

July 2016 • vol 17 • issue 210

✓ **A New Monthly Feature**
CLEARCUTS AGAIN AND AGAIN . . . p9

Live your Finnish Memories
FINNISH AMERICAN FOLK FESTIVAL
July 29-3 p10

An unusual album cover keeps a
60's band and musician
Fred Lackaff In the limelight p11

HIPFISH MONTHLY

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art + astoria

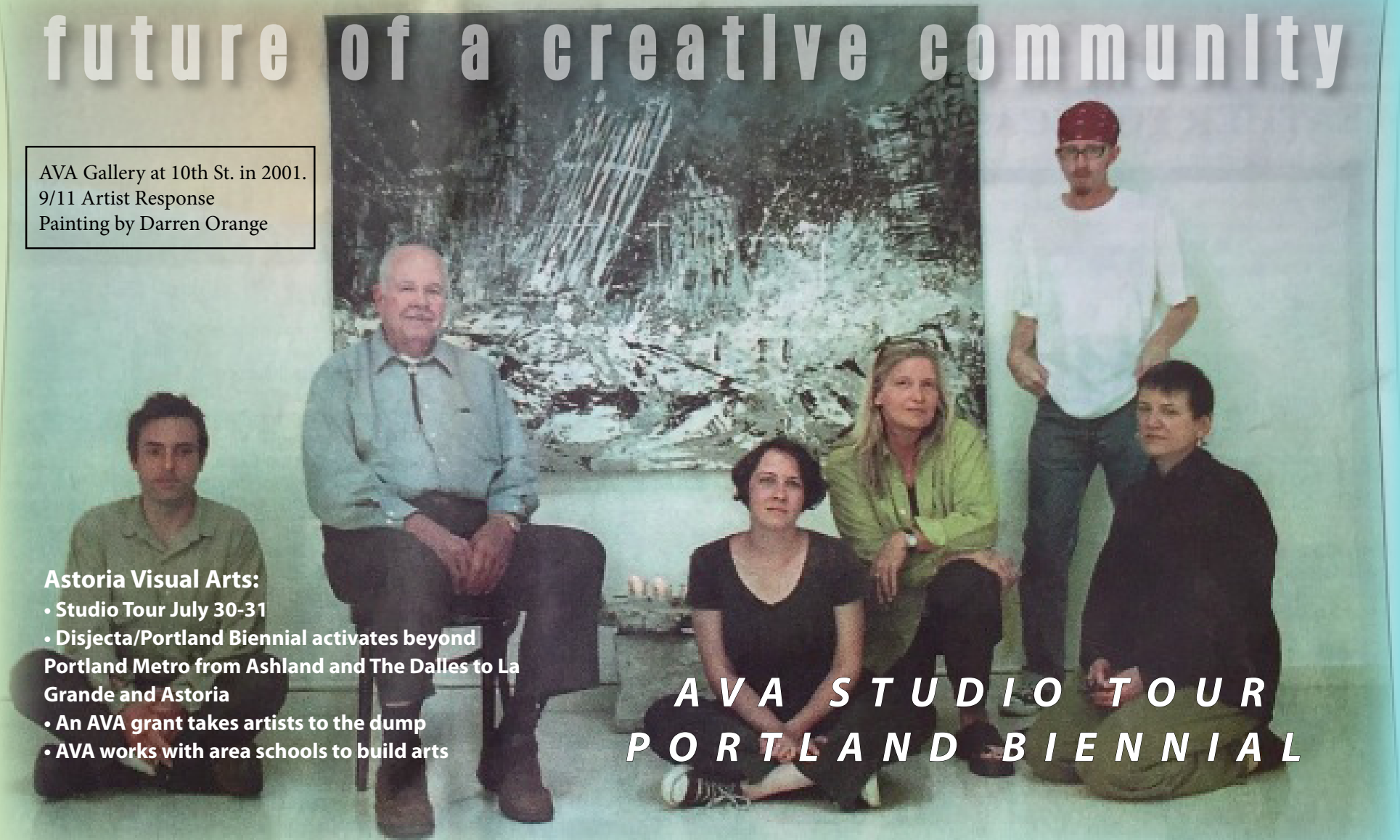
future of a creative community

AVA Gallery at 10th St. in 2001.
9/11 Artist Response
Painting by Darren Orange

Astoria Visual Arts:

- Studio Tour July 30-31
- Disjecta/Portland Biennial activates beyond Portland Metro from Ashland and The Dalles to La Grande and Astoria
- An AVA grant takes artists to the dump
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CHRIS PARKER QUARTET

Friday • July 29

Rob Davis -- Tenor/Soprano Saxophones

Dave Captein -- Bass

Charlie Doggett -- Drums

NEW YORK-BASED JAZZ PIANIST/COMPOSER CHRIS Parker returns to the KALA stage Friday July 29. Last January's performance with Parker's Oregon based quartet offered the North Coast a stirring night of original compositions, Parker's fluid and electric style, an inspired ensemble and an audience drinking up the power of jazz. This visit to the west coast, Parker will be debuting new compositions from his up-coming album.

A multifaceted performer and composer, Parker has written for everything from small jazz groups and chamber ensembles to full symphony orchestra. With a long list of original works, he heads his own group that offers a diverse, lineup of Latin, funk and straight-ahead jazz. Contemporary jazz icons Randy Brecker, Bob Mintzer, Chris Vadala and Lyn Seaton have all performed with Parker's band.

Originally from Portland, Oregon, Parker holds Bachelors and Masters degrees in music composition. He taught music theory and jazz classes at Clatsop Community College for nine years before moving to New York where he has been Professor of Music and head of jazz studies at SUNY Orange for the past few decades. A New York Chancellor's Award winner, Parker engages and inspires students as he teaches them the skills they will need as future musicians.

His two CDs on the OA2 label, Late in Lisbon and the newly released Full Circle feature the unusual frontline of saxophone

and violin. The albums are an exciting mix of Parker's original jazz compositions ranging in style from burning latin and straight ahead, to funky tunes and laid back ballads. Reviewing "Late in Lisbon", Ben Ohmart, Assistant Editor of Music Dish, says, "Parker is one of the greats ... not simply because he knows how to play piano, but he knows how to write some truly memorable piano-driven jazz" and Scott Yanow, reviewer for the All Music Guide, calls "Late in Lisbon", "... a particularly strong and memorable release of accessible of modern jazz".

Jakob Baekgaard, reviewer for All About Jazz says of FULL CIRCLE, "this is music filled with life and rhythm" and jazz critic Dan McClenaghan says of FULL CIRCLE, "this is about the ensemble sound and Parker's terrific compositions".

Parker leads a quartet for the KALA show with premiere NW jazz artists, Rob Davis – Tenor and soprano saxophones, Dave Captein -- Bass, and Charlie Doggett – Drums.

Tickets in advance are \$15.00, available at www.brownpapertickets.com thru July 27. Call KALA 503.338.4878 for availability after July 27. \$16 @ the door. Doors open at 7:30pm, Show begins 8:30pm. Cabaret table seating and Full Bar. 21+please.

KALA is located at 1017 Marine Drive in Astoria. KALA is the performance presentation space of HIPFISHmonthly.

OK ECHO began when Andrew Boylan posted flyers at the San Francisco Art Institute looking for a drummer, and Barry Despenza responded. An SF transplant from Chicago with a background in theater, Barry didn't own a drum-set because of his tendency to travel. Instead, he offered Boylan his skills as a cajon player, and the duo took to the streets as high-energy buskers.

Even with spontaneous performances, the pair was able to gather large crowds with their up-beat music, and they knew it necessary to expand their line-up.

Boylan met multi-media artist Jamin Reyes at a house party and asked him to play bass for the group. Jamin had initially studied jazz at SF State University, but become alienated by the environment of meaningless competition. In OK ECHO, Jamin found a fulfilling creative outlet, and he agreed to join. Finally, after infiltrating the bourgeoisie circles of San Francisco, Andrew met Patti Weiss, a multi-lingual neuropsychologist who also happened to be a violin player. Together, they create a pop music that flirts with Bossa Nova, jazz, and funk.

The group has performed at every kind of venue imaginable. In one instance, OK ECHO even played a show at a boxing gym, where they were joined by Scott Thunes, bass player for Frank

OK-ECHO

Art-Pop Bozzanova
From San Francisco
Friday July 15



Zappa throughout the 1980s. They performed in the ring, and wore extra-short running shorts and headbands. There are pictures somewhere.

As the leader of the outfit, Andrew Boylan composes and arranges all parts of the music. He also uses the band as a platform for art and design. Fine art, and items from his clothing line will be available for sale at the show, as well as the OK ECHOS debut CD.

Friday, July 15. \$5 @ the door. KALA opens at 8pm for Full Bar, music 9pm to 11pm. 1017 Marine Drive in Astoria.

My Finnish Memories



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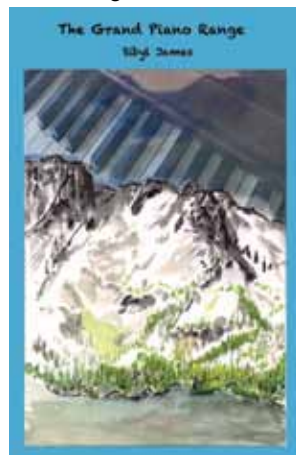
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Sibyl James

The Grand Piano Range

SPEND A MONDAY EVE with the delightful Sibyl James on July 25, as she reads from her new collection of poems, *The Grand Piano Range*.



The "range" of the poems in Sibyl James' new collection, *The Grand Piano Range*, is political and personal as well as geographic. Many of the poems are grounded in the Pacific Northwest: Alaska, Oregon, and, most often, Washington where James has been a longtime resident. James is interested in the back roads, small towns, and good bars where a barmaid "shares Wild Turkey on the house" and a neighbor is the guy who takes your shift the night your baby's born.

James is the author of eleven books—poetry, fiction and travel

memoirs—including *In China with Harpo and Karl* (Calyx Books), *The Adventures of Stout Mama* (Papier-Mache Press), *China Beats* (Egress Studio Press), and, most recently *The Grand Piano Range* (Black Heron Press). She has taught at colleges in the U.S., China, Mexico, and—as Fulbright professor—Tunisia and Cote d'Ivoire.

Her writing has received awards from Artist Trust and the Seattle, King County and Washington State arts commissions.

Monday, July 25, doors open 7pm. Reading 7:30pm. \$5, Complimentary snacks, book signing and sales. KALA, 1017 Marine Drive in Astoria.



THE COAST IS QUEER Curator Mark Woolley

In conjunction with the Inaugural Astoria PRIDE, KALA continues a collaborative show with guest curator, noted Portland gallerist Mark Woolley.

Over 23 years, the Mark Woolley Gallery has been known to host many community based events: literary, film, performance, musical, installation, multi-media as well as showcasing regional artists such as Walt Curtis, Tom Cramer, Marne Lucas, George Johanson, Tom Hardy, Jacob and Arnold Pander and many others. His exhibitions often explore social issues such as race, homelessness, sexual identity, class, war and other issues. Woolley also co-founded

and remains co-owner of the busy WONDER Ballroom in NE Portland.

"The Coast is Queer" includes queer artists primarily from the Portland area, including Wesley Younie, Chuck E. Bloom, Marne Lucas, Paul Soriano, Dorothy Goode, Tabor Porter, Greg Carrigan and Sid Deluca.

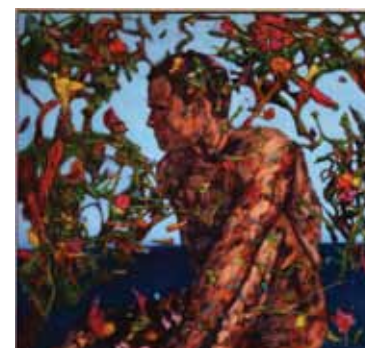
Woolley says, "The artists selected are not necessarily exploring queerness in their art—they are just producing interesting, well crafted and highly original works that reflect their inner vision."

Open for 2nd Saturday Art Walk, 7/9, also noon to 4pm on Sun, 7/10, Sat, 7/16 & Sun 7/17. KALA is located at 1017 Marine Drive in Astoria. Call for appt. showing 503.338.4878.

Marne Lucas

Marne Lucas is a photographer and multi-disciplinary artist living and working in New York City. Exploring nature, pop-culture and sexuality, pushing personal, political and visual boundaries. Lucas is known for presenting unique social or aesthetic philosophies; her works frequently employ sexual metaphor with a sense of humor, and include photography, video, and sculpture.

TRANSFLEUR, created in Arts/Industry, a residency program of the John Michael Kohler Arts Center is a ceramic installation, small vitreous china castings of various floral parts that imply gender fluidity. In the Kohler Co. factory, Lucas assembled molds, poured slip, dumped slip, sanded, glazed and fired works over and over for two months. The work is inspired by her friendship and artist association with senior transgendered artist Pippa Garner.



Paul Soriano

Painter Paul Soriano, owner of the former Cock Gallery in Portland, is a lifelong artist whose painting medium has a focus in homoerotic art. Soriano features four of his oil on canvas figures at KALA.

Of his art Soriano says, "My works reflect the quantum nature of the universe, worlds of formless beauty refined by an unknown force that is the hand of god, (little g). They begin as meditations in the Kundalini tradition. The imagery presents itself slowly, like a flower unfolding. It's curious to me that it's only when we forget all we have learned about art that we can make work that is genuine."



Chuck E. Bloom

Surrealist painter Chuck E. Bloom's world is made of recurring images; trees, rooftops, windows, doorways—decaying structures, renewed again through the vibrancy and depth of earth's workings. Above a gnarled freeway scene two animated brick houses rise above humanity's debris. Bloom created a series of pieces specifically for PRIDE, using rainbow color themes in his iconic symbolist imagery. Small, modestly priced Bloom pieces are inspirational and magical.



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Mothers and Midwives in Africa July 13 at KALA

MOTHERS AND MIDWIVES IN AFRICA, a colorful and interesting report on the work of Teso Safe Motherhood in Soroti, Uganda in eastern Africa will be held at KALA, (address) on Wednesday July 13 from 6:30 to 8 PM. Learn about the work of this busy maternity clinic from Marion Toepke, nurse midwife and family nurse practitioner who has done volunteer work there since 2009. The focus of the Teso Safe Motherhood is helping mothers birth in the best possible way, a way which follows their own instincts, and how the midwives and doctors act to save mothers' and babies' lives when problems occur.

Local volunteers will be introduced.

The safe motherhood initiative is a world-wide initiative to lower the maternal mortality rate. Teso Safe Motherhood is a safe motherhood clinic which works to lower the maternal and neonatal mortality rates in their region. Sub-Saharan Africa has the highest maternal mortality rates in the world. However there is work to do here in the US as well.

A FREE Presentation. Come to KALA on Wednesday evening, July 13, 6:30pm – 8pm, to learn how you can help. Complimentary eats too!

1017 Marine Drive in Astoria. 503.338.4878

10th Annual Long Beach Peninsula Garden Tour Music in the Gardens



Music in the Gardens is pleased to announce its 10th annual Long Beach Peninsula Garden Tour and invites you to join them on Saturday, July 16, 2016, from 10:00 am – 4:00 pm.

Each venue will showcase the beautiful gardens of local area residents. You will have the opportunity to talk one-on-one with the gardeners and discover their planting and growing secrets while relaxing to live music and small bites as you tour the grounds. Featured musicians will include The Winterings, Terry

Robb, Acustica World Music, The Mozart Chicks, Brian O'Connor, Barbara Bate and Tom Trudell.

Tickets are available online at watermusicfestival.com or one of the following locations:

Bay Avenue Gallery, 1406 Bay Avenue, Ocean Park, WA; The English Nursery, Corner of Highway 101 and 103, Seaview, WA; and, The Oysterville Store, 3012 Oysterville Road, Oysterville, WA. Tickets purchased online must be presented at one of the above-noted locations to receive your Garden Tour map. Cost: \$20.00 Proceeds benefit the Ocean Beach School District Music Programs. visit the "Music in the Gardens Tour" facebook page or contact Nancy Allen at 360.642.2507.

**Author Nick Jaina:
Get It While
You Can**
an audio scrapbook
@ KALA, Friday July 8



KALA presents author and composer/musician Nick Jaina on Friday, July 8. Doors open at 8pm, with show at 8:30pm, \$8 @ the door, Full Bar. Nick Jaina's new book, a 2016 Oregon Book Award Finalist *Get It While You Can* is, as the Los Angeles Review of Books says, "a love song to music and to those who make it and live it." It is a warm, hopeful book about finding freedom and claiming it every day of your life, despite all the traps along the way. Perfect Day Publishing released the book in January of 2015 to voluminous praise.

Jaina's live performance is like an audio scrapbook. He loops together guitar melodies and found sounds and reads passages of his book over them. Soulful and engaging, stories alternate between funny and beautiful. The format is almost like a podcast such as Radiolab or This American Life, reaching the listener on many different emotional and intellectual levels.

Nick Jaina is a musician and writer from Portland, Oregon. His most recent album, *Primary Perception*, was released in April 2013 on Fluff and Gravy Records. He is a co-founder and musical director of

the Satellite Ballet and Collective in New York City. He has composed the music for three ballets and three contemporary dances with that group, featuring dancers from the New York City Ballet, Ten Hairy Legs, and Juilliard, performing at the Baryshnikov Center and the Joyce Theater. Their most recent performance was two sold-out shows at Brooklyn Academy of Music in May 2014. Of that show, the New York Times wrote, "[The] pure, pungent, earthy music for strings, piano, and percussion... was the most physically bracing part of the night."

Excerpts from the book have appeared or are forthcoming in McSweeney's Quarterly, Oregon Humanities, Under the Gum Tree, and Portland Mercury.

Performance excerpts from can be found at nickjaina.com.

Friday, July 8, doors open 8pm, show at 8:30. Opening act is LONESOME LEASH, the project of Walt McClements, an indie folk one-man band performer, utilizing accordion and drum set. Cover is \$8. Full Bar. All ages. KALA is located at 1017 Marine Drive.

Clatsop Cultural Coalition Seeks New Members

THE CLATSOP COUNTY CULTURAL COALITION is now taking applications for members of its Board of Directors. CCCC Board Members serve as local ambassadors for the Oregon Cultural Trust to re-grant funds to worthy projects that support, maintain, preserve and protect cultural programs in visual and performing arts, heritage, and humanities in Clatsop County. More information about the Clatsop Cultural Coalition, its mission, procedures, and projects is online at www.clatsopculturalcoalition.org. More information about the Oregon Cultural Trust is available at www.culturaltrust.org.

Cultural Coalition Board Members are unpaid volunteers with a knowledge and interest in the cultural life of Clatsop County. They may already be a member of a local cultural organization but will not represent that group in voting. Potential members should commit to attending three meetings yearly and be available to work on special projects related to the coalition's mission. Most volunteer obligations take place in the fall culminating in an awards ceremony in early December when local grant recipients are announced.

To obtain an application form or request more information, contact co-chair Janet Bowler at information@clatsopculturalcoalition.org or call 503-325-2431. The deadline for applications is August 10, 2016.

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SINCE THE 1960s, the last decade of the New Deal liberal coalition, both major political parties have moved sharply to the right. For the Republicans, it was the result of a multi-faceted conservative movement that first

economic downturn and a third party candidate, billionaire Ross Perot, who took more votes from Bush than Clinton. But with the GOP takeover of both Congressional houses in 1994, Clinton was faced with New Right ideologues who refused compromise. Clinton's response was "triangulation," or taking over much of the right wing agenda in less extremist form. He announced: "The era of

has brought superrich domination of a low wage economy punctuated by poverty and homelessness.

In foreign policy, Clinton also moved his party to the right, accelerating Democratic flight from the McGovern Democratic peace candidacy of 1972. Unnecessarily, he began to expand NATO, the Cold War anti-Soviet military alliance, into Eastern Europe. Reagan and Bush had frozen NATO since the Cold War ended, with the Reagan/Gorbachev missile reduction treaty and German reunification. Partly as a result of Gorbachev's democratic reforms, and partly due to economic crisis, the Soviet Union had broken up in 1991 and was succeeded by the capitalistic Russian Federation.

The US, under both the elder Bush and Clinton, with no opposing superpower, moved to exert American supremacy. Thus Bush fought a war against former ally, Iraqi dictator Saddam Hussein, over his invasion of Kuwait, something diplomacy could have solved. US forces overwhelmed Hussein, but Bush left him in power to keep the lid on sectarian strife. Clinton continued bombing Iraq, coupled with ruinous sanctions which wrecked water purification, causing the deaths of over half a million children.

In expanding NATO, Clinton first used it to detach the historically Serbian province of Kosovo, supposedly because the Serbian leader, Slobodan Milosevic, was ethnically cleansing Albanians from the province. In fact, Albania had been trying to take over Kosovo since the eighties. Clinton used a NATO coalition to bomb Serbia for 78 days in 1999. He billed it as a "humanitarian intervention," but in reality it was a reworking of NATO as front for American empire.

As Obama's first secretary of state, Hillary Clinton augmented her husband's militarism, as in the Middle East, now decomposing in war. During the "Arab Spring", she used NATO to kill Libya's Gaddafi, thereby converting the country to an Islamist hotbed. Then her neoconservative colleagues orchestrated the anti-Russian Ukraine coup, which led to Russia's reclaiming Crimea to protect its fleet, and NATO running subsequent war games on the Russian border. Hillary favors "regime change," against Syria's Assad, who has enlisted Russian air power to battle Islamists. Thus poised militarily against Russia at its border and in Syria, a HRC presidency could easily bring war between the two major nuclear powers.

Clintonism and the Democratic Party

by Stephen Berk

showed itself nationally in the Goldwater campaign of 1964. Most Americans judged the Arizona senator, who advocated possible use of nuclear weapons in Vietnam and opposed Social Security, an extremist, and Lyndon Johnson beat him in a landslide. LBJ, however, would be the last president significantly influenced by New Deal welfare statism. His Great Society programs, including the War on Poverty, Medicare, civil rights legislation and substantial aid to education helped extend opportunity and lessen want.

But the Vietnam War fractured the Democratic Party in the Johnson years. It crippled domestic programs and alienated labor Democrats, supporting the war out of patriotism, from a youthful antiwar movement, much of it seeking to transform the Democratic Party. Nixon in the seventies and Reagan in the eighties would bring GOP success by pitting whites feeling loss of status against rising minorities and women activists. And conservative Christians stressing "traditional family values" to counter the women's and gay movements significantly enlarged the New Right.

Conservatism gained a presidential champion in the Reagan-Bush administration. But a Democratic Congress kept much of the welfare state intact. After 1986, when Reagan's FCC appointments ended broadcasting's Fairness Doctrine, powerful interests created conservative media. With the rise of clever propaganda shows, demagogues like Rush Limbaugh were able to caricature liberalism, turning it into a negative epithet. Limbaugh popularized New Right memes as he goaded Republicans ever further right. He and a growing phalanx of right wing media disparaged all programs to redistribute wealth and equalize opportunity.

In 1992, Bill Clinton defeated Reagan's successor, George H. W. Bush, due to an eco-

big government is over." Across the board cuts and replacement of Aid to Families with Dependent Children by an inadequate "workfare" program brought a budget surplus. Clintonism embodies more corporate than progressive values. The Clinton administration did much to enable the offshoring of capital and jobs, thus hastening US deindustrialization and deunionization. Americans whose fathers had had living wage factory jobs with retirements and medical coverage became low wage clerks without benefits.

"Clintonomics" furthered neoliberalism, or deregulated capitalism. In the late nineties Clinton sponsored formation of the World Trade Organization, wherein member nations must place corporate trade rights above nations' environmental, labor and other protections. Not only did Clinton place priority on free trade, bringing financial/corporate rule, but he went further in deregulating market speculation than any president since the 1920s. This would lead to a boom/bust economy and ultimately to the crash of 2008 followed by the Great Recession. As Bernie Sanders has stressed, neoliberalism



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THE WILD, FORESTED UPPER SKIPANON River is lush with towering Sitka spruce, native sedges ... and invasive plants such as purple loosestrife, yellow flag iris, and ivy. North Coast Land Conservancy owns three properties totaling 106 acres along the Skipanon near Warrenton High School. The proper-

WEED THE SKIPANON RIVER by canoe with North Coast Land Conservancy

ties are impossible to access on foot, so staff and volunteers plan to ride the tide and weed the waterway by boat on Wednesday, July 27, from 10 a.m. to 2 p.m.

NCLC will provide canoes on a space-available basis. Volunteers may also participate with their own canoe or kayak. In either case, please contact Stewardship Director Melissa Reich in advance (melissar@nclctrust.org or 503-738-9126) to her know you are coming, to get put-in location and other details, and to reserve a spot in a canoe if needed. Wear clothing appropriate for boating and the weather, and bring lunch, drinking water, and gloves. There are no toilets or potable water on site. NCLC will provide any necessary tools. This stewardship day is a partnership with Skipanon Watershed Council. Get more information about this and other stewardship opportunities at NCLCtrust.org.

Angora Hiking Club • July 29 North Head/Cape Disappointment Washington's Long Beach Peninsula

JOIN Washington Park Interpretive Specialist, Aaron Webster, for a rugged hike through coastal rainforest with cliff-top views of the Pacific Ocean and Benson Beach.

Aaron will cover information on how the rainforest participates in a global community that helps maintain the global atmosphere.

Hikers will meet on 29 July (Fri.), 9:00 AM, at the 6th Street parking lot in Astoria (1 block West of Video Horizons). We will carpool to Cape Disappointment, Washington.

We expect to arrive at the Park at about 9:30 AM to meet Aaron Webster, the Washington State Park Ranger naturalist.

This guided hike lead by Aaron Webster is about 3 miles, round trip, North Head to McKenzie Head and back. With some difficulty, the trail descends about 200 feet going out and ascends the same amount upon returning. The trail surface is rough with roots, stairs, and some boardwalk. There are facilities only at the trail head.

Fees are \$10 parking per vehicle (Discovery Pass). Purchase is available at the trailhead. Sturdy hiking shoes, water and snacks, binoculars, bug repellent, hiking sticks, and weather-appropriate clothing should be considered.

Annual dues for Angora membership is \$7. Membership is not required to participate in our hikes. Angora's annual schedule of hikes and where they occur is available on the website, www.AngoraHikingClub.org. For additional club information contact Bob Westerberg, chief guide, at (503) 325 4315 or Westysr@charter.net. Hike leaders are Jim & Kathleen Hudson, (503) 861 2802. Please call if you plan to participate.

Aaron Webster, Washington Park Interpretive Guide, may be reached at (360) 642 3029, lewis.clark.ic@PARKS.WA.GOV

Got Nature? We do! Still room in awesome summer youth camps at Lewis and Clark National Historical Park

SIGN UP SOON for the park's popular summer camps! Several spots are open in the Nature Adventure Camp, held July 11-15, as well as Nature Survival Camp, held July 18-22.

Both camps are led by experienced educators, including bilingual, Spanish-speaking counselors and recreational leaders. The camps offer fun day activities, and feature exciting overnight opportunities, perfect for campers looking to experience a first-time campout.

Nature Adventure Camp, held July 11-15, offers a week's worth of adventures at the park and nearby, as well as an overnight in Fort Clatsop! Nature Adventure Camp is open to students entering fourth grade through sixth grade. The cost is \$140.

Nature Survival Camp, held July 18-22, takes campers on the water and to the woods, deep into the park and other sites, as they explore and practice skills to survive and thrive in nature, including a two-night camping trip in the dunes. This camp is open to students entering seventh, eighth and ninth grades. The cost is \$150 and tents are provided.

Hours for Nature Adventure Camp are 9 a.m. to 5 p.m. Monday through Wednesday. For the Thursday overnight, drop off is at 9 a.m. Thursday and pickup is 11 a.m. Friday.

Hours for Nature Survival Camp are 9 a.m. to 5 p.m. Monday & Tuesday, with a 9 a.m. drop-off on Wednesday and 11 a.m. pick up on Friday for the two-day camping trip at the beach.

Questions? Please call Cathy at (503) 861-4422, or go to www.nps.gov/lewi, or follow Lewis and Clark National Historical Park on Facebook. Limited scholarships are still available.

Land conservancy offers guided outings to two returning rainforests

July 29 • Aug 5



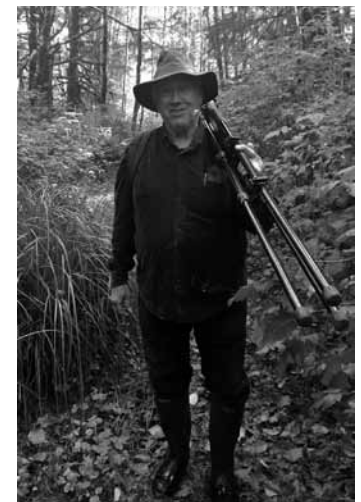
Birdman, Mike Patterson trips you through a recovering forest

NORTH COAST LAND CONSERVANCY is offering two ways to experience a recovering coastal rainforest, guided by expert naturalists.

ON FRIDAY MORNING JULY 29, biologist and educator Mike Patterson is leading a 2-mile round-trip walk into Ecola Creek Forest Reserve in Cannon Beach. The land conservancy helped the City of Cannon Beach acquire what has become a 1040-acre community forest, preserving much of the Ecola Creek watershed. With his keen eye and ear, Mike will help you spot birds and identify and better understand the trees and other plants and animals that characterize this recovering forest.

The following **FRIDAY MORNING, AUG. 5**, naturalist Neal Maine will lead what he calls a "Seaton Watch" at Circle Creek Habitat Reserve. A Seaton Watch is an opportunity to slow down and simply observe the natural world with all your senses. The two-hour outing will follow a 0.8-mile nature trail through a Sitka spruce swamp at the edge of this 365-acre conservation area at the south end of Seaside.

Visit NCLCtrust.org/on-the-land-summer-outings for more details or to register for this free On the Land outing.



MAINE.

Volunteers Needed at Miami River Preserve Saturday, July 16th

THE NATURE CONSERVANCY invites anyone interested in preserving Miami River Preserve to participate in a volunteer work party taking place on Saturday, July 16th. Adjacent to Tillamook Bay, these restored wetlands will benefit northern red-legged frog, chum salmon, peregrine falcon and other at-risk wildlife. Volunteers will help control invasive species during this work party. The site is flat but we will be walking on un-even ground through tall, dense grass. Please bring: hiking shoes, daypack, lunch and snacks for the day, one or two full water bottles, layers of clothing to be prepared for any weather—including raingear and a hat and sunscreen. Also bring leather gloves and eye protection (sunglasses or safety glasses), if you have them—if not, we have gloves and safety glasses for you to borrow.

Registration is required at nature.org/oregonworkparties. Questions? Contact (503) 802-8100, orvolunteers@tnc.org.



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Late Skate and Party

Get your gay skate on!

Astoria Armory - 1636 Exchange Street

Saturday July 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.

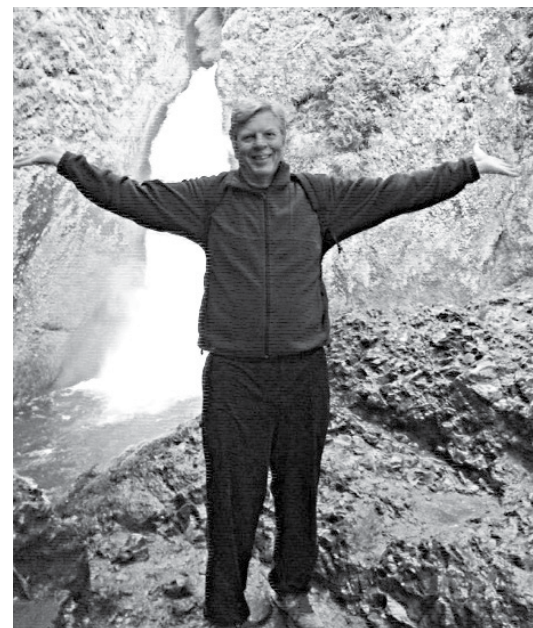
Lower Columbia Gender Alliance/Trans Support

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 Hubert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

Usui/Holy Fire Reiki II A FREE Introduction



Reiki Master Deborah O'Brien will share some of the vast potential of Usui/Holy Fire Reiki. You will learn about this powerful healing energy and have the opportunity to experience selected practices first hand.

Deborah will be assisted by Reiki Master Practitioner Peter Huhtala. Peter's experiences with Usui Holy Fire II Reiki have precipitated what he considers "miraculous results" in the reversal of the symptoms supporting his recovery from a supposedly incurable disease of the nervous system."

More information: www.DeborahObrienPositiveLiving.com

Thursday, July 21, 7pm to 9pm At The Blue Scorchers Bakery & Café, 1493 Duane St., Astoria

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, 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

PACIFIC COUNTY DEMOCRATS

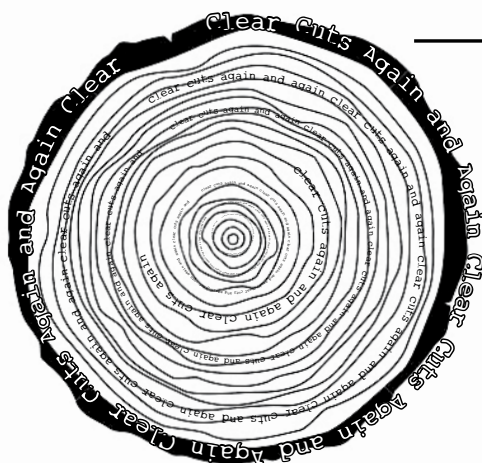
Monday, May 9, June 13, 7pm, No Meeting July/Aug 2016
North County Annex
1216 Robert Bush Drive, South Bend, WA

CREATE

Columbia River Estuary Action Team

Save the date: Thursday, July 14 at 3 Cups Coffee House in Astoria, at 6:30 pm: The first meeting for CREATE!

CREATE is the Columbia River Estuary Action Team, working on forests, salmon, ports and plants, and an exciting array of other issues we estuary-ites care about. CREATE is the group emerging from Columbia Pacific Common Sense. CREATE's coordinators, are Kathleen Zunkel, of Warrenton, and Roger Rocka, of Astoria. All interested welcome.



CLEARCUTS AGAIN, AND AGAIN *A new monthly feature*

They say that a picture is worth a thousand words.
How many acres does it take to cut down a thousand trees?

THIS IS HOMESTEADER WHAT YOU NEED TO KNOW

CLEARCUTS AGAIN, AND AGAIN...Will be an ongoing series of photographs, sometimes the before, often the after and the in between. This series is born of a deep concern about the changing look of Clatsop County's forest lands which increasingly are becoming a mono culture of tight groves of uniformly sized fir trees, the result of current industrial logging practices. These tree farms are perpetuated by the spraying of herbicides to kill indigenous plants which compete with the fir trees for space and light. They are more subject to wildfire than diverse forests, less hospitable to wildlife, and offer fewer opportunities for recreation.

As the drum beat gets louder for increased timber harvest on state owned land in order to meet the fiscal needs of Forest Trust Land counties and taxing districts, those in power are attempting to increasingly marginalize environmentalists and citizens who are saying, "There must be a better way."

The photographs in this series are offered to provide a moment's contemplation, a chance to truly reflect on the direction our county and the state of Oregon are going. To quote the late Native American activist, Reuben Snake, "If we don't change the direction we're goin' we're gonna wind up where we're headed." In this case we're headed for a statewide industrial tree farm where there once was healthy diverse forests.

Often when driving past mountainsides marred by clearcuts we barely register our disdain or outrage before quickly returning to the comfortable cocoon of our i-pod or thoughts of our own complex lives. We might try to comfort ourselves with the fleeting thought that environmentalists will raise hell about the situation in our behalf. Such are our busy lives in the onslaught of the information age when one simply cannot deal with it all.

Our hope is that our photographs and texts will move some of you to realize that we are all responsible for the fate of our environment. We can help shape the world we want to see whether it is by simply casting a ballot in a local election for someone we feel confident will represent our wishes, by writing a letter to the editor of the newspaper, or becoming an activist.

And finally, we want to stimulate dialogue, either pro or con, to the photographs or text giving particular expression to the call for increased timber revenue from state forests, also called County Forest Trust Lands, to meet county fiscal needs.

Send comments to hipfish@charter.net, subject: Clear Cuts Again. Please keep your comments to approx. 250 words—so we can be inclusive of all voices. (include your name, city and contact).

- Northwest Oregon's state owned forests are comprised of less than .01% old growth—a stunning number that indicates their fraught history of devastating fires and aggressive logging.

- The Homesteader grove had many trees 100 to 125 years old which qualified as old growth by current ecological standards.

- This parcel had numerous old growth characteristics and showed signs of providing rare habitat for threatened species, including marbled murrelets, red tree voles, and northern spotted owls.

- In 2015 roughly 2000 Oregonians including many residents of the Nehalem Watershed which includes Homesteader wrote the Oregon Department of Forestry with the clear message, "Old growth is rare, it is critical, it should not be logged."

- It usually takes 1-3 years between the announcement of a timber sale and the commencement of logging. In this expedited sale the Department of Forestry began logging in March of this year, just 10 months after the announcement of the sale.

- "The Department of Forestry is funded from the proceeds of logging state forests. Because of the Department's increased funding needs, they are in a bind because they are also mandated to balance forest management for ecological, recreational and aesthetic values as well."

- Private and public forest management has failed to keep up with the will of the people. In Clatsop County that has taken the form of the County Commission ignoring the Clatsop Vision 2030 Together plan.

- "Homesteader will not "rest in peace." This sale is a wakeup call to Oregonians who are content with our forest managers and an absolutely inadequate responsiveness to public will. ODF, the Governor's office, and the Board of Forestry failed to protect one of the most critical patches of forest in Clatsop County and on Oregon's north coast. Homesteader captured the imagination of coastal residents and forest activists throughout the state and their message was clear: stop degrading our forest watersheds and destroying our forest legacy. ODF's failure to appropriately respond to this message means that we need to be **STRONGER AND LOUDER.**"

—Chris Smith, North Coast State Forest Coalition



Series Coordinator: Roger Dorband

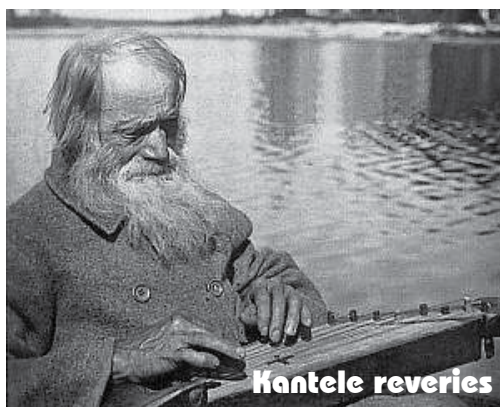
Resource: North Coast State Forest Coalition

Photos: Trygve Steen, Professor - Environmental Studies at Portland State Univ.

18th Biennial Finnish American Folk Festival **My Finnish Memories • July 29 - 31**

MAKKARA, Sima, Pannukaku, Leipä—that's blood sausage, meed drink, pancakes and rye bread in English, and the Biennial Finnish American Folk Festival in Naselle Washington is where you will delight in sampling these traditional Finn Foods, July 29-31 at the Naselle School Grounds, Naselle Wa.

Authentic costumes, music gently pouring from the Finnish kantela (harp), history talks, and archival photos, tracing roots through genealogy, the Tori (Market Place), with arts and crafts . . . Naselle is home to a lineage of Finns that migrated to the area in the late 1800's, settling in Astoria and surrounding regions. FAFF gets down with Finnish culture to a deeper tune, one you might whistle at Saturday Night Sauna. The Washington State Arts Commission considers Naselle FAFF one of the most authentic folk life festivals in the state.



FRIDAY

- Festivities begin at 10am Friday, July 29th, at Naselle School which is at the junction of SR 401 and SR 4. The Tori (market-place) is open until 6:00 pm as are all the exhibits and food vendors.

- The featured film at opening is a documentary produced by the Nordic American Voices, part of Seattle's Nordic Heritage Museum. "This is My Childhood; Finland at War" includes excerpts from the interviews of 26 Finnish-Americans who lived in Finland during WWII. Many of them were sent to Sweden for safety. (58 min.)

- Other presentations that day in the Cultural Programming Series cover the Finnish Civil War and Finland in WWII, thoughts on how a person comes in touch with his Finnish roots, the history of the Finns in New Sweden, why those from Nordic countries came to the Lower Columbia, the history of the Longview/Kelso area Finns, and beginning genealogy.

- Friday afternoon the national anthems will be presented as well as the May Pole Dancers. New this year is Laulaa (to sing) Out Loud Kids Chorus with 3-11 year olds singing in Finn.

- From 4pm to 6pm Appelo Archives Center will host a reception for performers and presenters at 1056 SR 4 (two miles east of the schools). This is for adults only and the only time the AAC will be open during the festival.

- Friday night's program includes Lisa Big-hill, the Naselle Kanteles, Acustica, and the FinnAm Choir.

SATURDAY

- Saturday starts early with a pannukaku breakfast served by the ESA from 7:00-10:00 am. It is followed by the Paavo Nurmi Run/Walk for all ages at 8:00am. If a souvenir t-shirt is a priority, pre-registration is necessary. The form can be downloaded from the website or call Haleigh See at 360.484.3878.

- The Opening Ceremony 10am to 11:30am in the stadium. Tori and food booths are open from 10:00 am-6:00 pm. Gene Quilhaugh, Carl Wirkkala, Folk Voice, Amigos Nobles, Skamokawa Swamp Opera, Valerie Blessley, the Laulaa Out Loud Kids Chorus, Dale Bradley, and Toby Hansen and the Smilin' Scandinavians will provide music for the rest of the day and evening. The Astoria Scandinavian Dancers and the Katrilli Dancers perform.

- Saturday cultural program includes Naselle history, Sami shaman ancestors, and on the successes and frustrations tracing family genealogy, a beginning Finnish language class for youth and a presentation by Jim Kurtti, editor of the Finnish American Reporter, for people interested in Finnish-American archival materials and keepers of records.

- Besides all of the above, there is a golf tournament on Thursday, a Paavo Nurmi Run/Walk, a wife toss, and other games on Saturday.

SUNDAY ends with a Closing Ceremony, a worship service followed by coffee and pulla. (no pets allowed on school grounds, exception service animals).

Those who golf can participate in the tournament at the Peninsula Golf Course in Long Beach, WA, on Thursday, July 28th. Pre-registration is necessary. Applications



can be downloaded from the new website: www.nasellefinnfest.com.

Full Schedule www.nasellefinnfest.com. Questions: 360.484.3388

Connect with your Finnish roots or learn about the Finnish culture no matter what your nationality. A warm welcome awaits in this "little village with the big heart" and FinnFest promises you'll leave energized and with many positive memories.



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Manzanita band man FRED LACKAFF Talks about The New Tweedy Bros!

FRED LACKAFF grew up in a musical family in Vancouver Washington, “My parents, their parents, played music, had dance bands. My brother Dan was especially gifted, had a voice like an angel. We both played guitar. In college we formed a folk duo, a la Smothers Brothers.”

Today he offers improve piano lessons, being self-taught in his thirties and taking more than a decade to play in front of people, he was compelled to share his hard-won wisdom. Lackaff, who also plays the ukulele and the guitar, is the leader/member of coastal rock band the Nehalem Valley All Stars, but in a previous lifetime he was a member of the New Tweedy Brothers.

If you would have asked Fred in 1968 what he would be best known for in 2016 it's unlikely he would have said for his album cover art for a local band that only put out one album. A lucrative career in music is rarely a guarantee but it's likely that many musicians wouldn't bet on album cover notoriety. While talent, taste, and the times certainly impacts whether or not a musician or band will succeed in the marketplace, what makes an album legendary is something else entirely.

Many collectors keep vinyl because of the music but some collect albums for entirely different reasons. Some albums are noteworthy because of their rarity, for instance, a single pressing or the first Beatles album printed. Others are unique because of their album art a la the Rolling Stones 'Sticky Fingers' and the Andy Warhol zipper. Others still are the products of labors of love.

The New Tweedy Brothers album was a synergistic mix of all this, it was a little bit of everything. Every few years or so interest is generated in the album. Fred doesn't have any idea why this is, nor any idea who put their music up on iTunes (the band members don't receive any royalties). The band, comprised of four members (two of whom were actually brothers although their last name wasn't Tweedy) hailing from the Pacific Northwest. Picture Jimi Hendrix, Janis Joplin, and Bob Dylan sowing the seeds of political revolution with song.



Considered a Holy Grail by record collectors, the New Tweedy Bros. one and only album, recorded in 1968 offers a taste of psychedelic improv, sweet four part harmonies, backward guitar, spoken word – pretty sounding 60's modal tunes you can enjoy on youtube (Somebody's Peepin'), or the 8 minute drone song by Lackaff, (Her Darkness in December). Creating folk rock harmonies of the time, the New Tweedy's may have broken up not long after their go in the music scene, but there is an authentic vibe to their songs and music making. You can enjoy listening to the whole album with a download on Amazon.



L to R: New Tweedy's in 1968. Steve Ekman, Dave McClure, Dan Lackaff, Fred Lackaff.

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Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil



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TWEEDY CONT.



The New Tweedy Brothers, who sounded vaguely like Door's inspired Beach Boys, but grungier and a little folky, were in the middle of all of this. "I was born in the era of the crooners: Crosby, Sinatra, Nat King Cole. But some of my earliest influences were 78's that my Dad would bring home from work. He owned a tavern-cardroom in Vancouver, Washington and a lot of his clientele were employed in the shipyards and a lot of them were from the South. It was their music that got played in the jukebox, and that we got when they were done. Wonderful obscure string bands, corny barroom ballads—we played them to death, loved them, much to Mom's chagrin."

It was this voice that made them such a local favorite with tunes that were easy to dance to, with a little more rock and roll than free love. The New Tweedy Brothers made their way from Portland to San Francisco playing at venues like the Avalon with the Grateful Dead and Quicksilver Messenger Service, but the band never managed to secure the golden record contract. "We were offered a deal from DOT, whose biggest artist was Pat Boone! But they were so out of it, we never seriously considered them." Two band members also had romantic partners that they had left behind and they were quickly becoming homesick.

So they packed up their bags in Marin County and came home to Portland where they opened for the Beach Boys at the Coliseum. But the challenges of touring professionally were many. Some members were disheartened from their lack of fame (although not Fred) and the New Tweedy Brothers disbanded after printing just 500 copies of their one and only album.

Enter the album. The album has been described as one of the more sought after records given its limited printing and unique shape. Fred had had this idea for a hexagonal album cover. "There was speculation that the cube shape referred to sugar cube LSD, but, no, it was just a cube." But it was more than just an idea. He took the concept from start to finish, including the packaging of

the albums, "had to cut out and paste them up by hand, took them to Goodwill for shrink wrapping." Remembered Lackaff, "I had a nice darkroom, lots of photo experience and some great material from photographer friends. It turned out to be one of the most satisfying art projects I ever worked on."

That satisfying art project goes for \$400 to several thousand dollars depending on the condition. You can find a copy of the album on E-Bay for \$400 at the moment. A 2008 article in the San Francisco Weekly mentioned the album fetching upwards of \$4000. By comparison, the original Wu-Tang Clan's Once Upon a Time in Shaolin LP brought in \$2 million during a 2015 auction by the same guy that jacked up the cost of life-saving medication, Martin Shkreli.

So where does that leave Lackaff? Pretty happy in Nehalem. Although he's not pretending he wouldn't have appreciated more success in the music industry, he realized there were more important things in life, "Last time we played was in 1972. Sometime in the 90's we considered a reunion, but by then Steve was too sick with cancer." And really Lackaff is doing quite well with his partner Vivi Tallman and his band, the Nehalem Valley All Stars. "I wouldn't trade the experience for anything." Says Lackaff, "As the guy says at the end of the movie 'The Commitments', 'There's so much more poetry in not succeeding.' And in a way, we are succeeding—50 years later, we're a legend of sorts. Who knows, 50 years from now we may be huge."

Reminiscing about the band on a sunny afternoon outside of the Hoffman Center in Nehalem, Fred said that his 50-year hiatus from music had more to do with chemistry than anything. It's hard to believe that it took that long to get a second band together but Fred thinks that it was worth waiting for the Nehalem Valley All Stars, who play gigs once a month or so around the North Coast. You can catch the All Stars around town in Astoria and Nehalem.



Back side of the hexagonal art album

Presented by Coast Community Radio



Thursday, July 21 • 7:30 – 9:30

at the Astoria Armory

Tickets \$20 @ the door or \$17 advance at CoastRadio.org

COME LISTEN! COME DANCE!

Nehalem Valley All Stars

Dedicated to dance, the Nehalem Valley All Stars feature a wide range of styles and eras, from rock to roots, ragtime to reggae, with a strong emphasis on rhythm. anchored by the inspired drumming of Ernie Zolka on drums, Mark Wagner on bass, Scott Wagner on guitar, and Fred Lackaff keyboards and vocals. The All Stars are often joined by guest horn players. Their motto, "We're all about fun!" Catch 'em, July 30 at the Nehalem Bay Winery

L to R: Scott Wagner, Ernie Zolka, Fred Lackaff, Mark Wagner



a future of a creative community a

FOR THE UNINITIATED, the Astoria Visual Arts (AVA) has had something of an iCloud presence in Astoria until recent years: it's everywhere, with exceptional and far-reaching influences, but difficult to corporeally nail down and thus, summarize.

Since its inception in 1989 AVA has worked to enhance, strengthen, and promote the arts in the greater Astoria area, with a dedicated emphasis on providing emerging artists with a sustainable livelihood and connection to the crucial for-profit world. Where art was, and for many communities still is, generally regulated to galleries and museum exhibitions, AVA has long sought to integrate it into public spaces, and challenge the notion that art is a separate--and somewhat elite--entity from the community at large.

It's no secret that 21st century Astoria has reblossomed into a hub of commerce and creative enterprise, and depending on who you speak to the consequences more or less cover The Good, The Bad, and The Ugly spectrum. A statement made by AVA as part of their official draft plan may sum it up perfectly:

This is a critical time for the arts in Astoria. With the cost of living and real estate steadily on the rise, many in our arts community are facing difficult choices about long-term sustainability in this area. During these dynamic times, it is important for us to work together towards common goals.



AVA Members (from left), Roger Hayes, Joe Miller-AVA pres, Sally Lackaff, Rebecca Rubens, Susan Planalp, Darren Orange.

In 2001, a decade after the formation of Astoria Visual Arts, founding member Rebecca Rubens rallied the rising artist synergy of the city. Many new young artists had come to Astoria, as well artists of varying age, mediums, experience – a veritable new melting pot of creativity and drive.

The time was right. AVA Gallery on 10th was to focus on emerging artists – creating a focus, a respectable venue, a collective, a volunteer-based vehicle pregnant with opportunity. What occurred over those years was miraculous and energizing. Many solo shows, group shows, visiting artists, collaborations, vision projects, some large in scale, such as the *Astoria River Walk public art proposal*—itself controversial in nature, and the exuberant and playful *Cash & Carry* shows that had artists producing quick and often quirky but affordable art, usually during the holiday season. The *Stump Cozy* project, initiated by Portland artist Shannon Schollian invited local artists to knit or sew a piece designed to cover a bare tree stump in a clear cut forest area, that area just outside of Astoria on Hwy 30.

In an interview with HIPFISH in 2001, AVA member Jessica Schleif commented on providing space for untried artists to take the plunge into public showing

of their work, “This is art that doesn’t necessarily have a mainstream market appeal, but it’s important and it needs to be seen,” she said, “the funny thing, though, is it’s selling!”

Rubens commented in the same interview about integrating art into the community and Astoria’s working-class roots, “We want to keep this community with a wonderful working feel. You go to lots of communities that are beautiful, but they don’t have the soul Astoria has.”

The five to seven year period that AVA flourished in two spaces on 10th street, initiated, or perhaps defined an artist culture, one that was screaming for recognition of itself. The newly formed dispersed into many new factions, although we mourn the end of one.

The working class beauty of Astoria had begun to draw a cultural movement decades before. Today, a visitor to the Astoria 2nd Saturday Art Walk might not think about the genesis of this vibrant art scene, that maybe it just popped up, like a pop-up gallery, or that somehow the monthly art walk has gone on forever, or perhaps the well-oiled moved in to claim and greatfully gentrify the city.

- Dinah Urell

NEXT MONTH Part II - Stay tuned for some Astoria art history!

cont. p14

ASTORIA OPEN STUDIO TOUR

ASTORIA OPEN STUDIO TOUR Offers a Private Glimpse into Astoria's Vibrant Art Scene Astoria Visual Arts (AVA) invites the public to the 6th annual Astoria Open Studio Tour on Saturday and Sunday, July 30 and 31. Forty-seven artists in 24 locations throughout Astoria will open their personal studios providing visitors the opportunity to meet and engage with the artists, observe demonstrations and to purchase art. The studios will be open from 10 am to 4 pm each day. "This is a popular and fun event for locals, visitors and anyone curious about the opportunity to experience creative people and spaces -- spaces as quirky and individualistic as the artists themselves!" says Rebecca Rubens, President of AVA. "Everyone loves this tour -- home designers, tourists, families with children. It's a great way to meet some of Astoria's established artists and to discover emerging artists. Astoria's renaissance has been a magnet for a new wave of artistic talent." Astoria's Studio Tour brings together painters, printmakers, textile artists, sculptors, photographers, glass artists and artists working in many other types of media. This event is free and self-guided. Tour catalogs are also free and may be picked up each studio and at Studio 11 Gallery, RiverSea Gallery, Imogen Gallery and Maiden Astoria in early July. More information is available at www.astoriavisualarts.org.



Recology Artist in residence, Dawn Stetzel of Seaview Washington displays her sculpture, Housedress. "My process is to not just make art out of trash," says Stetzel. "There is a story to all the material that I collect, a strong connection to place and the people who live here. For me this way of making is a life-path of stewardship and creative problem-solving that provides a connection to each other and the environment."

Those common goals are what bring AVA board members together, and AVA president Rebecca Rubens (artist name Agnes Field) reflects, "Growth and development can happen without destroying the special quality of local experience. I think this area is unique and has its own brand of communication, and deserves to be recognized." Rubens has not only played an integral part in seeing AVA through its early foundational stages, but in actively pursuing projects and ventures that will carry AVA into the next chapter. Originally founded as an artist-run non-profit, the AVA has undergone many incarnations since then. As of early 2015 a new board was established, with the primary goal of focusing on broader community support and specifically seeking members with diversified skills and interests in managing programs and fundraising. "We have been very fortunate to find people passionate about art and the valuable role art can take in the rapidly changing community," says Rubens.

2015-2016 have already been noteworthy years in AVA's steady progression, highlighted by several game-changing developments in particular. In early spring AVA welcomed three emerging artists to work in downtown studios provided to them rent-free as part of the artist-in-residence program (AVA a-i-r), additionally supplemented by the generous support of local businesses Albatross & Co., the Astoria Coffee House & Bistro, City Lumber Company, Dots 'N Doodles Art Supplies, and the Fort George Brewery + Public House.

The residencies run for 3 month intervals, and are just the beginning of a much more ambitious frame of purpose and collaboration. (Astoria artist Sarah Hendrickson was the founding participant of 2015.) "I am very excited to see the artist-in-residence program grow with the new cooperation with Recology Western Oregon--the Coastal Oregon Artist Residency (COAR)," Rubens says. "The two artists [Sean Barrow

and Dawn Stetzel] have been selected and will begin work on July 11 using recycled materials in their work. This is exciting because not only do the artists receive studio space, but also a stipend that supports their effort."

She continues, "The AVA a.i.r has also broad-

ened to include a writers' residency, beginning this month, in another new space above Pier 11, with incredible views of the Columbia River. This will be an invitational until we have determined the suitability of the space and management. I am encouraged to think we might be able to open up the a.i.r to include more regional, national and possibly international artists."

The aforementioned Recology Western Oregon (RWO) is an employee-owned company that manages resource recovery facilities on the North Coast, and their partnership with AVA to form the Coastal Oregon Artist Residency is the embodiment of conscientious creativity. The COAR not only provides selected artists with on-site access to discarded materials and studio space at the Recycling Center, but a public exhibition at the end of their residency showcasing their work, the hope being to encourage people to rethink "waste" and utilize new ways of conserving natural resources.

The Portland Biennial July 9 – Sept 18

The Portland Biennial is soon to play a significant part in AVA's expansion as well; a major survey of definitive Oregon visual artists, the Biennial originated with the Portland Art Museum in 1949, and met an abrupt end in 2006, resulting in the loss of a pertinent platform for artistic career advancement. In 2010, Disjecta Contemporary Art Cen-

ter introduced a renewed Biennial with rotating guest curators and multiple venues across the region. 2016 curator Michelle Grabner selected regionalism as the focal theme, the reflection of immediate geography and culture in an artist's work and, on a broader scale, the impact of local dynamics on the global art world. According to the most recent Biennial press release Grabner reviewed over 400 applicants and conducted 107 studio visits, traveling over 1800 miles throughout Oregon, making it the most comprehensive survey of Oregon artists ever. Works from 34 artists will be featured in 25 partner venues in 11 communities across the state, including Astoria's Astor Hotel lobby (Avantika Bawa) and Clatsop Community College's Royal Nebeker Art Gallery, (Jack Fetherly and Julia Oldham) co-hosted by AVA on behalf of Disjecta..

In addition to its wider regional outreach, the AVA is partnering with Astoria High School (AHS) and Knappa High School (KHS) to provide community-based learning opportunities for students, with the intent to build content knowledge and develop skills in the visual arts through regularly scheduled workshops with local artists both on school campus and in studio environments, visits to regional Pacific Northwest art galleries and museums, post-secondary art class attendance during such visits, and participation in a teen arts competition, the results of which will be a juried art exhibition. The partnership was made possible through a recent grant provided by the



Sean Barrow's Bee on a Hill. Barrow's goal is to complete a series of sculptures made from recycled materials as an artist in residence through the Recology/AVA grant.

The two artists were selected by a jury of arts and environmental professionals. Each will be provided with a monthly stipend, materials, and dedicated studio space at RWO's Astoria Recycling Depot and Transfer Station over a three-month period, commencing on July 11, 2016. By supporting artists who work with recycled materials, AVA and RWO hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment.



Gallerist Teri Sund, (w/ artist Christos) AVA Board Member has a longtime art connection to Astoria and the coastal region leading to the ownership of IMOGEN Gallery on 11th st.

Irene Gerlinger Swindells Fund of The Oregon Community Foundation, as well as board member participation. Says AVA Vice President Lisa Smith, "Research-based evidence points to arts education as a key influence in building broad skills and competencies in students, improving academic performance, and creating a positive school culture." As the project lead for the expansion of the Miss Bea Johnson Fund for Young Artists, established in 2011 through the generosity of local artists Noel and Pat Thomas to promote fine arts in school, Smith stresses the importance of art in the classroom as well as the gallery.

Two AVA affiliated projects that evoke an exceptionally visceral response are The Luna-Phaser and OBON 2015. Jim Fink's selected sculpture from the AVA's 2004-2005 ARTS Walk Project, The Luna-Phaser is an exploration of the tidal relationship between the moon and river, with the lunar mechanism shifting in accordance to the ebb and flood of the tide, essentially mirroring the synchronicity of the actual moon cycles. Progress on the project was suspended due to recession era funding challenges, with a reception on October 17, 2015 marking the relaunch.

The OBON Society is an Astoria based non-profit humanitarian organization dedicated to aiding the reconciliation between family and loved ones through the return of personal items taken during war. OBON 2015 was an AVA sponsored Japanese-American art history project dedicated to documenting, exhibiting, and returning personal artifacts and memorabilia seized as battlefield souvenirs during World War II. The exhibit "A Peaceful Return: The Story of the Yosegaki Hinomaru" opened at the Columbia River Maritime Museum on September 25, 2015.

Community Thread

However eclectic the AVA's vocations, the common connecting thread is simple: community. Though often perceived as one's immediate town or social circle, community where art is concerned has always existed as a much broader definition, even more so thanks to today's wider web reach and social media. What was once deemed exclusive need not apply these days—everything, from the written word to the visual, is relatable and,

one can hope, accessible. Now more than ever we humans are in a position to connect and share our experiences as a whole, rather than in factions separated by race, culture, religion, and social bearing. From the local showcases at the AVA Gallery more than a decade ago to recent talks of international residencies, AVA has stuck to its native roots while continuing to extend outward and intertwine.

Speaking with Teri Sund, owner and director of Imogen Gallery and AVA board member, brings the focus back on community, and just what it is that makes Astoria such a unique destination for artists and the appreciative alike. Arriving in Astoria after overseeing a Co-Op gallery in Seattle and Cannon Beach's White Bird Gallery, Sund went on to work with River Sea Gallery for well over a decade, acting as gallery director for Clatsop Community College as well. "It was a lot of fun," Sund says, "it was purely art for educational purposes. We brought in international artists so it really gave me an opportunity to bring a broader visual world to the area. That was really exciting for me." Recalling the many notable artists she's worked with over the years, including globally acclaimed photographer Robert Adams and the late Royal Nebeker (for whom the gallery is now named), Sund reflects, "I see all things as being connected, and a continuation to my participation in the Astoria arts community. I take great pride in bringing outside artists to participate with our local community of artists, and sharing the richness of our community with others." When asked about the impact of Astoria on the greater art world as voiced by first-time visitors, Sund expounds, "These individuals from other places are always immensely impressed by both the artists and the com-

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ON THE RADAR Art in the Cross-hairs

WHENEVER I have the chance to sit and look at the Columbia River and its environs, I am filled with the awe nature always provides. We, who live here, sometimes forget the magnificence when viewed on a daily basis--sight needs surprise and freshness to re-imagine. I love driving up over the south hills of Astoria that suddenly open to the expansive breath-grabbing view of the Columbia River.

Unfortunately, the expansive sensation is fleeting and overcome by the in-difference of daily routines and obligations. Or perhaps we seek refuge in the daily routine. Living in a time where nothing is as it seems to be, does create anxious choices. What to do? Time is limited. Maybe all we can do is get up and go to work again.

We are caught in the cross-hairs of global dilemmas--terror, global disasters, destruction and despair. It is still possible to be oblivious in smug se-curity. It's all too far away from the hearth. In the mean time, head-in-the-sand has never been a safe solution for any crisis.

It is too much to suggest that global disasters can be remedied by fragile and perishable canvas, bits of wood or clay, or an ephemeral song. What art can do is change awareness and perception--of ourselves in relation to nature, and the value and significance of life. Art stakes out new territory and informs us what is possible for the human spirit. Any creative act is "thinking outside the box"--away from the prescribed and conditioned.

Perhaps what we need is more improvisation. Art, by its very nature, escapes locked down behavior. The oblique language of art remains a common and free agent existing on all levels, from the child who holds a crayon, to anyone who tries to express their experience symbolically, whether it be in the lyrics of a pop tune or a painted masterpiece. I will be convinced by any art, even the slightest, that has its own true way of being in the world and expresses direct experience of reality. We need more improvisators capable of handling the unexpected or unforeseen. To im-provise one needs a fine sense of balance, a compelling sense of timing, and a casual fearlessness.

Even though art is common to all, it is important to be able to recognize greatness, or even the potential for greatness. The reason for rarity is the unlikely possibility that an artist is not only possessed with great talent, but also presented with great opportunity. Both elements are necessary. A great work of art, has a life of its own, continues to be relevant forever. Regardless, art needs to roll up its dilemmas and work, not only because we need solace and inspiration, but for all those who are never granted the time for imagination.

Agnes Field



Rubens, as New York art student



Longtime Astoria artist, Jim Fink's Luna-Phaser project, chosen as the 2004-2005 Arts River Walk Project, still under the wing, can be viewed in the window of the Liberty Theater on 112th.



Mineral Spirits - An installation by Avantika Bawa
Astor Hotel Lobby, Astoria. Part of the Portland2016 Biennale,
Curated by Michelle Grabner
July 9 – Sept 18

In *Mineral Spirits*, the immediacy of a crumbling opulence is parried with an over-polished assemblage of scaffoldings that are currently non-functional. Stretches of silence are interrupted with audio recordings of the building of the scaffold

These contrasts highlight the nuances of the architecture, the history of the Astor hotel and its current state of renovation. This staged approach creates a platform where dialogue between construction and deconstruction, past and present, process and product are explored.

munity in general and what they term as a level of "sophistication" with what they discover here."

Studio Tour

Along the same theme of art for education and art for enjoyment, there is also immersion, and the partaking of. Fiber artist and AVA board member Margaret Thierry teaches classes at the Astoria Fiber Arts Academy, which include floor loom weaving, knitting, felting, spinning, crocheting, and wool dyeing, to name a few. Fellow AVA board member and former artist in residence Annie Eskelin also heads up the Astoria Open Studio Tour, with the 6th annual tour taking place July 30-31st, in which forty-seven artists in 24 locations throughout Astoria open their studios to the public. Some, such as Darren Orange and Robert Paulmenn, are also

AVA board members, and guests are invited to meet and speak with the artists, view works in progress, purchase pieces of art, and partake in demonstrations. "After finishing an artist-in-residence with AVA in March, I asked how I could continue to stay involved and they answered in a big way!" Eskelin says. "The Studio Tour is a fabulous way to get people interested in artists' work and about the process that goes into each piece. Artists can sell work directly to patrons and visitors can develop a deeper connection to our area artists." "I think it's great to be exposed to the passion and skill of other board members, and their supportive efforts for the arts," adds Rubens. "I've had the opportunity to watch emerging artists grow and flourish, and as a working artist have been inspired by the creative energy of all the hard-working artists in the community." She continues, "I would like to see this area develop to the point where we have people coming here to look at art and we have people coming here to buy art, because it's such a wonderful place to come and visit, and you see amazing things you might not see anywhere else."

While the term "renaissance" is often used in regards to Astoria, it's apparent from speaking to many of the artists and AVA board members that the town has always had a creative undercurrent, which is more than a little dependent on the dedicated individuals who keep it a worthwhile priority. To that end AVA president Rebecca Rubens is frequently brought up in conversation, with peers such as Lisa Smith singing her praises: "She brings a real commitment to bringing her community together, which is very important to us. And that's why we have the board we have now." For the immediate interim AVA is still seeking a physical location of its own. "We're looking for a permanent home, because we would like to be able to have our own shows of our member's work, and other work," Smith states. "We would like to be able to host salons and forums. It's hard to do that when you don't have a spot."

At a time when rapid growth and subsequent uncertainty are very real factors of what many call Astoria's renaissance, the art scene is poised to provide more than mere diversion for the culturally inclined; it's the promise of sustainability. "The AVA is ready and poised to be a leader in supporting our art community," says Teri Sund, "with many great things planned. It's been incredibly exciting to watch the development of the art community for over 25 years." Speaking as an artist herself, Rubens adds, "I have tried to encompass the AVA work into my practice as an artist by approaching everything, especially decision-making, more as an artist, even if means taking a longer and less expedient route to desired ends. I think many artists have already benefited from AVA's direct support of artists through the residencies, and upcoming education and exhibition opportunities."

The Liberty Theater Announces "The Sunset Series" with Blind Pilot, Horse Feathers and More Horse Feathers/Mandolin Orange - 7/13 Blind Pilot "And then Like Lions" Album Release - 8/20



Mandolin Orange

NPR called the 2013 release of the album 'This Side of Jordan,' "effortless and beautiful," naming it one of the year's best folk/Americana releases, while Magnet dubbed it "magnificent," and American Songwriter said it was "honest music, shot through with coed harmonies, sweeping fiddle, mandolin, acoustic guitar and the sort of unfakeable intimacy that bonds simpatico musicians like Gillian Welch and David Rawlings." The record earned them performances everywhere from the iconic Newport Folk Festival to Pickathon, as well as tours with Willie Watson, Gregory Alan Isakov, The Wood Brothers, and more. Mandolin Orange have a brand new record out "Such Jubilee," via Yep Roc Records and are touring North America in support of it.



Horse Feathers

With members scattered from Astoria, Portland and North Carolina, Horse Feathers are making a return to their Northwest stomping grounds for a one-off performance. After a run of shows opening up for Joe Pug, Horse Feathers seems to be on the brink of new material, the first since their 2014 Kill Rock Stars release, "So it is with Us." The album pulls influence from a varied mix of Pentangle, Talk Talk, Paul Simon, The Band, Van Morrison, John Wesley Harding era Bob Dylan, Desire era Bob Dylan, and Abner Jay. Along with longtime bandmates Nathan Crockett (strings/mandolin) and Dustin Dybvig (percussion/drums/keys), band-leader Justin Ringle brought Justin Power (bass/vocals) into the mix to have, "an honest to god rhythm section for the first time. With Lauren Vidal on cello and Brad Parsons singing harmonies, we played an impromptu show at Sasquatch and people liked it. We liked it, and the unusual feeling that I had after that show— which I think is referred to as "joy" — became something I wanted to experience again."



Blind Pilot

Blind Pilot has announced an extensive tour in support of the release of its first album since 2011, 'And Then Like Lions' (out Aug 12/ATO Records). The album was announced in tandem with a song premiere via NPR Music's All Songs Considered, for "Umpqua Rushing." "It's a hazy, quiet beauty that builds slowly but persistently," says NPR Music. The forthcoming 25+ date tour includes Music Hall of Williamsburg in New York, shows with Brandi Carlile and a return to Portland's Crystal Ballroom on October 20.

Written and composed by Blind Pilot's Israel Nebeker over the course of three years, the record is a transcendent, cathartic response to the loss of his father and end of a 13-year relationship. 'Lions' is Blind Pilot's most exhilarating album to date, a lush 10-song collection that is resilient, uplifting and often majestic in the face of tragedy.

1st Annual Manzanita Music Festival

7/
23-24



Sol Seed play the MMF

YOU MAY HAVE HEARD the exciting news about the 1st annual Manzanita Music Festival to be held Saturday and Sunday, July 23 and 24 in beautiful downtown Manzanita. But did you know how the festival was born? Three talented women, whose love of music and Manzanita compelled them to create the Festival. The organizers of the event are three moms from Manzanita.

"Our kids are all grown so we are creating something for the community." Co-producer, Marcie Russo is in the wine and hospitality



business. She created and ran a restaurant everyone knows, The Wwave, in Manzanita. Marcie later created the Garlic Company and put together awesome regional live music for her guests. Co-producer, Dawn Lind, has lived in

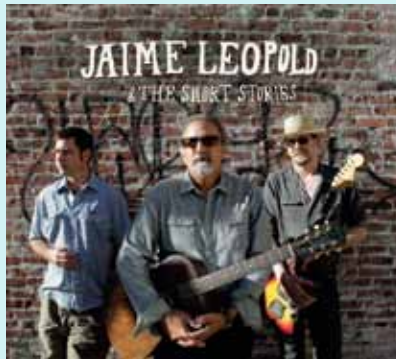
Manzanita for over 10 years, teaches yoga at NCRD and yoga roots. Her background is in real estate and dance. Dawn has a musical family; sons Skylar and Daegon both play guitar. Beth Carter-Boyer, Festival Director, has lived in Manzanita for 2 years, but her family has been here for the last 30. Beth has produced events in the past, involving music and art in Seattle. "We are all HUGE music fans. It's healing, fun, and it connects us all."

Partnering with The Hoffman Center for the Arts (HCFA), North Country Recreation District (NCRD) and Lostrom & Company Real Estate, The festival is pleased to present some of the finest talent on 2 stages, Oregon has to offer; Jazz, Americana, Reggae, Country, Bluegrass and Folk. It will kick off 1-9pm on Saturday, after the 26th Annual Manzanita Walk and Run, and 1-5pm on Sunday.

Musical artists set to perform at the festival include Kate and the Crocodiles, The Junebugs, Sol Seed, Kelsey Mousley, Blue Jug, Boomer & the Millennials, Woodknot, Hearts of Oak, Jenny Don't and the Spurs, Julie Amici, The Sextones, Mystery Ride, Jaime Leopold and the Short Stories, Maggie and the Katz, as well as others-tba.

Admission is \$10 per day OR \$15 for the weekend. Craft beer, wine and food will be available at the festival. Donations of canned foods for the North Country Food Bank will kindly be accepted at the gate.

Proceeds will fund music outreach programs in local schools and various area nonprofit groups. For more info please contact Beth Carter-Boyer, Festival Director at (425) 394-3828 or manzanitamusicfestival@gmail.com..



ELECTRIC FENCES MUSIC FESTIVAL



8/13

Sam Doores, The Lavender Flu to headline Electric Fences Music Festival in Nehalem

ELECTRIC FENCES, the 2nd annual music festival at Lunasea Gardens, will take place on Saturday, August 13th between the hours of Noon and Midnight.

Performers at this year's event include The Lavender Flu, Sam Doores (of the New Orleans folk band The Deslondes), The Pine Hearts, Pony Hunt, Rich Russell (of The Lonesome Heroes), Faith Twain, Galen Ballinger, Longriver, Dusty Santamaria, and Astoria's own Brian Bovenizer & The Koala Cowboys. General Admission tickets (\$20) are available for advance purchase. Day-of-festival tickets will be sold at the entrance for \$30.

There are a limited number of overnight camping spaces available, which must be purchased in advance through the festival website.

For tickets, full music schedule, and general festival information please visit www.electricfencesfest.com



Friday 8

MUSIC

Jason Okamoto. 5 - 8pm at the Manzanita Farmers Market.

Tom Trudell. 6pm at the Shelburne Inn Restaurant in Seaview.

North Oregon Coast Symphony Chamber Orchestra. Traveling with Mozart. \$15, 7pm at the PAC in Astoria.

Resurrecting the King. An Elvis Presley and Johnny Cash tribute concert. \$25, 7pm at the Seaside Convention Center.

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

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

LECTURE

Who eats at Taco Bell? With Gaelyn & Gustavo Aguilar who are traveling the Lewis & Clark Trail making & sharing tacos and engaging folks in conversations on how we can truly live multi-culturally. Free, 1 - 4pm at the historic US Columbia River Quarantine Station at Knappton Cove.

OUTSIDE

Open Spaces Bird Walk. Easy walk through forest and wetlands along D

River and Devils Lake, Lincoln City. Starts at 9am.

Ocean's Edge 5K Run/Walk. Starts at 9am on the beach behind Kylo's Restaurant in Lincoln City. Register online at secure.getmeregistered.com

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Vanya & Sonia & Masha & Spike. Comedy. 7pm at the Barn Community Playhouse in Tillamook.

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 9

MUSIC

The Hey-Ho Trio. \$12, 7pm at the Peninsula Arts Center in Long Beach.

John Stowell. \$7, 7pm at the Bay City Arts Center.

Waikiki Beach Concert Series. Band TBA. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

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

The Bar-K-Buckaroos. 9pm at the Voodoo Room in Astoria.

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

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

ART

Astoria's Second Saturday Artwalk. 5 - 8pm at galleries and businesses in downtown Astoria.

Sidewalk Chalk Art Competition. At the Lincoln City Cultural Center.

CINEMA. Summer Morning Matinee. Hook, \$2, 11am at the Nijou Theater in Lincoln City.

FOOD & DRINK

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

HAPPENING

Clatsop County Relay for Life. At Seaside High School.

Tillamook County Relay for Life. At the Tillamook County Fairgrounds.

LECTURE

Around the World of Words: A Lecture of Language. A lecture/concert with Theo Czuk. 6pm at the NCRD in Nehalem.

LITERARY

Author Peter J Brix Book Signing. The Brix Maritime Story: A Century of Towboating and Barging. 1 - 3pm at the River Life Interpretive Center at Redmen Hall in Skamokawa.

OUTSIDE

Ocean's Edge 5 K Run/Walk. On the Beach behind Kylo's Restaurant in Lincoln City. Starts at 9am.

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Vanya & Sonia & Masha & Spike. Comedy. 7pm at the Barn Community Playhouse in Tillamook.

Let's Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Sunday 10

MUSIC

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

Frank and the Ferrets. 1 - 3pm at the Hoffman Gardens in Manzanita.

North Oregon Coast Symphony Chamber Orchestra. Traveling with Mozart. 3pm at Rockaway Community Church in Rockaway Beach.

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

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

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

HAPPENING

Relay for Life. At Seaside High School. Variety Show. \$5, 8pm at the NCRD in Nehalem.

THEATER

Vanya & Sonia & Masha & Spike. Comedy. 2pm at the Barn Community Playhouse in Tillamook.

Monday 11

MUSIC

J Wagner. No cover, 8pm at the Adrift Hotel in Long Beach.

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

CINEMA

Summer Morning Matinee. Hook. \$2, 11am at the Bijou Theater in Lincoln City.

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 2pm at the Fort Columbia Theater, Chinook.

Tuesday 12

MUSIC

J Wagner. No cover, 8pm at the Adrift Hotel in Long Beach.

LITERARY

Book Reading and Signing with Honey Perkel. Perkel will read from her book "Where the Plum Trees Grow." 2 - 4pm at Beach Books in Seaside. cont. p21



THE 32ST SEASON of "SHANGHAIED IN ASTORIA" sponsored by local radio station the "The Bridge" 94.9 FM Where Music is First!" opens Thursday July 7th!

This famous original Musical Melodrama then continues on thru Sept 10th 2016 every Thursday, Friday and Saturday with the box office opening at 6:00pm, doors at 6:30pm and show at 7:00pm. Sunday Matinees are July 24th, August 14th and Sept. 4th show time 2:00pm with the box office opening at 1:00pm and doors at 1:30pm.

With returning Director Nate Bucholz at the helm, and Carlete Lewis Allen choreography, the 32nd Anniversary season is guaranteed to tickle your funny bone and get your foot stomping and voice a' humming! Part-vaudeville, part-soap opera, and part 1950's style Hollywood musical – all combined into a fun and entertain-

ing look at traditional local cultural folklore, as it brings together many of your favorite finest entertainers west of the Rocky Mountains from over the past 32 years!

So, when is the last time you've been Shanghaied? This IS the season NOT to miss! So get your reservations early! Wait? Have you have not seen the Astor Street Opry Company's Live on Stage, Award Winning, Family Entertaining,... The Original...Historical, Hysterical...Broadway-Style...Musical Melodrama???

Tickets are \$17 to \$21 and can be purchased online by going to our website at www.astor-streetoprycompnay.com or by calling our Shanghaied Ticket Hotline at 503-325-6104. Seats can also be purchased at the door beginning one hour before each show, but reservations are recommended. Be sure to ask about our group and family rates and our senior and child discounts.

Vanya & Sonia & Masha & Spike @ TAPA

TAPA presents the Tony Award Winning play, "Vanya & Sonia & Masha & Spike", written by Christopher Durang. Directed by Robert Buckingham, this comedy opens on middle-aged siblings, Vanya and Sonia, who share a home in Bucks County, PA, where they bicker and complain about the circumstances of their lives. Suddenly, their movie-star sister, Masha, swoops in with her new boy toy, Spike. Old resentments flare up, eventually leading to threats to sell the house. Also on the scene are sassy maid Cassandra, who can predict the future, and a lovely young aspiring actress named Nina, whose prettiness somewhat worries the imperious Masha. The cast of "Vanya & Sonia & Masha & Spike" features TAPA veterans, and newcomers.

CAST: TAPA veterans Chris Chiola as Vanya, Sarah Edwards as Sonia, Joni Sauer-Folger as Masha, Jordan Wolfe as Spike, and Anita O'Hagan as Cassandra. Making her TAPA debut is Brianne Kephart as Nina.

"Vanya & Sonia & Masha & Spike" runs through July 10. Friday and Saturday performances begin at 7pm, Sun Mat, 2pm. Doors open one half hour prior to curtain.



Reserved seating through Diamond Art Jewelers located at 307 Main Street in Tillamook, call (503) 842-7940. \$15/person, children 12 and under are \$10. For more information, email info@tillamooktheater.com or find us on Facebook.

A full Summer of Theatrics Coaster Summer Rep



and Ryan Hull (Let's Murder Marsha). Lisa has participated at the Coaster Theatre as a performer, choreographer and director having previously directed and choreographed the 2014 holiday production of Disney's *Beauty and the Beast* and was last seen on stage as Eve/Barbara/Ella/Passionella in the 2016 spring production of *The Apple Tree*. Ryan is also a regular director and performer at the Coaster Theatre. He previously directed the 2015 summer play *It Could Be Any One Of Us*, the 2014 summer musical *Into The Woods* and the 2013 spring play *Around the World in 80 Days*. He was last seen on stage as Gaston in the 2014 holiday production of Disney's *Beauty and the Beast*.

Rounding out the cast of *9 to 5: The Musical*: Jean White, Cindy Karr, Allison Johnson Aaron Harris, and Katherine Lacaze. The cast of *Let's Murder Marsha* is comprised of veteran Coaster Theatre actors Frank Jagodnik Ellen Jensen, Richard Bowman, Sue Meyers, Ann Bronson, David Sweeney and newcomer to the Coaster Theatre stage Gigi Chadwick.

Performance Dates: June 17 – September 4, 2016. Ticket Prices – *9 to 5: The Musical* - \$18 or \$23. *Let's Murder Marsha* - \$15 or \$20.

THE COASTER THEATRE PLAYHOUSE kicks off its 2016 Summer Repertory with **9 to 5: The Musical**. Based on the seminal 1980 hit movie *9 to 5: The Musical* is set in the late 1970's and is the hilarious story of friendship and revenge in the Rolodex era. Pushed to the boiling point, three co-workers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot!

The following weekend of June 24th, brings the opening of the second summer show – **Let's Murder Marsha** – a comedic romp about murder, double crosses and birthday surprises. Marsha is hopelessly addicted to reading murder mysteries and overhears her loving husband discussing her upcoming birthday surprise with an interior decorator. To her ears, though, it sounds like they are planning to murder her! With the assistance of her next door neighbor she tries to turn the tables on them with a poisoned potion. When her own mother shows up for her birthday a day early, Marsha thinks she is in on the diabolical scheme. Just when you would think all this would be cleared up, Marsha's intended victims discover what she has supposed, and decide to teach her a lesson.

At the helm of the 2016 Summer Repertory are directors Lisa Fergus (*9 to 5: The Musical*)



Photos: George Vetter



"Here we come again, looking better than a drag queen ought to..." Dolly Parton is one of our inspirations for what is about to come from the House of Cums! That is right!!! Dragalution: Love Wins will be back on the Columbian Theater stage August 12, 2016.

Prepare to embark on an incredible journey of love, filled with ultimate joy, sadness, sexual longings, awakenings, passion, community and acceptance. Enjoy the ride as D'lution perform numbers from Broadway shows to Dolly Parton and around again. We have some wonderful surprises in store for y'all. (one of them being.... DJ Gray Matter will be leading us on with his mad beats and sexy ways...but sssshhh) Daylight always says, "One has always got to maintain an aura of mystery; keeps you wanting more."

And thay, at the House of Cums, love to do just that, give you more. And Dragalution: Love Wins will do just that.

Get inspired, take a chance, step beyond your comfort zone and allow yourself to get dressed to express at the Columbian Theater in Astoria, August 12. Doors open at 9:30, show at 10. Always a fun pre-party in the VooDoo Room!! The show is 21+ and \$10 admission.

DRAGALUTION: LOVE WINS AUG 12

A Passion For Change Helga Winter at IMOGEN



HELGA WINTER, renowned for her three-dimensional work is returning to Imogen for her third solo exhibition. Respected internationally for her exceptional lathe turned wood pieces, Winter is known for constant exploration and pushing of boundaries to keep her work fresh and relevant to her own interests. The exhibition opens July 9th during Astoria's Second Saturday Artwalk, with a reception held from 5 – 8 pm. Meet Helga Winter who will be available to answer questions about her work. A Passion For Change will remain on display through August 9th.

Winter, of Port Townsend, Washington has long been respected for her skills with a lathe and turning green Madrone. She is considered a pioneer in working with the species, one that is known as an "ornery" wood to use for turning. Today, she still can be found at the lathe, turning vessels and utilizing the instability of Madrone to its full advantage in creating elegant and graceful forms. For the past several years, she has been exploring surface of her turned forms by embellishing with dyes and wax resist, this process has since acted as a spring board to further personal development of her art.

For this current series, Winter addresses something that is inherent to her work, evolution and change. It is important to Winter to maintain a sense of freedom in her work, through use of medium and conveyed message she skillfully achieves this. Success for some is measured by steady sales, sadly this can work against an artist as their clientele and dealers become dependent on the expected, limiting any personal growth as a creative individual. For Winter, it is crucial to her process to explore, utilizing alternative materials. This series will include an alternative medium, vessels made from tea paper. Yes, that's right the beautiful, soft paper that pillows your morning tea. She will also include her more traditional madrone turned vessels and wall hung pieces, created from repurposed pages from books.

Winter has enjoyed a remarkable career, beginning with studies under the tutelage of master woodturner's Rude Osolink and David Ellsworth. Her work is included in the permanent collections of the Smithsonian American Art Museum as well as the Arrowmont School of Art and Craft. She also is honored to have been a past juror and awarded Best of Show for the prestigious Art InThe Pearl, an annual art fair held in the heart of Portland's Pearl District. Most recently her work was selected for inclusion to Turning 30 Invited Artist, American Association of Woodturners 'Why Wood? Contemporary Practice in a Timeless Material' held at the annual SOFA (Sculptural Objects Functional Art and Design) exhibition in Chicago, the premiere art fair dedicated to three-dimensional art and design.

Imogen Gallery is located at 240 11th Street in Astoria, closed wed.

Ben Soeby at Luminari Arts

OUTSIDER BEN SOEBY brings his exciting, eccentric and witty art to Luminari Arts for the July 2nd Saturday Art Walk in Astoria. Hailing from Lincoln City, Soeby is well known in the outsider circle. He works on reclaimed and scrap wood using incredibly fine pen and ink to convey his perspective of the coast, Oregon, wildlife and logging, bringing an ironic native eye to create humorous, poignant portraits of animals, humans and life in general.

Luminari Arts is open daily at 1133 Commercial in Astoria. 5-8pm. Meet the artist. Live music by Richard T.



Terry Shumaker, Photographer & Renaissance Man Astoria Art Loft

ASTORIA is blessed with an abundance of artists: visual, musical, literary, and other. This is about one such artist, a photographer and oil painter: Terry Shumaker.

As with many professional artists, Terry Shumaker began painting as a young child and has always pursued this passion. A cartographer by education, and a graphic artist by profession, he has also had careers as a wildlife biologist and photographer.

As a wildlife biologist, he surveyed the Arizona deserts, sculpted model dinosaurs and other extinct creatures as well as living critters for museums and aquariums. He helped design the Canoe and Kayak Course for the 1996 Olympics.

In the course of his travels, he photographed the world from Alaska to Antarctica and areas around and between. Pictures of landscapes, oceans, storms, architecture, mountain ranges, animals, people in different cultures – all have life in Shumaker's 20,000 film pictures which he is currently converting to digital format.

Other interests include designing card models (cut and fold) of Astoria buildings and structures. A model of Fort Clatsop is available through the Astoria Art Loft. Shumaker also is a student of Japanese dorodango, the art of polishing mud. "This," Shumaker explains, "just takes patience and the willingness to get my hands dirty."

Shumaker is at the Art Loft from July 9 – August 6, 2016. Astoria Art Loft is located at 106 3rd St., above Dots & Doodles Art Store. Visit the Art Loft for 2nd Saturday Art Walk.



Two Solo Shows @ RiverSea Artists Inspired by Nature

RIVERSEA GALLERY presents two shows opening Saturday, July 9 with a reception from 5:00 – 8:00 in conjunction with Astoria's Second Saturday Artwalk. Both artists will be on hand to discuss their inspirations and techniques, and the work will remain on view through August 9, 2016.

JENNIFER WILLIAMS offers viewers an escape to the untrammelled beauty, grandeur and mystery of Pacific Northwest wild spaces in Take Refuge, a solo exhibition of her paintings. Her current work is an exploration of the intricate and often fragile connections between modern civilization and the far reaches of rugged wilderness that remain.

Williams hails from southwest Washington and has focused her artistic career on environmental landscape paintings of the Pacific Northwest. Her work focuses on nature's resilience, cycles of regeneration, and our relationship with wild spaces.

Using birch panel as a substrate, Williams begins her unique painting process with a collaged layer of maps, printed articles, and recycled paper bags. This underlayer of content relates succinctly to the subject of the work and inspires its evolution in subtle and unexpected ways. The process continues with applying sheer washes of acrylic, then sanding back through the layers, embracing the accidental, which reveals deeper layers and gives energy and life to the work.

Williams has been featured in solo and group shows at RiverSea Gallery since 2002. She has shown her work extensively throughout the Northwest and is included in both private and public art collections around the globe.

IN THE ALCOVE: ASTORIA ARTIST RICK CRAWFORD offers a series of sculpture and jewelry created from reclaimed wood integrated with forged, salvaged metal and other materials often scavenged from nature. A master of many materials, his work is driven by surface texture as well as composition, with disparate elements blending harmoniously into elegant formations. Nationally regarded for his carving, he often begins a piece on the lathe, but spends the most time working directly with hand tools to carve wood or shell, or to fold-form and add patina to metal elements.

New to Astoria, Crawford is an award-winning sculptor who has exhibited nationally. His work has been featured in noted art and woodworking periodicals around the US.

L'ART & LA MATIERE: In conjunction with Crawford's exhibition at RiverSea Gallery, there will be a special showing of a film he appears in at the Columbian Theater on Sunday, July 10 at 3:00. L'Art & La Matiere is a 50-minute documentary of an international artist collaboration that took place in

the French countryside in 2015, which Crawford participated in. The film showcases a variety of artists at the peak of their careers working in various mediums and sharing their expertise with each other over a period of five days in a forested setting. All are welcome to view the film for free.

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



J. Williams, Sight of Day, 48x36



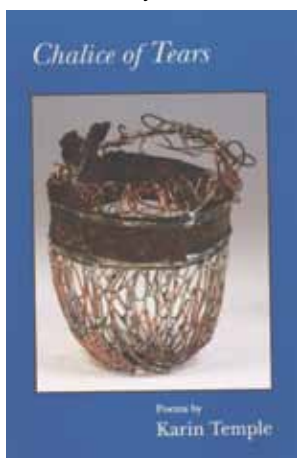
R.Crawford-Oyster Shell Pendant

Karin Temple Releases Her Sixth Volume of Poetry • July 24

The Chalice of Tears

ASTORIA POET Karin Temple, will release her sixth collection of poems in a reading and book-signing on July 24 at Grace Episcopal Church, 1545 Franklin Ave., Astoria. The reading will begin at 3:00 p.m. in the church sanctuary with a reception to follow.

Chalice of Tears is Karin Temple's latest book of poetry published by Radiolarian Press. This collection is unusual in that it is in two parts. The first one, called "The Petrified Angel," looks to the past, Temple's own past as a "child of war" in 1940's Germany, and the cultural history



of that era, lamenting the wars of the world. In the second part, "The Holiness of Broken Things," she attempts to reconcile past darkness with beauty in a series of poems inspired by the sculptures of local artist,



Charles Schweigert. Photos of the sculptures are included in the book alongside the poems written in response to them. The actual sculptures will be on display in the church during the event.

The majority of Schweigert's pieces are reliquaries for housing the remains of things we hold dear, while others are imaginary containers for capturing emotions or sentiments that can't be housed. They are lyrical interpretations of what has been lost and are ideal for translation into poetry.

The event will include readings by Karin and by guest speakers along with songs related to the poems performed by Drew Herzig and Laurie Drage, accompanied by pianist, Jennifer Goodenberger. A reception and book-signing will follow the program.



THINK & DRINK with Isabel Wilkerson July 21

A CONVERSATION on the Great Migration, the civil rights movement, and the reverberations of these historic events in Oregon and the United States today.

Oregon Humanities' 2016 Think & Drink series comes to Astoria July 21 for a conversation between Pulitzer Prize-winning journalist Isabel Wilkerson at the Lovell Showroom at Fort George Brewery.

Wilkerson won the Pulitzer Prize for feature writing for her work as Chicago bureau chief of the New York Times in 1994, making her the first Black woman in the history of American journalism to win a Pulitzer Prize and the

first African American to win for individual reporting.

She spent fifteen years researching her landmark book, *The Warmth of Other Suns: The Epic Story of America's Great Migration*, interviewing more than 1,200 people to tell the story of the nearly six million African Americans who, between 1915 and 1970, fled the South for northern and western cities in search of a better life.

Wilkerson will join Adam Davis, executive director of Oregon Humanities, for a live, unrehearsed conversation at the Lovell Showroom at Fort George Brewery, 426 14th St., Astoria, on Thursday, July 21. The conversa-

INSIDE THE PUBLISHER/AUTHOR RELATIONSHIP

Author Reading and "Back and Forth" between Megan Kruse and Hawthorne Books publisher Rhonda Hughes,

July 16

THE MANZANITA WRITERS' SERIES sponsors a special event: "Inside the Publisher/Author Relationship," with an author reading and "Back and Forth" discussion between Megan Kruse and Hawthorne Books publisher Rhonda Hughes, at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday, July 16, 2016. Kruse will also conduct a writing workshop during the day.

Call Me Home is Kruse's debut novel, released from Hawthorne Books in March 2015, with an introduction by Elizabeth Gilbert. The book won the 2015 Rainbow Award for Gay Contemporary Fiction.

Kruse will read from her novel. Then she and Hughes will talk about how to get published and the editing process that follows, an inside view into the publisher/author relationship.

Kruse grew up in the Pacific Northwest and currently lives in Olympia. She studied creative writing at Oberlin College and earned her MFA at the University of Montana. Her work has appeared widely in journals and anthologies. She teaches fiction at Eastern Oregon University's Low-Residency



MFA program, Hugo House, and Gotham Writers Workshop. She was one of the National Book Foundation's 5 Under 35 for 2015.

Rhonda Hughes is the publisher at Hawthorne Books in Portland, Oregon. Now in its 14th year, Hawthorne has published literary fiction and nonfiction to consistent critical acclaim and numerous awards. Film options



and publishing rights to Hawthorne's works have been sold worldwide. "If we specialize in anything, it's in finding superb writing which might be overlooked by larger houses, and giving it the attention it deserves." The Manzanita Writers' Series has hosted other Hawthorne authors to include Lidia Yuknavitch, Ariel Gore and Karen Karbo.

Prior to founding Hawthorne, Ms. Hughes had an extensive career in book production and printing. She holds a Master of Arts in English Literature and completed the Yale Publishing Course.

There will be no Open Mic session for this special event.

Admission for the evening reading is \$7.

Kruse will present a writing workshop during the day on "Crafting Emotion."

Learn how to use object potential and transcendent details to create work that resonates deeply with the reader. Megan Kruse will help students understand the craft tools that really make pieces feel affecting, almost magic. Useful to all genres.

The workshop will be held from 1 to 3:30 pm on July 16. The fee is \$30; register at hoffmanblog.org.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org

Ric's Poetry Mic

New Venue New Night

FORMERLY "The Last Tuesday Poetry Open Mic" has a new name, a new place to meet and a new date. In honor of the founder Ric Vrana, the event will be called Ric's Poetry Mic and will be held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event moves to the first Tuesday of every month, resuming on Tuesday, July 5. Readings are from 7 p.m. to 8:30 p.m., with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. ?s-Contact: Mary Lou McAuley <mmcauley05@gmail.com>

Wednesday 13

MUSIC

Horse Feathers and Mandolin Orange. \$15, 7pm at the Liberty Theater in Astoria.

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

HAPPENING

Seaman's Day at Fort Clatsop. A variety of events and activities commemorating Seaman, the Corp of Discovery's dog. 11am – 5pm at Fort Clatsop, Warrenton.

LECTURE

Mothers and Midwives in Africa. A FREE presentation by midwife Marion Toepke Mclean. 6:30-8pm. Complimentary Light Snacks. Kala, 1017 Marine Drive, Astoria.

THEATER

Let's Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 14

MUSIC

Fernando. 7pm at the Sand Trap Pub in Gearhart.

Jim Page. Music and stories. \$10 - \$20 sliding scale. 7pm at the Blue Scorcher in Astoria.

Kelsey + The Next Right Thing. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Summer Morning Matinee. Hook, \$2, 11am at the Bijou Theater in Lincoln City.

THEATER

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melo-drama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Friday 15

MUSIC

OK ECHO – Art Pop + Bossanova from San Fran ensemble, featuring violin, cajon and singer Andrew Boylan. \$5 cover. 8:30pm at KALA, 1017 Marine Drive in Astoria.

Pigs on The Wing. Pink Floyd Tribute Band. Doors 8pm. Show 9pm. \$15 in advance. brownpapertickets.com. \$20 at door. All ages. Full Bar. Astoria Event Center

Josh Utihof. 5 – 8pm at the Manzanita Farmers Market.

Tom Trudell. 6 – 9pm at the Shelburne Inn Restaurant in Seaview.

Kelsey + The Next Right Thing. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Bald Eagle Days. Live music, fun run, parade, food, vendors and much more. In Cathlamet. Schedule at cathlametchamber.com/wpcontent/uploads/2016/03/poster-final.jpg

Dory Days. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade throughout town, visit the artisan fair, see the boat display and check out the

children's activities while celebrating this wonderful small fishing town. pcnv-chamber.org

OUTSIDE

Superintendent's Revenge Golf Tournament. 2pm shotgun start. \$60 per player. At the Gearhart Hotel.

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Let's Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melo-drama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 16

MUSIC

The Haining Family. 7pm at Calvary Bible Church in Manzanita.

Randy McAllister. 7pm at the Lincoln City Cultural Center.

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

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

Radioactive Gamma Rays. 9pm at the Nauti Mermaid in Lincoln City.

FOOD & DRINK

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

HAPPENING

Bald Eagle Days. Live music, fun run, parade, food, vendors and much more. In Cathlamet. Schedule at cathlametchamber.com/wpcontent/uploads/2016/03/poster-final.jpg

Clamshell Railroad Days. Experience historic railroad lectures, model railroad layouts from regional clubs, the kids craft caboose, and more. At the Columbia Pacific Heritage Museum in Ilwaco.

A Cause for Paws Mutt-Strutt. A pet walk-a-thon event to raise funds to benefit the Tillamook Animal Shelter. This is open to the public, you register to walk with or without a dog. Individuals and teams gather pledges. There will also be pet supply vendors, food vendors, a veterinary booth, a TAS pet adoption booth and awards will be handed out. 503-842-1515

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.

Dory Days. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade throughout town, visit the artisan fair, see the boat display and check out the children's activities while celebrating this wonderful small fishing town. pcnv-chamber.org

LITERARY

Book Reading and Signing. Author Brian Ratty will read from his book “Voyage of Atonement.” 4 – 6pm at Beach Books in Seaside.

Inside the Publisher/Author Relationship. Author reading and conversation between Megan Kruse and Hawthorne Books publisher Rhonda Hughes. 7pm at the Hoffman Center in Manzanita.

OUTSIDE

Music in the Gardens Tour. Masterful gardens of the Long Beach Peninsula's oceanfront, bay front and plots in-between are open for visitors to examine and inspect. Many of the venues offer hors d'oeuvres and refreshment, but all invite guests to linger and enjoy the sounds of live music amidst each landscape. \$20, 10am – 4pm. watermusicfestival.com/event/music-in-the-gardens/ Seaside Beach Run. 5K and 10K beach runs, 5K walk, kid's sand Dash and Treasure Hunt. SeasideBeachRun.org

Spade & Wade Garden Tour. Six beautiful Gardens, Art in the Gardens displayed by local Artists and Historic Tree Trail. The self-guided tour Passports are \$18. 10am – 4pm in Tillamook. 503-842-3433

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melo-drama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Sunday 17

MUSIC

Jazzatti-Tude. 10am – 3pm at the Astoria Sunday Market.

Dona Miller. 1 – 3pm at the Hoffman Gardens in Manzanita.

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

The Sextones. 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

Clamshell Railroad Days. Experience historic railroad lectures, model railroad layouts from regional clubs, the kids craft caboose, and more. At the Columbia Pacific Heritage Museum in Ilwaco.

Dory Days. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade throughout town, visit the artisan fair, see the boat display and check out the children's activities while celebrating this wonderful small fishing town. pcnv-chamber.org

OUTSIDE

SSDA Garden Tour and Breakfast. Pam Flemming, City gardener, will lead the tour through the downtown themed gardens beginning at 9 am. The guided tour will start just outside the Holiday Inn

Express at 34 N. Holladay and weave its way through downtown Seaside. RSVP at 503-717-1914

Brewer's Classic Golf Tournament. 9am shotgun start, 4-person scramble tournament with tee prizes and box lunch included. \$75 per player or \$250 per 4-person team. At Chinook Winds Golf Course in Lincoln City. 541-996-2323.

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 2pm at the Fort Columbia Theater, Chinook.

Monday 18

MUSIC

Jolie Holland and Invisible Familiars. 8pm at the Sou'wester Lodge in Seaview.

Lewi Longmire. No cover, 8pm at the Adrift Hotel in Long Beach.

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.

THEATER

Missoula Children's Theater Summer Program Auditions. Parts are available for 60 children, ages 6 through 18, in addition to opportunities to learn stage management and help with directing. 10am at the Liberty Theater in Astoria.

Tuesday 19

MUSIC

General Dischord. 7pm at the Birkenfeld Theater in Clatskanie.

Lewi Longmire. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 20

MUSIC

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

HAPPENING

Sandsations in Long Beach. A sand sculpting competition extravaganza. Along the shoreline, adjacent to the Long Beach Boardwalk and near the Bolstad beach approach.

LECTURE

Exploring the Chinook Middle Village and Station Camp. With Douglas Wilson. Free, 7pm at the Cannon Beach History Center and Museum.

THEATER

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 21

MUSIC

Alexa Wiley & The Wilderness. 7pm at the Sand Trap Pub in Gearhart.

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

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

Lincoln Pops Big Band. \$6, 7:30 – 10pm at the Gleneden Beach Community Club.

Paul McKenna Band. \$20, at the Astoria Armory.

cont. p22

WEEKLY

Friday

MUSIC

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

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

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

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

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

HAPPENING

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

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

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

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

Saturday

MUSIC

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

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

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

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

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

FOOD & DRINK

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

Sunday

MUSIC

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

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

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

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

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

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

HAPPENING

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

THEATER

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

Wednesday

MUSIC

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

The Coconut. 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.

MORE MUSIC



The Pearls

Country-Rock, Americana, and Western Swing The Pearls hail from Vancouver, WA. Their influences include The Band, The Eagles, George Jones, The Grateful Dead and The Everly Brothers, in addition to old Dixieland jazz and classic country acts like Slim Whitman. The Pearls are a vocals-driven band with songs

that blend the spirit of travel and adventure with Cajun, gypsy jazz, bluegrass and country influences. their universal life philosophy, “Do brave things with simple songs.”

July 22 + 23, [pickled fish] at the Adrift in Longbeach @ 9pm. No cover.



Mojo Holler

Mojo Holler is Missi & Mister Baker. Mister Baker plays a soulful lap steel, and is an interpreter of traditional roots music.. Missi grew up in TN where she started singing as a child in Baptist gospel choirs. Her voice reflects Appalachian DNA, and she plays a Martin acoustic guitar that

was signed by Michael Nesmith. Mojo Holler showcased SXSW this year and were selected for the Seattle Folk Life Festival.

Thursday, July 28 at the Sand Trap in Gearhart, 7-10pm. All Ages. No Cover.



Zach Bryson and the Meat Rack

Get on out to the Big O for some Honky Tonk country and Hillbilly yodeling from Portland, Oregon.

Sunday, July 31st @ 4pm, all ages. No Cover. Olney Saloon on Hwy 202.

HAPPENING

Sandsations in Long Beach. A sand sculpting competition extravaganza. Along the shoreline, adjacent to the Long Beach Boardwalk and near the Bolstad beach approach.

LECTURE

Introduction to Usui/Holy Fire Reiki II. With Deborah O'Brien and Peter Hutala. Free, 7 – 9pm at the Blue Scorchers in Astoria.

Think & Drink with Isabel Wilkerson. She will tell the story of the nearly six million African Americans who, between 1915 and 1970, fled the South for northern and western cities in search of a better life. Free, 7pm at the Lovell Showroom, Fort George in Astoria.

LITERARY

Lunch in the Loft. With Katherine Bolger Hyde. Hyde will read from her book “Arsenic with Austen.” \$30, includes a catered lunch and a signed copy of the book. Noon at Beach Books in Seaside. Reservation required. 503-738-3500

Burnt Toast Makes You Sing Good. Author Kathleen Flinn will present from her newest book, a memoir with recipes. 7pm at the Seaside Library.

Karin Temple Poetry Reading. Karin Temple will conduct a reading of selections from her newest book of poetry, “The Chalice of Tears.” The event will include readings by Karin and by guest speakers along with songs relating to the poems. 7pm at Grace Episcopal Church in Astoria.

THEATER

Let’s Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There’s a Will There’s a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Friday 22

MUSIC

Jazzattitude. 5 – 8pm at the Manzanita Farmers Market.

Tom Trudell. 6pm at the Shelburne Inn Restaurant in Seaview.

Styx. \$45 - \$60. 8pm at Chinook Winds in Lincoln City.

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

The Rich Corporation. 9pm at the Nauti Mermaid in Lincoln City.

CINEMA

Manzanita Film Series. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

Sandsations in Long Beach. A sand sculpting competition extravaganza. Along the shoreline, adjacent to the Long Beach Boardwalk and near the Bolstad beach approach.

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

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There’s a Will There’s a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 23

MUSIC

The Better Halves. \$10, 6pm at NCRD in Nehalem.

George Coleman. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Waikiki Beach Concert Series. Band TBA. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Styx. \$45 - \$60. 8pm at Chinook Winds in Lincoln City.

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

The Rich Corporation. 9pm at the Nauti Mermaid in Lincoln City.

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

ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this family friendly event that features art, music, food and more. At the Tokeland Hotel.

FOOD & DRINK

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

HAPPENING

Manzanita Music Festival. LIVE bands 1pm-9pm in downtown Manzanita. \$10 p/day or \$15 for both days, 23 & 24.

Sandsations in Long Beach. A sand sculpting competition extravaganza. Along the shoreline, adjacent to the Long Beach Boardwalk and near the Bolstad beach approach.

Puppet Show. Penny’s Puppet Productions. Free, 1 – 2:30pm at the Cannon Beach Library.

Don Anderson/High Voltage Apparatus. Anderson will discuss Nikola Tesla’s inventions and see a Tesla coil in action. The 500,000 volt Tesla coil generates spectacular arcs of man-made lightning will be used in various experiments along with a 100,000 volt induction coil and a 4-ft tall Jacob’s Ladder. 2 – 4pm at the library in Tillamook.

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

OUTSIDE

Kids Zone Classic. Tournament will include an 18-hole scramble and a 9 AM “Shotgun” start at Chinook Winds Golf Resort in Lincoln City. \$100 entry fee includes breakfast, green fees, a golf cart, buffet lunch, silent auction and a raffle.

Open Spaces Bird Walk. Easy walk through forest and wetlands. (- 11am at the Friends of Wildwood Trail, Lincoln City.

THEATER

The Frog Prince. Children’s Theater. \$10, performances at # and 5:30pm at the Liberty Theater in Astoria.

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Let’s Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There’s a Will There’s a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Sunday 24

MUSIC

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

Manzanita Music Festival. LIVE bands in downtown Manzanita, 1-5pm. \$10 or \$15 for both days.

Aarun + Jonathan. No cover, 9pm at the Adrift Hotel in Long Beach.

Roberta Wynia & Skip VonKuske. No cover. 8pm at Fort George Brewery & Public House in Astoria.

The Rich Corporation. 9pm at the Nauti Mermaid in Lincoln City.

ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this family friendly event that features art, music, food and more. At the Tokeland Hotel.

HAPPENING

Sandsations in Long Beach. A sand sculpting competition extravaganza. Along the shoreline, adjacent to the Long Beach Boardwalk and near the Bolstad beach approach.

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 2pm at the Fort Columbia Theater, Chinook.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Monday 25

MUSIC

Aarun + Jonathan. No cover, 8pm at the Adrift Hotel in Long Beach.

LITERARY

Author Sibyl James. Reads from her new book, signing and sales. Complimentary light snacks. \$5 cover. KALA in Astoria, 1017 Marine Drive. Doors open 7pm.

Tuesday 26

MUSIC

Aarun + Jonathan. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 27

MUSIC

Common Starling. No cover, 8pm at the Adrift Hotel in Long Beach.

THEATER

Let’s Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 28

MUSIC

Men of Worth. 7pm at the Lincoln City Cultural Center.

Mojo Holler. 7pm at the Sand Trap Pub in Gearhart.

Common Starling. No cover, 8pm at the Adrift Hotel in Long Beach.

OUTSIDE

NCLC Stewardship Day. Weed the Skipanon by canoe. Paddle canoes and kayaks, riding the tide to access the river and remove invasive purple loosestrife, yellow flag iris, and ivy growing among the native spruces and sedges. Paddle an NCLC canoe, or bring your own boat. 10am – 2pm in Warrenton. RSVP. Nclctrust.org/event/weeding-the-skipanon-river-by-canoe

THEATER

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There’s a Will There’s a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Friday 29

MUSIC

Chris Parker Jazz Quartet. New York pianist composer returns with Northwest finest players. \$15. Available in Advance at brownpapertickets.com. 8pm. At KALA, 1017 Marine Drive in Astoria.

The Rhythm Method. 5 – 8pm at the Manzanita Farmers Market.

Tom Trudell. 6pm at the Shelburne Inn Restaurant in Seaview.

Jes Raymond + The Blackberry Bushes. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Finnish American Folk Festival. On the school grounds in Naselle. naselle-finnfest.com

Long Beach NPRA Rodeo. The rodeo features saddle bronc, bareback and bull riding, barrel racing and steer wrestling, as well as team, calf and breakaway roping. The rodeo kicks off with a parade through downtown Long Beach and features cowboy breakfasts and a family

night. At the Peninsula Saddle Club in Long Beach. peninsulasaddleclub.com

OUTSIDE

Oregon Tuna Classic. Deep Canyon Challenge. Teams of 4 – 6, \$450 - \$550. llwaco.oregontunaclassic.org

THEATER

The Golden Goose. Students entering grades 3-8 perform at the conclusion of a two-week theatre workshop. Tickets \$5, children under 12 are free. 7pm at the Lincoln City Cultural Center.

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Let's Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

Saturday 30

MUSIC

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

Y La Bamba. 8pm at the Sou'wester Lodge in Seaview.

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

Jes Raymond + The Blackberry Bushes. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Astoria Open Studio Tour. Engage with Astoria's arts community during this free, intimate, festive, and easy-to-navigate experience. Maps and a full-color booklet featuring all of the participating artists will be available online and around town.

FOOD & DRINK

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

HAPPENING

Finnish American Folk Festival. On the school grounds in Naselle. naselle-finnfest.com/press-release-2016-festival/

Long Beach NPRA Rodeo. The rodeo features saddle bronc, bareback and bull riding, barrel racing and steer wrestling, as well as team, calf and breakaway roping. The rodeo kicks off with a parade through downtown Long Beach and features cowboy breakfasts and a family night. peninsulasaddleclub.com

OUTSIDE

Oregon Tuna Classic. Deep Canyon Challenge. Teams of 4 – 6, \$450 - \$550. llwaco.oregontunaclassic.org

THEATER

Once Upon a Mattress. Comedy. \$17.50 - \$20.50, 7pm at the Fort Columbia Theater, Chinook.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Where There's a Will There's a Relative. Comedy. 7:30pm at Theater West in Lincoln City.

GET YOUR ART ON! ART CLASSES

Hoo-Hoo-Hoo Doesn't Like Owls?

Great big eyes, wise face, fluffy feathers – what's not to like about an owl! Even more fun that watching owls is carving them. Driftwood makes an idea base for an owl and anyone with fair fine motor skills can do it. Create your own owl with Brigitte Willse on Saturday, July 23, 2016 from 10 a.m. – 3:30 p.m. at the Astoria Art Loft. For a fee of \$60, all materials: driftwood, carving tools, paint, sandpaper, etc, are provided. contact the Astoria Art Loft at 503.325.4442.



Marbelizing – An Ancient and Secret Process

Do you like vibrant and intricate patterns? Do you like to experiment and play with paint? Learn the 1000 year old process for making colorful and unique patterns on paper - the modern, easy way. Create enticing new patterns or rejuvenate old paintings with designs that will have your friends asking, "How did you do that?"

Join Ellen Zimet on Friday, July 15 (10a.m. – 2:00 p.m.) and Saturday, July 16, 2016 (9:30 a.m. – 3:30 p.m.) at the Astoria Art Loft, 106 Third Street, Astoria, just above Dots 'N Doodles. All paints and other chemicals are provided as well as practice papers. Please bring drawing paper (80 lb.), old watercolor or acrylic paintings to marblize. Additional packs of paper will be available for purchase. The cost of the workshop is \$90.

Ellen Zimet brings a rich artistic background to the Marbelizing workshop. With a degree in Fashion Design and Merchandizing from the Pratt Institute in Brooklyn, NY, she followed many paths in her professional career including teaching art, writing, serving as an administrator for the Los Angeles Unified School District, self-employed educational consultant, counselor, and now, a fulltime artist. Contact the Astoria Art Loft at 503.325.4442 or Ellen Zimet at ellenzimet@earthlink.net.

Draw Your Favorite Wildlife

David Kitler, internationally acclaimed wildlife artist is coming to Astoria. He will lead a 3-day workshop on wildlife drawing and painting on August 5, 6, 7, 2016 from 10 a.m. to 4 p.m. at the Astoria Art Loft, 106 3rd Street, just above Dots 'N Doodles.

Cost of the workshop is \$298 (with a security deposit of \$150 due by July 15, 2016). Reserve your space (workshop limited to 12) for this well-known artist by calling the Astoria Art Loft at 503.325.4442 or stopping by the Art Loft. Materials list available upon request.

Trail's End Art Association Summer Classes

Visit trailsendart.org to register and to see details about the classes. Also register by sending a request to trailart2010@hotmail.com.

Process Painting with Aziza Balle

July 11, 10:00-3:00 \$60 for members; \$70 for non-members

With the artist's guidance, participants will focus on the process of creating. Painting from their own inspiration, intuition, and imagination, participants will find the joy of making their own art. The studio is created to provide a safe, respectful environment that is free from judgment or evaluation. Such an atmosphere makes it possible to follow one's own energy and to be open to one's own creative muse. Visit the artist's website (paintttodiscover.com) for more details.

Kids' Art Adventure Week with Kathy Karbo/Sarah Ferguson

July 18-22, ages 7-12, 9:00-1:00; \$150 per participant

This popular arts camp for kids returns to Trail's End with "Adventures at Sea" as the theme for the week. This seafaring adventure provides exciting and varied creative experiences that include shadow puppets, treasure maps, costumes, props, and mixed-media sculpture. The week will end with a presentation for family and friends. Direct questions to Kathy Karbo at 503-235-0211.

Printmaking and Bookmaking with Bev Cordova

July 26 and 26 9:00-11:00, ages 7-10; 1:00-4:00, ages 11-13

\$40 for younger participants; \$60 for older participants

This exciting, hands-on experience will take participants through four stages of art production. They will first make a printing plate, using shapes from nature. Then they will experiment with printing processes to make multiple prints from their plate. Next, they will create an accordion-style book for collecting selected prints. Finally, they will sign and mount prints inside and on the cover of their accordion book. Final products are displayed and shared with all in the group.

Who Eats at Taco Bell?

What you get when you cross tacos, social justice, and collaboration along the Lewis and Clark Trail

AMERICAN ATTITUDES,

institutions, and politics are changing dramatically as the United States finds itself on the cusp of becoming a nation with no majority demographic group. Changes like this, however, often expose underlying fears and uncertainties that can lead to tension and conflict, even as they reveal implicit assumptions and biases that have existed in the popular imagination for some time around what it means to be an American. Under the surface of recent debates around immigration policy and racial justice lies a simple question: As these demographic changes are inevitable, what is it going to take for us to truly live interculturally?

This summer, in the lead-up to the U.S. Presidential Elections, Gaelyn and Gustavo Aguilar (Co-Artistic Directors of Tug) are on a two-month expedition over the National Historic Lewis and Clark Trail, making various stops at community venues along this 11-state journey. All the while, they are making tacos with people, prompting dialogue, and inviting innovative forms of engagement around the question: What is it going to take for us to truly live interculturally?

The idea for the expedition was sparked in Gustavo's hometown of Brownsville, Texas, a small town—population 175,000—with roughly 150-200 taquerias. And, yet, one Taco Bell continues to thrive. Que pasa? The Aguilers began to understand how the American diet—as much as it has been formed by the intermingling of different cultures—sheds light on the multiple ways that Americans have chosen to define what it means to be an American. They began to explore how making tacos with people along the Lewis and Clark Trail (a trail forged by an expedition that played an important role in European-American territorial, cultural, and economic expansion across the continent) would be a powerful way to explore the paradox of how someone could harbor a disdain for 'foreigners,' but a love for their food, bearing in mind that this paradox is often connected to a kind of forgetfulness of how in the U.S. we are, in fact, almost all aliens.

The Expedition

The Aguilers hit the road—starting at the Camp Dubois confluence of Wood River and Hartford, Illinois on May 14 and will end in Seaside, Oregon on July 16—to deepen understanding and action around the attitudes and ideas our country has inherited. They are working closely with national and community partners to tailor



the architecture of the experience to local needs, ensuring the creation of spaces that can support new and stronger relationships across diverse cultural groups, and inviting new and exciting visions for the future during this time of tremendous change.

The Aguilers will be in Astoria July 14-15. You can find them from 3-6 pm at the River People Farmer's Market on Thursday and later that evening [7:30 pm] at the Peace Lutheran Church across the street [12th and Exchange], where they will be setting up their "taco encampment," which will feature taco making and portrait taking, conversation and a multi-media performance. Join them again at the Astoria Public Library on Friday, July 15, 6 pm for a look back at their two-month expedition.

Why This? Why Now?....Why Tacos?

The taco operates as an 'indicator species,' one small part of an ecosystem that can indicate the health of a society faced with multiplying diversities. Sharing a meal together is also a way that people from varied backgrounds and histories have always been able to transcend difference and boundaries, and come together. By "breaking bread" with another person we invite an exchange, we share, and in so doing we help soften the ground for new relationships to form. Altogether, this expedition is designed to spark ideas and solutions, and strengthen relationships through participatory engagement with a range of critical themes today: Socio-economic mobility, cultural belonging, movement and borders, assimilation and appropriation, and new forms of cultural identity. How we—as a nation—respond to this contemporary cultural moment will be a marker of our capacity to learn from history and grow.

Gaelyn and Gustavo Aguilar are the Co-Artistic Directors of Tug, a collective focused on interdisciplinary re/search, new forms of social practice, and participatory, problem-based interventions that tackle the cultural politics of contemporary border regions in North America. Visit www.tugcollective.org.



THE INFILTRATOR (JULY 13) Brian Cranston plays '80s U.S. Customs agent Robert Mazur who goes undercover to take down the Escobar drug cartel. After realizing that even massive drug seizures do nothing to stem the flow of drugs, Mazur decides to follow the money and goes undercover under the fictitious identity of Bob Musella, a businessman with an explosive temper who offers to launder millions in cartel cash through his businesses. To that end Mazur sets up a fake investment company and flashily befriends two lower-level drug dealers in Escobar's organization. As he moves up the chain, he meets Escobar's certifiable money manager, Javier Ospina and eventually Escobar's lieutenant Roberto Alcaino (Benjamin Bratt). Mazur's roleplaying extends even to his personal life as he recruits fellow undercover agent Kathy Ertz (Helen Kruger) to play his fiancé. It's a beyond-dangerous game



that Mazur plays. At every moment, he must be 100% convincing as parties and lives high from New York to Miami to Panama to Paris, all the while being scrutinized by men who would kill him in a second if they knew who he was.

GHOSTBUSTERS (JULY 15) 27 years after the last Ghostbusters movie and after many attempts to reunite the original cast failed, director Paul Feig (Bridesmaids) reboots the series with a new all-female cast starring Melissa McCarthy, Kristen Wiig and SNLers Kate McKinnon and Leslie Jones. The gender-flipped cast also extends to supporting players with normally macho Chris Hemsworth playing the bespectacled Ghostbusters receptionist. Original cast members Bill Murray, Dan Aykroyd, Ernie Hudson, Annie Potts and Sigourney Weaver make cameos. Synopsis: Paranormal researcher Abby Yates and physicist Erin Gilbert are trying to prove that ghosts exist in modern society. When strange apparitions start to appear in Manhattan, they ask brilliant engineer Jillian Holtzmann to build special equipment. Also joining the team is Patty Tolan, a lifelong New Yorker who knows the city inside and out. Armed with proton packs and plenty of attitude, the four women prepare for an epic battle as more than 1,000 mischievous ghouls descend on Times Square.

STAR TREK BEYOND (JULY 22) The Star Trek series takes a turn away from the philosophical with a more straightforward action piece directed Fast & Furious director Justin Lin. In the midst of their five-year mission, the crew of the Enterprise are attacked by aliens. With the Enterprise destroyed, the ship abandon ship and land, separated from each other, on a hostile alien planet. Plot details have been kept secret but Idris Elba plays the villain Krall who "challenges the Federation's philosophy." One of the last screen appearances of Anton Yelchin who played Chekov. (Yelchin died in an accident in June.)

ICE AGE: COLLISION COURSE (JULY 22) The fifth installment in the talking ice age critters series. Regulars Ray Romano, John Leguizamo, Denis Leary, Queen Latifah, Keke Palmer, Jennifer Lopez, Simon Pegg and Chris Wedge all return to voice their characters.

Synopsis: Scrat's pursuit of his elusive acorn catapults him outside of Earth, where he accidentally sets off a series of events, sending a bunch of asteroids that transform and threaten the planet. To save themselves from peril, the trio Manny, Diego and Sid and the rest of the herd as well leave their home and embark on a quest full of thrills and spills, highs and lows, laughter and adventure while traveling to exotic new lands and encountering a



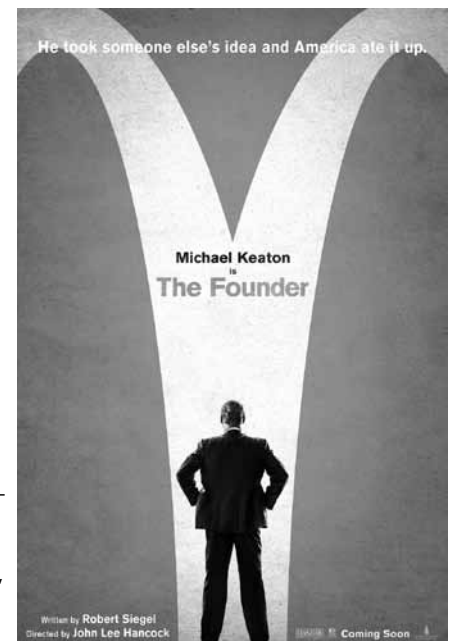
host of colorful new characters.

JASON BOURNE (JULY 29) Nine years after Matt Damon last played amnesiac assassin Jason Bourne he returns to the titular role in the fifth installment in the series. After a feud developed between series writer Tony Gilroy and two-time series director Paul Greengrass, Damon took the side of Greengrass, swearing he would never play the character again unless Greengrass was the director. This led to Gilroy directing the spinoff movie The Bourne Legacy with Jeremy Renner in the lead. However, less-than-stellar box office for The Bourne Legacy and Damon's own lack of success as a lead actor (no hits as a lead until last year's The Martian) led to Universal, Damon and Greengrass re-teaming for another installment. Both sides may have waited too long to reconcile as buzz on JB has not been huge. With Julia Stiles as Nicky, Alicia Vikander and Tommy Lee Jones. Synopsis: Several years after his disappearance at the conclusion of The Bourne Ultimatum, Jason Bourne unexpectedly resurfaces at a time when the world is faced with unprecedented instability. At the same time, a new program has been created to hunt him down while he is still trying to find all the answers to his past and family.

THE FOUNDER (AUGUST 5) Michael Keaton plays Ray Kroc, a struggling milk shake machine salesman, who in 1955, came upon a successful privately-owned Southern California hamburger stand and through persistence and out-and-out chicanery, stole the name and concept from brothers Mac and Dick McDonald and founded the most successful fast food franchise in history.

SUICIDE SQUAD (AUGUST 5) After the debacle that was Batman v Superman and before the currently-shooting Justice League

movie, the DC Comics franchise desperately needs a hit to revive the entire DC universe. Suicide Squad looks to be shaping up to be just that lifesaver. Plot details have been closely guarded, but the Suicide Squad is a group of super-villains imprisoned and recruited by the U.S. government to undertake suicidal missions in exchange for having their sentences reduced. David Ayer, who specializes in grim, humorless stories dealing with male bonding in dangerous occupations (End of Watch, Fury) directs. Ayer told Empire magazine that he envisions SS to be different from most superhero movies, "You know, all these movies are about defeating the evil alien robot from f*cking Planet X, before it destroys the world with its ticking clock. And who the f*ck cares? But you do this story about struggle and isolation, and people who have been shit on that suddenly get thrown this lifeline... that's not so bad." Ayers' vision might have been too grim for Warners as SS underwent reshoots intended to lighten up the film's tone.



PARKS after DARK McLure Park



JAWS. Top o' the hill, 8th & Franklin.
July 23, 8pm. \$5. Fort George Beer and NC Food Web eats for sale. All proceeds go to Parks and Rec Scholarship Fund.



FREE WILL ASTROLOGY

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JULY

ARIES (March 21-April 19): The voices in our heads are our constant companions. They fill our inner sanctuary with streams of manic commentary. Often we're not fully cognizant of the bedlam, since the outer world dominates our focus. But as soon as we close our eyes and turn our attention inward, we're immersed in the jabbering babble. That's the bad news, Aries. Now here's the good news. In the coming weeks you will have far more power than usual to ignore, dodge, or even tamp down the jabbering babble. As a result, you may get a chance to spend unprecedented amounts of quality time with the still, small voice at your core -- the wise guide that is often drowned out by all the noise.

TAURUS (April 20-May 20): We are inclined to believe that the best way to see the whole picture or the complete story is from above. The eagle that soars overhead can survey a vast terrain in one long gaze. The mountaintop perspective affords a sweeping look at a vast landscape. But sometimes this perspective isn't perfectly useful. What we most need to see may be right next to us, or nearby, and it's only visible if our vision is narrowly focused. Here's how poet Charles Bernstein expresses it: "What's missing from the bird's eye view is plain to see on the ground." Use this clue in the coming weeks.

GEMINI (May 21-June 20): I foresee fertile chaos in your immediate future, Gemini. I predict lucky accidents and smoldering lucidity and disciplined spontaneity. Do you catch the spirit of what I'm suggesting? Your experiences will not be describable by tidy theories. Your intentions will not fit into neat categories. You will be a vivid embodiment of sweet paradoxes and crazy wisdom and confusing clarity. Simple souls may try to tone you down, but I hope you will evade their pressure as you explore the elegant contradictions you encounter. Love your life exactly as it is! Methodical improvisations will be your specialty. Giving gifts that are both selfish and unselfish will be one of your best tricks. "Healing extremes" will be your code phrase of power.

CANCER (June 21-July 22): According to many sources on the Internet, "werifesteria" is an obscure word from Old English. But my research suggests it was in fact dreamed up within the last few years by a playful hoaxster. Regardless of its origins, I think it's an apt prescription to fix what's bugging you. Here's the definition: "to wander longingly through the forest in search of mystery and adventure." If you are not currently seeking out at least a metaphorical version of that state, I think you should be. Now is an excellent time to reap the catalytic benefits of being willingly lost in a wild, idyllic, relaxing setting.

LEO (July 23-Aug. 22): I'm debating about which of your astrological houses will be your featured hotspot in the coming days. I'm guessing it will come down to two options: your House of Valid Greed and your House of Obligatory Sharing. The House of Valid Greed has a good chance to predominate, with its lush feasts and its expansive moods. But the House of Obligatory Sharing has an austere beauty that makes it a strong possibility, as well. Now here's the trick ending, Leo: I'd like to see if you can emphasize both houses equally; I hope you'll try to inhabit them both at the same time. Together they will grant you a power that neither could bestow alone.

VIRGO (Aug. 23-Sept. 22): Between now and July 25, there's a chance you will reach the peak of a seemingly unclimbable mountain. You could win a privilege that neither you nor anyone else ever dreamed was within your reach. It's possible you'll achieve a milestone you've been secretly preparing for since childhood. Think I'm exaggerating, Virgo? I'm not. You could break a record for the biggest or best or fastest, or you might finally sneak past an obstacle that has cast a shadow over your self-image for years. And even if none of these exact events comes to pass, the odds are excellent that you will accomplish another unlikely or monumental feat. Congratulations in advance!

LIBRA (Sept. 23-Oct. 22): "My mother gave birth to me once, yeah yeah yeah," writes author Sara Levine. "But I've redone myself a million times." I'm sure she is not demeaning her mom's hard work, but rather celebrating her own. When's the last time you gave birth to a fresh version of yourself? From where I stand, it looks like the next 12 to 15 months will be one of those fertile phases of reinvention. And right now is an excellent time to get a lightning-flash glimpse of what the New You might look like.

SCORPIO (Oct. 23-Nov. 21): Author Rebecca Solnit offers some tough advice that I think you could use. "Pain serves a purpose," she says. "Without it you are in danger. What you cannot feel you cannot take care of." With that in mind, Scorpio, I urge you to take full advantage of the suffering you're experiencing. Treat it as a gift that will motivate you to transform the situation that's causing you to hurt. Honor it as a blessing you can use to rise above the mediocre or abusive circumstances you have been tolerating.

SAGITTARIUS (Nov. 22-Dec. 21): Aphorist James Guida contemplates the good results that can come from not imposing expectations on the raw reality that's on its way. "Not to count chickens before they're hatched," he muses, "or eggs before they're laid, chickens who might possibly lay eggs, birds who from afar might be confused with chickens." I recommend this strategy for you in the coming weeks, Sagittarius. Experiment with the pleasure of being wide open to surprises. Cultivate a mood of welcoming one-of-a-kind people, things, and events. Be so empty you have ample room to accommodate an influx of new dispensations. As James Guida concludes: "Not to count or think of chickens."

CAPRICORN (Dec. 22-Jan. 19): "No gift is ever exactly right for me," mourns Capricorn poet James Richardson. Don't you dare be like him in the coming days. Do whatever you must to ensure that you receive at least one gift that's exactly right for you. Two gifts would be better; three sublime. Here's another thought from Richardson: "Success repeats itself until it is a failure." Don't you dare illustrate that theory. Either instigate changes in the way you've been achieving success, or else initiate an entirely new way. Here's one more tip from Richardson: "Those who demand consideration for their sacrifices were making investments, not sacrifices." Don't you dare be guilty of that sin. Make sacrifices, not investments. If you do, your sacrifices will ultimately turn out to be good investments.

AQUARIUS (Jan. 20-Feb. 18): Life will invite you to explore the archetype of the Ethical Interloper in the coming days. The archetype of the Helpful Transgressor may tempt you, as well, and even the Congenial Meddler or the Compassionate Trickster might look appealing. I urge you to consider experimenting with all of these. It will probably be both fun and productive to break taboos in friendly ways. You could reconnoiter forbidden areas without freaking anyone out or causing a troublesome ruckus. If you're sufficiently polite and kind in expressing your subversive intentions, you might leave a trail of good deeds in your wake.

PISCES (Feb. 19-March 20): Your theme comes from the title of a poem by Fortesa Latifi: "I Am Still Learning How to Do the Easy Things." During the next phase of your astrological cycle, I invite you to specialize in this study. You may imagine that you are already a master of the simple, obvious arts of life, but here's the news: Few of us are. And the coming weeks will be a favorable time for you to refine your practice. Here's a good place to start: Eat when you're hungry, sleep when you're tired, and give love when you're lonely.

Homework: Psychologists say that a good way to eliminate a bad habit is to replace it with a good one. How will you do that? Freewillastrology.com

Bike Madame

By Margaret Hammitt-McDonald

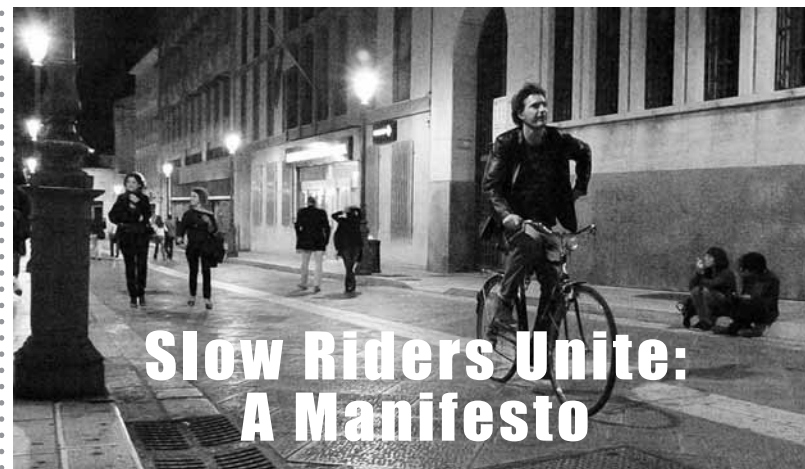


photo: slowcycles.com

BELIEVE IT OR NOT, there are things on the road that are slower than me: tourists in surreys, toddlers on trikes, and folks riding their groceries (or their date) home on their handlebars. But if you're a Lycra-wearing, full-speed-ahead cyclist, getting stuck behind me is surely no fun, and you'll pass me as soon as it's safe. (After riding 100 miles in a day, though, while I can't speak for the sprinters, I know I'll still be smiling.) I'm used to folks whizzing past me, mostly racers with whippet-like physiques and young hipsters on fixies, and I don't take it personally. But tooling along at my slow but sure pace gives me time to wonder whether there's virtue in my style, not just abundant slow-twitch muscle fiber.

In response to the postmodern expectation that time is money and everything should be done as quickly and efficiently as possible (and to heck with enjoying yourself along the way), "slow" movements have arisen, starting with the Slow Food movement, which (according to the good folks at Wikipedia) originated in Italy in 1986. The brainchild of Carlo Petrini, the Slow Food movement advocates preserving local, traditional cuisine and the convivial atmosphere of preparing and eating it at a mindful pace (https://en.wikipedia.org/wiki/Slow_Food). Subsequently, individuals have applied the "slow" philosophy—not just the pace—to life in general. (If you're interested in learning more, I recommend reading *In Praise of Slowness* by Carl Honore—just not while balanced on a bike.)

Another dip into the information ocean of the Internet reveals that there's also a Slow Cycling website (www.slowcycles.com), which encourages people not only to trade their car trips for trips by bicycle, but also to exchange a rapid, "efficient" pace for the meandering,

contemplative style of countries where more of the citizenry rides—not in Lycra but in their ordinary clothes, and not on racing bikes but on old-fashioned bikes with few gears.

A visit to the Slow Cycles website got me thinking that replacing the average American's image of a cyclist as a hyper-fit, hyper-fast athlete with a different picture—one where people of all ages, shapes, and sizes roll along at their own pace, wearing their preferred clothing, atop a bicycle that fits comfortably with their riding style—the more likely they are to ride that mile to do an errand instead of taking the car. And the more often they hop onto a bike (funky banana seat, handlebars with fringes, creaky chain, and all), the more likely they are to become active in decisions about roads and public spaces that would welcome all users: pedestrians, cyclists, skateboarders, in-line skaters, drivers, dog (cat, ferret) walkers, and public-transportation riders.

I'm not suggesting that people who like to move quickly, on a bike or off, for recreational or competitive purposes, should force themselves to go slowly. It's easy to turn a preference into an orthodoxy, and there's a place for getting things done quickly—emergency response comes to mind! Yet I believe the assumption that we must get everything done as fast as possible, with minimal opportunity for the serendipitous discovery or the savored moment, divests us of the opportunity to live more purposefully, deliberately, imaginatively, and compassionately. Going fast can be playful and exhilarating; it can also bear too close a resemblance to speedy but soulless work. Thus, I invite all my fast friends to try tooling along at my pace for a change...and I promise to race you next time. You're guaranteed to experience the thrill of victory.

WORKSHOPS/CLASSES

PAINTING WITH A PINT. July 9. With Janet Hockman-Sheridan. A step-by-step two-hour painting class. Participants can enjoy beverages and appetizers in a unique and fun atmosphere, socializing with friends, all while completing a 16"x 20" painting you can take home. Cost is \$35, which includes all materials, instruction, and one beverage of your choice. 6pm at the Lovell Showroom at Fort George in Astoria. Reservation required, email jane-thockman@gmail.com

WHOLE-FOOD PLANT BASED COOKING. July 9. A hands-on cooking class with the Hansen Family. Just in time for summer we will be making 3 awesome and delicious sandwiches, great for lunches and summer entertaining. \$40, 10am – noon at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org/calendar

MUSIC WORKSHOP. July 9. With John Stowell. \$20, 1 – 3pm at the Bay City Arts Center. 503-377-9620

GYOTAKU PRINTMAKING. July 9. With Bruce Koike. Also known as fish rubbing, this form of art uses the actual fish to create a unique image. \$120, all supplies included. 9am – 1:30pm at Tillamook Bay Community College in Tillamook. 503-842 822. Ext. 1310

SONGWRITING WORKSHOP. July 12 – 14. With Catherine Feeny. The Art and the Business. Students will learn about awakening creativity, what makes a song powerful, and the business of songwriting. \$75, 9:30am – 12:30pm at the Sou'wester Lodge in Seaview. 360-642-2542

CLAY MASK MAKING. July 15. With Kathleen Ryan. This workshop will include principles of hand- working clay, slab building, how to shape and join clay, mark making tools, and where ever your imagination takes you. \$35, includes 3 lb of clay, glazes and kiln-firing of your work. \$35, 1 – 3pm at the Hoffman Center in Manzanita. hofmanclaystudio@gmail.com

ZENTANGLES: The Basics. July 16. With Deb Thompson. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. \$40, includes supplies. 9am – noon at the Hoffman Center in Manzanita. Register at hoffmanblog.org

GREAT NOTION FILMMAKING WORKSHOP. July 19 – 21. With Scott Ballard, Dicky Doh!, and Edward P Davee. From concept to shooting, screenwriting, producing, directing, lighting, cinematography. \$75, 10am – 1pm at the Sou'wester Lodge in Seaview. 360-642-2542

BODY WORK-YOGA-FITNESS

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

YOGA NAMASTE. Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for weekend workshops. www.yoganam.com. 530 440 9761.

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

SUMMER YOGA @ NCRD. June 20-Sep-tember 10, 2016. All classes 1.5 hours. Mon 5:45pm-Level 1 Yoga.Tues 4:00pm-Yin Flows into Restorative. Wed 8:00am-Mid-Life Yoga, leading you into your 50's, 60's, 70's, and beyond! Wed 5:45pm-Restorative Yoga. Thurs

8:00am-Chair Yoga.Thurs 5:45pm-Hatha for All. Friday 8:00am-Very Gentle Yoga.Sat 8:00am-Mixed Level, 3 different instructors, \$8 drop-in for each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Cafe, 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 3470 Hwy. 101 N. Suite 104 in Gearhart

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

LUMBA. Low Impact Fitness for many ages. Licensed instruction. Tolovana Community Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503-738.6560

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. FALL term thru Dec. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach – instructor. Ncrd. 36155 9th Street Nehalem, Or 97131(503) 368-4595 Rerlebach@gmail.Com

SPIRITUALITY

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 informationcall 916-307-9790 or send email to moffett/cgi.fellowship.org.

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets the 2nd and 4th Tuesday in Astoria, OR, from 7:00 – 8:30 PM in the Masonic Lodge at 16th & Franklin. 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 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. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

COLUMBIA RIVER MEDITATION GROUP. Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase

health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deveoping a regualr practice. All welcome.

7TH ANNUAL JIZO BON FESTIVAL. Saturday, August 27 3pm to 10pm.Great Vow Zen Monastery. Come join us for the fun and festivities at our seventh annual Jizo Bon. This special festival includes painting lanterns, Obon dancing, a play, and an informal dinner.The evening will also include a Ksitigarbha ceremony, and a lantern procession through the Jizo garden. All are invited; families with children are especially welcome. Donation of \$10 or \$15 for families or groups of friends, and \$5 for individuals, is suggested to cover the cost of tea, lanterns, and supplies.Please RSVP to let us know how many are coming.

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

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

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

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

MEDITATION/PAINTING FOR WOMEN. March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is 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 cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitedata that may not be commonly known. If you are interested, contact thesociety at www.clatsopcounty-gensoc@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, Inct@nehalemtnl.net

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MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP, ASTORIA/SEA-SIDE. 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. Qeustions 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 forgeneral use for licensed pilots who are members of TPA. tillamookpilots.org.

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

Great Vow Monastery 24-Hour Interfaith Chant for Peace—14th Annual Saturday, August 6 at noon to Sunday, August 7 at noon

As the world continues to struggle with great changes to our society, environment, and economy, finding the place within ourselves that is always at peace is crucial. Chanting is one way to direct our bodies, hearts, and minds with our highest spiritual aspirations and touch the compassion of our hearts.

During the 24-Hour Interfaith Chant for Peace we come together to appreciate each tradition's unique expression of the universal desire to be free from violence, hatred, and suffering. We form one community and join our voices together, beginning to cultivate the peace and understanding that is so desperately needed in the world. Each hour of the Chant for Peace is led by a different spiritual tradition. There are times of seated chanting and times of circumambulating the monastery. Anyone and everyone are invited to attend for any length of time. There are beds available for napping and a buffet table available for refreshment throughout the event.

There is no cost for this event, although monetary or food donations are always greatly appreciated.

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

• **MONDAY**
10:00 -11am: Tai Chi with Angela Sidlo
5:30 - 6:30pm: SloFlow Levels 1,2,3, with Jude MatulichHall
6:30 - 7:15pm: Relax & Restore Yoga with Jude Matulich Hall
7:30 - 8:30pm: Tap with Marco Davis

• **TUESDAY**
8:45-9:45am: Zumba Fitness with Joy Sigler
6:15 – 7:15pm: Zumba Fitness with Joyce Senior
7:30 – 8:30pm: Hip Hop w/ Olivia Jones-Hall

• **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 with Joy Sigler
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: Yoga pilates with Jude MatulichHall
6:30-8:30pm: Sacred Women's Gathering with Melissa Henige(3rd Fri. of ea. month)

• **SATURDAY**
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8:30pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

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 astoriachess-club@gmail.com or visit our Facebook page."

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. 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

Living in Service

THERE is so much information in the spiritual community it is overwhelming. Discernment is not always at the top of the list when people are frantically trying to get an answer or healing. Many practitioners have not yet uncovered their own wounds and subsequently become the wounded healer. There are spiritual intuitives, psychics and a variety of healers, shamans and seers. All of these people have a different skills and sensitivity, some have training, some do not. Many have experienced an illness and once healed discover heightened sensitivity. For some this is a gift and for others it is unresolved emotional wounds that have not been addressed and the false ego catapults them into the wounded healer. This brings up a variety of difficult issues for client and practitioner.

We need to ask the question why when someone feels

a spiritual calling are they compelled to heal others, or forecast the future. Has the spiritual community glamorized being a healer or mislead individuals promoting they too can be a shaman? This wave of spiritual awakening is profound and should be expressed as a way of life, a way of being, a way of holding consciousness that allows everyone to live in service—service to the earth and to “the source.” We all need like-minded people in our lives and this wave of information that is now on the internet must be read and experienced with discernment, just as the practitioner you chose to receive healing from.

There are many influences on earth that are not of this world. These influences often target humans to catch a free ride similar to parasites. When a person is seeking spiritual connectivity and not able to

see what they are dealing with they can experience guidance from lower vibrational beings as they are not able to discern who or what they are talking to. This lower vibrational being is often allowed in when the practitioner doesn't keep their own vibration high through a disciplined practice.

One client told me she spoke to a healer who said she works with Master Angels. She informed me these are even higher than the Arch Angels. She went on to say these Master Angels killed the entities that were causing her so much pain. I laughed and said I have worked with angels my whole life and I have literally been taken to the other side and believe me there are no master angels, nor do angels kill anything! This is such a good example of a practitioner who is working with entities she believes are angels. Discernment is tricky in the world of the unseen. Many do not have the gift of sight that I was born with and struggle to understand what they are dealing with. I have cleared and worked on some of the top shamans and healers in this country and have been told numerous times they have never experienced anyone who could see and clear the level of energies that I am able to.

Alcohol and drug use is common amongst the new age community. Many of them are still riding the fence trying to remain in both worlds. Going

out drinking with friends at night and being the spiritual teacher by day. This, can not only clog the filters but it can also lower the vibration so the practitioner ends up taking on other people's pain and sorrow. They can become ill themselves from not keeping their own energy field clear.

Spiritual work is hard and not for the faint of heart. Being a practitioner is even more difficult as you must first heal yourself. I wrote the book 'Become an Earth Angel' to inspire the upcoming spiritual seeker. The most important thing to me when I began my journey as a healer was honoring my gifts. Thirty-four years ago I stopped all drug and alcohol use and vowed to walk this path and dedicated myself to the Earth and Source. In a society that breeds addiction to sugar, food, clothes, material things, alcohol, drugs, gaming, internet, sex and more we can be certain it is even more difficult to find our authentic self and walk a spiritual path of dedication to the Divine. I believe if we live a simple life, with compassion and forgiveness, dedicated to being in service to the earth and all living we can find the soul's purpose and uncover the emotional wounds that bind us to our karma. Lifetime after lifetime we have pursued one thing and that is to heal. When we realize we are not separated from Source we can truly experience freedom.

By Tobi Nason

word and wisdom

Trying to Stay Sane in a Crazy World

HOW OFTEN have you said lately, “That’s just crazy?” in regard to politics, breaking news, and even the weather? Yes, we live in the midst of craziness. I firmly believe we are cycloning into a mass of chaos. If I were a science fiction writer, this earth would implode, explode or otherwise self-destruct. The evolution cycle would start all over... only the few remaining living humans would be the new dinosaurs....

Back to craziness. There’s an adage in counseling: if you can truly understand the mindset of a psychopath, you’re in trouble. Same can be said for craziness. If something does not make sense according to your framework, it may not be the best thing to try to make it fit. How does one fit a square peg into a round hole? You don’t. How does one make sense of a mother who shoots her two daughters? You don’t. I, for one, am prepared to state outright: “That’s crazy.” There is no making sense of certain events.

Don’t spin your wheels on it. Repeat after me: “That’s crazy.”

Dissonance. Having a lack of harmony between what we are told and what we see with our own eyes. Children of alcoholics grow up with dissonance. Seeing the results of drunken behavior and the adults trying to put a happy or “normal” or denial face on it all. Never happened. You didn’t see what you saw. Children of alcoholics learn to doubt their own perceptions. It can be crazy-making.

Understanding craziness is not worth the effort.

That may sound odd, coming from a counselor. Understanding oneself is the best you can do. Understanding others and assigning motive and desires and wants to someone else’s behavior is futile. Our filters will try to fit a square peg - unkind behavior, say, into a round hole, “oh, now I understand!”

We often lack information about the other person or situation. As humans, we like to make sense of most everything. We seek answers. It’s more comfortable to “know” why things happen. Makes perfect sense. This becomes a problem if we allow someone else’s behavior to threaten our specific sense of self. If someone treats me like I am ____, for example, it may contradict what I have spent a lifetime validating: I am not ____. Fill in the blank with whatever it is that defines you.

Life is short. The best one can do is get to know yourself better and more thoroughly each day. Don’t let the craziness of the world and of those in your world create doubt. Crazy is crazy.

Simple. Leave it at that.

Tobi Nason is a counselor living the a simple, non-crazy life in Warrenton (503) 440-0587.

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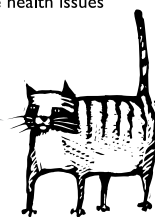
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bodies in balance

Beans, beans, the magical fruit, the more

By Tracy Erfling, N.D.

Dr. Tracy Erfling is a
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erflingnd@hotmail.com



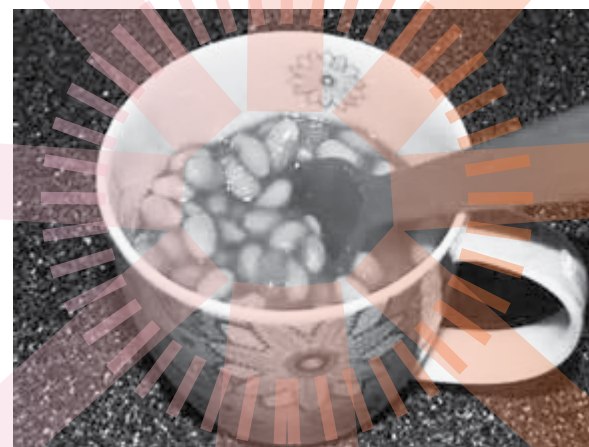
WHY IS IT that we just don't tolerate some foods as well as others? Food allergies, food intolerances, food sensitivities, what does it all mean? How do I know if I have food allergies? This month I would like to explore this topic and attempt to weed through some of the confusion. Food, like many other things in life, is not something to take for granted, so let's explore how your body and food may or may not be getting along.

A true food allergy is a process of the immune system. When broken down food particles of an offending food enters the blood, the immune system mediates a response to that food. Some responses are immediate like those common to peanuts, shellfish or even strawberries. These may cause a variety of symptoms from hives, to wheezing, to anaphylactic shock. A true immediate response allergy will usually appear in childhood after one to few exposures to said food. There are other types of immune reactions which are not so severe or life threatening, however, that are still mediated by the immune system but have more of a delayed reaction. These can arise same day or days later depending on the strength of the exposure and immune reaction. These can be symptoms like headaches, body aches, digestive complaints or skin rashes (although many other symptoms are possible).

Many foods from the allergic list could also be on the food intolerance list. Food intolerance is a deficiency in the processes and/or enzymes necessary to digest and assimilate certain foods. Aside from beans, beans, which is a combination of intolerance and phytates; the classic example is lactose intolerance. With lactose intolerance there is an absence or deficiency of the lactase enzyme necessary to digest the lactose sugars found in dairy products. With intolerance, symp-

toms can be immediate like diarrhea, gas or indigestion or a later onset with more systemic symptoms as listed above.

Food sensitivities is a condition I would venture to say that many people reading this article have or currently experience, whether they know it or not. The reaction in the body is not due to a missing enzyme or a true allergic reac-



tion; it is more of a hypersensitivity to food(s) that are consumed on a regular basis. The offending food is eaten and maybe that day, or possibly a few days later headaches, runny nose, itchy ears, palpitations, gas, itchy skin (to name a few) begin. With this condition some find they must eliminate the food completely, others may consume the food but on a well monitored schedule to avoid symptoms. A list of the most common foods, which provoke delayed allergic reactions or sensitivities are: Milk, Eggs, Wheat, Gluten, Nuts, Fish/Shellfish, Citrus Fruits, Soy, and Corn.

There is testing available to help guide one through the often-confusing maze of food allergies. To test for a true allergy immune globulins can be detected in the blood; the same may be true for food intolerance. Food sensitivities may also be detected through a blood test using the more delayed reaction immune globulins. Another option for those unable to get a blood draw is the VEGA test. This test measures a person's inherent electric cur-

rent through which foods are introduced to determine which foods negatively alter the current. Both are relatively inexpensive and have some good research behind them. Skin testing, like that done for environmental allergens, has not been shown to be as effective for determining food intolerance or sensitivity but may be useful in determining those immediate response reactions.

Think you may have one of these conditions but aren't sure? The easiest way to start this journey is to keep a food/symptom diary for 2-4 weeks and see if you can make some connections. Another option would be to do an elimination diet and remove the offensive foods listed above, likely the best but most difficult method of testing. I often find that people are aware of their offensive foods, and that they are usually the foods they eat and crave the most...darn it. Once you've pinpointed one or a few foods eliminate them for 4-6 weeks

and see if your suspicions are true. It is of course important to address the cause of these reactions which is commonly found in the gut. People may have 'leaky gut syndrome' which creates an inappropriate absorption of food particles...they are either not properly broken down due to poor gut function or there is inflammation leading to a higher immune alert status, or all of the above. Regardless working with nutrients to repair the gut along with elimination can be an important healing intervention and speed up the process.

Food allergies can often be a long and confusing journey, so be patient and persistent. Remember to take time to really seek out the cause and rest assured that there are methods to help heal your troubled tummy so that...the less you toot the better you feel, so you can eat beans with every meal.

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

FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



I'M BESOTTED with summer. I know, I often profess to love whatever season we're in. Partly, it's because fickle is what I

do best. Partly it's because, in writing as in small talk, the weather is a safe and reliable launching point. (See sentence #1.) And

partly, when it comes to food, there is no way to separate the season from the scrumptious.

'Tis the season of bouts of brilliant sun, farmers markets, cooking and dining al fresco, stone fruits, berries, sweet corn, snap peas, ripe tomatoes, melons, et succulent-cetera. It's also the season of road construction, heavy traffic, lawn mowing, long lines at check out and no room in the inn.

There is a theory that bad things give us a greater appreciation for the good. What a load of (insert expletive of



your choice here)! From my tiny pinpoint of perspective, that sort of drivel is what we make up to help us deal with life's inevitable pains, terrors and/or discouragements. That's like telling a child scared witless by a nightmare to think happy thoughts. On the other hand, the rage inspired by such an idiotic suggestion might likely trump the night terror. Summer is nature's way of reminding us

to celebrate the good times and forget about the rest. It's sweaty, sunny, sexy sweetness fine tuned to hedonistic doings.

There is nothing more versatile and surer to inspire appreciation of the season than grilled fruit. Perfect on its

own, the grace note to a summer salad, a sweet side to grilled meat or fish, a matchless mate for cake, custard or ice cream and the coup de grace for a summery cocktail.

You can make the most of whatever you're grilling with an herbed glaze. Depending on the use you have in mind, you can alter the herbs or the base to suit. Here are some ideas, although you are the artist. Go create!

DON'T PANIC GRILLED FRUIT

Start with: 1/2 cup honey OR olive oil OR maple syrup OR balsamic vinegar

Add by the 1/4 teaspoon, herbs of your choice - especially good with stone fruits, pineapple and citrus: Sage, thyme, rosemary & smoked paprika OR cumin, cayenne & cinnamon OR cinnamon, cardamom, citrus zest OR one of the exotic spice blends like Zhug or Zatar.

- Curry is lovely here, but just the tiniest bit is needed. Skip the 1/4 teaspoon and substitute a pinch, then adjust to your taste.

- Black pepper is a pitch perfect addition to any glaze, sweet or savory

- Mint, Basil and Tarragon are almost always appropriate

Heat up your grill. If you are using a honey or syrup based glaze, oil the grill rack. Halve or slice or chunk/skewer the fruits. Remove the stones (pits). Brush with your glaze and put on the grill flesh side down. Grill just long enough to caramelize the fruit juice and glaze. This only takes a minute or two. Remove from the grill and serve:

- Fill the cavity with ice cream or sorbet.

- Slice the fruit and serve as a side to a grilled chop, chicken or fish.

- Toss some arugula or mixed greens lightly in a citrus vinaigrette. Top with bits of Chèvre and bite sized chunks of grilled fruit. Add a sprinkle of toasted nuts.

- Top slices of pound cake or angel food cake with grilled fruit and a dollop of creme fraiche.

- Cut raw fruit into 1" chunks and skewer. Brush with glaze and grill. Serve over coconut rice.

- Add grilled fruit chunks to your favorite Sangria recipe. It will give a classic summer beverage a whole new lease on life.

If something less than good happens to you, don't waste a single second of precious life trying to make happy thoughts do the impossible. Get outside, eat something delicious, pet the dog, turn up the music, help a friend. Happiness is not a given. It's something we create. As for me, I may not know art, but I know what I like. It usually involves a plate. And a fork.

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Columbia-Pacific Farmer's Market. Fridays, 4 – 7pm through October. In downtown Long Beach, WA. longbeachwa.gov/farmer-market/

River People Farmer's Market. Thursdays, 3 – 7pm, through October 6. At 12th and Exchange in Astoria. The market accepts SNAP, and WIC and Senior Nutrition coupons. northcoastfoodweb.org/riverpeoplemarket/

Seaside Farmer's Market. Wednesdays, 3- 7pm, through August 31. At the Seaside Broadway Middle School Parking Lot, adjacent to the Seaside Chamber of Commerce SNAP accepted. seasideor.com/item.asp?iid=19&eid=989

Cannon Beach Farmer's Market. Tuesdays, Through September 27, 2 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. cannonbeachmarket.org/Home.html



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

Saturday Market at the Port. Saturdays, 10am – 4pm. Located along the waterfront in Ilwaco, WA. portofilwaco.com/events/saturday-market/

Astoria Sunday Market. Sundays, through October 16, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. astoriasundaymarket.com/

Manzanita Farmer's Market. Fridays, June 12 – September 16, 5 – 8pm, 5 – 7pm after September 2nd. At 5th Street and Laneda in Manzanita. SNAP accepted. manzanitafarmersmarket.com/

Tillamook Farmer's Market. Saturdays, through September 24, 9am – 2pm. At Laurel & 2nd St in Tillamook. SNAP and debit cards are accepted. tillamookfarmersmarket.com/

Pacific City Farmers Market. Sundays until September 25. 10am – 2pm in the South Tillamook Library parking lot in Pacific City. facebook.com/PacificCityFarmersMarket

Neskowin Farmers Market. Saturdays, through September, 9am – 1pm. At the Neskowin Beach Wayside. facebook.com/NeskowinFarmersMarket

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

Gleneden Harvest Market. Thursdays 1 – 6pm through September 15. 6675 Gleneden Beach Loop, Gleneden Beach. Newport Farmers Market. Saturdays, outdoors through October, 9am – 1pm at Lee St and Hwy 101. Indoors November – April 10am – 2pm at the Lincoln County Fairgrounds Exhibit Hall on 3rd St in Newport. The market accepts debit and SNAP cards, and WIC and Senior Nutrition coupons. newportfarmersmarket.org/home.html

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