

March 2016 • vol 17 • issue 206

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

## BEHIND THE EMERALD CURTAIN

**Pacific Rivers' film exposes  
Oregon's dirty logging  
secrets in local watersheds.**

**Film and Discussion,  
March 18@KALA**

**Pg12**

### Oregon LNG

**The company's mitigation  
for destroying wetlands and  
harming over a hundred acres  
of the Columbia River -- No Go!  
pg3**

**• Katie Rathmell Fixes Windows:  
Historic Restoration, cool! pg11**

**• New: Oregon Surfing North Coast  
Book Release pg10**

**CATCH THESE EVENTS** 6th Annual Jane Barnes Review Theater: *drama* 12 Angry Men, *musical*  
Apple Tree, *comedy* Nothing Serious JAZZ/BLUES Swing Cats swing back!



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## OREGON LNG. DENIED.

"Regarding the significance of the project's impact, again, the Officer cannot credit the applicant's attempts to minimize the impacts of the 109-acre dredge footprint and ~35-acre permanent wetland impact, which state and federal environmental agencies regarded as significant." Final Order at 47.

- Warrenton City Commission,  
Hearings Officer Daniel Kearns



NO LNG activists with Dan Serres, Columbia River Keeper Conservation Director, celebrating an earlier significant victory.

**NEWS** ON MARCH 4 in the Lower Columbia Pacific traveled fast. And after 12 years since the onset of liquified natural gas profiteers to the region, citizens and activists and environmentalists alike are sighing relief.

"The city of Warrenton now has an expert legal decision denying Oregon LNG, if Oregon LNG appeals, we would hope the commission would refer to their expert," said CRK Conservation Director, Dan Serres.

The City of Warrenton's impartial hearings officer denied key land use permits for the Oregon LNG terminal on the basis that the project fails to meet local laws that protect salmon and the public's right to access traditional fishing grounds. Oregon LNG has the right to appeal the hearings officer's decision to the Warrenton City Council, 14 days after the decision.

The City of Warrenton ruled:

"[T]he project will unreasonably interfere with significant public trust rights in the form of adverse impacts to fish habitat in this portion of the Lower Columbia River Estuary . . ." Final Order at 30.

The Oregon LNG company proposes building an LNG terminal in Warrenton, Oregon, and exporting North American natural gas to overseas markets. The project requires building over 200 miles of new, high-pressure gas pipeline through Oregon and Washington that would cross salmon-bearing streams, the Columbia River, farms, forestland, and close to homes. LNG uses fracked gas, recognized as a significant contributor to climate change.

Among the project's many regional impacts, the company proposes dredging an area the size of 102 football fields in the Columbia River. Oregon LNG selected the most popular sport and commercial salmon fishing area on the Columbia for its massive dock and ship turning basin (i.e., the area proposed for dredging). The gas pipeline requires using eminent domain and restricting how landowners can use property within the pipeline easement. In 2013, Clatsop County denied a 41-mile long segment of gas pipeline to the terminal. The state has not acted on multiple permits to build and operate the LNG project.

Cheryl Johnson longtime NO LNG lead citizen activist in response to the hearings decision commented, "I don't see how the state of OR can continue to sit on their hands when OR LNG does not have land use permits for the pipeline nor the terminal! Gov. Brown needs to direct the state agencies to deny the project once and for all."

A statement by CRK Exec Director. Brett Vandenheuvel said, "Liquefied natural gas (LNG) development flies in the face of Governor Brown's commitment to combat climate change and promote clean energy. With Warrenton's decision today, combined with

### Columbia Pacific Common Sense NO LNG celebration and meeting Thursday, March 24

Celebrate Warrenton's denial of the Oregon LNG terminal and talk about what's next. Other news and Q & A -- from Salem, Warrenton, Clatsop County, and beyond - with Dan Serres, Conservation Director of Columbia Riverkeeper

6pm: potluck snacks & social & celebration

6:30 - 8 pm meeting

Three Cups Coffee House

279 West Marine Drive, Astoria

There is a parking lot and on-street parking. Three Cups is under the bridge, across the street from M&N, the Carhartt store.

Clatsop County's rejection of the LNG pipeline, the Governor and the agencies she oversees have ample authority to send Oregon LNG packing."

The Oregon State Department of Land Conservation and Development and Governor Kate Brown can seal the coffin. A detailed account of the hearing is available on the CRK website. To comprehend the long battle and what's to come next - attend a Columbia Pacific Common Sense meeting.



"It takes many villages - and the outstanding legal work of Columbia Riverkeeper - to defeat LNG."  
- Citizen Lead Activist Laurie Caplan

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By Reginald Rose  
Adapted by Sherman L. Sergel

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March 13 @ 3pm

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# MUSIC@KALA

**A WELCOME** regrouping of ensemble Swing Cats of Astoria reappears on the coastal music scene. The string-based quartet brings new life to 1930's and 40s swing jazz, 40s, 50s and 60s classical and modern jazz, and blues tunes from different eras.

From Hot jazz, made famous in Paris in the 30's by guitarist Django Rhinehardt and violinist Stéphane Grappelli to contemplative compositions by original Swing Cats guitarist Richard Thomasian, the quartet's musicality and virtuosity, and in-the-groove teamwork swing!

The band is a revival of the Swingcats, a longtime Astoria favorite, with original band members Richard Thomasian, lead vocals, Dave Ambrose, bass, and Larry Aldred, percussion, joined by Ted Brainard on guitar. Also Look for musician guest spots for the show.

On the list of many tunes, if you're scratching your head about swing, is the colorful Minnie the Moocher, Horace Silver's Song For My Father, Brubeck's Take Five, Rhinehardt's Minor Swing, Miles Davis' All Blues, the lively Choo Choo Chaboogie, and Jump Jive.

There's room for dancing as well as kicking back, but don't be surprised if you find yourself on the floor when Swing Cats kick in the jam!

Saturday, March 19, 8pm. \$6 @ the door. Full Bar, 21 + please. KALA - 1017 Marine Drive in Astoria.



From left: Ted Brainard-guitar, Richard T - guitar, Dave Ambrose-bass, Larry Aldred-drums

**March  
19**

## Swing Cats of Astoria



## Eddie Morgan HEAD

**C**REATIVE ENERGY, its measure and production is limitless. Any adjective can describe it - graceful, clean, soothing, piercing, overpowering . . . With artist Eddie Morgan, one word comes to mind, HIGH.

"I'm always creating," says Morgan. One indication of this high - the 50+ artist, who was lead singer of the first performing punk rock band in Portland, Ice 9, (look it up in Mark Sten's pane to Portland Punk, ALL AGES), and numerous other punk bands, is still playing the music - you gotta have high energy for that.

Eddie Morgans' day job is professional photographer - he shoots for magazines, book covers (SciFi author John Shirley's latest, USA Today), etc., and his work takes him to numerous locations across the states., and when he's not shooting professionally, he's still shooting for personal creative satisfaction. And he has recently fond Astoria to be a favorite

subject. However, the now Portland-based Morgan recently shifted his high creative energy to a new medium - painting.

The outpour is in watercolor and ink, and Morgan recently strove to create 100 Heads, or portraits; the faces in the places, whether on the street or in a dream, or the imagination. The 9 x 12 works on paper, take on various styles; simple stylized line drawings to more detailed pieces, but each share in common a vividness, aliveness, an edge, a fresh born hew - they speak. In his new found passion, people are connecting to what Morgan is creating, in other words, they're selling.

**Morgan will exhibit a great number of these heads at KALA the month of March. All 9 x 12, hanging in rows. Meet Eddie at KALA, Saturday, March 12 at 2nd Saturday Art Walk, 5-8pm. 1017 Marine Drive. Open select weekends and by appt. 503.338.4878.**

## March at Trail's End

The artists of Trail's End Art Association intend to help you welcome an early spring to the North Coast. The theme for the March show is just that, "Welcome Spring!" All creations will focus on the special joy of this season--new life, pastel colors, images that create happy feelings to see and own. Many members working in a variety of media will contribute to this unique show.

The opening reception at Trail's End Art Center on March 5 provides the chance to savor refreshments while chatting with others and enjoying the Gallery. Works on display will include the lively photography of Richard Newman. The sunflower shown is presented on metal to create a fresh color impact for the viewer. Jane McGeehan's traditional watercolor iris work invites one to become a part of the garden scene for a moment of reflection. Plan to treat yourself to a breath of spring through the arts!

Trail's End Art Association  
is located at  
656 A St. in  
Gearhart, OR.  
Winter Gallery  
Hours, Wed -  
Sun, 11am 3pm.



Richard Newman, Sunflower



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## Tillamook County Cultural Coalition Recruits Board Members

THE TILLAMOOK COUNTY CULTURAL COALITION (TCCC), a local arm of the Oregon Cultural Trust, is now taking applications for members of its Board of Directors. TCCC Board members serve as local ambassadors for the Oregon Cultural Trust and collaborate with the Trust to re-grant funds to worthy projects in the county. Funded projects in Tillamook County fall into one or more of the following categories: cultural education, community arts, heritage, environment and/or traditions. More information on the Trust may be found at: <http://www.culturaltrust.org/>. Information on the TCCC may be found at <http://www.tcpm.org/tccc.htm>.

Volunteer members of the Coalition must have a knowledge of and dedication to cultural endeavors in the county, be prepared to participate in regularly scheduled meetings and participate on at least one working group. Members may be affiliated with a cultural organization, but will not represent that organization in discussion or voting.

Applications are being accepted for all areas of the county for 1, 2, and 3 year terms.

To obtain an application form or request more information, write to the Board Chair at [TillamookCCC@gmail.com](mailto:TillamookCCC@gmail.com). The deadline for application is May 1, 2016.

## City Of Astoria Historic Landmarks Commission Dr. Edward Harvey Historic Preservation Award

THE CITY OF ASTORIA HISTORIC LANDMARKS COMMISSION is seeking nominations for the Dr. Edward Harvey Historic Preservation Award. The award is presented each year to recognize a property owner who has completed exterior restoration or beautification of a building which exemplifies the historical attributes of the building or the architectural heritage of Astoria. The work must have been completed within the last two years. Nominations may include residential, commercial, public, and other types of buildings. The awards will be presented by the Mayor to celebrate National Historic Preservation Week in May.

Anyone wishing to submit a nomination should contact Sherri Williams at the City of Astoria, 338-5183, or send a nomination (no form required) to the Community Development Department, City of Astoria, 1095 Duane Street, Astoria OR 97103. Nominations must be received no later than 5:00 pm on April 15, 2016. If you have any questions, or need additional information, please contact Sherri Williams 503/338-5183.

## Marijuana Laws: What to Know and How to Align Them with Your Companies Current Policies

LOWER COLUMBIA HUMAN RESOURCES Management Association presents Kyle Abraham of Barran Liebman and Pamela Mack of Occuscreen, "Marijuana Laws: What to Know and How to Align Them with Your Companies Current Policies"

"On July 1, 2015, recreational marijuana became authorized under Oregon law. As a result, employers face conflicting pressures—from the federal government, state governments and regulators, as well as from the communities from which they draw their employees and customers. How an employer should respond to the challenges of changing marijuana laws, create

policies and choose drug testing methods will depend on the workplace culture, safety concerns, customer base, and other factors."

Join Kyle Abraham and Pamela Mack of for an interactive discussion about what is legally required, what is legally permissible and how drug testing methods differ in assessing current usage

The seminar will be held on Wednesday, April 6, 2016 at the Buoy Beer Company, #1 8th Street, Astoria, from 11:30am to 1pm pm. You need not be a member to attend. Register online at <http://lchrma.org>. The cost, including lunch prepared by Buoy Beer, is \$15 for LCHRMA members, \$12.50 for students and \$20 for non-members. For further information, contact Stacey Brown at [president@lchrma.org](mailto:president@lchrma.org)

# OPED by Natalie Bennon

## Oregon Forest Practices Act Get Angry!

### WHEN our newest film BEHIND THE EMERALD CURTAIN

comes to Astoria on Friday March 18, it will be the 20th time it has been screened in western Oregon. And at every screening, people are shocked.

*You will be shocked.*

Shocked to see landslides falling into streams and rivers. Shocked to see mountains almost entirely shaved of trees. Shocked to hear the stories of people whose drinking water has been contaminated due to rampant logging. Shocked to hear the Oregon Forest Resources Institute's propaganda. And empathetic to the plight of people who have been sprayed with pesticides from helicopters flying over private forestlands.

*Shocked you didn't know it was happening.*

Or maybe you won't be shocked. Maybe you already know, and you'll feel excited that finally there is more attention being brought to this issue – more attention to the people, fish, wildlife, rivers, and communities being harmed by Oregon's outdated logging practices on private lands.

There are 10.7 million acres of private timberland in Oregon -- that's one-sixth of the entire state. Corporations outside of Oregon own the majority of our private timberlands, and their ownership percentage is growing every year. These corporations are under increasing pressure to deliver profits for out-of-state investors. The benefit is not local, but the harm is very local. Oregon is privatizing the gain and socializing the pain.

It's been more than 20 years since the state significantly updated logging rules on private forests to align with current science about what drinking water and fisheries need, or to match updates in other states. The timber industry operates profitably in California, Washington and Idaho under more stringent rules. Oregonians, on the other hand, deal with rampant aerial spraying of toxic chemical herbicides, logging right up to and through the majority of streams, and rampant clearcutting even on steep slopes with unstable soils that are prone to landslides.

Oregon forests also have the potential to be among the largest

carbon sinks in the world. To help capitalize on the benefits of Oregon's phenomenal carbon sequestration opportunity, the Oregon state legislature should consider a carbon market, which will help provide economic incentives and benefits for private timberland owners large and small to consider keeping more trees standing. A robust carbon market would not only contribute to reducing the ongoing effects of climate change, it would also provide clean drinking water and healthy fish and wildlife habitat.

After taking a peek Behind the Emerald Curtain, people tend to get angry. And after they get angry, they get involved and join us in modernizing Oregon's Forest Practices Act.

We need an army of people to demand that the governor, the Oregon Board of Forestry, and the state legislature protect our water, air, rivers, and communities. We are demanding comprehensive reform of the Oregon Forest Practices Act including:

- A ban on use of the most toxic pesticides, many of which are known to cause cancer.

- Stream buffers required on every stream in Oregon to protect water quality for fish, wildlife, and people.

- Stronger rules to prevent logging on steep, unstable slopes that are prone to landslides.

- Reinstatement of harvest taxes that actually fill local county coffers and benefit local communities.

- Policies that incentivize responsible forestry operations and reimburse timber companies that protect common resources like clean water, clean air, carbon storage, and fish and wildlife habitat.

**Come see for yourself Friday, March 18, 6:30 pm at KALA. Take a peek BEHIND THE EMERALD CURTAIN and learn more about what you can do to protect western Oregon's water, air, communities, and wildlife.**

Natalie Henry Bennon is communications and marketing director for Pacific Rivers, a regional environmental organization based in Portland, Ore.





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## Tamping Down Regime Change

### THE US POLITICAL ESTABLISHMENT

through mainstream media outlets, like the New York Times and the Washington Post, invariably casts itself as promoter of global democracy, or popular self-government. This could not be further from the truth. In the deceptive Orwellian game of geopolitics, the US has one chief aim, its own domination. As in all empires, that can be accomplished through the ancient principle of divide and rule. In the Middle East, the empire has two chief client states, Israel and Saudi Arabia, both of whom, on a lesser scale, play the same game.

With its formidable US supplied military and unmonitored, ever expanding nuclear arsenal, achieved with American aid, Israel has embarked on its own process of expansion to regional hegemon. In so doing, it sees its interest in the fracture of any competing Arab state. Hence its strong support of the chaos sown by its American ally in Iraq, Libya and Syria. The right wing Netanyahu government wants no opposing regional power to threaten its project of creating a Greater Israel, of proportions supposedly existent during the mythologized reign of King Solomon. In this endeavor, al-Nusra, an al-Qaeda affiliate responsible for many atrocities in Syria, has drawn support from Israel's Mossad together with the CIA. Some dissenting journalists suggest these American and Israeli covert entities have played a role in creating the Islamic State.

Excepting NATO member Turkey, Israel regards any regional power as a threat, whether Islamist or secular-led. Thus the US chiefly neocon project of splintering independent Arab states with strong leadership aids the Jewish State's expansionist project by eliminating prospective opposing powers. AIPAC, the powerful American Israel lobby, along with Netanyahu's hasbara (Hebrew for propaganda), have spurred Iranophobia among neocon influenced Republicans, as well as less militant imperialists, like Hillary Clinton. The Obama administration moved away from its neocon led regime change poli-

tics that generated a right wing Ukraine coup in 2013 and ensuing conflict with Russia, to negotiate an agreement with Iran in 2015 whereby that country will cease enriching uranium in exchange for relief from decades of American-imposed sanctions and threats of bombing. Despite Netanyahu's prophecies of immanent doom, this agreement will do much to stabilize the region.

But the US in its continuing bid for world supremacy strives to counter perceived stra-



tegic challenges from Russia and China. The aforementioned anti-Russian coup in Ukraine and threat of naval intervention on the side of Japan in its dispute with China over Islands in the East China Sea, clearly demonstrate US intent to "contain" would-be rival powers. In the Middle East, the chief American asset is the Saudi royal family, whose integrity it is pledged to defend. In that endeavor, the US conveys its most sophisticated military hardware to the oil rich kingdom. In return the Saudis do US bidding, flooding the markets with oil, thus crashing its price in order to hurt Russia and its Chinese partner, as well as to contain Venezuela's Chavista Bolivarian socialist movement's export throughout Latin America. US backing has also enabled the Saudis to export their misogynist Wahhabi Islam and to wage war in Yemen, further impoverishing the people of that poor country and adding to regional instability.

Last year, the Obama administration and NATO allies began a bombing war against radical Islamists in Syria, while seeking to give

support to supposed "moderate" Islamist opponents of the Assad government whose identity remains shifting and unclear. The US has sought to oust Assad in good part because he is allied with Iran, Hezbollah and Russia. While the Obama administration has been bombing the Islamic State in Syria, it has done so sporadically and ineffectually, which has drawn criticism from Republican neocons and other hawkish elements in the American political establishment, many of whom call for "boots on the ground." But while the Obama administration has previously called for Assad to step down, they have more recently moved toward greater willingness to include him in a presumably US-NATO-Russian brokered coalition government.

Russia, at the behest of Assad, entered the Syrian civil war last year and has effectively bombed back the Islamic State and whatever other Islamist groups are aligned with it to the point where government forces are on the verge of recapturing the important city of Aleppo. Meanwhile Putin has communicated with Netanyahu, assuring him that Russia would keep Hezbollah, whom Israel regards as a "terrorist" threat, away from the Golan Heights. Israel took the Heights, of great strategic value to them, from Syria in the 1967 War, which also brought Israeli occupation of the West Bank and Gaza.

The US, in its recently established policy of taking out secular Middle Eastern strongmen, thus creating unending sectarian warfare, chaos and the ongoing flood of refugees, has seriously compromised its prestige. In his last year of office, Obama would do well to follow his best instincts, ignore the compulsive Russophobia of the neocon/liberal establishment, and join with European states, Russia, the Assad government and its more constructive opposition to create the coalition government. International efforts should follow, perhaps under UN auspices, to rebuild a ruined Syria. This would mitigate the refugee crisis, while promoting recovery and peace.

by Stephen Berk




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## Lewis & Clark Trail Run March 19

LEWIS AND CLARK National Historical Park hosts the first of a trail run series on Saturday, March 19 to “bid adieu” to winter at Fort Clatsop and greet the arrival of spring. The Lewis & Clark Trail Series includes several different exhilarating events along beautiful trails through forest landscapes, complete with a welcoming and friendly race atmosphere. All events are open to walkers and runners of all ages and provide the opportunity to experience the northwest coast the way people have done it for thousands of years – on footpaths.

The first event in the Lewis & Clark Trail Series is Saturday morning, March 19. Come for either an approximately 5k or a 10k course that features the Kwis Kwis Trail. The 10k run will include some long steep sections. The start/finish line will be at the Fort to Sea Trail parking area off of Fort Clatsop Road. Allow time to park at one of the Fort Clatsop Visitor Center parking lots, register at the visitor center, and then enjoy a 1/2 mile warm-up

hike on the Fort to Sea Trail to the start line prior to the 10:00 a.m. start.

Register that morning from 9:00 to 9:30, at the Fort Clatsop Visitor Center. The cost to participate is the purchase of a \$20 Annual Park Pass that grants entry into all of the 2016 Lewis & Clark Trail Series Events. Registration is free with any pass that allows entry into all of our nation’s National Parks. Participants younger than 18, also need their parent or guardian to sign the registration.

The Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, which supports park education and interpretative activities. Other events in the trail run series in the park are scheduled for June 25 and September 24.

The park is open daily from 9:00 to 5:00. Admission is \$5 per adult and free for youth 15 years old and younger. Passes to National Park Service sites are accepted.

For more information, call the park at (503) 861-2471 or visit the park’s web site at [www.nps.gov/lewi](http://www.nps.gov/lewi) or find

## 6000 Years on the Edge: History and Prehistory of the Oregon Coast Trail



**OREGON AUTHOR** Bonnie Henderson presents her latest book at the Cannon Beach History Center & Museum on Thursday, March 17, 2016 at 7:00 p.m.

Bonnie Henderson is the author of four books, including the newly released second edition of *Day Hiking: Oregon Coast*, which includes a comprehensive guide to the Oregon Coast Trail. The OCT is unique in the nation: a border-to-border shoreline trail incorporating more than 200 miles of sandy beach linked by footpaths over headlands and boat shuttles across bay mouths. It was first conceived in the late 1950s and was declared “hikeable” by Oregon State Parks in 1988. But that’s just the history; what about the prehistory? Obviously humans have been walking on the Oregon Coast Trail—or something like it—much longer than that. How long? And for how long has the Oregon Coast been where it is today? It turns out that scientific consensus on both questions has evolved radically in just the past few years, thanks to groundbreaking research in archaeology and paleogeology, much of it by Oregon scientists.

Henderson is author of the critically acclaimed *The Next Tsunami: Living on a Restless Coast* (Oregon State University Press: 2014). Her 2008 book, *Strand: An Odyssey of Pacific Ocean Debris* (OSU Press) was listed as a Best Book of 2008 by the Seattle Times and was a finalist for the 2009 Oregon Book Awards. She is also the author of two popular hiking guidebooks from Mountaineers Books: *Best Hikes with Kids: Oregon*, now in its third edition, and *Day Hiking: Oregon Coast*

## State Forest Evening North Coast State Forest Coalition

Discussion on the Linn County lawsuit and Clatsop County’s part. The future of the Clatsop State Forest should be a balanced, collaborative management plan, not an industrial tree farm!

2016 is gearing up to be critical for protecting the Clatsop State Forest. Join others who care about conserving fish & wildlife habitat, clean drinking water, and recreation opportunities and let’s keep Clatsop County out of a bad lawsuit!

**March 11, 6:30-8:30pm, Lovell Showroom, Fort George Brewery, 1483 Duane St, Astoria, OR**

## FAQs on State Forests and the Linn County Lawsuit

**By Wild Salmon Center**

Background: Linn County and their attorney held a press conference in the Capitol building on January 13, 2016 to announce their intent to file a \$1.4 billion lawsuit against the State of Oregon. The county claims that the state should have managed state-owned forests to maximize revenue for counties and other taxing districts, and because the state has not maximized revenue through industrial timber practices, the county claims they and other counties and taxing districts are owed hundreds of millions of dollars. Timber companies and their lobbying group said they had helped pay for the lawsuit.

### What does the law say about the purpose of the state forests?

The law requires the lands to be managed for the “greatest permanent value of those lands to the state.” State law does not mention a primary use for the forest. The law that allows state acquisition of forests notes the purposes of “watershed protection,” “erosion control,” and “recreation” as well as “forest crops” ORS 530-010(1). The 1998 administrative rules note the importance of the county interest, but also says that the Board of Forestry and State Forester “are not required to manage these lands to maximize revenue, exclude all non-revenue producing uses on the these forests, or to produce revenue from every acre” OAR 629-035-0010(4)a.

### The Linn County suit claims that the rules for the forest adopted in 1998 resulted in lower revenues for the County. Have revenues declined for Linn County from state forests?

No. If one compares the level of harvest for the 30 years before the 1998 rule with the 15 years after the 1998 rule, it shows that the level of harvest more than doubled. The more accurate story is that the new rules the state adopted in 1998 were essential to dealing with endangered species, increasing public recreation, and broader changes to public expectations over forest management. That allowed harvests to continue under a broadly accepted plan, something that didn’t happen on federal forests.

### Linn County claims that reduced state timber harvests have had “devastating effects local communities” and caused the unemployment rate to “skyrocket.” Is this true?

Linn County did not provide evidence for this claim, but it seems highly unlikely, given that state forest harvest in Linn County tripled following the adoption of the 1998 rule, as compared with the 1990-1998 period. In addition, state forest revenues are simply not that large in relation to the overall county employment level. For example, the new jobs produced by a 20% increase in state forest harvest in Linn County would produce less than one one-hundredth of one percent of the total employment in the county. Linn County has total nonfarm employment of approximately 42,000 people; so that’s about 20 jobs

FAQs continued on the NNCSFC website. [forestlegacy.org](http://forestlegacy.org)

## Lower Nehalem Watershed Council Speaker Series

### Water Quality in the Nehalem Watershed

THE LOWER NEHALEM WATERSHED COUNCIL will welcome York Johnson, Oregon Department of Environmental Quality (DEQ), for a presentation on water quality on Thursday, March 10th, 2016. The presentation will focus on water quality data collected by the Tillamook Estuaries Partnership and DEQ in the Nehalem Watershed. It will relate water data to appropriate State of Oregon Standards and look at changes over time.

York Johnson is the North Coast Basin Coordinator for the Oregon Department of Environmental Quality. His position is partially funded by the Tillamook Estuaries Partnership (TEP) and he coordinates the TEP Water Quality Program in association with DEQ’s TMDL Implementation effort on the North Coast. He has been living and working in Tillamook County for the past 10 years and enjoys the unique opportunities that the coast has to offer - surfing, fishing, clamming and beach combing.

Pine Grove Community House, 225 Laneda Ave, Manzanita. Doors open at 6:30 pm for refreshments. The presentation will start at 7:20 pm following an update from Lower Nehalem Watershed Council at 7:00 pm. Refreshments and snacks will be served. This event is FREE and open to the public. Find more information on our speaker series on our Facebook page (<https://www.facebook.com/lnwc1>).

## Naturalists Needed at Cascade Head Preserve

Otis, Oregon, March 9th, 2016 - The Nature Conservancy is seeking Volunteer Naturalists for our Cascade Head Preserve. This is an exciting position where you can learn more about Oregon’s natural history and help make a positive impact.

Cascade Head is a coastal promontory overlooking the Pacific Ocean that provides critical habitat for native prairie grasses, rare wildflowers, the threatened Oregon Silverspot butterfly and the Cascade Head catchfly. Naturalists will greet visitors, answer questions, and foster compliance with visitor guidelines. Volunteers patrol the preserve at least twice during the field season.

This position includes training and provides volunteers with a variety of opportunities to develop and expand leadership skills while helping to protect some of Oregon’s most remarkable places. To apply for this opportunity, please contact [orvolunteers@tnc.org](mailto:orvolunteers@tnc.org) or (503) 802-8100. More information can be found here: [nature.org/oregonvolunteer](http://nature.org/oregonvolunteer)





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## Late Skate and Party

Get your gay skate on!

**Astoria Armory- 1636 Exchange Street**

**Saturday March 19, 9pm-11pm**

The Lower Columbia Q Center and Astoria Armory present: Late Skate and Party in the Mezzanine on February 27 from 8-11. Come join your friends and family as we take to the skate floor and work it out! Not a fan of skating, no problem! We have the party in the mezzanine for the 21+ crowd; a bar, tables to sit and visit, a birds eye view of all the action below and plenty of room to dance, dance, dance!!!

In the spirit of Fisher Poets, our theme for this skate party is: Fishermen, interpret as you want!

\$3 at the door and \$3 skate rental.

## Lower Columbia Q Center Meeting

**Astoria Armory - 1636 Exchange Street Astoria,**

**Wednesday, March 16th 6pm-8pm**

Attention all LGBTIQ community members and allies! We will be meeting at the Astoria Armory to discuss the great strides we have made in our efforts to build awareness, community, educational opportunities and pride, as well as future endeavors to increase safety, visibility and support services in Clatsop County and beyond. Something often said in the LGBTIQ community is that "we get to choose our family". We want to extend a welcome to the people of the Lower Columbia Region to join our family. Please attend this meeting to see how you can help.

Mission: The Lower Columbia Q Center is a safe and welcoming resource and peer support service for the LGBTIQ community, friends, family, and allies of the Lower Columbia Region.

## Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30 pm at the Q center. For Information call Jeralyn O'Brien @ 503-341-3777

## Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
  - 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
  - 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
  - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
  - February 1, 2pm - 4pm, Love is Love Party, OCCC Commons.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: [pflagocc@gmail.com](mailto:pflagocc@gmail.com)

## LOWER COLUMBIA TIMEBANK Meet 'N' Greet Set For Spring

LOWER COLUMBIA TIMEBANK hosts a series of informal get-togethers for TimeBank members and the public. Scheduled from 3:00 - 5:00 pm the second Thursdays of March, April and May at the Blue Scorchers Bakery Café in Astoria, each "Meet 'n' Greet" will include a short presentation by a TimeBank member on a topic of local interest from 3:30 to 4:00 pm, followed by a timebanking discussion.

**March 10:** Brian Mahoney, Director, Clatsop County Department of Public Health, "What your Health Department offers you"

**April 14:** Arline LaMear, Mayor of Astoria, "Update from the Mayor"

**May 12:** Craig Holt, Astoria Music Festival, "Preview of the 2016 Festival and how you can get involved"

Meet 'n' Greet afford TimeBank members the opportunity to meet in person and talk about TimeBank offers, requests and activities. They offer the public a chance to learn more about timebanking and how to get involved.

Timebanking is a type of online social networking where people can exchange services, share items, and work together on neighborhood or community projects - all for hours, not money. The Lower Columbia TimeBank, begun in 2012, is a tax-exempt nonprofit with members from Brownsmead to Gearhart and south Tillamook County to Pacific County. It offers individual exchanges of nonprofessional services, work parties, sharing of tangibles like books and tools, etc., and grants of volunteer hours to other local nonprofits.

Membership is open to all area adults, including those who are computer-free. Through the new Pacific Northwest TimeBanks Network, members can also share hours with members of Portland's PDX Time Bank. For more information, visit [www.LowerColumbiaTimeBank.org](http://www.LowerColumbiaTimeBank.org) or phone 503-325-6886 (Clatsop and Pacific counties) or 503-398-5223 in Tillamook County. Or, come to a Meet 'n' Greet.

## Clatsop County Dems MEET THE CANDIDATES FUNRAISER

Is set for SATURDAY APRIL 9, 5 to 8 pm  
at the ASTORIA EVENTS CENTER - PORT OF CALL  
255 9th St. in Astoria Oregon

Hosted by Clatsop County Democrats  
Program begins at 6pm

Meet and talk with your local,  
statewide 2016 Candidates!

Tickets and info online:  
[Facebook.com/clatsopdemocrats](https://www.facebook.com/clatsopdemocrats)

**\$9.50 Dinner and Admission**

**Tickets at Door: \$6 Admission, \$6. Dinner, Beer and Wine available.**

Win raffle prizes,  
Visit booths of organizations  
And listen to live music!

**CLATSOP COUNTY DEMOCRATS MEET** at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin.

More information available at [www.ClatsopDemocrats.org](http://www.ClatsopDemocrats.org)

## PACIFIC COUNTY DEMOCRATS

Monday, March 14 2016 - 7:00pm

North County Annex

1216 Robert Bush Drive, South Bend, WA





# 6th Annual Jane Barnes Revue it's an ADHD crossdress affair april 2

**THE ASTORIA DOWNTOWN HISTORIC DISTRICT ASSOCIATION** (ADHDA) presents the 6th annual "Jane Barnes Revue" a show stopping, topsy-turvy fashion show on Saturday April 2, 2016. Featuring some of Astoria's finest men and women dressed opposite of their normal attire cavorting down a 24' catwalk at the Astoria Event Center.

Some "Gentlemen Janes" are returning after their stellar performances last year but many new faces walk the catwalk for the first time this year including five brave women who will amuse and entertain.

**Tickets go on sale, March 8th at Old Town Framing, 1287 Commercial St.**

It is best to check out the seating chart for different prices for different areas of the event. Get your tickets early! All seats are reserved except general admission which is first come, first serve.

Originally meant to celebrate Jane Barnes, the first European woman of Astoria, as part of the Bicentennial Celebrations in 2011, has become a delightful and hilarious evening of "Gentlemen Janes" divulging their feminine side while raising money for a great organization. This year women get to show their creativity and prowess on the



catwalk. With the addition of a live auction last year, the Jane Barnes Revue has transformed into ADHDA's second largest fundraiser, after the Pacific Northwest Brew Cup.

The success of the event is made possible by the outpouring of support from our local community, who fill the seats and our community sponsors; *Title Sponsor - Holly McHone Jewelers and participating sponsors from the downtown business community; Astoria Coffee-house and Bistro, Baked Alaska, Buoy Beer Co., Fort George Brewery, Garbos, Pilot House Spirits, North Coast Food Web, Vintage Hardware, Van Dusen Beverages, Salon Verve, Malama Day Spa, T.Paul's Supper Club and the "Janes", local men and women who make the event successful with their silliness.*

## GUITARS

### Duo Deloro/Classical Excellence

PORTLAND CLASSICAL GUITAR is proud to present a thrilling new ensemble: Duo Deloro, featuring Adam del Monte and Mak Grgic. This fantastic pairing will perform on Sunday, March 20, at 4 p.m., at St. Catherine's Episcopal Church in Nehalem. This concert will feature brand-new arrangements of Guastavino, Granados, Albeniz, traditional Argentinian tangos, and original flamenco compositions by del Monte.

Adam del Monte is one of the leading flamenco and classical guitarist/composers of his generation, and has performed internationally, including at Carnegie Hall, Lincoln Center, the Barbican Center, Tchaikovsky Hall (in Moscow), and in Caracas, Venezuela. Currently he is on the studio faculty at the University of Southern California.

His numerous recordings include featured flamenco guitarist in double-Grammy-winning Ainadamar (2006, Deutsche Grammophon), which also features soprano Dawn Upshaw and the Atlanta Symphony, and is conducted by Robert Spano. He has been noted for his collaboration with Yusef Lateef and the Atlanta Symphony, as part of the National Black Arts Festival, in Atlanta, GA.

Born in Ljubljana, Slovenia, Mak Grgic is an innovative player whose adventurousness has led him from the avant-garde to film music to more traditional works, including transcriptions of Brahms and Kreisler. Recently a Young Artist in Residence at the Da Camera Society of Los Angeles, Grgic is a co-founder of DC8, Da Camera's contemporary music ensemble, which strives

to expand the definition of what a modern music ensemble can be. Grgic recently took first prize at the Guitar Competition "Luigi Mozzani" in Italy, and has been honored with highest prizes at numerous competitions, including the Andres Segovia International Competition (in Velbert, Germany), and the Forum Gitarre Wien International Competition (in Vienna, Austria).



### John Stowell JAZZ CREATOR March 25

MASTER CREATOR on guitar, Northwest jazz artist John Stowell returns to the Cannon Beach History Center & Museum, Friday, March 25, 7pm.

Stowell earns accolades from major players throughout the jazz world – tours as a soloist as well as a collaborator from east to west coast – often in NYC, and always returns to the north coast for at least one concert a year. This may be that concert.

A stand out player amongst players for complete originality, virtuosity improvisation, and harmonic ingenuity, Stowell also travels and tours extensively in Europe and Russia, and was one of the first American Jazz performer to appear in Russia after the fall of the Iron Curtain.

Enjoy him in the intimate setting of the CB History Center.

Seating for this concert is limited. Tickets are available through the website, by phone, in person, and purchased at time of show, upon availability. Tickets are \$12.00 adults and \$2.00 children, complimentary refreshments will be provided. All proceeds fund upcoming events at the History Center. Corner of Sunset & Spruce. cbhistory.org/503.436.9301



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Clatsop Community College,  
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Columbia Hall Rm.219

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# Oregon Surfing North Coast

personal recollections and  
vintage photos  
**RELEASE EVENT MARCH 13**  
at Cleanline Surf

**O**REGON SURFING NORTH COAST by authors **SCOTT AND SANDY BLACKMAN** will be available locally at a kick-off event Sunday, March 13, and hosted by Seaside's Cleanline Surf Shop from 1 – 3pm. The authors will be present to autograph books, share surfing stories and memorabilia with surfing enthusiasts. The book published by Arcadia Publishing will cover the surfing culture that began in Portland, Seaside, Cannon Beach and Pacific City starting in the 1960s.

Personal recollections by Oregon's north coast pioneer surfers and their vintage photographs are featured in Oregon Surfing North Coast. Scott and Sandy Blackman have lived their entire lives along the Or-

their lack of knowledge, poor equipment, or the unpredictable waves. Instead, surfing caught on in the cold waters of Oregon. Experience the early days of Oregon surfing through the pioneer surfers' stories and vintage photographs.

Owners of the first surf shop in Seaside were Bill Theiring, and his older brother Jim



Mike and Jan Herron's, 1935 Chevy was a familiar sight around Seaside.



Owners of the first surf shop in Seaside were Bill Theiring, and his older brother Jim Theiring.

egon cost. Scott, a pioneer surfer, has been photographing the evolving surf culture for 50 years. Sandy is a successful writer and storyteller. Together, the Blackman's have become the historians of Oregon surfing's pioneer years. Their second book on surfing, along with their first book, Oregon Surfing Central Coast, and their Facebook site, Oregon Surfing: Past and Present document the early history of the sport in the state.

Surfing culture began in Portland, Seaside, Cannon Beach, and Pacific City in the early 1960s. Influenced by surf music and a few California surfers, a handful of skin divers and adolescent boys yearned to engage in the sport. In the beginning, surfing was illegal along the beachfronts of Seaside and Cannon Beach. Answering the siren call, locals took to the beaches, while others from around Oregon, Washington, and California found their way to isolated spots along the Northern Oregon coast. The early surfers were not intimidated by

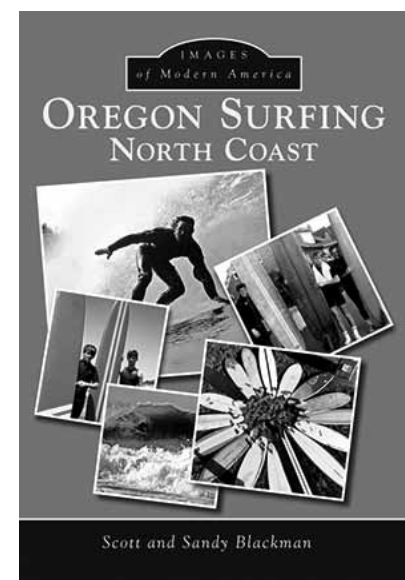
Dick Borovicka migrated to Cannon Beach - Seaside area in the late 1960's, drawn to the surfing life.

Theiring. George Daggatt, a Seaside high school student and President of the Seaside Surfing Association in the mid-1960s comments "the first surf shop, where the Seaside was, now the Shilo, sold Gordon and Smith boards. Bill Theiring had a pilot license, was older than us, and we'd check surf, going flying." The Theiring brothers were entrepreneurs and had four surf shops in Coos Bay, Portland, Seaside and one in California during the 1960's. Bill recalls, "I sold my 1957 Corvette and bought surfboards for the Seaside Surf Shop. Jim had the shop at Pleasure Point, Santa Cruz, California and sent boards up from there." Jim Theiring states "we financed Bruce Brown's trip to Oregon to show his movie, Endless Summer at Benson High School in Portland and Coos Bay in 1965."

Brothers Mike and Jan Herron, while students at Seaside high school began surfing in the mid-1960s. Mike Herron recalls, "Our car, a 1935 Chevy was a familiar sight around Seaside. We kept boards on the

car continuously, ready to surf at the Cove, Point, Indian and Short Sands. We and our buddies would 'drag the gut' endlessly talking to friends and girls; sometimes they would stand on the running boards as we drove around."

Dick Borovicka migrated from Portland after high school and arrived in the Cannon Beach - Seaside area in the late 1960's. Remembering his first try at making a board as a teen living in Portland, Dick comments "I bought a blank from Mrs. A's surf shop and made a mess at my parents' house. I didn't even shape the board, just glassed it. It was toxic, horrible. I had no mask. It stunk up the house and resin stuck to the basement floor." Borovicka never left the area and resides in Gearhart today.



**Book Release Event: Oregon Surfing North Coast, Sunday March 13, 1-3pm at Cleanline Surf Shop, 60. N. Roosevelt in Seaside, OR. To purchase a copy online: [www.arcadiapublishing.net/visit](http://www.arcadiapublishing.net/visit) Oregon Surfing Past and Present on facebook.**



## Pacific Perfection: making the old new again

### Craftsmen Katie Rathmell: Pacific Window Restoration

When asked, most visitors as well as native Astorians will tell you that one of the town's most notable qualities is its historic homes and buildings. Upon first glance it's easy to take a structure on aesthetics alone, overlooking the painstaking work that goes on behind the scenes, so to speak. From the historic Flavel House Museum to its more notorious sibling currently undergoing a celebrated restoration, the life and legacy of a house is, more often than not, in the details.

Katie Rathmell, owner and operator of PACIFIC WINDOW RESTORATION LLC, (PWR), has devoted herself to such details, specializing in the restoration and preservation of wood windows and leaded glass in the region's homes and historic buildings. A former research scientist of 15 years, holding degrees in both biology and marine science, Rathmell admits she was looking to take a new direction in her work and apply her skills to running a business of her own.

"I've always loved old homes and buildings," she says. "I restored my first home which was a 1920's bungalow in California many years ago. I worked on the MERTS campus with OHSU for 7 years and became aware of the historic preservation program offered at Clatsop College. I met Pam Chestnut, chair of the Lower Columbia Preservation Society, who initially turned me on to window restoration." She continues, "The Historic Preservation Program at Clatsop College offers classes that give people a good start on restoration work, and they have involved some of the most talented craftspeople in the area to help teach subjects such as millwork and energy efficiency. I took many of the classes and got a lot out of them."



Katie Rathmell, owner of Pacific Window Restoration.

Since it's official start in April of 2014, PWR has built a steady clientele that includes historic home and building owners, as well as the real estate community. Services include sash cord replacement, wood rot repair, joint stabilizing, weather stripping, glass replacement, and air intrusion elimination--to name just a few. Landmarks such as the Commodore, Astor, and Norblad hotels all boast the work of PWR, and Rathmell takes particular

pride in the Astoria Column's cupola restoration. While many of the repairs necessary in historic homes and buildings may appear daunting, Rathmell notes that wood windows in the Pacific Northwest are made from old growth cedar and Douglas fir, which are naturally pest resistant and of superior craftsmanship.

"The wood windows always look better than replacements, and they can be restored most of the time," she says. "If they

**Left: A new window sash is sexy.**

**Right: Rathmell onsite, restoring the Astor Column cupola.**

are too far gone, we can build new parts for them or an entirely new sash. We've expanded to replicate the old sash for people with historic homes. We also have a method of weather-stripping that keeps the drafts and moisture out." She continues, "The weather here is particularly harsh on windows, but they were made with excellent products, and with proper care and maintenance they can last another 100 years."

Conservation is one of Rathmell's top priorities, and her extensive scientific background provides much of the foundation for eliminating inadequate--and often unethical--products and approaches.

"One of the things people do to their old homes is replace their old wood windows with vinyl, thinking that they're going to save money," Rathmell says. "When you compare the cost of vinyl and the carbon footprint it has, it takes about 30 years to offset the energy that goes into making and shipping them."

As part of PWR's ongoing mission to promote safe and sustainable practices, Rathmell and her staff work to retain as much of the original wood as possible when repairing windows suffering from wood rot; if new parts are needed, matching wood is utilized from old growth trees stored by expert craftspeople. Furthermore, any lead paint (a common concern in homes built before the 1970's) is safely removed and contained so that the area that has been disturbed is safe for human contact.

In addition, the cost of restoration is recouped by the home owner in reduced heat loss, reduced air intrusion, tax credits for increasing the efficiency of your home and lasts much longer than a vinyl or aluminum replacement window.

Praise for Rathmell's work has been considerable, the proof not only in the finished product but outpouring of positive feedback from former and ongoing clients alike. Laura Rogers, who purchased the Robert Young Historical House two years ago, hired PWR to restore the original windows from 1875 upon a recommendation from City Hall's Rosemary Johnson. "This place was an absolute wreck," Rogers says. "I think out of the four contractors that worked in and out of here Katie [Rathmell] was the most professional. She's an absolute perfectionist, and her work is immaculate. She was just the most fantastic person to work with." Rogers adds, "I ended up sending Rosemary Johnson a thank you card when it was all done. I can't recommend Katie enough."

Ultimately, Rathmell's pride and passion for historic Astoria is the driving force behind Pacific Window Restoration. Each and every commission, however great or small, contributes to sustaining and revitalizing the town's most invaluable landmarks. "Astoria is unique because most of the houses and buildings here were built in the late 1800's to early-mid 1900's," Rathmell says. "We have a treasure trove of old homes and they are all in need of some maintenance. We get them back in working order."

Pacific Window Restoration. 503.741.5389.  
<http://www.windowrestorationinastoriaor.com>





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# Pacific River's award-winning film **Behind The Emerald Curtain**

exposing the effect on  
rivers, drinking water, and  
communities from private  
lands logging practices  
in Oregon.

by Shane Anderson



Kate Taylor at the Jetty Creek watershed - Rockaway Beach drinking water source - photo by Shane Anderson

**PACIFIC RIVERS** mission is to protect and restore the watershed ecosystems of the West to assure river health, biodiversity, and clean water for present and future generations. Pacific Rivers works at the watershed level to promote clean water and healthy rivers, because water and land are indelibly connected and where it can have the most impact: forest policy. The focus is on Oregon, Washington, Northern California, and Montana, with plans to expand — because watersheds everywhere are threatened. [pacificrivers.org](http://pacificrivers.org)

**SHANE ANDERSON** is a documentary filmmaker whose interest in film began in 1998; he worked in the film and television industry in Los Angeles for eight years; and in 2012, he began his own production company, North Fork Studios, which merges his love of the outdoors with his love of visual storytelling and production. In 2014, he released a feature-length film titled *Wild Reverence* about the decline of wild steelhead in the Northwest.



*"A fishing trip first exposed me to gross mismanagement of Oregon's industrial timberlands. I could not believe that the state would allow Oregon's treasured watersheds to be treated this way and to me it was criminal to allow industry to affect the public commons just to make a few extra bucks. I knew I needed to show the world what was really going on "behind the emerald curtain" so we can move in a positive direction to reform the Oregon Forest Practices Act."*

- Shane Anderson

It's been more than 20 years since Oregon updated logging rules on private forests. The timber industry operates profitably in California, Washington and Idaho under more stringent rules. Oregonians, on the other hand, deal with rampant aerial spraying of toxic chemical herbicides, logging right up to and through the majority of streams in the state, and rampant clearcutting even on steep slopes with unstable soils that are prone to landslides.



## Behind The Emerald Curtain

**Screening: Friday March 18**

**Doors Open 6pm • \$5**

**Complimentary Chili**

**Beer & Cocktails Bar**

**Movie 7pm-7:30**

**Discussion following.**

**w/Pacific Rivers, and Jason Gonzales**

**from Oregon Wild**

**KALA 1017 Marine Drive • Astoria**

Kate Taylor moved to Rockaway Beach, Oregon, with her boyfriend to start a travel and fishing guide business. As soon as they arrived, they received a notice in the mail. "Our water was contaminated. It wasn't meeting the EPA guidelines," she says in the film. When she asked around, she learned that her drinking water comes from Jetty Creek watershed, which has been 80 percent clearcut for private timber.



The stories from Behind the Emerald Curtain dramatize the issues and potential solutions to these practices. These are some of the stories from the film.

Nancy Webster is part of the Rockaway Citizens Group for Watershed Protection. Over the last 10 years, she has seen the Jetty Creek watershed go from 8 percent clearcut to 82 percent clearcut. Aerial footage supports her claims. And Rockaway's water quality has suffered, no longer meeting EPA requirements despite the city's effort and expense to treat it.

Oregon needs comprehensive reform that promotes responsible logging on timberlands. Oregonians need:

**Best practices rules for chemical use to protect human and environmental health, including:**

- Banning the most toxic herbicides and banning aerial spraying of them;
- Wider buffers around homes, schools, hospitals, and health clinics; and,
- Free, widely accessible information alerting the public when sprayings will occur.

**• Wider buffers of standing trees along rivers and streams.**

Most streams in Oregon have no standing tree buffers along them on timberlands. Buffers keep water clean and cool, and they store carbon. We need buffers on all streams that are wide enough – based on science – to keep water clean and cool, and continue to store carbon.

**• Stronger rules about clearcutting on steep slopes and unstable soils to prevent landslides.**

Clearcutting on steep, unstable slopes causes landslides that send mud and sediment into rivers, streams, and drinking water. This suffocates life in the streams and requires communities to filter and/or treat their drinking water with more and more chlorine or other chemicals.

Peter Hayes' family has been in the timber business since the 1850s.

Their company, Hyla Woods, provides a different model for logging private timberlands in Oregon – a model for responsible logging that protects habitat, diversity, and clean water.

John Larison has fished in the Siletz watershed since childhood. Now he sees clearcuts almost wherever he goes due to rampant logging of the watershed over the last 10 years.

John Larison views landslide from stump - photo by Shane



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## OREGON STORIES

### Portland Jazz Composer's Orchestra A 12 – piece Jazz chamber orchestra and Captain Deborah Dempsey

**THE TWELVE-PIECE** Portland Jazz Composers Ensemble announces its most ambitious project ever: a musical triptych that tells the stories of three Oregonians who triumphed over racial and gender discrimination to achieve inspiring, notable success. "Oregon Stories" features original compositions by famed film composer and guitarist Mark Orton (Tin Hat, Madeline Peyroux - celebrated pianist and Professor of Music at PSU Darrell Grant and PJCE Executive Director Douglas Detrick, an award-winning composer and trumpeter. KMHD-FM host Jessica Rand produced the audio interviews which comprise the foundation for this musical chronicle of living history. A radio broadcast of a studio recording is scheduled for late 2016, when the "Oregon Stories" album will be released.

#### Live performances are scheduled April 1-8 in the communities where the stories originated:

\* Hood River (April 1 @ The Columbia Center for the Arts) - where George Akiyama was threatened with violence - and a fellow citizen who stepped forward to support him - when he came home from serving in World War II. Told by historian Linda Tamura

\* Astoria (April 2 @ Liberty Theatre) - where Deborah Dempsey was the first woman river pilot to guide ocean-going vessels over the Columbia River Bar. Deborah Dempsey tells her own story.

\* Portland (April 8 @ The Old Church) - where DeNorval Unthank, a Portland African-American physician, became a civil rights leader. Told by his daughter Lesley Unthank.

"The 'Oregon Stories' project makes a powerful statement: jazz is an inclusive art form that can tell the stories of many communities, not just of the elite urban audience often associated with the music," said Douglas Detrick, Portland Jazz Composers Ensemble Executive Director. "The project will allow the PJCE to reach across the conventional



4/2

boundaries of our field and participate in one of the most important conversations of our time—equality."

The Oregon Stories project was funded in part by the Fred W. Fields Fund of the Oregon Community Foundation, and by the Regional Arts and Culture Council (RACC), and is sponsored by the Oregon Historical Society and Oregon Humanities.



**ASTORIA PERFORMANCE: April 2, — Liberty Theatre, 1203 Commercial St, Astoria, \$20 general admission, \$15 Seniors, \$5 Students w/ID. Tickets at [ticketswest.com](http://ticketswest.com)**

### Sparky and Rhonda Rucker Old-Time Blues and Storytelling Hoffman Center

3/29



**Tuesday, March 29, 7pm at the Hoffman Center on Laneda St. in Manzanita Sliding-scale \$10-15 at the door.**

The Hoffman Center for the Arts in Manzanita will host a concert featuring old-time blues, Appalachian music, ballads, slave songs, spirituals and original music by Sparky and Rhonda Rucker.

The Ruckers carry a rich history with them, steeped in the roots of early blues, storytelling, social justice and the civil rights movement – these aspects inform their concerts, the couple have been performing for over 40 years. Sparky's early blues mentors include Rev. Pearly Brown (who taught Duane Allman how to play bottleneck-style guitar), Buddy Moss (who taught Blind Boy Fuller), and Johnny Shines (who traveled with blues legend Robert Johnson). He also picked up pointers from Babe Stovall, Big Joe Williams, John Jackson, Robert Jr. Lockwood, and many others.

Rhonda Rucker is a passionate voice in social and environmental advocacy through her songwriting. Her background as a physician also provides her with unique insights into numerous other social problems. Using her versatile musicianship, she has created moving songs about such topics as global warming, the broken health care system, and Post-Traumatic Stress Disorder.

The Ruckers have appeared at the Kennedy Center in Washington D.C. and the Smithsonian Folklife Festival, NPR's On Point, Prairie Home Companion, Mountain Stage, and Morning Edition. Their recording, Treasures & Tears, was nominated for a W.C. Handy Award, their music is also on the Grammy-nominated anthology, Singing Through the Hard Times.

## Thursday 10

### MUSIC

Jeremy Wilson. No cover, 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. \$40 for each individual ticketed event. At various locations in Cannon Beach. [savorcannonbeach.com](http://savorcannonbeach.com)

### HAPPENING

Annual CASA Celebration. Enjoy an evening of delicious small bites, wine and other beverages plus a dessert auction. \$30 per person. 6 – 9pm at the Bridgewater Bistro in Astoria.

Lower Nehalem Watershed Council Speaker Series. Water Quality on the Nehalem Watershed. With York Johnson. 6:30pm at the Pine Grove Community House in Manzanita.

### LECTURE

Beers to Your Health. Circulatory Health. With Tracy Erling. 7pm at the Lovell Showroom at Fort George in Astoria.

### THEATER

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

## Friday 11

### MUSIC

Laura Curtis + Jack Martin. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Chris Carpenter and the Collective. 9pm at the Nauti Mermaid Bar & Grill in Lincoln City.

### CINEMA

Big Fat Gay Movie Night. Movie TBA. \$4, 21 and over, 10pm at the Columbian Theater in Astoria.

### FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. \$40 for each individual ticketed event. At various locations in Cannon Beach. [savorcannonbeach.com](http://savorcannonbeach.com)

### HAPPENING

State Forest Evening. Join others who care about conserving habitat, clean drinking water, and recreation opportunities in our State Forests. 6:30 – 8:30 at the Lovell Showroom in Astoria.

Spring Vintage Flea Market & Bazaar. Enjoy two days of antiques, vintage, handmade, retail items and more. Noon – 7pm at the Tillamook County Fairgrounds.

### LITERARY

Women's History Month Event. Laree Johnson will read from the diaries of Mary Riddle, a Clatsop County pioneer. 6pm at the Astoria Public Library.

### OUTSIDE

Native Planting. Come help the North Coast Watershed Association plant native wildflowers and shrubs at the Alderbrook Natural Area in Astoria. Come dressed for

the weather and ready to work. Gloves and tools will be supplied.

### THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

The Wizard of Oz. 7pm at the AHS Auditorium in Astoria.

12 Angry Men. Drama. \$15, 7:30 at the PAC in Astoria.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

## Saturday 12

### MUSIC

The Julie Amici Trio. No cover, 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Brad Griswold. No cover, 7pm at WineKraft in Astoria.

Midnight Gumbo. A benefit dance for CASA of Tillamook County. \$10, 7 – 10pm at Fairview Grange in Tillamook.

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

Chris Carpenter and the Collective. 9pm at the Nauti Mermaid Bar & Grill in Lincoln City.

Laura Curtis + Jack Martin. No cover, 9pm at the Adrift Hotel in Long Beach.

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

### ART

Astoria Artwalk. Free, 5 – 9pm at galleries and other businesses in downtown Astoria.

### FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. \$40 for each individual ticketed event. At various locations in Cannon Beach. [savorcannonbeach.com](http://savorcannonbeach.com)

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

### HAPPENING

Auction and Show. A benefit for the North Coast Christian School with a medieval theme. With illusionist/comedian Joshua Jordan. Dinner included. \$35 for dinner and show, \$15 for show only. 5 – 8:30pm at Camp Rilea, Warrenton.

Garibaldi Crab Races. 11am – 5pm at the Old Mill Event Center in Garibaldi.

Spring Vintage Flea Market & Bazaar. Enjoy two days of antiques, vintage, handmade, retail items and more. Noon – 7pm at the Tillamook County Fairgrounds.

March Flea Market. 9am – 4pm at the Kiawanda Community Center in Pacific City.

### LECTURE

Conversation Project. Too Busy to Rest: Boundaries and Balance in a Nonstop World. With Lisa Naas Cook. 1pm at the Tillamook County Pioneer Museum.

Learn About Container Gardening. Maggie Stuckey, author of "The Bountiful Container", will talk about container gardening and will demonstrate her technique. Free, 6pm at the Seaside Library.

### LITERARY

Women's History Month Event. Laree Johnson will read from the diaries of Mary Riddle, a Clatsop County pioneer, in an interactive program for families with children ages 8-12. 10:20am at the Astoria Public Library.

### OUTSIDE

Native Planting. Come help the North Coast Watershed Association plant native wildflowers and shrubs at the Alderbrook Natural Area in Astoria. Come dressed for the weather and ready to work. Gloves and tools will be supplied.

### THEATER

Tale of Beauty and Beast. Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

The Wizard of Oz. 7pm at the AHS Auditorium in Astoria.

12 Angry Men. Drama. \$15, 7:30 at the PAC in Astoria.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

## Sunday 13

### MUSIC

Boston Piano Trio. \$25, 3pm at the Camp Winema Chapel near Neskowin.

Coffee Concert. Local musicians perform in a casual Sunday matinee concert, with complimentary pastries and java. Admission by donation, 4pm at the Lincoln City Cultural Center.

Ghost Boats. No cover, 7pm at the Adrift Hotel in Long Beach.

Michael Hurley. No cover, 8pm at Fort George Brewery & Public House in Astoria.

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

Zuhg. 9pm at the Nauti Mermaid in Lincoln City.

### FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. \$40 for each individual ticketed event. At various locations in Cannon Beach. [savorcannonbeach.com](http://savorcannonbeach.com)



LECTURE

Lower Columbia Diversity Project. A Conversation with Black Lives Matter. With Walidah Imarisha, Adrienne Cabouet, and Leila Hofstein. 2 – 4pm at the Boyington Building in Astoria.

LITERARY

Book Signing Event. Authors Scott and Sandy Blackman will Present from their new book, “Oregon Surfing North Coast”. The book covers the surfing culture that began in Portland, Seaside, Cannon Beach and Pacific City starting in the 1960s. 1- 3pm at the Cleanline Surf Shop in Seaside.

HAPPENING

Garibaldi Crab Races. noon – 5pm at the Old Mill Event Center in Garibaldi.

THEATER

The Wizard of Oz. 2pm at the AHS Auditorium in Astoria.

12 Angry Men. Drama. \$15, 3pm at the PAC in Astoria.

Monday 14

MUSIC

Ghost Boats. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 15

MUSIC

Kendl Winter + Joey Capoccia. No cover, 7pm at the Adrift Hotel in Long Beach.

WEDNESDAY 16

MUSIC

Kendl Winter + Joey Capoccia. No cover, 7pm at the Adrift Hotel in Long Beach.

Relapse. No cover, 9pm at the Seafood Grill & Lounge at Chinook Winds in Lincoln City.

HAPPENING

BCAC Turns Sweet 16 Celebration. “Sweet 16 Party.”The Bay City Arts Center is turning 16. The evening will feature an Irish themed dinner, and fun for the whole family. Admission is \$15 and the event will run from 5pm – 7pm at the Bay City Arts Center.

LECTURE

How to See a Rainforest. With Neal Maine. Free, 6pm at the Seaside Library.

THEATER

The Wizard of Oz. 7pm at the AHS Auditorium in Astoria.

Thursday 17

MUSIC

Kendl Winter + Joey Capoccia. No cover, 7pm at the Adrift Hotel in Long Beach.

Spud and The Snake Skinners. No cover, 6 – 9pm at the Sand Trap Pub in Gearhart.

Pipedance and the Molly Malone Irish Dancers. \$18, 7pm at the Lincoln City Cultural Center.

Lincoln Pops Big Band. \$6, 7:30pm at the Gleneden Beach Community Club.

Relapse. No cover, 9pm at the Seafood Grill & Lounge at Chinook Winds in Lincoln City.

LECTURE

Nature Matters. Secret Life of Crabs: Behavior of Crabs Determined by Benthic Video Imaging and Acoustic Telemetry. With Curtis Roegner. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

THEATER

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Friday 18

MUSIC

Bill Wadhams and Company. No cover, 7pm at the San Dune Pub in Gearhart.

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

The Horde + The Harem. No cover, 9pm at the Adrift Hotel in Long Beach.

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

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

Relapse. No cover, 9pm at the Seafood Grill & Lounge at Chinook Winds in Lincoln City.

ART

Peninsula Quilt Guild Show. Free admission at the Columbia Pacific Heritage Museum in Ilwaco.

FOOD & DRINK

Pouring the Coast. Oregon Coast Brewer’s Dinner. \$65, 5pm at the Seaside Convention Center. primaryevents.org/pouring/brewers-dinner/

OUTSIDE

Nobody is Here From Ireland. Golf tournament. \$60 per player, 1pm shotgun start at the Gearhart Hotel.

THEATER

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

12 Angry Men. Drama. \$15, 7:30pm at the PAC in Astoria.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Saturday 19

MUSIC

Daric Moore & Michael Morrow. Alive and acoustic. No cover, 3pm at Coffee Girl in Astoria.

The Swing Cats. 4 piece Jazz and Blues swing band the SwingCats regroup to return to coastal stages. \$6 at the door. 8pm at KALA in Astoria.

Jackson Andrews. No cover, 6pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.

Naomi Hooley & Rob Stroup. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Steve Azar and Deana Carter. \$35, 7:30pm at the Liberty Theater in Astoria.

Bruce Smith and the Kevin Violette Band. Opening for the Pagan Pancakes. A benefit for Samuel Wesley Whitehorn. \$10, 8pm at the American Legion Post in Cannon Beach.

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

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

Erotic City. A Prince Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Johnny Wheels and the Walkers. 9pm at Snug Harbor Bar & Grill in Lincoln City.

The Horde + The Harem. No cover, 9pm at the Adrift Hotel in Long Beach.

Relapse. No cover, 9pm at the Seafood Grill & Lounge at Chinook Winds in Lincoln City.

ART

Peninsula Quilt Guild Show. Free admission at the Columbia Pacific Heritage Museum in Ilwaco.

CINEMA

Saturday Morning Matinee. Flash Gordon Serial. Episodes 1 – 4. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Pouring at the Coast. Craft Beer Festival, People’s Choice Competition, and Oregon Coast Homebrewer’s Competition. Tasting tickets \$10 and up. At the Seaside Convention Center.

Premium Wines of St Michelle Estates. Wine Tasting. 1 – 4pm at the Cellar on 10th in Astoria.

Winemaker’s Dinner. Premium Wines of St Michelle Estates. Reservations required. 6pm at the Cellar on 10th in Astoria. 503-325-6600

Pie Day/Night Celebration. Pie auction and pie feast. \$10, 6:30pm at the Kiawanda Community Center in Pacific City.

HAPPENING

March RADness. Shanghaied Roller Dolls vs The Trampires from Tacoma. Proceeds will benefit the family of Sgt Jason Goodding. \$10 - \$20, 6pm at the Astoria Armory.

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.

LITERARY

Manzanita Writer’s Series. Author and biologist Thor Hanson will read from his newest book “The Triumph of Seeds”. Open mic session follows. \$7, 7pm at the Hoffman Center in Manzanita.

Nye Beach Writer’s Series. Author Evan Morgan Williams will read from his short stories. \$8, 7pm at the Newport Visual Arts Center.

OUTSIDE

Lewis & Clark Trail Run. An approximately 5k or a 10k course that features the Kwis Kwis Trail. The start/finish line will be at the Fort to Sea Trail parking area off of Fort Clatsop Road. Allow time to park at one of the Fort Clatsop Visitor Center parking lots, register at the visitor center, and then enjoy a 1/2 mile warm-up hike on the Fort to Sea Trail to the start line prior to the 10:00am start. Free with the purchase for a \$20 Annual Pass that allows entry into all National Parks. Register from 9 – 9:30am at the Fort Clatsop Visitor Center, Warrenton.

Family Fishing Frenzy. ODFW will provide the gear and the fish, you provide the fun. Free, 9am – 2pm at Regatta Grounds Park in Lincoln City.

THEATER

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

12 Angry Men. Drama. \$15, 7:30pm at the PAC in Astoria.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

Sunday 20

MUSIC

Quattrosound. \$15, 2pm at the Historic Raymond Theater in Raymond.

Duo Deloro. 4pm at St Catherine’s Episcopal Church in Nehalem.

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

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

ART

Peninsula Quilt Guild Show. Free admission at the Columbia Pacific Heritage Museum in Ilwaco.

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

Oregon Coast Scenic Railroad Winterall Excursion. Enjoy views of Tillamook Bay, the Pacific Ocean and Nehalem Bay. The trip will include at least two photo runbys (more weather permitting). \$50, departing Garibaldi at 1pm. oregoncoastscenic.org/schedule-and-tickets.html

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org

THEATER

Death by Fatal Murder. Comedy. 2pm at Theater West in Lincoln City.

Nothing Serious. Short comedies. 2pm at the Barn Community Playhouse in Tillamook.

The Apple Tree. Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

Monday 21

MUSIC

Pete Krebs. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org

LECTURE

Women in the Civil War. With John Ohm. 7pm at the Driftwood Public Library in Lincoln City.

Tuesday 22

MUSIC

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org

Wednesday 23

MUSIC

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

MORE MUSIC



Spud & the Snakeskinners

Irish or not, you’re invited to join in the celebration! Lucky Irish Stout, Irish coffee, Irish Reubens and Colcannon serve up at the Sandtrap all day. Join one of the Northwest’s most loved mando players, Spud Siegel in the Livingstone’s Room for a

night of live music on the luckiest day of the year.

**St Pat’s Thur, March 17, 7pm at the Sandtrap in Gearhart. No Cover.**



Pete Krebs

Pete Krebs, synonymous with the Portland music scene, is a band leader as well introspective songwriter. He debuted solo on Cavity Search Records in 1995, led the punk-pop band Hazel, and then rambunctious bluegrass band Golden Delicious. He performs with his band Ernest

Lovers, but hear and enjoy him stripped down for a couple of spots at [pickled fish].

**March 20 + 21. 8pm at the Adrift Hotel in LB. No Cover.**



Three For Silver

Join the band Baby Gramps describes as “the acid baby of Tom Waits” in the inimitable and iconic music living room of the Sou’Wester -- so groovy. Three For Silver combines a gritty aesthetic, world folk tradi-

tions, and virtuosic technique with a modern songwriting sense, and the idiosyncratic style of bassist instrument inventor Lucas Warford. **Sat. March 26 at the Sou, in Seaview**



## Twelve Angry Men at THE PAC



**TWELVE ANGRY MEN** is a powerful, riveting and timely play adapted for the stage by Sherman L. Sergel. Based on the 1954 teleplay of the same title for the CBS Studio One anthology television series by Reginald Rose, it was made into a highly successful film in 1957 starring and produced by Henry Fonda. The drama depicts a jury considering a homicide trial.

It looks like an open-and-shut case until one of the jurors begins opening the others' eyes to the facts, causing reasonable doubt. During the course of deliberations it gets personal with each juror revealing their own character.

Tempers get short, arguments grow heated, and the jurors become 12 angry men.

**PERFORMANCE DATES:** March 11 – 19. Fri/Sat 7:30pm, Sunday March 13 at 3pm.

Tickets \$15 @ the door.  
Directed by Sheila Shaffer.

## TAPA presents 10 short comedies in NOTHING SERIOUS

**NOTHING SERIOUS** written by Richard Orloff and directed by Rikki Reid is a series of Orloff's 10 most popular short comedies - from Antarctica and Disneyland, to the Garden of Eden and inside the womb, Richard Orloff creates theatrical worlds that are both imaginative and hilarious. The Honolulu Advertiser called it "genuine fun that can't help being contagious" while the Rochester Post-Bulletin (Rochester, MN) said "A lot of laughs. Orloff's skits are quick, clever, funny and touching."

This ensemble cast is made up of both TAPA veterans, as well as several newcomers making their first appearance on the TAPA stage. The cast includes TAPA veterans Becki Wilhelm, Sandra Kooops, Karen Downs, Kimber Lundy, and Holly Waggeberby. Making their TAPA debut are Lynn Lothman, Abby Absher, Karyn Wigant, Lelani Waggeberby, Irene Barajas, Daniel Reid, John Nordling, and Tom Connaughton.

**OPENS March 11 through March 27.** Friday and Saturday performances begin at 7pm, Sunday matinees begin at 2pm. Doors open one half hour prior to curtain.

Tickets on sale now! Reserved seating available through Diamond Art Jewelers located at 307 Main Street in Tillamook, call (503) 842-7940 for reservations. \$15/person, children 12 and under are \$10. FMI: email [info@tillamooktheater.com](mailto:info@tillamooktheater.com) or find us on Facebook.

**Opening Night Gala celebration March 11,** where every ticket purchase includes complimentary hors d'oeuvres and a beverage of choice. TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, one block west of Hwy 101.



## Love is in the air – The Coaster presents THE APPLE TREE

**THE COASTER THEATRE** mixes things up a bit as they bring a musical journey of love to the stage when the curtain rises on *The Apple Tree* March 4th. The brilliant songwriting team behind *Fiddler On The Roof* and *She Loves Me* bring us another witty, tuneful and utterly charming musical in *The Apple Tree*. Made up of three musical miniatures: *The Diary Of Adam And Eve* is a quirky, touching spin on the tale of the world's first couple adapted from Mark Twain's *Extracts From Adam's Diary*. *The Lady Or The Tiger?*, a rock and roll fable set in a mythical barbarian kingdom explores the fickleness of love. *Passionella* is based on Jules Feiffer's offbeat Cinderella-story about a chimney sweep whose dreams of being a "glamorous movie star" nearly sabotage her one chance for true love.

The show is helmed by the Coaster Theatre's Executive Director, Patrick Lathrop who last directed the 2015 summer musical *Little Shop of Horrors*. The Coaster Theatre welcomes **MONT**

**CHRIS HUBBARD** as Musical Director whose credits include Broadway Rose Theatre Company, Lewis and Clark College and is an accomplished Portland composer, performer and music director. The cast is comprised of some new and familiar faces including Lisa Fergus (last seen in *Once Upon A Mattress* and director of our 2016 musical – *9 to 5: The Musical*), Timothy Garvin (last seen as Sir Harry in *Once Upon A Mattress*), Emily Estrada (last seen in Disney's *Beauty and the Beast*), Aaron Harris, Ellen Jensen (last seen in *It Could Be Any One Of Us*), Jessica Harris, Katherine Lacaze (last seen in *Dead Guilty*) and Jean Rice (last seen in *Murder on the Nile*).

**Performance Dates:** March 4, 5, 11, 12, 18, 19, 20, 25, 26; April 1, 2, 3, 8, 9, 15, 16. Friday & Saturday performances begin at 7:30pm, Sunday performances start at 3:00pm.

**Tickets:** \$18 or \$23. Box Office – 503-436-1242 or online at [coastertheatre.com](http://coastertheatre.com) SPONSORED BY – Coaster Construction.



CAST: (front, seated left to right) Aaron Harris, Jessica Harris, Emily Estrada, Khris Frank, Ellen Jensen, Katherine Lacaze (standing, left to right) Lisa Fergus, Dick Garvin, Timothy Garvin, Jean Rice.

## Frontierswoman Mary Riddle's Diary brought to life LaRee Johnson • March 11-12

**ASTORIA PUBLIC LIBRARY** is celebrating Women's History Month with readings from the diaries of Mary Riddle, a Clatsop County pioneer. On Friday, March 11 at 6pm, local writer and photographer LaRee Johnson will present a reading from the Mary Riddle diaries at an event for adults and teens. The following day-Saturday, March 12 at 10:30am, she will read from the diaries in an interactive program for families with children ages 8-12. The library is located at 450 10th Street, Astoria. Admission to both events is free.

It took stamina and grit to settle this area in the time predating the conveniences we take for granted: electricity for light, heat at the flip of a switch, cars for transportation. Mary Riddle, an early homesteader of Clatsop County, shared her experience of pioneer life in her diary, one of the longest ongoing journals of everyday life in Clatsop County and a treasure trove of information about the area we call home.

LaRee Johnson will assume the persona of Mary Riddle, reading selections from the diary Riddle kept from May 1878, when she left Iowa to travel westward, until July 19, 1924, when she recorded her final

entry from her home in Swenson. In 46 years of journals, Mary Riddle described her family's trip by wagon train across the plains, over the mountains, and down the Columbia to the harsh wilderness in the Swenson area where they built their "Forest Home". She described her and her neighbors' struggles with family, health, and clearing and planting their properties. She related how her husband journeyed to the mines for work and how traveling to Astoria was arduous. In her entries, Mary often noted the weather, as it presented a constant challenge to obtaining necessities. LaRee Johnson, a 26 year Astoria resident, is an avid collector and presenter of vintage fashions. She authored and photographed *Ladies' Vintage Accessories*, a 333-page comprehensive value and identification guide on ladies vintage fashion accessories from mid-1800's to modern. In collaboration with husband, Andrew E. Cier, LaRee published *Destination: The Pacific*, a guidebook and personal journal listing the Lewis & Clark sites from the mouth of the Columbia River to Long Beach, WA, and to Cannon Beach, OR.



## Lisa Snow Lady at IMOGEN Living Near Water



IMOGEN brings in the light of spring with a fresh collection of paintings from Seattle artist Lisa Snow Lady, for her first solo exhibition at Imogen. The exhibition opens March 12th for the Astoria Second Saturday Artwalk with a reception held from 5 – 8 pm.

Like most of us who live in a coastal region, Snow Lady is interested and inspired by the views that come with proximity to water. Her work, largely inspired by living near water focuses on structure, both exterior and interior and the views that come. Working primarily in acrylic, she portrays dwellings, with a sense of fluidity and elegance. A master in her own right with careful attention paid to light and shadow, her architectural structures act as conduit to both elements. She cites the rich yet simple color work of the Dutch 17th century painter, Johannes Vermeer and the more contemporary, Richard Diebenkorn of the Bay Area Abstract Expressionists, for walking the line between abstract and representational.

Although this is Snow Lady's first solo exhibition at Imogen, her work has graced the walls prior when she participated in a group exhibition called BallardWorks, also the name of the building where her studio is housed. BallardWorks is a building located in the Ballard district of Seattle that is owned and operated by artists, dedicated to working studios as well offering space for classes and exhibition use. She has exhibited her work extensively throughout the Northwest, including a recent solo exhibition with Lisa Harris Gallery in Seattle.

**Imogen Gallery is located at 240 11th Street, in Astoria. Open Mon - Sat, 11-5, 11-4 each Sun, closed Wed. 503.468.0620.**

**LIGHTBOX** opens two exhibits with very distinct focuses Saturday March 12, from 6-9 p.m. "Burdens of a White Dress" a series of work by Jen Kiaba, and "Tribe" a group show juried by Blue Mitchell of Diffusion magazine, share the limelight this month.

Jen Kiaba artist/educator who grew up in an oppressive religious cult, the infamous Unification Church, and made her way out in her early twenties. She is an award winning photographer who believes that we experience healing and liberation when we access our inner voice and share our stories, paving the way for others to find their own paths to freedom.

"My most recent body of work, is a set of surreal self portraits. The project's title refers to the emphasis placed on a woman's role in my childhood. A woman's value was intrinsically tied to her purity and virginity; after marriage that value shifted into the realm of motherhood."

Kiaba from Rhinebeck, New York, has won international awards and was a 2015 Critical Mass top 200 finalist. She is currently on the faculty of the Mill Street Loft, she teaches digital and fine art photography.

TRIBE is a juried group exhibit, 25 prints shown with the theme as written in the call. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238.

## The Musicians RiverSea Gallery

**IN THE MUSICIANS**, Astoria's own JILL MCVARISH and Portland artist STEPHANIE BROCKWAY collaborate on a most mischievous medley of painting and sculpture. Working separately within the show's theme, each artist uses a mix of historic and contemporary cultural references to share their romantically absurd world. McVarish brings a series of lyrically beautiful paintings featuring human and animal musicians, at once both curious and delightful. Brockway



upcycles musical instruments to form the heart of each of her sculptures, embellishing and transforming them into fanciful characters through her playfully primitive carved wood elements. Even in their altered states, most can still carry a tune.

In the Alcove, Portland's RAQUEL EDWARDS offers abstracted floral paintings inspired by

rhythm and movement in a show titled, Springtime Dance. She works in encaustic, a mix of beeswax, pigment and tree resin, and her paintings dance with light, color and luminous depth. This is the artist's first show on the Oregon coast.

Meet the artists from both shows at the opening reception during Second Saturday Artwalk on March 12, from 5:00 to 8:00, and view their work through April 5, 2016. And keeping the reception in the musical theme, **SWINGCATS** of Astoria will play retro swing jazz and blues in their first performance since getting back together. The local quartet consists of Richard Thomasian, Ted Brainard, Dave Ambrose, and Larry Aldred.

**OPENING RECEPTION: Sat, March 12, (thru April 5), 5-8pm. Meet the artists. Swingcats of Astoria will play retro swing jazz and blues in their first performance since getting back together. The local quartet consists of Richard Thomasian, Ted Brainard, Dave Ambrose, and Larry Aldred. Located at 1160 Commercial in Astoria.**

## LightBox Gallery Burdens of a White Dress/TRIBE



Jen Kiaba, *Burdens of a white dress*



Blaine Verley

## AVA a-i-r Open Studios

**ASTORIA VISUAL ARTS (AVA)**'s new crop of artists in residence will open their studios to visitors for February's Second Saturday Art Walk, to be held over Valentine's Day weekend. AVA invites the community to join in welcoming these three highly talented local artists to this month's art walk – and to see what they're up to – by visiting their studios on Saturday, February 13 between 5pm and 8pm.

- **Painter Annie Eskelin's** AVA a-i-r studio is located at 1170 Commercial St. in Astoria, where she will be showcasing her distinctive landscape paintings. Annie is inspired by coastal themes and rural landscapes, often incorporating personal ideology into her work. Visitors to the studio will get to see her process through works in progress and finished pieces.

- **Artist Blaine Verley's** distinctively eclectic work can be seen at the AVA a-i-r Pier 11 Riverfront Studio, located above Edison Bros. at the Seafood Market at the foot of 11th St, across from the Wet Dog in Astoria. Blaine will be showing recent works inspired by the power and influence of the Columbia River.

- **Printmaker Sarah Lippold's** work can be seen at Studio 11, 453 11th St. in Astoria, where she is conducting her AVA a-i-r residency. Sarah will be showcasing her new body of work, for which she utilizes monoprint techniques she learned and developed as a student of Royal Nebeker at Clatsop Community College and as a member of the North Coast Printers Collective.

### ASTORIA VISUAL ARTS AVA a-i-r STUDIO SPACE FOR LOCAL ARTISTS

ASTORIA VISUAL ARTS ARTISTS-in-Residence Program ("AVA a-i-r") seeks applications from local artists interested in the upcoming artist's residency (April 1st-June 30th 2016). Residency finalists (currently limited to locally based visual artists) are chosen on the basis of artistic merit by an independent blind selection panel of working professionals in the arts, and arts patrons. The selected artists are provided with a studio in the Astoria Downtown Historic District free of charge for a three-month residency period. Artists who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes. Deadline for application is March 28.



**PHOTOGRAPHER MIKE PARNATE** presents his work Collaborative Motion, a series of kinetic motion studies inspired by and co-directed by his son AJ.

AJ was born severely handicapped but likes to watch lights and motion, and while his father takes pictures of the whirling lights and movement of the mobile above AJ's bed, AJ controls the switch.

The result is a collection of intensely colorful, high-energy kinetic studies on aluminum.

Mike says "I take the photographs and AJ adds the magic. It offers me my only glance into AJ's secret world."

**Join Luminari Arts March 12, 5-8pm for this extraordinary collaboration. Live music with Geezer Creak. 1133 Commercial in Astoria. 503 468 0308**



## The Oregon Story Sessions VORTEX I: The Unlikely Oregon Tale of the Only State-sponsored Rock Festival in American History Thursday, March 31 Fort George Brewery • 7-8pm FREE

**FORTY-SIX YEAR AGO** this summer, the only state-sponsored rock festival in American history unfolded in a state park outside of Portland. Were you there? Can you remember anything about the experience? How in the world did something like this only happen in Oregon?

Join Matt Love, author of *The Far Out Story of Vortex I*, for a unique multi-media presentation about the event, learn why it still matters today, and help him collect new stories and photographs for an upcoming second edition of his book planned for the 50th anniversary of Vortex in 2020.

"I want to encourage anyone who attended the festival to show up and share your stories with the crowd," said Love. "There's still much to know about Vortex and I want to keep digging into it."

"I might also add," said Love, "This being Fort George, a person can sip a Vortex IPA during a presentation about Vortex. I like that historical coincidence."

Two months after the May 1970 shootings at Kent State University and police riot at Portland State University, President Richard Nixon was scheduled to address the annual gathering of the American Legion in Portland. The FBI told Oregon Governor Tom McCall, a Republican

facing a tough reelection bid later in November, that he should expect 25,000 Legionnaires and 50,000 anti-Vietnam War protestors to clash in the Rose City streets. The ensuing mayhem would make the 1968 Democratic Convention in Chicago "look like a tea party," according to FBI documents.

To keep the peace, McCall, and a group of hippies collaborated to stage the only state-sponsored rock festival in American history. Four young people had approached McCall's staff in June with the unprecedented idea of holding a festival to help draw potential protesters away from Portland. They asked McCall for a state park. He gave them one. They asked him to waive the park's prohibition against camping and keep the cops out. McCall complied. The free festival, Vortex I: A Biodegradable Festival of Life, unfolded the last weekend in August and 100,000 people attended at McIver Park outside of Estacada. Peace prevailed in Portland, McCall was reelected to a second term and whose leadership ushered in modern Oregon. There never was a Vortex II.



## Open Mic Poetry Night

Join Host Ric Vrana every last Tuesday of the month for Open Mic Poetry, 7pm at the Port of Call at 9th and Commercial in Astoria. Bring poems . . . each event, there's something a little bit different.

LET POETRY BE YOUR ADVENTURE!



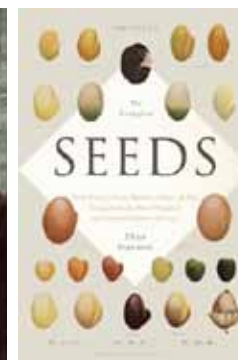
## Thor Hanson: Triumph of the Seeds Reading and Workshop March 19 • Hoffman Center

**THOR HANSON** reads from his latest book *The Triumph of Seeds*, at the Hoffman Center for the Arts in Manzanita on Saturday, March 19, with a writing workshop during the day.

The subtitle of the book is *How Grains, Nuts, Kernels, Pulses and Pips Conquered the Plant Kingdom and Shape Human History*. "Essential reading for anyone who loves plants, or who may have wondered how the chili got its spice, what puts the buzz in coffee, or how seeds have influenced everything from the voyages of Christopher Columbus to the Industrial Revolution to the shape of the human face."

"Thor has done it again. In a page-turner, he tells the stories of seeds, their ecology, evolution and histories and why each of us every day depends on, relies on, delights in or suffers from seeds. This book will change the way you think about your coffee, your chocolate or even just the weed growing stubbornly (from a seed) out of the crack in the sidewalk. Because seeds are everywhere, a reality that you will never forget again after reading this book."—Rob Dunn, author of *The Wild Life of Our Bodies*

*Seeds* won the Pacific Northwest Book Award 2016, and was selected as a Seattle Times Best Book 2015.



During the day Saturday, from 1 to 3:30pm, Hanson will teach a writing workshop titled *Seeing Things – The Journey from Vision to Words* to help writers hone their observation skills to add detail to their writing.

Hanson will share an exploration of the art and craft of truly seeing things: why it is essential to writing, why we are born to do it, and why a frog doesn't need a brain to catch a fly. Tuition for the workshop is \$30. Register at [hoffmanblog.org](http://hoffmanblog.org).

Following Hanson's reading and Q&A: Open Mic where up to nine local or visiting writers will read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "planting seeds." Admission for the evening reading is \$7.

Hoffman Center for the Arts, 594 Laneda Avenue.) [hoffmanblog.org](http://hoffmanblog.org), [kathiejhightower@gmail.com](mailto:kathiejhightower@gmail.com). Evening Read 7pm.

## NORTH COAST SQUID a Journal for Local Writing Submissions thru May 31

**THE FIFTH NORTH COAST SQUID** literary magazine, which showcases work of writers and artists who live on the north Oregon coast or have a strong connection to the area, will be published in October 2016.

Submissions will be accepted from March 1 through May 31, 2016. Submissions are accepted for fiction, nonfiction (to include memoir), and poetry. All submissions are selected in a blind judging by authors/poets outside the coastal area. Submissions of art and photos will also be solicited for cover art and inside art. Watch for detailed submission guidelines on the [hoffmanblog.org](http://hoffmanblog.org).

With submissions possible thru May 31, take advantage of all Manzanita Writing Series upcoming workshops to help you submit your best work -- workshops on humor, personal essay, poetry, and more! Go to <http://hoffmanblog.org/ongoing-classes/register-for-workshops>.

Access the Writing Lounge every Tuesday from 10:30 to 1pm at the Hoffman Center, with a drop-in fee of \$5, where you can get feedback on your writing from fellow writers.

Award-winning author Judith Barrington will judge poetry for the North Coast Squid.

Teacher at The Attic in Portland and author of *Going Somewhere: A Bicycle Journey Across America*. Brian Benson will judge nonfiction. Cari Luna will judge fiction. The Oregonian named Luna's debut novel, *The Revolution of Every Day*, a Top 10 Northwest Book of 2013.

The Young Writer category accepts submissions in fiction, nonfiction, and poetry for young



writers under age 18. The three best submissions, regardless of category, are selected by the editors of *Tattoo Magazine*, a national award-winning high school literary and art publication based in Shoreline, WA.

### How to Publish Your Book Workshop

The Tolovana Arts Center announces "How to Publish YOUR Book with Ease" a two hour workshop led by Cannon Beach author Gregory E. Zschomler, 1-3 p.m., Sat., March 26, 2016 at the Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, Ore.

The workshop will cover the ins and outs of self-publishing vs. traditional publishing, writing, editing, typesetting, formatting and layout, cover design, publishing options, proofing, managing files, building your platform, marketing and distribution, and more. Zschomler, a member of the Northwest Independent Authors Association, is the author of nearly a dozen self-published books. The class fee is \$25. For more information or registration contact [gregory.zschomler@gmail.com](mailto:gregory.zschomler@gmail.com). <http://www.tolovanaartscolony.org/>



Briana Marelá & Lilac. No cover, 8pm at the Sou'wester Lodge in Seaview.

#### HAPPE NING

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org

#### OUTSIDE

Native Shrub Planting at Clear Lake. Help plant willows and bare-root shrubs. Bring a lunch and prepare to get muddy. There are no toilets on the property. Dogs are not allowed. Email Melissa@nclctrust.org in advance to RSVP and for directions. 10am – 2pm in Warrenton.

## Thursday 24

#### MUSIC

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org

#### THEATER

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

## Friday 25

#### MUSIC

Candy-O and Workin’ for the Weekend. Tributes to the Cars and Loverboy. \$12, 9pm at the Astoria Event Center.

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

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

Run & Tell That. 9pm at the Nauti Mermaid in Lincoln City.

Unlikely Saints. No cover, 9pm at the Seafood Grill Lounge in Lincoln City.

#### CINEMA

Lessons of Basketball & War. \$5, 7:30pm at the Hoffman Center in Manzanita.

#### HAPPENING

Easter Egg Dyeing. Leave the mess with us! Bring your hard-boiled eggs and we'll provide the dye, paint, stickers, and fun. 6 – 8pm at Port of Play in Astoria.

Festival of Illusions. Magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-c

Comedy on the Coast. Featuring the comedy of Dennis Blair, Luis Villasenor and Jodi Borrello. 415, 8pm at Chinook Winds in Lincoln City.

#### LECTURE

Wit and Wisdom: What is a Human Being. With Kjirsten Severson. Free, 7pm in the Lovell Showroom at Ft George in Astoria.

#### THEATER

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

## Saturday 26

#### MUSIC

Troll Radio Revue. 11am at Fort George in Astoria.

Oregon Fallen Badges Foundation Fundraiser. 8 bands will play back to back. Proceeds will go to the family of Sgt. Jason Goodding. \$20 suggested donation, 2 – 10pm at the Seaside Convention Center.

Jackson Andrews. No cover, 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Three for Silver. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

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

Ramble On. A Led Zeppelin Tribute Band. \$5, 9pm at the San Dune Pub in Manzanita.

Run & Tell That. 9pm at the Nauti Mermaid in Lincoln City.

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

Unlikely Saints. No cover, 9pm at the Seafood Grill Lounge in Lincoln City.

#### CINEMA

Saturday Morning Matinee. Rainbow ion the River. \$2, 11am at the Bijou Theater in Lincoln City.

#### FOOD & DRINK

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

#### HAPPENING

Easter Egg Hunting. 11am at Tapiola Park in Astoria. Come early and enjoy the pre-hunt activities which include a petting zoo, face painting, crafts, games, and more.

Hunt for Easter Eggs in the Dark. Bring your flashlights and a blacklight, or purchase one when you arrive. Come early for carnival style games and activities including glow in the dark face painting and glow in the dark bowling. 8 - 10pm at the Astoria Recreation Center.

Caravan of Glam. A Drag dance show. \$15, 9pm at the Astoria Event Center.

Easter Egg Hunt in Rockaway. Noon at the City Park in Rockaway Beach.

Comedy on the Coast. Featuring the comedy of Dennis Blair, Luis Villasenor and Jodi Borrello. 415, 8pm at Chinook Winds in Lincoln City.

#### LITERARY

Author Appearance. Micah White, author and co-creator of Occupy Wall Street will discuss his book “The End of Protest”. 7 – 9pm at Cloud & Leaf Bookstore in Manzanita.

#### THEATER

Nothing Serious. Short comedies. 7pm at the Barn Community Playhouse in Tillamook.

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

Death by Fatal Murder. Comedy. 7:30 at Theater West in Lincoln City.

#### OUTSIDE

SOLVE Spring Beach Cleanup. 10am - 1pm at a beach near you. Visit solveoregon.org/what-we-do/solve-spring-oregon-beach-cleanup for a list of sites and FMI.

## Sunday 27

#### MUSIC

Joseph De Natale. No cover, 7pm at the Adrift Hotel in Long Beach.

Jamie Leopold and the Short Stories. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Zuhg. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

#### THEATER

Nothing Serious. Short comedies. 2pm at the Barn Community Playhouse in Tillamook.

## Monday 28

#### MUSIC

Anna Tivel. No cover, 7pm at the Adrift Hotel in Long Beach.

#### LITERARY

Lunch in the Loft with Deb Vanasse. Join author Deb Vanasse for lunch. She will read from her latest novel “Cold Spell”. \$25 includes a signed copy of the book and a catered lunch. Noon at Beach Books in Seaside. Reserve a space by calling 503-738-3500

## Tuesday 29

#### MUSIC

Anna Tivel. No cover, 7pm at the Adrift Hotel in Long Beach.

Sparky and Rhonda Rucker. \$10 - \$15, 7pm at the Hoffman Center in Manzanita.

Wednesday 30

#### MUSIC

Anna Tivel. No cover, 7pm at the Adrift Hotel in Long Beach.

Sin Fronteras. \$5, 7pm at the Columbia Pacific Heritage Museum in Ilwaco.

## Thursday 31

#### MUSIC

Anna Tivel. No cover, 7pm at the Adrift Hotel in Long Beach.

#### ART

Artist Reception. Thinking Outside of the Box, an exhibit curated by Richard Rowland and Lucien Swardloff. 6pm at the CCC Royal Nebeker Gallery.

#### LECTURE

The Oregon Story Sessions. Vortex I: The Unlikely Oregon Tale of the Only State-Sponsored Rock Festival in American History. Join Matt Love, author of The Far Out Story of Vortex I, for a unique multi-media presentation about the event, learn why it still matters today, and help him collect new stories and photographs for an upcoming second edition of his book planned for the 50th anniversary of Vortex in 2020.

## Friday 1

#### MUSIC

North Oregon Coast Symphony. \$12, 7pm at the NCRD auditorium in Nehalem.

Chris Carpenter. 9pm at the Nauti Mermaid Bar & Grill in Lincoln City.

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

#### ART

Peninsula Arts Association Spring Show. At the Peninsula Arts Center in Long Beach.

#### HAPPENING

First Friday Nights. A mix of live music, games, film screenings, skills demonstra-

tions, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 – 9pm at the Barbey Maritime Center in Astoria.

Oregon Ghost Conference. \$5 admission. At the Seaside Convention Center. seasideconvention.com/item.asp?iid=16

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

#### OUTSIDE

Salmon Derby. Weigh in and other events take place at the Elochoman Slough Marina in Cathlamet. cathlametchamber.com/salmon\_derby.php

#### THEATER

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

## Saturday 2

#### MUSIC

Nehalem Valley All Stars. No cover, free snacks, 3 – 6pm at the Nehalem Bay Winery Anniversary Party. Near Nehalem.

Lloyd Jones. Jackson Andrews. No cover, 6:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Doug Smith with Judy Koch Smith. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Drugstore Cowboy and Matt Love. Spoken word and live music. Free no cover, 8pm at the Sou'wester Lodge in Seaview.

Oregon Stories. Audio Documentaries of Exceptional Oregonians Set to Original Music for 12-Piece Jazz Chamber Orchestra. \$20, 8pm at the Liberty Theater in Astoria.

Chris Carpenter. 9pm at the Nauti Mermaid Bar & Grill in Lincoln City.

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

Restless Rock Hounds. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

#### ART

Peninsula Arts Association Spring Show. At the Peninsula Arts Center in Long Beach.

#### FOOD & DRINK

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

#### HAPPENING

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

Oregon Ghost Conference. \$5 admission. At the Seaside Convention Center. seasideconvention.com/item.asp?iid=16

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

#### LECTURE

Going Solo: The Value of Solitude in a Social World. With Jennifer Allen. 1pm at the Tillamook County Pioneer Museum.

# 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 Biznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

#### FOOD & DRINK

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

## Sunday

#### MUSIC

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

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

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/Bluegrass/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.





quoting scripture than dealing with animals or a gun; the mother Katherine is stern, but with a barely-suppressed edge of hysteria. They and their five children scratch out a living, but when their infant son Samuel disappears while

**THE WITCH**, atmospheric horror pic, described as *The Crucible* meets *The Shining*, playing now.

**LONDON HAS FALLEN (MARCH 4)** Three years after terrorists invaded the White House in *Olympus Has Fallen*, once again White House Secret Service Agent Mike Banning (Gerard Butler) is called on to save President Benjamin Asher (Aaron Eckhart) from capture and death. This time around, the baddie is Pakistani arms dealer Aamir Barkawi, who has sworn vengeance on the West after a drone strike meant for him instead kills his daughter and many others at her wedding. "Vengeance must always be profound and complete," he says. Toward that end, Barkawi devises a devilish plan to kill multiple world leaders attending the funeral of the British Prime Minister, including of course, the American President. At the funeral gathering at St. Paul's Cathedral, the scope of Barkawi's plan becomes clear when multiple heads of state are killed, British landmarks like Westminster Abbey and the Houses of Parliament are blown to bits and the President's helicopter is shot down. Banning and Asher must once again team up as they fight their way through hostile territory for the safe haven of the American Embassy, all the while pursued by Alawi's men who aim to capture and execute the President on live TV.

**THE WITCH (MARCH 4)** Indie director Robert Eggers atmospheric horror has been attracting a lot of attention since its debut a year ago at the Sundance Film Festival. An eerie precursor to the Salem Witch trials that would take place 60 years later, story is set in 1630 New England. After a religious conflict, a Puritan family of seven is cast out from their church and community and must make a go of it alone on a small farm near the edge of dark woods. They barely seem equipped. The father, William, is much better at

under the care of eldest daughter Thomasin, the family begins to implode. After a search proves fruitless, nightmarish visions plague the family, the family cow gives blood instead of milk and the youngest children develop an unhealthy attachment to the family goat, Black Phillip. Katherine blames Thomasin for the loss of Samuel and retreats into hysterical prayers. Described as *The Crucible* meets *The Shining*, it's never clear whether the family is suffering from a psychological breakdown or a genuine encounter with the supernatural.

**WHISKEY TANGO FOXTROT (MARCH 4)** Buzz has been bad on this Tina Fey goes to war dramedy. (The title is military-speak for "WTF"). Based on journalist Kim Baker's memoir "The Taliban Shuffle", WTF tells the story of Kim Baker (Fey), a Chicago TV news producer who's stuck in a rut of boring domestic stories. When a correspondent position opens in Afghanistan, Kim drops everything and heads for the war zone. In Kabul, Kim finds herself a fish out of water. "Cover yourself, shameless whore!" a local woman yells at her. Even mingling with fellow foreigners is an adjustment as fellow journalist Tanya (Margot Robbie) informs Kim that in Afghanistan she's "a serious piece of ass." Indeed when they're not reporting or enduring the horrors of war such as peeing roadside while being guarded by soldiers, the primary interest of journo in the hothouse atmosphere is getting laid. Seesawing between scenes of firefights with insurgents and frathouse dating/drinking while delving into the problems of an American woman in a Muslim culture while also dealing with a mid-career crisis is a

daunting mixture of tones – Eat Pray Love meets *Zero Dark Thirty* is how one review described it, and the filmmakers seem to have bitten off more than they can chew.

**ZOOTOPIA (MARCH 4)** The voices of Ginnifer Goodwin, Jason Bateman and Idris Elba topline Disney's animated animal society pic. Goodwin voices Judy Hopps, a rural rabbit with 225 brothers and sisters who becomes the first rabbit recruit in the city of Zootopia, which is mostly populated by mammals. The bright-eyed, bushy-tailed Judy finds getting a foothold in Precinct 1's mostly elephant/rhino/hippo force challenging. Bogo (Elba), the Precinct's buffalo police chief isn't impressed by the diminutive Judy and assigns



Sam Shepard plays Calvin Meyer leader of a religious cult in **MIDNIGHT SPECIAL** opens MARCH 18



Super Heroes duke it out in the much anticipated dual on film opens March 25

her to parking, wherein the intrepid Judy writes 200 parking tickets in just one morning and earns some respect. When multiple Zootopia residents go missing, Bogo assigns her to the case. Teaming up with Nick Wilde (Bateman), a con artist of a fox, Judy has 48 hours to solve the case.

**THE DIVERGENT SERIES: ALLEGIANT (MARCH 18)** The Divergent series limps to a close with a Hunger Games-style two-part final chapter. Official synopsis: Tris must escape with Four and go beyond the wall enclosing Chicago. For the first time ever, they will leave the only city and family they have ever known in order to find a peaceful solution for their embroiled city. Once outside, old discoveries are quickly rendered meaningless with the revelation of shocking new truths. Tris and Four must quickly decide who they can trust as a ruthless battle ignites beyond the walls of Chicago which threatens all of humanity. In order to survive, Tris will be forced to make impossible choices about courage, allegiance, sacrifice and love.

**MIDNIGHT SPECIAL (MARCH 18)** In his fourth feature, director Jeff Nichols (*Take Shelter*, *Mud*) returns to his mix of insightful character detail and the otherworldly that he used to such great effect in *Take Shelter*. Michael Shannon, the star of *Take Shelter*, plays Roy Tomlin, the intense father of 8-year-old Alton who has apparently abducted his son with the help of his cohort Lucas (Joel Edgerton). As they travel through Texas and across the southern states, it becomes clear that Roy has rescued Alton from the Ranch, a religious cult headed by Calvin Meyer (Sam Shepard). Roy and his ex, Sarah (Kirsten Dunst) once lived on the Ranch and gave Alton up for adoption to Meyer. Alton is revealed to be not just an ordinary kid: his hypersensitivity to light and sound force him to wear goggles and headphones. Meyer takes him for more than a kid – a prophet of sorts. To return him to the fold, Meyer sends two Ranch members after Alton, while NSA agent Paul Sevier (Adam Driver), who becomes interested in Alton after investigating the Ranch, believe him to be a security threat. Pursued by the Ranch and the FBI, and with Alton's health deteriorating, the trio head for a near apocalyptic rendezvous that combines the religious, scifi and family.

**BATMAN V SUPERMAN: DAWN OF JUSTICE (MARCH 25)** The much-anticipated duel between DC Comics biggest superheroes drops later this month. Plot details are a heavily kept secret, but Ben Affleck takes over as Batman, Henry Cavill reprises the Man of Steel and Jesse Eisenberg plays Lex Luthor. Official synopsis: Fearing the actions of a god-like Super Hero left unchecked, Gotham City's own formidable, forceful vigilante takes on Metropolis' most revered, modern-day savior, while the world wrestles with what sort of hero it really needs. And with Batman and Superman at war with one another, a new threat quickly arises, putting mankind in greater danger than it's ever known before.





# FREE WILL ASTROLOGY

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## March

**ARIES** (March 21-April 19): Just one species has a big enough throat to swallow a person whole: the sperm whale. If you happen to be sailing the high seas any time soon, I hope you will studiously avoid getting thrown overboard in the vicinity of one of these beasts. The odds are higher than usual that you'd end up in its belly, much like the Biblical character Jonah. (Although, like him, I bet you'd ultimately escape.) Furthermore, Aries, I hope you will be cautious not to get swallowed up by anything else. It's true that the coming weeks will be a good time to go on a retreat, to flee from the grind and take a break from the usual frenzy. But the best way to do that is to consciously choose the right circumstances rather than leave it to chance.

**TAURUS** (April 20-May 20): You have cosmic clearance to fantasize about participating in orgies where you're loose and free and exuberant. It's probably not a good idea to attend a literal orgy, however. For the foreseeable future, all the cleansing revelry and cathartic rapture you need can be obtained through the wild stories and outrageous scenes that unfold in your imagination. Giving yourself the gift of pretend immersions in fertile chaos could recharge your spiritual batteries in just the right ways.

**GEMINI** (May 21-June 20): "Hell is the suffering of being unable to love," wrote novelist J. D. Salinger. If that's true, I'm pleased to announce that you can now ensure you'll be free of hell for a very long time. The cosmic omens suggest that you have enormous power to expand your capacity for love. So get busy! Make it your intention to dissolve any unconscious blocks you might have about sharing your gifts and bestowing your blessings. Get rid of attitudes and behaviors that limit your generosity and compassion. Now is an excellent time to launch your "Perpetual Freedom from Hell" campaign!

**CANCER** (June 21-July 22): "A vacation is what you take when you can no longer take what you've been taking," said journalist Earl Wilson. Do you fit that description, Cancerian? Probably. I suspect it's high time to find a polite way to flee your responsibilities, avoid your duties, and hide from your burdens. For the foreseeable future, you have a mandate to ignore what fills you with boredom. You have the right to avoid any involvement that makes life too damn complicated. And you have a holy obligation to rethink your relationship with any influence that weighs you down with menial obligations.

**LEO** (July 23-Aug. 22): "Your illusions are a part of you like your bones and flesh and memory," writes William Faulkner in his novel *Absalom, Absalom!* If that's true, Leo, you now have a chance to be a miracle worker. In the coming weeks, you can summon the uncanny power to rip at least two of your illusions out by the roots -- without causing any permanent damage! You may temporarily feel a stinging sensation, but that will be a sign that healing is underway. Congratulations in advance for getting rid of the dead weight.

**VIRGO** (Aug. 23-Sept. 22): "We are defined by the lines we choose to cross or to be confined by," says Virgo writer A. S. Byatt. That's a key meditation for you as you enter a phase in which boundaries will be a major theme. During the next eight weeks, you will be continuously challenged to decide which people and things and ideas you want to be part of your world, and which you don't. In some cases you'll be wise to put up barriers and limit connection. In other cases, you'll thrive by erasing borders and transcending divisions. The hard part -- and the fun part -- will be knowing which is which. Trust your gut.

**LIBRA** (Sept. 23-Oct. 22): When life gives you lemon juice from concentrate, citric acid, high-fructose corn syrup, modified cornstarch, potassium citrate, yellow food dye, and gum acacia, what should you do? Make lemonade, of course! You might wish

that all the raw ingredients life sends your way would be pure and authentic, but sometimes the mix includes artificial stuff. No worries, Libra! I am confident that you have the imaginative chutzpah and resilient willpower necessary to turn the mishmash into passable nourishment. Or here's another alternative: You could procrastinate for two weeks, when more of the available resources will be natural.

**SCORPIO** (Oct. 23-Nov. 21): Your Mythic Metaphor for the coming weeks is dew. Many cultures have regarded it as a symbol of life-giving grace. In Kabbalah, divine dew seeps from the Tree of Life. In Chinese folklore, the lunar dew purifies vision and nurtures longevity. In the lore of ancient Greece, dew confers fertility. The Iroquois speak of the Great Dew Eagle, who drops healing moisture on land ravaged by evil spirits. The creator god of the Ashanti people created dew soon after making the sun, moon, and stars. Lao-Tse said it's an emblem of the harmonious marriage between Earth and Heaven. So what will you do with the magic dew you'll be blessed with?

**SAGITTARIUS** (Nov. 22-Dec. 21): It's prime time for you to love your memory, make vivid use of your memory, and enhance your memory. Here are some hints about how: 1. Feel appreciation for the way the old stories of your life form the core of your identity and self-image. 2. Draw on your recollections of the past to guide you in making decisions about the imminent future. 3. Notice everything you see with an intensified focus, because then you will remember it better, and that will come in handy quite soon. 4. Make up new memories that you wish had happened. Have fun creating scenes from an imagined past.

**CAPRICORN** (Dec. 22-Jan. 19): Most of us know about Albert Einstein's greatest idea: the general theory of relativity. It was one of the reasons he won a Nobel Prize in Physics. But what was his second-best discovery? Here's what he said it was: adding an egg to the pot while he cooked his soup. That way, he could produce a soft-boiled egg without having to dirty a second pot. What are the first- and second-most fabulous ideas you've ever come up with, Capricorn? I suspect you are on the verge of producing new candidates to compete with them. If it's OK with you, I will, at least temporarily, refer to you as a genius.

**AQUARIUS** (Jan. 20-Feb. 18): You may be familiar with the iconic children's book "Where the Wild Things Are." It's about a boy named Max who takes a dream-like journey from his bedroom to an exotic island, where he becomes king of the weird beasts who live there. Author Maurice Sendak's original title for the tale was "Where the Wild Horses Are." But when his editor realized how inept Sendak was at drawing horses, she instructed him to come up with a title to match the kinds of creatures he could draw skillfully. That was a good idea. The book has sold over 19 million copies. I think you may need to deal with a comparable issue, Aquarius. It's wise to acknowledge one of your limitations, and then capitalize on the adjustments you've got to make.

**PISCES** (Feb. 19-March 20): "People don't want their lives fixed," proclaims Chuck Palahniuk in his novel *Survivor*. "Nobody wants their problems solved. Their dramas. Their distractions. Their stories resolved. Their messes cleaned up. Because what would they have left? Just the big scary unknown." Your challenge in the coming weeks, Pisces, is to prove Palahniuk wrong, at least in regards to you. From what I can tell, you will have unprecedented opportunities to solve dilemmas and clean up messy situations. And if you take even partial advantage of this gift, you will not be plunged into the big scary unknown, but rather into a new phase of shaping your identity with crispness and clarity.

Homework: What book do you suspect would change your life if you actually read it? Testify at [Truthrooster@gmail.com](mailto:Truthrooster@gmail.com).

# Bike Madame

By Margaret Hammitt-McDonald

## The Mysterious World of The Hub

**THE HUB** is the cylinder at the center of a bicycle wheel. Since it contains parts that aren't visible from the outside, it can be as mysterious to the rider as the stuff under the hood is to many drivers. This mystique means that most of us leave hub maintenance and repair to bike mechanics. Still, you need to know about the hub's functions and what happens when this unsung workhorse goes bad.

The axle is the rod that connects the

wheel to the bike. At either end, you will see either two brake arm side dust caps or one dust cap and a quick-release lever, used to remove the wheel in case of a flat

and tighten it back in the dropouts (the hook-like parts on the bike frame that grip the axle). Besides these, there's an assortment of other small parts that fall out easily (and are hard to figure out where to put back). These components are present in both front and rear hubs. The rear hub also contains threads for attaching the freewheel or cassette, used for shifting gears with your rear derailleur.

If your brakes are gripping the wheel rim too tightly (you'll notice resistance on pedaling) or one brake pad is closer to the rim than the other, the likely cause is that the axle wasn't seated properly in the dropouts after a tire change. Take it off and, when you put it back on, spin the wheel and try the brakes, watching that the wheel moves freely, the brakes stop it from rolling quickly, and the wheel moves evenly without wobbling.

If your wheel is wobbling around, that's symptomatic of a more serious problem. This happened to me recently. I also heard a strange pinging sound

and an alarming noise, like metal was being tormented somewhere inside and was about to crack. I took the bike to a mechanic, who showed me how all that riding had caused the brake arm side dust cap to break and come off, which triggered the escape of various tiny parts into the hub's inner workings. Without the dust cap, the dropouts couldn't hold onto the axle properly, hence the wobbling wheel, and parts that should have been held snugly in



place were moving freely inside, hence the odd sounds.

No sooner was this hub problem repaired that another one showed itself, this time in the rear

hub. After I coasted to a stop, whenever I started pedaling again, the pedals spun for a moment before the gear engaged. I checked the tension on the cables and the rear derailleur; nothing seemed to be wrong. One day, the pedals kept spinning and the gear never engaged. My bike had not become a fixie; it had become unrideable, as the pedals just spun and had nowhere to go...and I couldn't move forward. When I brought the bike back to the shop, it turned out that the part of the rear hub that connected with the cassette had worn out and needed replacement. They ordered the part, and a week later, my bike could move forward again. (I was relieved that I hadn't tightened a cable wrong or something...how embarrassing!)

The hub can be considered the heart of your wheels, if not the heart of your bike. Hub repairs aren't for everyone, especially if you (like me) tend to lose small parts, but every rider should know about this crucial part so the heart of your wheel can keep beating.



## WORKSHOPS/CLASSES

**MARIJUANA LAWS:** What to Know and How to Align Them With Your Companies Current Policies. April 6. A seminar with Kyle Abraham and Pamela Mack. How an employer should respond to the challenges of changing marijuana laws, create policies and choose drug testing methods will depend on the workplace culture, safety concerns, customer base, and other factors. \$20, includes lunch. 11:30am - 1pm at Buoy Beer Company in Astoria. Register at Ichрма.org

**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. Thursdays 6-7:30pm. Room 209 Towler Hall. Register at Clatsop College. For more info: Ron Maxted 503.338.9153, email ronmaxted@gwetsky.net

**COLORING WILDFLOWERS.** ABC Adult Coloring. March 26. For ages 12 - adult. Learn how to mix colors, blend and layer with color pencils to create amazing 3 dimensional effects. Color images of native plants from ABC of Native Plants book. Participants will receive an original ABC of Native Plants of the Coastal Pacific Northwest book illustrated and designed by Dorota Haber-Lehigh. Learn about a few native flowers, such as yarrow, paintbrush, angelica, violet and their medicinal applications by Native People. All levels welcome, coloring within the lines optional. \$40, registration required. 10:30am - 12:30pm at the Tillamook Forest Center. Register by calling 503-815-6803

**GUITAR WORKSHOP.** April 2. With Doug Smith. \$20. 1pm at the Peninsula Arts Center in Long Beach. Call 360-901-0962 for information on how to register.

**UKULALIANS WORKSHOP** for Absolute Beginners. March 30. With Kate Power and Steve Einhorn. Learn to play the ukulele and sing songs in one hour. Free. 2pm at the Tillamook Library. A second workshop will be held at 4pm on March 31 at the library in Pacific City.

**SCRATCH CLASS.** March 12 Carole Murphy will be teaching a "scratch" class at Hoffman Center for the Arts from 10-5. "Scratch" is a type of paper clay media which lends itself well to producing very organic forms and is highly versatile. Carole has been a featured artist with Portland open studios and her work is intriguing to say the least. This is a rare treat for both new and seasoned artists alike. Students may register at Hoffmanblog.org. A one time low cost of \$55.00 for tuition and \$20.00 for materials will be charged.

**GETTING THE WRITING GOING.** April 1 and 2. With Matt Love. Many people aspire to write for themselves, publication and multiple other reasons, but can't seem to get started. This frustration often results in the aspiration disappearing. Don't let that happen. Get the writing going! 7:5 - 8:30pm on the 1st and 9:30am - 3:30pm at the Sou'wester Lodge in Seaview. Register by calling 503-812-1524.

**WRITING WORKSHOP. MARCH 19.** With Thor Hanson. As writers we dwell in a place between observation and words, translating experience to the page in a way that is real to our readers. But how do we do it? What happens between the senses and the hand that holds the pen? Join author and biologist Thor Hanson for an exploration of the art and craft of truly seeing things: why it is essential to writing, why we are born to do it, and why a frog doesn't need a brain to catch a fly. \$30. 1-3:30pm at the Hoffman Center in Manzanita. hoffmanblog.org

**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 hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

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

## BODY WORK•YOGA•FITNESS

**CLASSICAL BELLY DANCE.** Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

**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.

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

**YOGA**—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4:5-3:30pm 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. Fri 11:30am-1pm Fun Flow Fridays 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.

**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.gearhart-workout.com](http://www.gearhart-workout.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 /QIGONG.** ASTORIA. Angela Sidlo teaches Tai Chi at Astoria Arts & Movement Center! Mon 10-11, Wed 10 - 11, Thur 5:30 - 6:30. QiGong, Tue, 12:10 - 12:50, Thur 12:10 - 12:50. Starts in Sept. 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. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. FALL term thru Dec. 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.

## COLUMBIA RIVER MEDITATION GROUP.

Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deveoping a regular practice. All welcome.

## GREAT VOW ZEN MONASTERY.

In April: *Transforming the Inner Critic*—Weekend workshop. Friday, April 8-10 Learn tools to help transform our relationship to the Inner Critic, bringing it back into balance without losing its discriminating wisdom. \$150 (\$120 for ZCO members) includes dormitory accommodations and meals. *A Dzogchen retreat with Keith Dowman.* April 13 - April 17. Find the Buddha mind. \$250 (\$225 for ZCO members) + dana; a \$50 deposit holds your space; balance due on arrival. *A Retreat on the Buddhist Precepts* April 29 - May 01. The ethical foundation of Zen Buddhism is the Five Precepts. Everyone is welcome to attend this retreat, whether you have already taken the precepts, are considering taking the precepts, or you are simply curious about the ethical guidelines that rest at the foundation of our practice. If you are interested in receiving the Five Precepts, please contact the Director of Training, \$150 (\$120 for ZCO members) includes dormitory accommodations and vegetarian/vegan meals. Zen Community of Oregon. Great Vow Zen Monastery. 79640 Quincy-Mayger Road (Mail: P.O. Box 188) Clatskanie, OR 97016. [www.zendust.org](http://www.zendust.org) 503-728-0654.

**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 art 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

**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.

**MEDITATION/PAINTING FOR WOMEN.** March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is neces-



## MEETINGS/MEET-UPS

**GRIEF SUPPORT GROUP. ASTORIA/SEASIDE.** Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm @ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Questions call: 503-338-6230.

**KNITTING CLUB.** Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

**LA LECHE LEAGUE OF ASTORIA.** 2015 Fall Series Meeting Notice Breastfeeding Information and Support. If you are interested in breastfeeding your baby, consider attending a La Leche League meeting. You will meet other mothers who have breastfed their babies and mothers with babies around the same age as your own. Group meetings provide an opportunity for both new and experienced mothers to connect and share their questions and concerns with each other. Babies and toddlers are always welcome. Meetings are held on the Third Thursday of each month from from 11:00 - 12:30 at 320 South Street, Astoria. Come join us! - November 19 What to Expect: The Normal Course of Breastfeeding-December 17 New Beginnings: Baby's First Foods. La Leche League Leaders are available to answer breastfeeding questions and concerns. For more information on meetings or questions, please call/text Megan Oien @ 503.440.4942 or Janet Weidman @ 503.741-0345

**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](http://tillamookpilots.org).

**TIDEPOOL CLINIC.** March 13 and 18. Explore the beach and learn about the colorful creatures that inhabit rocky intertidal pools from a local expert. The clinics are free and open to the public. 10am on the 13th and 4:30pm at the 15th St Beach Access in Lincoln City.

**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](http://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.

\$ROSBURG SCHOOLS\$  
INDOOR SUPER SALE!!!! MARCH 26

The Third Annual Community In-Door Super Sale will be held as a fundraising event for the Grays River Valley Center at Johnson Park in Rosburg, WA on March 26. This is the old Rosburg School. GRVC serves as a community center for learning and human development activities for Wahkiakum County and the wider area of the lower Columbia River. It has many free resources for the community: a computer lab, an exercise room, an exchange and lending library, a gym that is maintained for area school use and aerobics, sewing classes, and the Food Bank. Contributions of non-perishables will be welcomed at the Food Bank on sale day and at any other time during their open hours.

10:00 AM to 4:00 PM. Space for over 50 sellers or vendors. Also space for outdoor sales and tents on the grassy area, weather permitting. The Sale is held in the gym and the halls. This break-the-back-of-winter sale event will feature a diverse list of items offered by community and participants from a wide area: antiques or vintage items, collectibles, crafts, new and used or repurposed items, tools, and much more. For more information on the Super Sale or to reserve your space call 360-465-2273 or 360-465-2740, or email Donna at [dahardey@wwest.net](mailto:dahardey@wwest.net).

## 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. [astoriaartsandmovement.com](http://astoriaartsandmovement.com)

• **MONDAY**  
10:00 - 11am: Tai Chi with Angela Sidlo  
5:30 - 6:15pm SloFlow Vinyasa Yoga with Jude MatulichHall  
6:20 - 7:15pm: Relax & Restore Yoga with Jude Matulich Hall  
7:30 - 8:30pm: Tap with Marco Davis

• **TUESDAY**  
9:00-10:00am: Zumba Fitness with Nayelli Dalida  
12:00 - 1:15pm: Tai Chi with Margaret Murdock  
6:30 - 7:30pm Level 2 West Coast Swing with Jen Miller  
7:30-8:30pm: Beg. West Coast Swing w/Jen Miller  
8:30-9:30pm: West Coast Swingw/J. Miller Prac. Hr.

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](mailto:astoriachessclub@gmail.com) or visit our Facebook page."

• **WEDNESDAY**  
8:30-9:40am: Gentle Yoga with Terrie Powers  
10:00 - 11:00am: Tai Chi with Angela Sidlo  
5:30 - 6:30pm: Pilates with Jude MatulichHall  
7:00-8:15pm: Belly Dance with Jessamyn Grace

8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin  
• **THURSDAY**  
9:00-10:00am: Zumba Toning with Nayelli Dalida  
12:00 - 1:15pm: Tai Chi with Margaret Murdock  
4:00 - 5:00pm: Slomo with Kestrel Gates  
5:30 - 7:00pm: Tri-Dosha Yoga with Melissa Henige

• **FRIDAY**  
9:30 - 10:40am: Gentle Yoga with Terrie Powers  
6:30-7:30pm: Zumba with Nayelli Dalida (every other Friday Feb 12th & 26th)

• **SATURDAY**  
6:00-7:00pm: Argentine Tango with Estelle & Celeste Olivares  
7:00-8:00pm: Argentine Tango Practica with Estelle & Celeste Olivares



## Messages Sonja Grace mystic healer

## Miracles

**M**Y HEART was heavy as I held the phone, talking with a young woman who struggles with sobriety two days at a time. She continues to fall prey to her job she has had since her teens as an escort. She told me the money is too good. She grew up sexually abused and turned to prostitution and replays the abuse of her youth, constantly trying to heal the wounded inner child. She has been arrested, convicted released on bail and still continues to walk a dangerous line.

My heart goes out to her because she has no one in her life that is safe. She calls me for an appointment but there is never enough time so I give her extra time hoping I can help her and be a voice that guides and comforts her. It seems endless

identifying the shame that holds her hostage. Yes of course I recommend AA meetings, get a sponsor, get a legitimate job and see a doctor for depression. She leaves me messages on my answering service and I know she is high. I send angels to protect her.

Those who know me understand this is my work, my life and with 34 years of sobriety I feel a deep tenderness for this young woman. Those who don't know me, welcome to my world. It's not an easy job.

Every day I work on people that are in pain. I see the homeless guy standing on the corner or the face book friend going through a rough time and say a prayer, lend some healing or just ask my guides to look after them.

I am fortunate that along with the pain, I witness miracles daily. That is a gift that is meant to be shared. I tell my stories to friends and family and the miracles that take place daily in my office.

One client called about her three year old who was speech delayed. He screamed regularly when friends came over to see her. But never spoke more

than a singular word. She asked me to look at him as we worked long distance over the phone. I could see he was a star seed, new to planet earth and the human experience. I cleared him, worked on him and talked to him telepathically and said its time they hear you talk. You need to use your voice. The next day she took him to a park for lunch and he turned to her and said 'eat sandwich, at picnic table'? Then later that day he walked into the room and said hey what are you doing? Both my client and her husband could barely believe the change within 12 hours. The child further amazed his parents when a close friend came over and instead of screaming he played with her and then gave her a big hug.

Sometimes our children just need a little extra help and sometimes they need a lot. Let's not turn our backs on those who suffer but make sure they are aware of the resources that can help them and that we all have clear boundaries to manage our own lives. May we learn to parent and love our inner child so that we teach the young that they too are worthy of being loved. One day, they will do the same having learned from you to work on themselves from the inside out.

*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 and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Her companion film series 'Earth Angel' can be found on her website [www.sonjagrace.com](http://www.sonjagrace.com)*

## March Madness!

BY THIS TIME OF YEAR, I'm ready for a vacation, a thorough housecleaning, maybe an uptick in my better habits. I want to open all the windows and spend days writing, knitting, reading. I want newness in my life. One of the best ways is to exercise creativity or discover new ideas via reading. This is what works for me. There's probably many variations and manifestations upon this theme.

I do have a vacation coming up as I write this. No plans to necessarily go anywhere, except inward. I will take a few day trips, maybe to Portland to see my son, and maybe down 101 just for the fun of it. I will also take note: of colors, of sights, ideas, places, things that I want in my life. I take some inventory of my life, of what is, versus what could be.

This sounds like it could easily be a set-up for depression or anger at those things in my life that fall short of anyone's version of happiness. I guess it could be. But it's not. I use everything as a suggestion, an option. I wonder what it'd be like to work at an animal hospital. What if I paint my living room a color I found that pleased me, maybe I should move back East, I need to add exercise to my life - joining a hiking group has appeal. Ahhh, the Possibilities!

I live alone. Most of my life decisions affect me, and only me. It's a set-up for many things: self-centeredness, depression, odd habits, bad housekeeping, spiraling negativity, lack of self-care countered by too much self-care. I'm sure I'm forgetting something. That folks, is my version of March Madness. That is why I need to get out of my routine and play with life.

So far I've written about - Me. I'm taking a leap of faith here and like to think that many of you can identify whether you are single, living with others or in a committed relationship. We all have times when we are too much into our heads. Even people in committed relationships have internal dialogues that often don't include the other person.

I'm here to tell you - It's Okay. A BIG OKAY! Self-doubt, yearnings, unrealized dreams, preferences are what make us human. We evolve into who we are meant to be only by this internal dialogue. Only you know what dreams you harbor and wish to manifest.

I've said this before and I'm saying it again. Have fun getting to know yourself. Everything counts. Like that lady's haircut? Take note. Wish you lived in that high rise? Figure out why you wish this. Attracted to this or that

person for no really valid reason? Think about it. All this information is just that - information. About you! At the end of the day, you might find out that you like fuschia, chatting with car salesmen, and eating ramen noodles. Or the reverse - you hate chartreuse, don't like insurance salespeople and tacos are stupid. Information, that's all. Choices you make after that will take into consideration the person you are and the needs that seek to be met.

Why all this self-awareness and noting of preferences? Because life flows easier when choices are made with knowledge. Life is full of little pleasures when you treat yourself well. Little pleasures. From a color to a choice of any kind that puts a little smile on your face is considered a "Little Pleasure." Not all of life is made of the big stuff. Much of life could be, and often is, mundane and routine. It need not be this way.

Especially if you live alone and have the option of making or breaking your own life. Put a smile on your own face every day. If you know yourself, you will succeed.

*Tobi Nason is a counselor located in Warrenton, reachable at (503) 440-0587.*

By Tobi Nason **word and wisdom**

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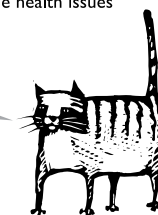
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- Walking the dogs
- Grooming and socializing them
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- Watching for and reporting possible health issues

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## bodies in balance

# Spring Cleansing!



SPRING IS COMING...and I thought it time to revisit the idea of cleansing. This is a time of change and transition. The ground is warming, new green growth is emerging and the winds are gently turning over wintered waters...so it is in the body as well. The forces of nature are at work in us too, and the body needs our help to clean the waterways of the blood. So let's talk about cleansing, as it is a fundamental of health and naturopathy.

There are many words to describe what I am talking about...detoxification, purification, cleansing, and there is also fasting so let's clarify. Cleansing, detoxification and purification are all focusing on clearing certain organ systems of toxins in order to help them function better...kind of like changing the oil, cleaning out the junk drawer or sweeping the chimney. Ideally the major organs of detoxification are supported: liver, kidneys, lungs, colon, and skin. Cleansing commonly involves herbal or nutritional products to promote the pathways of detoxification along with dietary restrictions. Fasting has some of the same ideas in mind but is most commonly focused on food restriction. Water or juice fasts can give the digestion a much needed rest, therefore lowering the demand for those functions for a finite period of time. Either system can tune up your body but some methods are likely a better fit than others depending on the individual. Seeking guidance from a knowledgeable health care practitioner before launching into your program is an advisement espe-

cially if you have any on-going/chronic health conditions.

Who might need to cleanse? Well frankly we all do. If you live in a city, eat packaged food, drink alcohol, coffee or tap water, smoke, are around chemicals, car exhaust, the list is sadly endless; then you are a candidate. Some of the signs from the body that the detox pathways are overworked and undernourished are fatigue, poor sleep, digestive problems, foggy thinking...sounding familiar? Even if you live as pure as you possibly can, I would guess that your body would still reap some benefits from a cleanse.

What are some elements to a cleanse? Let's start with the food component.

While cleansing it is ideal to break from packaged/processed and more allergenic foods...this would include most grains, dairy, soy, corn, sugar, alcohol, caffeine, and processed, preserved meats. What does that leave? The basics, vegetables and fruits, a single serving of a whole grain daily, legumes (that's beans), clean (organic, free-range, grass-fed whatever this may mean to you) lean (fish, poultry and eggs) meats if you desire more protein, otherwise vegetables and fruits only are fine. Watch condiments, sauces and dressings as they commonly contain some unwanted additions. I would also recommend a meal replacement powder to make smoothies. Ideally this would be as whole food based as possible without any of the aforementioned no-nos. Fiber is a must; bowels should be regular if not increased during a cleanse...this means going daily or more than once a day. Antioxidants are also a must, as the body needs that extra help to neutralize toxins as they are cleared. Filtered or purified water, and lots of it, at least half your body weight in ounces a day. Lastly be gentle with yourself, don't plan a cleanse during a high stress event, vacation, or important holiday. Make sure your exercise is gentle and supportive, spark up the sauna for a low temperature sweat or fill the tub for some Epsom salt and baking soda baths. I also encourage cleans-

By Tracy Erfling, N.D.

Dr. Tracy Erfling is a  
naturopath physician in the  
Lower Columbia Region.

Questions?

erflingnd@hotmail.com



ers to set up some regular massage or acupuncture to promote good lymphatic flow throughout the body. And for many a cleansing partner or two is a very useful motivator.

The lungs are yet another organ of elimination and deserve some attention as well. Breathing is a mindless act we perform 24/7 but the irony is that despite the fact that we don't have to think about breathing...we still don't do it right. We tend to be shallow breathers only using the upper lobes of the lungs. Here's a deep breathing exercise that I encourage you to introduce into your daily routine, especially during this cleansing time. While lying, place your hands over your lower abdomen (around the belly button). Take a deep complete inhalation into your belly so that you feel your hands rise, exhale and feel your hands descend. Count as you inhale (1,2,3,4) and exhale (1,2,3,4) and work towards having the same number for each. After you can achieve that work towards increasing that number, and then begin to focus on the transition between in and out breaths. I recommend trying this when lying in bed; do at least 5-10 repetitions and let your thoughts focus entirely on the breath. This exercise will not only cleanse the lungs but clear the mind; setting aside time to be introspective is a key element to involve mind and spirit!

These are the basics of the program I recommend (although there are many others out there), even though it may sound complex; it's all about simplifying. Each time I cleanse I learn about my world, and myself and I enthusiastically encourage you all to do the same. I can think of no better way to celebrate spring, the natural world, and your health.

*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



**MARCH!** It's not so much a noun as a directive. That's no wonder in light of the fact that this month is named for Mars, the Roman god of war. Originally the first month of the year, March was so named because that's when all the fighting could resume following the winter hiatus. One of the favorite pastimes of those wacky Romans was conquest, so it's small surprise that they saved a special place on the calendar for the resumption of hostilities. I'm guessing their dance card read something like this: Plant garden, Hail Caesar, vanquish neighbors, drink wine, worship imaginary deities, sacrifice an animal occasionally. Clearly, the more things change, the more they stay the same.

Turns out, before he got promoted to chief bully, Mars was the god of agriculture and fertility. He was one of the team that oversaw the beginning of new life each Spring. You'd think making sure the grapes got planted and every living thing had sex would be a pretty sweet job, but seems like some gods are never satisfied. As a result, he made the lateral move to God of War. There is little to suggest there was a pay increase, but it was absolutely a better opportunity to boss people around. Frankly, you don't have to try very hard to persuade folks to plant something to eat or to have sex. In the confusion that stemmed from all the rearranging of job descriptions that ensued, we came to celebrate Spring by planting something, having sex AND invading foreign lands. It's ever so much more efficient, don't you think?

On the bright side: Daylight Savings Time, Daffodils, Rhubarb & Corned Beef. Many of us will think to make the perfectly perfect meal of Corned Beef & Cabbage in March and proceed to forget about it for the rest of the year. We are very silly that way. One of the huge benefits of this meal is the resulting Corned Beef Hash the next morning. You could use canned corned beef, but it will never ever be as good as meat that has braised its way to luscious the day before. Sublime as breakfast, brunch or dinner, this dish will make you appreciate the advent of a new season, the promise of things to come and inspire such feelings of happiness and good will, you will be disinclined to conquer your neighbors.

And succeeds!



## CALM DOWN ALREADY! CORNED BEEF HASH & BAKED EGGS

**SERVES 4**

**PREHEAT OVEN TO 400**

In an ovenproof skillet over medium heat; add bacon and sauté until barely crisp and fat renders. If you are using some fresh vegetables, add them now and sauté until soft. Stir in leftover vegetables. Add butter or oil as needed to keep mixture from sticking.

Once heated through, make 4 wells in the hash and crack an egg into each one, spoon a Tablespoon of cream over each egg, sprinkle with salt and pepper and bake until whites are just set but yolks are still runny.

Serve with fresh fruit, a slice of wheat toast, a sparkly Mimosa and peaceful intentions.

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## Head to Toes Circulatory Health with Tracy Erfling, ND

BEERS TO YOUR HEALTH at Fort George Brewery

ASTORIA CO-OP Grocery really hopes to get your blood pumping with its next monthly food and wellness talk in March. The circulatory system is important to everybody and a local naturopath will teach why. Dr. Tracy Erfling's talk is titled, "Head to Toes Circulatory Health".

"This is a great time of year for a circulatory review since we're moving out of the cold and dark; we can plan ways to boost things we're doing for our circulatory system. People might not be moving as much, and with the passing of that sedentary heavy-food time of year, we want to start a clearing process. This should be a refreshing talk to get people excited about movement, activity, and health," Dr. Erfling said.

All cells in the body need oxygen and nutrients as well as waste removal. This is an important role of the circulatory system. The heart, blood vessels, lymphatic system and blood itself work together to service the cells of the body. Using the network of arteries, veins and capillaries, blood carries carbon dioxide to the lungs (for exhalation) and picks up oxygen. From the small intestine, the blood gathers food nutrients and delivers them to our cells.

Dr. Erfling will review this system, problems that can affect its function and therapeutic ideas for health and healing. There are many ways to naturally boost your circulatory system and exercise is one example.

"When we move our muscles it assists the pumping of blood around the body. Generally we rely on the heart to do the work, but when we exercise it helps the whole circulatory system function more smoothly," Dr. Erfling said.

Dr. Erfling graduated from the National College of Natural Medicine in 2000. She has been



practicing natural medicine in Astoria for 15 years (at a shared office with Astoria Chiropractic) and works at the health department doing family planning. Outside of medicine Dr. Erfling enjoys yoga, swimming, dog walking, the occasional "delicious" beer, and shopping at the Co-op.

You can attend Dr. Erfling's presentation on circulatory health on Thursday March 10 at 7 p.m. (doors open at 6 p.m.) at the Fort George Lovell Showroom on 14th and Duane Street in Astoria. The talk is free and open to all ages.

## Learn About Container Gardening With THE BOUNTIFUL CONTAINER

By Maggie Stuckey • Seaside Public Library

Spring is upon us, and The Friends of the Seaside Library want to help you learn all about container gardening with Maggie Stuckey, author of "The Bountiful Container". The event will take place in the Community Room on March 12, at 1pm with book sales and signings.



With few exceptions—such as corn and pumpkins—everything edible that's grown in a traditional garden can be raised in a container. And with only one exception, watering, container gardening is a whole lot easier. Maggie Stuckey will begin with the down to earth

basics of soil, sun, water, seeds and propagation and give us a complete plant by plant guide for growing beautiful veggies and flowers.

Maggie's book, "The Bountiful Container", covers vegetables (17 varieties), peppers (19 varieties), beans, Thumbelina carrots, Chioggia beets, and sugar snap peas. She also delves into Herbs, edible flowers, and perhaps most surprising, fruits. Did you know that you can grow apples, peaches, lemons, blueberries, and figs in containers?

As an extra bonus, Maggie will do a hands on demonstration of planning and planting a container. And here's the good part: at the end of the event we will have a drawing and a lucky person in the audience will get to take the planted container home.

Maggie Stuckey is a writer who grows vegetables and cooks up a storm in her Portland, Oregon, home. She is the author of seven other books on gardening and horticulture.

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

## Community Shares Bi-Valve Enthusiasm It's the Razor Clam Festival, April 9 and 10 In Long Beach



Digging lessons, competitions, tastings, cook-offs, singing mermaids and more all come together for an entertaining weekend on Washington's Long Beach Peninsula

LONG BEACH, Wash. — 2016 — From competing for the best limit of clams to selfies with Clam Beauties, the Razor Clam Festival means a weekend worth of food traditions, cheerful entertainment and happy digging for anyone interested in the highly prized, sand dwelling mollusks. Activities will take place in downtown Long Beach, Washington, on Saturday, April 9 and Sunday, April 10 with digging likely along the entire 28-mile span of wide, sandy beach pending state approval.

"Long Beach ranks among the best places to dig for razor clams due to the vast digging area, easy beach access, the slope of the beach and other favorable conditions," says Randy Dennis, festival organizer. "What really sets Long Beach apart is how much longtime residents enjoy sharing our beach traditions with those new to digging especially during the Razor Clam Festival."

Local professionals will give Clam Digging Lessons at 7AM on April 9 and 7:45AM on April 10. Check in is 15 minutes prior both days at the Bolstad beach approach pavilion, followed by Clam Cleaning Lessons from 9 to 10AM on Saturday and 9:30 to 10:30AM on Sunday. Registration is at [www.longbeachrazorclamfestival.com/free-razor-clam-digging-lessons/](http://www.longbeachrazorclamfestival.com/free-razor-clam-digging-lessons/).

"Nothing beats joining with friends or family to brave the elements, returning home with a bounty of fresh razor clams and then enjoying a tasty meal — straight from the ocean!" says Dan Ayres, Washington State Department of Fish and Wildlife (WDFW) Razor Clam Fishery Manager.

**Other festival events include the following:**

- Clam Contests, April 9, 8AM-noon, Dennis Company, Long Beach;
- Same place and time, manufacturers of clam-digging tools offering free samples and prize drawings;
- Saturday Market at the Port of Ilwaco open for a season preview, April 9 from 10AM-4PM;
- Amateur Chowder Competition, the Long Beach Elks, April 9, 11AM-noon;
- The Oregon Mermaids, April 9, 11AM-2PM, Long Beach Train Depot
- Street entertainment including Dennis Duck, the Beard's Hollow Pirates and Clam Bathing Beauties;
- Clam Chowder Taste-Off, April 9, 1-3PM, Long Beach Elks;
- Clam Fritter Cook-Off, April 9, 3-5PM, Veterans Memorial Park;
- North Jetty Beer Garden, April 9, 3-6PM, Veterans Memorial Park.

For additional clamming information, please call the Dennis Company at 360.642.3166 or visit WDFW at [www.wdfw.wa.gov/fishing/shellfish/razorclams/](http://www.wdfw.wa.gov/fishing/shellfish/razorclams/).

For lodging (early reservations suggested) and destination information, visit [www.funbeach.com](http://www.funbeach.com) or call the Long Beach Peninsula Visitors Bureau at 360.642.2400.



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