

July 2017 • vol 18 • issue 221

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FRI
July 14

BLUES MASTER TERRY ROBB

KALA proudly presents Terry Robb—one of the top acoustic blues guitarists of our time, Friday, July 14, at 8pm. Robb's signature fingerpicking style has earned him international acclaim from worldwide audiences, music critics and his distinguished peers. **Advanced tickets are on sale at libertytheater.org, see Events and Tickets. Doors open at 7:30pm. \$12 Also available at the door.**

Incorporating elements from the Mississippi Delta music tradition, ragtime, country, swing and free jazz, Robb has built a unique blues sound that has made him a legend in his over 40 year music career. The multitude of awards Terry Robb has received speak to his seminal talent as a blues guitarist. Robb has been inducted into both the Oregon Music Hall of Fame and the Cascade Blues Association Hall of Fame. He singlehandedly defined the Muddy Award for Best Acoustic Guitar, winning the honor over 19 consecutive years from 1992 until 2011. Upon his retirement from the competition in 2011, the award was changed to the "Terry Robb Best Acoustic Guitar" Muddy Award to honor his landmark contributions to blues music.

Robb was born in British Columbia, raised in the United States and currently resides in Portland, Oregon. He achieved greatness at an early age, performing with Ramblin' Rex of Frank Zappa / Captain Beefheart fame, Canned Heat's Henry Vestine, and steel-string guitarist icon John Fahey. At age twenty-four Robb's collaboration with Fahey included producing several of his critically-acclaimed recordings including "Let Go", an album which Rolling Stone gave four stars and named one of the top three of the year in 1984.

As an acclaimed producer and session guitarist Robb has contributed to many award-winning projects, including Alice Stuart's Grammy and W.C. Handy nominated album, "Can't Find No Heaven". He went on to collaborate with Eddy Clearwater, Maria Muldaur, Ike Willis, Curtis Salgado, Glen Moore, toured with Buddy Guy and Steve Miller, and performed with B.B. King, Albert Lee, Joe Cocker, Robert Cray, Leo Kottke, Rick Wakeman and more.

Terry Robb. Friday, July 14, 8pm. Doors open 7:30pm. Tickets also available at the door. Seating is limited to 50. Enjoy an intimate club setting and Full Cocktail Bar at KALA, 1017 Marine Drive in Astoria. KALA is the multi performance/presentation space of alternative monthly newspaper HIPFISHmonthly.

ZARA THUSTRA: TIME TRAVELLER a genderqueer punk theater sci-fi musical

KALA presents Bay Area performer/storyteller MICAH HUANG in ZARA THUSTRA: TIME TRAVELLER, an immersive one-person, one-hour, musical on Saturday, July 15. Micah is joined by local ambient musician Gregg Skloff in this genderqueer punk theatre tale of a time traveller from the earth year 2552 – when the last people are about to perish from the blasted earth – on a mission to stop a war in the year 2017, less than a century before it happens. Join Micah and Gregg, and see what happens!!

Micah Huang is a multi-genre performer trained in classical music as well as traditional folks arts and mythology, from afro-Cuban to underground punk rock.

Local singer songwriter, Lucy Barna, opens the eve.

Micah Huang tells stories through music, text, movement and the creation of immersive, interactive spaces. Micah comes from a family of Western Classical musicians, and his early training included fundamentals of Classical, East and West European Folk, Traditional Hawaiian, Delta and Chicago Blues, Rock and Soul Musics. Mythology and folklore from a wide range of world cultures and religions inform and influence his work, including but not limited to ideas from Western Globalist, Afro-American, Pre-PRC Chinese, Native American and Pop, and Anti-Pop Cultures and Subcultures. His personal and directorial aesthetic is equally influenced by Tewa Turtle Dance, Jewish High Holiday rituals, and underground Punk Rock performances. FMI: micahhuangmusic.com

Singer-songwriter Lucy Barna relocated to the North Coast in 2015 from New Mexico. An established folky in the Southwest, Barna was a member of Southwest acclaimed female trio Hot Honey as well a solo artist on guitar and banjo. While some of her tunes possess a blues-driven percussive element, others are subtle, finger-picked-ballads delivered with a dusty desert grittiness. Barna is also a metal smith, (votivedesigns.com) showing at Riversea, also on the Astoria studio tours this year, and an organizer behind the new Repair Café.

Saturday, July 15. \$8 at the door. Doors open at 8pm. Music follows at 8:30pm. Full Bar. 16+ please. 1017 Marine Drive in Astoria.



FRI
July 15

BIKINI BEACH

Classic Surf Rock
Show and
special tribute to
Chuck Berry
July 28



PICTURED, THE band CORN. The rock quartet first played Astoria at a Star of The Sea School Teen Dance in 1969. It was veteran musician (3rd from left) Lorenzo Carlson's intro to Astoria. Coming from a family of professional musicians Carlson has maintained the status. A longtime resident of Hawaii, his fondness for the Astoria region and musician friends always brings the talented multi-instrumentalist back, and always to play.

KALA ENTHUSIASTICALLY welcomes Carlson's ensemble, put together for a great night of classic surf rock and special tribute to Chuck Berry, featuring Carlson on guitar, Peter Unander on Keyboards, Jeff Carden on bass and Flint Rice on Drums. Its gonna be hot. Don't miss it!!!

FRIDAY, JULY 28. Doors open 8pm. \$8 @ the door. 21+



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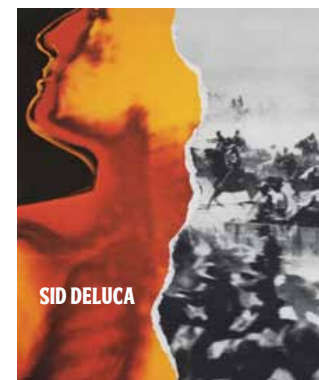
ART @ KALA

KALA SUMMER ARTISTS INVITATIONAL

SUMMER INVITATIONAL. KALA features TORN APART, new work by Sid Deluca. The collage series represents the many fractures between ourselves and our worlds, both external and internal, both present and in memory. "While I don't think of myself as a political artist often the hand and eye betray intellect. Torn Apart was created during a time of what I perceive as a great fracture," says Deluca of the work.

Also featured, the paintings and photography of Kim Rose Adams, paintings by Annie Eskelin, Bill Atwood, Agnes Field and Rene Rowe, collage by Pooka Rice and Joi Smith.

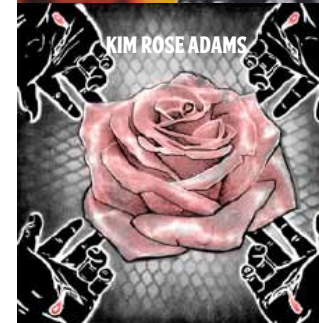
LIVE PERFORMANCE at 7:30pm by Guitar and Sampling artist Raymond Martin of the Stunning Ray Guns. 2nd Saturday Art Walk, July 8. KALA is located at 1017 Marine Drive in Astoria. View art during events, art walks, select weekends and by appt. Call 503.338.4878.



SID DELUCA



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JOI SMITH

33rd Season of Shanghaied in Astoria more fun than a bucket of fish. Uffdah!

THE 33RD SEASON of Shanghaied in Astoria is opening soon! That's right! This Historical, Vaudeville-Style, Musical Melodrama beloved by millions is now selling tickets! Shanghaied in Astoria, written by T. Phillips with inspiration from Egil Unander-Scarin, Dr. Delbert Corbett, PHD, Edna Packard, Greg Miner and Liam Dunne, opens July 6th and runs through September 9th, performing Thursday-Saturday, with a few Sunday matinees throughout the show.

Directed by Markus Brown, this award winning, locally written and performed show is sure to once again be a hit! A local and tourist favorite, with vibrant characters, interactive style and music to keep you humming weeks after, this show is a do not miss event of the summer!

This season's sponsors are many, with well over a hundred businesses and individuals donating time and money to see this tradition continue! Major sponsors include, L. J. Allen Construction, Bogh Electric, Bergeman Construction, J. P. Plumbing, Nick S. Clark Masonry, City Lumber, The Merrytime Tavern, Holley McHone Jewelry, The Shop for Guys and Dolls, Cormorant Construction, Alexandroff Dentistry, US Bank, Wilcox and Flegel, Mossytech, T.J. Max, Fernhill Glass and Ft. George Public House.

The Astor Street Opry Company is a not-for-profit, 501c3 community theatre organization. The show is now open and runs through September 9th, 2017. It is your support that keeps year-round community theatre programming for all ages alive and thriving in Clatsop County!



tion's annual income and allows them to provide a free field trip program to area schools, seasonal exhibits, and even a free lecture series. You can purchase tickets on the website or by calling 503-436-9301. Tickets for each event may be purchased individually, or as a weekend package. Many of these events sell out, so make your plans as soon as you can.

Contact the Cannon Beach History Center & Museum at 503-436-9301, email at info@cbhistory.org, or visit <http://www.cbhistory.org/>



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Key Ruling in Linn County's \$1.4 billion lawsuit – huge blow!

ON JUNE 20, 2017, Linn County Circuit Court Judge Daniel Murphy made a key ruling on Linn County's 1.4 billion dollar lawsuit against the State of Oregon. The timber-industry sponsored lawsuit claims that Oregon must pay damages to county governments because the state is not prioritizing clear cutting over clean water, salmon, wildlife, and recreation. The judge's decision finds that the State of Oregon has sovereign immunity from the alleged "breach of statutory contract" claim that Linn County was pressing in the case. Expert legal observers inform that this initial ruling is essentially the end of Linn County's case before it even gets to trial, and

before the court even ruled on the validity of the County's underlying claims.

As a result, Linn County is foreclosed from seeking money damages from the State of Oregon for the alleged breach of state law. The ruling also eliminates the financial incentive for Linn County's lawyers at Davis Wright Tremaine to continue with the case. The County's lawyers stood to make over \$200 million dollars in contingent fees. The initial funding for the County's suit was provided by Stimson Lumber, Hampton Affiliates, and OFIC. Notably, Clatsop County and others opted out of the class action suit. But, stay tuned an appeal is possible..

Source: NorthCoast Forest Coalition

Best Western Astoria Bayfront Hotel Recognized As A Champion Green



THE BEST WESTERN ASTORIA Bayfront Hotel in Astoria, OR received the Champion Green Award at Best Western® Hotels & Resorts' District II Meeting held recently in Vancouver, British Columbia. The award was presented in front of several hundred District II Best Western hoteliers from Alaska, Yukon, British Columbia, Alberta, Saskatchewan, Manitoba, Washington, Oregon, Idaho, Montana, North Dakota and South Dakota.

The Champion Green Award is earned by properties that demonstrate a commitment to sustaining resources and reducing their carbon footprint. Champion Green Award recipients must comply with the AH&LA Green guidelines and/or the Green Key programs in Canada, and receive a bronze, silver, gold or platinum rating in the TripAdvisor® Green Leaders program. The hotels must also meet quality and service standards and other membership requirements to qualify for the award.

The Best Western Astoria Bayfront Hotel was one of only 87 hotels, out of more than 2,100 properties, in the U.S. and Canada to receive this designation this year. The hotel is also ranked in the top 20% of Best Western Hotels for Quality Assurance by the brand.

Located at 555 Hamburg Avenue, the Best Western Astoria Bayfront Hotel features 75 rooms and a 24 hour indoor heated pool, spa, sauna, and fitness center. We have a full hot breakfast, high speed internet, and guest laundry facilities. We are located on the mouth of the Columbia River and Young's Bay.

For reservations, call the hotel directly at 503-325-2205 or call Best Western's 24-hour, toll-free number at 1-800-WESTERN. Reservations are also available through bestwestern.com.



CARTM Refinery,
a treasure trove of
re-use shopping

CARTM Overflows With Stuff, Pausing To Unclog

Manzanita—CARTM knew this day would come, but never imagined it would need to be at the beginning of the busy summer season. "We've run out of room!" said CARTM's Executive Director Karen Reddick-Yurka. "

"Our community has been so generous, donating their reusable items that we have no space left to process anything else – for now. We moved a ton of wonderful stuff at our sidewalk sale in May, but the building is full again already! We must overhaul our donations building and processing systems now or we will burst at the seams."

Beginning July 7, CARTM's donations building will be closed for six weeks to undergo a much-needed renovation and systems upgrade. The recycling line, trash station and The Refinery will remain open, as usual, Thursday through Monday, 10 a.m. to 4 p.m. throughout the overhaul.

"We realize that summer is the time people really go through their "stuff" and decide what to donate to CARTM to support our operations," Karen continued. "Knowing this closure will impact people with large items, we will continue to accept a few categories of reusable items so our community can keep making space in their garages and homes."

During the building closure, CARTM will accept ONLY: FURNITURE that is clean and immediately reusable (no pressboard, no entertainment centers or TV stands, mattresses or box springs); BOOKS (these are easy to process and sell quickly); and ELECTRONICS (computers, TVs, printers, keyboards, DVD/CD players, mice and peripherals).

"While we are paused next month, we encourage everyone to evaluate their discards. Consider dropping

non-working small appliances in the metals recycling bin. Items that are chipped or broken, such as dishes, ceramic lamps or decorative items can be recycled in the rubble bin," explained Karen. "If you've never thrown something into the rubble bin, it can be very therapeutic..."

CARTM counts on donations of reusable items to help fund its operations. "The community has come to count on our services and is so very generous in supporting CARTM. We are still a very lean operation for the tremendous amount of recycled and donated materials our staff processes weekly," said Karen. "Unfortunately, we don't have the staff to clean or repair donations, so we count on clean reusable items that are immediately resalable in The Refinery."

Karen shared that part of the reason for the clog in the donations building is that items that actually belong in the trash or recycle bin are instead donated. "Most of our donors are very careful about what they bring to us for reuse. Even with that kind of careful attention, we typically have to send 3/4 to 2 tons of what comes in as "donations" to the landfill every month at CARTM's expense.

This costly expense hurts our budget and in the end it erodes our mission."

CARTM's Box Truck program is a very efficient way to donate reusable items for The Refinery. "For \$20-\$35 the truck will come to your home, assess your donations and pick up useful items," said Karen. "The Box Truck is also an easy way to have Refinery purchases delivered right to your door for the same minimum charge." A small additional fee is assessed beyond a 10-mile radius of CARTM.

"We respect and appreciate our community's partnership in CARTM's operation. It is what makes us a strong, sustainable local non-profit. I know the community is proud of CARTM, because they regularly tell me so," Karen shared.

CARTM is celebrating 20 years of operations in north Tillamook County. For more information call 503-368-7764 or cartm.org.

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DURING THE VIETNAM WAR, well before the Democrats became the war party, they harbored many "doves," or antiwar politicians. The common world view was realism, which saw the US as one among a number of great powers. Henry Kissinger, often maligned by the "left," is one of the last

become neoconservatism. He and other former liberal/left intellectuals vehemently denounced the youth oriented peace movement and countercultural revolt against consumerism and search for deeper personal meaning. Neocons defended militaristic imperial capitalism. Over the last decades of

the twentieth century they formed think tanks like the *American Enterprise Institute* and new

The Making of a Psychopathic Foreign Policy by Stephen Berk

expositors of that position. Like most top planners of US foreign policy, he helped execute coups against governments deemed inimical to US corporate interests, as in Chile (1973). But his actions of that sort were less frequent than those of previous CIA chief and policy maker, Allen Dulles. And unlike Dulles he understood that the US and USSR needed to stabilize the nuclear arms race so that neither side could ever consider a first or "preemptive" strike. Thus Nixon and Kissinger negotiated a Strategic Arms Limitation Treaty (SALT) with the Soviets, as well as one preventing development of antiballistic missiles, or "missile defense." Thus, nuclear war was prevented by "mutually assured destruction."

In the Johnson and Nixon administrations, congressional doves, including Senate Foreign Relations Committee chairman, J. William Fulbright, along with others like Oregon's Wayne Morse, strongly opposed proxy wars against communism, such as Vietnam. In 1966 the Fulbright committee held network televised hearings in which Morse and other Vietnam War critics, grilled President Johnson's strategists like Defense Secretary Robert McNamara, Joint Chiefs chairman Maxwell Taylor and Secretary of State Dean Rusk. Thus Americans witnessed sharp public questioning and criticism of those in charge of waging the Vietnam War. The country divided between doves and hawks, while a surging peace movement embraced people of all ages.

In the late sixties, however, a group of extreme hawks emerged and began to publicize their bellicose views in *Commentary*, formerly a non-aggressive journal of liberal ideas. New editor Norman Podhoretz, formerly of New York's liberal establishment, began to espouse the view which would

magazines, like *The Weekly Standard*. They were fervently pro-nuclear, denouncing arms reduction and the ABM Treaty. Their project was to establish worldwide American hegemony. And they saw their major opportunity



Fulbright Foreign Relations Comm '71

when the Soviet Union was in economic crisis under the chronically inebriated Boris Yeltsin. American free market apostles entered Russia and imposed "shock therapy," which privatized all Soviet assets, divvying up state-owned industries and resources among Russian plutocrats. And US operatives meddled in Russian politics, ensuring the vastly unpopular Yeltsin's "reelection."

Neocons sought to reduce the new Russian Federation to a rotting hulk and economic prey of market freebooters. They also despised China, which had relinquished Mao's communist command economy for state controlled capitalism started by reformer Deng Tsiao Ping in the eighties. Deng's reforms made China, already the third great nuclear power, the world's economic powerhouse. Meanwhile as Yeltsin retired, his successor, Vladimir Putin, capitalist and close to the Orthodox Church, was able to depose the plutocrats (oligarchs) and renew Russian power in a state directed

mixed economy. But the neocons insisted on American preeminence. In power during the G. W. Bush administration, they jettisoned the ABM treaty, reigniting the nuclear arms race, while transforming NATO into a means of surrounding Russia and China with bases and ABM missiles that could easily be turned offensive. Thus, they dismantled the nuclear stability achieved during the Nixon years and moved to create first strike capacity.

In addition to the usual Republican militarists, neocon imperialism captured the liberal interventionists and recently much of the "progressive" wing of the Democratic Party. The changeover toward mega-militarism began in the early Reagan years. But Reagan would later negotiate a far-reaching arms reduction treaty with Yeltsin's predecessor, social democratic reformer Mikhail Gorbachev, whose political restructuring had relinquished Russian control of Eastern Europe. However, Bill Clinton, during the chaotic Yeltsin years, fatefully decided to retain NATO, the Cold War anti-Russian military alliance, and expand it to former Soviet controlled Eastern Europe. The reigning US policy thus became worldwide militarism to prevent Russia and China from creating alliance systems which might challenge NATO and would-be US hegemony. But Putin's revitalized Russia, together with a vastly empowered China, is now mounting that challenge. Hence the endless Russia and China bashing, now far worse in media and both political parties than during the Cold War.

Extreme media and Democratic hostility to Trump's presidency has little to do with his climate change denial, anti-environmentalism, or privatization schemes. Such policies have been Republican dogma since the eighties. Trump initially embraced the multipolar world view of realism, seeking détente and cooperation with Russia and consulting with Kissinger. This is what produced hysterical opposition. Pressure from entrenched neocons has caused Trump to relinquish those plans and adopt their plan to partition Syria. This has set the new administration in direct conflict with Russia, whose air power has helped the Assad government remain in power. The US imperial state provokes aggressive wars and coups, as in Ukraine, while projecting the false trope of "Russian aggression" and seeking to "contain" Russia and China with the threat of nuclear first strike. Such policy is psychopathic.



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NATURE NEWS

WEED WARRIOR WEDNESDAYS: Land Trust Urges Coastal Residents To Pull, Pile, And Stomp A Notorious Weed



NCLC STEWARDSHIP Director Melissa Reich pulling policeman's helmet at Circle Creek Habitat Reserve in Seaside

FIVE YEARS AGO there was no policeman's helmet (*Impatiens glandulifera*) along the Necanicum River or its tributary creeks, as far as anyone knows. Now this pretty but highly invasive weed can be seen throughout the Necanicum watershed, choking out native plants and reducing plant and animal diversity while increasing the risk of streambank erosion. The plant's seed pods can eject seeds up to 20 feet. Those seeds float, spreading the plant downstream year to year.

In response, North Coast Land Conservancy and the Necanicum Watershed Council have launched a three-year project to rid the Necanicum watershed of this invader. Four summer stewardship interns will be pulling out policeman's helmet in the upper reaches of the watershed in June and July, while it is in bloom and easy to spot (but before the seed pods have matured). Volunteer kayakers are surveying the river for patches of policeman's helmet and logging locations

with their smartphones. Riverside property owners are being contacted and urged to be vigilant about the plant's occurrence on their land. Meanwhile NCLC staff and volunteers will be working downstream at NCLC's Circle Creek Habitat Reserve to eliminate policeman's helmet there. An \$86,000 grant from Oregon Watershed Enhancement Board is helping to fund the three-year effort.

Public engagement will be key to getting rid of this weed. Wherever you live in Clatsop or Tillamook counties, keep an eye out for policeman's helmet on your property. If you see it, pull it (it uproots easily), make a pile of the plants, and stomp on them to crush the stems. Visit NCLCtrust.org/pull-pile-stomp for more details and to report any sightings of the plant.

It's easy (and satisfying) to pull this weed, which grows 3 to 6 feet tall. NCLC is recruiting volunteers to join their "Weed Warrior Wednesdays" crew—just once, or every week—working at Circle Creek throughout June and July. A Saturday stewardship day is also planned for July 8. Details are at NCLCtrust.org/pull-pile-stomp.

Policeman's helmet is named for the shape of the blossom, which resembles an old-fashioned British policeman's headwear. It is native to the Himalayas and was introduced in North America as an ornamental garden plant but has since spread widely. It was first seen along the Necanicum River and its tributaries in 2013.

Salt Marsh Ecology Walk: A guided tour of the salt marshes surrounding Netarts Bay

July 16

Netarts, OR- Walk along the saltmarsh of Netarts Bay while learning about how plants survive in a salty world on Sunday, July 16!

Join Friends of Netarts Bay – Watershed, Estuary, Beach, and Sea (WEBS) for a FREE guided tour along the salt marsh at the southern end of Netarts Bay. Learn about the plants and animals that live in this unique habitat and the importance of this environment from the forest to the water's edge. Learn about how plants survive in a salty world and explore the succession of vegetation from the bay to the dunes.

The tour includes an easy to moderate walk through muddy areas and trails covered by brush. It is best suited for participants 12 years and older comfortable with walking in these environments. Participants should wear long pants and closed toe shoes for this adventure.

This event is part of the Explore Nature series of hikes, walks, paddles and outdoor adventures. Explore Nature events are hosted by a consortium of volunteer community and non-profit organizations, and are 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.



When: July 16, 2017 from 12pm to 4pm

Where: Netarts Bay area. Register for details.

Cost: There is no cost to attend this program. Tax-exempt donations to Netarts Bay WEBS to enable programs like this are encouraged, but not required.

Details: Class size is limited to 10 participants. Registration is required. A link is available on the Friends of Netarts Bay WEBS Facebook and Eventbrite pages. Transportation to natural areas provided by WEBS. Please be prepared for dynamic coastal weather on the Oregon coast and wear sturdy closed toe shoes or boots (no flip flops please and expect your feet to get muddy). At times, the tour areas will have a moderate number of mosquitos. WEBS requests that participants take appropriate precautions to ensure their comfort.

Questions? Contact jimyoung4990@gmail.com or call 503-842-2153.



Seaman's Day at Fort Clatsop • July 12

THE 33 PEOPLE of the Lewis and Clark Expedition wintered at Fort Clatsop in 1805-06. The 34th "member" of this expedition was Seaman, Captain Meriwether Lewis' Newfoundland dog. The 24rd annual Seaman's Day commemorating the dog of the Corps of Discovery will be held Wednesday, July 12th at Lewis and Clark National Historical Park, Fort Clatsop.

According to the explorers' journals, Seaman served as a watchdog, hunter, retriever, companion and diplomat during the two-and-a-half year voyage of discovery. The park has invited some guest Newfoundland dogs and their people to volunteer this day. This special event offers visitors an opportunity to learn about Seaman and to meet some modern Newfoundland dogs.

The day's schedule includes:

10:30 Flintlock program

11:00 Netul River Trail walk

11:30 Our Dog Seaman talk

12:30 Meet the Newfoundland dogs

1:30 Flintlock program

2:00 Netul River Trail walk

2:30 Meet the Newfoundland dogs

3:30 Our Dog Seaman talk

4:30 Flintlock program

Kids Corps dog-themed crafts will be available from 11:00 am to 3:00 pm in the visitor center. Costumed rangers will be at the fort during the day to answer questions and share living history.

The park is open daily from 9:00 am to 6:00 pm.

Admission is \$5 per adult and free for youth 15 years old and under. Passes to National Park Service sites are accepted. For more

information, call the park at (503) 861-2471.

THE NATURE CONSERVANCY invites anyone interested in preserving Cascade Head Preserve to participate in a volunteer work party taking place on Saturday, July 22nd. Located near Lincoln City, Cascade Head is a coastal promontory overlooking the Pacific Ocean that provides critical habitat for native prairie grasses, rare wildflowers, the threatened Oregon Silverspot butterfly and the Cascade Head catchfly. Volunteers will be removing Canada thistle from the Pinnacle, an area of the preserve that is closed to the public. The work party includes a four to five-mile roundtrip hike with elevation gain and may require volunteers to hike off trail and stand on uneven ground while working. Please bring hiking shoes, a daypack, lunch and snacks, a full water bottle, layers of clothing to be prepared for any weather -- including raingear and a hat and sunscreen. Also bring gloves, if you have them -- if not, we have gloves for you to borrow.

Registration is required at nature.org/oregonworkparties. Questions? Contact (503) 802-8100, orvolunteers@tnc.org or the alternate contact; Debbie Pickering at (541) 994-5564.





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Lower Columbia Q Center Board 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.

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTIQ group. This group is designed to help connect LGBTIQ people in the Lower Columbia Region which includes Clatsop, Columbia, Tillamook and Pacific County. Finding community in these rural counties can be challenging. The Lower Columbia Q Center builds community and discusses LGBTIQ issues freely and confidentially. This group meets at the Astoria Armory, 1636 Exchange St. every 2nd Wednesday of the month at 6:00pm. The next meeting will be May 10th. Please Contact Chris Wright at (425)314-3388 with any questions.

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. **The month of JUNE, meeting will shift to June 29, then return to ea 3rd Thur.** 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 Monday 7-8:30pm
Contact LCQCAstoria@gmail.com.

Skate nights and LGBTIQ+ teen social nights are back!
3rd Fridays

On the web: LCQCAstoria.org/facebook
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

TRAUMA CENTER BENEFITS ALL Columbia Memorial Hospital Emergency Excellence

ASTORIA, Ore. – On June 21, the Oregon Health Authority reaffirmed the high quality of emergency services at Columbia Memorial Hospital (CMH) and re-designated the hospital as a Level IV trauma center.

As a Level IV trauma center, CMH is a vital link that a severely injured person requires. Its role is to make sure the injured person is breathing and stable before transporting them to a designated Level I or II trauma center.

"Trauma designation distinguishes CMH from other hospitals because it means we provide comprehensive trauma services that meet state and national clinical excellence standards. It ensures the immediate availability of surgeons, anesthesiologists, physician specialists, nurses, ancillary services, and resuscitation life-support for the care of trauma patients in our community twenty-four hours a day, every day," said Trece Gurrad, CMH's vice president of patient care services.

Severely injured patients throughout the Columbia-Pacific region are transported to CMH for treatment and stabilization as CMH is the only trauma-designated hospital. The next closest trauma centers are in Tillamook and Longview, Washington.

In 2016, CMH's emergency medicine team focused on getting patients from the emergency department to the operating room faster. After seeing several patients who had been injured in the same way at Fort Stevens State Park, they also worked with the park to improve signage in these hazardous areas.

"It's such a blessing for patients. Over the past two years, CMH's collaboration with OHSU has significantly enhanced the quality of emergency medical care. But their efforts have gone beyond the walls of the hospital. This team also actively works with other organizations to prevent emergencies from happening in the first place and, when they do happen, to get people the help they need faster," Gurrad said.

Q CENTER PICNIC On AUGUST 6, the Lower Columbia Q Center hosts a picnic/BBQ at the far side of Coffenbury Lake at Fort Stevens SP. Follow the rainbows and spend the day at this family-friendly event, open to everyone. Starts at 11:30am, and activities will include bocce ball and croquet.

PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. Issue being discussed-Rank Choice Voting. A new meeting place is currently in the works.FMI: contact jacquelinedevaney@gmail.com

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin. www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS

Monthly Meeting - 2nd Mondays, 7pm, North County Annex
1216 Robert Bush Drive, South Bend, WA

CREATE • July 20

Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique, fertile and beautiful Columbia River Estuary and the rivers and streams that flow into it. Please join us. All are welcome!

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

Most recently CREATE members have been speaking out about issues involving the state forest watersheds which feed into the estuary and affect its health.

New members are always welcome. Come and join in at 6 p.m. on Thursday, March 16 at the Blue Scorcher.

CRIMINAL JUSTICE REFORM IN OREGON

House Passes Bill to Improve Public Safety, Reduce Costs
HB 3078, the Safety and Savings Act, promotes treatment, accountability, and safety

OREGON will continue to pioneer smart criminal justice reform that increases community safety and prioritizes treatment and rehabilitation for non-violent offenses. House Bill 3078, the Safety and Savings Act, is a targeted approach to holding people accountable, addressing addiction and treating the root cause of addiction-driven property crime.

HB 3078 follows groundbreaking work from previous sessions, primarily the Justice Reinvestment Program, which is rebuilding lives and reducing the need for corrections spending.

"As a former police chief, nothing is more important to me than ensuring safety and working to prevent crime," says Rep. Carla Piluso (D-Gresham). "When I arrested women with their children watching, I knew I was altering their lives forever. Many of these mothers were in domestic violence situations or struggling with addiction or mental illness. I know we can hold perpetrators accountable and actually start to address the root causes of crime to reduce the likelihood of future crime and future victims."

HB 3078:

- Maintains and improves the Family Sentencing Alternative Pilot Program,
- Increases the limit for short-term transitional leave from prison from 90 to 120 days,
- Modifies two non-violent crimes to permit shorter presumptive sentences with stricter supervision,
- And directs the Criminal Justice Commission to study the impact of these changes on

prison use, recidivism, and public safety, and report back to the Legislature annually

In addition to the provisions of this bill, the Legislature's budget-writing committee has allocated \$7 million to diversion programs through Justice Reinvestment, as well as \$1 million for domestic and sexual violence services and programs.

"Oregon's children and families are being torn apart by a system of over-incarceration that does not address the root causes of crime, nor provide adequate resources for victims or invest in the incredible human potential of many who are currently struggling," says Rep. Tawna Sanchez (D-North and NE Portland), who has served as Director of Family Services at the Native

American Youth and Family Center for more than 20 years. "I support HB 3078 because of my experience working with countless Native women at Coffee Creek, many of whom were victims of domestic violence, suffered from addiction, and who were looking for help to turn their lives around and weren't given the tools to do so."

HB 3078 incorporates recommendations that were made by a public safety cost-containment workgroup led by former House Judiciary Chairs Lane Shetterly and Greg MacPherson. The workgroup recognized that in the face of the current budget deficit, it is especially important to work toward smarter investments for public safety and prioritize education, treatment, and economic opportunity over prisons.

Oregon faces a skyrocketing female prison population and the state is still on the razor's edge of opening a new women's prison in the coming years, which would cost the state an additional \$17.5 million. HB 3078 targets cost drivers in our corrections system to reduce the need to open a new women's prison for the next 10 years.

Senate sends Reproductive Health Equity Act to governor HB 3391 fills critical gaps in reproductive health care

SALEM – All Oregonians should have access to the health care services they need, and the Oregon Senate supported that notion today by passing the Reproductive Health Equity Act.

House Bill 3391 will close gaps to reproductive health care services for all Oregonians. The services that are covered include birth control, sexually transmitted infection screenings, certain cancer screenings, vasectomies, abortion and post-partum care. The bill identifies contraceptive and preventive services are to be offered at no out-of-pocket cost to the patient. Services will be available regardless of income, citizenship status, gender identity or type of insurance.

"This bill is about health care, and these are all services to meet the health care needs of Oregonians," said Sen. Richard Devlin (D-Tualatin), who carried the bill in the Senate. "This is a \$10 million investment that will save us a lot down the road. Unintended pregnancies can lead to greater social service costs down the line. Lack of preventive care for sexually transmitted infections, pregnancy and other things leads to costly treatments later. This is a common-sense public health bill that makes fiscal sense."

The bill sets aside \$6 million to pay for family planning services and \$3 million for post-partum care. It also directs all remaining pre-Affordable Care Act health plans to cover contraceptives without copayments and ensures that transgender individuals can receive routine screenings. The bulk of the funding will go toward contraception. The bill will expand access to no-cost contraception for 18,600 women in Oregon who lack that benefit.

"This bill is about equity and empowering people to decide whether and when to become a parent," said Sen. Elizabeth Steiner Hayward (D-Beaverton), who works as a physician. "By providing the full range of reproductive health care – including contraception, abortion and cancer prevention – we can reduce the number

of unintended pregnancies, improve women's health and increase women's ability to be economically self-sufficient."

Increasing access to contraception and pregnancy services in Oregon has been paying off by reducing unintended pregnancies. The state's abortion rate is nearly half what it was in recent decades, dropping from 15,700 in 1980 to 8,600 in 2015. During that time, the state has grown from 2.6 million people to 4 million. At the same time, the teen pregnancy rates have dropped significantly, though they still are high compared to many other states.

The Reproductive Health Equity Act will require the Oregon Health Authority to implement a program to reimburse the costs of reproductive health services to individuals who would be eligible for medical assistance if not for their immigration status. This program also includes coverage for 60 days of post-partum care, providing access to critical care to the 48,000 Oregonians who have coverage for labor and delivery, but who lose that coverage immediately after giving birth.

Sen. Laurie Monnes Anderson (D-Gresham) is a career public health nurse. She says that for every dollar in public spending on reproductive health and family planning services, states save \$7 in Medicaid costs for pregnancy, labor and delivery and other health care.

"As a public health nurse, I have worked with the very poor and many at-risk pregnant women," she said. "I have seen the difference between what a poor woman can get and one that has financial means to get birth control and health services. I have seen that poverty is a restriction. I have seen access as a restriction. Unintended pregnancies can perpetuate cycles of poverty, and we can help stop it. It is a woman's right to choose when and if she is ready in her life to have a child."

House Bill 3391 now goes to Gov. Kate Brown for her signature.

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THE CLASSICAL SERIES DEBUT At The Liberty Theatre! September 2017 – May 2018

AN EXCITING announcement from the Liberty Theater. For the first season since the renovation, the Liberty Theatre will be offering an entire series of classical music to its patrons. In addition to world-class performances, many of the performers will be holding pre-show workshops to the band, orchestra, choir, and dance students of Astoria High School. These workshops are offered to students at no cost to the students, parents, or school and are graciously funded by donors within the community.

The upcoming Classical Series advances the mission of Liberty Restoration, Inc. by presenting quality productions by local artists/performers and outside presenters that are within the economic reach of a broad spectrum of the community, and reach audiences of all ages while providing a balance of events which are culturally rich and discipline diverse. The series' educational component aligns with the goal to encourage educational programs relating to the performing arts by providing in-school workshops for students of different levels and disciplines taught by visiting professional artists from a variety of disciplines and art forms.

Creative Ticket Packages/concert savings are offered.

For Details: www.libertyastoria.org

- Sept 23, 4pm The Portland Chamber Orchestra with pianist Ruusamari Teppo
- Oct 4, 7pm The Schubert Ensemble of London
- Nov 17, 7pm The Tacoma Opera
- Jan 4, 7pm PROJECT Trio
- Feb 4, 3pm Song & String Trio
- Feb 17, 3pm The Bodhi Trio
- Mar 16, 7pm The Delgani String Quartet
- Apr 26, 7pm The Oregon Brass Quintet
- May 25, 7pm The Solstice Wind Quintet



Magical pianist and descendent of Finnish composer Jean Sibelius, Ruusamari Teppo returns to the Liberty Theater in the first of the new Liberty Theater classical series.

MUSIC IN THE GARDENS TOUR • July 15

ENJOY A LOVELY summer day touring beautiful coastal gardens on July 15 and celebrate the 11th annual Long Beach Peninsula Garden Tour. Visitors again will be offered the chance to see some of the most beautiful private gardens from the Columbia River to Willapa Bay. This year's tour includes gardens from Chinook to Oysterville, a National Historic Landmark.

Each garden will offer live music throughout the day. This year's offerings includes The Winterlings, an indie folk duo; TERRY ROBB, an acoustic blues guitarist; BRAD & DAVE, who play bluegrass duets on guitar, banjo and mandolin; GARY STROUT-SOS, a world music flutist who has provided music in many of Ken Burn's documentaries, and some of our favorite, local musicians; TOM TRUDELL, BARBARA BATE, THE OCEAN BAY TRIO (3 members of the Mozart Chicks) and BRIAN O'CONNOR.

Artists in the gardens will include painter Noel Thomas of Astoria, Susan Spence, demonstrating weaving beach baskets made from flotsam collected on local area beaches, and Patricia Fagerland, displaying garden art from her Astoria shop, Forsythia.

The Garden Tour Raffle will offer a Noel Thomas painting, donated by Stu and Carol Thomas, a beach basket by Susan Spence, Dick Rodlun donates a wooden garden bench. Visit the Facebook page as each item is featured.

New this year! The City of Long Beach recently purchased a barth style trolley adorned in the whimsical artwork of local artist, Don Nisbett. 30 people will be chauffeured from venue to venue stress-free while enjoying the commentary of Conductor and WMS Board Member, Jim Sherman. This opportunity is on a first-come-first-served basis. The cost of the trolley ticket is \$15.00. An additional \$20.00 will purchase the garden tour ticket.

Tickets may be purchased online and in person at Bay Avenue Gallery at 406 Bay Avenue, Ocean Park, Basket Case Greenhouse at 12106 Sandridge Road, Long Beach and The English Nursery at the corner of highways 101 and 103, Seaview beginning July 8th. All tickets purchased online can be redeemed at one of the above locations in exchange for the garden tour map and keepsake brochure.

Music in the Gardens is a fundraiser for the Water Music Society, whose mission it is to bring classical, jazz and rock-classics to the peninsula. A portion of the monies received each season are donated to the Ocean Beach School District Music Program. As a result of the continuous and generous support of local and out-of-town participants, the Society was able to donate \$5,000 to the music program from the 2016 proceeds. www.watermusicsociety.com



THE NW LOOPFEST is back for another showcase! The greatest, most creative musical event you've never heard of happens at Rogues Ales & Spirits located at 748 SW Bay Blvd in Newport, OR on July 22nd. Admission is by donation. Time is 3pm to 10pm.

For those of you wondering what is a "LoopFest?" It is a showcase of music and technology performance artists. These artists use technology to instantly record and play back sound. It is a diverse, creative, innovative, and fascinating display of talent, science, and art. They are creative, interesting, and amazing. Genre of music includes, noise, ambient, avant-garde, and song form artists. Some are powerful, some are subtle, all are serious about their craft.

Complete line-up, set-times, and venue location is online at www.petersonentertainment.com. You can find links to artist websites and video recorded performances from previous festivals. Facebook links are available for those who want to personally interact with the festival and performers along with links to stream the concerts live.

Artists from all points US will converge.

See why live music is still great, still thrilling, still offensive, still an art form. It's a beautiful experience on the coast with music that will challenge you, move you, and affect you deeply. Don't miss the NW LoopFest.

Roselit Bone, Lana Rebel To Headline ELECTRIC FENCES MUSIC FEST



THE 3RD ANNUAL ELECTRIC FENCES, will take place on August 5th in Nehalem. Featuring performers from Oregon, California, Texas, Arizona, and Georgia, the single-day event will begin at noon and end at midnight. Advance general admission tickets, as well as overnight camping passes, are available through the festival website.

Featured acts at this year's festival include the gothic-western band Roselit Bone (Portland, OR), country/folk duo Miss Lana Rebel and Kevin Michael Mayfield (Tucson, AZ), indie-country balladeer Alex Dupree (Los Angeles, CA), garage punks The Dumpies (Austin, TX), and former guitarist/songwriter of The Lonesome Strangers, Jeff Rymes (Athens, GA).

Electric Fences is an all-ages event. For complete festival lineup, music links, advance tickets, and all other information please visit the festival website at www.electricfencesfest.com.

MMF! Ready to Rock a Community

OUTDOOR MUSIC is one of the greatest things summer season can offer. You bring your lawn chairs, blankets, hoola hoops, dancing feet, and settle in, its called a MUSIC VACATION!

Now in it's 2nd year, the Manzanita Music Festival celebrates the power of music—to shelter, heal and connect all generations in our communities, and to welcome visitors to the beautiful Oregon Coast. Last year, the festival showcased incredibly talented local, regional, and nationally acclaimed artists performing Americana, Blues, Country, Reggae, Jazz, and more. Beth Carter Boyer, Executive Director, and the planning staff have been hard at work putting together another great festival, with added value!!!!

MMF has Fulcrum Community Resources, a local 501c3 organization acting as their fiscal sponsor. This means donations to the Manzanita Music Festival can be tax deductible. <http://fulcrumresources.org>.

Another big development, MMF expands to a 3-day event this year. The festival kicks off **FRIDAY, JULY 21** at The Rex Champ Field in Nehalem, partnering again with North Coast Recreation District (NCRD). Gates open at 5pm. NCRD and MMF will be upgrading the ballpark for the festival, youth sports and future community events. Win/Win. Entry to the evening concerts is a ticketed event. Food, beer, wine and other beverages will be available at the field.

DAY 2, SATURDAY, JULY 22 the festival continues in downtown Manzanita, to bring attendees another amazing event. A main stage features a fun, eclectic variety of musical performances, vendor booths and exciting children's activities. Downtown festivities 11am till 5pm.

A favorite of last year's festival was the "Kid's Zone" which included a smaller acoustic stage for performers, and activities hosted by NCRD. A new activity this year in the Kids Zone will be to feature musicians and artists to demonstrate and showcase their art. In addition, students representing Oregon University will set up live art demonstrations, juggling, mimes, etc. on street corners in downtown Manzanita. This is the 1st step in helping MMF fulfill their mission/goals of putting music and art in the hearts and hands of children.

DAY 2 SATURDAY evening concert at Rex Champ gates open at 5pm.

DAY 3, SUNDAY JULY 23, the festival fun starts again in downtown Manzanita with more excellent music. Kids Zone, food and beverage. Music starts at 11am till 5pm.

Manzanita Music Festival is soliciting businesses wanting to get involved in their mission by sponsorship or to sponsor a band. Your donation is tax deductible and helps a fun community event thrive for years to come. MMF is also looking for food vendors, Committee Leaders and volunteers who want to participate.

Contact MMF for more information at manzanitamusicfestival@gmail.com



Leslie Mendelsohn

THE MMF LINE-UP offers a talented roster of 18 national, regional and local coastal ensembles.

Here's a taste of the diversity. For a full lowdown on the bands go to www.manzanamusicfestival.org

National Headliner THE PAUL CHESNE BAND promise to energize the late-night Rex Champ stage. American country and soul singer-songwriter Chesne brings a band chockfull with pros from the music biz (Smash Mouth, Lana Del Rey, Norah Jones, Lucinda Williams, Ray Lamontagne, Johnny Cash, The Webb Sisters). Chesne is a spirited entertainer with 5 albums to date, and he's played well over 1200 shows since 1999.

From the downtown NYC music scene, singer-songwriter LESLIE MENDELSON is a terrific throwback to the 70's, reminiscent of the soulful songstress Laura Nyro. Catch her on the Day 2 downtown stage and with the Paul Chesne Band the big stage.



The Strange Tones

manzanita music festival



Paul Chesne Band

and bassist Andy Strange, they've been inducted into Cascade Blues Assoc. Hall of Fame, as one of P-Towns most accomplished bands.

"Since early 2015, SCRATCHDOG STRINGBAND has been touring throughout the West Coast & beyond with their fresh amalgamation of classic & contemporary Americana/Bluegrass music. The sound that emerges is uniquely "Scratchdog," not just a Bluegrass experience but also deriving from influences in Rock, Folk, Country and Jazz."

KATE AND THE CROCODILES

offer a refined blend of the classically trained vocalist Kate Morrison, Pink Martini's intuitive trumpeter Gavin Bondy, and pianist/composer, Craig Bidondo. They perform stunning originals & re-creations from Bob Dylan, Tom Waits, Nat Cole, Louis Prima, Louis Armstrong, Pat Benetar, April Smith, Yves Montand & more!

Coastal rock artist BETH BASILE, former member of the Crackpots, regional favorite & mainstay of the Laurelthirst & little darlings of the Portland rock scene throughout the 90s has been a big influence on her offspring and younger family members. Along with Danny Joe Davis, veteran of the Portland music scene, Beth's CRACKPOT BABIES are gonna rock the field with Cream, Nirvana, and the Pixies influences!



Beth Basile



Scratchdog Stringband

FESTIVAL SCHEDULE

7/21 Rex Champ Ball Field:

- 5pm-Scratchdog Stringband
- 6pm-Welcome, opening of festival
- 6:30pm-Adams & Costello
- 7:30pm-Will West & the Friendly Strangers
- 9pm- Paul Chesne Band

7/22 Downtown Manzanita:

- 11am-The Sedona Fire Band
- 12pm-Rhythm Method
- 1pm-Tony Smiley
- 2:15pm-Leslie Mendelson
- 3:30pm-Kate & the Crocodiles

7/22 Rex Champ Ball Field:

- 5pm-Crackpot Babies
- 6pm-Rainwalkers
- 7pm-The Early Stuff
- 8pm-Leslie Mendelson & Paul Chesne
- 9:30pm-Strange Tones

7/23 Downtown Manzanita:

- 11am-Lauren Sheehan
- 12pm-Bluejug
- 1pm-Jazzati-tude
- 2pm-Countryside Ride
- 3pm- Lauren Sheehan
- 4pm- Patrick Lamb

- **PARKING:** As parking is extremely limited at the Rex Champ Ball field Festival Site, leave your car closer to home & take a free Shuttle Bus to the festival. The shuttle will run continuously from 4:30pm till midnight between Manzanita & Nehalem, to the Ball Field. Pick-up/drop-off in downtown Manzanita is located at the corner of 3rd & Laneda, & in Nehalem at the NCRD parking lot, located at 36155 9th street.

- **TICKET INFO:** Advance ticket price is \$25 for the weekend & \$35 at the gate. Day passes are \$10-advance/ \$15 at the gate & are available at <https://www.tickettomato.com>. & at The Little Apple in Manzanita & The Nehalem Food Mart. Children 12 & under free with paying adult. No alcohol or glass allowed, as beer, wine & food will be sold at the event. No dogs allowed, except certified service animals.



MUSIC AND COMMUNITY

IN JUST THE 2ND YEAR, the Manzanita Music Festival (MMF) is working toward their 501(c)3 status. Their mission is to promote music and arts creativity, as well as to make music education accessible to children in the public schools of North Tillamook County. The festival is already making good on their mission and presented a check for \$2,000 to Paul Erlebach, Superintendent of Neahkahnie School District by MMF's Director and Founder, Beth Carter-Boyer. The money will go directly to aid the music program for The Neahkahnie School District.

The funds raised for the school programs came from a generous anonymous donor who offered \$1,000, if MMF could find a matching donor. And that's just what they did! The matching donation came from Hugh and Maridean Eisele of Eisele Farms in Boring, OR. The Eiseles attended a recent MMF fundraiser on Saturday, June 24th, graciously hosted by Lanny and Kay Eason of Neahkahnie, and organized by MMF's powerhouse fundraiser, Catlin Goodwin. A popular trio from Portland, The Junebugs entertained the fundraiser attendees at the Eason's home.

Seniors from Neahkahnie High School's Art Department have also created colorful art panels, specifically for the festival to be displayed around town. MMF is very pleased, as well, to have students from The University of Oregon to help decorate, do live art & other fun stuff for the festival, which is scheduled for July 21-23 in Manzanita and Nehalem. For tickets and information how you can be a part of the festival and support their mission, check out manzanitamusicfestival.org or call 503-812-9138

ASTORIA VISUAL ARTS (AVA)

Change and discovery at the Open Studios Tour

Open Studios Tour

JULY 29 - 30

THE 7TH ANNUAL ASTORIA OPEN STUDIOS TOUR will take place July 29 and 30 from 10am–4pm, with a total of 20 studio locations. Out of 37 participating artists, 16 are new to the tour, which is a significant change.

"Many well-known local artists took a break this year, but we have so many people moving here and so many amazing artists, both new and old, it's incredible," says Tour Coordinator and participant Annie Eskelin.

"The tour is a ton of fun," says Robert Paulmenn, a well-known painter who's participating for the fifth year. "I've even met people over the years who build vacation time around it."

Lucy Barna, jeweler and new participant, expects it to be very different than previous years. "The pulse of creativity and art in Astoria this year in particular is really strong," she says. "There's a lot of momentum, both in the arts community and the community at large, so I'm excited to see what this tour brings."

Robert Dorband is a photographer returning to the tour after a break of several years. He says the Open Studios Tour "used to be a more casual affair and didn't have the quite the organization it has now."

Indeed, many artists describe the arts scene in Astoria as having grown, due in big part to the all volunteer-run Astoria Visual Arts (AVA). "As a non-profit, the AVA went from being a looser organization to one that's more business-minded, which is where it needed to go," says Paulmenn. Katie George, a new participant who'll be showing her wood-burning and paintings, adds that "AVA has artist residencies and other great resources that give younger, newer artists access to studio space that helps them to become part of the community."

With the diversity of artists, this year's tour will reflect what's special about Astoria's arts scene. "What I love about it is it really feels authentic; every artist I've met in Astoria can clearly talk about their work and why they love it. They have definite personalities that shine through their work, whereas in larger scenes sometimes people can get lost," says Barna.

A handful of participating artists talk to Hipfish about their new work and their creative process. The theme of discovery resonates loudly this year. The artists are all experimenting with different ways to step back and gain new perspectives on their work. Their processes overlap in interesting ways, and their willingness to explore has led them to create art they're passionate about sharing.

Kim Rose Adams is a new participant who'll be showing landscape photography, acrylic paintings, and functional pieces like tote bags, throw pillows, and coasters, which "get the art off the wall and into more spaces, even into the street."

"For me," Adams says, "it's the act of discovery that keeps me interested. I go on drives, whether to specific places I've seen on a map or at random. We're here in this big, beautiful world, and there are so many gorgeous places."

About the imagery in her work, Adams says, "Pristine places are hard to find—those without power lines, structures, garbage—they're really, really rare. So it makes me happy to see others appreciate and be inspired by those places. In a way, my images are of the ideal landscape, and I want people to know you really have to seek those places out."

Robert Dorband is a photographer whose subjects include landscapes and street shots, from Paris to Astoria. He'll also have several of his books available for sale.

Dorband is passionate about our forests, which he explores to bring back fascinating imagery. "I've just started shooting the stumps of old growth from the clear-cuts in Clatsop County, forests that are second and third, sometimes fourth growth. These gigantic stumps are reminders of the enormous trees that used to be here, from the Columbia as far as the eye could see. So I'm intrigued from an environmental standpoint and also aesthetically. To me they're like monuments and gravestones, something we've lost."

In describing the shift from film to digital photography, Dorband explains how it can be valuable to let his work sit for two–three years until he's no longer under its emotional influence. "On contact sheets, images would jump out at me that I didn't see as having real value when I first took



ARTIST:: ROGER DORBAND

the photographs. But with digital," he continues, "there's the tendency to delete, delete, delete."

Annie Eskelin is a new participant this year, a mixed-media painter who uses intuitive mark-making with acrylics and graphite, and is open to whatever objects and animals emerge. For the tour, she'll also have abstract seascapes inspired by this area.

Eskelin describes how the AVA residency gave her the space to try new techniques. "In my old life I was in the shop and it was very hands-on, with a table saw and sanding. But during my residency I started scraping paint onto surfaces to create texture instead of using paintbrushes. I ended up with 65 unfinished pieces, which really helped me to take myself more seriously as an artist."

Eskelin describes the push–pull between intuitive mark-making and lose texture, and getting trapped in obsessive detail work. "A piece gets stagnant if you don't step back from it," she says. "So I'm rocking both techniques."

For the tour, representational oil painter *Robert Paulmenn* will be showing many "small studies, the things I do when I go outside to paint, or demonstrations. They're nice but not large, and give people an opportunity to get some affordable artwork."

Paulmenn describes painting in the studio, studying subjects and pondering problems of color and light and atmosphere. Later, he says, "the decisions you make when painting outside, alla prima, are really informed by your work inside. And vice versa." He's also incorporating some abstract approaches into his representational work, using mark-making to capture light and dark and form, which



ARTIST:: KATIE GEORGE



ARTIST:: LAM QUANG



ARTIST:: LUCY BARNA



ARTIST:: KIM ROSE ADAMS

"removes the fussiness that goes along with making a thing look like a thing."

Lucy Barna is a jeweler and new participant who was trained in the traditional Southwest silversmith techniques where everything is made by hand, including the hooks, posts, clasps, and chains. "And I still make my stuff that way, even though I do more production work now."

She'll be showcasing her work from the last calendar year, which includes a body of work inspired by Plato's dialogue *Timaeus*. "I use his golden ratio a lot in my designs, as well as the Fibonacci sequence and other nerdy, meaningful things."

Barna's process is not all rational mathematics, however. When she first started making jewelry she thought she'd be creating rustic, weathered-looking pieces, but her work quickly became more shiny and feminine. "It really surprised me," she says, "but it's so important to my process to allow whatever comes out, and more polished pieces started to come out. And who knows what'll come next? That's exciting as an artist."

Katie George is a new participant who grew up in the area. She's both a microbiologist and artist who creates detailed illustrations of the natural world using wood-burning. She'll also have some paintings and drawings in the deep sea theme. "I've always had an affinity for the ocean," she says, "and whales especially."

"My senior year I was able to go on a research trip to the Amazon in Ecuador to do medicinal plant illustration, so it was a pretty unique experience to get to combine my two passions." Back in the studio, George navigates different wood grains, changing her work in response to the wood itself, whether straight-grained Sitka spruce or more sappy wood that's more challenging to work with. "Every piece of wood responds differently, so it's fun to learn from the piece how I have to work with it and change approaches," she says. "The grain can prevent or

encourage me to work a certain way." About the Open Studios Tour,

Adams says, "it's not as much about whether people buy something but that they get to learn about the artist's process."

Barna will be demonstrating jewelry-making while creating new, one-of-a-kind pieces, and she welcomes questions about her techniques. "It's so fun. I love showing people all the different stations in my studio and all the steps in the process, from the metal in the rawest form to the polished product to the boxes that go out the door."

Likewise, George will be demonstrating wood-burning, how she follows the grain with different temperatures and stippling techniques. As a bonus, George says, "it smells really good."

So whether you come for the smell of burning wood or oil paint, the Open Studios Tour will be an exciting weekend for both the artists and visitors. The tour is a change of pace for artists used to solitary contemplation and studio work. "My favorite part is the not knowing who I'll connect with," Eskelin says, "and there's always at least one new connection that feels like it was meant to be, either a person who becomes a fan or teaches me something I didn't know." Dorband also looks forward to the people who drop by. "They ask interesting questions, and I always learn things."

What would the artists say to someone who's curious about the tour but may be intimidated by walking into a studio or gallery? "Absolutely do it," says Paulmenn. "The intellectualizing of art in the 20th century did more

harm than good. The biggest complaint people have when I talk to them is how they don't understand art, and there's nothing really to understand. Do you like it or not? If you like it, that's all that matters. And if you don't, that's fine too. It's really that simple. Art should speak for itself, and you really get to make your own decisions about it."

And for all the artists in town who might be interested in participating next year? "Every artist in Astoria should participate in this for their own good," says Eskelin, "it's like eating your vegetables. Get involved, join your community, wipe that sleep out of your eyes, and pay the \$15 application fee. It's ridiculously cheap to participate in versus the publicity you get out of it, the glossy copy and the paid ads. So write that dang artist statement. If you need help, AVA is there with tons of resources. Astoria is a really cool place to be an artist."

To find out more about the artists and studio locations, pick up a copy of the full-color tour guide distributed around town or get the pullout from the July 26 edition of the Coast Weekend.

"The tour is self-guided," says Eskelin, so you just intuitively pick which artists you'd like to see." No matter which ones you choose, they'll all have new discoveries to share.



ARTIST:: ROBERT PAULMENN

Pick Up the Studios Tour Guide distributed throughout downtown Astoria Locations, in addition to a supplement in the Coast Weekend



RECREATENOW

Brings A Series Of Pop-Up Photography Exhibitions To Rockaway Beach



IN CELEBRATION of Rockaway Beach, Oregon, a new gallery space shares images from up-and-coming local photographers.

ROCKAWAY SIX BY SIX is a curated pop-up



Gallery Photography Exhibition taking place in Rockaway Beach. The newly renovated space with artist

Mike Arseneault at the helm staged its first opening on June 28th, with a great response from the community.

The exhibition is conceived and curated by Arseneault's RECREATE-NOW, a Rockaway Beach-based Brand and Creative Consultancy serving modern business and the arts and cultural community in Tillamook County.

The space is keeping hours: 11am-1pm, 5pm-7pm extended hours on weekend and holidays.

If you're in the Rockaway Beach neighborhood, check the gallery open sign, and check out: [facebook.com/groups/Rockaway-BeachSixBySixPhotoExhibition](https://www.facebook.com/groups/Rockaway-BeachSixBySixPhotoExhibition).

The second exhibit, WHERE ART MEETS LIFE (a curation of the artisan experience in Bali), will open early August, and the third exhibit, SMALL TOWN. BIG STORIES (the glorious stories of Rockaway Beach) will be open in time for Labor Day weekend.

FEATURED PHOTOGRAPHERS: Mike Arseneault, Don Best, Rodney Dahl, Lani High, Dave Po, Steve Weissenfluh, plus images from Carolyn Walters and Mary Dillon.

19485 Hwy 101, Rockaway Beach, OR 97136
(located between Washington & Minnehaha)



Behind the Bar: The Folk Art of Arvi Ostrom and the Snug Harbor

AN EXTRAORDINARY COLLECTION of artwork is the subject of the latest exhibit at the Heritage Museum in Astoria, Oregon. Behind the Bar: The Folk Art of Arvi Ostrom and the Snug Harbor features a fraction of the more than 10,000 drawings, paintings, and carvings created by Astoria's prolific folk artist and saloon operator Arvi Ostrom. Many people may recall Arvi's Union Town tavern the Snug Harbor and his "drawings", but few could imagine the breadth of his work and talent.

Upon Arvi's death in 1994, his grandson Ken Carlson became the caretaker of this vast collection. He has endeavored to preserve his grandfather's legacy and to share it with the public for the first time. He, with the aid of his friend and documentarian, Ben Saboonchian, has produced a great video about Arvi and his art (see cumtux.org).

The Heritage Museum is located at 1618 Exchange St. in Astoria. \$4 admission fee.

Call for Artists Cathlamet Art Festival

THE FIRST EVER Cathlamet Art Festival is seeking fine art and crafts vendors for Saturday, September 16, 9am – 4pm. Cathlamet, WA, is a charming little town on the banks of the Columbia River very conducive to an artistic atmosphere. The Tsuga Gallery is sponsoring this event which will kick off Friday, September 15th, with a welcoming reception and music. Saturday will feature activities on Main Street including an art walk, musicians, authors and poets, demonstrations and classes, throughout the town, as well as fine art and crafts vendors. Vendors can download application forms and information at www.tsugagallery.org or by calling the Tsuga Gallery at (360) 795-0725.

Recology Western Oregon and Astoria Visual Arts Announce Selection of Artists for the 2017 Coastal Oregon Artist Residency



TWO REGIONAL ARTISTS have been selected to participate in the second annual Coastal Oregon Artist Residency (COAR), which was developed collaboratively by Recology Western Oregon (RWO), an employee-owned company that manages resource recovery facilities on the North Coast, and local arts non-profit Astoria Visual Arts (AVA). The residency program supports the creation of art from recycled, repurposed and discarded materials. The two artists are Ryan Everson, of Warrenton, and Bonny Gorsuch, of Cannon Beach.

Ryan Everson graduated Warrenton High School in 1999 and served in the US Army for four years immediately after. For most of his life, Everson wrote in his COAR application, he has been "quite simply, a mechanic." His training as such began by his getting hauled to refrigeration jobs as a kid by his dad and working at a small family-run lawnmower shop. He went on to fixing M1A2 battle tanks in a combat zone, to full-time welding, to owning and operating an automotive and custom-exhaust fabrication shop, to working the North Dakota oilfields. He is now back in his hometown, pursuing his art. "I am never done learning," Everson says. "I'm not just a welder, an artist, or a mechanic. I am a balanced combination of the three with what some may call an unhealthy appetite for creating stuff. To say I have varied interests is an understatement." Everson currently makes sculptures from recycled copper, with bases made from a variety of materials such as melted glass, driftwood and rock. "My art, he says, "is unique, varied, has stories, and, in some cases, is useful." To see some of Everson's artwork, visit his website: www.resculpturedart.com/

Bonny Gorsuch was born in Hollywood, California and raised in nearby Manhattan Beach. In the 1980s, she migrated to Eugene and, in 2000, she and her family moved to Cannon Beach. She started tinkering with found objects, wood, metal,

and fabric scraps with her two young sons, now grown, sitting on her lap. "I've always been attracted to trash, junk, debris and discards," Gorsuch says. "My art is simply my compulsive need to recycle others castoffs." With no formal art training, Gorsuch has created her own uniquely styled folk art: whimsical, primitive, naive, outsider, eco-friendly. Her work has been featured in many publications including Coastal Living, Altered Couture, Belle Amoire, Sew Somerset, Art Quilting Studio, Our Coast and more. She currently sells her work online, at outdoor shows and, locally, through Astoria Vintage Hardware. Samples of Gorsuch's work can be viewed at www.etsy.com/shop/mybonny.

Everson and Gorsuch were selected from a strong field of applicants by a jury of artists, art patrons, and environmental professionals. Each will be provided with a monthly stipend, materials, and dedicated studio space at RWO's Astoria Recycling Depot and Transfer Station over a three-month period.

The dual residencies commence on Monday, July 17, 2017 and end on Monday, October 16, 2017, with an exhibition date to be determined. By supporting artists who work with recycled materials, AVA and RWO hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment. For more information about the COAR program, visit astoriavisualarts.org.



Tokeland Wood & Art Fest

See woodcarvers, woodcrafters and other artists at work during this family friendly event that features art, music, food and more! The Tokeland Wood & Art Fest is held at the historic Tokeland Hotel and showcases Pacific County's multifaceted art community. July 22-23, 2017

Saturday 8

MUSIC

Mo Phillips. Noon – 1pm at the Manzanita Library.

Tom Trudell. 6:30pm at Bridgewater Bistro in Astoria.

Cal Scott. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Waikiki Beach Concert. 7pm at the Waikiki Beach arena at cape Disappointment State Park.

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

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

ART

Astoria Artwalk. Free, 5 – 8pm at galleries and other businesses in downtown Astoria.

Experience a Camera Obscura. See the natural world in a new way. This temporary art installation will be like standing in a giant pinhole camera. 11am- 7pm at the Sitka Center, Otis.

FOOD & DRINK

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

HAPPENING

Wahkiakum Fair Flea Market and Used Book Sale. 9am – 3pm at the Wahkiakum County Fairgrounds, Skamokawa.

Lewis and Clark Living History Program. Costumed members of the PNLH will demonstrate the weapons, tools and skills employed by the explorers of the epic Lewis and Clark expedition. 10am – 4pm at the Knappton Cove Heritage Center, east of Chinook.

LECTURE

Ebba Wicks Brown Presentation. Rachel Jensen will discuss the life and work of local architect Ebba Wicks Brown. Followed by self-guided walking tours of Astoria buildings designed by Brown. 3pm at the Lower Columbia Preservation Society office in Astoria.

OUTSIDE

Clatsop County Relay for Life. 10am – midnight at Astoria High School.

Pull Policeman's Helmet at Circle Creek. 10am – 1pm at the Circle Creek Habitat Reserve south of Seaside. Visit NCLCtrust.org for details.

THEATER

She Loves Me. Musical. 7pm at the Fort Columbia Theater, Chinook.

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

Steel Magnolias. \$20 – \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 9

MUSIC

Sedona Fire. 10am – 3pm at the Astoria Sunday Market.

Red Beans & Rice. 11:30am at Bridgewater Bistro in Astoria.

Skadi. 6:30pm at Bridgewater Bistro in Astoria.

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

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

HAPPENING

Lewis and Clark Living History Program. 10am – 4pm at the Knappton Cove Heritage Center, east of Chinook.

Seaman's Day. Special activities commemorate Seaman, Meriwether Lewis' Newfoundland dog. There will be plenty of "Newfies" to enjoy and pet. At Fort Clatsop, Warrenton.

Monday 10

MUSIC

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

Tuesday 11

MUSIC

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

Wednesday 12

MUSIC

Buzz Rogowski. 6:30pm at Bridgewater Bistro in Astoria.

SheckPee. Voodoo Room in Astoria 8pm.

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

HAPPENING

Sandsations. A sand-sculpting extravaganza. On the beach, near the Bolstad Beach Approach in Long Beach. sandsationslongbeach.com

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

THEATER

Steel Magnolias. \$20 – \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 13

MUSIC

Martin Gerschwitz. No cover, 7pm at the Sand Trap Pub in Gearhart.

Fox and Bones. No cover, 8pm at the Adrift Hotel in Long Beach.

Richard Marx. \$25 – \$30, 8pm at Chinook Winds in Lincoln City.

HAPPENING

Sandsations. A sand-sculpting extravaganza. On the beach, near the Bolstad Beach Approach in Long Beach. sandsationslongbeach.com

THEATER

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

Clue: The Musical. \$20 – \$25. 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Friday 14

MUSIC

Terry Robb. Guitar Blues Master. Solo show. \$12. Doors open 7:30pm. At KALA in Astoria.

Two Crows Joy. 5 – 8pm at the Manzanita Farmers Market.

David Drury. 6:30pm at Bridgewater Bistro in Astoria.

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

ART

ArtSations. Peninsula Art Association members put their work on display and up for sale at the Peninsula Arts Center in Long Beach.

Quilt and Fiber Arts Show. 3 – 5pm at the Hoffman Center in Manzanita.

HAPPENING

Bald Eagle Days. In Cathlamet. <http://cathlametchamber.com/wp-content/uploads/2016/03/poster-new.jpg>

Sandsations. A sand-sculpting extravaganza. On the beach, near the Bolstad Beach Approach in Long Beach. sandsationslongbeach.com

2nd Friday Contra Dance. Clatsop County Stringband with caller Dave Ambrose. \$5 – \$10 sliding scale. 7 – 10pm at the AAMC in Astoria.

Dory Days Festival. In Pacific City.. pcnv-chamber.org/event-calendar/

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Steel Magnolias. \$20 – \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 15

MUSIC

Zara Thustra: Time Traveller. A one-man, sci-fi musical theater show with performer Micah Huang and Gregg Scklof on ambient stand-up bass. Lucy Barna opens. \$8, 8pm at KALA. All ages.

Tom Trudell. 6:30pm at Bridgewater Bistro in Astoria.

Cat Hoch. No cover, 8pm at the Sou'wester Lodge in Seaview.

Catch 2. No cover, no minors. 8pm at the Olney Saloon, Olney.

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

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

ART

ArtSations. Peninsula Art Association members put their work on display and up for sale at the Peninsula Arts Center in Long Beach.

COUNTRYSIDE RIDE

Countryside Ride, who aren't old-timers, but spot-on, honky-tonk preservationists capable of teaching a master class. The Clark County, Washington, group knows what it takes to make a great bar band. From the plunking stand-up bass, to the swinging, minimalist drums, to the crisp, plucky Telecaster twang, to the love-sick croon and hootin' hollers, Countryside Ride is as timeless and sturdy as their vernacular." — ANDREW R TONRY, The Portland Mercury
The Olney Saloon - Sat. July 22 @ 8pm - no cover 21+



Quilt and Fiber Arts Show. 3 – 5pm at the Hoffman Center in Manzanita.

FOOD & DRINK

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

HAPPENING

Bald Eagle Days. In Cathlamet. cathlametchamber.com/

Music in the Gardens Tour. Participants will enjoy live music, delicious bites and beverages as they meet the gardeners and peruse their work. \$20, 10am – 4pm on the Long Beach Peninsula. water-musicfestival.com

Clamshell Railroad Days. Experience historic railroad lectures, model railroad layouts from regional clubs, the kids craft caboose, and more. Admission is \$5 and includes a souvenir pin and covers Museum entrance for 2 days. Kids under 12 are free. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

South Pacific County Humane Society Pet Parade. Noon – 2pm at the end of West Bolstad ave in Long Beach.

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

Dory Days Festival. In Pacific City

LITERARY

Calvin Tibbets: Oregon's First Pioneer. Presented by author Jerry Sutherland. 1pm at the Seaside Library.

OUTSIDE

Seaside Beach Run. 7am – 1pm at the 12th Ave beach approach in Seaside. seasidebeachrun.org

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the



BUZZ ROGOWSKI

An Olympic peninsula musician for the past 15 years and student of the Dave Brubeck Institute of Jazz at Pacific University in California, Rogowski considers himself a "musical sponge". "I absorb everything I hear musically and then reinterpret it into my own style of impressionistic-Rogowski jazz".

Hear Rogowski select nights at the Bridgewater Bistro in Astoria. Stop in for dinner or a cocktail.

Coaster Theater Summer Rep

Musical Sleuthing and a beauty parlor beaming with character . . . and characters!

Steel Magnolias June 16 – September 2

Truvy's beauty salon in Chinquapin, Louisiana is where all the ladies who are "anybody" come to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), the outspoken, wise-cracking Truvy dispenses shampoos and free advice to the town's rich curmudgeon, Ouiser, an eccentric millionaire, Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby, is about to marry a "good ole boy." Filled with hilarious repartee and humorously revealing verbal collisions, the play moves toward tragedy when the spunky Shelby risks pregnancy against all advice. The sudden realization of their mortality affects the others, but also draws on the underlying strength—and love—which give the play, and its characters, the special quality to make them truly touching, funny and marvelously amiable company in good times and bad.

CAUTIONS: If this were a movie it would be rated PG. Steel Magnolias includes mild 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.

Directed by April Poland, Costumer Judith Light, Lighting Mick Alderman, Props, Cindy Karr

CAST: Jean Rice, Heather Neuirth, Deanna Moomjian-Gjovik, Katherine Lacaze, Sheila Shaffer, Gigi Chadwick.

CLUE The Musical June 23 – Sept 3

The internationally popular game is now a fun filled musical which brings the world's



best known suspects to life and invites the audience to help solve the mystery: who killed Mr. Boddy, in what room and with what weapon. Pay attention and deduce the solution from clues given throughout the fun filled evening; there are 216 possible endings! Only one hard-nosed detective is qualified to unravel the merry mayhem. Comedic antics carry the investigation from room to room. Even after the culprit confesses, a surprise twist delights the audience.

CAUTIONS: If this was a movie it would be rated PG. There are some mild adult themes and the character of Mrs. White is played by a man in drag. Children 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. On the other hand, there are lots of fun musical numbers, audience members get to play they game and even children who haven't reached the age of irony will likely have a good time. Your own judgement is the best guide for your family.

Directed by Patrick Lathrop, Costumer Patrick Lathrop, Lighting Designer Mick Alderman, Props Cindy Karr.

CAST: Frank Jagodnik, Jean Rice, David Sweeney, Ann Bronson, Ben Faubion, Dottie De Vine, Richard Bowman, Kelsie Peterson.

All shows begin at 7:30pm. Wed – Sat, some Sundays. For Repertory Season Schedule go to coastertheatre.com. 108 N. Hemlock, Downtown Cannon Beach 503.436.1242.

The Tillamook Association for the Performing Arts (TAPA) presents "To Kill A Mockingbird" written by Harper Lee, and directed by Richard A. Coon. The stage version of this well-known story opens July 14 in Tillamook.

It's 1935 in Maycomb, Alabama, children play in the street, wild dogs run loose, mockingbirds sing and Tom Robinson fights for his life. This great American classic was a must read for most students in the 50s and 60s and is told through the eyes of Jean Louise Finch (Scout, as an adult) as she remembers those wondrous, and tumultuous days. "To Kill A Mockingbird" opens July 14 and runs through July 30. Friday and Saturday 7pm, Sunday matinees 2pm. Tickets for this production are on sale now! As always, reserved seating is available through



To Kill A Mocking Bird July 14 - 30

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

Opening Night Gala Celebration on July 14, includes complimentary hors d'oeuvres and a beverage of choice.

AT TAPA's Barn Community Playhouse, located at 1204 Ivy St, on the corner of 12th and Ivy, one block west of Hwy 101.

Rising Tide Productions DOUBT, A PARABLE July 14 – 30

RISEING TIDE PRODUCTIONS presents John Patrick Shanley's masterpiece Pulitzer Prize and Tony Award winning play, Doubt, A Parable, directed by George Dzundza.

"What do you do when you're not sure?" This is the crux of the play. It's 1964, and times are changing and alarms are going off left and right. Suspicions are leveled but what is the truth of the matter? When evidence is slim and consequences are severe how do you find justice and protect the innocent? In stunning prose Doubt, A Parable delves into the murky shadows of moral uncertainty, where the characters are always balancing their beliefs on the thin line between truth and consequences. Doubt: A Parable is an exquisite, potent drama that will raise questions, leaving the audience to grapple with the discomfort of finding their own answers and dealing with their own uncertainties. Which is exactly what drama is supposed to do.



Cast: Joseph Oyala (Father Flynn), Margaret Page (Sister Aloysious), Brenna Sage (Sister James) and Sue Meyers Neuer (Mrs. Muller).

SHOW DATES: 7pm Friday & Saturday July 14-15, 21-22, 28-29. 2pm Sunday July 16, 23 & 30. At N.C.R.D. Performing Arts Center, 36155 9th St, Nehalem, OR 97131. Details: Adult Content. Tickets \$20 available at the door. Cash & Checks Only. INFO: risingtideproductions@earthlink.net or 503-842-5406

ASOC: THE BIRDS

THE ASTOR Street Opry Company announces open auditions for "The Birds" by Daphne du Maurier and Directed by Sheila Shaffer! July 24 - 25 at the ASOC Playhouse at 6pm both nights! The play calls for four players, two men and two women ages 17 and older.

"Daphne du Maurier's short story, also the basis for Alfred Hitchcock's classic film, is boldly adapted by Conor McPherson—a gripping, unsettling, and moving look at human relationships in the face of societal collapse. In an isolated house, strangers Nat and Diane take shelter from relentless masses of attacking birds. They find relative sanctuary but not comfort or peace; there's no electricity, little food,

and a nearby neighbor may still be alive and watching them. Another refugee, the young and attractive Julia, arrives with some news of the outside world, but her presence also brings discord. Their survival becomes even more doubtful when paranoia takes hold of the makeshift fortress—an internal threat to match that of the birds outside."

RUN: October 6, 7, 13, 14, 15 (2pm Matinee) 20 & 21. FMI: Sheila Shaffer, Director, at sheilashaffer@centurylink.net. www.astorstreetoprycompany.com Or Find us on Facebook!

AUDITIONS



Paintings and Sculpture at RiverSea

RIVERSEA GALLERY opens two shows this month, featuring paintings by Joan Stuart Ross and sculpture by Steve Belz. An opening reception will be held during Astoria's Second Saturday Artwalk on Saturday, July 8, both artists will be on hand to discuss their process and inspiration. LIVE MUSIC by David Drury and Shelley Loring Barker. Both shows on view through August 8.

ON THE PATIO is a solo exhibition of paintings in encaustic on panel and oil on paper or canvas by Joan Stuart Ross, a nationally recognized artist who lives and works in Seattle and on the Willapa Bay.

The artist characterizes these paintings as presenting "visual events on and underneath the surface to describe the present, the past and an unknowable future." Often inspired by landscape, she also draws upon deep introspection, personal history and world events. The work in this show reflects her immersion in the liminal waterlands of the north coast, as well as time spent in the arid expanse of the southwestern desert. In separate series of paintings she offers interpretations of the night sky and unexpectedly lush desert blooms.

S. Belz, Sweep

Joan Stuart Ross is a recipient of the Seattle Art Museum's Betty Bowen Award, a NIAUSI Rome Fellowship, and has had residencies in Paris and Norway, among many others in the United States. Her



J S Ross, Desert Painting 13, 11x14-oil

work is in numerous public and institutional collections, including the Seattle Art Museum and the National Museum of Women in the Arts. She works out of her studios in Seattle and in Nahcotta, Washington on Willapa Bay.

Showing in the Alcove space is APART, a solo show of ceramic and mixed media sculpture by Steve Belz. According to the artist, "Many of the works in this exhibition are visual representations of my perceptions of natural resources and my ideas about our relationship with the natural world."

Since 2015, Belz has been head of the ceramics department at Peninsula College in Port Angeles. His work has been included in numerous national and several international exhibitions including CAIR in Germany, Ceramics Now 3rd Edition in Romania, and 31 CICA in Spain. He exhibits in solo and group invitational shows nationally.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.

CYNTHIA LAHTI: HAUNT AT IMOGEN

IMOGEN welcomes back Cynthia Lahti for her third solo exhibition, HAUNT at Imogen. Recently finishing a residency at Sitka Center for Art and Ecology located in the central coast area of Cascade Head, and now residing in the idyllic woods of Clatsop County, Lahti brings a fresh series of drawings depicting places known and loved by her since childhood. She combines imprints of cherished memory with the landscape of today to create compellingly lush yet delicate compositions of our mystical coastal region. Haunt is a reflection of her own heritage and history through visual exploration of places familiar over a lifetime. Opening Saturday, July 8, 5 - 8pm with a reception for Lahti who will be present and available to answer questions about the series. The exhibition will be on view (through August 8).

For artist Cynthia Lahti, landscape intimate to her has always informed her two-dimensional work. Since childhood she has immersed herself in place, seeking out sites that instill an affirmation of the grand landscape of Oregon and her own connection to home. Lahti, known and respected for her mixed media three dimensional ceramic work, creates balance for her career by turning her focus on the process of mark making on paper. She has always held a strong affinity for the land, creating drawings and paintings representing places known and haunted by her and family who immigrated here from Finland. Her longtime love affair with the wetlands, forests and coastal regions of Clatsop County, culminated in a temporary move from Portland to the Lewis and Clark area of the county. Lahti brings a series of plein aire paintings, (work created on site as opposed to within the comforts of a studio) depicting places of personal importance to her, etched in her memory but now revisited decades later. Through quick and immedi-

ate gesture she portrays areas surrounding Youngs Bay, Fort Stevens and other locations around the county.

Lahti is highly respected by peers, collectors and institutions who work to further the acknowledgement of artists. She has been awarded a Hallie Ford Family Foundation fellowship in 2013 for her contribution to Oregon visual arts, a recipient to a Bonnie Bronson Fellowship Award, and most recently awarded a grant by the prestigious Adolph and Esther Gottlieb Foundation. The Gottlieb Foundation awards up to 12 artists internationally each year who have dedicated their lives to art as a career choice. Lahti has also enjoyed residencies that have taken her to Berlin, Germany, Caldera at Sisters, Oregon and most recently the Sitka Center for Art and Ecology at Cascade Head, Oregon. Her work can be found in the collections of the Jordan Schnitzer Museum of Art in Eugene, Reed College, Portland, Oregon and the Boise Art Museum, Boise, Idaho.

Imogen Gallery is located at 240 11th Street, Open Mon through Sat, 11 to 5, 11 to 4 Sun, closed Wed. 503.468.0620/imogengallery.com .



Old Growth mixed med. on paper 12x9

John Wimberley at LightBox

LIGHTBOX Photographic Gallery celebrates their 100th exhibit with the opening reception for "A Preternatural Place: Dream and Memory in the Great Basin", a body of work by internationally renowned photographic artist John Wimberley. Opening July 8, (thru Sept 5) with an artist reception from 5-8pm. An Artist Talk will be held prior to the opening at 4pm, call the gallery at 503-468-0238 for availability and reservations.

This retrospective collection exemplifies the refined photographic process John Wimberley is known for. This inspiring exhibition consists of photographs made during a two decade period, 1997 - 2017. It consists of black and white, gelatin/silver prints that were hand printed by Wimberley in his traditional wet darkroom.

John Wimberley was born in Bermuda in 1945 and currently lives in Ashland, Oregon. In 1966 he made his first photographs on the flight decks of aircraft carriers upon which he served during the Viet Nam war. John performed years of research that resulted in two pyrogallol film developers that are still sold by The Photographer's Formulary. His work initiated the current renaissance of the use of pyrogallol, and he became a sought-after expert in black and white film development chemistry and techniques. John has achieved world wide recognition as one of contemporary photography's finest technicians.

Now, with more than 50 years in photography, John's critically acclaimed work has been honored with over 70 major exhibitions and has been extensively published and collected around the world. His work is represented in more than 500 public and private collections, including many major museums.

LightBox is located at 1045 Marine Drive in Astoria, hours are Tues - Sat 11 - 5:30. 503-468-0238 lightbox-photographic.com.



Bitter Ridge #7

- The forty gelatin/silver prints in this exhibition were selected from my work since 1996. All were made within the American Great Basin; that is, Nevada and slices of adjacent states. They reveal traces of dream and memory in the land, and explore artifacts of human endeavor in the form of petroglyphs and abandoned structures. The primary focus is on stone that has been altered by human activity.
- For 12,000 years or more, American Indians ground, pounded or scratched imagery we call petroglyphs into stone.
- When Euro-American miners arrived in force during the mid-1800's, a new era began in which stone was quarried and stacked to construct buildings such as mills.
- Within them, stone was crushed to extract minerals, especially gold and silver. Most mining camps were very short lived and few structures remain. Happily, an astonishing number of petroglyphs have survived in spite of vandalism and natural weathering.
- But their numbers are diminishing.
- ~ John Wimberley

Penny Treat and Renee O'Conner at ArtPort Gallery

INSPIRED by the allure and beauty of the Willapa Bay, Penny Treat and Renee O'Connor are featured artists at ArtPort Gallery for July. Artists reception is from 3-7pm, July 7. The artists will share memorable stories with the public of living and working on this bay. Together they celebrate the Willapa Bay's gifts of wildlife, bounty, storms, tranquility and it's infamous Blue Moon.

Surrounding by mature flowering rhododendrons, garden delights of peach flyaway poppies, peonies, scented roses, butterflies and hummingbirds, Penny's watercolors and wood block prints capture the bounty of her bay front property in the spring and summer. The ever-changing tides, wind and light on the bay are captured in Renee's subtle, elegant,



Renee O'Connor, Ceramic Plate



Penny Treat, watercolor

pottery. She'll feature large ceramic wall pieces including organic vases and platters and mosaic jewelry. Artists and nature have collaborated to give us art and pottery seen only once in a Blue Moon.

ArtPort Gallery is located at 177 Howerton Way in Ilwaco. Open 11 to 5pm, Thur - Sat.

Calvin Tibbets: Oregon's First Pioneer Author Jerry Sutherland

SEASIDE LIBRARY hosts author Jerry Sutherland, July 15 talking about his book "Calvin Tibbets: Oregon's First Pioneer," in the Community Room at 1pm, with book sales and signings following.

When Calvin Tibbets ventured to Oregon Country in 1832 it was looking more British than American. That's because Hudson's Bay Company, the Crown's proxy, had virtual control of the area and some of their French Canadian employees had retired to farms along the Willamette River. The only Americans there before Tibbets were explorers, fur trappers, scientists, and sailors. His goal was different: to settle Oregon with Americans and make it part of the United States. Tibbets got along with his Canadian neighbors and native tribes long enough to assist fellow American settlers when they arrived: first missionaries, then retiring mountain men, and finally wagon train pioneers who crossed the Oregon Trail in such great numbers that the British finally gave up their claims to Oregon in 1846. Unfortunately, Tibbets died soon after achieving his goal, and all that he had done to realize it soon faded into the shadows of Oregon history.

Sutherland shares new details gleaned from original sources and will integrate them with previously published, but scattered, accounts of Tibbets' many adventures. Also included in the story will be information about John McLoughlin, Jason Lee, Ewing Young, Bethenia Owens-Adair, Elbridge Trask, Joe Meek, Solomon and Celiast Smith, and others who played important roles in early Oregon history.

Sutherland spent two years scouring archives and visiting Calvin Tibbets' haunts across the United States and Canada to expand on material his father, Art Sutherland, had collected during the previous seven years. What he discovered convinced him that Calvin Tibbets was an early Oregonian the public should—and would enjoy—knowing more about.

Lightning In A Saddle: The Evelyn Hamilton Story Author Joe Kurmaskie

AUTHOR JOE KURMASKIE tells the thrilling story of long distance cyclist Evelyn Hamilton in "Lightning In A Saddle," in the Community Room at 7pm.

Kurmaskie will tell the untold but true story of British long distance cyclist Evelyn Hamilton who became a record breaking, and gender breaking figure in pre-World War II cycling. She was the first British woman to ride 1000 miles in just seven days and was one of Britain's most decorated female cyclists. Evelyn has been called cycling's female Jackie Robinson and was a record setter barred from racing head to head with the men. She fought sexism, Nazis, and her own ambitions to become a war heroine and champion for women's rights. This emancipated warrior of cycling often carried important information for the allies, hidden in her handlebars, and was honored for valor with the Cross of Lorraine Medal of Honor during World War II as a member of the French Resistance. Even with all of her accomplishments she was denied the opportunity to ride against the men in the Tour de France.

Joe Kurmaskie, AKA The Metal Cowboy, is an award winning journalist and travel writer. He is the author of seven books and all of his stories and experiences are recounted from the seat of a bicycle. He lives in Portland, Oregon, with his adventurous wife and four children.

Seaside Public Library is located at 1131 Broadway. (503)738-6742 or visit us at www.seasidelibrary.org

LUNCH IN THE LOFT Shannon Symonds

JOIN BEACH BOOKS on July 18 at noon to welcome local author Shannon Symonds to discuss her novel *Safe House*. Shannon works as an advocate serving domestic and sexual assault survivors and has responded with law enforcement and hospitals for over 14 years. Shannon's book is based on that experience.

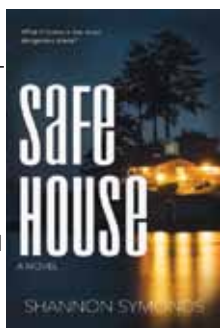
In a small coastal town, Amber and Kelly know the deadliest people sleep down the hall. Will they let Grace in? Grace James and Officer Joe Hart courageously work together in the dark to bring survivors of domestic violence light.

When dangerous storm clouds roll onshore and the gale winds blow

over the Pacific Northwest, can catastrophic destruction create hope? When home is the most dangerous place of all, there is Grace in the night and change in the wind.

Shannon's novel is an important one on a topic we are all too reluctant to discuss. I hope you'll come meet her.

Cost: \$25 includes catered lunch and signed copy of *Safe House*. Please RSVP to 503-738-3500 to reserve a spot. 616 Broadway in Seaside



WRITE ASTORIA

WRITE ASTORIA is a free, open forum where writers read from works in progress and offer each other constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wednesdays from 5-7pm.

RIC'S POETRY MIC 1st Tues @ Winecraft

IN HONOR of founder Ric Vrana, Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place 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>

TOUGH GIRL AUTHOR

Carolyn Wood @ The Hoffman Center Art of Aging/of Dying Series

CAROLYN WOOD, author of *Tough Girl: An Olympian's Journey* will discuss Aging Adventures: Overcoming Obstacles, a presentation for the Art of Aging/of Dying series at the Hoffman Center for the Arts in Manzanita on Tuesday, August 8, 3 to 5pm. Admittance fee is \$5. The author reads from her book *Tough Girl* and leads a discussion about aging adventures, going for new (or old) dreams and creating a practice that supports those dreams. Carolyn will share thoughts about aging, readings from her journals along the Camino related to aging, "coming to terms with being alone and being frightened of being alone." She'll raise ideas of the value of "practice," what we choose to practice we get good at. What are you choosing? Carolyn will share a short writing prompt for participants to write down their own dreams of activities/trips they still want to pursue.

Carolyn Wood is living a life worth reading about. An Olympic swimming champion at age 14 and a slowly emerging gay person in an earlier, less understanding era, she has been resolutely the "Tough Girl" of her book title. Beautifully written, the book artfully weaves her life story around the tale of her long walk on the Camino de Santiago, an effort to understand and accept the end of a decades-long marriage. This memoir could easily become a favorite of American literature teachers and their students. —George Vogt, Retired Executive Director, Oregon Historical Society

A life long Oregonian, Carolyn grew up in southwest Portland and attended Beaverton High School. In the summer of her freshman year she competed and won a gold medal in swimming at the 1960 summer Olympics in Rome. She



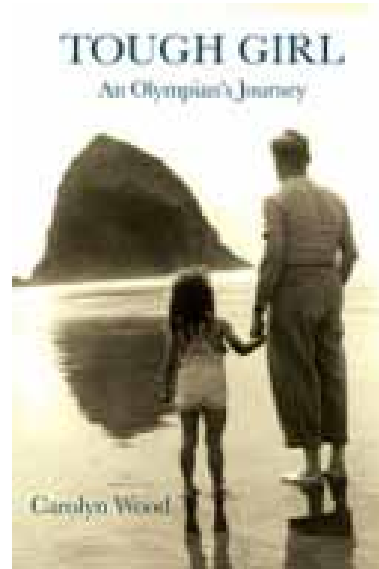
raced nationally and internationally for three more years before attending the University of Oregon.

After graduation in 1967, Carolyn began a thirty-five year career teaching high school English, first at her alma mater, then at Lake Oswego, Glencoe and Wilson high schools. During that time she earned a Masters of Social Work and an MS Education from Portland State University. A fellow of the Oregon Writing Project, Carolyn wrote with her students over the years, attended writing workshops and retreats, published a poem here and an essay there and promised herself that someday she'd "pull those writings together and tell her story." In 2010 she began to write TOUGH GIRL:

An Olympian's Journey, her first book. Even though Carolyn remains deeply rooted in Oregon, life's journeys have taken her far: working as governess for the Robert Kennedy family the year after the senator's murder, backpacking throughout the Oregon and Washington Cascades, exploring Europe, Africa, India and Asia, climbing Mt. Kilimanjaro, trekking in the Himalayas and Alps, walking a thousand miles across France and Spain on the Camino de Santiago. Volunteer work after retirement with Habitat for Humanity International, Medical Teams Northwest (Mexico), Wilderness Volunteers, and Coffee Creek Corrections have furthered her education. These days her explorations include yoga and meditation as well as gardening and bee keeping.

If you'd like to be on an email list for the ART OF AGING AND ART OF DYING announcements, email telaskinner@gmail.com

The Art of Aging/of Dying Series is a program of the Hoffman Center of the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Ave). Further information is available at www.hoffmanblog.org online or contact Tela Skinner, at telaskinner@gmail.com



Barn Community Playhouse in Tillamook.

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 16

MUSIC

Third Street Band. 10am – 3pm at the Astoria Sunday Market.

Richard T and Friends. 11:30am at Bridgewater Bistro in Astoria.

All-American Boys Chorus. \$20, 2pm at the Historic Raymond Theater in Raymond.

Classical Guitar Concert. \$15, 4pm at St Catherine's Episcopal Church in Nehalem.

Skadi. 6:30pm at Bridgewater Bistro in Astoria.

Leslie Mendelson. No cover, 8pm at the Adrift Hotel in Long Beach.

Dreckig and Kulululu. \$5 admission, \$3 for skaters. 8pm at the Armory Skatepark in Astoria.

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

ART

Quilt and Fiber Arts Show. 1 – 4pm at the Hoffman Center in Manzanita.

FOOD & DRINK

Pancake Breakfast. All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.

Cannon Beach American Legion Breakfast. \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.

HAPPENING

Dory Days Festival. In Pacific City.. pcnv-chamber.org/event-calendar/

OUTSIDE

Clamshell Railroad Days. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

A Cause for Paws. featuring family and pet friendly vendors, food carts, bouncy houses, dj with music, dog wash, pet nail trimming, Pyrat's Plunder silent auction and raffle. 10am – 2pm adjacent to the Skatepark in Tillamook.

Salt Marsh Ecology Walk. Noon – 4pm in the Netarts bay area. Registration required. FMI, call 503-842-2153

THEATER

Doubt, A Parable. Drama. \$20, 2pm at the NCRD Performing Arts Center in Nehalem.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 2pm at the ASOC Playhouse in Astoria.

To Kill a Mockingbird. Drama. \$15, 2pm at the Barn Community Playhouse in Tillamook.

The Odd Couple. Female version. \$15, 2pm at Theater West in Lincoln City.

Monday 17

MUSIC

Little Sue. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Ice Cream Social. \$1 suggested donation, free if it's your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach.

Tuesday 18

MUSIC

Little Sue. No cover, 8pm at the Adrift Hotel in Long Beach.

LITERATURE

Lunch in the Loft. Author Shannon Symonds will discuss her book "Safe House." \$25, includes lunch and a signed copy of the book. Noon, at Beach Books in Seaside. RSVP at 503-738-3500.

Wednesday 19

MUSIC

Buzz Rogowski. 6:30pm at Bridgewater Bistro in Astoria.

Anna Tivel & Jeffrey Martin. No cover, 8pm at the Adrift Hotel in Long Beach.

Dad Seeking Dad: Where is Al? Featuring Mamikaze, Milk, Monica w/ Special Guest Wave Action. \$5 admission, \$3 for skaters. 8pm at the Armory Skatepark in Astoria.

THEATER

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 20

MUSIC

Anna Tivel & Jeffrey Martin. No cover, 8pm at the Adrift Hotel in Long Beach.

The Good Time Travelers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Jeff Rymes. No cover, 8pm at the Sou'wester Lodge in Seaview.

Thompson Square. \$30 – \$35. 8pm at Chinook Winds in Lincoln City.

FOOD & DRINK

Pop-Up Farmers Market. 2:30 – 5:30pm at the North Coast Food Web in Astoria.

HAPPENING

Third Thursday Craft Fair. 10:30am – 12:30pm at the Bob Chisholm Community Center in Seaside.

La Leche League Monthly Meet-up. 10am – noon at the Seaside Library.

LITERARY

Lightning in the Saddle: The Evelyn Hamilton Story. Presented by author Joe Kurmaskie. 7pm at the Seaside Library.

THEATER

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

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Friday 21

MUSIC

Manzanita Music Festival. Rex Champ Ball Field. 5pm to midnight. \$15 at the gate. See HF page 15 for details. manzanitamusicfestival.org

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

Buzz Rogowski. 6:30pm at Bridgewater Bistro in Astoria.

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

Anna Tivel & Jeffrey Martin. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Quilt and Fiber Arts Show. 3 – 5pm at the Hoffman Center in Manzanita.

HAPPENING

Rockin' on the River. Live Music. At Clatskanie City Park.

Comedy on the Coast. With Tammy Pescatelli and Ron Morey. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

Reading and Reception. For Stephen Holgate, author of "Tangier." Holgate will read from his book. 5 – 7pm at the Lincoln City Cultural Center.

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 22

MUSIC

Manzanita Music Festival. Downtown Manzanita. 11am - 5pm. Rex Champ Ballfield 5pm – midnight. \$15 at the gate. See HF page 15 for details. manzanitamusicfestival.org

Buzz Rogowski. 6:30pm at Bridgewater Bistro in Astoria.

Blues Benefit & BBQ. With the Randy McAlister Band. \$30 for dinner and concert, \$16 for concert only. 7pm at the Lincoln City Cultural Center.

Waikiki Beach Concert. 7pm at the Waikiki Beach Arena at Cape Disappointment State Park.

Cloverdayle. With Austin B Sweeney. \$15, 7pm at the Pelican Bottling warehouse in Tillamook.

Elizabeth Nicholson and Bob Soper. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Countryside Ride. No cover, no minors. 8pm at the Olney Saloon, Olney.

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

ART

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

Quilt and Fiber Arts Show. 3 – 5pm at the Hoffman Center in Manzanita.

FOOD & DRINK

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

HAPPENING

Rockin' on the River. Live Music. At Clatskanie City Park.

Comedy on the Coast. With Tammy Pescatelli and Ron Morey. \$15, 8pm at Chinook Winds in Lincoln City.

The NW LoopFest. A showcase of music and technology performance artists. Rogues Ales & Spirits in Newport. Admission by donation. 3 – 10pm. petersonentertainment.com

OUTSIDE

Manzanita Beach Walk & Run. 5K & 10K. \$18 - \$36. Starting at 9am on the beach at

Three for Silver

Three For Silver evoke a timeless sense of mystery, singing songs of prophecies, drunken rambles, ancient kings, heartbeats, and heartbreaks. The listener is lifted by Willo Sertain's smooth voice, only to be laid low by the discordant growl of Lucas Warford. Sertain's lush accordion is complimented by the swirling tones of Greg Allison's violin, and beneath it all the polyrhythmic, idiosyncratic madness of Warford's home built Contrabasin and Bass Banjo.

Thursday, July 27 at the Sandtrap in Gearhart. 7pm. No Cover



Manzanita. Register at gotillamook.com/events/

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 23

MUSIC

RJ Marx Quartet. 10am – 3pm at the Astoria Sunday Market.

Manzanita Music Festival. Downtown Manzanita. 11am - 5pm. See HF page 15 for details. manzanitamusicfestival.org

Jennifer Goodenberger. 11:30am at Bridgewater Bistro in Astoria.

Skadi. 6:30pm at Bridgewater Bistro in Astoria.

Pete Krebs. No cover, 8pm at the Adrift Hotel in Long Beach.

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

ART

Tokeland Wood & Art Fest. At the Tokeland Hotel.

Quilt and Fiber Arts Show. 1 – 4pm at the Hoffman Center in Manzanita.

HAPPENING

Rockin' on the River. Live Music. At Clatskanie City Park.

Storytelling with the Mountain Man. Free, donations accepted, 2pm at the Lincoln City Cultural Center.

THEATER

Doubt, A Parable. Drama. \$20, 2pm at the NCRD Performing Arts Center in Nehalem.



Parks After Dark Summer Movies

The Astoria Parks, Recreation and Community Foundation with the help of sponsor, Astoria Co-op Grocery, continues Parks After Dark summer movie series.E.T. plays July 22 with the 80's movie classic TOP GUN. Cost is \$5 for adults and children ages 0-12 are FREE. Food and drinks will be available for purchase. Movie will begin at dusk. All proceeds go to fund Astoria Parks and Recreation Scholarships. McClure Park, 8th & Grand Ave.

To Kill a Mockingbird. Drama. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 24

MUSIC

Pete Krebs. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

Tuesday 25

MUSIC

Tony Smiley. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

Wednesday 26

MUSIC

Buzz Rogowski. 6:30pm at Bridgewater Bistro in Astoria.

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

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

THEATER

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 27

MUSIC

Paradise of Samoa. Live music and Pacific Island dance. 2pm at the Tillamook Library.

Rick Steber. No cover, no minors, 7pm at the Olney Saloon, Olney.

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

Three for Silver. No cover, 7pm at the Sand Trap Pub in Gearhart.

cont. p20

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

THEATER

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

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Friday 28

MUSIC

Bikini Beach. A tribute to surf music and Chuck Berry. Fronted by veteran musician Lorenzo Carlson, w/PeterUnander, Jeff Carden and Flint Rice. Doors open 8pm. At KALA in Astoria.

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

David Drury. 6:30pm at Bridgewater Bistro in Astoria.

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

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

LITERARY

Calvin Tibbets: Oregon's First Pioneer. With author Jerry Sutherland. 1 – 2pm at the Tillamook Library.

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 29

MUSIC

David Drury. 6:30pm at Bridgewater Bistro in Astoria.

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

Mighty Brother. 7pm at Port of Call in Astoria.

Grasshopper. 8pm at the Sou'wester Lodge in Seaview.

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

ART

Astoria Studio Tours. Tour artist studios all day. See story HF pg 16-17.

FOOD & DRINK

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

HAPPENING

Long Beach Rodeo. At the Peninsula Saddle Club, Long Beach. peninsulasaddleclub.com/long-beach-rodeo/

Seaside Gem and Mineral Show. At the Seaside Convention Center.

THEATER

Doubt, A Parable. Drama. \$20, 7pm at the NCRD Performing Arts Center in Nehalem.

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

To Kill a Mockingbird. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Female version. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 30

MUSIC

Shecky Metzner & Pee Wee Patenaude. 10am – 3pm at the Astoria Sunday Market.

Red Beans & Rice. 11:30am at Bridgewater Bistro in Astoria.

Bradford Loomis. No cover, 8pm at the Adrift Hotel in Long Beach.Hillfolk Noir. No cover. 8pm at Fort George Brewery & Public House in Astoria. ART

Astoria Studio Tours. Tour artist studios all day. See story HF pg 16-17.

HAPPENING

Long Beach Rodeo. At the Peninsula Saddle Club, Long Beach. peninsulasaddleclub.com/long-beach-rodeo/

Seaside Gem and Mineral Show. At the Seaside Convention Center.

OUTSIDE

Pacific City Beach Challenge. \$14 - \$30. 8am – 1pm at Cape Kiawanda State Park, Pacific City. Register at gotillamook.com/events/

THEATER

Doubt, A Parable. Drama. \$20, 2pm at the NCRD Performing Arts Center in Nehalem.

To Kill a Mockingbird. Drama. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 31

MUSIC

Bradford Loomis. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

Tuesday 1

MUSIC

Blind Pandas. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Seaside Gem and Mineral Show. At the Seaside Convention Center.

La Leche League Monthly Meet-up. 5:30 – 7pm at Blue Scorch in Astoria.

LITERARY

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

Wednesday 2

MUSIC

Blind Pandas. 8pm at the Adrift Hotel in Long Beach.

THEATER

Clue: The Musical. \$20 - \$25. 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 3

MUSIC

Chet Baker with the Dmitri Matheny Group. \$20, 7pm at the Lincoln City Cultural Center.

Norman Baker. No cover, 8pm at the Adrift Hotel in Long Beach.

THEATER

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

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Odd Couple. Male version. \$15, 7:30pm at Theater West in Lincoln City.

FLASH CUTS
MOVIES & MUSINGS

Coming Previews

FILM.

BY LES KANEKUNI



WAR FOR THE PLANET OF THE APES (JULY 14)

The third entry in the rebooted Apes series finds Caesar (Andy Serkis), the intelligent leader of the apes, older and wearying of the struggle against humans. Caesar and his tribe live in the Edenic setting of the Muir Woods, far from humans who seek to eradicate the more numerous apes. But after humans attack the apes and kill Caesar's wife and child, Caesar is torn between his desire for revenge and his pacifist philosophy. With their home no longer safe, Caesar sets out to find a new refuge.

Accompanying Caesar on his mission across snowy wastelands is right hand ape Rocket (Terry Notary), wise orangutan Maurice (Karin Konoval), former zoo monkey Bad Ape (Steve Zahn) and Nova (Amiah Miller), a mute human girl. On their way, the group encounters the Colonel (Woody Harrelson), the fanatical, shaven-headed leader of a military group bent on destroying the apes. He runs a concentration camp where apes are worked to death with no food or drink. With a personal motive and an imminent war for control of the planet at hand, will Caesar choose violence or turn the other cheek?

DUNKIRK (JULY 21)

Director Chris Nolan, known for his Batman trilogy and sci-fi films Inception and Interstellar, makes his first foray into period films with his telling of the historic rescue of the British Army from France after their defeat by the Nazis. With Tom Hardy, Cillian Murphy, Mark Rylance and Kenneth Branagh. Synopsis: In May 1940, Germany advanced into France, trapping Allied troops on the

beaches of Dunkirk.

Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

VALERIAN AND THE CITY OF A THOUSAND PLANETS (JULY 21)

French filmmaker Luc Besson (The Fifth Element, Lucy) returns to the sci-fi genre with his adaptation of the wildly successful French comic Valerian and Laureline. Dane DeHaan and Cara Delevingne play the titular characters. Synopsis: In the 28th century, special operatives Valerian (Dane DeHaan) and Laureline work together to maintain order throughout the human territories. Under assignment from the minister of defense, the duo embarks on a mission to Alpha, an ever-expanding metropolis where diverse species gather to share knowledge and culture. When a dark force threatens the peaceful city, Valerian and Laureline must race against time to identify the menace that also jeopardizes the future of the universe.

ATOMIC BLONDE (JULY 28)

With female action movies all the rage in Hollywood, Atomic Blonde is basically a Cold War spy thriller re-purposed as an action vehicle for Charlize Theron, who broke into the genre in a big way with her turn in Mad Max: Fury Road. Theron

plays Lorraine Broughton, an Mi6 agent returned from a mission in Berlin to retrieve a missing list that contains the names of very British intelligence asset. Covered in bruises, Broughton recounts the previous ten days to her Mi6 handler (Toby Jones) and a CIA chief (John Goodman). Broughton's contact in Berlin is former Mi6 agent gone not rogue, but "feral," David Percival (James McAvoy), who seems not completely trustworthy. Thrown into the mix is an East German agent (Eddie Marsan) who has memorized the entire list and a notorious double agent, Satchel. But really, plot is secondary to action. John Wick director David Leitch fills the movie with over-the-top (for a spy movie) action sequences, including a bravura 5-minute long sequence where Theron beats up dozens of baddies as she fights her way into, through and out of an entire apartment building without a cut.

THE DARK TOWER (AUG. 4)

After ten years of development where big name directors like J.J. Abrams and Ron Howard came and went, a movie based on Stephen King's epic western horror fantasy series comes to the screen. Plot details are sketchy,

Tolkien's books and the spaghetti westerns of Sergio Leone. "I realized that what I wanted to write was a novel that contained Tolkien's sense of quest and magic, but set against Leone's almost absurdly majestic Western backdrop." Film stars Idris Elba and Matthew McConaughey. Synopsis: Roland Deschain (Idris Elba), the last Gunslinger, is locked in an eternal battle with Walter O'Dim (Matthew McConaughey), also known as the Man in Black. The Gunslinger must prevent the Man in Black from toppling the Dark Tower, the key that holds the universe together. With the fate of worlds at stake, two men collide in the ultimate battle between good and evil.

DETROIT (AUG. 4) Academy Award-winning director Katherine Bigelow returns with another high-adrenaline true life story. Detroit tells the story of the deaths of three African-American men killed by police and national guardsmen in the middle of the 1967 riots. John Boyega stars as Melvin Dismukes, a security guard pulled into the incident who was later accused of murder by the police. Synopsis: The true story of one of the most terrifying moments during the civil unrest that rocked Detroit in the summer of '67. Amidst the chaos of the Detroit Rebellion, with the city under curfew and as the Michigan National Guard patrolled the streets, three young African American men were murdered at the Algiers Motel. 50 years after the events of July 25th, 1967, the question remains: what happened at the motel?

but the story has been described as containing elements from the series as well as being a continuation of the story. King himself has described the series as his magnum opus, influenced by both J.R.R.





FREE WILL ASTROLOGY

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JULY

ARIES (March 21-April 19): This is a perfect moment to create a new tradition, Aries. You intuitively know how to turn one of your recent breakthroughs into a good habit that will provide continuity and stability for a long time to come. You can make a permanent upgrade in your life by capitalizing on an accidental discovery you made during a spontaneous episode. It's time, in other words, to convert the temporary assistance you received into a long-term asset; to use a stroke of luck to foster a lasting pleasure.

TAURUS (April 20-May 20): Physicist Freeman Dyson told *Wired* magazine how crucial it is to learn from failures. As an example, he described the invention of the bicycle. "There were thousands of weird models built and tried before they found the one that really worked," he said. "You could never design a bicycle theoretically. Even now, it's difficult to understand why a bicycle works. But just by trial and error, we found out how to do it, and the error was essential." I hope you will keep that in mind, Taurus. It's the Success-Through-Failure Phase of your astrological cycle.

GEMINI (May 21-June 20): According to my analysis of the astrological omens, you should lease a chauffeured stretch limousine with nine TVs and a hot tub inside. You'd also be smart to accessorize your smooth ride with a \$5,000-bottle of Château Le Pin Pomerol Red Bordeaux wine and servings of the Golden Opulence Sundae, which features a topping of 24-karat edible gold and sprinkles of Amedei Porcelana, the most expensive chocolate in the world. If none of that is possible, do the next best thing, which is to mastermind a long-term plan to bring more money into your life. From an astrological perspective, wealth-building activities will be favored in the coming weeks.

CANCER (June 21-July 22): When Leos rise above their habit selves and seize the authority to be rigorously authentic, I refer to them as Sun Queens or Sun Kings. When you Cancerians do the same -- triumph over your conditioning and become masters of your own destiny -- I call you Moon Queens or Moon Kings. In the coming weeks, I suspect that many of you will make big strides towards earning this title. Why? Because you're on the verge of claiming more of the "soft power," the potent sensitivity, that enables you to feel at home no matter what you're doing or where you are on this planet.

LEO (July 23-Aug. 22): You may not realize it, but you now have a remarkable power to perform magic tricks. I'm not talking about Houdini-style hocus-pocus. I'm referring to practical wizardry that will enable you to make relatively efficient transformations in your daily life. Here are some of the possibilities: wiggling out of a tight spot without offending anyone; conjuring up a new opportunity for yourself out of thin air; doing well on a test even though you don't feel prepared for it; converting a seemingly tough twist of fate into a fertile date with destiny. How else would you like to use your magic?

VIRGO (Aug. 23-Sept. 22): Feminist pioneer and author Gloria Steinem said, "Writing is the only thing that, when I do it, I don't feel I should be doing something else." Is there such an activity for you, Virgo? If not, now is a favorable time to identify what it is. And if there is indeed such a passionate pursuit, you should do it as much as possible in the coming weeks. You're primed for a breakthrough in your relationship with this life-giving joy. To evolve to the next phase of its power to inspire you, it needs as much of your love and intelligence as you can spare.

LIBRA (Sept. 23-Oct. 22): One of the 21st century's most entertaining archaeological events was the discovery of King Richard III's bones. The English monarch died in 1485, but his burial site had long been a mystery. It wasn't an archaeologist who tracked down his remains, but a screenwriter named Philippa Langley. She did extensive historical research, narrowing down the possibilities to a car park in Leicester. As she

wandered around there, she got a psychic impression at one point that she was walking directly over Richard's grave. Her feeling later turned out to be right. I suspect your near future will have resemblances to her adventure. You'll have success in a mode that's not your official area of expertise. Sharp analytical thinking will lead you to the brink, and a less rational twist of intelligence will take you the rest of the way.

SCORPIO (Oct. 23-Nov. 21): The tides of destiny are no longer just whispering their message for you. They are shouting. And what they are shouting is that your brave quest must begin soon. There can be no further excuses for postponement. What's that you say? You don't have the luxury of embarking on a brave quest? You're too bogged down in the thousand and one details of managing the day-to-day hubbub? Well, in case you need reminding, the tides of destiny are not in the habit of making things convenient. And if you don't cooperate willingly, they will ultimately compel you to do so. But now here's the really good news, Scorpio: The tides of destiny will make available at least one burst of assistance that you can't imagine right now.

SAGITTARIUS (Nov. 22-Dec. 21): In my dream, I used the non-itchy wool of the queen's special Merino sheep to weave an enchanted blanket for you. I wanted this blanket to be a good luck charm you could use in your crusade to achieve deeper levels of romantic intimacy. In its tapestry I spun scenes depicting the most love-filled events from your past. It was beautiful and perfect. But after I finished it, I had second thoughts about giving it to you. Wasn't it a mistake to make it so flawless? Shouldn't it also embody the messier aspects of togetherness? To turn it into a better symbol and therefore a more dynamic talisman, I spilled wine on one corner of it and unraveled some threads in another corner. Now here's my interpretation of my dream: You're ready to regard messiness as an essential ingredient in your quest for deeper intimacy.

CAPRICORN (Dec. 22-Jan. 19): Your word of power is "supplication" -- the act of asking earnestly and humbly for what you want. When practiced correctly, "supplication" is indeed a sign of potency, not of weakness. It means you are totally united with your desire, feel no guilt or shyness about it, and intend to express it with liberated abandon. Supplication makes you supple, poised to be flexible as you do what's necessary to get the blessing you yearn for. Being a supplicant also makes you smarter, because it helps you realize that you can't get what you want on the strength of your willful ego alone. You need grace, luck, and help from sources beyond your control.

AQUARIUS (Jan. 20-Feb. 18): In the coming weeks, your relationships with painkillers will be extra sweet and intense. Please note that I'm not talking about ibuprofen or acetaminophen or aspirin. My reference to painkillers is metaphorical. What I'm predicting is that you will have a knack for finding experiences that reduce your suffering. You'll have a sixth sense about where to go to get the most meaningful kinds of healing and relief. Your intuition will guide you to initiate acts of atonement and forgiveness, which will in turn ameliorate your wounds.

PISCES (Feb. 19-March 20): Don't wait around passively as you fantasize about becoming the "Chosen One" of some person or group or institution. Be your own Chosen One. And don't wander around aimlessly, biding your time in the hope of eventually being awarded some prize or boon by a prestigious source. Give yourself a prize or boon. Here's one further piece of advice, Pisces: Don't postpone your practical and proactive intentions until the mythical "perfect moment" arrives. Create your own perfect moment.

Homework: Name your greatest unnecessary taboo and how you would violate it if doing so didn't hurt anyone.

FreeWillAstrology.com

Bike Madame

By Margaret Hammitt-McDonald

Being a Better Bike-Buying Buddy

YOUR NEIGHBOR stops to chat while you're tinkering with your bike in the driveway. She confides that she's been thinking about biking for exercise, but she hasn't owned a bike since childhood and needs advice. She feels intimidated by the geeks at the bike shop muttering arcane phrases like "gear ratios" as if to conjure the bike devil. Couldn't you just pick one for her?

No greater love hath a cyclist than to reacquaint others with the joys of human-powered transportation. Your neighbor would benefit from

your expertise. But while you should come along for the ride, she should be there to make the final choice.

I learned this lesson when my mother's colleague asked us to select a dog for her daughter at the animal shelter. (Today, shelters discourage this practice, which may result in a poor match and a pet ending up back at the shelter.) She asked for a small, sociable dog, and we chose Megan, an adorable Shih-Tzu mix. Megan and I had a blast exploring the college campus' nature trails while waiting for the colleague to come pick her up at the end of the day. I'll never forget the heartbreaking look Megan gave me as she gazed at me through the car's rear window as her new person drove away with her. A few weeks later, Mom's colleague reported that Megan had charmed her, but dog and daughter hadn't bonded. Gulp. I knew who Megan had attached to instead.

While bonding with the wrong human isn't a problem with a bike, there are still good reasons for your neighbor to be with you for the sale.

One is the physical fit between the bike and the rider. Does she prefer an upright or crouched riding position? Should she swap out the seat for one better suited to her anatomy? These are questions one can only answer by hopping on bikes and comparing the feel. Her last bike might've been a racing model she sped around on in her teens, but in middle age, this frame geometry might not be com-

patible with her knees. Bike-shop employees who let you take your time test-riding many bikes are a boon.

Bike-shop employees are there to sell bikes,

however, and your neighbor is eager to buy, so be the voice of reason. Encourage her to take notes, to visit more than one shop, and to go home and think about a purchase for a day or so. Help her to arrive at the best middle ground: not the "steal" of an entry-level bike she will outgrow in a month, nor the spendy, trendy hipster bike, its frame light enough to blow away at a traffic light except for being weighted down by bells and whistles only a NASA engineer can figure out. I prefer a durable, timeless style that's reasonably priced enough for the rider to customize—an individualized seat, fenders, etc.

After the purchase, follow-up is crucial. Offer to go on rides with your neighbor. Invite her over to teach bike maintenance. This continued involvement can ensure that her initial excitement about her new wheels will translate into years of enjoyment, and the bike won't be sentenced to life hanging on the garage wall or rusting away on the porch.



WORKSHOPS/CLASSES

RESISTANCE SCHOOL: Mobilizing and Organizing our Communities. July 13. 6pm at the Seaside Library Community Room.

YARN MANDALAS. July 14. 2:30 – 3:30pm at the Tillamook Library. Registration required: 503-842-4792.

CUSTOM MOSAICS. July 15 & 16. With Damon Ayers and Christy Wisenhahn. Participants will complete a paneled mosaic using tiles and found objects. \$40 + \$10 materials fee. 10am – 4pm on the 15th and 11am – 12:30pm on the 16th. At the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

FUNKY FELT HATS. July 17 or 21. 2:30 – 3:30pm at the Tillamook Library. Registration Required: 503-842-4792.

TIE-DYE. July 24 or 28. 2:30 – 3:30pm at the Tillamook Library.

WORLD OF SPICE COOKING CLASS. July 26. With Pat Millimn. Focusing on the spices of Northern Indian cuisine. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at <http://northcoastfoodweb.org>

WRITING ALIVE! Summer Retreat. July 29. A one-day summer retreat for women who write. \$95, 9am – 5pm at the Bend at Moon Creek, south of Tillamook. 503-398-5800.

SALT SILK DYEING. July 31 or August 4. 2:30 – 3:30pm at the Tillamook County Library. Registration required: 503-842-4792.

WESTERN RED CEDAR & COASTAL SWEET-GRASS SEDGE BASKET. August 2 – 4. 6 – 8:30pm on the 2nd and 3rd and noon – 5pm on the 4th. At the Tillamook Library. Registration required: 503-842-4792

MOSAIC FOR THE GARDEN. August 5 & 6. With Jennifer Kuhns. \$150, with a \$35 materials fee. 9am – 5pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

MONA AND SHARA DO IMPROV. July 8. Join Mona and Shara for a low-pressure and fun introduction to theatrical improvisation! In this interactive 2-hour class, you'll learn the basics of improv through small exercises and group games. No prior experience needed: just a willingness to show up and jump in. 4 – 6pm. At Fort George in Astoria.

STRENGTHEN YOUR PAINTINGS. July 8, 9. With Carolyn Gates. Day 1 will cover the elements of good composition. These are the bones of any painting. Day 2 will explore value, the lights and darks, which are the muscle behind what makes a painting really work, according to Gates. \$100, 10am – 4pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

BODY WORK-YOGA-FITNESS

TRIGGER POINT RELEASE CLASS. July 10. How to Release a Tight Muscle in 30 Seconds or Less. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gentle technique. Free, 5 – 7:15pm at Dawn Sea Kahrs, DC, in Wheeler. GRACFUL WAVES.

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

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

CB YOGA. Barbara's yoga class focuses on alignment, strengthening and balancing. Yoga is good for the body and soul. Please come and join us. All ages and skill-levels welcome. Class is \$9. First class FREE! Tolovana Arts

Colony, 3779 S. Hemlock, Cannon Beach , OR 97145. FMI: barbarafucc@outlook.com online at tolovanaartscolony.org.

YOGA IN NEHALEM. North County Recreation District. Mon 5:45-7:15pm, Level 1 Yoga.Wed 8-9:30am, Mid-Life Yoga "leading you into your 50's, 60's, 70's and beyond!" Wed 5:45-7:15 pm, Restorative Yoga. Thurs 8-9:30am, Chair Yoga. Thus 5:45-7:15pm, Hatha Yoga. Fri 8-9:30am Very Gentle Yoga Sat 8-9:30am, Mixed Levels Yoga Sun 5:45-7:15, Level 2-3 Yoga. 3 different RYT instructors. \$8 drop-in. contact 503-368-7160

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

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/GEARHART. Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

CB 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

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

NEHALEM 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

Authentic Spiritual Conversations. Meets every Tuesday in Astoria, OR, from 7:00 – 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the Astoria "Columbia Community Education Center" located at 2021 Marine Drive, second floor, accessed from the back of the Seafood Research building (across from the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com.

Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

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

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

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

LABYRINTH WALK - Grace Episcopal Church, 1545

Franklin St, Astoria, 3-6. Every 1st Sunday.

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, lnct@nehaletel.net



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MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEA-SIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. 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 evenings. 5:00pm - 8:30pm. Next meeting MARCH 12. 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

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

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

Discover Netarts Bay this July!

Netarts, OR – The beautiful Netarts Bay is a unique ecosystem home to great marine life and birds. It also holds countless stories shared through its landscape and waters. Exploration of the area hints at how this bay formed to how it has been used by people throughout time. Discover these stories and more during any of a number of FREE events offered by the Friends of Netarts Bay - Watershed, Estuary, Beach and Sea (WEBS) this month!

A number of these events are also part of the Explore Nature series of hikes, walks, paddles and outdoor adventures. Explore Nature events are hosted by a consortium of volunteer community and non-profit organiza-



tions, and are 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. Learn more at <http://www.explorenaturetillamookcoast.com/>

WEBS is a local non-profit organization dedicated to sustaining the Netarts Bay area through education and stewardship. Learn more at www.netartsbaytoday.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

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:00pm: PreYoga Self Care with Jude MatulichHall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:15 – 8:00pm Meditation with Jude MatulichHall
• **TUESDAY**
8:30-9:30am: Zumba with Joy Sigler
7-8pm: Beg. Contra Dance w/Dave Ambrose(July 18 only). 8-9pm Advance Contra Dance(July 18 only)
• **WEDNESDAY**
9:30-10:40am Gentle Yoga with Terrie Powers
7-8:15pm: Belly Dance with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin
• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler

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

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

6 - 7pm: Poi Spinning Basics w/Julie Kovatch
• **FRIDAY**
9:30 - 10:40am: Gentle Yoga with Terrie Powers
• **SATURDAY**
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

SUNDAY
10 - 11:30am: Tri-Dosha Yoga with Melissa Henige
6:00-7:00pm Burlesque with Merlyn Elise (resumes Aug)

• **Pound and Pour Happy Hour!!** Fri. July 14, 6pm- all ages, levels. FMI: Liz 503-791-9624
• **AfroCaribe Dance Workshop** with Kimberly Mullen!! Fri. July 21, 6pm- all ages, levels. www.kimberlymiguelmullen.com
• **West Coast Swing & Argentine Tango- Full Day of Workshops** Sat. July 29, 11am - 8pm!! FMI: Jen Miller: jen@floorplay.net, (503)755-0200

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorcher Bakery1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.

wordwisdom

I was very prepared to see my life take an upswing. Perhaps a new job! A new love interest! I found myself a fat red doxie at Tillamook

Shelter. I was going to walk her 5 times a day, give her proportioned meals of good food. That lasted about over a week.

I went to step out a restaurant door, noticed my left ankle was grossly distorted. Did not hurt. Took another step and fell on the ground. Long story short - two bones broke, poked through skin. Surgery in Portland, 5 days in hospital, home with walker and pain pills. Who said things can't get much worst??

Let's see what happy little spin I can put on this. I can't. Give me a week Or two. I've had very sad moments while laying semi-captive in bed.

Milly, my fat doxie, is sharing my days with me. Today I sat in the sun

outside my condo. Waited for someone to walk by and get my book and water. I have a knee to ankle internal rod and hardware to hold it in place. I am told I have a row of stitches ankle to knee on the outer part of my

Left leg. The inner part is a zig zag of stitches. What I know is this: now is the time for me to knit, write, sleep. I have to be ok with it because I have no choice. Since I like knitting, writing, and sleeping, I can tolerate the physical discomfort. In the end, there is no planning for such events. Once the pain pill clicks in, I'm

Content. I sleep like a baby.

Advice: make the best of it. Accidents happen. Bones heal. With good friends and a good fat doxie by my

Side, I'll be okay. Really. Just don't rush me. This whole year is going take some healing time.

By Tobi Nason



Tobi Nason (503) 440/0587. Just hanging out in Warrenton.

Messages Sonja Grace

mystic healer

The Eclipse

AS HUMANS, we tend to want to own things. A bouquet of flowers, a piece of land, trees, water, crystals, diamonds, people want it all. The upcoming eclipse August 21, 2017 is a powerful event for the Earth. This new moon disc will cover the sun and even cause a temperature drop during the eclipse. Birds will sing their evening songs and flowers that bloom with light will close with the darkness.

The darkening of the light brings a vibration to the Earth that prepares her for a further shift in climate. This event is for the Earth in her own transformation. We do not readily think to protect our own energy field by staying out of site while the sun-light is blocked by the moon. Our inclination is to own the moment, make it ours and wear glasses that allow us to watch something that is reserved only for the celestial bodies.

We have lost a deeper understanding to all that is sa-

cred in our Earth experience. As a species, we live our lives filled with entitlement believing that all things on Earth are meant for us. We take crystals, rocks and gems, we use water inappropriately, we take oil and natural gas out of the Earth with the belief that the planet is here for us. She was here long before we arrived. Who else has she given unconditionally to? There are many. How long does her generosity last until she can bear no more?

In my culture, the elders understood the message and meaning behind these events. Many of them today ask me what something means because I am so deeply connected to the demi gods. The message I bear is not one of separation, but of a deeper understanding for life on Earth.

Long ago when we lived close to the Earth and relied on signs from the animals, moon, stars, passing comets and the sun to tell us what was happen-

ing based on our mythology, we might look at the eclipse as a big sign. For the darkening of the light is certainly startling to people who depend on the sun for life. The elders tell me what they remember from the past and I share with them what the demi gods have said, often triggering memories long forgotten.

It is important for each of us to look at what we feel we are entitled to and rethink our position. What if this eclipse is meant to prepare the Earth, her body and all life for the continuation of the shifting poles and extreme weather that prepares her for an ice age? We are visitors to that celestial dance but not necessarily meant to receive the direct transfusion the moon offers the Earth.

My understanding of the human form is we are not from Earth. We came here 20 million years ago. We have been morphed and changed by demi gods and alien influence for centuries. The bigger picture is so vast it is hard to conceive.

The sun is powerful and as we just witnessed, a result of a CME that set off solar winds effecting the Earth's magnetic field causing a shock wave of energy to impact our magnetosphere. Central America lost all power. These solar storms are a reminder of how powerful the

sun is and the kind of respect warranted.

You can watch the eclipse or not, the message I bear is one of energy and what that energy is ultimately for. Yes, we all live here on Earth and we are all connected to the very needs of air, water, sun, soil and crops to survive. The eclipse will affect us all. The energy is profound. Let's regain this awareness and honor the signs the Universe gives us.

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

The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

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Marie Corelli

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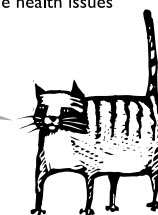
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- Watching for and reporting possible health problems

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- Watching for and reporting possible health issues

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bodies in balance

By Tracy Erfling, N.D.

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



Summer of Love

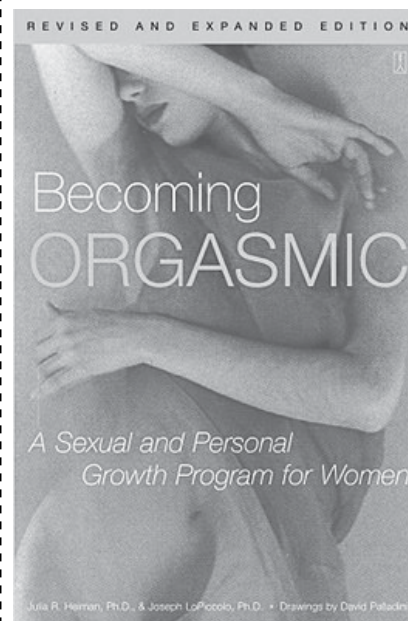
THE ONSET of sunny summer weather has inspired me to be on a bit of a sexual health kick, so for this month's article I want to talk more specifically about sex. This is an interesting topic for me since my practice spans from teenagers to menopausal women, and men. As you might guess each age group has differing issues and I will attempt to speak to all audiences; but be aware that some information and resources may be more appropriate for the sexually mature.

No matter your gender, age or sexual orientation sex is something that is central to human survival. Desire for sex may wax and wane with the menstrual cycle, the life cycle or the relationship cycle; but regardless of where we are on the spectrum, sex is something that is important to us all. Research shows that a healthy sexual life (defined as some type of sexual intimacy or arousal twice a week) will increase the quality and quantity of our lifespan. Therefore, when our bodies are not responding appropriately we should seek ways to make it better.

For teenagers and young adults the most common complaint I hear is that sex is painful. The first cause that should be ruled out, of course, is infection: Chlamydia, Gonorrhea, Bacterial Vaginosis, Candidal Infection, Trichomoniasis, Herpes or Pelvic Inflammatory Disease are the most common causes. Most of these infections can affect both men and women, so equally important to get all sexual partners screened and treated. Other conditions such as endometriosis, epididymitis, urethritis or cystitis may also explain pain with intercourse. Also notable are issues that can be related to the secondary effects of childbearing be it adhesions or scar tissue or uterine prolapse, each could lead to vaginal or pelvic pain. For some women breastfeeding can create a lack of sexual desire as well. Sometimes one's contraceptive option may be the cause... take home message: don't be shy in asking for help!

Condoms are key to preventing infections and pregnancy in sexually active couples. Condoms are much more comfortable for everyone involved if you add lubricant (both inside and outside). Lubricants are made out of numerous substances that are safe for you and your condoms. But other common items like lotions, Vaseline, creams, ointments, condi-

tioners, and some types of oils are not appropriate for sexual use and may weaken a condom, create irritation or cause pain. Remember latex itself is a common allergen for many people! Stay informed with these informational/retail websites that contain no pornography: www.bedsider.org and www.condom.com. Sexual health



and pregnancy prevention is one of my soap boxes, so I'll get down now, but not without reminding teens and their parents that there are many friendly, knowledgeable, confidential health care providers that are available to consult with you and/or your teen about these topics.

For middle-aged adults sexual problems include no interest, delayed to no sexual response, no vaginal lubrication, no erection, or all of the above. Obviously our bodies were designed to utilize sex for the purpose of procreation and as we age these functions decrease, and with it our libido. Libido issues are not gender specific but as my practice is primarily women I have more insight for them. I find in clinical practice that lack of libido in perimenopausal and menopausal women alike is extremely common. Menopause and loss of estrogen will decrease vaginal tissue moisture and elasticity to a varying degree; hormone therapy can be very effective in

these cases. Both genders experience a decrease in blood flow and more blood vessel damage with age, which affects the whole body including sexual organs. But as sex is part of an intimate relationship it is preferable that it remain pleasurable, so let's explore some options...

There are a variety of drugs and supplements out there to promote erections, increase vaginal elasticity and moisture and indeed there are also some that claim to increase sexual response and libido. Do they all work all the time? NO. Do some work for some people? YES. So certainly a drug or supplement is an option. But I think there are simpler, cheaper, less invasive options that may work for everyone, to some degree. I believe that as we and our relationships age we need to reexamine how we approach sex. We need to consider that it may take more time, it may need to be more planned, and that we may need to explore accessories. What do I mean by accessories? Games, books, videos, toys, etc. This may mean actually talking with your partner about your needs, or asking for theirs. Consider it part of the growth of your relationship not a reflection of it's demise. This is not an easy task I know, but the result of one awkward conversation could open some pleasurable new doors for years to come.

Here are a few books that are "very vanilla" about sex, anatomy and again, as I see mostly women, a little more female focused. "A New View of a Woman's Body", "101 Nights of Great Sex" and "Becoming Orgasmic". And finally a great website which again is non-pornographic but does have anatomy (i.e. pictures) which is www.the-clitoris.com (hyphen is THE key addition when typing this into your browser!).

Before you order your free sample of Viagra or tincture of Damiana try talking with your partner to see what could change for the better, and if pain is your issue seek some advise to create a more pleasurable experience!! Think about ways to be intimate or feel more sexually aroused in these Summer months, and of course...

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



IF IT'S JULY, it must be peaches. Summer is a continuum, a sultry slow dance of sunshine and heat and fierce flavor. Used to be watermelon, sweet corn and peaches were the Holy Trinity of summer singing School's Out and Love is in the Air and Bite Me. Watermelon fell from grace the minute some agri-biz bottom-line feeder decided we'd gratefully trade flavor and texture for seeds. Frankly, I don't remember being asked. The upshot is rubbery, tasteless stuff that in no way deserves the curvy, gorgeous name 'melon'. But, hey, no seeds.

However, PEACHES! Downy, juice-dripping-off-your-elbows peaches. We can still find them gracefully grown, dead ripe and well worth the wait. Botanically, stone fruits are so named because of their single pit or stone. It doesn't take much thought to realize what they really are is stone cold staggering. Rosy gold, dripping nectar, robed in velvet and harboring sunshine. They're intoxicating well before they're brandy.

So many ways to love peaches. They respond deliciously to grilling, broiling, baking, canning, freezing, poaching and drying. I recommend all of the above right after eating as many peaches as June will provide with as little tinkering as possible. Or, try this:



Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10:00am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.

Practically Perfect Peach Ice Cream -

Makes 1 quart
8 RIPE peaches - no cheating, they have to be ripe
1 1/2 cups heavy cream
1/2 cup sugar

Heat the cream and sugar in a saucepan over low heat until the sugar is dissolved. Set aside to cool completely. Put a large pot of water on high. When boiling, drop the peaches in and blanch for 2 to 3 minutes. Remove and let cool. When they're cool enough to handle, slip the skins off. They'll be only too happy to comply. Cut peeled peaches in half and remove the stones. Using a blender or food processor, process 6 of the peaches until smooth. Mix the puree with the cooled cream mixture. Cut the remaining 2 peaches into small dice and fold into the mix. If you don't like chunks in your ice cream, you can puree all the peaches and skip this step. Cover with plastic wrap placed directly on the custard and chill for at least an hour or two. Put the custard in an ice cream maker and freeze according to machine instructions. When done, scoop into a sealable container and put it in the freezer.

GINGER PEACHY ICE CREAM SANDWICHES

Gingery Goodness Cookies -

Makes up to 4 dozen depending on the size
1 1/2 cubes room temperature butter
1 cup packed dark brown sugar (If you only have light brown sugar, don't panic. It will do just fine.)

1/4 cup molasses
1 egg
2 1/4 cups all-purpose flour
2 teaspoons ground ginger
2 teaspoons baking soda
1/2 teaspoon salt
1 1/2 Tablespoons minced crystallized ginger

Cream the butter and brown sugar thoroughly. Beat in first the molasses, then the egg. Sift the dry ingredients together. Stir into the wet ingredients until blended and fold in the crystallized ginger. Cover and refrigerate for a couple of hours or overnight.

Preheat oven to 350. Spray or grease cookie sheets. Shape dough into balls approximately 1 inch in diameter and place them a couple of inches apart on the sheet. Bake until brown, approximately 10 minutes. Remove to a wire rack and let cool completely. You can make these any size you choose, just allow enough room for them to expand and adjust the baking time.

Bring the ice cream out of the freezer a bit before you want to serve it. Put a healthy dollop on a ginger cookie, top it with another cookie, give it a gentle smooch and give yourself over to bliss. These are especially luxe served with a frosty glass of Prosecco or Cava.



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MARKET TIME!



FOODGROOVE

Farmers Markets focusing
on agricultural products and
prepared foods only:

Puget Island Farmers Market. Fridays, 3 – 6pm, through October. At Stockhouse's Farm 59 W. Birnie Slough Rd on Puget Island. Trolley shuttle from Elochoman Marina and stops at the Chamber of Commerce in Cathlamet, WA. Accepts debit cards. stockhouses-farm.com/farm.html

Columbia-Pacific Farmer's Market. Fridays, 3 - 6pm through September. In downtown Long Beach, WA. longbeachwa.gov/recreation/farmersmarket/

River People Farmer's Market. Third Thursday of the month, 2– 5:30pm, Year round. At the North Coast Food Web Kitchen, 577 18th st, Astoria. The market accepts SNAP, debit cards, WIC and Senior Nutrition coupons. northcoastfoodweb.org

Seaside Farmer's Market. Wednesdays, 3 - 7pm, June 21 – September 27. At the Seaside Broadway Middle School Parking Lot, adjacent to the Seaside Chamber of Commerce SNAP accepted. seasidemarket.org

Cannon Beach Farmer's Market. Tuesdays, June 13 - September 29 (except for the 4th of July), 2 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. ci.cannon-beach.or.us/

Markets with produce, food, art,
crafts and more:

Cowlitz Community Farmers Market. Tuesdays and Saturdays, through October, 9am – 2pm. At 900 7th Ave in Longview, WA. cowlitzfarmersmarkets.com/

Clatskanie Farmers Market. Saturdays, through September, 10am – 2pm in Copes Park, Clatskanie. Accepts SNAP and FDNP. clatskaniefarmersmarket.com

Grays Harbor Farmer's Market. Open all year, Monday – Thursday 9am – 5:30pm, Friday 9am – 6pm, Saturday 9am – 5pm, Sunday 11am – 4pm. At 1956 Riverside Avenue in Hoquiam, WA. facebook.com/Grays-Harbor-Farmers-Market-185756336581/

Weekend Market on the Dock. Saturdays 10am – 4pm, Sundays, 11am- 4pm until Labor Day. Live Music, food, and more. Ray Spurrell Walkway in South Bend. facebook.com/SundayMarketOn-TheDock

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

Saturday Market at the Port. Saturdays, 10am – 4pm through September 24. Located along the waterfront in Ilwaco, WA. portofilwaco.com/events/saturday-market/

Astoria Sunday Market. Sundays, through October 8, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. astoriasunday-market.com/

Manzanita Farmer's Market. Fridays, June 9 – September 1, 5 – 8pm, 5 – 7pm after September 1. At 5th Street and Laneda in Manzanita. SNAP accepted. manzanitafarmersmarket.com

Tillamook Farmer's Market. Saturdays, June 17 – September 30, 9am – 2pm. At Laurel & 2nd St in Tillamook. SNAP and debit cards are accepted. tillamookfarmersmarket.com/



The spirited Puget Island Market in Cathlamet is a community hub!

Pacific City Farmers Market. Sundays June 11 - September 24. 10am – 2pm in the South Tillamook Library parking lot in Pacific City. facebook.com/PacificCityFarmersMarket

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

Lincoln City Farmers and Crafters Market. Sundays, through October 8, 9am – 3pm. Located at the Cultural Center in Lincoln City. The market accepts debit and SNAP cards. lincolncityfarmers-market.org/index.html

Gleneden Harvest Market. Thursdays 11am – 4pm through September 15. At Side door Café/Eden Hall, Gleneden Beach. sidedorcafe.com/gleneden-harvest-market

Newport Farmers Market. Saturdays, outdoors through October, 9am – 1pm at Angle and Hwy 101. Indoors November – April 19am – 1pm at the Lincoln County Fairgrounds Exhibit Hall on 3rd St in Newport. The market accepts debit and SNAP cards, and WIC and Senior Nutrition coupons. newportfarmersmarket.org/home.html



RIVER PEOPLE FARMERS MARKET GOT PRIDE!!!

River People Market is now hosted the 3rd Thursday of each month year-round, at the North Coast Food Web office at 577 18th Street in Astoria. Through the summer get made-to-order grilled pizzas during the market! Market hours are 2:30-5:30pm.

Cook it Up This Summer NCFW

Classes range in offerings from Kitchen Table Travel which spotlights regional cuisines to Cooking and Eating Local which features in-season ingredients from nearby farmers. Guest Chefs this summer include Madeline Moore of Pink Poppy Bakery, Marco Davis, Pat Milliman of Pat's Pantry and Andy Catalano of Alimento locally sourced meal kits!

All classes are designed to be fun, educational and affordable. At least one class per month is Pay What You Can and all classes offer at least one need-based scholarship. Classes range from \$0-60 dollars. Get to the site and sign up!

EGGS!!!! Every Thursday from 9am to 3pm the Web Kitchen has chicken and duck eggs available!!

eat the coast

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ASTORIA SUNDAY MARKET... AND MUCH MUCH MORE

Original Poster Artwork by Bill Dodge

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Thursday, July 13 • **Martin Gerschwitz**
Piano rock
Thursday, July 20 • **The Good Time Travelers**
Soul funk
Thursday, July 27 • **Three For Silver**
Folk oddities
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 **JAMES BEARD DINNER**
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5:00 pm
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JULY 8

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Astoria Downtown
Historic District Association



astoriadowntown.com

Celebrate JULY 21-23, 2017 **MMF 2017**



Set against the backdrop of the Pacific Ocean and Neahkahnie Mountain, the Manzanita Music Festival is an annual celebration for the community and its visitors to experience 3 days of amazing music, food, and fun on the Oregon coast.

Enjoy world class local, regional, and national musical acts collaborating with emerging artists performing in multiple venues for this family friendly weekend of music and activities.

Enjoy the music and activities, as well as craft beer, wine and food vendors.

Visit Manzanita's downtown galleries, restaurants, and eclectic gift shops or walk to the beach from the festival

Buy Tickets Today

MANZANITA MUSIC FESTIVAL
TICKETS/INFO: MANZANITAMUSICFESTIVAL.ORG

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WWW.MANZANITAMUSICFESTIVAL.ORG

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