

Caplinger feels the City has sailed completely over a host of requirements in its gusto to promote Goonies tourism. "It's become a de facto commercial neighborhood," he says. "No other neighborhood in town has signs like this or has these events. The councilmen, the police, and the other people I've talked to say, 'You don't see the big picture: economic development, tourism.' The big picture is the impact."

Whatever that impact may be, the Goonies House is not technically a business, which means regulation

is beyond the City's purview, says Estes: "This is a case of folks coming by to see a landmark ... it's my understanding that she's [the homeowner's] taking donations for the house, and it's not a business, per se."

That's not good enough for Diana Mortensen. She wants the City to take responsibility for a phenomenon it had a hand in creating by enforcing the same regulations it would for any other major business or attraction: "It's like somebody saying, 'I'm gonna open up a Wal-Mart store here.' It would never fly. They wouldn't allow it to happen because of the impact on the community...but this thing has kind of crept along and exploded. When mayor Van Dusen announced Goonies Day and allowed it to happen, that's when the City took ownership."

Caplinger wants the City to conduct a traffic study and a statistical analysis in the vein of the counts he's gathered by watching out his windows and numerous afternoons counting whilst doing outside home renovations: "The police are always responsive, city engineers and sign people are doing everything they can do, but really, the Community Development Department needs to come and assess the impact and figure out how to comply with all these policies. If anyone proposed an attraction

like this in a residential neighborhood, they'd fall flat on their face."

Warren worries that city officials are more interested in nurturing a promising tourism revenue stream than they are in addressing the situation: "It lacked total review," Warren says. "There was money being spent to promote something that lacked check and balance of what it was going to do to the community."

The neighbors understand the City and Chamber's desire to draw tourism revenue, but insist that this isn't the way to do it, adds Pope: "There are ways the City and the Port [of Astoria] could make money on this, and instead they're letting people run around willy-nilly. They need to get in front of this."



**Goonie Gold.** Monthly donations at the Goonie House - rumored to estimate a \$3000 p/month take.



Will Caplinger at the corner outside his home with his tally board.

Affable greeter and official tally man, Will Caplinger, who says he trades a joke from a Goonie fan for a parking privilege, has been crunching the numbers since the onslaught of visitors began increasing year by year. Sometimes with a hand counter, and also with a good old number 2 pencil and clip board.

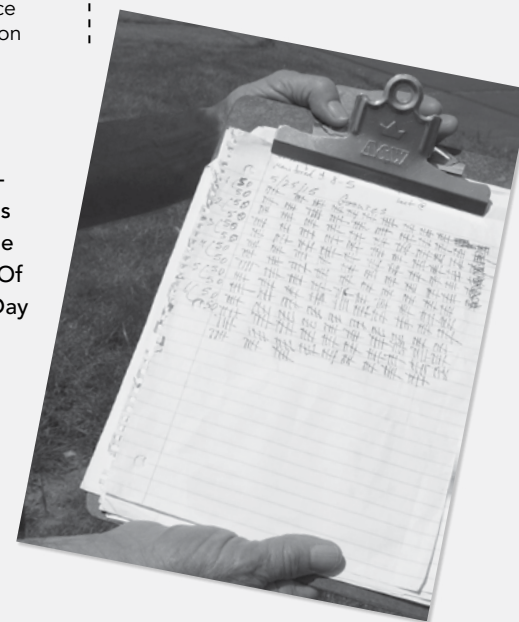
Conducting a statistical analysis, Caplinger counted visitorship during 33 randomly selected days over the course of a year. He tallied the arrivals with a pen and a piece of notebook paper from right inside his house. Caplinger conservatively estimates 15,000 visitors came that year. As his study has continued, and since the 25th Anniversary, doing counts on

representative days, he's concluded the numbers have tripled.

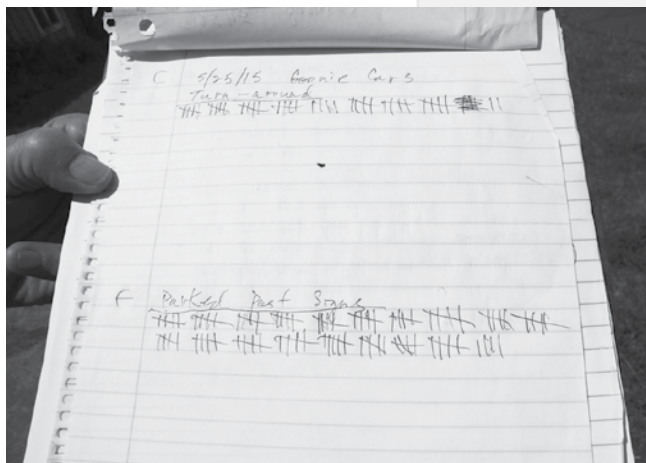
While numbers go up on holidays, vacation days, and general weekends, neighbors see Goonie Gawkers, on rainy days, in winter days, on weekdays, sometimes before 8am and after dark - a continuous stream. While the typical visitor may walk from the designated parking area, or park in no parking zones, and their stay may be as they state, "We're only going to be here a few minutes," they come in waves generally of 40 to 50, say residents -- when a wave has departed, it's only a matter of time before the next one begins.

**Memorial Day count 2015.**

Caplinger tallied about 660 people, an underestimate he says, as he counted at various parts of the day when his time was available. Of the whole weekend, Memorial Day was the slow day.



This tally represents at least 100 cars counted on Memorial Day (bottom of page) that parked in no-parking zones, paying no heed to any "No Goonie Traffic" signs. Caplinger that day, also tallied a number of cars that came up into the neighborhood for turning around or letting people out before departing - all going up into the narrow streets where residents come and go in their daily lives.



JUN 27	The Divine Within
JULY 4	Numerology
JULY 11	Meditation
JULY 18	Our Journey
JULY 25	Palmistry
AUG 1	Our Dreams & Divine Purpose
AUG 8	Holistic Healing for the Awakened
AUG 15	Natural Menopause
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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

After more than 20 years battling the big oyster industry to stop the spraying of chemicals into the marine waters of WA. State, dismay and outrage is turning into hope. TRUTH is being told and there is growing understanding that our estuaries and ocean have been poisoned.

We hope the industry understands that it must change its practices that endanger our ecosystems and consumers.

The MOBY DICK HOTEL and OYSTER FARM is moving forward. Our *new young inn keepers* are excited about participating in this rejuvenation ...

Although the Moby Dick can not yet sell its oysters we look forward to when Willapa Bay receives the all clear -no chemical spraying. Nature is a powerful healer and OUR BAY will once again deserve to be called pristine.

In the meantime, there is still peace and tranquility and amazing karma at the Moby Dick, seclusion and a beautiful bay view.

And a wonderful breakfast after a peaceful night's sleep.

Check in is 4:20pm - we are after all in Washington. ...

And Rachel Carson is starting to smile.



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Goonie Gawker cont ...

## A Life of Its Own

The situation unfolding in the Goondocks isn't unique; tourists across the country are increasingly flocking to big-ticket film sites. Residents of Lincoln Avenue in Winnetka, Illinois, field a similarly steady stream of tourists hoping to get a gander of the red brick house made famous by the "Home Alone" franchise. And 200 miles due north of Astoria, Forks, Washington, has built a mini-tourism empire around a single claim to fame: being the ancestral home of the "Twilight" saga, never-you-mind that nary a scene was actually filmed there.

Tourism dollars are attractive, indeed, but there's got to be some balance; even the visitors themselves admit this.

"Goonies" aficionado Heidi Jenkins sports some serious ultra-fan cred, including a full back-piece tattoo of the film's main characters and a color portrait of Sloth, the film's lovable monster, on her leg. She's also got a vanity license plate that reads "GOONIE," and she'll be traveling from Sioux City, Iowa, to attend the 30th Anniversary Celebration.

In childhood, Jenkins says, watching "The Goonies" offered an escape to a world where anything was possible. Now she's grown, but the film reminds her to retain her sense of adventure. During a visit to Astoria last year to see family, Jenkins and her husband (also a major fan) paid not one but four visits to the Goonies House, which they located using a hotel map.

"Having the opportunity to visit the site of a film that offered this creative escape into a fantasy world that felt very real to me as a child is inspiring," Jenkins says.

She didn't witness any bad behavior during her four visits, but Jenkins says she's sympathetic to the frustration neighbors feel. Her own pilgrimages were a bit of a reality check, and she's well aware that visiting is a privilege: "it became clear to me that the Goonies house was in a residential neighborhood where people, not Data, Mikey and Brand, but real people, actually live. It is not an outdoor park or museum."

On the eve of the 30th Anniversary Celebration, far more heavily marketed than the 25th, the residents of the Goondocks are preparing for an onslaught of visitors, not all of them as measured as Jenkins.

The City is ready, Estes says, and is working with the Chamber to ensure people are in place to direct traffic flow and point visitors to designated parking lots.

As to the bigger picture, Estes thinks much of the Goonies fervor will die down after the 30th Anniversary: "It's something we're going to try and continue to address and continue to work with the neighborhood, but I'm thinking after this event that we could see some numbers going down."

The Goondocks residents aren't so sure, which leaves them right where they were after that first neighborhood meeting:

scratching their heads, scrambling for solutions, and casting about to make their grievances heard.

Mortensen still holds out hope for a win-win solution that might restore her quality of life while allowing the City to draw in tourism dollars, but she's not sure what that might look like: "I

don't know what the answer is. Looking at things in a broad perspective, one person's idea is not gonna solve all the problems... The City says, 'Well, it's the Chamber,' and the Chamber says, 'It's the City.'... Everybody's pointing fingers at someone else and nobody wants to do anything, because this thing has a life of its own."

Caplinger, too, is tired of hearing the City say it can't do anything: "The City throws up its hands, and says, 'What do you want us to do?' Our response is that it's not up to us to provide that answer. It's up to you to assess... You've thrown us all under the proverbial Goonie bus!"

Pope wants the whole thing shut down completely, and now: "I'm not benefitting," she insists, her eyes filling with tears. "They're ruining my life."

Foster thinks the City may indeed have no choice but to shut down the operation, but Smyth isn't sure that's even possible: "The wheel is greased; it's rolling. It gets more and more popular as more people see the movie, and they're passing the legacy on to their kids. I don't think there's a way to shut it down... we may have to find a way to live with it."

For now, say residents, they'll keep writing letters, they'll keep buzzing in the ears of the City and Chamber, and they'll try their darndest to stay neighborly. But that may require more

good humor than they have left in reserve.

Mortensen has been trying to think of a catchy sign she could put up in her yard—some kind of 'It's not you; it's everybody' slogan that might encourage visitors to behave more respectfully. Smyth and Foster have considered stenciling traffic instructions right onto the streets so the hordes can't miss them, or even painting the curbs.

Caplinger aims to kill the onslaught with kindness: "I try to be polite, and help the general tenor. People block my driveway all the time and it used to make me so mad, and now I charge them a joke."

But ultimately, residents say, something more must be done, and getting the City to take their plight more seriously is the essential first step.

"They're turning a blind eye to the suffering of the community at this point," says Warren. "This process, I think, is the very tip of bringing this to light ... The only reason it appears to be a gray area is because someone has turned the lights out."

*Editor's Note: Representatives of the Astoria-Warrenton Chamber of Commerce were not available for interview as of this publishing date. Hipfish did not attempt to interview the owner of the Goonie House.*



Heidei Jenkins, Sioux City never say die Goonie will be here for the 30th.



## NO LNG Rally in Salem • May 26

Over 600 people from Oregon and Washington rallied in solidarity on the Capital steps to send a message loud and clear to Governor Brown – protect Oregon - our families, farms, forests, estuaries, and climate - from LNG exports.

Columbia Pacific Common Sense loaded a bus full, joining NO LNG activists from all over the state in what was the largest NO LNG Rally to date. Key Note Speaker and President of the Water Keeper Alliance, Robert F. Kennedy Jr., said this.

**“This is an assault not just on the environment, but an assault on democracy,” speaker Robert F. Kennedy Jr. told the crowd. “It’s just a bad deal all around.”**

**FIND OUT MORE** about Oregon LNG at a free public information workshop on **THURSDAY, JUNE 18**, from 6-8 pm at the Warrenton Community Center, 170 SW 3rd Street. The meeting is presented by Columbia Riverkeeper and Columbia Pacific Common Sense, the local NO LNG group. The meeting will focus on this summer’s City of Warrenton public hearing about Oregon LNG.

What is this public hearing about? What are the issues the Warrenton City Commission will be considering this summer? Why do local opinions matter? What should I talk about? Lots of time for Q&A with Dan Serres, Conservation Director of Columbia Riverkeeper. For more information, contact 503-338-6508

# OPEN Markets!

## Farmers Markets focusing on agricultural products and prepared foods only:

**SPIRIT MARKET.** Wednesdays 5 – 7pm, Sundays, noon – 2pm through mid October. In the courtyard of St. Stephen’s Episcopal Church 1428 22nd Ave, Longview, WA. SNAP and debit cards accepted.

**TWO ISLANDS FARM MARKET.** Fridays, 3 – 6pm, through October 16. 59 W. Birnie Slough Rd on Puget Island. Trolley shuttle from Elochoman Marina at 3, 4, & 5pm and stops at the Chamber of Commerce in Cathlamet, WA. Accepts debit cards. facebook.com/twoislandsfarmmarket

**COLUMBIA-PACIFIC FARMER’S MARKET.** Fridays, 3 – 6pm, June 12 – October 9. In downtown Long Beach, WA. longbeachwa.gov/farmersmarket/

**RIVER PEOPLE FARMER’S MARKET.** Thursdays, 3 – 7pm, June 18 through October 1. At the parking lot in front of Astoria Indoor Garden Supply on 13th St in Astoria. The market accepts SNAP, and WIC and Senior Nutrition coupons. northcoastfoodweb.org/riverpeoplesmarket/

**SEASIDE FARMER’S MARKET.** Wednesdays, 3- 6pm, June 17 – September 30. At the Seaside American Legion Parking Lot, 1315 Broadway St. SNAP accepted. seasideor.com/item.asp?iid=19&eid=989

**CANNON BEACH FARMER’S MARKET.** Tuesdays, June 16 – September 29, 2 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. cannonbeachmarket.org/Home.html

## Markets with produce, food, art, crafts and more:

**COWLITZ COMMUNITY FARMERS MARKET.** Tuesdays and Saturdays, through October, 9am – 2pm. At 900 7th Ave in Longview, WA. cowlitzfarmersmarkets.com/

**CLATSKANIE FARMERS MARKET.** Wednesdays, June 6 through September, 10am – 2pm near the Veteran’s Memorial in Copes Park, Clatskanie.

**GRAYS HARBOR FARMER’S MARKET and Craft Fair.** Open all year, Wednesday – Saturday, 9am – 5pm. At 1956 Riverside Avenue in Hoquiam, WA. ghpublicmarket.com/

**SUNDAY MARKET ON THE DOCK.** Saturdays & Sundays, 10am- 4pm through August. Live Music, food, and more. 1161 Robert Bush Drive in South Bend. facebook.com/Sunday-MarketOnTheDock

**WEEKEND MARKET.** Fridays and Saturdays on the first and third weekends of the month, all year. 10am – 4pm. At the Long Beach Grange on Sandridge Road in Long Beach, WA. longbeachgrange.org/Weekend-Market2.html

**SATURDAY MARKET AT THE PORT.** Saturdays, 10am – 4pm. Located along the waterfront in Ilwaco, WA. portofilwaco.com/events/saturday-market/

**ASTORIA SUNDAY MARKET.** Sundays, through October 11, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. astoriasundaymarket.com/

**MANZANITA FARMER’S MARKET.** Fridays, June 12 – September 18, 5 – 8pm. At the Windermere parking lot on Laneda in Manzanita. SNAP accepted. manzanitafarmersmarket.com/

**TILLAMOOK FARMER’S MARKET.** Saturdays, June 13 – September 26, 9am – 2pm. At Laurel & 2nd St in Tillamook. SNAP and debit cards are accepted. tillamookfarmersmarket.com/

**PACIFIC CITY FARMERS MARKET.** Sundays, June 14 – late September 27. 10am – 2pm in the South Tillamook Library parking lot in Pacific City. facebook.com/PacificCityFarmersMarket

**NESKOWIN FARMERS MARKET.** Saturdays, through September, 9am – 1pm. At the Neskowin Beach Wayside. facebook.com/NeskowinFarmersMarket

**LINCOLN CITY FARMERS and Crafters Year Round Market.** Sundays, year round, 9am – 3pm. Located at the Cultural Center in Lincoln City. The market accepts debit and SNAP cards. Outdoors May – mid-October, indoors October – April. lincolncityfarmersmarket.org/index.html

**SILETZ VALLEY FARMERS MARKET.** Tuesdays, through mid September, noon – 6pm at the Grange corner of Gaither St and Logden Road in Siletz. facebook.com/pages/Siletz-Valley-Farmers-Market/139405816252841

**NEWPORT FARMERS MARKET.** Saturdays, through October, 9am – 1pm at the Newport City Hall. Indoors November – April 10am – 2pm at the Lincoln County Fairgrounds Exhibit Hall on 3rd St in Newport. The market accepts debit and SNAP cards, and WIC and Senior Nutrition coupons. newportfarmersmarket.org/home.html



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**THIS WAY OUT**  
SM

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

*This Way Out* marks almost 27 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**.



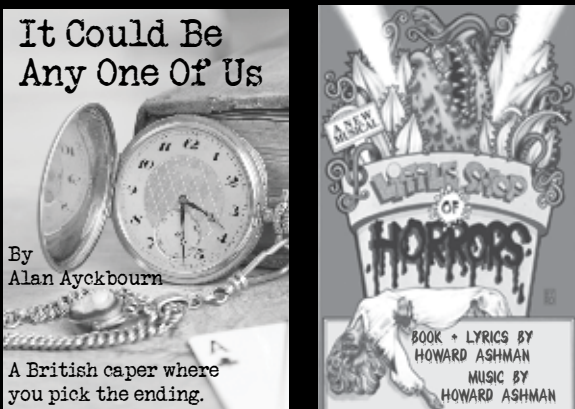
**KMUN 91.9** ASTORIA  
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By Alan Ayckbourn


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## Big Gay Skate Night Get your gay skate on!

Astoria Armory-407 17th St  
Astoria, Oregon

Saturday June 13th at 8:15pm

(immediately following *The Roller Doll's* bout)

The Lower Columbia Q Center is hosting our first gay skate night in conjunction with the Shanghaied Roller Dolls. Appreciation to the Roller Dolls for offering the space to build capacity for the up and coming Q center located in Astoria. While the Q Center meets in Astoria we welcome all interested individuals in the Lower Columbia Region to participate and get involved.

Big Gay Skate Night is an all ages, family friendly event. Everyone is invited! Entry is \$3.00 for adults and \$2.00 for skate rental. Kids get in free. Donations in excess of entry fee are welcome and appreciated. DJ Elive will be spinning and a snack bar will be provided by The Lower Columbia Q Center. Come support your local LGBT community and have a gay time doing it!

## The Lower Columbia Diversity Project

presents: **LOVE STORIES**  
How personal narratives transformed  
the Marriage Equality Campaign  
w/Thalia Zepatos



Thursday, June 18th,  
7 - 9 pm, Judge Boy-  
ington Building, 857  
Commercial Street,  
Astoria OR - FREE!

On the eve of the Supreme Court's ruling on marriage equality, please join us for a look back on the Marriage Equality campaign with one of its most dedicated and passionate leaders. Thalia Zepatos has thirty years' experience as a community organizer, campaign manager and political consultant, focusing on building political power for under-represented communities.

She began fighting anti-LGBT ballot measures in her home state of Oregon in 1988, and has subsequently been involved in fighting dozens of other anti-gay measures in communities across the US.

Since 2004, when a wave of Constitutional amendments banning same-sex marriage were placed on the ballots of states across the country, Thalia has focused on cracking the messaging code on marriage, resulting in four statewide ballot wins in November, 2012 – the first-ever victories at the ballot.

Her collaborative approach to message research led to the development of Why Marriage Matters – a public education partnership of 30 state and national organizations – and Familia es Familia, a national partnership of two-dozen Latino civil rights organizations.

For more information, please contact the Lower Columbia Diversity Project - lcdiversityproject@gmail.com or call 503-325-1895

## A most delicious fundraiser of the year! 2015 marks the 16th annual BITES FOR RIGHTS Event.

On June 18th, 2015, restaurants, coffee shops, bars and bakeries around the state will donate a generous percentage of their day's proceeds to Basic Rights Oregon. On this one day, you can feast to promote fairness for all LGBTQ Oregonians.

"This is really a team effort," says BRO Exec. Dir. Jeanna Frazzini, "We're so thankful to the supportive businesses who make this possible each year, but it can't be a success without our supporters taking part. By dining out June 18th, you can support Basic Rights Oregon's efforts in LGBTQ equality, as well as sending a powerful message to business owners that supporting our communities is good business!" Share where you'll be dining for equality via Facebook and Twitter by participating in Basic Right's Oregon's social media contest, go to: basicrights.org. You could win a prize package from Salt and Straw with posting photos from your food adventures for Bites for Rights!

**Astoria**  
Astoria Coffeehouse & Bistro  
T Paul's Urban Café

**Manzanita**  
Left Coast Siesta

## QUEER 101 at June 10 PFLAG Meeting Lincoln County

**HAVE YOU EVER WONDERED ABOUT LGBT ISSUES** and didn't know who to ask? Here's your chance to learn from the experts, high school students who have been studying and teaching about issues affecting sexual minorities--lesbian, gay, bisexual, and transgender people.

The June 10 PFLAG meeting will focus on LGBT 101, a lesson designed to help students and adults understand the four basic dimensions of human sexuality. GSA (Gay/Straight Alliance) students from Lincoln County schools will teach and discuss their experiences with gender identity, gender expression, biological sex, and sexual orientation. GSA students have presented this workshop to a variety of organizations in Lincoln County including Senior & Disability Services, Eddyville students and staff, and the

OCCC Staff. Recently they presented LGBT 101 at a regional Adolescent Health Conference in Astoria.

PFLAG is a national organization established to support gays, their families and friends through its mission of Education, Support and Advocacy. Research shows that LGBT students who receive support from their families, schools and communities are able to survive the stress and challenges far better than students who don't have that support.

PFLAG provides factual and helpful information and personal connections for families whose children or teens believe they may be among the minority in sexual orientation or gender identity. For more information, call Jeanne St. John at 541-265-7194. 6 - 7:30 pm, St. Stephen's Church, SW 9th & Hurbert, Newport.

## Ten Years In and a Surfing Dream is being Realized!

**A VISION** TO CREATE a vital and thriving NW women's surfing community along the North Coast of Oregon was Director Lexie Hallahan's idea when she started NW Women's Surf Camps a decade ago. An epiphany she had in the water while coaching her first women's weekend of lessons for Cleanline Surf Shop in 2004, unleashed her desire to teach women surfing and to share her passion for it. Celebrating her business's 10th year of surf camp events and lessons on June 5, 2015, her vision to expand both surfing and stand up paddling opportunities here, for both sexes and all ages, has never ceased.

A dynamic teaching methodology Hallahan developed, which is unique to their program, builds a student's skill base from one of "newbie" to empowered beginner to advanced beginner surfer in a two day camp. Students learn the 12 essential skills of surfing along with a comprehensive understanding of the "recipe for a perfect wave" which are the six conditions surfers understand and know before they paddle out to surf at a location. Along with these skills and knowledge, students build confidence and excel with the exceptional coaching NWWSC's coaches provide. Decades of combined surfing knowledge, surf travel, NW surfing experience, along with their personal love as teachers both in and out of the water in their careers make an outstanding team of coaches for their students. All coaches have current first aid and CPR certifications. Each event and lesson has a rescue board on the beach along with a first aid kit, if needed. "State of the art" Gath'surf helmets are provided to all students to protect them from concussions or head injuries. Soft-top longboards provided in their events are not only more stable to learn on, but safer and they allow the students to increase their wave count dramatically over the shorter, epoxy surfboard shapes. "It's all about getting your wave count up when



you learn, so you can excel!", Hallahan says.

New NWWSC offerings this summer season include a Couples Day Surf Camp on August 1 and two Sunday Group Stand Up

Paddle Lessons held on beautiful Cullaby Lake. NW Women's Surf Camps always popular women's Surf Weekenders and women's Day Surf Camps begin in July and run through September. These fabulously fun Girlfriend Getaways are a must to share with your BFF's!

Women ages 13 to 70 years young are invited to be a part of them. The enthusiasm, thrill and simple joy of these experiences are most memorable for NWWSC's students.

Couples aren't exempt from catching waves together and enjoying some of the best gourmet food in the county during the 4th Annual Couples Surf & Gourmet Weekender in Cannon Beach. Partnered with two premiere businesses there, The Ocean Lodge and EVOO Cannon Beach Cooking School, this three day weekend experience is an "over the top" getaway which six couples will share together this summer.

For the budget minded who want to check out surfing, NW-WSC offers seven Saturday Group Surf Lessons from June through September for adults and teens, women and men. These three hour surf experiences provide the necessary skills and knowledge to safely give catching a wave a try in a fun and supportive mixed group environment. Family reunions can either book their space in one of these group lessons are set up their own group lessons during the week.

For all details, dates, prices and Active.com online registration, go to [www.nwwomenssurfcamps.com](http://www.nwwomenssurfcamps.com). From there, click on Camps and the surf event or group lesson you're interested in. For questions or to arrange a private, semi-private, custom group or special event, contact Director Lexie Hallahan at [surfcamps@nwwomenssurfcamps.com](mailto:surfcamps@nwwomenssurfcamps.com) or call her at # 503.440.5782.



**High Priestess of the Waves  
Lexie Hallahan**

### At Old Town Framing Co. Rod Nichols and Supple Rockers

Old Town Frame Co. hosts artist Rod Nichols the month of June. Dulcye Taylor of Old Town discloses that Nichols 'is Clatsop County's best kept art secret.' Nichol's studied painting & art history at Southern Illinois University, spent a year painting in a Paris chateau and attended the New York School of Holography in Manhattan. Locally, Rod is known as a chef and food activist. Feast on his deliciously detailed, lusciously large oil paintings at Old Town Framing, whilst feasting on delectables dished up by the North Coast Food Web - edible art and an inspirational array of food art by local elementary school students. Go on by for a bite and get an update on the teaching kitchen construction project at 577 18th St. Supple Rockers will also be in the house, having its first local art showing at Old Town.

It's all happening on 2nd Saturday Art Walk at 1287 Commercial in Astoria



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Please contact Fire Mountain School (503)-436-2610  
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## A TRIBUTE TO THE COLUMBIA RIVER

July 17 - 18

Clatsop Community College  
Columbia Hall • Room 219



**SESSION ONE - Friday, July 17 at 7 pm**  
**JOE LEAHY** will provide a retrospective on the automobile passenger ferries which were a unique part of our history from 1921 through 1966.

**LCDR TORREY BERTHEAU** will provide an overview of the work of the Coast Guard on the Columbia.

**SESSION TWO - Saturday, July 18 at 9 am**  
**RICHARD TURNER** will talk about salmon and steelhead hatcheries in the Columbia River Basin.

**MARK PAULSON** will introduce us to a history of the Columbia River Pilots and why they are needed.

**LOCAL SINGERS HOBE KYTR and MARY GARVEY** will be performing "Songs of the River and the Northwest" in each session.

**COST -- \$15 per session.** An optional dinner will be offered on Friday at 6pm and an optional breakfast will be provided on Saturday at 8am, each for an additional \$15.

Contact Robert McClelland at 503-894-0187 or [rmcclelland@clatsopcc.edu](mailto:rmcclelland@clatsopcc.edu) for more information.



## One Step At A Time Blind Pilot's Israel Nebeker

by Robin Bacior

"He was my biggest mentor in songwriting, because he was so familiar and intimate with the creative process inside and out, and being a teacher too helped him to express himself about it," Nebeker said. "I would have conversations with him about songwriting and the creative process and how it all relates, like I've never had with anyone else. It was a really good path to follow. I know I'm biased, but he really approached it with very true intention."

Royal Nebeker passed away in the fall as Israel was in the midst of working on Blind Pilot's newest album, which led Israel to pause recording and change his direction.

"Writing this last album, I felt within a cycle," Nebeker said. "I feel like everybody goes through this, there's certain chapters to learn certain things. I was within one of those cycles at the time of my dad's death, and I think at that point I had to take a step back and process that a little bit before continuing to write, not only because it's an important time to honor and mourn, but it took me out of that cycle so much, it was going one direction, but now I needed to find out this new cycle."

This new cycle led Nebeker into other projects like scoring his first film, and producing the newest Von Trapps EP, *Dancing In Gold*. Though it wasn't Blind Pilot, there was a

"You know when someone puts out music that you like, to a certain degree you almost feel ownership over it - like those are my songs, even though they're not - that's how I felt about [The Von Trapps] songs," Nebeker said. "That was key for me, then I just treated them like they were. Once I hit that threshold it felt really familiar."

The Von Trapps had hired on Portlander Richie Greene to arrange strings for the album. After hitting it off, Nebeker invited Greene to work on arrangements for the new Blind Pilot record, and eventually a variation of those arrangements that Nebeker will be performing this year at the Astoria Classical Music Festival. Under the theme of Night Music, Nebeker will be backed by a string quartet including festival staple Sergi Antonov on cello. Not only will this be Nebeker's first time participating in the festival, it'll be one of the first times playing these new songs live, a type of raw material Nebeker's never brought to listeners before. Maybe that's what makes for that just something.

"There's a lot of surprising beauty, the idea of what strength comes when it's needed. It's occurred to me that I'm going to need to overcome any hesitation to impose upon all the people these darker ideas. You always have to step toward the audience and try to make that emotional connection, even if it's vulnerable, that's the best time to do it."

*Israel Nebeker performs at the Astoria Music Festival, Tuesday, June 16, PAC 7:30pm. He'll be presenting new songs, joined by string quartet, and AMF cellist Sergi Antonov.*

**IF YOU'RE FAMILIAR WITH BLIND PILOT,** which most are, you know there's just something about them. Though their songs could be described as fairly straightforward folk, there's a level of honesty and raw heart within them that transcends that simplicity and has hit a collective nerve. That's no accident. I recently sat down with Blind Pilot's co-creator Israel Nebeker. We talked on a wide variety of topics, from fame, songwriting, and projects outside of Blind Pilot, to his father Royal Nebeker's recent passing. As Nebeker spoke, it became clear how he's kept his original intent and perspective throughout these ups and downs, even if that meant stepping back, which it often has. Blind Pilot began in 2007, when Nebeker and Ryan Dobrowski came together for a summer simply to record an album. The two worked out of a building comprised of artist studios on the Astoria waterline (getting the name Blind Pilot from the pilot boats passing daily), bringing in friends to record, which led to a six-piece formation and their debut, *Three Rounds and a Sound*, and fairly quick fame. When it came time to follow up with new songs, it meant merging that original simplicity with mainstream success.

"That first album I wrote with the intention of a very basic tour and playing to five to ten people, and hoping to connect with the world in a very small way," Nebeker said. "When that changed- that was a little tricky, finding that space of really connecting to an emotional core that exists in a song or me, that doesn't have anything to do with success or fans. The short answer is I tried not to think of that as much as possible and remain in the song. That second album, I definitely had to tell myself some lies and develop some work habit tricks. As soon as that would peek in-how's this gonna sound on a stage, how's this gonna sound on a record- I would have to just take a break and just go for a hike or something and go back when I wasn't worried about those things."

Speak with any artist, that type of discipline isn't easy to obtain, but Nebeker learned by example from his father, Royal Nebeker, a well-known painter within the Astoria community, internationally abroad, and former Art Director at Clatsop Community College.

# 13th Astoria Music Festival

June 13 - 28



**THE** EXPRESSION ON JEAN SIBELIUS in the portrait above speaks worlds. The early 20th Century composer wrote most of his major works in the early part of his life, and become a living legend in his beloved Finland, for his compositions played a key role in the identity of the country, its people and independence from Russia in 1917.

His expression, the power and beauty of music.

Earlier this year, Astoria Music Festival and the Finlandia Foundation together presented a full concert of Sibelius performed by his direct descendant, pianist Russimeri Teppo and cellist Jussi Makkonen. The music was moving and one could not miss the love of Finland in these compositions - through folk melodies and the capture of the sheer beauty of Finland's natural environment, from darkness, to cold and snow and clear blue and green of its lakes and forests. This year AMF celebrates the 150th anniversary of Sibelius, (Sibelius 150 Jubilee) with numerous opportunities to once again explore and enjoy his definitive melodies and orchestral textures. Within the core classical programming of AMF, each year new themes are weaved into the mix, and it's ever-exciting to see and hear what will be next and who will be playing it, in addition to special events which transform to repeats, such as the classic silent film series.

This year the incredible ENSO String Quartet culminates the third weekend. An Elizabethan air about the festival, well . . . Italian Elizabethan, with Donizetti's *MARIA STUARDA* (Mary, Queen of Scots), starring Angela Meade, (speaking of queens,) as Elizabeth I's rival. To echo the theme, An Elizabethan Garland at The PAC features the music of the era; madrigals, lute songs, and joyful instrumental dances performed by a Renaissance band of performers (sounds frisky).

The 3 B's, Bach, Beethoven and Brahms are prominent, with an All Beethoven concert, Bach's St. John Passion and Brahms on the menu for the always awe-inspiring Friday eve, Chamber Music All-Stars, and their benevolent leader and master of keys Cary Lewis.

Israel Nebeker brings today's cutting-edge concept of chamber pop to the festival, and of course the talented academy vocalists will be going about town with their glorious pipes!

So much to choose from, and make sure you do.

Happiest Festival Season to all the music lovers! And who in the world isn't?

- Dinah Urell



**Violinist Sarah Kwak and Pianist/Chamber Director Cary Lewis**

**SATURDAY, JUNE 13**

4:00 PM CELEBRITY CHAMBER MUSIC MATINEE - LT  
 -DVOŘAK Sonatina in G Major for Violin and Piano, Op. 100  
 -BRAHMS Trio in E-Flat Major for Violin, Horn (Cello) and Piano, Op. 40  
 -HONÉGGER Sonatina for Violin and Cello  
 -SIBELIUS Quartet in C Minor for Two Violins, Cello and Piano  
 (Commemorating the 150th Anniversary of the composer's birth)  
*Martin Chalifour and Sarah Kwak, violins; Sergey Antonov, cello; Cary Lewis, piano*

**SATURDAY, JUNE 13**

7:30 PM GALA OPENING: ALL-BEETHOVEN - LT  
 -Overture to the Creatures of Prometheus, Op. 43  
 -Concerto in D Major for Violin and Orchestra, Op. 61 -Symphony No. 5 in C Minor, Op. 67  
*Martin Chalifour, violin; Keith Clark, conductor; Astoria Festival Orchestra*

**SUNDAY, JUNE 14**

5:00 PM SYMPHONIC SUNDAY: FINLANDIA - LT  
 -BERNSTEIN Overture to "Candide"  
 -TCHAIKOVSKY Concerto No. 1 for Piano and Orchestra, Op. 23  
 -ROY HARRIS Symphony No. 3  
 -SIBELIUS Finlandia, Op. 23  
 (Commemorating the 150th Anniversary of the composer's birth)  
*Ilya Kazantsev, piano; Keith Clark, conductor; Astoria Festival Orchestra*



**TUESDAY, JUNE 16**

7:30 PM NIGHT MUSIC with Blind Pilot's Israel Nebeker  
 PAC-Clatsop County's own Israel Nebeker, singer-songwriter and leader of the sensational indie folk-rock band Blind Pilot.  
 -MOZART Eine Kleine Nacht Musik, K. 525  
 -SONDHEIM Music from "A Little Night Music"  
 -NEBEKER Songs of the Night (string quartet version)  
 -SCHOENBERG Transfigured Night, Op. 4 (with film by Takafumi Uehara)  
*Israel Nebeker, singer-songwriter and leader of Blind Pilot; other performers TBA*

**WEDNESDAY, JUNE 17**

7:30 PM AN ELIZABETHAN GARLAND  
 PAC-Renaissance music from the time of England's

Elizabeth I and her cousin Mary Stuart, Queen of Scots, whose bloody rivalry inspired Donizetti's *Maria Stuarda* (opera in concert performed on June 28). Program includes madrigals, lute songs, and joyful instrumental dances performed by a Renaissance band of performers, plus a rare showing of Thomas Edison's 18-second film, "The Execution of Mary Stuart" from 1895. Free admission to all those attending in Renaissance dress!  
*Hideki Yamaya, lute/theorbo; Amy Hansen, soprano; Julia Brown, organ/harpsichord; Phil and Gayle Neuman, diverse Renaissance instruments*

**THURSDAY, JUNE 18**

7:30 PM A NIGHT AT THE MOVIES: CLASSIC SILENT FILM WITH ORGAN - LT

Back by popular demand! Hollywood Theater organist Bob Salisbury takes the Liberty Theater back to its silent movie roots with *Wings*, a 1927 WWI romantic drama starring Clara Bow, "Buddy" Rogers, and the very young Gary Cooper. Filmed just two years after the Liberty Theater's opening, *Wings* won the first Academy Award for Best Picture.  
*Sponsored by Rodgers Instruments, LLC*

**FRIDAY, JUNE 19**

7:30 PM CHAMBER MUSIC ALL-STARS - LT  
 -BEETHOVEN String Quintet after the "Kreutzer" Sonata, Op. 47  
 -BRAHMS Hungarian Dances for Piano Four-Hands  
 -SIBELIUS Piano Quintet in G Minor  
 (Commemorating the 150th Anniversary of the composer's birth)  
*Astoria Festival Chamber Players: Misha Keylin and Anthea Kreston, violins; Sergey Antonov and Jason Duckles, cellos; Ilya Kazantsev and Cary Lewis, piano*

**SATURDAY, JUNE 20**

4:00 PM SERGEY'S ANNUAL HAPPY HOUR with the HERMITAGE PIANO TRIO - LT  
 Cellist Sergey Antonov, Gold Medal Cellist in the International Tchaikovsky Competition, returns for this annual audience favorite, joined by fellow members of the Hermitage Trio, violinist Misha Keylin and pianist Ilya Kazantsev. "Three of Russia's most spectacular young soloists...turned in a

performance of such power and sweeping passion that it left you nearly out of breath." *The Washington Post.*

**SATURDAY, JUNE 20**

7:30 PM J.S. BACH: ST. JOHN PASSION, BWV 234, Version IV: 1749 - LT  
 Bach's powerful telling of the final days of Jesus of Nazareth is a work of searing intensity, as dramatic as any opera. Retold by the Evangelist, John's Gospel traces the path from the capture in Gethsemane to the trial before Pilate and the tragic culmination at Golgotha. Soloists and chorus depict biblical characters, Roman soldiers, and an uncontrollable mob. Solo arias provide heartfelt commentary and the chorus responds with hymns of personal reflection. Sung in German with English supertitles.  
*Oliver Mercer, Evangelist; Richard Zeller, Christus; Matthew Hayward, Peter/Pilot; Amy Hansen, Soprano; Hideki*



**The ENSO String Quartet**

*Yamaya, lute/theorbo; The Ensemble of Oregon, Patrick McDonough, director; Astoria Festival Orchestra; Keith Clark, conductor.*

**SUNDAY, JUNE 21**

5:00 PM SYMPHONIC SUNDAY:  
 BEETHOVEN'S TRIPLE CONCERTO and FIDELIO - LT  
 This summer's featured ensemble, the Hermitage Piano Trio, stars in Beethoven's concerto for three virtuoso soloists. Led by soloists of the Metropolitan Opera, a massed chorus joins Keith Clark and the Festival Orchestra for the triumphal final act of Beethoven's only opera, in which a political prisoner is rescued from a secret dungeon by his faithful wife, all set to music of revolutionary zeal. Opera in concert; sung in German with English supertitles.  
 -BEETHOVEN Triple Concerto in C Major, Op. 56 (Hermitage Piano Trio)  
 -Fidelio (Act 2), Op. 72  
*Allan Glassman, Florestan; Emily Pulley, Leonore; Deac Guidi, Rocco; Richard Zeller, Don Fernando; Matthew Hayward, Pizarro; David Hydorn, Jaquino; Jocelyn Thomas, Marzelline; Astoria Festival Apprentice Vocal Artists; North Coast Chorale, Denise Reed, Director; Astoria Festival Orchestra and Chorus; Keith Clark, Conductor*

**MONDAY, JUNE 22**

7:30 PM YOUNG ARTISTS PLAY MENDELSSOHN FREE CONCERT! - LT  
 The Hermitage Piano Trio joins the Instrumental Apprentices to perform two romantic masterpieces by a teenaged Felix Mendelssohn.  
 -MENDELSSOHN Double Concerto in D Minor (Transcribed for Cello, Piano and Strings by Sergey Antonov)  
 -Octet for Strings in E-Flat Major, Op. 20  
*Instrumental Apprentice Artists; Misha Keylin, Violin; Ilya Kazantsev, Piano; Sergey Antonov, Cello and Conductor*

**THURSDAY, JUNE 25 and FRIDAY, JUNE 26**

7:30 PM MOZART'S DIE ZAUBERFLÖTE (The Magic Flute) - PAC  
 Festival Vocal and Instrumental Apprentice Artists present a pair of fully staged performances of Mozart's *The Magic Flute*, in a charming and innovative production that sets the action in Astoria, complete with Columbia River Bar Pilots, the Coast Guard, and even a pirate.  
*Sung in German with English dialogue and supertitles. Brian Staufenbiel, Stage Director; Olivia Tsui, Conductor*

**SATURDAY, JUNE 27**

4:00 PM MATINEE ORGAN RECITAL BY HECTOR OLIVERA  
 Acclaimed Argentinian organist Hector Olivera returns this season for a special concert on the powerful Rodgers organ. The Los Angeles Times called him "One of the greatest organists in the world today."  
 -J.S. BACH Choral Prelude *Liebster Jesu, wir sind hier* (arr. Olivera)  
 -MOZART Fantasia in F Minor, K. 608  
 -GUILMANT Sonata No. 8 in A Major, Op. 91  
 -SIBELIUS Finlandia (arr. Olivera)  
 Other works to be announced from the stage  
*Sponsored by Rodgers Instruments, LLC*

7:30 PM CARY LEWIS with the ENSO STRING QUARTET  
 LT Pianist Cary Lewis joins the exciting young Ensō String Quartet for an intimate evening of chamber music. Our Sibelius 150th Jubilee concludes with the composer's greatest chamber work, "Intimate Voices."  
 -DVOŘAK Piano Quintet in A Major, Op. 81  
 -SIBELIUS String Quartet in D Minor, Op. 56, Voces Intimes  
*Ensō String Quartet (Maureen Nelson, violin; Ken Hamao, violin; Melissa Reardon, viola; Richard Belcher, cello), Cary Lewis, piano*

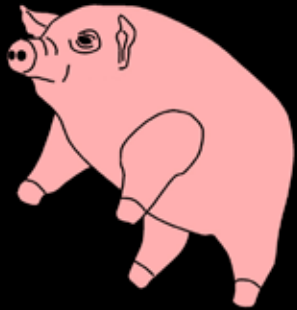
**SUNDAY, JUNE 28**

5:00 PM GRAND FINALE: DONIZETTI'S MARIA STUARDA (Mary, Queen of Scots) - LT  
 Angela Meade, America's reigning queen of bel canto opera, stars in Donizetti's dramatic tale of political intrigue, family dysfunction, and religious strife. Acclaimed French-Canadian soprano Alexandra Deshorties portrays Queen Elizabeth I of England, as she and her cousin Mary Stuart, Queen of Scots, vie for power and the love of a nobleman. Cast includes Metropolitan Opera baritone Richard Zeller and rising star tenor Aaron Blake. Opera in concert; Pacific Northwest Premiere; sung in Italian with English supertitles.  
*Angela Meade, Mary; Alexandra Deshorties, Queen Elizabeth I; Aaron Blake, Roberto, Duke of Leicester; Richard Zeller, Talbot, Earl of Shrewsbury; Matthew Hayward, Lord Cecil; Angela Niederloh, Anna Kennedy; Apprentice Vocal Artists and Festival Chorus; Astoria Festival Orchestra; Keith Clark, conductor*

Programs and artists subject to change

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## GoingsOn: June '15 day-by-day

### in the columbia pacific



#### LightBox Photographic Gallery celebrates its 6th anniversary with the opening and artist's reception of *the Plastic Fantastic Show VI* June 13

**THIS ANNUAL GROUP EXHIBIT** began with LightBox's love for images made with basic plastic "toy" film cameras and as a way to celebrate the gallery's anniversary each year. This method of photography has gained popularity because of the freedom possible using cameras with less than perfect optics and control with unpredictable and sometimes extraordinarily beautiful results. A large number of photographers from around the world shoot images primarily with these basic cameras, creating unique photos that are captured on film.

Internationally renowned fine art photographer Susan Burnstine of Los Angeles once again juried the exhibit. Susan uses homemade cameras consisting of plastic lenses and vintage camera and household parts. She has become a highly acclaimed photographic artist shooting with film and using rudimentary cameras of her own design.

"It was my great honor to act as juror for the Plastic Fantastic exhibit for the fifth time. Each consecutive year, submissions become more interesting and this year was no exception. Perhaps what I love the most about curating this show is having the pleasure of viewing new work from a number of Plastic Fantastic regular exhibitors, including two of this year's award winners; Jim Rohan and Amy Fichter. Congratulations to all the artists who had work selected for this year's exhibit and heartfelt applause to everyone who submitted work."

~ Susan Burnstine.

LightBox opened in Astoria on June 13, 2009. Chelsea and Michael Granger established the venue to educate in the photographic arts. In six years, and with over



Jing Jung Lucky, *Here and Not Here*



Jim Rohan, *Around*

70 exhibits since opening, LightBox has become an important Northwest photographic resource, hosting national and regional artists' with exhibits of fine photography, conducting artists' presentations and workshops, all as part of their goal to provide a center for the promotion of creative and alternative photography on the North Coast of Oregon.

The Plastic Fantastic Show VI runs from June 13th until July 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](mailto:info@lightbox-photographic.com), and visit [lightbox-photographic.com](http://lightbox-photographic.com) for more info and to enjoy past, current and upcoming exhibits.

#### Coaster Theater Summer Rep, Yep!

*This summer at the Coaster Theatre you can see a British caper where you pick the ending, or you can experience a deviously delicious out-of-this-world musical experience. JUNE - SEPT*

##### It Could be Anyone of Us

Written by Alan Ayckbourn

Directed by Ryan Hull

Opens June 12

Tix: \$15, \$20

In a windswept country house a family of artistic failures wrangles over a will: a detective who has never solved a case; a writer whose works have never been published, an artist who's never shown a painting and a composer whose compositions have never been performed, and a dysfunctional teenager. The prime ingredients for a murder mystery, but the victim is not who it should be, and the murder's identity changes overnight. Throw in some tongue in cheek humor for some comedic thrills.

##### Little Shop of Horrors

Book & Lyrics by Howard Ashman

Music by Alan Menken

Directed by Patrick Lathrop

Musical Direction by Chris Engbretson

Assistant Director, Joseph Oyala

Opens June 19

Tix: \$18 or \$23

The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This foul-mouthed carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

##### Dance Your Joy at AAMC

Monday

-10am-11am Thai Chi Angela Sidlo

-5:30-6:30pm Ballet with Trixie Gunn

Tuesday

-9:00-10:00am Zumba Fitness with Nayelli Dalida

-5:30-6:30pm Core Class/  
Strength Training with Trixie Gunn

-6:30-7:30pm Ballroom with Jen Miller

-7:30-8:30pm West Coast

Swing with Jen Miller

-8:30-9:30pm West Coast

Swing Practice Hour hosted by Tim O'Brien

Wednesday

-10am - 11am Thai Chi w/  
Angela Sidlo

-7:00-8:15pm Belly Dance  
with Jessamyn Grace

Thursday

-9:00-10:00am Zumba Toning  
with Nayelli Dalida

-5:30-6:30pm Tai Chi with  
Angela Sidlo

Saturday

-6pm -7pm & 7pm-8pm  
Argentine Tango with Estelle Olivares

For current schedule and  
instructor contact: [astoriaart-  
sandmovement.com](http://astoriaart-sandmovement.com). 342 10th  
St. in Astoria





## Nick Jaina and Israel Nebeker Sou' Wester Fri June 26

Nick Jaina is a musician and writer from Portland, Oregon and has released several albums including 2013's "Primary Perception" on Fluff and Gravy Records, and 2010's "A Bird in the Opera House" on Hush Records. He is a co-founder and musical director of the Satellite Ballet and Collective in New York City, and has composed music for ballets and contemporary dances, featuring dancers from the New York City Ballet and Juilliard. Ask Nick Jaina about his time spent as Artist-In-Residence at the Sou'wester, the writing 20 songs in one-day project, and about his new book, "Get It While You Can." Israel Nebeker is singer, songwriter and leader of the sensational indie folk rock band Blind Pilot.

*Head To Seaview, WA and get a night in a trailer!*

## MORE MUSIC



## Sam Densmore

Sam Densmore is a Portland based singer/songwriter; RYLY Wilco, Elliot Smith, Beatles, David Bowie, Neutral Milk Hotel. In summer of 2012, he released a CD and digital download of my double EP called "Ku Thar Tik - Sad Songs For A Sad World/ Cat Years" to rave reviews, "Sam Densmore's pleasant voice and

smartly succinct songwriting make for a strong and impressive double whammy. Moreover, Densmore plays a mean acoustic guitar and never degenerates into mushy cliché at any point..."— Jersey Beat

**Thursday, June 11, 8pm [pickled fsh], Long Beach, WA**

## Friday 5

**MUSIC**  
Jennifer Goodenberger. Jazz piano. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Gerle Haggard. An all-girl Merle Haggard tribute band. No cover, 9pm at the Voodoo Room in Astoria.

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

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

### HAPPENING

First Friday Nights. Pirate Bash. A mix of live music, games, film screenings, skills demonstrations, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 - 9pm at the Barbey Maritime Center in Astoria.

Goonies Day Celebration. In and near Astoria. [thegooddocks.org/30th-anniversary-2015.html](http://thegooddocks.org/30th-anniversary-2015.html)

Goonies Block Party. Free, noon - 8pm, on 9th St between Commercial and Marine in Astoria.

Goonies 80s Dance. Live 80s music, Truffle Shuffle contest and 80s Fashion Contest. \$15, 9pm - 2am at the Astoria Event Center. Number of attendees is limited, buy tickets ahead at [squareup.com/market/columbia-bar-productions-llc/goonies-s-dance](http://squareup.com/market/columbia-bar-productions-llc/goonies-s-dance)

### THEATER

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

## Saturday 6

**MUSIC**  
Pacific Trombone Quartet. \$15, 1pm at the Lincoln City Cultural Center.

David Drury. Jazz guitar. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Gerle Haggard. No cover, 8pm at the Sou'wester Lodge in Seaview.

Will West & The Friendly Strangers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

Norman Sylvester. No cover, 9pm at Roadhouse 101 in Lincoln City.

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

### ART

Seaside Art Walk. 5 - 8pm at Galleries and other businesses in Seaside & Gearhart.

Art Show Opening. Ceramics by Brian Johnstone and watercolors by Patsy Chapin. 2 - 4pm at the Garibaldi Museum.

### FOOD & DRINK

Wine Tasting. Oregon Pinot Gris, Part 1. 1 - 4pm at the Cellar on 10th in Astoria

### HAPPENING

Goonies Day Celebration. In and near Astoria. [thegooddocks.org/30th-anniversary-2015.html](http://thegooddocks.org/30th-anniversary-2015.html)

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.

Garden Festival. Come and explore one of the best gardens in the PNW. 10am - 3pm at the Connie Hansen Garden in Lincoln City.

### OUTSIDE

Free Admission to WA State Parks.

Nehalem Bay Crab Derby. tagged crabs will be released in Nehalem Bay and one crab will be worth \$1,000! Many other prizes will be awarded. Live music on Saturday night at 6pm. \$10 to enter derby. 9am - 5pm at Kelly's Brighton Marina, Wheeler.

### THEATER

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

## Sunday 7

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

Richard T and Friends. Blues Brunch. No cover, 11:30am - 2pm at the Bridgewater Bistro in Astoria.

James Dean Kindle & The Eastern Oregon Playboys. Americana. No cover. 8pm at Fort George Brewery & Public House in Astoria.

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

Moore Bush Project. No cover. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Will West. 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

Goonies Day Celebration. In and near Astoria. [thegooddocks.org/30th-anniversary-2015.html](http://thegooddocks.org/30th-anniversary-2015.html)

First Sunday Family Program. A time for fun filled family experiences and are inspired by the museum's 3D movies: Galapagos and Turtle Vision. Included with paid admission. 10:30am - 3:30pm at the Columbia River Maritime Museum in Astoria.

### OUTSIDE

Nehalem Bay Crab Derby. tagged crabs will be released in Nehalem Bay and one crab will be worth \$1,000! Many other prizes will be awarded. \$10 to enter derby. 9am - 5pm at Kelly's Brighton Marina, Wheeler.

Photo Hiking. Hike with professional photographers learn basic techniques. \$20 per person. 9 - 11am at Spring Lake, Lincoln City. 3541-994-3405

### THEATER

The Orphans. Comedy. 2pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

## Monday 8

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

Tuesday 9

### MUSIC

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

Like a Rocket. \$5 cover, 9pm at the San Dune Pub in Manzanita.

### FOOD & DRINK

Beer Pairing Dinner. The chefs and brewers of Buoy Beer Company will present a unique menu of five courses pairing local fare and Buoy Beer brews. Tickets & reservations at the Buoy Beer Taproom in Astoria. 6 - 8pm. 503-325-4540

## Wednesday 10

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

### HAPPENING

Night of All Knowledge Trivia Tournament. A team trivia competition. Free, 6pm at the Seaside Library.

### LITERARY

Driftwood Poets Open Mic. Poetry Reading. Free, 6 - 8pm at the Driftwood Public Library in Lincoln City.

### OUTSIDE

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 8 - 10am at the Siletz Bay National Wildlife Refuge. 541-270-0610

## Thursday 11

**MUSIC**  
Sam Densmore. No cover, 8pm at the Adrift Hotel in Long Beach.

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 9 - 11am at the Siletz Bay National Wildlife Refuge. 541-270-0610

## Friday 12

**MUSIC**  
Jennifer Goodenberger. Jazz piano. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Blake Noble. No cover, 9pm at the Adrift Hotel in Long Beach.

Johnny Wheels and the Walkers. No cover, 9pm at Roadhouse 101 in Lincoln City.

Love Cop with Nyk at Night. No cover, 9pm at the Voodoo Room in Astoria.

Norman Sylvester. Blues. \$5 cover, or free admission with donation of canned food. 9pm at the Merry Time Bar & Grill in Astoria.

### HAPPENING

Comedy on the Coast. With Jackie Flynn, Barry Neal, and Debbie Praver. \$15, 8pm at Chinook Winds in Lincoln City.

### LECTURE

Oregon Transformed. WWII Legacies on the Coast. The "Oregon Transformed" series considers long-term impacts of World War II in local regions around the state within broad thematic frameworks. With David Lewis, Steve McQuiddy, and Laura Jane Gifford. Free, 7pm at the Cannon Beach History Center & Museum.

### OUTSIDE

Open Spaces Bird Walk. Audubon society volunteers will lead the walk. 9am at Devils Lake in Lincoln City. 541-996-1224

*Listings continued on pg. 21 - 23*

## Norman Sylvester



Down Home Blues is Norman Sylvester at the Merry Tme in Downtown Astoria.  
**Friday, June 12, 9:30pm. CAn of Food for the Food Bank or \$5 Donation**



## The Half Hearted

These two veterans of the Portland music scene - Matthew Henry Curl and Chris Hayes bring a blend amazing covers of favorite songs and compelling originals to the Peninsula. If you like the sounds of U2,

Simon and Garfunkel, and Roy Orbison, you'll enjoy the Half Hearted.

**June 27, Peninsula Arts Center, LB, WA, 7pm, \$12, Beer & Wine available.**

# Astoria Midsummer Scandinavian Festival

## June 19 - 21 Clatsop County Fairgrounds



Accordian Jams

**T**HE RICH HERITAGE of the Astoria Scandinavian Festival will fill you with delight in foods, sounds and the sense of this part of the world that so many North Coast natives descend from.

It's 3 Days of music, dance, traditions, and oh yes, the beer garden (with live performances). A full schedule is available on the web, or just take the day and experience the continual offering on 3 stages, in the shopping area, and many opportunities to try your own feet at folk dancing.

A Pannukaku Breakfast, Viking Dinner, or the delectables available in the food booths will feed your soul and hungry spirit while you bounce along to the sweet music of the Scandinavian countries, full of heart and liveliness.

This year an inaugural performance by the **LIBERTY THEATER PLAYERS** is **DORA**. (5:30pm Friday and Sat, 3pm on Sunday). DORA is a one act comedy written by Pauline Phelps in 1932. The script was recently discovered in the attic of Finnish Brotherhood's Suomi Hall and is believed to have been performed on stage there. Dora is a Swedish immigrant maid who has saved her hard earned money for seven years. Suddenly her hiding place has been sold to a junk man. The fun begins with everyone trying to find the money. The play will be presented in reader's theater format.

Performers from all over the North West come to the festival, and through the sponsorship of generous donors, cutting edge artists from Scandinavia are a new tradition.

[www.astoriascanfest.com](http://www.astoriascanfest.com)



Viking Take Overs



Hex Burnings



Wild Troll Kisses

### This year's featured performers:

#### HELENE BLUM & HARALD HAUGAARD ENSEMBLE

Helene Blum and Harald Haugaard come together in an outstanding ensemble that performs traditional and contemporary Danish music with great passion. Blum and Haugaard tour regularly and have captured the hearts of audiences in Europe, North America and Japan. They will perform in Astoria as a quintet with cellist Elise Pedersen and guitarists Matias Pérez and Mikkel Grue. This is their third visit to the Festival, and many a festival-goer hopes it is just one of many more.

#### Performances:

6 PM, Friday, June 19 - Arena  
 12 Noon, Saturday, June 20 - Exhibit Hall  
 2 PM, Saturday, June 20 - Exhibit Hall  
 4 PM, Saturday, June 20 - Exhibit Hall  
 12 Noon, Sunday, June 21 - Exhibit Hall  
 2 PM, Sunday, June 21 - Exhibit Hall



#### SINDRE & KRISTOFFER

Button Accordion Duo

Sindre Fotland and Kristoffer Kleive-land, both studied traditional music at the Ole Bull Academy of Norway, and both are champions of their instruments. What two players of the Diatonic two row accordion can do together, you'll have to take the pleasure of finding out.

#### Performances:

5 PM, Friday, June 19 - Arena  
 11 AM, Saturday, June 20 - Exhibit Hall  
 1 PM, Saturday, June 20 - Exhibit Hall



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re: creation  
charlotte bruhn at Luminari Arts



First Supper by Bruhn

LUMINARI ARTS presents re: creation, an exciting exhibition of new mosaics by proprietor/artist Charlotte Bruhn. Mosaics are pieces composed of ceramic tile and grouted; Bruhn adds a twist by creating all the tiles herself in high definition detail and relief, the result being intense, colorful and three dimensional scenes reminiscent of ancient statuary and sacred works from a bygone era. Featured piece "The First Sup-

per" will be supplemented with images of "Kuan yin", "Guadalupe", "Medusa" and other archetypal figures from mythological themes.

Suitable accompaniment for the show is special musical guests, local ensemble Acustica, bringing their international repertoire of danceable music!

June 13, Second Saturday Art walk, 5 to 8 pm, 1133 Commercial in Astoria.

Don Gray Paintings  
Michelle Gallagher Sculpture  
Judith Altruda Trunk Show  
at RiverSea

RIVERSEA GALLERY is pleased to present Expanse, a solo exhibition of paintings by DON GRAY. In this series of new work, the artist embodies coastal themes in his signature, loose painterly style, without depicting literal scenes. His paintings easily move between abstract to representational and often straddle the line somewhere in between. Meet the artist at the opening reception, held Saturday, June 13, during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm. Live tunes will be provided by Rainforest Jazz, a duo from the Portland area playing a unique blend of bossa nova, samba, choro, jazz and blues. The artwork will be exhibited through July 7, 2015.

Exhibiting in the Alcove at RiverSea Gallery is Portland sculptor, MICHELLE GALLAGHER, known for her figurative works in clay. In Ineffable Tranquility, Gallagher has created a series of contemplative Buddhist monks with enigmatic smiles, along with a grouping of small Jizo figures. In Japanese culture, Jizo is a bodhisattva who imparts benevolence, determination and optimism, the patron saint of lost causes, of travelers in both physical and spiritual realms, and guardian of all children. This revered, saint-like figure can be found depicted in statues throughout the country. Gallagher manages to capture the qualities of Jizo in each of her small figures, while giving



"Alluvium" by Don Gray

them each individual character. Meet the artist at the opening reception Saturday, June 13, during Astoria's Second Saturday Artwalk, from 5:00 to 8:00 pm. Artwork will remain on exhibit through July 7, 2015.

JUDITH ALTRUDA will present a new collection of her one-of-a-kind jewelry in a trunk show at RiverSea Gallery this Saturday, June 20, from 3:00 to 6:00. The gallery regularly offers a selection of her jewelry, but this is a rare opportunity to view all available work while meeting the artist. Champagne and light refreshments will be served, and the trying-on of small adornments will be much encouraged.

Sid Deluca: The Car Show  
at KALA

KALA presents Astoria-based collage artist Sid Deluca in The Car Show, the month of June, opening 2nd Saturday Art Walk, June 13, 5-8pm.

Deluca was heavily influenced by juxtaposition at the age of 7 when he visited The New York World's Fair and rode on Ford Motor Company's Magic Skyway. One would sit in a convertible car and be transported through a diorama of prehistoric life. Riding through a jungle of dinosaurs in a Thunderbird convertible left a lasting impression on him, and he's been viewing the world through an absurdist's eye ever since. "Collages are my little movie scenes stuck on a page and framed."

Through the process of archival ink jet printing on cotton rag, ( known as the giclée print process ) Deluca's collages meld together in painterly fashion, producing evocative mash-ups that instantly ignite an intuitive psychological response in the viewer.



NOVA by Deluca

Find your favorite vintage mobile in a time travel renaissance twist in "The Car Show."

KALA@Hippishmonthly is located at 1017 Marine Drive in Astoria.



"Tranquil Figure" by Michelle Gallagher, ceramic sculpture

MANY ARTISTS can spend a lifetime trying to master one art form, Ryan Dobrowski happens to be one of those rare individuals who seems to cultivate a balance between two very different artistic expressions, music and painting. The Astoria based artist brings to Imogen a new collection of paintings and drawings inspired by a solo bicycle trek through Iceland, a journey he took last summer. The exhibition, On My Own opens Saturday, June 13th 5 – 8 pm with a reception for Dobrowski, who will be present and available to answer questions about his work and travels

Known as drummer to two bands, the internationally known indie-pop band, Blind Pilot as well as the regionally respected Hook and Anchor, Dobrowski still finds time to express himself through the visual language. Although he

Ryan Dobrowski  
On My Own  
at IMOGEN

has cultivated a successful career as a musician, honing his skills as a drummer since childhood, he has also consistently worked to express himself through painting, earning a BFA from University of Oregon.

About his journey he states, "I would ride all day and often go for hikes in the evening, stopping to take photos along the way. The landscape there reminded me very much of the paintings I had been making for the last several years." With that sense of discovery Dobrowski has put together a powerful collection of paintings and drawings.

Working primarily in oil, Dobrowski shares the stark and rugged beauty of the land that he immersed himself in. With a subdued palette and flattened plain, Dobrowski depicts an extreme landscape, known as Europe's "land of fire and ice". The artist carefully plays with a fine balance of surrealism to hyper-realism, softening and whether intentional or not, romanticizing what is known as a fierce landscape.

Imogen Gallery is located at 240 11th Street in Astoria. Mon – Sat 11:00 to 5:00, 11:00 to 4:00 each Sunday and closed Wednesdays.

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# GOT



# SHANGHAI

coming july 9

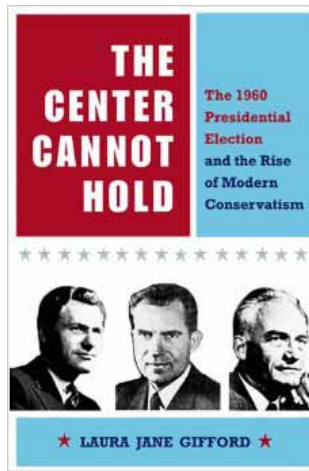
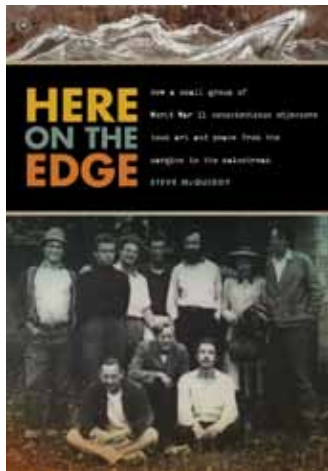


## word.

### Oregon Transformed: WWII Legacies on the Coast Dr. David Lewis, Steve McQuiddy, and Dr. Laura Jane Gifford June 12 • Cannon Beach History Center & Museum

THE "OREGON TRANSFORMED" series considers long-term impacts of World War II in local regions around the state within broad thematic frameworks. Presenters in Cannon Beach will address the theme of "consent and dissent" by discussing subjects including Conscientious Objectors who lived and worked on the

70th Anniversary of the end of WWII by exploring the events and emotions of a state at war. Dr. Laura Jane Gifford is a historian of modern American politics with a special interest in the unique dynamics of Oregon's political landscape. Steve McQuiddy is the author of *Here on the Edge*, the story of how a small group



coast during the war, the attack on Fort Stevens its treatment by policymakers and the media, and the work of Tribes during the war and their Termination in the post-war period. Panelists will offer carefully prepared presentations, leaving plenty of time for audience questions and discussions.

This program is presented in association with the Oregon Historical Society's exhibit WWII: A World at War, A State Transformed, and the Cannon Beach History Center & Museum's exhibit WWII on the Oregon Coast, which celebrates

of World War II conscientious objectors plowed the ground for the social and cultural revolutions of the 1960s; he writes and lectures on the eccentric margins of Pacific Northwest history. Dr. David G. Lewis is an independent educator, author, and anthropology

researcher who lives in Salem, Oregon, in the homeland of his people, the Santiam Kalapuya.

Friday, June 12, 7pm, at the Cannon Beach History Center & Museum. The Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon. Seating for this event will be limited. For more information about this event visit the Oregon Historical Society or the Cannon Beach History Center's websites, or call 503-436-9301. FREE and open to the public.

## Summer Writing Workshops

**CREATIVE JOURNEYS** with Gail Balden will hold two summer creative writing workshops at the Center for Contemplative Arts in Manzanita, Oregon. Enrollment is limited to a small group, and early registration is advised. Open to men and women of all writing levels, each one-day workshop costs \$55 and requires a \$25 deposit no later than one week prior to each class. Deposits should be sent to Gail Balden, 41500 Anderson Road, Nehalem, OR 97131. For more information contact Gail at 503-801-1238 or see [www.creativejourneys.net](http://www.creativejourneys.net).

• June 27, 9 a.m.-3 p.m., \$55. The Transformative Power of Words.

Pay attention...to your life, to details, to nuance. Do it through words, which can open up. Take this day for yourself to find the ways of your soul through writing. We will explore the power of the written word through our

own writing and that of other writers. Emphasis will be on poetry, but we'll explore the resonance of truth expressed by our words in whatever form they take.

• July 25, 9 a.m.-3 p.m., \$55. Creating an Illustrated Journal

Creative spirits need a place to remember, doodle, draw and dream. Whether you create personal pages, travel journals or nature journals, this workshop will focus on capturing your world on the page using language and imagery. See with new eyes and express your observations, thoughts and feelings in an illustrated journal.

Balden is a writer and educator with over 35 years of teaching experience. Her work has been published in anthologies, Oregon and Arizona literary journals and national magazines.



### Author Terry Brooks at CB Book Co. June 15

Monday June 15th at 7pm Cannon Beach Book Company will be featuring an evening with fantasy author Terry Brooks.

Brooks is a New York Times bestselling author of 23 fantasy books. His newly released book is "The Darkling Child" (Defenders of Shannara). MTV has picked up the rights to the Shannara series and is filming the miniseries in New Zealand.

Although the Brooks' main residence is in Seattle, Terry and his wife Judine call the North Oregon Coast home.

Brooks will talk, with a Q & A to follow. Bubbly and homemade sweet treats will be served after, during which Terry will be available to chat and sign books. CB Books is located at 130 N Hemlock Ste 2, Cannon Beach. 503.436.1301.

### Timothy Lane is Guest for Lunch in the Loft June 20

The Astoria native comes to Beach Books for a special Father's Day lunch on Saturday, June 20 at noon.

For the first time, Beach Books will hold a Lunch in the Loft on a Saturday so that Dads can enjoy a catered lunch and hear author Timothy Lane discuss his book, *Rules for Becoming a Legend*. The lunches are monthly events in the store's loft and are generally held mid-week. But because it is Father's Day weekend, and Lane has written a terrific novel that appeals both men and women, the store is opening the loft for lunch on a weekend.

Lane's career has taken him from Astoria to sports reporting to the New York world of publishing and now to Portland. His debut novel, *Rules for Becoming a Legend* is the story of a young basketball prodigy who struggles under the crushing weight of his small town's high expectations, and the ways in which families can fall apart and come together again. Lots of places in Timothy's book are familiar, including the Brick House - Astoria's well-known gym. It's about basketball and so much more: fathers and sons, expectations and disappointments.

The cost of the lunch is \$30 and includes a signed copy of the book. Reserve a second lunch for \$5 extra. Call 503-738-3500 for reservations and additional information.



cont. May 23 ...

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

The Cabin Project. 8pm at the Adrift Hotel in Long Beach.

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

#### CINEMA

Chicken Run. \$2, 11am at the Bijou Theater 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

Northwest Garlic Festival. Free admission. 10am – 4pm at Wilson Field in Ocean Park. [nwg garlicfestival.org/](http://nwg garlicfestival.org/)

Astoria Scandinavian Midsummer Festival. Live Music, Beer Garden, vendors, and many more events. Admission button (good for all 3 days)\$8 for adults, \$3 for children 6 – 12 (5 and under free), parking \$2/day or \$5 weekend pass. 7am – 4pm at the Clatsop County Fairgrounds. Schedule at [astoriascanfest.com/events-activities.html](http://astoriascanfest.com/events-activities.html)

Sandcastle Contest. Fun events in Cannon Beach. For schedule, go to [cannonbeach.org/events/Main-Events/Sandcastle-Contest](http://cannonbeach.org/events/Main-Events/Sandcastle-Contest)

#### LITERARY

Nye Beach Writer's Series. Poet and author Joe Wilkins will read from his work. Open mic follows. \$6, 7pm at the Newport Visual Arts Center.

#### THEATER

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

### Monday 22

#### MUSIC

The Cabin Project. 8pm at the Adrift Hotel in Long Beach.

#### THEATER

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

### Tuesday 23

#### MUSIC

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Carnivorous Plants. Meat eating plants come to the Astoria Public Library. Bring the whole family to learn about this intriguing vegetation. 10:30am.

### Wednesday 24

#### MUSIC

Bonnie Bently & The Phantom Teardrops. 3 – 7pm at the Seaside Farmers Market outside the American Legion.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

### Thursday 25

#### MUSIC

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

#### OUTSIDE

Stewardship Event. Policeman's Helmet Pull at Circle Creek. Help remove this invasive species from the Circle Creek Habitat Reserve near Seaside. 10am – 3pm. [nclctrust.org/stewardship-events/](http://nclctrust.org/stewardship-events/)

### Friday 26

#### MUSIC

David Drury. Jazz guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

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

Nick Jaina and Israel Nebeker. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Bradford Loomis. 9pm at the Adrift Hotel in Long Beach.

#### ART

Plein Air and More. A three-day event with more than forty artists, represented by Cannon Beach's art galleries. FMI visit [cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More](http://cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More)

#### CINEMA

Friday Night Flicks. Mostly documentaries from the Northwest Film School in Portland. \$5, 7:30pm at the Hoffman Center in Manzanita.

#### HAPPENING

Puget Island Garage Sales. All over the island.

#### THEATER

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

### Saturday 27

#### MUSIC

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

Tom Trudell. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

The Half Hearted. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Woodland. Waikiki Beach Concert Series. 7pm at the arena at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Chris Taylor. Pop/Jazz. \$10, 7:30pm at the Hoffman Center in Manzanita.

Catherine Feeny and Chris Johnedis. No cover, 8pm at the Sou'wester Lodge in Seaview.

Anne Marie Sanderson. No cover, 9pm at the Voodoo Room in Astoria.

Beau Teak. 9pm at Snug Harbor Bar & Grill in Lincoln City.

Bradford Loomis. 9pm at the Adrift Hotel in Long Beach.

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

#### ART

Plein Air and More. A three-day event with more than forty artists, represented by Cannon Beach's art galleries. FMI visit [cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More](http://cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More)

#### CINEMA

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

#### FOOD & DRINK

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

#### HAPPENING

Puget Island Garage Sales. All over the island.

Lower Columbia HorseFest. One day horse expo - informational speakers and demonstrations on a wide variety of subjects that will interest the horse community. Booths and displays, equine related shopping. Free admission, 8:30am – 4:30pm at the Clatsop County Fairgrounds, Astoria. Schedule at [facebook.com/events/443115342507759/](http://facebook.com/events/443115342507759/)

#### OUTSIDE

Open Spaces Bird Walk. 9am at the Knoll in Lincoln City. 541-996-1224

Summer Kite Festival. 10am – 4pm at the D-River Wayside in Lincoln City. [oregoncoast.org/lincoln-city-summer-kite-festival/](http://oregoncoast.org/lincoln-city-summer-kite-festival/)

#### THEATER

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

### Sunday 28

#### MUSIC

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

Richard T and Friends. Blues Brunch. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Luke Sweeney. No cover. 9pm at Fort George Brewery & Public House in Astoria.

Henry Curl. 8pm at the Adrift Hotel in Long Beach.

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

#### ART

Plein Air and More. A three-day event with more than forty artists, represented by Cannon Beach's art galleries. FMI visit [cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More](http://cannonbeach.org/events/Main-Events/7th-Annual-Plein-Air-and-More)

#### CINEMA

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

#### HAPPENING

Puget Island Garage Sales. All over the island.

#### OUTSIDE

Summer Kite Festival. 10am – 4pm at the D-River Wayside in Lincoln City. [oregoncoast.org/lincoln-city-summer-kite-festival/](http://oregoncoast.org/lincoln-city-summer-kite-festival/)

### Monday 29

#### MUSIC

Beth Willis & Todd Chatalas. Rock/Acoustic/Blues. \$12, 7pm at the Cannon Beach History Center & Museum.

The Jackalope Saints. 8pm at the Adrift Hotel in Long Beach.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

### Tuesday 30

#### MUSIC

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

## North Coast Symphonic Band “A North Coast Fourth”

conducted by Dr. Daniel Schmidt

M.C. and vocalist: Bob Walters

Trombone Soloist: Lars Campbell

**7:30 PM, Friday, July 3, 2015**

Liberty Theater, Astoria

Open Seating, Doors open at 7 P.M.

FREE, Donations accepted

**3 P.M., Friday, July 4, 2014**

Cannon Beach City Park

Both concerts are FREE



**THE NORTH COAST SYMPHONIC BAND** conducted by guest conductor Dr. Daniel Schmidt will present a free concert to celebrate America's birthday at 7:30 P.M. on Friday, July 3rd, at the Liberty Theater in Astoria. All are welcome and auditorium doors will open at 7 P.M. with open seating.

DR. DANIEL SCHMIDT of Seattle is a retired Air Force band commander who commanded bands in seven different states during his twenty year career in the military. He is well experienced in presenting “good old fashioned” Independence Day concerts that are entertaining and patriotic and “good for my family and yours.” Following his retirement from the military, Schmidt held the position as Director

of Bands and Trumpet professor at Hastings College in Nebraska. After his second retirement in 2007, Schmidt and his wife moved to the Pacific Northwest to be near their children and grandchildren.



The July 3rd concert is themed “A North Coast Fourth” and

includes participants from the local community and beyond. CITY OF ASTORIA MAYOR ARLINE LAME-AR will open the festivities with a brief welcome to residents and visitors to the North Coast. Clatsop Post Number Twelve of the American Legion will present the colors during the Star Spangled Banner and display the service flags as the service hymns are performed. Long Beach resident BOB WALTERS WILL BE M.C. and vocalist for the evening. Members of the Astoria Regatta Court will assist in announcing selections on the concert and retired Fire Chief Lenard Hansen will be featured in a piece called “Midnight Fire Alarm.”

The evening's program is based on a turn of the century concert from the late 1800's when every small town had a community band. These were the pre-television days when a band was often the main entertainment for the whole town. The town band was made up of ordinary people doing what they could for the betterment of music and sharing their talents for the benefit of all. Members of the North Coast Symphonic Band range in age from their teens to their eighties and are joined on this special day by guest musicians from the Portland urban area. Trombonist Lars Campbell of Clackamas

Community College will be featured trombone soloist. DR. JOAN PADDOCK of Linfield College will be joined by Manzanita resident BOB LATORE, Astorian DAVE NIKULA, and conductor Dan Schmidt in a virtuoso trumpet quartet called “Four Aces.” Former NCSB conductor RICHARD BOBERG of Beaverton will return to play in the clarinet section.

Featured classical selection for the evening is “Chester” by William Schuman. This piece is a church hymn turned into marching song used by the Continental Army to rally the militia in defense of the Thirteen Colonies against the tyranny of British rule. Other lighter selections include “A



Whistler and His Dog” and “Two Little Bullfinches” featuring piccolo players Janet Bowler of Astoria and Daphné Gann of Seaside. Bob Walters will sing two little known Sousa songs titled “I've Made My Plans for the Summer” and “The Roosters Lay Eggs in Kansas.” Several patriotic marches by Sousa and Henry Filmore are also part of the evening's repertoire including “The Liberty Bell,” “From Maine to Oregon,” “Hands Across the Sea,” “The Footlifter,” and “The Gladiator.” “America, the Beautiful” ends the first half of the concert and the second half will conclude with the Armed Forces Salute and the Stars and Stripes.

*THIS FREE PATRIOTIC CONCERT repeats at 3 P.M. on Friday, July 4, in the Cannon Beach City Park. Bring your blankets, lawn chairs, sun screen and umbrellas for an old-fashioned concert in the park.*

The North Coast Symphonic Band will end its current season with the July concerts but resume rehearsals in the fall. Dave Becker will return as resident conductor. Most sections of the band are full but there is a current need for persons who play clarinet and trumpet. Musicians should own their own instrument and play at the advanced high school level or higher. Contact Personnel Director Lee Stromquist at [encore1@charter.net](mailto:encore1@charter.net) or 503-861-1328 for information about joining the band or the waiting list. For more information about the concert, email [ncsband@charter.net](mailto:ncsband@charter.net) or call 503-325-2431.

# DJ'S VINYL VEGAN

## Grooves and locally sourced Grub to go

By Cathy Nist

**DJ'S VINYL VEGAN** officially clocks in as Astoria's newest food cart, opening just in time for Goonies Day weekend at Spot 13, at 13th and Duane. Now one of Astoria's most vibrant summer/fall season downtown locations as home to The River People's Market on Thursdays (and in many memories, years ago, just kitty corner, the darkened cocktail bar of rock bands and fishermen in the 70's, known infamously as CLUB 13), at DJ's Vinyl Vegan diners will select from a menu featuring vegan meats (seitan Hot Dawgs, Berkeley Burgers, Phish and Chips and more), house made fries and savory and sweet accompaniments. And the vinyl - while this is a sexy group of cooks - refers to rock n' roll records on the turntable (not their rags) to set an upbeat mood!

For several years, the US has been experiencing a street food revolution. Some of the most creative, sophisticated, and innovative food in our country is now being served from trucks and carts. Portland, well known as a street food mecca, is home to more than 700 food carts, trucks and stands, many of them sited in groups or "pods." Food trucks (and one boat) have been a regular part of the Astoria dining scene since at least the late 90s, although our community has had few semi-permanent food carts at any one time until now (the Astoria Sunday Market food court notwithstanding).

Currently poised at the cusp of a street food explosion, Astoria has new carts popping up downtown like mushrooms and even a pod or two in development.

Longtime Astoria resident David Drafall of 165 W. Bond Salon, and his partner Jared Mitchell, who co-own DJ's Vinyl Vegan, plan to cash in on this trend. DJ's is fronted by Mitchell and new Astoria transplant Nadia Papaloukas. Drafall provides maintenance and support and fills in as needed along with Becky Gauthier on the VV team. Recently, Hipfish caught up with the DJ's crew at Spot 13.

**Jared Mitchell:** I moved to Astoria from Longview about a year and a half ago. I had various [food service] jobs; I was a baker for a while. David and I started dating and I moved here to be with him. I love it here; I cannot imagine myself anywhere else. This whole thing came about when David, Becky [not present at the interview] and I were talking about food one night. The idea came up of us opening a restaurant or a food truck. Things just kind of fell into place. We found a food cart, got a really good deal on it, we found a spot to put the food cart, we got a really sweet deal on that, all these offers came along that we just couldn't turn down. It all seemed so perfect. It feels so meant to be.

**Nadia Papaloukas:** I was a chef for a long time in San Francisco and got really burned out and was actually taking a bicycle tour down the Pacific Coast and stopped in Astoria for what was supposed to be only a day. I met Jared and David and fell in love with the town. I was helping them clean up the truck while I was crashing with them. After an hour of us working together we all looked around and were like, so I'm moving here and I'm staying and we're doing this together! Jared said to me, 'I can't imagine doing this without you.' Now, I just came back from the Bay Area, I picked up my mixer and all my cooking stuff and brought it up



L to R: Jared Mitchell, Nadia Papaloukas, Becky Gauthier, and David Drafall relax in soon-to-open Vinyl Vegan.

on the train. It's been great cooking with Jared, I feel like we're bringing it from different places. I've had a hard time cooking with a lot of people, but the way Jared and I bounce ideas off of each other is magical.

**DD:** There's no other totally vegan kitchen in the county. Back in January, when Jared and I began talking about doing a food truck, we decided that if we were to do this, it would have to be a vegan truck because there is nothing like it here.

**NP:** I think it's comforting for people who follow a vegan lifestyle to have a whole menu of things they can order comfortably and not have to worry about cross-contamination [from animal products].

**JM:** Vegan food forces you to be creative as a cook, which is what we think is really cool.

**NP:** You have to reconstruct a lot of things, like building texture and building flavors. People will eat whatever is delicious, so you better make it delicious. It's not something I'm used to cooking every day, but I'm excited to learn about it. It's a new way to think about food and that really inspires me.

**JM:** We're fortunate to be in such a central spot, close to two different farmer's markets.

**NP:** Our menu is based on our house-made vegan 'meats' and everything around that is going to be seasonal. Every week there will be something different.

**DJ's Vinyl Vegan is open 11am - 3pm Friday - Sunday at Spot 13 (corner of 13th and Duane) in Astoria. Cash only, please.**

Follow them at facebook.com/djsv for latest menu updates.



Photos: Dinah Urell

cont.from June 30...

The Jackalope Saints. 8pm at the Adrift Hotel in Long Beach.

### THEATER

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

### Wednesday 1

#### MUSIC

Greg Parke. 3 - 7pm at the Seaside Farmers Market outside the American Legion.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

The Jackalope Saints. 8pm at the Adrift Hotel in Long Beach.

### Thursday 2

#### MUSIC

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

The Jackalope Saints. 8pm at the Adrift Hotel in Long Beach.

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

#### ART

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

#### LECTURE

Science on Tap. TBA. Free, 6 - 8pm at the Lovell Showroom at Fort George.

#### LITERARY

Last Thursday Poetry Open Mic. With host Ric Vrana. Sign up onsite for a short time slot to read your own poems or a poem you like. 7 - 9pm at Port of Call in Astoria.

#### THEATER

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

### Friday 3

#### MUSIC

Jennifer Goodenberger. Jazz piano. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Live Music. No cover, 8pm at Fort George in Astoria.

North Coast Symphonic Band. A North Coast Fourth. Patriotic music. Free, 7:30 - 9:30pm at the Liberty Theater in Astoria.

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

Steve Sloan Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

#### FOOD & DRINK

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

#### HAPPENING

Fireworks at the Port At dusk at the Port of Ilwaco.

Pacific City Fireworks. Starts at dusk on the beach.

### THEATER

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## FOURTH OF JULY

### MUSIC

David Drury. Jazz guitar. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Live Music. No cover, at Fort George in Astoria.

### CINEMA

Free Willy. \$2, 11am at the Bijou Theater in Lincoln City.

### HAPPENING

Old Fashioned Fourth of July Parade. 1pm in Ocean Park.

Fireworks on the Beach. At dusk at the Bolstad Beach Approach in Long Beach.

Fourth of July Parade. In downtown Cannon Beach.

Gleneden Beach 4th of July Celebration. Pancake Breakfast, Craft Fair and Food Court at Eden Hall, and 4th of July Parade.

Fireworks. At dusk on Siletz Bay.

### OUTSIDE

Firecracker 5K Walk/Run. \$20 entry fee. Starts at 9am at the Port of Ilwaco, across from the pavilion. Register at [databarevents.com/firecracker5k](http://databarevents.com/firecracker5k)

## Sunday 5

### MUSIC

Thomsonian Trio. 10am - 3pm at the Astoria Sunday Market.

Tom Trudell. Jazz piano. No cover, 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Live Music. No cover, at Fort George in Astoria.

Siletz Bay Music Festival. At locations in and near Lincoln City. [siletzbaymusic.org/](http://siletzbaymusic.org/)

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

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

### CINEMA

Free Willy. \$2, 11am at the Bijou Theater in Lincoln City.

### OUTSIDE

Beach Clean Up Day. 9:30am at any major beach approach on the Long Beach Peninsula.

Ocean's Edge 5K. At the Lincoln City Community Center. 541-994-2131

Monday 6

### MUSIC

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

## Tuesday 7

### MUSIC

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

### OUTSIDE

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 6pm at Siletz Bay National Wildlife Refuge. Please call 541-270-0610.

## Wednesday 8

### MUSIC

John Twist. 3 - 7pm at the Seaside Farmers Market outside the American Legion.

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

by Les Kanekuni



**JURASSIC WORLD (JUNE 12)** 14 year after Jurassic Park 3 comes a reboot of the series after a long-gestating Jurassic Park 4 sequel was scuttled after the death of book author Michael Crichton in 2008. With an all-new cast, the reboot focuses on dinosaur park Jurassic World, rebuilt 22 years after the events of the first film on Isla Nublar, an island off the coast of Costa Rica. Now owned by the Masrani Corporation and managed by icy corporate manager Claire (Bryce Dallas Howard), the park sports attractions like velociraptors trained to perform like seals by ace animal handler Owen (Chris Pratt) and other dinosaur attractions turned into cash cows. But attendance declines and to spark interest, a hybrid dinosaur is created by gene-splicing different dinosaur species together resulting in the Indominus Rex, a female more fearsome and intelligent than the T-Rex. Of course the I-Rex is a huge hit and crowds flock to the new attraction. Of course, the I-Rex escapes from her enclosure, leading to hordes of panicked tourists. Owen and his trained velociraptors, along with park security led by Hoskins (Vincent D'Onofrio), must track and kill the I-Rex. Along the way, they make the horrifying discovery that she is not hunting, but instead killing "for sport."

**ME AND EARL AND THE DYING GIRL (JUNE 12 LIMITED)** Martin Scorsese's former personal assistant Alfonso Gomez-Rejon made a smashing debut at this past Sundance Film Festival



with his tragicomedy about a social misfit teenager, his best friend Earl and leukemia-stricken girl. Unlike last year's cancer dramedy *The Fault In Our Stars*, which played it safe by tastefully depicting the bestseller it was based on with equal parts sentimentality, comedy and tragedy, *Me and Earl* dispenses with sentimentality altogether. Greg Gaines (Thomas Mann) only real friend in school is Earl (RJ Cyler). Both Greg and Earl are film geeks whose real passion is the parodies they make of classic films with punning titles like *A Sockwork Orange*. The films are "terrible," Earl admits. Greg is terrified of girls so when his mom pushes him to visit Rachel (Olivia Cooke) who is being treated for leukemia, Greg only reluctantly goes. Rachel is not thrilled either with the "pity date," but the two strike up a decidedly non-romantic

friendship, warding off Rachel's deteriorating conditions with playfulness and jokes while Earl serves as both comic foil and conscience.

**INSIDE OUT (JUNE 19)** Pixar has had unprecedented

success with all manner of out-of-left-field concepts like a rat chef, robot romance, toy family, but *Inside Out* maybe the wildest yet. Story takes place in the mind of an 11-year-old girl with the primary characters her emotions. Presiding over Riley's emotions is Joy (Amy Poehler), alongside Sadness (Phyllis Smith), Fear (Bill Hader), Anger (Lewis Black) and Disgust (Mindy Kaling). Riley's mind is visualized as a room with storage for memories and a control panel. At night, when she's sleeping a literal train of thought

runs through her mind. Riley's emotions are in turmoil as the hockey-playing heroine and her family have just relocated from Minnesota to San Francisco – where all is not peaches and cream. With the cross-country move, Riley finds her herself in a dumpy new home



in a not-great neighborhood, in a strange school with no friends and no hockey team. Riley withdraws, turns sullen, and experiences depression for the first time in her life. Joy finds her grip on Riley's emotions usurped by Disgust, Fear and Anger. Diane Lane and Kyle McLachlan voice Riley's parents.

**MAGIC MIKE XXL (JULY 1)** The brainchild of star Channing Tatum, who worked for a while as a male stripper, *Magic Mike* was a surprise hit in the summer of 2012. Now, just as club owner Dallas promised to take their act to the next level in Miami, Tatum has returned with the sequel – bigger and better than ever. While Mathew McConaughey and Alex Pettyfer have not returned, the rest of the beefcake crew are back. Director Steven Spielberg is strictly cameraman and editor, while his longtime assistant Gregory Jacobs directs. Official synopsis: Three years after he retired from stripping, Mike (Channing Tatum) reunites with the rest of the Kings of Tampa for a blow-out final performance in Myrtle Beach, S.C.

**TERMINATOR: GENISYS (JULY 1)** After two execrable Terminator sequels, the fifth film in the series is a reboot of sorts but with Arnold Schwarzenegger portraying an older T-800 and an alternate timeline storyline. *Genisys* is sort of a compilation of the events of the first two Terminator movies with the addition of an active adult John Connor for the first time. As in the first Terminator movie, resistance leader John Connor (Jason Clarke) sends Kyle Reese (Jai Courtney) back in time to 1984 to thwart an attempt by Skynet to kill Reese's mother and thus end the rebellion before it starts. But when Reese lands in 1984, he discovers everything has changed. Sarah Connor (Emilia Clarke), having survive an attempt on her life has been raised by the T-800 (Arnold Schwarzenegger) as a warrior and leader, awaiting the arrival of Reese and preparing for other Terminators, like the liquid metal T-1000 (Lee Byng-hun) from T2. But the newest threat is none other than John Connor himself. In last-gasp attempt to save itself, Skynet has Connor infected by nanobots and turned into a human cyborg hybrid with all of John Connor's memories and apparently no weaknesses.

# GOONIES THE SEQUEL



**Spielberg scarring Richard Donner into a *Goonies* sequel.**

## Goonies Sequel in the works

Rumors of a *Goonies* sequel have floated for years, with director Richard Donner and various cast members alternately confirming, then denying the possibility. Donner has disclosed that he has an idea and the outline for a script from original writer Chris Columbus. There things stood for nearly ten years with no movement. The old adage "you can die of encouragement in Hollywood" seemed to hold with no one saying "No," no one saying "Yes" and the movie going nowhere. Then, last year something more than a rumor surfaced. Donner publicly stated that the sequel was on. The next time he was interviewed on the subject he stated that original executive producer and credited story writer Steven Spielberg was "involved." "Steven came up with the idea of doing a sequel after thirty years," he said to TMZ. If Spielberg has his own take that likely means Donner's is dead, as is perhaps his chances of directing. Ultimately, the final say on a sequel lies with Warner Brothers which owns the rights to the movie. Although live action children's movies have pretty much died out and been replaced by CGI-heavy superhero movies, someone with Spielberg's clout could turn the *Goonies* sequel rumors into reality. If a sequel, not a reboot happens, it would likely be the longest timespan between original and sequel in movie history – 30+ years. That said, upcoming *Star Wars* sequel director J.J. Abrams has said his movie is a sequel to the original trilogy -- which ended 32 years ago.

- L. Kanekuni





# FREE WILL ASTROLOGY

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## June

**ARIES** (March 21-April 19): The Persian scholar Avicenna was so well-rounded in his knowledge that he wrote two different encyclopedias. Even as a teenager he was obsessed with learning all he could. He got especially consumed with trying to master Aristotle's *Metaphysics*, which did not easily yield its secrets to him. He read it 40 times, memorizing every word. When he finally understood it, he was so excited he celebrated by giving out money and gifts to destitute strangers. I suspect you will soon be having an equivalent breakthrough, Aries. At last you will grasp a truth that has eluded you for a long time. Congratulations in advance!

**TAURUS** (April 20-May 20): When it's rush hour in Tokyo, unwieldy crowds of commuters board the trains and subways. They often need help at squeezing in. Railway workers known as *oshiya*, or pushers, provide the necessary force. Wearing crisp uniforms, white gloves, and neat hats, they cram the last stragglers into each car. I foresee the possibility of you being called on to perform a metaphorical version of the service these pushers provide. Is there a polite and respectful way for you to be indelicate in a worthy cause? Could you bring light-hearted tact to bear as you seek an outcome that encourages everyone to compromise?

**GEMINI** (May 21-June 20): Nobel Prize-winning physicists Wolfgang Pauli and Niels Bohr were both amused at how counterintuitive their innovative theories seemed. Once Pauli was lecturing a group of eminent scientists about a radical new hypothesis. Bohr got out of his seat in the audience and walked up to the front to interrupt his colleague. "We all agree that your theory is crazy," Bohr told Pauli. "The question that divides us is whether it is crazy enough to have a chance of being correct. My own feeling is that it is not crazy enough." Pauli defended himself. "It is crazy enough!" he said. But Bohr was insistent. "It's not crazy enough!" he argued. I'm going to pose a comparable query to you, Gemini. Are your new ideas and possibilities crazy enough to be true? Make sure they are.

**CANCER** (June 21-July 22): You've wandered into an awkward phase of your cycle. Missed connections have aroused confusion. Disjointed events have led to weirdness. I've got a suggestion for how you might be able to restore clarity and confidence: Make a foray into a borderland and risk imaginative acts of heroism. Does that sound too cryptic or spooky? How about if I say it like this: Go on an unpredictable quest that will free your trapped vitality, or try a mysterious experiment that will awaken your sleeping magic. P.S. For best results, ask for help every step of the way.

**LEO** (July 23-Aug. 22): *Gesamtkunstwerk* is a German word that can be translated as "total art work" or "all-embracing art form." It refers to a creative masterpiece that makes use of several genres. The 19th-century composer Richard Wagner had this in mind when he produced his opera cycle *The Ring of the Nibelung*, which included orchestral music, singing, theater, and literature. I'm invoking the spirit of *Gesamtkunstwerk* for your use, Leo. The coming weeks will be an excellent time to synthesize and coordinate all the things you do best, and express them with a flourish.

**VIRGO** (Aug. 23-Sept. 22): *Defender* was a popular video game that young people played in video arcades during the 1980s. Fifteen-year-old Steve Juraszek was profiled in *TIME* magazine after he racked up a record-breaking 16 million points while playing the game for 16 hours straight. But when his high school principal found out that Juraszek had skipped classes to be at the arcade, he was suspended. I'm wondering if there may soon be a similar development in your own life, Virgo. Will you have to pay a small price for your success? You should at least be prepared to risk an acceptable loss in order to accomplish an important goal.

**LIBRA** (Sept. 23-Oct. 22): People I meet are sometimes taken aback by the probing questions I ask them. Recently an ac-

quaintance said to me, "Why don't you feel driven to talk about yourself all the time, like everyone else?" I told him the truth: "Being curious is just the way I was made. Maybe it's because of my Mercury in Gemini, or my seventh-house sun, or my three planets in Libra." I suspect that you are due to go through a phase similar to the mode I'm so familiar with. If it doesn't happen naturally, I suggest you coax it out. You need to be extra inquisitive. You'll benefit from digging as deeply as you dare. The more information you uncover, the better your decisions will be.

**SCORPIO** (Oct. 23-Nov. 21): I love to watch an evolved Scorpio get his or her needs met by helping other people get their needs met. It's thrilling to behold the paradoxical Scorpio assets in action: the combination of manipulateness and generosity; the animal magnetism working in service to the greater good; the resourceful willpower that carries out hidden agendas and complex strategies designed to make the world a better place. I expect to see a lot of this idiosyncratic wisdom from you in the coming weeks.

**SAGITTARIUS** (Nov. 22-Dec. 21): "Would that life were like the shadow cast by a wall or a tree," says the Talmud. "But it is like the shadow of a bird in flight." That's a lyrical sentiment, but I don't agree with it. I've come to prefer the shimmering dance over the static stance. The ever-shifting play of light and dark is more interesting to me than the illusion of stability. I feel more at home in the unpredictable flow than in the stagnant trance of certainty. What about you, Sagittarius? I suggest that in the immediate future you cultivate an appreciation for the joys and challenges of the shimmering dance.

**CAPRICORN** (Dec. 22-Jan. 19): The core of your horoscope comes from the poem "A Color of the Sky" by Tony Hoagland. Imagine that you are the "I" who is saying the following: "What I thought was an end turned out to be a middle. What I thought was a brick wall turned out to be a tunnel. What I thought was an injustice turned out to be a color of the sky." Please understand, Capricorn, that speaking these words might not make total sense to you yet. You may have to take them on faith until you gather further evidence. But I urge you to speak them anyway. Doing so will help generate the transformations you need in order to make them come true.

**AQUARIUS** (Jan. 20-Feb. 18): Lessons in luck are coming your way. Will they help you attract more luck? Maybe. Will they show you how to make better use of your luck? Maybe. A lot depends on your ability to understand and love the paradox of luck. I've assembled a few enigmatic teachings to prepare you. 1. "Luck is believing you're lucky." - Tennessee Williams. 2. "It is a great piece of skill to know how to guide your luck even while waiting for it." - Baltasar Gracián. 3. "Sometimes not getting what you want is a brilliant stroke of luck." - Lorii Myers. 4. "The harder I work, the luckier I get." - Samuel Goldwyn. 5. "You've got to try your luck at least once a day, because you could be going around lucky all day and not even know it." - Jimmy Dean. 6. "Go and wake up your luck." - Persian proverb.

**PISCES** (Feb. 19-March 20): The word "boudoir" means a woman's bedroom. But hundreds of years ago, it had a more specific definition. It was a room where a well-bred girl was sent when she was pouting. "Boudoir" is derived from the French verb *bouder*, which means "to sulk." If it were in my power, Pisces, I would send you to the sulking room right now. In fact, I would encourage you to sulk. In my opinion, a good long sulk would be just the right prescription for you. It would trigger brainstorming about how to change the soggy, foggy conditions that warranted your sulking in the first place.

[Editor: Here's the homework:]

Homework: I dare you to bestow a blessing on a person you've considered to be beneath you. Testify at FreeWillAstrology.com

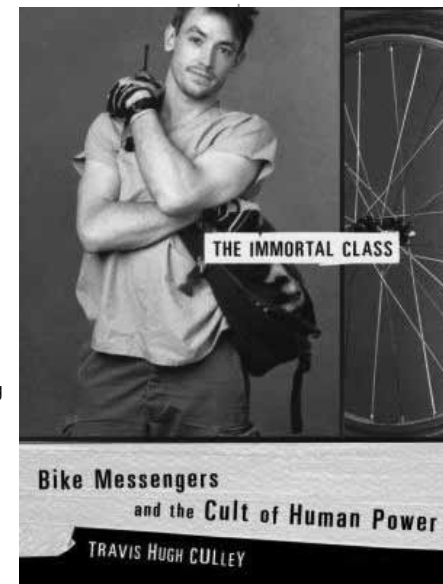
# Bike Madame

By Margaret Hammitt-McDonald

## Ride and Read, Part 2: Adventure Stories

**TRUNDLING ALONG** on my trusty two-wheeled steed at my usual slow...um, make that stately pace, I contemplate the feats of other riders more physically fit, braver, and/or more feckless than myself. I accept that in this lifetime, I'll never summit Mount Everest with my bike over my shoulder. However, one of the most wonderful benefits of reading is having the opportunity to live vicariously through those who do—and if the writer is skilled, you can savor the clear sky at the roof of the world, and gasp for breath (as well as with awe) alongside them.

You'll understand how the title *Cycling Home From Siberia* snagged my attention. I stood in a bookstore, rain gear dripping, before the cover photograph of author Rob Lilwall rolling along an icy highway through the taiga. For three and a half years, Lilwall traveled over 30,000 miles—through



China, Afghanistan, Australia, Tibet, and other countries, changing 157 flat tires along the way. He met quirky characters, such as a student from Japan crossing the huge Nullarbor (Latin for "no trees") desert in Australia on foot, pushing a pram full of water. He traveled through regions unforgettable for both their beauty and their extremity: the ice roads of Siberia, slogs the mud and jungle of Papua New Guinea, and the windy (up to 100 mph) heat of Nullarbor. (Needless to say, he wasn't riding when the wind hit 100 mph.) He even encountered another velo-adventurer, whose bike was stolen by a Mongolian nomad on horseback. I enjoyed traveling with Lilwall through his humorous, heartfelt narrative, and the hardships he encountered made me happy that the most uncomfortable thing I encounter on my rides is a hailstorm, not being threatened with a gun, almost sliding down a mountain, or getting my butt pinched by teenage drivers in Iran, a place I'd imagined as too uptight for such antics.

While Lilwall's journey took him through remote parts of the world, Travis Hugh Culley's *The Immortal Class: Bike Messengers and the Cult of Human Power* takes readers for a wild ride through the streets of Chicago. Culley transforms from bicycle commuter to professional courier, and then from worker-on-wheels to cycling activist. With his background in art history, his writing voice is fiercely intelligent as he gives insights into the postmodern human condition from the saddle.

Although his courier work is grueling and dangerous, he also experiences transcendent moments: "instances of incredible beauty, stories of human struggle, great ideas, and religious highs" (page 18), "moments that feel like celebrations of human power and personal freedom" (23). The title comes from what he describes as couriers' sense of themselves: "We cling to the

dream of being untouchable, part of an immortal class of winged angels, hailed for speed and strength" (25).

As Culley recounts, this immortal class has not historically been politically active, intent as they have been on earning a living under difficult conditions. For his community of couriers, that changed after a colleague was killed by a motorist. Culley finishes his book with reflections on the harm that the car-dependent culture has done to community values. He writes, "The private car, being ideologically anti-urban, has reinforced the poverty of the past hundred years by separating our communities and steamrolling our commons. The car protects the public from public space—the last frontier where our ideas can be openly challenged and improved upon, where—forget happiness—democracy can be actively pursued" (312).

Bicycling for freedom of thought, social justice, and public space: now I don't feel so unadventurous, even if I never ride through Siberia!



## Messages Sonja Grace mystic healer

### Afternoon Tea

I EXPERIENCED a convergence of all my lifetimes coming together to that specific moment as I stood inside an ancient stone circle in England. This new found clarity was a riot in my heart and a revelation that went beyond words. Energy rose up through the soles of my feet, rapidly moving through my legs, torso, arms, neck and head. It was a comfortable feeling, like walking into your mother's home and hearing her voice and feeling the warmth of her hug. You knew you were home. England embraced me as much as I embraced England. I laughed out loud realizing that a decade at the Oregon Shakespeare Festival dressed in Elizabethan clothing was simply me dialing in the numbers to my past.

Another past life experience was the Tower of London. This ominous place was writhing in pain. I spiritually protect myself before I entered this familiar ground. I do not energetically connect with the ghosts I see allowing them free

rein to engage me. I have years of experience dealing with ghosts and keeping my energy grounded. I am able to observe and not connect my feelings with theirs. Ghosts are interesting but I always ask them 'aren't you tired of this?' If they say yes then I ask for the angels to help them. When people die horrific deaths they are shocked that anything like this would happen to them. They become stuck because they are still trying to resolve and heal the emotional devastation they experienced in their life. This catapults them into a staying here on the Earth plane. Ghosts are far too invested in repeating the tasks and habits of their prior life. Some get downright nasty and torment those who enter their domain. The site is quite large with the towers well known for their inhabitance. I felt relief knowing I was retracing my own history as I wandered through the towers encountering those who still remain.

There were ghosts in all of the hotels we stayed in but

the one that was the most hospitable was a small room on the top floor of an 18th century coaching inn. This was the bedroom of the woman who ran the inn. I saw her plain as day sitting in the chair. I asked her permission to stay in the small room. She said that would be fine. She said she would stay out of our way. She was very kind and a bit nose and continued on with her timeless duties. I was relieved to have a peaceful night of sleep given there was a cemetery that shared the outer yard with this inn! I marveled over architecture, tea and scones, baby lambs and fields so yellow they rivaled the sun.

But the most profound experience of this trip was feeling my relationship to the land. This far surpassed any ghost or shopping excursion. I found myself in love with trees, flowers, ancient stone circles and those incredible rock walls. I realized my deeply rooted past lives were a tapestry that I would always be a part of. I will return to England next year for more adventures.



For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new documentary 'Spirit Traveler' is being filmed in England and you can follow her @spiritraveler on twitter. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press.

Her companion film series 'Earth Angel' can be found on her website [www.sonjagrace.com](http://www.sonjagrace.com)

### word and wisdom

By Tobi Nason

## Are You Passive - Aggressive?

Do you say yes when you mean no, then don't follow through with plans?

Do you "hate to ask anything of others" but somehow others get to help you do what you need to achieve?

Do you fear that someone might say no to a request? (And that would be devastating).

Do you place a lot of importance on being nice?

No one likes being labelled. We all could carry a number of identifiers - labels, in other words. No one self-identifies easily. "Hi, I'm Sally. Please note - I am a narcissist." Or how about this- "I'm Joe, a bit of a psychopath. Ha ha! No, really. I am."

People who display passive - aggressive behavior, at least from what I've seen in my practice, genuinely want to avoid conflict and wish to be perceived as nice. There's

nothing wrong in those objectives except sometimes manipulation of the other person is part of the passive - aggressive program. In a quietly effective way, the passive - aggressive person is able to shrink from taking responsibility for his/her actions. They get things done but in a less than honest and forthright manner. Manipulation of others is key. It's not fun being in a relationship like that. Once again, the reason the manipulation occurs over and over again is that it works. The person gets his/her needs met. Passive manipulation in an aggressive manner... It's a behavior that can be changed. It is not considered a personality disorder, but rather a behavior pattern.

I asked at the beginning - would you label yourself as passive - aggressive? Has anyone ever suggested you were? Do

people say things like, "Why didn't you just ask?" Does it give you a little pleasure to know that someone is fulfilling your need and you didn't even have to really ask? Feeling special or maybe entitled?

Counselor suggestion: Try being direct with others. Example: "I need help moving some boxes. Can you help me" is far more honest than "I don't know what I'm going to do. My boxes are really heavy. I hope I don't strain my bad shoulder."

Be Honest with others and yourself. Are you seeking something? Say it. Want to say no? Say no. Have something to say? Just say it. It's time to respect yourself and others.

Tobi Nason is a counselor located in Warrenton. I've been labelled a few things, to be sure, but passive - aggressive is not one of them. .

## The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

"I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon, and a cat that comes home late at night."

Marie Corelli

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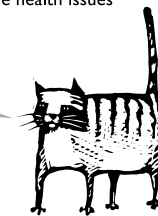
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## bodies in balance

### Amino Acids: The Body's Building Blocks

**REMEMBER THOSE** blocks you had as a kid? Any set of blocks could create a variety of structures from garages to castles, the possibilities were endless. Just like those blocks, amino acids are versatile organic compounds within the body, which in combination create the proteins that make up our muscles, bones, blood, enzymes, antibodies, hormones...the list goes on and on. Therefore you can imagine that amino acids can be useful therapeutic tools for those experiencing a wide variety of conditions including depression, insomnia, sinusitis, ear infections, herpes, leaky gut and many others. They are at the core of our DNA structure and the makeup of our skin, there is literally not an area of the body that does not contain an amino acid.

The nitty gritty of amino acids are as follows. There are over forty amino acids and they combine to create over 1600 different proteins. Of all these amino acids there are eight which are considered essential, this means you must consume them from outside sources, the body cannot make them itself (those would be the 'non-essential' amino acids). A complete protein, like those found from animal sources, usually contains all eight of these essential amino acids. Vegetable proteins are more often incomplete so it may take a combination of foods to get all the eight. The essential eight are leucine, isoleucine, valine, threonine, lysine, tryptophan, phenylalanine, and methionine. As we cannot cover all the amino acids and their potential for health and healing I have selected two essential and two non-essential, to give a small taste of this protein rich topic. Cysteine, a "non-essential" amino acid, has many notable functions in the body. It is useful in the synthesis of another amino acid called glutathione, which is a critical component of liver detoxification. Cysteine is also of great value in pulling heavy metals from various tissues in our body. Another clinical favorite use for this amino acid

is to thin mucous secretions, like those found with a cough, sinus infection, or ear infection. Along with this mucous thinning effect cysteine is a potent immune modulator, protecting the critical scavenger cells from oxidative damage. The most easily assimilated form of cysteine is N-acetyl cysteine, and it is best taken in concurrence with vitamin C. According to my references, which also point out the difficulty in measuring cysteine, yogurt is a rich food



source.

The second valuable "non-essential" amino acid is Glutamine. This too has effect in various areas of the body including neurotransmitter production and immune modulation. Clinically it has its most profound activity in the gut. Here it contributes to the cells throughout the stomach and intestinal linings creating tighter, stronger bonds. When the gut lining is strong and intact things like food allergies and inflammatory conditions are reduced. This is because the gaps between the cells tighten which forces the breakdown of our foods to travel through the cells as intended rather than leak between. Glutamine helps to repair the gut lining giving it better integrity, which ultimately improves our digestion AND immunity. Glutamine is typically found as the supplement L-Glutamine and food source include eggs, cabbage, brussel sprouts and lentils.

Now I know you smarty pants are thinking, 'Why would I need to take a non-essential amino

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



acid if the body can make it itself?'. Well the challenge the body sometimes faces is that it's ability to keep up with demand is sub-par. It can use up its stores faster than it can replenish them...for example. When you are faced with a

acid if the body can make it itself?'. Well the challenge the body sometimes faces is that it's ability to keep up with demand is sub-par. It can use up its stores faster than it can replenish them...for example. When you are faced with a

acids are: tuna, turkey, halibut, salmon, yogurt, and oatmeal. Tryptophan, one of my personal favorite "essential" amino acids, is a key building block for serotonin and melatonin. These two neurotransmitters are responsible for helping us to feel happy and sleepy. You know that content sleepiness that a Thanksgiving turkey dinner gives you? You guessed it, that's tryptophan. It is an obvious candidate for the treatment of depression and insomnia. Sadly the FDA took this harmless amino acid off the market in 1989 because of a number of deaths associated with a single manufacturer who was subsequently found to have a contaminated source. Interesting to note that Prozac was released in early 1990... makes you wonder. Tryptophan is back on the market although another popular alternative is the use of 5-HTP which is the precursor to Tryptophan. Tryptophan can be found in the following foods: cottage cheese, turkey, tuna, salmon, cashews, peanuts, oatmeal, avocado and many others.

For those wanting to get the full compliment of amino acids I want to put a plug in for Braggs liquid amino acids. This is a product that has been around for years and is kind of like the multivitamin of amino acids. It has a salty soy sauce like flavor and can be added to most any recipe/dish cooked or raw. You can find it at any health food store or natural food section in major grocery stores.

Hopefully you have discovered a new respect for your body's building blocks as well as the powerful healing ability contained in the simplicity of amino acids.

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

# Lower Columbia HorseFest

An Equine Fair for Everyone

Saturday June 27

Clatsop County Fair and Expo Center

**L**OWER COLUMBIA HORSEFEST is the brainchild of local equestrians who belong to Oregon Equestrian Trails local North Coast Chapter. Known as OET, the organization strives to maintain communications with local, private and public land landowners to maintain access for equestrian use. The local chapter was formed in the late nineties; the state organization is 45 years old this summer. OET also partners with Oregon State Parks and Oregon Department of Forestry to maintain the trails and horse camps. Helping equestrians learn and practice "leave no trace" riding and camping ethics is a big part of our mission. HorseFest will be a great avenue to provide information to the public on how to have a light footprint on the land we use as riders and campers.



In an effort to attract new members and help those interested in learning more about horse ownership, HorseFest was modeled after similar events but tailored to our community. The free event will be held Saturday, June 27 at the Clatsop County Fair and Expo Center.



**DOORS OPEN AT 8:30am.** OET promises fun for the whole family, even those who do not have equines. Events include; a kid's activity booth with horse-related games, a pair of mini horses to admire and a digital presentation of great places to camp, hike and ride within 100 miles of Astoria. For those

considering horse ownership, there will be a class on making your selection for your first horse. Vendors and informational booths will offer an opportunity to connect equestrians with vendors and professionals serving the community.

OET OPENS AT 9:00AM with **PURINA Mill's HORSE OWNER'S WORKSHOP** which will focus on nutrition for animals kept on Lower Columbia properties. An equine nutrition specialist will be on hand all day to assist with specific questions for horses with special needs. **LOCAL VETERINARIAN STEPHANIE RAMSEY** will be presenting a **VET TALK** on equine parasites. Saddle fit, hoof care and booting, pasture management, trailer tire care, essential oils and back-country first aid. There will also be plenty of action with horses in the arena demonstrations. **MARK STANDLEY** will present a Mountain Trail demonstration with an obstacle course he will construct onsite to put horses through their paces. Local **KELLY RANKIN** will present **COWBOY DRESSAGE** for those interested in upping their game with some timed challenges that require finesse and athleticism. A **PARELLI WORKSHOP** will also be offered



for those wanting to better connect with their equines.

Presenter **RENEÉ SIAHPUSH**, has spent the last eight years confirming "Horses really can heal humans". As a licensed Social Worker, Reneé is certified in **EAGALA** (Equine Assisted Growth and Learning) In 2007 she started her business, **HEART BEFORE THE HORSE**, providing equine assisted psychotherapy (EAP) including individual and family therapy, drug and alcohol treatment, at risk youth groups, cooperate training, and EAP business consultation. At the Lower Columbia Horse Fest she'll be presenting with the goal of helping people understand what EAP is, why horses are perfect for this form of therapy and who can benefit. Additionally, she is available to help guild anyone interested in pursuing EAP as a career.



OET is pleased to have **PAULETTE NUETZEL** who'll be teaching saddle fitting for horse and rider. Paulette will touch on the major issues; components of a saddle and what to look for; tree, flocking, leather, etc.; how to fit your horse and what problems can arise with ill-fitting saddles, (English and Western); and finally how to fit the rider; twist, seat size and fender or flap lengths. Paulette's 18 year's experience with Stubben Saddlery as a certified **MASTER SADDLER IN STANS, SWITZERLAND** makes her a huge asset to HorseFest attendees on June 27th.

Another local professional, **JESSAMYN WEST** will be teaching on the subject of **EQUINE MASSAGE** for maintenance, rehabilitation and for enhanced athleticism. Jessamyn is well-known in the horse community far and wide. Her expertise has taken her to many locations to keep horses at their peak performance including the Cavalia horses. Jessamyn has studied extensively and has completed over 500 hours of training relative to equine wellness and behavior. She is internationally known and respected, having 11 years experience in the field. OET is pleased to have her share her knowledge at HORSFEST.



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## A FARM FOOD EXPERIENCE TO SAVOR Cook it up with classes at 46 North Farm

**ARE YOU INTERESTED** in bringing more fresh, local foods into your kitchen, but don't know how to cook some of the produce that shows up at farmers markets? Maybe you want to grow some food for yourself, but aren't sure how to harvest it or what to do with your garden's bounty. Whatever your motivation, farmer Teresa Retzlaff and cook Marco Davis want to help you make the most of the abundance of delicious local foods being grown in our region with a series of on-farm cooking classes called Farm Food Experience. The first class takes place on Saturday, June 29 from 11 am to 1 pm.

"Marco and I both get a lot of 'How do I cook this?' questions in our lines of work," said Retzlaff, owner of 46 North Farm in Olney. "Getting people out on the farm to harvest and cook together is our way of connecting people to the wide variety of flavorful fresh foods growing in our region."

Davis adds, "We want to give people the confidence and inspiration to get in their kitchens and cook with fresh food. What could be more delicious?"

Classes will take place at 46 North Farm in Olney, about 9 miles east of Astoria on Highway 202. The class will start with Retzlaff leading a walking and tasting tour of what's growing on the farm, looking at how plants grow and how best to harvest them. Next, Davis will demonstrate how to prepare a simple meal using the farm's vegetables, fruit and herbs in season in an outdoor kitchen setting. To finish, the class will sit down and share the meal together, either outdoors next to the farm fields or—in the case of rain—in the farm's propagation greenhouse.

Farm Food Experience attendees will be able to purchase farm fresh produce to take home to



Photo: Becky Tomkin

cook for themselves, and also plants starts for those interested in growing edibles in their own gardens.

Classes will be held rain or shine. Please note that classes take place on a working farm—dress appropriately for the weather and wear sensible, closed-toe shoes.

The cost \$40 per person, and class size is limited to 15. Rre-registration is required. For more information or to make a reservation, go to [www.46northfarm.com](http://www.46northfarm.com) and click on the 'Events' link, or call (503) 325-1486.

## buttercup

### Homemade Ice Creams and Chowders in Nehalem

**LONG AWAITED** "buttercup" Homemade Ice Creams and Chowders opened up April 3rd in the beautiful coastal river town of Nehalem, Oregon. The latest venture of Julie Barker, former owner of Blue Sky Café for 17 years and bread and ocean for 12 years in Manzanita, the focus is on local and organic. Local sources, most within 25 miles, include Bennett Family Farm's milk (now recognized as #1 in Oregon and one of 5 best in the country for quality) from Tillamook, Misty Meadow Farm's eggs also from Tillamook, Jacobsen's salts (the vanilla salt has taken our custard-based ice creams to another level!) from Netarts, Bee Local Honey, Community Supported Fishery in Garibaldi, Ocean Beauty Seafood in Warrenton, even baguettes from bread and ocean in Manzanita.

Seven ice creams and two semifreddos change monthly. Four rotating chowders are offered and prepared per order either hot or cold. Focus is on the chowder bases being super flavorful, using only potatoes for thickening therefore gluten-free! The "grab and go" freezer holds both chowders and ice creams as well.

Buttercup is "to go" only but there are plenty of places to sit and enjoy the river or visit one of the charming shops just outside our door.

**Some Cones:** Triple Ginger on coconut cone; Chocolate Ancho Chili on cinnamon cone; Toasted Coconut and Chocolate Shards (vegan) on vegan cone . . . **Some Chowders:** *Traditional*... razor clams (usually fresh from Quinalt, WA but right now vacu-packed frozen until available) red potatoes, leeks, celery, carrots, spices, milk cream, red pepper butter, fried sage; *Manhattan Beach*... tomato-based with razors, boquerones, thyme, all the veggies; *Prawn Fennel* ...red potatoes, leeks, celery, braised fennel, red pepper butter, fronds . . . *droooooo!!!!!!!*

Be sure and check out new menus and general info on the evolving website [www.buttercup101.com](http://www.buttercup101.com) and the buttercup facebook page.

Located inside the Riverside Trading Company at 35915 Hwy 101 N in Nehalem. 503-368-CHOW. Hours currently Wednesday thru Sunday from 11 a.m. – 7 p.m.

## CHEW ON THIS!

by Merianne Myers



**SUMMER** is almost upon us. The desire to braise something lovely for hours on end while simultaneously heating the house is long gone. In fact, cooking without turning on the stove at all sounds just peachy. Save the peaches for dessert. Pick up some fresh seafood in the morning and let your fridge cook dinner.

Seviche can be correctly spelled with either a "C" or an "S." In the interest of fairness, I've opted to use both, a choice that grants opportunity for everyone to correct me. Eating Ceviche is not only a tasty experience, it also tends to impart a feeling of superiority in spelling ability.

I'm guessing the Peruvians, who originated Ceviche, weren't so distracted by the proper spelling. They knew that Seviche is impossibly simple and delicious. So did the whole neighborhood of Latin and South America who tasted it and soon made it their own.

Although Ceviche is technically a pickled fish process, it does not keep for all eternity or up to 6 months, whichever comes first, as we expect something like pickled herring to do. It must be made with fantastically fresh ingredients and eaten as soon as it is cooked. Because the cooking is accomplished by fresh squeezed lime juice in the privacy of your refrigerator, there is little opportunity to invoke sympathy about slaving over a hot stove. But that small drawback is offset by the opportunity to lie about sipping wine and reading while dinner cooks.

**Whether you are longing for a dish that:**

- a) tastes delectably complex but is stunningly fresh and simple
  - b) is easy to make
  - c) requires no stove, dishes or silverware
  - d) can be spelled with a "C" or an "S"
- In the case of Seviche, the answer is "e," all of the above.

## SCINTILLATING CEVICHE

- 1 1/2 pounds spot prawns
- 3/4 pound scallops
- 3/4 pound halibut, cod or fresh fish of your choice
- Juice of 8 limes
- 1/4 cup olive oil
- 1/2 red pepper minced
- 1/4 cup sliced green olives
- 1/2 red onion diced
- 1 bunch cilantro, chopped
- salt
- 1 avocado, diced
- 1 tomato, diced
- 1 jalapeno, minced

- Cut the seafood into approximately equal, bite-sized pieces. Put into a glass bowl and add the lime juice to cover. Refrigerate, stirring occasionally to make sure everything cooks evenly. Refrigerate for 24 hours.

- Drain off the lime juice and toss the seafood with olive oil, vegetables and cilantro. Taste for salt. Add more fresh lime juice if necessary.

## TORTILLA CHIPS

If you simply must turn on the stove

- Heat 2-3 inches of peanut oil or whatever oil you like in a deep pan to 365 degrees. Slice tortillas into sixths. Drop triangles into hot oil and stir a bit. Cook until golden brown and remove with a strainer, shake off oil and put on paper towels to drain. Salt while hot.






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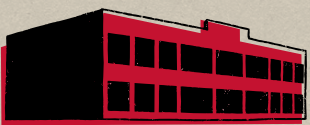
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**JAMES BEARD DINNER**  
Saturday, July 25  
Our annual dinner pays homage to the father of American cuisine, who used to spend summers in Gearhart. Feast on razor clam soufflé, vodka-cured salmon and more on the menu crafted by our Executive Chef.  
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**June 13th**

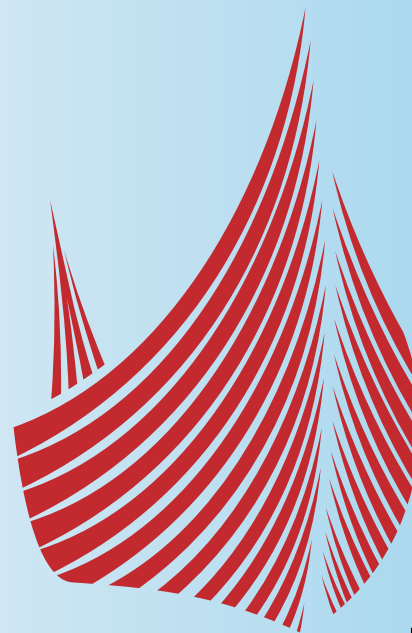
Visit Downtown Astoria on the 2nd Saturday of every month for art, music, and general merriment!

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