

March 2018 • vol 19 • issue 229

HIPFISH

MONTHLY

alternative press serving the lower columbia pacific region

FIERCE

14 Women at RiverSea

**Toward a New Vision
For Oregon Forests
Part I**
by Roger Dorband p11

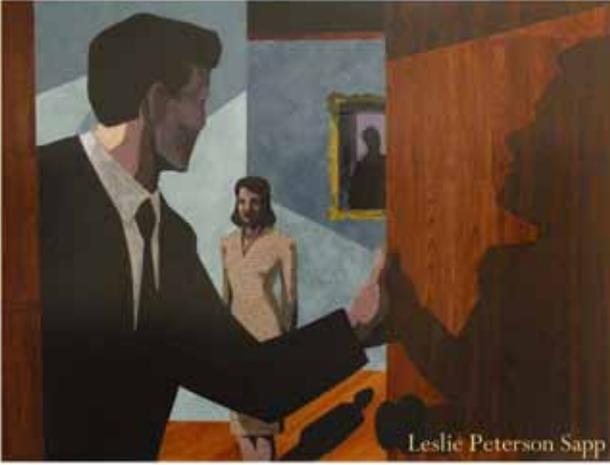
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SPOTLIGHT!**
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UpComing Shows:
Kerfuffle Burlesque
Folk Jazz • Barra Brown
Bluesman Lloyd Jones
Pigs on the Wing
+ much more>>>

**Project Hand UP
Benefit Sunday
3/11
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Filling Empty Bellies PROJECT HAND UP

Benefit Night Sunday March 11
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Filling Empty Bellies (FEB) will be putting on their first ever fundraiser on Sunday, March 11th from 5pm – 8pm at KALA, doors open at 4:30. The local nonprofit will be raising funds for their Project Hand Up Campaign that will move them into a permanent space for advocacy, resources, rehabilitation, and meeting the immediate needs of those suffering from homelessness and poverty.

The event features a concert of local performers, bucket raffle, and art show. Admission is \$10 per person and includes one raffle ticket and locally catered appetizers; cocktails, wine, and beer will be for purchase, and of course raffle tickets, with generous donations from local/coastal hospitality, retail and service businesses. Street art will be show-cased, as well as donated art for sale from local artists.

The stage will feature music from Adams & Costello, the Street Beats, Joey Altruda and Dinah Urell.

FEB began a little over three years ago when the founder, Corri Buck, started serving a meal to anyone who was hungry out of the back of her car. Over the span of this time she estimates that she and her volunteers have served over 30,000 homemade meals to people in need. FEB's outreach does not end with food. The organization helps people obtain: sleeping bags, coats, boots, work clothing, winter clothing, interview clothing, socks, hats, and blankets. FEB's has facilitated three large Thanksgiving meals and provided Christmas presents for many families and individuals in need. They also supply back-to-school supplies for young children, newborn baby supplies, job and housing referrals, medical advocacy, laundry services, haircuts, and finally, opportunities for local high school students to complete their senior projects through mentorship and community service.

Directors, Corri Buck and Erin Hofseth share the vision that, "All humans are worthy without condition, that empowerment is powerful, that everybody deserves another chance, and that nobody deserves to be forgotten or unloved."

For more information or to donate, visit www.fillingemptybellies.org



By Robin Bacior

Even Oregonians Get The Blues: Lloyd's lifelong devotion to Blues and Funk

BACK IN THE '70S, a bit of a blues wave hit the Portland area. The vibrant scene has thinned out over the decades, but there are still a few remaining faces, one being Lloyd Jones; a blues musician known for his soloing tenacity and longtime involvement in the blues and funk community of the PNW. As a native Oregonian, music was part of his upbringing, though not quite intentionally.

"My dad played trumpet," Jones said. "I have two older brothers and all of us play music, I don't think he wanted that to happen. He was very strict-drill-sergeant upbringing, it wasn't warm and fuzzy or anything-but at Thanksgiving, he'd put on this record he had, "Sing Sing Sing," and he's carvin' the turkey and playing the drums with his fork and knife, and we're looking at him goin', 'who is this guy?' Little by little it'd creep in that the only time we saw him having fun is when he'd pull out the trumpet." Slowly Jones began to develop his own interest in music, maybe to his father's chagrin, but maybe not.

"One day he takes me by the ear and says 'you're gonna hear real music,' and we get in [the venue] and all these guys are playing Dixieland- "When The Saints Go Marching In" and that stuff- and the look on their face[s], I went 'whoa, I wanna do that!'"

Jones started with percussion and began making his way through those dixieland tunes. During those early years as a drummer, Jones also developed a strong interest in blues, and began drawing correlations between the two.

"That funkiness of New Orleans music through the drums, I was goin', why hasn't this evolved into blues?" Jones said. "It's always a shuffle and slow blues; what I wanted to bring to it was more rhythms. Now that's common place, but at the time funk hadn't started yet."

Funk eventually came and Jones' style fell right in. He made the switch to guitar, which led to a bulk of his songwriting. Over the last few decades, Jones has released six albums, starting in 1987 with "The Lloyd Jones Struggle," a horn-driven set of songs that fuse smooth blues pacing with the buoyancy of funk rhythms. The sounds are instantly familiar, but they avoid mimicry with great caution.

"What astonished me is the first time [I] went down to Los Angeles looking to see the hippest things I could find, and it was all white guys imitating [Little] Walter and Muddy [Walters], and I thought, well you can't be them," Jones said. "You can try all your life [and] you will never be them. I would just not see people bringing themselves to the table. You need to learn the fundamentals, but I wasn't seeing a personality that was distinct."

Aside from Jones' work as a songwriter, he's spent time playing in other projects, touring with artists such as Curtis Salgado (known for his brief stint as lead vocalist for Santana), and with Delbert McClinton for his infamous cruise line tours. In the last few years, Jones has been playing his own music mostly regionally, with occasional international dates like the the Canadian-based Kaslo Jazz Festival and Calgary Blues Festival, along with an annual string of shows in Denmark. Though the work is satisfying, the grind adds up quickly.

"For every hour I play I put in 18 hours to get there," Jones said. "It's pretty brutal, that's why you have to have passion to drive you. I don't recommend it as a business. You can get lucky, but 90 percent don't. You can get better, that's the struggle with your own growth, [and] that's the fun of it for me, playing with the other players, responding."

His most recent 2012 release, "Doin What It Takes," might be an ode to just that. The album's title track

is a jovial jam out, bouncing between that simple lyrical determination and seasoned fluid solos. Jones is currently sitting on several songs worth of material, so a new album might be in the horizon. More importantly, he aims to keep moving forward.

"I can't retire because I don't know what I'd do, this is who I am and what I love," Jones said. "I'll always play. If you don't do it, it won't be there."

Jones' KALA performance will be a solo one, a more popular form for him in recent days. It's hard to predict what songs he'll play from his wide catalogue, but it's safe to say they'll be earnest ones.



PHOTO: Christina Arrigoni

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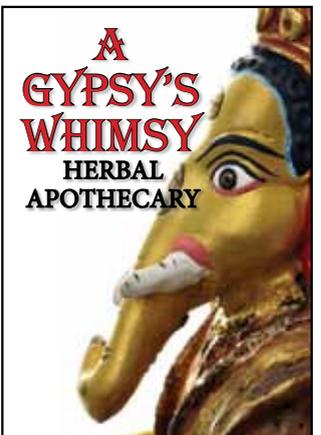


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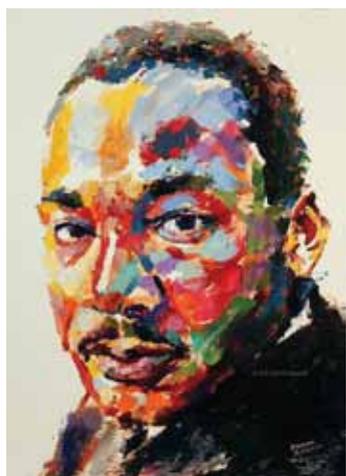
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On The Cover

"She No Longer Believed What They Fed Her" by Karen Wippich, Portland, OR. acrylic and mixed media/ karenwippich.com



The 50th Anniversary of Dr. Martin Luther King Jr's assassination will be observed with an ecumenical evening prayer service at Grace Episcopal Church, 1545 Franklin Ave., Astoria on Wednesday, April 4th from 7 - 8 pm. This will be a community-wide, ecumenical event, and all are welcome. The service will feature prayers with intervals of meditative silence and soloist Bereniece Jones-Centeno and piano accompanist Vincent Centeno. FMI: contact Janet Weidman at 503-741-0345.

Follow The Beat Barra Brown on Undefined Rhythms

WE'RE A CULTURE moving at rapid speed and often want answers, quickly. Take something like music; it seems silly to define such a fluid art form, but we do it constantly with genre, or even a song itself. Often as a listener, the first thing we seek in a song is its lead melody. It takes a few plays (for most) to start unfurling the rest- counter harmonies, percussive rhythms. Then there are artists like Barra Brown, who seem to fuse the elements together.



"There needs to be less of a, 'I play 'this' type of music, I live in 'this' genre, I'm a 'this' artist,'" Brown said. "If you're an artist, then you're an artist. For myself and artists I admire, that means pushing yourself and constantly changing. As a songwriter and drummer, Brown's rhythms (albeit subconsciously) often sound not only

melodic, but vocal even.

"I don't approach drums like a drummer," Brown said. "I'm a self-taught drummer and I studied classical music, so I really think that my approach is melodic and very textural."

Brown attended Lewis and Clark where he studied classical flute performance. During this time, he was also tinkering with the drums, playing with jazz combos at school, and eventually studied at the Alan Jones Academy of Music (AJAM). When Brown graduated, he got a call from Jennifer Crockett, (now Liberty Theater Exec. Dir.) who at the time was looking for a drummer for her folk-based project, Alameda. Brown met with the group and joined shortly after. From there, drumming opportunities came quicker than those for the flute, and Brown chose to pivot toward a focus on percussion.

"It was just very natural- people want me to play drums, I should be better, so I just started focusing on that," Brown said. "Really I was having a lot of dissonance in school. It was like, 'am I a classical musician, a jazz musician, drummer, a flute player?' And my mom was just like, it doesn't matter what you play because you write, [and] it doesn't matter what instrument you're expressing it on. In five years if I wanna be a bass player I'll be a bass player."

Though he's stuck primarily with drums, his array of projects are versatile. For years Brown's been a sideman for projects like the aforementioned Alameda, the pop group Ages and Ages, and more Americana-based Shook Twins. Simultaneously, he's run his own more jazz-fused projects,

such as The Barra Brown Quintet, the electronic-based Korgy and Bass, and more recently The Barra Brown Trio. The styles



are scattered, but that's part of the allure.

"I like different types of music," Brown said. "I can't imagine having one project that I tour on for ten or 15 years that's so fulfilling that gives me everything I could possibly need, I just don't know if I'm that type of person."

In terms of his work with the trio, experimentation is done subtly. The elements are simple- drums, guitar and bass- and the songs (some written as an exercise at AJAM) are heavily influenced by quintessential impressionist pieces (Debussy and such), with room for improvisation.

"The whole idea with this was even more melody based, approaching it as songs without lyrics," Brown said. "Really the whole vibe is for it to be beautiful."

There's a strong jazz emphasis in these pieces, but Brown still wouldn't call it jazz. Instead, he looks to his main influences like Julian Lage; the prodigy who fuses his background in jazz with americana tendencies, both voices present his guitar work. It's not about being one or the other, it's about being good.

"I didn't have that super strict background of jazz harmony and standards, I was just taking what I was picking up and writing my music," Brown said. "I think I have always wanted to be [a jazz musician] because those are my favorite musicians, and I think it's the highest level of music, as far as skills it takes to play. The only jazz I've really done is my music, that is instrumental and has improvised factors which is what I think makes jazz music; creative music that has improvised factors. That's a huge umbrella. I'm just trying to call myself a musician and play at a high level, and support whatever style of music I can play."

Barra Brown Trio

Folk Jazz @ KALA

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8pm \$13

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ASTORIA SOUND ARTISTS Roger Hayes and Gregg Skloff present a performance in conjunction with their recording release on experimental/ ambient/electronic label Sun Hypnotic. Hayes on guitar + objects + effects and Skloff on contrabass + objects + effects.

Described by label producer - On Side A, the music conjures alien coastal landscapes as described by various rhythmic tones drifting in-and-out of fog. The contrabass provides an anchor tone for the rest of the sounds to build and organically grow into a swirling auditory hallucination.

Side B begins with shades of free jazz as played by androids with glitchy effects and fuzzy, resonant tones. The instruments start out slightly recognizable and gradually transform into ethereal messages that are transmitted directly into the core of your central nervous system.

A three performance show brings solo performer Idol Eyes, and DJ Liz Harris doing live mixes.



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Astoria Public Library Foundation Fort George Benefit Night

THERE are two vital parts of any community: the public house and the public library. The Astoria Public Library Foundation needs your help, as it raises the funds for a well-deserved library renovation. Our library is much more than stacks of books and a 50-year-old building. It is an expansive resource that connects people in every corner of our Astoria. Come to Benefit Night to celebrate the recent selection of the Portland-based firm Hennebery Eddy Architects Inc. and learn more about our library's impact and the foundation's work to support it.

Join APL at this month's Fort George Benefit Night when all of the profits from the pizzeria will go to the Foundation Library Renovation Fund. Bring cash/checks for the RAFFLE with prizes including Glam Tram Transportation Rental and tickets to the annual Astoria Warrenton Crab, Seafood and Wine Festival. Raise a pint and raise some funds to renovate our library.

WHERE: Upstairs at Fort George, 1483 Duane Street Astoria. March 27, 4:30 to 9pm

Willis Van Dusen, President

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David Oser, Secretary/Treasurer

The non-profit that builds support for the Astoria Public Library in Astoria, Oregon. Registry number 1032545-95.

Introducing Intercambio: Spanish-English discussion group to meet weekly at the Astoria Library

THE ASTORIA LIBRARY introduces Intercambio, an opportunity for speakers and learners of English and Spanish to gather together for conversation and language practice. The group will meet at 3 p.m. each Saturday, at the library (450 10th St.). The first session will take place on Saturday, March 10.

Intercambio is not a class, but rather an informal setting where participants may share knowledge of their native language and practice a new language with native speakers. About half of the session will be devoted to Spanish conversation, and half the session to English. Participants with any level of language ability are welcome, but those with some familiarity with the new language might find the experience more enjoyable. Those who just want to listen are welcome, too.

The Astoria Library is guided by the mission statement: "Explore ideas, engage minds, excite imagination."

For more information about library programs and services, contact library staff at 503-325-7323 or comments@astorialibrary.org, or visit astorialibrary.org.

Intercambio es una oportunidad de practicar el inglés y de compartir el español con los que lo desean aprender. No es una clase, sino una sesión de 90 minutos en cuando puedes charlar en inglés y en español, donde puedes compartir tu propio idioma nativo y aprender algo nuevo del inglés. No importa qué nivel de inglés tienes o si sólo quieres escuchar. Todos son bienvenidos.

STREET SPOTLIGHT

STREET SPOTLIGHT is a NEW on-going series with the aim to share voices and stories of the citizens of the North Coast who are homeless or unstably housed and living on the streets of the coastal communities.

By Kaisa Schlarb
 for HIPFISH
 inconjunctin with
 Filling Empty Bellies



CHRIS CRONE became homeless in Southern California at age 11, when he left an abusive home as a matter of survival.

He explains candidly, "I felt it was safer to live on the streets with a bunch of punk rockers than to live at home. I didn't have a childhood."

In the nearly 4 decades since then, he has lived many lives. In his early years on the streets of Hollywood, he was a part of the skate and punk subculture alongside professional skaters such as a young Christian Hosoi and Tony Hawk. A TV crew once followed him and some friends around to document life on the streets.

Eventually Chris moved to San Francisco, where he worked for the Grateful Dead for 9 years while moving in and out of homelessness.

"It was definitely an interesting journey," he reflects, although he is not romanticizing his experiences. Famous skate boarders and musicians aside, Chris is worn out on homelessness.

"I don't like being homeless. It is getting old," he says frankly. An Oregonian for over 25 years, and with the last 10 being lived in Astoria, on these streets he is known as "Pops." He is well-liked and respected in his circles, and he says this is the place he loves best of anywhere he has been. He loves the people and the history. "I love everything about this town," he says.

Currently, Chris works 5 days a week washing dishes and keeping things running for a downtown business. The business owners met him through their volunteer work with Filling Empty Bellies, where Chris receives meals, and they reached out to him about the job opportunity.

As much as he loves his job, it is not full time and it doesn't go far enough to cover rent in Clatsop County.

On any given night, Chris sleeps outside or couch surfs. He knows what time he has to be to work each day, but he couldn't tell you where he will be resting his head that night.

"It is incredibly difficult for me to find housing," he says.

There are other brutal hardships to living on the street. Chris has known 19 people who have died on the streets in Clatsop County in the past 2 years alone.

Many of those losses were people he was close with, part of a community of people on the street trying to look out for one another.

"It is a humanitarian crisis we have in our country," he says of homelessness. "There has to be solutions." He believes people across city institutions and positions in society are capable of coming together to find these solutions, but it has yet to be done.

"The big thing that upsets me the most about this community is they complain about the homeless but they don't take any action. It was like pulling teeth to get the warming center open this year. Tackle the issue."

The issues Chris sees that specifically need addressing are access to housing, jobs, mental health services, and drug and alcohol addiction support. He saw this clearly during his time with Helping Hands Seaside, where he was both a participant and a manager of the shelter for a time.

He is supportive of Helping Hands, but sees that not everyone can participate in programs with requirements, such as sobriety, and hopes for low or no-barrier services as part of a solution.

Chris is frank about the realities of staying sober while living outside.

"Its really hard. [People] complain about everybody being drunk all the time, but it is really difficult not to fall into your addictions when you are out here on the street. It numbs you."

That is why Chris is thankful for the opportunity to work. "It gives me something to do during the day. I'm not out there drinking all over the place, and I get to listen to good music," he says with a smile.

While he knows not everyone agrees with how to address these issues, he believes in speaking up and advocating, not just for himself, but for his community. "It doesn't just affect my life," he says, "it affects a lot of people's lives."



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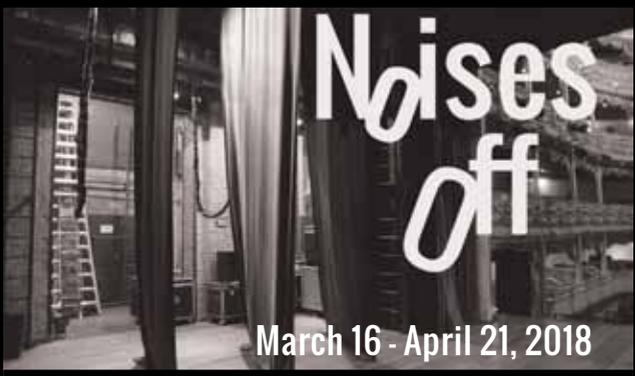
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STEPHEN BERK

TOWARD A MORE *Cooperative* WORLD ORDER

DESPITE residual competition between the US and the other two great powers, China and Russia, the world may be inching toward less competitive and militaristic models of government and toward a more cooperative world order. Before you dismiss me as a rosy eyed kook, given the immense amounts of money the US pours into militarism, setting its bases in countries around the world, consider the fact that talks regularly occur among diplomats and economic entities of the three great powers: Russia, China and the US, as well as with increasing numbers of other world powers. Despite the casting of knee-jerk aspersions on Russia for protection of its ally, Syria's Assad (as the US does with Israel's Netanyahu), or the unsubstantiated assertion by Democratic Party leaders that the Putin government "interfered" in the 2016 US election, the US has pretty much stayed out of Syria, the Russia/US elections meme is fading, military threats or confrontation between the US and Russia have not occurred, and diplomatic contact remains at the highest level. Of course, this might be because the Republicans won. But one must also note that all the sanctions against the Russians for its alleged interference in the Western engineered Ukraine coup, as well as other Russian defensive measures, have had little to no effect on the Russian economy, nor on its increasing economic integration with the West.

Even though the neocons would love to rekindle the Cold War, with perhaps an eye to enlarging the profits of their arms portfolios, we see no substantial deterioration in our relations with Russia or China or with any of their traditional allies. About a century ago, President Woodrow Wilson argued for peace through diplomacy and ever growing world trade. Many regarded him as unrealistically idealistic. And when he plunged the US into the massive European bloodletting of World War One, he was thought of as a hypocrite at best. But with the world wars some three-quarters of a century behind us, and smaller toxifying wars like Vietnam largely confined to Marx's dustbin of history, we are beginning to see a more extensive world integration than anything that has occurred since the

end of World War Two. The two hostile Eastern and Western blocs of nations facing one another in the Cold War have ceased to exist. They were artifact of the jockeying for power then going on between the US and the Soviet Union in a temporarily bipolar world. It slowly drew to a close as other large economic and military powers came online. Also, beginning with Deng's reversal of Maoism in capitalizing China, joined by the Russian pro-Western reforms of Mikhail Gorbachev, the communist/capitalist confrontations of the Cold War suddenly became a dead letter, as both formerly communist governments adopted



strongly capitalistic features.

Does this mean there are now no world trouble spots and we are on our way to a utopian order of peace and prosperity? Such an idea would be overly sanguine. There remain lots of traditional regional rivalries: India/Pakistan; Israel/Palestine and other Arab states; US/Cuba and other left leaning Latin American countries like Venezuela. But these rivalries, including Russia and some of its former client states, are not about to erupt into war. The world has indeed become smaller, as many futurists were predicting in the last century. And we are more beset with world problems, like catastrophic events caused by climate change, as well as the quandary of what to do with nuclear arms and power. We've had no use of nuclear weapons since the US used them devastatingly against Japan in 1945. The threat that some unnamed "rogue state" may threaten their use is still present, but diminishing. Indeed, nuclear weapons have become obsolete as a means of coercion because those who

might have been the objects of coercion simply acquired their own nuclear deterrent. Overall, too many countries now have them, and their use would lead to devastating retaliation, perhaps even chain reaction among nuclear powers. Also, with greater and greater world integration and refocus from national concerns to worldwide climate and pollution crises, the nuclear arms race should fade away. This, however, does not mean that worldwide attention shouldn't be paid to beating nuclear swords into ploughshares.

Despite the aggressive nature of the human animal, with wars occurring from time immemorial, we might actually be starting to move past this utterly destructive method of settling international disputes. This has nothing to do with actions of the UN or any other world body, nor even a heightened diplomacy of peace, though that would be welcomed. I think that war is beginning to become a thing of the past for two primary reasons. First, the totally devastating nature of war in an era of such destructive weapons renders it less desirable and more uneconomic. This situation may have already ended world wars and may soon end large scale regional ones.

What remains are the seemingly intractable small, endlessly bleeding and draining wars between two enemy countries over land or some other material resource: Israel/Palestine; Saudi Arabia/Yemen. If the rest of the world, particularly its great powers, would openly recognize that most nation states are pragmatically choosing to avoid war with their competitors, moving toward cooperation, then it stands to reason that those post-warring states can create the diplomatic space and pressure for resolution of disputes such as the ones just mentioned.

Not that I think that nation states have entered an era of virtuous travel beyond self-interest. It is merely that more and more of them recognize the utter wastefulness of war, and more important, that they must turn their resources to developing worldwide constructive ways of sharply reducing the climate and pollution crises, which really threaten the extinction of complex planetary life.

NATURE NEWS

Listening to the Land: The Enigmatic Marbled Murrelet and Oregon's Marine Reserves March 21

ON WEDNESDAY, March 21st, the Necanicum Watershed Council and guest co-host, Friends of Cape Falcon Marine Reserve, welcome S. Kim Nelson, Research Wildlife Biologist at Oregon State University. Nelson will share about the Enigmatic Marbled Murrelet in Oregon, a dove-sized seabird that lives primarily at sea and returns to nest in mature conifer forests. Land conservation as well as ocean-based protections, like Oregon's five marine reserve sites, house the potential to benefit these birds greatly. Learn the story of this mysterious animal at the next Listening to the Land event.

S. Kim Nelson moved to Oregon in the mid-1970s to be closer to the ocean, forest, and mountains. She works as a Research Wildlife Biologist in the Department of Fisheries and Wildlife at Oregon State University, focusing on the ecology and habitat associations of seabirds, specifically using modeling and habitat data to better understand and help resolve wildlife conservation and management issues.

Listening to the Land is a monthly winter speaker series offered January through May and presented by the Necanicum Watershed Council in partnership with the Seaside Public Library. This month's presentation is co-hosted by the Friends of Cape Falcon Marine Reserve, a local volunteer organiza-



tion working to promote the understanding and appreciation of Oregon's northern most reserve site.

Listening to the Land will continue to explore "living on our dynamic coastal edge" through May. Presentations are held the 3rd Wednesday of every month starting at 6pm at the Seaside Library, 1131 Broadway St, Seaside, OR. Doors open at 5:30pm. Events are free and open to the public.

For more information, visit www.necanicumwatershed.org/events/listening-to-the-land/

From the Great Lakes to the Lower Columbia: French Canadians and Metissage on Our Evolving Frontier



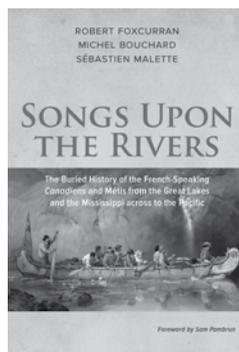
to the Pacific Northwest with the fur trade and Catholic missions. Today an abundance of French geographic names can be seen on Oregon and Washington maps. Robert Foxcurran's presentation will talk about some of this saga that is often overlooked as, "nations are created through the burial of inconvenient history."

Robert Foxcurran co-authored a 2016 book entitled *Songs Upon the Rivers: The Buried History of the French-Speaking Canadiens and Métis from the Great Lakes and the Mississippi across to the Pacific*. Foxcurran is a retired Boeing historian whose

research interest includes the lesser-known demographics associated with the North American fur trade. His book, *Songs Upon the Rivers*, will be available for purchase at this event which will include a book-signing afterwards.

In Their Footsteps is a monthly Sunday forum sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

For more information, call the park at (503) 861-2471, or check out www.nps.gov/lewi, or Lewis and Clark National Historical Park on Facebook.



LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. *From the Great Lakes to the Lower Columbia: French Canadians and Metissage on Our Evolving Frontier* by Robert Foxcurran will be on Sunday, March 18, at 1:00 p.m.

Pacific Northwest history was heavily influenced by French-speaking people. The Lewis and Clark Expedition included George Drouillard, Toussaint Charbonneau, Francois Labiche, Jean Baptiste Lapage and Pierre Cruzatte in the permanent party that wintered at Fort Clatsop. More French Canadian engagés were employed on this voyage's earlier Missouri River segment. Later many French speakers came

Lewis & Clark Trail Run March 31

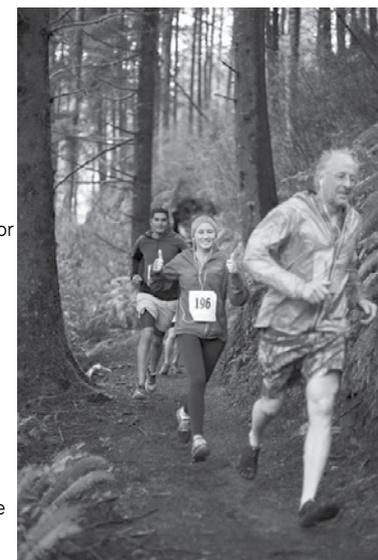
LEWIS AND CLARK National Historical Park hosts its first trail run of the year on Saturday, March 31, to "bid adieu" to winter at Fort Clatsop and greet the arrival of spring. The Lewis & Clark Trail Series includes exhilarating events along beautiful trails through forest landscapes, complete with a welcoming and friendly race atmosphere. These events are open to walkers and runners of all ages and provide the opportunity to experience the northwest coast the way people have for thousands of years – on footpaths.

This first event in the Lewis & Clark Trail Series is Saturday morning, March 31. Come for either an approximately 5k or a 10k course that features the Kwis Kwis Trail. The 10k run will include some long steep sections. The start/finish line will be at the Fort to Sea Trail trailhead off of Fort Clatsop Road. Allow time to park at one of the Fort Clatsop Visitor Center parking lots, register at the visitor center, and then enjoy a 1/2 mile warm-up hike on the Fort to Sea Trail to the start line prior to the 10:00 a.m. start. Please, no pets on the course during the event (pets leashed to people are welcome on the park trails at other times).

Register that morning from 9:00 to 9:30, at the Fort Clatsop Visitor Center. The cost to participate is the purchase of a \$20 Annual Park Pass that grants entry into all of the 2018 Lewis & Clark Trail Series Events. Registration is free with any pass that allows entry into all of our nation's National Parks. Participants younger than 18 also need their parent or guardian to sign the registration form. All 5k/10k participants will get a finisher's medal. A prize drawing will be held afterwards.

The Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, which supports park education and interpretative activities.

For more information, call the park at (503) 861-2471 or visit the park's web site at www.nps.gov/lewi or find the park on Facebook at [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark).



STUDENT OPPS!

TECH TREK Girl Scientists

On Tuesday March 20, the American Association of University Women (AAUW), Astoria Branch will present "Tech Trek: Students and Leaders". This presentation will be held from 5:30 to 7:00 p.m. will be held at the Astor Middle School Library located at 1100 Klaskanine Avenue NOT AT THE ASTOR LIBRARY.

What is Tech Trek? It is a week long summer camp designed for girls entering the 8th grade to learn about math and science. Girls will collect data from field trips, conduct scientific experiments, and interact with women in STEM (Science, Technology, Engineering and Mathematics) careers.

What is the purpose of Tech Trek? Its purpose is to encourage girls to enter a career in STEM and increase the decline of students entering STEM careers.

Speakers will be a past participant, a parent, and a school administrator; each giving a perspective/viewpoint of the Tech Trek experience.

Parking is available at the school and the building is handicap accessible. Light refreshments will be provided. For more information call Jan Nybakke 503-325-4592. This program was previously scheduled on February 20th, but was cancelled due to bad weather conditions.

Call for Student Submissions Honoring Our Rivers: A Student Anthology

HONORING OUR RIVERS, a project of the Portland-based conservation nonprofit Willamette Partnership, is accepting student submissions of art, photography, poetry, and writing, including works in foreign languages for the upcoming edition of its publication. Entries should reflect the student's connection to rivers or their watershed.

This is a unique opportunity for students (kindergarten through college) to be published alongside regional professional authors and artists. Past anthologies have included works by Barry Lopez, Ursula K. Le Guin, Paulann Petersen, Charles Finn, Ana Maria Spagna, and Lillian Pitt. The anthology is distributed across the state of Oregon to libraries, partner organizations, and participating families and schools, and celebrated with a popular student reading at Powell's City of Books.

The upcoming edition of the student anthology will also include a featured section dedicated to celebrating the different tribes of the Pacific Northwest and their connections to rivers. The intention of this theme is to increase awareness and appreciation of Native culture, history, language, and arts, particularly as they relate to Pacific Northwest Rivers and watersheds, through student art and creative writing.

Deadline to submit is Earth Day, April 22, 2018. Learn how to submit at www.honoringourivers.org/submit, or contact the project coordinator to learn more details at info@honoringourivers.org.

Sponsors' logos are featured in the printed publication and on the Honoring Our Rivers website. If your business or organization would like to support this project by becoming a sponsor, please contact the project coordinator, info@honoringourivers.org

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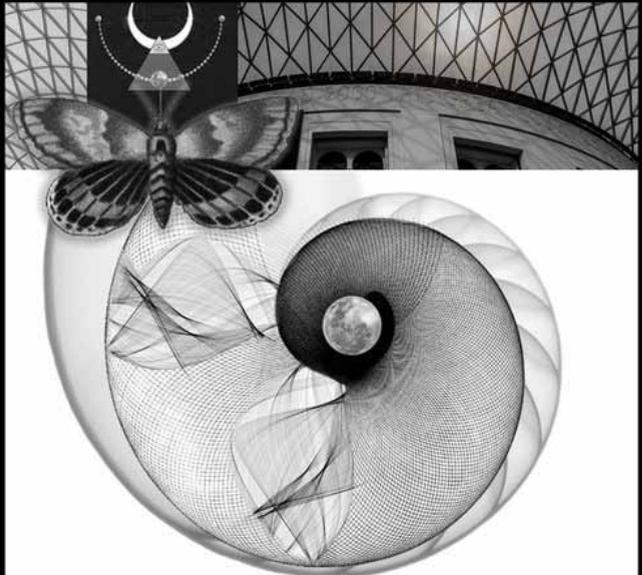
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LGBTQ news and culture
for the lower columbia pacific

QFolk

**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 AUG 9TH.** 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. 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 LCQCAAstoria@gmail.com.
Start up March**

**Every Friday Skate night and LGBTIQ
+ teen social nights -5-9pm**

**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

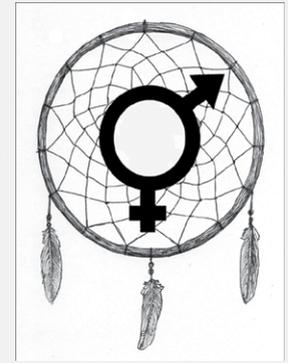
**Two Spirit Tradition
South Coast PFLAG**

THIS MONTH'S PFLAG meeting on Wed., March 14 from 6-7:30 pm at St. Stephen's Church (9th & SW Hurbert, Lincoln City) will feature a presentation on the Two-Spirit Tradition of the Native American cultures, many of which accepted LGBTQ members of their tribes as persons with special gifts, with two spirits.

Elizabeth "Lisa" Norton is a member of the Confederated Tribes of Siletz Indians where she has lived and worked for over 20 years. She has worked and volunteered in a variety of capacities for the Siletz Tribe, including Tribal Court, TANF, Child Welfare, Enrollment, Mental Health Research, and Small Business Development. She has been a sexual assault advocate for over five years, both on and off the reservation. She received her MSW from Portland State University, and is working on her Ph.D. in Social Work and Research. Her research interests include community-based, participatory action research. She also is looking at ways to reduce secondary trauma, as a result of sexual assault, in Indian Country. She serves as Trainer for the Oregon Sexual Assault Taskforce, and presents on Two-Spirit identities.

The meeting will also recognize the 45th Anniversary of PFLAG that began in 1973 when New York mother stood up for her gay son and started a support group for parents and families.

PFLAG is a national organization established to support gays, their families and friends through its mission of Education, Support and Advocacy. Research shows that LGBT students who receive support from their families, schools and communities are able to survive the stress and challenges far better than students who don't have that support.



**MEET PAM WEV
CLATSOP COUNTY CANDIDATE DISTRICT 3**

Pam Wev is a candidate for the Clatsop County Board of Commissioners, District 3, currently served by Lisa Clement. Discuss issues you feel are important to the county. Snacks and No Host Bar. **MONDAY, MARCH 12, 5-7PM** at Bouy Beer in Astoria, at the Riverwalk and 8th St.

NC PREVENTION WORKS COALITION

Please join us at our monthly coalition meeting!
3rd Thursdays. 3:30-5pm. Agenda items include: -Drug Free Communities Grant- mORe Campaign -Youth Recognition Awards. Warrenton City Hall Chambers. 225 S Main, Warrenton

PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. FMI: contact jacquelineDEVANEY@gmail.com

CLATSOP COUNTY DEMOCRATS MEET Clatsop County Democrats meet the fourth Monday of each month at 6:00 p.m. in room 221 of Columbia Hall at Clatsop Community College in Astoria. Parking next to Columbia Hall is accessed off of and above Lexington Avenue, between 15th and 16th Streets. For more information about the Clatsop County Democratic Party, please go to www.clatsopdemocrats.org or www.facebook.com/clatsopdemocrats.

PACIFIC COUNTY DEMOCRATS Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. Pacific pacificcountydem@gmail.com

**CREATE • March 15
Columbia River Estuary Action Team**

CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. 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.

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorcher.

ON A FALL MORNING IN 2012, Maia steps outside of her sea view home in Wheeler, Oregon. Soon she feels a fine, cloying, mist in the air. Not like the wisps of ocean fog. It smells artificial, stings her eyes, and exposed skin. Soon she feels nausea. A clinic sits at the end of her road. She walks as fast as she can. The discomforting feelings of her body are escalating, panic building. She passes a nursing home where a few of the residents are sitting on the porch. She can almost see the drifting menacing haze over their parking lot. It respects no boundaries. Stumbling into the clinic, an admitting nurse jettisons from behind her desk to help this woman who stumbles in and faints in the reception room.

A pitch for a new horror movie or nail-biting novel?

Nope, just business as usual in the timber world as choreographed by the Wall Street loggers cutting Oregon's coastal forests - Stimson, Weyerhaeuser, Campbell Global, Greenwood Resources, and others. Most are on the stock exchange, working for their investors. It's a high stakes game leaving towns without potable water and people dusted with herbicide. Illness creeps through a once verdant paradise, thanks to the lax regulations of the Oregon Department of Forestry (ODF) who oversees the fir forests of eight counties kissing the Pacific Coast of Oregon.

The ODF considers this an Industrial Forest, despite the fact that the citizens of Rockaway and Twin Rocks have only one water source, Jetty Creek, within it. Which now, is deforested and laced with pesticides. And silting up the filters in the water treatment facility, which causes the water to look like chocolate milk. More than normal chlorine is used in this situation but results in trihalomethane (THM). The allowable limit of THM in drinking water is defined by the Environmental Protection Agency. The City of Rockaway Beach has frequently exceeded that limit in the past two and a half years.

Clear cutting in a watershed is generally acknowledged to cause turbidity. When it rains heavily it's hard to make the water drinkable. There are other watersheds in Oregon located in the commercial forests. Oceanside water district, just down the road, is looking at a similar fate.

Private foresters of an investment firm, Greenwood Resources, own the land around where the Jetty Creek watershed is located now. But Stimson Lumber contractors cut the trees. Stimson, Greenwood Resources, and the ODF insist the law was followed. So the pleas and sensible urgings of the people of Rockaway and Twin Rocks fall on deaf ears.

Washington, Idaho, Montana, and Alaska have much tougher protections, but it's easier to cut more logs in Oregon because of shorter stream buffers and the pressure the Oregon Forest and Industry Council (OCFIC) puts on the ODF to keep the rules to a minimum.

Down playing the fact of their involvement, The OCFIC placed ads on Oregon broadcasting stations. Pictures of verdant forests and clear running streams do not reflect the decimation occurring on the Oregon Coast of factory farmed sterile timberlands with no concern for, watersheds, institutions, or cities over the past six years.

Oregon's Department of Environmental Quality (DEQ) drafted a report, which identified logging as a contributor to known risks for drinking water quality in communities up and down the Oregon coast. A flurry of emails and letters ensued from various state agencies and environmental organizations about the Jetty Creek watershed. A movie was produced detailing the difficulties, Behind the Green Curtain*. Students of Deke Gunderson's, at Pacific University, researched the pesticides used. Complaints are registered, but the ODF insists the rules are being followed.

Josh Seeds wrote the original source water report, The DEQ Water Source Protection Guide, which the Oregon Coast Forestry and Industries Council demanded that it not be published. A report

by Tony Schick on Oregon Public Broadcasting about the watershed was canceled after pushback and charges of anti-logging bias from the timber industry lobbies and the ODF, according to interviews and public records. <https://www.opb.org/news/article/oregon-private-forests-to-water-quality-risks/>

The recent Oregon Mid and North Coast Water Monitoring Summit involved state and federal natural resource agencies, tribes, watershed councils, municipalities, Soil and Water Conservation Districts (SWCD's), conservation and research groups, and others which collect water monitoring data throughout the Mid and North Coast region of Oregon. Important water related questions remain at multiple levels. Needed is a strategic, focused, and efficient approach.

Issues, such as the Jetty Creek watershed disaster and the currently inadequate Oregon forestry laws, which have no concern for the human populations within which they co-exist, have brought a strong focus on what has to be remedied in water quality issues. If we are to transition to a restoration economy, the goal is that the Summit will help identify roles, responsibilities, areas of expertise, and new opportunities for collaboration so we can move forward.

Monitoring is the eyes and ears of science. In 2015 the Oregon Department of Environmental Quality (DEQ) started monitoring ground water throughout the state, thanks to legislative funding. Fourteen pesticides were tested, as well as pharmaceuticals, and bacteria. The program is ongoing. One of the speakers, a ground water expert from the DEQ, Paige Evans, spoke about testing wells in Gearhart and Clatsop Plains.

Naturally occurring arsenic is present in volcanically formed geology, specifically basalt, which is deposited all over the coast. Some wells in Gearhart were tested for it. Both areas had high nitrates in the water. But the astonishing fact, at least to me, was that due to the unique geology of Clatsop Plains, they have the capacity to get one hundred gallons per minute out of a well.

In conclusion Evans noted; some chemicals were detected at very low points. Contaminates such as nitrates, arsenic, manganese, and bacteria exceeded health screen levels, especially in the area North of Gearhart. Her recommendations were for long-term monitoring in the Clatsop Plains area and North of Gearhart and for well owners to test their wells regularly.

Ocean acidification and shellfish culture was covered as well a talk by the Wild Salmon Center representative, Mark Trenholm, on how current forestry logging rules are hurting salmon populations. One scientist, Evan Hayduk, remarked that sculpins should replace salmon as an indicator species for streams, because they are pickier eaters. Meaning they are a better measuring instrument to show the water body is lacking in sustainable nutrients.

Oceanside City Commissioner Dr. Paul Newman's presentation focused on the potential fate of following in Rockaway Beach's footsteps. He queried:

- Is current monitoring/testing of surface-derived drinking water for contamination by herbicide spraying adequate?

\$ Wall Street Loggers vs The Jetty Creek Watershed



IN REVIEW: Oregon Mid and North Coast Water Monitoring Summit

- Is there one single agency responsible for monitoring spraying in forested watersheds that provide drinking water?
- Are there co-operative procedural changes that can enable the prudent use of herbicides while still protecting potentially exposed surface water systems?
- Is the relationship between forest landowners and users of surface water therein, necessarily an adversarial one?

Ultimately, Oceanside participated in an experiment between Stimson and their Oceanside Water District (OWD), jointly funded by the DEQ/Oregon Health Authority and OWD. Monitoring and working synchronously with spraying operators to notify them a week before spraying so reservoirs may be filled to capacity. A day before the procedure, the water district is notified. They close the surface derived intake pipe and switch to the reservoir supply.

Individual grab samples will be taken every two hours following the spraying over the next forty-eight hours. In addition, a second sampling, A Polar Organic Chemical Integrated Sample System is inserted a week before the spraying. All samples from these two operations will be sent to one centralized laboratory operated by the State of Oregon.

Commissioner Newman concludes that surface derived drinking water is not correctly monitored at present. One random sample every three years is not adequate. Visual observation of over spraying observations, which don't kill vegetation, may still be enough to contaminate drinking water. Testing should also include all herbicides used in a forestry operation within the watershed.

Over two days, there were twenty-three presentations, break out sessions, and a panel discussion. Subjects varied from near/shore estuaries, water quality and quantity to habitats for fish and aquatic life, land use and streamside habitat conditions. Break out groups explored questions on all the categories afore mentioned. A panel of representatives from each group gave a summation the second day on recommended suggestions and solutions.

It was generally agreed to co-ordinate and make consistent data resources available throughout all agencies. Possibly work towards one State and one Federal agency for water quality testing. Human interagency relationships need be established, as well as reaching out to the timber companies. Ask questions such as; Are regulations adequate to protect water quality and beneficial uses? How effective are management and restoration actions? And establish a website to share information from and about events like this seminar. It was agreed by all constituents that a yearly conference from the STREAM Team was necessary to share progress.

*Available on youtube

Thanks for reference materials for this article go to Nancy Weber and Bob Larson of Rockaway, Oregon, Dr. Paul Newman of Oceanside, Oregon, and various organizers and participants of the conference hosted by – Oregon's Strategic Approach to Monitoring, The STREAM Team.

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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS March

IncoWa Postcard Party

Most Fridays, 1-3 pm
Ocean Park, WA (private home; email gwen-brake@gmail.com for details)

INCO Happy Hour

Every Wednesday, 4 - 6 pm
Astoria (email incoregon@gmail.com for details)

Warrenton INCO Community Group Meeting

Saturday, March 3, 11 am
Dooger's Seafood and Grill, Warrenton

INCO Oppose Bigotry Team Meeting

Tuesday, March 6, 6 pm
Astoria (private home; email incoregon@gmail.com for details)

Upper North Coast Oregon INCO (Manzanita-Cannon Beach)

Thursday, March 8, 6:30 pm
Email incoregon@gmail.com for location

Astoria INCO Community Group

Tuesday, March 13, 6 pm
Winekraft, Astoria

Seaside/Gearhart INCO Community Group

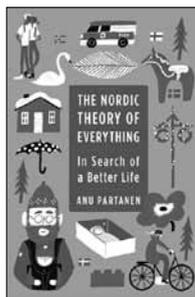
Tuesday, March 13, 6:30 pm
Seaside (private home; email incoregon@gmail.com for details)

Enough is Enough School Walkout

Wednesday, March 14, 10 am
INCO supports this national effort organized by the Women's March Youth Empower. Check the INCO website and Facebook group for updates on local actions

INCO Reading Group:

The Nordic Theory of Everything
Wednesday, March 14
6:30 pm
Astoria (private home; email incoregon@gmail.com for details)



INCO Vote the Future Team

Wednesday, March 21
6:30 pm
Seaside Library Board Room

Rally for Our Lives Saturday, March 24

Noon - 1:30 pm, 8th & Commercial, Astoria
INCO is partnering with area students and their families, taking to streets to demand that student lives and safety become a priority and that we end gun violence and mass shootings in our schools now. Bring signs and chants!

THE PARTY OF FOR

by Lolly Champion

ON MY DRIVE BACK to Cannon Beach from INCO's Turn the Tide Regional Summit, I found myself suddenly smiling—I guess to myself, since no one else was in the car.

There were so many reasons I felt such joy—almost giddy—because I remembered one year ago, the first Women's March, and realized the zillion changes that have occurred since. A year ago, I was one of the broken millions everywhere, devastated and unsure how I could put one foot in front of the other knowing the country I loved was doomed to be vandalized by a crazy and evil man and his cronies.

A year later I attended a meeting of a group that was not even developed a year ago and now is one of over six thousand groups across every part of the country we love, including states that are painted red in print and on cable news. That coming together of every demographic—the people who are our country—has created an amazing sense of power that will replace fear and return the strengths and integrity of the America of "we".

A year later I know that what sets us apart is our identifying what we are **FOR** as we gather as committed volunteers to make those **FOR** issues into achievable goals that will return our country back to that shining place where democracy is alive and well and meets the tenets of its meaning.

Take a look:

We are for the right to require industries to regulate and do no harm instead of rolling back regulations for the benefit of corporate supporters with no regard for health of the planet and our citizens.

We are for DACA and immigration policies that support refugees fleeing from abuse instead of using racist tactics to limit and punish people of different origins, religions and color.

We are for all eligible citizens having the right to vote without intimidation or barrier as we oppose gerrymandering and voting restrictions aimed at people of color and others.



We are for the ACA and health care for all, unlike those who aim to demolish existing programs and deny health care for millions.

We are for sustainable safety nets for all citizens, including upholding Social Security, Medicare, the SNAP Program, CHIP and other programs that help the most vulnerable among us, while others want to cut, gut and whittle away at safety net programs that are available in all other industrialized countries.

We are for women as valued, equal citizens, respecting their right to choose, opposing the misogyny of many in the current administration.

I could go on for pages, counting the many issues we are **for**.

Some pundits say of Democrats or Liberals (or other tags that are placed on the growing movement of citizens that are in the social justice camp) that "our" groups have to "be about something, not just be against Trump." We have to stop that misinformation. We must make certain every citizen understands our commitment to integrity and equity, balanced with sustainable and fair taxation to support long-held promises coupled with the new demands of a quickly changing world.

As we continue in 2018 working to get out the vote and as we continue to prepare for 2020, it is essential to proclaim for what we are **for**.

I still can't stop smiling. I am so lucky to be associated with Indivisible and its growing affiliates.

Lolly Champion is active with INCO's Cannon Beach/Manzanita Community Group, Indivisible Upper North Coast Oregon.

Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. It's among thousands of grassroots Indivisible groups that formed nationwide in response to the 2016 presidential election.

Sign up to receive the INCO e-newsletter and Action Alerts at www.indivisiblenorthcoastor.blogspot.com. To confirm event information, visit the events page on the INCO blogspot site or the INCO Facebook group.



Guest Speaker Jen Hoffman and tree roots at the 1st INCO Summit, Feb 2018



TOWARD A NEW VISION FOR OREGON FORESTS

By Roger Dorband

Part I = The White Man Cometh

Fur, Fish And Trees

IN SPITE of northern Pacific Ocean temperatures consistently in the lower 50 degrees that can send a human into hypothermia in less than half an hour, sea otters thrive in the off shore waters where they spend most of their time. This is true in parts of Washington, California and British Columbia, but not in Oregon although the state had its share of sea otters in the past. It's estimated that in the mid 1700s there were more than 50,000 sea otters living along the Oregon coast. Records show that in 1906 the last sea otter on the Oregon coast was shot and killed leaving the species extinct in the state. Efforts to reintroduce them in 1970 and 71 were unsuccessful. Some claim that a few sea otters from the Olympic peninsula raft have migrated to the northern Oregon coast but these sightings are unconfirmed.

The same luxuriant coat that keeps the sea otter's skin dry in spite of a life at sea has also been a curse for them, attracting their primary predator, humans. Their pelts approximate one million hairs per square inch, the thickest fur of any species, made them highly valued by indigenous peoples for ceremonial adornment. To a limited extent sea otters were also a food source. But it wasn't until the arrival of white men in 1740s that rampant hunting of the sea otters began to seriously deplete their numbers. Of the approximate 300,000 otters on the west coast of North America in the mid 1700s by the early 1900s only about 1500 remained.

The arrival of white men nearly sealed the fate of salmon as well. For millennia indigenous people up and down the Pacific Northwest coast, as well as peoples living as far inland as western Idaho, relied on migrating Pacific salmon as a primary food source. But soon after white settlements appeared along the coast, commercial fishing began depleting the fisheries.

As early as 1871 the sustainability of fisheries was already a concern for members of the U.S. congress who worried about depletion having a negative impact on the overall economy. But nothing was passed by the legislature to manage fisheries until over 100 years later when they established the Magnuson-Stevens Fishery Conservation and Management Act in 1978. It had taken nearly that long for it to become clear that salmon along the west coast were in serious trouble.



Then I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood here I saw more than I can tell and understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that make one circle, wide as daylight and as starlight, and in the center grew a mighty FLOWERING TREE to shelter all the children of one mother and one father, and I saw that it was holy.

- Black Elk, Oglala Sioux

BLACK ELK SPEAKS as translated by Flying Hawk from Lakota and recorded by Nebraska Poet Laureate John Neihardt 1932.

The depletion of the salmon runs had progressed steadily due to heavy commercial fishing that continued throughout the late 1880's. In a testament to their former bounty there were still so many salmon in coastal rivers at the turn of the century that old timers such as the famed writer and fisherman Zane Grey wrote that on the Rogue River in southern Oregon "the thrashing of the great waves of fish coming upstream" could be heard at night from campgrounds more than a hundred yards from the river.

The history of Oregon's once great salmon population shows a similar pattern of species endangerment as that of the sea otter, mink and beaver. The arrival of white men and their quest to exploit the natural resource was followed by the gradual development of a national and world wide market creating an

economic reliance on salmon as a food source. Major markets for northwest salmon opened up in Portland and San Francisco at the same time that there was a huge demand for canned salmon in England. Early in the last century the seemingly unlimited market spurred poorly regulated commercial enterprises to harvest salmon like there was no tomorrow.

Over time this excess combined with the effect of dams, changing ocean conditions, pollution from agriculture and logging, and climate change, all contributing to make survival difficult for salmon. Consequently, in spite of hatcheries and fish management, the salmon population has remained a small fraction of what it used to be even a hundred years ago when it was already severely depleted.

Forests were the third resource in the Northwest to suffer severe depletion after the arrival of the white culture. Unlike fur and fish, the exploitation of the seemingly endless natural forests began more slowly with the clearing of land for agriculture and the use of wood for building and fuel. In brief, increasing population, expanding markets, advances in extraction technology, the entrance into the industry of mega-financial conglomerates, as well as the current entrenched state and local economic policy too heavily reliant on a limited resource, have had a devastating impact on natural forests. On state forestland in northwest Oregon less than .01% of old growth remains according to the Department of Forestry. Virtually all managed forests on private land have been turned into mono-culture tree farms.

Beside the causative factors listed above that are depleting natural resources, something much more basic is in play that has led to the tenuous relationship we now have with the environment. The total loss, or severe depletion, of fur bearing animals, the reduction of the salmon population to mere leftovers, and the near disappearance of the nation's native forests, suggests something in men's hearts that blinds them to the long range effect of exploiting the earth for their personal gain. Black Elk called it the "darkness in men's eyes," a darkness rooted in their deepest beliefs.

THE MYTHS WE LIVE BY

Prior to the arrival of white men the Native Americans lived simply and humbly, leaving a light footprint on the land and taking from nature proportionally to their needs. There was no distinction between their daily lives and their spiritual life. In their worldview the People, Nature and other Species were linked with the Great Spirit forming a Sacred Circle. To damage or remove any of the links of the circle was to break it, threatening the balance and leaving its life-sustaining promise unfulfilled.

cont. pg 12



As myth, the Native American cosmology is open to doubt by those of other cultures. However, the science based field of ecology, founded on interrelationships in nature, supports the notion of a Sacred Circle. For instance, the loss of sea otters has resulted in a growing population of sea urchins, one of the sea otter's primary food sources. Sea urchins dine on kelp beds which have become severely diminished now that the urchins no longer have a major predator. The loss of kelp beds removes protective cover for salmon smelt once they return to the ocean so they are more likely to be eaten by larger fish before they can reach maturity. Whether or not one accepts the spiritual dimension of the Native American vision, ecological analysis of the current environmental crisis weighs heavily in support of their worldview.

It can be argued that the reasons that the Native Americans didn't deplete resources were their low populations and lack of technology. The Native Americans were clearly fewer relative to the white population that swelled from the mid 1800's on. But numbers of people can't tell the whole story as made plain by the near disappearance of the American bison. Buffalo sustained the entire Native American population of the Great Plains for millennia and yet the size of the herds was never significantly diminished. But the 19th century arrival of white buffalo hunters, who typically wanted only the bison hides and tongue and left the rest to rot on the plains, reduced the buffalo population from an estimated 20 to 30 million in North America to fewer than 500 by the end of the century.

Though lacking in the kind of technology that made the white men more lethal, Native Americans had the means to take more than they needed. A good example along the rivers of the Northwest were the dams built in tributary streams to capture salmon. Cultural anthropologists suggest that rather than a lack of technology, that the Native Americans didn't deplete the bounty of the natural world because they were guided by a keen awareness of the dangers of over consumption.

The seemingly human tendency to take more than needed and profit by exploiting the abundance of nature was mitigated by Native American cosmology in which the Native Americans saw themselves as children of the Great Mother Earth who values all of her offspring, not just human beings. Onondaga Chief Oren Lyons clearly expressed this philosophy in a speech he gave before the assembly of the United Nations in 1993:

.....
 "We don't call a tree a resource. We don't call a fish a resource. We don't call a bison a resource. We call them our relatives..."

- Onondaga Chief Oren Lyons,
 Assembly of the United Nations in 1993

the hearts and minds of individual tribal members. Exemplary was the tradition among the Takelma in the Rogue River Valley among whom the first salmon caught by a young man was not shared with his immediate family but with the entire community.

In the same spirit as the Big River fish chiefs, during fishing and berry gathering season the Takelma shared the bounty of nature with tribes whom they were often at odds with over territory. Along the reaches of the upper Rogue River, an area traditionally controlled by the Takelmas, members of the Umpqua, Klamath and Shastan groups were granted fishing rights during the yearly salmon runs. The same was true on the berry picking mountains in the Western Cascades where the Takelmas would come together peaceably with groups from other tribes during the harvest season.

Although definite territories existed among the tribes and native groups in Oregon and elsewhere, the notion of owning a part of the Great Mother was completely alien to them. How different the world view of the members

"We don't call a tree a resource. We don't call a fish a resource. We don't call a bison a resource. We call them our relatives..."

In his talk Chief Lyons made clear that the philosophical foundation of Native American culture, like that of all cultures, is bolstered by norms of behavior that include morally binding customs and rules. Joe Whittle, a Caddo tribal member writing for Oregon Humanities, states that the Oregon Nez Perce were typical of other tribes in this regard. They literally lived by laws dating back more than 10,000 years. The Plateau tribes, some of whom occupied lands along the Columbia called them Original Laws. Essential to these laws was the admonition to never take more than you need and always leave some for generations to come.

Whittle notes that the Missouri's Big River council of fish chiefs "from different bands ... used to meet and talk about livelihood, and who they needed to help that year, who needed help with extra food. It wasn't about controlling, it was just about general life to help each other and look after each other." In daily endeavors the chief's purpose was never to make himself richer but rather to sustain his people as one. This same guiding principle was inculcated in

of the Christian based cultures that came from Europe. Their defining myth was in direct opposition to the Native American one. Their relationship to nature was graphically expressed in the biblical expulsion of Adam and Eve from the Garden of Eden. The psychology of the expulsion gave rise to a sense of humans as separated from nature. This notion merged with the humanocentric mythos of the Bible. From this basis humans were central and nature was seen not only as apart but there to control and exploit for human purposes.

A deeper biblical interpretation was offered by Pope Francis this year on the World Day of Prayer for Creation that aligns with Native American wisdom. Richard Rohr, a Franciscan monk interpreting Francis' word writes that, "in the beginning..." God intended humanity to cooperate in the preservation and protection of the natural environment which was seen as a "sublime gift and legacy, for which all of us share responsibility," and

"... to which our own welfare is deeply connected." Rohr suggests that this deeper mythos was in essence subsumed by the imperfect view of humanity after the expulsion. The results of that lesser vision, Rohr states, have led to our "propensity to interrupt the world's delicate and balanced ecosystems, our insatiable desire to manipulate and control the planet's limited resources, our greed for limitless profits in markets and our regarding nature as a private possession." Even outside of a spiritual context, Rohr's solution resonates; The environmental crisis will not abate until, "we change the way we perceive the world in order to change the way we relate to the world."

The Take Away

For the most part, it is not individuals but rather corporations toward whom Rohr's admonition is directed. Certainly when it comes to the clearcutting of Oregon's forests and their replacement with mono-culture tree farms, it's the big, wall street controlled conglomerates who own between 65 - 90% of private forestland in the counties of western Oregon, that are primarily responsible. Can we really expect them to change the way they perceive and relate to the world?

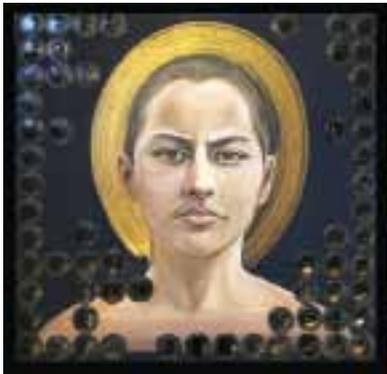
Part II (April 2018 Issue) examines the dangerous and outdated myths that the corporate timber establishment is using to shape both the environment and Oregon politics and consider what a more positive vision for our forests might look like.



FIERCE

RiverSea Gallery Honors National Women's History Month

by Marianne Monson



"Brave One" by Alea Bone (portrait of Emma Gonzalez - one of the Parkland shooting survivors) 21" x 21.5" acrylic paint on wood with bottle caps

RIVERSEA GALLERY presents two art shows and a book signing for Astoria's Second Saturday Artwalk in an event that pays tribute to strong, creative women of many talents.

FIERCE is an exhibition of artwork celebrating feminine power by fourteen female artists from around the Pacific Northwest who have contributed pieces addressing the theme of strong women in honor of National Women's History Month.

Joan Stuart Ross is featured

in the Alcove with a solo exhibition titled, *Oysters Surround Me*—a series of lush, colorful paintings in pigmented beeswax inspired by the ubiquitous oysters found near her cottage on the Willapa Bay.

Opening festivities begin on Saturday, March 10 at 4:00 with Astoria author Marianne Monson signing copies of her book, *Frontier Grit: The Unlikely True Stories of Daring Pioneer Women*, followed by a reception from 5:00 to 8:00. Artwalk attendees will enjoy folk music by local singer and song writer Lucy Barna. Both art exhibitions will remain on view through April 8, 2018.

When asked about the title of this month's group show, gallery owner Jeannine Grafton says, "To me, Fierce implies strength with passion, turning to a wild and fiery inner force to give an edge to your resolve. Sometimes it takes an edge like that to forge change in the world."

The group exhibition will showcase the resulting work in a variety of mediums—from paintings and works on paper to sculpture, fiber art, and mixed media. Featured artists include: Alea Bone, Stephanie Brockway, Corinne



"Unraveling," Nicole Rawlins, intaglio print

Carbone, Heide Davis, Alison Eriksen, Jacqueline Hurlbert, Liz McDonald, Melissa Monroe, Alison O'Donoghue, Stacy Polson, Nicole Rawlins, Leslie Peterson Sapp, Karen Wippich, Cathie Joy Young.

The theme resonates with Leslie Peterson Sapp, whose painted paper collage will be featured in the show. Sapp says, "The title Fierce to me expresses not only the struggle women have to engage in to achieve equality, but also indicates the reaction to it. I think that each time a woman decides to step out of her prescribed role, she needs to be prepared to be fierce, because of the backlash associated with this perceived threat."

Women's power takes a number of forms in FIERCE. Jacqueline Hurlbert, who works in acrylic painting and ceramic sculpture, has several pieces in the show, including a painting entitled: *I Have Survived Many Little Deaths*. Hurlbert says of the piece, "As we journey through life, we suffer many losses or 'little deaths,' that become the landmarks of our growth. During these various stages of life, we depend on our fierceness to survive. Fierceness becomes our sister, standing by our side and forcing us to rise again and again to face the struggles along our journey. Fierce women in my life, I've had many."

Feminine strength finds direct translation in the contemporary folk-art of Stephanie Brockway, whose work features carved wood with vintage curiosities. The sculpture *Her Suit of Armour*, consists of riveted and wired tools fashioned into the shape of a dress. Brockway says the piece is, "a perceived feminine, soft shape, but made from the unexpected: men's vintage tools and metal elements, conveying strength, certainly not a damsel in distress." A second piece in the show honors artist Frida Kahlo, a woman Brockway says, "forged ahead and lived life and created art on her own terms, with no apologies or regrets." The artist believes Women's History Month is an important time to remember those who paved the way for the advances women enjoy today.

Acrylic and mixed media artist Karen Wippich remembers being told by a male art teacher that the reason there weren't more female artists recognized historically was because the male artists were simply better. "At the time," she admits, "I believed it. I no longer believe it." This is just one of the reasons she feels a month to focus on women's accomplishments is so important.

"A lot has changed for the better," Brockway acknowledges. "We still need to show up, hold our heads high and be fierce, but that doesn't mean we have to lose our soft nurturing side. True strength isn't only about muscle—it's also about being vulnerable, about having integrity and love."

The bravery and fierceness that lie at the heart of all artistic self-expression is at the core of this exhibition. As Jeannine Grafton explains, "In the art world you take risks to make a statement, to define yourself. Playing it safe never seems to feel right."

It is a sentiment lived by every one of the fierce women showcased in this event.

Discover fine art, contemporary craft, jewelry and gifts by outstanding Northwest artists at RiverSea Gallery, open daily at 1160 Commercial Street in the heart of historic Astoria, Oregon. 503-325-1270, or visit the website at riverseagallery.com.



"Georgia O'Keefe," L. McDonald, acrylic on canvas, 30" x 24"

artnote

23rd Annual Peninsula Quilt Guild Exhibition

THE 23RD Annual Peninsula Quilt Guild Exhibition hosted by the Columbia Pacific Heritage Museum in Ilwaco, WA is presented March 16-18. With over 100 quilts on display in three separate galleries, this show exhibits work from some of the area's most talented fabric artists, all members of the Peninsula Quilt Guild. Various quilting demonstrations, such as paper piecing, hand quilting, appliqué and more will take place throughout the three day event. Tickets for a Prize Quilt raffle, will be available throughout the show at a cost of \$1.00 per ticket, the drawing will be held Sunday afternoon, it is not necessary to be present to win. Proceeds from the ticket sales will go to various charitable organizations on the Peninsula and in Pacific County. Admission to the Quilt Show is free.



The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco. Museum hours are Tuesday through Saturday 10am-4pm. Admission is free on Thursdays thanks to the Port of Ilwaco. For more information call (360)642-3446 or visit columbiapacificheritagemuseum.org.

Hoffman Center Art Gallery

Through March, the Hoffman Center Art Gallery is featuring mixed media by Dennis Worrel, Pen and Ink Drawings by Reed Wilson, and Textured Ceramics by North Coast potters.



Janice Gaines Wave Bowl

The show runs every Friday and Saturday from 2-5pm through March 30. FMI: Mary Roberts at hoffmancenterartgallery@gmail.com The Hoffman Center Art Gallery is located at 594 Laneda Avenue, Manzanita, Oregon.

Call For Artists

Astoria Art Loft Bee Art

The Astoria Art Loft is concerned about the future of bees and the future of our life style. To call attention to the contributions of bees and to the dangers they face, the Art Loft is featuring a special exhibition dedicated to bees, all kinds of bees. All interested artists, including children, emerging artists, and professional artists are invited to produce artwork celebrating bees. The artwork should be ready to hang and turned in to the Loft by March 28, 2018 between 10 am - 4pm or other times by special arrangements. For more information, please contact the Astoria Art Lot at 503.325.4442 or astoriaartloft@gmail.com.

ARE YOU AN ARTIST IN NEED OF A STUDIO?

ASTORIA VISUAL ARTS seeks applications from local artists interested in working in a rent-free studio from May 1 through August 31, 2018.

Deadline for applications: Midnight, Tuesday, April 10
Notification of selection no later than: Tuesday, April 17

The successful candidate will be provided with a studio space located on the Columbia River in the Astoria Downtown Historic District free of charge for a four-month residency period, beginning May 1, 2018. The AVA a-i-r Program is designed to encourage the creative, intellectual and professional growth of local artists. Residency finalists are chosen on the basis of merit by an independent selection panel of working artists and arts patrons. Those who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes.

For more information about AVA a-i-r and how to apply, go to: <http://www.astoriavisualarts.org/ava-a-i-r.html>

Jim Unwin=Master Wood Sculptor/Carver At Astoria Art Loft

JIM UNWIN, a master sculptor/carver from the Peninsula, magically turns a chunk of wood – beautiful in its own right – into a sculpture of rare beauty. Unwin embodies the tradition of carving which goes back centuries. In fact, the oldest remaining wood sculpture is the Shigir Idol, created in approximately 7500 BCE (!) in what is now Russia.

For Unwin, wood carving is not just about the skill, but it is also a personal and spiritual journey. The wood, once a living thing, communicates with the sculptor and often determines the direction it wants the artist to go. "Driftwood," says Unwin, "comes with shapes that tell a story and define who they are, with little or no alteration." Further, Unwin believes carving is a lesson in life, "to learn the balance between pushing in to make the right cut or pulling back."

Wood carving, from the stone age to the present, is common to all cultures in the world. The techniques and tools used today are not so very different from those used in ages past. With a steady hand and sharp tools, the sculptor begins with a block of wood. He reduces it gradually to the size and shape of his design. He continues refining the object, adding details, and finally goes on to smooth it. He may enhance the carving with stain or with oil, and preserve the wood with varnish, resin, or wax. The process is time-consuming, requiring patience, strength, and the ability to see that certain something in the wood, or to let it emerge as it will.



Although Unwin enjoys working with redwood, he uses many other kinds of wood, especially wood he finds on his forest and beach tramps. His favorite place to gather wood is the area about 25 miles north of Eureka, at the heart of Patrick's Point in northern California, a "mother lode for all kinds of interesting pieces, ... all kinds of varied shapes with unique patterns from worm holes."

Through the centuries, wood carvers have used many kinds of wood including softwoods and hardwoods such as oak, mahogany, walnut, elm, limewood, ebony, cedar, cypress, olive, teak, pine, and exotic woods from around the world. Each wood has its own personality and emotion.

How does a sculptor choose subjects for his carving? In the late middle ages and early renaissance, the church encouraged religious subjects, such as altars, life-size saints and biblical figures, portrait busts, intricate railings, facades, decorations, and furniture. Today's sculptor is free to choose his own subjects.

Unwin's favorite subjects come from nature, especially ravens. "Ravens," said Unwin, "are very intelligent and adaptable and have a special place in many cultures and their mythology." As for style, Unwin admires the Northwest Native style with its intricacies and tie-ins with nature. Understanding First Americans' sensitivity about people copying their work, he says, "... so even though I am using that style and I borrow from the legends, I do my own thing. I try to make each piece a connection with the inner world – the place where the Spirit dwells within all of us and makes us connected." For example, one of Unwin's favorite pieces, "Raven Buddha," combines adapted northwest coastal motifs with the Buddhist theme of a meditating figure.

Unwin will be the featured artist at the Astoria Art Loft from March 2 through April 3, 2018. Meet Unwin and view his carvings at the Second Saturday Art Walk on Saturday, March 10, from 1 – 4 p.m. at 106 3rd Street, Astoria, OR. Please call 502.325.4442 or e-mail Atoriaartloft@gmail.com for more information.

Floots, Toots and Bedposts Present NCSB Benefit For The Pac March 25

THREE ENSEMBLES from the North Coast Symphonic Band present a benefit for the Clatsop College Performing Arts Center at 3pm. on Sunday, March 25, at the PAC located at 588 16th Street in Astoria. Doors open at 2:30pm, admission is \$15. All proceeds benefit Partners for the PAC.

The PAC is an indispensable performance and rehearsal venue for local and visiting performing arts groups. With an audience capacity of 250, the PAC fills a distinct need in the cultural community and makes access to a wide range of experiences available and affordable to all who live and work in the area. The North Coast Symphonic Band has rehearsed at the PAC since the group was formed in 1979.

The afternoon's musical entertainment is titled "Floots, Toots and Bedposts" and features three quartets of flutes, tubas, and bassoons with all but two members coming from the North Coast Symphonic Band. Brian Bergman will be MC for the afternoon. Warning: A few jokes are only natural considering the friendly rivalry between the groups and there is even a bit of collaboration for the finale.

The ATQ consists of four fun guys, Dennis Hale, Lee Stromquist, Bob Joiner, and Brian Bergman, who love the sounds of heavy metal. The ATQ's lush warm sounds, blended from tubas and tenor tubas will surprise most audiences expecting brash, brassy and bombastic sounds. The ATQ likes to perform jazz, ballads, Latin and classical music by composers of comfortable and familiar music.

The Northern Lights Flute Ensemble (NLFE) first performed together in 2006. Shelley Loring and Janet Bowler are original members and Erica Hiatt and Bona Choi joined in 2016. The ensemble performs on all sorts of instruments including piccolo, C flutes, alto flute and bass flute. NLFE repertoire includes familiar melodies arranged for flutes as well as contemporary selections by well-known composers such as Bill Holcombe, Ricky Lombardo, Catherine McMichael and Phyllis Louke of Portland.

Mea Culpa Bassoon Quartet is a new group consisting of Judy Shatto, Kelly Larkins, Kristi Kienberger, and Liam Carson. Mea Culpa's repertoire is borrowed and new and sometimes even a bit blue. Their varied program will include sacred, classical and jazz.

Tickets available at the door starting at 2:30pm. Regular admission is \$15. Student tickets for those 18 and under are \$5. FMI: NorthCoastSymphonicBand.org or call Janet at 503-325-2431. Visit SupportThePAC.org or call Charlene at 503-325-0590.



Mea Culpa Bassoon Quartet

The Liberty Theatre Presents: Delgani String Quartet March 16th

Oregon's Delgani String Quartet is one of the most active chamber music ensembles in the Pacific Northwest with over 75 performances and educational programs each year. The quartet curates their own concert series in both Eugene and Salem while also appearing as guest artists throughout the state. Delgani recently completed its first east-coast tour following an invitation to perform at the Metropolitan Museum of Art in NYC.

Programming for Delgani's 2017/2018 season, entitled "Musical Summits," includes standard repertoire by Mozart, Beethoven, Brahms, Dvorak, Borodin, Prokofiev, Hovhaness, and Ligeti along with contemporary works by Benjamin Krause, Elena Kats-Chernin, and Lev 'Ljova' Zhurbin.

The musicians of Delgani have performed throughout the United States and internationally. They collectively hold twelve degrees in string performance from various schools of music and conservatories across the nation.

Future Classical Series Performances:
The Oregon Brass Quintet on April 26, 7:00pm
The Solstice Wind Quintet on May 25, 7:00pm



ART ON

Performers COME OUT! ASTORIA PRIDE GALA



PHOTO: Elly Condit

A CALL FOR PERFORMERS for the Lower Columbia Q Center's Astoria Pride Gayla! Bring your song, dance, or performance art to the McTavish Room at the Liberty Theatre on Monday, April 2nd at 6pm. Come prepared with the piece you would like to perform at the Gayla on June 8, 2018. Solos, duets, or groups welcome. For more information contact Marco at: marcogerarddavis@gmail.com or call 541-654-2412.

But wait there's more....

Nominate your Ambassador

PRIDE is seeking community representatives from Astoria, Warrenton, Knappa/Svensen, Illwaco/Long Beach, Naselle, Gearhart/Seaside and Cannon Beach to be the Inaugural 'Lower Columbia Q Center's Pride Ambassadors.' The selected nominees will be honored at a special presentation during the Gayla Friday June 8. We will ask them to walk with their communities in the Pride Parade along the Astoria Riverwalk and be a part of the opening ceremony for the Block Party. If you would like to nominate someone (including yourself), please contact us at astoriapregon-pride@gmail.com by March 31, 2018.

Art + Writing Contest

And ... a sponsoring of written works and poster contest encompassing the theme "Follow the Rainbow." The winning submissions will be featured in the Pride Guide and all written works and posters will be on display at the Gayla and at the LCQC booth at the block party with prizes awarded to the entrants. Please submit written entries and posters to astoriaprideguide@gmail.com by March 31; physical entries may be sent to PO Box 444, Astoria Oregon 97103, CO: Pride Committee.

Lower Columbia Q Center's Astoria Pride Volunteer Social!!!

Join PRIDE on Sunday, April 8 from 5-8 at the Astoria Armory for a skate and volunteer sign-up social! We are so excited about this year's Pride and the biggest aspect of PRIDE events is volunteers that make up the crew to pull this incredible weekend off!!

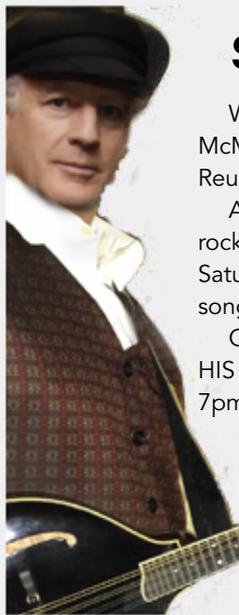
A full weekend of events from the Gayla and Cocktails with the Queens on Friday, June 8, to the Foot and Bike Parade on the riverwalk, all day block party on the waterfront and dance party at the AAMC on Saturday the 9th and wrapping things up on Sunday with a family picnic day in the park!!!

So, get down to the Armory and sign up for a shift, skate, visit and enjoy some time with your friends at the Lower Columbia Q Center!!! The Astoria Armory is located at 1636 Exchange, Astoria.

March Cultural Calendar

Something to Talk About: A Tribute to Bonnie Raitt March 18

- SOMETHING TO TALK ABOUT is a musical collaboration
- between some of Portland's finest singers and players joining
- together to pay tribute to the queen of the bottleneck blues.
- Bonnie Raitt has not only infused the world with incred-
- ible music, but she has also deeply inspired generations of
- performers and songwriters. She showed women that they
- could rock just as hard as any man and proved to all people
- that female players should be taken seriously. Simply put, she
- changed the face of music.
- With a combined number of 100 years of performance
- experience, this is truly an all-star cast of musicians, all of whom
- cite Raitt as an important musical influence in their life. This rich
- pallet of singers and players from different genres are joining
- forces to pay tribute to someone they feel changed the direc-
- tion of their life – this is a powerful show.
- MUSICAL CAST includes Lisa Mann, Bre Gregg, Anne Weiss, Ara
- Lee, David Jacobs-Strain, Mark Bowden, Jean-Pierre Garau, Dan
- Stueber
- **Sunday March 18, 5:30pm. (Cocktail hour 4:30pm). Tix \$28**
- **at brownpapertickets.com. Venue: Inn at Harbour Village,**
- **120 Williams Ave. NE Ilwaco, WA (The Inn is not ADA ac-**
- **cessible).**



St. Patty's at The Sand Trap

What better place to head for an Irish meal and suds, McMenamins will be serving up Irish Stout, Irish Coffee, Irish Reubens and MacSleyne Irish Stew.

And you can celebrate Friday night, March 16 with sweet rockers WE THREE. If you're ready to tip the mug up by Saturday afternoon do it with SHANE BROWN, heavy duty songster/guitarist.

Coastal fav wild man on the mando, SPUD SIEGEL AND HIS SNAKESKINNERS will top off the eve the 17th from 7pm – 10pm, and its sure to be a party. No cover. All Ages.

Sand Trap Pub in Gearhart.

Friday 9

MUSIC

Lenten Piano Reflections. Noon – 12:30pm at Cannon Beach Community Church.

North Coast Chamber Orchestra. Winter Concert: Acoustic Nights. \$10, 7pm at the NCRD in Nehalem.

Sourdough Slim. 7pm at the Lincoln City Cultural Center.

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

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

CINEMA

Movie Night at the Library. Wonder Woman, 6pm at the Astoria Library.

FOOD & DRINK

Savor Cannon Beach Wine and Culinary Festival. Highlighting Northwest wines and regional cuisine, the Festival offers a four-day lineup of wine, culinary and arts events in various locations in Cannon Beach. savorcannonbeach.com

HAPPENING

Vintage Flea Market & Spring Bazaar. Noon – 7pm at the Tillamook County Fairgrounds.

THEATER

An Evening with Cary Lewis. Reader's Theater. \$20, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 10

MUSIC

Heart By Heart. \$28, 7pm at the Liberty Theater in Astoria.

Kory Quinn. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

Two Crows Joy. 7pm at WineKraft in Astoria.

Xiaohui Yang. Free, 7pm at the Cannon Beach Community Church.

Tyler Henry. \$50 - \$65, 8pm at Chinook Winds in Lincoln City.

Wanderlodge. Plus the Polite Decliners. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

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

ART

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

FOOD & DRINK

Wine Tasting. Wines from Australia/New Zealand. 1 4pm at the Cellar on 10th in Astoria.

Savor Cannon Beach Wine and Culinary Festival. Highlighting Northwest wines and regional cuisine, the Festival offers a four-day lineup of wine, culinary and arts events in various locations in Cannon Beach. savorcannonbeach.com

HAPPENING

Empty Bowls. Soups and bread from local restaurants are donated along with handmade bowls from students and artists. Donation of \$10 per bowl goes to fight hunger on the Long Beach Peninsula. Support those who need us the most. 11am – 2pm at the Peninsula Church Center in Seaview.

An Evening of Readings and Music. With Martha Grover. 8pm at the Sou'wester Lodge in Seaview.

Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

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

Open Mic. Open Mic for singers, musicians, writers, poets, stand-up, magic and spoken word. \$2 cover, 7pm at the Sand Dollar lounge in Rockaway Beach.

Vintage Flea Market & Spring Bazaar. 10am – 5pm at the Tillamook County Fairgrounds.

OUTSIDE

Plant Willows at Thompson Creek with NCLC. Staff and volunteers with NCLC will gather at Thompson Creek to plant more willows. Volunteers of all ages and abilities are welcome. FMI, go to nclctrust.org

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

FOOD & DRINK

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

Sunday 11

MUSIC

Socks in the Frying Pan. \$15, 2pm at the Historic Raymond Theater in Raymond.

Classical Chamber Orchestra Concert. \$10, 3pm in the Astoria Elks Club ballroom.

North Coast Chamber Orchestra. Winter Concert: Acoustic Nights. \$10, 7pm at the NCRD in Nehalem.

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

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

HAPPENING

Filling Empty Bellies Benefit Night. 5pm – 8pmish. Big Raffle, Art, Food and Live Music. \$10 cover includes 1 Raffle ticket. KALA in Astoria.

FOOD & DRINK

A Sweet Affaire. Enjoy signature appetizers, tempting treats, northwest wine and beer tasting, live music and live & silent auctions featuring many unique items from around the north coast. 4 – 6:30pm at the Seaside Convention Center.

Savor Cannon Beach Wine and Culinary Festival. Highlighting Northwest wines and regional cuisine, the Festival offers a four-day lineup of wine, culinary and arts events in various locations in Cannon Beach. savorcannonbeach.com

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

Monday 12

MUSIC

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

Tuesday 13

MUSIC

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

LITERARY

Lunch in the Loft. Join novelist Anne Hendren for lunch when she will discuss her new mystery, Curious Tusks. \$30 includes lunch and a signed copy of the book. Noon at Beach Books in Seaside. RSVP to 503-738-3500

Wednesday 14

MUSIC

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

LECTURE

HRAP Lecture Series. Axial Seamount: The Most Active Volcano in the Pacific Northwest. With Bill Chadwick. 7pm at the Cannon beach Library.

HAPPENING

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

Thursday 15

MUSIC

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

HAPPENING

Annual CASA Celebration. Enjoy an evening of delicious "small bites", wine and other beverages, plus, a dessert auction. \$30.

LECTURE

Shipwrecks of the Oregon Coast. With Chris Dewey. 4pm at the Cannon Beach History Center and Museum.

Contra 3rd Fridays

The 3rd Friday contra dances continue in Astoria with a brand new band and caller Dave Ambrose.

Newly arrived from Portland, Gabrielle McCrae and Barry Southern of the Horsenecks join forces with local musicians Luke Ydstie and Katie Claborn of Blind Pilot to bring live music to the contra dance at the Astoria Arts and Movement Center. 342 10th St., in Astoria/

The dance will be held on March 16 from 7pm to 10pm. No partner is necessary and all ages and abilities are welcome. There's a beginner's lesson at 7pm to get newcomers into the swing of things. Admission is \$5-\$10 and children under 12 are admitted free.



→ cont. p19



KERFUFFLE: A Vintage Burlesque Comedy Revue

A sexy evening of torchsongs and tease, glamour and humor, class and sassafra. Audience is encouraged to retro dress-to-the-nines!

This new *BEAM OF LIGHT* in entertainment debuts St. Patty's Day at 10pm at The Labor Temple in Astoria. 21+ . Look forward to these performance dates: March 17th. April 28th. May 26th. Kerfuffle features the devilishly-delightful vocal, dance, burlesque, and comedy talents of: Trixie Kerfuffle, Susie Q Slaughter, Kiss Me Karma, Mrs. Vesper Belle, Lady Grace, and Ginger Vitus.

Kerfuffle audience members are strongly encouraged to dress to the Retro 9's!!! At Intermission, Trixie will conduct the Best Dressed-Least Dressed Contest by audience applause. The Winner will receive a special gift from Layers Boutique and a free Burlesque lesson from Trixie, along with a sexy cameo in the next Kerfuffle Show!

If you're looking for garb, Layers Boutique is a sure bet for vintage hats, dresses, gloves and other sexy accessories located at 205 12th Street in Downtown Astoria. Always wanted to be a burlesque dancer? Here's your chance! Come dressed to impress!"

HERE'S THE DEAL KERFUFFALONIANS: \$6 Mar 17th/\$8 April 28th/\$10 May 26th ticket price at the door, until capacity is reached! Advanced Reserved Tickets, as well as Advanced Booth Table Reservations available through brownpapertickets.com, but you better hurry!!!!!! Or be the first at the door!!!

**Brazilian Strings Trio
Hot and Sweet Jazz with a
Soulful South American Flair**

THE BRAZILIAN STRINGS TRIO returns to Hoffman Center! After a rousing performance last year they return to the welcoming north coast as part of their West Coast Tour.

The Brazilian Strings Trio joins three of the most innovative instrumentalists on the contemporary Brazilian musical scene. Ted Falcon and Andrew Finn Magill are both multi-genre American violinists who after years of living in Brazil have become ambassadors of the growing Brazilian violin movement. Rounding out the trio is Brazilian guitarist Nando Duarte, a giant of the contemporary Brazilian music scene and an award-winning composer and arranger.

**Hoffman Center for the Arts 594 Laneda Avenue Manzanita
Friday April 6, 7pm \$20 admission (cash please, no cards or checks - thanks).**



Upcoming Shows

**At The Coaster
Noises Off!
Opens March 16**

A farce about putting on a farce, provides comedic insight in the onstage and backstage challenges of opening a show involving highly improbable events, misunderstandings and mistaken identities. We meet the cast and crew of *Nothing On* (the play within the play) the night before opening as the actors struggle with entrances, exits and getting props in their right place at the right time. As tensions mount the actors leave the audience wondering...will they get it right before opening night? As the play progresses dysfunctional relationships are starting to take their toll on the production all the way to closing night when they are barely holding it together. As the mishaps pile up the actors and crew attempt to save what they can of the disastrous performance and bring it to a salvageable conclusion.

March 16 – April 21. Fridays and Saturdays 7:30pm, Sundays 3pm. See dates and ticket info at Coastertheatre.com.

**TAPA
SUITEHARTS
Opens March 16**

The show starts with newlyweds Timothy and Elizabeth Taylor are being taken to their New York hotel's honeymoon suite by the doorman, Herman. Herman informs the nervous groom that it appears the room has been double booked and takes Timothy down to the lobby to work out the problem. Elizabeth goes into the bedroom to change and comes out ready for her honeymoon night only to find Frankie and Wanda Bellamy, an older newlywed couple from New Jersey, standing there staring at her and wondering if she comes with the room!

Over the course of the play the two couples vie for who gets to keep the room, who gets the bed and who gets the cots, while Herman gets rich off the unsuspecting shenanigans. Wanda, Elizabeth, Frankie and Timothy wind up do some soul searching as they end up with the wrong newlywed during the course of the night and next day.

This witty production opens March 9 with a Gala celebration and runs through March 25. Friday & Saturday shows begin at 7pm with Sunday matinees starting at 2pm on March 18 and 25. See the show and help support the Tillamook Animal Shelter and United Paws! Tickets are \$15/ person and available at Diamond Art Jewelers, 503-842-7940. For more information, email info@tillamooktheater.com or find us on Facebook.

Directed by Chris Chiola and produced by Diane Cross, this production also serves as a fundraiser for the Tillamook Animal Shelter and United Paws of Tillamook. \$1.00 from every ticket will be split and donated to these organizations that benefit the safety and welfare of animals in Tillamook County. There will be other opportuni-

ties to donate to these organizations, as well as information on their mission, in the lobby of the Barn Community Playhouse during the run of the show.

TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, adjacent to Les Schwab Tires.

**ASOC
See How They Run
Opens March 30**

The Astor Street Opry Company presents "See How They Run" by Philip King, directed by Edward James, March 30-April 28th at the Astor Street Opry Company Theater at 129 West Bond in Astoria, OR.

"Set in post-World War II England, this farce has been a long-time favorite of audiences and actors alike. In the play, galloping in and out of the four doors of an English vicarage are an American actor and actress, a cockney maid, a drunken spinster, four men in identical clergymen suits (one a disguised spy) and a shocked Bishop in his pajamas. A hilarious, fast-tempo romp sure to leave you breathless with laughter!"

"See How They Run" opens March 30th and runs Friday and Saturday nights with two Sunday matinees through April 28. Friday and Saturday shows are at 7 pm. Sunday matinees are at 2 pm. The ASOC ticket window opens an hour before performances and the house opens 30 minutes before performances. Tickets are \$20 for front row seats, \$15 for all others, children 12 and under \$10. Cash, checks and major credit and debit cards at the box office. For tickets call 503-325- 6104.

**Peninsula Players
I Love You, You're Perfect,
Now Change!
Opens March 25**

Peninsula Players presents *I Love You, You're Perfect, Now Change*. The production opens with a Gala Reception on Friday, March 9th and runs through Sunday, March 25th at the River City Playhouse in Ilwaco.

This is a musical comedy, with book and lyrics by Joe DiPietro and music by Jimmy Roberts, and is presented as a series of vignettes centering on love and relationships. Scenarios include a look at singlehood, first dates, breakups, meeting the parents, marriage, pregnancy and parenting.

Fridays & Saturdays 7pm, Sunday March 11, 18, 25 at 2pm. Admission is \$15. Tickets are at our usual outlets: Okies in Ocean Park, Stormin' Norman in Long Beach and Ole Towne Café in Ilwaco. They can also be purchased at the door if available. Tickets also may be held at the box office by calling Rita Smith at 360-665-0028 (H) or 360-244-3517(C). The show is recommended for mature audiences.

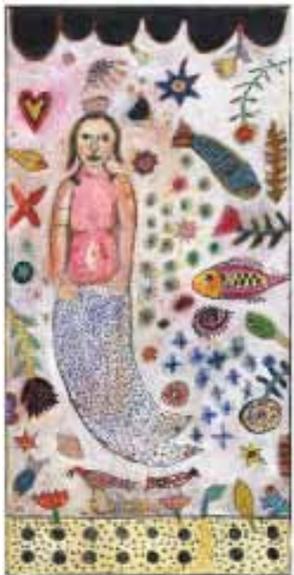
For more information call Rita Smith or visit the Peninsula Players' website at www.peninsula-players.com.

SEA STORIES

Paintings by Jill Mayberg Ceramics by Kim Murton at IMOGEN

IMOGEN hosts a two person exhibition by the dynamic duo, Kim Murton and Jill Mayberg. Together they bring Sea Stories, a salty and whimsical collection of sea inspired, two and three dimensional work. Kim Murton, new to Imogen brings her delightfully playful terra cotta sculpture and Jill Mayberg returns with her bright and cheery mixed medium paintings. The exhibition opens March 10th for Astoria's Second Saturday Artwalk with a reception from 5 – 8 pm. All are invited to attend the reception and meet both artists.

Mayberg and Murton, who are both from Vancouver, WA share a commonality in their interest and appreciation of South American art. Through her interest in Folk, Outsider, Aboriginal, Primitive and children's art, Jill



Mayburg, Mermaid Pipa 12x18

Mayberg brings her compositions to life with use of bright, vivid color and form. She readily takes inspiration from primitive art, expressionism and abstract modernism while merging that with imagery depicting her love of nature, animals, water, color and geometrical design. Utilizing primarily acrylic paint, Murton incorporates other elements through collage and other mediums to build a sense of dimension. Bold colors pop from the canvas while background shapes and form push forward her imaginative imagery.

Mayberg's work has been exhibited across the country and is also included in private collections throughout the United States. She is the recipient of an Artist's Trust Fellowship award, a non-profit organization supporting Washington State artists, and has been a featured artist to Oregon Public Broadcast's artBeat program.

Kim Murton, a long time ceramic artist works in low-fire terra cotta clay and colored slips creating hand built sculpture, vast in scale that are inspired by pre-Columbian and Mexican pottery. Her colorful, whimsical pieces borrow from the traditional forms of South American art combined with her training and work history in animation and love of comics. Murton studied ceramics at The School of the Museum of Fine Arts, Boston as well as study of film and animation at The Cooper Union School of Art in NYC. Murton has successfully cultivated her two careers, merging her love of ceramics with comics. She is also a freelance illustrator for the New York Times, has her own blog dedicated to the cartoon of the day as well as exhibiting her ceramic work in Portland, Seattle, Bainbridge Island and now Astoria.

Imogen Gallery is located at 240 11th Street, on the vibrant block shared with Cargo and Astoria Coffeehouse & Bistro. Regular business hours are Mon-Sat, 11 to 5, 11 to 4 ea Sun and closed Wed. 503.468.0620 www.imogengallery.com



Murton, Morning Commute 18x16

AVA Pop-Up Space Terenia Fick: The Understory

LOCAL ARTIST TERENIA FICK inhabits AVA's Pop Up Space for Astoria's 2nd Sat Art Walk, March 10.

Working in the medium of watercolors Fick says of the show, "This is going to be a very honest little show, in that all the pieces were made without an audience in mind."

The art she's shown over the past few years has been created specifically for the time and place in which it would be presented, and the idea of a participating audience was instrumental in the design and function of each project. Mycelial networks, a giant nest, a flock of birds—all were made with a view outwards and with others in mind.

"I think this show might be more like dropping by my house unannounced and sharing whatever it is I happen to have."

For Fick, putting this work out in the public is largely a reflection on the value of the unseen; of the invisible



systems that support us; of the importance of what we put our souls into without external validation; of the parts of ourselves we keep hidden under layers; and of the thoughts we hold so close that they are not even translated into words.

Also: Local artist Stirling Gorsuch continues as artist-in-residence with an open studio.

AVA Pop Up Space is located at 80 11th Street in Astoria (at the River across from INFERNO Bar).

Austin Granger: Correspondence at LightBox Photographic

LIGHTBOX Photographic Gallery host the opening and artist reception for "Correspondence", a photographic exhibit by Austin Granger, on Second Saturday, March 10, 5-8 pm. Austin will give an artist talk from 4-5pm before the opening, contact LightBox at 503-468-0238 or info@lightbox-photographic.com for limited available reserved seating.

Austin Granger is a prolific image maker living in the great northwest in Portland, Oregon. "Correspondence" is a personal narrative of imagery from his daily wanderings. A very insightful and inventive image maker, Austin carries an array of favorite traditional film cameras with him everywhere. LightBox presents 60 Platinum/Palladium Prints, filling the LightBox walls with handmade prints of Austin's work.

"When I'm photographing well, I have the most uncanny feeling that the pictures are predestined. I recognize them. They echo the feelings inside myself. They correspond. My subjects are the things that ache."

Austin Granger is the author of Elegy from the Edge of a Continent: Photographing Point Reyes. Born in San Francisco in 1970, Granger first began



Portrait of my Father, Alameda, California

to photograph while studying philosophy in college as a way to get out of his head. Preferring to use traditional film cameras, Granger has come to see his photography as a spiritual practice—a way in which to shape his life and enrich his relationship with the world.

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

LUMINARI ARTS introduces two new artists for March Art Walk. Amy Francoeur, of Ocean Beach, debuts her sinfully divine collection of lotions and bath bombs. Sacrificious features organic, natural ingredients creating such scents as "Lilith", "Midnight Mass", and "Original Sin". Meet the creator and sample these decadently delectable products!

Wild, upcycled and repurposed, jewelry by "Riled Child" incorporates mixed metals, semi precious stones, and resin design elements to create one of a kind necklaces, bracelets and earrings.

Luminari Arts, open daily is located at 1133 Commercial, Astoria.

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

THE CLATSOP County Heritage Museum will participate in the 2nd Saturday Art Walk, March 10, 5:00-9:00 pm. And this may be your final chance to see the temporary exhibit, Behind the Bar: The Folk Art of Arvi



Ostrom as the exhibit closes soon afterward.

The exhibit 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

Saboonian, has produced a great video about Arvi and his art.

The Heritage Museum is located at 714 Exchange St. in Astoria.

Old Town Framing • Art & Environment

The Clatsop Community College Basic Design class taught by instructor Kristin Shauck presents an exhibit of artwork constructed of materials that are primarily salvaged from the waste stream. This project is designed to promote environmental stewardship while exploring the intersection between art and the environment.

Old Town Framing is located at 1287 Commercial in Astoria

PoetryFest 2018

Poetry of the Moment with Wendy Willis • April 14

WORKSHOPS conducted by Wendy Willis will run from 9am to 12 and 1:30 to 4:30 pm. There will be a reading by Wendy and an Open Mic for workshop participants at 7pm.

"Using the wonder of the place, the urgency of the times, and poetry of the ages to spur new and different work, dive beneath the surface and see what you find!" says Wendy.

"In the morning, we will work on techniques to break through our habits and tics. We'll use close observation, stillness, and the kismet of association to spur the imagination in unexpected ways. In the afternoon, we'll work with a variety of revision practices in preparation for the evening's open mic. Bring whatever writing implement works for you! All levels welcome."

Wendy Willis splits her time between her roles as mother, poet, and advocate for democracy.

Wendy's first book, *Blood Sisters of the Republic*, was released by Press 53 in 2012. Her second book of poems, *A Long Late Pledge*, won the Dorothy Brunsman Poetry Prize and was released by Bear Star Press in 2017. Wendy has published poems and essays in a wide variety of journals, including *New England Review*, *Oregon Humanities*, *Poetry Northwest*, *The Rumpus*, *Zócalo Public Square*, and *ZYZZYVA*. Wendy is a faculty member in poetry at the Attic Institute in Portland, Oregon. She has her M.F.A. in poetry from the Rainier Writing Workshop at Pacific Lutheran University.

Wendy is the Executive Director of the Deliberative Democracy Consortium and the founder



and director of Oregon's Kitchen Table. She also serves on the Boards of the National Coalition for Dialogue and Deliberation and Tavern Books. Wendy has served as a federal public defender and as the law clerk to Chief Justice Wallace P. Carson, Jr. of the Oregon Supreme Court. She graduated magna cum laude from Georgetown Law Center and holds a B.A. from Willamette University.

She lives in Portland, Oregon, with her husband, the poet David Biespiel; his son Lucas; her two daughters, Ruby and Violet.

Registration opens March 1. Tuition is \$125 until March 31st, \$150 thereafter. Register at hoffmanblog.org.

PoetryFest is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center, 594 Laneda Avenue, Manzanita.

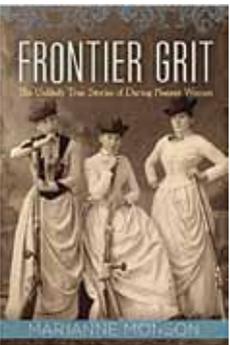
Local Author Marianne Monson

IN CELEBRATION of Women's History month, and the long pioneer tradition in Astoria, local author Marianne Monson will be speaking about incredible pioneer women who have been overlooked by history at Lucy's Books in Astoria, during Art Walk, Sat., March 10, 5-8pm.

Monson's book *Frontier Grit* came out in 2016. It features twelve incredible pioneer women drawn from all corners of the globe who settled the American West who endured hardships, overcame obstacles, broke barriers, and changed the world. The book profiles women such as:

Monson connects these stories with modern day issues, inspiring readers to live boldly and bravely--to live with grit. *Frontier Grit* is available at Godfather's Books and Lucy's books in Astoria.

Marianne Monson is the author of ten books for children and adults. She is deeply interested in the connection between literature and history, with a focus on the frontier era. She holds a BA in English Literature and an MFA from Vermont College of Fine Arts. She has two children and writes from a 100 year old house in the town of Astoria, Oregon. She has taught Creative Writing and English for a number of colleges, and currently teaches at Clatsop Community College. Her forthcoming book, *Women of the Blue and Gray: Civil War Mothers, Medics, Soldiers, and Spies* will be released in fall 2018.



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

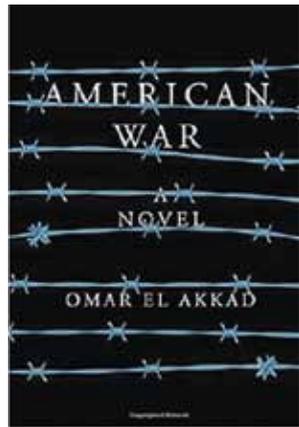
Omar El Akkad reads from AMERICAN WAR March 17

MANZANITA WRITER'S Series presents Omar El Akkad, Saturday March 17. For 10 years El Akkad led a double life, working as an international war reporter for Canada's *The Globe and Mail* and writing fiction between midnight and 5am, squeezing in sleep here and there. The grueling schedule allowed him to write three draft novels that never left his hard drive, but his fourth, *American War*, was not only published, but is creating significant and well-deserved buzz.

El Akkad's future dystopian tale begins in 2075 during the second American Civil War, in which Red and Blue states clash over the need for sustainable energy. Set in a late-21st century US ravaged by global warming, this ambitious debut encourages western readers to put themselves in the shoes of the world's displaced peoples.

As a Canadian international war reporter, working for *The Globe and Mail*, El Akkad covered the war in Afghanistan, military trials at Guantánamo Bay, the Arab Spring protests in Egypt, the Black Lives Matter movement in Ferguson, Missouri, and the effects of climate change in places like Florida and Louisiana.

"A lot of the world of the book is based on the things I saw while on those assignments," El Akkad says. "I like to say that a lot of what happened in this book happened; it just happened to people far away."



"It's called *American War*," he says of the novel, "but I never intended to write a book about America or war; I intended to write a book about the universality of revenge. I wanted to explore the idea that when people are bro-



ken by war, broken by injustice, broken by mistreatment, they become broken in the same way."

El Akkad is a recipient of the National Newspaper Award for investigative reporting for his coverage on the "Toronto 18" terrorism arrests. He has also received the Goff Penny Memorial Prize for Young Journalists, as well as three National Magazine Award honorable mentions. He is a graduate of Queen's University.

"Whether read as a cautionary tale of partisanship run amok, an allegory of past conflicts or a study of the psychology of war, *'American War'* is a deeply unsettling novel. The only comfort the story offers is that it's a work of fiction. For the time being, anyway."
— Justin Cronin, *The New York Times*

Following Omar's reading and Q&A in the evening, the popular Open Mic features up to nine local or visiting writers reading 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Revenge."

Admission for the evening reading is \$7. Doors open at 630. Hoffman Center at 594 Laneda Avenue.) FMI: at hoffmanblog.org or contact Kathie Hightower, kathiejhightower@gmail.com

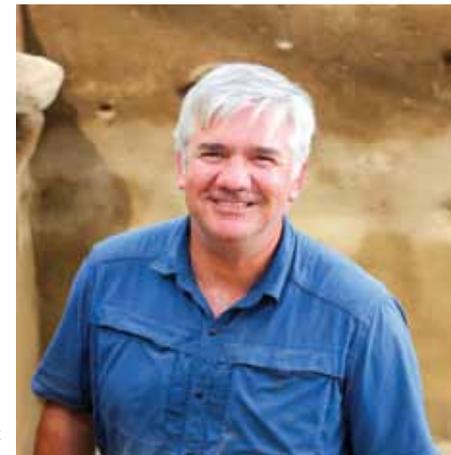
Shipwrecks Archaeology March 15

ARE YOU FASCINATED WITH SHIPWRECKS? Do you find yourself watching too many historical shows and movies about pirates, ships, or swashbuckling archaeologists? Then the Cannon Beach History Center & Museum has the perfect event for you. On Thursday, March 15, at 4:00 p.m., the Cannon Beach History Center & Museum welcomes Marine archaeologist Chris Dewey. Dewey has become a bit of an expert on Oregon coast shipwrecks. An east coast transplant Dewey now calls Astoria, Oregon home.

Dewey, MA, RPA, is a retired Naval Officer, instructor of archaeology and anthropology at Clatsop Community College, and President of the Maritime Archaeological Society (MAS). Headquartered in Astoria, Oregon, MAS was created to help document and share maritime history with the public. The Oregon coast is home to thousands of shipwrecks, some discovered and some not. It's the MAS mission to assist archaeologists in locating, documenting, and conserving artifacts related to shipwrecks and other submerged archaeological sites.

Dewey will discuss the tools, techniques, and strategies used to discover and investigate shipwrecks and their histories. He will cover some of the greater- and lesser-known shipwrecks in our area and the efforts to locate and document their wreck sites.

The Cannon Beach History Center & Museum is a private non-profit that endeavors to make history available to all by offering donation-based admission. All lectures are free and open to the public. The museum is located at 1387 South Spruce Street in mid-town Cannon Beach. For more information visit www.cbhistory.org or find them on Facebook.



THEATER

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 16

MUSIC

Barra Brown Trio. Highly praised compose/drummer brings his unique folk jazz sound to KALA in Astoria. \$13. 8pm.

Lenten Piano Reflections. Noon – 12:30pm at Cannon Beach Community Church.

Allison Pressinger. \$10, 7pm at the Hoffman Center in Manzanita.

Delgani String Quartet. \$20, 7pm at the Liberty Theater in Astoria.

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

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

ART

Peninsula Quilt Guild Exhibition. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

HAPPENING

3rd Friday Contra Dance. 7 – 10pm at the AAMC in Astoria.

LECTURE

Agricultural Water Quality Seminar. Topics covered will include improving water quality, working in waterways, riparian lands tax incentive program, and an overview of available NRCS programs. Free, 10am – 2pm at the Fort Clatsop Visitor Center, Warrenton. RSVP to 503-325-4571.

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 17

DANCE

Vintage Soul. L.A. DJ Joey Altruda spins all vintage vinyl-soul, funk and more. \$7 cover. Dance the fur floors. 8pm till midnight. KALA in Astoria. Full Bar.

MUSIC

Doug Smith with Judy Koch Smith. \$15, 7pm at the Peninsula Arts Center in Long Beach.

USAF Jazz Band. Free, 2pm at the Liberty Theater in Astoria.

Shane Brown and Nick Champeau. No cover, 3 - 6pm at the Sand Trap Pub in Gearhart.

Spud and the Smakeskinners. No cover, 7pm at the Sand Trap Pub in Gearhart.

Tim Kelly Blues Band. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

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

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

ART

Peninsula Quilt Guild Exhibition. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

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

FOOD & DRINK

Wine Tasting. J Christopher. 1 – 4pm at the Cellar on 10th in Astoria.

Pouring at the Coast. A beer festival where beer lovers get to meet regional brewers and taste the best they have to offer. At the Seaside Convention Center.

HAPPENING

Keruffle. A Vintage Burlesque Comedy Revue. An evening of torch songs and tease, glamour and humor, class and sassafra. Audience encouraged to retro-dress. \$6 - \$10, 21+, 10 – 11:30pm at the Labor Temple in Astoria.

Funk/Soul DJ Dance. Veteran L.A. DJ Joey Altruda spins vintage vinyl. Dance to analog grooves in a sweet acoustic room, wood floors easy on the feet, laid back cool + cocktail bar. 8pm - 12midnight. \$7 cover. 21+ please. KALA in Astoria.

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.

Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sunday 18

MUSIC

Coffee Concert. Admission by donation. 2pm at the Lincoln City Cultural Center.

Something to Talk About. A Tribute to Bonnie Raitt. \$28, 4:30pm at the Inn at Harbour Village in Ilwaco.

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

Joseph. \$22. 8pm at the Liberty Theater in Astoria.

The Get Ahead. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Peninsula Quilt Guild Exhibition. 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

CINEMA

Rockdance Film Festival. Showing Guliya and Byrd 1933. \$5 suggested donation. 1pm at the Coaster Theater in Cannon Beach.

FOOD & DRINK

Annual Chicken Dinner. 11:30am – 2pm at the Rosburg Community Hall.

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

Comedy at the Coast. With Gibran the Comegician. \$15, 8pm at the Labor Temple in Astoria.

LECTURE

From the Great Lakes to the Lower Columbia: French Canadians and Metissage on Our Evolving Frontier. With Robert Foxcurran. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

Monday 19

MUSIC

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

CINEMA

Byrd 1933. \$5, 4pm at the Cannon Beach History Center and Museum.

FOOD & DRINK

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

HAPPENING

Skater Punk Rock n Roll Crazy Party. \$5 at the Armory Skatepark in Astoria.

THEATER

Auditions. For Musical of Musicals: The Musical. 2+ women and 2+ men are needed for this entertaining parody of musicals. More information and audition requirements can be found at <http://coastertheatre.com/shows/audition-notice-musical-musicals-musical/> 6:30pm at the Coaster Theater Playhouse in Cannon Beach.

Tuesday 20

MUSIC

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

LECTURE

Tech Trek: Students and Leaders. Presented by AAUW. 5:30 – 7pm at the Astoria Middle School Library.

THEATER

Auditions. For Musical of Musicals: The Musical. 2+ women and 2+ men are needed for this entertaining parody of musicals. More information and audition requirements can be found at <http://coastertheatre.com/shows/audition-notice-musical-musicals-musical/> 6pm at the Coaster Theater Playhouse in Cannon Beach.

Wednesday 21

MUSIC

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

LECTURE

Listening to the Land. Free, 6pm at the Seaside Library.

Thursday 22

MUSIC

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

THEATER

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

PIGS ON THE WING A TRIBUTE TO PINK FLOYD

PORTLAND, OREGON BASED PINK FLOYD tribute Pigs on the Wing announces their 2018 production, *'Finding the Dark Side of the Moon'* – a 2 set retrospective live experience culminating in a full performance of Pink Floyd's 1973 concept album The Dark Side of the Moon.

Tracing its roots to a one-off performance in Portland in 2006, Pigs on the Wing has steadily developed a reputation for delivering a high quality, high energy take on Pink Floyd's music steeped in the NW's own rich musical heritage.

All of the members of the band are seasoned veterans of the original rock scene and balance a decidedly un-tribute like attitude towards the music with a deep understanding of the precision and importance of Pink Floyd in many fans' lives. The result is a sound and experience both refreshing in delivery and yet true to the original – something the band believes sets it apart from other Pink Floyd tributes.

'Finding the Dark Side of the Moon': After immersing themselves in the polished rock theatrics of The Wall during the 2017 season – the band felt it was time to try something

different. Pigs on the Wing's 2018 production – 'Finding the Dark Side of the Moon,' represents a full circle in some ways. As the band's 2 remaining original members Matt Jones and Jason Baker relate, Pigs on the Wing's very first show was a performance of

The Dark Side of the Moon. In the ensuing 11 years, the band's regional fanbase has grown exponentially alongside the band themselves as musicians, as well as the scale of the show as an immersive audio-visual

experience. This time around – expect 2 full sets of Pink Floyd – the first, a loosely chronological retrospective of Pink Floyd's work before becoming a household name; and the second, a full performance of what many would agree is amongst rock music's finest works from cover to cover, The Dark Side of the Moon.

FRI, MARCH 30TH: KCRX PRESENTS: Pigs on the Wing 'Finding the Dark Side of the Moon' Liberty Theatre, 1203 Commercial Street, Astoria

7PM doors, 7:30PM show - all ages - Tickets \$20, available at libertyastoria.org



Friday 23

MUSIC

Lloyd Jones. Venerable Bluesman Lloyd Jones performs solo at KALA in Astoria. \$15. 8pm. Advance Tickets at libertyastoria.org.

Lenten Piano Reflections. Noon – 12:30pm at Cannon Beach Community Church.

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

HAPPENING

OR Ghost Conference. At the Seaside Convention Center.

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 24

MUSIC

Existance Habit Recording Release Event. Roger Hayes and Gregg Scloff. DJ Liz Harris, and Idol Eyes. \$5-\$10 sliding scale. 8pm Show. At KALA in Astoria.

Bar-K Buckaroos. No cover, 6pm at Public Coast Brewing Co in Cannon Beach.

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

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

Muddy waters Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

FOOD & DRINK

Wine Tasting. L'Ecole 41. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

OR Ghost Conference. At the Seaside Convention Center.

Oregon Coast Comic Con. \$20, 9am – 7pm at the Tillamook Air Museum. OregonCoastComicCon.com

OUTSIDE

SOLVE Oregon Beach Cleanup. On a beach near you. Visit solveoregon.org/ for locations and more information.

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Suitehearts. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sunday 25

MUSIC

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

Rockfish Blues Band. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Pro Wrestling. \$10, 5 – 7pm at the Astoria Armory.

OR Ghost Conference. At the Seaside Convention Center.

Oregon Coast Comic Con. \$20, 9am – 7pm at the Tillamook Air Museum. OregonCoastComicCon.com

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

THEATER

I Love You, You're Perfect, Now Change. Musical Comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

Meanwhile, Back on the Couch. Comedy. \$15, 2pm at Theater West in Lincoln City.

Noises Off. Farce. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 26

MUSIC

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

Tuesday 27

MUSIC

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

LECTURE

Doc Talks. Shoulder Pain; Shoulder Arthritis and What You Can Do About it. With Brett LaFleur. 6pm at the Tillamook Library.

Wednesday 28

MUSIC

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center.

LECTURE

Art in the Garden. With Becky Graham. Presentation includes a slide show of Graham's creative adventures of garden artistry.

Thursday 29

MUSIC

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

LECTURE

History and Hops. Free, 6pm at the Seaside Brewing Co.

THEATER

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 30

MUSIC

Lenten Piano Reflections. Noon – 12:30pm at Cannon Beach Community Church.

Pigs on the Wing. \$20, Pink Floyd Tribute. 7pm at the Liberty Theater in Astoria.

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

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

THEATER

See How They Run. Comedy. \$15 - \$20, at the ASOC Playhouse in Astoria.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 31

MUSIC

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

Beth Wood. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Nate Botsford. No cover, 7pm at Public Coast Brewing Co in Cannon Beach.

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

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

FOOD & DRINK

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

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

OUTSIDE

Lewis and Clark Trail Run. An approximately 5k or a 10k course that features the Kwis Kwis Trail. The 10k run will include some long steep sections. \$20, 9am at the Fort to Sea Trailhead at Fort Clatsop, Warrenton.

THEATER

See How They Run. Comedy. \$15 - \$20, at the ASOC Playhouse in Astoria.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Meanwhile, Back on the Couch. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 1

MUSIC

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

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

Monday 2

MUSIC

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

HAPPENING

Festival of Illusions. Each evening features a different professional magician or illusionist. At the Lincoln City Cultural Center. oregoncoast.org/festival-of-illusions/

Tuesday 3

MUSIC

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

FLASH CUTS

MOVIES & MUSINGS

Previews

FILM.

BY LES KANEKUNI



A WRINKLE IN TIME (MAR. 9)

After 2010's *Alice in Wonderland* cleaned up at the box office, Disney has ramped up live action remakes of children's stories and classic animations. *A Wrinkle In Time* is based on Madeleine L'Engle's 1962 Newbury Award-winning novel. Ava Duverney (Selma) directs the effects-heavy movie. Synopsis: After learning her astrophysicist father, Alex, is being held captive on a distant planet deep in the grip of a universe-spanning evil, Meg Murry works with her highly intelligent younger brother Charles Wallace, her new friend and fellow student Calvin O'Keefe, and three astral travelers, Mrs. Which, Mrs. Whatsit and Mrs. Who to save him. With Oprah Winfrey as Mrs. Which, Reese Witherspoon as Mrs. Whatsit and Mindy Kaling as Mrs. Who.

LOVE, SIMON (MAR. 16)

This high school romantic comedy is the first studio movie to feature a teenage lead character. Unlike highly dramatic gay films like *Brokeback Mountain* or *Philadelphia*, *Love, Simon* plays it far straighter. 16-year-old Simon (Nick Robinson) comes from an upper-middle class family in Atlanta. His parents (played by Jennifer Garner and Josh Duhamel) are basically liberal and loving. Simon is basically your average teenager. "I'm just like you, except I have one huge-ass secret," he says. Simon is gay but closeted despite having supportive friends and an out classmate Ethan. Everything changes for Simon when an anonymous blog post by fellow student "Blue" reveals he is gay. Simon is galvanized and begins and anonymous e-mail exchange with Blue. As the two pour out their feelings to one another, Simon begins to obsess over the real identity of Blue, considering and then rejecting various "suspects," while the possibility of first-time romance blooms.



TOMB RAIDER

(Mar. 16) Academy Award winner Alicia Vikander stars as Lara Croft in Warner Brothers reboot of the film series based on the popular video game character. Synopsis: Laura Croft is the fiercely independent daughter of an eccentric adventurer who vanished when she was scarcely a teen. Now a young woman of 21 without any real focus or purpose, Lara navigates the chaotic streets of trendy East London as a bike courier, barely making the rent, and takes college courses, rarely making it to class. Determined to forge her own path, she refuses to take the reins of her father's global empire just as staunchly as she rejects the idea that he's truly gone. Advised



to face the facts and move forward after seven years without him, even Lara can't understand what drives her to finally solve the puzzle of his mysterious death. Going explicitly against his final wishes, she leaves everything she knows behind in search of her dad's last-known destination: a fabled tomb on a mythical island somewhere off the coast of Japan.

PACIFIC RIM: UPRISING (Mar. 23)

John Boyega of *Star Wars* fame toplines this sequel to 2014's *Pacific Rim*. Synopsis: Jake Pentecost (Boyega) is a once-promising Jaeger pilot whose legendary father gave his life to secure humanity's victory against the monstrous Kaiju. Jake has since abandoned his training only to become caught up in a criminal underworld. But when an even more unstoppable threat is unleashed

to tear through cities and bring the world to its knees, Jake is given one last chance by his estranged sister, Mako Mori, to live up to his father's legacy.

READY PLAYER ONE (Mar. 29)

Steven Spielberg directs this sci-fi thriller based on the Ernest Cline

bestseller. Synopsis: The film is set in 2045, with the world on the brink of chaos and collapse. But the people have found salvation in the OASIS, an expansive virtual reality universe created by the brilliant and eccentric James Halliday (Mark Rylance). When Halliday dies, he leaves his immense fortune to the first person to find a digital Easter egg he has hidden somewhere in the OASIS, sparking a contest that grips the entire world. When an unlikely young hero named Wade Watts (Tye Sheridan) decides to join the contest, he is hurled into a breakneck, reality-bending treasure hunt through a fantastical universe of mystery, discovery and danger.

CHAPPAQUIDDICK (Apr. 6)

Jason Clarke stars as Edward Kennedy in this retelling of the 1969 incident that ended his hopes of the Presidency. In exhaustive detail, the film recounts the events leading up to and following the accident. On the day of the accident, Kennedy (Clarke) attends a regatta on Martha's Vineyard. That evening, he attends a reunion of campaign staffers who worked on his late brother Robert's Presidential campaign, including Mary Jo Kopechne (Kate Mara). At 11:00, Kennedy and Kopechne leave the party, stopping at the beach. Kennedy has been drinking, so when a local cop approaches, he drives away at high speed – and right off a bridge. After escaping, he walks back to the party and tells his cousin Joe Gargan (Ed Helms) "We've got a problem. I'm not going to be president." The Kennedy clan close ranks to protect Edward and his political career. After asking his father Joe's advice, the old man, who can barely speak, says one word: "Alibi." The next day, Kopechne's body is found in the car, drowned, and the coverup begins.



FREE WILL ASTROLOGY

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MARCH

ARIES (March 21-April 19): On September 1, 1666, a London baker named Thomas Farriner didn't take proper precautions to douse the fire in his oven before he went to sleep. Consequences were serious. The conflagration that ignited in his little shop burned down large parts of the city. Three hundred twenty years later, a group of bakers gathered at the original site to offer a ritual atonement. "It's never too late to apologize," said one official, acknowledging the tardiness of the gesture. In that spirit, Aries, I invite you to finally dissolve a clump of guilt you've been carrying . . . or express gratitude that you should have delivered long ago . . . or resolve a messy ending that still bothers you . . . or transform your relationship with an old wound . . . or all of the above.

TAURUS (April 20-May 20): The Committee to Fanatically Promote Taurus's Success is pleased to see that you're not waiting politely for your next turn. You have come to the brilliant realization that what used to be your fair share is no longer sufficient. You intuitively sense that you have a cosmic mandate to skip a few steps -- to ask for more and better and faster results. As a reward for this outbreak of shrewd and well-deserved self-love, and in recognition of the blessings that are currently showering down on your astrological House of Noble Greed, you are hereby granted three weeks' worth of extra service, free bonuses, special treatment, and abundant slack.

GEMINI (May 21-June 20): No one can be somewhat pregnant. You either are or you're not. But from a metaphorical perspective, your current state is a close approximation to that impossible condition. Are you or are you not going to commit yourself to birthing a new creation? Decide soon, please. Opt for one or the other resolution; don't remain in the gray area. And there's more to consider. You are indulging in excessive in-betweenness in other areas of your life, as well. You're almost brave and sort of free and semi-faithful. My advice about these halfway states is the same: Either go all the way or else stop pretending you might.

CANCER (June 21-July 22): The Appalachian Trail is a 2,200-mile path that runs through the eastern United States. Hikers can wind their way through forests and wilderness areas from Mount Katahdin in Maine to Springer Mountain in Georgia. Along the way they may encounter black bears, bobcats, porcupines, and wild boars. These natural wonders may seem to be at a remote distance from civilization, but they are in fact conveniently accessible from America's biggest metropolis. For \$8.75, you can take a train from Grand Central Station in New York City to an entry point of the Appalachian Trail. This scenario is an apt metaphor for you right now, Cancerian. With relative ease, you can escape from your routines and habits. I hope you take advantage!

LEO (July 23-Aug. 22): Is 2018 turning out to be as I expected it would be for you? Have you become more accepting of yourself and further at peace with your mysterious destiny? Are you benefiting from greater stability and security? Do you feel more at home in the world and better nurtured by your close allies? If for some reason these developments are not yet in bloom, withdraw from every lesser concern and turn your focus to them. Make sure you make full use of the gifts that life is conspiring to provide for you.

VIRGO (Aug. 23-Sept. 22): "You can't find intimacy -- you can't find home -- when you're always hiding behind masks," says Pulitzer Prize-winning novelist Junot Diaz. "Intimacy requires a certain level of vulnerability. It requires a certain level of you exposing your fragmented, contradictory self to someone else. You running the risk of having your core self rejected and hurt and misunderstood." I can't imagine any better advice to offer you as you navigate your way through the next seven weeks, Virgo. You will have a wildly fertile opportunity to find and create more intimacy. But in order to take full advantage, you'll have to be brave and candid and unshielded.

LIBRA (Sept. 23-Oct. 22): In the coming weeks, you could reach several odd personal bests. For instance, your ability to distinguish between flowery bullshit and inventive truth-telling will be at a peak. Your "imperfections" will be more interesting and forgivable than usual, and might even work to your advantage, as well. I suspect you'll also have an adorable inclination to accomplish the half-right thing when it's impossible to do the perfectly right thing. Finally, all the astrological omens suggest that you will have a tricky power to capitalize on lucky lapses.

SCORPIO (Oct. 23-Nov. 21): French philosopher Blaise Pascal said, "If you do not love too much, you do not love enough." American author Henry David Thoreau declared, "There is no remedy for love but to love more." I would hesitate to offer these two formulations in the horoscope of any other sign but yours, Scorpio. And I would even hesitate to offer them to you at any other time besides right now. But I feel that you currently have the strength of character and fertile willpower necessary to make righteous use of such stringently medicinal magic. So please proceed with my agenda for you, which is to become the Smartest, Feistiest, Most Resourceful Lover Who Has Ever Lived.

SAGITTARIUS (Nov. 22-Dec. 21): The state of Kansas has over 6,000 ghost towns -- places where people once lived, but then abandoned. Daniel C. Fitzgerald has written six books documenting these places. He's an expert on researching what remains of the past and drawing conclusions based on the old evidence. In accordance with current astrological omens, I suggest you consider doing comparable research into your own lost and half-forgotten history. You can generate vigorous psychic energy by communing with origins and memories. Remembering who you used to be will clarify your future.

CAPRICORN (Dec. 22-Jan. 19): It's not quite a revolution that's in the works. But it is a sprightly evolution. Accelerating developments may test your ability to adjust gracefully. Quickly-shifting story lines will ask you to be resilient and flexible. But the unruly flow won't throw you into a stressful tizzy as long as you treat it as an interesting challenge instead of an inconvenient imposition. My advice is not to stiffen your mood or narrow your range of expression, but rather to be like an actor in an improvisation class. Fluidity is your word of power.

AQUARIUS (Jan. 20-Feb. 18): It's the Productive Paradox Phase of your cycle. You can generate good luck and unexpected help by romancing the contradictions. For example: 1. You'll enhance your freedom by risking deeper commitment. 2. You'll gain greater control over wild influences by loosening your grip and providing more spaciousness. 3. If you are willing to appear naive, empty, or foolish, you'll set the stage for getting smarter. 4. A blessing you didn't realize you needed will come your way after you relinquish a burdensome "asset." 5. Greater power will flow your way if you expand your capacity for receptivity.

PISCES (Feb. 19-March 20): As you make appointments in the coming months, you could re-use calendars from 2007 and 2001. During those years, all the dates fell on the same days of the week as they do in 2018. On the other hand, Pisces, please don't try to learn the same lessons you learned in 2007 and 2001. Don't get snagged in identical traps or sucked into similar riddles or obsessed with comparable illusions. On the other other hand, it might help for you to recall the detours you had to take back then, since you may thereby figure out how to avoid having to repeat boring old experiences that you don't need to repeat.

Homework: What good old thing could you give up in order to attract a great new thing into your life? Testify at Freewillastrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Comfortable Riding At Any Size

A REGAL FRAME shouldn't keep you off a bike frame! If you're an active king- or queen-sized person, cycling is an ideal form of exercise: it's gentle on the joints and you determine your level of effort. For the safest and most pleasant experience, you'll benefit from the advice of larger athletes and recreational riders which I gathered in researching this article, and don't forget to discuss your intentions with your health-care provider before beginning this or any other type of physical activity.

I want to thank my sources:
Sheila

Ascroft (an informative, irreverent cyclist-blogger who calls herself "Fat Broad On A Bike"), the Livestrong website, and two friends whom I interviewed, "Moe" and "Curly." As a petite (minus-sized?) cyclist, I appreciate their practical suggestions and first-hand experience.

Getting comfortable in the saddle starts, but doesn't end, with the saddle itself. Make sure your "sitz" bones both fit on the seat and check that it offers at least two inches of clearance from the top tube (that bar you swing your leg over to get on). Upright styles are preferable, especially if a bump in the road threatens to slam your stomach into the handlebars. Alternatively, some majestic riders prefer recumbent bikes. An adult tricycle adds confidence with the better balance of the third wheel. Beach cruisers are ideal, with their wide tires and strong frames. Mountain bikes are another nice option, as the suspension can reduce the likelihood of injury to the joints and results in a more pleasant ride. Other important features are a steel frame and steel wheels and spokes, which are stronger and more supportive, and wide pedals. Check the maximum load (weight-bearing capacity) for the model you're interested in to be sure it's structurally sound for you. Con-

sider purchasing a bike (or trike) with a triple chainring so you get more low-gear options for climbing hills.

In order to obtain a larger selection, better-made bikes assembled by an expert, and assistance with finding the right match between your body and the bike, I strongly advise you to meet your future steed at a bike shop rather than purchasing it from a



department store...I won't name the names of those ubiquitous discount chains lest I get hit with a libel suit, but you know what I mean. Not only are these inexpensive

bikes not very durable, versatile, or well-made, but they are assembled by store personnel who are minimally trained and who are unlikely to give you good guidance on proper fit. Naturally, this means that you'll need to lay out more for the initial purchase, but in the long run, you'll save in repairs and replacement parts.

Curly and Moe learned the hard way when they purchased bikes at their local discount outlets on a college-student budget. The first time they rode their new wheels to school, Moe shifted a gear and the chain popped off. Other problems showed up, and they ended up taking the brand-new bikes to Mike's Bike Shop for repairs. Moe also needed to replace her handlebars, which not only forced her into an uncomfortable slouch, but also spun around when she leaned on them. She discovered that "ape hanger" handlebars, like the kind on an old low-rider motorcycle, worked better.

Accessories deserve consideration, such as bike shorts with extra padding to avoid the dreaded thigh chafe and a well-ventilated helmet to avoid overheating.

With these suggestions in mind, may you enjoy a royally good time on your pedaling adventures!

WORKSHOPS/CLASSES

INTRO TO ENERGETIC HYGIENE. Does your energy system need a shower? Learn the abc's of maintaining a clean energy system. This on-line workshop covers what energetic hygiene is, how to do it, and gives participants simple tools to begin practicing right away and at home. Check website for upcoming dates. \$20. Register at Heartlink-Ed.com. 720-301-3993. Self Mastery Mentor/Coach Linda Lawson.

LEARN BRIDGE FREE Wonderful social game - make many friends and give your brain a workout. Four free and easy weekly lessons with Sue Kroning starting both Monday January 28 2-4 pm (your choice) and Sunday January 28 2-4 pm (your choice) at the Mary Blake Playhouse, 1225 Avenue A, Seaside. The classes will be followed by ongoing mini-lessons and supervised play at \$5 each. Call Sue at 503-738-7817 or 503-739-0264, or email skroning@centurylink.net, or just come along.

POSITIVE APPROACH TO ALZHEIMER'S AND DEMENTIA CARE. March 12, 13. The class is designed to help anyone who cares for an aging Oregonian learn more about how to support individuals with dementia and Alzheimer's and respond to behavioral challenges. Free, 1 - 4pm on the 12th at The Best Western Plus Ocean View Resort in Seaside and 9am at Holiday Inn in Astoria. Register at OregonCarePartners.com

TAKE THE STAGE ACTING WORKSHOP. March 17. With Brooke Flood. A good first course for those looking for an introduction, or a refresher for those with previous experience. Great for loosening up your body and voice, building self-confidence, and unleashing your creative spirit. Free, 1 - 4pm at the Fort Columbia Theater, Chinook.

SONGWRITING WORKSHOP. MARCH 31. With Kathryn Claire. This will be a very hands-on workshop, with attention to telling stories and conveying emotions and feelings through lyrics, as well as presenting concepts around song structure. \$20, 1 - 3pm at the Peninsula Arts Center in Long Beach. Reservations at 360-901-0962.

CITIZENS CLIMATE LOBBY ADVOCACY TRAINING. March 24. The workshop will cover information about CCL and the policies it supports, strategies to effectively engage your community, local businesses, elected officials and media outlets. 10:30am - 1:30pm at the Astoria Public Library.

INTO THE WHIRL. Cross Step Waltz. April 7. With Steve Carruthers. Learn this turning and gliding dance in a circle, with a short, easy, repeating routine. Students will add skills in lead/follow technique, and learn a basic 3-steps "starter" move to be able to take waltzing outside the group circle, to travel and dance around the room freely with a partner, moving together in the moment. \$28 per person, \$52 per couple. 10:30am - 1:30pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK-YOGA-FITNESS

TRIGGER POINT RELEASE CLASS. Oct 12. 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. Sunday from 8:30-9:50am. First class FREE! Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. FMI: barbarafulci@outlook.com online at tolovana-artscolony.org.

YOGA IN NEHALEM. North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga. Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. 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. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. http://riverszen.com or Facebook.com/RiversZen.

YOGA - 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 TAI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

LEARN SELF DEFENSE. Private lessons in Ocean Park, WA (home gym) with Black Belt instructor Jon Belcher in Kenpo Karate (Adults only, \$10.00 per 1 & 1/2 hr lesson). Currently teaching Mondays & Thursdays from 1:00pm on. To try a free introductory lesson contact instructor at: Phone: 360-665-0860 or E-mail: jonbelcher1741@yahoo.com Instructor teaches the Ed Parker system of American Kenpo Karate.

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

SPIRITUAL BUT NOT RELIGIOUS? Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see http://cgifellowship.org, contact info@cgifellowship.org, or call 916-307-9790.

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets every Tuesday in Astoria, 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 new Columbia Memorial Hospital Cancer Center activity room located at Exchange & 20th St., first floor, (next to 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.

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 amyseleena888@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 cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygencsoc@gmail.com or call 503-325-1963 or 503-298-8917.

Weekly Habitat Restoration/Stewardship Workshop Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between



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

MEETINGS/MEET-UPS

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. Next meeting Sept 10. 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 9 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 for general 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.

Hip Hop Funk Workshop with Nate Boozer of Eugene's Work Dance Company!!! Thursday March 15th, 7 - 8:30pm, \$15.

All ages and levels welcome, no registration necessary.

Are you ready to work it? Are you ready to rock it out? Are you ready to DANCE? Nate Boozer of Eugene's Work Dance Company is ready to give you a dynamic and high energy beginners Hip Hop/ Funk Dance Class.

The class is designed to accommodate all levels of dance experience. Whether it's your first dance class or 100th you will love every minute.

Nate promises to give you a multi workout dance class beginning with a stretch sequence and warm up. Followed by a fun routine of dance moves broken down step by step so that everyone fully understands the movement. We will dance it out and rock it out! Ending the class with a 20 minute Yoga, Pilates, and stretch cool down- yesss!!

Dance Your Joy at AAMC

342 10th St. in Astoria.
astoriaartsandmovement.com

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:15pm: Level 1, 2 & 3 SloFlo Yoga with Jude Matulich Hall
6:30 - 7:15pm: Gentle Yoga with Jude Matulich Hall
7:30 - 8:30pm Tap with Marco Davis

• **TUESDAY**
8:30-9:30am: Zumba with Joy Sigler
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller (all Swing-resume Jan 9)
7-8pm: Beginning West Coast Swing with Jen Miller
8-9pm: Student Led West Coast Swing Practice Hour with Jen Miller

• **WEDNESDAY**
9:30-10:40am: Gentle Yoga with Terrie Powers
6-7:15pm: Belly Dance Basics with Jessamyn Grace

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

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



7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with Estelle & Celeste Olivares
• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
• **FRIDAY**
9:30 - 10:40am: Gentle Yoga with Terrie Powers
7-10pm: Contra Dance with Dave Ambrose (3rd Fridays)

• **SATURDAY**
6-7pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
7-8pm: Intermediate Argentine Tango Concepts
SUNDAY
9-10:30am: Tri-Dosha Yoga with Melissa Henige

Hip Hop Funk Workshop with Nate Boozer of Eugene's Work Dance Company!!! Thursday March 15th, 7 - 8:30pm, \$15. All ages and levels welcome, no registration necessary.

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 Bakery 1493 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.



Messages Sonja Grace

mystic healer

MIGRATION

THERE is a great migration going on right now with people feeling an undeniable call to move. The energy of this planet triggers the inner compass that has driven us for centuries. We wonder why we feel such an urge when we have a home and have been settled for years. This internal mechanism is a part of our human experience, guiding us and keeping us safe. We have lost our migratory experience because we are now settled in homes, jobs and financial commitments. When that internal system sends a signal to us, it's like your cell phone pinging that there is an alert.

In order to deal with this feeling, you can physically move, or satisfy the urge to move by changing the furniture around and look deep into yourself as to why this is coming

up. It's important that we not ignore these basic signals, they saved our lives many times throughout history. Our intuition provides a hunch or a feeling that something isn't right and when we ignore that we usually regret it. When we stay close to the earth and listen to her, we have a better understanding of what's coming and what we need to do. For example, animals are so attuned to this they often leave the forest before the fire has even spread. Moving can provide an answer to the inner call, but it also is connected to our history or past lives. We visit places around the globe feeling connected and wonder why. The dream to move to a particular city is not random. We have all been here before. I recently spoke

with a client who asked me to tell her about her past lives. I looked at her most recent life and informed her she lived in Paris, France. She was a teacher and during WWII she hid a Jewish family in her basement. She was shocked and said she not only studied French in school, but she went on to college and graduated with a degree in Foreign languages with the emphasis of French. She had traveled to Paris numerous times and was planning to live there.

We are living each day with our karmic ties to past lives. When you feel connected to a place understand your first relationship is to the Earth. This powerful connection supersedes all relationships with other people or even pets. The Earth's soul body is connected to ours like a mother to a new born child. When we can anchor into her, we connect with a relationship that is the main reason we came to Earth. Understanding your place in the Universe means understanding your relationship with this planet. We don't move on a whim, we

strive to resolve karma throughout our whole life. If you feel the migratory urge, ask yourself what you need to accomplish in making such a move and approach your 'feeling' as a direct line to your karma and the Earth.

For over thirty years, award winning 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 'Dancing with Raven and Bear, A Book of Earth Medicine and Animal Magic' is published by Inner Traditions and now available for pre order at www.sonjagrace.com

wordwisdom

Familiarity - It Just Feels Right

EVER GET A WHIFF of cologne and instantly flood with emotion? Hear a line of music and have it transport you to another time, another place? Maybe see someone - the way he/she walks or talks - and feel emotionally at home? Our bodies are walking memory machines. Every sensory emotion is waiting for discovery. It's not the whiff of cologne that does it, it's the combination of some emotion from a time and place the person has attached to that scent. Familiarity feels good usually - a fond remembrance of a first kiss, perhaps.

Familiarity also has its negatives. If a certain smell or phrase is attached to a form of abuse, that can trigger a flood of negative emotions. A man walking down the street with a certain smile may be enough to remind you of an attempted assault by someone long ago.

Humans are drawn unconsciously to the familiar. A woman may marry a man

that is, in retrospect, just like her father. A choice of home may reflect the buyer's previous home life in some way, be it style, size, out in the woods, oak floors. Something feels comfortable. Like revisiting an old friend.

This can, I'm sorry to say, lead to repeating less than desirable choices. The cologne that led a person to fall in love with the charming man who turned out to have a mean streak? The connection between falling in love and smell sometimes feels So Comfortable!

Unless there's awareness, the pattern repeats. You can't beat that comfortable, at ease feeling.

Well, yes, you can. At some point, if a relationship is turning negative, all the remembered smells and warm cozy feelings are not going to make up for the fact that the choice is a less than healthy one. Superficial, perhaps, and a projec-

tion of our own wishes and desires, based on one's own particular history.

When I read and hear Me Too stories, the repeated bad behavior of entitled others, mostly men, carries with it lots of loaded history.

If the perpetrator looks, smells, acts powerful, is powerful, offers gifts, flatters, threatens, and makes demands, this can oddly click into the sensory memory histories of others. Our younger more vulnerable selves. A powerless self that flounders for the best way to escape, cause little harm, maintain some resemblance of boundaries.

Keep the peace. Be quiet. No more. Choose to speak. Now's the time.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587 for appt.



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bodies in balance



If You're Happy and You Know It Thank Serotonin!

WHAT is at the source of our happiness, anxiousness, depression, mania, tearfulness, obsessiveness or lack of any of the above? Neurotransmitters. These are the chemicals that we produce that communicate throughout the nervous system keeping many of our mental and physical functions in check, or not... Their production is a collaboration of amino acids, enzymatic functions and nutrients; as is their metabolism and elimination. When exploring how to evaluate and treat issues related to the neurotransmitter system, answers can often be elusive. As you will see this is a VAST topic with no cut and dry solutions but let's take this month to scratch the surface of this important health topic.

So who are these fascinating cast of characters? Serotonin, Dopamine, Epinephrine, Norepinephrine, and GABA. Yes they act primarily in the nervous system but are not exclusively produced there, nor does their function stay limited there. They influence the endocrine (hormone) system, the musculoskeletal system, the immune system, the gastrointestinal system and the cardiovascular system. Why? Because our nerves are linked from our central nervous system (the brain and spinal cord) throughout the body via the peripheral nervous system in order to communicate our thoughts and needs to their outcome of our functions and actions. AWESOME!

I think of these characters you are likely most familiar with Serotonin. This little gem is our happy neurotransmitter. It is the main focus of most of the antidepressants out there whose goal is create more free-floating serotonin through a variety of pathways. The widespread use of antidepressants can also be linked to the fact that serotonin affects our pain, sleep, and digestion as well as our moods. In fact did you know that close to 80% of our serotonin is created in our intestines? It's therefore worth considering its use in irritable bowel and other GI complaints. Natural inducers of healthy serotonin production are exercise, light and of course good nutrition! Incidentally serotonin also converts to melatonin, our sleep hormone, which may explain why when we're feeling

emotionally troubled our sleep is affected too.

Dopamine may be another familiar neurotransmitter that is associated with our pleasure centers. For some the rewards of eating or gambling, drug use or other addictive behaviors can be linked to their lack of dopamine production. Although problems with moods, sleep, attention, behavior and learning may also be indicators of unhealthy dopamine levels. Parkinson's is the most profound example of a condition associated with low dopamine, some signs are poor coordination and movement (for some tremors), along with low motivation and poor memory. On the flip side too much dopamine can lead to paranoia... it'll destroy ya.

Epinephrine and norepinephrine are made from dopamine; these are our fight and flight responders. In a normal healthy state these neurotransmitters will help the body to ready itself in the face of stress and danger. Therefore, when we are experiencing deficiency we are sluggish, slow, depressed, reclusive and lack motivation or concentration. This can also be a common scenario for those whose stress response has been overtaxed. Therefore, along with looking at adrenal health, sizing up our epi and norepi levels may be worthwhile. When we are over-producing these two neurotransmitters, we tend to be more hyper, restless, have trouble relaxing, focusing and sleeping. Thanks to the terrific ability of balance our bodies inherently contain we have another neurotransmitter to help us tone down these stress responses, meet the down-regulating neurotransmitter GABA. It is calming and assists the body in relaxation. When GABA runs low however, we see conditions like anxiety, panic attacks and alcoholism (due to alcohol's ability to depress the central nervous system). And as expected with too much GABA we see drowsiness, poor attention and memory, and depressed moods.

A LOT to think about huh? I think we can all relate to some combination of these issues in ourselves or those close to us. Where to start? There are a few nutrients that seem to affect many pathways for creating and metabolizing neurotransmitters. They are safe and well tolerated, so

worth checking out. The first is an amino acid called L-theanine. It facilitates the production and metabolism of most of the above and naturally occurs in green tea. It can help with moods, stress and brain power...yet another great reason to drink more green tea. Vitamin D is a cofactor which is key in helping enzymatic reactions to move forward. (Incidentally, mid-winter is the time of year when D levels begin to drop into those deficiency ranges.) When enzymes are working properly, the body is not only able to create these neurotransmitters but also able to break them down...not too little, not too much, but just right. Vitamin B6 is another regulator of production and break down of these neurotransmitters, easily available and safe. Remember with B vitamins to take with food is best as they can be nauseating on an empty stomach and taking them as a complex is also valuable. Finally fish oils (i.e. good quality fats), which bathe the nervous system, allow access into and out of the cells so that everyone is able to get where they need to go, and communicate what they need to communicate.

Is there testing? Yes! There are a variety of labs testing neurotransmitters. The one that I use tests a small urine sample; an easy in-home test. I cannot say how common this testing is among conventional medical professionals or whether it is something your specific insurance would cover. Neurotransmitter testing has really only emerged in the naturopathic community in the last 10 years (to my knowledge)...so fairly new in the grand scheme of things. I have found this testing to be really valuable to reveal some basic foundational information when looking at mental health concerns, so definitely worth asking about or researching on your own!

If you're not happy and you know it then maybe it's time to think about supporting the neurotransmitter pathways; because we all strive to be our happiest and healthiest selves!

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

By Tracy Erfling, N.D.

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



CHEW ON THIS!

by Merianne Myers



I GREW UP eating and cooking with a grandmother whose patience surpassed any definition of the word I can conjure up today. She never once told me not to make a mess, not to touch a knife or to stay away from the stove. I was always welcome to lick the spoon whether it was cake batter or gravy. I was allowed to make a splashy mess of doing the dishes from my perch on the step stool or to ruin one of Grandpa's shirts learning to iron. I was encouraged to "help" in the garden although I must certainly have hoed up many a vegetable start in my zeal to do the job. It's clear those benevolent traits didn't skip a generation. My mom had them in spades. They just skipped me. I inherited the love of pretty much everything that goes on in a kitchen from cooking to cleaning to visit-ing with friends who inevitably gather there no matter how great other living spaces might be. I did not inherit the patience and tolerance. I know this. I check periodically. They're still not there.

Grandma baked bread right up until Pepperidge Farm made sliced bread available. It must have been in the late 1940s when that pre-sliced white bread in its waxy paper package came to Gilbertson's Grocery in downtown Gresham. There was no supermar-ket. Just 'Gil's' with its wooden floors and friendly butcher in the

blood-stained apron who cut or ground whatever you chose from the glass-front case. I remember how happy Grandma was to discover that bread. It was dense by today's white bread standards, thinly sliced and made darned good toast which was secondary to the promise of countless saved hours of baking each week. "Best thing since sliced bread" was not just a cliché. It was a simple statement of fabulousness. It replaced "Best thing since bottled beer" which was another welcome convenience, offsetting di-minished deliciousness with liberated base-ment space. No more home-brew PLUS those cool, stubby brown bottles. Whatever made us think longnecks were superior to stubbies? I swear, I wonder about us all sometimes.

At dinner time, I stood watch at the stove while the fresh-picked green beans simmered with onions and bacon until they were olive drab and stopped just short of being self-pureed. No al-dente for us. If we wanted vegetables crisp, we ate them raw. And, we didn't speak Italian, so.....

Funny thing is, those overcooked vegetables were without exception drop dead delicious. They were always simmered to death and served with the pot liquor that held whatever goodness had leached out of the vegetables. I don't cook vegetables that way these days. If they're fresh from the garden or farmers market or my CSA share, I tend to cook them a hair past a blanch. The exception is braising greens. I have never eaten braised greens better than the ones my grandmother cooked into a flavor-packed coma. Greens cooked this way is where the concept of pot liquor came from. This is the per-fect time of year to find fresh, local greens and to let a pot simmer its way to sensational on the stove. Add a side of home-baked beans, a bottle of beer and a couple slabs of pre-sliced bread to soak up the liquor. I'm proof it won't make you more patient but it will make you revere your kitchen.

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.

THEY WERE GREEN WHEN WE STARTED BRAISED GREENS

The more kinds of braising greens you use, the more complex the flavor reward. This is a method more than a recipe. Amounts are flexible. It's good to have leftovers.*

- 6 bunches of greens (braising greens include kale, chard, collards, mustard, bok choy, raddichio, dandelion greens, turnip greens, beet greens and more)
- 6 +/- slices bacon, diced
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1/2 cup apple juice, plus more if needed
- 1/2 cup chicken stock, plus more if needed
- Red chili flakes - optional
- Salt & Pepper

Wash the greens, you don't need to dry them. Strip leaves from stems and coarsely chop. Thinly chop the stems.

In a pot big enough to hold all the ingredients and one that has a lid, sauté the bacon until rendered but not crisp. Add the onion and sauté until soft but not brown. Add the garlic and continue to cook just until fragrant. Add the greens, juice, stock and chili flakes if using. Lightly salt & pepper. Turn the burner to low, stir everything, put the lid on and wait. Alternatively, you can put the pot in a 325 degree oven or transfer the in-gredients to a slow cooker. Either way, you're wanting a slow simmer. Think veggie sauna, you want them to sweat. Stir occasionally and check liquid level. The greens will release liquid as they simmer but you may need to add a bit more juice or stock if they begin to get dry. You want to wind up with ridiculously tender greens and some pot liq-uor. Plan on this taking the better part of an hour. Cook until you're happy with the tex-ture, adjust the seasoning.

*Leftover greens are lovely served at room temperature topped with a light sprinkle of apple cider vinegar and chopped hard boiled egg. They also make a spiffy addition to a pot of bean soup. I have tucked them into an omelet, served them warmed on crostini with a sprinkle of feta. You'll think of something.



COASTAL EMERSION: A Women's Gathering

March 17

RESTORE and nurture your inner vibrancy as a woman at the second annual Coastal Emersion on Saturday March 17th, 2018 from 9am to 4pm. This one-of-a-kind gathering will be held at beautiful Camp Kiwanilong—nestled in the forest between Seaside and Astoria. The live gathering will be hosted by Angela Sidlo, Certified Health Coach and Amazon Bestselling Co-Author of *The Silver Linings Storybook*.

Keynote speaker, Amy Magella Gigena author of award winning book, *HeartLight* will guide the group on a metaphorical journey through the discovery of the truest self. Gigena is a Health advocate, Author, and Visionary Consultant.

In addition to the keynote speaker, guests of Coastal Emersion will also be treated to four additional workshops on Ayurvedic medicine with **Wellness Coach Yuri McGaha**, Classic Egyptian-style **Belly Dancing with Sarah Dailey**, Exploring nar-ratives through journaling with **Writer Heather Douglas**, Letting go of energy that lowers your vibration with **Entrepreneur Denise Faddis**, and a journey into the high energy frequency of aromatic plant medicine with holistic **Health Practitioner Angela Sidlo**.

A locally-sourced, vegan, gluten-free, organic lunch will be provided on site, as well as vendors offering handmade jewelry, books, aromatherapy products, and much more. In addition, guests will have a unique opportunity to visit with keynote speaker, Amy Magella Gigena as well as explore the beautiful trails around the lodge with new-found friends.

For more information, and to register, please visit www.event-brite.ca/e/coastal-emersion-a-womens-gathering-enter-promo-code-VIBE2018 for discounts. Purchase tickets or contact Angela at 503-338-9921 or angela.sidlo@gmail.com. Tickets are \$98 each. Pre-registration is required.

SEASIDE WALKERS

If you enjoy being outdoors, waking and meeting new people join SEASIDE WALKRS - Facebook group. We are an informal group of people that enjoy walking in our beautiful community. Free Membership, fresh air, meet new people, always have some-one to walk with. Dogs/kids okay!

RACE-WALKING on MANZANITA BEACH.

Meet each Sunday at 9am (rain or shine) At the bottom of Laneda Ave. on the beach. We -"race walk" 2 1/2 miles south & 2 1/2 back. Instruction happily given. Member of RWNorth West. Your feet will get wet. (Texas are great!) Socialized dogs are welcome. Info: Corinna 503 368 61 44

Relax into Meditation

Need to relax naturally? Curious about meditation ? This group will learn and practice simple relaxation exercises and guided meditation to prepare you for further meditation practice. This is a great way to support the healing and harmony of yourself and the planet. 2nd and 4th Sundays ongoing, 11- 11:45 am, Cannon Beach . Tolovana Hall, \$5, drop in/Linda Lawson : Facilitator heartlink-Ed.com

Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Tue. March 15, 6:15 to 7:15pm. Bring a friend to be your "mas-sage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclu-sion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.



Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). gracefulwaveschiropractic.com

ASTORIA SCANDINAVIAN HERITAGE PARK committee hits the ground running w/ City approval

BY KAISA SCHLARB

IN DECEMBER, the Astoria City Council voted unanimously in favor of the Astoria Scandinavian Heritage Foundation's (ASHA) proposed Scandinavian Heritage Park, to be constructed at the site of People's Park at 16th and Marine Drive. Applause erupted among attendees, many of whom were descendants of the Scandinavian immigrants to be honored by the park's construction.

Community support for the park is visible. Within 3 days of the vote, before a fundraising committee for the next phase of planning had formed, ASHA had already received 20k in private donations for the park.

The Scandinavian Heritage Park (SHP) committee, chaired by Judi Lampi, a subcommittee of ASHA, is in the second phase of a multi-stage effort that is slated to take the next two years.



According to the organization's website, phase one was funded through grants from the Oregon Community Foundation. Now, more funding is needed to hire a landscape architect to bring their artistic rendition into a concrete plan.

The SHP committee is currently busy applying for grants from across Oregon, including a matching grant from The Oregon Cultural Trust, "an ongoing funding engine for arts and culture across the state." ASHA is a registered non-profit with the trust. Oregon Travel is another organization that awards grants to organizations that promote tourism, another goal of the park.

The committee has already met with two possible landscape architects and have two more interviews scheduled. From there, the organization will gather information on the candidates from colleagues and references before finally reviewing and voting on their selection.

At the recommendation of the City Council, the SHP committee has hired retired city manager, Rosemary Johnson as Project Manager. Johnson's career and reputation in the community proceed her, and she has overseen several projects across her time working for the city. Now in retirement, she does not seem to have slowed down, taking on management of the SHP while also overseeing the restoration of the Doughboy Monument in Union town.

As she came on board, Johnson prepared a history of the site at People's Park from maps dated 1896 and 1908. The site was previously home to rooming houses, a bakery, and then a Chinese laundry. At another point, there was a

photo gallery and a candy, cigar & liquor store, all in one.

The park is also abutting the historic Franciscovich Building. Having an adjacent historic neighbor means the project will have to follow the guidelines and process put forth by the Historic Landmark Commission, which the committee is more than happy to do.

Lampi says that working in concert with Astoria's historic institutions are part of their vision and is exactly what the committee wants to bring forward. Even as the park focuses on Scandinavian immigrants, it is also about the larger history of Astoria and paying homage to an industrious waterfront.

"The waterfront location is ideal because this is where Astoria worked," she explains.

Also, the SHP plans to join the Astoria Downtown Historic District Association, and will be keeping local businesses, Scandinavian lodges, and

park donors informed at every stage. It is important to the committee that the ADHDA be able to give input on the project.

There are additional permitting processes with the city of Astoria along the way, and the organization will continue to work closely the city manager, the city planner, Parks & Rec, and the Astoria Community Development Department.

Lampi says, "The park committee is very excited, we're working hard and we want to make sure everything is done right, step by step, so there are not future problems."

The SHP continues to encourage the sharing of stories and connections to the park concept by donors, and certainly, to indicate that donations are park specific.

One such story was a college student, who donated not just because she was proud to be Scandinavian, but because she was proud of Astoria for voting to make the park a reality. For Lampi, who remembers lean college days without a lot of extra cash, these stories are meaningful.

Given the amount of work and commitment ahead for Lampi and the other members of the SHP committee, community input and inspiration reinforces the worthiness of their efforts.

She says determinedly, "We are going to build Astoria a beautiful park."

Donations to the park can be made by check to: ASHA PO BOX 34 Astoria OR 97103 There is also a Paypal link on the organization's website at: www.astoriascanpark.org

LASTWORD

ART IN THE GARDEN

Clatsop County Master Gardener Association, 2018 Speakers Series, presents Art in the Garden.

Speaker, Becky Graham, owner of Harvest Moon Design, is a well-known garden designer and gardening coach. She designs and cares for many beautiful garden sites from Astoria to Arch Cape. Some of her most recognized work is at the Elliot Hotel, where she creates beautiful container gardens and the rooftop garden. She also created a thoughtful, fresh and inviting garden at the Astoria Co-op. Gardeners will learn how to use repurposed and found objects, plants, containers, lighting, water features and more.

Presentation includes a slide show of Graham's creative adventures of garden artistry.

WEDNESDAY, MARCH 28, 6pm at the Barbey Center (next to Columbia River Maritime Museum).



FREE EVENT.

Craft & Found ASTORIA FLEA MARKET

Good News! Astoria has an indoor flea market!!

It's held on the **2ND SATURDAY OF THE MONTH** at the First Presbyterian Church, located at 1103 Grand Avenue, Astoria. The hours are from 10am to 3pm. Come one-stop shop for treasures; bric-a-brac to objets d'arte. Plus enjoy delicious coffee and homemade pie. FindThe FLEA on Facebook and Instagram.

Next market - Saturday, March 10th.
Both vendors and shoppers wanted!!

REPAIR CAFÉ at Fort George Lovell Showroom



ON WEDNESDAY MARCH 28, from 6 to 8pm, Repair Cafe will once again convene in the Lovell Showroom to fix items - anything one person can carry in.

These FREE monthly repair events bring people with broken stuff together with people who know how to fix it. "Fixers" can repair, or give expert advice on most items: clothing, computers, furniture, power tools, household appliances, and bicycles plus knife and scissor sharpening is offered.

Observe the fixers, browse some repair books and learn a bit about how it's done.

NEW! WEIGH YOUR STUFF!

Help REPAIR CAFÉ with its goal to keep 2,000 lbs. of broken items from entering our local landfill by repair and fixing your broken stuff! They have scales to weigh your 'stuff' and will keep a running tally for each month's efforts to reach that goal.

The Lovell Showroom of Fort George Brewery is located at the corner of Duane and 14th St in downtown Astoria Oregon. The Taproom will be open for beer and food purchases during the Repair Café.



Help create a community around skill sharing, repairs, and diverting stuff from entering our landfills.

** Feel free to contact RC in advance of the event if you have a questions about an item for repair. Phone 503-307-0834 Email darlywelch@mac.com

Find 'em onFacebook : facebook.com/repairastoria



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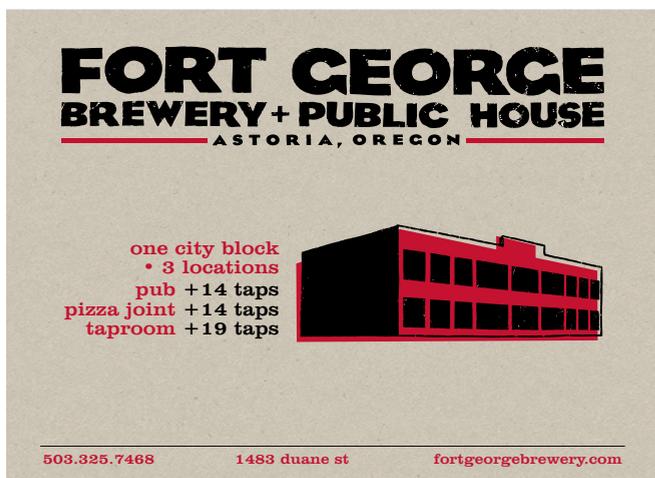


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astoriadowntown.com

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 - The Portland Mercury

advance tickets:
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