

august 2015 • vol 16 • issue 199

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

## ***Forest From the Trees***

*a precious ecosystem endangered  
under the ODF Homesteader Sale p3*

## ***Roots of Life***

***Women's gathering p8***

## ***Go Baby Go***

*a program gets kids mobile in  
Clatsop County p9*

***Christos paints the  
Pacific ocean p19***

***Towering fun at the  
Inferno Lounge p30***

*Mary De La Salandra's Blue Dress*

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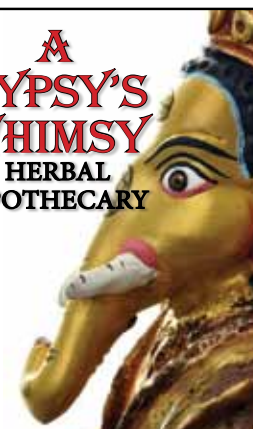
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# The Forest for the Trees

## ODF eyes Buster Creek Basin for timber production conservationists voice concern

By Erin J. Bernard

**TREES** towering 200 feet above the forest floor. Ferns as high as a grown human's chest. Air thick with the calls of nesting seabirds.

This is the forest primeval, and yet another chunk of it may soon be up for sale.

The Oregon Department of Forestry has announced that it's considering marking 250 acres of Clatsop State Forest located near the Nehalem River for timber production, a move that has many conservationists worried.

The sale comes at a watershed moment for the Clatsop and Tillamook State Forests as ODF scrambles to squeeze more timber revenue from the forests it manages.

It's a shifting approach to forest management that greatly concerns Trygve Steen, a committed conservationist who has taught forest ecology at Portland State University for the past 40 years.

"ODF lands need to be an insurance policy to maintain the natural systems we depend on to promote salmon habitat in our rivers and in order to continue to grow trees and have functioning forest ecosystems," he says.

Instead, ODF is moving toward a "land-allocation approach," to future forest management, which would earmark 70 percent of forestlands as production zones while preserving the remaining 30 percent for conservation.

The approach has been floated as a way to mitigate dropping timber prices and dwindling net proceeds, which have weakened the State Forests Division's funding stream.

The North Coast State Forest Coalition and other conservationists have spent the better part of a year trying to convince ODF to rethink its nascent management revamp, which they say seriously threatens the future of Oregon's forests.

Call to Artists for the 10th Annual 2016

## Au Naturel International Juried Competition

at Clatsop Community College

Drawing • painting  
and printmaking

### Exhibition dates:

January 21 - March 10, 2016  
Clatsop Community College  
Art Center in Astoria, OR.

Awards: \$1000 in cash prizes, solo exhibit, workshop opportunities, and up to \$2000 in purchase awards.

DEADLINE: November 7, 2015.

Juror: Lisa Harris  
Director and Owner  
of Lisa Harris Gallery in Seattle.

Prospectus:

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ROYAL NEBEKER, 2003

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Above: NCSFC Coordinator Chris Smith measures old growth. Photo by Trygve Steen

→ cont. pg. 11



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# ART CALL TO ARTISTS

## The 10th Annual 2016 Au Naturel Exhibition at Clatsop Community College

CLATSOP COMMUNITY COLLEGE in Astoria, Oregon, announces the 2016 International Juried Exhibition, Au Naturel: The Nude in the 21st Century, and invites entries. This special tenth anniversary show will be held in honor and memory of Royal Nebeker, internationally renowned artist and beloved instructor who taught at CCC for over 30 years and who served as the first juror for the competition.

The Au Naturel competition is open to all artists working in any two dimensional drawing, painting, or printmaking medium with a focus on the nude human figure as subject matter in any form from representational to abstract, and in which the handmade mark is employed as the primary means of image-making. Entrants must be 18 years or older, and submitted artwork must have been executed in the last three years and available for the duration of the exhibit. Due to the special focus of the exhibit, any artwork

reproduced by photomechanical



Lisa Harris, owner and director of Lisa Harris Gallery in Seattle, is the juror for Clatsop Community College's 2016 International Juried Exhibition Au Naturel: The Nude in the 21st Century.

processes (including giclée prints) will not be accepted. Visit the exhibit website [2] to view artwork from previous Au Naturel exhibitions and for further information about the show.

Applications are now being accepted online using the CaFÉ™ website [3]. Applications must be received on CaFÉ™ by Midnight (11:59:59 pm) Mountain Time, Friday, November 7, 2015. There is no additional fee to use the CaFÉ™ online application system. Enter and register a username and password. Navigate to Apply to Calls, and search the list for Au Naturel: The Nude in the 21st Century. The site also provides detailed instructions for use. There is a \$40 fee for the submission of up to three images, and \$5 for each additional image submitted.

2016 exhibit awards will include \$1,000 in cash prizes and up to \$2,000 in purchase awards. A select number of Visiting Artist Workshop awards will also be granted. Additionally, one artist will be chosen to be featured in a solo show for the following exhibition season (2016-2017) at the Clatsop Community College Art Center Gallery. The 2016 Au Naturel exhibit will open on Thursday, January 21, 2016 and continues through March 10, 2016.

For a prospectus, send a SASE to Au Naturel International Juried Exhibition c/o Kristin Shauck, Clatsop Community College, 1651 Lexington Avenue, Astoria, OR 97103 or download it from the Au Naturel website [2].

Serving as juror for the 2016 exhibit is Lisa Harris, the Director and Owner of Lisa Harris Gallery in Seattle. The gallery, which represents thirty Northwest and West Coast contemporary artists including Royal Nebeker, has been presenting rotating exhibitions for the past 31 years. Harris is a founding member of the Seattle Art Dealers Association and a member of Art Table, the national organization of women in the visual arts.

Harris received a Bachelor of Arts in Art History with Highest Honors from Williams College in 1975 and studied at the University of Paris (Sorbonne) from 1973 to 1974. She earned an M.B.A. in Arts Management from the University of California at Los Angeles (now the Anderson School at UCLA), and during that time did an internship at the Oakland Museum where she focused on strategic planning. From 1979 to 1980 she was Assistant to the President of Cornish Institute (now Cornish College of the Arts) for which she curated an historic American-Soviet exhibition. Faculty at Cornish and a similar art institute in Vladivostok (then a "closed" city) provided work for joint exhibitions that took place in Nakhodka and Seattle.

Before founding her own gallery in 1984, Harris served as Director of Pioneer Square Gallery where she collaborated with other galleries to firmly establish Seattle's First Thursdays. She has served as a juror for such organizations as Gage Academy, Women Painters of Washington, Edmonds Art Festival, Eastside Fine Art Association, and Artist Trust (The Artist Innovator Award). Last year, Harris co-curated the exhibition, John Cole: A Historical Perspective, at the Museum of Northwest Art. For more information, contact Kristin Shauck [4], 503-338-2472.



**Royal Nebeker, Vertical Dyptich, Oil On Canvas 30" x 50.5" 2001**



**"Nude Reclining on Kimono, Oil on Canvas 40" x 60"**



## Inside the Month:

**Cover Story:** pg 12-14

Urell/Kline

**ROOTS OF LIFE** - pg 8  
Women Gather - Hofseth

**Go Baby Go** - Goldberg pg 9

**WORD & Image**  
Hightower - pg10

**Christos Paints** - pg 19

**Grow your own weed outdoors**  
Marsh - pg 25

**Inferno Lounge Fun**  
Nist - pg30

**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** . . . HAMMITT-MCDONALD . . 25

**FREE WILL ASTROLOGY** . . . BREZNY 25

**NETWORK COMMUNITY LISTINGS** . . . 26

**SONJA GRACE MESSAGES** . . . 27

**BODIES IN BALANCE** . . . . . ERLING ND 28

**WORD & WISDOM** . . . NASON 27

**FOODGROOVE NEWS** . . . 30

**CHEW ON THIS** . . . MYERS 29

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## City of Warrenton Oregon LNG Hearings Scheduled in Early September!



**AT LONG LAST**, the City of Warrenton has scheduled a hearing to evaluate whether Oregon LNG's proposal would comply with the City's local land use laws. This is a critical opportunity for you to tell Warrenton's Hearings Officer why Oregon LNG poses an unacceptable threat to Warrenton residents, businesses, and visitors as well as the Columbia River Estuary. In your testimony, Columbia River Keeper (CRK) encourages you to address how the Oregon LNG proposal would impact you as well as the public safety, air quality, local economy, and water resources in Warrenton.

Oregon LNG's application is in review; CRK will provide more information about this hearing as it approaches. For now, please mark your calendar and plan to attend the hearing in Warrenton. You do not have to be from Warrenton to attend and testify. People from Astoria, the Willamette Valley, the Coast Range, and Washington are welcome to join and make the case against Oregon LNG!

### City of Warrenton Oregon LNG Land Use Application Hearing

Wednesday, September 2, 5pm.

(The hearing may be continued to September 3rd if necessary.)  
Warrenton Community Center. 170 SW 3rd Street, Warrenton.

To learn more about the Warrenton land use hearing, attend the regularly scheduled Columbia Pacific Common Sense meeting on Thursday, August 20 at Three Cups Coffee in Astoria (279 West Marine Drive). Beginning at 6:30, the discussion will focus on turnout and testimony for the Warrenton hearing.

### Columbia Pacific Common Sense

monthly meeting

Columbia River Keeper's Dan Serres will help folks to prepare for public testimony to the city of Warrenton on the proposed LNG terminal.

Thursday, August 20

6 pm social & potluck snacks

6:30 meeting

3 Cups Coffee House, 279 West Marine Drive



Salem NO LNG Rally May 2015

## Buddy Walk® at the Beach Registration/Contest Opens Serving Tillamook and Clatsop Counties

WHILE MOST OF US were excited when we approached high school graduation and looked toward the future as full of possibility, young people with disabilities "age out of the system" and suddenly find themselves without the support, programming, and services they received during their school years.

This year's Buddy Walk at the Beach, one of over 250 nation-wide, is looking to raise \$30k to support Sammy's Place, on Oregon's beautiful north coast, to establish a much needed living and working community for adults with special needs. The walk will promote awareness about developmental disabilities and the vision Sammy's Place has for those with special needs. If you cannot make the Buddy Walk at the Beach, folks are encouraged to enter the contest by becoming a Fundraiser; ask friends to give a few bucks to your page for Sammy's Place and qualify to win one of five amazing prizes. 1st Place includes \$1000visa gift card. The Buddy Walk is at Quatat Park, Seaside, OR, Saturday, September 19, at 9:30am.

To Register or become a Fundraiser for prizes: [www.sammysplace.info](http://www.sammysplace.info) (Contest Rules at online registration)  
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Imagine an inclusive environment, with rural acreage, gardens and paths, a main lodge with independent living cabins, and opportunities to work, learn, and grow throughout adulthood. We plan to offer this to those who come to live and work at Sammy's Place with an emphasis on living close to Nature. We need your help to make this vision a reality. Become a Sammy's Place Fundraiser through this Buddy Walk. The prizes for Fundraisers are awesome! [www.sammysplace.info](http://www.sammysplace.info) • Facebook • PO BOX 53, Nehalem, OR 97131 • 503-312-1378

## Zoning Fate of Josie Peper Building and PAC Before Astoria City Council on September 8

IN A LETTER to the city dated June 22, Clatsop Community College Vice President JoAnn Zahn stated that the Josie Peper building, located at 1642 Franklin Avenue in Astoria, adjacent to the college's Performing Arts Center (PAC), was designated as surplus property by the college board in July 2014, and was listed for sale soon after that. The letter goes on to state that the college has accepted a buyer offer for purchase (on June 6) with the sale contingent on commercial zoning. The college applied for the zoning change for both the PAC and the Josie Peper building, and the parking lot in between, and on July 28, the Astoria Planning Commission voted 4-1 to allow the zone change from R-3 (Residential) to C-3 (Commercial).

Several neighbors are concerned, as the potential buyers of the Josie Peper Building are purported to be turning it into a vacation rental. This issue comes up before the Astoria City Council on Tuesday, September 8 (the day after Labor Day), and all Astorians who are concerned about the highest and best use for the Josie Peper Building and the PAC are urged to attend this meeting. Are vacation rentals the future of Astoria when there is a lack of rental housing for locals who wish to live and work here? Will a rezone on this unique property set a precedent and encourage outside investors to look at homes as vacation rental potential if they are located near commercially zoned property?

## North Coast Watershed Association Dock Party August 16

Come celebrate the new location right on the riverfront by Buoy Beer in Astoria. Food, Drinks, & Fun.

On Sunday, August 16, North Coast Watershed will be whoopin' it up on the dock on 7th street in Astoria, right across from the new office location at 42 7th St. with Buoy Beer, pizza and fun. It's a chance to celebrate volunteerism, accomplishments and the new location. Its also an opportunity for folks to learn about what they do. Interested in volunteering for the event or in general, contact the NCWA at [clatsopwatersheds.org](http://clatsopwatersheds.org).





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# The Inadequacy of Binary Thinking

by Stephen Berk



**C**OMPUTERS, now the chief vehicle for human observation and interaction with the world, are based on a binary numerical system. They consist of multitudinous tiny on/off switches encoded on silicon chips. And our navigation of the cyber world actually consists of turning on some and turning off other switches. Here I use the binary "thinking" of computers as a metaphor for a kind of dysfunctional logic that has pervaded humanity since long before computers existed. That is either/or thinking, as Franciscan ethicist, Richard Rohr, calls it. The common thread that runs through Rohr's writings on spirituality is that either/or is inadequate, because it is oversimplified and the source of most of the conflict in the world, from marital and familial strife to world wars. Many people have little tolerance for moral ambiguity. If I am right, then you must be wrong if I disagree with you. If I admit that I am wrong, then you must be right. And that would be intolerable for me. But maybe, as Rohr says, it isn't either/or, but both/and. We are both partly right and wrong. Now smoke rises from the computer tower, since both my opponent and I being partly right doesn't fit the binary program.

Official American ideology, particularly the doctrine of "exceptionalism," that the USA is uniquely endowed to dictate to the world, is an especially pernicious form of binary thinking. For if this country is so endowed, that means all the others are not so endowed. And therefore they all should submit to American leadership. This is the binary illusion that is at the base of the prevalent neocon world view that underlies so much of our foreign policy. It leads to our demonizing other large, powerful states that might also seek key roles in world politics. It gives us the notion that protecting our national security means acting militarily throughout the world. But if another large

state like Russia acts to protect the security of its borders from US militarism, the US policy elite condemns Russia's action as wrong and aggressive. The reason: the US has worldwide security interests, which our "exceptionalism" makes always benign the interests of all humanity. So Russia's opposition to American militarism (NATO bases, right wing coups) on its own borders must be wrong and bad.

Many Americans of my now senior generation grew up watching Westerns

course, the average American read mass media, rather than the writings of these more nuanced thinkers, and so happily supported a war that first saw American imperial projection abroad.

The "good war," World War Two, the fight against Hitler, became the template for all subsequent binary thinking in American foreign policy. We forget that European war recurred in 1939 chiefly because a binary thinking Woodrow Wilson entered a stalemated Great War in 1918 "to save the world for democracy."

The notion that German militarism was a graver threat to the world than British imperialism is highly questionable. Germany, like England, was a constitutional monarchy with a strong legislature, and it had a more advanced welfare state including national health insurance. Had Wilson not gone crusading, the war would have ended in negotiated settlement. And Germany would not have been traumatized by a crippling, humiliating victor's peace, tilling the ground for the rise of Nazism.

Since the end of World War Two, whenever the US wants to indulge its binary mindset in drumming up support for its latest profitable war, the devil figure of Hitler is raised. Thus Iraqi dictator, Saddam Hussein, was compared with Hitler when the US wanted to control Iraqi oil. And now binary minded ideologues compare Vladimir Putin to Hitler, because he took defensive action to reclaim Russia's chief military port in the Crimea following the US led anti-Russian Ukrainian coup at Russia's doorstep. Non-binary foreign policy realists, like Henry Kissinger or the late Hans Morgenthau, have seen world powers as self-interested entities and world politics fraught with moral ambiguity. They eschew American exceptionalism and crusading, as the latter makes the world less safe, because it inadequately recognizes the legitimate interests of other powers.



on television. The good guys wore white hats and were clean shaven. The bad guys wore black hats and often had mustaches. The good guys were smiling and kind, the bad guys scowling and mean. Media theorists like the late Neil Postman have pointed out television's power to colonize our minds with oversimplification. This was anticipated by large circulation newspaper chains, like the Hearst and Pulitzer papers that used a good guys/bad guys lens to coax the US into war with Spain in 1896. The anti-imperialists of that time – complex thinkers like Mark Twain, William Dean Howells, and William James – who dealt with issues of moral ambiguity in their works, challenged jingoist stereotypes and formed the Anti-imperialist league. Of

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pg 23



## CCC Hosts Conference

### Extraordinary Living - Live Life to the Fullest Sept 12

CLATSOP COMMUNITY COLLEGE, with sponsorship from Columbia Memorial Hospital, Providence Seaside Hospital, Northwest Senior and Disabilities Services and ENCORE, will host its second annual Conference on Extraordinary Living addressing the interests and challenges of adults in our community. This one-day conference will take place in Columbia Hall on the CCC main campus, 1651 Lexington Avenue, Astoria, on Saturday September 12, 2014 from 9:30 a.m. to 4:00 p.m. The conference registration tables will be open from 8:30 to 9:30 am.

The conference includes a healthy complimentary lunch prepared by the Astoria Coffee House. A suggested donation for the conference is \$10 at the door.

The Conference on Extraordinary Living is designed to show people how to live life to the fullest. An inspiring keynote address is being planned. In addition, 13 informative breakout sessions will be offered on such things as travel tips and information, nutrition for a healthy life, genealogy, hiking and walking along the national park trails, transitioning to retirement, alterna-

tive medicine, an introduction to time banking and numerous other topics. For details, visit [www.clatsopcc.edu/community/summer-programs](http://www.clatsopcc.edu/community/summer-programs).

Seating is limited, and pre-registration is requested by Monday, September 7 by calling 503-894-0187 or email [rmcclelland@clatsopcc.edu](mailto:rmcclelland@clatsopcc.edu).

People wanting more information about the conference can contact Robert McClelland at 503-894-0187 or [rmcclelland@clatsopcc.edu](mailto:rmcclelland@clatsopcc.edu). Clatsop Community College is an affirmative action, equal opportunity institution. ADA accessible.



## 400 Oregon businesses call for clean energy and climate protection

### List of Climate Declaration signatories grows by nearly six-times in one year

THE BUSINESS-FIRST MISSION to grow Oregon's economy and make our state a leader in tackling climate change has experienced explosive growth in only one year. Business leadership, using innovation and investment, can tackle the biggest challenges our country faces.

Since the original release of the Oregon Business Climate Declaration – signed by 70 companies last July including Nike, Waste Management, the Portland Trailblazers, eBay, Moda Health and more – 330 new businesses from Astoria to Hood River, Coos Bay to Bend and Portland to Ashland have signed. Companies in 61 Oregon cities and towns are represented in the new list. **FORT GEORGE BREWERY, BUOY BEER COMPANY AND NORTHWEST WILD PRODUCTS ARE AMONG 9 BUSINESSES ON THE NORTH COAST.**

"We have an opportunity to build Oregon's competitive advantage by leading in clean technologies and saving through efficiency," said Robert Gootee, president and CEO of Moda Health. "We already have some of the best

and brightest minds designing green buildings, developing smart urban planning, advancing clean fuels, practicing sustainable agriculture and so much more. Many of these are exportable goods and services that give our region an economic advantage – and set the standard for social responsibility."

Business leaders from the signatory companies encourage other businesses to join them and sign the Oregon Business Climate Declaration by going to: [climatedeclaration.us/oregon](http://climatedeclaration.us/oregon)

The Oregon Business Climate Declaration is a project of Northwest Businesses for Climate Action with Oregon Environmental Council and Climate Solutions. It is a companion to the Climate Declaration launched in 2013 by Ceres, a nonprofit sustainability advocacy organization, and its business network, Business for Innovative Climate & Energy Policy (BICEP). The Climate Declaration has more than 1,500 signatories nationwide.



## COAST COMMUNITY RADIO CELEBRATES NATIONAL RADIO DAY

**C**OAST COMMUNITY RADIO will be celebrating National Radio Day on August 20. This event honors radio broadcasts in the United States. WWJ in Detroit Michigan was the first radio station in the world to broadcast regularly scheduled programs starting on August 20, 1920. It is not an official national holiday but everyone is encouraged to participate and appreciate the importance of radio.

The invention of the radio dates back to the late 1800's. One person cannot be credited with this innovation. To make the radio a reality, it required a number of different inventions and discoveries including both transmission and reception methods as well as technology.

But wait, there's more, Radio Day is not the only national celebration of the day! August 20 is also National Lemonade Day and you know here at Coast Community Radio we strive to bring two good things together and create a great thing.



So, please join KMUN (14th and Exchange) on August 20, from 11am to 3pm for a dose of radio and a tall glass of lemonade. "What could be better on a summer day than your favorite radio programs and an ice cold glass of lemonade," states Susan Boac, Development Director at Coast Community Radio.

-----Coast Community Radio broadcasts along the Oregon and Southwest Washington coast. Listen at KMUN 91.9 Astoria, KTCB 89.5 Tillamook, KCPB 90.9fm

## Paradise Found

### An Invitation to Astoria's Trail Systems

By Martin Buell

**I LOVE** being surrounded by nature. For much of my 60 years I have spent my free time exploring natural areas. When I returned to Oregon 10 years ago I planned to explore this magnificent region of the globe. One problem, I no longer drive and so it has been a challenge to get out and enjoy what literally surrounds the city I live in, Astoria.

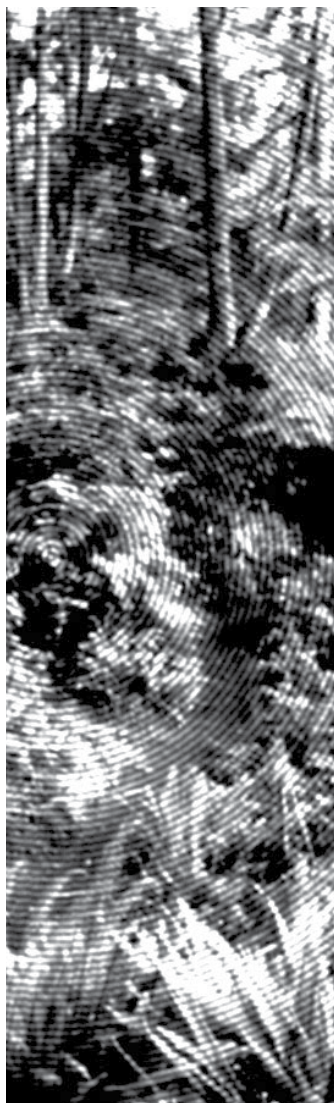
What to do? Last year I found myself working with a group of people working toward the goal of a regional hiking trail organization. We were able to secure a grant from the National Parks Service and now have the assistance of Alexandra Stone and others in the National Parks service - an organization has formed and is becoming a reality - The Northwest Coast Trail Coalition (NCTC). It encompasses the NW Coast/Lower Columbia Pacific Region and is inclusive of the areas from Tillamook to the Long Beach Peninsula. Now local hiking, kayaking, biking, horseback riding, and other non-motorized activities can network. This has the potential to mobilize small local groups to be involved in the larger picture of our region.

I realized that I could be involved locally by working with Astoria's

natural areas. I am focusing on Astoria's extensive system of trails. None are very long as trails go, some a couple of blocks long, and they are spread throughout the city. The trails add a spice to an already unique town. They offer short cuts, exercise, recreation, and a chance for a nature break close to home. There is a stress buster just outside my door and up the street.

I have just begun to explore in my neighborhood and have discovered a real paradise in the woodlands of our town. We all know the River Walk and what a treat it is. I realize that the city doesn't have the funds to maintain all of these areas and I am willing to adopt at least one area near my home and leave it free of litter, English Ivy, blackberries, and keep the paths clear.

Who knows, working locally and with NCTC, I can help preserve and enhance a bit of nature near my home and feel good giving back to the community, nature and my soul. **I look forward to working with you on a trail. Interested trail enthusiasts please send a message to [hipfish@charter.net](mailto:hipfish@charter.net) regarding FANA, Friends of Astoria's Natural Areas/Paradise Found.**







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# ROOTS OF LIFE A Women's Gathering this October

By Erin Hofseth



Facilitator Lauren Mengedoht

**A**ROUND THE WORLD, and throughout time, women have gathered together. They gather through work, child-bearing and child-rearing, cooking, hunting, eating, drinking, laughing and telling stories. In our fast-paced, individualistic, achievement-centered culture, it seems women have lost this connection that has held communities and families together for centuries. Stories are rarely told, dreams rarely shared; life rarely lived in communion with each other. It is for this reason that local psychotherapist and Doula, Lauren Mengedoht, and Seattle-based Doula, and "Desire-Mapping" specialist, Janette Casolary, have put together the Roots of Life Well-Women Retreat, taking place on the Columbia River, at Pier 39, in Astoria on the weekend of October 9th-11th.

Mengedoht was inspired to create this event after her friend and contemporary, Casolary successfully orchestrated a similar event in Hawaii. "I was interested in offering something here on the coast that focused on women, and connecting women to other women," says Mengedoht. Through workshops, break-out sessions, rituals, storytelling, sharing, yoga, mindfulness-education, journaling, art-therapy, and creative expression, Mengedoht and Casolary hope to create an environment in which women "become more intentional and mindful of what they're doing in their daily lives."

As a licensed clinical social worker, and owner of Inner Wellness Therapy, located at Suite 203 on Pier 39, Mengedoht makes a wonderful contribution to the greater coastal community. She offers "down-to-earth, compassionate and effective psychotherapy services," and she is also a practicing doula

here on the Oregon Coast. She has almost a decade of experience working in hospitals and community-based mental health programs. Her passions have directed her

*Breathe. Quiet down and listen. Listen to your intuition, your dreams and your desires. Sink into your body. Rediscover what fuels your ambitions, soothes your soul and aides you to meet your goals. Let go of what limits you. Dive head first into what you love. Create sisterhood and lasting connections. Free you spirit and follow your soul. Reflect. Journal. Enjoy foreshore conversations. Celebrate. Join us.*

-excerpt from Roots of Life event website.

towards supporting women at all stages in life, and she believes that women connecting with each other is a vital aspect of growth, self-discovery, and renewal. This is the cornerstone of her event, Roots of Life.

"The idea really is about sisterhood, and sharing. It's also about working through your own personal story; identifying who you really are, and feeling secure in that," Mengedoht explains. One activity that the two women have planned for the event is a symbolic bonfire, "We have this idea of identifying what's limiting you and literally setting those things on fire," She goes on

to say, "We are planning on having a little fire on a beach by the river in order to purge all these limitations and start anew. It's a rejuvenating process."

Mengedoht and Casolary encourage women of all ages, from all walks of life, to attend this retreat. They have been advertising locally as well as up and down the coast, around Portland, and in Seattle. "One of our goals is to bring people to the Oregon Coast," says Mengedoht. The entire event will be taking place at the beautiful and historic Pier 39. The "Fisherman's Suites" on the pier have already been reserved, and are included in the retreat cost of \$475. Also included in this price are: wholesome, organic meals on Saturday and Sunday morning, as well as Saturday afternoon, parking, Astoria trolley rides, journals, guided meditation, Yoga - hosted by Lotus Yoga Studio, workshops, talking circles and breakout sessions, mindfulness education, and a few special surprises!

Sponsorship opportunities are available for local business, and interested parties can contact Mengedoht directly. Malama Day Spa and Lotus Yoga Studio are two current sponsors of the event. Sponsors will receive advertising, as well as the opportunity

to help women who could not otherwise afford to attend the retreat through scholarship money. The registration deadline for the October retreat is September 28th, but Mengedoht encourages women to register by September 15th as costs jump \$100 after the 15th. Registration can be completed by calling 503-468-8646, or email: info@innerwellnesstherapy.com. More information about the retreat can be found on the event website: [www.innerwellnesstherapy.com](http://www.innerwellnesstherapy.com), under the "events" tab, as well as Mengedoht's Facebook page, [www.facebook.com/innerwellnessastoria](http://www.facebook.com/innerwellnessastoria).



# Go Baby Go

## A program to get kids mobile comes to Clatsop County

by bob goldberg



Camden Knapp, 13 months, in a modified "McQueen" GoBabyGo car outside Barlow's office. (He's looking forward to getting his very own car on September 4!)

**CINDY BARLOW** is an occupational therapist who works for the Northwest Regional Educational Service District (ESD) at the Clatsop Service Center in Astoria, which services all of Clatsop County. She's worked in many settings including psychiatric hospitals, out-patient clinics, schools, nursing homes, and acute setting hospital stints. But her favorite setting is working with Early Intervention (birth to 3 years old) and Early Childhood Special Education (3-5 years of age). Her office is more like a playroom, with all kinds of toys (aids) to help kids function better, or just play.

Explaining her job, she tells me, "I help children acquire developmental milestones in the areas of gross (big muscles) and fine motor (little muscles like the fingers and hands) skills as well as helping them with dressing and feeding skills. A lot of the children have sensory issues: bodies that run too fast or too slow or have sensitivities to touch, sound or movement. I work closely with families: parents, caregivers and siblings. When the children are very young, 2 1/2 and below, I see them at their homes, and as they get older they are seen in toddler groups until they reach the ripe age of three, at which time they are serviced in one of two of our Early Childhood Special Education classrooms or in a community preschool setting such as Head Start or Cannon Beach Children's Center."

This past May, Barlow attended a workshop in Portland. The room was filled with occupational and physical therapists and the discussion was around mobility issues. One of the participants mentioned the "Go Baby Go" program (<http://health.oregon-state.edu/gobabygo>) out of Oregon State University (OSU). It so happens that the main office of the ESD in Hillsboro was hosting a workshop on modifying motorized cars for trials at the various county offices, and so Barlow hit the road again and met Sam Logan, associate professor in the College of Public Health and Human Sciences at OSU, who was presenting an overview of the Go Baby Go program, which supplies six-volt ride-on cars to children who have yet to acquire independent mobility. They are adapted by replacing the steering mechanism with a switch that is easily depressed and the cars are equipped with seat belts, roll bars, back rests and toggle switches on the back that only adults can access. The program is targeted to children eight months and above and provides not only independent mobility but independence and increased socialization as well. Barlow explained that there are no electric wheelchairs on the market to fit this population and "even if there were, the cost would be thousands of dollars: often times prohibitive. These cars are adapted for an average of \$200, including adjusting for a child's specific postures and needs (for example, some children may lack trunk support and need special chest straps)."

After attending the workshop, Barlow was inspired. She examined her caseload and came up with six children who she felt were good candidates for the cars. Four grants were written to the Wheel to Walk Foundation (<http://www.wheeltowalk.com/>), a non-profit organization that helps children with disabilities obtain medical equipment or services that are not provided by insurance,



The Knapp family pose with GoBabyGo car and Cindy Barlow in her office.

which quickly approved them. Norm Stutznegger of Pacific Coast Medical in Astoria also agreed to donate three cars (and his trusty technician, Bryce, to help adapt the cars).

So, on September 4 at 9:00AM at the Clatsop Service Center at 3184 Marine Drive (next to Safeway) in Astoria, seven really cool ride-on cars will be adapted, with six to go home at the end of the day with families, and one larger model for trial until there is a need to distribute it. At least two folks will be needed to work on each car to make the modifications, and it takes a minimum of four hours to make the adjustments. If anyone would like to help, it's an opportunity to participate in a fun and unique project. Give Barlow a call at 503-338-3364 for more details.

(For more information on the amazing array of services that the regional ESD supplies, see their website at <http://www.nwresd.k12.or.us/>.)

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## TOWN HALL on Herbicides and Drinking Water Informed

IN RESPONSE to growing concerns about herbicides getting in the drinking water, a panel discussion and a showing of 2 films shot in Oregon was presented at HIPFISHmonthly presentation space; KALA, on August 12.

Featured speakers: Meg Thompson, Oceanside health care practitioner ; John Burns, a Gold Beach resident poisoned by an aerial pesticide spray in October 2013, Darryl Ivy, a forestry worker injured while working in Douglas County this past Spring and Lisa Arkin, Executive Director of Beyond Toxics.

Beyond Toxic collaborated with a half dozen coast community groups to co-host the gatherings and show two recent documentaries on the subject of forestry pesticide exposure, also known as spray drift or chemical trespass.

"Drift: A Community Seeking Justice" is the story of seven residents of the Southern Oregon coast who came together after more than 40 people were sickened by an aerial spray incident in October 2013. The film was produced by students of the University of Oregon En-

vironmental Studies Leadership Program.

"This Is Our Watershed," produced by coastal resident, Kate Taylor, is a film about the experiences of residents of the city of Rockaway Beach. Residents there became gravely concerned when they discovered that 82% of the area around the watershed supplying their drinking water was clear cut and sprayed with herbicides.

Beyond Toxics has been working with communities across the state on issues related to aerial helicopter pesticide sprays. Residents of eleven counties have reported health impacts and risks to the quality of their drinking water. Beyond Toxics provided leadership to advocate for better regulations around aerial herbicide spraying and helped pass important new legislation with full bi-partisan support in the 2015 Oregon legislature.

Read more about it in the September HIPFISH and stay tuned to Coast Community Radio with Roger Rocka for a broadcast of the Astoria event.

## Ties To The Land Rural Ways Celebrated In Pacific County At Fairs & Farmers Markets

Pacific County, comprising the southwest corner of Washington State, is celebrating longtime traditions of its rural communities at the Pacific County Fair, Aug. 26 through 29, in Menlo. Foodways, music, arts, crafts, talents, animals, and more are also being showcased at farmers and public markets throughout the county.

"The Pacific County Fair, now in its 119th year, is a must for anyone seeking a traditional country fair experience," said Andi Day, executive director, Pacific County's Long Beach Peninsula Visitors Bureau. "Our farm fresh markets are a great way to connect with food growers, while fabulous local restaurants make it easy to sample bounty gathered from land and sea."

A fair favorite, the 28th Annual Pacific County 4-H/FFA Market Livestock Auction will take place on Friday, Aug. 28, at 6:30PM, as the Pacific County 4-H celebrates its 100-year anniversary.

This old-time country fair also awards blue ribbons for the best tasting jams, pies, and preserves, as well as the best looking and biggest homegrown produce. Live entertainment, carnival rides, amusements and livestock exhibits keep to an old tradition.

Connecting regional farmers with the public, the Columbia-Pacific Farmers' Market continues into October on Fridays from 3 to 7PM in downtown Long Beach. Through September, the Saturday Market at the Port of Ilwaco offers locally grown produce, flowers, local artisan works and then some. Just-picked produce is also sold at public markets in Raymond and South Bend.

Now and into September, berry lovers can pick and purchase sweet, plump, ripe blueberries at Cranguyma Farms. Fresh eggs, berries and more are plentiful at farm stands including Green Angel Gardens on Sandridge Road, while Fred's Homegrown welcomes volunteers to an idyllic, riverfront, Naselle farm on Tuesdays to help out, harvest, prepare and share a farm lunch in an historic farmhouse kitchen. Fresh, Washington-grown produce, artisanal foods, and more also can be found at local grocers including Coastal Corner Market in Long Beach.

**FIFTEEN** selected artists and writers are immersed in a unique creative experience this summer at the coast, trying to see through each other's eyes in their own creative process.

They are taking part in a new program at the Hoffman Center for the Arts in Manzanita.

Titled "Word & Image: A Dialog Between Writers and Artists," the program paired artists and writers to create original pieces, each in response to the other's work.

The Hoffman Center for the Arts is known for its variety of programming for all of the creative arts, with the Writers' Series, Clay Studio, art workshops and shows, Friday Night Flicks, and musical events.

This summer, two women launched a program to combine two of those arts, spurring artists and writers to leave their comfort zones for this different kind of creative process.

Emily Ransdell is a poet with an MFA in Creative Writing. A past recipient of an American Academy of Poets Prize, she is currently a member of The Poet's Studio at The Attic Institute in Portland. Deborah DeWit, a full-time painter and photographer for 35 years, has exhibited widely. Her work is included in many private and public collections throughout the Pacific Northwest.

"Writers have been writing in response to art for centuries," said Ransdell. "We thought it would be interesting to try a modern take on the tradition by letting artists have their turn as well."

Ransdell described the project as a spin-off of the Hoffman's weekly Writing Lounge, where local writers create short pieces in response to various prompts, often resulting in works that surprise the authors themselves.

Whereas artists and writers usually generate works that reflect their own experience and vision of the world, this project compels them to respond to someone else's vision of the world.

"This way of finding subject matter for an art piece is both similar and different than the way I usually work," says artist Lori Dillon, "a lot of the time I do get inspired by an event, series of events, or my own poetry/writing in my head. So the difference is that I'm being 'led to create' by someone else's voice."

"One key thing here," adds Ransdell, "There are no rules. No set process. The artist and writer can choose to meet or not, discuss or not, share results ahead or not. The whole goal of this was for people to experiment."

Everyone seems to be approaching it differently. Some have looked at other works by the artist and writer. Some met once to discuss, others not at all. Some pairs are exchanging process progress and results all along the way.

Artist Vera Wildauer and poet Phyllis Mannan were matched and chose not to meet or discuss their process.

## WORD & Image Project at The Hoffman Center Aug 29

By Kathie Hightower

"It might be good to see the original," Mannan wrote Wildauer in an email, "but I don't think I want to hear the background, at least not right away. I want to let my unconscious mind work a bit first."

"I rarely work from a picture or photograph when I write," Mannan added in an interview, "so this way of working was unfamiliar to me. I learned to closely study the nuances of a scene, to question the relationship between people and objects. I hope to use the process of careful questioning in future work."

"I was immediately drawn to one of Phyllis' three poems," Wildauer describes working from the other direction, "since it included so many images and evoked so much meaning about the 'real world' versus faith -- with some odd juxtapositions. I had a great time with it, finding mixed media to lend itself to the process perhaps more than other forms."

Writer Aina Tonjes and artist Cathi Howell did choose to meet.

"I got two pieces to choose from," says Tonjes, "and after meeting with Cathi in person one of them became much more relevant than the other. I did need to know what exactly moved her to put those shapes down, and without having talked about it I don't think I would have been able to motivate myself to write."

"I wasn't sure how to best write about Deborah's piece at first," Ransdell said. The two coordinators are taking on the same challenge as all the participants. "I didn't want to just describe. I wanted to evoke something."

She remembered a technique that poet and teacher Andrea Hollander used during a Poetry Fest workshop in Manzanita. Hollander had the participants choose six words and work from there.

"So I chose six words that Deborah's piece made me think of and I'm working from those," Ransdell adds, "It's definitely a technique I'll use again. I was surprised and pleased; it's a different kind of poem for me."

The thirty participants range in age from 15 to mid-80's, and come from as far away as Long Beach Peninsula and Portland to those who live full or part time in Manzanita, Nehalem and Wheeler.

The results will be unveiled at an opening reception and reading at the Hoffman Center for the Arts on Saturday, August 29, open to the public. Each pairing will be printed as a frame-able art piece and offered for sale as a souvenir for people who come to the show.

The project might well become a recurring event. After all, it exemplifies the Hoffman Center for the Arts' goal: to explore, create and connect.

Word & Image begins at 7pm. At The Hoffman Center in Manzanita on Lanita.



# Forest For The Trees

Now, they're sounding the alarm on the Homesteader Sale, too, citing serious potential consequences for surrounding ecology if the plan comes to fruition.

Steen and NCFSC Coordinator Chris Smith have even drawn up a report outlining their concerns about ODF's plans to harvest timber from this swath of forest, which is home to rare old-growth and advanced mid seral forest.

Of particular worry, notes Steen, is a section of the forest marked as "Area Two" in ODF's most recent pre-planning documents.

It's a healthy, magnificent ecosystem that's home to some of the best old-growth forest habitat left standing on the North Coast.

Enter and you'll pass beneath ancient, massive trees measuring up to five feet around, well spaced and thick with luxuriant understory, flanked by salmonberry, devil's club and some of the biggest sword ferns Steen's ever laid eyes on.

"The growing conditions are spectacularly good," he says. "The ground is so covered with sword fern that as you walk around you almost have to feel your way with your feet; you can't even see the ground."

Over the rush of the nearby Nehalem River, you'll make out the calls of band-tailed pigeons, stellar jays and other birds. Area Two is also prime potential nesting habitat for the marbled murrelet, a squat Pacific seabird whose numbers have been seriously threatened by logging. Though murrelets haven't yet been sighted here, Steen fears that razing this portion of the forest could eliminate optimal flightways and nesting habitat for the endangered birds for decades to come.

But the potential sale is problematic in other ways, too. According to Steen's calculations, the numbers in ODF's pre-planning documents just don't add up, and their measurements of trees in the area don't match the ones he's taken himself.

"The planning process for the Homesteader Sale has very significant problems," he says. "It has gone through at least two stages where the official documents differ in ways that show extremely unclear and confusing tracking of what is happening."

To make matters worse, he adds, the most recent iteration of the Homesteader plan marks for harvest swaths of forest with high conservation value and low timber value while marking for conservation areas

with low conservation value and high timber value.

In the grand scheme of things, Steen, says, Area Two is a pretty small corner of the earth, measuring not much over 50 acres. But auction it off, he warns, and you lose more than a few noble stands of trees; you lose scads of valuable seed source and other genetic information capable of replenishing and repopulating other damaged areas of the forest well into the future.

"If you damage everything, there's no source of needed organisms for a functioning ecosystem to establish itself," he says. "If you eliminate this area, you've now made it much more difficult for the forest ecosystem in the broader area to recover."

And in the bigger picture, he adds, logging this section of forest is a perversion of ODF's broader mandate to manage forests: "It's essentially criminal to log Area Two. The trees and forest in that area are so special and so old."

Steen would love to see the entire Homesteader Sale canceled and some or all of the areas in question reclassified as high-value wildlife conservation areas. Barring that, he's urging ODF to at least give the high-value designation to Area Two and to focus logging efforts on areas where the timber is more valuable and the ecosystem is less precious. In late July, Steen sent a letter to Astoria District Forester Dan Goody, Oregon State Forester Doug Decker and Board of Forestry Chair Tom Imeson outlining his concerns.

He hasn't heard back yet, but the fate of this portion of the Clatsop State Forest is far from sealed. The Homesteader Sale is still in the early planning stages, and the Board of Forestry isn't slated to finalize its new Forest Management Plan until November 2015.

This sale may well be an indication of things to come if the Board of Forestry does officially approve ODF's new forest management plan this fall, and this worries Steen most of all: "They [ODF] have to me a profoundly important ethical mandate to meet not only their human goals but also to manage with a gentle enough hand so the natural processes that will allow forests to flourish in the future can continue. Natural systems have a limited capacity to absorb harsh management activities."

To read Steen and Smith's report and to learn more about why the Homesteader Sale concerns conservationists, visit <http://forestlegacy.org/>.

Ferns reaching chest height, Chris Smith stands in a part of a magnificent ecosystem, home to some of the best old-growth forest left standing on the North Coast, and currently on the ODF chopping block.



This photo shot by Trygve Steen (2015) includes Chris Smith (see arrow) for scale, exhibiting moss pads that are in the range of size appropriate for Marbled Murrelets. The top most branches are also into the canopy enough to begin to provide adequate cover for a nest site. These magnificent fir trees are 4 to 5 feet in diameter and over 200 feet tall and have grown this large in between 110 and 125 years. The growing conditions in this area of forest are clearly superb. The sword ferns are huge, reaching to nearly shoulder height, according to Steen.





# WEAR ASTORIA

By Dinah Urell



De La Salandra pants

**AS THE EASTERN OUTFITTING CO.** glows into the night of 1920's Astoria in a photo taken by a thoughtful archivist and compiled in a book to be seen at Sara's Old Photos at the corner of Commercial and 8th, the bustling yesteryears of the first established city on the west coast are calling out today.

It all kinda went to hell in the late 70's. When the plundering of natural resources spelled economic downturn and the corporate Big Box movement moved in, is when downtown Astoria, like most small town downtowns, lost its mojo.

As a girl child growing up in Astoria through the 60's, (that last decade of flourishing small town America) it was a main street that offered supply and demand to folk on the coast; a balance of needs, and clothing was no exception. In my family of three daughters, a stay-at-home mother and hard working father whose wages were commensurate to the days of middle class prosperity, we were lucky to afford the annual trip to Portland for fall school shopping.

But Commercial Street was the mainstay, when it was possible for store clerks to hold jobs for years, and clothing stores could survive changes in trends. Shoes-off to GIMRE'S, doing business since 1892 in Astoria, the oldest family shoe store west of the Rockies. It still looks, feels and even smells the same. I remember the first time a Gimre's shoe clerk took my 6-year old foot to the shoe-measuring device.

It felt rather deliciously good. From then on I looked forward to those trips to Gimre's. Third generation owner Pete Gimre's grandfather Sven made a commitment to comfortable, well-made shoes and is still the motto. If you're a faithful customer, you can trust the old-time-service clerks at this Astoria gem know you and your foot intimately.

There were two long lasting shoe stores in Astoria over decades, REED & GRIMBERGS, (now Tora Sushi), across from the Liberty Theater, offered a selection of dress shoes for men and women. For years, these two locations single-handedly supplied footwear to the town of 11,000, and the outlying coastal communities.

Another clothing essential to a hard-working town, the generations Finn-owned PALO'S DEPARTMENT STORE in Union Town, still operating today as M&N below Suomi Hall. This is where workingmen bought their fishing and logging clothes, but in the late 60s, early 70's, THE JEAN EXPLOSION took over. Every teen boy and girl in Astoria shopped the store for the perfect fitting 501 straight-legged, button up Levi, (to be washed as many times as your mother would wash them before first wear) and the cotton Sir Jac windbreaker with the plaid silk lining. Throw in a pair of desert boots -- male or female, it was the costume of the day. I often wondered if it was just an Astoria thing. Whatever it was, it was "IT!"

Backtrack a couple years, to the days of Love, Peace and Flower Power. ANITA'S on Commercial (now a part of ABECO) was the place for psychedelic chiffon balloon sleeved blouses, the mini and the maxi, and even paper dresses. I remember my sister coming home in tears when her paper dress from Anita's had been purposely torn by some mean little boy. My eldest sister was the queen of hippie fashion, my father's paychecks poured bookoo bucks into Anita's to wardrobe her Pypo Club (Seaside's famous LIVE rock venue) social Saturday nights -- while my mother stitched voluminous paisley patterns from McCall's.

My best friend and I recently brought up the memory of THE THREAD SHED. (now the De La Salandra location). This was a head shop that sold bongos and black light posters, but also introduced to the streets of Astoria, the Wallace Beery button down t-shirt, striped and tie-dye. A coming of age fashion rite in the late 60s, in a decade where fashion mirrored social movement -- we could make a statement and be cool.

My grandmother, a fashionably large lady, purchased her jersey (old lady) floral dresses from LOLLY'S (now Forsythia), and right next door, business women could outfit for work at the upscale KAY LYNN'S (Godfather's Books). LEON'S (now Old Town Frame), was a women's full department store -- clothing for infants and toddlers in the basement, girls and women's clothing upstairs. There were three dressing rooms, and I remember being fitted for my first bra. The elderly longtime

clerk with a discernable mustache who decided to stick her hands in the cups to see if it was the right fit sent me into a fright, calling "Mother!"

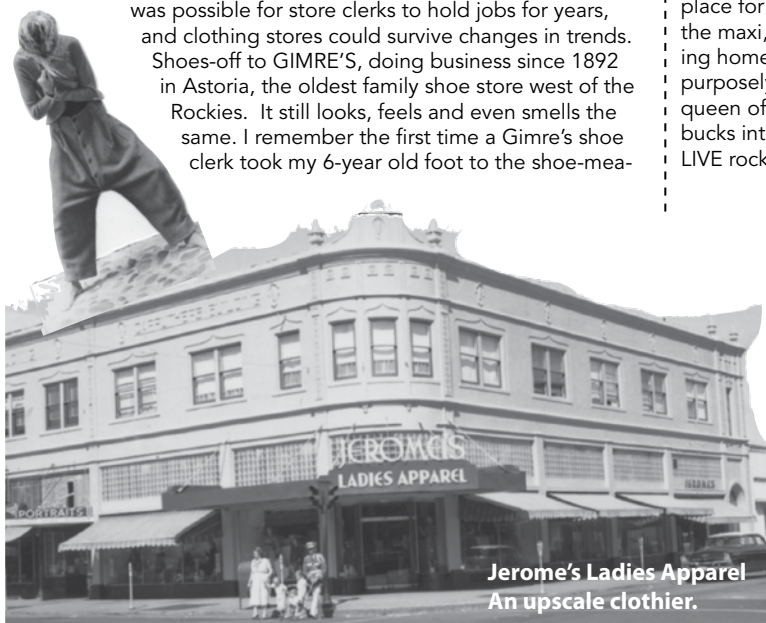
I cannot reminisce without lauding my mother, (who would be 102 today were she here) who loved fine clothing and fashion. And her stage was the Liberty Theater, where she worked for 35 years, first as an usherette, (in the late 20's the gals all clad in Gibson Girl dresses) and then eventually as house manager. When the movie theater was a significant place of social meeting, my mother was there in the latest fashions, through the 30s-50s, to greet and maintain a sense of respect and heightened enjoyment to moviegoers. In the day, she was able to purchase high quality clothing right across the street at JEROME'S LADIES APPAREL, (where Christos paintings now hang in a Pop-Up Gallery). And I remember how she would say, that she would save her paychecks to buy the best quality.

We can all thank J. C. PENNY'S for continuing to serve in downtown Astoria. It's remarkable to have an old school shopping department store still operating. Today, Penny's has improved its clothing line, with scads of clothes and incredible sales. Astoria's Penny's is a great place to shop, much due to the longtime clerks, always friendly who go above and beyond the virtual zero customer service in malls and Big Box stores. Many a YELP review praises Astoria's Penny's for these attributes.

One street in a small town, Commercial Street, its clothiers, and many shops lasting decades, weaves a culture. It wasn't until the late 90's, post Big Box development that a new momentum began to rise in downtown Astoria, when most thought there could be no return to vitality -- courageous business owners with strong vision opened shop.

Recently retired after a long run, Toni Mitchum opened VICTORIAN LACE -- a lingerie store, perfect for a town with Victorians, and eventually she expanded to quality lines of day wear and renamed her shop Toni's Boutique. She also served the mastectomy community. Next door, Angela Waddell purchased 4 SEASON'S CLOTHING (see article pg. 14). The two businesses complimentary to one another now offered locals and visitors choices on main street.

I fail to mention numerous clothing proprietors that have come and gone since the 90's as memory serves, but today, new creative ventures in downtown Astoria, with the support of the ADHDA downtown association, build on each other's good services. While visitor-ship intensifies, locals too are gaining confidence and pleasure in developing relationships with merchants, ready to weave a new downtown Astoria, with an old history of friendships.



Jerome's Ladies Apparel  
An upscale clothier.



# Clothing Fun in Astoria

Today in Astoria, retail and resale, plus shops that offer clothing in addition to creative products are what's clickin'. What's great besides what's inside is shop windows brightening up downtown.

**LA LUNA LOCA** opened in Astoria several years ago. Owner Kathy Klezak, having run her shop in Cannon Beach for many years, opened the store on the corner block of the Liberty Theater complex, on 12th & Duane. Two windows are dressed for style in artisan-made clothing, in-house designed by artists found by Klezak traveling the globe, with fair trade in mind. Colorful batik prints and jersey knits are designed with comfort and style, one-of-a-kind leather bags, Tease recyclewear, and all kinds of treasures to "adorn your body and home." Open every day, hours vary. 382 12th St. 503.468.0788.



Taking the place of resale shop Classy Closet, Alicia Phifer recently re-opened with a whole new aesthetic.

**FOX AND FAWN** is a consignment clothing boutique, offering an array of current and vintage fashions for both men and women. While a younger set might be the focus of Alicia's style, this today totally

depends on each person's personal style, age excluded. Shop for clothing, shoes, accessories, and more all in one convenient and charming place at the corner of 1008 Commercial. Store Hours: Mon: 11am - 5:30pm, Tues: CLOSED Wed - Fri: 11am - 5:30 pm, Sat: 11am - 7pm Sun: 11am - 4pm. (503)468-0362.

**GARBOS.** Whether it's a costume or you just like to dress vintage, Lynn Hadley carries a remarkable collection of men's and women's clothing. Shoes, boots, hats, belts, 20's - 70's, you'll have fun perusing the decades at Garbos on 1169 Commercial. Hours do vary, open most weekends.

Clothing is included on the sign over **POSEY REED** Antiques and Collectibles. You have to go to the back section of the store to find several racks of great clothes. Owner



Regina Wilkins has a strong eye for all things vintage - an amazing collection of retro goodies and collectibles, and prices so very reasonable on all inventory. 1296 Commercial. (503) 325-9885. Open most days, hours vary.

**MAIDEN ASTORIA** is a bright airy bou-



tique nestled in the heart of Astoria, Oregon. A maker's gallery focusing on well crafted, small batch, artisan made products, predominantly local and regional in origin.

The shop is owned by Staci Daniels & Sara Knighton. Its always nice to find a unique piece of clothing that you might not have been looking for. Sara Knighton's design is Maiden of the Pacific - sweet mermaid silk screen designs on tanks, hoodies and old school ragland pull-overs. 255 14th Street. Contact maidenastoria.com.

Cleverly juxtaposing the "street name"

**COMMERCIAL ASTORIA** is Vintage and new clothing, jewelry, accessories, unique Astoria-centric tees, oddities and the best selection of quality new and vintage LPs on the coast. Owners Greg Glover and Alana Jevort-Glover opened

Commercial Astoria in August 2012. Music and black clothing go together like vinyl and cocktails, and there's always a nice rack of it at Commercial Astoria. And got to mention the vinyl listening room, a must stop while you shop. Open: Friday, Saturday, Sunday at 1269 Commercial. www.commercialastoria.com.

Benefiting The Harbor, serving domestic abuse in Clatsop County, **DE JA VU** resale shop offers all kinds of cool and funky clothing, shoes, accessories and home items. The staff has a great eye for organizing, so things pop right out. And they are super helpful if you are looking for something special, they might be able to help you find it if you don't see it. Prices are right too! 1389 Duane St, (503) 325-8624 .



**AS I MAKE** meticulous stitch marks on delicate silk, working with new-in-town clothing designer, Mary De La Salandra, she shares with me her fascinating history. Growing up a Pendleton weaver's daughter, De La Salandra inherited a deep love for fibers and fashions. From an early age she began creating clothes for herself and friends.

De La Salandra's career in design fashion is a quiet balance between her education in theatre, sculpture, and architecture with her love of sports cars, writing, and producing music. Her Italian grandmother, a men's suit maker whom she never had the opportunity to meet, 'guides her cellularly,' says De La Salandra, even when opening her first boutique in 1986 on 10th and W. Burnside, in Portland - the landmark pointed corner across from Powell's Books - the second location she opened at 2nd and Ankeny next to Dan and Louie's Oyster Bar in 1988, and then a third briefly before leaving for Europe in 1996 on 6th and NW Glisan. Two more clothes galleries over the 13-year stay in France kept her dedication to her art by building inventory and a strong line.

In April, this year, the idea to find a showcase for her independent garment concepts produced the location 1145 Commercial, (named simply De La Salandra) as if by magic, where once again, she aligned herself with her two favorite designers from days in Portland, Kara Evenson and Lucia Lyman. Collectively they produce limited lines from select silks, exclusive woolens, and natural linens.

Mary is finally home. Her label once underlined by the word *Portland* now reads *Astoria by the Sea* beneath her name. Even with the distinct styles of the aforementioned designers, Mary ensures that, "This shop is not closed down to other designers and people who have things they think would fit in and would work in here."

She remembers, "The second shop I had that was by the Oyster Bar in Portland was so big that I actually had lots of designers who painted tennis shoes and t-shirts and painted furniture, all sorts of art that had nothing to do with fabric, or clothes anyway. And it was great. So I want knitters, and weavers. And people who have the same sort of reluctance to have anybody see what they're making even though its really wonderful you know?"

Mary's unmistakable style comes from distinct influences and philosophies. As a major in architecture, Mary sees clothes as shapes and forms to house the body. She says, "The way I think about costume and clothing - here it is in a nutshell: I'm crazy about clown clothes, Chinese military clothes, and proper beautiful clothing from the 20s and the 30s. That is the most beautiful dress line a girl can put on her body. So if I can incorporate these elements of fun - the Chinese military, which is similar to a Scottish kilt -



you know you just wrap it around and throw a belt on, that is what fascinates me."

And that is just what you'll find at De La Salandra.

In the small

## Designer Mary De La Salandra Home on Commercial

By Sofie Kline

corridor of 1145 Commercial Street lives an array of unique, elegant, and playful designs crafted by Mary and her friends. Each piece is made the old fashioned way with the intention of lasting a lifetime. Splurge on silken "fairy clothes" or get ready for an Astorian winter with a woolen pair of high waisted shorts (don't forget to try on with a belt!) Mary also sells a variety of handmade woolen house shoes and teddy bares & hares made of wool and mohair. In her words,

this is just the beginning of a collection that has been waiting to happen by all three designers. Prices range from \$60-\$400, the design and fine fabrics worth every penny.

The "Clotho Theory" has always described the mind of her designs: timeless elegance, distinctive simplicity, and unpretentious feminine flare.

Clotho, the youngest of the 3 fates, daughter of Zeus, "wove the thread of life." As I weave together the next piece of apparel to be showcased at De La Salandra it is impossible to neglect the philosophies that fuel the work. Mary invites you to come see all that is woven by these talented and dedicated artists.

WEAR Astoria cont. p14



Designs by De La Salandra



# WEAR ASTORIA



**DOE & ARROW**

**380 14th st  
Astoria**

Hours: 11-5, Closed Mon-Tue • 503.741.3132 • info@doeandarrow.com



**DELA SALA NDRA**

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**4 SEASONS CLOTHING**

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For a look of luxury every day, coordinate **IVKO** European cotton knits with an amazing pair of **JACOB DAVIS** JEANS or Denmark's summer fresh **ROSEMONDE** tees, skirts and dresses for easy wear functionality and femininity.

**NOW ON THE CORNER** of 14th and Commercial, the venerable 4 Seasons Clothing sparkles through its storefront windows, welcoming shoppers to its colorful and lively corridors. In its 15th year serving Astoria, owner Angela Waddell, recently moved down a block, joining a newly enlivened part of downtown Astoria.

As a long-time customer of 4 Seasons, it did take some getting used to the new

location, because after 15 years, its kind of like going to your general store – and that is a credit to Waddell's commitment to making a great shopping experience, providing locals with fun, friendly shopping assistance and to use an antiquated term, rad clothing!

4 Seasons carries clothes to dress up in – and if you like simple lines – you can purchase a piece of clothing whose longevity is not only in the fabric, but its style too, and

dress it up or down. Or choose something with a distinctive twist. If you're looking for smart casual, Jacob Davis Jeans, and a Bandit T-shirt will do the trick, and you'll be making room in your closet for these mod-

erate, well-worth-the-price clothes

for sometime. With today's fashion and music, side by side, borrowing from eras past—you could quite possibly wear it forever.

You'll find the elegant *Rosemunde* from Copanahagen, YEST Knits from Germany that fit like a glove, *Effie's Heart* - 50's informed



bold prints, urban vintage from *Alice's Pig of London* . . . and many more lines. 4 Seasons now carries the delicious *Tokyo Milk Dark* perfumes, stockings, panties, jewelry and other accessories. Read on . . .

**Hipfish: What was the impetus/passion for open a clothing shop?**

**Angela Waddell:** To have another option for our shoppers...a different blend of choices. From the very casual to a more formal attire. Of course when I first opened we had more of a selection for our younger customer. But with more chain stores opening in Clatsop County that need became less. I really try and bring items you won't see everywhere.

**HF: What do you attribute to your longevity in business?**

**AW:** I have tried to flex with the needs of the customers. We have so many options to bring to our shoppers, it can be tricky in choosing the styles and designers they are looking for. I try to listen to what our customer is shopping for and change with their needs. I purchase many lines that are cut to order for the season. Which means they are ordered 6 months to a year in advance depending on the maker. The thing I like about that is less duplication of the clothes. Hopefully you won't see the clothes on many people in our area. Changing with your customer is key. I like to keep the lines fresh always bringing something new in.

**HF: Describe what might be a great day at Four Seasons?**

**AW:** A great day is when we can meet our customer's needs when shopping for an occasion or just casual jeans and comfy T-shirt.... but fun too ! Offering beautiful clothes that are comfortable to wear. Such as Ivko - European knit with color and flair, Testimony - casual great comfort with ease of care and fabulous fit ! Customers leaving with what they came in looking for...and maybe a few things that were unexpected too ! But I have many that come in just to say Hi ! when they are in town ! Meeting new people from all over the world sharing our information about our great community . Great people make a great day !

**HF: How's the new space and how is it different?**

**AW:** Being in the corner space of this spectacular historic building and watching it come alive again. Moving to a smaller space has a few challenges...but moving to a great space with great light and a great location...change is good ! The parking offers a little more ease down this way.

**HF: Have you experienced over the years changes in and how/why women buy/choose clothing?**

**AW:** Our ladies are looking for quality clothing that are seen everywhere. They want brands that are tried and true as well. Knowing how a garment will hold up after wearing and cleaning. Some want age appropriate and some still want to show a little pizzazz.

**HF: How have the trends in clothing changed since you opened your doors?**

**AW:** There is always a desire for natural fiber clothing....we always carry natural fiber ...cotton, linens, silks and wool of course there are many more. I will not carry any angora items. The retrieval of the angora is so inhumane....it's horrific.

**HF: Can you describe what is a distinct change in style, or a trend that is new?**

**AW:** One trend is retro style clothing...pick your era. The 50's and 60's are most popular...We have some great lines that offer that style, but the contemporary fashions are always on trend.

**HF: How do you see the general downtown commerce and**

**shopping in Astoria developing/improving?**

**AW:** People love the downtown shopping experience ...going from store to store or just having the option to stop in for a quick item retrieval. In the small boutiques you get the customer service and personal attention if you want it. Some prefer to meander in peace and quiet. Its been some time in the making. A lot of hard work and dedication has gone into the development of downtown Astoria.... the ADHDA has 118 members and growing the Astoria/ Warrenton Chamber of Commerce has a dedicated group as well.

Its so great to see new business offer more selection to the shopping experience ....we really need a men's clothing and a boutique for plus sizes. These are requests we have almost daily. Also, a shoe store that focuses on fashion shoes.

Astoria has it all, great food from one end to the other...need a coffee fix we have choices there too! Galleries with a bounty of talent,music, antiques,toys...so much to see you really just need to get out and walk it so you don't miss a newer business in town.



**DOE + ARROW** is a women and men's clothing boutique that indulges in beauty/grooming products, accessories, and saving the best for last ...VINYL!!

They opened their doors on July 22nd of this year on the corner of 14th and Duane in the historic Astor Hotel with a mission to bring something new and fresh to the beautiful city of Astoria + great place for everyone to shop.

Owner Chelsea Johnsen has been a long-time Portland resident but since moving to Oregon has always made a point to visit Astoria, which she claims, "created a massive love affair." After working for numerous boutiques from Southern California to the Pacific North-

west, she decided it was the perfect time to create her own vision while living in the place she's always felt at ease.

Doe + Arrow is an expression of multiple things but more specifically a dedication to the city; a portrayal of hard work, modest experience, and commitment. From the personally hand curated products to the historic building they reside in and around, "everything is thought out in hopes of providing an overall appreciation for the beauty and people that surround us."

380 14th St. 503 – 741 – 3132. Hours: 11 – 5pm. Closed Mon – Tue. Email: info@doeandarrow.com



# Max Blue @ KALA

**S**AN FRANCISCO and poetry synonymous – KALA joyfully welcomes the return of Bay Area poet Max Blue, and spoken word project Boy Blue on Wednesday August 19, at 8pm.

Touring in support of an August release of the recent and realized collection of spoken word pieces, "Between Here & Home," The Boy Blue project focuses on the many hopes and hardships of youth, presented through Blue's deft lyricism, fluid style and an undying "have heart" perspective.

Blue's touring buddy, Andrew Boylan is a multi-instrumentalist, songwriter, and producer, 19 years old, and currently living and studying in San Francisco. He blends folk, funk, hip-hop, jazz, and plunder-phonics into art pop and his wit infused lyrics aim to "enlighten and stimulate." Boylan will perform works from his newly released album, "Archipelago Island."

NYC/Astoria artist Emmie Linstrom is performer



and poet, burlesque & sideshow veteran, who carries a discipline for writing and photography. On the publishing side she has been featured by/ in Three Rooms Press, Rose Red Review, Project Naked, Goblin Fruit, Eunoia Review, and Nailed Magazine. Flip side - eaten fire and walked on glass for the likes of Cirque du Soleil, The Slipper Room, Brooklyn Circus Co., New York Fashion Week, and The Bowery Poetry Club. She opens the show.

**Doors open 7:30pm. \$5 at the door. Cocktails. It's Wednesday. Step out and in. KALA, 1017 Marine Drive, Astoria.**



**HOSTED** annually by Beach Belly Dance Studio in collaboration with the enchanting **PAINTED LADY LAVENDER FARM**, on the Long Beach Peninsula this Festival aims to bring a weekend-long splash of rarely-seen dance and ethnic culture to the Long Beach Peninsula. For the last four years, the festival has offered a wide array of dancers and troupes from around the Northwest, performing many styles of dance including Egyptian Cabaret, American Tribal Belly Dance, Turkish Gypsy, Ghawazee, Greek, Flamenco, and more.

A variety of workshops are available during the festival, as many of these talented performers are professional instructors as well. The Festival hosts vendors and artisans from all over the

Pacific Northwest that can be found just inside the Farm's beautiful handmade Victorian-style wrought-iron gate. Each year brings new vendors, talents, and offerings in jewelry and handmade wears.

**Enjoy a dazzling pearl of folkloric celebration on the Long Beach Peninsula. Aug 15 - 16, 11am - 7pm. 1664 HWY 101, Ilwaco, WA.**

## From North Coast to Cuba

### The Plein Air Art of Chris Bryant at Luminari Arts

**LUMINARI ARTS** presents the work of Astoria-based artist Chris Bryant in a show titled From North Coast to Cuba... Plein Air and Pen, through August.

Raised in Europe and Japan, longtime Astoria-based artist Chris Bryant has a sense of curiosity and adventure that is inherently boundless. So, when presented with an opportunity to join a group of artists on a tour of Cuba this past winter, she took advantage.

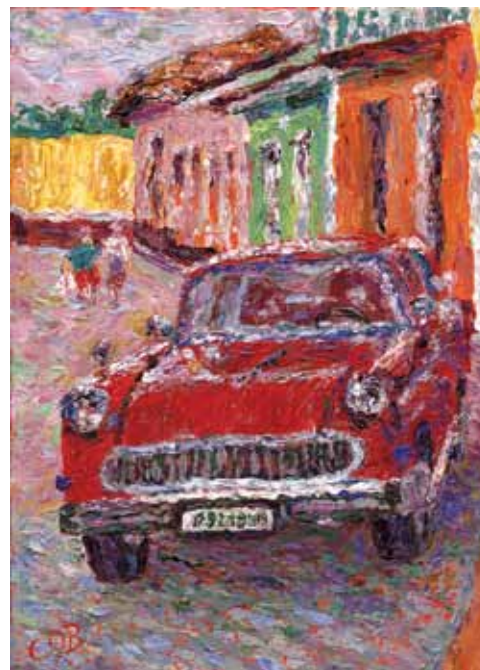
"I've been fortunate to spend time in many famed artistic locations in Europe, Asia, the South Pacific, and the U.S.A. Each locale has its own unique attraction to me as an artist. Cuba, however, has all of my favorite ingredients: vintage cars in everyday use, horse and buggy transportation, magnificent colonial architecture, lively street and nightclub musicians, colorfully clad people, and cobblestone streets lined with pastel-colored buildings.

While preparing for international trips, Bryant does plenty of research to scout the best locations for capturing the type of scenes she's interested in painting.

Says the artist, "I knew Cuba would be beautiful, but I was unprepared for the depth of the beauty. There were gorgeous scenes to paint and draw everywhere. There were more classic cars in everyday use than I had imagined, and many of the historical buildings were in superb condition." She adds, "It was wonderful to be able to experience the aliveness of culture and to be inspired to capture these life scenes, minus commercial signs."

"During the first week in Cuba the tour guide gave me her jump seat at the front of our luxury bus so I could get awesome photographs through the front window. Afterwards, I ventured out on my own and rented a room from a sweet elderly couple in old Havana. They spoke no English and I know little Spanish, but with the help of my drawing skills, we communicated just fine!"

Quick pen and ink contour drawings captured the spirit of the people and musicians;



a palette knife loaded with thick globs of paint rendered vintage cars, wooden boats and romantic cityscapes. Now back in Astoria, Bryant shares that her days in Cuba have impacted her art making process: you'll

see her around town painting and drawing a little faster to artfully record moving subjects and ever-changing river-scapes.

Luminari Arts presents Chris Bryant's plein air works from Cuba, as well as Clatsop County and Columbia River scenes created in rapid painting style.

**Luminari Arts is located at 1133 Commercial in Astoria. Open Daily. 503.468.0308.**



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# GoingsOn: AUGUST '15 day-by-day in the columbia pacific



## Angels Among Us CABARET DINNER THEATER

Featuring LuRain Penny and Peter Unander  
A Fundraiser for Helping Hands Reentry Program

## Theater Performances benefit Helping Hands Reentry Program

**H**ELPING HANDS Reentry Program provides beds, meals and other services for homeless individuals and families in a safe, sober living environment. They outreach to victims of domestic violence, the disabled and senior citizens. Hundreds of men, women and children have gone on to better lives through contact with the kindness and leadership of the Helping Hands staff and volunteers.

Started by Alan Evans and Michael Easter in 2004, both homeless ex offenders, this program now covers 4 Oregon counties. Evans and Easter knew their experience could make a difference in others lives. Their achievement is a triumph of determination and optimism.

ANGELS AMONG US fundraiser aims to increase awareness about the good works of Helping Hands and encourage local funding of their on going projects and expansion.

Contact for more information: [www.helpinghandsreentry.org](http://www.helpinghandsreentry.org) Phone: 503.738.4321

LuRain Penny is a celebrated singer songwriter. During her career she opened for Ray Charles, Dr. Billy Taylor & Taj Mahal. She was one of the longest running cabaret acts in NYC in the 80's and won the prestigious Manhattan Association of Cabarets "Best Show" Award in 1988. During the last 2 decades, Miss Penny performed in theatres and clubs around the country. Angels Among Us is a cabaret format with the theatre of Miss Penny's trademark audience interaction. Bob Harrington of Backstage Magazine in New York called her "one of the fastest comic minds in the business." The show features all original songs by LuRain Penny. Arranged on piano and guitar by Peter Unander.

Now in semi retirement, she spends her time pontificating on the internet with her popular blogs and Twitter page while dictating her autobiography "Maintenance Drinker in the New Age." Miss Penny was asked to headline for the Helping Hands fundraiser because she personally struggled

with the entrapment of addiction. Her experience has evolved into a loving, funny wisdom that in both encouraging and enlightening. She is a Kindness advocate who believes together we can create a Better World. <https://twitter.com/lurainpenny>

Peter Unander is an accomplished pianist and composer from Astoria. He has worked with many of the top musicians on the Oregon Coast.. He is the son of Egil Unander, one of the founders of Shanghaied in Astoria. A Community advocate, he has performed for many charitable benefits and considers this engagement for Helping Hands an honor. He is currently playing at the Port of Call Wednesday Night Jam.

**PERFORMANCE: Saturday, August 22, 7:30pm. Seaside Convention Center. Tickets are \$50 each or a ten person table is \$450.00. Choice of Steak, Halibut, Chicken, or veggie. The dinner and show from 5pm till 7:30. Reservations: 503-738-4321.**

## Coastal Playwright Helen Hill's Evening Gloves at Bay City Art Center and NCRD

**EVENING GLOVES**, a one-act play by local playwright Helen Hill, will be presented at the Bay City Arts Center to benefit Tillamook Helping Hands Reentry Program being established in the county. The play begins at 7pm on Friday and Saturday nights, **AUGUST 14 -15**, with a Soup and Bread dinner available before the play each evening at 6pm.

Evening Gloves will also be performed at the North County Recreation District on **SUNDAY, AUGUST 16** at 3pm. The play is the story of a man who finds two homeless people living in his storage unit. This social comedy is a lighthearted look at homelessness that will leave you laughing... and thinking. It stars Dia Norris, Mark Johnson, Scott Campbell and Morgan Motsinger.

Cost for the dinner and the play will be by donation, with a suggested amount of \$15 - \$25. All proceeds will benefit the Tillamook Helping Hands Re-entry Program as they begin services for the homeless currently living in Tillamook County. For more information on their program, please visit [www.helpinghandsreentry.org](http://www.helpinghandsreentry.org).

Alan Evans, director of Helping Hands, will be on hand for a talk-back following Saturday's performance at the Bay City Arts Center.

**For more information about the play or to make reservations, call the Bay City Arts Center at 503.377.9620, or the Tillamook County Pioneer Museum at 503.842.4553.**



## 18th Annual Westport Arts Festival Aug 15 - 16

**THE 18TH ANNUAL WESTPORT ART FESTIVAL** in Washington this year will take place on Saturday Aug 15, 10am to 5pm and Sunday Aug 16, 10am to 4pm, at the Westport Marina and Maritime Museum. Every year, and this year is no exception, over 70 artists showing their skills and crafts for display and sale. The Westport Art Festival held at the Marina and Maritime Museum is Family Friendly and serves a wide range of interests.

There is something for every taste, budget, age and fascination.

Fine paintings, sculptures, wood carvings, photography, metal art and pottery and crafts for the home, including kitchen and hobby items. Featured is blown glass, ceramics, artistic clothing and lots and lots of fine, original jewelry. Street foods and fine dining restaurants along the pier against the backdrop of the Olympic Mountains, the fishing boats in the Marina, and the ocean

beaches, a really special experience for the serious art buyer, as well as the adventurer looking for a bargain.

Relax on the grounds of the historic Maritime Museum and enjoy non-stop entertainment; jazz, rock, folk, Bluegrass/County and the Beer Garden featuring local brews. For more info go to [WestportArtFestival.org](http://WestportArtFestival.org)





Friday 14

MUSIC  
John Twist. 5 – 8pm at the Manzanita Farmers Market.

Blues and Seafood Festival. \$15 for Friday only, \$35 for Friday and Saturday, \$55 for Blues & Seafood + Jazz and Oysters. 5 – 10pm at the Port of Ilwaco. bluesandseafood.com/schedule

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

The Lazy Boys. No cover, 6pm at T Paul's Supper Club in Astoria.

Open Stage for Music and Word. Performers can sign up at the door for 10-minute slots. \$3 donation, 7 – 8:30pm at the Hoffman Center in Manzanita.

The Resolectrics. 9pm at the Adrift Hotel in Long Beach.

ART  
Opening Reception. Art Accelerated Pop-Up Art Show. Silent auction. Reception 5 – 8pm. Show will remain open from noon – 6pm daily through August 22 at 2016 3rd St in Tillamook. artaccelerated.weebly.com

Art Opening. Natural Science Illustration. With primarily watercolor, Nora Sherwood will show you the birds, mammals, fish, invertebrates and plants of the Siletz Bay National Wildlife Refuge. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING  
Grand Opening. Astoria Indoor Skatepark benefit party. BBQ, live music, games, 21+ dance party. Noon – 2pm, 16 and under free skate, 2 – 5pm all ages free skate, 7pm party time, 10pm dance party. At the Astoria Armory.

Gem, Mineral, Jewelry & Fossil Show. Free admission, 10am – 6pm at the Seaside Convention Center.

A Step Back in Time. One ticket for \$20 is good for entry at 9 Tillamook County Museums and a train ride. Special activities are planned for each site. FMI go to tillamookheadlightherald.com/community/take-a-step-back-in-time-for-a-weekend/article\_bc44c362-309e-11e5-97ae-f

Old Iron Show. Antique Tractors, gas engines, equipment, vintage trucks & cars. Tool displays, swap meet, Cruise In. Adults \$3 a day/\$5 for 3 days. Kids 12 & under free. Noon – 5pm at the Blue Heron French Cheese Co in Tillamook. FMI 503-801-4900

Return from the Burn. Celebrating the Tillamook State Forest. Activities and displays representing the history of the forest before, during and after the fires. Free to the public. At the Tillamook Forestry Center, 22 miles NE of Tillamook on the Wilson River Hwy. 503-815-6800

Lincoln County Fair. Free admission. At the Lincoln County Fairgrounds in Newport. thelincolncountyfair.com/

THEATER  
Evening Gloves. A one act social comedy. Soup & Bread dinner at 6pm, play follows. \$15 - \$25 suggested donation. At the Bay City Arts Center.

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Shakespeare in the Park. 7 – 9pm at Nehalem Bay State Park. 503-368-5943

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

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Saturday 15

MUSIC  
Andrew Grade. 9am – 2pm at the Tillamook Farmers Market.

Blues and Seafood Festival. \$25 for Saturday only, \$35 for Friday and Saturday, \$55 for Blues & Seafood + Jazz and Oysters. 4:30 – 10pm at the Port of Ilwaco. bluesandseafood.com/schedule

Brownsmead Flats. At Bluegrass & BBQ. 5pm at the Nehalem Bay Winery, Mohler.

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

Mikael Pederson. \$15, 7pm at the Lincoln City Cultural Center.

The Resolectrics. 9pm at the Adrift Hotel in Long Beach.

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

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

ART  
Westport Art Festival. Art, food, beer garden, live entertainment. 10am – 5pm at the Westport Marina and Maritime Museum.

Raku on the Lawn. Demonstration of the Japanese clay firing process called Raku. You can even purchase a pot to glaze yourself. On the lawn at the Lincoln City Clay. FMI 541-994-7729

CINEMA  
Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

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

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

20th Annual Brewfest. Free admission, beginning at 11am at the Lighthouse Brewpub in Lincoln City.

HAPPENING  
Astoria Fire Open House. Food, Fun, Firefighters! Free hot dogs, chips, and refreshments. Fire truck, Fire engines and other equipment will be on display. Sparky the Fire Dog and Smokey the Bear will be in attendance. Free, 11am – 3pm at 555 30th St in Astoria.

Shanghai'd Roller Dolls. Junior's Mash-Up. Kids ages 12 – 17 will be showing their stuff. \$5, 4 – 6pm at the Astoria Armory.

Gem, Mineral, Jewelry & Fossil Show. Free admission, 10am – 6pm at the Seaside Convention Center.

Living History Program. Commenced Making Salt. Focusing on the Lewis and Clark Expedition's salt-making activities. Visitors will meet National Park Rangers in period costume making salt from seawater and discussing details of the expedition. Free, 11am – 4pm at the West end of Avenue U in Seaside.

A Step Back in Time. One ticket for \$20 is good for entry at 9 Tillamook County Museums and a train ride. Special activities are planned for each site. FMI go to tillamookheadlightherald.com/community/take-a-step-back-in-time-for-a-weekend/article\_bc44c362-309e-11e5-97ae-f

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

Return from the Burn. Celebrating the Tillamook State Forest. Activities and displays representing the history of the forest before, during and after the fires. Free to the public. At the Tillamook Forestry Center, 22 miles NE of Tillamook on the Wilson River Hwy. 503-815-6800

Hoops at the Beach. A 3 on 3 Basketball tournament at the Lincoln City Outlets. Brackets for all ages and skill levels. oregoncoast.org/hoops-at-the-beach/

Old Iron Show. Antique Tractors, gas engines, equipment, vintage trucks & cars. Tool displays, swap meet, Cruise In. Adults \$3 a day/\$5 for 3 days. Kids 12 & under free. 9am – 5pm at the Blue Heron French Cheese Co in Tillamook. FMI 503-801-4900

Lincoln County Fair. Free admission. At the Lincoln County Fairgrounds in Newport. thelincolncountyfair.com/

Lincoln City Flower Show. Summer Souvenirs. Free public viewing 1 – 5pm. FMI 541-994-9994

Pirate Treasure Hunt. This all-day charity event includes a treasure hunt, a story/mystery to decipher, a live and silent auction and ends with some pirate partying. In Depoe Bay. treasuredepoebay.org/

LECTURE  
Community-Based Forestry. A panel discussion. \$2, 9pm at the NCRD Theater in Nehalem.

LITERARY  
Northwest Author Fair. A free event with dozens of authors signing including best sellers and award winners from fantasy, mystery, history, sci-fi, YA, kid's books, and more. Book signing from 11am – 3pm in the plaza next to Bob's Beach Books in Lincoln City.

OUTSIDE  
On the Land. Stanley Marsh Walk. 10am – noon at Stanley Marsh in Seaside. Register stncltrust.org/on-the-land/2015-stanley-marsh/

Tillamook Bay Run. At Bayocean Spit near Tillamook. FMI 503-842-7525

THEATER  
Evening Gloves. A one act social comedy. Soup & Bread dinner at 6pm, play follows. \$15 - \$25 suggested donation. At the Bay City Arts Center.

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Shakespeare in the Park. 7 – 9pm at Nehalem Bay State Park. 503-368-5943

All the Better to Kill You With. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Sunday 16

MUSIC  
Castle Town. 10am – 3pm at the Astoria Sunday Market.

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

Jazz & Oysters. \$25, \$55 for Jazz and Oysters + Blues & Seafood. Noon – 5pm at Wilson Field in Ocean Park. brownpapertickets.com/event/1376989

Music in the Hoffman Gardens. Live music from 1 – 2pm at the Hoffman Center in Manzanita.

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

Longrivers, Travis Champ and Justin Fallen. No cover, 8pm at the Sou'wester Lodge in Seaview.

Richard Silen & Deane Bristow. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

Shook Twins + Bart Budwig. 9pm at the Adrift Hotel in Long Beach.

ART  
Westport Art Festival. Art, food, beer garden, live entertainment. 10am – 4pm at the Westport Marina and Maritime Museum.

CINEMA  
Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING  
Dock Party. Come help the North Coast Watershed Association celebrate their new location on the Riverfront in Astoria. Food, drinks and fun. 2 – 5pm on the dock at 7th and the waterfront in Astoria.

Gem, Mineral, Jewelry & Fossil Show. Free admission, 10am – 4pm at the Seaside Convention Center.

A Step Back in Time. One ticket for \$20 is good for entry at 9 Tillamook County Museums and a train ride. Special activities are planned for each site. FMI go to tillamookheadlightherald.com/community/take-a-step-back-in-time-for-a-weekend/article\_bc44c362-309e-11e5-97ae-f

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Hoops at the Beach. A 3 on 3 Basketball tournament at the Lincoln City Outlets. Brackets for all ages and skill levels. oregoncoast.org/hoops-at-the-beach/

Lincoln City Flower Show. Summer Souvenirs. Free public viewing noon - 3pm. FMI 541-994-9994

LECTURE  
Fort Clatsop Guest Speaker. Editing the Journals of Lewis & Clark with Gary E Moulton. 5pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

LITERARY  
Writers on the Edge. Artist, poet and author Sandra Stone will present from her work. Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE  
Photo Hiking. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20 per person. 9am – 11am at Cascade Head. FMI call 541-994-3405.

THEATER  
All the Better to Kill You With. Whodunit. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Listings continued on pg. 21 - 23

MORE MUSIC



Beach Fire

Beach Fire is the new project of Sloan Martin (on piano) of the former Portland “Celilo.” Back-beat, soulful pop injected with a bit of disco and Pink Floyd type ambi-

ance. It is said, “Even in Portland the shoe gazers dance!”

**Sunday Aug 23, 8pm at Fort George Brewery in Astoria**



Ian McFeron

Ian McFeron's writing has been compared to Bob Dylan, John Lennon and Ryan Adams. Over the course of a decade-long independent music career, he has gained a loyal following and attracted media attention stretching across the Atlantic. He currently tours in support of

his 7th album Time Will Take You, recorded in Nashville, TN with Grammy nominated Producer/Guitarist Doug Lancio and members of Ryan Adams band The Cardinals.

**Fri/Sat, Aug 28-29, 8pm at the pickled fish/Adrift Hotel in Long Beach, WA.**



Eric John Kaiser

Imagine Americana through the lens of French native, Eric John Kaiser. Since 2006 he's logged many a touring mile, discovering the American landscape, and fusing the music of his four albums to date with musical ele-

ments picked up along the way – even dirty roadhouse blues.

**Saturday, Sept 5 at The Peninsula Arts Center. Concert setting. Tickets are \$12, available at Brown Paper Tickets on line. Located at 504 Pacific Ave. N., Long Beach, WA**





**Little Shop of Horrors:**  
Strange Humming: (left to right) Cindy Karr, Amanda Payne, Aly Hanson, Joseph Oyala, Todd Payne, Cameron Lira, David Sweeney

## COASTER SUMMER REP

### It Could be Anyone of Us

Written by Alan Ayckbourn  
Directed by Ryan Hull

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.

**CAST:** Stewart Martin, Ann Bronson, Cedar Braasch, Gretchen Hoekstre, Frank Jagodnik, Ellen Jensen Sponsored by The Ocean Lodge, Inn at Cannon Beach, Lodges at Cannon Beach, Pro-build/Milgard, Leland E.G. Larson and U.S. Bank.

### 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

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!

**CAST:** Cameron Lira, Todd Payne, Cindy Karr, Amanda Payne, Aly Hanson, David Sweeney, Richard Bowman, Josh Loring. Sponsored by The Ocean Lodge, Inn at Cannon Beach, Lodges at Cannon Beach, Candi & Jon Holzgrafe Dennis' 7 Dees

**Fridays, Saturdays and select Sunday Matinees through Sept 6.**

**Ticket Prices:**

**It Could be Any One of Us: \$15 or \$20**

**Little Shop of Horrors: \$18 or \$23 Box Office: 503-436-1242, [www.coastertheatre.com](http://www.coastertheatre.com)**



Ashley Rowles (Virginia) Markus Brown (Krook) and Tim Murphy (Sneek, not Snake) prepare to Shanghai you in the 31st ASOC production.

**THIRTY ONE YEARS!** That's right. Astor Street Opry Company gears up for the 31st Annual Season of Shanghaied in Astoria. It doesn't matter how many times you've seen it – that's not the point! What matters is, the historical, hysterical melodrama production takes you on a wild belly laugh of a ride, while the goofy archetypes of good and evil, working class heroes, Astoria Finns and Ladies of the Night send you back in time to a rough and tumble fishing town that still proudly claims its identity.

Director Nate Bucholz and choreographer Carlete Lewis Allen drive physical comedy to the hilt, in a fast-paced tale of crookery and chaos down on the river front. Audience participation (now do I throw the popcorn or eat it) is a must, and BTW a good lesson when watching live theater: it's okay to laugh! The actors appreciate it and it improves performance and pace! So prepare to laugh your ass off at the Astor St. Playhouse.

45 cast members in turn of the century couture, Ollo stints (before-show song and dance comedy in front of the curtain), and the ASOC Playhouse, rambling on with its outdoor lavatory facilities, good beer at the bar, a hearty collection of souvenirs to take home, not to mention the goodie basket raffle at intermission; there's lots to love about this night out at the theater, and a summer's worth of dates to do it.

**Partake of this Astoria tradition July 9 - Sept 12, every Thursday, Friday and Saturday night, at 7:00pm. Sundays Matinees are July 19th, August 16th and Sept. 6th show time 2:00pm. Tickets at the box office opens 1 hour before showtime.. All at the ASOC Playhouse 129 West Bond Street, Uniontown Astoria. Tickets online at [www.astorstreetycompany.com](http://www.astorstreetycompany.com) or call now! 503-325-6104. Sponsored by "The Bridge" 94.9 FM Where Music is First!"**



**ALL THE BETTER TO KILL YOU WITH** IS TAPA's summer thriller. Written by Fred Carmichael and directed by Brett Duer, All the Better to Kill You With, is not just another love triangle that causes another murder.

This is a classic whodunit with the exciting twist of the audience not only getting to see "whodunit", but also how the whole thing is planned and carried out. We see the clever interweaving of truth and falsehood that produces a tapestry of tension and thrills while meticulously blending mystery and humor. The carefully planned deception almost works until truth rears its head and the brilliant structure of cunning topples to the ground. T

The question is not necessarily "whodunit," so to speak, but rather will the murderer be found out. The result is high tension and good dramatic excitement along with brilliant comic relief. All the Better to Kill You With originally opened in 1967 in a small Vermont playhouse. At that time, it was a modern murder mystery with a twist. With 48 years of age this play has evolved into something much more than that. It has stood the test of time, offering "a something" for everyone.

**CAST:** Chris Chiola, TAPA's Board President, playing the wildly cunning Doug Travers. Rikki Reid, Robert Buckingham, Holly Dickson, Richard Coon, Garrick Gordon. And Anita O'Hagan.

**PERFORMANCES:** August 14th through August 29th, Friday and Saturday performances begin at 7pm and Sunday matinees begin at 2pm. Doors open 30 minutes prior to curtain.

**Tickets:** Diamond Art Jewelers, located at 307 Main Street in Tillamook. Call (503) 842-7940 for reservations. \$15 for adults and \$10 for students and those over 60. [info@tillamooktheater.com](mailto:info@tillamooktheater.com) or find us on Facebook.

**TAPA's Barn Community Playhouse is located at 1204 Ivy Street, corner of 12th and Ivy, one block west of Hwy 101. [www.tillamooktheater.com](http://www.tillamooktheater.com)**



# Painter Christos Koutsouras explores scenery surrounding and within New Works at IMOGEN Gallery

By Robin Baciorek

**T**HERE'S AN EXPANSIVE AIR about Christos Koutsouras. Be it his mentality, warm demeanor, splitting his time between Astoria and Greece, or his gorgeous large-scale artwork, it's clear he's always exploring, and judging by his success, finding. Koutsouras was born in Samos, Greece, a small island surrounded by wide endless sea. Even as a child, he was curious where it led.

"Being born on an island, surrounded by the element, you have two ways to escape; one is dreaming, trying to create travels in my head, that started early on as a child," Koutsouras said. "When time came and I was old enough to make decisions for myself I decided to embark on a ship on that journey."

The ship was Koutsouras's first career as a merchant marine. Even with his success aboard his ship, rising to a 3rd mate ranking, Koutsouras felt his true path was as an artist. He left the boat in an Ireland port and made his way to Berlin where he began his studies and work as a painter.

"Painting has been the key of my outlet for what you call reality," Koutsouras said. "Always something that will take me to other places, my own perceived reality, and take to what I see and

Contemporary Art - his intent was simple, to stay six months for an intensive period of painting, creating a body of work inspired by the Pacific Ocean. Now five years later, Koutsouras calls Astoria home, continually inspired by its wild depth.

"I'm looking outside of my window right now, and I see how the green forest from the Washington side is constantly changing colors, to greys, to yellows," Koutsouras said. "You don't experience the colors from the Mediterranean, but what you get here is this wild, a little bit scary at times, and moody, sometimes very moody. If you take it as a talent and turn it within yourself, you can go [to] very deep parts of the human existence."

That search comes through in Koutsouras's work. With varying mediums like layered thin graphite lines or plump oil strokes, Koutsouras's pieces come together with a sense of natural harmony, be it depicting a pastel-toned sunset or an endless dreary winter grey. His subtle, intuitive blend of colors create deep, atmospheric pieces, broad horizons that seem to bring the viewer into the pieces as less of an image and more of an environment. The actual size of his work adds to the feeling. Koutsouras's pieces can at times scale up to as large as 36ft by 18ft. While some artists might find that sort of massive expression daunting, Koutsouras, in his inherent expansive nature, feels inspired.

"I do love big big big big pieces, I thrive with those," Koutsouras said. "It's a talent to work on big scale pieces, the physical [size] give another dimension to the work, and also require a lot more effort from the viewer to get into them, the bigger pieces require you to be physically active and walk them - go back, right left - a physical experience."

Koutsouras's newest exhibition at IMOGEN Gallery entitled "Accessible To All" focuses on Koutsouras's fascination with Fort Stevens Park.

"Accessible to all, that's exactly what it is," Koutsouras said. "You can take your bicycle, you can walk, you can drive, take your kids, take your dogs, everybody can get there. Naturally it requires your physical presence, not only your physical but also how far you can open your senses, your being to perceive what's happening there. Fort Stevens is the mouth of the Columbia River, it's magical for me. If you open up yourself, go there without any agenda, just be there, then things happen."

For the last year, Koutsouras has been visiting Fort Stevens Park nearly daily, paying close attention to the slight day to day variances, be it weather or people, the slight shifts and their affect on the space.

"I will never take a piece of paper to go out to draw from the nature in itself, because I have a difficulty to concentrate on one thing for a really long time," Koutsouras said.



Photo: Dinah Urell



New York to Astoria 33.75x25 oil on board

the landscape I live in. I don't mean it only by the means of clouds and blue skies- or grey skies in this case- water or mountains or buildings, but more of a landscape inside. An eternal landscape."

After coming to New York in 1994, Koutsouras spent two decades making his way across the US, landing in Astoria in 2010 to paint for six months. In search of a place to create a series of work for his second solo exhibition at the Indianapolis Museum of

"For me, to internalize a landscape is to go out and walk it and get it and see the little things that happen, those details, and of course get involved emotionally and psychologically, but I am surrounded of the moment, the process of life, not just go and make a photograph and run away like it is today, but take time to really walk and and observe and the result is what I translate with color with those paintings."

Koutsouras brings an extensive collection of large scale canvases, small impasto paintings and graphite drawings on wood panel for his second solo exhibition at Imogen.

**View ACCESSIBLE TO ALL in two locations, through Sept 9, at IMOGEN Gallery 240 11th Street (Open Daily) in Astoria. Large scale works are on exhibit in the Carruthers Building at the corner of 12th & Commercial. Open select weekends and by appt. Contact Teri Sund: 503.468.0620.**



Over The River acrylic 112.5x65



## Tom Cramer's Wood Relief at Whitebird Gallery

**WHITEBIRD GALLERY** presents Tom Cramer, well-known Oregon artist who creates meticulously carved, painted and gilded wood reliefs. The native Oregonian gained much recognition throughout Portland in the 1980's and 90's for his landmark



"Red Mirror" by Tom Cramer, oil & silver leaf on carved wood, 16 x 14"

outdoor murals, wildly painted art cars and carved miniature totems – all of which are bright, bold and lean toward American pop-culture. Cramer's recent wood reliefs are more intimately approached than his previous public works, he draws from the deep histo-



Tom Kramer Art Car and Mural. Photo by Shannon Kraft

ries of spirituality and cultures from places such as India, Egypt and Europe. Merging aspects of painting and woodcarving, Cramer's piece are labor-intensive vignettes that allude to timelessness and emotional experience, rather than any direct representation. In Cramer's intricate relief surfaces and gilded textures there is a sense of the infinite nature of reality, as Cramer's blends a plethora of influences and such contradictory things as order and chaos, irrational mental states, romanticism, industrialism and an array of musical, literary, visual and cultural references to turn the viewer on to an expanded view of themselves.

View Tom Cramer at White Bird Gallery through August 25 at 251 N. Hemlock in Cannon Beach.

## Brain Cameron at RiverSea

**IN A SOLO SHOW** of new paintings titled *CHAS-ING SUNLIGHT*, north coast artist, Brian Cameron presents a sun dappled world full of the spark and sizzle of summer by the sea and on city streets, on view through Sept 8.

In this series of figurative paintings, Cameron works in oil on linen to depict the Bokeh effect (a Japanese term for lens blur), which is the way a camera lens renders out-of-focus points of light. He became fascinated with this effect while snapping thousands of photos of people on the beach in front of his Gearhart home right on the dune line. On trips to Portland he garnered action shots on urban streets, again playing with light reflections. Some refer to Bokeh as soft bubbles of color; others claim it represents how near-sighted people see the world. Cameron is excited by the distortion it creates.

Cameron is a life-long resident of Seaside and

woodworking. He has exhibited in galleries on the coast and in Portland, including the Portland Art Museum Rental Sales Gallery. He has been a represented artist at RiverSea Gallery since 1998.



Brian Cameron, Street Motion Two - 21x20.5

**ALSO AT RIVERSEA:** Showing in the Alcove is *SCENE THROUGH FOG*, hand painted black and white photographs by Astoria artist, Donna Lee Rollins. In this series Rollins explores the nuances of fog cloaked landscapes with the addition of ethereal color applied in luminous, transparent layers.

Rollins is a recent transplant to Astoria from Maine. She holds an MFA from Rochester Institute of Technology and has taught photography at universities in New England, in addition to exhibiting her work in one-woman shows, invitational and group exhibits.

RiverSea Gallery is open daily at 1160 Commercial Street in historic Astoria, Oregon: Mon - Sat 11 to 5:30; Sun 11 to 4pm.



D.L. Rollins, Foggy Trees

Gearhart, and a self-taught artist who has worked in many different styles and in mediums ranging from painting and relief printmaking to sculpture and

## Patricia Clark-Finley, Agnes Field and Zifen Qian At Fairweather Gallery

**ANYTHING GOES** refers to the use of materials and methods used to make art—anything to stretch the boundaries of understanding and meaning of the work. Abstract artists, Patricia Clark-Finley, Agnes Field and Zifen Qian show new works at Fairweather Gallery in Seaside through the month of August.

The recent opening at the Seaside gallery included music, wine tastings and splendid offering of appetizers served in chic fashion. A healthy turn-out of art lovers the finishing touch.

Fairweather Gallery represents a collection of fine art by an exceptional group of regional artists for over eight years. From traditional to transitional, contemporary to realism, impressionism to emerging art. The gallery features new work each 1st Saturday Seaside Art Walk.

Fairweather Gallery is located in the historic Gilbert District, at 612 Broadway in Seaside. Open Daily. [www.fairweatherhouseandgarden.com](http://www.fairweatherhouseandgarden.com)



Astoria-based artist AGNES FIELD - pictured here in front of her large scale work at Fairweather Gallery - uses a "matter of fact" approach to painting and making objects by improvising and reusing found materials along with the paint to amplify the intended meaning. "Painting is a dark romance for me —a sensuous love of paint and materials, but also the expression of unknown meaning that always finds its way to the surface. It is often on the edge between making and destroying." Field is president of Astoria Visual Arts, curates for KALA Gallery and has nurtured a long relationship with the development of art and artists in the Lower Columbia Pacific region.

## Mother Earth At LightBox

**LIGHTBOX** Photographic Gallery presents the group exhibit, "Mother Earth" on through the month of August. Stu Levy of Portland, Oregon served as juror for this exhibit.

Our Mother Earth, precious, beautiful, glorious, fragile, abused, stressed. The tradition of landscape photography is one of beauty and majesty yet the reality of landscape is so much more. "Mother Earth" looks to open our eyes to the changing environment and landscape, to reveal the wonders of nature and to impose an awareness of the fragility of Our Home, Mother Earth.

Fifty photographs were juried into the show, including work of local Astoria photographers, Dwight Caswell, Roger Dorband, Jody Miller, David Lee Myers, Paul Haist, and Tom Kittel. Many photographers from the Northwest and from around the rest of the country complete the collection on display. All info and images from the show can be seen on the gallery website at [http://lightbox-photographic.com/shows/mother\\_earth](http://lightbox-photographic.com/shows/mother_earth).

Portland-based Levy teaches photography workshops on the Oregon Coast, studied with Ansel Adams and was an assistant



Roger Dorband, Harney County Pasture

instructor for Adam's workshops in Yosemite and Carmel, and also taught at the Ansel Adams Gallery Workshops.

His photographs are in many public and private collections including the Center for Creative Photography, the George Eastman House, the Portland Art Museum, the University of Oregon Art Museum, the Santa Barbara Museum of Art and the Wilson Centre for Photography.

**ALSO:** LightBox Darkroom Members, presenting archival fiber silver gelatin prints. LightBox offers supporting memberships for those who would like to help promote the creative photographic arts on the North Coast of Oregon. 1045 Marine Dr. in Astoria. Open Tues-Sat 11-5:30. 503-468-0238 or [info@lightbox-photographic.com](mailto:info@lightbox-photographic.com)



Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 2pm at the ASOC playhouse in Astoria.

Evening Gloves. A one act social comedy. Suggested donation. 3pm at the NCRD in Nehalem.

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

## Monday 17

### MUSIC

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

### CINEMA

Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

### HAPPENING

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

## Tuesday 18

### MUSIC

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

### CINEMA

Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

### HAPPENING

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

## Wednesday 19

### MUSIC

The Horse necks. 8pm at the Adrift Hotel in Long Beach.

### CINEMA

Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

### FOOD & DRINK

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

### HAPPENING

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

### LITERARY

Poetry Reading. Poet Max Blue. Bay Area Poet Max Blue performs at KALA. Blue travels with guitarist/singer-songwriter Andrew Boylan. Local poets open. Doors open at 7:30pm. \$5 cover. Full Bar. KALA, 1017 Marine Drive in Astoria.

### THEATER

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

## Thursday 20

### MUSIC

Inka Jam. 7pm at the Lincoln City Cultural Center. 541-994-9994

The Horse necks. 8pm at the Adrift Hotel in Long Beach.

### CINEMA

Teenage Mutant Ninja Turtles II. \$2, 11am at the Bijou Theater in Lincoln City.

### HAPPENING

Wahkiakum County Fair. At the Wahkiakum Fairgrounds in Skamokawa.

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

National Radio Day. Celebrate with a dose of radio and a tall glass of lemonade from 11am – 3pm at Coast Community Rado in Astoria.

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

### OUTSIDE

Birdies Fore Books Golf Tournament. For SMART (Start Making a Reader Today) to support children's literacy, with a wine tasting reception. Golf includes 9 holes and cart, drink ticket during golf, wine tasting and appetizers . Reception includes wine tasting, beer and appetizers. Wine Tasting Reception \$30, Golf \$70 per person. Golf scramble at 3pm, Wine Tasting Reception 5 – 7pm at the Gearhart Golf Links. RSVP by 8/13 at getsmartoregon.org/about-smart/ local-offices/north-coast-area/events/

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

### THEATER

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Friday 21

### MUSIC

Nehalem Valley All-Stars. 5 – 8pm at the Manzanita Farmers Market.

David Drury. Jazz guitar. 6pm at the Bridge-water Bistro in Astoria.

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

Xochitl. 9pm at the Nauti Mermaid Bar & Bistro.

### ART

Rockaway Beach Art Fair & Farmers Market. At the Rockaway Beach Wayside.

Mingle & Muse. Free, mingling at 4:30pm with light refreshments followed by a presentation at 5pm by painter Jef Gunn. At the Sitka Center Near Otis.

### FOOD & DRINK

Seafood Boil. Seafood and kielbasa paired with McMenamins ales. \$85 per person at the Gearhart Hotel.

### HAPPENING

Cathlamet Downhill Corral Longboard Races. On the streets of Cathlamet. cathlamet-chamber.com/longboard\_races.php

Wahkiakum County Fair. At the Wahkiakum Fairgrounds in Skamokawa.

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

Black & Gold Northwest. A benefit supporting returning wounded veterans. Sporting clays competition, fishing tournaments and auction dinner event. \$100 per person. At the Clatsop County Fairgrounds, Astoria. Register at blackandgoldclassic.com/Oregon

### OUTSIDE

McMenamins Brew Tour Golf Tourney. Seasonal and unique beers from McMenamins breweries will be stationed on the course

for tasting. 2pm shotgun start, \$60/ player, cart rental \$15 per player. At the Gearhart Golf Links.

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 6 – 8pm at the Siletz Bay National Wildlife Refuge. Please call 541-270-0610.

### THEATER

All the Better to Kill You With. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Saturday 22

### MUSIC

Daniel Cecil. 9am – 2pm at the Tillamook Farmers Market.

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

The Winterlings. 7pm at the Waikiki Beach Arena at Cape Disappointment State Park, Ilwaco.

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

Neil Darling Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Ten Spiders. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Xochitl. 9pm at the Nauti Mermaid Bar & Bistro.

### ART

Rockaway Beach Art Fair & Farmers Market. At the Rockaway Beach Wayside.

Closing Reception. Art Accelerated Pop-Up Show, 5 – 8pm at 2016 3rd St in Tillamook. artaccelerated.weebly.com

Nestucca Valley Artisans Art Festival. Free admission, 10am – 5pm at the Kiawanda Community Center in Pacific City.

### CINEMA

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

### FOOD & DRINK

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

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

### HAPPENING

Cathlamet Downhill Corral Longboard Races. On the streets of Cathlamet. cathlamet-chamber.com/longboard\_races.php

Wahkiakum County Fair. At the Wahkiakum Fairgrounds in Skamokawa.

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

Black & Gold Northwest. A benefit supporting returning wounded veterans. Sporting clays competition, fishing tournaments and Auction dinner event. \$100 per person. At the Clatsop County Fairgrounds, Astoria. Register at blackandgoldclassic.com/Oregon

NW Classics Fly In & Cruise In. At the Tillamook Naval Air Museum.

Old School Classic Car Show. Includes raffle, music, food and a beer garden. 10am – 4pm at the Lincoln City Cultural Center.

### OUTSIDE

CHIP-in. Love Your Columbia Astoria Riverwalk Clean-up. The program will host its next clean up on the Astoria Riverwalk Trail. Volunteers will be picking up trash and removing invasive plant species. Parking is available at the Astoria Aquatic Center. 9am.

National Park Service 99th Birthday Party. Free. Family fun activities. BBQ, canoeing and kayaking, share memories with Fort Clatsop 1955 builders, and more. 11am – 3pm at Netul Landing at Fort Clatsop National Park, Warrenton.

Dragon Boat Rides. In Nehalem Bay. Rides are at 2:15 and 3:25pm. Register at ncrd.org

### THEATER

Angels Among Us. A Cabaret Dinner Theater Performance. With performer LuRain Penny and accompanist Peter Unander. \$50 Dinner begins 5pm, presentation at 6:15pm, Dinner Theater at 6:30pm, and concert 8 – 10pm at the Seaside Convention Center. 503-738-4231

All the Better to Kill You With. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Sunday 23

### MUSIC

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

Richard T and Friends. No cover, 11:30am – 2pm David Drury. Jazz guitar. 6pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. Live music from 1 – 2pm at the Hoffman Center in Manzanita.

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

Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

Ronnie Jay Pirrello. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City

### ART

Rockaway Beach Art Fair & Farmers Market. At the Rockaway Beach Wayside.

Nestucca Valley Artisans Art Festival. Free admission, 10am – 5pm at the Kiawanda Community Center in Pacific 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

Cathlamet Downhill Corral Longboard Races. On the streets of Cathlamet. cathlamet-chamber.com/longboard\_races.php

WA State International Kite Festival. On the beach at Long Beach. kitefestival.com/ kite-festival/

### THEATER

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

calendar cont. 22-23 ➡

# WEEKLY

## Friday

### MUSIC

Maggie & The Cats w/ The Tolovana Brass. A New Orleans Gumbo of eclectic covers, soul, blues, r&b, and a Lagniappe of originals. No cover, 6:30 – 9:30 at the Wine Bar at Sweet Basil's in Cannon Beach.

Tom Trudell. Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA.

Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

Jackson Andrews & Dave Quinton. Blues/ Folk/Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

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

### HAPPENING

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

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

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

Spirit Dance 2. A free-form dance celebration. Music by DJ Pranawave. 6pm warm-up & stretch. 6:15 circle opens and dance begins. 8pm finish. Suggested donation \$10, free for kids. At Pine Grove Community House in Manzanita.

## Saturday

### MUSIC

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

Open Mic. 3 – 6pm at the Beehive in Nehalem.

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

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

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

### FOOD & DRINK

Wine Tasting Special. \$9 for 4, 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

## Sunday

### MUSIC

All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.

North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.

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

## Monday

### HAPPENING

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

## Tuesday

### MUSIC

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

Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

### HAPPENING

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

### THEATER

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

## Wednesday

### MUSIC

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

The Coconuts. Swing/Jazz/Country/Blue-grass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Jam Session. No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.

Jam Session. Hosted by Richard Thomasian. No cover, 7 – 10pm at the Port of Call in Astoria.

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

### LITERARY

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

### SPIRITUAL

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

## Thursday

### MUSIC

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

Dallas Williams. Folk/Americana. No cover, 6:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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

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

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

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

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

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

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



cont. Aug . .

## Monday 24

### MUSIC

Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

### CINEMA

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

## Tuesday 25

### MUSIC

Ezza Rose. 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

Encore 20th Anniversary Party. Enjoy a free Hip Hop class for all ages at 4:30 p.m. and our tumbling room will be open to explore a fun obstacle course and bounce house! Instructors will be on hand to answer questions, give studio tours and help you choose the perfect classes for the fall. Dancewear and shoes will also be available for purchase. 4 – 6pm at the Encore Dance Studio in Gearhart.

### OUTSIDE

Free Admission to WA State Parks.

## Wednesday 26

### MUSIC

Ezza Rose. 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

Pacific County Fair. \$5 daily, \$10 for 4-day button. At the Pacific County Fairgrounds in Menlo, east of Raymond. co.pacific.wa.us/pcfair/

### LECTURE

Lewis & Clark's New Look. With Gary Moulton. 6:30 – 8pm at the Columbia Pacific Heritage Museum in Ilwaco.

### THEATER

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

## Thursday 27

### MUSIC

Ezza Rose. 8pm at the Adrift Hotel in Long Beach.

### CINEMA

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

### HAPPENING

Pacific County Fair. \$5 daily, \$10 for 4-day button. At the Pacific County Fairgrounds in Menlo, east of Raymond. co.pacific.wa.us/pcfair/

### 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

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Friday 28

### MUSIC

Dan Cecil. 5 – 8pm at the Manzanita Farmers Market.

David Drury. Jazz guitar. 6pm at the Bridge-water Bistro in Astoria.

Phil Vassar. \$15/ couple, \$80 per person includes desserts and spirits. At the home of Eric Paulson in Astoria. RSVP at 503-325-2203. oldoregon.com/events/details/phil-vassar-concert-for-cchs-5643

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

Engraved. 9pm at the Nauti Mermaid Bar & Bistro in Lincoln City.

Ian McFeron. 9pm at the Adrift Hotel in Long Beach.

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

### HAPPENING

Pacific County Fair. \$5 daily, \$10 for 4-day button. At the Pacific County Fairgrounds in Menlo, east of Raymond. co.pacific.wa.us/pcfair/

### OUTSIDE

Hood to Coast Race. hoodtocoast.com

### THEATER

All the Better to Kill You With. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Saturday 29

### MUSIC

Tom Trudell. Jazz piano. 6pm at the Bridge-water Bistro in Astoria.

Big Band Dance. With the Lincoln City Pops Orchestra. 7 – 10pm at the Lincoln City Cultural Center. 541-994-9994

Laura Sheehan. 9am – 2pm at the Tillamook Farmers Market.

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

Engraved. 9pm at the Nauti Mermaid Bar & Bistro in Lincoln City.

Ian McFeron. 9pm at the Adrift Hotel in Long Beach.

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

### ART

Word & Image. A Dialog Between Writers and Artists. Writers and visual artists exchange

works, creating pieces inspired by each other's works. 7pm at the Hoffman Center in Manzanita.

Tillamook Art on the Green. Enjoy two days of Arts, Crafts, Antiques, Food and Entertainment. 10am – 5pm at the Blue Heron French Cheese Company in Tillamook.

### CINEMA

Who Framed Roger Rabbit. \$2, 11am the Bijou Theater in Lincoln City.

### FOOD & DRINK

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

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

### HAPPENING

Pacific County Fair. \$5 daily, \$10 for 4-day button. At the Pacific County Fairgrounds in Menlo, east of Raymond. co.pacific.wa.us/pcfair/

United Paws Adoption Event. 10am – 4pm at Pine Grove Community Center in Manzanita.

Bay City Pearl Festival. Artists, music, vendors, parade, rummage sale. Atarting at 10am at the Bay City Arts Center and Tennis Courts.

### OUTSIDE

Hood to Coast Race. hoodtocoast.com

### THEATER

All the Better to Kill You With. Whodunit. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

## Sunday 30

### MUSIC

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

Richard T and Friends. 11:30a – 2pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. Live music from 1 – 2pm at the Hoffman Center in Manzanita.

The Commanders Jazz Ensemble. Free, 4pm at the Liberty Theater in Astoria.

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

Hip Hatchet. 8pm at the Adrift Hotel in Long Beach.

### ART

Tillamook Art on the Green. Enjoy two days of Arts, Crafts, Antiques, Food and Entertainment. 10am – 4pm at the Blue Heron French Cheese Company in Tillamook.

### HAPPENING

Dog Day Afternoon. Pirate Play is the theme for this year's Dog Day Afternoon event at Astoria Sunday Market. The centerpiece of the day is a catwalk for the dogs and their owner as they compete for prizes of best-dressed and other silliness. This year the dogs will "Walk the Plank" instead of the catwalk to compete in this pirate-themed event. Registrations are \$5 per pet with proceeds going to Clatsop Animal Assistance. 10am – 3pm.

### THEATER

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

## Monday 31

### MUSIC

The Blackberry Bushes. 8pm at the Adrift Hotel in Long Beach.

Hip Hatchet. 8pm at the Sou'wester Lodge in Seaview.

# ASOC 12TH ANNUAL VIVIAN AND VIRGINIA CONTEST!

**CALLING ALL STURDY WOMEN AND MEN!** The Vivian and Virginia Contest is back! It's the 12th year the Astor Street Opry Company will be holding their little bit wicked friendly competition between local Taverns and Coffee Houses. This is how it works: local participating establishments choose in-house representative as their participant for the competition to represent two of our charming characters from the local original musical melodrama "Shanghaied In Astoria", now running at the ASOC Playhouse to September 12th 2015.

The basic goal is pretty simple...sell the buttons for as much as you can get with a recommended minimum

## Theater Ops DIRECTOR OPPORTUNITIES

for upcoming Riverbend Players Community Theater productions at the NCRD Theater in Nehalem, OR

*Over the River and Through the Woods*  
A heartwarming comedy written by Joe DiPietro that focuses on generational differences in a family. Cast consists of 3 men and 3 women - October, 2015.

Following are two, one-act Readers Theater productions:

### *The Dear Departed*

A satire written by Stanley Houghton with a cast of 6 women and 4 men.

### *A Separate Peace*

A sly, gentle dig at society's conventions and preconceptions written by Tom Stoppard. Cast is 4 women and 2 men.

November-December, 2015 in the NCRD River Bend Room

*If you are interested in a director position, please contact Brian McMahon (briantjmcmahon@gmail.com /503-368-3201) or Linda Makohon (makohon@hotmail.com /503-504-6224)*

## AUDITIONS • TRUE WEST

The Astor Street Opry will be holding auditions for the for the Pulitzer Prize runner-up play written by Sam Sheppard "TRUE WEST". Directed

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## Encore Dance Studio's 20th Anniversary Celebration

ENCORE DANCE STUDIO invites you to help kick off thier 20th Anniversary Celebration season with an Anniversary party on Tuesday, August 25th from 4pm to 6pm. Enjoy a FREE Hip Hop class for all ages at 4:30pm and the tumbling room will be open to explore a fun obstacle course and bounce house!

Instructors will be on hand to answer questions, give studio tours and help you choose the perfect classes for the fall. Dancewear and shoes will also be available for purchase. Fall 2015 schedule is online now at [www.getyoudancing.com](http://www.getyoudancing.com).

This fall Encore is offering over 70 classes per week in two locations! Choose from Tap, Jazz, Ballet, Musical Theatre, Lyrical, Tumbling, Hip Hop, Acro, Cheer & Born to Entertain Performing Arts Preschool. Classes are available for all ages from 2 1/2 thru adult. Convenient after school programs are available with school bus drop off and transportation is available from Seaside Heights. For more details please visit [www.getyoudancing.com](http://www.getyoudancing.com) or call us at 503-717-1637.

of \$2.00 and help ASOC raise cash for our Capital Campaign to get indoor plumbing at the ASOC Playhouse!!

YES, this truly is an election that can be bought! And the fun part is, whoever raises the most cash for ASOC, will be awarded the coveted prize of the Title Miss Vivian or Virginia 2015 complete with fabulous prizes, trophies and bragging rights!

Celebrate the Winners at Topsey Turvey performances (where the boys play the girl parts and the girls play the boy parts,) Sept 18-19 at ASOC! So buy up those buttons folks and support your local hystorical, hysterical theater.

by Markus Brown on Sunday, August 16th @ 6pm & Monday, August 17th @ 6pm.

Players Needed:(3) Men (1) Woman. Ages 25-65. Including: Austin (25-35) He is well educated and has a wife and children. Lee (35-45) He is a drifter and a thief and Saul (35-up) a Hollywood Producer.

Synopsis from Snoop.com  
"Sometimes your little brother just drives you absolutely insane, right? Or, if you don't have a little brother, you have that friend who is great and everything, but can totally make you want to throw things at him on occasion. Well, imagine that kind of relationship built up over 30 years or so, and imagine that both parties involved are a little bit crazy, and now imagine that they're stuck in a room with nothing other than booze, burnt toast, and the sound of yapping coyotes to occupy their time. Chances are, things are going to get ugly. That's the situation at hand in Sam Shepard's True West, and "ugly" doesn't even begin to cover the events of this play.

This years ASOC Fall Production will be a challenging and exciting process for performance artists and a thought-provoking and rousing ride for our audiences. For more information please call the Director Markus Brown @ 503-741-4425 or email @ [markusbrown@astoriawarehousing.com](mailto:markusbrown@astoriawarehousing.com)

### Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you. Located at 342 10th St. in Astoria.

#### Monday

• 10-11am: TAI CHI w/Angela Sidlo

#### Tuesday

• 9-10am: ZUMBA Fitness w/Nayelli

#### Dalida

#### Wednesday

• 10-11am: TAI CHI w/Angela Sidlo

#### Thursday

• 9-10am ZUMBA Toning w/Nayelli

#### Dalida

• 5:30 - 6:30pm: TAI CHI w/Angela

#### Sidlo

#### Saturday

• 6 - 7pm: ARGENTINE Tango w/Estelle

#### Olivares

• 7- 8pm: ARGENTINE Tango w/Estelle

#### Olivares

**NEWS:** Some instructors are taking a short summer break- please view our schedule online for current updates [www.astoriaartsandmovement.com](http://www.astoriaartsandmovement.com)



# BEGINNER'S GUIDE TO GROWING WEED OUTDOORS

## OREGON'S NEW MARIJUANA LAW

now allows anyone over 21 to possess marijuana and to grow four plants at home in a location where it is out of sight from the public.

However, buying plants is still not legal until October 1. Until then, only medical marijuana patients can purchase young plants from medical marijuana dispensaries. So in order to take advantage of the new law and grow your first (legal) plants in the amazing weather this summer, you will have to rely on the generosity of friends or the cannabis community in general.

Luckily, long-time weed growers are enjoying the new-found freedom to grow and enjoy their own plants without fear of prosecution, so they are usually happy to share their experience—and their seeds. So don't be shy—it's really no different than finding a source for any other garden plants—you will be surprised how easy it is to make a connection.

Try to find a strain of plant that will suit your needs. Indica is a relaxant, typically used to relieve pain. The Sativa strain is more of a stimulant, more appropriate for appetite stimulation, migraines, pain, nausea, and commonly used by HIV/AIDS and cancer patients.

We are going to start with outdoor growing, which requires only basic gardening equipment. For this, you need to make sure that your seeds or plants are suitable for growing in the variable weather likely in your garden, balcony, window box, greenhouse etc. Note that experts recommend always planting in pots so they remain portable and you can move them if the summer ends early, you realize your plants are becoming more visible as they grow, or you decide to move.

**1)** To give yourself the best chance of success, you don't just dig up some soil from your yard and drop it into a pot. The modern cannabis plant has been highly modified through many generations, and demands a very refined set of inputs to work its alchemical magic. This includes specific soils, amendments, compost teas, wet and dry fertilizers (all sold by our local experts at Astoria Indoor Gardening Supply) that will run you at least \$50.

**2)** Seeds: There are many methods of germinating the seeds. Always keep the seeds moist in a dark place for 1 to 3 days. Whenever you see a white root popping out of the seed, it's time to plant it in unfertilized soil. With the tip of the root pointing down and the seed pod on top, so leaves can sprout easily. Or you can start your seeds in small pots filled with the best soil mix formulated for cannabis that you can afford.

**3)** If you start with a small plant, you will probably need to transplant it into a bigger pot before the roots reach the bottom of the pot and start to tangle or become root-bound. Keep it in a shady spot for a few days, then increase its exposure to sunshine over a week or so.

**4)** Find a place with enough light, at least 18 hours of sunlight are needed, for it to stay in a vegetative state, or 12 hours of sunlight to start your budding or flowering of your plant. Don't over-water or over-fertilize. The soil should be pretty dry before you water. Feed the plant a compost tea every other watering, and water with plain water if dry otherwise. About three to five weeks after planting, add a "top dressing" of nutrients and fertilizer, also repeat tea feeding every other watering.

**5)** When the plant reaches 6-12 inches high, prepare fertilized soil in a clean five-gallon plant pot and re-plant. Sex the plant. You can tell if your plant is a male or female by examining it where the main stem connects to the branches. If there are



pollen sacks (balls) forming, it is male and cannot produce a bud and must be carefully removed and disposed in order not to pollinate the females. A female has white hairs emerging at the same spot that will grow into buds.

**6)** A single male plant will pollinate with all the female flowers in a room. This will provide you with your own seeds for the winter but will not provide you with any usable marijuana material. Plants that breed together will take on the characteristics of each parent plant. (So a blue dream male who pollinates a G-13 female would now become a blue-13 strain.)

**7)** Think about pest control before the pests arrive!! There are many insects and animals just waiting to take a bite of that delicious flower you have been spending your time on, including insects, caterpillars, slugs, and large animals that visit your garden! There are foliage sprays to kill insects that will attack your plants outside, but killing isn't always the way to go and can harm the environment. A simple barrier/fence surrounding your plant will keep most pests and animals out of harms way.

**8)** Molds will be your next problem, but will only really bother you during the rainy season, so if you are able to finish and harvest your plant before the storms come in you won't have to deal with it at all. (There are organic sprays to kill mold.)

**9)** It will be time to harvest in about 45 to 70 days after the plant begins to flower. It will show signs of maturity by the yellowing of the broad sun leaves. These will need removed to encourage the accelerated growth of the flower. Cannabis is an annual plant, which means once it has flowered it will die. The main sign of a fully grown plant will be the change from the white hairs on the flowers to red. Yes! It will have that unmistakable odor as it approaches maturity, but hey—it's legal.

**10)** If the summer ends before the plant is ready, you must bring it indoors near a window. Cut down the plant and hang the stems upside down for five to seven days. Once you can snap the flowers off the stems, they're ready to be trimmed. Keep dried flowers in a sealed container for about 10 days, opening and closing it a couple of times a day to allow an exchange of air. If you are a beginner, you can expect to get only about two ounces of buds from an outdoor plant, whereas an experienced indoor grower will harvest many times more. But a flourishing outdoor grow can become extremely productive—as many clandestine growers have proved....

*Thanks to Dustin Niziolek at Astoria Indoor Gardening Supply for his help with this column.*

cont. Sept 1

### CINEMA

Who Framed Roger Rabbit. \$2, 11am the Bijou Theater in Lincoln City.

## Tuesday 1

### MUSIC

Hip Hatchet. 8pm at the Adrift Hotel in Long Beach.

### ART

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

## Wednesday 2

### MUSIC

Pete Olson. 7pm at the Lincoln City Cultural Center.

Live Music. 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.

## Thursday 3

### MUSIC

Live Music. 8pm at the Adrift Hotel in Long Beach.

### CINEMA

Who Framed Roger Rabbit. \$2, 11am the Bijou Theater in Lincoln City.

### HAPPENING

Come Play on Labor Day. Family fun, food, vendors, music, and all the best that small-town America has to offer. In South Bend.

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

### THEATER

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

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

## Friday 4

### MUSIC

Noah Dooley. 5 – 8pm at the Manzanita Farmers Market.

Loch Lomond. 9pm at the Adrift Hotel in Long Beach.

### HAPPENING

Come Play on Labor Day. Family fun, food, vendors, music, and all the best that small-town America has to offer. In South Bend.

First Friday Nights. 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.

### THEATER

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

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria. Saturday 5

### MUSIC

Matt W. 9am – 2pm at the Tillamook Farmers Market.

Eric John Kaiser. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Karaoke from Hell. 45 cover, 9pm at the san Dune Pub in Manzanita.

Loch Lomond. 9pm at the Adrift Hotel in Long Beach.

### ART

Chinook Arts Festival. Blown glass, photography, jewelry, Oil & watercolors, pottery and more. In Chinook.

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

### FOOD & DRINK

Battle of the Bowls. Chili vs Chowder Showdown. \$7 tasting fee. Cooking begins at 10am and public tasting begins at 1pm. At the Elochoman Slough Marina in Cathlamet. cathlametchamber.com/chili\_cookoff.php

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

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

### HAPPENING

Wooden Boat Show. At Elochoman Slough Marina in Cathlamet.

Swap Meet. At the Appelo Archive Center in Naselle.

Come Play on Labor Day. Family fun, food, vendors, music, and all the best that small-town America has to offer. In South Bend.

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.

Civil War Reenactment. Infantry, Cavalry, Artillery, Medical Corps, Camp Followers, and Townspeople (sutlers) make up the variety of Civil War period reenactors you'll encounter. Several live battles are carried out for you to view over the long weekend. At Fort Stevens State Park – Historic Site in Hammond.

Surf City Classic Car Show. 10am – 6pm at Chinook Winds in Lincoln City.

### THEATER

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

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

## Sunday 6

### MUSIC

Bar-K Buckaroos. 10am – 3pm at the Astoria Sunday Market.

Live Music. 8pm at the Adrift Hotel in Long Beach.

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

### ART

Chinook Arts Festival. Blown glass, photography, jewelry, Oil & watercolors, pottery and more. In Chinook.

### HAPPENING

Swap Meet. At the Appelo Archive Center in Naselle.

Come Play on Labor Day. Family fun, food, vendors, music, and all the best that small-town America has to offer. In South Bend.

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.



by Les Kanekuni



**THE GIFT (AUGUST 7)** Jason Bateman and Rebecca Hall star in writer/director/co-star Joel Edgerton's '90s throwback stalker thriller. Bateman and Hall play Simon and Robyn, who have recently moved to Simon's hometown of L.A. from Chicago. At first glance, Simon and Robyn are an ideal couple, ensconced in a modern house in the Hollywood hills, Simon works in computer security; Robyn is an interior designer. In fact, the only thing missing from their lives is children. Robyn had previously miscarried. Almost immediately, Simon and Robyn bump into an ex-high school classmate of Simon's -- Gordo (Edgerton). Before long, the socially awkward Gordo is invited over for dinner and soon after begins showering the couple with unwanted gifts, to the point Simon recalls that Gordo was nicknamed "Weirdo" in high school. Alpha male Simon separates the world into winners and losers. Some people change after high school, Simon says (meaning

himself) while others stay the same (meaning Gordo). Robyn is not so sure. But when it becomes clear that Gordo's fixation on the couple oversteps bounds, they decide to cut off contact with him – until a letter arrives from Gordo referring to a shameful episode from high school where Simon was a bully and Gordo his victim and this is all a game of payback.

**DARK PLACES (AUGUST 7)** Author Gillian Flynn's previous novel before *Gone Girl* hits the screen with Charlize Theron starring in another dark story filled with betrayals and murder. Set in the Midwest, Theron plays Libby Day, a woman traumatized by the murder of her family while she was a child who blames her imprisoned brother Ben (Corey Stoll) for the killings. Thirty years later, Libby is still a mess, but a (fading) celebrity of sorts, being one of two survivors of the Kansas Prairie Massacre. After having penned a memoir of her family's murder years ago "A Brand New Day", Libby's money is running out. She's behind on her rent and nearly broke. She meets Lyle (Nicholas Hoult), a sicko she would normally blow off but for her reduced circumstances. Lyle gets Libby to visit Kill Club, where fellow weirdos re-enact unsolved (or wrongly solved) crimes like Libby's. Lyle is convince that the real killer has not been caught. This causes Libby to flash back to images of her family's murder – and to reconsider what she had previously thought a certainty – that her brother Ben was the killer. After visiting Ben in prison, who has always maintained his innocence, Libby and Lyle team up to find the real killer amid a raft of lowlife characters and issues including child molestation and Satanic rituals.

**THE MAN FROM U.N.C.L.E. (AUGUST 14)** Director Guy Ritchie (*Trainspotting*, *Sherlock Holmes*) returns with his latest action comedy. Synopsis: Henry Cavill (*Man of Steel*) stars as Napoleon Solo opposite Armie Hammer (*The Social Network*) as Illya Kuryakin in director Guy Ritchie's action adventure, a fresh take on the hugely popular 1960's



television series. Set against the backdrop of the early 1960's, at the height of the Cold War, *The Man from U.N.C.L.E.* centers on CIA agent Solo and KGB agent Kuryakin. Forced to put aside longstanding hostilities, the two team up on a joint mission to stop a mysterious international criminal organization, which is bent on destabilizing the fragile balance of power through the proliferation of nuclear weapons and technology. The duo's only lead is the daughter of a vanished German scientist, who is the key to infiltrating the criminal organization, and they must race against time to find him and prevent a worldwide catastrophe. Also starring Alicia Vikander (*Ex Machina*), Elizabeth Debicki (*The Great Gatsby*), and Jared Harris (*Sherlock Holmes*).

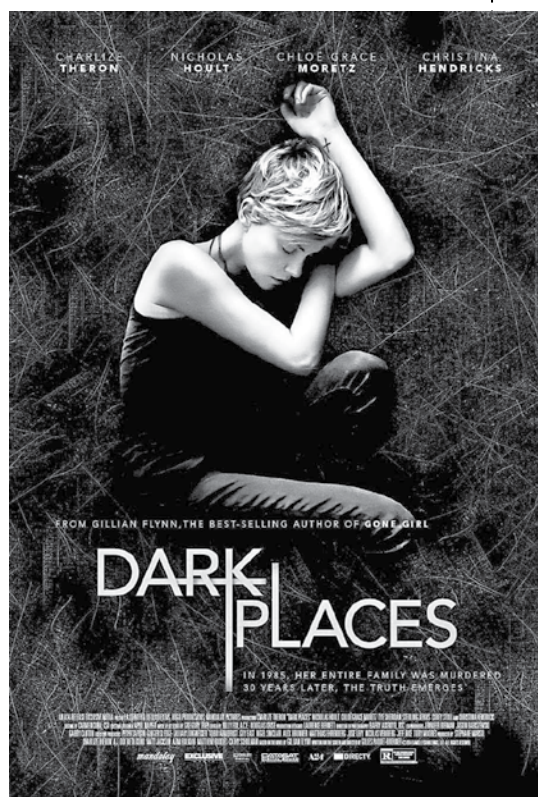
**AMERICAN ULTRA (AUGUST 21)** Jesse Eisenberg and Kristen Stewart star in this action comedy about a stoner who discovers he is actually a professional assassin. Eisenberg plays Mike, perpetually stoned convenience store clerk who (barely) maintains a relationship with Phoebe (Stewart) who is only too aware of all of his faults. Still, after a much-anticipated trip to Hawaii is deep-sixed because of Mike's drug habit, Phoebe is furious, yet stands by her man. Mike resumes his stoned existence,

meeting with his dealer Rose (John Leguizamo), working at the store. But when his CIA handler Lasseter (Connie Britton) shows up at the store with some cryptic code words and soon

thereafter is attacked by assassins which he kills without blinking an eye, Mike is floored. He's a sleeper assassin who's been targeted for

termination. Together with a ticked off Phoebe and aided by Lasseter, Mike must fight his way out of this mess and somehow in the process save his relationship.

**NO ESCAPE (AUGUST 23)** Comedians Owen Wilson and Lake Bell take on rare dramatic acting roles with this family-in-peril action thriller. Wilson plays businessman Jack Dwyer, who moves with his wife Annie (Bell) and their two girls to a Southeast Asian country. But the Dwyer's dreams of a new life are shattered when a coup breaks out. Insurgents attack the city and kill all foreigners. The Dwyers only hope for survival is to make it to the American embassy. With Pierce Brosnan.



## PARKS AFTER DARK



Help raise money for Astoria Parks and Recreation scholarships! for low income families. Come to McClure Park on 8th and Grand Avenue on Saturday, July 25th. This is NOW open to ALL ages. Park opens at 8:00 PM and movie starts at 9:00 PM. \$5.00 entry. Food by North Coast Food Web and Beer for sale.

Sept 5th - GHOST BUSTERS

On Aug 22 - GLOW IN THE DARK at Evergreen Fields, Ultimate Frisbee and Kickball. 8pm





# FREE WILL ASTROLOGY

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## August

**ARIES** (March 21-April 19): “I am very much in love with no one in particular,” says actor Ezra Miller. His statement would make sense coming out of your mouth right about now. So would this one: “I am very much in love with almost everyone I encounter.” Or this one: “I am very much in love with the wind and moon and hills and rain and rivers.” Is this going to be a problem? How will you deal with your overwhelming urge to overflow? Will you break people’s hearts and provoke uproars everywhere you go, or will you rouse delight and bestow blessings? As long as you take yourself lightly, I foresee delight and blessings.

**TAURUS** (April 20-May 20): In her io9.com article on untranslatable words, Esther Inglis-Arkel defines the Chinese term wei-wu-wei as “conscious non-action . . . a deliberate, and principled, decision to do nothing whatsoever, and to do it for a particular reason.” In my astrological opinion, the coming days would be a favorable time to explore and experiment with this approach. I think you will reap wondrous benefits if you slow down and rest in the embrace of a pregnant pause. The mysteries of silence and emptiness will be rich resources.

**GEMINI** (May 21-June 20): “I always liked side-paths, little dark back-alleys behind the main road – there one finds adventures and surprises, and precious metal in the dirt.” The character named Dmitri Karamazov makes that statement in Fyodor Dostoyevsky’s novel *The Brothers Karamazov*. And now I’m thinking that you might like to claim his attitude as your own. Just for a while, you understand. Not forever. The magic of the side paths and back-alleys may last for no more than a few weeks, and then gradually fade. But in the meantime, the experiences you uncover there could be fun and educational. I do have one question for you, though: What do you think Dmitri meant by “precious metal in the dirt”? Money? Gold? Jewelry? Was he speaking metaphorically? I’m sure you’ll find out.

**CANCER** (June 21-July 22): “Sometimes the road less traveled is less traveled for a reason,” says comedian Jerry Seinfeld. His implication is that rejecting traditional strategies and conventional wisdom doesn’t always lead to success. As a professional rebel myself, I find it painful to agree even a little bit with that idea. But I do think it’s applicable to your life right now. For the foreseeable future, compulsive nonconformity is likely to yield mediocrity. Putting too much emphasis on being unique rather than on being right might distract you from the truth. My advice: Stick to the road more traveled.

**LEO** (July 23-Aug. 22): I expect you to be in a state of constant birth for the next three weeks. Awakening and activation will come naturally. Your drive to blossom and create may be irresistible, bordering on unruly. Does that sound overwhelming? I don’t think it will be a problem as long as you cultivate a mood of amazed amusement about it. (P.S. This upsurge is a healthy response to the dissolution that preceded it.)

**VIRGO** (Aug. 23-Sept. 22): Expiration dates loom. Fond adieus and last laughs and final hurrahs are on tap. Unfinished business is begging you to give it your smartest attention while there’s still time to finish it with elegance and grace. So here’s my advice for you, my on-the-verge friend: Don’t save any of your tricks, ingenuity, or enthusiasm for later. This is the later you’ve been saving them for. You are more ready than you realize to try what has always seemed improbable or inconceivable before now. Here’s my promise: If you handle these endings with righteous decisiveness, you will ensure bright beginnings in the weeks after your birthday.

**LIBRA** (Sept. 23-Oct. 22): A company called Evil Supply sells a satirical poster that contains the following quote: “Be the villain you were born to be. Stop waiting for someone to come along and corrupt you. Succumb to the darkness yourself.” The text in the advertisement for this product adds, “Follow your nightmares . .

. Plot your own nefarious path.” Although this counsel is slightly funny to me, I’m too moral and upright to recommend it to you – even now, when I think there would be value in you being less nice and polite and agreeable than you usually are. So I’ll tinker with Evil Supply’s message to create more suitable advice: “For the greater good, follow your naughty bliss. Be a leader with a wild imagination. Nudge everyone out of their numbing routines. Sow benevolent mischief that energizes your team.”

**SCORPIO** (Oct. 23-Nov. 21): “Every time you resist acting on your anger and instead restore yourself to calm, it gets easier,” writes psychologist Laura Markham in *Psychology Today*. In fact, neurologists claim that by using your willpower in this way, “you’re actually rewiring your brain.” And so the more you practice, the less likely it is that you will be addled by rage in the future. I see the coming weeks as an especially favorable time for you to do this work, Scorpio. Keeping a part of your anger alive is good, of course – sometimes you need its energy to motivate constructive change. But you would benefit from culling the excess.

**SAGITTARIUS** (Nov. 22-Dec. 21): Much of the action in the world’s novels takes place inside buildings, according to author Robert Bringhurst. But characters in older Russian literature are an exception, he says. They are always out in the forests, traveling and rambling. In accordance with astrological omens, I suggest that you draw inspiration from the Russians’ example in the coming days. As often and as long as you can, put yourself in locations where the sky is overhead. Nature is the preferred setting, but even urban spots are good. Your luck, wisdom, and courage are likely to increase in direct proportion to how much time you spend outdoors.

**CAPRICORN** (Dec. 22-Jan. 19): Has a beloved teacher disappointed you? Are there inspirational figures about whom you feel conflicted because they don’t live up to all of your high standards? Have you become alienated from a person who gave you a blessing but later expressed a flaw you find hard to overlook? Now would be an excellent time to seek healing for rifts like these. Outright forgiveness is one option. You could also work on deepening your appreciation for how complicated and paradoxical everyone is. One more suggestion: Meditate on how your longing for what’s perfect might be an enemy of your ability to benefit from what’s merely good.

**AQUARIUS** (Jan. 20-Feb. 18): French and Italian readers may have no problem with this horoscope. But Americans, Canadians, Brits, and Aussies might be offended, even grossed out. Why? Because my analysis of the astrological omens compels me to conclude that “moist” is a central theme for you right now. And research has shown that many speakers of the English language find the sound of the word “moist” equivalent to hearing fingernails scratching a chalkboard. If you are one of those people, I apologize. But the fact is, you will go astray unless you stay metaphorically moist. You need to cultivate an attitude that is damp but not sodden; dewy but not soggy; sensitive and responsive and lyrical, but not overwrought or weepy or histrionic.

**PISCES** (Feb. 19-March 20): Which signs of the zodiac are the most expert sleepers? Who best appreciates the healing power of slumber and feels the least shame about taking naps? Which of the twelve astrological tribes are most inclined to study the art of snoozing and use their knowledge to get the highest quality renewal from their time in bed? My usual answer to these questions would be Taurus and Cancer, but I’m hoping you Pisceans will vie for the top spot in the coming weeks. It’s a very favorable time for you to increase your mastery of this supreme form of self-care.

**HOMEWORK:** Express gratitude for the enemy who has taught you the most. [FreeWillAstrology.com](http://FreeWillAstrology.com).

# Bike Madame

By Margaret Hammitt-McDonald

## The Hazards of Riding In Campgrounds and Other Aspects of Camping With a Bike

**HEY, EVERYONE**, it’s me, Columella, Margaret’s faithful folding bike.

About two years ago, she let me take over the column to describe my experiences bicycle-touring in Canada and to give you suggestions if you choose to undertake a similar experience. Now she’s given me the opportunity to address another important bike-touring subject: the sleeping arrangements.

(Alas, as I’m along on a car-camping trip, my own sleeping arrangements have not been optimal. I’ve been folded up in the trunk of the car, wedged between a bag of groceries and some laundry... not the most dignified position.)

My favorite style of lodging is the bed-and-breakfast, as I’m not a young bicycle anymore, and I like to give my tires a rest on a friendly surface. I also appreciate the fact that, when my person is well-fed from the gourmet breakfast and well-rested from sleeping in a bed rather than in a tent (she always seems to find rocks under her, despite searching the area for them before setting up the tent—hey, stop nudging me in the fender, would you?), she is more likely to remember to give me my breakfast treats of fresh lube and grease. Some B and Bs have specials for cyclists, and many will accommodate bikes so that you don’t have to be banished to the porch or worse, the alley. Encourage your rider to splurge on this great arrangement.

If he or she is on a budget, alas, you’re stuck with camping. This is not my favorite, as I’ve either had to be chained to a picnic table at night (on a bike trip) or sequestered within the trunk (on a car-and-bike trip). I’ve been to enlightened places that have bike-only sections, so you can chat with other bikes about our favorite topics (how often our riders maintain us,

favorite flavors of lube, least favorite flat-prevention devices) and the sounds of generators for giant RVs will fade into the distance.

Then there’s my favorite adventure: riding around the campground. It’s much like riding in a parking lot: things can become a free-for-all. (Not to mention that if you’re camping at a high altitude, your rider may be huffing and puffing in the most unbecoming way—not the best time to flirt with that hot



pink hybrid cycle next door.) You’ll experience the usual thrills and chills, plus you’ll share the road with some unlikely creatures, everything from those bus-like RVs to

bears! (I met a bruin in Sequoia National Park. He lost interest in me when he discovered that the odor of energy bars clinging to me did not mean I had any actual energy bars hidden inside my frame.) Watch out for little kids (and some adults) riding the wrong way, chipmunks dashing across your path, and stray laundry lines ready to snag your rider.

**OH**, I suppose I forgot the other option: staying in a hotel or motel. I’ve had memorable experiences in mom-and-pop establishments with fake bamboo headboards and eye-searing rugs, where I had to sleep between a luggage rack and the teeny bathroom, providing my rider with entertaining tripping hazards at night. (Needless to say, we haven’t stayed at the posher establishments.) These places come with delightful ‘70s music for background and beds that droop in the middle (not that I ever get the chance to sleep in a bed!)

There are a few sleeping arrangements I haven’t tried: roof racks, yurts, backpacking, Walmart parking lots (the horror!) If and when I do, you’ll be the first to know.



## WORKSHOPS/CLASSES

**BIRD ILLUSTRATION CLASS.** August 17. With Nora Sherwood. \$20 includes materials, coffee and scones. 10:30am – 12:30pm in the Chessman Gallery at the Lincoln City Cultural Center. Register at 541-992-4292

**CANNING CLASS.** AUGUST 25. Canning pickles, tomatoes and salsa. 6 – 9pm at the OSU Extension Office in Tillamook. 503-842-3433

**RESIDENTIAL ENERGY EFFICIENCY & Solar Incentives Workshop.** August 25 & 26. With Pacific Power and Energy Trust. Technical assistance, valuable incentives and personalized referrals to qualified local contractors. Free, 6 – 9pm in the Loft at the Red Building in Astoria on the 25th and from 6 – 8pm at the Seaside Convention Center.

**OJO DE DIOS WEAVING WORKSHOP.** August 29. With Kate Rutter. In this workshop, you will learn the symbolic ritual of creating an OJO DE DIOS, Spanish for Eye of God. Artist Kate Rutter will demonstrate this ancient weaving technique around wood supports with yarn and colored string. Workshop with class instruction and demonstration, 11am – 1pm. Open studio with supplies available to continue working 2:30 – 3:30pm. For age 10 and up. All supplies provided. Suggested donation \$15 – \$20 for adults, \$10 for kids. At the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

**CONFERENCE ON EXTRAORDINARY LIVING.** September 12. This conference is designed to provide adults with information and resources that will enable them to "Live Life to the Fullest." Plenary sessions, panels and a great variety of workshops will be offered. A healthy lunch will be provided. \$10 suggested donation. 9:30am – 4pm in room 219 at Columbia Hall at CCC in Astoria.

**FIBER ARTS.** NCRD is hosting the North Coast Fiber Arts Group on Mondays from 1-3 pm in the Riverbend Room. If you do handwork of any kind...knitting, crocheting, weaving, macramé, needlepoint, etc. You are welcome to come and join like-minded folk. Bring your knitting problems on the 3rd Monday of the month and get help from knitting instructor Lou Stine. The group will be working on charity projects in the future such as Warm Up America or Carewear. email Jane for further information. knappgj@yahoo.com

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

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

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

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

## BODY WORK•YOGA•FITNESS

**YOGA NAMASTE.** Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for

weekend workshops. www.yoganam.com. 530 440 9761.

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

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

**YOGA—North County Recreation District—Nehalem.** Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. Saturday 8-9:30am Mixed-Levels Yoga. 4 different instructors, \$8 drop-in fee each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Café, turn left uphill). Call 503-368-7160 for more information.

**LINE DANCING.** NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out an do Bootin' Scootin' Boogie and MANY more. Fun for all ages. \$1.00 admission fee. North Coast Rec District in Nehalem.

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

**YOGA—Manzanita, Center for Contemplative Arts, Manzanita Ave.,** Tuesday 5-6:30pm. \$10 drop-in fee. Call 503-368-3733 for more information.

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

**QIGONG.** Free. Easy relaxing exercise & meditation qigong class. Helps arthritis & fibromyalgia, reduces stress, helps balance. Tues & Thurs, 9am to 10am, Astoria Methodist Church, 1076 Franklin Ave. Enter 11th St door Call Linda Williamson. 503.861.2063.

**THAI CHI – ASTORIA.** Angela Sidlo is teaching Tai Chi at Astoria Arts & Movement Center! She will begin classes on Thursdays evenings at 5:30 pm starting May 14. The focus will be Yang Style short form. It is a very graceful form of meditation in motion with this ancient Chinese wellness practice. Learn deep breathing, develop core strength and better balance as you experience a true mind body connection. We will also practice Sun style 12 & 24 form. (for those who know it and don't want to forget!) Angela has been teaching tai chi for over 5 years with literally hundreds of students countywide. Join us for fun, relaxation and connection. Fee: \$50.00. Call Angela to register 503-338-9921

**T'AI CHI.** The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

**LEARN SELF DEFENSE.** American Kenpo Karate (Ocean Park, Wa) Private & Semi-Private Lessons (Adults Only, \$10.00 Per Lesson. Currently Teaching Wednesdays And Saturdays). For Free Introductory Lesson Contact Instructor Jon Belcher At: Phone: 360-665-0860 E-Mail: Jonbelcher1741@yahoo.com

**ZUMBA.** Low Impact Fitness for many ages. Licensed instruction. Tolovana Community

Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503.738.6560

**ZUMBA.** Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Winter class runs through March. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach – instructor. Ncrd. 36155 9th Street Nehalem, Or 97131 (503) 368-4595 Rerlebach@gmail.com

## SPIRITUALITY

**CONVERSATIONS WITH MOTHER MARY.** Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**Woman's Worth Workshop Series.** The Divine Within. June 27. With Kathleen Dudley. Join us as we discover explore and journey deeper into our feminine – understanding our intrinsic worth, our essence and spiritual path and how the Divine Feminine manifests in our life. 4 – 6pm at Wholistic Reflexology, Seaside Yoga Studio. Saturdays through Aug 29. Register by calling 503-717-5129

8am – 12:30pm. In room 310, Towler Hall, CCC in Astoria. Register at Ichrma.org/

**Art & Mindfulness.** With Amy Selena Reynolds. Once a month, 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where are and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the Flag Room of the Public Library. Time: 5:45 – 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Registration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice – quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwetsky.net

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

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

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

## VOLUNTEER

**CLATSOP CARE CENTER** is looking for volunteers to assist in our Quality of Life Department. Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music, singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check & a TB screening test. For

more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 222."

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

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

**Weekly Habitat Restoration/Stewardship Work Parties.** 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habi-

## MEETINGS/MEET-UPS

**LA MESA CONVERSATION GROUP.** Join us on Tuesday nights this summer to share food, community, and culture! La Mesa de Conversacion (conversation table) brings together a group of community members to discuss common themes and informally practice both English and Spanish over shared meals. La Mesa will be held all summer on Tuesdays from 6-8, and is a family event, with activities for kids. Join us tomorrow night – we'll be talking about summer celebrations and traditions over a meal of fajitas provided by the Bunkhouse! For more info, contact Willa Chidress at (503) 812-1056 or at wchidre@macalester.edu. The Lower Columbia Classics Car Club. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. For directions call Steve Jordan at 503-325-1807.

**TILLAMOOK PILOTS ASSOCIATION.** Meets 1st Sat ea. month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Interested in learning to fly? Or simply interested in general aviation, come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. tillamookpilots.org.

**ENCORE.** Join us for the ENCORE Lunch Bunch the first Tuesday of the month. Questions about Lunch Bunch? Call Reta Leithner 503-717-2297. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE is sponsored by Clatsop Community College, and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinator, 503-338-2408, or toll free at 1-855-252-8767.



## Now is the Time to Think About College

Fall term at Clatsop Community College will start September 28 and it's now time to register for the classes that are the most convenient for your schedule. Beat the September rush and find the classes that best meet your needs.

You can find help for many of the challenges to starting or returning to CCC. Contact Student Services to make an advising appointment or to get help with admission; call 503-338-2411. Scholarship funds and financial aid are still available; call 503-338-2322.

Concerned about access to the college during construction and street work? The main campus will operate as usual with a full complement of classes and a new connection with lift that links the upper and lower campus facilities. You will be able to watch the exciting development of the new Patriot Hall and be among the first to see this tremendous new facility as it approaches completion. Vehicle access to CCC will continue throughout the project although periodic detours may be necessary. Visit www.clatsopcc.edu for updates. Please direct inquiries to: Student Services Welcome Center Hall, 503.338.2411.

## Meditation Class at CCC

Learn how to sit quietly, be in your body, and listen to your heart in the practice of developing compassion for yourself and others. A secular class of self discovery, students help each other to create a home practice of meditation.

Starting this fall - Thursdays 6-7:30pm. at the college room 209 Towler Hall. Register at Clatsop College. For more info: Ron Maxted 503.338.9153, email ronmaxted@wwetsky.net



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

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

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





## Messages Sonja Grace mystic healer

### Full Circle

**I** RECENTLY returned from a trip to the reservation to see my family and attend a ceremony. Northern Arizona was blessed with rain and glistened with beautiful shades of green. The temperature was not what I expected and I found myself cold and searching for a sweater. Tired and worn the people carried a similar appearance to what I see around the globe. The younger generation had multiplied with babies everywhere. Grandparents became parents again to a generation of elders who had reincarnated to handle the future. Young men roamed the village meeting privately to gain power. The ideas of spiritualism is second nature on the Rez. The feeling of being powerless prevails with the influence of the modern world present in

every home. Although the spiritual tools of the ancient are passed down; the struggle for respect and power runs wild. I told my Grandfather there were so many people in the world trying to be shamans and medicine men but they did not understand what that meant. He said he understood and the problem was the same within the tribe.

He told me I was born with specific powers and meant to doctor and heal people. He said all people have things to do here; we all have our own gifts. My Grandfather is a wise man who cares for his cattle and hauls water daily; enduring the harsh landscape and weather. He observes the plants, sky and water and learns from his daily walk on this planet. He told me the same thing was

happening on the reservation; young people saying they are medicine men, wanting power. They end up hurting each other and misusing these ways. I reflected on the world and how many people feel powerless in their cultures, religions and communities. Many use status and money to feel effective but underneath it there is a sense of not being valued for who they are. We have taken that away through humanities enthusiasm for developing the industrial age and now the age of technology.

We all carry the emotional wound of betrayal through our earthly incarnations. I feel this on the reservation and watched this ancient wound repeat like heat waves in the desert. I connected the dots. No matter what culture, country or people you are born into there is some form of victimization that has taken place. We carry that torch, identifying with both sides victim and perpetrator. We reincarnate for lifetimes trying to resolve old wounds. The power we once had to connect to the land has gone and we search for it, longing to feel valid in this world. Reconnect with the earth and find your sense of self deep within the planet. She is more than just rocks, dirt and water. She is alive.

*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 book 'Become an 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

## The Six Signs that You (or Someone You Know ) is Painfully Unhappy.

**I'M CHEATING.** This title was derived from a website that said, "Six Signs That Your Dog is in Pain." Dogs can't speak, so we need to read their body language. Sometimes people can't or won't speak so it behooves us to pay attention to body language.

A change in behavior is an indicator that something is brewing inside. If someone who is usually pretty fun to be around suddenly seems more serious or quiet, then perhaps the person is dealing with something profoundly personal.

Irritability can be an indicator that life's little problems are ganging up on a person. General lack of communication can be a sign that one has turned inward.

Extreme sensitivity is a sign that something is up. A casual joke that is met with a flash of anger. Sudden "almost tears" are not to be disregarded.

A change in habits, be it excess eating or not eating or overspending or excess sleeping can be symptoms of unhappiness. These could be considered self-soothing maneuvers.

The person "looks" unhappy. Perhaps the lips are pursed, or tightly held. The eyes dart

perhaps, trying to avoid contact with another human. Movements are tense or riddled with self-consciousness.

Six Signs. Some so subtle that it takes a friend to register the fact.

Sometimes that person who is unhappy is - You. This is where you get to take a step back and take note of your own presence. If you've ever caught your reflection in a store window, this is much like that. Look at your face in a passing reflection. Tense? Clutching something? Too focused, walking too fast? Looking unapproachable?

Home. Do you sometimes not want to talk to friends, so you let the phone go to voicemail? And if not, are you evasive and noncommittal? Unable to make plans? Tense, irritated that the other person doesn't seem to "get it" (whatever that may be)? Antsy? Feeling like you should be anywhere but "Here" but you can't put your finger on it. On what or where would make you happy? You may be unhappy.

A friend will notice and ask perhaps. Maybe not. You may or may not have anything to say. You may not even know that you are exhibiting signs of unhappiness. It may be

an uncomfortable sense of unease, things are just not right.

What to do? Take stock of your own life. Take time to register those areas that are painful. This may be acute awareness of loneliness or alienation of some sort. It may be a bout of low self-esteem, perhaps when life snowballs in one direction and it seems to be saying.... Loser. We've all been there. There are times for self-reflection. It can be hard to feel on the outskirts of society which is what happens when you shut down and drop out. This is the way the psyche works though. It forces you to take note.

The Good News: once you are taking note, relief is in the air. Time is on your side. Honor yourself. Treat yourself to solitude and reflection. Think of it as self-care. Temporary and a learning process, it can be treasured as a gift.

Tobi Nason is a counselor located in Warrenton, Oregon (503) 440-0587, and periodically notes a need to hibernate. It's not a bad thing. . .

*and is quite willing to just walk away....*

## 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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## THE LOWER COLUMBIA CLINIC

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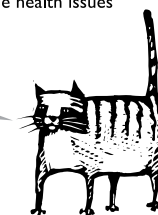
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- Watching for and reporting possible health problems

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- Walking the dogs
- Grooming and socializing them
- Feeding the canines periodically
- Watching for and reporting possible health issues

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Phone: 503-861-0737

Hours: noon to 4 pm, Tues. thru Sat.

Visit our website at [www.dogsncats.org](http://www.dogsncats.org)

Join CAA  
on Facebook



# WORKSHOP SCHEDULE (4-6pm)

# SUMMER WORKSHOP SERIES

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
AUG 22	Preparing Natural Herbal Supplements Tinctures & Teas
AUG 29	Our Light

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# bodies in balance

# MEDICAL MARIJUANA

**L**IKE MOST college students; I admit, I inhaled. At that time it was merely a dream that grass would become the forefront of herbal medicine that it is today. While it is true that MANY medications used in the pharmaceutical realm stem from plants and plant based compounds; I cannot think of another plant that has been so highly manipulated as cannabis. Growers have perfected the science of cloning and genetic manipulation to enhance marijuana's various bioactive compounds. Outside of the recreational experience I honestly have not garnered much information on using it medicinally...SO in celebration of legalization, I would like to delve into medical marijuana and give you a taste of what I have learned.

First let's review the current logistics. To receive a medical marijuana card you must have copies of your medical chart documenting at least 3 visits stating you have one of the qualifying conditions: Pain (any kind, anywhere), Cancer, Seizures, Poor appetite, Migraines, Nausea, Glaucoma, HIV/AIDS, Fibromyalgia, Spasms, PTSD, Anxiety, Asthma...not a complete list but most common. You need to complete an application, have a photo ID, be over 21 and pay a fee. You of course must also have a doctor's prescription (and should be of note that currently only medical doctors can prescribe) and if you don't know a doctor who can (or will) prescribe medical marijuana, the dispensary will assist with this step. Typically it takes 8-12 weeks to process your application and receive your card, and the card is good for one year. Most dispensaries have all this information and more.

What does a medical marijuana dispensary have to offer that you can't get from your friend Joe Schmoe? Many things! First is the ability to cater to your medical condition and needs. The complexity of balancing the variety of compounds available in

this plant is a practice in and of itself; one that may take some trial and error. These compounds include THC of course, which can relieve pain, nausea, stimulate appetite and sleep. However THC is also the primary compound which has that psychotropic 'high' effect. Some people who use and benefit from medical marijuana would prefer to function and not feel high all the time. But there are other compounds like CBG and CBD and CBC all cannabinoids which have effects like lowering inflammation, relieving pain, inhibiting



cancer cell growth, reducing bacterial growth and so on and so forth. I am REALLY oversimplifying the vast array of these compounds which makes the point that it takes a trained and knowledgeable expert to help weed through these options. Another thing a reputable dispensary must utilize is laboratory testing. ALL products for sale are put through a testing protocol using spectrometry; a well recognized plant testing technique for all types of herbal medicines, including cannabis. This gives them/you information on the content and potency of the above mentioned compounds as well as assuring that contaminants like pesticides, solvents, and molds are not there. An assurance that your plant medicine is indeed that...medicine with no unwanted chemicals.

It is time for me to mention that most of the information

**Dr. Tracy Erfling is a  
naturopath physician in the  
Lower Columbia Region.**

**Questions?  
erflingnd@hotmail.com**



I gathered for this article was from Eric Dann at Sweet Relief Natural Medicine; his knowledge and clear passion for what he does is astoundingly evident...a true testimony to the caring partnership a good dispensary can offer their patients. I got to enter the dispensary area of the business where I could feast my eyes on the variety of product available to medical marijuana card hold-

than an inhaled method taking 40-90 minutes to take action/feel the effects. Tinctures are a quick option, I would imagine based on my experience using tinctures of many other herbs. Tinctures allow for a convenient delivery and have a little more dose specificity as you can more accurately measure what you are ingesting. And then there are topical creams which can be used for arthritis or muscle pains. Truly a wonder of options.

Side effects of medical marijuana use is pretty much what you would imagine based on any type of recreational use...dry eyes, dry mouth, for some varieties more anxiety, for others more sedation. You cannot overdose on marijuana...too much may be uncomfortable for a time but will pass. Eric says he advises those who get too high to do something distracting and try to relax...I would think that making sure you are hydrating and getting something solid in your stomach would also be useful. Remember this too shall pass...

Despite marijuana's legal status for purchase and use it is still illegal to use it while driving, in public, or if you are a minor (under 21). And of course depending on your job your employer may have their own rules by which you must still abide...basic common sense I would say.

Whatever your experience and regardless of your opinion on legalization; it is clear that marijuana has arrived at the forefront of herbal medicine. I continue to be impressed with its healing spectrum, and look forward to learning more about this powerful medicinal plant.

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



## FOOD GROOVE

### CHEW ON THIS!

by Merianne Myers



Don't stop me if you've heard this one. It's important, it's true and it's delicious. I've spent a lot of my volunteer time and no

small number of column inches over the years urging the world to sit down and eat together. I believe in the power of food to fix things. Big things. World changing things. Things like:

**HUNGER.** Hunger and nutrition-related illness breed so much more than pain and suffering. With pain and suffering comes despair which robs us of our ability to live a meaningful life.

**POWER.** Using food to gain power over others is the cruelest and most cowardly of crimes. From refusing to fund supplemental food assistance to diverting emergency food shipments and everything in between, it all creates immeasurable suckage.

**PEOPLE.** Judging someone you've never met by what you've read or heard is just plain idiotic. It turns us into fear biters and has us all pissing on the corners of our tiny little worlds to 'defend' them from we know not what.

Food has the power to overcome much of the demonic wackiness at play on the planet these days. When we cook and eat together, we feed our bodies and our souls. We make room for conversation, understanding and friendship where there was none. We gain skills that can help us earn our way in the world or improve the lives of those we love or save us a ton of money. When we cook and eat together, we share in the most primal of rituals and the single one we all understand. (Well, that and sex. But, sex has as much power to divide as it does to unite, plus liking and understanding seldom meet each other over sex, so I'm not including it here. Although, I am evangelistic about the sexi-

ness of cooking and eating, of getting our hands on our food).

I am lucky to be part of an organization

devoted to applying the power of food to change the world. The whole shootin' match, from the power of small farms and agriculture to boost local economies to helping everyone, regardless of status or means, to gain access to healthy food and know what to do with it.

NORTH COAST FOOD WEB is just finishing up the construction of its teaching kitchen, a kitchen that almost 100 people from all over the country donated money to help us build. We'll be starting our first series of classes on September 12. Pick something you'd like to learn or something you want to be re-introduced to or something you'd just like to eat. Meet someone new over a prep station and a dining table.

These classes are not demonstrations. They are an invitation to cook. They are designed for everyone from foodies to neophytes. Class size tops out at 12 so that we can all be in the kitchen together. There will be courses and one-off classes. You will be sharing space with local chefs and food instructors. You will find details of this and more at northcoastfoodweb.org.

As Martina Navratilova once said, "The difference between involvement and commitment is like ham and eggs. The chicken is involved; the pig is committed." Although, it is unlikely I will turn up on someone's breakfast plate after I'm dead, I am definitely committed. It is my desire to inspire YOU to get involved, to embrace the power of food and to help us change the world.

Apropos of nothing and key to everything summer - PEACHES! The sensation of ripe, sun-warmed peach juice on skin and tongue is right up there with melted butter on a roasted ear of corn. And an equally glorious mess. Try grilled peaches topped with a dollop of chèvre or mascarpone cheese or sliced and arrayed atop chicken or a precipitously grilled chunk of salmon or filled with ice cream or added to some fresh greens and toasted nuts tossed with vinaigrette, etc., etc.

## VISUALIZE WORLD PEACHES

6 ripe peaches, halved and pitted  
4 Tablespoons butter  
2 Tablespoons brown sugar

Melt butter and sugar in a saucepan until sugar dissolves. Brush peaches all over with the sweet butter. Grill until tender. Turn them once in a while to keep the sugar from burning before they are cooked through. Takes 5 to 10 minutes depending on your grill. Serve the extra basting sauce on the side.



## Take the Local Food Challenge!

The Oregon Food Bank is challenging Oregonians to put their local food support front and center in August with their Local Food Challenge. Pledge to devote 10% of your food budget to local foods in August, and track how well you do on their fun, interactive website. It's easy, AND you'll be making a truly meaningful investment in your local community. Plus-all that delicious local food! You can't loose with this one. Join North Coast Food Web, and take the Local Food Challenge! As of Aug 14, 2015 232 people have spent \$5415 on local foods. [www.oregonfoodbank.flowerpotsocialmedia.net](http://www.oregonfoodbank.flowerpotsocialmedia.net)



## WineKraft NOW OPEN

Newly opened WineKraft is a Pacific North West Wine Bar, located on Pier 11 of the beautiful Columbia River. Featuring over 30 PNW wines to choose from. Small plates and charcuterie boards, as well as other daily options are available.

Hours: Wed to Sat 4pm – 10pm, Sun 1pm – 7pm. 80 10th St in Astoria. 503.468.0206.

email: [winekraftpnw@gmail.com](mailto:winekraftpnw@gmail.com)



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## THE INFERNO

**LOUNGE**, Astoria's newest watering hole, recently opened at Pier 11 at the former site of the Pier 11 Lounge. Rich Ewing, best known locally as an award-winning bartender and DJ, (live and as a programmer on KMUN), has turned the former bar in which he once worked into an upscale themed lounge specializing in craft cocktails and infused spirits. Ewing's love for Rat Pack Era lounge culture and the extant nautical details of the building fit together surprisingly well at Inferno, which is named for One Eyed Willy's pirate ship in The Goonies.

"I was going for a 50s 60s Rat Pack era Hollywood pirate movie theme set with a working bar and a little DJ booth. I wanted to put together something that looked old school," said Ewing when Hipfish caught up with him during Regatta Week. Inferno definitely has a loungey feel. There are no blaring TV's or beer signs, the seating is comfortable and is situated to encourage conversation while taking full advantage of the spectacular river view. The music is interesting, atmospheric and not overwhelming. There are classy yet playful accents: sparkly chandeliers, mood lighting, the beautiful

fun and cool. I can't even remember how many places I've helped open up. The Inferno is the first place I've owned. I love it. I have my own unique brand and style. I want it to be a cool place where people can be comfortable and relaxed and can socialize."

Ewing's aesthetic sensibilities were strongly influenced by the work of friends who, in the 90s, started Taboo, a lounge club in the tiki bar at the Hanalei Hotel in San Diego. Taboo specialized in Exotica (lounge music played in the 50s and 60s in Hawaii), and Spy-fi (think Peter Gunn). Drawing from a large personal collection of vintage clothing that included tuxes, smoking jackets, and leisure suits,

## Towering fun at INFERNO LOUNGE

By Cathy Nist

Ewing got involved in Taboo by helping out with costuming. "I started making fez hats, which became our VIP card," he said. "They were doing some cutting-edge things. I



vintage decanters that house the infusions, mid-20th century glass snack plates and punch sets, old silver-plated serving trays, as well as the nautical touches. It's not a stretch to imagine the Goonies, 30 years after their great adventure, getting together at the Inferno to wax nostalgic over the good old days.

Prior to moving to Astoria in 2004, Ewing had a long career in the nightclub industry working his way up the ladder to managing, promoting, marketing, putting on themed events and parties, and more. Eventually, he became a consultant specializing in every aspect of nightclub startups. Of his career progression, Ewing said, "I had a lot of crazy nightclub experience, then I got more into DJing. I started joining the bandwagon on events that I thought were weird,

learned how to DJ from that and learned that whole musical genre. It became part of me. Those days of Taboo never ended in my world and it definitely shows here at Inferno."

When comparing his nightclub career to his more recent small-town lifestyle, Ewing said, "I've been bartending here in Astoria for a long time. Now, I pay more attention to what people are saying. Working in the nightclubs it's just ice, booze, cash, and faces. And that's it, then they're gone. You don't hear who they are or get any chit-chat. Here in Astoria, everything slowed down. It was like a time warp. I opened my eyes and ears and started getting to know people. It was because of the people I met that I got on KMUN, which helped me get

## FOOD GROOVE



Photo: Dinah Urell

more into the community by doing some themed events. I slowly built myself up to opening Inferno."

Ewing started experimenting with infused spirits more or less as a hobby. As his interest developed, he began collecting the decanters that now stud the wall behind the Inferno's bar. Ten infusions are listed on the menu along with drink suggestions. Customers are encouraged to invent their own combinations. Some infusions and the cocktails that result from their incorporation are intuitive, others may seem unusual and irreverent (but are delicious, trust me). A Margarita enhanced with Pineapple Vodka? That makes sense. Red Vines Vodka and lemonade. Say what? Don't knock it until you try it.

The dichotomy of seriousness and irreverence carries over to the food menu as well. Hungry patrons can choose from a list of small plates that include pork or shrimp street tacos, quesadillas, and a selection

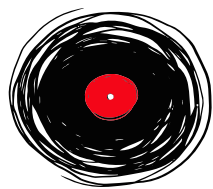
of desserts. But there's also surprises like Corn Wheels (my favorite) and Exploding Weiners. Ewing, laughed as he said, "People pick up the menu and say, 'Exploding

Weiner? I want one!' It's adults being kids and having fun. Most of the menu items are things that I would make at home for quick snacks. It's simple it's fun and it's light."

The real treasure at Inferno is the service. The food is good and the cocktails are amazing. It's fun watching Ewing and bartender Jennifer Wayne build works of art in a glass and it's even more fun getting to drink them. See you there!

**The Inferno Lounge is open Tuesday – Sunday from 4pm to at least midnight on Pier 11 at 77 11th Street in Astoria. Craft cocktails start at \$6, a small selection of regional wines are available for \$6 a glass, local beers are \$5. Food ranges from \$3 - \$11, (most items are \$6). See the full menu at the Inferno Lounge Facebook page.**





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