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2016 p18

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by NANCY COOK and WILL BRINKERHOFF



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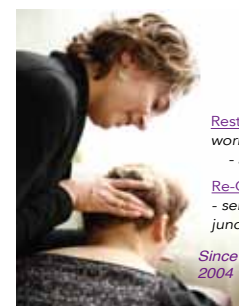
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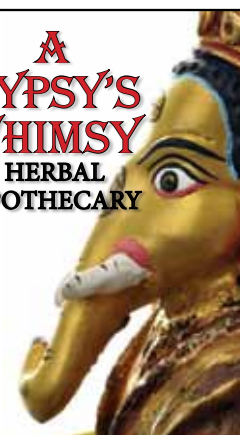
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HIPFISHmonthly presents

# David Tesinsky

award-winning independent documentary photographer from Prague

Wednesday, April 27, 8pm, \$10 admission.

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## Wide Eyed:

### Czech Photographer David Tesinsky Takes On The World's Corners

THESE DAYS in a technology-driven world- high-pixelated phone cameras and easy filters- it can feel like everyone's a professional photographer. That is until you see the work of an actual

professional photographer, one who's vision locks into those micro-moments most of us amateurs glide over, one who

illuminates them. One of these visionaries is David Tesinsky. Though only barely 26 years old, Tesinsky (born and raised in Prague), has taken photos around the world, traveling to more countries than most might ever aim to in a lifetime.

As could be expected, his interest began pretty young. As a kid, Tesinsky's mom bought him a basic camera. From then on he was attached.

"I was basically bothering all my classmates in primary school with it," Tesinsky said.

Eventually, Tesinsky ended up enrolling in a photography school. Though his schooling helped solidify his passion, Tesinsky was impatient for the actual experience

places. Currently Tesinsky's in the U.S. working on a piece about the underground rap scene, traveling around Baltimore, Chicago, throughout Ohio, and eventually landing in Astoria. Before Tesinsky takes any pictures, or even takes even a step

of travel, he spends several months brainstorming and researching his potential projects. He'll check in with reputable outlets like CNN or the Smithsonian and see what topics align with his curiosity, what hasn't been covered by dozens of other photographers.

"I'm basically hunting the subject," Tesinsky said. "I'm finding out what's interesting to me, and what's interesting to the world. Let's say I want

to do slums; there's nothing new about it, it's not controversial anymore. I always have to find something super special."

Once he's chosen his subject, Tesinsky begins reaching out to his global community he's built through his travels, looking for contacts and places to stay along the way. Usually this network is enough to fuel the project.

"If I have enough contacts and enough ideas, I basically book the ticket and go," Tesinsky said.

Tesinsky's photos have that special quality of being so vibrant they create a nearly three-dimensional effect. His photos don't just show you, they take you to that moment.

"It's the result of being hours or days with people, and just spending time hanging out with them and capturing any moment of their life," Tesinsky said. "I always tell them if somebody comes up and I shouldn't shoot just let me know, otherwise, just let me shoot."

For certain projects, such as one about seeking Rastafarian culture in Jamaica, Tesinsky knew no one and relied on asking people on the street if he could follow them around for a bit. The expressions caught through spending long amounts of time with his subjects bring a true insight



Exorcism in ETHIOPIA LTD.



Queers activists - post USSR, Minsk, Belarus

of working as a photographer, so before graduating he made the decision to drop out and begin traveling.

"Since I left the school, I started to do the real thing," Tesinsky said.

That travel has brought him throughout Ethiopia, Jamaica, Japan, Thailand, India, throughout eastern Europe, among other

By Robin Bacior



Children of Islam (IRAN) Revolutionary youths underground movement in Iran (2015)

to his work. The subjects are at ease, from that comes a clarity that can't be manipulated.

"It's not even about the camera," Tesinsky said. "I don't care; people ask me about canon and nikon, it's a very big difference between say, 'yea you make good pictures', or 'your camera make good pictures', it's the same to say to Jimmy Hendrix, 'man, your guitar can play the songs!'"

One common element to Tesinsky's topical choices is a level of heaviness; the overworked business man in Japan, eating dogs in Malaysia, exorcism in Ethiopia, and drug addiction in Prague.

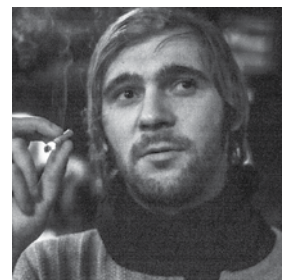
"It kind of happens," Tesinsky said. "Sometimes I'm just into it, like that series in Prague about the drug addicts? I felt heavy at that time, I was just into it."

These projects keep Tesinsky traveling three to six months of the year, relying on couch surfing and small budgets. The life isn't for everyone, but it's not a one size, one camera, or one app fits all, it's what works.

"It's kind of cliché, I just follow my curiosity and do what I want," Tesinsky said. "It's one thing what to do, and another thing is how to do, and that's based on individual skills, and or 'I', everybody has different 'I'."



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## Fisher Painter JASON SCRIBNER turning repurposed wood into art

**April  
9**

By Robin Bacior



"THERE'S ONE ROAD OUTTA KING SALMON and that goes to Naknek," said Jason Scribner. "And there's only one road that goes outta Naknek and it goes to King Salmon, so the only way to get in there is by boat or you have to fly."

Bristol Bay is a 250-mile stretch with an approximate population of 960. Jason Scribner has been a commercial fisherman for several years, heading up to Alaska each summer for the Sockeye Salmon run. The desolate bay's population spikes as people from all around the world overflow the canneries, but Scribner loves it for his own quiet moments.

"I'm a loner, if it was up to me, I'd spend a lot of my time listening to audio books," Scribner said.

When he's not working the long summer hours, the Portland native spends his free time taking photos or collecting photos from others; stockpiling images to paint when he gets back home, though this is still a somewhat new interest.

It started in 2013, when Scribner decided it was time for a change of pace in his personal life. The change coincided with the death of his father, though the correlation didn't seem to hit Scribner at the time.

"I never thought of it like that, but it's pretty accurate," Scribner said. "It was the exact same time, I had made a decent amount of money, I had some free time, I was looking for something better to do."

He decided the first step was to revamp his living arrangement. Before heading out for his annual Alaska trip, he moved out of his home and put everything into storage. When he returned, he moved

it's more about the atmosphere, less about his experience as a fisherman.

"I'm more interested in the old broke down buildings," Scribner said. "I've only actually painted a fish one time."

Initially Scribner wanted to avoid pop-culture images, but when his own interest began to slip he tried a series of paintings focused on Trailer Park Boys and Seinfeld characters and enjoyed it.

"I thought it was a cheap way to get people to like what you did, but I needed to paint fun stuff," Scribner said. "I just try to paint what I like and hope a decent amount of other people will relate to it."

His pieces are typically done on salvaged wood. Aside from fishing, Scribner's worked various construction jobs for several years, including a majority of the buildout for the Ice Cream Party. If he notices wood that's being tossed, he often asks to take it, or sometimes even works as trade for the wood itself. Scribner prefers repurposed wood because it's imperfect, there's less pressure for neatness.

The most important aspect for Scribner is not to over think it.

"If I don't jump on it right now, I normally don't like it the next day; I have to get it going, I have to get some time invested" Scribner said. "For me, it's all about layers. Im just looking at it thinking 'it doesn't look good, it doesn't look good' and then I just keep going- sanding, painting- and finally I'm like 'Oh, that's pretty good'."

**2nd Saturday Art Walk, April 9, 5pm - 8pm. KALA - 1017 Marine Drive in Astoria. Select Weekends, By Appt.**

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## Thinking Outside the Box

An invitational art exhibition curated by  
Richard Rowland and Lucien Swerdloff

OVER 30 professional artists, designers, architects, indigenous artists, photographers, craftsmen and tradesmen have been invited to participate in a unique and exciting art exhibition at the Royal Nebeker Art Gallery at CCC.

Each selected artist has been given a hand-crafted hollow wooden box and asked to use the form as a structure to think outside itself; to use the box as the substratum and inspiration for the creation of a work of art. The only constraint established is to maintain the integrity of the box. They could add to the box, take away or cut into it, hang it, paint it, smooth it, rough it, apply materials to it; work on the interior space, on the exterior space; make it into something new: to recreate it physically and conceptually.

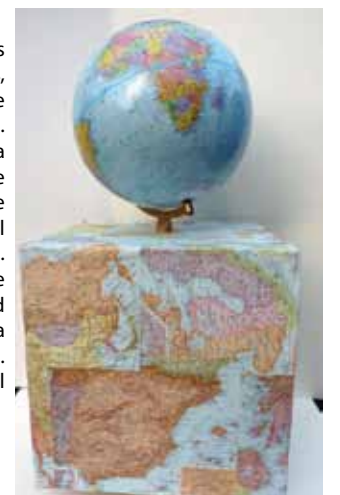
"The broader vision of this exhibition is to give the community a sense of what innovative

diversity looks like when Artists, from different disciplines or professions, starting from the same visual 3-D place, meaning at a particular form or point in space, will do with the globally recognizable, familiar form. We would like to honor the artistic vision and how that vision provides genuine value to our community. In this collaborative exhibition, Artists will make evident not only the fun and play of human creativity, but also the urgency of diverse expression and its essential place in sustainability. Their developed relationships between life and Art gives us a sense of vision and hope that is sorely needed and in fact is essential for a healthy world..." Richard Rowland

**1799 Lexington Avenue in Astoria. Open weekdays 10 - 5pm. Through April 28. View installations online [www.clatsopcc.edu](http://www.clatsopcc.edu)**

The Earth is round, and yes, climate change is happening. There is a sea of evidence pointing to the reality of global warming.... It's time to face the facts and move on to a plan of action.  
-John R. Stahl

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We're here, We're Queer!!  
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**Help CCC Student Video Go Viral. Visit  
Youtube Global Warming: Stand Up and  
Speak Out!**

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## The Lower Columbia Diversity Project presents: 'The Other Direction' – Female-to-male in the Transgender Continuum • April 10



THE LOWER COLUMBIA DIVERSITY Project presents: 'The Other Direction' – Female-to-male in the Transgender Continuum – with Laird Young. Sunday, April 10th, 2 – 4 pm, at the Boyington Building, 857 Commercial Street, Astoria OR.

Over the past few years, male-to-female individuals have received a great deal of national attention. From Chelsea Manning to Laverne Cox to Caitlyn Jenner and beyond, trans women have been very much in the public eye. But what about 'the other direction'? What about the female-to-male experience? Where are the trans men in this life-and-death conversation about gender identity and expression?

That will be the subject of 'The Other Direction', with Laird Young, on Sunday, April 10th, from 2 – 4 pm, at the Boyington Building, 857 Commercial Street, Astoria OR.

Laird Young is a native of St. Louis who has lived in the Pacific Northwest since 1990. In 2012, at age 51, he decided that he'd waited long enough to bring his inner and outer selves into alignment and transitioned from female-bodied to male-bodied. He also decided that while things were in a state of change, it was a good time to leave a 25-year career in sales and sales management and do something that mattered more in the world. He now works in the non-profit field for the Pacific NW Hospice Foundation, and does occasional speaking engagements and workplace trainings on transgender issues.

This Lower Columbia Diversity Project presentation is free, and everyone is welcome. For more information, please write to [lcdiversity-project@gmail.com](mailto:lcdiversity-project@gmail.com), or call 503-325-1895

## "Beyond Human? Science, Technology, and the Future of Human Nature" Conversation Project: FREE Discussion

THROUGHOUT HISTORY religious scholars and philosophers have debated what makes humans unique in the animal kingdom. More recently, evolutionary biologists and cognitive scientists have contributed new thinking to our ideas about human nature. Has the essence of what it is to be human shifted over time? How might science and technology—such as recent rapid advances in bioengineering and other fields—challenge and reshape our understanding of what it means to be human?

This is the focus of "Beyond Human? Science, Technology, and the Future of Human Nature," a free conversation with Prakash Chenjeri on **FRIDAY, APRIL 29**, 2016 at 6:00 PM at the Astoria Public Library, 450 10th Street, Astoria. This program is hosted by Astor Library Friends Association and sponsored by Oregon Humanities.

Chenjeri is an associate professor of philosophy and director of the Philosophy Program at Southern Oregon University, where he has been teaching since 1995. He teaches a wide variety of subjects, including moral and political philosophy, philosophy of science, and issues at the intersection of science and religion.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Ami Kreider at 503-325-7323 or [akreider@astoria.or.us](mailto:akreider@astoria.or.us).



Photo: Dinah Urell

## WALK a Mile April 28 in Astoria

**ONE OF** a series of pinwheel gardens seen throughout Clatsop County, the month of April, community partners presented a program series addressing Sexual Assault Awareness, and Child Abuse Prevention month. A symbolic Astor Column Lighting, movie and panel discussion "Paper Tigers," a lecture by VOCA Founder Margaret Frimoth on ending child abuse, and on April 28, "Walk a mile with us: Prevention is possible" takes place: Gather at the Barbey Center parking lot at 4pm, finish at Clatsop County Court House.

## 18th Annual Trash Art Show, May 14-15, 2016 CALL FOR ENTRIES

### Seeking Inspired Art Made With Recycled/Repurposed Materials

IT'S NEVER TOO SOON TO START. Get out your cool junk—it's time to make trash art. CARTM's annual Trash Art Show is all about working with that irresistibly interesting stuff you've been collecting and wanting to create something with. All the rules are made to be broken when creating trash art. From beautiful mosaics made from broken dishes, to kinetic sculpture created with broken lawn mower parts to—everything is fair game.

The Trash Art Show is a unique, local tradition and creative fundraiser for CARTM. The 2016 event, the 18th annual Trash Art Show, will be at the Gallery at North County Recreation District (NCRD), the show's new permanent location in Nehalem, with lots of open and well

lit space for your art, and plenty of parking for art lovers. Artists may submit up to three pieces of work for the show. There is no entry fee and the only stipulations are that all artwork must be created with recycled, repurposed or reused materials and must fit through a standard size door. The work must be for sale. Sales receipts are split evenly between the artist(s) and CARTM.

Submit work to the Gallery at the NCRD, 36155 9th Street in Nehalem, Oregon on May 11, 1-5pm. Each submitted piece must have a title and be ready to hang or display. FMI: [trashartshow@cartm.org](mailto:trashartshow@cartm.org)

## Seaside AAUW Spring into Fashion Fundraiser

ENJOY LOCAL FASHION, dessert and beverage buffet in support of AAUW scholarships for Seaside girls. This year's event honors 'breaking through barriers' graduating senior Whitney Westerholm. This award is given to a local woman or girl who exemplifies AAUW's mission in a manner that has had a demonstrative impact on our city's women and girls in the area of equity and education. This is the first year Seaside AAUW has chosen to participate and honor a young woman from the community.

Whitney, according to Seaside AAUW, exemplifies the mission and goal of equity for girls, has had an impact on the girls and women of Seaside by her sports accomplishments, has demonstrated a need for new schools outside the tsunami zone by the "Don't Catch this Wave" campaign, and has been highly visible in these pursuits in the local press and Portland television.

Whitney graduates from Seaside High School June 13th and will work over the summer. She has applied to UC Davis and intends to become a vintner.

Saturday, May 7th, 2016, 2-4 pm at Astoria Golf and Country Club, 33445 Sunset Beach Rd., Warrenton, Tickets \$25 student \$15 available:

By The Way in Gearhart, Beach Books in Seaside, From an AAUW member, At door of the event, By phone (503)717-2353.



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WHEN BARACK OBAMA secured the Democratic nomination in 2008 after a close primary battle with Hillary Clinton, then serving her second term as New York senator, those who

and is likely to gain ratification by the other signatories.

Some of Hillary's most progressive credentials are in the health sphere. While first lady,

she was prime mover in developing

## Corporate Democracy and Its Discontents by Stephen Berk

favored the former first lady immediately began to raise the cry of Hillary in 2016. Having paid her political dues as a first lady actively involved in making policy, subsequently elected twice to the Senate, many believed her well qualified for the Democratic presidential nomination as first of her gender. Her prominence was so marked that Obama, in his first term, appointed her secretary of state.

Corporate Democrats have functioned closer to the dictates of Wall Street elites than the needs of average working Americans. Thus they have made the formation of worldwide free trade cartels, enriching mega-banks and transnational corporations, the touchstone of their policy making. The Obama administration has been staunchly loyal to the free trade agenda, having led in putting together the Trans-Pacific Partnership (TPP) and the soon to be completed Trans-Atlantic Trade Agreement (TAFTA). These trade deals, coupled with the previously enacted North American Free Trade Agreement (NAFTA) and the powerful World Trade Organization, both midwived by Bill Clinton's administration, have put into place what George H. W. Bush had famously labeled the New World Order. Also called neoliberalism, that order has not created the peaceful, prosperous world its proponents predicted.

The neoliberal order is in fact a plutocracy, which has exponentially increased poverty and environmental degradation, while engorging a billionaire class with wealth and power. While resistance has been continuous within the poor nations, dissent is now expanding in the US and EU. Crowds surging around the populist Bernie Sanders campaign, which highlights issues like job offshoring, Wall Street malfeasance, and exploding poverty and inequality, have placed the corporate-funded Clinton on the defensive, causing her to emphasize her progressive credentials. In the Senate, she had voted against extending NAFTA to Central America. And she recently joined Sanders in opposing TPP, although it passed Congress

the State Children's Health Insurance Program, which passed Congress and increased medical availability for children in low income and working families. As senator she worked to



strengthen this act. She also wrote a law compelling drug companies to conduct safety tests for products prescribed for children. As secretary of state, she led in getting the US more actively involved in world health issues, such as controlling the spread of HIV/AIDS and many tropical diseases. Part of her appeal to progressive women is in the attention she gives to government support of women's health issues.

In the foreign policy realm, however, Hillary's common advocacy of coercion rather than diplomacy in dealing with adversaries, is what makes her least attractive to many progressives. Here she has much in common with ultra-hawks like Sen. John McCain, who wanted to bomb Iran while also waging war in Iraq and Afghanistan. John Kerry, Hillary's successor as secretary of state, negotiated a settlement with long stigmatized Iran, which has become a stabilizing factor in a roiling Middle East. Hillary had seen only sanctions or bombing as the way to contain Iran's questionable attempt to produce nuclear weapons.

Early in her tenure as secretary of state, Clinton supported a military coup in Honduras against a duly elected reformer, Manuel Zelaya. Long a launching ground for US actions

against Latino reformers, Honduras is among the poorest countries in the Hemisphere. Zelaya had been redistributing wealth downward in the manner of Hugo Chavez, whose Bolivarian socialist movement he supported. Hence he incurred the usual capitalist antipathy, now augmented by a worldwide neoliberal order hostile to any alternative. With Zelaya exiled in Costa Rica, the US again backs a brutal military dictatorship.

Hillary has also been a strong supporter of NATO expansion to the Russian border begun when her husband, Bill Clinton's administration had converted an anti-Soviet military alliance, superfluous after the Cold War, into a global enforcer of the neoliberal imperium, which would surround potential US/EU rivals, Russia and China, with missiles and military bases. As an extension of this policy, Hillary backed a 2013 American orchestrated anti-Russian coup in Ukraine. She then championed sanctions against Russia because of its "aggression" in reclaiming Crimea at the lawful behest of its overwhelmingly Russian population. The coup had seriously undermined Russian security in a way the US would never permit on its doorstep, threatening its fleet, harbored at the Crimean Black Sea port, Sebastopol.

Close to neocon imperialists behind both the second Iraq War and the Ukraine coup, Hillary often favors "regime change," featuring bombing or invasion of strategically selected countries to convert them to US client states. Such policy often backfires in chaos, as in Iraq. During the "Arab Spring" Middle East uprisings in 2011, insurgents rose against longtime Libyan strongman, Muammar Gaddafi. Secretary Clinton in turn gathered a NATO force to invade Libya to aid the insurgency. Gaddafi was an independent Arab leader, whose focus had been on aiding marginalized political groups in Africa. Hostile to Islamist radicalism, he had made Libya a thriving secularized society. While having actively opposed the West in the past, he had effected détente and had opened Libya to Western investment. Hillary's hasty intervention led to his assassination. Her comment, paraphrasing Julius Caesar: "We came. We saw. He died." Libya is now dissolved in sectarian strife. In contrast to Clinton, Bernie Sanders eschews regime change, preferring measured diplomacy.



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# NATURE



## Listening to the Land: Exploring Clatsop Plains Wetlands April 20

**THE UNUSUAL MIX** of plants found in Gearhart's Butterfield Fen is no accident. It begins with water: falling from clouds and ultimately percolating up through layers of sediment. It took hundreds of years to create the fen. And like everything else in the coastal landscape, it is in constant, slow flux.

Join field ecologist Kathleen Sayce tracking the course of water in the Clatsop Plains—rain, rivers, dune swale lakes, fens, and more—in a presentation titled "Into the Fens: Exploring Clatsop Plains Wetlands" at 6 p.m. on Wednesday, April 20, at Seaside Public Library. It is the fourth program in the 2016 Listening to the Land speaker series, which this year has taken water as its theme. Admission is free; refreshments are served.

When is a bog really a fen? Kathleen will talk about ground-water and what conditions led to development of the particular ecosystem at Gearhart's Butterfield Fen, with its peat bogs and insectivorous plants. She'll examine the life cycle of a dune swale lake, and she'll share what she learned from a year of monitoring groundwater wells on her own property on the Long Beach Peninsula.

Kathleen grew up and continues to live on Willapa Bay and has been active in conservation efforts in southwest Washington all her life. She is a consulting ecologist and educator and has served as science program director for the Willapa Alliance and as chief science officer for Shore-Bank Pacific. She has a master's degree in botany from Washington State University.

## Lower Nehalem Watershed Council Speaker Series

*Life in the River – A North Coast story told in two documentary films*

FISH ENTHUSIASTS, outdoorsmen, and documentary lovers won't want to miss this! Join the Lower Nehalem Watershed Council (LNWC) for an up close look at Oregon's signature anadromous fish species in two locally filmed and produced documentaries. On Thursday, April 14th, LNCW will welcome Derek Wiley from the Oregon Department of Fish and Wildlife (ODFW) for a special screening of his films on the freshwater life of native salmon. *Journey's End* is an 18 minute video capturing underwater behavior and spawning of wild chum salmon, Chinook salmon, coho salmon, and Pacific lamprey in several rivers and creeks on the northern Oregon Coast. *Salmonid Life Cycle Monitoring (LCM) on the NF Nehalem River (2015)* is a documentary about ODFW's Life Cycle Monitoring activities on the North Fork Nehalem River with a focus on the 2015 fall salmon trapping season.

Footage for both was primarily captured with a GoPro camera and editing was done with iMovie11. The two films showcase the journey of anadromous fish species during spawning season and offer a behind the scenes look at ODFW's Salmonid Life Cycle Monitoring Program. Pine Grove Community House, 225 Laneda Ave, in Manzanita. Doors 6:30 pm for refreshments. Screening 7:20pm following Lower Nehalem Watershed Council update. FREE, all welcome.

## Volunteer for trail clean-up day at Circle Creek

JOIN STAFF and volunteers of North Coast Land Conservancy on Saturday, April 23, 10am to 1pm, for a trails clean-up day at Circle Creek Habitat Reserve, at the south end of Seaside. Help is needed to get the developing network of trails there ready for visitors. Find details at NCLCtrust.org.

Anyone interested in learning more or in participating should contact Stewardship Director Melissa Reich at melissar@nclctrust.org in advance; she will provide directions to the property. Bring a lunch and water. There are no toilets or potable water on site. Dogs are not allowed on NCLC habitat reserves.

## The Haystack Rock Awareness Program Volunteer Training

THE HAYSTACK ROCK Awareness Program will be hosting its first Volunteer Training of the 2016 season on April 9th from 10am – 2pm. This event will be held in the City Hall Council Chambers at 163 E Gower St, Cannon Beach.

Each volunteer opportunity will be discussed at the training, along with any new equipment, protocol, and information about the program. Furthermore, we will provide training on interpretation, sea birds, intertidal ecology, and basic geology of the rock.

This event is free and open to the public. HRAP will provide light snacks, lunch, and beverages. (503)436-8095 or email hrapvolunteer@ci.cannon-beach.or.us

## Beach Cleanup Saturday, April 23 celebrating Earth Day!

It is EASY to help! There are no pre-meetings, agendas to follow or wrap-up meetings to attend, no reports to complete - JUST come on out at any one of the 7 major beach approaches on the Long Beach Peninsula Saturday morning, April at 9:30am and pick up supplies from our smiling volunteers.

After the cleanup on Saturday, there will be a soup feed in Ocean Park at the Moose Lodge from about noon until the pots run dry. It will be a great place to see what's been found and to share your findings with other fellow volunteers.

# WEED WARS by bob goldberg Flouridation. A Communist Plot?

OUT OF THE BLUE at an Astoria City Council meeting on March 7, there was a discussion about whether to put a referendum on the November ballot concerning fluoridation of Astoria's water supply. Wow! Did you even know that our water was fluoridated? Since 1952? And what does fluoridation of our water supply have to do with invasive species?

Readers of this column should know that as well as focusing on whether invasive species are a good or bad thing, the focus has often been on the way we've treated these species. And that way has often been death, through chemical treatment, often with pretty nasty stuff.

So what nasty invader is being treated here? Well, it's really small... Bacteria in your mouth can turn the sugar you ingest into acid and attack your teeth, producing evil tooth decay.

And what nasty chemical is being used to treat the problem? Well, actually, it's a hazardous waste produced by the phosphate fertilizer industry, neutralized with sodium hydroxide (lye) to produce a compound that when dissolved in water, gives us the miracle drug – fluoride!

Since the 1970s, when fluoride started being added to toothpaste and dentists used fluoride treatments on their patients (I remember the sickly sweet taste), studies have shown that most people are getting plenty of fluoride (too much?), but all the institutions (government and professional) still support fluoridation of water supplies. This is another parallel with the invasive species debate – the mainstream is solidly in favor of chemical treatment of the problem, while those opposed to this position are labeled freaks and outliers.

Remember Dr. Strangelove? Remember Jack D. Ripper's diatribe to Peter Sellers' Mandrake character? Here's part of it:

**Ripper:** Mandrake, do you realize that in addition to fluoridating water, why, there are studies underway to fluoridate salt, flour, fruit juices, soup, sugar, milk... ice cream. Ice cream, Mandrake, children's ice cream.

**Mandrake:** Lord, Jack.

**Ripper:** You know when fluoridation first began?

**Mandrake:** I... no, no. I don't, Jack.

**Ripper:** Nineteen hundred and forty-six. 1946, Mandrake. How does that coincide with your post-war Commie conspiracy, huh? It's incredibly obvious, isn't it? A foreign substance is introduced into our precious bodily fluids without the knowledge of the individual. Certainly without any choice. That's the way your hard-core Commie works.

Ripper was expressing the conspiracy theory of the time that fluoridation was a Communist plot to poison our water and food. People who believed it were considered loony, and this has tainted any criticism of fluoridation to this day.

Debates in other cities – including Portland, recently – considering or already using fluoridation of their water, have been heated and emotional, similar to arguments over whether genetically modified foods should be



labeled. It is absolutely amazing that in our highly technological and science-dominated society, these battles are still being fought. Should we immunize babies before leaving the hospital? Should we eradicate an insect, weed or even mammal (or even a human religious group) if they pose a threat to some other species (or human grouping) that we hold higher in our culture?

Should we have an up or down vote on fluoridation of our water supply, as we did twice around 60 years ago? Is this the way to solve a scientific problem, or make good public health policy?

Using political means to solve these problems (in essence, whether something is good or bad for you) seems to me to not be working out too well. The problem is that, with all these issues, there are an appreciably large amount of people who don't trust the authorities and institutions who are telling us that whatever it is is safe, or the right thing to do. There is, as was the case in *Twelve Angry Men*, a play I was in recently, reasonable doubt.

The recent debates about GMOs, LNG, invasive species, vaccinations, red meat, water quality – and so much more – show that it is difficult to make policy decisions when people don't trust the information being disseminated on the subject, even when the source of that information is the government or professional organizations. When it comes to public health, these policy decisions must be above any mistrust. Transparency and good science must be the bar for these decisions, and the information must be trusted by an overwhelming percentage of the people. This is not currently the case for fluoridation of public water supplies, as evidenced by the significant quantity of cities and countries around the globe that have opted out of this treatment strategy, or never used it, most without any adverse results in dental health. This means a public debate about fluoridation of Astoria's water is warranted, but this debate should only be one piece of the puzzle that our public health officials and our representatives use to decide whether to continue the practice.

There are so many examples of steadfast scientific certainties being debunked that a good look at fluoridation is not such a crazy idea. Hey, until very recently, there was almost total agreement in the scientific community that invasive species should all be eradicated, whatever the cost in dollars and/or environmental health. Remember, Rachel Carson was hounded by the pesticide industry after publication of *Silent Spring*. Our precious bodily fluids continue to need protection.





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## Late Skate and Party

Get your gay skate on!

**Astoria Armory- 1636 Exchange Street**

**Saturday April 16, 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

## 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.

**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**

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- US Representative Suzanne Bonamici (incumbent)
- Secretary of State candidates Brad Avakian, Richard Devlin, and Val Hoyle
- State Treasurer candidate Tobias Reed
- Oregon Representative Deborah Boone (incumbent)
- Clatsop County Commissioner candidates Sarah Nebeker (District 2 incumbent) and Kathleen Sullivan (District 4)
- Other candidates have been invited and might attend

Advance tickets are \$9.50 - [Facebook.com/clatsopdemocrats](https://www.facebook.com/clatsopdemocrats)

Tickets at the door: \$6 admission, \$6 dinner  
Dinner includes clam chowder and salad; beer and wine available. Everyone is welcome.

**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. [www.ClatsopDemocrats.org](http://www.ClatsopDemocrats.org)

## PACIFIC COUNTY DEMOCRATS

Monday, April 11 2016 - 7:00pm

North County Annex

1216 Robert Bush Drive, South Bend, WA





## FOCUS MUSIC

### Christopher Corbell & Heather Christie Voodoo Room April 16 • Astoria Roots



TWO EXPRESSIVE SONGWRITERS return to Astoria in a double bill. The music will be new, but the room is bound to evoke the community of the 1990's when both artists were Astoria residents active in the North Coast music scene.

Heather Christie brings the chiaroscuro energy of her lyrical and poignant voice, woven into original tapestries of acoustic guitar and harmony, supported by multi-

instrumentalist Philip Pelletier. Well-known as a northwest singer-songwriter and performer, Christie relocated to Portland and became the voice of the multimedia family musical Frogtown, recording and touring with the successful production.

Christopher Corbell was formerly active in Astoria poetry and roots-music circles. He went on to engage in the Portland indie classical scene, serving as a director of Classical Revolution PDX and composing and producing a successful one-act opera, Viva's Holiday. Corbell brings to the Voodoo Room song settings of original sonnets, a fusion of poetry, singer-songwriter performance, and classical art-song composition. Local cellist Andrew Emlen will join Christopher for several songs.

Corbell and Christie will collaborate on a few numbers as well. The show promises to be rich in the craft of songwriting and buoyed by community reunion.

**Sat. 4/16, 9pm, at the Voodoo Room, corner of 11th & Marine Drive in Astoria.**



BASED in Portland, LENORE is a collaboration between vocalists & songwriters Joy Pearson & Rebecca Marie Miller. Two haunting & distinct voices blended gracefully together.

**Saturday, April 30, 8pm in the living music room of the Sou' Wester in Seaview.**



**Kathryn Claire and The Lasses Oregon Tour**

NORTHWEST Singer/Songwriter/violinist Kathryn Claire met Margot Limburg and Sophie ter Shure at a singing session in Amsterdam in 2013. Sharing a love for harmony singing and telling stories through music, they soon found out that together, they could deliver both heartfelt ballads and foot-stomping songs with equal measures of joy and musicality. After playing several concerts together in The Netherlands and Germany in 2014, Kathryn offered to help bring The Lasses to the Pacific Northwest for their first US tour in 2015. It was a huge success and the three realized they had begun not only a strong musical collaboration, but also a network of touring between the US and Europe. They toured together extensively in Holland in the fall of 2015 presenting intimate acoustic concerts at churches and concert halls. Their shared love of traditional and original music along with their varied backgrounds make for a thrilling live performance. This is a collaboration not to be missed.

**Sunday, April 17, The Hoffman Center, 594 Laneda Ave, Manzanita,, 7pm, (doors 6:30), \$12 - \$15. Events begin promptly at the posted time - doors open half an hour beforehand, so come early to have your choice of seats.**

### North Coast Big Band Swing into Spring



On the skins, Ken Kirby

MUSIC FROM THE BIG BAND ERA to the present is featured on the Sunday April 10th concert by the North Coast Big Band, 2pm at the Performing Arts Center in Astoria. NCBB celebrates the One hundredth year birthday of "The Chairman of The Board," Frank Sinatra, and Big Band Trumpeter Harry James, featuring vocalists Ken Kirby and Bob Walters and trumpeter Mike Evans who played

with the Glen Miller Orchestra.

Featured favorite local jazz musicians include Bob Joiner, Dave Drury, Terry Dahlgren, and Peter Hinsbeck.

**Sunday, April 10, 2pm, doors open 1:30pm. Tickets. \$10 are available at the door. A benefit for Partners for the PAC, 16th & Franklin in Astoria.**



Daniel Bennett Group

CANNON BEACH HISTORY CENTER & MUSEUM brings a little New York jazz to the west coast on Friday, April 29 at 7pm. The group voted "Best New Jazz Group" in New York City Hot House Magazine makes just one stop in Oregon on their national tour - in Cannon Beach! The Museum offers a unique opportunity to listen to The DB Group that has broken jazz barriers to create a sound that is called "synergistic" by NPR, "transcendent" by New York Times, and "a mix of jazz, folk, and minimalism," by the Boston Globe. Tickets are \$12. Kids under 12, \$2. www.cbhistory.org, by phone (503-436-9301), or in person. Refreshments served.



### Mother of ALL Parties • May 7 In the Ruins of the Astor Hotel

They're back!!! You may have heard of the last party, HOSTEL TAKEOVER at the Norblad Hotel. Social seen. Art from local and Portland artists, photo booth with Daylight and Family, dance numbers from Dragalution and Dance Party with DJ Angali and The Incredible Kid. No Cover. Beverages fer buyin'. 7:30pm and on . .



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## HOT TOPIC • STUDENTS CONSIDER CLIMATE CHANGE

### The Ugly Truth: More Than Inconvenient

By Will Brinkerhoff • CCC Student

**THE FLYER** for the CCC Humanities 102 Climate Change class featured a political cartoon of a conference of scientists describing various steps recommended to mitigate the effects of global climate change: clean energy, increased education, preservation of wildlands, plus one scrunch-faced dissenter in the audience asking, "What if we're wrong and change the world for nothing." Aside from the amusing comic, the class promised information on the science of climate change and its global effects on humanity, with a cryptic emphasis on the class not being a bummer. The description was enticing enough, and I registered. The first thing that struck me, for a class dedicated to preserving this delicate earth, was the alarming amount of paper used for class handouts. Xeroxed articles from sources ranging from the IPCC to *National Geo* to the *New Yorker* described, among other things, the sea's reclamation of Florida's coastlines, Pacific islands disappearing under the waves, and Inuit cultures losing their native way of life, all due to melting icecaps and rising sea levels, and all backed by hard science. Had the flyer lied? This class was feeling like a bit of a bummer.

The textbook, *Moral Ground: Ethical Action for a Planet in Peril*, presented a collection of essays from world leaders, religious figures, philosophers, and scientists. While providing a plethora of personal vantages on climate change, it read to my inner cynic like a queue of empty-worded whining.

Great thinkers describing why we should care about global warming without offering genuine solutions became really repetitive, really quick. My years in the customer service industry before college enlightened me to the blatant ignorance and apathy of the general public. This admittedly jaded world view was only bolstered by examining the people in my life with fresh eyes. Their concern about our shared climate doom, or more specifically, the lack thereof, left me feeling trapped in a burning house, surrounded by people who refuse to acknowledge the heat.

For the anxious minority who share my troubles, global warming can seem too

big a battle. The stranglehold relationship between industry, their lobbyists, and politicians can seem to constrict the options available to the climate conscious citizen. We are affronted by climate deniers and skeptics who find false bliss in ignorance or defend inaction touting misleading industry funded studies. Like a glitchy mp3 we hear how divestment from fossil fuels will ruin our economy. But this problem is not just going to go away if we ignore



it. We made this mess; we need to clean it up.

What can little ol' me do to turn the tide of eventual global extinction? In class we watched the 350.org film *Disruption* and saw people all around the world taking to the streets, demanding change. The

news from Paris indicated world leaders were beginning to listen. We also joined students around the globe in a Stanford challenge to measure our personal carbon footprint. Food miles, road miles, flight miles all make a difference. However, changing our own lives, haranguing the

people in our lives will only get us so far. Talk to a neighbor, talk to in-laws, and they might start to use reusable shopping bags or switch to compact fluorescents. Environmental consciousness grows by one. Still, often personal efforts (buy that

Prius, turn down that heat) feel more about self-satisfaction than real solutions. As a nation, we need a precise goal to reduce carbon emissions and widespread reform on the industrial level. In class, Pat Keefe, notorious corruptor of youth, guided us through an exercise in energy policy. We wrote letters to political leaders to share our plans. Meanwhile we learned about existing "price on pollution" policies that are making a difference.

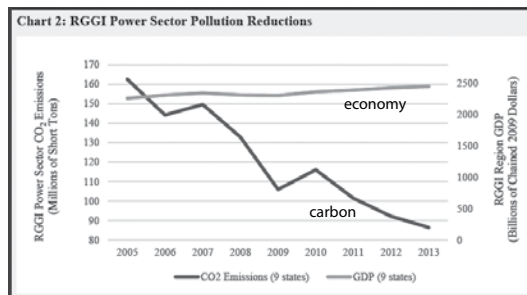
One example of effective legislature is RbGGI (Regional Greenhouse Gas Initiative), a successful bipartisan cap-and-trade

effort by nine east coast states. Formed in 2003, under the leadership of then Governor of New York George Pataki (R), the RGGI approach allows carbon heavy production industry to buy "carbon-credits" from less polluting productions to offset the amount of carbon dioxide released into the atmosphere, with the carbon cap decreasing over time. Money generated from this cap-and-trade system is invested into green energy projects, fossil fuel divestment, and direct bill assistance to consumers. To date the RGGI has saved consumers \$395 million dollars and eliminated 1.3 million short tons of carbon dioxide from releasing into the atmosphere.

Graphs can seem boring, but this one [see on page] debunks a myth. Reducing carbon emissions does not destroy the economy. It just changes the economy, often to the benefit of the middle class. And, similar but somewhat different approaches to pricing pollution have been equally effective in BC and California. I want to see a similar program for Oregon. News of Gov. Kate Brown signing SB1547, which weans our state off coal and boosts renewable sources, is good news, but we can do more. By becoming active and making our voices heard, we can finally shake up the pattern of pursuing profit over protecting the planet. This will require building on existing activism groups (Could No LNG become Break Free?) and forming new citizen groups dedicated to addressing climate concerns in an effective, extensive and timely manner. We need to vote for the right people, and we need to make sure those people support bold legislation: locally, regionally, and nationally. The right course of action is rarely the easiest course. I can do exactly what I am doing now; making my voice heard. All citizens concerned about climate change need to speak up about climate change. Apathy be gone. We can make a difference.



Illustration: Will Brinkerhoff



Price on pollution works!



# HOT TOPIC • STUDENTS CONSIDER CLIMATE CHANGE • HOT TOPIC • CLIMATE CHANGE

**ERIC ROBINSON:** Western civilization stands at a crossroads. We have forced ourselves into a corner by disconnecting from nature and attempting to subdue or circumvent the natural system. I firmly believe that above all this is a spiritual crisis unique to the psyche of Western culture. If there exists any hope for the people of Western civilization we will have to look deep within our hearts and retrieve our lost souls. We will have to let go of our anthropocentric world view and make a return to a spiritual awareness of the interconnectedness of life on this planet.

**BRIANNA CREWS** As humans we need to share our planet, not only for the sake of ourselves, but as well as every other life form on Earth. Humans weren't the first thing on this planet, so we can't claim this habitat as ours. I believe that everything on Earth works like the gears in a clock; if one piece disappears, the rest can't work and won't continue to work. Look at our vast ocean. The very first thing listed as a food source for oceanic creatures is plankton. Without plankton, we wouldn't have the rest of the creatures we would have now. Same goes for bees. Bees help pollinate plants, which in return, produce fruits, vegetables, and leafy greens for humans and other land animals to survive on. Like a chain reaction, if bees disappear, plants slowly become extinct, along with herbivores and the carnivores and omnivores that eat those plants and creatures.

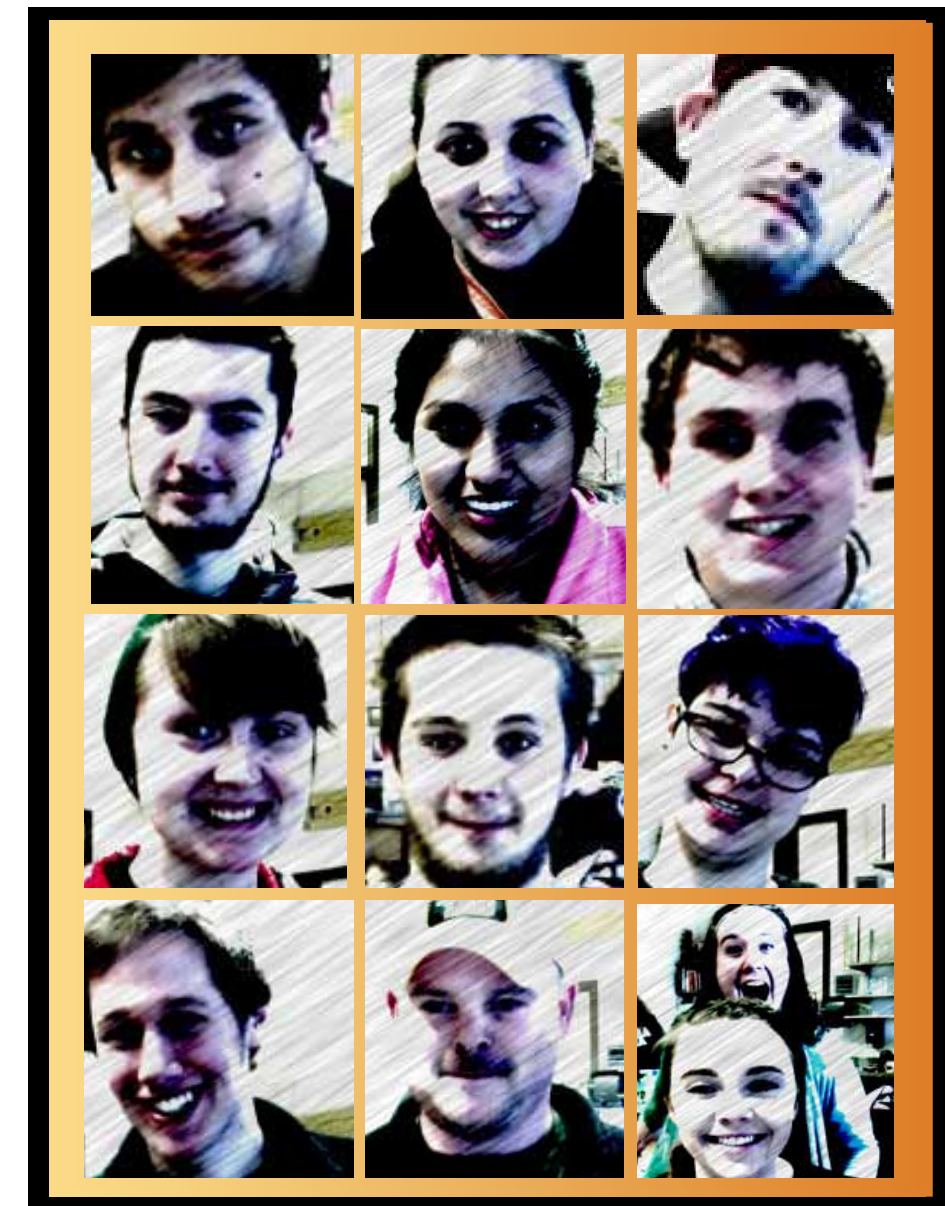
**KAYLEE NYBERG** Our Earth is our home. Oregon is my home. Climate change is everywhere, but there is no need to worry. Our planet is very capable of miraculous things. Not all climate change is bad climate change.

**MICHAEL STAFFORD** The safe level of carbon dioxide in the atmosphere is 350 parts per million; today the number of parts per million has surpassed 400 million. As a result the world is heating up and causing an increase in severe weather occurrences. Fifty something parts per million past the recommended level of carbon dioxide may sound like a relatively small problem; however, it shows no signs of stopping, and if it continues rising at the current pace, bigger problems will arise in the future. Many regions of the world will change, and millions of people could die. Oil companies like BP don't want us to know those climate statistics. Instead they want us to be clueless and uneducated on the climate change issue. Our stupidity as citizens of the world equals more money for them, but we cannot afford to be ignorant of global warming.

**NATASHA WING** When people talk about climate change, we talk about how it impacts us now. We consider the problems that can happen and are happening, and we do very little about it. We do not want to believe it, or we choose not to believe it, even if we have evidence yelling at us to wake up.

**JOE LOPEZ** A growing economy creates a growing problem. Around the world, almost everything that powers the economy hurts the environment. Though the economy is essential for people to live decent lives, we are not the center of the universe. Our industry, our plantations, our logging, our various carbon emissions and much more contribute to climate change, and it is wrong to destroy the planet.

**DALE SYDNAM** My generation will see the impacts of climate change. My generation will have to adapt to a changed climate. It is also my generation's duty to perform damage control. We need



to save what is left of the planet and utilize it in the best way for humanity. We need to do our best to influence modern politics towards goals that help the earth minimize the damage that will happen. My biggest fear in climate change is that people will give up. They'll see how far gone we could be. With sea level rise estimates ranging from three feet to thirty by the end of the century, NASA is already planning for the day when Kennedy Space Center, will be underwater." This justifies my fear more than anything else. NASA itself is preparing to be underwater which shows to me how they think this will all play out. Climate change is real; it may not seem like it here in our home, but around the world it's a real thing. There are people out there who believe climate change is just a hoax, or that climate change is not caused by humans. Maybe the only way to make people realize climate change is real is to experience effects, but by that time it might be too late.

**KAYLA PEREZ HERNANDEZ** Every two years my family and I go to visit family in Oaxaca, Mexico. We stay in my mom's town twenty-five minutes away from the capital. The town is expanding into a city, and with more people, it's harder

getting water. There is only one day when water runs through the pipe. As a younger girl I really didn't see what the whole fuss was about. I thought to myself, "Oh mommy don't be silly. Just open the faucet and wash our clothes, water won't run out." As I got older I realized I was completely wrong about the situation. I saw it affect more on my grandpa because he had to water his crops which were extremely dry due to the hot weather and lack of water. He was so limited on water use, and one could notice it in his crops. This experience was an eye opener and a slap in the face for not being grateful for how good we have it here. Climate change is real; there has to be something done about it, but how can one do so with people believing climate change is not a problem?

**EVAN CAIN** People are not stupid, only self-blinding. Our willingness to ignore has given Corporate Earth their power to destroy our biosphere and degrade our connection with the planet. Whether or not we allow this to continue will be decided within our lifetimes. The people of this earth might care about our planet, but it is not enough to overrun our feelings of contentedness. Complacency is a strong trait in the animals of this planet. Only when

an external source threatens our survival directly, in the present, do we act. We wish to survive, but we do not show that we have the capacity to act on the lives of the people who will come after ourselves. Our actions are a demonstration of a false sense of self preservation. If we change ourselves and our culture, corporations will be forced to follow suit. Corporate Earth is huge and powerful, but we must remember that this power was given to them by ourselves. In order to change our planet for better, their blinding power must be removed.

**RYAN CROUTER** What would the planet look like if everyone in the world had a mutual respect for one another? What if everyone started to develop a sense of universal responsibility for both mankind and nature? These are the questions I am constantly asking myself after reading "A Question for Our Own Survival" by The Dalai Lama. We have been receiving warnings from the planet for years. Mother earth is now starting to inflict her karma upon us, and we are overlooking the simple solution of compassion which will motivate people to make decisions for the greater good and the well-being of all life forms. Compassion for all beings will bring harmony to the world, and from there we can start working together in order to innovate solutions to climate change.

**NADINE ENGLUND** To me the climate warming up is just a cycle that has been helping agriculture. I am not saying we shouldn't worry about the temperature changing. What I am saying is that we need to come at this subject with educated minds and work on our carbon footprint as well as helping others. Agriculture is going to have its ups and downs just like any other company or business. We just can't expect the farmers to stop doing their job because everyone is worried. Living as a farmer, I have seen and felt the difference in the way things are being treated. These warmer temperatures are making it sure we are able to get our hay crop in the barn to feed the animals because if it rains too much we won't be able to get the hay, and that means that we won't be able to sell the product to the people who need the food. Yet, I have seen the effect of the warmer temperature affecting the farm. This last year we had a really warm summer and it made all of our ewes (female sheep) have singles when they are normally having twins. But, we don't complain; we deal with it because that's nature, and it is going to do its course. If the climate change was getting colder, we would be experiencing problems as well.

**JIM DAVIDSON** Why do we wait? Have we become disenfranchised with a system that does not yield an immediate productive solution to what we want or are we too busy trying to purchase that next best product? Small changes are still forward momentum.

**NORA KOCH** We all know that our home is in trouble, we also know that we are to blame, or we should. When you ask people what they have done to become "greener" they will proudly tell you they take shorter showers, carpool at least once a week, and recycle. These things are all very nice don't get me wrong, but it won't be saving the world unfortunately. It turns out that if you want to be green and save the earth you should probably go vegan. Being vegan is the best option for people who want to minimize their impacts on the environment because it reduces carbon footprint, lowers waste output, and uses the fewest resources.



# Teaching Climate Change

by Nancy Cook

**THE IDEA** to teach a climate change class came to me last year, end of June, while attending the Association for the Study of Literature & Environment (ASLE) conference in Moscow, Idaho.

It was an eye opener and some times a tearjerker, to listen to eloquent scholars address the crisis of climate change using terms like Anthropocene and sixth extinction with nary an introduction. June 2015 was a hot month across the NW, with many cities setting record highs as well as record highs. Meanwhile hotel tvs were full of flash flood footage in Denver, and any attendees suffered travel delays due to high wind events that began in the Midwest and moved east. I initially felt lucky (and also guilty) to be driving my only-30-mpg Suzuki. However, that drive home through the Columbia Basin was also a climate reality moment. My eight year old daughter Izi says, "Walla Walla is a weird sounding place," and that day Walla Walla was truly weird—apocalyptic weird. Stopping for dinner at 6pm, the bank clock read 109 degrees: scorching hot, but not so hot as the 113F June record the city would soon tally. The wide empty streets felt like something out of a Star Trek episode. What to do with the dog? It was too hot to leave her in the car; too hot to tie her next to one of many public dog bowls. When a restaurant owner generously offered little Luna her climate controlled wine cellar, we collapsed beneath the AC with a cold Coke. Our "really hot date" in Walla Walla was somehow laughable. We were not, however, laughing an hour later when a sunset twister toppled stop signs and ripped down the Starbucks awning. The dust bowl settled just in time to witness miles and miles of wildfire spewing smoke from the north banks of the Columbia. We made it to The Dalles Shilo Inn, but then, in 96F heat 9am next morning, I found myself stranded on the shoulder of I-84. My battery had crapped out. Alternator, too. The dog, once again, began panting.

Returning, eventually, to balmy Astoria, I breathed a sigh of relief. Here on the coast we live in a "climate bubble." Hooray! Except soon I would travel to my summer home in Alaska where the accelerated retreat of familiar glaciers is undeniable and disturbing. Living in a bubble when the greenhouse effect is real is not okay. I called CCC physics and meteorology instructor Pat Keefe. He was game to co-instruct. I emailed my dean. Our climate change class was on.

Teaching for ten weeks about climate change was one of the most rewarding and challenging tasks I've tackled as a professor. It was heartening to learn with Pat about the history of the ozone hole—and how international commitments to eliminate CFC's were successful. It was heartening to see young students aware and concerned; however, it was hard to witness their detachment or cynicism surrounding potential avenues for change. Despite all evidence, a few students remained steadfastly "unsupportive" of climate change, and often our sessions served as a sad reminder of our bipartisan world, ripe with distorted rhetoric. Political cartoons and politicians cartooning support young people who seem to believe "not believing

in climate change" is like "not believing in abortion or gay marriage." On quizzes, I read Fox News catch phrases: "Change is natural; the climate has always been changing." That's why the UN makes a distinction between *climate change*, attributable to human activities, versus *climate variability*, attributable to natural causes. And yes, due to the nature of climate modeling and feedback cycles, the notion of scientific uncertainty has validity; that's why the latest International Panel on Climate Change report includes "degree of certainty" tags to each of their key findings. Still, when Ted Cruz turns the table to claim, "I'm a big believer that we should follow the science. ... If you look at global warming alarmists, they don't like to look at the actual facts and the data," he's utterly misleading. Sadly, for a large body of voters or non-voting carbon-comfy consumers, the malarkey is compelling—and the fossil fuel industry knows it. Corporate memos instruct lobbyists how to most effectively "lobby for lethargy" by distorting language, questioning science, or commissioning new science. And,

if lampooning science eventually fails, they lampoon policy based on economic reasoning, regardless of conflicting evidence.

Climate change can get really confusing. It can really feel easier to just not care. And I would not be where I am on this issue were it not for the impassioned leadership of climate



Instructor Nancy Cook photos with the class meme, show the love!

activists like 350.org founder Bill McKibben, and my personal favorite, our textbook editor Kathleen Dean Moore. "It's unjust, for some people to bear the burden of others' advantage. It's unjust that people in Africa—who don't reap the "benefits" of the reckless burning of fossil fuel—are suffering as a result of the West's consumption of oil," argues Moore whose anthology, *Moral Ground*, collects countless worldwide leaders who agree, for different reasons in different words, that it's morally wrong to wreck the world. "We think we don't want to sacrifice, but sacrifice is exactly what we are doing," explains Moore. "We're sacrificing what is big and permanent to prolong what is small, temporary, and harmful. ... We do things that we know are wrong, day after day, just because that's the way the system is set up, and we think we have no choice. It's soul-devouring."

Apathy, however, does have antidotes. Measuring my personal carbon footprint with this class forced me to reconsider my daily choices, and while too many pie graphs leave me unconvinced individuals alone can change the carbon tide, I feel a renewed conviction that personal choices do matter. As Moore says, "Deciding we won't drive to that chain and buy that imported pineapple is a path of liberation. Deciding to walk to the farmers' market and buy fresh, local peas is like spitting in the eye of the industries that would control us. Every act of refusal is also an act of assent. We can drift through our lives, or we can use our time, our money, and our strength to model behaviors we believe in, to say, 'This is who I am.'"

cont. p13 →

## Suffering Climate Grief? Psychological Responses.



A SURPRISINGLY FUN DAY was our screening of National Geographic channel's *Bill Nye's Global Meltdown*, which, along with various readings, invited students to consider their own and others' psychological responses to the varieties of loss resulting from climate change. The program, available now on Youtube, includes road trip style reporting on various climate hot topics (Miami's rising sea levels, the Tarsands Oil Fields, and California's efforts to capture methane from landfills) coupled with staged scenes wherein Arnold Schwarzenegger serves as Nye's grief therapist.

Nat'l Geo is certainly not the first to apply Kubler-Ross's grief theory to climate change. However, given recent announcements of the non-profit society's commercial merger with Murdoch's 21st Century Fox, it was comforting to see this famous pair guide viewers through the "five stages of climate grief"—denial, anger, bargaining, depression, and acceptance—with remarkable insight and humor.

As a class we also considered Maslow's hierarchy of needs as a theory for understanding widespread apathy and complacency in the face of climate crisis. African villagers facing drought-related hunger, or homeowners flooded out in the wake of Hurricane Sandy might conceive of climate change as a threat to basic physiological or safety needs; however, for the average Clatsop youth, worried about paying rent or preoccupied by the adolescent frenzy for love /belonging, Snapchat, gaming, or working some extra hours at the coffee shop are more likely to offer appeal. Maslow's theory suggests that basic needs must be met before the individual will feel "metamotivation" to fulfill higher level needs.

Sadly, speaking out about environmental concerns in a community can actually threaten relationships with friends or family. How one achieves a sense of respect for self and others varies widely by community, and many could care less about their carbon footprint. What if self-esteem was achieved by living lightly on the Earth? What if individual self-actualization included a vigorous commitment to be a proactive, engaged citizen who makes moral choices to consider the Earth's atmosphere in daily living?





Moore, who recently retired from her long-standing Distinguished Professor of Philosophy position at OSU to write and speak full-time about the moral urgency of action to stop fossil fuels and global warming, shares a sense of integrity that's contagious. "People tend to think that we have only two options: hope or despair. But neither one is acceptable. Blind hope leads to moral complacency: things will get better, so why should I put myself out? Despair leads to moral abdication: things will get worse no matter what I do, so why should I put myself out? But between hope and despair is the broad territory of moral integrity—a match between what you believe and what you do. You live simply because you believe in taking only your fair share. You do what's right because it's right." And doing what's right breeds optimism to tackle the larger issue.

In class we also watched Moore's recent presentation to New York City's Center for Humans & Nature. In her quiet yet convincing voice she asked:

## QUIZ

If your house is on fire, should you:

- (a) – Deny the existence of any fire. (
- (b) – Defame & discredit the ones who call 911.
- (c) – Debate whether the fire was caused by humans or natural variations in the temperature of the house.
- (d) – Appoint a commission to study how to adapt to living in a scorched shell of a house.

"No", says Moore. "You're going to throw everything you got to put that fire out."

Moore's essay *Rules of the River* also offers a hopeful metaphor. Witnessing fluvial dynamics from the banks of a glacial river she realized, "Anything that slows a river can make a new landscape. Around one small change, the energy reorganizes itself entirely. [As individuals working for environmental justice] we don't have to stop the river. Our work ... is to make one small deflection to complacency, one small obstruction to profits, a blockage to business-as-usual, then another, and another, to change the energy of the flood. This is the work of disruption. This is the steadfast, conscientious refusal to let a hell-bent economy force us to row its boat. This is much better than stewing in the night." Sleep well, wake up. Do the right thing.

Not everyone can buy a Tesla—yet; not everyone wants to march the streets, but we each can support solutions to mitigate and effectively adapt to human induced climate change. Educating ourselves, educating our youth, educating our neighbors is a first step. The happy part of this class was learning the myriad ways so many across the nation and across the globe are taking additional steps. "Price on pollution" policy is working. Fishermen are working to adapt to ocean acidification and reduce energy consumption on the grounds. Local food movements are working. Farmers are working. The construction industry is working. Homeowners are working. Legislators are working. Governor Kate Brown is working. The work has just begun, and the work is real. There's no time for denial, no time for despair. The time is now to get busy—or maybe get less busy—and commit to changing our ways.

## Faith Communities Respond

Witnessing the invigorated environmental leadership by faith communities is a heartening piece of climate news. My own Unitarian Universalist 7th Principle calls for *respect for the interdependent web of existence of which we are all a part*. And in September, at the UN, Pope Francis argued, "a true 'right of the environment' does exist". The spiritual leader of more than a billion Catholics blamed environmental degradation on "a selfish and boundless thirst for power and material prosperity." Later, from the White House steps, he vocally supported Obama's plans to reduce carbon emissions while chastising climate change deniers for failing in their duty to protect our "common home." For Francis, the refusal to address climate change effectively is a moral calamity that will "cause untold suffering for the poor who are cast off by society." He even quoted Reverend King: "We have defaulted on a promissory note and now is the time to honor it." In class, we, too, considered the teachings of MLK: "Injustice anywhere is a threat to Justice everywhere. Justice too long delayed is justice denied." Penned on the toilet paper of Birmingham Jail to address complacency towards racial inequality, the prophet's words ring hauntingly true for today's global climate crisis.

Until teaching this class, I never understood the Christian significance of the rainbow. However, many green Christians are now interpreting the Bible to highlight God's covenant with all creatures, drawing particular attention to the Noah's Ark story: "Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth" (Gen 9:16). As theologian Howard Snyder points out, "Genesis 9 is surprisingly comprehensive, repeating the phrases 'every living creature,' 'every animal,' 'all flesh' to signal God's concern for all his creatures: his covenant with every creature, with every species." Progressive Christians critical of environmental degradation's links to corporate greed also turn to Revelation 11:18 (TNIV): "The time has come for judging the dead, and for rewarding your servants the prophets and your people who revere your name, both great and small—and for destroying those who destroy the earth." In this light, congregants are encouraged to resist the false idols of excessive consumption, and reminded that dominion does not mean domination. To live in a way that destroys God's creation is sinful. N. Cook



wikipedia/commons/Double-alaskan-rainbow.

### WATCHING A DOCUMENTARY ABOUT POLAR BEARS TRYING TO SURVIVE ON THE MELTING ICE FLOES

Mary Oliver

That God had a plan, I do not doubt  
But what if His plan was, that we would do better?

## THEIR OWN WORDS: POLITICAL LEADERS ON CLIMATE CHANGE



Cartoon by Donkey Hotey, Creative Commons: Nightly News Coverage in 2015

**Sen Ted Cruz (R)** "Global warming, it's not science, it's a religion." [Yahoo Politics, 6/29/15]  
"Today, the global warming alarmists are the equivalent of the flat-Earthers. I'm a big believer that we should follow the science, and follow the evidence. If you look at global warming alarmists, they don't like to look at the actual facts and the data." [Texas Tribune, 3/15]

**Donald Trump (R)** "The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive." [Twitter, 11/6/12] "I consider climate change to be not one of our big problems. I think it's weather. I think it's weather changes. It could be some man-made something. But, you know, you look at China, they're doing nothing about it. Other countries are doing nothing about it. It's a big planet." [MSNBC, 9/17/15]

**Hillary Clinton (D)** "Climate change isn't some abstract future threat—it threatens our families and economy right now. We need to act." [HillaryClinton Twitter, 1/7/16]. Responding to Greenpeace estimates, which total Clinton/Clinton PAC contributions from fossil fuel interests at \$4.5 million: "I don't have money from people who work for fossil fuel companies... I am so sick of the Sanders campaign lying about me. I'm sick of it. [3/31/16]"

**Senator Bernie Sanders (D)** "When you have Republican candidates for president and in Congress telling you that climate change is a hoax, what they are really saying is, we don't have the guts to take on the fossil fuel industry. You know what happens to that Republican who listens to the scientists? On that day, that Republican loses his campaign funding from the Koch brothers and the fossil fuel industry." [Washington Post, 3/9/16] "While [The Paris Agreement] is a step forward it goes nowhere near far enough. The planet is in crisis. We need bold action in the very near future and this does not provide that." [National Journal, 12/12/15]

**Sen. Jeff Merkley (D)** "This is a test of human civilization on the planet. This is the first generation to be substantially impacted by global warming and it is a problem you cannot address effectively if you postpone action into the future. So we have a moral compulsion to act now."

## Want More Information?

Many national, international, and regional climate programs regularly publish explanations and data on climate change, along with stories about successful mitigation and adaptation.

### Intergovernmental Panel on Climate Change (IPCC)

The IPCC assesses the scientific, technical and socio-economic information for understanding human-induced climate change.

**United States Global Change Research Program (USGCRP).** The USGCRP coordinates and integrates federal research on changes in the global environment and their implications for society.

**Oregon Climate Service (OCS).** The OCS is the state repository for weather and climate info along with OSU press releases.

**Regional Integrated Sciences and Assessments (RISA).** The RISA program supports research that addresses complex climate sensitive issues of concern to decision-makers and policy planners.

**Agriculture Climate Network.** The AgClimate Network is a web-based hub for data, analysis and communication between regional scientists and agricultural stakeholders.

**Global Ocean Health.** This Seattle based nonprofit founded by an Astoria Fisher Poet is doing great work to help seafood producers adapt to ocean acidification, protecting seafood at the source, and supporting working groups of fisher-people pioneering ways to improve energy efficiency in fishing operations.

**National Geographic Society.** remains an excellent resource for reader friendly accounts of this global issue. And their climate change special issue is now available online.

**International Student Carbon Footprint Challenge.** Hosted through Stanford University this is a great place to calculate and understand personal carbon footprints.

### Want to Become a Climate Justice Advocate?

There lots of ways to get involved.

**350.org.** Founded by writer Bill McKibben and concerned student advocates, 350.org is a global grassroots climate movement devoted to holding leaders accountable to the realities of science and the principles of justice. They played a huge role in mobilizing the public for the Paris Agreement, and are currently organizing a variety of Break Free events for May 2016. Local movements so far exist in Portland, Eugene and Corvallis. And website is fantastic including a marvelous "Art Activism" section.

**Climate Reality Project.** Founded and chaired by Al Gore, CRP embraces a mission to catalyze a global solution to the climate crisis by making urgent action a necessity across every level of society. Members receive emails about upcoming actions, and the website is full of compelling publications and videos useful for educating neighbors of all ages and persuasion.

**DIY Activism.** A citizen does not have to be part of a movement to stay abreast of important climate policy and hold elected officials accountable. **Here's some Oregon bills to watch:**

**Senate Bill 1547 Clean Electricity and Coal Transition Plan:** In March 2016, Gov. Kate Brown signed a contentious bill which many are touting to be the biggest action since Paris. The bill requires electric company providing electricity to retail electricity consumers located in this state to eliminate coal-fired power plants by 2035 and mandate that utilities serve 50 percent of their customers' demand with renewable energy by 2040.

**Healthy Climate Act** (previously SB1574) More comprehensive than 1547, this bill which failed in the 2016 short session but should reappear in upcoming year(s) would establish hard caps on emissions of carbon dioxide from the transportation fuels, utility and industrial sectors. Now known as a Cap-Trade-Invest approach, this Act would create a market-based incentive to reduce emissions by auctioning emissions allowances. Similar to RGGI (see Will's article) and the California Cap-and-Trade Program, direct auction proceeds would support ratepayer credits and grants to support projects that reduce emissions and address the impacts of climate change.

*The views and opinions expressed in this article are solely from the authors, and do not include or reflect Clatsop Community College's views as an educational institution.*



## Sin Fronteras: The Nueva Canción Tradition of Latin America

4/30



NORTHWEST HERITAGE RESOURCES presents a concert performance in partnership with Columbia Pacific Heritage Museum, by the talented traditional musical group, Sin Fronteras. At the Columbia Pacific Heritage Museum, in Ilwaco, WA. At a time in the Pacific Northwest when there is growing involvement in arts and social justice, there has been renewed interest in the nueva canción ("new song") movement from Latin America. Seattle area trio Sin Fronteras ("without borders"), are highly skilled performers of this tradition and emigrated to the U.S. from Chile, Colombia, and Mexico. Vibrant rhythms, soulful melodies, and breathtaking harmonies – songs of life, humanity, and love—the song lyrics alone are some of the most beautiful poetry in the Spanish language. The roots of nueva canción are based in the rural folk music of Chile, and spread from there to Argentina, Spain, and other Latin countries. In support of the "common people", the music made extensive use of traditional musical forms and instruments, such as the quena, zampoña, charango and cajón, and feature the guitar (from Chilean cueca). Sin Fronteras continues this tradition, adding the cuatro, Argentinian bombo (bass drum), and Venezuelan harp.

**CONCERT: April 30 7pm, suggested admission donation of \$5.00 @ the door. No advance ticket sales. Funded in part by the National Endowment for the Arts, 4Culture, and Northwest Heritage Resources. FMI: 360-642-3446 or email [info@northwestheritageresources.org](mailto:info@northwestheritageresources.org).**

**ASTORIA PUBLIC LIBRARY** presents Library After Hours, a free series of cultural events that take place at the library after regular hours of operation. Stroll Through the Songwriters' Garden, April 22, 6pm, features acoustic performances by Jimmy James and Christopher Reyne.

Jimmy James is an Astoria, Oregon based singer songwriter. Over the years, Jimmy has done solo, showcase, and cover gigs throughout the US. His pop-rock-Americana tunes are melodic and yet driving. As noted by the SGV Tribune, Jimmy's performances feature "solid guitar work with a very wide vocal palette in both range and texture."

Christopher Reyne is an Astoria, Oregon based musical artist with a clear vision of how he wants his compositions to make you feel. His recordings are layered soundscapes with lyrics set to them that, as Mod City put it, feel "like honest journal entries put to music." When he takes his songs to the stage however, he strips them down and allows them to speak for themselves. His debut album 'A Stranger at the Wheel', mastered by Doug Van Sloun (Bright Eyes, She & Him, First Aid Kit), has received high praise from music lovers and critics alike.

## A Stroll Through the Songwriters' Garden Astoria Public Library FREE Jimmy James and Christopher Reyne



4/22



## Bob Dylan 75th Birthday Celebration 4/9 Featuring from Chicago Dylan Author and Musician Bob Shiel at Hoffman Center Manzanita

### LAST YEAR BOB SHIEL

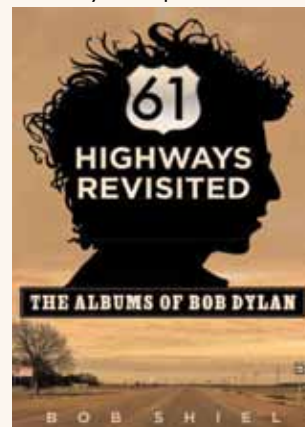
released 61 Highways Revisited, The Albums of Bob Dylan, a major new book on Bob Dylan's songwriting legacy which explores 61 albums with fluid, entertaining language. Shiel, a musician himself, also completed a two-CD album of Dylan covers as part of the project.

61 Highways Revisited glimpses back at 61 Dylan albums that have transformed personal lives, revolutionized popular music, and altered world events. A free-wheeling voyage chronologically detailing 54 years of Bob Dylan's experimentations in

songwriting, musical genres, and laser focus on answering the call of the muse within. Compliments of Chicago writer, teacher, musician, and veteran Dylan follower Bob Shiel, whose 2 CD audio companion of the same title (benefitting a north side Chicago alcohol and drug treatment facility) is available on Amazon.com as well as digitally on CDBaby.com. Hang on tight and enjoy the ride!



**April 9, 6-9pm. 594 Laneda St. in Manzanita.** During Bob's presentation at Hoffman Center historical and cultural discussion will punctuated with personal experience, opinion and aplomb. Shiel will use the book and 32-song album 61 Highways Revisited as educational tools to deliver presentations on Dylan's body of work. Combining live music, multimedia and crowd interaction, these sessions intend to entertain. The goal is to stir discussion and insight into not only Dylan's music, but life itself, which Dylan's music so cleverly explores.



### THURSDAY 7

#### MUSIC

Kelly Brightwell. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

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

#### LECTURE

Ales and Ideas. Do We Really Love Our Children? Ending Child Sexual Abuse. With Margaret Frimoth. Free, 6pm in the Lovell Showroom at Fort George in Astoria.

## Friday 8

#### MUSIC

Chris Lee and Colleen O'Brien. Poetry and Music. Free, 3pm at the Tillamook Library.

Charley Pride. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

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

#### HAPPENING

Young Choreographers Showcase. Annual showcase of the dancers of Little Ballet Theatre. \$10, 7pm at the Liberty Theater in Astoria.

Spring Awakening Dance Party. With DJ Ali Aht. Dress to express. \$5, 21 and over. 9pm at the AAMC in Astoria.

### LECTURE

Conversation Project. What We Want from the Wild. With Adam Davis. 6pm at the Astoria Public Library.

### LITERARY

Get Lit at the Beach. Reception, readings, banquet. With authors Jess Walter, Elizabeth Engstrom, Jonathan Evison, and Terry Brooks. \$85 for all events, \$30 for Friday only, \$65 for dinner & keynote speaker. [tolovanaartscolony.org/](http://tolovanaartscolony.org/)

### THEATER

The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

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

## Saturday 9

#### MUSIC

Charley Pride. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

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

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

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

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

### ART

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

### FOOD & DRINK

Wine Tasting. Oregon Pinot Noirs #2. 1 – 4pm at the Cellar on 10th in Astoria.

### HAPPENING

Razor Clam Festival. Prizes, Giveaways, Drawings, Live Music, Pirates, Mermaids, Bathing Clam Beauties, Tasty Treats, and more. In downtown Long Beach. [long-beachrazorclamefestival.com](http://long-beachrazorclamefestival.com)

Stamp Out Hunger. An all-day crop for scrap bookers, card-makers, and paper crafters ages 15 and older. Bring your own projects to work on, and we will provide lunch, door prizes, and make-and-take demonstrations. Admission by donation of 8 cans of food or personal hygiene items, bring more food items to exchange for additional door prize tickets. Starts at 9am at the Astoria High School Commons.

Roaring 20s Speakeasy Casino Night. There will be games of Black Jack, Roulette, Craps, and (for an additional fee) Texas Hold'em poker with prizes for top chip holders and best 1920s costume at the end of the night. Admission is \$15 for an individual and \$25 for a couple. 7 – 11pm at the Heritage Museum in Astoria.

Bob Dylan 75th Birthday Celebration. With Bob Shiel. A presentation of word and music. 6pm at the Hoffman Center in Manzanita.

Home & Garden Show. Free admission, 10am – 5pm at the Fairgrounds in Tillamook.

Corks & Cuisine. A fine food & wine event. Food & drink, live and silent auctions. \$125, 6pm at Salishan in Gleneden Beach.

### LITERARY

Get Lit at the Beach. Reception, readings, banquet. With authors Jess Walter, Elizabeth Engstrom, Jonathan Evison, and Terry Brooks. \$85 for all events, \$30 for Friday only, \$65 for dinner & keynote speaker. [tolovanaartscolony.org/](http://tolovanaartscolony.org/)

Northwest Author Series. Author Stephanie Kallos will discuss her novel "Language Arts." Free, 2pm at the Cannon Beach Library.

### THEATER

The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

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

## Sunday 10

#### MUSIC

North Coast Big Band. Swing into Spring. \$10, 2pm at the PAC in Astoria.

The Sojourners. \$12, 2pm at the Historic Raymond Theater in Raymond.

Andreas Klein. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

Evening Bell. No cover, 7pm at the Adrift Hotel in Long Beach.

Will West and the Friendly Strangers. No cover. 8pm at Fort George Brewery & Public House in Astoria.

### HAPPENING

Razor Clam Festival. Prizes, Giveaways, Drawings, Live Music, Pirates, Mermaids, Bathing Clam Beauties, Tasty Treats, and more. In downtown Long Beach. [long-beachrazorclamefestival.com](http://long-beachrazorclamefestival.com)

Home & Garden Show. Free admission, 11am – 4pm at the Fairgrounds in Tillamook.

### LECTURE

Lower Columbia Diversity Project. The Other Direction – Female-to-male in the Transgender Continuum. With Laird Young. Free, 2 – 4pm at the Boyington Building in Astoria.

Seeking Silence Presentation. Join Russell J Young while he shares how his landscape photographs come from a revelatory, wanderer's process. By connecting visually and emotionally with images of a restful natural environment and attuning our senses, Russell shares how we can allow for the silence, the secrets, and the bare beauty to be present with us. Free, 10:30 – 11:30pm at the Tillamook Forest Center.

### LITERARY

Get Lit at the Beach. Reception, readings, banquet. With authors Jess Walter, Elizabeth Engstrom, Jonathan Evison, and Terry Brooks. \$85 for all events, \$30

for Friday only, \$65 for dinner & keynote speaker. [tolovanaartscolony.org/](http://tolovanaartscolony.org/)

Cannon Beach Indie Author and Book Fair. Twenty-four independently published authors from Oregon and Washington will be featured. Live music, book signings and sales. 12:30 – 3pm in the courtyard behind Jupiter's Books in Cannon Beach.

Sunday Stories. Storytelling with Douglas Force, "The Mountain Man" who will be telling stories from the Oregon Frontier of the early 1800s. Free, 2pm at the Lincoln City Cultural Center.

## Monday 11

#### MUSIC

Evening Bell. 7pm at the Adrift Hotel in Long Beach.

## Tuesday 12

#### MUSIC

Evening Bell. 7pm at the Adrift Hotel in Long Beach.

#### CINEMA

Ramona and Beezus. Plus an OPB special on the life of Beverly Cleary. Free, 3:30pm at the Tillamook Library.

## Wednesday 13

#### MUSIC

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



Night of All Knowledge Trivia Tournament. A free and fun team trivia event. 6pm at the Seaside Library.

**CINEMA**  
Ramona and Beezus. Free, 4pm at the Pacific City Library.

## Thursday 14

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

Ramona and Beezus. Free, 4pm at the Manzanita Library.

**LECTURE**  
Beers to Your Health. Learn How to Grow our Local Food Landscape. With Teresa Retzlaff. Free, 6pm in the Lovell Showroom at Fort George.

## Friday 15

**MUSIC**  
Grupo Condor. 6:30pm at the Astoria Public Library.

The Columbians. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

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

**HAPPENING**  
North Coast Legal Clinic. Free legal advice on Civil matters, stop by in the morning at the Walk in Advice Clinic or call ahead to make an appointment. Walk in Advice Clinic hours are 10-noon and Appointments are from 1-4 pm. They do NOT give advice on Criminal matters. At CARE in Tillamook. To make appointments please call 503-640-4115

Great Oregon Coast Garage Sale. Nearly 100 garage sales throughout Lincoln City.

**THEATER**  
The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

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

## Saturday 16

**MUSIC**  
Christopher Corbell and Heather Christie. 9pm at the Voodoo Room in Astoria.

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

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

The Ocean. 9pm at Roadhouse 101 in Lincoln City.

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

**ART**  
Tokeland North Cove Studio Art Tour. 10am - 4pm in Tokeland. Pick up a map at the Tokeland Hotel.

Astoria Artwalk. Free, 5 - 9pm at galleries and other businesses n downtown Astoria.

**CINEMA**  
The Front Page. \$2, 11am at the Bijou Theater in Lincoln City.

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

**HAPPENING**  
Derby Strong. Shanghaied Roller Dolls vs the Willamette Kidney Thieves. Public Skate

after the bout. \$10 - \$20, 5pm at the Astoria Armory.

Bonsai Demonstration. Pruning, potting and other techniques will be demonstrated. 11:30am - 1:30pm at the Tillamook Forest Center.

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.

Crab Feed & Classic Wooden Boat Show. Admire handcrafted wooden vessels, vintage and modern. Free model boat building demo. Free admission. Also available, dinner of locally caught Dungeness crab cooked before your eyes and a beer garden. At the Depoe Bay Harbor.

Great Oregon Coast Garage Sale. Nearly 100 garage sales throughout Lincoln City.

**LITERARY**  
Nye Beach Writer's Series. Author Evelyn Searle Hess will discuss her book "To the Woods: Sinking Roots, Living Lightly, and Finding True Home". \$8, 7pm at the Newport Visual Arts Center.

**THEATER**  
The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 7pm at the NDRD Theater in Nehalem.

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

## Sunday 17

**MUSIC**  
North Coast Symphonic Band. Best of the Guest. \$15, 1:30pm at the Liberty Theater in Astoria.

The Lassies with Kathryn Claire. \$12 - \$15, 7pm at the Hoffman Center in Manzanita.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

John Reischman & The Jaybirds. 7pm at the Lincoln City Cultural Center.

There is No Mountain. No cover. 8pm at Fort George Brewery & Public House in Astoria.

**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**  
Bonsai Demonstration. Pruning, potting and other techniques will be demonstrated. 11:30am - 1:30pm at the Tillamook Forest Center.

Crab Feed & Classic Wooden Boat Show. Admire handcrafted wooden vessels, vintage and modern. Free model boat building demo. Free admission. Also available, dinner of locally caught Dungeness crab cooked before your eyes and a beer garden. At the Depoe Bay Harbor.

Great Oregon Coast Garage Sale. Nearly 100 garage sales throughout Lincoln City.

**LECTURE**  
In Their Footsteps Lecture Series. A Tale of Two Shipwrecks - Underwater Archaeology on the Most Dangerous Bar. With Jerry Ostermiller. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

**THEATER**  
The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 2pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 2pm at the NDRD Theater in Nehalem.

## Monday 18

**MUSIC**  
Lewi Longmire. 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.

## Tuesday 19

**MUSIC**  
Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 20

**MUSIC**  
Lucy Barna. No cover, 6:30pm at the San Dune Pub in Manzanita.

The Horsenicks. No cover, 7pm at the Adrift Hotel in Long Beach.

**LECTURE**  
Listening to the Land. Into the Fens: Exploring Clatsop Plains Wetlands. With Kathleen Sayce. Free, 6pm at the Seaside Library.

## Thursday 21

**MUSIC**  
The Horsenecks. No cover, 7pm at the Adrift Hotel in Long Beach.

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

**LECTURE**  
Nature Matters. Citizen Science Seabird Monitoring in Oregon's Marine Reserve. With Amelia O'Connor. Free, 6pm at the Fort George Lovell Showroom in Astoria. History of Coastal Tribes. With Doug Deur. 7pm at the Cannon Beach History Center and Museum.

**LITERARY**  
Author Thor Hanson will speak about his book "The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses, and Pips Conquered the Plant Kingdom and Shaped Human History." Free, 7pm at the Seaside Library.

## Friday 22

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

Steve Sloan Band. No cover, 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

**CINEMA**  
Manzanita Film Series. Featuring documentaries from the Northwest Film School. \$5, 7:30pm at the Hoffman Center in Manzanita.

**FOOD & DRINK**  
Astoria-Warrenton Crab, Seafood and Wine Festival. Crab Dinner, live music, vendors and more. \$10 admission, 4 - 9pm at the Clatsop County Fairgrounds, Astoria. Astoriacrabfest.com

**THEATER**  
The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 7pm at the NDRD Theater in Nehalem.

## Saturday 23

**MUSIC**  
Columbia River Symphonies. Symphonic Stories. 7pm at the Liberty Theater in Astoria.

A Stroll Through the Songwriters' Garden. With Jimmy James and Christopher Reyne. Free, 6pm at the Astoria Public Library.

Blue Evolution. 9pm ay Roadhouse 101 in Lincoln City.

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

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

**ART**  
Artist-in-Residence Show and Tell. 1pm in the Boyden Studio at the Sitka Center, Otis.

**CINEMA**  
Royal Wedding. \$2, 11am at the Bijou Theater in Lincoln City.

**FOOD & DRINK**  
Astoria-Warrenton Crab, Seafood and Wine Festival. Crab Dinner, live music, vendors and more. \$10 admission, 10am - 8pm at the Clatsop County Fairgrounds, Astoria. Astoriacrabfest.com

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

**HAPPENING**  
Magician Jason Andrews. \$25 - \$30, Noon at the Coaster Theater in Cannon Beach.

**LITERARY**  
Manzanita Writers' Series. PoetryFest 2016. With poets Andrea Hollander and John Brehm. \$7, 7pm at the Hoffman Center in Manzanita. Bring a lunch and water. Dogs are not allowed. 10am - 1pm at the Circle Creek Habitat Reserve south of Seaside.

Contact melissar@nclctrust.org for directions.

**OUTSIDE**  
Beach Clean-Up Day. Starting at 9:30am at any beach approach on the Long Beach Peninsula.

Trail Clean-Up at Circle Creek. Volunteers are needed to help with brushing out and mulching the nature trail and portions of the wetlands walk and repairing or replacing footbridges and anything else disturbed by winter flooding. Bring a lunch and water. Dogs are not allowed. 10am - 1pm at the Circle Creek Habitat Reserve south of Seaside. Contact melissar@nclctrust.org for directions.

**THEATER**  
The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 7pm at the NDRD Theater in Nehalem.

## MORE MUSIC



## Bigfoot Mojo

Upright bassist Belinda Underwood and national mandolin champion Josiah Payne met on the bluegrass scene in Portland, Oregon, as hired hands in other award-winning bands. Josiah and Belinda mesmerize audiences with groove-based melodies and impeccable vocal harmonies (the kind that sound genetically-blended), setting a new standard for original music which defies genre boundaries.

**Fri/Sat April 15-16, 9pm at [pickled fish] The Adrift Hotel in Long Beach**



## There is No Mountain

There Is No Mountain is a Portland, OR-based husband-and-wife duo that combines percussion, guitar, and an affinity for vocal harmony to create a unique brand of pop with intricate, world-music-influenced arrangements. Compare to The Dirty Projectors and classics like Paul Simon's Graceland, jazz to folk, classical to psychedelic rock, and world music to doom metal (all are correct!).

**Sunday, April 17, 8pm at Fort George in Astoria**



## Hey Lover

Another Husband and Wife duo, Justin and Terah Beth rock sweet, fast, Portland garage pop as Hey Lover. Formed 10 years ago, they played their first gig on their wedding night. Their new album Sinking Ships (May 6) was inspired by and is a love letter to Astoria — as the band spent a lot of time writing the songs and playing here. They're joined by part-time Astoriany Tim Janchar.

**Saturday, May 7, 9pm CD Release gig at the VooDoo Room in Astoria.**



## theater & performance



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 Frank, Timothy Garvin, Jean Rice.

### 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:** April, 8, 9, 15, 16. Friday & Saturday performances begin at 7:30pm, Sunday performances start at 3:00pm.

### The Riverbend Players Production of Neil Simon's **THE ODD COUPLE** Opens in April!

**THE RIVERBEND PLAYERS** perform Neil Simon's best-known comedy *The Odd Couple*, directed by Betsy McMahon, performing in the newly-remodeled NCRD Theater.

Oscar, played by Brian McMahon and Felix, played by Mike Sims, are both aggressively irritating, pushing their own neuroses and obsessions out into the world, with a disregard for people around them. Their card-playing buddies add zingers and crazy comedy antics to the production: Michael Sommers as Roy, Mike Scott as Speed, Jeff Slamal as Murray and Michael Dinan as Vinnie. With the entrance of the Pigeon sisters, the comedy lifts to joyous heights. Sedona Torres plays Gwendolyn and Sue Jeleneo plays Cecily, portraying the perfectly daft, giggly, good-time girls who lend a sense of lightness to Oscar and Felix's bickering.

There is a reason that *THE ODD COUPLE* is a classic – not only is there scarcely a moment in the play that isn't hilarious, but in the usual Simon style, there are also fresh and unexpected insights into human nature.

**SHOW DATES:** April 16 – May, Fri/Sat, 7pm, Sun Mats April 17, May 1 at 2pm. North County Recreation District (NCRD) Theater, 36155 Ninth Street, Nehalem, OR \$15 (children 12 and under are free). INFO & advance tickets call: 503-368-3201

### Open Auditions For TAPA's "Vanya & Sonia & Masha & Spike"

TAPA announces open auditions for the hilarious hit comedy "Vanya & Sonia & Masha & Spike". Written by Christopher Durang, and directed by Robert Buckingham, "Vanya & Sonia & Masha & Spike" is set in a Pennsylvania farmhouse, where Vanya lives with his adopted sister Sonia. The siblings tolerate their mediocre middle-aged lives until their movie-star sister Masha returns for a surprise visit with her boy-toy Spike.

Auditions held at Oregon Coast Dance Center April 16-17, 2pm each day. Oregon Coast Dance Center is located at 106 Main Ave in Tillamook.

TAPA is looking to fill the following roles for this production

- Vanya - 50's - Resigned to his life. Lives with his sister Sonia.
- Sonia - 50's - Discontent, upset, regretful. Lives with her brother Vanya.
- Masha - 50's - Glamorous and successful globe traveling actress. Sister to Vanya and Sonia.
- Spike - 29 (or younger) - Masha's new companion. Sexy, self-absorbed, but otherwise outgoing & friendly.
- \*must be willing to appear on stage in underwear\*
- Nina - early 20's - Lovely, sincere, earnest and energetic.
- Cassandra - cleaning lady and soothsayer, any age, any race.

Performances will run June 24th – July 10th. Audition packets are available on TAPA's website [www.tillamooktheater.com](http://www.tillamooktheater.com), or by contacting Director Robert Buckingham at 503-842-6305.

### The REAL LEWIS AND CLARK STORY! Or How the FINNS Discovered Astoria!

**THIS HISTORICALLY ACCURATE,** family friendly, performance from the Astor Street Opry Company is long over due! Based on a fantastic 2001 important pioneer journal uncovered in the Uniontown area of Astoria, this story comes directly from the pages of that mysterious manuscript of an original Clatsop County pioneer, Toivo Swenson. Based on his true tale of his personal adventure, struggle and fortune, ASOC turned this amazing long lost piece of historical legend into a piece of fine theatre stage craft that will work its way into your heart and memory. Come see as our cast of characters right out of the pages of Toivo's diary comes alive through re-enactment, song, dance and of course, bad jokes in this socially significant original melodrama, which proves that the Finns were here first!

The ASOC's 6th Annual historical, hysterical, musical melodrama, "The Real Lewis and Clark Story or How FINNS Discovered ASTORIA" is sponsored by 94.9FM, The Bridge, HIPFISH, Merry Time Tavern, Donald & Charlene Larsen, The ARC Arcade, Columbia Veterinary Hospital, The Shop for Guys & Dolls Salon Studio Spa, Riverszen Yoga and Resistance Studio.



**SHOWS:** April 8 - 30. Fri/Sat at 7pm (doors opening at 6:30pm) with Sundays Matinee on April 17th & 24th, 2pm (doors opening at 1:30pm).

ASOC Playhouse West 129 Bond Street Astoria. Tickets are only \$9.00 to \$16.00 with all seats on "Family Fridays" only \$5.00 for Kids (12 and under) and \$10 for Adults! Tickets can be purchased at the door one hour before each show time but reservations are recommended by calling 503-325-6104 or go online @ [www.astorstretoprycompany.com](http://www.astorstretoprycompany.com)

**TAKE A DRAMATIC JOURNEY** in music and story into the realms of the Celtic "Other-world." This Land of Faery is filled with wonder and delight but also darkness and peril. The acclaimed ensemble, Legends of the Celtic Harp, opens the door into this mystical world with music played on Celtic harps, Irish bouzouki, cittern, and Swedish nyckelharpa and tells the tales of that legendary land... from which no one returns unchanged.

This trio has toured extensively throughout the US to sold out audiences and rave reviews. One recent review states "Legends of the Celtic Harp is a blend of music and oratory, falling somewhere between concert and theater. It spanned nearly the range of human feeling, from humor to tragedy, tenderness to rage, reality to mysticism, and more besides. The effects were powerful and exhilarating."

Patrick Ball is an American master of the Irish harp and a captivating spoken word artist. He has recorded nine instrumental and three spoken word albums which have sold well over a half million copies internationally, winning national awards in both the music and spoken word categories. Patrick's critically acclaimed concerts and solo theatrical productions have toured extensively throughout the United States, Canada, Ireland and the UK. [www.PatrickBall.com](http://www.PatrickBall.com)

Lisa Lynne is a multi-instrumentalist and performer who has gained worldwide recognition for her original music featuring her Celtic Harp. She is widely acclaimed for composing memorable and heartwarming melodies on the Windham Hill/Sony music labels that have repeatedly placed in the Top 10 & Top 20 on the Billboard New age music charts. [www.LisaLynne.com](http://www.LisaLynne.com)

Aryeh Frankfurter is also a renowned Celtic harper and world traveling multi-instrumentalist who went from virtuosic progressive rock violin to intricate Swedish folk and Celtic Music. His uncommon approach to the Celtic harp and folk harp repertoire, his numerous critically and commercially successful albums have earned him credit as a musician, recording and performance artist of extraordinary talents and abilities. [www.Lionharp.com](http://www.Lionharp.com)

**Sunday April 24 at the CCC Performing Arts Center, 16th and Franklin in Astoria, OR. General admission is \$15. This concert is a benefit for the PAC.**

### Legends of the Celtic Harp Door Between the Worlds April 24







Heather Binns, Zoelie and Azalea

## PDX 30 + The LightBox Files

**LIGHTBOX** recognizes the Portland photographic community in the 5th annual PDX 30 EXHIBIT, opening April 9, 6 – 9pm, and thru May 10. In honor of Portland Photo Month, April 2016, this group exhibit celebrates LightBox's appreciation of the Portland Photographic Community by showcasing their work. Tricia Hoffman, Executive Director of Newspace Center for Photography served as juror. Tricia has worked in non-profit management for the past 10 years, most recently at Blue Sky Gallery and Photolucida. One image each from 30 photographers was chosen to be featured in the exhibit, work that exhibits the unique vision and creativity of the photographer and stood out above the crowd.

Also opening on this night is the LightBox Files Exhibit. Eight photographers were chosen by the

gallery directors to feature their work in the viewing drawers at the gallery for the 2016 calendar year. The LightBox Files are a new addition to the gallery, honoring the complete photographer by recognizing those that pursue the art of fine printing, whatever medium that may be. On this night all eight photographers will be featured with a series of prints on the wall of the gallery and a collection in the drawers.

**LightBox offers supporting memberships for those who would like to help promote the creative photographic arts on the North Coast of Oregon. LightBox offers scanning, photo restorations, archival digital printing and framing and is located at 1045 Marine Dr. in Astoria. Tues-Sat 11-5:30. 503-468-0238 or info@lightbox-photographic.com**

**KNOWN** for her interest in all creatures and their importance to place, April Coppini for this series and second exhibition at IMOGEN, takes a sharp look at domesticated working animals, primarily hunting dogs and the shared relationship to animals of the wild. Her intent is to explore unpredictable, innate instinct and parallels between both the hunted and hunter. Coppini has held a strong fascination for animal behavior and relationships that ensue between species since she began her career, her love of all creatures, large and small opens up a world for all to enjoy and perhaps to gain some long forgotten instinctual knowledge. Some drawings, larger than life depict subtle movement of muscle, power, even fear. The hunting dog, stopped in mid stride to literally "point" to where prey may be found, or the quick burst of energy motivated by the fear of a hare, jumping to escape certain attack from its predator, are all delicately conveyed with electric and definite stroke of rich, charcoal gestural marks on paper.

**Imogen Gallery is located at 240 11th Street in Astoria. Hrs: Mon-Sat, 11 to 5pm, 11 to 4pm Sunday, closed Weds. 503.468.0620.**

## Fiber Artist Constance Waisanen At Luminari Arts

**LUMINARI ARTS** celebrates its second anniversary for Astoria's 2nd Saturday Artwalk, April 9, 5 - 8pm, with work by local artist Constance Waisanen, live music with beverages and bites, local art and cards.

**LISTEN**, a collection of new works by fiber artist Constance Waisanen, features mono printed and hand dyed natural subjects detailed with intricate stitching and accompanying poetry, invite the witness to celebrate the spirit within and the natural beauty around, and the intimate connection between the two. Waisanen represents the natural world with abstracted imagery saying, "My intent with this work is to bridge the gap between the illusion of individuality and the reality that we are all part of something larger."

Head Start will also be showcasing select student artwork. The children in the program are part of a group show represented in various venues for artwalk.

**Luminari Arts is open daily at 1133 Commercial St. in Astoria.**



**OCEANSIDE ARTIST ERIC SAPPINGTON** will be at Prana Wellness Center, April 9, 4pm – 7pm. Prana also features artwork from their Theta Waves float tank artist-in-residence participants Aaron Toledo, Robert Paulmenn, Erik Abel, Darren Orange, Pam Chestnut, Kristin Shauck and Tim Liddiard.

**The Wellness Center celebrates its one year anniversary, with food and libations and 10% discounts. Located at 1428 Commercial St. in Astoria**



## April Coppini: Of Hounds & Hares At IMOGEN



April Coppini, Foxhound 29.5 x 50

## Painting with Wool: Stacy Polston At RiverSea

**RIVERSEA GALLERY** presents Painting with Wool, featuring narrative works in needle-felting by fiber artist, Stacy Polson of Portland, Saturday, April 9, 5-8pm, during Astoria's Second Saturday Artwalk, and through May 10.

Inspired by vintage Japanese woodcuts, Polson draws on her love of fiber, color and texture to



S. Polston, An Inconvenient Day 38x50



Theodore

works tend to be quite small. In contrast, Polson enjoys working large and building up intricate layers of colorful fibers into detailed scenes. Some of the wool "paintings" in the show are over four feet across, and as compelling as they are from across a room, present an intriguing complexity when viewed from just inches away.

This is Polson's second exhibition at RiverSea Gallery where she has been a represented artist since 2012.

### Cast Stone Vessels: Claire Banfield, Alcove Show

Claire Bandfield, maker of hand cast stone vessels exhibits new work in a solo show, Cast in Light, in the Alcove space at RiverSea, Sat. April 9 thru May 10.

Captivated by mid-century modern architecture and traditional Japanese gardens, Bandfield sought to create simple vessel forms to serve as containers for plants, both indoors and out. In recent years she has grown a following for her spare and elegant containers that are contemporary, yet rustic. This new series has been cast in vintage light fixtures, thus giving a subtle nod to the artist's interest in architecture.

**RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270, or visit the website at riverseagallery.com.**

## Astoria Art Loft

**OPERATED** by artists and for artists, the Astoria Art Loft is unique setting, offering artists' studios, a gallery, 2 large classrooms, meeting space and lots of fine arts and crafts. During the Astoria Art Walk, meet nationally known Wade Stroud as he leads a demonstration and hands-on workshop with Brusho Crystal Watercolors (3-6pm).

Also meet Cindy Black and Scott Leahing following their hands-on session using the latest in art materials to create mixed media art. Watch artists work, enjoy refreshments and the view the gallery.

**106 3rd Street in Astoria, just above Dots 'N Doodles off of Marine Drive**

## ART SALE • The Art of Roz Freer

An art sale takes place on April 8-9 at the Pacific Grange, located at 90475 Hwy 101, Warrenton. The sale includes the work of the late Roz Freer, longtime printmaker and potter, and art work from various artists, in addition to artist supplies. Hrs: Sat 9am-4pm, Sun 9am - 2pm.





## Oregon Poet Laureate Peter Sears Visits Astoria

**OREGON'S POET LAUREATE**, Peter Sears, will lead a poetry workshop at Astoria Public Library – 450 10th Street, Astoria – on Saturday, April 23 at 3:00pm. As space is limited, registration is required. For more information about this free event and to register, please contact Ami Kreider at 503-325-7323 or [akreider@astoria.or.us](mailto:akreider@astoria.or.us).

Peter Sears was named to a two-year appointment as Oregon's seventh Poet Laureate by Governor John Kitzhaber on April 25, 2014. Sears has taught creative writing at Reed College, Bard College, and Pacific University, and is the founder of the Oregon Literary Coalition and co-founder of Friends of William Stafford and Cloudbank Books. He is a widely published poet, with four collections: *Tour* (2002), *The Brink* (2004), *Green Driver* (2006), and *Small Talk, New and Selected Poems* (2014). His poems have appeared in numerous magazines and newspapers, including the *New York Times*, the *Atlantic* and *Rolling Stone*.

Sears has received several awards, including the Gibbs-Smith poetry prize and the Western States Book Award for Poetry for his second full-length collection, *The Brink*. This collection of poems was also named one of Oregon's 150 best books by the Oregon State Library in 2009. Sears is the author of two supplementary teaching texts, *Secret Writing* and *I'm Gonna Bake Me a Rainbow Poem*. He has dedicated himself to teaching and leading poetry workshops in public schools, libraries, colleges, community centers and literary festivals throughout the state.

The poet laureate position is a collaborative project of the state's five statewide cultural partners, Oregon Arts Commission, Oregon Heritage Commission, Oregon Historical Society, Oregon Humanities, and State Historic Preservation Office. The position is funded by the Oregon Cultural Trust and managed by Oregon Humanities. More information on the poet laureate program and history is found at <http://www.oregonpoetlaureate.org/>.



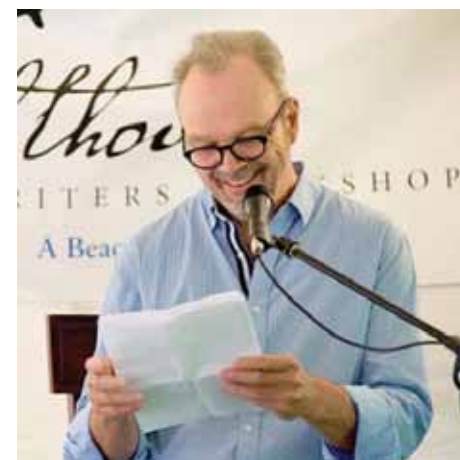
## Manzanita Writers' Series Celebrates PoetryFest 2016 April 22 - 24

**SINCE ITS LAUNCH** in June 2008, The Manzanita Writers' Series has been dedicated to fostering the local writing community and to bringing well-known authors closer to the north coast reading public. In its eight-year history, The Writers' Series has been tremendously successful at achieving its mission—evidenced in the caliber of authors it continues to attract.

This success continues when PoetryFest returns to the Hoffman Center for the Arts on April 22-24, 2016. This is the first, three-day, all-weekend event for the Manzanita Writers' Series, pulling in attendees from Portland, and the local area, as well as other locations in the northwest. Event coordinators partnered with local businesses, Ocean Inn and Vino, to enhance the weekend for all participants.

Led by poets John Brehm and Andrea Hollander, workshops on *THE MAGIC OF METAPHOR* and *THE IMPORTANCE OF POWERFUL TITLES & GREAT OPENING LINES*, offer an opportunity for both beginning and serious poets alike to practice and polish their craft.

The public is invited to hear both award-winning poets Brehm and Hollander read from their latest



collections and sign books at the Hoffman Center at 7:00 pm on Saturday, April 23. Admission is \$7.

John Brehm is the author of two books of poems, *Help Is On the Way* and *Sea of Faith*, and the associate editor of *The Oxford Book of American Poetry*. His poems have appeared in *Poetry*, *The Southern Review*, *New Ohio Review*, *The Sun*, *Prairie Schooner*, *The Writer's Almanac*, *The Norton Introduction to Literature*, and many other journals and anthologies. He teaches for Mountain Writers Series, Literary Arts, and The Lighthouse Writers Workshop in Denver. [johnbrehm.net](http://johnbrehm.net).

Andrea Hollander's first full-length poetry collection received the 1993 Nicholas Roerich Poetry Prize; her fourth was a finalist for the 2014 Oregon Book Award. Other honors include two poetry fellowships from the National Endowment for the Arts, Pushcart Prizes in both poetry and memoir, and poetry fellowships from the Arkansas Arts Council and Literary Arts of Portland, Oregon, where she has lived since 2011 and where she conducts writing workshops at both the Attic Institute and Mountain Writers Series. [www.andreahollander.net](http://www.andreahollander.net).

Due to the popularity of this program, the PoetryFest 2016 workshops are currently full. To be put on a wait list in case of cancellations, please contact Phyllis Mannan at [phmannan@gmail.com](mailto:phmannan@gmail.com).

PoetryFest is a program of the Hoffman Center and will be held at the Hoffman Center for the Arts, 594 Laneda Avenue, Manzanita, OR. FMI: [hoffman-blog.org](http://hoffman-blog.org) / [phmannan@gmail.com](mailto:phmannan@gmail.com)



## Cannon Beach Indie Author & Book Fair

Event to feature twenty-four Oregon and Washington authors signing their books in Cannon Beach

**THE SECOND ANNUAL** Cannon Beach Indie Author & Book Fair will take place 12:30 - 3 p.m., Sunday, April 10, 2016 in the courtyard behind Jupiter's Books, 244 N. Spruce St. The meet and greet event, organized by Cannon Beach author Gregory E. Zschomler and Watt Childress, owner of Jupiter's Books, follows directly on the heels of Get Lit at the Beach, another literary event which concludes at noon.

Twenty-four independently published authors from Oregon and Washington will be featured with nearly 100 book titles, some of them quite new. The authors will be on hand to sign their work which spans a wide variety of genres. Musical entertainment will also be presented.

Authors include: Joe Benjamin (and his illustrator Matthew Boffemmyer), Paula Judith Johnson, Thomas Gondolfi, Lelia Rose Foreman, Rachel Robinson, Barry L. Becker, Jacob Wenzel, Phil Silver, Andy R. Bunch, Aletha Bakke, Rita Traut Kabeto, Windsor Cole, Athena, Melissa Eskue Ousley, Joe R. Blakely, Donald McEwing, Gideon F. Formukwai, Leandra Martin, Adam Copeland, Pamela Cowen, April Aasheim and Gregory E. Zschomler. Cannon Beach authors David Robinson and Steve Hudik will also be represented.

In the event of a downpour the book fair will be moved to a nearby indoor location TBA.

## The Timberline Review Reading and Writing Workshop

**THE TIMBERLINE REVIEW** presents an afternoon writing workshop and evening reading presentation on Saturday April 16.

The all ages workshop is from 4-6pm, lead by Gina Ochsner, followed by open mic for workshop participants. From 7-8pm: Reading of original stories and poetry by authors appearing in *The Timberline Review*.

The *Timberline Review* is a bi-annual out of Portland Oregon, published by the Willamette Writers, a non-profit organization.

**Workshop location:** Pine Grove Community Center, 225 Laneda Ave, Manzanita



## In Their Footsteps FREE speaker series event A Tale of Two Shipwrecks: Jerry Ostermiller

Lewis and Clark National Historical Park, Fort Clatsop presents In Their Footsteps free speaker series event. This program is *A Tale of Two Shipwrecks* by Jerry Ostermiller on Sunday, April 17 at 1:00 p.m.

*A Tale of Two Shipwrecks* introduces a 1989 discovery of a mysterious shipwreck near Sand Island at the mouth of the Columbia River. Underwater archaeology in extreme environments is inherently difficult. The Columbia River Maritime Museum and the National Park Service's Cultural Resource Dive Team initially identified this ship as the Hudson's Bay Company Supply Vessel *Isabella*. Over the next 18 years, Jerry Ostermiller conducted annual monitoring dives for the Oregon State Historic Preservation Office which produced new informa-

tion requiring further study, leading to a different shipwreck identity. This shipwreck has become a national case study and was featured in a National Geographic Society TV production illustrating the value of new "CSI-type" technologies.

Jerry Ostermiller is an award-winning historian specializing in underwater archaeology. He is a Master Diver and a founding member of the Maritime Archaeology Society and the Pacific Northwest Maritime Heritage Council. He served as the executive director of the Columbia River Maritime Museum for 20 years.

**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)**



## Sunday 24

### MUSIC

The Door Between the Worlds. With Legends of the Celtic Harp. \$15, 4pm at the PAC in Astoria.

Rabbit Wilde. No cover, 7pm at the Adrift Hotel in Long Beach.

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

### FOOD & DRINK

Astoria-Warrenton Crab, Seafood and Wine Festival. Live music, vendors and more. \$5 admission, 11am – 4pm at the Clatsop County Fairgrounds, Astoria. astoriacrab-fest.com

### HAPPENING

Coastal Woodcarver Demonstration. 10am – 2pm at the Tillamook Forest Center.

### THEATER

The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 2pm at the ASOC Playhouse in Astoria.

## Monday 25

### MUSIC

Rabbit Wilde. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 26

### MUSIC

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

### VISUAL ART

Czech Photographer David Tesinsky. Photographic screening with music backdrops by Czech Photographer David Tesinsky. Deep dive into subculture and social documentary by this fascinating world photographer. 8pm. Full Bar, light Fare, \$10 admission, at KALA in Astoria. 8pm.

## Wednesday 27

### MUSIC

Oceana Family Literacy Drummers & The Oregon Coast Intergenerational Women’s Choir. A free interactive family concert with an appearance from Miss Oregon.

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

## Thursday 28

### MUSIC

Dina y los Rumberos. \$14, 7pm at the Lincoln City Cultural Center.

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

### LECTURE

Wit & Wisdom. What is an Artist? With Seth Tichenor. Free, 6pm at Fort George’s Lovell Showroom in Astoria.

Friday 29

## MUSIC

Daniel Bennett Group Concert. Premiere Jazz trio. \$12, 7pm at the Cannon Beach History Center and Museum.

Winds and Waves Recorder Concert. \$15, 8pm at St Peter the Fisherman Lutheran Church in Lincoln City.

Franco Paletta & The Stingers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Honey Don't. No cover, 9pm at the Adrift Hotel in Long Beach.

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

### HAPPENING

Lower Nehalem Watershed Council Speaker Series. Life on the River – A North Coast story told in two documentary films. Free, 7pm at the Pine Grove Community Center in Manzanita.

Birding and Blues Festival. Presentations, birding field excursions and live music events. In Pacific City. birdingandblues.org/

### LECTURE

Oregon Conversation Project. Beyond Human? Science, Technology, and the Future of Human Nature. With Prakash Chenjeri. Free, 6pm at the Astoria Public Library.

### THEATER

The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 7pm at the NDRD Theater in Nehalem.

## Saturday 30

### MUSIC

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

Lenore. No cover, 8pm at the Sou’Wester Lodge in Seaview.

Honey Don't. No cover, 9pm at the Adrift Hotel in Long Beach.

Triple Edge. 9pm at Roadhouse 101 in Lincoln City.

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

### FOOD & DRINK

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

### CINEMA

Flash Gordon Serial, Episodes 5 – 8. \$2, 11am at the Bijou Theater in Lincoln City.

### HAPPENING

Loyalty Day Celebration. Parade, Blessing of the Fleet and more. On the Long Beach Peninsula.

CCC Arts and Experience Dinner & Auction. \$75, 5:30pm at the Astoria Golf & Country Club.

Birding and Blues Festival. Presentations, birding field excursions and live music events. In Pacific City. birdingandblues.org/

### LITERARY

Diana Abu-Jaber. The author will discuss her work. Free, 4pm at the Cannon Beach Library.

### OUTSIDE

Black Lake Fishing Derby. For children 2 – 14. 7 – 10am at Black Lake in Ilwaco. Fishing derby, craft tent, breakfast. Register at ilwaco-wa.gov/

Dash to Safety 5K Run/Walk and Doggie Dash 2K Run/Walk. Both races begin at 9:30am at Seaside Heights Elementary School. \$20 for adults and \$10 for high school students. Preregister at seasideOR.com/dash

### THEATER

The Real Lewis and Clark Story. Or...How the Finns Discovered Astoria. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. Comedy. \$15, children 12 and under free. 7pm at the NDRD Theater in Nehalem.

## Sunday 1

### MUSIC

Misner & Smith. No cover, 7pm at the Adrift Hotel in Long Beach.

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

### ART

Latimer Quilt Center Bed Turning. This entails “turning down” a stack of quilts and describing the attributes of each quilt. 11:30am – 1:30pm at the Tillamook Forest Center.

### HAPPENING

Loyalty Day Celebration. On the Long Beach Peninsula.

Birding and Blues Festival. Presentations, birding field excursions and live music events. In Pacific City. birdingandblues.org/

### THEATER

The Odd Couple. Comedy. \$15, children 12 and under free. 2pm at the NDRD Theater in Nehalem.

## Monday 2

### MUSIC

Misner & Smith. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 3

### MUSIC

Misner & Smith. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 4

### MUSIC

Misner & Smith. No cover, 7pm at the Adrift Hotel in Long Beach.

### HAPPENING

## Thursday 5

### MUSIC

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

### ART

Opening Reception. For the Student Art Show. 6pm at the Royal Nebeker Gallery at CCC in Astoria.

### LECTURE

Ales and Ideas. Fires in Our Forests: A Look at the Past, Present, and Future of Our Wildfire Problem. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

## Friday 6

### MUSIC

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

### ART

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

### HAPPENING

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

Giselle – Act 1. With the Astoria School of Ballet. \$15, 7pm at the Liberty Theater in Astoria.

### LECTURE

Conversation Project. Keeping Tabs on America: Surveillance and You. With Kristian Williams. 6pm at the Astoria Public Library.

David Barsamian of Alternative Radio. \$10, 7pm at the PAC in Astoria.

### THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 7

### MUSIC

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

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

### ART

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

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

### FOOD & DRINK

Wine Tasting. Worldwide Rieslings. 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.

Mother of All Parties. 7:30 – 9pm art scene, showing local and Portland area artists. 9 – 10:30pm 21+party - a few numbers by Dragalution and a dance party lead by the amazing DJ Angali and The Incredible Kid. Plus more after party fun. No cover, in the old Astor Hotel Lobby in Astoria.

Master Gardener Plant Sale. 9am – 2pm at the Tillamook County Fairgrounds, Tillamook.

## Sunday 8

### MUSIC

Bronn Journey & Katherine. \$12, 2pm at the Historic Raymond Theater in Raymond.

Bay & Bean. No cover, 7pm at the Adrift Hotel in Long Beach.

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

### ART

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

### THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

### LITERARY

Night of Spoken Word. An evening for poetry and sharing. Share old or new works of poetry with friends, family and the community. 7 – 9pm at the Bay City Arts Center.

### 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.

# WEEKLY

## Friday

### MUSIC

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

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

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

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

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

### HAPPENING

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

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

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

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

## Saturday

### MUSIC

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

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

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

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

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

### FOOD & DRINK

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

## Sunday

### MUSIC

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

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

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

## Monday

### HAPPENING

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

## Tuesday

### MUSIC

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

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

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

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

### HAPPENING

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

### THEATER

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

## Wednesday

### MUSIC

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

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

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

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

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

### LITERARY

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

### SPIRITUAL

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

## Thursday

### MUSIC

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

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

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

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

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

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

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

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

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





**CRIMINAL (APRIL 15)** Kevin Costner stars as Jericho Stewart, a vicious killer who is implanted with the memories of a dead CIA agent in this mind exchange thriller. After Dutch hacker Jan Stroop (Michael Pitt) hacks into the firing system of US nuclear submarines and threatens to fire off nuclear missiles at random, CIA agent Bill Pope (Ryan Reynolds) reaches a deal - money and a new identity for the missile launch codes. But before the deal is consummated, Pope is killed by uber baddie Hagbard, who also wants the codes. The CIA's only hope of finding Stroop before Hagbard does is to use an experimental technique devised by Dr. Franks (Tommy Lee Jones) to implant Pope's memories and skills into the mind of Stewart. Stewart, who has the mind and uncontrollable impulses of a five-year-old, has flashes of Pope's memories and intellect and, after escaping, heads for Pope's home where he first scares, then befriends Pope's wife Jill (Gal Gadot) and daughter Zoe and for



the first time in his life experiences the emotion of love. But Stewart is being pursued by both the CIA, led by Quaker Wells (Gary Oldman) and Hagbard and his henchmen with the security of the world at stake.

**THE JUNGLE BOOK (APRIL 15)** Good buzz surrounds director Jon Favreau's live action/CGI remake of the Disney animated classic. With only one live action actor, newcomer Nell Sethi, Favreau tells the story of a young boy Mowgli (Sethi) who is separated from his family and is brought up by the animals in the jungle. Black panther Bagheera (Ben Kingsley) discovers the abandoned Mowgli in the jungle. He is raised by wolves Raksha (Lupita N'yongo) and Akela (Giancarlo Esposito). When Bengal tiger Shere Khan who hates humans (Idris Elba) sees the wolves have a young boy, he asks for Mowgli. Akela refuses, but Mowgli travels with Bagheera back to the safety of civilization, Shere Khan ambushes them, leaving Mowgli alone in the jungle. He joins forces with slothful bear Baloo (Bill Murray), and together Mowgli and Baloo set off on an adventure that includes meeting various jungle animals like the python Kaa (Scarlett Johansson) and the king of the apes King Louis (Christopher Walken).

**THE HUNTSMAN: WINTER'S WAR (APRIL 22)** Chris Hemsworth and Charlize Theron reprise their roles as the Huntsman and Queen Ravenna in the prequel/sequel to Snow White and the Huntsman which Hemsworth has said has a lighter tone and more humor than the darker Snow White. Emily Blunt plays Ice Queen Freja, Ravenna's younger sister. Jessica Chastain plays Sara, the Huntsman's wife thought to be dead. Synopsis: Betrayed by her evil sister Ravenna (Charlize Theron), heartbroken Freya (Emily Blunt) retreats to a northern kingdom



to raise an army of huntsmen as her protectors. Gifted with the ability to freeze her enemies in ice, Freya teaches her young soldiers to never fall in love. When Eric (Chris Hemsworth) and fellow warrior Sara defy this rule, the angry queen does whatever she can to stop them. As war between the siblings escalates, Eric and Sara unite with Freya to end Ravenna's wicked reign.

**CAPTAIN AMERICA: CIVIL WAR (MAY 4)** It's Captain America vs. Iron Man in this apt for an election year story of the Avengers split between their approaches to fighting evil. Synopsis: Political pressure mounts to install a system of accountability when the actions of the Avengers lead to collateral damage. The new status quo deeply divides members of the team. Captain America (Chris Evans) believes superheroes should remain free to defend humanity without government interference.



Iron Man (Robert Downey Jr.) sharply disagrees and supports oversight. As the debate escalates into an all-out feud, Black Widow (Scarlett Johansson) and Hawkeye (Jeremy Renner) must pick a side.

**MONEY MONSTER (MAY 13)** Jodie Foster returns to the directors' chair for the first time in five years with this financial hostage thriller starring George Clooney and Julia Roberts. Synopsis: In the real-time, high stakes thriller Money Monster, George Clooney and Julia Roberts star as financial TV host Lee Gates and his producer Patty, who are put in an explosive situation when an irate investor who has lost everything (Jack O'Connell) forcefully takes over their studio. During a tense standoff broadcast to millions on live TV, Lee and Patty must work furiously against the clock to unravel the mystery behind a conspiracy at the heart of today's fast-paced, high-tech global markets.







# FREE WILL ASTROLOGY

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## APRIL

**ARIES** (March 21-April 19): According to my astrological analysis, you would benefit profoundly from taking a ride in a jet fighter plane 70,000 feet above the earth. In fact, I think you really need to experience weightlessness as you soar faster than the speed of sound. Luckily, there's an organization, MiGFlug (migflug.com), that can provide you with this healing thrill. (I just hope you can afford the \$18,000 price tag.) **APRIL FOOL!** I do in fact think you should treat yourself to unprecedented thrills and transcendent adventures. But I bet you can accomplish that without being quite so extravagant.

**TAURUS** (April 20-May 20): "People only get really interesting when they start to rattle the bars of their cages," says philosopher Alain de Botton. If that's true, Taurus, you must be on the verge of becoming very interesting. Metaphorically speaking, you're not just rattling the bars of your cage. You're also smacking your tin cup against the bars and trying to saw through them with your plastic knife. **APRIL FOOL!** I lied. You're not literally in a prison cell. And I got a bit carried away with the metaphor. But there is a grain of truth to what I said. You are getting close to breaking free of at least some of your mind-forged manacles. And it's making you more attractive and intriguing.

**GEMINI** (May 21-June 20): If I had to decide what natural phenomenon you most closely resemble right now, I'd consider comparing you to a warm, restless breeze or a busily playful dolphin. But my first choice would be the mushrooms known as \*Schizophyllum commune.\* They're highly adaptable: able to go dormant when the weather's dry and spring to life when rain comes. They really get around, too, making their homes on every continent except Antarctica. But the main reason I'd link you with them is that they come in over 28,000 different sexes. Their versatility is unprecedented. **APRIL FOOL!** I exaggerated a bit. It's true that these days you're polymorphous and multifaceted and well-rounded. But you're probably not capable of expressing 28,000 varieties of anything.

**CANCER** (June 21-July 22): "Whatever it is you're seeking won't come in the form you're expecting," warns Japanese novelist Haruki Murakami. If that's true, why bother? Why expend all your precious yearning if the net result won't even satisfy your yearning?! That's why I advise you to **ABANDON YOUR BELOVED PLANS!** Save your energy for trivial wishes. That way you won't be disappointed when they are fulfilled in unanticipated ways. **APRIL FOOL!** I was messing with you. It's true that what you want won't arrive in the form you're expecting. But I bet the result will be even better than what you expected.

**LEO** (July 23-Aug. 22): You're due to make a pilgrimage, aren't you? It might be time to shave your head, sell your possessions, and head out on a long trek to a holy place where you can get back in touch with what the hell you're doing here on this planet. **APRIL FOOL!** I was kidding about the head-shaving and possessions-dumping. On the other hand, there might be value in embarking on a less melodramatic pilgrimage. I think you're ready to seek radical bliss of a higher order — and get back in touch with what the hell you're doing here on this planet.

**VIRGO** (Aug. 23-Sept. 22): Are you ready to fight the monster? Do you have the courage and strength and stamina and guile to overcome the ugly beast that's blocking the path to the treasure? If not, turn around and head back to your comfort zone until you're better prepared. **APRIL FOOL!** I lied. There is a monster, but it's not the literal embodiment of a beastly adversary. Rather, it's inside you. It's an unripe part of yourself that needs to be taught and tamed and cared for. Until you develop a better relationship with it, it will just keep testing you. (P.S. Now would be a good time to develop a better relationship with it.)

**LIBRA** (Sept. 23-Oct. 22): Your advice for the near future comes from poet Stephen Dunn. "If the Devil sits down," he says, "offer

companionship, tell her you've always admired her magnificent, false moves." I think that's an excellent plan, Libra! Maybe you'll even be lucky enough to make the acquaintance of many different devils with a wide variety of magnificent, false moves. **APRIL FOOL!** I lied. In fact, I think you should avoid contact with all devils, no matter how enticing they might be. Now is a key time to surround yourself with positive influences.

**SCORPIO** (Oct. 23-Nov. 21): In 1841, a British medical journal prescribed the following remedy for the common cold: "Nail a hat on the wall near the foot of your bed, then retire to that bed, and drink spirits until you see two hats." My expert astrological analysis reveals that this treatment is likely to cure not just the sniffles, but also any other discomforts you're suffering from, whether physical or emotional or spiritual. So I hope you own a hat, hammer, and nails. **APRIL FOOL!** I lied. The method I suggested probably won't help alleviate what ails you. But here's a strategy that might: Get rid of anything that's superfluous, rotten, outdated, or burdensome.

**SAGITTARIUS** (Nov. 22-Dec. 21): To begin your oracle, I'll borrow the words of author Ray Bradbury: "May you be in love every day for the next 20,000 days, and out of that love, remake a world." I have reason to believe that this optimistic projection has a good chance of coming true for you. Imagine it, Sagittarius: daily swoons of delight and rapture from now until the year 2071. **APRIL FOOL!** I lied, sort of. It would be foolish to predict that you'll be giddy with amorous feelings nonstop for the next 54 years and 10 months. On the other hand, I don't think it's unrealistic for you to expect a lot of that sweet stuff over the course of the next three weeks.

**CAPRICORN** (Dec. 22-Jan. 19): "I am tired of being brave," groaned Anne Sexton in one of her poems. "I'm sick of following my dreams," moaned comedian Mitch Hedberg, adding, "I'm just going to ask my dreams where they're going and hook up with them later." In my opinion, Capricorn, you have every right to unleash grumbles similar to Hedberg's and Sexton's. **APRIL FOOL!** The advice I just gave you is only half-correct. It's true that you need and deserve a respite from your earnest struggles. Now is indeed a good time to take a break so you can recharge your spiritual batteries. But don't you dare feel sorry for yourself.

**AQUARIUS** (Jan. 20-Feb. 18): In 1991, hikers in the Italian Alps discovered the well-preserved corpse of a Bronze Age hunter. Buried in the frigid terrain, the man who came to be known as Otzi the Iceman had been there for 5,000 years. Soon the museum that claimed his body began receiving inquiries from women who wanted to be impregnated with Otzi's sperm. I think this is an apt metaphor for you, Aquarius. Consider the possibility that you might benefit from being fertilized by an influence from long ago. **APRIL FOOL!** I was just messing with you. It's true you can generate good mojo by engaging with inspirational influences from the past. But I'd never urge you to be guided by a vulgar metaphor related to Otzi's sperm.

**PISCES** (Feb. 19-March 20): Caligula was an eccentric Roman emperor who had a physical resemblance to a goat. He was sensitive about it. That's why he made it illegal for anyone to refer to goats in his company. I mention this, Pisces, because I'd like to propose a list of words you should forbid to be used in your presence during the coming weeks: "money," "cash," "finances," "loot," "savings," or "investments." Why? Because I'm afraid it would be distracting, even confusing or embarrassing, for you to think about these sore subjects right now. **APRIL FOOL!** I lied. The truth is, now is a perfect time for you to be focused on getting richer quicker.

Homework: What conditions would you need to feel like you were living in paradise? Testify: Truthrooster@gmail.com.

# Bike Madame

By Margaret Hammitt-McDonald

## How Green Is the Bike-Building Process?

**AS A TRANSPORTATION METHOD**, nothing has a bike beat for eco-friendliness: no fossil fuels (just food for the rider), no emissions (unless that meal included beans), and the fitness gains and positive mood that comes from self-propelled movement. But before we congratulate ourselves too heartily, what about the ecological footprint of bicycle manufacturing? Sure, if your standard is the car, bikes are smaller and require less material, and none of their parts are motorized (although some accessories require batteries, like lights). However, as with any industrial process, making a bike isn't a waste-free process. Fortunately, the ecological consciousness of many bicyclists (and bike makers), and the presence of "craft" builders, is likely to mitigate the problem areas.

Bike frames are either metal (steel, aluminum, or titanium) or high-tech materials (carbon-fiber). All metals have to be extracted from the earth, which is a resource-intensive, polluting process that can also damage workers' health, both because of exposure to hazardous materials and because of the inherent dangers of working in a mine, with heavy equipment. Aluminum comes from open-pit mines, a process that's as environmentally destructive as it sounds. Titanium is difficult to mine and to weld, which leads to waste in manufacturing. However, it's durable enough to last for decades if treated properly. Old-fashioned steel is durable and releases only 1/3 the CO<sub>2</sub> as aluminum does in the manufacturing process. It's also 100% recyclable. (While aluminum can be recycled, it's not likely to get turned into a new bike.) However, steel manufacturing is not zero-waste, and steel bikes are heavy. Carbon fiber is light and strong, but it releases emissions during manufacture, comparable to the ecological impact of the lithium battery. ("Is Your Bike as Eco-Friendly As You Think?" <http://www.icebike.org/is-your-bike-as-eco-friendly-as-you-think/>)

Rubber is another shady material. Originally, rubber was made from natural

plant latex but has been over-harvested from the trees that produce it. Synthetic rubbers are the order of the day for bike tires, inner tubes, and patches. There are many recipes for synthetic rubbers (emulsion styrene-butadiene rubber is the kind usually used in tires and tubes), but they're all plastics, i.e., derived from petroleum. The vulcanization process makes rubber stronger by adding sulfur molecules to create cross-links so that the fibers bond at more angles. This matters because the more resistant your



tires and tubes are to wear and tear, the longer you can use these non-renewably-sourced items. (Woodford, Chris, "Rubber: A Simple Introduction," <http://www.explainthatstuff.com/rubber.html>).

Plastic is everywhere in bikes, from handlebars to seats, toe clips to bike lights. We all know this stuff pollutes air and water when it's made and most of it isn't recyclable when mixed with other things. It lives forever in the landfill—the original zombie material!

So what do we do? Giving a bike new life through riding secondhand is one excellent option; so is keeping your current bike well maintained to ensure a long life. One can also support small companies dedicated to producing less intensively made cycles that are also works of art, such as bamboo bikes. We can express our concerns to manufacturers so they will consider switching to less problematic materials and/or processes. Since bike riders are a small portion of the road-user pie, customers have an impact on bike builders that car owners don't exert on auto manufacturers. Also, reconsider the "newest and coolest" consumer mentality. Do you really need that nifty new gadget? After all, one of the best features about bikes—for the Earth as well as for ourselves—is their simplicity. Finally, old inner tubes make cool art and functional things, everything from clothing to gate fasteners. The Earth beneath your tires thanks you!



## WORKSHOPS/CLASSES

**READY, SET, START YOUR BUSINESS.**

April 19. A class that address several topics important to those thinking of starting a small business. \$20, 8:30 – 10:30am at CCC South in Seaside.

**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@wwetsky.net

**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

**BHANGRA AND BOLLYWOOD DANCE WORKSHOP** with DJ Anjali. Sunday, May 8th 6-8pm: All ages/levels. AT the AAMC in Astoria

**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. 1/2price 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](http://Facebook.com/RiversZen).

**YOGA**—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. 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](mailto: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](mailto:Rerlebach@gmail.com)

## SPIRITUALITY

**A COURSE IN MIRACLES.** The Astoria ACIM study group meets weekly on Tuesdays from 3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For information call 916-307-9790 or send email to [moffett@cgifellowship.org](mailto:moffett@cgifellowship.org).

**AUTHENTIC SPIRITUAL CONVERSATIONS.** Beginning April 3rd, we will meet every Sunday in Seaside, OR, gathering from 3:00 – 4:15 PM in the Seaside Public Library conference room, 1131 Broadway St. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your uniqueness can be nurtured and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious," agnostic, and atheist are welcome. For more information contact [info@cgifellowship.org](mailto:info@cgifellowship.org) or call 916-307-9790.

**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](mailto: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 developing 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](mailto: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 necessary. All supplies will be furnished. \$15/3 week session. Register by calling 734-476-6941

## VOLUNTEER

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

Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather

and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat

restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, [lnct@nehalemtnet.net](mailto:lnct@nehalemtnet.net)

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## 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.

**Naturalists Needed at Cascade Head Preserve**

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)

## 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  
6:30 - 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  
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige

• **FRIDAY**  
9:30 - 10:40am: Gentle Yoga with Terrie Powers  
11:30am-12:30pm: Yogilates with Jude MatulichHall  
7:00-8pm: Ecstatic Dance w/ Melissa Frisch (1st, 2nd, and last Fri of ea. month)  
• **SATURDAY**  
6:00-7:00pm: Argentine Tango with Estelle & Celeste Olivares  
7:00-8:00pm: Argentine Tango Practica with Estelle & Celeste Olivares

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. Meetings are held on the Third Thursday of each month from 11:00 – 12:30 at 320 South Street, Astoria. La Leche League Leaders are available to answer breastfeeding questions and concerns. Megan Oien@503.440.4942 or Janet Weidman@503.741.0345



## Messages Sonja Grace mystic healer

# Mutual Respect

**MISUSING ONE'S POWER** and trying to control another human being is as old as the human race. Having control over another person is what slavery and abuse are made of. One would hope this is something from the ancient past but it actually exists today. It is time to overhaul how we look at each gender and what is required of us as men and women living on Earth.

Ancient cultures dating back 10,000 years ago worshipped the goddess and understood the power and strength of the feminine. Once matriarchal societies died out, men took charge of home, hearth and body. An example of this transition is 6000 years ago when the druids came into power. Ireland and the United Kingdom as well as other countries

around the globe were once a place of goddess rituals and fertility rites. Over the course of several thousand years the transfer from the feminine to the masculine shifted the power. Men gained the power and much of the Goddess worship went underground.

In the past we understood the importance of women bringing forth life and carry the burden of nurturing and loving beyond themselves. When life is created a doorway to Source opens and the new mother experiences a cosmic conjunction that is as profound as the star seed that is born. The choices we make in life are always between us and the Divine. It is not up to men to decide what we can or can't do with our bodies. The doctrine we live with is that of the god-

dess. It is from her womb she brings forth life each and every day. Women are very powerful and as they connect to the womb they also intuit what needs to be done. Men get their chance when they have a female incarnation.

More importantly men have another purpose. They rely on their intuition and take that out into the world building, creating and invoking spirit into matter. Men plant the seeds of creativity into the earth, constantly aligning with the rhythm of the planet and the constellations in the sky. If they lose their way and stop listening to the inner female then the outer female feels neglected and unloved.

Both sides have feared losing power. Women lost the power of ruling centuries ago and have slowly regained their strength. Men have centuries of ruling and as the scales tip so does their reign. Whenever the human species feel threatened it is often more about a loss of power and the need to control.

Women can't be controlled for they will only find their circle of power and do what needs to be done. The karmic implications for both genders is huge. Controlling men reincarnate as down trodden and abused women. Women who are angry

and filled with rage for the loss of power within themselves often reincarnate as men who have a temper and are violent. When we can see that we keep switching genders with each lifetime we will start to treat each other with the respect both genders deserves.

We are paving the way for the Golden Era which has a much higher vibration to navigate within. Let's bring mutual respect to both genders and remember the old ways so we can translate those energies into the present allowing for both the female and the male to be whole.

*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)*

## April Awesomeness

**APRIL IS AWESOME!** Lots of transitions; nature stuff happening. Lots of blooming going on. It happens daily, almost before your very eyes. Awesome!

I like the warmer weather and the sun on my face. I'll read, write, eat and do most anything outside if the sun is shining. I sound like a candidate for Florida, but no, I like the rainy times also. Maybe more so.

"Awesome," according to the dictionary, means causing feelings of fear and wonder, or causing feelings of awe and astonishment. It also means extremely good. First known use of the word was in 1598. I also think the word might be in the Bible.

It's 3:15 in the morning as I write this. In the process of writing this, looking up the proper meaning of the word, I managed to subscribe to Word of the Day. A new word will come to me via email every day. Now that's awesome....

April is taxes. I consider it more the time of reckoning. When I die, I'm leaving my body to the government. Why not - it pretty much stripped me of a living, a life, while I'm still here, I can only imagine that the only thing left for them is to have ... the body. Tax time is when you have to organize some and get those receipts gathered together and hope for the best. I have someone do mine. I don't trust myself to do them correctly and I don't

want to invest the brainpower in learning to do them correctly. So I go and the CPA and I manage to have quite a few laughs during the process. I'm thinking it's one of those moments that is funny in an ironic way. Better to laugh than to cry. Could be a CPA technique: How to Handle the Poor Soul that Once Again Owes Despite The Sad State of Affairs. Make the client laugh. Awesome.

I just found out that the word "awesome" does not appear at all in the Bible itself. It does appear in some derivatives like the NIV and ISV Bibles. I think its awesome that at 3:47am I am capable of finding so much info off of a Smartphone. Years ago, it'd be a tedious chore to do some minor research to find simple information.

I worked once, for a short while, where the mantra seemed to be - Awesome! If a co-worker asked how you were, the mandatory answer was to be "Awesome!" Anything less than awesome, it was explained to me, was to set oneself up for failure. "Good" means you have some improvement to achieve. So Awesome was the word of the day. You could hear it up and down the halls. Yes, like a bad movie of sorts. Imagine Tom Hanks or Michael Keaton.... "Awesome!" "Awesome!" "Awesome!"

Now I get to be serious. Anything wrong with being Awesome? No. Anything wrong with tossing the concept around like a beachball? Yes. Most

By Tobin Nason **word and wisdom**

over-use of something, be it a word, a phrase, a fad, tends to diminish the impact of that word, phrase or fad. Over-use can render words, phrases, fads mundane, toothless. Awesome becomes the new "Good!" Or something less. And then you also have people like me who can render any word into its opposite. It's my Super Power - ability to say one thing and have tone of voice say everything else. (My other Super Power is the ability to Annoy a Person within 2.5 minutes, but that's another article.) I also am a person who always feels that self-improvement is an ongoing adventure. If I reach Awesome, if I feel Awesome, where's my motivation for eating better, walking more? I would like to think that at the end of my days, my last words uttered will be "It's been Awesome." Life is Awesome. I just wish the days were easier.

Let April be a time to encourage those budding transitions that have good potential. I'm thinking of the discovery that taking the time to walk in the sunshine has unforeseen benefits, ones that bear repeating.

I'm also aiming to be Awesome. Really.

*Tobi Nason is a counselor in Warrenton. She can be reached at (503)440-0587.*

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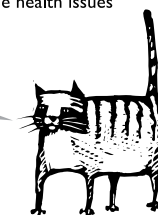
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## bodies in balance

# Get Enthusiastic About Your Lymphatic System

**AS** a follow up to the cardiovascular lecture I gave last month I wanted to review the lymphatic system; there was so much material to cover I felt it got a bit shorted. The lymphatic network lies in partnership with our arteries and veins. Naturopathic medicine recognizes the importance of the many jobs the lymphatic system undertakes in order to keep the body running smoothly. From immunity and inflammation to filtration and detox its roles are valuable so let's take a look beneath the skin.

One of the lymphatic system's many tasks is to keep cardiovascular fluids in balance. The lymphatic vessels are fairly porous, allowing excess or imbalanced fluids from the cardiovascular system (blood) to access the lymphatic network as dictated by various pressure gradients and hormones. What this means is that of all the blood being pumped around the body in our arteries and veins a small portion diffuses across the vessel walls and is then filtered through the lymphatic system. It is eventually returned into the venous system to continue its many roles throughout the body.

And why is this important? Well this filtration process does a wonderful job of eliminating 'foreign' substances and organisms from the body. Lymph (the fluid) is slowly pumped around the body via muscle contractions of both the skeletal muscles and smooth muscles lining the blood vessels. It does not have the same active circulation of the arteries and veins but a more slow passive flow secondary to these aforementioned actions. As it is pumped around the body it comes in contact with lymph nodes. These little hubs of the system are rich in white blood cells, which eat and identify 'foreigners' in order to cleanse them from the lymph before it returns to the veins.

We've all experienced this process when we get swollen 'glands' (really lymph nodes) under the jawbone during a sore throat. This means that those particular lymph nodes are actively identifying and clearing unwanted bacteria, virus' or other various substances, which are irritating the

body. The immune cells are working to identify and eliminate and send signals to sequester more necessary cells into the nodes in order to maximize the immune system's efforts...thus the node swells. Other areas where there are large clusters of lymph nodes are the armpits, the groin



and all along the superior and inferior vena cava (the largest veins in the body) along the spine.

Optimizing the function of the lymphatic system improves immune function, liver function, and clearly cardiovascular function. Thankfully options for lymphatic treatments are surprisingly simple. One of the most pleasurable is massage. The pressure along muscles throughout the body helps increase lymphatic flow therefore moves more fluid through the whole system more effectively. To support your lymphatics before and after massage make sure to drink plenty of water, this helps to ensure that all fluids remain in balance.

Speaking of water, another great method of optimizing lymphatic flow is hydrotherapy. One of my favorite therapies because of its simplicity and low cost; hydrotherapy is also a powerful mover of blood and lymph. One way to include hydrotherapy in your daily or weekly routine is to end a hot shower with cold. Turning the hot water way down or off at the end of your shower and spinning around under it once or twice will really get that blood moving, wake you up and leave you ready for the day.

Another favorite hydrotherapy technique is the throat wrap...ideal to try for sore throats because it moves the lymph. In the evening after a hot bath or shower get a thin cotton cloth wet in cold water. Wring it out so it's just damp and then wrap it around the entire circumference of the

throat. Over this use a fleece or wool scarf to keep the moisture in then cozy up and let the lymphatic flow begin. The theory here is that the cold will initially drive blood out of the area but within a short time fresh warm blood from the core will return to reinvigorate the area and flush out the stagnant blood and lymph in and around the throat. This allows the nodes to be more metabolically active and effective shortening the duration of the sore throat and subsequent illness. Keep the throat wrap on for a few hours or overnight...it is a family favorite in our home!

Two great local lymph-moving herbs are Oregon Grape (Mahonia aquifolium) and Cleavers (Galium aparine). Oregon Grape is useful in this department not only for lymph movement, but also for liver and immune stimulation. Cleavers is ideal for congested glands, edema, or other stagnant lymph conditions. It gently dilates the veins, which, subsequently helps to clear lymphatic congestion. Seek the help of your local herbalist or naturopath to assess the safety and appropriate use of these herbs for your health needs. Chronically inflamed lymph nodes can indicate a deeper more serious condition, and while these treatments may be of use they do not replace the importance of proper medical care.

Hopefully you now understand your lymphatic system a bit better and have some tools to improve its function. When experiencing your next swollen lymph node don't just hope it goes away soon, instead, get enthusiastic about your lymphatic system.

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

By Tracy Erfling, N.D.

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

Questions?

erflingnd@hotmail.com





## FOOD GROOVE

### CHEW ON THIS!

by Merianne Myers



**APRIL IS NO JOKE.** Well, actually it is. At least in the Western world where for centuries people have thought to play tricks on each other for no apparent reason. Whether folks were bored, wicked or giddy with the thought of Spring, the result was an annoying tendency to prank each other. If you are a hoaxer, you probably have your excuses. Although I have a reasonably intact sense of humor, I'm not big on practical jokiness. Pranks always seem to be for the entertainment of the instigator who needs a fool (April or otherwise) to make the amusement complete. The Scottish Tailie Day in which the object was to surreptitiously pin a tail on a hapless victim, or other hilarity involving keisters, is a 'butt of the joke' practice if ever I've heard of one.

For me, April is defined best by T.S. Eliot's *The Waste Land* which you should be reading right now instead of this. It's the most gorgeous piece of hopeful, hopeless, enchanting, frightful writing ever. Thomas Stearns said of this time:

*April is the cruellest month, breeding*

*Lilacs out of the dead land, mixing*

*Memory and desire, stirring*

*Dull roots with spring rain.*

Memory and desire. That's a decidedly sexy full plate right there. Perhaps the cruelty of April is the very thing that moves us to play tricks on each other. After all, it was often the month when people could at last come out of the house. Being cooped up with one's family for the winter is enough to make anyone want to pin a Kick Me sign on a hapless stranger.

Here's a better way to make a fool....



## RHUBARB FOOL ME TWICE, PLEASE!

A Fool is just fruit blended with whipped cream.

Use any combination you like.

- 1 1/2 pounds rhubarb, sliced into 1/2" pieces
- 1/2 cup honey
- Zest and juice of 1 orange
- 2 tablespoons candied ginger, chopped fine
- 1/2 vanilla bean, split
- Pinch of salt
- 3/4 cup heavy cream
- 1 tablespoon sugar

Stir the rhubarb, honey, orange zest and juice, candied ginger, vanilla bean, and salt together in a saucepan, cover and simmer over medium heat, stirring frequently. Let the mixture come to a boil and the rhubarb soften. Remove from the heat, take out the vanilla bean, pour the mixture into a bowl and set aside to cool a bit before you put it in the refrigerator to chill, uncovered, until completely cold. Whip the cream and sugar to soft peaks. Fold the cream gently into the chilled fruit.

Don't be a fool. Send your family away and eat the whole thing.



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## Learn How to Grow our Local Food Landscape

### BEERS TO YOUR HEALTH at Fort George Brewery

**FOR THOSE WHO LOVE** the freshness of local food and the concept of supporting the growth of more small farms in the area, then this event is for you. Farmer Teresa Retzlaff—Owner of 46 North Farm in Olney—will be the presenter for Astoria Co-op Grocery's monthly food and wellness talk "Beers to Your Health" at Fort George Brewery. Retzlaff's talk will focus on things you can do, big and small, to help change the way food is produced and consumed in our region.

Retzlaff says there are ways we can all support local farmers and grow the local food system; such as thinking about what "local" means, eating seasonally, and learning about how your food is produced. For example, asking questions about where your food comes from when you go out to eat can be influential.

"That lets the restaurants know that you care. That's why more farms are getting inquiries from restaurants, because their customers are asking questions. Consumers have so much power," Retzlaff said.

Retzlaff hopes everyone can try and shift some food purchasing to local and support people who are trying to grow food in our coastal area.



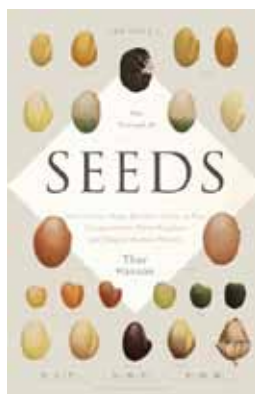
**Retzlaff's local food presentation at Beers to Your Health happens on Thursday April 14 at the Fort George Lovell Showroom in Astoria (corner of 14th and Duane) at 7 p.m. Doors open at 6 p.m. and food and drinks are available from the Taproom. The event is free and open to all ages.**

### THE TRIUMPH OF SEEDS With Award Winning Author And Biologist Thor Hanson At Seaside Public Library

**ON THURSDAY, APRIL 21, 7PM,** The Friends of Seaside Library host author and biologist Thor Hanson as he speaks about his book "The Triumph of Seeds." The event will take place in the Community Room and there will be book sales and signings provided by Beach Books.

From the tropical rainforest to the frozen arctic tundra to our breakfast table, seeds are everywhere, ubiquitous yet easy to overlook. However, as award winning conservation biologist Thor Hanson reveals in "TRIUMPH OF SEEDS: How Grains, Nuts, Kernels, Pulses, & Pips Conquered the Plant Kingdom and Shaped Human History", seeds are more than just the vessels for future plants; indeed, they are crucial to human and animal life. They can even be agents of death: notorious poisons such as ricin and strychnine are seed-derived, and grass seeds may have played a role in spreading the Black Death across Europe in the Middle Ages.

Hanson explores the remarkable story of seeds by asking a simple question: why are they so successful? Seed plants are dominant in today's world, yet for much of evolutionary history, they did not exist. Blending expert yet understandable explanations of science with humorous



first-person reportage and fascinating historical anecdotes, Hanson traces the history and science of seeds explaining how they nourish, unite, endure, defend, and travel. Seeds are quite literally the stuff and staff of life, supporting diets, economies, and civilizations around the globe. After you hear the story of seeds you will never be able to look at an orange pip or sunflower seed in the same way again.

Thor Hanson is a conservation biologist, Guggenheim Fellow, and Switzer Environmental Fellow. He is the author of the award winning books "Feathers", and "The Impenetrable Forest." "The Triumph of Seeds" was the winner of the 2016 Pacific Northwest Booksellers Association Award. He lives with his wife and son on an island in Washington State.

**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)**

### 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.long-beachrazorclamfestival.com/free-razor-clam-digging-lessons/](http://www.long-beachrazorclamfestival.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.fun-beach.com](http://www.fun-beach.com) or call the Long Beach Peninsula Visitors Bureau at 360.642.2400.



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Excerpted from "Rachel Carson and  
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