

July 2018 • vol 19 • issue 233

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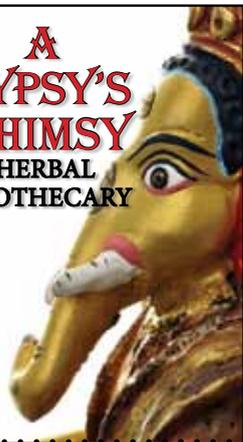


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The 19th Biennial Finnish American Folk Festival July 27 - 29

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www.nasellefinnfest.com

NASELLE - The nineteenth biennial Finnish American Folk Festival will take place at the schools (junction of SR 4 and SR 401) in Naselle, WA, July 27th-29th. "Finnish 101" was chosen as the theme in honor of the 101st anniversary of the independence of Finland, plus Dan Karvonen will teach Finnish 101 on both Friday and Saturday, and Naselle is located close to US 101.



AALLOTAR performs hybrid original Finnish Folk. Their lithe instrumentals and beautiful vocal harmonies in both Finnish and English demonstrate how gracefully traditional and modern folk music can speak together.

If one wants to learn about Finnish and Finnish-American culture; connect with friends, family, and relatives; meet new people with the same interests as yours; just watch and listen or participate in sports, dancing, or learn new arts/crafts, FinnFest organizers attest, this is place you want to be. The festival is filled with love and unity.

Golfers can participate in the FAFF tournament at the Peninsula Golf Course in Long Beach, WA, on Thursday, July 26th. Pre-registration is necessary. Lunch is at noon with a tee off time at 1:00pm. The cost is \$50 with proceeds going to FAFF. Call Dave Leeland at 360.484.3277 to register.

FESTIVITIES BEGIN AT 10am FRIDAY. The Tori (marketplace), exhibits, and food vendors are open until 6:00 pm. The Tori vendors sell Finnish made items or items with a Finnish theme. Informa-



Shop traditional jewelry at The Tori

tional booths are being lined up to promote Finnish organizations in the Pacific Northwest. Exhibits include art, logging equipment patented by Oiva Wirkkala, iittala glassware, all Naselle High School graduating class photos, photos of Naselle families covering many years, and historic photos from the Appelo Archives Center. The library has a special display on genealogy put together by May Saari Adair. The Finnebago will return to the Naselle campus thanks to Frank Eld. Frank will also display a model of the classroom and sauna he is building in the Finnish Room at the University of Pittsburgh.

FRIDAY AND SATURDAY PERFORMANCES They include many from past festivals: Maypole Dancers, Laulaa Out Loud (children's choir), Naselle Kanteles, Gene Quilhaugh, Carl Wirkkala and the Ghost Town Boys, Skamokawa Swamp Opera, Dale Bradley, Valerie Blessley, the Katrilli Dancers, and the Scandinavian Dancers.



Finnish log construction expert Frank Eld returns in his Finnebago

The much-loved Finnish musical duo known as Allotar who performed here in 2014 will be returning to this year's FAFF. New this year are Double J and the Boys and Giants in the Trees, a new musical group featuring Krist Novoselic of Nirvana fame. FAFF co-founder Sue Holway is busily writing a new play for Saturday evening. Saturday night ends with a community dance with music provided by Toby Hansen and the Smilin' Scandinavians.

THE CULTURAL PROGRAMMING SERIES BEGINS FRIDAY AT 10AM, featuring a documentary of Estonian history and its 100th year of independence. Presentations on Friday and Saturday include topics such as Finland's geography along with slides from this year's rhododendron convention in Finland, the Finnish Revolution, and current research done in Tromsø, Norway by

FINNISH 101



FinnAm organizer Anita Raistakka wears the traditional medicine bag, fire starter, fruit knife, and weaving tool.

PhD candidate Ellen Jensen. She'll also present on Sami culture.

Finnish log construction expert and preservationist Frank Eld from Idaho has titled his talk "Researching US/Canadian Finnish log construction and the anomaly I discovered in New Finland Canada." Tuomi Hovi from the University of Turku, Finland, will do a presentation on the influence of Finland's epic Kalevala in culture, art, and business in modern day Finland. A folklorist, he'll be interviewing festival organizers and others about the Finnish traditions still being carried on today in this country.

SATURDAY PANNUKAKKU BREAKFAST 7:00-10:00am. It's followed by the Paa-vo Nurmi Run/Walk for all ages at 8am. Download a registration form from the website. The Opening Ceremony takes place from 10am to 11:30am in the stadium. A wife carrying contest and boot toss are scheduled to follow the Opening.

SUNDAY ENDS with a Closing Ceremony, a worship service followed by coffee and pulla (cardamom bread). Check the website for a full performance and presentation Schedule: www.nasellefinnfest.com. No Pets please. Handicapped accessible. There is no charge for parking.

Connect with your Finnish roots or learn about the Finnish culture no matter what your nationality. You'll be warmly welcomed in this "little village with the big heart!"

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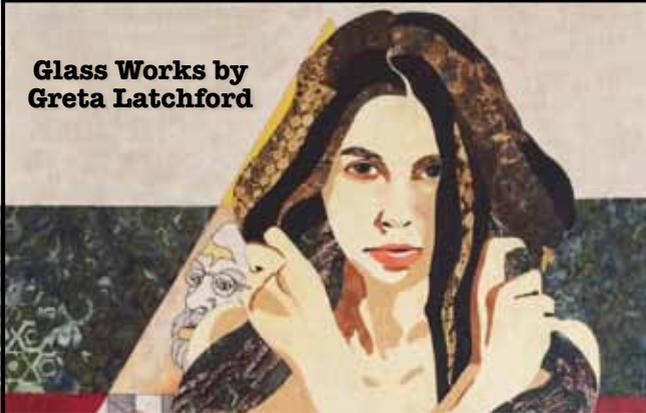
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July 13 • KALA

FROM THE JOSHUA TREE COMMUNITY in Southern Cal, KALA welcomes folk-jazz/singer songwriter Myshkin Warbler on Friday June 13 at 8pm. Myshkin performs with cellist Jenny Q. and drummer Scott Magee in a special touring music and storytelling performance, TRUST.TOGETHER. Tickets \$15, in advance at libertyastoria.org.

New Orleans schooled, gypsy spirited, endlessly curious, Myshkin Warbler - a rare bird among songwriters, creates darkly joyous, compellingly complex songs: literate, political, heartbreaking, soulbuilding. Her nine solo records travel through raw-folk, gypsy-swing, torchjazz, punk-poetry, desert-blues, and electronic post-rock.

In late 2013 Myshkin left Oregon for the desert to join her new love, herbalist Jenny Q, in the artists' hideout of Joshua Tree CA, where Jenny had built her apothecary Grateful Desert.

In January of 2014, Jenny fell into septic shock. During her six days in a coma and six months in the ICU Myshkin held Jenny's home, business and daughter, wrote spells for songs, and helped channel the community's potent energies toward her healing. Four years later, Jenny has re-learned to walk—and dance—on prosthetic legs, and has completed "Held Together," a moving, experimental book providing a raw and revealing look at her journey and community. Myshkin's new record Trust and the High Wire, released by DoubleSalt on June 1, 2018 covers the same story in dialects of soul/jazz and indie rock.

MUSIC@KALA



Myshkin and the Ruby Warblers LIVE in Joshua Tree

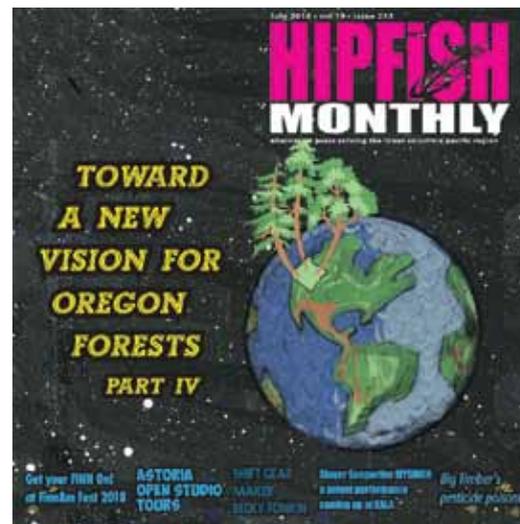
As both projects wrapped up simultaneously, Myshkin and Jenny created Trust.Together, a live show that pulls the two works together on stage into one performance piece. Trust.Together debuted in Joshua Tree, on June 9 at Harrison House, with an eight piece band and thirteen readers, and Jenny and Myshkin are touring a potent stripped down version on the West Coast this summer. The Astoria performance features Myshkin and Jenny on guitar and cello, and longtime collaborator Scott Magee on drums.

In a powerful and intimate performance piece, TRUST.TOGETHER is ultimately a love story.

This ruby warbler's song commands your attention, frees your gypsy heart and soul, and lets you see the world from her own unique perspective. Myshkin is not to be missed.

—World on 3, BBC Radio

DOORS OPEN 8PM. Show at 8:30pm \$15. Advance tickets at libertyastoria.org. And at the door. Full Bar. 1017 Marine Drive in Astoria. 503.338.4878



July Cover Art by Bill Atwood
willematwood.com on Instagram: [bill_atwood_art](https://www.instagram.com/bill_atwood_art)

PAUL SORIANO
VENERATIONS.

Each painting focused on the image of the Buddha—the new works by Seattle-based artist PAUL SORIANO begin as meditations in the Kundalini tradition. The imagery presents itself, unfolding like flowers. These are simple works of devotion, meditation and prayer. Oil on canvas—bold colors and bold brush strokes embrace different facets of the Buddha image. Also showing: Renee Rowe, Sid Deluca, Joi Smith and Tom Hilton.



Red Buddha, oil on canvas, 46 x 48

Astoria 2nd Saturday Art Walk - Refreshments. 5-8pm. KALA 1017 Marine Drive in Astoria.



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HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

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Send general email correspondence:
hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Daily Astorian

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Astoria Sunday Market helps to light up the 13th St. Alley

LIGHTING UP the 13th Street connector alley just got a little brighter. The board of Astoria Sunday Market recently approved a \$1,000 grant toward the 13th Street Lighting project spearheaded by Astoria Downtown Historic District Association (ADHDA). "Sunday Market has always been a generous supporter and partner of the ADHDA. It is great that we all see the importance of activating the 13th Alley. Thank you ASM," said Dulcye Taylor, President, ADHDA.

ADHDA is seeking to raise \$7,000 toward "Activating 13th Street Alley" with permanent lighting and commission an artist for painting. Currently, the alley lights can only be hung on a temporary basis using extension cords because the electrical source is not up-to-code for a permanent display. ADHDA is raising money to create a permanent electrical source that is fully up-to-code by September and has already raised \$2,000 toward the \$7,000 goal.

"For those who have already visited the alley during temporary displays, it is obvious the amazing positive impact it has on the alley," explained ADHDA Director Sarah Lu Heath. ADHDA hung 100 red lanterns to commemorate the Chinese New Year and more recently white lanterns were hung to create a bright and festive walkway. "Lighting has made the alley safer and more inviting as a connector to the Duane and 13th Street merchants," added Heath.



Sara Lu Heath and Greg Cross hand over the \$\$\$

Check out the Astoria Flea Market 2nd Saturday

Next Saturday, July 14th

10am to 3pm First Presbyterian Church

1103 Grand Ave., Astoria, Oregon 97103

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STREET SPOTLIGHT

STREET SPOTLIGHT IS AN ON-GOING SERIES THAT AIMS TO SHARE VOICES AND STORIES OF CITIZENS OF THE NORTH COAST WHO ARE HOMELESS OR UNSTABLY HOUSED AND LIVING ON THE STREETS OF THIS COMMUNITY..

By Kaisa Schlarb
 for HIPFISH
 inconjunctin with
 Filling Empty Bellies



ROY HALL could be quickly termed by anyone he meets, "a character." A joker, he's often high energy, high volume, and the center of attention. One of his friends calls him a "conductor," meaning he's a conduit of the energies of others. Roy calls it being a "magnet," and the dynamic is complicated.

"This is how it feels," Roy explains. "The more people I'm around, whether it be positive or negative, I draw all their energy into myself and it just builds up and builds up and I don't know what to do with it or how to release it, and I just start getting loud and getting in trouble because I don't know what to do with all that energy. If people don't pay attention or don't listen quick enough then I get really impatient, so then I get louder and louder trying to be overheard. And then it's just all bad."

This is why, despite his friendly nature and how well-known and loved he is among his street community, it is important for Roy to also have safe time and space to be alone. "I usually just like to hang out by myself," he says. "When I'm by myself I'm calm and mellow."

As a child, he would read to drown people out. Now, he likes to play games on the internet or watch TV when he can. He's also open about the role drinking plays in a complicated relationship to self-care and survival. Roy receives disability for a mental health diagnosis, and says that drinking, "makes the voices go to sleep. We don't like those voices, those voices always tell me to do bad things, and I get in trouble, yea."

Growing up in Portland, Roy followed his mother and sister to Astoria in 2002. Until 2012, he was housed on Alameda with his mother. When new owners took over the 3-unit rentals, he says, "they took everybody's rent for March, and then 2 days later we got a letter in the mail saying they had to be out by April 1st.

According to him, the house sat vacant for several years after they were kicked out.

In recent years, Roy hasn't lived in what would be considered traditional housing, but he did have a stable home. For four years, he camped out on a friend's property in Lewis & Clark.

"I was living out there in Lewis & Clark, I had a tent and an electrical cord runned out to me. So I had power for my computer, my TV, and I had my cat, Freyja. We was just camping outside in our tent."

Living on someone else's property gave Roy the space he needs to manage. His friend, who owned the property, understood Roy. "It was cool. I could blast out music. When I got too drunk, you know what he'd do? He's just kill my power and I'd have to plug it back in the next day. It was awesome out there."

He payed rent for the space from his disability check.

A couple of years ago, Roy's friend sold the property and moved to Washington. Initially, Roy followed, but it ultimately did not make him happy to be so far away from his friends and family.

He returned to Astoria with no indoor or covered place to stay.

Though, Roy rejects the notion that he is "homeless."

"I've never been homeless, I'm houseless. Wherever I lay my head is my home."

He continues on philosophically, "I'd rather have a home and not a house, than have a house and not a home. Its all a state of mind. If you own a house, and you aren't comfortable there, you don't have a home."

Instead of thinking about where he is going to sleep, Roy is putting energy into honoring his street father, Ronnie Fisher, who died in 2017. Ronnie was both a commercial fisherman and cannery worker, and Roy wants to get his name on the Maritime Memorial Wall next year.



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outside the box



STEPHEN BERK

Values and Practices that Transcend Social System

Some who read this column regularly may find what I'm about to say more general and philosophical than the usual. My intent is simply, amid the blather of endless news, which focuses only on what's current, with yesterday's events already growing stale, to sift out the universal themes that transcend the mere they think/we think back and forth that goes on interminably. This task also means pointing out the limitations of seeing things in terms of us, as if there were only one American point of view, as opposed to that of some adversary, often Russians, despite the fact that they ceased to practice communism several decades ago. Seeing things in adversarial terms supposedly makes for more exciting reading. I wrote a previous column about how such "binary thinking" is oversimplified. But despite that truism, us and them, good guys and bad guys, still is a popular writing trope.

I refuse to see the world that way. For one thing, it is mere propaganda to identify one's own "side" (say American), as good or virtuous, versus their side (say Russian or Chinese), as bad or vicious. It is a vast oversimplification left over from the Cold War. Cold War thinking looked at the world as communist (evil) and capitalist, always spoken of as "democratic" (good). The democratic West, led by the USA versus the dictatorial Soviet-led bloc of nations, was the approved American grid for viewing the world. Western democracy, or capitalism, was always posed against communism or socialism, led by the Soviet Union, despite the fact that most European democracies had strong admixtures of socialism. American journalism assumed the vast inferiority of communism, the authoritarian state-controlled systems of Russia and China. The communists of those two large countries, as well as those of smaller allied states, always referred to their systems as socialist. Socialism, for those who may have lost track, generally refers to government ownership of the means of production, or more govern-

ment control of society as a whole.

Both models of government in their many variations the world over can be made to work well to serve the individual's needs. The question is whether or not a given country's system works to make life better, or more simply, worthwhile, for most of its people, or for just a small elite. Twentieth century psychologist, Abe Maslow was known for having come up with a "hierarchy of needs" that people have. The most basic have to do

desires. For society to be anything more than a competitive free-for-all, or as they put it in nineteenth century America, "every man for himself and the devil take the hindmost," you have to purposely implant values that devalue selfishness and reward empathy and generosity.

My point is that you can cultivate such benevolent values in either a capitalistic or socialistic, even a communistic, or extreme socialistic system. For example, in some of the more socialistic countries, say Finland, the cost of schooling all the way through the various forms of doctoral education, is taken care of by the state. Hence anyone who wants to attain such high levels of education, regardless of their means, can do so. But a more capitalistic society, like the US or Canada, can also make schooling readily available through a plethora of scholarships and the like. It is not necessarily how socialistic a country is that creates such opportunities. A dysfunctional socialist country can devolve into a bureaucratically run state wherein the bureaucrats' friends and relatives get most of the opportunities for advancement. Similarly while a functional capitalist country would create a level playing field to enable all demographic groups to compete and gain, a dysfunctional one would set things up so that only the progeny of the well-to-do would enjoy economic and social opportunity.

What then makes life worthwhile in a socialistic or capitalistic society is not the system. It is the cultivation in the citizenry in all walks of life of the virtues of empathy and generosity. A capitalist society with those values would school all its young in the most effective means of competing, while at the same time teaching them to be generous and caring towards all others. This as opposed to the "dog eat dog" values of early capitalism. Similarly a socialist society would school its young in the ways of doing one's best in his or her office to serve others, rather than playing the role of impersonal bureaucrat.



It's not too late to PULL, PILE, and STOMP a notorious weed at Circle Creek And get some exercise to boot!

SOON THE SEED PODS of invasive policeman's helmet plants will be maturing, and when they do, their seeds can fly as far as 20 feet, spreading the plant far and wide. You can help arrest this weed and keep it from overrunning native coastal plants. Join North Coast Land Conservancy for a volunteer stewardship day at its Circle Creek Conservation Center in Seaside on Saturday, July 21, from 10am to 1 pm.

Policeman's helmet (*Impatiens glandulifera*), a highly invasive, non-native plant, has taken hold throughout the Necanicum River watershed, choking out native plants and reducing plant and animal diversity while increasing the risk of streambank erosion.

North Coast Land Conservancy and the Necanicum Watershed Council are working together on a three-year project to try to rid the watershed of this invader. Four summer stewardship interns are working throughout the watershed to eradicate this plant, and volunteers will be gathering to help them at Circle Creek on July 21. The plant is easy to pull; the next step is to pile uprooted plants and stomp on them to crush the stems and prevent the seed pods from developing or maturing. Get details on the July 21 stewardship day at NCLCtrust.org/pull-policemans-helmet-july.

The community can help get rid of this weed. Wherever you live in Clatsop or Tillamook counties, keep an eye out for policeman's helmet on your property. As soon as you see it, pull, pile, and stomp the plants so they can't reproduce. Visit NCLCtrust.org/pull-pile-stomp for more details and to report suspected sightings of the plant.

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



Brown Pelican Survey

ON MAY 19, 2018, 146 volunteers and biologist from Baja California to Washington participated in the on-going Brown Pelican Survey – now into its third year. The May 2018 survey included four participants in Mexico, 99 in California, 39 in Oregon, and four in Washington.

The results are helping provide a better understanding of the distribution, age structure changes, and productivity of Brown Pelicans on the West Coast. Although recently removed from the endangered species list, Brown Pelicans are still vulnerable, particularly to changes in their forage fish prey abundance which they depend so heavily on.

Here are some result highlights from the May 2018 survey:

- 94 out of 116 known roost sites were monitored across the entire sampling area. Breakdown by state:

- Mexico=4, California=66, Oregon=18, Washington=6.

- Total time spent surveying at all 94 sites sampled was 121 hours and 33 minutes. Average time spent surveying at an individual site was 1hr and 17 minutes.

- A total of 7,128 Brown Pelicans were counted during the survey across the entire survey area.



Breakdown per state: Mexico=1,116, California=5,311, Oregon=537, and Washington=164

- Over 90% of the surveyed pelicans were aged as "adult" or "juvenile"
- The percentage of adults to Juveniles was 71.3% adults to 28.7% juveniles across the study area. Breakdown per state:
 - California: 71% adult, 29% juvenile
 - Mexico: 80.9% adult, 19.1% juvenile
 - Oregon: 65.3% adult, 34.7% juvenile
 - Washington: 26.3% adult, 73.7% juvenile

Locally, volunteers with Friends of Cape Falcon Marine Reserve counted 5 pelicans at Castle Rock, just outside of Cape Falcon Marine Reserve.

Statistics from survey provided by Joe Liebezeit, MS – Avian Conservation Program Manage, Audubon Society of Portland

To learn more about ongoing North Coast bird surveys this summer, email capefalconmr@gmail.com or visit <https://www.nehalemtrust.org/capefalconmr/>

CoastWatch 25th Anniversary



Take a beachwalk with a leading Coastal Ecologist

FOR COASTWATCH VOLUNTEERS, it's a chance to celebrate the program's 25th anniversary. For anyone interested in shoreline science, it is an opportunity to hear two talks by a leading coastal ecologist, and then follow him on a guided beachwalk.

The event is a CoastWatch anniversary party taking place on Saturday, July 7, beginning at 9:30 a.m. at the Gleneden Beach Community Hall (110 Azalea St. in Gleneden Beach). CoastWatch is the volunteer shoreline monitoring program of the Oregon Shores Conservation Coalition.

All activities are free of charge, and everyone is invited for all or any part of the day.

Featured speaker is Stewart Schultz, author of "The Northwest Coast: A Natural History" and an expert on coastal and marine ecosystems. Dr. Schultz will speak at 9:45 a.m. on the ecology of Oregon's rocky shores, and again at 11 a.m. on the beach ecosystems of the Pacific Northwest and the creatures that inhabit them. After lunch, Schultz will guide a beachwalk that will focus on the beach and on the plants and animals that wash up in the driftline. The walk will also be accompanied by Fawn Custer, CoastWatch's volunteer coordinator, herself an experienced marine educator.

Lunch will be a "semi-potluck" indoor picnic at the community hall. CoastWatch will furnish finger food and beverages. Those attending can brown-bag their own sandwiches or other main courses, but are also encouraged to bring a side dish or dessert to share (not obligatory). Brief talks during lunch will outline CoastWatch 25-year history and future plans.

After the beachwalk concludes, at about 3 p.m., the celebration will conclude with a wrap-up party, including an anniversary cake.

Stewart Schultz has wide-ranging experience in studying the Oregon coast, making him a very knowledgeable guide to the

shoreline environment. An Oregonian who grew up playing on the shore near Gearhart, he went to Reed College and obtained his doctorate in botany from the University of British Columbia. He worked on the Oregon coast for the Nature Conservancy, the Oregon Department of Fish and Wildlife and the U.S. Fish and Wildlife Service, gaining wide field experience, before pursuing an academic career as a professor at the University of Miami, and now the University of Zadar in Croatia. During the academic year he studies marine ecology, as well as his specialty of plant evolution and genetics, but every summer he returns to the Oregon coast to teach shoreline science.

CoastWatch at present engages more than 1,400 Oregonians (and a few regular Oregon visitors) in monitoring one-mile segments of the state's coastline, watching for both natural changes and human impacts. CoastWatch volunteers are asked to walk their miles and make careful observations at least four times per year, once per quarter, with detailed reports to be submitted on those occasions. "Mile adopters" are encouraged to visit their miles as often as possible, to check for problems and report situations needing attention where the information will do the most good.

CoastWatch also organizes a number of special citizen science projects, including surveys for marine debris, beached birds, stranded marine mammals and sea star populations, and also promotes stewardship actions such as beach cleanups.

For information about the anniversary event or about CoastWatch, contact Fawn Custer at (241) 270-0027, fawn@oregon-shores.org.

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LGBTQ news and culture
for the lower columbia pacific
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Lower Columbia Q Center Astoria Armory - 1636 Exchange Street Astoria

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.

The Lower Columbia Q Center provides many great services and has fostered some amazing relationships over the past few years. We would love to welcome you with open arms to join us during one of our events, or support groups.

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 pm
- Open Social Group: Second Wednesday of the month. 6-8 pm
- LCQC Board Meeting: Third Wednesday of the month. 6-8 pm

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 6:30pm - 8pm at the Q center. For Information call Jerilyn O'Brien @ 503-341-3777

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

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

-LGBTIQ+ Teen Social and Skate Night: Every Friday
at the Astoria Armory. 5-9 pm

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hubert in Newport.
- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagoccc@gmail.com



June's CREATE meeting in Astoria featured the charming thespians from Stop Fracked Gas/PDX & 350pdx both amused and informed meeting attendees with their performance of The Folly of Frack.



INCO's Rally to Keep Families Together on June 30 in Astoria drew 500 people demanding this country give respect, kindness, and welcome to immigrants.

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 • July 21 Columbia River Estuary Action Team

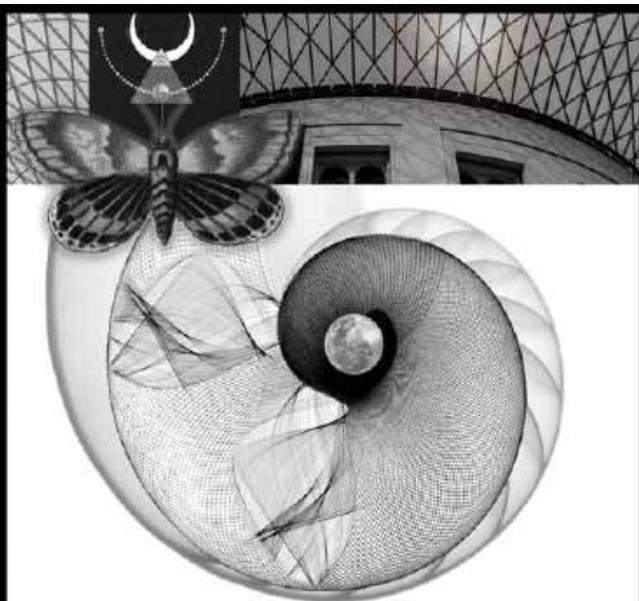
CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

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.

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The Oregon Coast: Your Dream Vacation Hiking and Swimming in Big Timber's Pesticide Poisons



IN THE FALL OF 2016, groups of concerned coastal citizens launched an impressive effort to stop toxic aerial herbicide sprays in industrial timber holdings near Oswald West State Park and Short Sands Beach. Here we are again, it's Summer 2018 and coastal residents, fish, pollinators and birds all face the same threats of herbicide drift in the air and run-off into our life-giving streams and rivers.

The Weyerhaeuser Company continues to poison the coastal streams, their latest aerial herbicide spray just recently applied in late May. The corporation used helicopters to aeri-ally spray three herbicides – Indaziflam, clopyralid and sulfometuron methyl on hundreds of acres of their industrial timber holdings. The sites are very close to Oswald State Park, the Oregon Coast Highway US 101 and the Tillamook State Forest. The aerial sprays are also very close to the Neahkanie Mountain Loop Trail and also run alongside Necarney Creek. At some locations, the aerial sprays are within 1000 ft. of popular public trails. The spray site is directly north of and adjacent to Necarney Creek, a designated fish habitat stream and upstream from Short Sands Beach, a public recreation site.

Beyond Toxics joined with Rockaway Beach Citizens for Watershed Protection and Oregon Wild to file a public records request with the Oregon Department of Forestry expressing concern with two particular aerial spray operations. The sprays around Necarney Creek, specifically Necarney Falls and Necarney Flats, are particularly egregious because of the potential herbicide exposure risks to salmon, people and aquatic organisms. The fact that these sprays occurred after clear cut logging on steep slopes carries additional risk of unstable soils and herbicide run-off on bare soils after rain.

All of us find it unacceptable that ODF allows Weyerhaeuser to spray Esplanade F made by the Bayer Corporation, which contains the active ingredient Indaziflam. Even the Bayer Corporation admits on its product label that the active ingredient Indaziflam is prone to run through soils and leach into groundwater.

What is even more concerning is the original EPA's pesticide assessment for Indaziflam. The EPA warned that Indaziflam "may not be applied by air." When ODF and ODA were asked about the contradiction of allowing a pesticide to be sprayed by helicopters that cannot be applied by air and should never be used near salmon streams below steep slopes, agency staff were not at all concerned. They replied that Weyerhaeuser is using Esplanade F, which is a special formulation that doesn't have a restriction on aerial application. Nonetheless, Bayer is not required to disclose its inert ingredients or formulation, so there is no guarantee that Esplanade (the product with the "No Aerial Spray" requirement) and Esplanade F are any different once the chemical is in the environment.

By Lisa Arkin
Exec Dir/Beyond Toxics

There are substantial environmental hazards warnings on the pesticide label of products with the ingredient Indaziflam. Esplanade F has a Surface Water Advisory: "This pesticide may impact water quality due to runoff of rainwater. This product is classified as having a high potential for reaching surface water via runoff for several months or more after application."

The problems associated with aerial sprays of Esplanade F continue to mount. This pesticide also has an Environmental Hazard Advisory: "This product is toxic to fish, aquatic vertebrates, and plants. Do not apply directly to water, or to areas where

surface water is present or to intertidal areas below the mean water mark."

The spraying of Necarney Creek and the Neahkanie recreational area started in years past. The public protested the 2016 sprays. Also, in September 2017, the same steep slopes, tributaries and the riparian area of Necarney Creek were aeri-ally sprayed with glyphosate, imazapyr, sulfometuron mythyl and metsulfuron methyl. Beyond Toxics asked ODF in our complaint: "How do state agencies, as stewards of our natural resources and wildlife, account for the accumulation and bio-persistence of multiple chemical applications in a single drainage?" We've not received a satisfactory answer to this question.

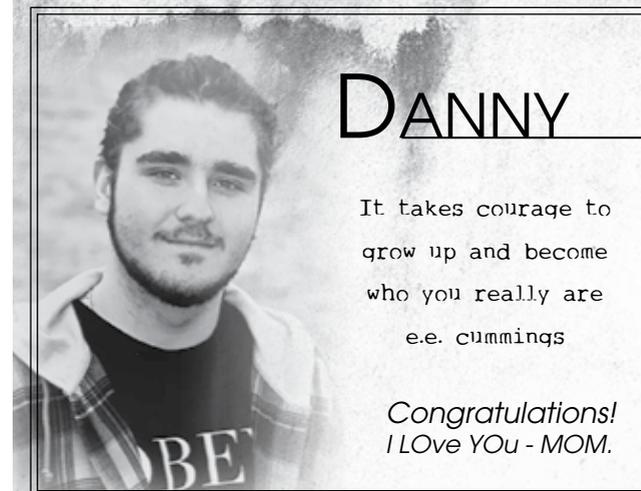
Have you gone for a swim or surfed in and around Short Sands Beach? You may be exposing yourself and your family and friends to a pesticide for which the manufacturer issued the following cautionary notice: WARNING - Organ Damage. Specific target organ toxicity - repeated exposure: Category 2.

This warning means that, based on a federal Hazard Communication Standard (HCS 2012) there is evidence that Indaziflam is presumed to have the potential to be harmful to human health, even after a single exposure. The research on the chemical confirms that it causes neurobehavioral effects and neuropathological changes in other mammals such as dogs and rats.

This aerial spray application is not safe for people, fish, aquatic invertebrates and potentially other beneficial insects. What about the safety of people using Necarney Creek for recreation downstream of the pesticide application? Aerial pesticide drift is known to travel long distances, a situation that is potentially exacerbated by common weather conditions on the Oregon Coast (wind, rain, steep slopes, fog, water vapor, etc.). People recreating along the Oregon Coast Trail and Short Sands Beach should not have to fear the potential of pesticide exposure through inhalation and/or dermal absorption from nearby aerial herbicide sprays.

Beyond Toxics has asked that ODF establish rules protective of people, fish and aquatic ecosystems. Such protections should include no less than a 0.5 mile no-spray buffer near resources that include recreational areas (i.e., hiking trails, public beaches, streams used for swimming and fishing, public parking lots, etc.) and fish streams. However, understanding the risk of pesticide drift, we really should be challenging the entire practice of aerial herbicide sprays in Oregon's coastal regions.

On behalf of thousands of Oregonians who recreate in the Oswald State Park area, Neahkanie Mountain, Short Sands Beach and the Tillamook State Forest, there must be public discussion, public hearings and protective action taken on this matter at the Oregon State Legislature.



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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"
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INCO NEW INDIVISIBLE North Coast Oregon

The Trump Psyche

BY CHRIS LEHMANN

Chris Lehmann is editor of *THE BAFFLER* and author of *THE MONEY CULT* and *RICH PEOPLE THINGS*. He'll be traveling from Washington DC next month to engage in an on-stage conversation in Astoria on how and why money corrupts American democracy and what we can do about it. Details follow INCO July events listings .

YOU KNOW that the Trump distemper in our body politic has risen to a new threat status because our journalistic thought leaders are enlisting the help of mental-health professionals. [A 2016] issue of the *Atlantic*, for one, features a stem-winding cover story by psychologist Dan P. McAdams devoted to divining just where the tangle of Trump pathologies falls along the spectrum of personality disorders of presidents past.

The answer will not likely surprise you. Yes, Trump is an angry, rampaging narcissist in the mold of Andrew Jackson—but unlike most classic narcissists, he shows no evidence of crippling parental neglect in his early childhood development. (Old Hickory also came by his self-love the hard way, battling for distinction along the white-trash frontier of the late eighteenth and early nineteenth centuries; Trump's domineering parents were already presiding over a multimillion-dollar real-estate fortune.)

And yes, Trump is a callous manipulator of the unfortunate souls he thinks may be cluttering his career path, in the winsomely paranoid style of Richard Nixon—yet unlike that scheming whack-job, Trump is an incurable extrovert, feeding on mass adulation as he glides joyously from rally to primary-victory celebration to radio interview and cable news hit. (This insatiable "extroversion," McAdams observes, places Trump in the approval-craving ranks of Bill Clinton, George W. Bush, and Teddy Roosevelt.) That tortured Shakespearean prince Nixon, meanwhile, would prowl around Nixon-hating peace rallies in the dark of night; revenge, rather than approval, was his drug of choice.

So at great length, McAdams alights on his diagnosis: Trump embodies the archetype Swiss psychoanalyst Carl Jung called "the warrior." Here the historical framework widens considerably, even as the overall terms of analysis begin audibly to creak:

Going back to ancient times, victorious young combatants enjoyed the spoils of war—material bounty, beautiful women. Trump has always been a big winner there. His life story in full tracks his strategic maneuvering in the 1970s, his spectacular victories (the Grand Hyatt Hotel, Trump Tower) in the 1980s, his defeats in the early 1990s, his comeback later in the same decade, and the expansion of his brand and celebrity ever since. Throughout it all, he has remained the ferocious combatant who fights to win.

In other words, even though Trump was a coddled, silver-spoon scion of a Queens real-estate fortune, he still comes bearing a trademark American

personal narrative of dogged triumph over adversity—the adversity in question here being mostly self-inflicted bankruptcy. One certainly appreciates the impulse to seek out hidden depths in a character that's composed as completely of surface impressions as Trump's is, but this seems too much of a stretch into the storehouse of American political myth-making to pass muster (as a true archetypal warrior prince might say).

Just for starters, warriors in Western tradition are bound by fairly stringent codes of conduct—they don't lie and gleefully promote torture, or belittle weak or disabled civilians. And when they do, they're supposed to be punished, not lavishly rewarded with mass adulation and media attention the way Trump has been. And surely none has gone to the trouble of inventing pseudonymous alter egos for the sake of spinning their travails in the media.

No, the more dispassionate, European verdict on Trump's character... assayed by the *Financial Times* writer Gideon Rachman seems more on point: like Vladimir Putin, Recep Tayyip Erdogan, Narendra Modi, and countless other contemporary world leaders in fraying democracies or full-blown oligarchies, Trump is simply a strongman and a bully. Like Trump, Rachman writes,

All these men have promised to lead a national revival through force of their personalities and willingness to ignore liberal niceties. In many cases, the promise of decisive leadership is backed up by a willingness—sometimes explicit, sometimes implied—to use illegal violence against enemies of the state.

From this global perspective, the woolly features of the Trump psyche emerge in plainer relief as well. Putin, Erdogan, et al. are all incorrigible show-offs, eager to parade their wealth, influence, and macho derring-do before what they're firmly convinced is an admiring global audience. And as Rachman notes, this ethos of alpha showmanship "goes hand-in-hand with extreme sensitivity to criticism"—another non-warrior trait that we need not belabor in Trump's case...

Read the rest of this article at thebaffler.com. Reprinted with permission from *The Baffler*, May 19, 2016.

INCO EVENTS July

March with INCO in the Seaside July 4th parade

Wednesday, July 4: decorating at 10 am; parade starts at noon
Wear red, white, and/or blue
Line-up on Necanicum Drive in Seaside; look for the "Vote Boat"

Astoria INCO Community Group

Saturday, July 7, 8am
Street 14 Café, Astoria

INCO Reading Group: The Age of American Unreason in a Culture of Lies

Wednesday, July 11, 6:30 pm
Astoria (private home; email incoregon@gmail.com for details)



INCO Vote the Future Team

Wednesday, July 18, 6:30 pm
Seaside Library Board Room
Warrenton INCO Community Group Meeting
Saturday, 11 am; email incoregon@gmail.com for dates
Dooger's Seafood and Grill, Warrenton

Save the Date:

PROSPERITY AND POLITICS: THE AMERICAN NIGHTMARE

Wednesday, August 8, 7pm
Lovell Showroom,
426 14th Street, Astoria
Doors open at 6:15 pm.

Join Chris Lehmann, editor of *The Baffler* and author of *The Money Cult* and *Rich People Things*, for an on-stage conversation on how and why money corrupts American democracy and what we can do about it.

Free and open to all. Light fare and drinks available for purchase. Donations welcome. Hosted by Indivisible North Coast Oregon (INCO) Astoria



March with INCO this year in the Seaside Fourth of July parade

As AVA's New Executive Director Annie Eskelin prepares for the Astoria Open Studios Tour and future collaborations



Exec. Dir. Annie Eskelin at the door of new AVA digs on 11th & Duane

Photo: Dinah Urell

IN MAY 2018, Annie Eskelin started as the first-ever executive director of the Astoria Visual Arts Association (AVA). Eskelin, who was AVA's artist-in-resident in 2016, has been coordinating the Astoria Open Studios Tour since 2016. "AVA sort of pulled me in because I lived the benefits of its programming," she says.

Eskelin comes to the position with substantial experience in non-profit management. She is the former executive director of the Union County Art and Culture Center (now "Arts Center East") in La Grande, Ore. and was instrumental in bolstering that organization's community arts education program and helping facilitate a horizontal merger with another, complementary arts organization. Eskelin has an aptitude for arts administration thanks in part to having two degrees from Eastern Oregon University, in Business and in Art.

"It's been a whirlwind beginning," says Eskelin. While her position is currently funded by a nine-month grant, Eskelin says she's constantly talking to people on the street about ideas and directions and collaborations. "I'd really like to build the position into something a little bit more stable based on programming," she says.

When we spoke, in addition to looking towards upcoming grants and preparing for the AVA fundraising party at Fort George on June 26, Eskelin was finalizing the logistics for this year's Astoria Open Studios Tour. "Now it's figuring out where to put the pop-up studios, doing all the marketing and press releases, and putting together the tour guide and map."

This year, the Astoria Open Studios Tour has grown to include 50 local artists (up from last year's 37) who will open up their studios to visitors from 10am to 4pm on July 28 and 29. "The growth is not surprising," says Eskelin, "since so many people

have been moving to, or back to, the area. And the tour is a great way for artists to get their names out there."

Eskelin is one of seven artists on the tour who will have pop-up studios across the street from City Hall, and local ceramicist Audrey Long will be in the brand new Astoria Makers' Space. The tour has also expanded geographically to include three artists in Svendsen and one in Knappa. "We're really including the greater Astoria area," says Eskelin. "People can branch out and get to know Clatsop County as another layer to the adventure."

Last year, about half the visitors to the Astoria Open Studios Tour were from out of town, "which is phenomenal," says Eskelin, "because we don't do a lot of advertising outside of our area. There's a lot of word of mouth, and the tour is generating its own annual energy."

While Eskelin thinks the tour has the potential to expand even further, such as taking place over more than one weekend, she's also enthusiastic about AVA's many other programs—and potential programs—for expanding the visual arts community and access to the visual arts in Astoria. She wants to see "more invigorating arts experiences that just open people up," such as more public art, art in schools, workshops, and pop-up galleries. Indeed, talk of collaboration is around every corner.

AVA has recently expanded its Community Arts-Based Programming for Teens: last year, Andie Sterling became a part-time coordinator of regular workshops by working artists in Knappa and Astoria High Schools. With this expanded arts curriculum, students have also gone on field trips to visit artists' studios and to Portland.

In addition to its artist-in-residency (AIR) program for local emerging artists,

By Alyssa Graybeal

AVA also partners with Recology Western Oregon for the Coastal Oregon Arts Residency (COAR). Based in Warrenton, COAR provides artists with plenty of space to do sculptural work using reclaimed objects. San Francisco and Seattle are the only two other cities who have such a residency, which really shows how, "for artist destinations, Astoria is absolutely phenomenal," says Eskelin.

"All of these programs are very young for an organization that's been around since 1989," says Eskelin. "But the longer I'm here, the better it seems to be."

Moving into the future, Eskelin says AVA is looking for a brick-and-mortar space in which to expand programming possibilities and community events. Grant-writing is also high on the agenda because "it's a really great way to bolster programs and expand them to see what's possible." Luckily, continues Eskelin, that AVA has 130 members in a town the size of Astoria "shows to large foundations that the community is really supportive of what we do."

In the end, Eskelin explains, it's all about individuals' passions and enthusiasm. "You can orchestrate some of the programs/workshops, but it's the individuals and members and organizations' interest in collaborating and developing new programs that really influence what we can offer."

Astoria Open Studios Tour

is free and self-guided. Full color printed tour guides may be picked up at Studio 11, RiverSea Gallery, Imogen Gallery and most coffee joints in mid July and will be available in Coast Weekend in the Daily Astorian the week of the tour. More information is available at www.astoriavisualarts.org.

Annual AVA membership is \$30/40/60 for individuals, families, and businesses, respectively. Many local businesses also offer generous discounts for AVA members.
www.astoriavisualarts.org



Jo Pomeroy Crocket - The Art Loft 106 3rd St



Jill McVarish - McVarish Gallery 160 10th St



Chris Bryant — Paradise Prod. 5115 Birch St.



Dave McMaken — Ratz and Co. 260 10th St.

PHOTOS: James Redland Anderson

TOWARD A NEW VISION FOR OREGON FORESTS

By ROGER DORBAND

PART IV: THE BLUE MARBLE

A BEAUTIFUL BLUE, perfectly round sphere, accented with touches of light brown and green, the whole marbled with spinning ribbons of white atmospheric vapors, a brilliance against the utter blackness surrounding it; that is the planet Earth as seen from space, singular in our solar system, and perhaps far beyond, for its ability to sustain the mystery we call life.

Can this image of Earth provide the beginning of a new vision for Oregon forests? Part of that answer lies in the impact it had on the astronauts who first beheld it.

In 1947, before the advent of NASA, a group of U.S. military and scientific personnel sent a camera loaded projectile over 100 miles up capturing the first composite black and white photographs of sections of Earth's surface. Humanity waited nearly 20 years after that to get a more wholistic view of Earth from space, and an additional 6 more years until the astronauts aboard the Apollo 17 moon mission captured the now iconic "Blue Marble" photograph showing Earth in its entirety surrounded by the boundless blackness of space.

Virtually all American astronauts, and their counterparts, the Russian cosmonauts, were deeply moved by their first view of Earth from space. On the 1971 Apollo Moon Mission, astronaut Alan Shepard was "brought to tears" at his first sight of Earth. Two years earlier Frank Borman, test pilot and tough minded cold warrior, was overcome by "powerful emotion" when he glimpsed Earth while orbiting the moon.

In his first evening broadcast from the moon, Jim Lovell, the command module pilot on the 1968 Apollo moon mission, spoke of the loneliness of Earth in space, a loneliness that is, "awe inspiring and makes you realize just what you have back there on Earth." That night Lovell and the crew ended their broadcast by taking turns reading from the book of Genesis.

Lovell's crew were not the only astronauts to exhibit a seemingly innate religious sense inspired by seeing Earth from space. Borman also exclaimed after returning to Earth from space, "I had an enormous feeling that there had to be a power greater than any of us - that there was a God." Veteran astronaut, John Glenn, said, "To look out at this kind of creation and not believe in God is to me impossible." Astronauts Charles Duke and James Irwin both became ministers in the years following their time on the moon.

Bringing a sense of the sacred back into creation may ultimately be a more important contribution from the astronauts to humanity than the scientific data their missions produced. Theologian Richard Rohr has written that in our modern, secular times Earth has been left "essentially devoid of sacred energy.



"The deepest cause of our discontent and confused yearnings is the loss of Paradise. The human soul needs anchoring in something beyond itself...an image of Paradise lies at the root of wanting to do the right thing and make things better."

James Hillman - *The Rag and Bone Shop of the Heart*

So every imperial mind could ravage the earth's resources with impunity."

Rohr provides an enlightened alternative, "that everything that has being in the universe carries within itself the sacredness of spirit." Some scientists, like Suzanne Simard of the University of British Columbia, who is founder of the Mother Tree Project, are circling around a similar point of view. Simard's research demonstrates that trees have a consciousness and are able to communicate with one another, suggesting an interconnectedness that is a hallmark of the sacred.

Perhaps of equal importance historically will be the collective experience of the space travelers noting the "loneliness" and diminutive size of the planet relative to deep space. Earth's size suggests limited resources, a planet vulnerable to exploitation and overuse. Yet here we are in the 21st century, with climate change bearing down on us, and still this message has not become, in any real sense, an operational principle for corporations extracting natural resources.

The lucky individuals who have flown in space and seen the earth from afar are gifted with a visual memory as profound as any in the history of human consciousness. The poet, Archibald McLeish, wrote that, "To see the earth as it truly is, small, blue and beautiful, in that eternal silence where it floats, is to see ourselves as riders on the earth together, brothers on that bright loveliness in the eternal cold, brothers who know now they are truly brothers."

The empathetic capacity of a poet made it possible for McLeish to glean a powerful insight from the Blue Marble photograph. And what of the rest of us? Has the image of Earth from space moved the consciousness of planet bound earthlings in any profound way?

Certainly the Blue Marble photograph has become an icon for the environmental movement, and most probably has changed the course of many lives. It remains the most widely

distributed photograph in history. But like all revolutionary new ideas, the impact isn't necessarily immediate.

The space travelers who went to the moon looked back at Earth and saw paradise. We may say cynically that it's only paradise from afar, and far from it up close. Like most transcendent truths, the reality is both ambiguous and paradoxical.

One can't diminish the sight of vast areas of Earth's surface that have been laid to waste by strip mining, fracking or the clearcutting of the rain forests. And yet, there is the Blue Marble and all of the beautiful places we can visit that are still intact; the National Parks, protected wilderness areas, Wild and Scenic Rivers.

The astronauts knew the reality back on Earth. They knew that the vision they saw of the planet was an image of utopia, and that utopia is a product of the imagination. And yet they were profoundly moved by what they saw. The record of the astronauts' words and actions after they returned to Earth suggests that the emotion they felt became the impetus for rededicating themselves to improving their lives and that of the planet; even though the emotion came from a "reality" that they were imagining.

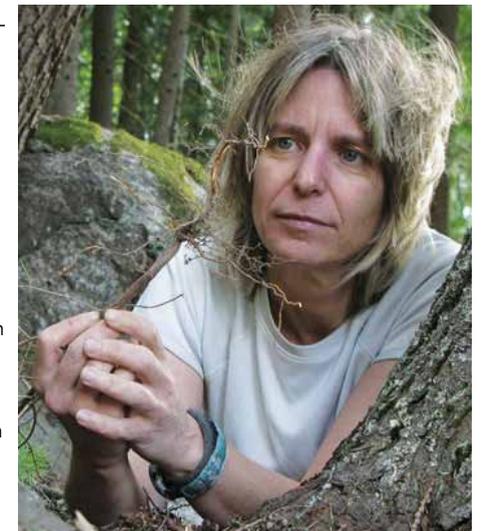
EXPLOSIONS OF UTOPIA IMAGINATION

In a recent Sierra magazine article, author and activist, Naomi Klein, theorizes that the success of social and environmental movements of the past came about because bold action followed bold vision which, "...unfolded in times when people dared to dream big, out loud, in public...". At the bottom of her examination of why certain national crises result in sweeping social change and others do not is the presence, or absence, of what she describes as "explosions of utopian imagination."

Klein's main point is that a utopian vision provides the passion for great accomplishments, which, though they may fall short of the dream, surpass that which could be achieved without the vision's energy.

One such explosion occurred after the Civil War when freed slaves and their radical allies imagined a world free of prejudice and social injustice. Their passion resulted in immediate social changes such as free public education for all children. Though their utopian vision is still unrealized it has been re-imagined and kept alive by the dream of Martin Luther King and the vision of other black leaders.

Following the Great Crash of 1929, and the resulting Great



Scientist Suzanne Simard's research demonstrates that trees communicate with one another.

Depression, a massive collective response made Franklin Delano Roosevelt's vision of a New Deal possible. Major social changes occurred, like social security and unemployment insurance. The passion of that utopian vision has been carried forward by men like Bernie Sanders, whose presidential candidacy focused on a more humane and economically just society, rousing an impassioned, progressive wave among the youth of America.

Environmental crises can also become the catalyst for major social change. Klein writes about the 1969 oil spill off of the coast of California, which covered the beautiful beaches in the Santa Barbara area and far beyond, as well as killing thousands of sea birds, fish and mammals. The public outrage over the spilling of 2 million barrels of oil into the ocean had immediate impact.

Shortly after the disaster, Richard Nixon, who was himself a Californian, halted all off shore drilling for a time, and later launched the Environmental Protection Agency, which was followed in the years after the Santa Barbara oil spill by other major pieces of legislation that have become the bulwark of the nation's defense of the environment. Klein maintains that the oil spill was the environmental equivalent of the Great Crash of 1929; "a shock millions responded to by demanding fundamental change."

So what are we to make of more recent environmental catastrophes, like Hurricane Katrina, the Exxon Valdez, and the BP Deepwater Horizon disaster, which didn't spark much social or policy change? Klein maintains that the aftermath of the more recent environmental crises lacked a utopian vision of what the future could look like. She continues, "Reclaiming the 'utopian tradition means having the courage to paint a picture of a different world, one which, even if it exists only in our minds, can fuel us as we engage in winnable battles."

BUILDING AN ECO-PARADISE IN OREGON

The Google Earth map of Clatsop County shows a checkerboard of clearcuts that appear like angular, brown patches on Mother Earth's hide. When come upon while hiking, or driving, the full impact of their chaos and deadly aftermath hurts the soul. Yes, there are still beautiful parts of the state to celebrate, but based on all of the evidence, pairing the word "eco-paradise" with Oregon suggests an improbability, even an impossibility. How can Oregonians find the courage, wisdom and vision to dream large about our state; to dream of creating an eco-paradise right here?

The journey toward an eco-paradise in Oregon requires hope, above all else. Finding and maintaining hope is a heavy lift for those living in proximity to the clearcut devastation along the Oregon coast. A way forward is suggested in "Active Hope", a new book by Joanna Macy and Chris Johnson. By the authors' measure, those despairing over the environment can find solace, identity and a path toward hope by imagining themselves heroes in a great environmental adventure story.

At the beginning of many great heroic adventures, the protagonists find themselves with little power, facing insurmountable situations. In these moments, they will naturally feel despair, but, because they see what is at stake and feel called to play a part in rectifying matters, they make a decision to follow the dark path ahead, vowing to let the adventure play out, come what may.



Google Earth Oregon's Upper left Edge clear cuts

Along the perilous way the heroes seek allies, tools and wisdom to help them surmount the difficulties. Miraculously, help appears, as it frequently does for those whose heart is sincerely on the side of life. And for that the heroes feel gratitude.

Those nurturing a vision of an eco-paradise in Oregon can be grateful for the many environmental organizations and citizen groups already hard at work to save and restore our forests. They can be grateful for land trusts and the burgeoning community forest movement that is acting to protect water and habitat; and for timber owners, like Peter Hayes of Hyla Woods, and others, who manage their forest property profitably by logging selectively and eschewing aerial spraying of herbicides. And they can be grateful for a shifting state economy in which state parks now contribute over a billion dollars yearly; an increase in monies from tourism and recreation that has diminished the importance of the timber industry.

The process that Macy and Johnson describe doesn't end with the gratitude felt by the heroes in having found kinship with trusted allies, or new knowledge. Gratitude is not hope, not the fuel needed to continue the adventure.

The authors maintain that as we feel gratitude, "We become more present to the wonder of being alive in this amazing living world...yet the act of looking at what we love and value in our world brings an awareness of the vast violation underway." Consequently, "From gratitude we naturally flow to honoring our pain for the world."

To honor grief and despair is to recognize the importance of the contribution it can make toward hope and personal wholeness. With the trust and buoyancy gained from the gratitude of finding allies, the heroes find the courage to acknowledge their pain, journeying into its very depth to suddenly find, against all odds, that a light has appeared.

The light is described by Macy and Johnson as the arousing of our "survival mechanism". The profound truth that is discovered at the nadir of grief is the affirmation of our interconnectedness with all of life which simultaneously reveals "our profound caring". From this wellspring of love for Earth, and life, it is not far to hope and action.

Those longing for an eco-paradise in Oregon can begin to see a way forward. Facing our grief and despair, and discovering of a deeper ecological connection to life, we are able to feel the love that allows for a new vision of what can be achieved in Oregon. And we recognize our power to participate in bringing it forward.

Hope has arrived! Over a lifetime, the journey from gratitude to hope and action will recur spirally, as often as needed, depending on how we are attempting to serve life. Situations change, but the fundamental nature of the journey remains the same. With each round on the spiral we gain trust in the process, freeing us to become droplets of water in the mounting utopian wave.

"See how the names are feted by the waving grass,
The names of those who in their lives fought for life,
Who wore at their hearts the fire's center.
Born of the sun they traveled a short while toward the sun,
And left the vivid air signed with their honor."

*I Think Continually of Those
Stephen Spender*

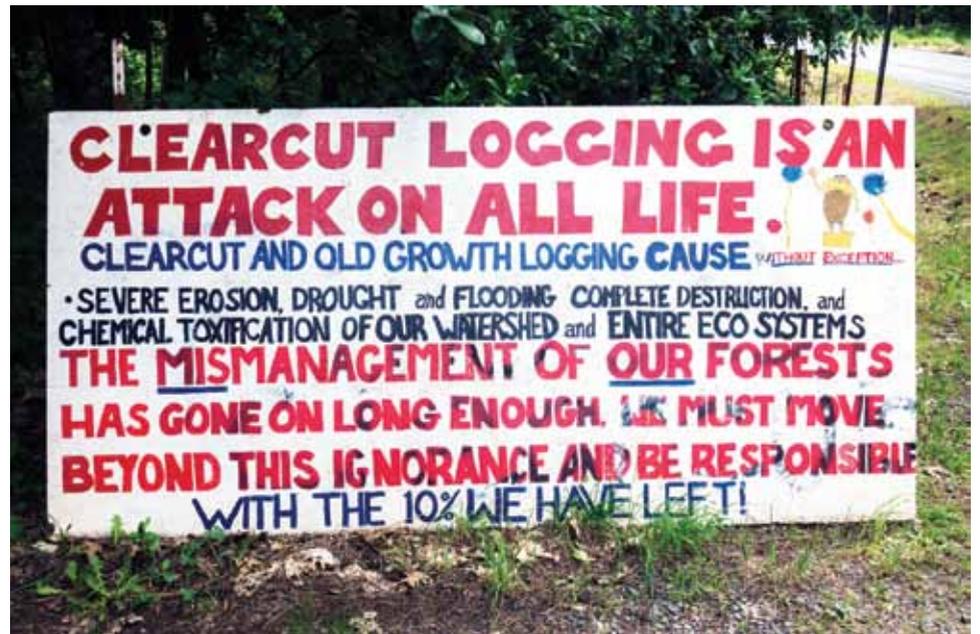


Photo: David Meyers — Sign on a road near Ashland Or.

AFTERWORD

Exploring our grief over the condition of the planet is not the only way toward hope and action. Advances in science can also inspire and fuel the pursuit of a utopian dream. Suzanna Simard's Mother Tree Project, based on her research showing the interconnectivity of nature, is a good example. Quantum physics has also produced the startling revelation that we live an illusion that blinds us to the unity of a world both seen and unseen.

No less important as a source for the expansion of individual and collective consciousness are the wisdom traditions of native cultures, and the enlightened voices from mystical traditions and the great religions. The international movement inspired by Standing Rock has all of the earmarks of an "explosion of utopian imagination," ignited by three simple words; water is life.

Pope Francis has taken the name of the saint most aligned with the glorification of nature. The Pope's making the mitigation of global warming the highest priority for all citizens of the world reveals the aptness of his choice.

Finally, a simple walk in the woods can rekindle our love of nature. Northwest poet, ecologist and naturalist, Robert Pyle, has said that, "...its utterly important to celebrate the world. Celebrate what's left, otherwise despair is really close. There's plenty to celebrate still. That's the surprising thing..."

From that celebration our love of nature is rekindled, we become more hopeful and find the courage to act.

It is the flowing together of all rivers of change that will produce what Joanna Macy calls the Great Turning. "From the confluence of these rivers we drink. We awaken to what we once knew: we are alive in a living Earth, the source of all we are and can achieve. Despite our conditioning by the industrial society of the last two centuries, we want to name, once again, this world as holy."

SHANGHAIED in Astoria Veteran Performer Ashley Mundel Directs!

By KAISA
SCHLARB

ASHLEY MUNDEL moved to Astoria 16 years ago to perform in "Shanghaied in Astoria" with the Astor Street Opry Company. As a teenager, she first saw the show while visiting her grandparents in Longview, WA. A self-professed theater kid, she was immediately hooked.

"I'm from Montana where you don't have things like that," she explains of the show. "People come here to view it because it is kind of an anomaly. Vaudeville and old-fashioned melodrama is not taught very often in theatrical schools or arts schools anymore and it is rarely taught in community theaters."

In July, Shanghaied will open to its 34th season, with the distinction of being the longest running musical melodrama in the country. This will be Mundel's first season as director.

Originally co-written and directed by Del Corbett, former theater director and professor at Clatsop College, the show began in the mid 80's and has grown over the years. The story centers, on the shanghaiing of our hero Eric Olson and his daring rescue, all in melodramatic style, with audience participation by cheering, booing, sighing and throwing popcorn!"

In her years of involvement with the show, Mundel has supported the production in a number of roles. She's done hair and makeup, been an assistant, is on the board of directors, and has directed smaller shows throughout the year.

She has also been playing her dream role in Shanghaied, that of Miss Macie, as understudy to long-time lead/ASOC veteran, Chrislynn Taylor.

Mundel refers to her new role as director as "the



heaviest job she has ever had."

"The learning curve is definitely there. I feel like I had all of the tools inside me because I know the show so well. I saw what I wanted to add and what I wanted to take away to get it back to its original roots as a show."

With Del Corbett as one of her mentors, she is confident in her goal to bring the show "back to the way it

was in the 1984 version. I'm going to add the glitz and glamor and 2018 stuff in the dances."

She also notes that part of the curve is learning how to direct a group of people she is so close with.

"These are all my friends and family. My ex-husband is in the show, his wife and their baby, his sister, my best friend, my little brother, my little brother's best friend, and my boyfriend. The list goes on and on for how we are all connected as a group of 150 people."

Those 150 people make a big commitment to keep the show running. Practices and performances are at least a 6 month affair, rehearsals have been running since April, and the show itself will run from July 12th-September 1st, 3-4 shows a week.

Mundel was nominated to her directing role in February and has been busy working since then.

This 34th season, Mundel explains, is dedicated to Bill Brooks, the show's drummer. For 25 years, Brooks has performed at every single show. This year will be the first year he will ever have an assistant drummer. "He's the beat to our show and the beat to our heart," she says.



Mundel as the saucy Miss Macie also directs

ASOC PLAYHOUSES GETS A MAKEOVER!

The home of Shanghaied in Astoria, the Astor Street Opry Company Playhouse in Uniontown, Astoria has gotten a makeover with generous donations of time, materials, and a lot of hard work. The Sherwin Williams Store in Gearhart donated over \$1800 in paint, and now the building is Positive Red and Papaya. Englund Marine also donated equipment for the theater's outdoor awning. One of ASOC's founders, Dr. Del Corbett, chose the color, secured donations and was one of nearly two dozen hardworking volunteers to paint the outside of the playhouse on Saturday, June 23rd.

ASTOR STREET OPRY COMPANY presents the 34th Season of SHANGHAIED IN ASTORIA, the Live on Stage... Award Winning...Family Entertainment...Original...Historical... Hysterical...Broadway-Style...Musical Melodrama. Opening July 12 thru September 1.

Show times are 7 pm Thursday-Saturday, with 3 Sunday matinees at 2 pm on July 22nd, August 5th and August 19th. Tickets are \$20 for front row seats, All other seats - \$15 adults; \$10 children. This season we are featuring \$10 Fridays, with all seats \$10.

SNEAKE PEEK: Fri/Sat July 6&7, be the first to see the 2018 Season. All tickets are \$10! Purchase tickets online at www.asocplay.co

10th Street Stage:

Astoria Library serves live music and fresh lemonade during summer concert series



Christopher Reyne

currently is writing and recording her first solo project.

Christopher Reyne is an Astoria-based artist with a clear vision of how he wants his compositions to make you feel. His debut album, "A Stranger at the Wheel", is a collection of lush, layered soundscapes with lyrics that, as Mod City puts it, "feel like honest journal entries put to music." The Deli writes, "Catchy pop-esque hooks and complex musical textures pair with Reyne's melodic voice to make it clear that this performer is dedicated to entertaining his listeners." Reyne is working on a new album slated for release in the fall.

The series will continue with a performance by Lucy Barna at 6pm Wednesday, July 18.

10th Street Stage is a program of the Astoria Library, sponsored by the Liberty Theatre, the Astoria Oregon Public Library Foundation, and the Astor Library Friends Association. For more information and the complete concert schedule, contact library staff at 503-325-7323 or visit astorialibrary.org.



Laura Lewis

Lincoln City Farmers and Crafters Market presents world performance on the Main Stage

• Sundays

FOLK MUSIC from the Andes. String music and clogging in the tradition of Appalachia. Narrated dances from Samoa and Hawaii. Modern originals by a Filipino-American singer-songwriter. *Danza Azteca* from the heart of ancient Mexico. You can take this tour, getting a taste of culture from around the world, at the Market Main Stage this summer. The Lincoln City Cultural Center will present this 8-week outdoor music series, in conjunction with the Lincoln City Farmers and Crafters Market, every Sunday from July 8 to Aug. 29. Concerts will start at 1 pm in the food court, 540 NE Hwy. 101.

This free cultural series will begin on July 8 with the *Matt and Amy White Duo*, offering jazz vocals, keyboard and saxophone, and will end on August 26 with the fun, interactive children's show by *3 Hand Stephen*. In between, you'll see locally-grown singer-songwriter *Pat Magada*, the *Celtic duo Pipedance*, the new *Foulweather String Band*, *Chayag En Familia*, *Paradise of Samoa*, and more. This program is sponsored by Rusty Truck Brewing Company and supported by a grant from the Oregon Cultural Trust, through the Lincoln County Cultural Coalition.

July and August are great times to visit the market, which features a wide variety of produce, plants and other agricultural products plus arts and crafts made my local and regional vendors. The market is open from 9am to 3pm every Sunday at the LCCC, 540 NE Hwy. 101. The public is invited to shop, grab some lunch or a treat, and enjoy these family-friendly Market Main Stage Performances. For more information, call the LCCC at 541-994-9994.



Chayag en Familia perform on the Farmers market Stage

July Cultural Calendar

Fisher Poet's Salon Sea Songs

IN THIS SPECIAL, one-night only event, Fisher Poets Geeno Leech and David Campiche read original works that celebrate the oceans, their power to inspire and obliterate, to give, take and shape our human lives.

The poets are accompanied by live ambient music, by Gregg Skloff, Micah Huang and Emma Gies (aka the Flower Pistols). Art by David Campiche and Sid Deluca will be showcased.

Complimentary refreshments follow the show. Friday, July 13, 8pm. NO COVER, all ages. At the Blue Scorch in Astoria.



Electric Fences Festival Leo Rondeau, Selector Dub Narcotic to headline

NEHALEM — The fourth annual Electric Fences music festival will take place Saturday, Aug. 4th at Lunasea Gardens in Nehalem, from noon until midnight. The event, held at a 12-acre, partially forested farm on the North Fork of the Nehalem River, will feature performers from Oregon, Washington, Tennessee, and Texas.

The festival is open to all ages. Advance tickets are \$20 and are available through the festival website. Overnight camping passes are also available for purchase.

This year's featured performers include:

- **Leo Rondeau** (Nashville, TN): A cornerstone of Austin's underground country scene for over a decade, Leo Rondeau relocated this past autumn to Nashville. Back in 2013, Saving Country Music praised Rondeau as "...a songwriting lifer who you sense takes a wide, patient perspective, and has a belief in the power of song to outlast trends, obscurity, or even a song's original creator when it is approached with heart." Returning to the Pacific Northwest for a brief series of shows, Rondeau will close out Electric Fences with an intimate acoustic set.

- **Selector Dub Narcotic** (Olympia, WA): Founder of K Records and vocalist of bands such as Beat Happening and The Halo Benders, Calvin Johnson released This Party Is Just Getting Started under the pseudonym Selector Dub Narcotic this past summer. In a review of the album, Noisey called Johnson's sound a "...wild, hypnotic, beat-smothered album that would sound best as the soundtrack to a party, or some other situation where you want to feel uplifted, free and giddy as a kid after fanta and skittles."

- **Little Mazarn** (Austin, TX): Under the stage name Little Mazarn, Lindsey Verrill released her debut album last year through Austin-based label Self Sabotage Records. This March, The Austin Chronicle named Little Mazarn as one of 12 breakthrough Austin bands at SXSW.

Other confirmed acts: The Lonesome Heroes (Austin, TX), Bad Shadows (Portland, OR), Countryside Ride (Clark County, WA), Thee Last Go 'Round (Portland, OR), Mouth Painter (Portland, OR), Jean Wranglers (Austin, TX), Hey Lover (Portland, OR), Book of Colors (Portland, OR), Dowsing (Port Townsend, WA)

About The Festival: Electric Fences was founded in 2015 as an autonomous, D.I.Y. event, rejecting the necessity of sponsorship, and operating under the idea that a smaller, less restrictive model of the traditional music festival would create a more memorable and enduring experience for both the audience and the performers.

For tickets, directions, and all other festival info please visit: www.electricfencesfest.com



Thursday 5

MUSIC

Ben Cosgrove. 7 – 9pm at the Lincoln City Cultural Center.

Crystal and The Pick Me Ups. No cover, 7pm at the Sand Trap Pub in Gearhart.

Raeann Phillips. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

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

Used Book Sale. 10am – 5pm at the Cannon Beach Library.

OUTSIDE

Beach Clean-Up. On the beach in Seaside, Lincoln City, and on the Long Beach Peninsula.

THEATER

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

Friday 6

MUSIC

Trumpeter Mark Berney. Professional trumpeter and native Astorian, Mark Berney returns home to play a jazz tribute to Louis Armstrong, with trio, Joey Altruda on bass, Lee Stromquist piano. Guest vocalist Dinah Ural. \$15. 8pm at KALA in Astoria.

Adams and Costello. 8 – 10pm at Public Coast Brewing in Cannon Beach.

Pete Kartsounes. No cover, 8:30pm at the Adrift Hotel in Long Beach.

Karaoke from Hell. \$5, 9pm at the San Dune Pub in Manzanita.

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

ART

Ilwaco First Friday Art Walk. 4 – 7pm in Ilwaco.

Trunk Show. With the work of jewelry artist Sandra Lill. At the Columbia Pacific Heritage Museum in Ilwaco.

CINEMA

Star Wars VII; The Force Awakens. No cover, 9pm in the Lovell Brewery at Fort George in Astoria.

HAPPENING

Used Book Sale. 10am – 5pm at the Cannon Beach Library.

Comedy on the Coast. Hosted by Aaron Woodall, featuring Mark Yaffee and headliner Kristin Key. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Shanghai'd in Astoria. Sneake (not Snake) Peek Weekend. \$10, 7pm at the ASOC Playhouse in Astoria.

Love Letters. Comedy. \$15, 7pm at the NGRD Performing Arts Center in Nehalem.

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 7

MUSIC

Baby Grams & The Nehalem Valley All-Stars. 2 – 6pm at the Nehalem Bay Winery, Nehalem.

Crosby Lane. Free, 7pm at the First Presbyterian Church in Astoria.

Terry and Jerry Holder. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Pete Kartsounes. No cover, 8:30pm at the Adrift Hotel in Long Beach.

ART

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

FOOD & DRINK

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

HAPPENING

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

Fireworks. At dusk at the Port of Ilwaco.

Used Book Sale. 10am – 5pm at the Cannon Beach Library.

Coastwatch 25th Anniversary Party. Lectures, picnic, beach walk. Stating at 9am at the Gleden Beach Community Hall.

Comedy on the Coast. Hosted by Aaron Woodall, featuring Mark Yaffee and headliner Kristin Key. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Ilwaco Firecracker 5k. The event starts at the Port of Ilwaco and leads participants along the Discovery Trail to Beard's Hollow before heading back to the Port. The run starts at 9am. Register at unbeach.com/event/firecracker-5k-walkrun-ilwaco/

THEATER

Shanghai'd in Astoria. Sneake (not Snake) Peek Weekend. \$10, 7pm at the ASOC Playhouse in Astoria.

Love Letters. Comedy. \$15, 7pm at the NGRD Performing Arts Center in Nehalem.

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

Sunday 8

MUSIC

Brownsmead Flats. 10am – 3pm at the Astoria Sunday Market.

Matt & Amy White. 1 – 3pm at the Lincoln City Farmers and Crafters Market.

Mark Wagner and Chuck Seggerman, Free, 1 – 3pm at the Hoffman Gardens in Manzanita.

Credence Clearwater Revival Tribute. \$20, 2pm at the Historic Raymond Theater in Raymond.

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

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

OUTSIDE

Happy Tails Group Dog Walk. Walk along the beach in Cannon Beach. Free, dogs must be on standard leashes. Meet at 6pm at the parking lot by Mo's at Tolovana Beach State Park in Cannon Beach.

THEATER

Love Letters. Comedy. \$15, 2pm at the NGRD Performing Arts Center in Nehalem.

Monday 9

MUSIC

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

HAPPENING

Spotlight Dance Cup. At the Seaside Convention Center.

Tuesday 10

MUSIC

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

HAPPENING

Spotlight Dance Cup. At the Seaside Convention Center.

Wednesday 11

MUSIC

Rita Waeton & Justin Herndon. \$10 suggested donation. 7pm at the Lincoln City Cultural Center.

Alex Ashley. No cover, 8pm at the Adrift Hotel in Long Beach.

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

HAPPENING

Spotlight Dance Cup. At the Seaside Convention Center.

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

THEATER

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 12

MUSIC

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

Alex Ashley. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Spotlight Dance Cup. At the Seaside Convention Center.

OUTSIDE

Geology on the Estuary. Explore the south end of the Clatsop Plains where the dunes meet the Necanicum River estuary at Neawanna Point Habitat Reserve in Seaside with Tom Horning. Free, 10am – noon. Call 503-738-9126 to register.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

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

Friday 13

MUSIC

Myshkin Warbler. From Joshua Tree, CA, Myshkin, Singer Songwriter and Cellist/Author Jenny Q, drummer Scott Magee perform on tour with show TRUTH.TOGETHER. At KALA in Astoria. \$15. Advance tix.libertytheater.org

Professional trumpeter and native Astorian, Mark Berney returns home to play a tribute to Louis Armstrong, with trio, Joey Altruda on bass, Lee Stromquist piano. \$15. 8pm at KALA in Astoria.

Alex Ashley. No cover, 8:30pm at the Adrift Hotel in Long Beach.

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

FOOD & DRINK

Shop at the Dock & Beyond. Learn about local commercial fisheries, where to find local seafood, and for a behind the scenes tour of a local market. Tours start at 9 and 11 am. Meet at the Warrenton Marina Commercial Docks.

→ cont. p19

THEATER & PERFORMANCE

MYSTERY, MEYHAM AND MUSIC TAKE TO THE COASTER THEATRE STAGE THIS SUMMER



Very Life Like! David Sweeney as Watson, Slab Slabinski (Actor 1) and Frank Jagodnik in Baskerville.

THE COASTER THEATRE Playhouse readies the stage for two hilarious farces – Ken Ludwig’s Baskerville: A Sherlock Holmes Mystery and The Musical of Musicals (The Musical!).

Summer kicks off with Ken Ludwig’s **Baskerville: A Sherlock Holmes Mystery** Sherlock Holmes...the man, the myth, the legend. When Sir Arthur Conan Doyle put pen to paper and began to write about the adventures of Sherlock Holmes and Doctor John Watson, he created two of the most unforgettable characters in English literature. As the father of the mystery genre, Sir Arthur Conan Doyle’s influence throughout the ages cannot be denied. In creating Baskerville: A Sherlock Holmes Mystery, comedic genius Ken Ludwig honors the origin story while creating an exciting and funny Sherlock Holmes adventure. He’s created a classic melodrama with onstage antics that’ll leave the audience both on the edge of their seats and rolling in the aisles. The thrills come from the classic text and the comedy from the three actors playing 35+ characters creating a magnificent farce to feed your hunger for a good mystery.

This whimsical spin on a classic Holmes mystery is helmed by Jenni Tronier (Coaster Theatre’s Marketing & Operations Director) and features veteran Coaster Theatre actors Frank Jagodnik (Sherlock Holmes), David Sweeney (Dr. John Watson), Slab

Slabinski (Actor One), Ryan Hull (Actor Two), Richard Bowman (understudy for Actor Two) and Emily Dante (Actress One).

Next up is **The Musical of Musicals (The Musical!)**, a musical about musicals! In this hilarious satire of musical theatre written by Eric Rockwell and Joanne Bogart, one story becomes five delightful musicals, each written in the distinctive style of a different master of the form, from Rodgers and Hammerstein to Stephen Sondheim.

The basic plot: June is an ingenue who can’t pay the rent and is threatened by her evil landlord. Will the handsome leading man come to the rescue? The variations are: a Rodgers & Hammerstein version, set in Kansas in August; a Sondheim version, featuring the landlord as a tortured artistic genius who slashes the throats of his tenants in revenge for not appreciating his work; a Jerry Herman version, as a splashy star vehicle; an Andrew Lloyd Webber version, a rock musical with themes borrowed from Puccini; and a Kander & Ebb version, set in a speak-easy in Chicago. An entertaining comic valentine to musical theatre.

This entertaining parody of musicals is directed by Patrick Lathrop (Coaster Theatre’s Executive Director) and features a veteran cast including Richard Bowman (Big Willy, Billy, William, Bill, Villy), Cameron Lira (June, Jeune, Junie Faye, Junita, Juny), Darren Hull (Jidder, Jitter, Mr. Jitters, Phantom Jitter, Jütter) and Ann Bronson (Mother Abby, Abby, Auntie Abby, Abigail Von Schtarr, Fraulein Abby).

The summer fun starts runs through September 2, 2018. Tickets are \$25 or \$20 and can be purchased online at coastertheatre.com or by calling 503-436-1242.



HOLA ALOHA HELLO! Ann Bronson, Darren Hull, Richard Boman & Cameron Lira get intensely “Musical” this summer at The Coaster.

“It’s Broadway, Baby!” At TAPA

TAPA presents “It’s Broadway, Baby...& more!” at The Barn Community Playhouse, home of TAPA Theater in Tillamook.

Throughout the years, Tin Pan Alley has enthralled and entertained with engaging stories and music that pull extraordinary emotions from the very heart of us all - emotions that run the gambit from joyous celebration to devastating tragedy and back again. This delightful revue offers some of the most memorable music the Broadway stage has offered...and more!

“It’s Broadway, Baby...& more!” is staged by Joni Sauer-Folger and produced by Val Braun, with musical direction by Diane Nelson. The cast features: Jennifer Purcell, Margaret Page, Lisa Greiner, Kayla Cooley, Abby Absher, Kelli McMellen, Jerilee Henderson, Wally & Diane Nelson, Bill Farnum, Fred Casey, and Joni Sauer-Folger.



Tickets are available by calling Diamond Art Jewelers at 503-842-7940 or at the door. Showing times are 7pm on Friday and Saturday, with a 2pm curtain for the Sunday matinees. It is strongly recommended you call and reserve your tickets early. Ticket price is \$15 with the traditional opening night gala.

Bring the entire family for an evening of song and dance, support TAPA and celebrate the incredible phenomenon that is musical theater.

PERFORMANCES: July 13-14, 15, 20-21, 22, 27-29. The Barn Community Theater is located on the corner of 12th & Ivy in Tillamook.

LOVE LETTERS

Riverbend Players Bring The Classic A.R. Gurney Play To NCRD Performing Arts Center Nehalem July 6-21

A FINALIST for the Pulitzer Prize in Drama (1985), this classic American serio-comedy has been performed and loved around the world. In its simplest form, it is a story of friendship and love that spans fifty years all told through love letters exchanged between the two characters.

While the actors read the script on stage, the greatness of this show is how the characters and words are guided and delivered through the two performers. It’s storytelling at its finest. “The audience will laugh out loud and be moved to tears as the stories and incredible relationship unfolds.” says director Mike Arseneault.

Director Mike Arseneault cast three separate pairs of actors to read this funny, touching play: Stewart and Karen Martin, Mike Arseneault and Leslie Gestautas, and Matt and Meghan Ruona. “I did this to provide more opportunities for local actors to perform on-stage and more opportunities for audiences to appreciate the unique interpretation of A.R. Gurney’s brilliant words.” Said Arseneault. “See the play more than once as each couple will bring something new to the words and the experience”, says Arseneault. About Love Letters By A.R. Gurney

Author A.R. Gurney says, “The piece is comprised of letters exchanged over a lifetime between two people who grew up together, went their separate ways, but

continued to share confidences. As the actors read the letters aloud, they create an evocative, touching, frequently funny but always telling pair of character studies in which what is implied is as revealing and meaningful as what is actually written down.

This play tells the story of Andrew Makepeace Ladd III and Melissa Gardner, both born to wealth and position, who exchange letters from grade school through a lifetime of experiences. We connect to them, laugh with them, identify with their stories and

feelings, and ultimately what they gave to each other over the years—physically apart, perhaps, but spiritually as close as only true lovers can be.

“It’s theater down to its most simple level, the spoken word,” said John Tillinger (director of the original New York production).

DATES & CAST: Stewart Martin & Karen Martin—July 6-7 at 7pm, Sunday July 8 at 2pm. Cast: Mike Arseneault, Leslie Gestautas—July 14 at 7pm, Sunday July 15 at 2pm. Cast: Matt Ruona, Meghan Ruona—Friday July 20 at 7pm, Saturday July 21, 7pm.

At the North County Recreation District Performing Arts Center, 36155 9th Street, Nehalem, OR. TICKETS: \$15 each. Advance tickets available on tickettomato.com/ and at the door.



Performance Artist oil and gold spray paint/canvas

Seattle artist RACHEL MAXI makes her first solo exhibition appearance at IMOGEN. Known throughout the northwest for her representational oil paintings of Seattle scenes, old trucks, dumpsters and oysters, she has transitioned into the realm of abstraction. Still working in oil she explores the process of painting more intuitively allowing an expression of personal growth and development after life altering experiences.

The exhibition opens July 14 during Astoria's Second Saturday Artwalk, 5 – 8 pm. Meet Rachel Maxi with bites and beverages provided by the Astoria Coffee House and Bistro. On display through August 7th.

Rachel Maxi is not a new comer to the Astoria art community, she spent several months living

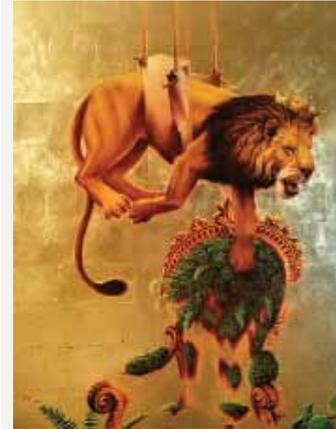
Letting It All Hang Out New Works by Rachel Maxi IMOGEN

and working here as a member of the restoration crew for the Astoria Column in 2015. Following the completion of the restoration, Imogen hosted a group exhibition of the many talented artists who participated in the arduous restoring of the iconic Column. Maxi contributed three small paintings to that exhibition depicting the final days of completion of the monumental project when a wind storm tore the protective tarping from scaffolding.

In her work, Maxi holds to her source of inspiration by the stimulus of environment, urban decay, graffiti, compositions in landscape and architecture, patterns, textures, textiles, and the paint itself. She includes reference to music, specifically African Jazz and old Soul within her paintings. She likens color as notes, and composition and repetition as structure and rhythm. After being hit by a car in a crosswalk in St. Louis, due to various severe injuries, including a blow to the head—while learning to use her brain again, Maxi made the choice to go forward with abstraction.

Imogen Gallery is located at 240 11th Street, open Mon- Sat, 11 to 5, 11 to 4 each Sun, and closed each Wed. 503.468.0620 Facebook, Instagram or at www.imogengallery.com.

GRAND VISION and RECONFIGURATION at RiverSea



Mark Larson, Installation

with elements of Italian architecture to compose surreal works that reflect on our relationship to the environment, and how we seek out nature to find peace and solace in a time of constant change.

Exhibiting in the Alcove space, Portland artist Karen Story delivers a show of her latest work titled, *Reconfiguration*, an exploration of figure and landscape in a mix of acrylic and collage on panel. The collaged elements blend seamlessly to create painterly compositions suffused with a soft romanticism. This work is profoundly influenced by her yearly travels to Borneo as well as outdoor adventures in the Pacific Northwest.

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

RIVERSEA GALLERY presents paintings, drawings and engravings by Mark Larson and the mixed media works of Karen Story. The two shows open July 14, with a reception from 5:00 to 8:00 during Astoria's Second Saturday Artwalk featuring live music and catered refreshments. The work will remain on view through August 7, 2018.

Grand Visions is an exhibition of oil paintings, drawings and drypoint engravings by Mark Larson of Vancouver, Washington. Inspired by his lifelong love of nature and his travels to Italy, he mixes images of flora and fauna



Karen Story, Agritecture 12 x 12

Sandra Lill Jewelry • Ilwaco Art Walk Columbia Pacific Heritage Museum

THE COLUMBIA PACIFIC HERITAGE MUSEUM will feature a special Trunk Show with jewelry artist Sandra Lill during the Ilwaco First Friday Art Walk, July 6. Sandra brings fine craftsmanship together with an artistic eye to create striking neckwear from antique stone and glass beads, fiber and metals. The Art Walk Trunk Show is an exceptional opportunity to see new and unique pieces by this well respected artist.

FIRST FRIDAY ART WALK takes place throughout Ilwaco on July 6 from 4 – 7 pm. Start your Art Walk in downtown Ilwaco at the Columbia Pacific Heritage Museum, 115 SE Lake St.



PILLOW TALK Amanda Manitch at Sou' Wester



PILLOW TALK, by artist Amanda Manitch, is a new art installation in a vintage travel trailer turned into a permanent art gallery, at The Sou'wester Lodge July 3 - September 23. Opening reception is Thursday July 19, 6-9pm. In installations like "Pillow Talk", fragments of text gleaned from found sources or original writings literally pile up in soft heaps offering immersive, intimate exploration by visitors who are invited to physically embed themselves amongst the murmurings of forgotten poets and others.

Manitch's work has been exhibited at venues including Tacoma Art Museum, Frye Art Museum, Bellevue Arts Museum, Winston Wächter Gallery, Bryan Ohno Gallery, Roq la Rue and Lawrimore Project. She is represented by Winston Wächter Gallery.

Sou' Wester is located 3728 J Place, Seaview, WA.

Greta Latchford McVarish Gallery

OPENING JULY 14, McVarish Gallery will be exhibiting the mixed media stained glass work of Greta Latchford. In this show titled "Letting Go of Shoulds," Greta explores the female subject, womanhood and the identity of self within, using an innovative technique of combining glass and textile to produce richly textured imagery. These powerful works are the fruit of a journey of exploration and experimentation in both medium, and personal truth and consciousness.

160 10th St. Astoria



Abundance, mixed media, 43" x 24"



Mary Schlunegger at Trail's End

Trail's End Gallery featured July artist is Mary Schlunegger, opening July 7. *WINGS AND WAVES* features acrylics, mixed media and fiber art. A former Interior Designer from California, she now resides on the North Coast, devoting her time to art.

A reception will be held from 2:00-5:00pm. The gallery is located at 656 A Street in Gearhart.

Seaside Art Walk

Celebrating 14 years in 2018, the next Seaside First Saturday Art Walk, will be held on July 7, 5-7: pm. The event is free and is all about seeing and selling art in sponsoring businesses between Holladay and Broadway in the historic area of downtown Seaside, with over 15 businesses/galleries.

Fairweather Gallery "100 Turtle Project" by Emily Miller, ceramics



July at Luminari Arts

"Surviving the Retrograde" tarot card readings by Judith.

New upcycled portraits by Angela Rossi, on porcelain. Local favorite Scheckpea plays toe tapping tunes. Finger foods and beverages.

1133 Commercial St. in Astoria
July 14 5-9pm



Tales Of Tillamook Rock Lighthouse Author Deborah Baldwin at Seaside Library

SEASIDE LIBRARY hosts Deborah Baldwin, author of *Tillamook Rock Lighthouse* on July 26. The event will take place in the Community Room at 7pm with book sales and signings.

Built in 1880, Oregon's Tillamook Rock Lighthouse has had the most notorious reputation of any lighthouse on the Pacific Coast of the United States. Fierce storms regularly catapulted huge boulders through the lantern, with waves that broke over its 136-foot height earning it the modern nickname "Terrible Tilly." It's been described as a pint-sized Alcatraz, and many keepers could not stand its confinement. However, there were some who actually enjoyed it and even came to love it. A rare glimpse of the more pleasant side of daily life on "the Rock" is shown in Deborah Baldwin's book through newly rediscovered historic photographs taken by the keepers who faithfully served there. This important visual legacy serves to temper the horrific view of Terrible Tilly and provides a new perspective: that perhaps an assignment to Tillamook Rock Lighthouse was not so wholly terrible after all.

Debra Baldwin serves as historian and a staff writer for *Lighthouse Digest Magazine*, which celebrated its 25th year of publication in 2017. The ongoing mission of *Lighthouse Digest* is to research, document, and preserve lighthouse



history for future generations and to honor the memory of all lighthouse keepers who diligently served so that lives could be saved.

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

Cannon Beach Library Annual July 4th Weekend Book Sale

THE CB LIBRARY Annual Fourth of July Book Sale takes place July 4 - 7, 10am, to 5pm, at the Cannon Beach Library, 131 Hemlock St. Thousands of donated fiction and nonfiction books in three rooms, conveniently categorized and selling at attractively discounted prices. All proceeds to support the library.

Each July 4th weekend the library holds one of the largest used book sales on the Oregon coast, the Annual Fourth of July Book Sale, a fundraiser that last year provided nearly 10 percent of the library's annual budget. This book sale, along with the town's quirky Independence Day Parade, has been transforming

Cannon Beach for decades into an iconic All-American village.

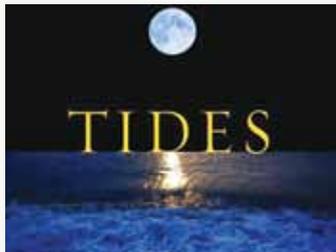
The Cannon Beach Library--a private, member-owned library founded in 1927--provides a full range of library services six days a week for residents and visitors to Arch Cape and Oregon. The library, which receives a small subsidy from the City of Cannon Beach, relies on ninety volunteers; one part-time office manager; numerous fundraisers; an annual appeal; and sales of books donated by residents, visitors, and patrons to staff and fund purchases of new books for its collection, e-books, computing services and office and other expenses.

TIDES: The Science & Spirit of the Ocean Jonathan White at Beach Books July 13

EXPERT MARINER and marine conservationist Jonathan White will give a presentation of his recent book, *TIDES: The Science and Spirit of the Ocean* at Beach Books in Seaside, July 13th at 7pm.

In *TIDES*, White takes readers on a journey of discovery around the globe to witness the largest, fastest, scariest and most amazing tides in the world. Jonathan travels to California to shadow the Mavericks competition where surfers paddle into deadly waves sixty feet high; to the Arctic to shimmy down a hole in the ice with an Inuit elder to hunt for blue mussels in the dark cavities below; to the Qiantang River in China to witness the Silver Dragon, a twenty-five-foot tidal bore that crashes its way up the eighty-mile river; In France's Mont St. Michel he learns how the monks were inspired by the tide, at the Royal Society of London he discovers how Plato and Aristotle, Leonardo de Vinci, Newton, Descartes, and many other noted thinkers had been captivated by the tide.

TIDES won the 2018 Pacific Northwest Booksellers Association Award for Best Book, as well as the National Outdoor Book Award in the Natural History Literature category; the IBPA Benjamin Franklin Award (Silver); Nautilus Book Award (Silver); and was winner of Publishing Professionals Network Bet Book Award for Trade, Text-driven. *TIDES* has been translated into Chinese and is being considered by the BBC for a documentary film.



WRITE ASTORIA

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

RIC'S POETRY MIC

1st Tues @ Winecraft
IN HONOR of founder Ric Vrana, Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <mcauley05@gmail.com>



Astoria Writers Guild Workshop Fire in the Mind: Writing Memorable Images with Neil Aitken

THE WRITER'S GUILD OF ASTORIA hosts poet Neil Aitken Saturday July 21st, 10am to 1pm at Fort George Brewery, Lovell Showroom for a writing workshop focused on helping writers formulate memorable images to bring new power to their work. Fee is \$65, discount for Guild Members.

How can the images we create as writers rise above flat description and become surprising, evocative, and deeply compelling presences in our work? Where do our most powerful images come from? How can we best capture them in writing? Great images carry weight and exert force on our imagination, bringing us back to critical turns in the poem or narrative, and haunting us long after we've set aside the text. In this generative writing workshop, participants will write in response to a series of exercises and prompts designed to help them discover and create fresh, unexpected, and personally meaningful images.

Neil Aitken is the author of two books of poetry, *The Lost Country of Sight*, which won the Philip Levine Prize, and *Babbage's Dream*, as well as a chapbook of poetry, *Leviathan*, which won an Elgin Award for sci fi poetry. A past Kundiman poetry fellow, he is the founding editor of *Boxcar Poetry Review*, curator of *Have Book Will Travel*, and co-director of *De-Canon: A Visibility Project*. He lives in Vancouver, WA where he works as a creative writing coach and consultant. www.neil-aitken.com

To register contact marianne.monson@gmail.com. The Writer's Guild is an Astoria based non-profit dedicated to promoting literacy in our community. Meet the third Tuesday of every month at Winekraft from 6-8 pm for writing prompts and an Open Mic. July meeting is the 17th. www.thewritersguild.org



Searching For The Beeswax Shipwreck With Anthropologist Scott Williams Seaside Public Library

SEASIDE LIBRARY hosts anthropologist Scott Williams on July 14, speaking on *Searching for the Beeswax Shipwreck*. The event will take place in the Community Room at 1pm.

One of the most popular mysteries of the Oregon Coast has been the identification of the "Beeswax Wreck" at Nehalem Beach, in Tillamook County. Identified over time by various researchers as either a Chinese or Japanese junk, a Spanish galleon, a Portuguese trader, or a lost English or Dutch pirate vessel, it has been determined that the ship was in fact a Spanish Galleon of the Manila Trade. Nehalem Indian oral histories and the journals of the earliest traders in the area indicate that the galleon wrecked prior to European settlement and indeed most European exploration of the Pacific Northwest. The site has been buried for the last 100 years. However, blocks of beeswax are occasionally found by beachcombers in the sand dunes adjacent to the site.

Archaeologists have recovered assemblages of Chinese porcelain sherds from nearby archaeological sites, including some which were modified into projectile points by the local Nehalem Indians. These sherds display design motifs indicating they were manufactured in China in the late 17th Century, and were intended for export to the European market. Analysis of the design motifs indicates the majority of the porcelain was manufactured sometime between 1680 and 1700 AD.

Radiocarbon samples from wood known to be associated with the wrecked vessel and beeswax blocks that were part of her cargo have also been dated, and, while not as precise as the ceramic dates, they also indicate the vessel is from the period of the Spanish Manila Trade.

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



HAPPENING

Sea Songs. A Fisher Poets Salon with readings by Geno Leach and David Campiche. Music by Greg Skloff & The Flower Pistils. Art by Sid Deluca & David Campiche. No cover, 8pm at Blue Scorcher in Astoria.

Spotlight Dance Cup. At the Seaside Convention Center.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 14

MUSIC

Lorenzo. At Old Things and Objects Grand Reopening Celebration. 6 - 8pm in Astoria.

Two Crows Joy. 7pm at WineKraft in Astoria.

Waikiki Beach Concert. 7pm at the Waikiki Beach Amphitheater at Cape Disappointment, Ilwaco.

Long Gone John. No cover, 8:30pm at the Adrift Hotel in Long Beach.

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

ART

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

Opening Reception. Life on the Coast art exhibit. 1 - 3pm at the Garibaldi Museum.

FOOD & DRINK

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

HAPPENING

Clamshell Railroad Days. Experience historic railroad lectures, model railroad layouts from regional clubs, the kids craft caboose, and more. \$5 admission, 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Spotlight Dance Cup. At the Seaside Convention Center.

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

LECTURE

Searching for the Beeswax Shipwreck. With Scott Williams. 1pm in the Community Room at the Seaside Library.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Love Letters. Comedy. \$15, 7pm at the NGRD Performing Arts Center in Nehalem.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

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

Sunday 15

MUSIC

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

Chayag en Familia. 1 - 3pm at the Lincoln City Farmers and Crafters Market.

Rose Hashimoto. 3pm at the Driftwood Public Library in Lincoln City.

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

Long Gone John. No cover, 8pm at the Adrift Hotel in Long Beach.

Jessica Dennison + Jones. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENING

Clamshell Railroad Days. Experience historic railroad lectures, model railroad layouts from regional clubs, the kids craft caboose, and more. \$5 admission, 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

THEATER

It's Broadway, Baby & More. Musical. \$15, 3pm at the Barn Community Playhouse in Tillamook.

Love Letters. Comedy. \$15, 2pm at the NGRD Performing Arts Center in Nehalem.

Monday 16

MUSIC

Cascadia Concert Opera Showcase. Admission by donation. 7pm at the Lincoln City Cultural Center.

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

Anthony Tripp. Free, 8pm at the Workers Tavern in Astoria.

Tuesday 17

MUSIC

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

OUTSIDE

Explore a Treasured Coastal Forest. Hike between 0.75 and 1.5 miles. The walk will be on unpaved roads, narrow trails, and soggy grassy pasture. There will be a small amount of elevation gain. No toilets on site; public toilets available nearby at Neskowin Beach State Recreation Site. 11am - 1pm at the Butte Creek habitat Reserve, Neskowin. Register at nclctrust.org

Wednesday 18

MUSIC

Bryan Foster with George Coleman. \$5, 7pm at the Peninsula Arts Center in Long Beach.

Kirk Hurd. \$5, 7pm at the Peninsula Arts Center in Long Beach.

Sundae + Mr Goessl. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Sandsations Sand Sculpture Extravaganza. Sand Sculpture competition, lessons, and much more. Along the shoreline adjacent to the Long Beach Boardwalk

and near the Bolstad Beach Approach. See schedule at sandsationslongbeach.com

THEATER

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

Thursday 19

MUSIC

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

Sundae + Mr Goessl. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Sandsations Sand Sculpture Extravaganza. Sand Sculpture competition, lessons, and much more. Along the shoreline adjacent to the Long Beach Boardwalk and near the Bolstad Beach Approach. See schedule at sandsationslongbeach.com

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Friday 20

MUSIC

New World String Project. \$17, 7pm at the Lincoln City Cultural Center.

Adams and Costello. 8pm at Public Coast Brewing in Cannon Beach.

Happy Together Tour 2018. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

The Horsenecks. No cover, 8:30pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Shop at the Dock & Beyond. Learn about local commercial fisheries, where to find local seafood, and for a behind the scenes tour of a local market. Tours start at 9 and 11am. Meet at the Warrenton Marina Commercial Docks.

HAPPENING

Sandsations Sand Sculpture Extravaganza. See schedule at sandsationslongbeach.com

Dory Days Festival. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade starting at 11am, see the boat display and check out the children's activities, artisan fair, live music, fish fry and more. ourlittlebeachtown.com/things-to-do/july-20-22-dory-days-weekend

OUTSIDE

Microplastic Filtration. 1 - 3pm on the Beach in Cannon Beach. FMI, go to eventbrite.com/e/microplastic-filtration-tickets-44005061323

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Love Letters. Comedy. \$15, 7pm at the NGRD Performing Arts Center in Nehalem.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

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

CEDAR TEETH

Cedar Teeth hails from the Cascade foothills, where the sound of saws cut through the Oregon woods and the lights of Portland set the western horizon aglow.

The music of Cedar Teeth is shaped by the experience of living in this margin dividing the wilderness from the city. Between the five members of the band emerges a fusion of guitars, banjo, keys and trombone, propelled by bass and drums, while vocal harmonies weave through the music. Their songs are thus sweeping and immersive, at turns rustically melodic, lyrically raw, and aggressive, as they explore the tensions of our time: love, confusion, progress, and corruption in a morally ambivalent landscape.

Thursday July 26, 7-9pm, Sand Trap Pub in Gearhart. All Ages, No Cover.



VISIBLE CLOAKS

ANITA BUILDING

Soft opening for the Anita Building -With music by - Visible Cloaks - Portland Serious River Song - Astoria Geological Creep - Anacortes And special guest

Open for ArtWalk; music on at 7pm Sliding scale/donation Anita Building • 1312 Commercial • Astoria

Portland Duo VISIBLE CLOAKS- Though they straddle vaporwave, the new age revival and the current wave of neo-classical and ambient music, they occupy a space of their own, composing music that could soundtrack a virtual reality zen garden - *FACT Magazine*

Saturday 21

MUSIC

Music in the Gardens. A day touring coastal gardens of the Long Beach Peninsula. Mt, musicians and artists will perform throughout the day in each garden. \$20, 10am - 4pm. watermusicfestival.com/event/music-in-the-gardens/

Ara Lee with Chris Hayes. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Happy Together Tour 2018. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

The Horsenecks. No cover, 8:30pm at the Adrift Hotel in Long Beach.

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

ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this family friendly event that features art, music, food and more. Starting at 9am at the Tokeland Hotel.

FOOD & DRINK

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

HAPPENING

Sandsations Sand Sculpture Extravaganza. See schedule at sandsationslongbeach.com

Versus Comic Con. Vendors, live shows, cosplay, and more. \$15 - \$80, at the Seaside Convention Center.

Microplastic Keepsakes. 1 - 2pm in Cannon Beach. FMI, go to <https://www.eventbrite.com/e/microplastic-keepsakes-tickets-44005240860>

Open Mic. Spoken word and music. 6:30 - 8pm at Art Accelerated in Tillamook.

Dory Days Festival. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade starting at 11am, see the boat display and check out the children's activities,

artisan fair, live music, fish fry and more. ourlittlebeachtown.com/things-to-do/july-20-22-dory-days-weekend

OUTSIDE

Seaside Beach Run. Activities include 5K and 10K beach runs, 5K walks, and a Kid's Sand Dash and Treasure Hunt. \$0 - \$40. 7:30am - 12:30pm at the Beach at 12t Avenue in Seaside. seasidebeachrun.org

Pull Policeman's Helmet. Help remove this invasive plant form the North Coast Land Conservancy's Circle Creek Habitat Reserve in Seaside. 10am - 1pm. More details at nclctrust.org/pull-policemans-helmet-july.

THEATER

The Pied Piper. With the Missoula Children's Theater. \$10, performances at 3 and 5:30pm at the Liberty Theater in Astoria.

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Love Letters. Comedy. \$15, 7pm at the NGRD Performing Arts Center in Nehalem.

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 22

MUSIC

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

Foulweather String Band. 1 - 3pm at the Lincoln City Farmers and Crafters Market.

Rhythm Method. 1 - 3pm at the Hoffman Garden in Manzanita.

Ignace Jang with Cary Lewis. 2pm in the McTavish Room at the Liberty Theater in Astoria.

cont. p20

Tom Grant & Shelly Rudolph. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

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

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

ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this family friendly event that features art, music, food and more. Starting at 9am at the Tokeland Hotel.

HAPPENING

Sandsations Sand Sculpture Extravaganza. Sand Sculpture competition, lessons, and much more. Along the shoreline adjacent to the Long Beach Boardwalk and near the Bolstad Beach Approach. See schedule at sandsationslongbeach.com

Versus Comic Con. Vendors, live shows, cosplay, and more. \$15 - \$80, at the Seaside Convention Center.

Dory Days Festival. Celebrate the unique dory fishing fleet of Pacific City, the only one in the lower 48 states. Watch the parade starting at 11am, see the boat display and check out the children's activities, artisan fair, live music, fish fry and more. ourlittlebeachtown.com/things-to-do/july-20-22-dory-days-weekend

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 2pm at the ASOC Playhouse in Astoria.

It's Broadway, Baby & More. Musical. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

Monday 23

MUSIC

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

Tuesday 24

MUSIC

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

LITERARY

Stories in Astoria. Come join our community of writers from all avenues of life as they read their fantasies, scripts, essays, creative non-fictions, sci-fi, songs, poetry, and stories. 7 - 9pm at Bridge and Tunnel Bottle Shop in Astoria.

Wednesday 25

MUSIC

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

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

THEATER

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 26

MUSIC

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

Live Music. No cover, 8pm at the Adrift Hotel in Long Beach.

LITERARY

Tales of Tillamook Lighthouse. Author Deborah Baldwin will present from her book "Tillamook Rock Lighthouse." 7pm in the Community Room at the Seaside Library.

THEATER

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

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

Friday 27

MUSIC

Live Music. No cover, 8:30pm at the Adrift Hotel in Long Beach.

HAPPENING

Finnish American Folk Festival. Vendors, music, dance performances, food, and more. In Naselle. naselle-finnfest.com

Garibaldi Days. Vendors, food, music, parade, and lots of fun events. In Garibaldi.

THEATER

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Shanghai'd in Astoria. Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 28

MUSIC

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

Waikiki Beach Concert. 7pm at the Waikiki Beach Amphitheater at Cape Disappointment, Ilwaco.

The Hackles. No cover, 8:30pm at the Adrift Hotel in Long Beach.

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

ART

Astoria Open Studios Tour. Artists welcome visitors into their studios between 10 am and 4pm. Free. astoriavisualarts.org/2018-open-studios-tour.html

Tillamook Downtown District Art Walk. 1 - 3pm in Tillamook.

FOOD & DRINK

Wine Tasting. NW sauvignon Blanc. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Finnish American Folk Festival. Vendors, music, dance performances, food, and more. In Naselle. naselle-finnfest.com

Long Beach NPRA Rodeo. \$10, starting at 1pm at the Peninsula Saddle Club in Long Beach. peninsulasaddleclub.com/long-beach-rodeo/

Garibaldi Days. Vendors, food, music, parade, and lots of fun events. In Garibaldi.

OUTSIDE

Birdwatch the Water's Edge. Join naturalist Mike Patterson for an early-morning birdwatching walk at Stanley Marsh, Seaside. 7 - 9am. Register at nclctrust.org

Oregon Corgi Beach Day. \$10 suggested donation at sign in. 10am - 4pm on the beach between 1st Street and Ecola Creek in Cannon Beach.

THEATER

It's Broadway, Baby & More. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Shanghai'd in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sylvia. Comedy. \$15, 7pm at Theater West in Lincoln City.

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

Sunday 29

MUSIC

The Floating Glass Balls. 10am - 3pm at the Astoria Sunday Market.

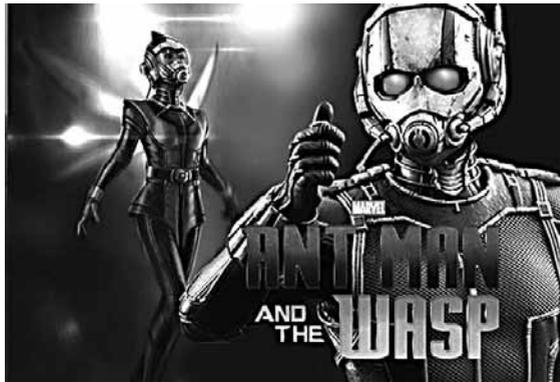
FLASH CUTS

MOVIES & MUSINGS

Previews

FILM.

BY LES KANEKUNI



ANT MAN AND THE WASP

(JULY 6) Paul Rudd returns as the titular character, joined by Evangeline Lilly as Wasp and Michael Douglas as Dr. Hank Pym and Michelle Pfeiffer. Basically an effects-laden light comedy in the Marvel universe, Ant Man and the Wasp doesn't take itself too seriously. Dr. Pym rescues Scott Lang (Rudd) from house arrest in quest to rescue his wife, Janet van Dyne (Pfeiffer) from the subatomic Quantum Realm, where she's been trapped for 30 years. Hank and his daughter, Hope (Lilly), also a quantum physicist, plan to rescue Janet through a tunnel that will send them subatomic to the Quantum Realm. But their plan hinges on access to Dr. Pym's secret lab - which is also wanted by Sonny Burch (Walton Goggins), a sleazy tech trafficker and Ghost (Hannah John-Kamen), an emotionally-damages superhero. With Michael Pena as Luis, Lang's hilarious security consultant partner and sidekick.



SKYSCRAPER (JULY 13)

Dwayne Johnson stars in this slightly-more-realistic-than-usual action thriller unabashedly inspired by Die Hard. Synopsis: Dwayne Johnson leads the cast of Legendary's Skyscraper as former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer, who now assesses security for skyscrapers. On assignment in China he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family who is trapped inside the building... above the fire line.

MAMMA MIA! HERE WE GO AGAIN (JULY 20)

A decade after the original movie was a surprise hit, the sequel returns to the picturesque Greek island setting, this time following Sophia (Amanda

Seyfried). Synopsis: Ten years later, on the Greek island of Kalokairi, Sophie is pregnant with Sky's child while running her mother's villa.



Self-conflicted and worried that she can't do it by herself without her mother around, but with Tanya and Rosie's guidance, Sophie will find out more of Donna's past. Discovering how she fronted The Dynamos, came to start up her villa on the island from nothing, met each one of Sophie's dads

(Pierce Brosnan, Stellan Skarsgård, and Colin Firth), and raised a daughter, bravely on her own, without a mother to guide her - with an unexpected visit from someone she had not invited or never even met: her grandmother, Ruby

Sheridan.

MISSION: IMPOSSIBLE - FALLOUT (JULY 27)

Tom Cruise returns for the sixth installment of the 23-year-old series. Ethan Hunt must battle nuclear terrorists while dealing with the personal consequences of old choices. The MI series has increasingly relied on bigger and bolder stunts, usually performed personally by Cruise. In MI-Fallout, Cruise takes a HALO (high altitude, low opening) jump - a stunt that required takes to accomplish with Cruise jumping on each one. Also, Cruise literally hangs off the side of a helicopter in an aerial dogfight scene. Synopsis: The best intentions



often come back to haunt you. Mission: Impossible - Fallout finds Ethan Hunt (Tom Cruise) and his IMF team (Alec Baldwin, Simon Pegg, Ving Rhames, along with some familiar allies (Rebecca Ferguson, Michelle Monaghan) in a race against time after a mission gone wrong.

THE DARKEST MINDS

(AUG 3) Young adult superhero movie based on the book by Alexandra Bracken. After an unknown plague kills 98% of America's



children the survivors develop super powers. The government views them as dangerous threats and exiles them to Thurmond, a brutal "rehabilitation camp." Ruby is one of them. Separated from her parents at age 10 and sent to Thurmond, where she and the others are guarded under maximum security and tortured like lab animals. Now sixteen, Ruby is one of the most powerful of the teens and escapes the camp with others, pursued by ruthless bounty hunter Lady Jane (Gwendoline Christie). The teens travel to a safe haven in East River where they join a resistance group headed by a mysterious leader. There, the teens realize that escape is not enough. They must use their powers against the government in a rebellion to secure their futures of all the persecuted.

FREE WILL ASTROLOGY

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♈ 11° 6' 27" ♀ 7' 15" 54' 0" ♃ 48'

JULY

ARIES (March 21-April 19): Your best ideas and soundest decisions will materialize as if by magic while you're lounging around doing nothing in a worry-free environment. So please make sure you have an abundance of relaxed slack and unhurried grace.

Treat yourself to record-setting levels of comfort and self-care. Do whatever's necessary for you to feel as safe as you have ever felt. I realize these prescriptions might ostensibly clash with your fiery Aries nature. But if you meditate on them for even two minutes, I bet you'll agree they're exquisitely appropriate for you right now.

TAURUS (April 20-May 20): "It is always what is under pressure in us, especially under pressure of concealment – that explodes in poetry," Taurus poet Adrienne Rich wrote that in an essay about the poet Emily Dickinson. She was describing the process of tapping into potent but buried feelings so as to create beautiful works of literature. I'm hoping to persuade you to take a comparable approach: to give voice to what's under pressure inside you, but in a graceful and constructive way that has positive results.

GEMINI (May 21-June 20): Introductory offers are expiring. The bracing thrills of novelty must ripen into the cool enjoyments of maturity. It's time to finish the dress rehearsals so the actual show can begin. You've got to start turning big, bright fantasies into crisp, no-nonsense realities. In light of these shifting conditions, I suspect you can no longer use your good intentions as leverage, but must deliver more tangible signs of commitment. Please don't take this as a criticism, but the cosmic machinery in your vicinity needs some actual oil, not just your witty stories about the oil and the cosmic machinery.

CANCER (June 21-July 22): In the coming weeks, you will have an excellent chance to dramatically decrease your Wimp Quotient. As the perilously passive parts of your niceness toughen up, I bet you will encounter brisk possibilities that were previously off-limits or invisible to you. To ensure you remain in top shape for this delightful development, I think you should avoid entertainment that stimulates fear and pessimism. Instead of watching the latest flurry of demoralizing stories on Netflix, spend quality time summoning memories of the times in your life when you were unbeatable. For extra credit, pump your fist ten times each day as you growl, "Victory is mine!"

LEO (July 23-Aug. 22): It's not so bad to temporarily lose your bearings. What's bad is not capitalizing on the disruption that caused you to lose your bearings. So I propose that you regard the fresh commotion as a blessing. Use it as motivation to initiate radical changes. For example, escape the illusions and deceptions that caused you to lose your bearings. Explore unruly emotions that may be at the root of the superpowers you will fully develop in the future. Transform yourself into a brave self-healer who is newly receptive to a host of medicinal clues that were not previously accessible.

VIRGO (Aug. 23-Sept. 22): Here's my list of demands: 1. Avoid hanging out with people who are unreceptive to your influence. 2. Avoid hanging out with people whose influence on you is mediocre or dispiriting. 3. Hang out with people who are receptive to your influence and whose influence on you is healthy and stimulating. 4. Influence the hell out of the people who are receptive to your influence. Be a generous catalyst for them. Nudge them to surpass the limits they would benefit from surpassing. 5. Allow yourself to be deeply moved by people whose influence on you is healthy and stimulating.

LIBRA (Sept. 23-Oct. 22): "If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive." Activist author Audre Lorde said that, and now, in accordance with your current astrological and psychological needs, I'm offering it to you. I realize it's a flamboyant, even extreme, declaration, but in my opinion, that's what is most likely to motivate you to do the right thing. Here's another splashy prompt,

courtesy of philosopher Jean-Paul Sartre: "We only become what we are by the radical and deep-seated refusal of that which others have made us."

SCORPIO (Oct. 23-Nov. 21): André René Roussimoff, also known as André the Giant, was a French actor and professional wrestler. He was 7 feet, 4 inches tall and weighed 520 pounds. As you might imagine, he ate and drank extravagantly. On one festive occasion, he quaffed 119 bottles of beer in six hours. Judging from your current astrological indicators, Scorpio, I suspect you may be ready for a binge like that. JUST KIDDING! I sincerely hope you won't indulge in such wasteful forms of "pleasure." The coming days should be a time when you engage in a focused pursuit of uplifting and healthy modes of bliss. The point is to seek gusto and amusement that enhance your body, mind, and soul.

SAGITTARIUS (Nov. 22-Dec. 21): On her 90th birthday, my Great-Aunt Zosia told me, "The best gift you can give your ego is to make it see it's both totally insignificant and totally important in the cosmic scheme of things." Jenna, my girlfriend when I was 19, was perhaps touting a similar principle when, after teasing and tormenting me for two hours, she scrawled on my bathroom mirror in lipstick, "Sometimes you enjoy life better if you don't understand it." Then there's my Zen punk friend Arturo, who says that life's goodies are more likely to flow your way if you "hope for nothing and are open to everything." According to my analysis of the astrological rhythms, these messages will help you make the most of the bewildering but succulent opportunities that are now arriving in your vicinity.

CAPRICORN (Dec. 22-Jan. 19): In accordance with the astrological beacons, I have selected two pieces of advice to serve as your guiding meditations during the next seven weeks. You might want to write them on a piece of paper that you will carry in your wallet or pocket. Here's the first, from businessman Alan Cohen: "Only those who ask for more can get more, and only those who know there is more, ask." Here's the second, from writer G. K. Chesterton: "We need to be happy in this wonderland without once being merely comfortable."

AQUARIUS (Jan. 20-Feb. 18): Ecologists in Mexico City investigated why certain sparrows and finches use humans' discarded cigarette butts in building their nests. They found that cellulose acetate, a chemical in the butts, protects the nests by repelling parasitic mites. Is there a metaphorical lesson you might draw from the birds' ingenious adaptation, Aquarius? Could you find good use for what might seem to be dross or debris? My analysis of the astrological omens says that this possibility is worth meditating on.

PISCES (Feb. 19-March 20): I suspect that sometime soon you will come into possession of an enchanted potion or pixie dust or a pouch full of magic beans – or the equivalent. If and when that occurs, consider the following protocols: 1. Before you use your new treasure, say a prayer to your higher self, requesting that you will be guided to use it in such a way as to make yourself wiser and kinder. 2. When you use it, be sure it harms no one. 3. Express gratitude for it before and during and after using it. 4. Use it in such a way that it benefits at least one other person or creature in addition to you. 5. See if you can use it to generate the arrival or more pixie dust or magical beans or enchanted potion in the future. 6. When you use it, focus on wielding it to get exactly what you want, not what you sort of want or temporarily want.

Homework: Describe the tree house you would like to build for yourself one day, and what pleasures you would like to pursue there. Write: Truthrooster@gmail.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Pedal Powered Everything

WALKING DOWN BUSY 23rd Avenue in Portland, I heard the distinctive sound of bicycle cranks whirring. The sound emanated from a tiny smoothie restaurant sandwiched between boutique clothing stores. Curious, I peeked in and discovered that an employee was powering a blender by pedaling a stationary bike. After sampling a delicious carbon-neutral fruit smoothie, I wondered what other devices a person on a bike could power. When the most recent issue of *HIPFISH* announced

that a band, BIK-ETOPIA, would be playing in Astoria whose instruments receive electricity from listeners volunteering to pedal bicycles, the question intrigued me all over again. I also wondered: how much electricity could a cyclist generate? Would pedal-powered electronics be limited to low-power-demand devices? Could a

power-hogging piece of equipment get charged up by a cyclist...without needing to pedal eight hours straight?

It turns out that a cyclist can generate electricity for appliances both large and small. Esther Emery and Nick Fouch, who live off-grid in a yurt with their three children, created a YouTube video demonstrating how they do their laundry with what they call the Fouch-O-Matic process (www.youtube.com). The washer's located outside, and a bike, mounted on a training stand, gets it going: 20 minutes' low-speed pedaling for the wash cycle, ten minutes' high-speed spinning for the spin cycle. Between cycles, the operator just opens the valves to let the graywater irrigate nearby trees. The rider even got to catch up with a book while pedaling, a plus when one has children and reading time's at a premium!

Want to recharge your phone in an eco-friendly, calorie-burning way? *Make Magazine* provides details on how to build a bike-powered phone charger: (makezine.com/projects/pedal-power-phone-charger). The cellphone's small size makes it possible for you to ride around while recharging, unlike the

washing machine, which requires a stationary-bike setup (imagine tooling around town with a washer rolling on a cart behind you). The build-it-yourself device uses one of those old-fashioned generators for a bike light to re-juice your phone. You'll need experience and a comfort level with electrical work to complete this project; the article was a bit technical for me, as a non-electrician (or electronics hobbyist). The washer I just described was also a home project, but commercial models are available as well.

Popular Mechanics highlights a number of interesting pedal-powered machines, some available to the public and others in development. These include a water purifier for areas where droughts and contaminated water are endemic, agricultural equipment like grain grinders and threshers, water pumps for wells, and even coffee roasters. Stationary



bikes can keep computers charged in remote areas where electricity and Internet connectivity are chancy. People with respiratory disease can even use a pedal-powered nebulizer (with a friend pedaling to spare the user further respiratory distress). (Laura Kiniry, "7 Ways Pedal Power Will Change the World," (www.popularmechanics.com/search/ways-pedal-power-will-change-the-world/).

So what's next: a pedal-powered hair dryer for the salon? Recharging an electric car through bike power? Launching a rocket to the moon using a thousand bicycles? It's intriguing how cranking along generates mechanical energy that then gets converted into electricity by, well, um, a mysterious process. To probe the subject more deeply, as well as to understand the mysterious process, I'll need to open my college physics textbook for a refresher on kinetic and electric energy. (Embarrassed sigh.) Until then, I look forward to learning more ways to harness pedal power for convenience, reducing one's environmental footprint, and delight. Look for me going to the moon, ET-like, on my old red banana-seat bike.

WORKSHOPS/CLASSES

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 22 10 am-12 noon 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.

MANNERS/OBEDIENCE 2 DOG TRAINING. Fridays, July 13 – August 3. Participants will work on expanding on obedience basics, heel training, and building a stronger attention span around distractions while being in a social setting. Dogs will also learn the beginning of impulse control and placement commands. \$100 for 4 sessions. Starting at pm at Arnicadia Dog Training in Seaside. arnicadia.com

PADDLE BOARD LESSONS. July 14. Learn to Stand Up Paddle Board on Youngs Bay. Instructor and all equipment is provided. Get up and comfortable on a board, and explore our beautiful area from the water. All lessons begin at the ARC and last one hour. The first hour is for beginners, the second hours is for intermediate paddlers. Ages 16 and up. \$6, 1-3:30pm at the Astoria Recreation Center. Call 503-741-3035 to register.

TRASH TO TREASURE. Upcycle Craft Time with the Master Recyclers. July 18 and August 1. Learn to make something creative, fun and useful from items commonly thrown away! Class is designed as a family event, children are welcome but must be accompanied by an adult. Class is free and materials are provided. 1 – 3pm at the Tillamook Library. Pre-register at the library.

WHAT'S IN YOUR CSA COOKING CLASS. July 19. With Merianne Myers. Whether you receive a weekly Community Supported Agriculture share from a local farm or you just want some delicious ideas for what's at the peak of perfection in the garden or grocery store, we've got you covered. Summer bounty at it's scrumptious best. The menu is extemporaneous, the recipes will follow. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

PIE MAKING CLASS. July 21. With Brian Medford. This comprehensive class explores the steps of creating pie with seasonal ingredients. Get one-on-one attention as you learn techniques for creating a flakey pastry, rolling and shaping crusts, baking pie, and troubleshooting common pie dilemmas. \$60, 10am – 12:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

RECONNECTING MIND, BODY & SPIRIT. (Let That Shift Go). July 25. With Shanna Gillette. Learn to use ancient yogic techniques mixed with the latest in neuroscience and proven mind/body methods to reconnect mind, body & spirit. \$30, 2 – 5pm at the Sou'wester Lodge in Seaview. RSVP at souwesterfrontdesk@gmail.com

REACTIVE DOG GROUP CLASS. Wednesdays, July 25 – August 22. Participants will work on building proper desensitization techniques with a balanced approach to any common form of leash reactivity. \$180 for 5 sessions. 11am at Arnicadia Dog Training in Seaside. arnicadia.com

BODY WORK-YOGA-FITNESS

ANGORA HIKING CLUB in celebration of the clubs Centennial in 2020, hikers will be challenged to do a hike/walk that begins with our name A N G O R A. Saturday July 7 @ 9am Willapa Bay nature Trail/ Teal Slough. Leader Arline LaMear 503 338-6883. Sat July 21 @ 9am A to N and back again. 10K Volkswalk on Astoria's paths and stairs. Leader Arline LaMear 503 338-6883. Wed July 25 @ 1 PM Fort to Sea/ South Slough loop. Leader Marlene 503 325-8202. Sun July 29 @ 2:00 Potluck and meeting. Bring a dish to serve 6-8 people and beverage of choice. Home of Cecilia and Doug

Balcomb on Niagara Avenue. 503 325-7043. Membership is not required to participate in our hikes. Angora's annual list of hikes/walks and where they occur is available on our website ANGORAHIKINGCLUB.ORG. Please call the hike leader if you plan to participate. For safety reason's dogs are not allowed on the hikes. All participants are to meet at the 6th street parking lot River View Platform, on North side of Marine Drive, Astoria. Carpooling will be arranged there.

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.

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. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. http://riverszen.com orFacebook.com/RiversZen.

YOGA –BAY CITY ARTS CENTER. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

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

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

CB'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

LOOKING FOR A UNITY CHURCH? 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.

A COURSE IN MIRACLES STUDY GROUP A Course in Miracles study group will meet on Sundays from 3-5pm at the Ocean Park Library conference room as of April 1st. All meetings are open to the public and free of charge. The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?," "What is my purpose here?," as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

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 want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent 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 located at 1905 Exchange. For more information contact info@cgifellowship.org or call 916-307-9790.

COLUMBIA RIVER MEDITATION GROUP. Meets Wed 5:30-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deveoping a regualr practice. All welcome.

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

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

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

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

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are



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

MEETINGS/MEET-UPS

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

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

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

DECLARE YOUR INDEPENDENCE FROM BROKEN ITEMS! WEDNESDAY JULY 25, 6 to 8pm

Meeting This Month At New Location At 1010 Duane Street

REPAIR CAFÉ is a community of people who can repair, sew, sharpen, OR, give expert advice on pretty much anything under the sun that is broken, torn, dull or in need of repair FOR FREE!

Bring 'em your items to be fixed or just come to watch and learn. They work on bicycles, clothing, scissors, garden tools, furniture, household appliances, or something that just needs to be glued. (NO gas engines)

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

Find 'em on Facebook http://facebook.com/repairastoria

Questions about an item you'd like to bring? 503-307-0834

Dance Your Joy at AAMC

342 10th St. in Astoria.

For class info please contact the instructor directly. Classes may change, for a current schedule & instructor info visit: astoriaartsandmovement.com Connect with us on: [facebook.com/AstoriaArtsandMovementCenter](https://www.facebook.com/AstoriaArtsandMovementCenter)

• **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 MatulichHall

• **TUESDAY** 8:30-9:30am: Zumba with Joy Sigler

• **WEDNESDAY**
9:30-10:40am: Gentle Yoga with Terrie Powers

6-7:15pm: Belly Dance Basics with Jessamyn Grace

7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with Estelle Olivares

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
5:30 - 6:30pm Pilates with Jude MatulichHall

• **FRIDAY**
9:30 - 10:40am: Gentle Yoga with Terrie Powers

• **SATURDAY**
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY
9-10:30am: Tri-Dosha Yoga with Melissa Henige

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."

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





Messages Sonja Grace

mystic healer

I CAN'T

WHEN WE IDENTIFY and say repeatedly, 'I can't', we are often locked into an emotional wound that has been a cycle since early childhood. This cycle repeats over and over reaffirming that we truly 'can't'. Think of a two-year-old trying to build a tower out of blocks and they fall.

Often, we experience a parent telling us we can't because they live with their own emotional wounds and inner critic. Parents suffer as much as their children trying to be the adult and make good decisions all the while navigating unresolved emotional wounds.

The critical voice becomes the inner critic for the child and as the child grows up the cycle or pattern has already formed, affirming 'I can't'. First and foremost, we must take responsibility for the inner child and tell them they can do anything. Rebuild the trust and give to the

inner child what you did not get when you were growing up.

This is never about blame.

Everyone has emotional wounds. People tell me all the time they are healed and then I hear them describe how they had a falling out with their co-worker and they are not speaking with their mother and they are frustrated that no one hears them. This is not a healed state of consciousness. These cycles that represent our karma run for lifetimes redirecting us back to what we need to work on.

To think we have worked through everything is the ego shielding us from the pain often associated with karma. The statement 'I can't' is what literally stops our growth and again allows the ego to protect us from ever being hurt again. As humans we easily lose perspective and forget the suffering of others being focused on

our own bad luck. At times it might seem like we must climb a mountain as big as Everest to tackle cycles like abandonment, resentment, and betrayal.

What if you allowed for your life to be filled with gratitude for what you have rather than being focused on what you don't have. When you feel you are not getting what you think you should get, remember it has to do with your karma. Westerners do not readily take responsibility for what they have manifested because karma is a newer concept. Everything you do in this life is how you set up your next lifetime. We desire a good life but rarely take responsibility for what we came with (our karma) and what we are doing with our energy. Your words and the energy that is emitting from your physical body send a signal to the Universe and when we have two different signals,

the message is confusing. If you want to manifest something the feeling in your body must match your words. 'I can't' stops energy from moving forward. 'I will try' keeps the energy flowing. May we align our words, hearts and energy so we can heal and manifest a peace filled world.

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

HERE'S MY OPINION OF YOU! wordwisdom

By Tobi Nason

Most people don't say those words, so blatant and brazen. We most likely would walk away, shaking our collective heads, and maybe murmur some word under our breath. Something like "jerk", only with a bit more punch to it.

Some opinions do matter, such as the boss's opinion of your job performance. Your significant other may have an opinion about childcare that differs from yours. Let's just say that some opinions are warranted and necessary.

Others may not be. Some opinions are verbal disguises for disapproval. Some opinions cross boundaries. Some opinions are just not necessary. I hear all sorts of things. This person's too young for you. That person's too old for you. This person isn't good enough for you. That person is, well, not your type.

Disclaimer: I am not writing from only my own experience. I have gathered from others that free floating opinions from friends and co-workers abound.

Disapproval. Often body language or a look can transmit disapproval. Couples

often develop shorthand. Just a look from the other party tells you that he/she disapproves of something. Your job is to figure that out. Disapproval sure carries a lot of weight! Disapproval has the ability to shut a person down. Too much disapproval from one party to the other and the relationship has turned abusive.

Some opinions certainly come out sounding a bit like disapproval. I have spent a good chunk of my life developing a teflon attitude towards it. Despite the fact that I was basically a good kid, alaw-abiding, fairly successful adult, I was surrounded, it seemed, by negative opinionated people. Family. They had mastered the back-handed compliment and the slick and sweet innuendo. I don't much care for how it's presented, this disapproval thing. It is crossing a boundary.

Unless I ask, there really is no need to pipe up with, "I just think you ought to.... blah, blah, blah."

Disapproval. Are you waiting for the day you are "approved?" It won't



come. At some point you have to give up caring what others think. The earlier the better. This does not apply to those you trust and care about, the ones who have shown themselves to be there for you.

At my age, I kind of like having others disapprove of me. Means I'm doing something that maybe he/she wouldn't/couldn't/shouldn't do.

The older I get, the more I want to do, knowing that life ends for everyone. Why not live it anyway you choose?

Smile when someone offers an unsolicited opinion regarding your life. Just Smile.

A Special Request from the
Dogs & Cats at the
Clatsop County Shelter

We're a little
low on supplies.
Would you please help?



Dog Food - Nature's Domain
(Costco)
Cat Food - Nature's Domain
(Costco)
High Quality Kitten Food
50 Gallon garbage bags
13 Gallon Tall Kitchen Bags
Papertowels
Cat Toys (No Catnip)
Bleach
Dog Kongs (Black only please)
Feline Pine Cat Litter
Tennis Balls
Liquid Laundry Detergent
Also we take
Cash Donations



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bodies in balance

By Tracy Erfling, N.D.

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



FIVE CHEERS FOR FEET!

CAN YOU THINK of a part of the body that takes more physical use and abuse than our feet?! They carry us through many of the activities of the day. They are structural and sensual. They connect us to the earth as we walk our way over mountains and along beaches. The biggest issues I see when facing foot health are pain (plantar fasciitis, bone spurs, gout and neuropathy), skin/nail issues (namely fungus and ingrown nails) and swelling or edema. These can have a variety of consequences for our comfort and mobility. So take a few minutes to rest those dogs and read on about foot health.

I should begin with a disclaimer that I am not a foot specialist. There is, in fact, a whole medical speciality called podiatry which is dedicated to keeping the feet in good health. My lay knowledge is intended to outline some foot concerns and strategies but this article is by no stretch of the imagination a substitute for proper medical care when needed.

PLANTAR FASCIITIS is basically an inflammatory issue affecting the tendinous tissue that connects the heel to the balls of the feet. If you think about the pressure the plantar fascia takes on to maintain the arches of our feet and keep the spring in our step, it is no wonder this wears over time. Now granted I mostly see women, but I find this condition incredibly common in perimenopausal women. This in fact is a time when the as the estrogen lessens the elasticity of the tissues throughout the body stiffen, including the plantar fascia. First line treatments can include proper calf stretches, the use of a tennis ball for massaging the tight fascia, epsom salt foot soaks and an absolute must is good arch support. All arch support is not created equal, while the simple cheap ones may feel good, they may not be all that supportive so good to seek out a reputable source or get fitted for orthotics.

BONE SPURS most commonly affect the center of the heel, again where the plantar fascia attaches to the heel. As the fascia stiffens (or weakens) it can pull on the heel attachment. The body seeks to compensate for this by laying down bone to keep the attachment strong and thus a bone spur forms. Therapies which may assist in softening the spur would be ultrasound, topical castor oil and heat, and of course addressing the above issue as it is commonly the root of the problem.

Neuropathy is a problem of nerve origin. The nerves can be inflamed, pinched or damaged from injury or more systemic

disease like diabetes. Symptoms that may resonate for some would be numbness, tingling, hot/cold sensations or just outright pain in specific areas of the footbed, although most commonly affecting the toes. It should be of note that gout is another very common condition causing pain at the root of the big toe (this is a topic in and of itself so I am not going to review it here). One of my first go tos when addressing neuropathy is B vitamins, specifically B6 but as I've mentioned before any one B vitamin should be supplemented with the entire complex. These B's are quite nourishing to the nervous system and neuropathy can be one sign of B vitamin deficiency, so worth a try.



FUNGUS...the toe's arch nemesis. Both the skin and nails of the feet are susceptible to this type of infection. On the skin it most commonly manifests as athlete's foot, which is typically located around and between the toes, but especially virulent cases can spread throughout the footbed. It can be red, blistery, have peeling or even torn bleeding and oozing skin, and most annoying, be super itchy. The nails are another susceptible area, which can lead to minor discoloration or more invasive nail involvement where the nail thickens and pulls away from the nailbed. Thankfully nail involvement is fairly asymptomatic yet for many an unsightly sign of dis-ease in the feet. Treatment options range from simple home/hygiene like making sure you wash regularly, clean or even bleach socks between each use, give feet quality air time and make sure shower surfaces are well maintained. Tea tree oil is my first natural go to. This essential oil can be a bit harsh directly onto the skin but diluted in some type of carrier oil is worth a try.

Over the counter medicines are an obvious suggestion and then of course there are also pharmaceuticals to use either topically or internally. Nail fungus can be particularly stubborn and one must employ patience when attempting to treat this infection.

INGROWN TOENAILS can for some be a chronic and debilitating condition. I see this issue increase with age as we become less able to care for the basic needs of our feet. Footwear can sometimes be to blame...again make some quality air time for the feet! Regardless of the reason, ingrown toenails are one of those structural/anatomical conditions that are best solved by a nail professional. Podiatrist, nail technician, or elder-care specialists can all be very adept at addressing and maintaining this issue.

SWELLING is the final foot issue that deserves addressing. Swelling from inflammatory concerns like those listed above or injury is one possibility. However, the feet are the gravitational pooling area of the body, and when it comes to swelling (a.k.a. edema), the feet are a bit of a window into our cardiovascular function. The fluid balance of the body is a well coordinated event between the blood vessels, lymphatic system and surrounding tissues. There is delicate balance of osmosis which governs whether fluid is higher in one system vs. another. This balance is influenced by hydration, nutrients, hormones, blood pressure and inflammation (to cover the basics); and therefore the solution(s) can be complex. Clearly making sure there is adequate hydration and movement will ensure that some of the basics are covered. Also addressing blood pressure is a worthwhile pursuit. Bottom line is to accept that some swelling from time to time can be a reflection of stress to the system but ongoing swelling (even if it comes and goes) should be brought to the attention of your health care professional. And remember to elevate, our feet spend a great deal of time at the bottom so why not give them a chance to be on top for some portion of the day?!

Give five cheers for your feet, be thankful of their ability to carry you through this lovely world, and reflect on ways to care for them today, tomorrow and for years to come.

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



THE ROMANS were responsible for the calendar we use these days. As was their habit, the Romans gave scant credit to the Greeks for pretty much everything all the while building on Greek brilliance to ultimately come up with a pretty darned impressive empire. As with all empires, the end was inevitable and in 476 C.E.*, the Barbarians finally tired of being at the gate, marched in and took over. Remnants of all who came before from the world over remain, our calendar, a mashup to be sure, being one of them.

I think I will rename the months. I just don't think the title 'July', named for Julius Caesar is evocative of the sultry, sumptuous spectacle that occupies the heart of summer. Frankly, I don't think we should name anything truly important after a person. But, I spare you that particular rant. That's how much I love you.

I think we should each choose our preferred names for the months so that none of us would ever know exactly what the other one meant thereby putting time in its proper perspective. I hereby name the month formerly known as July. Tomato. I write this column at the beginning of Tomato.

The name tomato comes from the Nahuatl, an Aztec language where it was called tomatl. By my rule, it qualifies as not only a vivid expression of the month but was never ever named after a person. The botanical name, lycopersicon esculentum, might work using its translation, wolf peach. You can use that one if you like. It's up for grabs.

I'm guessing that tomato's membership in the nightshade family was one reason it spent so long being thought poison. Once the world caught on to what the Aztecs knew all along, tomatoes went from being shunned to being called Love Apple, Apple of Paradise, Golden Apple and other excitedly

reverent names. Folks who formerly gave tomatoes a wide berth, suddenly swore that placing one on your window sill would ward off evil, that tomatoes were a perfect offering to their gods and that, as a matter of fact, tomatoes were an aphrodisiac. We humans are so quixotic!

In 1897, Joseph Campbell introduced condensed tomato soup and the rest is Mmm,Mmm Grilled Cheese.

There are countless ways to love tomatoes. First, eat local, in-season tomatoes just as they are and as many as you can. My first memory of tomatoes is of lingering in my grandfather's vegetable garden where he kept an overturned tin can protecting a salt shaker at the end of the tomato row. Snack Bar!

BLT's, Salade Caprese, grilled pizza and pasta sauce are obvious tomato lusciousness. Add a fried egg to your BLT to elevate yummy to yikes! Sauté cherry tomatoes in a dollop of good olive oil just to bursting and add to lightly steamed green beans sprinkled with crumbled feta. Those same burst tomatoes added to al dente spaghetti dressed with a drizzle of olive oil, a crack of black pepper, a chiffonade of fresh basil and shaved Parmesan make a quick and deluxe meal. Switch up traditional Succotash with two more of summer's gifts, corn and Fava beans, add fresh tomatoes, simmer with fresh herbs and be appropriately happy. Tomatoes love avocados, peaches, fennel, pesto, fish and fresh herbs. Tomato loveliness is without end. In the interest of not messing overmuch with a good thing and honoring summer's warmth with something cool and refreshing, I offer Gazpacho. There are so many ways to make good Gazpacho, this recipe is a mere suggestion. Add a sparkly glass of Cava and chunk of good bread. Happy Tomato!

CHEW ON THIS!

by Merianne Myers



YOU SAY TOMATO, I SAY GAZPACHO

MAKES 4 TO 6 CUPS

- 1 English cucumber, chunked
- 2 sweet peppers any color, cored, seeded, chunked
- 4 +/- ripe heirloom tomatoes, chunked
- 1 red or sweet onion, coarsely chunked
- 3 +/- garlic cloves, minced
- 1 quart organic, no salt added tomato juice
- 1/4 cup white wine vinegar
- 1/4 cup olive oil (This soup does not get cooked. Use your good finishing oil.)
- Salt and Pepper to taste
- Tabasco or favorite hot sauce to taste

You can make this in a processor or blender. Process each vegetable separately, until coarsely chopped. If you prefer a smooth textured soup, keep going. I like some texture in mine. Dump processed vegetables in a bowl and stir in garlic, tomato juice, vinegar, olive oil, hot sauce, salt, and pepper. Here's where you adjust the amount of juice, garlic, salt and pepper to please just you. Add enough juice to create the desired consistency and amount of finished soup.

Mix and stick in the fridge for at least an hour. Even better, make it in the morning for an afternoon picnic, giving the flavors time to truly develop.

*C.E. stands for Current Era, formerly known as Anno Domini or Year of Our Lord. Settle down Christians, we are merely adjusting terminology to include everyone. B.C. is now B.C.E. or Before Current Era. It's not my idea, but it's a good one.

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.

BEACH DANCE OREGON

Free Form Dance Opportunity



PHOTO: Cienna Gray

Exercise your body and your heart. Breath in the sea air, and dive into your dance – it might be stillness, slow motion or an all out boogie on the beach. A 1-hour dance track is provided on ipod by dance facilitator Denise Lofman. Free self-judgment and let your body rhythms take you on your own free-spirited journey, be "in-tribe" with fellow dancers. Make it an amazing Saturday morning ritual to culminate the activities of your week, or let your weekend resonate.

Most Saturdays through September 15. Meet at Chapman Point in Cannon Beach at 10am. \$10 - \$20 sliding scale donation. (No Beach Dance July 14). Please contact Denise to reserve your space/and directions to Chapman Point (N. Cannon Beach). denise.lofman@gmail.com

Yoga With Kaisa

Kaisa Schlarb hosts foundational and intermediate Hatha yoga classes for beginners and those with a regular practice. Explore grounding through breath and safe, conscious movement. Classes held at Watershed Wellness at 1490 Commercial. Foundations/Beginner on Wednesdays @ 5:30 pm, Intermediate on Thursdays @ 9 am. For a full list of class schedules visit: <http://www.watershedwellnessastoria.com/>

RECONNECTING MIND, BODY & SPIRIT. (Let That Shift Go).

July 25. With Shanna Gillette. Learn to use ancient yogic techniques mixed with the latest in neuroscience and proven mind/body methods to reconnect mind, body & spirit. \$30, 2 – 5pm at the Sou'wester Lodge in Seaview. RSVP at souwesterfrontdesk@gmail.com

SEASIDE WALKERS

If you ENJOY being outdoors, waking and meeting new people join SEASIDE WALKERS - 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 someone 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. (Tevras are great!) Socialized dogs are welcome. Info: Corinna 503 368 61 44

Relax into Meditation

Join Coast Meditation Group members for qigong relaxation exercises and guided meditation supporting the healing and harmony of oneself and the planet. Sundays @ 11am. Tolovana Hall, 3779 S Hemlock St., Cannon Beach. \$10 drop in . Linda Lawson - facilitator. heartlink-ed.com.

BY ALYSSA GRAYBEAL



Wearable Gear from **SHIFT** Becky Tonkin Talks Fabric and Design

BECKY TONKIN the seamstress/designer behind the clothing company **SHIFT**, based in Astoria, considers the clothes she makes to be gear rather than fashion. She uses natural fibers with crisp lines and topstitching to create functional, long-lasting gear, such as aprons and shift dresses, from sizes 6 to 28.

"I'm making clothes that empower people," Tonkin says, "clothes that actually work and feel good and look great because they're made out of delicious fabric that will wash well and survive for a long time." She describes her designs as "big boxy things that are comfortable as f*** and have big 'ol pockets," and continues, "I mean, literally something as small as pockets in women's clothing is considered revolutionary, which is dumb but true."

Tonkin pays special attention to the functionality of the fabric itself, and her staples include a black and a railroad-stripped denim. "One of the things I do well is pick fabric that drapes well and folds nicely. That's really vital for me, picking the right fabric for the right garment." And not only are natural fibers what she wants to wear herself, "they're way more fun to sew," Tonkin says. "You press

them and get a crisp edge. I like a good, tight weave that folds like paper." Most importantly, she says, "I'm making clothes that are missing in the market for me personally as a short, round person, and then I'm making them work for other people too." Wearability is integrated into Tonkin's design process. She makes and wears a test pattern in her own size to check the fit and performance, such as how the fabric moves and pocket locations, before she draws the final patterns.

While Tonkin doesn't typically do custom designs for people, she's enthusiastic about customizing the designs she already has. "Right now, I'm super crushed out on this summer dress," she says. "I just love it so much. It's got a little drawstring; it's easy to wear. It's this beautiful indigo hemp/organic cotton blend, and I've been customizing it for a lot of people. It's easy for me to raise or lower the waistband, or make the neck bigger or smaller, or adjust the length."

The suspender dress is another customer favorite. "It's my bread and butter, and I do a lot of custom orders for sizing on that one too," she says. "They're really fun to make with a lot of topstitching."

Tonkin first learned to sew from her mom and grandma, and she earned a BA in apparel design from Oregon State University.



"Finn Tunic" and the very popular "Suspender Dress"

However, the technical work in that program didn't lead directly to her making and selling clothes. "I didn't want to go work for the big companies in Portland. I just wasn't interested in sportswear or being just a pattern-maker. I kind of wanted to do everything."

She went on to work in retail boutiques, earn a master's in museum studies, and work in non-profit arts administration before moving to Astoria in 2013. And even though she sewed and did alterations, she didn't necessarily intend to start a small business. "I wasn't trying to appeal to anybody," she says. "I was just like, 'I can't find this for myself so I'm going to make it, and I think it's cute and functional.'"

But after a friend encouraged her to do a holiday market at Albatross in 2015, Tonkin realized people were really interested in what she was doing. Then another friend, Nick Wheeler of Wheeler Bag Co., asked if she wanted to do the Astoria Sunday Market with him in 2016. "Other people pushing me was kind of essential," she says.

Since then, like her designs, Tonkin has honed her workflow and creative process in ways that work for her personally. "I'm always changing my products," she explains. "If I run out of a fabric or I'm not excited by it, I'll just stop making that thing. And if I love it, I'll just keep ordering the fabric and making it as long as people are buying it."

"I'm not as stressed as I used to be," she explains, "because I've learned to let go of constantly judging my process, which is to procrastinate and then work really hard, and then be super surprised that I got so much done in a short amount of time. But the procrastination part is actually really important because it's where I process it all in my head and prioritize. I'm still working, and I'm often doing other things like ordering fabric or applying for shows."

What's next for **SHIFT**?

Tonkin hopes to have a new overalls design by mid-summer, although she's still deciding on fabric. "With overalls, you want them to be slightly structured but also loose and soft enough to be comfortable," she says. "Probably light railroad denim."

Also keep an eye out for her online shop, coming soon at www.shiftastoria.com. For now, she'll be at the Astoria Sunday Market every other week all season long.



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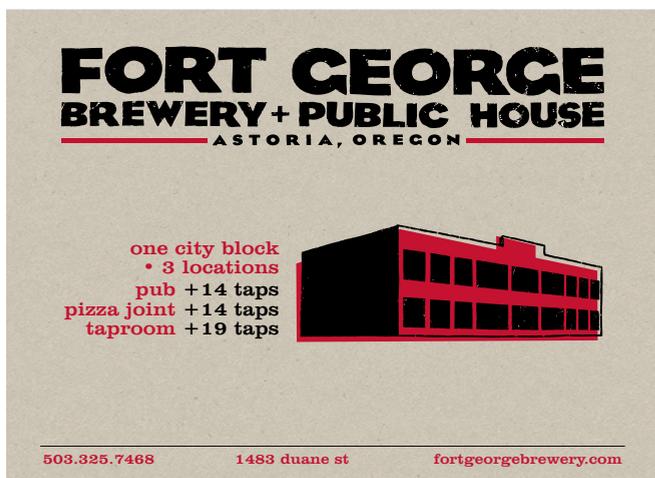


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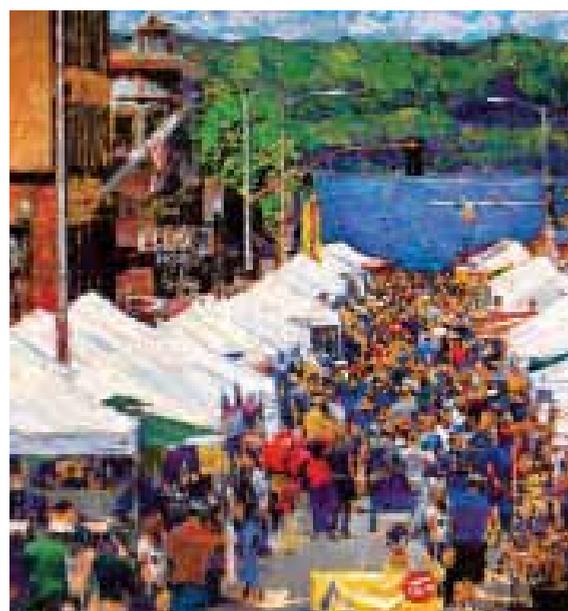
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