

October 2016 • vol 17 • issue 213

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

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## OREGON'S SHAME

Part II by Roger Dorband  
Aerial Spraying in the Oregon Forests

CREATE sponsors Beyond Toxics  
With Lisa Arkin, Exec. Director  
Learn about current research on  
trends in aerial herbicide spray  
• KALA Oct. 20

**INSIDE:**  
*ROP Voter Guide*  
*The STAND Small Town Actions*  
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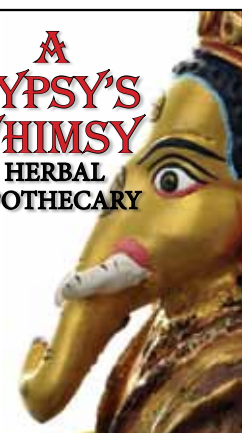
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# 32nd Annual Water Music Festival World Class Concerts October 14 -15

IN ITS 32ND WONDERFUL YEAR, the Long Beach Peninsula's Water Music Festival is once again ready to "wow" audiences with remarkable artists. Selling out the venues each year has become a habit each October and – no wonder – the talent, the settings, the intimate welcoming atmosphere all contribute to this mainstay of the community.

This year, October 14 and 15, "Musical Palette" will be just that – an array of diversity and musical styles guaranteed to dramatically enrich and entertain audiences.



Opening the weekend at the Inn at Harbour Village in Ilwaco (a venue with amazing acoustics and lovely atmosphere) is Pearl Django, with guest vocalist Gail Pettis. With a performance history spanning almost two decades, **PEARL DJANGO** endures as one of the most highly regarded Hot Club-style jazz groups working today. Its extensive repertoire includes traditional jazz classics and original compositions. The group has played at the prestigious Festival Django Reinhardt in Samois sur Seine and has been featured on NPR's "All Things Considered." The band's signature style is marked by pristine and dexterous string work, colors of Bal Musette, the steady pulse of rhythm guitar and an unmistakable swing that delights audiences of all musical sensibilities.

**GAIL PETTIS**, Earshot Magazine's 2010 Northwest Vocalist of the Year, brings to the stage rich, warm vocals and understated phrasing, which have been described by Cadence Magazine as "deliciously soulful." Her live performances have been described as going "...from strength to strength, performing a winning, crowd-involving style of vocal jazz." "For me, says Gail, emotion is the currency of jazz. Over the years, I have learned that wearing your heart on your sleeve is not always the best approach to every life situation but, within the context of music, vulnerability always feels right."

A social hour begins at 6:30pm, with small bites of fruit and cheese, beverages, and a no-host wine bar. Tickets are \$35, available online at [watermusicfestival.com](http://watermusicfestival.com).

Moving to Saturday Noon at the historic, quaint Oysterville



Church, **THE CAVATINA DUO**, husband and wife guitar/flute duo will perform. The Duo with Eugenia Moliner, flute (from Spain) and Denis Azabagic, guitar (from Bosnia), has become one of the most impressive combinations of its kind in the world. Their combination of instruments and range of repertoire break convention. Their recently released CD "Cavatina at the Opera" was chosen for the American Record Guide's "Critic's Choice—Best of 2015" list.

## EUGENIA MOLINER

has been acclaimed as "brilliant" by the British Flute Society magazine. She has performed with principal musicians from the Chicago Symphony, Rotterdam Philharmonic and Toronto Symphony Orchestras as well as appearances with many chamber ensembles. Prizewinner in 24 international competitions, Denis Azabagic has been described as a "virtuoso with flawless technique" by Soundboard Magazine. He has appeared as soloist with orchestras such as the Chicago and Madrid Symphonies, among many others. Ms. Moliner and Mr. Azabagic are Artists-faculty at the Chicago College of Performing Arts at Roosevelt University in Chicago.

The duo's critical acclaim includes such comments as: "The Cavatina Duo are consummate virtuosos not merely in their peerless technique but in sheer musicianship . . . Moliner not only matches Joan Sutherland's peerless full-voiced lyricism in the Verdi but is able to do things with her flute that a soprano can only dream of. And Azabagic is . . . so expressive, integral, and orchestral in his guitar." —AMERICAN RECORD GUIDE

Tickets, also available online, are \$30. In keeping with the extraordinary quality of the artists already described, classical pianist **TIEN HSIEH** will perform Saturday evening, October 15, at Leadbetter Farms. This concert is SOLD OUT.

**Tickets: visit [www.watermusicfestival.com](http://www.watermusicfestival.com). The Water Music Society, a non-profit organization, organizes four events each year – the Water Music Festival, Jazz and Oysters in August, Music in the Gardens in July, and a Christmas concert in December. Additionally, it is proud to be able to contribute a portion of its proceeds each year to the local school music programs!**



# SOUP n' SWING



Sunday Oct 9  
@ KALA • 6pm

## All-You-Can-Eat Soup Buffet

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## COMING UP AT KALA

**CREATE sponsors Beyond Toxics**  
Thursday, Oct 20, 7pm.



**CLEARCUTS IN OREGON FORESTS** are nearly always followed by aerial spraying of herbicides. What does that mean? How is this spraying done and who or what is affected by it?

Learn more about the issue on Thursday evening, October 20 in a talk in Astoria by Lisa Arkin from Beyond Toxics. Lisa is a state-wide leader in addressing air and water quality issues related to pesticide application.

Ms. Arkin will speak about Beyond Toxics' current research on trends

in aerial herbicide spray, successful community action projects and new legislative projects. She will be joined at the podium by Roger Dorband, reporting on forestry issues in HIPFISHmonthly. The discussion is sponsored by the Columbia River Estuary Action Team (CREATE). The group will hold its monthly meeting at 6pm, and the talk by Ms. Arkin and Mr. Dorband will follow at 7pm. The public is invited to attend both or come for just the talk.

*Food & Beverage will be available for sale.*

*You can find out more about Beyond Toxics at [www.BeyondToxics.org](http://www.BeyondToxics.org).*

*KALA@Hipfishmonthly is located at 1017 Marine Drive in Astoria. 503.338.4878*

**Oct 20**

**Soup n' Swing Sunday**  
**w/ the Swing Cats at KALA**  
**Oct 9 • 6pm to 9pm**

KALA stage welcomes Astoria quartet THE SWING CATS on Sunday, October 9 for Soup & Swing! The evening offers an "all-you-can-eat" soup buffet, including bread and salad, 2 choices of soup, and the infectious sound of retro swingers, The Swing Cats; reviving 30's and 40's swing jazz, as in tunes like "Minnie the Moocher," "Jump Jive," and "Choo Choo Chaboogie." The group also presents classical jazz tunes and a bit of the blues from different eras.

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

Sunday, October 9. Doors open at 6pm for Soup Buffet and FULL BAR, with music following, from 6:30pm till 9pm. \$10 cover @ the door, includes a healthy fixin' of Soup & Swing. 21+please.

KALA is located at 1017 Marine Drive in Astoria, 503.338.4878.



## ART@Kala • The art of SM@CK • Paul Soriano

KALA showcases 2 Portland artists the month of Sept/Oct. New acrylic paintings and drawings on paper from multidisciplinary artist SM@CK (aka Sergei Khlopoff), and paintings by Paul Soriano.

SM@CK, who lives and primarily works in Portland, Oregon, explores various media such as acrylic painting, watercolors, drawings, video and animation in his pursuit to define an autonomous voice and to examine our interactions with ourselves and with our local and global environments. Also on display will be select acrylic on canvas pieces from his "Alternate Evolutions" series, previously exhibited at the former Mark Woolley Gallery.

Lifetime painter Paul Soriano, and curator/director of Cock Gallery (2011-2014) will display new works, and retain pieces from The Coast is Queer show this past summer at KALA. Of his works, rich and detailed in layers of color, Soriano paints in the genre of erotica, his figurative subjects often interwoven with aspects of nature. Says Soriano, "My works are plays on the nature of the quantum universe. The process begins with a forty-five minute meditation in the Kundalini tradition. Paint is then randomly applied to the chosen surface. The resulting field becomes analogous of the universe. Within this field are the beginnings of a narrative that defines itself as it unfolds."

His works represent recent explorations of this process in an attempt to integrate into the visceral fabric of the work itself, both intentionally and subconsciously. KALA proudly exhibits the two artists that share a uniquely independent creative spirit.



SM@CK acrylic on canvas



Paul Soriano, UNFINISHED, oil on canvas

**2nd Saturday Art Walk, Sat. Oct 8, 5-8pm KALA is located at 1017 Marine Drive in Astoria. Select weekends, events. Call for appt. showing 503.338.4878.**





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## Astoria SundayMarket

2 More Weekends  
in October

*Closing October 16*

*Catch the soulful*

*Ray Prestergard*

*on stage October 9,*

*and Dirctors choice*

*on Oct 16.*

*Thanks Sunday Market for  
your community vibrance!*

## AAUW CANDIDATE FORUM Oct 26

THE AMERICAN ASSOCIATION OF UNIVERSITY WOMEN of Astoria (AAUW) will hold its annual political forum on October 26th at 7p.m. to be held at Clatsop Community College, Room 219 on 16th Street and Jerome. The participating candidates are Dr. Bruce Bobek, a Republican, running against the Democratic incumbent House Representative Deborah Boone; Bruce Jones and Cory Pederson are running for Astoria City Council's Ward 4. Tom Brownson is running unopposed in Ward 2. Also Ballot Measure 97 will be debated by Dr. Mary King for Yes On Ballot Measure 97 and Debbie Kitchin will represent No on Ballot Measure 97. For more information, contact Sara Meyer, President of AAUW, at 503-325-7069 or [chuck555sara@gmail.com](mailto:chuck555sara@gmail.com).

Dr. Mary King will represent the YES ON BALLOT MEASURE 97. She is a Professor of Economics Emerita at Portland State University, where she has served for six years as the Chair of the Department. She earned her BA in Economics at Stanford University, studied at Oxford as a Rhodes Scholar and received her PhD in Economics at UC Berkeley.

Debbie Kitchin will represent the Coalition to Defeat the Tax on Oregon Sales. Debbie Kitchin is a Principal of InterWorks, L.L.C., a general contractor specializing in commercial tenant improvement, renovation and residential remodeling. Prior to joining the family business in 1996, Debbie was a regional economist at the Northwest Power Planning Council. Debbie serves as President of the Board of Directors of The Energy Trust of Oregon, Immediate Past President of the Board of Directors of the Central Eastside Industrial Council and a member of the Boards of Directors of the Building Owners and Managers Association Oregon, Greater Portland Inc. and Portland Business Alliance. Debbie has a B.A. in Economics from Reed College and a MBA from Portland State University.

## November election ballots go out beginning Oct. 19

Ballots for the Nov. 8, 2016 General Election will be mailed out to all Clatsop County voters starting Wednesday, Oct. 19.

Information about the candidate, races and measures appearing on the ballot will be in the voters' pamphlet that voters will see in their mailboxes about the same time as ballots. The county voters' pamphlet will be inserted into the state voters' pamphlet for the November election.

Completed ballots must be received at the county elections office or dropped into an OFFICIAL BALLOT DROP BOX at an official drop site location by 8 p.m., Tuesday, Nov. 8. Official drop site locations and hours can be found at the link below.

Mail your ballot early; postmarks DO NOT count! Ballots with insufficient postage will not be delivered by the post office and will be returned to the voter.

If you have questions about registration, filling out your ballot, or getting a replacement ballot if you make a mistake, go to the link below or call the Clatsop County Clerk's Office at (503) 325-8511.

**Local residents lead campaign  
to SAVE SHORT SAND BEACH  
from toxic pesticide spraying.  
read up on pg 12.**

## Laksloda Annual Luncheon at Suomi Hall Oct 13



IT'S THAT TIME OF YEAR! The fall Salmon run is over and the cannery workers are ready for a lunch break. Well at least that's the way it used to be. In the past, hundreds of cannery workers, fisherman, and dock workers and of course the local Finns would line up for this traditional Finnish meal (Scalloped Potatoes and Salmon). That's why the meal is served at lunch time during the work week.

This years' "ALL YOU CAN EAT" \$12.00 meal includes: Laksloda, fresh green beans, pickled beets, Reiska&butter and apple or berry

crisp with whip cream. There will also be a Finnish Bake Sale HOME-MADE: Pulla (Cardamon Bread), Rieska (bread), Prune Tarts, and Korvapusti (Cinnamon rolls). The bake sale usually sales out, so make sure you arrive at 11:30am.

Please come and celebrate Astoria Finnish Heritage. Proceeds will go to the Suomi Hall Restoration Fund. The public is Tervetuloa (welcome).

**Thursday, October 13th – 11:30  
am to 2:00 pm. \$12. Suomi Hall,  
244 West Marine Drive, Astoria**

## 9th Annual Home & Chef Tour Benefits Operation School Bell

ASSISTANCE LEAGUE OF THE COLUMBIA PACIFIC® presents their 9th annual Home & Chef Tour! Saturday October 15, 2016 from 11am to 4pm.

Five Stunning Downtown Astoria Historic Homes will be featured including Astoria Vintage Hardware's new location on Marine Drive

Your home tours will include interesting historic information about the homes, classic craftsman woodwork, beautiful architectural styles, plus Vintage Hardware will showcase their new home.

Each location will house a local chef offering delicious bites from one of these participating restaurants: Astoria Coffee House and Bistro, Bridgewater Bistro, Baked Alaska, Beach Burrito, Fort George and Fulio's, and lovely Floral arrangements by Bloomin Crazy Floral, Erickson Floral and Natural Nook.

Tickets are thirty dollars and available now through the event day at Holly McHone, 1150 Commercial Street Astoria and Columbia Bank locations in Astoria, Warrenton and Seaside

Home & Chef Tour, Astoria Historic Homes, directly benefits Assistance League of the Columbia Pacific's Operation School Bell Program, which will provide clothing to over 600 Clatsop County School Children in 2016/17. The tour is the nonprofit volunteer organization's major fundraiser.

Other Assistance League Programs include Duffel Bags of Comfort for children entering Foster Care, athletic fees for children and providing prom gowns for high school students.

Please come to Assistance League of the Columbia Pacific's 9th annual Home & Chef Tour Astoria Historic Homes Saturday October 15, 2016 from 11am to 4pm!

For more information visit [assitanceleaguecp.org](http://assitanceleaguecp.org) or contact Mary Davies at 503-738-0313





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*"women have been central to the environmental movement and our understanding of ecology since its earliest stirrings and fragile beginnings in the 19th century"*  
Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil



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WE DON'T HAVE TO CONDUCT POLLS to recognize that most Americans are fed up with politics as usual. A great many express dismay at the choice of candidates handed

Aware that the existent Fed may oppose such action, she states that her presidential appointments could eventually turn it in her direction. She also is more specific on funding both her Green New Deal and student debt relief. She would greatly reduce de-

## The 2016 Election Blues

by Stephen Berk

them by the duopoly. Politics has become noticeably less representative and more corrupt since the Supreme Court Citizens United decision of 2010 handed elections to the billionaires. It is not coincidental that insurgent candidates dominated presidential primaries. But the insurgent to actually win his party's nomination is billionaire, Donald Trump. Bernie Sanders, easily as popular with the Democratic base as Trump is with the Republican, was denied the nomination due to a grab bag of dirty tricks, including voter suppression and miscounting, engineered by a corrupted Democratic National Committee. As the Democratic convention drew near, Sanders was likely heavily pressured to endorse Hillary Clinton, thus causing him to prematurely drop out.

At convention time, the Vermont senator, who should have been jubilant due to a huge supportive base, appeared exhausted and dejected. There was clear evidence that extensive vote tampering had occurred in the Democratic primaries in the two biggest states, New York and California. And similar evidence had also surfaced in other states like Nevada, Colorado and Massachusetts. Masses of Democratic voters, feeling the DNC Clinton bias, are deserting the party, many to vote for Green Party candidate, Jill Stein, whose progressive views, similar in many respects to Sanders's, reflect this sizable constituency.

Stein calls for a renewable energy renaissance in the US, which she calls a Green New Deal. Like Sanders, she also wants to make higher education affordable for the average American, rather than forcing students to shoulder mortgage sized debts. She would immediately forgive student debt of some forty-two million people by quantitative easing, a Federal Reserve measure equivalent to its bail-out of the investment bankers who caused the crash of 2008.

fense expenditure, closing most bases



abroad. And she would end the "oil wars" which have been the major cause of ballooning trillions in debt.

While Stein's ideas make sense to disaffected progressives, they are anathema to big oil, the immense arms lobby and all the other industries that service the war machine. Hillary Clinton, whose popularity is much more among Democratic Party elites than its base, is the most war-minded Democrat of memory. And Trump, who often sounds less bellicose than Clinton, still calls for raising defense outlay, now well over half a trillion dollars per annum and some 57 % of the entire federal budget.

Despite voter alienation, the deck is stacked against third party candidates even getting into the heavily scripted presidential debates. People who want to vote third party are often chided for "throwing their vote away," as if the two main party candidates have anything of substance for the average American. Stein counters that states could pass rank order voting laws, whereby one can vote for a first and second

choice candidate. This would halt the image of third party candidate as spoiler. She notes, however, that when she tried to get such a bill through the Massachusetts State Legislature, the Democrats blocked it. The two major parties will not allow any third party to challenge the entrenched interests they represent. Hence we are stuck with two imperialist parties committed to continuous shrinking of domestic outlay to rebuild and green crumbling infrastructure, restore opportunity by refunding higher education, and mend a shredded social safety net.

Mainstream media is a wasteland, avoiding any in-depth discussion of real issues. Trump's candidacy has provided them with the mindless sound bites that are their favorite diet. With his reality TV background, he is given to one-line zingers that can easily be used against him politically. Ever since television became the main venue of politics, content has become increasingly shallow. It is no coincidence that celebrities have become successful politicians. One thinks of Reagan and Schwarzenegger. And with the steady degradation of public discourse in a culture emphasizing entertainment and spectacle, Trump inevitably draws more on his TV persona than his business background in making public statements.

While pundits act shocked at Trump's bigoted and anti-immigrant comments, they ignore the fact that these appeals have been standard Republican fare since Nixon operatives invented the Southern Strategy to win over whites alienated by minorities' rights revolutions. The establishment's abhorrence of Trump has less to do with his vulgarity or racism than his proposal to "renegotiate" free trade deals, from NAFTA to TPP, which destroy American jobs and override national sovereignty. They also dislike his common sense support of good relations with Russia and Putin. Clinton, however, in line with the views of her neocon ultra-hawk associates, wholly backs dangerous military confrontation with Russia in Syria and on her borders. But growing numbers are tired of the warfare state, which caters to transnational business while neglecting the needs of most Americans. Expect a low turnout in November, with more third party voting than usual. If you are among the disaffected, you can learn about local Greens at [www.facebook.com/clatsopcountypgpg/](http://www.facebook.com/clatsopcountypgpg/).



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# NATURE

Lower Nehalem Watershed Council Speaker Series

## Kilchis Estuary Restoration Project: from Planning through Construction and Planting Oct 13



HOW DO YOU RESTORE TIDAL CHANNELS and wetland habitat in floodplain areas that have historically been diked and disconnected? Join Lower Nehalem Watershed Council (LNWC) in welcoming Dick Vander Schaaf, Associate Director of the Coast and Marine Conservation Program for The Nature Conservancy, for a presentation on the Kilchis Estuary Restoration Project. LNWC kicks-off our 2016-2017 Speaker Series on October 13th by exploring the process of restoring critical habitat for native salmon in Tillamook Bay.

The Nature Conservancy (TNC) purchased a former dairy farm in 2010 on the lower Kilchis River with the intention to restore the tidal wetland habitats that once dominated the site. The Conservancy utilized hydrologic modeling to develop restoration scenarios for the project and to foresee impacts due to climate change. This presentation will step through the planning and restoration process and discuss future work at the site. The project also has broader implications for wetland restoration on agricultural lands in Tillamook County.

Joining Vander Schaaf on October 13th will be Tillamook County Community Development Planner Hilary Foote, who will give a short introduction to Senate Bill 1517. Sometimes called the Oregon Wetlands Bill, it designates Tillamook County as the site for a 10-year pilot project to create a land use review process where the restoration and agricultural communities of Tillamook County can engage in an ongoing exploration of the ways in which the agricultural use of high value farmland can be preserved in coordination with wetlands restoration and enhancement to the benefit of the larger community as a whole.. SB1517 resulted from Oregon's 2016 legislative session in response to the restoration work at the Kilchis Estuary Preserve.

Vander Schaaf provides leadership and oversight in coastal and marine projects that guide and support TNC's conservation work in Oregon. He leads estuary conservation activities on Oregon's north coast, coordinates the Conservancy's involvement in Marine Reserve implementation in Oregon's territorial waters and is working on climate change adaptation as it relates to coastal conservation. Before focusing on coastal conservation issues, Dick directed eco-regional conservation assessment work for the Oregon TNC and led TNC's effort at public lands conservation in Oregon. Dick has been with the Conservancy since 1983 when he was the Cascade Head field intern. He has a M.S. in ecology from the University of Oregon and a Masters of Planning from the University of Oregon's Urban and Regional Planning Department.

Foote is a Land Use Planner for Tillamook County focusing on Farm and Forest uses and the Project Manager for the implementation of SB1517. In her spare time she runs a grass-fed beef cattle operation in Nehalem with her husband. Prior to moving to the north coast, Hilary spent over a decade working in utility-scale renewable energy development and regulatory affairs.

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

## Forest Ecology & Photography

TRYGVE STEEN October 28

Blue Scorchers Bakery & Cafe, 1493 Duane St, Astoria

TRYGVE STEEN is a professor of Forest Ecology, Environmental Sustainability, and Photography at Portland State University. Trygve has joined several North Coast State Forest Coalition outings, generously contributing his contagious energy and knowledge of our forest landscapes. Recently, he has been heavily involved in documenting and challenging the well-known Homesteader Timber Sale in the Clatsop State Forest, which included the clearcutting of exceedingly rare old growth.

This evening will prove to be a fascinating and beautiful introduction to forest ecology and the numerous ways that forest management impacts us. The Homesteader Sale and Trygve's excellent photography skills combine to provide a unique lens through which to examine our Pacific Northwest forests, including Oregon Department of Forestry's management impacts.



Homesteader Timber Sale as documented by Trygve Steen, a recent clearcut of exceedingly rare old growth in the Clatsop Forest - before and after.

## North Coast Land Conservancy • Tue Oct 25 throws itself an Anniversary Party at Fort George Brewery

NORTH COAST LAND CONSERVANCY is celebrating 30 years of coastal conservation in 2016. To wrap up its anniversary year, the conservancy is throwing a party on Tuesday, Oct. 25, upstairs at Fort George Brewery Public House, 1483 Duane St., in Astoria. Come early to sip a pint; stay late to bid at the silent auction and enjoy some foot-stomping music from Astoria folk-acoustic quintet Brownsmead Flats.

The party kicks off at 4:30 p.m., with the band starting up at 6:30 p.m. There's no cover charge; proceeds from food and drink sales, along with Brownsmead Flats CDs, benefit NCLC's conservation work. Raffle prizes and silent auction goods include an REI Flash day pack stuffed with everything you need for a coastal hike (maps and guide books, water bottle, organic trail mix from Grizzly Brand Foods, and more), a McKenzie River white-water raft trip for six, day passes for the Oregon



Country Fair, plus books, spirits, art, and more. Funds raised at the party will help NCLC meet its 30th anniversary goal of raising an additional \$30,000 for coastal conservation. For more details, visit [NCLCtrust.org](http://NCLCtrust.org).

## To Astoria in 82 days by Canoe, or Why We Love Rivers Nature Matters with Robin Cody October 13

NATURE MATTERS is starting up this season with writer Robin Cody who will be talking about his experiences on the Columbia River, as informed by the solo canoe journey that inspired his book "Voyage of a Summer Sun: Canoeing the Columbia River," winner of the 1996 Oregon Book Award for literary non-fiction. "It's about the river," he says, "not about me. This was a voyage of discovery on a river I thought I knew." Cody is also the author of "Ricochet River," a novel. His most recent

book, "Another Way the River Has," is a collection of short true Oregon stories.

**Thursday, Oct 13. Doors open at 6pm. Presentation at 7pm. The program is FREE. Nature Matters is a program from the North Coast Watershed Association and Lewis and Clark National Historical Park in partnership with the Fort George Brewery + Public House and the Lewis & Clark National Park Association.**



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## Lower Columbia Q Center Meeting

**Astoria Armory - 1636 Exchange Street Astoria, 3rd Wednesday of the month, 6pm-7pm**

Attention all LGBTIQ community members and allies! We meet 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.

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

**Over the Rainbow Radio Show on KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm**

**LCQC Choir meets every Tuesday 7-8:30pm**  
**Contact LCQCAstoria@gmail.com.**

**Coming this Fall. Youth and Young Adult Social groups for LGBT Youth 15-18 and Young Adults 18-25**

**2nd Wed each Month. Open LBGTQ Friends and families peer support group 6-9pm. Everyone Welcome.**

On the web: [LCQCAstoria.org/facebook](http://LCQCAstoria.org/facebook)  
[LCQCAstoria@gmail.com](mailto:LCQCAstoria@gmail.com)

## Monthly LGBTQ Events in Lincoln County

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

## Gifts That Make a Difference

New Registration Phone Number

LinMarie DiCianni will be coordinating the second half of registration for Gifts That Make a Difference, Clatsop and Pacific counties holiday shopping gala featuring our area's local nonprofit organizations. Nonprofits may register by phoning LinMarie at 928-863-0906, or online at [www.GiftsThatMakeADifference.org](http://www.GiftsThatMakeADifference.org)

**Table Prices:** Small and large tables remain \$20 and \$30, respectively. Extra-Large tables are now \$40.

**Wish Lists:** CASA (Court Appointed Special Advocates) for children will be collecting children's books in good condition. They are particularly interested in hardcover or "board" books for children. Wish Lists are now being collected from participating nonprofits to be published near the end of this month.

For more information, visit [www.GiftsThatMakeADifference.org](http://www.GiftsThatMakeADifference.org) or email [LCTimeBank@aol.com](mailto:LCTimeBank@aol.com).

## DRUG TAKE-BACK PROGRAM

Unused medications have become a public health and environmental health issue in recent years. Prior to a regulation change by the U.S. Drug Enforcement Agency in late 2014, police departments were the only drop-off locations for unused medications. As a result, most people resorted to throwing medication in the trash, flushing them down the toilet or storing them at home.

None of these choices is ideal. In the trash, medication has caused children and animals to be poisoned accidentally. In the toilet, medications are contributing to drinking water contamination. And in the home, medications (especially opioids like oxycodone) could feed a loved one's prescription drug abuse.

It's now easier to responsibly dispose of old medications in Clatsop County. The Clatsop Pacific Coordinated Care Organization (CCO) and Columbia Memorial Hospital (CMH) partnered to place a MedSafe bin in the CMH Outpatient Pharmacy at 2120 Exchange St., Suite 101, Astoria (Park Medical Building).

Drop off your unwanted prescription and over-the-counter medications in the blue MedSafe bin. A FREE service Monday to Friday, 8 a.m. to 6 p.m. FMI: 503-338-4560.

**The Pacific Green Party of Clatsop County** will host a regular chapter meeting on Sunday, Oct 16, 2016 at 4pm. This meeting is open to the public and we will be discussing grassroots methods to support the Green Party platform. The location is Clatsop Community College, 1651 Lexington Ave, Astoria, OR, in room 101 of the Art building. Contact us through email at [pgpclatsopcounty@gmail.com](mailto:pgpclatsopcounty@gmail.com) or on Facebook at <http://fb.me/clatsopcountypgp>.

**Barriers To Peace:** A Recent History of International War and Our Nation's Current Political Stance On Peace and War, presented by Steve Berk, Professor Emeritus, Hipfish Columnist. Friday, Oct 21, 5pm at Clatsop Community College, 1651 Lexington Ave, Astoria, OR in room 219 of the Columbia Hall.

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

**PACIFIC COUNTY DEMOCRATS**  
 2nd Mondays, 7pm, North County Annex  
 1216 Robert Bush Drive, South Bend, WA

## CREATE

**Columbia River Estuary Action Team**

**Save the date:** Meets Thursdays at the Blue Scorchers in Astoria, at 6-8pm. 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. Special Event this month. Oct 20, BEYOND TOXINS @ KALA. See pg3.



# OREGON'S SHAME OREGON'S SHAME

I call it cruel  
and maybe the root of all  
cruelty to know what  
occurs but not recognize the fact.

William Stafford  
A Ritual to Read to Each Other

## AGENT ORANGE IN THE OREGON FORESTS

Part II By Roger Dorband

### Aerial Spraying Regulations, Health Risks and Herbicide Contamination, the Oregon Forest Practices Act and The Folks in Cedar Valley



#### TROUBLE IN CEDAR VALLEY

By all measures October 16th 2013 was a normal autumn day on the southern Oregon coast. During the chilly night a heavy fog had drifted up the Rogue River estuary shrouding Cedar Valley, a small community north of Gold Beach. By early afternoon the sun had burned through bringing temperatures into the comfort zone. Many of the Cedar Valley residents were outdoors.

John Burns, the 67 year old assistant chief of the local volunteer fire department, was doing some pruning in his yard. The loud noise of a helicopter interrupted his work. Because of the tall fir trees surrounding his property he couldn't see the helicopter until it was nearly directly overhead. It was yellow, flying at no more than 200 feet. Burns thought it was probably the local sheriff searching for marijuana patches. Shortly after the helicopter disappeared his eyes began burning and he detected a strange smell in the air.

Elsewhere in the neighborhood, Beau Hanson, who is a meat cutter by trade, was out in back of his house chopping firewood. His wife, Lilly, and his 8 month old daughter were nearby enjoying the sun. The whir and clamor of the helicopter barely registered with Beau who was intent on his chopping. He too thought that it was probably the sheriff looking for marijuana growers. A couple of minutes later the strange odor filled the air. Beau, who suffers from asthma, quickly summoned his wife and daughter and ran into the house.

Another neighbor, Kathryn Rickard, was indoors at her computer on that October afternoon. A former hairdresser and mother of five, she was studying diligently to become a medical assistant. She remembers hearing a faint mechanical noise and sensing a buzz and vibration in the room. Like Burns and Hanson, she figured it was just the sheriff doing a routine search.

Not long after the helicopter had left the area, Rickard stepped out onto her porch to check on her rescue dog, Mr. Leo, a Rhodesian Labrador mix that was outside. She immediately detected a "horrid smell". A wave of nausea swept over her and she felt the onset of "an instant headache". Once safely back in the house her arms began to tingle and a rash "like tiny pin pricks" appeared. Shortly

thereafter flu like symptoms and fatigue added to her misery. Mr. Leo and the family cat were out in the yard, vomiting.

By this time her neighbors, Burns and Hanson, weren't fairing well either. Burns eyes continued to bother him and he began having difficulty breathing. He too felt the flu like symptoms and headache but by far the worst was the attack on his respiratory system. He coughed up blood and his nasal sinuses began to flow heavily, a condition that lasted several days.

As soon as Beau Hanson got into the house with his wife and daughter he experienced a severe asthma attack. His wife felt generally ill and their daughter's hands swelled and her eyes turned red and puffy.

The reports of these individuals are a portion of the 45 separate health complaints made by Cedar Valley residents after exposure to the errant herbicide spray that took place over their community on October 16th 2013. Not all of the victims were human. Over that winter John Burns found 2 dead deer on his property. A neighbor found 3. Chickens and lambs died. A horse went blind. Some plants died. Shrubs and trees withered. Poor Mr. Leo, Kathryn Rickard's rescue dog, was never the same after the incident. For several months he lost weight and vitality until he finally wasted away to the point that he had to be euthanized.

The story of what happened that day in Cedar Valley and the efforts of the victims to seek redress over the next 2 years has been written about in numerous newspaper articles and aired on radio. The story is reiterated here in some detail because of its relative currency and because it underscores so many of the vexing problems with the aerial spraying of herbicides that are still unresolved.

#### A FAILED SYSTEM

In the immediate aftermath of their poisoning those suffering were confused and eager to find out what had happened to them and whether it was related to the appearance of the helicopter and the smell of chemicals. John Burns and his wife, Barbara, took the lead in contacting the local sheriff, the medical community, the Oregon Health Authority, and ultimately, with guidance from nonprofit Beyond Toxics, the Environmental Protection Agency and the Center for Disease Control.

Over and over their credibility and that of the other complainants was called into question. "Are you sure it was the helicopter? How do you know that your illness has anything to do with someone fly-

ing over your home?" The other frequent response was a suggestion to call another agency. Finally the Burns learned from the Oregon Health Authority, which doesn't investigate pesticide exposure, that the agency they needed was the Oregon Department of Agriculture.

The ODA is charged with pursuing violators as well as protecting the public and the environment from unintended exposure to pesticides (technically "herbicides" are in the general category of "pesticides"). To Rickard and her neighbors' great frustration the ODA didn't send an investigator to Cedar Valley until 7 days after she contacted them.

The ODA has only 9 investigators to cover the entire state. Presumably in order to allot their resources carefully they waited to investigate the Cedar Valley case because according to the spray records they requested from the Oregon Department of Forestry there was no reason for a helicopter to be passing over Cedar Valley that day. The ODF records showed only 2 parcels west of Cedar Valley and another parcel to the southwest, were scheduled for spraying during the time frame of October 16.

According the Cedar Valley residents the ODA continued to express doubts about their account for months after the initial investigation. Belatedly the agency found out from the ODF that a 4th parcel had been sprayed southeast of Cedar Valley the same day. Both sprayings were done by Pacific Air Research Inc. of Eugene. It became a logical conclusion that the company's helicopter did fly over the homes between the 2 sites.

The apparent confusion at the ODF was most likely due to the fact that the 4th parcel had a different owner than the other parcels and that owner had registered the intent to spray 6 months before. Why it took so long to discover this information is open to question.

Applicators must give a date and time for the intended spraying but they are not held to the scheduled date. The ODF allows them a window of up to a year. In order for the public to receive notification of a spraying they have to pay an annual fee of \$25 per section and then they aren't guaranteed the date within the year long window. For years residents up and down the Oregon Coast Range have been saying that their only notification is the sound of a helicopter.

Residents cannot find out what herbicides are going to be sprayed either. Under ODF supervision timber companies and applicators are only required to provide the ODF with a list of which herbicides might be sprayed on a given parcel. Only the applicators have a record of what was actually sprayed.





**Lisa Arkin, Executive Director, Beyond Toxics, Speaks Oct. 20 at KALA**

Another Cedar Valley resident, Susan Golay, called the ODA on October 14th the day before scheduled spraying because she was concerned about potential drift. The ODA representative gave her a perfunctory answer. The application would follow the rules of the Oregon Forest Practices Act and directions on the herbicide label. She was also told that a stewardship forester from the ODF, which is charged with the supervision of herbicide spraying, would be on hand as well as an ODA investigator.

What the ODA representative didn't tell her is that the Oregon Forest Practices Act gives no mention to the protection of human health and in fact, at the time, provided no buffer from spraying around homes or schools. In spite of agency adamance about application according to the label, the OFPA allows for spraying over non-fish bearing streams. The label on frequently used 2,4-D cautions that it is toxic to fish and should not be sprayed where surface water is present.

The October 15th spraying was postponed a day due to weather. On the 16th there was no one from the ODA present. The forester from the ODF who was on site at one of the parcel was not in position to observe the helicopter flying over the residents of Cedar Valley.

During the week they waited for an investigation by ODA, the over spray victims' health problems continued and in some cases worsened. Headaches, dizziness and fatigue were common, so were coughs and rashes. Their physicians were

stymied in providing treatment because the toxin they were exposed to was still unknown and the helicopter spraying had not been confirmed.

When the ODA finally visited Cedar Valley they took 7 samples from leaves on a few of the properties. They did not test water or soil and declined the residents' offer to provide blood and urine samples. When questioned about their procedure later the director of the department, Katy Coba, said that "ODA investigations don't have a health component to them." Though they are charged

with protecting the public and the environment from pesticide exposure, by law they are not required to determine how or to what degree humans are exposed to pesticides.(!?)

Richard Kauffman, the former regional director of the Federal Center for Disease Control's Oregon Agency for Toxic Substance and Disease Registry, said, "Waiting a week to take a sample is completely inadequate. In order to understand toxicity and exposure the response needs to come within 48 hours and should include soil, water, blood and urine. ODA director Coba, later said that stricter notification rules could have triggered a different approach to their investigation in Cedar Valley.

Although the 1 week wait for samples to be taken was agonizing, the Cedar Valley folks experienced what they perceive as worse abuse from the ODA. In spite of their pleas, the ODA did not release the data on what they had been sprayed with for 6 months! It took involvement from the EPA, the Federal Center for Disease Control, and finally the advocacy group Beyond Toxics who fought a denial of the Cedar Valley residents' public records request and won a decision from the Oregon Department of Justice.

When the ODA finally told the residents what herbicides they had been sprayed with they blamed the delay on the helicopter pilot, Steve Owen. The ODA said that Owen had been uncooperative with the investigation and had lied about which herbicides he had sprayed and the

quantity sprayed. This resulted in what the ODA director described as one of the most complicated investigations in her 11 years there.

Richard Kauffman responded to the ODA's excuse by saying that the pilot's lying should have been only a minor impediment to the investigation. Through legal action the ODA could have quickly obtained the spray record from the helicopter service company and passed it on to the victims.

Kauffman has chastened the ODA before. While still with the Center for Disease Control, he participated in the 2011 Triangle Lake Herbicide investigation. At that time he told Oregon's Pesticide Analytical and Response Center representatives that state agencies' response to pesticide complaints was "sorely lacking". ODA, the primary investigative arm of PARC, still proceeds as though their only mission is to prove whether herbicides are used in accordance with the label. Rather than dealing with the victims' health concerns Director Coba said her agency had "sent the wrong message" to (the people Cedar Valley) because the department "became much more concerned about conducting an investigation that would hold up in court."

### STRANGE BREW

In the final analysis it became clear that Steve Owen's helicopter tanks were loaded with herbicides the day he passed repeatedly over the Cedar Valley residents. The ODA found him guilty of "gross negligence". The eye witness reports indicate that his tanks were apparently leaking as he made his fly overs. Part of the blame for the incident rests with the ODF which is charged with the supervision of aerial spraying.

Initially Owen told the ODA that he had only sprayed Roundup near Cedar Valley on the date in question. Eventually he admitted to spraying a combination of 7 herbicides that day including Roundup, 2,4-D and triclopyr.

ODA and ODF's permission for applicators to mix herbicides is one of the most troubling of the agencies' policies. They seem to have an irrational trust in the EPA's standards for application regardless of what is mixed and an unfounded belief that applicators will always do the right thing. The ODA and ODF's laissez-faire attitude can only be understood in light of the fact that both agencies receive a large portion of their funding from the chemical and timber industries, respectively, and while charged with monitoring them they also promote the industries.

Chemical analysis is not within the scope of this article, however, it is a widely known scientific fact that there are synergistic effects to mixing herbicides that can increase their individual dangers. The same combination of 2,4-D and triclopyr in Owen's chemical brew is used in the product Crossbow. The data on Crossbow clearly states that it is "not for use on crops or timber being grown for sale or other commercial uses." The fact that triclopyr alone is known to be "moderately to highly toxic to fish" in some of its forms, should also raise serious concerns for Oregonians.

There are also questions about Owen's mixing Roundup with 2,4-D. This combination refereed to as Enlist Duo by the agriculture industry, was temporarily banned by the EPA in 2015 due to incomplete scientific evidence regarding its toxicity to humans. It is currently approved under restrictions that do not include its use in Oregon, and yet Owen mixed the two ingredients without having a clue about their possible harm.

Neither the ODF or the ODA vets the mixture of herbicides. Rather they rely on EPA regulations and stand by the notion that all is well if the products are used "according to the label". For its part the EPA has strict standards for herbicides entering the country. Currently the 2,4-D that is used here comes from China, Russia, India and a host of other countries. Australia recently found some of their imported 2,4-D to be contaminated with dioxin. We can only hope the EPA is checking our "trusted" sources of 2,4-D and other herbicides on a regular basis.

### ...AND JUSTICE FOR ALL

At the conclusion of their investigation in 2014 the ODA wanted to throw the book at Steve Owen and the company he owns, Pacific Air Research, Inc., The agency initially said both the company and Owen would have to pay separate \$10,000 fines and that Owens' applicator's license would be suspended for a year. Owen immediately appealed the ruling buying himself a full year to continue his operation. During that time there was at least one other alleged over spray incident by him in Douglas County.

In July of 2015 the ODA reached a settlement with Owen, dropping the fines entirely in exchange for his giving up his applicators license for a year and not disputing the finding that he had misled investigators. Department director Coba said in a statement that the economic losses from losing the license were far greater than the fines. She went



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**The Burns of Cedar Valley, who suffered exposure when the defective tanks of a helicopter carrying herbicide flew over their home**

on to say that, "Our number one priority was to have an immediate surrender of the applicator and operator license."

Coba's statement does not jibe well with the outcome in this case. Owen flew for an entire year after having been found guilty of gross negligence. According to Beyond Toxics which has been closely involved with this case, since the settlement Owen has continued operating his business under a second DBA which allows him to rent helicopters for aerial spraying some of which are operated in his stead by his son.

Of the settlement, John Burns of Cedar Valley asked, "Why does the industry have the right to govern themselves? No one is holding them accountable for the decisions they make."

#### AN EPIC BATTLE

In 2014 the Cedar Valley residents began seeking redress for the harm to themselves and their property. That struggle is still going on. There are two main obstacles to any claim to restitution or call to protect the health of the public and the environment. Restitution in the form of lawsuits against agricultural or timber companies that harm individuals' health or property is mitigated by the Oregon Right to Farm and Forest laws put into effect in the mid 1990s. Those laws protect the industries, as well as spray applicators, by granting immunity from lawsuits initiated because of the accidental spraying of herbicides on people or their property unless the spraying was done illegally or causes grave injury or death.

In the Cedar Valley case it is difficult to prove the event reached the bar set by the law because due to the delayed agency response doctors could not prove beyond a doubt that the residents' illnesses were caused by the spraying in spite of the overwhelming evidence supporting their claims. Cedar Valley resident Jim Welsh, a spray victim who had a heart condition, died of pneumonia 6 months later. His health declined precipitously after the spraying. Although the effect of the spraying seems to have been a contributing factor, cause and effect could not be scientifically proven.

The second obstacle to protection of public health and the environment is timber and chemical company lobbying and campaign contributions. Legislators who regularly receive large contributions from corporations such as Weyerhaeuser are more inclined to vote to maintain the status quo when it comes to Oregon's weak herbicide spraying regulations. Oregon's regulations on private and state forest land are in stark contrast to the stricter regulations in neighboring states. In federal forests herbicide spraying was completely banned in 1984 due to public health concerns.

The Cedar Valley residents began having meetings in Salem within a couple of months of having been over sprayed. Initially agency representatives and some legislators seem genuinely concerned about what had happened. The first real effort to bring about change to forest management practices was presented in 2015. The Public Health and Water Resources Protection Act, known as SB613, asked for a more robust notification procedure prior to aerial spraying, created no-spray buffers around residences and schools and enhanced protection for drinking water sources and fish bearing streams.

SB613 was introduced by Portland D-Senator Michael Dembrow and Lake Oswego D-Representative Ann Lininger, two legislators

who have fought for changes in herbicide regulation. The bill never got out of committee in either the house or senate.

The senate work group which considered the bill was chaired by Clatskanie D-Representative Brad Witt. According to Beyond Toxics, whose executive director Lisa Arkin was present during the session, Witt used his opposition to the request for timely notification of spray dates to kill the bill in committee. His rationale was that advanced notice could tip off eco-terrorists who might attack the helicopters. He stated that, "It is impossible for me to make a call on whose safety (neighboring residents or helicopter pilots) is more important."

It should be noted that Oregon has had only one such eco-terrorist incident which occurred over 30 years ago, a time period in which there have been hundreds of over spray complaints. It should be further noted that according to Rob Davis writing

in the Oregonian, "Witt was "working closely on the issue with timber and chemical industry lobbyists", and, " has received \$50,000 in campaign contributions from those special interests since 2008.

After a second attempt at getting reform to spray regulations during the 2015 session failed the legislature finally passed HB3549 which requires virtually no compromise on the part of the timber industry. Lisa Arkin, Executive Director of Beyond Toxics, who participated in the work group for HB3549 has said it was virtually impossible to get compromise from the chemical and timber industry lobbyists present. In her words, "Bringing real change to Oregon's Herbicide regulations will be an epic battle."

Environmentalists have dubbed HB3549 the "baby buffer bill". It calls for 60 foot buffers around homes and schools and maintains the 60 foot buffer already in place for fish bearing streams. Oregon has had no buffers for home or schools since the early 1990s. The bill still fails to protect non-fish bearing streams and ground water sources.

Oregon's buffer regulations lag far behind those of Washington, Idaho, Alaska and California. Dr. Tom Titus, fish genetics researcher at the University of Oregon who testified in behalf of SB613, has said that compared with those states, Oregon's regulations are still in the "dark ages". For example, Washington has an arial spray buffer for fish bearing streams of 90-325 feet, compared with Oregon's 60 feet, and 50-100 feet for non-fish bearing streams which Oregon doesn't protect at all. Washington provides a 200 foot buffer for homes compared to Oregon's 60 feet. The same discrepancy applies to the protection of schools.

In Oregon the timber industry has long claimed that increased buffers would make it impossible for them to operate at a profit in Oregon. This argument loses credibility in that many of the same companies are operating profitably in Washington and Idaho which have much stricter buffer regulations.

Representative Brad Witt called HB3549 "an important first step". Included in the bill is the doubling of fines for spray applicators who violate regulations. Witt insisted in committee that when applicators spray people, "We need to put not only the person but the entire company out of business."

David Hampton, an executive with Hampton Affiliates, also chimed in during the work session on the bill to lay the blame for over spray incidents on applicators. He claimed that, "Modern technology eliminates the possibility of accidental drift." The comment does not comport with complaints of drift called into Beyond Toxics from hundreds of people around the state in the last few years.

SB3549 does include a new state hot line for reporting over spray or drift after the fact. This will hopefully lead to quicker agency response, however, whether it will lead to improved reaction to individual health concerns such as those in Cedar Valley remains unclear. The bill still doesn't require the timely return of spray records to state agencies and has not improved rules about notification. Timely notification would certainly help prevent harm to those residing near cleacuts and also increase public scrutiny of the efficacy of current spray regulations.

#### THE TAKE AWAY

The organization Beyond Toxics proved to be a powerful ally to the residents of Cedar Valley in negotiating Oregon's convoluted system of agencies and regulations, and in giving them a voice in the legislative process.

While it is true that most timber spraying don't result in complaints that does not mean that harm isn't being done in the form of water and soil contamination, harm to fish and wildlife, and health effects from chemical drift that may not show up for years. What we know about the potential harm of herbicides is frightening. What we don't know of their potential harm is daunting. Their rampant use has put an indelible stain on Oregon's reputation as a green state.

#### The Chapmans • Clearcut Story Aug 2016 Issue Update

Hampton has recently notified the Chapmans that they will be backpack spraying the entire logged area adjacent to their property in the near future. Ashley Lertora, local ODF forester has promised to be on site. Sounds like good news for the Chapmans and the environment.



# Re-elect Deborah BOONE

## State Representative HD 32, Democrat

Native Oregonian  
Rural homeowner in HD 32 since 1974

**Sheriffs of Oregon PAC says:** "The endorsement of Representative Deborah Boone is the result of careful consideration by the Sheriffs of Oregon. We are confident Deborah will promote laws designed to better protect Oregonians and their families by making law enforcement more effective."

*It is an honor to represent you. I ask for your vote so we can continue the important work of advancing legislation that benefits all Oregonians today and in the years ahead.*

— Rep. Deborah Boone

#### ENDORSED BY:

- Sheriffs of Oregon PAC
- Oregon Nurseries PAC
- Oregon State Building & Constructors Trades Council
- Oregon State Firefighters Council
- Oregon State Council for Retired Citizens
- National Electrical Contractors Association
- Oregon AFSCME Council 75
- Oregon Coalition of Police & Sheriffs
- Cultural Advocacy Coalition
- American Federation of Teachers—Oregon (AFT-Oregon)
- Sen. Ron Wyden
- Sen. Jeff Merkley
- Oregon School Employees Association
- Basic Rights Oregon Equality PAC
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**Coast Community Radio**

**KMUN 91.9, 88.9, 91.3, 104.3**


KMUN broadcasts 7,500 watts of power from its main transmitter on Megler Mountain, and 10 watts each from translators in Wheeler, Cannon Beach and South Astoria.

**KTCB 89.5**

KTCB broadcasts 4400 watts of power from Cape Mears, serving Tillamook county.

**KCPB 90.9**

KCPB broadcasts 400 watts of power from its transmitter on Megler Mountain.



## Local residents lead campaign to SAVE SHORT SAND BEACH from toxic pesticide spraying.



Jamie Taylor of Manzanita at Oswald West

Photo: Steve Perry

OSWALD WEST STATE PARK, OREGON September 24, 2016 –The forestlands surrounding Oswald State Park and Short Sands Beach have been clearcut and if not already, will soon be aerially sprayed with a mix of toxic herbicides. These herbicides, sprayed from a helicopter, can easily drift into the State Park and wash into the streams that flow to Short Sands beach, one of the most heavily used beaches in the entire State. Timber owner, Weyerhaeuser has recently clearcut 80 parcels of forestland in Oregon's north coast, including several that border Oswald West State Park, Arch Cape and Neahkahnie Mountain. Many watersheds are impacted by these cuts, including Arch Cape Creek, Short Sand Creek and Necarney Creek, which all flow directly into the beaches in and around Oswald West State Park.

Rockaway Beach Citizens for Watershed Protection is leading a coalition of conservation groups calling on legislators in Salem to reform Oregon's outdated forest practices laws, the weakest on the West Coast. The coalition insists that until those laws are improved, timberowners should notify Oregon State Parks who should in return notify the public anytime they may be exposed to toxic herbicides while recreating in Oregon's beautiful parks.

According to Mike Manzulli, a local activist who often surfs at Oswald West State Park, "Weyerhaeuser aerially sprayed herbicides southeast of Arch Cape on August 19th. That was the hottest day of the summer. The beaches were absolutely packed. Children were playing in all the coastal streams that day. Were State Park users exposed to the herbicides? I don't know, but herbicide drift happens and the State doesn't require notice to the public. Most industrial timber owners sure aren't going to go above what is legally required and draw extra attention to what they are doing, so no one knew it was happening."

While legal in Oregon, forest practices of clear cutting and spraying of toxic herbicides after each cut without notifying the public has significant negative impacts on coastal communities; exposing local residents and visitors to known carcinogens, damaging local drinking water, and destroying habitat for fish and other wildlife.

"In coastal Oregon, it is very apparent that forest practices determine

The forests surrounding one of Oregon's most heavily used State Parks and most popular surfing beach have been extensively clearcut and are scheduled for toxic pesticide spraying.

the quality and quantity of drinking water. What happens in our forests affects the health of all life downstream, from forest to sea: plants, fish, and other wildlife, as well as people. We all need clean air and water. Working together, we can safeguard these vital resources," said Nancy Webster, of Rockaway Beach.

"Rampant clearcutting and aerial spraying are problems throughout the state, but especially in the Coast Range, where industrial clearcuts dominate the landscape. Rural Oregon communities from Gold Beach to Florence, from Arch Cape to Triangle Lake, have been exposed to degraded drinking water and toxic herbicides, and the elementary school that my own kids attend found toxic logging chemicals in the school drinking water," said Jason Gonzales, a resident of the Central Coast Range and organizer with Oregon Wild.

For more information visit: [Savesshortsands.org](http://Savesshortsands.org)

### About Rockaway Beach Citizens for Watershed Protection

RBCWP is a citizen group working to ensure that North Coast residents have access to safe drinking water and clean air through education and advocacy. Sustainable and healthy living conditions with clean air and water within our coastal communities is a critical aspect of our advocacy. Our primary focus, in order to achieve these goals, is educating our residents so that we can all move forward together to change practices that are harming us and find alternatives that will benefit all of us.

ROCKAWAY BEACH CITIZENS for Watershed Protection and their partners successfully launched a new effort to stop the spraying of toxic pesticides in the area around Short Sands Beach and Oswald West State Park. A team of over 20 experts discussed the issue with several hundred park visitors on Saturday.

Nancy Webster of RBCWP said "We are so pleased with the extremely positive response from park visitors, area businesses and Park staff. We hope Weyerhaeuser is listening to the concerns of locals and Park visitors and stops the spraying."

"Save Short Sands" stickers and postcards are showing up from Astoria to Pacific City and everywhere in between. In the past 48 hours, hundreds of letters have been submitted to Oregon legislators about this issue.

RBCWP will be scheduling additional educational outreach events in the future. For more information visit [savesshortsands.org](http://savesshortsands.org)



Jane Anderson (Garibaldi), Vivi Tallman (Manzanita) and Nancy Webster (Rockaway Beach) at Oswald West Photo: SP.



## Astoria Visual Arts and Recology Western Oregon COASTAL OREGON ARTIST RESIDENCY EXHIBITION FROM THE PILE

Works by Sean Barrow and Dawn Stetzel  
Oct 7 – 8, 15-16

THE COASTAL OREGON ARTIST RESIDENCY PROGRAM, a joint project of Astoria Visual Arts (AVA) and Recology Western Oregon (RWO), host "From the Pile," an exhibition and reception for current artists-in-residence Sean Barrow and Dawn Stetzel on Friday, October 7, from 6:00-9:00pm, at the Gallery Underground. The exhibition also will be on view during Astoria's 2nd Saturday ArtWalk, October 8, from 5:00-8:00pm, with a gallery walk-through with the artists beginning at 6:00pm. Additional viewing hours will be held the following weekend, Saturday, October 15, and Sunday, October 16, from noon-5:00pm each day. This exhibition will be the culmination of three months of work by Barrow and Stetzel, who have scavenged materials from the RWO transfer station to make art and promote recycling and reuse.

SEAN BARROW: Having access to the materials and objects and strange things that come through the transfer station has really inspired me. The whole scope of humanity's created works gets tossed every day, it is amazing to witness it - smell it - pick through it - and have some weird piece of it grab and compel me to make it into something new."

DAWN STETZEL: I engineer sculptures that allow me to navigate specific environments. *Ski Cart* is made with materials from areas in which it is meant to maneuver, the edges of places where nature and humans collide leaving a seemingly messy residue. The massive pile of trash at Recology's Transfer Station reads to me as a mountainous landscape, one in which I think about literally and metaphorically. How can I navigate through this landscape of waste? Within my work I think about perceptions of safety and how to survive in a potentially unsafe environment.



Dawn Stetzel: Ski Cart, 2015



Sean Barrow: Mandala Rotation, work in progress

## ART ON

Artists Reception:  
Friday, October 7, 6-9pm

Exhibition w/Artists-led

Gallery Walk-through:

Saturday, October 8, 5-8pm

Additional Viewing Hours:

Saturday, October 15,

and Sunday, October 16,

12pm-5pm

GALLERY UNDERGROUND

1125 Marine Drive, Astoria,

Oregon 97103

Admission is free and open to the public, all ages welcome, wheelchair accessible.

## BOOK RELEASE

### Of Dust and the River: Tim Hurd Dirty realism drives Hurd's stories home By Cara Mico

WRITER TIM HURD can be found in Manzanita, holed up in his writing room, composing stories of his view of life here in Oregon. The tales don't shrink from the harsh truth, they don't paint lovely pictures, they convey stark reality, efficiently and effectively, of poverty and emptiness. Almost like he's daring the world not to look at the ugly things he's seen. He'll be reading from his newly released book, *Of Dust and the River* - a collection of short stories based on his life in Astoria, Eugene, and Corvallis - at Fort George's Lowell Room, Saturday, October 8th at 5:00 p.m. His life will interest you; love, loss, and redemption sort of thing.

If you're in Astoria, you might know him as the founder of the Columbia River Coffee Roaster and 3 Cups Café. Or you may know him as a co-founder of The River Theater, his direction of Mamet's, "The Frog Prince" or his original work "The Sweet Scent of Apples." Or maybe you've read his work in Glimmer Tran Magazine or RAIN Mag.

His is the story of an Oregon coast family. Born and raised on his family's 120-acre homestead off of Highway 26—Hurd's writing is a reflection of place. His aunt and cousin still live on the remaining 27 acres that once nurtured an immigrant family from Norway. After graduating high school in Warrenton, OR, Hurd headed south to the University of California, Berkeley to study business. Realizing that the pen was calling, he changed his alma mater and his focus. He honed his writing craft and graduated with an English degree from California State University in Sacramento. He came home, married and raised a child, divorced, and continued much as he was. Working, but writing short stories only in his spare time.



For much of his adult life coffee was his bread and butter. He wasn't born into a coffee family, growing up with coffee from the can-that-shall-not-be-named. In Berkeley he was introduced to a different variety experiencing all that coffee had to offer with Peet's. He learned the skill of roasting while at Allan Brother's Coffee in Corvallis. All this preparation paid off. He opened Columbia River Roasting and built a thriving business from the ground up. "With retail you have to start from scratch earning new customers every day, you have your regulars, but it really is a daily thing. With wholesale you build a good relationship and continue to build on that." He still owns the roaster but no longer has a part in the day to day operations. Which gives him the time he needs to write.

But like most stories, his was not all sunshine and roses. He nearly died on Thanksgiving day just 4 years ago from heart failure. You can feel the gratitude when he says that if he hadn't been late for the feast, his story might have ended. He hasn't written about that yet, as he explained over coffee in Manzanita, he wants to clear through the collection of stories before he writes anything new. "My heart failure created a sense of urgency, it's now or never."

The first book in his collection is a selection of stories loosely based on his life in Oregon. Preferring to write fiction, he acknowledges that most fictional stories are, "more nonfiction than anyone cares to admit." His stories are short, even for short stories, rarely more than 10 pages in length. He compares them to photographs. Although he described his writing as spare, minimalistic tributes to events in his life, he's being modest.

They may be short but they are rich portraits of moments many Oregonians will recognize. Riding around in cars with friends looking for

girls, finding trouble, causing mischief. But it's his stories of love that paint crystal clear pictures of the foggiest of relationships, losing and finding yourself in another person. Quoting Canadian Philosopher Marshall McLuhan when asked about growing up in the woods, "if you want to know about the water don't ask the fish."

Perhaps he's too close for proper reflection, but you see the forest reflected

in the words when you read his work. You also see glimmers of his influences; Hemingway, Steinbeck, Carver. On Carver, his favorite short story writer, "You know, he was born in Clatskanie, there's a memorial for him in the park there. What I like about both Carver and Steinbeck is that they write about universal truths as shown in the lives of the downtrodden." The second book in his collection will be out in 9 months with another 20 stories.

This seems like it would be the end, but he just started teaching the craft of short-story writing to Astoria High School sophomores. When asked about his teaching methods he replied nervously, "writing is about knowing the landscape, and about knowing what to leave out." To be sure his story is just starting. The perfect setting for his next adventure; novel writing.





## STAND

Small Town Actions for a New Democracy

## What Kind of Future Do You Want?

*Confronting fear, reclaiming hope this election season*

THIS ELECTION CYCLE has featured more than its share of “F” words: with two of the most common, regardless of who you plan to vote for, being fear and frustration. Rural Oregonians are finding ourselves feeling rightly frustrated in a political and economic climate where basic resources remain out of reach for so many of us. We don’t see or feel any of the economic “growth”. And more and more of the living-wage jobs and local businesses that have sustained our communities for generations keep disappearing. People in rural Oregon are ignored or manipulated by a political and corporate establishment serving an agenda that has little to do with our families and our lives, leaving us with crumbling roads, unanswered 911 calls, and funding for critical public services all but gone.

It is no wonder that such frustrations have opened up a vacuum in which “us” vs “them” ideas, along with candidates hoping to further divide us, have gained traction. Clinging for dear life to a few crumbs of the American Dream, many rural voters are looking around for someone to blame for their desperation, and hear loud voices proclaiming that getting rid of “them” will solve the problem. Many have turned toward those who exploit our fears, who claim that they alone have all the answers and that we should follow their lead.

But angry candidates don’t understand that rural Oregonians are much stronger, braver, and more unified than they think. We are at home in rough terrain — be it rain-soaked forests, mountains, deserts, or rocky seashores — and do the necessary work to live here, even when it is physically, economically, and socially difficult. Because as tough as we are, we are also full of generosity when it comes to our neighbors. At the end of the day, what matters is what we share, the values that ground our commitment to living here: dignity, civility, democratic participation in community building, and respect for

any and all people who may wish to make this rough terrain their home. Such values are the steady, steely core of rural Oregon.

This election, let’s avoid getting pulled into the divisive rhetoric that gets hurled at us by candidates, billion-dollar ad campaigns and the media. Instead, what if we started with the simple question: What kind of future do you want? Indeed, those who offer knee-jerk reactions that don’t really solve our communities’ problems insult us by assuming we don’t know what our communities really need.

In posing this question — What kind of future do you want? — we remind each other of values that we hold dear as well as the consequences of failing to hold to those values. Do you imagine a future for rural Oregon where our neighbors are singled out for their differences, put on lists, forced to leave, or worse? Where services and infrastructure, including police and emergency, are no longer public, but left to corporate special interests? Where our beloved lands and resources are auctioned off, fenced off, and shipped off?

Or do you envision a future that brings us meaningful and well-paid work, equitable access to needed services, fair and accountable law enforcement, and respect for both the terrain we depend on and each person who inhabits it? In our bones, rural Oregonians understand that our differences make us strong, our common hopes pull us together, and both help us build a future in which dignity, democracy, and true “liberty and justice for all” can be achieved.

In the service of this goal, we would like to share a set of principles and beliefs to guide us as we create a rural Oregon that works for all people. Since this statement (at right) is a work-in-progress, crafted and re-crafted by rural Oregonians, we’d love to get your feedback.

## Welcome to Our 2016 Voting Guide!

WELCOME to a voter guide by small town Oregonians for small town Oregonians. This is a real people’s guide to real issues and important decisions that you face this year.

In rural areas across the state people are engaged in common undertakings revolving around care of their families, their homes and their communities. We as people have different politics or philosophies, but that’s not as evident as our universal concerns for happiness, health and freedom.

**Talk to your neighbors! Have a friendly discussion about the ballot measures and local issues.**

When we discuss our different views, let’s begin with trying to remember people who disagree with us are not our enemies, they’re our neighbors, teachers, coaches and fellow humans. Discussing our position with folks who disagree with us is the way to refine our thinking and may just help us to understand the issues a little more thoroughly. Be grateful when you can debate policy with someone. Be reasonable, rational and kind.

Real problems need real solutions. Let’s focus on solving our common needs, starting locally and moving out from there. This guide will help you participate in the election this fall in a way that is meaningful to you as a small town Oregonian who cares about the democracy our country was founded on. Use your vote. Strengthen the collective voice for justice in small town and rural Oregon. We will be heard!

## EN ESPAÑOL

Esta guía esta disponible en español. Bájela de nuestro página web en [www.rop.org](http://www.rop.org) o llame a nuestra oficina para pedir una copia por correo postal o electrónico.

## WHAT IS ROP?

The Rural Organizing Project is a non-profit organization. ROP works to advance democracy and human dignity in all 36 of Oregon’s counties. Learn more about ROP at [www.rop.org](http://www.rop.org).

**ROP is a nonprofit nonpartisan organization. We do not advocate for or against any candidates for office. We prepare this Voter Guide to encourage participation by rural Oregonians in the election process — regardless of your party affiliation. We advocate for ballot measures that will strengthen our communities and we remind voters to hold dear the pursuit of democracy and justice when we fill out our ballots.**

## STAY UP-TO-DATE WITH ROP!

Email us your contact information at [office@rop.org](mailto:office@rop.org) or call us at 503-543-8417

## Ballot Basics • Who represents you?

**1** US Congressperson Represents your region in Oregon in Washington D.C.

**2** US Senators Represent Oregon in Washington D.C.

**5** US Congresspeople Represent Oregon in Washington D.C.

**1** State Senator + 1 State Rep. Represent you at the capitol in Salem, based on where you live

Many local elected officials Represent you in city, county, and state governments

Vote Pro-Democracy November 8th  
WE HAVE A LOT AT STAKE

If democracy is to work, it must continue to uphold some basic principles. Here are four principles of democracy according to the World Book Encyclopedia:

**1. Inclusion of all; equality for all**

“We hold these truths to be self-evident, that all [people] are created equal, and are endowed by their Creator with certain unalienable rights, among which are Life, Liberty, and the Pursuit of Happiness.”

– US Declaration of Independence

**2. Majority rule and minority rights**

“No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws.”

– 14th Amendment to the US Constitution

**3. Democracy requires well-educated and well-informed**

people who participate in the democratic process

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”

– 1st Amendment, US Constitution.

**4. A reasonable standard of living – economic justice**

“Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age and other lack of livelihood in circumstances beyond his control.”

–Article 25, Universal Declaration of Human Rights, adopted by UN General Assembly (US included) 1948.



# Let's Reclaim Democracy

In a true democracy, those who are impacted by a decision get to help make that decision. Rulings like “Citizens United” allow the country’s richest corporations and individuals to pour billions into elections, giving them an especially loud voice in the decision-making process. Laws are popping up across the country that make it harder for real people to vote, taking the ability to decide what’s best for their community away from them. It is time to reclaim democracy for the people.

To truly have government of, by and for the people we need to make it easier, not harder, for everyone to vote. Helping make sure that all potential voters can access the polls is one way to push back against big money controlling our elections and ultimately what our government decides to do on our behalf.

The presidential election is stealing the limelight this year, but a lot will be decided by those who win seats in Congress and in state legislatures. When filling out your ballot, it is not always easy to tell whether a candidate advances a vision of democracy or takes us further away from this basic ideal. Does a candidate promote a future for Oregon that sustains and includes us all? Does she or he support policies that will lead to better schools, or a more accountable use of public money? Is she or he truly committed to making our communities safe and accessible not just for the already comfortable, but for those who are struggling, or new to town? Attending campaign events, and asking these kinds of questions, is one way to find out if a candidate can answer “yes.”

Use your vote this year and then do more - support groups who are mobilizing voters. Get involved in Oregon voter drives or support states where voter suppression laws are the strongest. Contact Rural Organizing Project for more information on how you can help reclaim a democracy of, by and for the people.



## OREGON BALLOT MEASURES

Do these measures advance democracy & rebuild our communities?

### MEASURE 94 YES

This measure amends the Oregon constitution, making it so that Oregon judges no longer have a mandatory retirement age of 75. Age discrimination should not be a part of deciding who is qualified to be a judge.

### MEASURE 95 YOU DECIDE

Universities need ways to generate income, and investing in the stock market is one option that many schools use. Measure 95 would amend the Oregon constitution to allow public universities to own corporate stock. Public universities should be publicly funded, today and always. This measure ties public universities to Wall Street and big corporations, placing university funding at the mercy of the unpredictable stock market. Instead of trusting our money to Wall Street, we should be creating programs, like an Oregon State Bank, that keeps Oregon's money in Oregon, invests in our communities and provides a stable funding source.

### MEASURE 96 YES

Measure 96 would amend the Oregon constitution to set aside 1.5% of net lottery proceeds for veterans' services. All veterans deserve to be fully cared for and more funds are needed to meet their needs, from healthcare to job training.

### MEASURE 97 YES

Large and out-of-state corporations use shady tricks to dodge taxes, putting more of the burden of paying for programs and services on individual Oregon taxpayers. Measure 97 raises the minimum tax on corporations making more than \$25 million per year by adding a tax of 2.5% on sales in excess of \$25 million. If passed, Measure 97 would provide reliable and much needed funding for education, healthcare and services for our seniors, moving Oregon in the direction of a tax system where large corporations pay their fair share.

### MEASURE 98 NO

Measure 98 would require allocating \$800 per high school student for dropout prevention as well as career and college readiness. While we support career technical education programs, this measure provides no new funding source to the state to cover the costs of the programs associated with this measure. Mandating funding to these particular programs could take away from other education priorities or important services. The decision to allocate the funds to these programs should go through the same process as all other educational funding priorities, rather than carving out a certain amount of our state budget without taking other needs or priorities into consideration. We need to focus on bringing more money into our state budget so we can fund the best programs that build stronger schools so districts can retain and support their students.

### MEASURE 99 YES

Measure 99 would set aside 4% of lottery proceeds to fund outdoor school for Oregon 5th and 6th graders. The funding will restore outdoor schools to lower income districts and provide a realistic funding stream that does not take from other programs.

### MEASURE 100 YES

Measure 100 seeks to protect twelve of the world's endangered species by making it illegal in Oregon to sell parts from these animals or products made from these animals. For example, it makes it illegal to sell new products made of elephant ivory. Includes logical exemptions that makes this measure reasonable and a positive step toward ending illegal hunting of the elephant, rhino, cheetah, tiger, sea turtle, lion, whale, shark, pangolin, jaguar, ray and leopard.



## A RURAL OREGON THAT WORKS FOR ALL PEOPLE

In a time when our future feels uncertain, it is with steadfast hope that we declare: “We want a rural Oregon that works for all people!”

**1. We commit to conducting our community affairs with civility, decency, respect for all opinions, and humanity for all. We hold many opinions and we often disagree, sometimes passionately. This is valuable and necessary to be an informed voter and engaged community member.**

**2. Democracy only works when everyone is involved. We uphold the practice and tradition of democracy as a tool for the people. Therefore, we support: Majority rule. Minority rights. A free press and media, an informed public, and a decent standard of living that allows all to participate.**

**3. We oppose the politics of division that have been so damaging to our communities. No one should be discriminated against based on race, gender, sexual orientation, religion, immigration status, and economic status.**

**4. We welcome in our communities immigrants who do the hard work of the rural economy.**

**5. We honor and support all the Treaty Rights of the Tribes of this land, the original inhabitants.**

**6. We welcome in our communities refugees from oppression and wars.**

**7. We view economic exploitation as discrimination. Everyone has the right to economic development, to affordable health care and to education.**

**8. The clean water, air, soils, forests, and the species that live on this land are the true foundation of well-being and must be preserved for all.**

**When you fill out your ballots this election season, ask yourselves: Who are we, as rural Oregonians? And who do we want to be going forward?**

## Yes on 97: We all deserve a better Oregon

We all want strong communities with opportunities for our families like jobs, healthcare and good education. We all are frustrated with our current tax system that overwhelmingly impacts working families while Oregon currently has the lowest corporate taxes in the country. Many of us find ourselves nervous about our futures: Will our kids be able to go to good schools and get a good education? Will there be more options beyond working multiple part-time and minimum wage jobs in rural Oregon?

One of the ways that candidates seek to divert our attention away from huge injustices and areas of growing unrest is to pull out tried and tested issues that play on people's fears. It is a great way to get people out to the polls and to split what otherwise may be a majority coalition of diverse groups that could force politicians to do right by their constituents. Worried about the economy? Blame immigrants! (And pay no attention to the corporations making record profits!) But this kind of solution does nothing for our communities.

There is something on the ballot this year that will make a real difference in our communities; Ballot Measure 97 offers concrete means – and funding – for the things we care about: education for our kids, care for our seniors and more affordable healthcare.

Who will pay for this? It won't be Oregon families that are overstretched already. It won't be small businesses. It will be large corporations who make more than \$25 million in sales in Oregon.

That's why we support Measure 97. We all deserve a better Oregon.



# This Place:

a community conversation about power • place • home and belonging

The October 14 event is part of Oregon Humanities' statewide This Place series

"Place" is a complicated and powerful idea that informs our identities and the way we live our lives, whether we're talking about the communities we're a part of, the neighborhoods where we live, or the lands that people before us called "home."

This Place is a series of ninety-minute community discussions sponsored by Oregon Humanities happening across the state this fall. One of these discussions will be happening on Friday, October 14 at 6:00pm at the Astoria Public Library-450 10th Street, Astoria.

The discussions provide Oregonians with an opportunity to explore their relationship to the places they've come from and the places they're in now; to consider how communities have lost or gained land and power, and how this has affected people within these communities; to consider the history of neighborhoods, communities, and the state, and how those places have changed over time; and to explore options for meaningful engagement with their places and communities going forward.

Participants will come away from this conversation with a strengthened sense of community support and collective engagement around their exploration of place, as well as a resource list and information to help them continue the conversation.

This Place is part of a statewide initiative by Oregon Humanities to bring 25 conversations about place to communities across the state in September and October 2016. The community conversations will culminate in a one-day gathering on October 28, 2016, at the Chehalem Cultural Center in Newberg. These conversations will be led by trained facilitators from the fields of tribal resource management, anthropology, conflict resolution, applied theology, natural resource management, ethnic studies, and fisheries science. For more information about this free community discussion, please contact Ami Kreider at 503-325-7323 or [akreider@astoria.or.us](mailto:akreider@astoria.or.us). To learn more about the one-day gathering, visit <http://oregonhumanities.org/programs/this-place/>.

## ART ON

### Linden at IMOGEN

#### The Tao of An, a Journey to Peace

**KNOWN** for evocative abstraction, native born Astoria artist, Linden, brings a new collection of paintings celebrating the life of her close friend and artistic mentor, An Marie, a longtime resident of Astoria. Along with her own paintings Linden is sharing the work of An Marie, who was an incredibly gifted artist, quietly creating but seldom sharing her beautiful renderings of the human form.

This will be the first and only time the work of these two talented women will be exhibited together. A fitting and appropriate way to honor the life of a mentor to many. Proceeds from sales of An Marie's work will go to Astoria Visual Arts a local nonprofit group supporting visual arts. The exhibition opens during Astoria's Second Saturday Artwalk, October 8th, 5 - 8 pm and will remain on display through November 8th. Linden will be present and available to talk about her work, all are invited to join in this moving tribute of friendship shared through creativity.

For many artists, months, even years can go into preparing for a single exhibition. Most give careful thought to what they want to convey through a body of work, whether it's technical ability to capture light and form, mastering the beauty of landscape, or a message about humanity. For Linden, her focus for this series took a sharp turn at the passing of her longtime friend An Marie. For anyone who has lost someone close, its known there is a process of coming to terms with something so definite. For Linden, who is an intuitive painter the loss had a profound impact on her creative process. She eventually realized the only way to move forward was to incorporate her struggle of loss through painting.

This series of work is a celebration of life as well as physical manifestation of transition and stages of grief after such a loss. Linden has almost always conveyed thought and idea through abstraction, allowing her the freedom to thor-



An Marie Dancer, ink on paper, 17x1

oughly explore the visual language by reducing known forms to suggestion of content. For this series she incorporates, memory and metaphor to provide a window of who An was. About An and her work, Linden states, "An's art was rarely seen by the public. I was amazed at the quality and quantity of the drawings she had saved in the flat files I inherited at her passing - this body of work, just her drawings, took me 3 days to go through and reintroduced me to her vast talent as an artist. The work chosen to share with you here is what I consider to be an inclusive retrospective of her evolving style over the years. Proceeds of sales will benefit Astoria Visual Arts where she was a founding member in 1989."

About this body of work, Linden articulates well on her current series and process. She states: "The death of my close friend and artistic mentor, An Marie, focused the energy of the paintings in this collection on the journey of an artist in transition. My profound sense of loss is reflected in these works, both in grief and in the memory of the Tao of friendship." Within this series is reflection of an individual's life and travels, spiritual beliefs, and interests that were cultivated over a life time. With a marked path of process, intentional by the artist, there is clear and poignant evidence of evolution from dark to light, an honest journey shared. This is a loving and personnel tribute of passing and/or transition; the Tao of An, and a journey of peace.

**Imogen Gallery is open six days a week (closed Wednesdays) at 240 11th Street, in Astoria. Open Mon-Sat, 11:00 to 5:00, (except Wednesday) and 11:00 to 4:00 each Sunday. 503.468.0620 t [www.imogengallery.com](http://www.imogengallery.com) .**



Linden, Passage, oil on canvas, 12x9

**DR. BOBEK**  
STATE REPRESENTATIVE

HEALING OREGON with KINDNESS and COMPASSION

*"I am running for House District 32 to bring new ideas to the state and bring forth the kindness and compassion my constituents feel is needed to solve problems."*  
- Dr. Bobek



- We are short changing our students spending 10.4% of the budget on education and 16% on administrative costs.

- We need to be respectful of each other and our viewpoints for it is in diversity that makes our country great.

- Dr. Bobek is not a politician but by running would like to make a difference.

- We all together can heal Oregon.

- We should have a healthcare system responsive to all at the same time affordable with a guarantee that no one will ever go bankrupt due to healthcare costs. It is time we all stand up and support needed mental health services to all who are in need.

Paid For By: Friends of Bruce Bobek Campaign

[brucebobek.com](http://brucebobek.com)



# QUARTERFLASH

11/5



**THE OREGON BAND** that hit the Big Time in the 80's, with their chart topping "Harden My Heart," prove a valuable lesson in veteran performers—they blew the roof off the Liberty Theater last season with their musical chops and electric stage presence. Rindy Ross, vocalist and partner to Marv Ross (founding band members) is also a rock famer due to her sax playing, of which is still a part of the act.

Quarterflash had sizeable success in signing to Geffen Records, their self-titled album debut in September 1981 reached No. 8 on Billboard's Top LPs & Tape chart, and sold over a million copies, earning RIAA platinum status on June 30, 1982. The album contained the new version of

project, at the request of the Oregon Trail Advisory Council to commemorate the 150th anniversary of the Oregon Trail. Marv & Rindy do a lot of appearing because they can't help but keep on rockin'—and it's a really good thing. They return to the Liberty Theatre for a rockin' night of music from their 6 albums. Mixing electric and acoustic songs, the band features Rindy & Marv Ross, Gregg Williams, Doug Fraser, Mel Kubik, and Denny Bixby.

Season passes and individual concert tickets are available at the Liberty Theater Box Office Wednesday through Saturday from 2:00 pm – 5:30 pm, 503-325-5922 X55, and online at [ticketswest.com](http://ticketswest.com).

"Harden My Heart", which became their biggest single, reaching No. 3 on the Billboard Hot 100 (and the Top 20 in France).

The disbanded in the mid-80's, but the Ross's reunited in 1990, and since that time have released 3 albums, the latest, Love is a Road in 2008. They also formed The Trail Band, an acoustic

## At the Liberty Theater NOV 5 7:30pm

Tickets at  
[ticketswest.com](http://ticketswest.com)

## A Conversation with the Past



10/30

Held at the Evergreen Cemetery in Seaside

### Talking Tombstones XIII, Buried Treasure!

The Clatsop County Historical Society in partnership with the Seaside Museum and Historical Society are proud to present Talking Tombstones XIII, Buried Treasure! sponsored by Astoria Granite Works

Talking Tombstones will be held Sunday, October 30th from 1:00 pm to 4:00 pm at the Evergreen Cemetery located on Beerman Creek Lane in Seaside; just one half mile from US Highway 101.

This is a FREE event. Donations are welcomed. Visitors should plan to arrive no later than 3:00 pm as the deceased begin to fade from view as the darkness of night draws near.

For more information about this event or other Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: [cchs@cumtux.org](mailto:cchs@cumtux.org).

## Friday 7

### MUSIC

Beth Wood. \$15, 7pm at the Lincoln City Cultural Center.

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

Unlikely Saints. 9pm at the Seafood Grill Lounge in Lincoln City.

### ART

Fall Art Show. Peninsula Arts Association. Free, at the Peninsula Arts Center in Long Beach.

Tillamook County Quilt and Fiber Festival. 10am -5pm at the Tillamook County Fairgrounds in Tillamook.

### OUTSIDE

Wild Mushroom Hike. With Dane Osis. 1 - 3pm at Battery Russell at Fort Stevens, Warrenton.

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 8

### MUSIC

Dukes of Swing. \$10 suggested minimum donation, 5- 8pm at the Fort Columbia Theater at Fort Columbia, Chinook.

Ara Lee. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Steel Wool. \$10, 7pm at the NCRD Performing Arts Theater in Nehalem.

Cherry & The Lowboys. 9pm at the Rusty Truck Brewery in Lincoln City.

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

Unlikely Saints. 9pm at the Seafood Grill Lounge in Lincoln City.

### ART

Fall Art Show. Peninsula Arts Association. Free, at the Peninsula Arts Center in Long Beach.

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

Tillamook County Quilt and Fiber Festival. 10am -4pm at the Tillamook County Fairgrounds in Tillamook.

### CINEMA

Saturday Morning Matinee. Flash Gordon. \$2, 11am at the Bijou Theater in Lincoln City.

### FOOD & DRINK

Wine Tasting. Wines from Washington State. 1 - 4pm at the Cellar on 10th in Astoria.

Cannon Beach Fire & Rescue Ham Dinner. 4:30 - 8pm at the Cannon Beach Conference Center Dining Room.

Chowder and Brewfest. Celebrate the perfect pairing of chowder and craft beer, along with live music and fun games. At the Lincoln City Outlets. 800-452-2151

### HAPPENING

Cranberrian Fair. A celebration of local harvest including all things cranberry. Foods, vendors, craft demonstrations and more will showcase the area's rich heritage. \$5 collective entrance fee, at the Columbia Pacific Heritage Museum in Ilwaco.

Oktoberfest. Beer, traditional German food, costume contests and kids arts & crafts. Live music & dancing. \$5 entry fee if minor or no alcohol. Kids under 5 free. \$20 includes 4 beer taster tickets and a mug. 11am - 8pm at the Kiawanda Community Center in Pacific City.

### LECTURE

Rhody Talk. With Mike Bones. At the Connie Hansen Garden in Lincoln City. 541-994-6338

### LITERARY

Coastal Author Tim Hurd. Hurd reads from his newly released collection of short stories, OF DUST AND THE RIVER, 5pm at the Lovell Show Room, Fort George in Astoria.

NW Author Series. Special guest author Jack Estes will be discussing his latest book "A Soldiers Son." 2pm at the Cannon Beach Library.

### OUTSIDE

One Sky One World Kite Fly for Peace. At Long Beach. [kitefestival.com/events/one-sky-one-world/](http://kitefestival.com/events/one-sky-one-world/)

Healthy Homes "Taking a Stand Against Domestic Violence." 5K walk/run. Free, but donations are appreciated. 9:30am at the Barbey Maritime Center in Astoria.

Mysterious Wild Mushrooms of Fort Stevens. With Dane Osis. 1 - 3pm at the picnic shelter at Coffenbury Lake in Fort Stevens, Warrenton.

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Lulu's Back in Town. Musical Revue. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

ASOC Annual Fall Production. 7:30pm at the ASOC Playhouse in Astoria.

## Sunday 9

### MUSIC

The Swing Cats. Soup & Swing. Soup Buffet and 30's Swing. What's not to love. \$10. Full Bar. 6-9pm at KALA, 1017 Marine Drive in Astoria.

Ray Prestegard. 10am - 3pm at the Astoria Sunday Market.

Eden-Stell Guitar Duo. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

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

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

### ART

Fall Art Show. Peninsula Arts Association. Free, at the Peninsula Arts Center in Long Beach.

### CINEMA

Gaining Ground. A New Film on Growing Food, Empowering Communities & Changing Lives. 4pm at the Columbian Theater in Astoria.

### HAPPENING

Cranberrian Fair. A celebration of local harvest including all things cranberry. Foods, vendors, craft demonstrations and more will showcase the area's rich heritage. \$5 collective entrance fee, at the Columbia Pacific Heritage Museum in Ilwaco.

### OUTSIDE

One Sky One World Kite Fly for Peace. At Long Beach. [kitefestival.com/events/one-sky-one-world/](http://kitefestival.com/events/one-sky-one-world/)

### THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

## Monday 10

### MUSIC

Matt Cadenelli. No cover, 8pm at the Adrift Hotel in Long Beach.

→ cont. p21



## theater & performance

### Comedic Farce at the Coaster Theater DON'T DRESS FOR DINNER Thru Oct 22



**Don't Dress For Dinner Cast:** (l to R) Jenni Tronier, Jean Rice, Jason Hussa and Ryan Hull provide fast-paced hilarity in this Coaster comedic farce, directed by Mick Alderman.

DIRECTED BY MICK ALDERMAN, marital shenanigans and gourmet food go through the comedy blender in *Don't Dress For Dinner*. The Coaster's Fall farce features Ryan Hull, Jenni Tronier, Richard Bowman, Jean Rice, Rhonda Alderman and Stewart Martin. Lighting Design by Mick Alderman, Costumes by Judith Light, and Sets by Krista Guenther.

Story: Bernard is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, whilst his wife, Jacqueline, is away. He has arranged for a Cordon Bleu chef to prepare gourmet delights, and has invited his best friend, Robert, along to provide his alibi. It's foolproof; what could possibly go wrong? Well.... suppose Robert turns up not realizing quite why he has been invited. Suppose Robert and Jacqueline are secret lovers, and consequently determined that Jacqueline will

NOT leave for the weekend. Suppose the cook has to pretend to be the mistress and the mistress is unable to cook. Suppose everyone's alibi gets confused with everyone else's. An evening of hilarious confusion ensues as Bernard and Robert improvise at breakneck speed.

CAUTIONS: If this were a movie it would be rated PG-13. *Don't Dress for Dinner* includes mild profanity and adult themes. Teens who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your younger children, they may be confused. Your own judgment is the best guide for your family.

**Performances:** September 23 – October 22, 2016, 7:30pm, Sunday shows start at 3:00pm.  
**Tickets:** [coastertheatre.com](http://coastertheatre.com)

### Aaron Larget-Caplan

Virtuoso guitarist Aaron Larget-Caplan returns to Astoria on Sunday, October 30 for an exhilarating concert celebrating his most recent CD release, 'The Legend of Hagoromo' and the music of J.S. Bach, Mussorgsky and John Cage. Larget-Caplan takes audiences on a musical journey of colors, cultures and revolutions, interspersed with stories about the music and composers. The concert is at Grace Episcopal Church, 1545 Franklin Ave, at 3 pm. Tickets are \$15 at the door, with those 15 and under admitted free.

#### October 30 at 3pm

Virtuoso Afternoon Recital with Aaron Larget-Caplan  
Grace Episcopal Church, 1545 Franklin Ave, Astoria  
Tickets at the door: \$15 – general,  
Free – 15 & under [www.ALCGuitar.com](http://www.ALCGuitar.com)



### AT THE COASTER Saturday, Oct. 29 7:30pm

Join the Coaster Theatre Playhouse for an evening of ghoulish and ghostly delights as they celebrate the Halloween season with an evening of music and revelry featuring guitar virtuoso Aaron Larget-Caplan, a costume dance competition, presentation by Cannon Beach belly dance groups and a preview of *The Complete Works of William Shakespeare (Abridged) [Revised]*.

## ASOC Neil Simon Classic BAREFOOT IN THE PARK

SET IN THE SIXTIES, this romantic comedy revolves around a young couple battling the day-to-day ups and downs of being newlyweds, coming to terms with whom they married, and who they really wanted to begin with! With a surprise visit from the loopy mother-in-law, and the continued rub of differing sensibilities, anything that can go wrong, does, leaving the audience in stitches and engaged as they watch this all-to-familiar story unravel before their very eyes!

THE CAST: Bob Goldberg & Eric Bredleu as Telephone Man, Neen Drage as Mother, Jason Hippert as Victor, Ben VanOsdol as Paul and Alicea Settlemaier as Corie.

ASOC is pleased to introduce Lisa Fergus as the Director of this fall show! Lisa is a veteran director from the Coaster Theatre (Cannon Beach) and comes with many years of experience directing such shows as "Beauty and the Beast" and her recent show, "9 to 5".



**Barefoot Cast:** (L to R) Alicea Settlemaier, Jason Hippert, Neen Drage, and Ben Van Osdol.

**PERFORMANCE DATES** are Fridays and Saturdays, October 7, 8, 14, 15, 21 and 22. There will be one matinee, October 16 at 2pm. The house opens 30 minutes before each performance.

## TAPA • Musical Revue! Lulu's Back in Town

LULU'S BACK IN TOWN is a musical revue that pays tribute to those crazy ladies, the "Lulus" we all love, that have inspired song after song since the 1920's. Miss Otis of Miss Otis Regrets, Delta Dawn, and Edie Bouvier Beale from "Grey Gardens" are just a few. Jazz classics *Twisted and Doodlin'* are also on the menu. It also features songs that have been reinterpreted to take on a new – dare we say – hysterical, meaning. Did you ever think that the Partridge Family's *I Think I Love You* would be interpreted from the perspective of a stalker? Kathy Gervasi is accompanying the revue on the piano, and TAPA veterans Brenna Sage, Margaret Page, and Julie Bucknam, Steele Fleisher and Carina Grossman will be featured in this hilarious revue.

**PERFORMANCE DATES:** October 7-8, 14-15 at the Doors open at 6:30pm, show begins at 7pm. Tickets are on sale at Diamond Art Jewelers in Tillamook, (503-842-7940) and can also be purchased at the door. Adults are \$15.00, 12 years and under are \$10.00 and a family of four are \$40.00. Barn Community Playhouse located on 12th and Ivy in Tillamook, Oregon.



**LULU CAST:** (L to R) Brenna Sage, Steele Fleisher, Kathy Gervasi. Seated – Julie Bucknam, Margaret Page, On floor – Carina Grossman



## Leslie Peterson Sapp: Shades of Noir at RIVERSEA

**IN SHADES OF NOIR**, a solo exhibition at RiverSea Gallery, Portland area artist, Leslie Peterson Sapp has used images sourced from classic film noir of the 1940s and 1950s to create a compelling series of mixed media paintings with elements of collage. The characters portrayed form a web of intrigue and moral ambiguity subject to the workings of society's shady underside, much like the films themselves. The paintings allude to exploits of daring and danger, complicated plot twists and mysteries to be solved.

The show opens Saturday, October 8, meet the artist at a reception held during Astoria's Second Saturday Artwalk from 5 to 8pm. The artwork will remain on display through November 8. A second reception, in conjunction with the Astoria International Film Festival, will be held on Saturday, October 22, from 6:00 to 8:00.

Followers of the artist are familiar with her use of vintage photographs as inspiration, and her technique of painting on plywood panel in such a way that areas of exposed wood grain are used as design elements. As part of her process, Peterson Sapp began making small collages as preparatory studies for her paintings, then creating a painting based on the collage. Her small collage studies of each painting will also be exhibited in the show and available for purchase. Far from being casual studies, each is a fully developed work on its own, and viewers will be able to see the progression of the artist's vision from small collage to larger painting.

Peterson Sapp has been a represented artist at RiverSea Gallery since 2011, and has regularly exhibited in solo and juried group shows throughout Oregon and Washington since 2008. She attended Parsons School of Design and Queens College, NY, where she graduated Cum Laude with a BFA in painting.

**RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Mon-Sat, 11:00 - 5:30/Sun 11-4pm. 503-325-1270 riverseagallery.com**



Leslie Peterson Sapp, *The Blueprint Remains*

**ALSO AT RIVERSEA.** Donna Lee Rollins: Hand Painted Black and White Photographs

A solo exhibition in RiverSea Gallery's Alcove space features new work by Astoria photographer, Donna Lee Rollins. This show, *Atmospheric Veil*, consists of hand painted black and white landscape photographs exploring the effects of fog, mist and wave. The exhibition opens Saturday, October 8 with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00, with the artist on hand to discuss her style and techniques. The work will remain on display through November 8, 2016.

Rollins holds an MFA from Rochester Institute of Technology and has taught photography at universities in New England. While in graduate school she began to explore the historic, alchemic processes and techniques that continue to define her work and artistic viewpoint to this day.



Donna Lee Rollins, *Misty Dawn*

## REMNANTS @ LightBox

LIGHTBOX PHOTOGRAPHIC Gallery will hold a second Reception for the exhibit "Remnants" on Saturday, October 8th from 5-8 p.m. Remnants, an exhibit of photographic art using historical processes in the modern day, opened on September 10th and has been extended until November 5th.

The exhibit includes the work of 45 photographers with 72 pieces, using over 20 different historical alternative photographic processes. Many talented photographic artists using these methods, including 18 college professors of alternative photographic processes from around the world, are participating in this show of extraordinary works. As photography moves forward in the 21st century and advances with modern technology, some artists have intentionally chosen to return to the roots of photography, incorporating antiquarian processes to further their artistic expression.

Jurors Nikolova and Kratzer are modern day alchemists practicing heliograph processes of the 19th Century and the handcrafting of unique image-objects. They live in the Bay Area of California.

LightBox Directors Michael and Chelsea Granger have held over this exhibit in order to give an opportunity for more individuals from Astoria and the NorthWest to be able to come in and see this one of a kind show.

"When juror Kaden Kratzer told me that this show would never be able to happen in New York or San Francisco, that the independence and focus of our gallery allowed us to conceive and host the Remnants exhibit, and that he had never seen such a broad and technically proficient show of alternative photography, I knew that we needed to extend this show and allow more people to see this work. We hope that the community will take that opportunity and come in to see this amazing exhibit." ~ Michael Granger

**LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238 or at [info@lightbox-photographic.com](mailto:info@lightbox-photographic.com), visit [lightbox-photographic.com](http://lightbox-photographic.com), enjoy past, current and upcoming exhibits.**



Jacqueline Webster, *Golden Co. Celery*

## AVA a-i-r Katie George and Terry Robinett

ASTORIA VISUAL ARTS welcomes local artists, Katie George and Terry Robinett, to work in its two downtown studios rent-free from October through December as part of the AVA artist-in-residence (AVA a-i-r) program.

Katie George, a Svensen native, focuses on realism and scientific illustration in her work. Although primarily self-taught, George took a handful of art classes while studying at Lewis & Clark College in Portland. It was during her undergraduate years, as a student of biochemistry and molecular biology, that she became interested in scientific illustration. She was awarded a research grant to travel to Yasuni National Park in the Ecuadorian Amazon to create illustrations of local medicinal plants. The series of drawings that resulted were displayed at the College's Watzek Library in 2014 and helped raise awareness of the deforestation and oil extraction occurring in Yasuni. Since creating these illustrations, George has changed her primary medium to pyrography (wood burning), although she also works in watercolor, oil, pen and ink, graphite, charcoal, pottery, and sculpture.

Terry Robinett spent her childhood in a suburb of Boston and her teen years in a small town on the Suwannee River in North Florida. She now

lives in Astoria with her husband, dog and three cats. As a child, Robinett found great pleasure in drawing and writing stories, usually about horses or bugs or monsters,



George - the medium of pyrography

which she illustrated and stapled together as little books. As she transitioned to living in the South, she found her place working on high school yearbooks and newspapers for which she did artwork, designed layouts and wrote copy. In 1991, she traveled West on a Greyhound bus to housesit for an older sister and promptly fell in love with Oregon.

Robinett attended Portland State University, studying Fine Arts and Painting under modern artist Mel Katz. By 1996 she was a founding member of the Hawthorne Arts Guild and Gallery in Portland and a partner with Portland's Broderick Gallery. She served as the art director of the Al-Female FIRE FESTIVAL 1997, represented by the OMNI Gallery, and showed her paintings at alternative spaces around Portland. Robinett also has worked creatively in film and theater, which included stints of directing, performing and stagecraft. She moved to Astoria with her husband, Todd, in 2014 and, once settled, recovered long-held interests in a variety of arts media. The Robinetts own and operate the Merry Time Bar and Grill on Marine Drive in Astoria.



Robinett



George

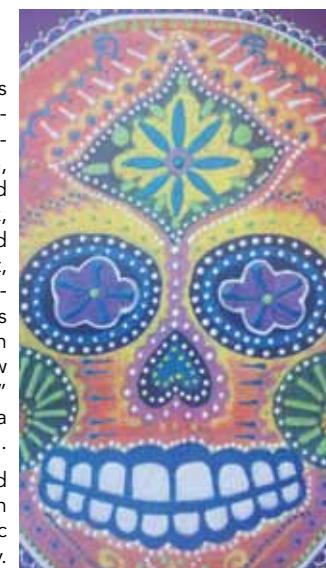


Robinett

## It's The Season Luminari Arts

Luminari Arts celebrates the season with autumnal cheer and anticipation of All Hallow's Eve, on Oct. 9, Astoria 2nd Saturday Art Walk, 5-8pm. Day of the Dead artwork by Debris deArt, prints by Cory Bloomberg and new works from Cedar Mountain Works. Visit their new "Bored of Directors" portraits by Angela Rossi.

Luminari Arts is located at 1133 Commercial in Astoria. Enjoy live music and treats. Open Daily.



Debris deArt, acrylic on reclaimed wood



## In Their Footsteps Astoria During the Golden Age of Postcards Andrea Larson Perez

LEWIS AND CLARK National Historical Park, Fort Clatsop, presents Astoria During the Golden Age of Postcards by Andrea Larson Perez on Sunday, October 16 at 1:00 p.m.

Andrea Larson Perez' new book Astoria is in Arcadia Publishing's Postcard History Series. The postcards in this visual history book have been shared by local residents. They have been lovingly handled and carefully organized by Perez to give an inspiring glimpse of the past industry and spectacle that created today's Astoria.

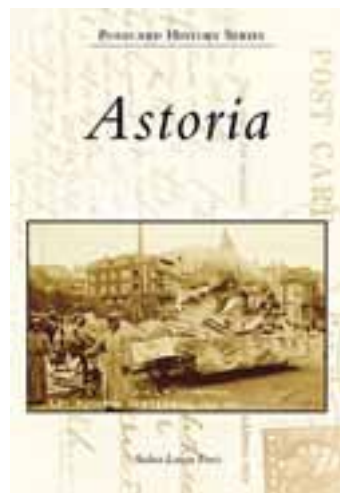
Astoria has always inspired residents and visitors. The town's natural beauty and accessible everyday life invites documentation. Those lucky enough to experience Astoria sense they are witnessing something special. More than a century ago, it was a place of big fish, big trees, big dreams, and big

personalities. Luckily, many professional photographers and everyday shutterbugs made it their business to capture life on the Lower Columbia from the earliest days of photography. Today, there are fewer giant salmon and the remaining old growth trees are protected,

but the town, dreams, personalities, and photographs remain.

Perez' Astoria book is available from the Lewis & Clark National Park Association bookstore in the Fort Clatsop visitor center. There will be a book-signing at this bookstore following her presentation.

These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge. FMI: (503) 861-2471 or check out [www.nps.gov/lewi](http://www.nps.gov/lewi) or Lewis and Clark National Historical Park on Facebook.



## Dark & Stormy Nights at the Driftwood Library

DRIFTWOOD PUBLIC LIBRARY joyfully announces the schedule of mystery writers for its 13th annual Dark & Stormy Night series for this October. This will be the 13th year in which the library invites mystery authors to speak in Lincoln City. The series takes place at the library at 4pm, Thursday afternoons in October, beginning October 6th.

Fourteen years ago, Driftwood teamed with the late Marcy Taylor to bring Northwest mystery writers to the Oregon coast. That first year was so successful that the series has continued every October.

**RON LOVELL** author of The Thomas Martindale Mysteries opened the series on October 6th. The series continues on OCTOBER 13TH with a visit from **SHERMAN SMITH**. Sherman has worked many jobs over the years, including insurance agent, regional sales training instructor, book store owner, stock broker, and

Internet marketing director. Of all those jobs, his most satisfying is the one he took up in his mid-fifties: writer.



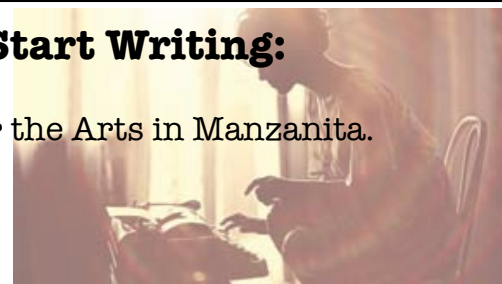
Currently a resident of Lincoln County, Sherman's most recent book is "Silencing the Blues Man."

OCTOBER 20TH welcomes **ARLENE SACHITANO**. Arleneworked in the electronics industry for almost thirty years, including stints in solid state research as well as production supervision. Arlene is handy being both a knitter and a quilter. She puts her quilting knowledge to work, writing the Harriet Truman/Loose Threads mystery series, which features a long arm quilter as the amateur sleuth. Arlene divides her time between homes in Portland and Tillamook that she shares with her husband and their canine companion, Navarre. Her most recent book is Disappearing Nine Patch.

The series wraps up on OCTOBER 27TH with a visit from **CAROLYN ROSE**. Carolyn is the author of 6 books in the "Subbing isn't for Sissies" series, the most recent of which is "No Substitute for Motives." She has several other series, and often writes with her husband, Mike Nettleton.

Dark & Stormy Night series is free to the public. Driftwood Public Library is located at 801 SW HWY 101 in Lincoln City on the 2nd floor of the City Hall building, across the street from Burger King and adjacent to Price 'n Pride Grocery Store. 541.996.1242

## Save the Date and Start Writing: One-Act Play Competition at the Hoffman Center for the Arts in Manzanita.



THE HOFFMAN CENTER for the Arts will host a new one-act play competition. Writers will have the opportunity to attend two workshops on play-writing on Saturday, Nov. Submissions will be due January 14, 2017. Each entry will be randomly assigned to one of three judges. All submissions will be blind submissions for judging. The top three submissions will be performed in a Reader's Theater event at the HCA on March 11, 2017.

### The Judges:

**Anne Osborne Coopersmith** of Nehalem. She is an accomplished local actor with the Tillamook Association for the Performing Arts, The Coaster and Riverbend Players. She has adapted material for and directed and read in readers theater as well as acted in multi-act plays.

**George Dzundza** of Tillamook is well known as a character actor for his roles on stage and in front of the camera, including among others "The Deer Hunter" and "Basic Instinct," and performances on "Law & Order" and "Grey's Anatomy." Dzundza has been involved in productions on Broadway, national tours, off-Broadway, off-off-Broadway, regional theater, dinner theater and community theater. He is founding member of the coastal nonprofit Rising Tide Productions and recently directed the play "I am My Own Wife" at NCRD in Nehalem.

**Carole Zucker**, Ph.D., of Portland, Professor Emerita, Film Studies, Concordia University, Montreal. See full bio below.

### WORKSHOPS NOV. 5

From 9-30-1030, a free Introduction to Script-Writing will be presented by Sue Jelineo and Linda Macahon, both Riverbend Players, covering format, character development, plot, dialogue writing and what directors and actors like and dislike about scripts along with a Q&A about the competition. Each participant will leave with an extensive handout.

The session that follows, from 11-1, and 2-5, is presented by Carole Zucker. The class will consider the novella of *Postman Always Rings Twice*, studying how it was adapted from two different versions of the David Mamet screenplay, considering how the scripts changed during production. Zucker has the group look at acting, writing, directing, to see how it changes from book to screenplay, to

consider how this affects the participants own script-writing.

Fee is \$50. Registration is at [hoffmanblog.org](http://hoffmanblog.org).



Carole Zucker, Ph.D., Professor Emerita, Film Studies, Concordia University, Montreal, Quebec is known as Montreal's "Acting Guru." She studied at The Neighborhood Playhouse, and with Uta Hagen at HB Studios, both in New York City. Carole has performed in numerous off-Broadway productions, as both an actor and a singer, and in regional theater in the U.S. and Canada.

She has a doctorate from New York University in Cinema Studies, and taught Film Studies at The Mel Hoppenheim School of Cinema, Concordia University Montreal for three decades.

Zucker is author of seven books, and has written essays for many of the major film journals in the US and Canada.

She has lectured widely on performance in the US, Canada, and various locations in Europe, has taught workshops at the Flynn Center for the Performing Arts and The Off Center for Dramatic Arts in Burlington, Vermont, and has taught at The Portland Actors Conservatory and at The Portland Playhouse. The Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) [hoffmanblog.org](http://hoffmanblog.org) <<http://hoffmanblog.org>> online or contact Sue Jelineo, [sjelineo@nehalem.tel.net](mailto:sjelineo@nehalem.tel.net).

## Ric's Poetry Mic • First Tuesdays @ Winecraft

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 is named Ric's Poetry Mic and is 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. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <[mmcauley05@gmail.com](mailto:mmcauley05@gmail.com)>



## Tuesday 11

### MUSIC

Matt Cadenelli. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 12

### MUSIC

Jack Martin. No cover, 8pm at the Adrift Hotel in Long Beach.

Mike Metzner and Joey Patenaude. No cover, 8:30pm at the Voodoo Room in Astoria.

### ART

Artist-in-Residence Show and Tell. Free, 6pm in the Boyden Studio at the Sitka Center near Otis.

### LECTURE

SALTY Talks. A Convenient Place to Make Salt. With Tom Wilson. Free, 6pm at the Salt Pub and Hotel in Ilwaco.

## Thursday 13

### MUSIC

Jacob Westfall. No cover, 7pm at the Sand Trap Pub in Gearhart.

Jack Martin. No cover, 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Laksloda Annual Luncheon. \$12, 11:30 – 2pm at Soumi Hall in Astoria.

### LITERARY

Dark and Stormy Nights. Mystery Author Sherman Smith will read from his work. Free, 4pm at the Driftwood Public Library in Lincoln City.

## Friday 14

### MUSIC

Water Music Festival. Pearl Django. \$35, 6:30pm at the Inn at Harbour Village in Ilwaco. [watermusicfestival.com](#)

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

Virtual Ground. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

### ART

Opening Reception. Extreme Studies by the MIX Fabric Art Group. 5 – 7pm at the Chessman Gallery at the Lincoln City Cultural Center.

### LECTURE

This Place. A community conversation about power, place, home, and belonging. 6pm at the Astoria Public Library.

### OUTSIDE

Wild Mushroom Hike. With Dane Osis. 1 – 3pm at Battery Russell at Fort Stevens, Warrenton.

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Lulu’s Back in Town. Musical Revue. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Don’t Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 15

### MUSIC

Water Music Festival. Cavatina Duo. \$30, noon at the Oysterville Church in Oysterville. [watermusicfestival.com](#)

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

Virtual Ground. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

### HAPPENING

Sustainable Gardening by Propagating Herbaceous Plants. Workshop, Plant Clinic, and Peony Root Sale. 10am – 1pm at the Columbia Pacific Heritage Museum.

Oktoberfest – Chinook Style. Food, live music, beer, silent auction. \$5 admission, \$20 admission + dinner. 5 – 8pm at the old Chinook School.

Home & Chef Tour. Featuring 5 Astoria vintage and historic homes, and amazing treats from top local chefs. \$30, 11am – 4pm. FMI call 503-738-0313

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.

Plant Sale and Presentation. On Fall planting with Petal Heads Nursery. 1 – 3pm at the Connie Hansen Garden in Lincoln City.

### FOOD & DRINK

Wine Tasting. New Fall Releases. 1 – 4pm at the Cellar on 10th in Astoria.

### LITERARY

Written in the Sand. Fifteen authors from around the Northwest will discuss and sign their work at this event. 1 – 4pm at Beach Books in Seaside.

Manzanita Writer’s Series. Author Liz Prato will read from her story collection, “Baby’s on Fire”. \$7, 7pm at the Hoffman Center in Manzanita.

### OUTSIDE

Mysterious Wild Mushrooms of Fort Stevens. With Dane Osis. 1 – 3pm at the picnic shelter at Coffenbury Lake in Fort Stevens, Warrenton.

Explore Nature Series. A guided tour through mushroom wonderland with Ida Gianopulos. 10am – noon at Oswald West State Park. \$20, registration required. 503-368-3203

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Lulu’s Back in Town. Musical Revue. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Don’t Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 16

### MUSIC

Live music. 10am – 3pm at the Astoria Sunday Market.

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

Peter & Will Anderson Jazz Trio. \$18 in advance, 7pm at the Lincoln City Cultural Center.

Winston Jarrett. 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.

### LECTURE

In Their Footsteps. Astoria During the Golden Age of Postcards. With Andrea Larson Perez. 1pm in the Netul room at the Fort Clatsop Visitor Center.

### OUTSIDE

The Great Columbia Crossing. A 10K walk/run across the Astoria/Megler Bridge. \$40 + \$5 for chip timing + \$15 for t-shirt. Register at: [greatcolumbiacrossing.com/about/registration](#) before 10/16.

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 2pm at the ASOC Playhouse in Astoria.

## Monday 17

### MUSIC

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

### FOOD & DRINK

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

## Tuesday 18

### MUSIC

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

## Wednesday 19

### MUSIC

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

Lucy Barna. Acoustic Singer-Songwriter at the San Dune Pub . 6-8pm in Manzanita.

### HAPPENING

Dog Show on the Beach. 9am – 3pm at Surfsand Resort in Cannon Beach.

## Thursday 20

### MUSIC

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

Matthew Szlachetka. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

### LECTURE

Oysterville Town Hall and Lecture Series. A Lot of Good Stories. With Ernie Soule. 10am – 11pm at the Oysterville Schoolhouse.

### LITERARY

Dark and Stormy Nights. Mystery Author Arlene Sachitano will read from her work. Free, 4pm at the Driftwood Public Library in Lincoln City.

### THEATER

Jake’s Women. 7:30pm at Theater West in Lincoln City.

## Friday 21

### MUSIC

Michael McDonald. \$40 - \$55 at Chinook Winds in Lincoln City.

The Waysiders. And guests. At the Voodoo Room in Astoria.

One Brick Shy. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

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

### CINEMA

Astoria International Film Festival. goaiff.com

### HAPPENING

A Tour to Die For. Departing from the Lincoln City Cultural Center, embark on a journey through local legend and see history come to life in Pioneer Cemetery. \$25. Tours begin at 5:30, 6, 6:30, and 7pm in Lincoln City. 800-452-2151

### OUTSIDE

Wild Mushroom Hike. With Dane Osis. 1 – 3pm at Battery Russell at Fort Stevens, Warrenton.

McMenamins Championship Tournament. \$60 per layer, 1pm shotgun start. At the Gearhart Hotel.

### THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Don’t Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Jake’s Women. 7:30pm at Theater West in Lincoln City.

## Saturday 22

### MUSIC

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

Michael McDonald. \$40 - \$55 at Chinook Winds in Lincoln City.

One Brick Shy. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

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

### CINEMA

Astoria International Film Festival. goaiff.com

Saturday Morning Matinee. The Wandering Reel. \$2, 11am at the Bijou Theater in Lincoln City.

The Rocky Horror Picture Show. Movie, costume contest, and live show. \$14 plus a can of food for the Lincoln City Food Pantry. Midnight at the Bijou Theater in Lincoln City.

### FOOD & DRINK

Wine Tasting. NW Premier Wineries. 1 – 4pm at the Cellar on 10th in Astoria.

Winemaker’s Dinner. NW Premier Wineries. \$125 per person, reservation required. 6pm at the Cellar on 10th in Astoria. 503-325-6600

### HAPPENING

A Tour to Die For. Departing from the Lincoln City Cultural Center, embark on a journey through local legend and see history come to life in Pioneer Cemetery. \$25. Tours begin at 5:30, 6, 6:30, and 7pm in Lincoln City. 800-452-2151

### LECTURE

Zooming in on Mushrooms. Join biologist Catherine Creech as she guides you on a journey to a world unseen and reveals how electron microscopy can lend

# WEEKLY

## Friday

### MUSIC

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

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

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

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

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

### HAPPENING

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

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

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

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

## Saturday

### MUSIC

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

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

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

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

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

### FOOD & DRINK

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

## Sunday

### MUSIC

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

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

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

## Monday

### HAPPENING

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

## Tuesday

### MUSIC

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

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

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

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

### HAPPENING

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

### THEATER

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

## Wednesday

### MUSIC

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

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

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

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

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

### LITERARY

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

### SPIRITUAL

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

## Thursday

### MUSIC

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

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

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

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

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

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

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

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

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



MORE MUSIC



WINSTON JARRETT

Winston Jarret and the Rightous Flames a part of Jamaica's rich history in the golden days of reggae 1960s and ever forward. Now a Seattlite - this is REGGAE.

Sunday Oct 16, 8pm, Fort George in Astoria



Tents

A nice warm bed of sentient pop out of Portland.

Fri/Sat/ Oct 21 + 22, 9pm, The Adrift in Long Beach



Groovy Wallpaper

Groovy Wallpaper is Skip vonKuske (Portland Cello Project, Vagabond Opera, Cellotronik) and Don Henson (Sneakin Out, The Adequates, The Druthers, Kathryn Claire). Skip is Portland's foremost

cellist and Don is known for his Rube Goldberg-like percussion set up and performance. Innovative, fascinating and marvelously fun!

Thursday, Oct 27, 7-10pm, The Sand Trap in Gearhart.

a hand in identifying our fungal friends. 1pm at the Tillamook Forest Center.

THEATER

Barefoot in the Park. Comedy. \$7 - \$16, 7pm at the ASOC Playhouse in Astoria.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Jake's Women. 7:30pm at Theater West in Lincoln City.

Sunday 23

MUSIC

Kevin Lee Florence. No cover, 7pm at the Adrift Hotel in Long Beach.

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

CINEMA

Astoria International Film Festival. goaiff.com

HAPPENING

Music & Art on the Rocks. A celebration of Rockaway talent--music, poetry and artistic expression. 6pm dinner and show for \$25, 7pm show is \$7:50. At the Sand Dollar Restaurant and Lounge in Rockaway Beach.

LITERARY

Open Mic for Literary Arts. Open mic for poets, story tellers, comedians, and songwriters. MC Neal Lemery. Free, 6:30 - 8:30pmat Yo Time Frozen Yogurt in Tillamook.

Monday 24

MUSIC

Kevin Lee Florence. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 25

MUSIC

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

HAPPENING

NCLC Trust Anniversary Party. Help celebrate 30 years of coastal conservation with live music, raffle, silent auction and more. Starts at 4:30 upstairs at Fort George in Astoria.

Wednesday 26

MUSIC

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

Thursday 27

MUSIC

Groovy Wallpaper. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

Reid Jamieson. \$15 in advance, 7pm at the Lincoln City Cultural Center. 541-994-9994

LITERARY

Dark and Stormy Nights. Mystery Author Carolyn Rose will read from her work. Free, 4pm at the Driftwood Public Library in Lincoln City.

THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.

Friday 28

MUSIC

The Grand Gospel Gala. 7pm at the Lincoln City Cultural Center.

The Revolving Door. No cover, 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

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

CINEMA

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

HAPPENING

A Tour to Die For. Departing from the Lincoln City Cultural Center, embark on a journey through local legend and see history come to life in Pioneer Cemetery. \$25. Tours begin at 5:30, 6, 6:30, and 7pm in Lincoln City. 800-452-2151

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

OUTSIDE

Wild Mushroom Hike. With Dane Osis. 1 - 3pm at Battery Russell at Fort Stevens, Warrenton.

THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.

Saturday 29

MUSIC

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

The Bond Street Blues Band. Halloween Dance Party. No cover, 7pm at the Sand Trap Pub in Gearhart.

The Revolving Door. No cover, 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

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

CINEMA

Saturday Morning Matinee. Murder! \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

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

HAPPENING

Halloween Bash. Live music by Aaron Larget-Caplan, costume competition, belly dance presentation, and more. \$15 - \$20, 7:30pm at the Coaster Theater in Astoria.

A Tour to Die For. Departing from the Lincoln City Cultural Center, embark on a journey through local legend and see history come to life in Pioneer Cemetery. \$25. Tours begin at 5:30, 6, 6:30, and 7pm in Lincoln City. 800-452-2151

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

Black and Boo Ball. A costume party for adults. Free admission, 9pm at Chinook Winds in Lincoln City.

THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.

Sunday 30

MUSIC

North Coast Symphonic Band. All Tricks, No Treats, seasonal symphonic music, with guest Mark Goodenberger. Pre-

SALTY Talks presents an evening of conversation Wednesday, Oct. 12 at Ilwaco's SALT Pub & Hotel

From currency to seasoning, salt has played a vital role in human history and survival. National Park Service ranger Tom Wilson will discuss the importance of salt for the Lewis and Clark Expedition, which Corps members made salt, and how it was made. Wilson will share how the current Salt Works site became a memorial to the expedition's salt making endeavors.



Wednesday, October 12 event starts at 6:30 p.m. upstairs at the Salt Pub & Hotel in Ilwaco. The event is free and open to the public. Come early or stay late for those wanting to purchase dinner or beverages.

show @ 1:30pm with jazz guitarist Dave Drury. 2pm. \$15. Liberty Theater.

Aaron Larget-Caplan. \$15, 3pm at Grace Episcopal Church in Astoria.

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

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

HAPPENING

Talking Tombstones. Free, 1 - 3pm at a Clatsop County cemetery TBA.

OUTSIDE

SOLV Beach Cleanup. Noon - 3pm at a Beach near you. FML: solvoregon.org

Monday 31

MUSIC

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

HAPPENING

Trick or Treat Off the Street. 5 - 7pm at the Lincoln City Outlets.

Halloween Spooktacular. Silent movies, antique radio clips, fortune teller, crafts and games. Kids, wear your costumes and prepare for some delicious candy treats. Free, starting at 3:30pm at Lakeview Senior Living in Lincoln City.

Tuesday 1

MUSIC

Ben Larsen. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Iron Chef Goes Coastal. Watch local chefs compete for the coveted title. \$35 - \$75 at the Seaside Convention Center. Get tickets at clatsopunitedway.ejoinme.org/MyEvents/IronChefgoesCoastalforUnitedWay/BUYTICKETSNOW/tabid/806064/Default.aspx

HAPPENING

Slide Show. Journey to the Bottom of the Grand Canyon. 1 - 3:30pm at the South Tillamook County Library in Pacific City.

LITERARY

Ric's Poetry Mic. Every first Tuesday. 7 - 8:30pm, sign up at 6:45. At WineKraft in Astoria.

Wednesday 2

MUSIC

Ben Larsen. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

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

Thursday 3

MUSIC

Ben Larsen. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

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

LECTURE

Oysterville Town Hall and Lecture Series. Remember Where You Started From. With Susan Holway. 10am - 11pm at the Oysterville Schoolhouse.

THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.

Friday 4

MUSIC

Pilar French. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

ART

Stormy Weather Arts Festival. cannon-beach.org/events/Entertainment/29th-Stormy-Weather-Arts-Festival

OUTSIDE

Wild Mushroom Hike. With Dane Osis. 1 - 3pm at Battery Russell at Fort Stevens, Warrenton.

THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.



## Saturday 5

### MUSIC

Albert Reda. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Brady Goss. \$20 in advance. 7pm at the Lincoln City Cultural Center. 541-994-9994

Ora Cogan. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

### ART

Stormy Weather Arts Festival. cannon-beach.org/events/Entertainment/29th-Stormy-Weather-Arts-Festival

### FOOD & DRINK

Wine Tasting. Ken Wright Cellars. 1 – 4pm at the Cellar on 10th in Astoria.

### HAPPENING

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

Trivia Contest Event. A combination of scavenger hunt and trivia contest. \$2, 11am – 5pm at the Cannon Beach History Center and Museum.

Saturday Pile-up. Bring your own car for the Car Show, Bench Racing, Tailgate Party and Jam Session. 11am at Lincoln Auto Supply in Lincoln City.

### THEATER

Jake's Women. 7:30pm at Theater West in Lincoln City.

## Sunday 6

### MUSIC

Andy Hackbarth Trio. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

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

### ART

Stormy Weather Arts Festival. cannon-beach.org/events/Entertainment/29th-Stormy-Weather-Arts-Festival

## Monday 7

### MUSIC

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

## Tuesday 8

### MUSIC

Benyaro & Jeff Crosby. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 9

### MUSIC

Luke Callen. No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 10

### MUSIC

Luke Callen. No cover, 7pm at the Adrift Hotel in Long Beach.

### ART

Opening Reception. Art Faculty + Regional Artists Exhibit. Art Scholarship Fundraiser. 6pm at the Royal Nebeker Art Gallery at CCC in Astoria.

## Refresh For Fall With Yoga & Writing Workshop In Manzanita

Yoga & Writing: Refreshing Body, Mind, and Community is a one-day workshop on Saturday, October 22 from 9:30 am to 4:30 pm at Tranquil Treasure beach house overlooking the Pacific in Manzanita.

This restorative workshop is designed to allow busy people time and space to explore and renew visions of how they fit within an expansive whole. Theresa Hanks and Phyllis Thompson are skilled facilitators offering a unique blend of writing and yoga designed to nourish the spirit.

THERESA HANKS has completed 500 hours of classic yoga training at Mount Madonna Center in Santa Cruz, California. She taught for years in Hillsboro public schools and sees teaching yoga as her retirement project. For the Manzanita workshop, she will guide participants in gentle and joyful practices that help them connect with the senses and with their gifts.

PHYLLIS THOMPSON is a published writer who has taught writing from Arizona to Puerto Rico, from New York to China, and has worked for over 12 years with students in an Intercultural Relations program based in Portland. She will involve participants in private and playful writing exercises that re-awaken awareness of our place in the family of life. The goal of the day is to draw the resources of mind and body into a vision of gifts that link us in community.

This is a second chance to experience this popular workshop offered last April. Yoga and writing experience are welcome but not required. Open to men and women. The workshop runs from 9:30 am to 4:30 pm on Saturday, October 22nd. \$110 is due by October 11th, but a \$25 deposit can reserve your place earlier. Space is limited to 6 participants. For more information call Theresa at (503) 521-6148 or email yogaandwriting70@gmail.com.



## Written in The Sand Author Event • Beach Books

With winter just around the corner, it is time for the Fifth Annual 'Written in the Sand' authors event at Beach Books. This year fifteen featured authors from all over the Pacific Northwest literarily convive. Stop in and meet local & regional authors. Signed books available. Beach Books, 616 Broadway, Seaside, is proud to be sponsoring this Fifth Annual 'Written in the Sand' event on Saturday October 15, 1pm – 4pm. Wine & cheese will be served. This is a fun event for readers of all ages. Beach Books is located at 616 Broadway in Seaside. (503) 738.3500 beachbooks37@gmail.com  
Featured Authors to date: Cindy Brown, Calvin Cahail, Rebecca Harrison, Paula Judith Johnson ©TheresaTBrown®, Ruth Linderman, Peter Lindsey, Gloria Linkey, Macalino Family, Melissa Ousley, Nick Visiloeff, Honey Perkel, Brian DÆ Ratty, Connie Soper, Jim Stewart, Deb Vanasse.

## NCSB PRESENTS “ALL TREATS - NO TRICKS” OCTOBER 30 AT THE LIBERTY



DAVE BECKER OF MANZANITA returns for his sixth season as conductor and musical director of the North Coast Symphonic Band. The first concert of the band's thirty-seventh season is Sunday, October 30, 2pm at the Liberty Theater in Astoria, Oregon. The afternoon will start with a pre-show of classic pop and jazz standards by guitarist David Drury at 1:30 P.M. Featured soloist for the afternoon will be former Astorian Mark Goodenberger who is returning to dedicate a marimba he's donating to the NCSB in memory of his mother Peggy Goodenberger.

The theme of the afternoon's concert is "All Treats - No Tricks." Unlike previous October concerts where Becker jumped out of a coffin and Godzilla made an appearance onstage, Becker says this year's concert will focus on repertoire with melodies that are easy to follow accompanied by pleasant harmonies. The fifty-member community band will perform "Merry Music" by Frigyes Hidas, Hungary's most popular composer in recent times; "Cakewalk" by Hershy Kay, orchestrator for Leonard Bernstein's Broadway music; and John Higgen's arrangement of tunes from Disney movies. Another treat on the afternoon concert program will be "A Flourish of Sprites" by Dan Ogren, former music teacher in the Lake Oswego Schools. This piece was written for the Lake Oswego Millennium Community Band so musicians could have fun making music together and audiences could enjoy tapping their toes along with the tunes. NCSB flutist Bona Choi will perform John Barnes' "Autumn Soliloquy" which uses the flute and band to portray the colors of the swirling leaves of fall.

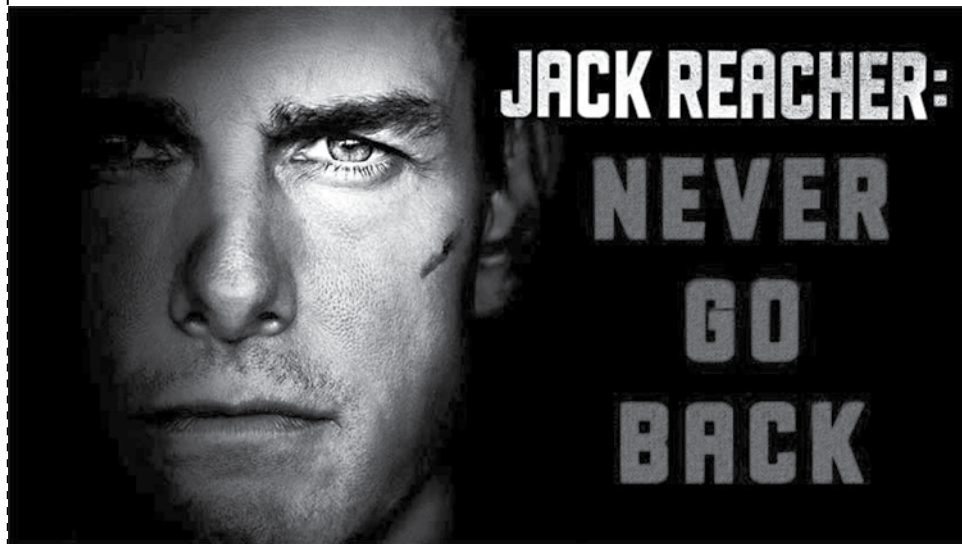
Featured marimba soloist Mark Goodenberger will perform "Light for Peggy," a new arrangement of a composition he premiered at his mother's memorial service in 2015. Mark Goodenberger is active as a Baroque specialist and performs on kettledrums with the Portland Baroque Orchestra. As a concert

recitalist, he performs many of his own compositions joining elements of theater, dance and vaudeville into the diverse world of percussion. Goodenberger is a Yamaha Percussion Performing Artist. His mother Margaret "Peggy" Goodenberger was an Astoria resident for thirty-one years. She was active at First Presbyterian Church in Astoria during the years her husband John pastored there and she was also involved in Church Women United, AAUW, and P.E.O. The Astoria/Warrenton Chamber of Commerce awarded Peggy Goodenberger the George Award in 1980 for her work in developing the local Ostomy Association and the local branch of AAUW selected Peggy in 2011 as one of one hundred women who help make Astoria unique.

Seasonal music for the concert includes Camille Saint-Saën's "Danse Macabre" based on the French superstition that Death returns at midnight on Halloween and summons the skeletons to leave their graves to dance with him while he plays music on the fiddle. The NCSB will also perform the award-winning new piece "Haunted Carousel" by Erika Svanoe featuring the sound of the Theremin, an electronic instrument often used in old science fiction and horror movies. Dave Becker will play the Theremin part on his iPad!

**Tickets available at the Liberty Theater Box Office, 1203 Commercial, in Astoria, from 2-5:30 PM Wednesday through Saturday and two hours before the performance, or call 503-325-5922, ex. 55. \$15. Student tickets (age 13 to 21) are \$7, children 12 and under are free. www.northcoastsymphonicband.org, Facebook or call 503-325-2431. New musicians interested in joining the band are encouraged to leave contact information with personnel director, Lee Stromquist, at encore1@charter.net.**





**JACK REACHER:** Never Go Back (Oct. 21) Tom Cruise returns to the role of the loner, ex-military policeman who roams the United States trying to keep out of trouble and inevita-



**MEL GIBSON** returns from filmmaking purgatory with his first directorial effort in ten years.

**THE ACCOUNTANT** (Oct. 14) Action thriller with the offbeat casting of Ben Affleck (the current Batman) as a nerdy CPA who is actually an accountant for criminals, drug cartels and assassins. Affleck plays Chris Wolff, who as a small boy possesses genius-level math ability but also exhibits an extreme level of social disfunction. A young woman (Anna Kendrick) takes an interest in the adult



Wolff, whose social skills remain undeveloped, only to learn that Wolff's mild-mannered exterior hides dangerous secrets. Synopsis: Christian Wolff is a mathematics savant with more affinity for numbers than people. Using a small-town CPA office as a cover, he makes his living as a forensic accountant for dangerous criminal organizations. With a Treasury agent (J.K. Simmons) hot on his heels, Christian takes on a state-of-the-art robotics company as a legitimate client. As Wolff gets closer to the truth about a discrepancy that involves millions of dollars, the body count starts to rise.



Dan Brown's symbolist Inferno

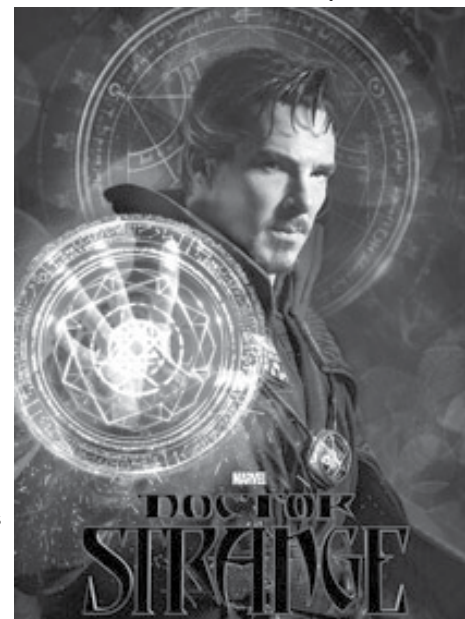
bly failing when a wrong needs righting, an ass needs kicking and a crime needs solving. Probably the most basic and blue collar of all the action heroes Cruise has played. Synopsis: Investigator Jack Reacher (Tom Cruise) springs into action after the arrest of Susan Turner (Cobie Smulders), an Army major accused of treason. Suspecting foul play, Jack embarks on a mission to prove that the head of his old unit is innocent. After crossing paths with the law, Reacher must now go on the lam to uncover the truth behind a major government conspiracy that involves the death of U.S. soldiers.

**INFERNO** (OCT. 28) For the third time Tom Hanks stars as Harvard symbolologist Robert Langdon in the movie of Dan Brown's historical mystery Inferno. When authorities discover a plot by billionaire geneticist Bertrand Zobrist (Ben Foster) to wipe out half the world's population with an engineered plague, they turn to Langdon when they find a high tech device that projects an illustration of Botticelli's Map of Hell found on the body of one of Zobrist's men. Langdon heads to Florence and teams up with doctor Sienna Brooks (Felicity Jones) to decipher clues found in map which relate to Dante's Inferno. Ron Howard directs for the third time. Synopsis: Famous symbolologist Robert Langdon (Tom Hanks) follows a trail of clues tied to the great medieval poet Dante himself. When Langdon wakes up in an Italian hospital with amnesia, he teams up with Sienna Brooks (Felicity Jones), a doctor he hopes will help him recover his memories. Together, they race across Europe and against the clock to foil a deadly global plot.

**DOCTOR STRANGE** (Nov. 4) In Phase Three of the Marvel Universe, the comics giant debuts one of its second-tier superheroes with Doctor Strange, played by Benedict Cumberbatch. A kind of alternate universe superhero

who defends the planet mainly on the supernatural plane, film is pitched like a Batman Begins/Inception mashup. Steven Strange is an immensely talented, but arrogant surgeon who enjoys the material comforts of his profession. After a horrendous accident renders him incapable of being a surgeon, Strange, in a depressed state, journeys to the far east and finds a mystical mentor, the Ancient One (Tilda Swinton), who educates Strange in mysticism and alternate dimensions. As Strange gains knowledge and power, the Ancient One informs him that he is being trained as a Sorcerer Supreme, a protector of mankind from the supernatural plane. Mads Mikkelsen plays Kaecilius, a former disciple of the Ancient One who has broken with her teachings and becomes Strange's nemesis. With Rachel McAdams and Chiwetel Ejiofor.

**HACKSAW RIDGE** (Nov. 4) Mel Gibson returns from filmmaking purgatory with his first directorial effort in ten years. After drunken racist, sexist and anti-Semitic rants that were posted on the Internet destroyed his career, Gibson has slowly rebuilding it from scratch, acting in small art movies and action pics but no Hollywood movies. An American/Australian co-production, Hacksaw Ridge tells the true story of World War II medic Desmond Doss (Andrew Garfield), who refuses to carry a weapon but becomes a hero on Okinawa. In doing so, Doss becomes the first conscientious objector to win the Medal of Honor. Doss grows up in the Blue Ridge mountains in Virginia with an abusive alcoholic father (Hugo Weaving) and a mother (Rachel Griffiths) he tries to protect. Doss' antiviolent stance is set early in life when he hits his brother in the head with a brick and is sickened by what he's done. When WWII breaks out, Doss enlists but in boot camp refuses to pick up a weapon – and is immediately branded a coward, ostracized and picked on by most of his fellow recruits and drill sergeants. Through all the abuse, Doss refuses to bend until on the brink of court martial, Doss' request to become a medic is granted. From there he's thrown into one of the bloodiest campaigns of the entire war in Okinawa when his unit is tasked with climbing a 100-ft. cliff and attacking Japanese positions. After attempts to take the ridge end disastrously, Doss is left alone on the battlefield trying to save dozens of wounded all the while being stalked by the enemy.







# FREE WILL ASTROLOGY

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## OCTOBER

**ARIES** (March 21-April 19): What's the difference between a love warrior and a love worrier? Love warriors work diligently to keep enhancing their empathy, compassion, and emotional intelligence. Love worriers fret so much about not getting the love they want that they neglect to develop their intimacy skills. Love warriors are always vigilant for how their own ignorance may be sabotaging togetherness, while love worriers dwell on how their partner's ignorance is sabotaging togetherness. Love warriors stay focused on their relationship's highest goals, while love worriers are preoccupied with every little relationship glitch. I bring this to your attention, Aries, because the next seven weeks will be an excellent time to become less of a love worrier and more of a love warrior.

**TAURUS** (April 20-May 20): How will you deal with a provocative opportunity to reinvent and reinvigorate your approach to work? My guess is that if you ignore this challenge, it will devolve into an obstruction. If you embrace it, on the other hand, you will be led to unforeseen improvements in the way you earn money and structure your daily routine. Here's the paradox: Being open to seemingly impractical considerations will ultimately turn out to be quite practical.

**GEMINI** (May 21-June 20): Is it possible that you're on the verge of reclaiming some of the innocent wisdom you had as a child? Judging from the current astrological omens, I suspect it is. If all goes well, you will soon be gifted with a long glimpse of your true destiny -- a close replica of the vision that bloomed in you at a tender age. And this will, in turn, enable you to actually see magic unicorns and play with mischievous fairies and eat clouds that dip down close to the earth. And not only that: Having a holy vision of your original self will make you even smarter than you already are. For example, you could get insights about how to express previously inexpressible parts of yourself. You might discover secrets about how to attract more of the love you have always felt deprived of.

**CANCER** (June 21-July 22): I'm not asking you to tell me about the places and situations where you feel safe and fragile and timid. I want to know about where you feel safe and strong and bold. Are there sanctuaries that nurture your audacious wisdom? Are there natural sites that tease out your primal willpower and help you clarify your goals? Go to those power spots. Allow them to exalt you with their transformative blessings. Pray and sing and dance there. And maybe find a new oasis to excite and incite you, as well. Your creative savvy will bloom in November if you nurture yourself now with this magic.

**LEO** (July 23-Aug. 22): One of your old reliable formulas may temporarily be useless or even deceptive. An ally could be withholding an important detail from you. Your favorite psychological crutch is in disrepair, and your go-to excuse is no longer viable. And yet I think you're going to be just fine, Leo. Plan B will probably work better than Plan A. Secondary sources and substitutes should provide you with all the leverage you need. And I bet you will finally capitalize on an advantage that you have previously neglected. For best results, be vigilant for unexpected help.

**VIRGO** (Aug. 23-Sept. 22): Attention! Warning! One of your signature fears is losing its chokehold on your imagination. If this trend continues, its power to scare you may diminish more than 70 percent by November 1. And then what will you do? How can you continue to plug away at your goals if you don't have worry and angst and dread to motivate you? I suppose you could shop around for a replacement fear -- a new prod to keep you on the true and righteous path. But you might also want to consider an alternative: the possibility of drawing more of the energy you need by feeding your lust for life.

**LIBRA** (Sept. 23-Oct. 22): Thank you for all the entertainment you've provided in the past 12 months, Libra. Since shortly before

your birthday in 2015, you have taken lively and gallant actions to rewrite history. You have banished a pesky demon and repaired a hole in your soul. You've educated the most immature part of yourself and nurtured the most neglected part of yourself. To my joyful shock, you have even worked to transform a dysfunctional romantic habit that in previous years had subtly undermined your ability to get the kind of intimacy you seek. What's next? Here's my guess: an unprecedented exemption from the demands of the past.

**SCORPIO** (Oct. 23-Nov. 21): Are you able to expand while you are contracting, and vice versa? Can you shed mediocre comforts and also open your imagination to gifts that await you at the frontier? Is it possible to be skeptical toward ideas that shrink your world and people who waste your time, even as you cultivate optimism and innocence about the interesting challenges ahead of you? Here's what I think, Scorpio: Yes, you can. At least for right now, you are more flexible and multifaceted than you might imagine.

**SAGITTARIUS** (Nov. 22-Dec. 21): You Sagittarians are famous for filling your cups so full they're in danger of spilling over. Sometimes the rest of us find this kind of cute. On other occasions, we don't enjoy getting wine splashed on our shoes. But I suspect that in the coming weeks, the consequences of your tendency to overflow will be mostly benign -- perhaps even downright beneficial. So I suggest you experiment with the pleasures of surging and gushing. Have fun as you escape your niches and transcend your containers. Give yourself permission to seek adventures that might be too extravagant for polite company. Now here's a helpful reminder from your fellow Sagittarian, poet Emily Dickinson: "You cannot fold a flood and put it in a drawer."

**CAPRICORN** (Dec. 22-Jan. 19): I believe that during the coming weeks you will have an extra amount of freedom from fate. The daily grind won't be able to grind you down. The influences that typically tend to sap your joie de vivre will leave you in peace. Are you ready to take full advantage of this special dispensation? Please say YES YES A THOUSAND TIMES YES. Be alert for opportunities to rise above the lowest common denominators. Be aggressive about rejecting the trivial questions that trap everyone in low expectations. Here are my predictions: Your willpower will consistently trump your conditioning. You won't have to play by the old rules, but will instead have extra sovereignty to invent the future.

**AQUARIUS** (Jan. 20-Feb. 18): According to my analysis of the astrological omens, you can expect an unlikely coincidence or two in the coming days. You should also be alert for helpfully prophetic dreams, clear telepathic messages, and pokes from tricky informers. In fact, I suspect that useful hints and clues will be swirling in extra abundance, sometimes in the form of direct communications from reliable sources, but on occasion as mysterious signals from strange angels.

**PISCES** (Feb. 19-March 20): You know that inner work you've been doing with such diligence? I'm referring to those psycho-spiritual transformations you have been attending to in the dark . . . the challenging but oddly gratifying negotiations you've been carrying on with your secret self . . . the steady, strong future you've been struggling to forge out of the chaos? Well, I foresee you making a big breakthrough in the coming weeks. The progress you've been earning, which up until now has been mostly invisible to others, will finally be seen and appreciated. The vows you uttered so long ago will, at last, yield at least some of the tangible results you've pinned for.

Homework: What most needs regeneration in your life? And what are you going to do to regenerate it? FreeWillAstrology.com.

# Bike Madame

By Margaret Hammitt-McDonald



## Halloween Costumes You Can Ride With

WHO SAYS that Halloween is just for kids? Adults like to dress up when given the opportunity, a fun-loving employer, and either a talent for sewing or the availability of pre-made costumes in big-people sizes. And why should the dress-up fun be limited to humans? Cats and small dogs have long endured their companion humans' efforts to clothe them with varying degrees of patience and amusement. People have even extended their decorative efforts to inanimate objects, from houses to shrubbery, so now's the time to heed our bicycles' pleas to be allowed to wear zany costumes. Better yet, why not create a costume where bike and rider comprise a creative duo?

Here are some of the most entertaining costumes I've seen online. It's my wish that they'll inspire your creative efforts!

**Astronaut and Rocket:** In this costume showcased on [totalwomenscycling.org](http://totalwomenscycling.org), the rider wears a puffy white spacesuit, complete with helmet, and the bike's top tube, seat, and down tube are her rocket, which she rides rodeo-style, like that guy astride a missile in the film *Dr. Strangelove*. It looks like you need cardboard and paints to create the rocket, and for the astronaut, a motorcycle helmet, moon-boot-style footwear, and electrician's tape to transform white pants and a jacket into a space suit. To view the out-of-this-world costume, the link is <https://totalwomenscycling.com/lifestyle/bike-friendly-halloween-costumes-35594/>.

**Steeplechase:** The bicyclist is dressed as a jockey (ideal gear for riding, as it's snug-fitting and won't get caught in your chain or sprockets), while the bike looks like the costume designer took a merry-go-round horse and put it around the seat and frame. (It's probably made out of papier-mache and glued-on fake fur, so it's light and not cumbersome, as a real merry-go-round animal would be.)

The picture accompanies an article on the website [sopobikes.org](http://sopobikes.org), which dispenses advice for designing a costume made to be ridden in: don't wear baggy clothes (including capes) that can get snagged in moving parts, opt for bright colors (especially if you're trick-or-treating with the younger set at night), and avoid wearing a mask (they can obstruct your vision). The website contains more delightful costumes, including a hilarious giant dog's head: <http://sopobikes.org/halloween-bike-costumes-dos-and-donts-and-ideas/>.

**Anglerfish:** This costume is great for using repurposed materials and for last-minute costume assembly (which is usually the case at my house). The costume, displayed by Bike NYC, is made of wires for the fish's mouth (inside of which the rider sits) and cardboard and tinfoil teeth and scales. The site features both the quick-assembly version described here and a more elaborate version for the artists (and advance planners) among us: <http://www.bikenyc.org/blog/thirteen-halloween-bike-costumes>.

**Roman Chariot Racer:** This is a great costume if you're riding with a small child in a trailer. The adult dresses up as a charioteer in tunic, plumed helmet, and leg braces, the bike wears a cardboard or fabric horse costume, and the trailer transforms into a chariot (cardboard or fabric can effect this metamorphosis), with the little tyke wearing a junior version of the charioteer's garb. The nifty plumed helmet can convince resistant kids that bike helmets are cool, as well as necessary, gear. (A drawing of this costume appears on this website: <http://www.icebike.org/halloween/>.)

Whether these ideas inspire you to make an elaborate costume or to build something fun from thrift-shop finds and paper plates, may you and your bike have a terrific time, and please keep your bike away from the candies.



## WORKSHOPS/CLASSES

**BOTANICAL DRAWING** of Native Plants. October 4, 11, 18, 25. With Dorota Haber-Lehigh. Explore the fundamentals of botanical drawing while learning about native plants of the Pacific Northwest region. Develop basic drawing and observational skills through fun and engaging exercises. Learn how to incorporate line, value, shape, texture and color to create a botanical illustration. \$75, 1 – 4pm at the Barbey Maritime Center in Astoria. Register at 503-325-2323

**MARDI GRAS MASKS.** October 10. Attach feathers and other embellishments to make your very own Mardi Gras mask. Free, 2:30pm at the Tillamook Library. RSVP at 503-842-4792

**NORTHWEST AMERICAN CEDAR BARK BASKET.** October 13, 14. With Pat Courtney-Gold. Students will learn traditional Northwest plaiting, twill work, working with wet cedar bark, and a traditional folded rim. Instructor will share her experience in the skill of harvesting cedar bark, processing the outer and inner bark, and preparing the bark for weaving. \$70 + \$45 materials fee, 9:30am – 12:30pm at the Barbey Maritime Center in Astoria. Register at 503-325-2323

**WRITING OUTSIDE THE BOX. OCTOBER 15.** With Liz Prato. Let your creativity have free rein and write outside traditional prose structure. In this class, we'll break out of the standard narrative box and have fun exploring the forms available for telling your best story. \$30, 1 – 3pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

**MYSTERIOUS MUSHROOMS** of the Tillamook State Forest. October 16. With Dane Osis. You will view freshly picked fungi, learn to identify edible and poisonous varieties, and discover the important roles that fungi play in forest health. Following the talk, you can take an optional short hike with Dane to search for and identify mushrooms. Feel free to bring in samples of mushrooms for identification.. \$15, registration required. 11am – 2pm at the Tillamook Forest Center. Register by calling 503-815-6803.

**MACRAME PLANT HANGER.** October 21. Learn basic knots and how to make a Macramé plant hanger. Free, 2:30pm at the Tillamook Library. Register by calling 503-842-4792.

**YOGA AND WRITING:** Refreshing Body, Mind, and Community. October 22. Writer Phyllis Thompson and yoga instructor Theresa Hanks offer a unique blend of gentle and joyful activities that allow you to discover and renews visions linking you with an expansive whole. \$110, 9:30 – 4:30pm. In Manzanita. FMI and to register, call 503-521-6148.

**CORNUCOPIA CENTERPIECE.** October 28. Use rope and braided cord and hot glue to form a cornucopia and then embellish it with fruit, nuts, and fall foliage. Free, 2:30 – 4:30pm at the Tillamook Library. Register by calling 503-842-4792.

## BODY WORK-YOGA-FITNESS

**GET FIT WITH AQUANASTICS** at KOA Fall into fitness with Aquanastics. This class is an invigorating 50-minute water workout that's easy on the joints, refreshing and fun. This multi-level class includes a warm-up, 30 minutes of cardiovascular training, muscular strength and conditioning with 'noodles' and a flexibility cool-down. Water exercise provides special benefits of buoyancy and water resistance in a heated pool. This pool is shallow and ability to swim is not required. The class is for both men and women and is limited to 12 students per session. There is no pool fee. Taught by Kathleen Hudson. Tuesday/Thursday, October 4 – November 29 from 9:00-9:50 am or 10:00-10:50 am at the KOA Campground Pool. Cost is only \$39. Please preregister now at [www.clatsopcc.edu/schedule](http://www.clatsopcc.edu/schedule) and search in

Fall term for 'Aquanastics' under Course Title or call 503-325-2402.

**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.

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

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

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

**YOGA IN GEARHART.** Gearhart Workout. For more information log on to [www.gearhart-workout.com](http://www.gearhart-workout.com) 3470 Hwy. 101 N. Suite 104 in Gearhart

**THAI CHI /QIGONG.** ASTORIA. Angela Sidlo teaches Tai Chi at Astoria Arts & Movement Center! Mon 10-11, Wed 10 - 11, Thur 5:30 - 6:30. QiGong, Tue, 12:10 - 12:50, Thur 12:10 - 12:50. Starts in Sept. Call Angela to register 503-338-9921

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

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

**ZUMBA.** Low Impact Fitness for many ages. Licensed instruction. Tolovana Community Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503.738.6560

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

## SPIRITUALITY

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

**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 YOGA.** 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 deepening a regular 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](mailto:amyselena888@gmail.com)

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

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

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

**MEDITATION/PAINTING FOR WOMEN.** March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$15/ 3 week session. Register by calling 734-476-6941

## VOLUNTEER

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

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**Corporate Accountability Means Strong Schools and Healthy Oregonians.**

## MEETINGS/MEET-UPS

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

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

**INCLUSIVE MEN'S GROUP.** Meets at the Center for Contemplative Arts in Manzanita. Sunday evening, October 9th, 5:00pm - 8:30pm. Regrouping after summer break. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for seven years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, [darelgrothaus@raincity.com](mailto:darelgrothaus@raincity.com)

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

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

## Drawing Skulls: Real And Imagined With Dorota Haber-Lehigh At Seaside Public Library

SEASIDE LIBRARY presents "Drawing Skulls: Real and Imagined" with local artist and illustrator, Dorota Haber-Lehigh. The workshop takes place on Saturday, October 29, 1pm, sponsored by The Friends of the Seaside Library. You must sign up for this class and can do so at the circulation desk or by phone. All materials will be provided.

Dorota will explain techniques on how to proportionally enlarge drawings, and how to use bilateral symmetry to draw human and mammal skulls. She'll bring specimens of bird and animal skulls so you can see them in person and participants are encouraged to bring a favorite photo or book, on anatomy, for your own reference.

Dorota Haber-Lehigh received a Bachelor of Arts degree, from Pacific University, with a focus on printmaking and art history. She designed, illustrated and published a children's book titled "ABC of Native Plants of the Coastal Pacific Northwest" and is currently at work on books about native berries and wildflowers of the Pacific Northwest. She is also a member of the Oregon Botanical Artists and the Native Plant Society of Oregon.

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



## 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. 342 10th St. in Astoria. [astoriaartsandmovement.com](http://astoriaartsandmovement.com)**

• **MONDAY**  
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: Zumba with Joyce Senior  
• **TUESDAY**  
8:45-9:45am: Zumba Fitness with Joy Sigler  
6:00– 7:00pm: Beginning Level Salsa with Jen Miller  
7:00 – 8:00pm: Beginning West Coast Swing with Jen Miller  
8:00-9:pm: Level 2 West Coast Swing with Jen Miller  
9:00-10pm: West Coast Swing Practice Hour with Jen Miller  
• **WEDNESDAY**  
8:30-9:40am: Gentle Yoga with Terrie Powers  
5:30 - 6:30pm: Pilates with Jude MatulichHall  
7:00-8:15pm: Belly Dance with Jessamyn Grace

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

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

8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**  
9:00-10:00am: Zumba with Joy Sigler  
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige  
7:30-8:15: Silent Meditation w/Terrie Powers

• **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

• **SUNDAY**  
6:00-7:00pm: Tap with Marco Davis (starts Oct 23)  
7:00pm-8pm: Modern/Jazz with Marco Davis (starts Oct 23)

**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



# Because I'm Happy: word and wisdom

I HAVE A COLLECTION of books about Happiness. Some are scientific, some are collections of true-life stories, and some are everyday suggestions. I've got it covered on every level. So many variations of being happy, becoming happy, sustaining happiness. All the books offer something of value, yet none is definitive. When sharing a book with a client, which I often do, I pick the book that will match the person's temperament and perspective.

Americans especially place value on happiness. I'm going to suggest that is what has contributed to our materialistic society in a bad way. Advertising shows "happy people" driving new cars, chugging Coke, shopping at WalMart. It gives a shorthand picture to others that - Ah! That's what happiness looks like!

I'll tell you how this time of year feels for me. The pressure starts. Things HAVE TO BE DONE and in a fairly short period of time. Thanksgiving comes, then bam, there's Christmas, then New Year's. I do a calculation in my head.

Time plus energy times money. Only

so much of each. I've been coming up short for years.

Then there's the constant reminder during the holidays of one's own low-



ered expectations and increased limitations. I have very little family, so family fun is a memory. I am happier not conjuring up Christmas ghosts. At the peak of the season, I feel like dropping out of the frenzy. So I do. I stay home and read a book. Makes me happy.

And sad. I do not have the lifestyle or means to celebrate with aban-

reach of mainstream changing the way we look at each other, our society and cultures on a daily basis. We have also learned you cannot believe everything you're reading on the world wide web.

Only eighty-seven years ago the Great Depression began with Black Tuesday. This changed the landscape and brought about unemployment, soup kitchens and suicide, bringing the world economy to its knees. We can see this pattern rearing up over time, threatening to repeat again.

We struggle to conform to the latest trends and keep up with having enough but the emotional deficit actually outweighs the financial. Unresolved emotional wounds keep humanity from their natural evolutionary process. We have tied ourselves up and can't seem to remember why we came here to begin with.

Lifetimes of drama, wars, tea parties, great wigs, music and dance has kept cultures around the world busy, focused on the immediate while remaining in a state of amnesia. Where we got off track is the development of our spiritual nature. We have slowly moved away from our spiritual progression upholding dogma rather than seeing beyond the illusion that we have created. There are

centuries of survival but many of these cultures also experienced spiritual evolution by simply living natural with the Earth because they understood this sacred planet was designed to help our evolutionary process.

We all agreed to take care of Earth and help evolve the human race. This was our contract. We knew we would come back lifetime after lifetime and vowed to make those spiritual steps each time. Many did but within belief systems that did not promote consciousness but rather control. Let's return to the original intent and honor our soul's journey to evolve the human race. Our children's children will greatly appreciate our efforts to wake up.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new book 'Spirit Traveler' Findhorn Press is now available at [www.sonjagrace.com](http://www.sonjagrace.com)

By Tobin Nason

don and joy. I once did. Kids, family, husband, neighbors, cookie parties... the whole shebang. I remember going to buy a fancy dress for the holidays. Every year.

Okay! Now that I have done nothing to make any of you readers happy, I get to try.

If I have to try to be happy, I want all of you out there, readers, to do so also. Nothing is gained by not trying. Moments of happiness do seep in, in quiet ways. You have to develop eyes and heart to see those moments. Spend time with someone you rarely see. Call a relative and share a brief connection. I call my 100 year old Aunt in Connecticut once every two weeks. Short conversations. She's not doing much these days. Our calls always end with "I love you," "I love you, too."

Happiness. That's all I want this Holiday season. For you and for me. *Tobi Nason is a Warrenton counselor. She has bought a new skirt to wear this holiday season, so you may see her out and about. Maybe. 503-440-0587*



**Messages**  
**Sonja Grace**  
mystic healer

## Original Contract

MANY PEOPLE on Earth incarnated for the first time nearly 14,000 years ago, during the time of Atlantis and Lumeria. We had contracts to be here on Earth in human form, with the commitment to evolve the human race. Our soul bodies are from our galaxy and beyond. We are naturally at home in spirit form. That is why people who communicate with us from the spirit realm feel better and no longer have pain and suffering, they are home.

The disruption of the world today can leave anyone feeling a bit angry, frustrated and confused. We watch political and religious upheaval and feel a sense of helplessness. The media bombards us with an assortment of images and beliefs that can numb the mind and

senses. How to feel, what to feel and why we feel what we feel seems to be a conglomerate of societal wounds that have gone untended. How did we get to this place? Why are so many people angry?

In this lifetime we have witnessed many wars and our grandparents lived under the shadow of the great depression. Our hard working parents swore they would never let that happen to their children. Their children who are now adults, are also parents and grandparents. They have learned that hard work pays off but passed on a much different legacy to their children. The internet has reshaped the world in what we know and what we think we know. We have social media that influences far beyond the

## The Joy of Pets

**Treat yourself - adopt from the Animal Shelter and Enjoy!**

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

Marie Corelli

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Tuesday through Saturday

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Join CAA on Facebook



## THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

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## Put Your Hands Where Your Heart Is... VOLUNTEER at the Animal Shelter!



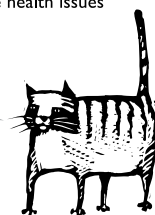
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- Grooming and socializing felines
- Assisting with adoptions
- Watching for and reporting possible health problems

### Tasks include the following

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

**Call for orientation training**



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

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## bodies in balance

### Fabulous Fiber

FIBER comes in many forms and flavors. We eat it everyday without knowing it; and studies tell us again and again how crucial it is to consume adequate amounts of dietary fiber. In fact there are numerous medical conditions that benefit tremendously from proper fiber intake. But for many of us it is elusive where this fiber comes from, how much we should ingest and when we may need more; so let's investigate fiber to uncover how fabulous it really is. What is fiber anyhow? Fiber is the indigestible part of the food we eat. There are two types of fiber: soluble and insoluble. Soluble fiber can dissolve in water and create an overall slowing of our digestive flow. Insoluble fiber does not dissolve in water and creates bulk to our waste which can increase bowel regularity and speed up our digestive flow. These are some of the results of eating adequate fiber we may most readily notice. But fiber can also affect our chemistry and physiology in ways that may not be as obvious.

Deep within our gastrointestinal system fiber has a profound affect on our bowel health. Soluble fiber helps to feed those microflora that colonize our small and large intestine by providing food for them to ferment. This fermentation allows for better bacterial growth, keeps the pH of the small and large intestine balanced, and the more healthy numbers of bacteria the better we digest and absorb nutrients. Insoluble fiber's main benefit is its bulking role. The more fiber in our colon the more our stool grows. As the stool size increases the colon walls are stimulated creating messages of movement which, begin the process of elimination. The short of this story is the more insoluble fiber the better the poop. Incidentally when we have more fiber and bulk in our stool we need more water. As the fiber content increases the colon is constantly trying to keep balance of the stool consistency, not too hard and dry, not too soft and liquidy. SO anytime we are increasing our insoluble dietary fiber is it essential to also increase our water intake!

But wait there's still more! Fiber has a positive effect on our blood sugars. When we consume foods there is ideally a combination of fats, sugars, carbohydrates, maybe chemicals, dyes, etc. AND fiber, all mixed together. The fiber in our food helps to slow the release of sugars by adding complexity to the digestive breakdown of the food. For example if you were to eat a peanut butter cup the refined simple sugars would very quickly be broken down and enter the bloodstream. If on the other hand you



prepared a peanut butter and jelly sandwich on whole grain bread the complexity of the food increases and the breakdown slows as more enzymes and muscular action is needed to release the sugars. Although the actual sugar content of each of these foods may be similar the fiber content is quite different. For those struggling with blood sugar dysregulation this concept is key to healthier dietary choices. Incidentally fiber is a zero calorie food substance and the more we have the fuller we feel at the end of a meal.

Fiber has also been shown to lower cholesterol levels. Blood cholesterol is influenced by multiple factors. One is carbohydrates, so as explained above fiber has a positive effect to lower blood sugars. Also the binding ability of insoluble fiber is ideal for helping the body to eliminate unnecessary fats. Whether these be dietary or internally created cholesterol, fiber can bind these molecules and remove them in our waste.

By Tracy Erfling, N.D.

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



Fiber can help increase the health of our immune system by feeding our beneficial bacteria and creating healthy levels in our small and large intestines. As I've likely mentioned before, greater than sixty percent of our immune system is housed in our gut. Healthy colonies of probiotics are the link between healthy gut function and improved immune function. Obviously fiber can help bowel conditions like constipation, irritable bowel syndrome, and diverticulitis thanks to its ability to improve bowel regularity.

Now that you are convinced let's talk about where we can find all this fabulous fiber. Most fiber comes from plants which would be our legumes (beans), vegetables, grains, and fruits. This is in fact the order of most to least fiber content in foods that come from plants, GENERALLY. Within vegetables, dark leafy greens (kale, chard, collards, spinach) are king seconded by orange vegetables (winter squashes, carrots, yams) and other vegetables come in a close third. Soluble fiber is rich in legumes, oats, chia, flax and psyllium seeds, root vegetables and nuts. Insoluble fiber is found in whole grains, corn, nuts and seeds, avocado,

unripe banana and fruit skins. These are samples, not complete lists and as you can see there is a lot of overlap as many plants have BOTH soluble and insoluble fiber...so hard to go wrong when you eat plenty of plants in your diet. Yes animals (fish, seafood and meats) do have some fiber too, but only a small fraction of what you find in plants.

General fiber recommendations for adults are 25g a day for women and 38g a day for men; keep in mind these do not account for age, height, weight, activity levels or health status. Hope I have stirred up your interest in fiber and informed you of a whole bunch OF new reasons to eat more plants!

*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



YOU KNOW WHAT I don't get? Besides everything, I mean. Because the older I get, the less I know for sure. Having flown through the If Only I Was Old Enough To Drive/Move Out/Vote/Drink phase, raced through the Everything I Know is Absolutely Right And I Know Everything phase, lingered in the Okay, Maybe Not Everything But Enough To Fool Most People phase, I am currently muddling through the Everything You Know Is Wrong So Don't Think You're So Smart phase.

My top ten list of things I don't get is most definitely a work in progress. Several times a day, something gets bumped in favor of a brand new 'Jeez! Really?' item. So, for today and today only, here's what's got me flummoxed:

1. Why is politics the least politically correct thing? Because really, leaving most of us endlessly humiliated to be a part of the same specie is exhausting.

2. Why are the 'developed nations' (I use the term exceedingly loosely) in a race to the bottom? Because really, if you want to sink to the bottom, all you have to do is nothing. You don't have to work so hard at it.

3. Why is Brad and Angelina's divorce so desperately important? Because really, if we want to watch a slow motion train wreck, we can find one starring people we actually know.

4. Why is science being trumped\* by religion on so many fronts? Because really, it's good to believe in something, but kind of dangerous to ignore what is known.

\*I'm so old, I actually remember when the word 'trump' conveyed a specific idea without

leaving one feeling vaguely queasy.

5. Why have we forsaken spelling, punctuation and grammar in favor of the secret handshake of text-ese? (Not to be confused with 'testes'. If you are hip to spelling, punctuation and grammar, you know that). Language is the most miraculous way to communicate. It can be specific, poetic, hilarious and oh, so sexy. Short cuts strip it of its power rendering it weak and annoying. IMHO.

6. Why do people fear change? Because really, life is happening and being afraid all the time keeps one from really living it. How about we collectively crawl out from under the bed, saddle up and ride?

7. Why do cats invariably want to sit on the lap of the only person in the room who doesn't like cats? Because really, if you want to make a friend, this is counter-productive behavior. Unless you're a cat, I guess. Maybe then it can work for you.

8. Why, with 20,000 songs on 'shuffle', does the one I don't really like all that much always come up? Because really, the odds make that unlikely. I always feel like the Universe is smirking at me. I know, I could delete it. I perversely continue to think it can't possibly happen again. Kind of like poking a bruise even though it hurts a little.

9. Why can't we feed and shelter everybody? Because really, these are simple tasks compared to moon shots\*, mass transportation and quantum physics. Where there is a will, there is a way may be true, but hungry and/or homeless folks have been left out of

the will.

\*Not to be confused with Jello shots. If you are hip to the language, you know that.

10. What's for dinner? Because really, I have my priorities straight.



## EVERYTHING I KNOW IS WRONG EXCEPT THIS WINTER SQUASH & POLENTA

Serves 6 or so

- Approximately 2 lbs of winter squash of your choice
- 2 bunches kale, stripped from ribs and thinly sliced
- 1 1/2 cups polenta or corn meal
- 5 cups water
- 1 cup Gruyere cheese, shredded (or Havarti or Fontina or whatever)
- 3/4 cup grated Parmesan cheese
- 1/4 cup milk
- 1/2 cube butter
- 1 onion, diced
- 2 Tablespoons fresh sage, finely chopped
- 2 Tablespoons olive oil
- Balsamic vinegar
- Nutmeg for grating
- Salt & Pepper

Preheat oven to 400 degrees. Cut squash in half, remove the seeds and place in a baking pan. Roast until soft to the touch, maybe 45 minutes. When it is cool enough to handle, scoop out the flesh into a bowl and use a potato masher to puree it. Add milk and butter and beat until smooth. Grate up to 1/2 teaspoon of nutmeg (it's alarmingly easy to overdo this) and add to the mix along with salt and pepper to taste.

Butter a 12 x 14 x 1" baking or gratin dish.

Combine polenta and water in a large saucepan. Bring to a boil over medium heat, stirring pretty much constantly. Reduce heat to a simmer and stir often until the polenta is thick and creamy. You can add a bit more water if you need to.

Blend the polenta and squash together along with the Parmesan and sage. Sauté the onion in the olive oil until golden. Add the kale and sprinkle with a little bit of balsamic. Cook until wilted and tender. If vegetables are done before liquid is evaporated, drain them and season to taste with salt and pepper.

Layer vegetables with polenta in the baking dish and top with Gruyere. Bake until heated through.

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## Take a Guided Tour Through a mushroom wonderland - Oct.15

**H**IKE through the mushroom wonderland that is Oswald West State Park with Ida Gianopulos – ecologist and leader of mushroom-inspired workshops across the Pacific Northwest. She will guide this two-hour hike into mysterious, dense, temperate rainforest showcasing mushrooms common to the north coast of Oregon.

Hosted by the Lower Nehalem Community Trust as part of the Explore Nature series, this rain or shine hike will take place Saturday, October 15, 2016, from 10:00 a.m. to noon. Hikers will depart from the southwest parking lot at Oswald West State Park. Prepayment and registration are required for this event. The cost is \$20 or \$10 for Lower Nehalem Community Trust members.

To reserve your spot, send a check made out to LNCT, Box 496, Manzanita, OR 97130 or drop it by the LNCT office at 532 Laneda Avenue, Manzanita. Event updates are posted on LNCT's website: [nehalem-trust.org](http://nehalem-trust.org). For questions or further information, please email [LNCT@nehalemtrust.org](mailto:LNCT@nehalemtrust.org) with Wild Mushroom Hike in the subject or call (503) 368-3203.

Lower Nehalem Community Trust has protected nearly 140 acres of wildlife habitat and fragile wetlands around the Nehalem Estuary. Dedicated to building community and promoting conservation values, the Trust also owns and manages Alder Creek Farm, a 59-acre natural area and wildlife sanctuary on the north edge of the Nehalem Estuary.

Explore Nature is a series of hikes, walks, paddles and outdoor adventures throughout Tillamook County.

Created by Tillamook Estuaries Partnership, Lower Nehalem Community Trust,



Lower Nehalem Watershed Council, Friends of Netarts Bay WEBS, Tillamook Bay Watershed Council, Nestucca, Neskowin and Sand Lake Watersheds Council, and Friends of Cape Falcon Marine Reserve.

These meaningful, nature-based experiences highlight the unique beauty of Tillamook County and the work being done to preserve and conserve the area's natural resources and natural resource-based economy. This effort is partially funded by the Economic Development Council of Tillamook County and Visit Tillamook Coast. See the full schedule of Explore Nature events at [www.tbnep.org/explorenature](http://www.tbnep.org/explorenature).

## GAINING GROUND

### A New Film on Growing Food

Empowering Communities & Changing Lives

Sunday, October 9, 4pm

Columbian Theater, 1114 Marine Drive Astoria

Tickets: \$5 - 8 at the door

*"Gaining Ground is a warm and wonderful film that journeys into the future of food and agriculture. Hopeful, critical, poetic." Bill Bigelow, Curriculum Editor, Rethinking Schools*

THE NEGATIVE IMPACTS of industrial agriculture are everywhere. The increasing threat of genetically engineered food and the destruction of local communities can make us feel powerless to effect change. GAINING GROUND, a new documentary film by Elaine Velazquez and Barbara Bernstein, is an intimate view of rural and urban farmers embracing this challenge.

GAINING GROUND is coming to communities around Oregon this fall. This film presents the personal stories of farmers and activists confronting the challenges of feeding their local communities sustainably grown food. The documentary interweaves experiences of Urban Tilth's farmer-activists transforming corners of Richmond, California's inner city food desert into vibrant community gardens; Sun Gold Farm, a small family farm in rural Oregon converting from commodity dairy to sustainably grown produce and Stalford Seed Farms in the Willamette Valley transitioning from growing grass seed to organic grains. As the film explores these paradigm shifts, it personalizes class, gender, race and environmental justice issues by rooting them within narratives of compelling individuals. While the film is sober about the obstacles to creating change, it points the way toward hope.

**Each screening will be followed by a Q&A with the filmmakers and people featured in the film.**



"I loved this film – how it rooted big issues within the narratives of such compelling individual personalities." David Naimon, host of Healthwatch and Between the Covers, KBOO-FM

Filmmakers Elaine Velazquez and Barbara Bernstein have been creating film and radio documentaries for over thirty-five years. Their award winning work has been broadcast on public television and radio, screened at international film festivals and distributed through broad grassroots networks.

GAINING GROUND ACROSS OREGON is made possible by a grant from Oregon Humanities and co-sponsored by KBOO-FM, Maryellen & Michael McCulloch, Multnomah County Office of Sustainability, Oregon Food Bank, Columbia Riverkeeper, Food Front, Food & Water Watch, Friends of Family Farmers, Village Gardens, Rethinking Schools, Food for Lane County, University of Oregon Food Studies Program, North Coast Food Web, Astoria Co-op Grocery, CREATE, Coast Community Radio, CCA Regional Food Bank, Rockford Grange, Gorge Grown Food Network, Andrew's Pizza, Our Family Farm Coalition, Rogue Valley Food System Network, Thrive, Oregonians for Safe Farms and Families, GMO Free Josephine County and Rogue Valley Farm to School. Gaining Ground was funded in part by Bob &

## Foraged, Farmed And Fresh Caught, Autumn Bounty on the Long Beach Peninsula

Cooler weather, fall rains and promising harvests mark the season of bounty and related celebrations on Washington's Long Beach Peninsula. Cranberries, wild mushrooms, Dungeness crab and Willapa Bay oysters fill the quieter days from October through December with foraged, farmed and fresh caught culinary adventures and feasts. Potential razor clam digs add to the rich food experiences from fall through spring.

### Top ways to get a taste of the season's best:

#### Cranberrian Fair (Oct. 8 & 9) and Cranberry Harvest Days

A cranberry trolley takes visitors from food (think cranberry-peach pie) and artisan booths at Ilwaco's Columbia Pacific Heritage Museum to the Cranberry Museum & Gift Shop and research bogs in Long Beach to learn and observe cranberry farming, harvest and processing. [columbiapacificheritagemuseum.com/cranberrian-fair](http://columbiapacificheritagemuseum.com/cranberrian-fair)

A celebration of local harvest including all things cranberry, this year's fair will include foods, vendors, craft demonstrations and more showcasing the area's rich heritage. New this year is a free lecture with Humanities Washington's Julia Harrison, who will explore the messy and juicy history of Washington's produce industry. Also get the chance to meet and greet three talented authors at our book signing event as they present short readings from their recently published books, each with a unique cranberry connection. Wild Mushroom Celebration (Oct. 1 through Nov. 15)

**Wild Mushroom Fest** Timed with the height of the edible mushroom season, the Wild Mushroom Celebration is a collaboration of top chefs,

innkeepers, wine and beer makers and foragers to share and showcase the region's most delicious wild mushrooms. Reserve a seat at a themed dinner, sample daily specials, attend talks and identification hikes, or book a wild mushroom lodging package. <http://wildmushroomcelebration.com>

#### Oyster Picking

Internationally renowned Willapa Bay has been famous for its oysters since Gold Rush days. While most of this pristine bay is commercially farmed, oysters can be picked and shucked at a public beds in Nahcotta, Tokeland and Nemah; a shellfish license is required. An easier option is to purchase oysters in the shell or already shucked or let local chefs do the work. Ultra-fresh oysters prepared in numerous ways can be found at restaurants and seafood shacks in communities around Willapa Bay including Tokeland, Raymond, South Bend ("Oyster Capital of the World"), Bay Center, Ilwaco, Seaside, Long Beach, Klipsan, Ocean Park, and Oysterville.

#### Dungeness Crab

Conditions permitting, recreational Dungeness crab season is year round from docks, jetties and boats (license required). The best time to catch these highly prized, succulent crustaceans is after molting and before commercial crabbing begins. Hi-Line Crab Charters offers family friendly crabbing on the Columbia River from mid-September into December from the Port of Chinook. Crab cakes and crab mac 'n' cheese are favorites featured at eateries and live or cooked crab at local seafood markets.

#### Clams

Delectable butter, Manila and native clams as well as cockles can be raked in state-owned tidelands off Long Island's Pinnacle Rock and Diamond Point as well as Nemah and

Tokeland. Pacific razor clams grow naturally meaty in the Long Beach Peninsula's 20-plus miles of wide, sandy beach, the most expansive clam habitat in the Northwest. Lantern-tide digs usually begin in the fall, switching to morning digs in the spring. This subsistence tradition is also a social occasion for friends, extended families, and old timers who are happy to share a tip or two with enthusiastic newbies, clam guns, shovels and buckets in hand. Dig dates and daily limits are set by the Washington Department of Fish & Wildlife. A shellfish license is required for both kinds of clams.

Equipment for clamming, crabbing and more as well as licenses are available locally. An information sheet and tide tables are available at the Long Beach Peninsula Visitors Bureau at the corner of Highways 101 and 103 in Seaview.



For restaurant and destination information, please access [funbeach.com](http://funbeach.com) or call the Long Beach Peninsula Visitors Bureau at 360.642.2400.



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