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March 2019 • vol 20 • issue 241

HIPFISH MONTHLY

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OUTTAKES:

Susan Banyas choreographs memory in a multimedia performance piece based on her new book, *The Hillsboro Story*.
Performance and Book Release:
March 16 at KALA



ALSO at KALA

- *Storyteller Will Hornyak* March 22
- *Ariel Gore's School for Wayward Writers* presents *Literary Cures for Fascism Fatigue: A Variety Show!* March 25

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SETH WALKER

National Blues/Roots/Soul Artist
On Tour
Saturday, March 9
at KALA

KALA brings national roots/blues/soul artist, and native South Carolinian Seth Walker to the stage on tour with his album "Are You Open," Saturday March 9 at 8pm. Seth Walker and his trio have been a staple in the roots/blues world including multiple support slots for The Wood Brothers, and performances on Delbert McClinton's Sandy Beaches Cruise.

Over the past 10 years, Seth Walker has become recognized as one of the most revered modern roots artists in the United States; a three dimensional talent who combines a gift for melody and lyric alongside a rich, Gospel-drenched, Southern-inflected voice with a true blue knack for getting around on the guitar.

Supported by stand-up bass and drums, Walkers an "accomplished guitarist and an even better singer, distilling the soul of Ray Charles, the Southern boy roots charm of Delbert McClinton, and an uptown blues turn of phrase (à la Percy Mayfield) into his own distinct voice," states DC Music Mag The Vinyl District.

"Are You Open?" marks Seth Walker's tenth studio recording, produced by the Wood Brothers Jano Rix, culling from his time spent in Havana, New Orleans and Nashville, a soulful brew of roots music from the Americas and beyond.

"Are You Open?" follows 2016's critically acclaimed 'Gotta Get Back,' a stunning collection that found Walker excavating the roots of his love affair with music by reuniting the family that first sparked his fire as a child. That album traced its origins back to Walker's native North Carolina, where he grew up on a multi-family commune and studied classical violin and cello before ultimately discovering his passion for soul, jazz, blues, and folk. He'd go on to deftly mix all those genres and more in his work as a solo artist, organically building up a celebrated two-decade career that's earned him praise everywhere from The Washington Post to NPR, who hailed his "hard-driving" songs and "sweet tenor," in addition to landing him dates with The Mavericks, The Wood Brothers, Raul Malo, Paul Thorn and Ruthie Foster, among others.



sethwalker.com

Get Your Tickets NOW!

"...pure talent, a masterful blues guitarist, a singer with some swing in his voice and a writer whose (songs) sound less composed than unleashed."
- Austin American Statesman

Saturday March 9, 8pm. Tickets \$15. Doors open 7:15pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Ages 16+ accompanied by adult please. Full Bar. Advance tickets online: libertyastoria.showare.com. Pick-up will call tickets at KALA, at the door/time of show.

Storyteller Will Hornyak

Healing Waters Holy Wells
Friday, March 22 @ KALA 8pm

THIS MARCH, award-winning storyteller Will Hornyak returns to KALA to present **Healing Waters Holy Wells**, an evening of myths, legends, poems, songs and lore of healing and renewal from the mythic waters of Ireland and beyond, Friday 22 at 8pm. \$15. (Tickets on sale in advance at libertyastoria.showare.com) Doors open 7:30pm.

Storyteller Will Hornyak has delighted audiences across the United States for nearly 25 years. A featured performer at the National Storytelling Festival in Jonesborough, Tennessee, Will engages audiences with imaginative, well-crafted and deeply moving performances.

WORKSHOP WITH WILL

For the first time, Hornyak will follow up his performance with a workshop at KALA on Saturday 23, with **Telling Stories Well: A Toolbox for Storytellers**.

Whether it's in the classroom or the board room, around a campfire or behind a pulpit, storytelling is a timeless way of entertaining, educating and inspiring all ages. We all have stories to tell, and a unique voice and style for telling them. Will Hornyak creates a welcoming environment to help participants develop and refine their storytelling skills and explore ways of bringing stories to life



authentically. Participants will gain a deeper understanding of how to develop a personal story or embody a traditional fable or folktale.

Will Hornyak has been a full-time storyteller and workshop facilitator since 1994. He has been a featured storyteller at festivals around the United States and a teacher of storytelling in communication at Portland State University, Lewis and Clark College and Marylhurst University.

No previous storytelling experience required. The workshop is limited to 25 participants, cost is \$40. 10am - 2:30pm. To reserve a space contact: hornyak.will@gmail.com



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by Alyssa Graybeal

OUTTAKES: Astoria's Susan Banyas choreographs memory in a multimedia performance piece based on her new book, *The Hillsboro Story*

Histories are never told in isolation." -- Angela Davis

ON MARCH 16, KALA will host multi-media artist and storyteller Susan Grace Banyas' OUTTAKES, a multimedia performance piece composed of excerpts and outtakes from her first book, *The Hillsboro Story: A Kaleidoscope History of an Integration Battle in My Hometown*. The event will also launch the book itself, released in March 2019 by Spuyten Duyvil Publishing.

In OUTTAKES, Banyas weaves movement, monologues, images, and text, as well as music by jazz composer David Ornette Cherry, with over a decade of research, personal experience, and connections with the story of an integration battle in her hometown of Hillsboro, Ohio.

In 1954, she witnessed Black mothers protesting segregation outside the window of her third grade classroom. That protest, which lasted two years, became the first test case north of the Mason-Dixon line for *Brown v. The Board of Education of Topeka*, the landmark 1954 Supreme Court case that ruled the segregation of public school children unconstitutional.

In 2003, almost 50 years later, Banyas returned to Hillsboro and began conducting over 60 oral histories, not only with those protesting mothers whom she had witnessed but also with key local and national players in that battle.

"I stepped back in Hillsboro not knowing where I was heading," she says, "and the story become theatre first."

She piloted her work, in all of its iterations, in Hillsboro, where it was enthusiastically received,

especially from the mothers who had been part of the protest. "They were like, 'Go! Get the book out there. Do it, do it, do it!' People were happy that I got it out," she says.

When she started her research in 2003, the local historical society had nothing about the years-long battle. "Nothing! It was a huge story, and it had been buried."

As such, one of her missions was to save the memory of the story by anchoring it in lived experience. "The backbone of the storytelling is the voices of the people I interviewed," Banyas explains. She weaves historical anecdotes and documents around those voices.

Thanks to her background in dance and performance art, Banyas conceptualizes the structure of both the performance piece and the book as choreography, written in small units around where people, words, and moments intersect.

"Multimedia becomes like poetry," she explains, "so I got to be a bit freer in how to express the story."

"I use the multidisciplinary language because I think we remember through our bodies, we remember through our hearts, we remember through our brains, we remember through our dreams, we remember through our conversations with other people, through photography, through iconic images. Memory operates on all these levels. But if the powers that be get ahold of your memory, then you have to wrestle with that."



Susan Banyas at KALA

PHOTO: Michael Mathers

Images—in Banyas' photographs and paintings, as well as memories—are also key to holding the story together. "Images are archetypal, so they hold a lot of information. It's kind of like how we dream. Images emerge and those images start to have their own life."

Likewise, Banyas sees returning to the memories of her eight-year-old self as a way to seek the source of who we are as people. "Memories are living forms that are made up as they're processed," she says. In that way, the book's structure echoes that of memory itself.

By consciously filtering her investigation through her own personal and family memories as a daughter of Ohio and a descendant of Quakers, she anchors both the Abolitionist Movement and the Civil Rights Movement in the county where she grew up.

In her first theatre piece set in Ohio, *No Strangers Here Today*, Banyas examines the Civil War diary of her great-great-grandmother, Elizabeth Edwards, whose family was a link on the Underground Railroad.

"Ohio has always been contentious because of its proximity to the Mason-Dixon line," she explains. "And that research grounded my ability to move forward 100 years into the early civil rights story of 1954 and '55."

After performing the theatre production of *The Hillsboro Story* for two years, which premiered in 2010 at the Artists Repertory Theatre in Portland, she knew she wasn't done with the story.

In OUTTAKES and *The Hillsboro Story: A Kaleidoscope History of an Integration Battle in My Hometown*, Banyas situates Hillsboro within larger national and global geopolitical contexts, from systemic racism in the United States to the Cold War to U.S. shadow operations in the Congo. To process the story through all of those angles required a kaleidoscopic approach and multimedia collaboration.

The following excerpt from the book explains why, while the schools in Hillsboro eventually

integrated, society as a whole stayed segregated: "The social engineers fighting to unify the society through equal protection were shadow-boxing against covert, internalized systemic racism and a deadly game for geopolitical world domination, a 'grand strategy' of complete control of earth's resources through supremacy in the military, market-place, media, and, most of all, memory."

The U.S. invasion of Iraq in 2003 prompted Banyas to start researching the story. She told herself, "That's it, I gotta do something. What can I do as an artist with my voice? I can write this story. I can find out what was going on in my hometown."

In moving through and recreating personal memories, she speaks to the larger truths of how we get conditioned to accept systems of oppression without even knowing it. Fortunately, she says, "we all take that journey of awakening, a slow development of consciousness about the reality of what's going on."

"Here we are in 2019," she says, "and I think collaboration is our only hope. We're confronting these issues all over again because we've never really confronted them as a society."

OUTTAKES

Saturday March 16

7:30pm @ KALA

\$12 at the door

(doors open 7pm)

Book Signing

following performance

1017 Marine Drive in Astoria

The Hillsboro Story

a kaleidoscope history of an integration battle in my hometown



SUSAN BANYAS is a multi-media artist, director, and educator whose performance projects -- *The Hillsboro Story/ensemble No Strangers Here Today/duet* -- are set 100 years apart in southern Ohio and dance between memory and history to shed light on what lies in the shadows of the American system. *The Hillsboro Story* was produced by Artists Repertory Theatre, 2010/11 season, Portland, OR; and *No Strangers*, a collaboration with jazz composer David Ornette Cherry, was commissioned by Los Angeles Library Foundation for the Aloud at Central Library series. Both works have toured nationally, spawned school curriculum, essays, and now her book *The Hillsboro Story*, and solo project, OUTTAKES, designed for Kala performance space. *Blue Wheel* is dance video response to a residency at the Robert Rauschenberg Residency Program in Captiva, Florida and is currently in development as multi-media performance.

Her dynamic classes -- *Everyday Dancing*, *Soul Stories*, and *Performance Lab*, have been presented in studios, universities, at conferences and in schools for 35 years and form the basis of her writing, directing, and collaborations. She trained in New Mexico and co-developed curriculum -- *Who Owns Your Mind?*— targeting the dramatic effects of media and advertising on human consciousness.

She co-founded the eclectic

SO&SO&SO&SO with Louise Steinman in 1976 as a multi-media performance collaboration, and co-founded and operated the vibrant Dreams Well Studio (1991-2003), a low-tech experimental performance and teaching lab in Portland, Oregon. Ms. Banyas work has received attention in two books on art and performance: *The Knowing Body/Artist as Storyteller* in *Contemporary Art* by Louise Steinman and *Strong Hearts, Inspired Minds/21 Artists Who are Mothers Tell Their Stories* by Anne Mavor and Chris Eagon. She is a member of the Maya Angelou Writers Guild and International Society for the Study of Time where she has been a presenter in Cambridge, England and Monterey, California.





Inside the Month:

POWER TO THE PEOPLE . . . p9 P.McDonald

SMART Update . . . p11 K. Lacaze

Toxic Pearl . . . p12 B. Goldberg

Nature News . . . p9

Arel Gore VARIETY SHOW! . . . p13

INCO NEWS . . . p10 D. Delk

Scandi Park Design . . . p26 K. Schlarb

Qfolk

MOonthly LGBTQ eVenTs, +
political groups/organizations... p8

COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS KANEKUNI 20

BIKE MADAME . . . HAMMITT-MCDONALD . . . 21

FREE WILL ASTROLOGY . . . BREZNY 21

NETWORK COMMUNITY LISTINGS . . . 22

S. GRACE MESSAGES/ 5TH DIMENSION . . . 23

WHOLE PLANET HEALTH HAMMIT-MCDONALD 23

WORD & WISDOM . . . NASON 23

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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Shake, Rattle and Roll Fire Mt School Raffle Event set for March 16



DUST OFF YOUR POODLE SKIRT and rub your lucky charm! The Fire Mountain Raffle Party is set for March 16 with live music by Seattle area band, Hot Club Sandwich. The grand prize winner will receive a \$4,000 trip to a destination of their choice, the second place prize is a stay at North Fork 53 and third place prize is an Epic Surf Package by Oregon Surf Adventures that includes lessons for two.

One \$40 raffle ticket is all you need to gain entry into the event (ages 21 years and older) which is sure to include lively dancing and a chance to win one of the three prizes. The dance party also includes gourmet food and a no-host (cash) bar.

This long standing community event is one of the best parties of the year on the North Coast. It is a unique opportunity to see friends old and new in a festive environment while supporting one of the area's only independent schools.

Tickets are \$40 each or 3 for \$100 with a limit of 500 tickets for sale, they can be purchased from a Fire Mountain parent or online at firemountainraffle2019.eventbrite.com.

The sponsors for this event include Manzanita Fresh Foods, North Fork 53, Nehalem Animal Healing, T-Spot, Unfurl, Oregon Surf Adventures, Sunset Vacation Rentals, Meadow and Corey Davis of Cascade Sotheby's Realty, O'Brien Construction, Bills Tavern and Brewhouse, Kingfisher Farms and Lance's Farm Vittles.

Fire Mountain School is an independent school dedicated to assisting children in their ongoing work of exploring and making sense of the world. Since 1983, teachers and parents have joined together to create a community structure in which children experience an environment that helps them to become their best selves, curious, confident, creative problem solvers and stewards of their home place. Fire Mountain is surrounded by extraordinary rain forest of Oswald West State Park on the Oregon Coast and serves pre-school aged children through 4th grade.

If you would like more information about the school or to register for the 2019/2020 school year, please visit our website at <http://www.firemountainschool.org>.

AAUW: Notable Women of Portland

ON TUESDAY, MARCH 19, the American Association of University Women, Astoria Branch will present authors Tracy J. Prince and her daughter Zadie Schaffer who will discuss their book *Notable Women of Portland* at the Astor Library 450 10th Street at 6:00 p.m. Open to the public.

The story of Oregon, like much of history, has usually been told with a focus on male leaders. The *Notable Women of Portland* book offers a reframing of Oregon's history by exploring women's stories during pioneer times, the Progressive Era, WWI, WWII, and the post-war era, as well as chapters on "Women in the Arts" and "Women in Politics". Many women made their mark and radically changed Oregon: Native Americans Polly Johnson and Josette Nouette; pioneers Minerva Carter and Charlotte Terwilliger; doctors Marie Equi, Mary Priscilla Avery Sawtelle, and Bethina Owens-Adair; artists Eliza Barchus

and Lily E. White; suffragists Abigail Scott Duniway, Hattie Redmond, and Eva Emery Dye; lawyer Mary Gysin Leonard; Air Force pilot Hazel Ying Lee; politicians Barbara Roberts and Margaret Carter; and authors Frances Fuller Victor, Beverly Cleary, Beatrice Morrow Cannady, Ursula Le Guin, and Jean Auel.

Historian Tracy J. Prince, Ph.D., a Research Professor at Portland State University, is the author of *Portland's Goose Hollow and Culture Wars in British Literature and Portland's Slabtown*. Zadie Schaffer, Prince's daughter, experienced a lack of exposure to women's voices at school, and her hope was that this book, *Notable Women of Portland* would shine more light on the often unheard, diverse, and fascinating women who helped shape Oregon. This book has recently been adopted by Portland Public Schools, David Douglas School, and Catlin Gabel.

Arch Cape Forest Community Meeting March 16



THE COMMUNITY is invited to a presentation on the acquisition plan for the Arch Cape Forest, Saturday, March 16, 2019 from 11am to 12pm at the Arch Cape Fire Station located at 79729 US-101, Arch Cape. Ben Dair, Senior Finance Manager of Sustainable Northwest will give an update on the progress toward the proposed community forest acquisition. Ben will give an overview of the grant funding sources applied for to-date, as well as gap financing. The Arch Cape Domestic Water Supply District is seeking to purchase the watershed that supplies the drinking water for the community of Arch Cape. The watershed would then become a community forest, managed for clean, safe and affordable drinking water.

Mary Olson, Arch Cape Forest Outreach Coordinator, will give a short presentation on Scotch broom and the upcoming volunteer Scotch broom control event planned for Saturday, April 6, 2019.

Please register for this free event by email to archcapeforest@gmail.com



ASTORIA City Councilor for Ward 4 Gathering

With Jessamyn Grace West
Thursday March 14th,

4:30 to 6pm at Alderbrook Hall,

red building at 45th and Leif Erickson
Meet the new City Councilor for Ward 4!

This is an open invitation to bring your
City related questions, concerns
and opinions- everyone is welcome.

www.facebook.com/JessamynAstoria

ALES & IDEAS

Ales & Ideas welcomes eco-architect, builder and activist Tom Bender on Thursday, April 4. Doors open 6pm. Presentation at 7pm. Fort George Lovell Showroom at 14th & Duane

A Walk in the Park?

THE CLATSOP COUNTY Historical Society's Thursday Night Talks (TNT) lecture series for February 21st will be: A Walk in the Park? presented by former Astoria City Planner and Historic Preservation Officer Rosemary Johnson.

Johnson will highlight the efforts behind the building of Tapiola Park and the River Trail and how it was no walk in the park to create these additions to the Astoria park system.

Johnson retired in 2014 after 35 years with the city but remains involved with a number of city planning projects, including overseeing the restoration of the Doughboy Monument as well as the design and construction of the Scandinavian Heritage Park.

The Clatsop County Historical Society's TNT lecture series is a free event at Fort George Brewery on the third Thursday of each month. Doors open at 6:00 pm, with lectures beginning at 7:00 pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult. For more information about this event or other Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: cchs@cumtux.org.



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outside the box



STEPHEN BERK

TRUMP'S FAVORITE MEME that helped him get elected has been "America First." The real estate mogul's base is largely small business, segments of the non-union working class, the trades and social conservatives. This constituency assumes that international trade agreements and pacts to reduce fossil fuels are detrimental to America. Thus Trump has proceeded to cancel US participation in

tariffs can lead to trade wars. China now has slapped tariffs on a host of American agricultural products, the backbone of our economy. The tariff alone then is not an adequate nationalist answer to solving our huge trade imbalance with China. The problem has roots in decades of massive American corporate offshoring of industry to China and other developing nations. These

China we need to massively rebuild our decayed infrastructure. And how will we do that when we are over twenty-one trillion dollars in debt?

The only way is to completely redefine our place in the world. China, which was an impoverished peasant country at the end of World War II was able to rebuild and become an economic giant by turning itself into the world's manufacturer.

American and European capital migrated there because the corporations could produce their goods cheaply. Thereby they handed China world markets and

a path to industrialization. This enabled China to redefine its place in the world. The US can do so now only in one way, by jettisoning its empire, composed of military bases all over the planet. We cannot dominate the world by force of arms. If we continue to try to do so, we will drown in debt, the dollar will cease to be the convertible world currency, replaced by the Chinese Yuan, and we will experience hyperinflation together with deep depression.

The US now spends close to a trillion dollars per annum on weapons and empire. Russia, the only power that can match us in nuclear arms capacity, spends less than seventy billion per annum on defense. The Chinese too have only a small fraction of our "defense" budget. Our only way to "make America great again," as Trump puts it, is to rein in the empire by closing the bases and stopping most arms manufacturing. That will free up money to rebuild our infrastructure, get back into manufacturing with the Green New Deal that many progressives are calling for. This green economy is what we can export throughout our hemisphere and beyond. This of course is something that is not a part of the Trump lexicon. He and his party are color blind: they don't see green. They do not, as previous Republicans like President Richard Nixon, recognize environmental degradation as an issue.

Trump's blindness to America's real needs is evident in his doubling down on militarism, with the inept counsel of neocon advisers. And it comes with his shutting down the government for thirty-five days over his promise to build a wall at the Mexican border. Shuttering Washington over this petty issue is characteristic of what afflicts the Trump administration. The only way to "make America great again" is to dump the empire and lust for domination and redefine ourselves as I have outlined and as China has done.

TRUMPIAN NATIONALISM AND ITS DISCONTENTS

the Paris Global Climate Accord. Indeed he goes so far as to deny the well-documented science of global warming, thus demonstrating the popular fallacy of reducing inconvenient facts to mere opinions. Using such verbal gymnastics, the president can justify public land giveaways to Big Oil and the cattle industry and rebooting coal in order to "make America great again." The base applauds as they anticipate cheap gas and new jobs. But in low wage, de-unionized America what will these jobs pay?

Trump has also been the first president in several decades to take steps away from the worldwide free trade regimen that began in the 1944 Bretton Woods Agreement, which birthed the General Agreement on Tariffs and Trade. Ever greater emphasis on free trade since then has brought about organizations like the World Trade Organization, which has tremendous power to influence national economies. Its tribunals can actually force countries to accept imports they do not want. Because of the growing power of free trade elites and a dictatorial battery of free trade agencies, such as the WTO and the EU's Brussels bureaucracy, many progressives have been sharply critical of free trade's new world order. Thus while Trump is tone deaf on climate and oblivious to environmental degradation and spiraling extinctions, his nationalist reaction against the neoliberal order has resonance.

It is common knowledge that China has benefitted vastly more from US trade than America has. Thus Trump's tariffs on selected Chinese products like aluminum make sense in that they can increase US sales of those products. A primary function of the tariff has been to protect a country's own industry from cheaper foreign competition. All large industrial states became so in good part because of liberal use of the tariff. On the other hand in today's late stage industrialism, with a great many countries industrialized,

corporations in doing so were thinking only of their bottom line. This may be selfish, but it is the universal basis of corporate capitalism. Capitalism is not a nationalistic system except in its earliest stages. Capital has always moved internationally through the banks that finance business, which in turn becomes international.

So how does a country behave nationalistically, as Trump wants the US to do, within the context of an economic system the very nature of which is international? Trump's most rational answer is in renegotiating trade deals with individual countries like China on terms more favorable to the US. But given the immensity, innovative capacity and worldwide involvement of the Chinese economy, the US now has little leverage to accomplish this task. In 2013, Chinese president Xi Jinping rolled out plans for what he called a New Silk Road, a state-of-the-art railway across Central Asia. Also called the New Belt and Road, it is slated to be a massive economic development program including gas pipelines, telecommunications and other infrastructure. The ultimate effect of this project will be to thoroughly integrate much of Eurasia and all of Central Asia with the Chinese economy. What has the US, which has willingly deindustrialized itself since the 1980s, creating the massive rust belt, got to compete with this huge Chinese venture? The fact is that the US needs Chinese markets a lot more than China needs American ones. Trump can try to perform his "art of the deal" in trade negotiations with China, but China is now the great rising power integrating its economy with ever more of the world. The US, because of shortsightedness is now in decline. Our railways are in disrepair, ancient rusty engines and cars covered with graffiti. We are the only advanced industrial nation that runs passenger and freight on the same tracks. In order for the US to compete with

NATURE NEWS

Diving Beneath Oregon's Marine Reserves Nature Matters features virtual tour March



GO ON A VIRTUAL UNDERWATER TOUR of Oregon's five marine sites to explore the work being done by Oregon Department of Fish & Wildlife (ODFW) and its many collaborators at the Nature Matters talk Thursday, March 14.

The free 7pm presentation takes place at the Fort George Brewery Lovell Showroom, 1483 Duane Street, Astoria. This event is open to the public. Doors open at 6 p.m. to purchase dinner or beverages at the Fort George Brewery before the event.

Join Cristen Don, the Marine Reserves Program lead at the Oregon Department of Fish and Wildlife for the event. She and her team are responsible for the management and scientific monitoring of Oregon's five marine reserve sites. The Cape Falcon Marine

Reserve, located between Cannon Beach and Manzanita, is the northern most of the five. ODFW is seeking input from local communities for development of the Cape Falcon Marine Reserve site management plan being written in 2019. ODFW is looking for activities and projects of interest to local communities to implement in the Cape Falcon Marine Reserve in addition to ODFW's projects. By highlighting the communities' interests in the management plan, ODFW hopes to attract additional research and resources to foster community led projects.

Over the past 15 years, Don has worked on a variety of ocean policy and management topics including alternative ocean energy, near-shore fisheries, and marine reserves and protected areas. Don has worked on the planning and implementation of Oregon's marine reserves since 2007. She has a bachelor's degree in marine biology from the University of California at Santa Cruz and a master's degree in marine and environmental affairs from the University of Washington.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May.

Save the Date! The Nehalem Estuary Cleanup March 9

ITS BACK! The Biennial Nehalem Estuary Cleanup happens on March 9th, 2019! This will be an opportunity to spend a day making a lasting difference in the beautiful Nehalem Bay Estuary and our community!

An all ages and abilities event. Opportunities will range from collecting debris, sorting materials, helping with set-up and take down, and food service.

Once again, the event will be cohosted by the Lower Nehalem Community Trust and Lower Nehalem Watershed Council.

Do you want to be more involved? Have a service or materials to donate? Have a boat and are willing to shuttle people and debris? Its all still in our early planning stages!

Contact Ginnette with the Lower Nehalem Community Trust at ginnette@nehalemtrust.org or Zac with the Lower Nehalem Watershed Council at lnwc@nehalemtrust.net. regularly and repeatedly, as a dedicated corps of NCLC volunteers has done. The volunteers who join the Feb. 13 stewardship day will be planting western hemlock, Sitka spruce, red alder, twinberry, stink current, and ninebark.

People interested in helping are asked to email Stewardship Director Melissa Reich at melissar@NCLC-trust.org or call her at 503-738-9126; she will provide directions to the site and will notify volunteers if severe weather causes a change of schedule. Visit the EVENTS page at NCLCtrust.org for details on this stewardship day and a link with guidance for how to most effectively control knotweed on your own property.

Volunteers should wear gloves and work boots. NCLC will supply the necessary tools. Bring water and snacks/lunch; there is no potable water at the site, and no toilets. Dogs are not allowed on any NCLC properties.

Haystack Rock Lecture Series



Photo: TiffanyBoothe/SeasideAquarium

THE PUFFIN STUDY

The World of Haystack Rock welcomes Wildlife Biologist Shawn Stephenson on Wednesday, March 13 at 7pm, presenting "The Puffin Study." Shawn has been a Wildlife Biologist with the U.S. Fish and Wildlife Service since 1989, and for the past 9 years worked at the Oregon Coast National Wildlife Refuge Complex in Newport, OR.

Friends of Haystack Rock is a nonprofit organization focused on keeping Haystack Rock healthy and thriving. Our mission is to promote the preservation and protection of the intertidal life and birds that inhabit the Marine Garden and Oregon Islands National Wildlife Refuge at Haystack Rock. We do this in cooperation with Haystack Rock Awareness Program (HRAP) and other partnerships.

Library Lecture Series is held second Wednesday of each month, November to May at 7:00 to 8:30 p.m. Cannon Beach Library, 131 N. Hemlock St, Cannon Beach.

Upcoming Talks:

April 10 - Joe Liebezeit "Oregon's Black Oystercatchers" Unveiling its mysteries to help protect a species of conservation concern.

April 10 - Shawn Stephenson "The Puffin Study"
May 8 - Katie Voelke "Conservation Land and Public Access: The Pros and Cons. Join the Discussion

SOLVE Beach Clean Up

8 million metric tons of plastic are entering the ocean globally each year, the equivalent of five bags of trash for every foot of coastline in the world.

KICK OFF THE SPRING SEASON with SOLVE on **SATURDAY, MARCH 23!** Volunteers can sign up now for one of 45 locations on the coast. Oregonians will mobilize along the entire Oregon coast to remove tens of thousands of pounds of litter and marine debris washed in from winter storms. Presented by AAA Oregon, the SOLVE Spring Oregon Beach Cleanup welcomes families, schools, business groups, and volunteers of all ages to join together in cleaning Oregon's beaches.

Every spring and fall, volunteers from across Oregon head to the beach as part of SOLVE's twice-annual coastwide clean-ups. This home-grown tradition has benefited both people and wildlife alike, supporting clean seas and healthy communities. Join SOLVE this March to help protect the coast for present and future generations!

The SOLVE Spring Oregon Beach Cleanup presented by AAA Oregon will take place on Saturday, March 23, 2019 from 10am to 1pm. This is a family friendly event, and all Oregonians are invited to participate!

Register at one of 45 beach cleanup sites from Fort Stevens State Park near Astoria to Harris Beach in Brookings. For more information and to see a list of cleanup sites, please visit solveoregon.org or call 503-844-9571 x332.

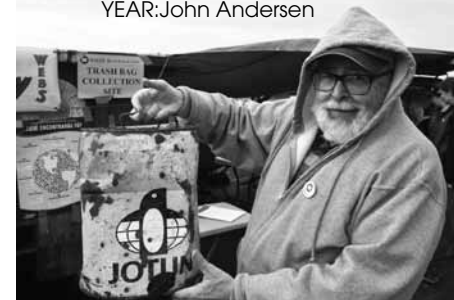
Conservation Land and Public Access

Katie Voelke The Lower Nehalem Watershed Council March Speaker Series

ON MARCH 14TH the Lower Nehalem Watershed Council Speaker Series will feature Katie Voelke for a discussion titled "Conservation Land and Public Access". This topic is current because the North Coast Land Conservancy is working on its biggest project ever: conservation of 3,500 acres of forestland above Oswald West State Park to benefit people, plants, and wildlife. So, in this context, what is the right amount of public access for this property, if any?

Hikers, mountain bikers, hunters, anglers, dog-lovers: recreationists of all kinds are always interested in exploring new territory. But what are the risks and benefits, the pros and cons, of opening up conserved lands to various kinds of recreation? Every human activity, benign as it may seem, has the potential to cause harm. Off-trail and even on-trail travel can lead to erosion. Water sources can be polluted. Seeds embedded in boot soles can spread invasive plant species. Yet typically it is our personal experiences with wild lands that makes us care about them in the first

SOLVE VOLUNTEER LEADER OF THE
YEAR: John Andersen



Since 1984, over 260,000 volunteers have removed an astounding 3.6 million pounds of debris from Oregon's beaches. This debris comes in many forms, from the single bottle cap littered on the beach to a thousand-pound commercial fishing net. A recent study published in the journal Science indicates that about 8 million metric tons of plastic are entering the ocean globally each year, the equivalent of five bags of trash for every foot of coastline in the world. With this number on the rise, the impacts on the ocean and coastlines are high: "Thousands of pounds of marine debris, both from Oregon and across the Pacific basin, wash ashore on our iconic beaches each year, threatening the health of our wildlife and coastal communities," said Jon Schmidt, SOLVE Program Coordinator. "While this is a worldwide problem, local citizens have the power to make a difference here on our own beaches."

Come Prepared: Wear sturdy shoes and dress appropriately for the weather. All cleanup supplies will be provided. Volunteers who would like to help make the event more sustainable are encouraged to bring their own reusable bucket and work gloves. The most common items found during this event are broken pieces of plastic and cigarette butts, which are harmful to local wildlife. Bring an old colander to sift the tide lines for these tiny pieces.

place, and that lead us to work to conserve them.

Join NCLC Executive Director Katie Voelke in an open-ended discussion about how to balance the needs of people, plants, and wildlife in conserved lands on the Oregon Coast.

The discussion will be held at the Pine Grove Community House, 225 Laneda Ave in Manzanita. The program will begin at 7 pm with a brief update from the Lower Nehalem Watershed Council. Katie's discussion will follow at 7:15 pm.

This event is part of the Lower Nehalem Watershed Council's regular Speaker Series. Held at the Pine Grove Community House each 2nd Thursday in January through May, October and November for natural resource focused presentations. A gift certificate or special item from a local business supporter is raffled off during each event. Raffle tickets will be available for a \$5 donation at the door and the winner will be drawn at the end of the presentation.

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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 Q CENTER IS OPEN on Friday Nights to Adults from 5 - 9pm, hosted by volunteers. Enjoy the Library, WiFi access, snacks, games, and a venue to share information, resources and community. Stop by to find out what's happening with the LCQC and the Q Community of the Lower Columbia Pacific Region. Use the entrance at 1636 Exchange St. Come on in out of the rain and check out your Q Center living room and offices.

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 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 Tessa James at 503 545-5311.

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

LCQC Choir RESUMES!!!!!! on January 21st, meeting every Monday 7-8:30pm. Contact LCQCAstoria@gmail.com.

-LGBTIQ+ Teen Social and Skate Night: Every Friday

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.

- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.

- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.

- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

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

Columbia River Maritime Museum Announces Access Program for Low-Income Families

Museums for All to increase accessibility of high-quality museum learning resources

THE COLUMBIA RIVER MARITIME MUSEUM (CRMM) has joined Museums for All, a signature access program of the Institute of Museum and Library Services (IMLS), administered by the Association of Children's Museums (ACM), to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program supports those receiving food assistance (SNAP) benefits visiting CRMM for a minimal fee of \$3 per person, up to four people, with the presentation of a SNAP Electronic Benefits Transfer (EBT) card. Similar free and reduced admission is available to eligible members of the public at more than 250 museums across the country. Museums for All is part of the CRMM's broad commitment to seek, include, and welcome all audiences.

Museums for All helps expand access to museums and also raise public awareness about how museums in the U.S. are reaching their entire communities. More than 250 institutions participate in the initiative, including art museums, children's museums, science centers, botanical gardens, zoos, history museums, and more. Participating museums are located nationwide, representing more than 40 states.

About the Institute of Museum and Library Services (IMLS) The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 35,000 museums. Our mission is to inspire libraries and museums to advance innovation, lifelong learning, and cultural and civic engagement. Our grant making, policy development, and research help libraries and museums deliver valuable services that make it possible for communities and individuals to thrive. To learn more, visit www.imls.gov and follow us on Facebook and Twitter.

About Association of Children's Museums (ACM) The Association of Children's Museums (ACM) champions children's museums worldwide. With more than 400 members in 48 states and 20 countries, ACM leverages the collective knowledge of children's museums through convening, sharing, and dissemination. Learn more at www.childrensmuseums.org.

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

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

CREATE • March 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 in Astoria.

POWER TO THE PEOPLE!

Community Solar: Are We There Yet Already?

By Pamela Mattson McDonald

TODAY, many American households and businesses do not have access to solar because they rent, lease, live in multi-tenant buildings, have roofs that are unable to host a solar system, or experience some other mitigating factor.

Community solar provides homeowners, renters, and businesses equal access to the economic and environmental benefits of solar energy generation regardless of the physical attributes or ownership of their home or business. Expanding access to solar for all, including in particular low-to-moderate income customers most impacted by a lack of access, all while building a stronger, distributed, and more resilient electrical grid.

This model for solar is being rapidly adopted nationwide. Community solar refers to local solar facilities shared by multiple community subscribers who receive credit on their electricity bills for their share of the power produced.

There are forty-two states with at least one community solar project on-line, with 1,294 cumulative megawatts which were installed through the second quarter of 2018. At least nineteen states and D.C. have recognized the benefits of shared renewables by encouraging their growth through policy and programs.

The next several years will see the U.S. community solar market add as much as 3 gigawatts (GW). A single megawatt (MW) of solar, powers 164 homes and 3 GW will be able to power almost half a million.

In Fort Collins, Colorado, The Coyote Ridge Community Solar Farm will be the largest low-income community solar project in the U.S. at 1.95 MW. The production will benefit low-income households, affordable housing providers, and non-profits.



Fort Collins, Colorado, The Coyote Ridge Community Solar Farm

Located on public or jointly-owned property, these projects can be an easier way for customers to benefit from a local solar energy project. A 2015 National Renewable Energy Lab report estimates that nearly fifty percent of consumers and businesses are unable to host photovoltaic (PV) systems, but there are many reasons why community solar might be preferred for a home, business, or individual. Here are a few examples:

- Renters may be prohibited from installing solar on the property.
- The roof may be too shaded.
- The size, type or orientation of the roof may be improper.
- Some commercial buildings have equipment on the roof, obstructing an installation.
- Multi-tenant dwellings or businesses may not own their rooftop.
- A homeowner is planning to move in the near to mid future.
- The customer is not able to afford a residential system.

Power to the People

Net metering is a policy that allows people and their facilities, which generate their own electricity from solar power, to get credit for the energy they provide to their communities. Solar energy is powerful and solar systems tend to produce more electricity than any one customer can consume each day. The extra electricity made by the system then goes into the electric grid and is used by the customer's neighbors. As a result, when one customer in a neighborhood goes solar, the entire neighborhood ends up using solar electricity as well. Net Metering will give you credit for the electricity your Photovoltaic system created above and beyond what you could use.

At a local event in February, Alan Higgenbottom spoke, detailing the nuts and bolts of Community Solar. A Community Choice Aggregation (CCA) can be a city, county or community organization which uses the poles and wires of the established power provider, but opens the choices of where that power is sourced. The poles and wires are maintained by the power professionals

who are trained to maintain it. But the consumer has a choice of where the power is located, what's in it, and how much it costs.

Higgenbottom suggested that Clatsop County would be an effective governmental entity to bring this about. A board would be comprised of an elected range of public officials as well as power industry professionals. Which brings in a broader view and allows Clatsop County residents to choose their energy sources.

Sometimes community solar is viewed as anti-utility. It's not. It's a variation in structure. Roles of participants change, but it's a natural evolution of the grid. Like cell phones were a progression of land lines and personal computers developed from main frames. Local source control is the benefit of a CCA. And like a large industrial buyer, a CCA can use their power to buy power in bulk from a utility generator of their choice, such as solar, hydro, or wind. Or their local neighborhood group of roofs.

A North Coast Energy Authority, the locally sourced board of a CCA, can make faster choices about their own sources for power than the Oregon Public Utility Commission. When a wide base of local participants are involved in governance, interesting creative problem solving occurs.

Oregon HB 2852, now in the State Legislature would authorize local governments to form authorities for the purpose of implementing community choice aggregation programs. Currently navigating the Energy and Environment Committee. The bill was pitched and supported by The Community for Sustainable Energy. One of its benefits

would provide a tax credit for affordable housing lenders. Now is the time to contact your State Representative Tiffany Mitchell and Senator Betsy Johnson to show your support of House Bill 2852. And urge your County Commissioners to support the Bill.

How It Could Work

Here is an imagined scenario for how it could work for a landlord, homeowner, community organization or government building.

Pick a contractor for the installation. The Oregon Office of Energy's website lists qualified contractors for state tax credit incentives. You can find it at <http://egov.oregon.gov/ENERGY/>. Once your generation equipment is installed and you have a signed copy of the final city/county electrical inspection notice, call the County inspector for the North Coast Energy Authority and they will inspect and install bi-directional metering at your project. For individual small systems you are limited to generating no more than twenty-five kilowatts. Which is a generous amount of power for a large home or business. And way, way more than the average home needs.

Once the system is interconnected, it operates in parallel with existing transmission and distribution systems on the local grid. The design and installation of the generation system, including engineering, design, permits, installation and wiring is the responsibility of the facility setting up the solar array. You may also be responsible for the costs of meeting the local power company's potential interconnection requirements. All equipment on your side of the delivery point will be maintained in satisfactory operating condition and will remain your property and responsibility.

So now that I've painted a picture, all we have to do is encourage our Clatsop County Officials to support a Community Choice Aggregation for our corner of the Columbia River and Pacific Ocean. An outpost in an aqueous surround which would benefit. Giving power, flexibility, and resiliency, in more ways than one.

OREGON LEGISLATURE Introduces Three Wireless Technology Safety Bills

THE OREGON STATE SENATE introduced a bill, (SB 283) that would require the Dept. of Education, and the Oregon Health Authority, to conduct a review of peer-reviewed, independently-funded scientific studies on the biological, cognitive and psychological effects of long-term exposure to **MICROWAVE RADIATION** from high powered microwave emitting wi-fi routers, laptop computers, smart boards and cordless phones used in classrooms in Oregon. In Dec. 2016 Maryland conducted a similar review. Currently Massachusetts has 7 bills in consideration relating to wireless safety issues.

The bill was introduced by the Senate Health Committee Chair, Laurie Monnes-Anderson and Representative Alissa Keny-Guyer. Other chief sponsors include former police officer, Representative Carla Piluso and Senator Brian Boquist. SB 283 has acquired broad bi-partisan support with 12 sponsors to date. A companion bill was introduced in the House Feb. 26th by Rep. Alissa Keny-Guyer.

Portland Public School Board Chair, Julia Brim-Edwards, has endorsed the SB 283 after consulting with PPS Health & Safety consultant, John Burnham. Currently Burnham is the Lieutenant Senior Director-Health & Safety for PPS and Environmental Health and Safety Director at Oregon Health & Science University.

The science proving biological harm from exposure to microwave radiation is accruing at an accelerating pace. In November of 2018, a study by the National Institute of Health, National Toxicology Program, confirmed, "Clear Evidence of Cancer" from exposure to pulse modulated radio frequency microwave radiation from cell phones. Wi-fi technology utilizes the same frequency as cell phones. Many countries have eliminated or reduced exposure to radiation in their schools. No wireless device used by consumers and in classrooms was ever pre-market safety tested. In setting exposure standards the FCC ignored many thousands of studies from all branches of the military, NASA and the international science community, showing the biological effects of (so called) non-ionizing microwave radiation.

Two additional bills, introduced concurrently (SB 281) would require precautionary labeling on radiation emitting wireless devices. SB 282 addresses the effect of excessive classroom screen time and its impact on learning, cognition, memory and psychology. To date roughly 200 studies show that computers can interfere with the learning process.

SB 283 would also require development of curricula instructing students in safer cell phone, laptop and tablet use. All wireless devices come with very specific safety instructions which are absent from health or safety curriculum in Oregon schools.

Other sponsors of SB 283 are: Sen. Chuck Thomsen, Rep. Rob Nosse, Sen. Kathleen Taylor, Rep. Tawna Sanchez, Rep. Mitch Greenlick, Rep. Diego Hernandez, Sen. Kim Thatcher & Sen. Chuck Riley.

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INGO NEWS INDIVISIBLE North Coast Oregon

INGO EVENTS MARCH 2019

Gerrymandering and What We Can Do to Stop It

Saturday, March 2, 2 pm
Astoria Library Flag Room
Co-sponsored with the League of Women Voters,
Alliance for Democracy, and American Association of University Women

INGO Advocacy Team

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

INGO Warrenton Community Group

Saturday, March 9, 11:30 am
Dooger's, Warrenton

INGO Astoria Community Group

Saturday, March 9, 2 pm
Street 14 Café, Astoria

INGO Seaside-Gearhart Community Group

Tuesday, March 12, 6:30 - 8 pm
Email incoregon@gmail.com for location

INGO Vote the Future Team

Wednesday, March 20, 6:30 - 8 pm
Seaside Library Board Room

INGO Book Club

Wednesday, March 20, 6:30 pm
Email incoregon@gmail.com for location

Repair Café • March 27

Repair Café loves to see repair things whether it's an old family treasure you found tucked away in a drawer or the vacuum cleaner that just quit and you left in the middle of the living room. At this point whatever you bring in will not surprise. RC will register you and your repairable, weigh it in hopes of keeping it out of the local landfill and send you to one of their smiling volunteer repair people.

Repair Café is a community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. At our monthly event we work on bicycles, toys, clothing, scissors, knives, household appliances, garden tools or just something that needs to be glued (no gas engines).

Repair Café events are held on the fourth Wednesday of each month: March 27, and April 24 and May 22! Join 'em for repairs or just enjoy watching volunteers put things back together again.

<http://facebook.com/repairastoria>

If you have any questions about an item to bring to Astoria's Repair Café Please call 503-307-0834.

Constituent Power: Clean Energy Jobs

by Eric Halperin

ON FEBRUARY 6, over 700 people from all over Oregon assembled in Salem to demand our legislators pass the Clean Energy Jobs (CEJ) Bill, HB 2020 to CAP greenhouse gas emissions, PRICE greenhouse gas pollution, and INVEST in clean energy solutions.

The day started with all 700+ participants at the historic Elsinore Theatre in Salem.

Former Vice President Al Gore kicked off the program with a call to action via video presentation, congratulating Oregonians on the Clean Energy Jobs bill and urging those present to tell their legislators to make it law.

Next up was Governor Kate Brown, who came onstage to charge up the crowd, thank everyone for coming, and announce she wanted HB 2020 on her desk so she can sign it.

Then the group marched from the Elsinore Theatre to the pavilion across from the Capitol Building, where legislators and activists energized the crowd with encouragement to meet with legislators and urge them to act now to pass CEJ.

Representative Tiffany Mitchell (HD 32) is a strong CEJ supporter, and she met with twelve of her constituents who thanked her for her support and urged her to make sure the bill is not watered down by special interest carve-outs and exemptions.

Sixteen constituents visited the office of Senator Betsy Johnson (SD 16). She was not avail-

able to meet with them, so they wrote down the reasons why they were urging her to support the bill. Four constituents met with Representative Brad Witt (HD 31). To overcome their reservations about the bill, Witt and Johnson need to hear from all who believe now is the time for Oregon to Cap, Price, and Invest to build a new economic and environmental model.

There is much optimism in Salem that CEJ will finally come to fruition after many years of hard work. There are criticisms on both sides: some feel the bill does not go far enough in the effort to reduce greenhouse gas emissions; others feel it goes too far. And there are concerns by others that the final product will be diminished from its original intent.

As young Greta Thunberg of Sweden makes clear in her powerful and humbling TED talk (https://www.ted.com/speakers/greta_thunberg?), we need to face up to climate change and take action now.

To learn more about CEJ, go to reneworegon.org. Call or write your legislators to urge their support, write letters to the editor in support of this legislation, and encourage friends to get involved.

Eric Halperin is a member of INCO and active as a climate communicator. He is a retired optometric physician and lives in Gearhart.



THE SMART UPDATE

County Commissioners, Pacific Power and Customers weigh in on “Opt Out” solutions

A Humanist Perspective

PACIFIC POWER began installing smart meters in homes and businesses in the county Feb. 11. They anticipate finishing the deployment in Clatsop County by May and in Oregon by fall 2019. In Dunlap’s words, the company is “taking a critical step toward the energy system of tomorrow.”

“We’re helping to keep costs down,” Dunlap said. “We’re creating a more resilient and efficient power grid, and we’re developing a way to better integrate renewables and adapt to future technology.”

Customers can see detailed information about their energy usage by the hour, or even 15-minute intervals for businesses. The company will only have access to whole-home usage data, Dunlap said.

Many community members, however, are not sold on the benefits of smart meters that the company touts. They are concerned about the potential consequences to humans and wildlife of additional exposure to wireless radio frequency (RF) and dirty electricity, among other things.

Barbara Hassan, a retired registered nurse from Seaside, said Pacific Power’s argument the smart meters have been installed and in use for decades is meaningless, along with their claim the smart meter’s radiation is no more dangerous than that of other items, including baby monitors and smartphones.

“We have to stop evaluating each new technological addition in a vacuum,” Hassan said, adding the effects are cumulative. “I’m hopeful Clatsop County and all of Oregon will scrutinize the installation of these meters from a humanist rather than a corporatist perspective.”

Commissioner Kathleen Sullivan also pointed out some constituents would respond to the utility company’s comparison of smart meters to smartphones by asking, “Well, who says a smartphone is safe?”

The effects of exposure to radiation is still under investigation, but the public is becoming increasingly aware of the harm of chronic exposure to RF-emitting devices and taking steps to change how they are used. Additionally, there are different reports on how often smart meters pulse to transmit the information they have stored and at what level.

According to Dunlap, the smart meters are continually storing energy-usage data but they only transmit the information “about three to four times per day.”

Commissioner Sarah Nebeker asked whether other frequencies are being sent out at other times, adding, “Our constituents are very interested in that.” Dunlap said she believes the devices only emit radiation while in a communication function but agreed to confirm that information.

In response, some community members questioned how the power company can provide real-time usage data if it is only transmitting a couple times per day. Studies of smart meters have found the devices, which operate in the RF microwave range, have unusual, unpredictable patterns of RF emissions, with each pulse lasting only about 2 milliseconds. Although cumulatively, the duration of the emission may be less than one minute, it takes place constantly throughout each day.



WHILE REPRESENTATIVES from Pacific Power have started making the rounds through Clatsop County to talk about the company’s deployment of digital smart meters, about 100 citizens have petitioned the Clatsop County Board of Commissioners to issue a moratorium on the substantial opt-out fee.

After hearing a presentation from Alisa Dunlap, regional business manager for Pacific Power, at their meeting Feb. 27, the commissioners asked questions raised by constituents regarding job loss, health risks, defects leading to fires, billing accuracy, and other topics. Additionally, about a dozen citizens from across the county – including Cannon Beach, Gearhart, Seaside, and Astoria – brought up concerns during public comment sections at both February meetings.

“There has not been an issue this emotional for a long time,” Commissioner Lianne Thompson said. “It’s not just a data issue. It’s an impact-on-people issue. ... There are some people who are delighted with this. There are some people who are terrified and angry.”



Seaside resident Barbara Hassan urges the Clatsop County Board of Commissioners to consider “the human cost” of smart meters, being installed by Pacific Power in Clatsop County, during their meeting Feb. 27.

The High Cost of Making a Choice

According to Dunlap, the company wanted to give customers the option to reject smart meters. They can do so by paying \$36 per month – plus \$169 to have the smart meter removed if the power company already installed it.

“To me, that’s a way to get behaviors to change,” Sullivan said. “It’s too much to charge constituents.”

Pacific Power claims the \$36 is based on the assumption 99 percent of customers will accept the meters and 1 percent will opt-out. The Oregon Public Utilities Commission (OPUC), which governs natural monopolies such as power companies, prohibited Pacific Power from shifting the cost of manually reading the meters on “a non-optimized route” to other customers, Dunlap said.

Several community members, however, do not feel the math adds up. Even when considering Clatsop County, if 1 percent of their approximately 24,000 customers opts out, the company would make more than \$8,000 per month for checking 240 meters once each.

They urged the commissioners to advocate for having the charge reduced. Gearhart resident Carol Lucas, who has worked as an herbalist more than 30 years, pointed out, “We’re already paying for people to come out.”

“There shouldn’t be any extra cost if we all opt-out,” she said.

Pacific Power recently presented two alternative pilot programs to the OPUC in response to citizen concerns. Under the Fixed-Bill Pilot, customers could make a monthly payment – based on an average of their most recent 12-month energy bills – and only have their meter read three times per year. They would also be charged a 7.5 percent “adder fee” and \$9 per month for meter-reading.

Under the Quarterly Read Pilot, a second alternative, a customer would pay \$12 monthly for quarterly meter reads. To avoid the potential impacts of incorrectly allocating kilowatt hours (kWh) of estimated energy use during the

interim, the company would charge a single price for all kWh.

“We’re trying to listen to our customers and empathize with them,” Dunlap said.

On the topic of pricing, Nebeker asked if the company employs time-of-use pricing, charging customers more when they use power during peak hours.

“We do not have time-of-use rates in Oregon for residential customers, and we have no plans to pursue that in the near future,” Dunlap said.

However, as a community member shared during the meeting, Pacific Power’s website has a schedule for time of use hours and pricing for Oregon residential customers that claims they will pay lower prices on off-peak hours.

Taking it to the Top

Community members are petitioning the commission to issue a moratorium “against Pacific Power’s levying of any fee whatsoever on customers who choose to ‘opt out’ of the smart meter program until the matter of opt-out fees can be properly redressed by the OPUC with full and informed citizen input.”

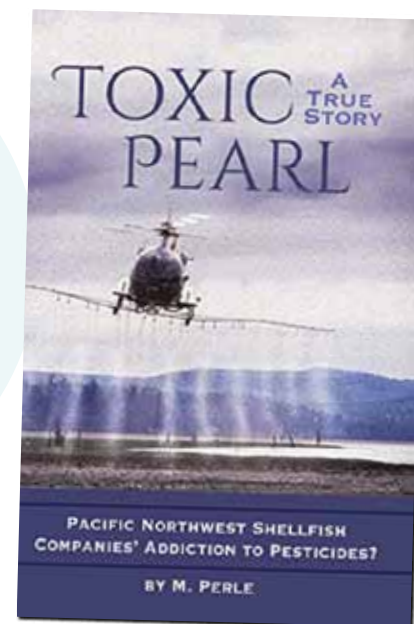
More importantly, said Astoria resident Caren Black, anyone who opposes the fee should contact the OPUC, preferably before their March 8 meeting. They can do so by filing an electronic form online at PUC.state.or.us, emailing pucpubliccomments@state.or.us, or calling 503-378-6600.

The commissioners thanked Dunlap for presenting on the smart meters, considering the widespread concern. Thompson urged the company to “keep on looking for ways to be limber and responsive, because that’s what we need.”

Sullivan agreed she appreciated the presentation, adding, “It’s a struggle to decide what’s best, how we move forward, how we get the education out there.”

“I know people don’t want to live in fear, they don’t want to feel uncomfortable in their homes,” she said. “I don’t know if this is the end of the story, but this is the beginning for our county.”

BOOK REVIEW: TOXIC PEARL by M. Perle Pacific Northwest Shellfish Companies’ Addiction to Pesticides? by Bob Goldberg



TOXIC PEARL, a new book self-published by M. Perle, tells the story of the shellfish industry in Washington State, from the viewpoint of six citizen activists who fought for decades (some are still fighting) to end the use of pesticides in Washington’s marine waters: Larry Warnberg (organic oyster grower), Ernie Summers (Washington Dungeness Crab Association president), Herb Whitish (Shoalwater Tribal Chairman), Fritzi Cohen (Moby Dick owner), Marcial Hunter (not his real name; duck hunter) and Laura Hendricks (Coalition to Protect Puget Sound Habitat director). It is meant, according to Perle, as an antidote to the industry-sponsored documentary series Willapa Bay Oysters, which came out in 2013, and quotes from the documentary are scattered throughout the book accompanied by photos of devastation and destruction caused by spraying, harrowing, dredging, and other methods associated with shellfish farming.

The first section of the book highlights the tidelflat leasing program of the Department of Natural Resources (DNR) in Washington – its history and present condition. It also delves into the biology of burrowing shrimp and the ecology of Willapa Bay, concluding with a short history of the oyster industry, with the rise of the Pacific oyster (from Japan) and various techniques that came into play which impacted burrowing shrimp, and caused the shellfish industry to start using pesticides to remove the native shrimp from the tidelflats that the oyster farmers were using.

The chapter on carbaryl, the insecticide that was sprayed on the tidelflats to kill burrowing shrimp from 1963-2013 (and some say to the present time), includes a section on the unusual situation in Washington where the tidelflats were sold by the state to shellfish farmers at rock-bottom prices starting shortly after statehood in 1890.

It ends with a list of other subsidies that the industry receives from the state, including research facilities, reduced permit requirements and tax exemptions.

Most of the rest of the book highlights the efforts of the aforementioned activists, scattering in the history of the collaboration between the industry, the state regulatory agencies, state universities, and the state legislature which made certain that despite the activists’ efforts, the pesticide spraying programs continued. Perle mentions that in Oregon, carbaryl spraying was halted in 1981 by the Land Use Board of Appeals based on a petition brought by three environmental groups.

The chapter on miscarriages and neonatal deaths in the Shoalwater Bay tribe was wrenching. Unfortunately for the tribe, the conclusions of federal and state studies and investigations were ambiguous, or ignored, and so we don’t know for sure even today what caused the health crises in the tribe.

In the chapter on spartina, Perle talks about the strange bedfellows of The Nature Conservancy and Monsanto – both proponents for spraying glyphosate, a herbicide implicated in human cancer, to eradicate spartina – teaming up against the Ad Hoc Coalition, which included Warnberg and Cohen, in a fight that ended up being decided by the legislature. Glyphosate it was, but spartina was not considered eradicated until many years later, after the pesticide imazapyr had been liberally sprayed all over the tidelflats of Willapa Bay. Cohen gave up on oyster production, but most of the other oyster producers continued on.

The book’s final chapters talk about the many “pests” perceived by the shellfish industry in Willapa Bay, Grays Harbor and Puget Sound, and their efforts to either declare these plant and animal species invasive, and hence subject to eradication, or to just shoot, uproot, move, harass or otherwise get rid of them. Most concerning to Perle is the continued spraying of the pesticide imazamox to eradicate duckgrasses, which Hunter and Hendricks, among others, claims is reducing the duck population in Willapa Bay and elsewhere.

The book ends with the current controversy over the spraying of imidacloprid as a replacement for carbaryl to rid the tidelflats of Willapa Bay of ghost shrimp, still considered a problem by the industry. Two bills currently in the Washington State Legislature would reverse a Department of Ecology decision to deny a permit for spraying imidacloprid, the same neonicotinoid that has been shown to kill bees on land.

Too bad that Perle couldn’t get a publisher to help market this book. It names names, but tries to protect the good guys. You can get it in paperback from Orca Books in Olympia, the Audubon Portland Gift Shop and Powell’s, or in ebook format from Rakuten kobo or Amazon. There’s more on the book’s website: toxicpearl.com. Recommendation: read it! Then act.



SONGS & MEANING Sedona Fire Band St. Catherine's Episcopal Church March 9

Slamal, and Linda Wiebenson, and also including, Christina Wilson and Gary Seelig. Sedona Fire Band (sedonafiremusic.com) is a seven piece band that has an eclectic sound of Folk, Blues, Rock and World Fusion. The band has been together since 2009 and have been performing in Portland, Bend and the Oregon Coast. They also have three albums: Sedona Fire Duo "The Spark" (2011), "Pages of the Mind" (2014) and "Into the River" (2018). The band is Sedona Torres: Vocal and Flute; Michael Dinan: Guitar, Vocal and Harmonica; Renee Delight-

La Torre: Cello and Percussion;

Bob La Torre: Trumpet, Cornet, Flugel and Percussion; Barbara McLaughlin: Bass and Percussion; Chuck McLaughlin: Percussion; and Enya Torres-Ling: Percussion.

Saturday, March 9 at 7pm at St. Catherine's Episcopal Church 36335 N Hwy 101, Nehalem Oregon, 97131. Tickets will be sold at the door \$10 per person or \$15 per couple. For extra comfortable seating, bring a seat cushion. Look for a performance in Astoria this spring.

John Doan's "Celtic Pilgrimage to St. Patrick's World" at the PAC



EMMY NOMINEE and master harp guitarist John Doan, will perform a benefit concert for the PAC (Clatsop Community College Performing Arts Center) as his final curtain call performance before he leaves the Northwest. A "Celtic Pilgrimage to St. Patrick's World" takes the audience on an adventure to "Thin Places" where the Irish believe that the distance between Heaven and earth and the difference between the past, present and future is "thin." Rediscover the drama and courage of St. Patrick and others during Ireland's Golden Age through John's award winning music ("Eire - Isle of the Saints" - Winner of "Best Celtic Album of the Year") and storytelling done in the old Bardic Tradition. The immersion experience is heightened by breathtaking images of the very locations the music was composed through a multimedia show presented with the music.

Billboard Magazine - "Critics Choice - John Doan's music is a nearly perfect evocation of the Celtic spirit ... intricate arrangements ... poignant melodies.

The concert is 3pm on Sunday, March 10, located at 588 16th St, Astoria. Admission is by suggested donation of \$12-15 for adults and \$10 for Seniors. Children under 12 free when accompanied by an adult. For more information call 503-338-2306 or go online at supportthepac.org or www.johndoan.com.

A NIGHT OF MUSIC, poetry and storytelling takes you on a theatrical and musical journey with Sedona Fire Band originals and inspiring covers.

The Songs & Meaning Event will also include guest musicians guitarist, Carl McLaughlin and Trumpeter, Scott Wagner.

The event will also include Poetry and StoryTelling from Riverbend Players: Tom Cocklin, Linda Makohon, Brian McMahon, Betsy McMahon, Mike Sims, Jeff

ARIEL GORE'S School for Wayward Writers presents
LITERARY CURES FOR FASCISM FATIGUE: A VARIETY SHOW!





Maddi Epping of Mary Jane

Come to KALA on Monday, March 25th for the clamor of words, drawings, and live music!

FEATURING REBECCA FISH EWAN, author of the new graphic memoir *By the Forces of Gravity* (2018). Through drawings and free verse, hailed as "a wildly unique new genre," she captures the raw fascination of a childhood friendship in 1970s Berkeley.

Rachel Lionheart, performing artist and comedian, will MC the event, and cartoonist Shannon Wheeler, author of *Sh*t My President Says: The Illustrated Tweets of Donald J. Trump* (2017), will present a brief history of political cartooning.

Former Astorian Maddi Epping (aka Merlyn) of Mary Jane will play American

Gothic folk, sultry sounds to calm the ego in a floating waltz and dreamlike trance.

Also featuring bedazzled literary superstar Ariel Gore, founding Editor/Publisher of *Hip Mama*, author of *We Were Witches* (2017), and over a dozen other books of fiction and nonfiction.

Additional readers include local writer and cartoonist Alyssa Graybeal, Missy Ladygo, Dot Hearn, Candace Walsh, Ky Delaney, Dot Hearn, Kassie Hughes, and Emily Skelding.

March 25. Doors open 7pm/show 7:30. \$7 cover. KALA is located at 1017 Marine Dr. in Astoria. Beer & Wine. 16+ please.

Enigmatic! A Dance Extravaganza WORK DANCE COMPANY March 9th, 7:30pm

WORK DANCE COMPANY PRESENTS: Enigmatic! A Dance Extravaganza like no other. Bringing you high tech video visual effects, dozens of costume changes, lighting, props, and more! Work dance Company has 25 strong and multitalented dancers that use old school and new school hip-hop and jazz/funk styles and techniques, while adding much needed expression and theatrics.

Enigmatic not only has Work Dance Company, but also several local dance studios and companies that bring you everything from belly dancing, modern, jazz, ballet, contemporary, tap, and many more. Don't miss this over the top production in The Heart of Astoria for just one night!!!



General admission seating \$15, VIP Meet & Greet w/advanced entry \$30. Bring your Liberty Cups and enjoy beer, wine and concessions from the historic Owl Drug Bar! Will call tickets available in the Box Office from 2pm on the day of the show and libertyastoria.showare.com

Looking Beyond the Temples and Beyond the Capital: Exploring the residences of the ancient Angkorians With Dr. Alison Carter at CB History Center

EACH YEAR the Cannon Beach History Center & Museum brings archaeologists, historians, authors, and scientists from all over the Pacific Northwest for their free lecture series. The series takes place each year January through June. The March presentation will focus on the latest archaeological work in Angkor, Cambodia with Professor Alison Carter. Carter has done extensive archaeological work in Cambodia and will share her discoveries with the community of Cannon Beach on Thursday, March 28 at 4:00 p.m.

Angkor, centered in the modern nation of Cambodia, was one of the largest preindustrial settlements in the world and has been the focus of more than a century of epigraphic, art historical, and architectural research. However, few scholars have examined the lives of the people who built the temples, kept the shrines running, produced the food, and managed the water. This presentation will discuss two recent excavations that examined Angkorian residential occupation. First, she will discuss excavations on a house mound within the enclosure of the state temple of Angkor Wat. Then she will discuss their 2018 excavations on occupation mounds near the small provincial temple of Prasat Basaet, across the Tonle Sap lake from the Angkorian capital in the province of Battambang. Through this multidisciplinary research they aim to better understand the nature and timing of occupation at these sites, the types of activities taking place within an Angkorian household and compare life in the capital with life in the provinces.

Alison Carter is Assistant Professor in the Department of Archaeology at the University of Oregon. Professor Carter is an anthropological archaeologist with interests in the political



economy and evolution of complex societies in Southeast Asia, the archaeology of East and South Asia, materials analysis and LA ICP- MS (Laser Ablation Inductively Coupled Plasma Mass Spectrometry), craft technology and specialization, household archaeology, ritual and religion, trade and exchange, and bead studies.household archaeology in Angkor, Cambodia. She is also an Archaeology Institute of America featured speaker.

This event is free to the public and has been sponsored by the Ocean Lodge, Clatsop County and Martin Hospitality. Seating for Professor Carter's presentation is very limited so please arrive a little early to get a seat, grab a cup of coffee or tea, and peruse the museum before the lecture starts at 4pm. Doors are closed at 4:15pm.

The Cannon Beach History Center & Museum is located in mid-town Cannon Beach (1387 South Spruce Street.) Admission to the museum is donation based. The museum is open Wednesday through Monday 11:00 a.m. until 4:00 p.m., closed on Tuesday. www.cbhistory.org, 503.436.9301.

Linda Gebhart at Trails End

TRAILS END GALLERY will feature a show of watercolors by Linda Gebhart in March, entitled "On Land and Sea."

Linda Gebhart taught math at the junior high, high school and community college level for 25 years. To celebrate her retirement she traveled to Italy. She later rented a place in Cannon Beach for a year, fell in love not only with Cannon Beach but with watercolor painting, which did not require her left brain math skills! She bought a house and began remodeling, all while volunteering at the Cannon Beach Library and joining the Trail's End Art Association board as treasurer. She was invited to join the Palette Puddlers, a Northwest women's painting group, and later the Cannon Beach Art Association (CBAA), becoming vice president. She most recently served as Vice President of Communications at Trail's End.

Trails End is located at 656 A St. in Gearhart. www.trailsendart.org or call 503-717-9458 during winter hours of 11:00-3:00 Wednesday through Sunday.



Cruising the east coast, watercolor on paper

McVarish Gallery Matthew Dennison: Paintings Inside the Secret Doll House in the Secret Gallery

MATTHEW DENNISON'S prolific artistic career spans over thirty years and combines many mediums, materials and ideas.

Painting since he was a child, he attended Pacific Northwest College of Art briefly before pursuing his own path. He now splits his time between Portland and the Oregon Coast.

"My daily practice includes writing one poem and executing one drawing each day." He works in many methods including, gloved hands, rags and masking tape in addition to brushes. "Painting and Drawing is a form of writing to me. I view a group of paintings as a text. I join ideas together with information and explore meanings through association.



"Wishing On a Shroom" oil on canvas, Lisa Ackerman

"My interest lies in tying current histories and personal events together to create new information. Encroachment issues weave into this dialogue. I believe it impacts our culture and how we communicate as a society. We are all connected to the world and it's outcome. I draw and paint as a way to listen with my eyes. It is a way of putting things into a memory chamber"

In addition to painting, Matthew also makes period specific doll houses. He has three from the early nineteen hundreds that will be included in the Secret Gallery show opening the same night.

"Inside the Secret Doll House" will be a collection of work from various artists and doll makers. The idea behind the show is to present a room full of dolls, doll paraphernalia, and images of doll scenarios to prove what anyone who has read the Raggedy Ann and Andy Stories can tell you, dolls have secret lives.



"Candidate Z" oil on panel, Matthew Dennison



Doll house replica of a house from 1900, M. Dennison

An opening reception will be held for both shows on Second Saturday, March 9th from 5:00-8:30pm at McVarish Gallery, 160 Tenth St. Astoria. More info at mcvarishgallery.com

Drawing Workshops at Seaside Library

USHER IN SPRING and sign up for **MINI BIRD DRAWING CLASS** with local artist and illustrator, Dorota Haber-Lehigh, Saturday, March 9, at 1pm at the Seaside Public Library. You must sign up for this class and can do so at the circulation desk or by phone. All levels of artistic ability are welcome.

With step by step guidance you'll create a beautiful bird portrait. Use watercolor or gouache as a foundation for your bird, so please bring a set of watercolors or gouache if you already have one. All other materials will be provided including some watercolor pencils and gouache. Please bring a reference photo or two of the bird you intend to draw.



Celtic Calligraphy Workshop

On March 16 Seaside Library will be hosting a Celtic Calligraphy Workshop from 1pm to 3pm in the Community Room. The class will be taught by local artist Rebecca Read.

In an age of instant electronic communications one would think that writing by hand is becoming obsolete. Local calligrapher Rebecca Read would disagree and people who take her class will discover how enjoyable and easy calligraphy is to learn. This art form is gaining popularity with crafters and artists alike, who are making their own greeting cards, posters, and multi-media art. The basic skills of calligraphy are surprisingly simple, and the supplies needed are reasonably priced.

This two-hour workshop will provide an introduction to the practical applications of Celtic Calligraphy, and hands-on instruction of Italic lettering. All materials will be provided and the class will be limited to 20 people. You can sign up at the circulation desk or by calling the library at (503)738-6742.

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

March Calendar

Friday 8

MUSIC

Sempre Sonora. 6pm at the Bridgewater Bistro in Astoria.

Jack Maybe. 7pm at the Gearhart Hotel.

Maggie and the Cats. 6:30pm at Sweet Basil's Café in Cannon Beach.

Daymark with Eric McDonald. TRADITIONAL ISISH \$15, 7pm at the PAC in Astoria.

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

RIP, Purification, and Fox Medicine. \$8 cover, 9pm at Charlie's Chop House in Astoria.

FOOD & DRINK

Savor Cannon Beach Wine and Culinary Festival. savorcannonbeach.com/index.php

HAPPENING

Vintage Flea Market & Spring Bazaar. Free admission, noon to 7pm at the Tillamook County Fairgrounds.

THEATER

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 9

MUSIC

David Drury. 6pm at the Bridgewater Bistro in Cannon Beach.

Nate Botsford. 7pm at Public Coast Brewing in Cannon Beach.

Sedona Fire Band. \$10 per person or \$15 per couple. 7pm at St Catherine's Episcopal Church in Nehalem.

Seth Walker Blues/Roots Artist. National tour Are You Open? album release. KALA in Astoria. 8pm. \$15. At the door or advance at libertyastoria.showare.com

Tobias Berblingler. 8pm at the Sou'wester Lodge in Seaview.

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

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

Johnny Credit and the Cash Machine. 9:30pm at the Labor Temple in Astoria.

ART

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

FOOD & DRINK

Savor Cannon Beach Wine and Culinary Festival. savorcannonbeach.com/index.php

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

HAPPENING

Cascadia Chamber Opera Town Hall. An info session for citizens of Astoria to let the troupe know what operas and concerts the citizens want to see at the PAC. Free, 10:30am at the PAC in Astoria.

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

Enigmatic! A Dance Extravaganza. With the Work Dance Company. \$15, 7:30pm at the Liberty Theater in Astoria.

Savor Cannon Beach Wine and Culinary Festival. savorcannonbeach.com/index.php

Garibaldi Crab Races. 11am - 5pm at the Old Mill RV Park & Event Center in Garibaldi.

LECTURE

Telling it Like it Was. Surveying Neahkahnie's Treasure Rocks. With Phil Costaggini. 3pm at the Pine Grove Community House in Manzanita.

LITERARY

Northwest Authors Series. Author, Marianne Monson, will read from and discuss her most recent book, "Women of the Blue and Gray: True Civil War Stories of Mothers, Medics, Soldiers, and Spies."

THEATER

Force of Nature. 7pm at the Lincoln City Cultural Center.

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 10

MUSIC

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

6 Guitars. \$15, 2pm at the Historic Raymond Theater in Raymond.

John Doan's Celtic Pilgrimage to St. Patrick's World. \$15 suggested donation, 3pm at the PAC in Astoria.

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

CLASSICAL AT BRIDGEWATER

SEMPRE SONORA first began practicing as a piano trio during the summer of 2018. These musicians of varied musical backgrounds and experiences enjoy playing together so much that one of the members actually displays a bumper sticker that says, "I'd rather be playing Piano Trios!" All professional musicians, the violinist of the group, European trained, is highly sought as an instructor. Their present repertoire is traditional Classical but may contain a few surprises. Sabine Muth, Denise Reed and Mike Woods. Look for them at the Bridgewater Bistro, making their debut performance March 8.

PLUS THURSDAY NIGHT JAZZ with Basin Street NW features David Drury (guitar) and Todd Pederson (bass) and friends, this refined, cosmopolitan-style duo performs mainstream jazz classics with taste, intelligence and heart. Equinox - on the last Thursday of the month features Shelley Loring on flute joining with Basin St. NW.

Bridgewater Bistro features live music Tues - Sunday 6pm - 8:30, plus Sunday Brunch 11:30-2pm. The Bridgewater Bistro features fine cuisine at the riverfront in Astoria, at 20 Basin St. 503.325.6777.



Mike, Denise and Sabin

CASCADIA CHAMBER OPERA TOWN HALL.

An info session for coastal opera lovers. The regional opera troupe that performs yearly at THE PAC wants to hear from you. Facilitated by Bereniece Jones Centeno Free, 10:30am at the PAC in Astoria.



The Liberty Theatre & The Daily Astorian present: The US Coast Guard Woodwind Quintet April 3rd, 7pm FREE!

Established in 1977, the United States Coast Guard Woodwind Quintet is one of the Coast Guard Band's most popular and versatile chamber ensembles, presenting the entire spectrum of standard woodwind quintet repertoire - from Renaissance works to show tunes, rags, and contemporary works.

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

FOOD & DRINK

A Sweet Affaire. Enjoy signature appetizers, tempting treats, northwest wine and beer tasting, live music and live & silent auctions. 4 - 6:30pm at the Seaside Convention Center.

Savor Cannon Beach Wine and Culinary Festival. savorcannonbeach.com/index.php

LECTURE

Great Speaker Series. Ships of the Farmers. With Jerry Sutherland. 1pm at the Tillamook County Pioneer Museum.

LITERARY

Around the World of Words. Novelist, poet and songwriter Theo Czuk explores the crafts of writing, from poetry to the novel, and the many connections between them. Free, 3pm at the Driftwood Public Library in Lincoln City.

FOOD & DRINK

Savor Cannon Beach Wine and Culinary Festival. savorcannonbeach.com/index.php

Monday 11

MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

Tuesday 12

MUSIC

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

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

THEATER

¡Corre! ¡Corre! A Race Against Time. Free, 6pm at the Lincoln City Cultural Center.

Wednesday 13

MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Jon Lee, \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

HAPPENING

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

LECTURE

The World of Haystack Rock Lecture Series. The Puffin Study. With Shawn Stephensen. 7pm at the Cannon Beach Library.

OUTSIDE

Plant Willow Wands. Help the NCLC plant willow on the Clear Lake Habitat Reserve in Warrenton. 10am - 1pm. Date subject to change due to weather. FML, call 503-738-9126

Thursday 14

MUSIC

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

LECTURE

Medal of Honor Recipient Sgt Moses Williams. With Greg Shine. 4pm at the Cannon Beach History Center and Museum.

Nature Matters. Diving Beneath Oregon's Marine Reserves. A virtual tour. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

THEATER

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Friday 15

MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

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

ART

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

HAPPENING

Cheap Whiskey and Dirty Jokes Comedy Night. With Chad Alan Gemma, Nariko Ott, John Gallucci, Rachele Cochran, Jake Breslauer, and Micah Dugan. \$5 cover, 8:30pm at the Labor Temple in Astoria.

Pouring the Coast. Brewer's B-Ball Tournament \$10, 7:30 - 9:30 at Patriot Hall in Astoria.

LITERARY

PoetryFest. A weekend of poetry workshops and readings. \$165 tuition. At the Hoffman Center in Manzanita. hoffmanarts.org/events/poetryfest/

THEATER

Thirteenth Night, or Whatever You Say. At 10:15am and 10:15pm at Pier Pressure Productions in Astoria.

Four Weddings and an Elvis. Romantic Comedy. \$17, 7pm at the NCRD in Nehalem.



ST. PATTY'S 3-WAY

Irish Coffee, Irish Stout, Irish Riebans, and Irish spirit. The SAND TRAP in Gearhart delivers the goods, PLUS 3 days of bands.

Friday March 15

Geraldine Murray and the Retired Popes 7-10pm

Saturday March 16

Maxwell Strozzi 1-3pm

The Resolectrics 3:30 - 5:30pm

Spud & the Snake Skinners 6-9pm

Sunday March 17

David Pollack 1-3pm,

Smith and Tegio 3:30-5:30pm

Jacob Westfall Band 6-9pm

Annual St. Pats performance from Porter Dodge/Rendezvous String Band.

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



Riverbend Players FOUR WEDDINGS AND AN ELVIS Opens March 15

THE RIVERBEND PLAYERS present "Four Weddings and an Elvis" a hilarious romantic comedy opening March 15 on the NCRD stage. This rollicking show features a not-so-lucky-in-love wedding chapel owner in Las Vegas, and four of the most memorable weddings in her chapel. Written by Nancy Frick and directed by Jeff Slamal, "Four Weddings and an Elvis" is guaranteed to make you laugh!

Sandy (played by Sedona Torres), the four-times-married-three-times-divorced owner of a wedding chapel in Las Vegas, has certainly seen her fair share of matrimonies! In this production, we witness four of her funniest weddings: Bev (Patty Reksten) and Stan (Tom Cocklin), who are getting married by John, an Elvis impersonator (Michael Dinan) -- the King himself -- as revenge on their exes; Vanessa (Linda Makohon) and Bryce (Dave Bell), two arrogant

aging stars who are tying the knot as a publicity ploy, and are vexed by Lou, an aging Elvis, who doesn't know who they are; and Marvin (Patrick Dennis) and Fiona (Margo McClellan) a gentle postal-worker and a tough ex-con trying to get married before the police arrive. Adding to the excitement, Fiona's rough ex-boyfriend "Fist" (Mike Sims) tries to break up their romance at the last minute! Saving the best till last, the final wedding is the funniest of all, revealing a hilarious twist!

PERFORMANCE DATES: March 15, 16, 23 at 7pm and March 17 and 24 at 2pm at the NCRD Performing Arts Center, 36155 Ninth Street in Nehalem.

Tickets are available at tickettomato.com for \$14 (includes fees) or \$17 at the door. This play is for mature audiences.

10:15 THIRTEENTH NIGHT at Pier Pressure

THIRTEENTH NIGHT, or Whatever You Say, a Shakespearean pastiche by William Ham, is the next presentation in the TEN-FIFTEEN series created by Pier Pressure Productions. William Ham is a playwright, actor, KMUN programmer, and a Pier Pressure Board member. This short play premiered as part of the year-end festivities at Plimoth Plantation 23 years ago, when Ham made his living as a 40-hour-a-week Pilgrim. It was performed by the playwright as a monologue, at the Pier's little theater on 10th street in 2010-11.

Thirteenth Night can be seen on Friday, March 15th, at 10:15 A.M. and 10:15 P.M., at 1015 Commercial Street in Astoria. The reading will feature Liam Ham, Mick Alderman, Bill Ham, Arnie Hummasti, Edward James, Daric Moore, DanPa Reiley, and Slab Slabinski. This TEN-FIFTEEN will give the public a quick view of the show before it appears in its full-length version a year from now on the completed Pier Pressure stage.

This is a one-day-only event. Donations welcome.



Young Ham

Peninsula Players H.M.S. PINAFORE or The Lass That Loved a Sailor Opens March 29

PENINSULA PLAYERS' musical this year is an adaptation of H.M.S. Pinafore or The Lass That Loved a Sailor directed by Rita Smith and assistant director, Robert Scherrer. It's a comic musical melodrama in two acts, with music by W. S. Gilbert and Sir Arthur Sullivan.

H.M.S. Pinafore opened at the Opera Comique in London, on May 25, 1878 and ran for 571 performances, which was the second-longest run of any musical theatre piece up to that time.

The story takes place aboard the ship HMS Pinafore. The captain's daughter, Josephine (Rita Smith), is in love with a lower-class sailor, Ralph Rackstraw (Bob Goldberg), although her father, Captain Corcoran (Robert Scherrer), intends for her to marry Sir Joseph Porter (David Immel), the First Lord of the Admiralty. She abides by her father's wishes at first, but Sir Joseph's advocacy of the equality of humankind encourages Ralph and Josephine to overturn conventional social order. They declare their love for each other and eventually plan to elope. The captain discovers this plan, but, as in many of the Gilbert and Sullivan operas, a surprise disclosure changes things dramatically near the end of the story. Dick Deadeye (Kevin Perry) is as ugly as his name implies, and is a fellow crew member who tries to sabotage Ralph's happiness. Of course, who can forget Little Buttercup (Andrea Patten) a Portsmouth

bumboat woman who has designs on Captain Corcoran. Rounding out the cast is Hebe, Sir Joseph's first cousin, (Bette Lu Krause), who is part of Sir Joseph's entourage of sisters, cousins and aunts (Rose Power, Gretchen Goodson, Penny Bierly, and Melissa Goldberg). The Bosun, (Jim Tweedie), and "Little Bosun" (Aarin Hygaard), make sure the sailors (Bill Clark, Patrick Buckley, and Natasha Beals) are doing their jobs.

The cast is comprised of actors ranging in age from 11 to over 70. Sets by Andy Tauber & crew, Props and Costumes by Darlene Montgomery, Musical Director Barbara Bate.

Friday 3/29 4/5 & 12 at 7pm Saturday 3/30, 4/6 & 13 at 7pm, Sunday 3/31, 4/7 & 14 at 2pm .

For Ticket info: peninsula-players.com



Romantic Comedy LIVING ON LOVE Opens at The Coaster March 15

BASED on the play Peccadillo by Garson Kanin, when a demanding diva discovers that her larger-than-life maestro husband has become enamored with the lovely young lady hired to ghostwrite his largely fictional autobiography, she hires a handsome young scribe of her own. Sparks fly, silverware is thrown, and romance blossoms in the most unexpected ways in this delightful and hilarious romantic comedy.

Directed by Patrick Lathrop. CAST: Cathey Ryan, Frank Jagodnik, Bennett Hunter, Emilee Andrade, David Sweeney, Thomas Ryan.

March 15 – April 13. Fridays and Saturdays 7:30pm. Sunday Matinees 3pm. Tickets \$25-\$20. Go to coastertheatre.com



Teatro Milagro Theatre's "¡Corre! ¡Corre!"

"¡Corre! ¡Corre!" Heading To Lincoln City For A One-Night "Run" A Free Community Show On March 12

INSPIRED by the real-life stories of Tarahumara runners, "¡Corre! ¡Corre!" shares the story of a young girl and her coach, who sees her potential as an Olympic competitor. It's a story told in English and Spanish, using mythical imagery, dance movement, and poetic narrative to showcase a cultural perspective that inspires athleticism and perseverance.

Renowned for their incredible long distance running ability, the Tarahumara are the indigenous people who live in the northwestern region of Mexico. Inspired by the real life stories of Raramuri runners, Teatro Milagro's newest bilingual play shares the story of Estrella, a young village girl, who becomes an Olympic competitor. Estrella, and her family, like most Raramuri, live in extreme poverty. Training for the Olympics means becoming "Chabocho" and giving in to modern ways, but not joining the team means not helping her people. Winning a race could mean a cash prize that would be greater than a month's wages. Already her older brother Rahui has been forced into working for the drug cartel and the villagers are contemplating inviting tourism. With the help of her trainer and strength from the wisdom of Rayenari the sun god and Metzaka the moon goddess, she will run to win and run to save her village.

The community is invited to enjoy a free performance of Portland's Teatro Milagro Theatre's "¡Corre! ¡Corre! A Race Against Time," at 6:30pm Tuesday, March 12, at the Lincoln City Cultural Center, 540 NE Hwy. 101. Seating is first come, first served, with the doors set to open at 6 pm. Tickets are not required.

ART HAPPENS

Voyages and Migrations Miki'ala Souza at IMOGEN

IMOGEN GALLERY hosts a solo exhibition for Astoria artist Miki'ala Souza. Voyages and Migrations opens March 9th for Astoria's Second Saturday Artwalk with a reception for Souza, 5 – 8 pm. Souza, an accomplished printmaker brings a new series of monotypes and chine colle prints that explore journey and migration of people from one culture to another. All are invited to enjoy good company and conversation with the artist during the reception. The exhibition will be on view through April 9th.

Souza, a native Hawaiian brings a complex series of monotypes and chine colle prints for her first solo exhibition at Imogen Gallery. For this series she depicts waterways and currents that might be utilized to traverse from homeland to a new and unknown environment. Her imagery acts as representation of past to present and the overlapping of cultures that ensue by migration. Through the intrinsic layering process of printmaking she brings dramatic imagery of rich and saturated color. Incorporating bold swathes of sheer inks to act as current, finding themselves winding over the page in rhythmic patterns such as a traveler trusting themselves to currents that propel them around the globe. The very process of printmaking is a perfect metaphor for this transference of cultural identity that Souza depicts in each composition, weaving the layers of inks to create an imprint of one's history, building a sense of journey from past while fusing that with present and giving reference to what may come with new sense of identity.

Souza is both a practicing artist and educator, teaching art at the high school level



Manookian monotype and chine colle, 30x22

and in the past printmaking at Clatsop Community College. She has always had a strong love of travel, exploring the world to deepen her own knowledge of sense of place. Her prints include bits and pieces of all the places that have touched her through experience and memory. Souza's exploration of other cultures includes six months study at Parsons School of Design in Paris, three months in the Solomon Islands studying art practices in a small village, as well as multiple trips to New Zealand including one visit granted by the Oregon Arts Commission for residency and exhibitions of indigenous artists.

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468.0620 imogengallery.com

ICELANDIC THREADS Anne Greenwood at AVA Gallery

AVA GALLERY is presenting Precipice Fund 2019 artist Anne Greenwood Rioseco. for the exhibition: Icelandic Threads. Greenwood will furnish the space with hand-dyed fabrics and has made an edition of hand-stitched books entitled 'Vestiges' that include folded, sewn, dyed and printed crinoline pieces accompanied by text. Much of the work was recently made while Greenwood was in residence at the Icelandic Textile Center in Iceland. Combining her interest in art and science, Greenwood explores the shared geological landforms of Iceland and Oregon. Greenwood's artwork focuses on history and connection: transforming personal and historical information, materials and textile items into sculptural images, objects and books examining the confluence of nature, materials, as well as the animism of place.

AVA Gallery is located at 1010 Duane St. in Astoria. View art March 9 Art Walk 5-8pm, and Fri/Sat 12pm – 5pm.



WORN, mixed media



FISH, Natalie Phelps

LIGHTBOX Photographic Gallery opens "The Portland Darkroom Exhibit" with an opening artists' reception on Saturday, March 9 from 5-8pm. The beauty of the Fiber Silver Gelatin print is one of LightBox Gallery's loves. In this exhibit they celebrate the members of the Portland Darkroom and their dedication to the art of the Silver Gelatin Process. Founded by seven former volunteers of Portland's lost

The Portland Darkroom Exhibit At LightBox

Newspaper Center for Photography, The Portland Darkroom is a member-supported community space for the practice of analog photography. Their mission is to keep film photography alive and accessible. PDR is a fully functional analog studio, with darkroom, film processing and scanning capabilities. They are a volunteer-run organization focused on providing a space for the practice of film photography and building the community around this work. Find them at theportlanddarkroom.org .

Along with the work of the Portland Darkroom the gallery will be showing many other fine silver gelatin prints from invited Northwest photographers. The exhibit runs from through April 9. LightBox is located at 1045 Marine Drive in Astoria, hours are Tues - Satur 11-5:30. 503-468-0238, info@lightbox-photographic.com. Visit lightbox-photographic.com for past, current and upcoming exhibits.



Printmaker Stirling Gorsuch

Language of Time: Printmaker Stirling Gorsuch Cannon Beach History Center & Museum

THE CANNON BEACH HISTORY CENTER & Museum is a small private non-profit museum located in mid-town Cannon Beach. Their latest exhibit will feature the artwork of local artist, Stirling Gorsuch. Gorsuch grew up in Cannon Beach and is the product of two artistic parents. You can see his love of the Pacific Northwest and the natural world coming through his work, especially with his latest exhibit "Language of Time."

The exhibit will open on Friday, March 15 at 6:00 p.m. with the opportunity to meet with the artist.

Gorsuch's exhibit "Language of Time" will be on display at the Cannon Beach History Center & Museum March through April. This exhibit focuses on how landscape transforms over time. The

one constant in this universe is that nothing remains the same. The natural world is no exception, but how do we process this change?

How does it impact our memories, our traditions?

Gorsuch is interested in signs of geological activity, erosion, decay, and a sense of new life appearing in the midst of destruction. The most dramatic example he has come across recently that illustrates this are forests affected by wildfires and how these areas transform afterwards.

The exhibit will be on display March through April 2019. CBHM is open from 11am to 4pm Wed - Mon. The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach. Open from 11am to 4pm Wed - Mon. www.cbhistory.org.

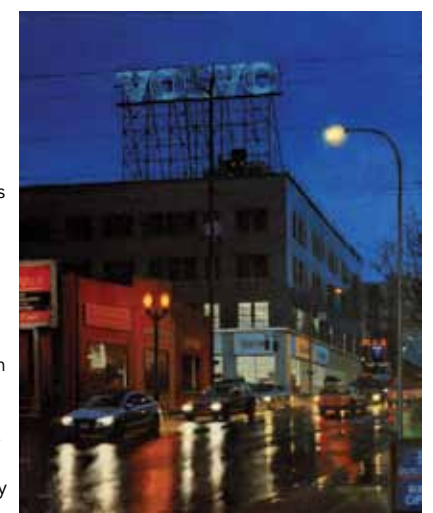
Dark City: Paintings by Kevin Farrell at RiverSea Gallery

RIVERSEA Gallery presents Dark City, a solo exhibition of paintings by Portland artist Kevin Farrell, whose intense cityscapes offer a metro industrial vibe in oil on canvas. The show opens Saturday, March 9 with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm, set to the jazz and blues tunes of Peter Hinsbeeck on tenor sax and John Orr on guitar. The artist will be on hand to discuss his work and complimentary refreshments will be served. The show remains on view through April 9, 2019.

Farrell is mostly interested in conveying experience and emotion, and his dark urban scenes resonate with the hum and bustle of the city. He captures the sizzle of reflected light on rain slick streets, the thrum of twilight industrial sites, and seaports at dusk defined by pinpricks of light under a vast sky. His intention is to "reveal the beauty of the forms and shapes in the architecture, machines and infrastructure found in the industrial urban environment while exploring moodiness and sometimes mystery created by the interplay of light, atmosphere and shadow."

A New York native, Farrell studied at the Art Students League of New York where he was awarded a merit scholarship. After a hiatus from his art career he moved to Oregon and was inspired to begin painting again by Portland's architecture and the dramatic Pacific Northwest landscape. He has been a member artist of the Portland Art Museum Rental Sales Gallery since 2007, and has consistently exhibited in galleries and juried group shows throughout the nation since 2005.

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



West Burnside, oil on canvas, 22" x 14"

The Manzanita Writers' Series PoetryFest 2019 March 15 -17

THE MANZANITA WRITERS' SERIES will host a weekend of poetry workshops and readings on March 15-17, 2019, featuring award-winning poets Andrea Hollander and John Brehm.

The event kicks off at the Hoffman Center for the Arts at 7 pm Friday evening, with a welcome reception for registered participants. Workshops will be held from 9:30 am to 12:30 pm on Saturday and Sunday giving participants the opportunity to work with both teachers

On Saturday from 2 to 4 pm, Oregon Poet Laureate Kim Stafford will offer a free workshop at the North Tillamook Library in Manzanita, open to the general public as well as PoetryFest participants. Seating is limited to 24 participants and will require advance registration at hoffmanarts.org. From 4:30 to 5:30 pm the Library will host a reading by Stafford, held at the Hoffman Center for the Arts.



Hollander and Brehm will read from 7 to 9 pm, followed by a sale of their books and PoetryFest participant open mic, also at the Hoffman Center for the Arts.

WORKSHOPS

Genie in a Bottle Andrea Hollander

In talking about the essence of good poetry, Richard Wilbur claimed that the power of the genie comes from the very fact of being trapped inside a bottle.

All successful poems contain an underlying structure that gives them solidity, stature. Sometimes such structure is obvious (sonnet, ghazal, villanelle), but even successful free verse poems, which most of us write, are dependent upon form. We will scrutinize a variety of masterful poems in order to better recognize the framework that holds each of them together, our goal being to create poems of such steadfast strength ourselves.

The Poetry of Praise, John Brehm

In this workshop we'll focus on reading and writing poems that draw on one of humankind's most enduring and life-giving impulses: to praise, to honor, to pay homage, to exalt. We'll use prompts as well as examples from Gerard Manly Hopkins, Pablo Neruda, Elizabeth Bishop, Robert Hass, Denise Levertov, A.R. Ammons, Lucille Clifton, Mark Doty, Ellen Bass, and others, to cultivate the power of praise in our own work.

PoetryFest registration for the Hollander and Brehm workshops opens February 1. Tuition is \$165. Registration is limited to the first 20 people who register. Registration for the free Kim Stafford workshop at the North Tillamook Library is limited to 24 people. Register at hoffmanarts.org.



THE WRITERS GUILD celebrates the AWP Conference in Portland, by featuring visiting poet Francisco Aragon, (author of two books of poetry and faculty at University of Notre Dame where he teaches creative writing), plus and other local writers who will be participating in the AWP conference (held March 27-30th at the Portland Convention center). The Reading will take place at Winekraft on Tuesday March 26th from 6:30-8pm.

The Writer's Guild meets every third Tuesday of the month at Winekraft in Astoria. A new format to the Guild, a rotation of Open Mic, Writing Labs: which are a change to bring works-in-progress for feedback and critique, and Open Writing Lounge: quiet space to work on your own projects with support from other writers. For the full schedule for meetings for the year, see: <https://www.thewritersguild.org/open-mics>

ALSO new spring workshops now open for registration. These include:

ASTORIA WRITERS GUILD

April 6th: Romance Writing Workshop with Julie Cameron: Take a look at the romance industry and how it weaves through all genres before diving under the covers for some practice.

May 25th: Dreaming Up Poetry with Kimberly O'Bryant: Learn how to access your subconscious and apply dreams, their symbols, and poetic imagery to your writing.

June 22nd: Creative Nonfiction with Marianne Monson: Explore the popular genre of creative nonfiction with writing exercises, discussion, and prompts focused on creating art out of truth.

All workshops are \$35, with a \$10 discount for members. They are held on Saturdays from 10 am to 1 pm in Astoria, Oregon. For more details and to register for these workshops,

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. FMI: Mary Lou McAuley mmcauley05@gmail.com



WRITE ASTORIA

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 Wed. from 5-7pm.



A Performance about Language with Theo Czuk Driftwood Public Library



NOVELIST, Poet, and Songwriter Theo Czuk will be visiting Driftwood Public Library at 3:00 p.m. to present his lecture/performance Around the World of Words, at Driftwood Public Library.

Humorist, storyteller, novelist, poet, and songwriter Theo Czuk will explore the crafts of writing, from poetry to the novel, and the many connections between them. Explore the similarities between these different forms, as well as what makes each form unique. Having explored the full breadth of the elements of literature, Theo is in a unique position to offer insights into the particular requirements of each of these styles.

Theo's novel Heart Scarred was written symbiotically with his music: every chapter title in the novel shares the title from a song in his musical portfolio. He will augment his presentation with songs from his critically acclaimed CD Too Many Shadows, incorporating music and poetry into the lecture.

Theo Czuk, Sunday March 10, 3pm at Driftwood Public Library, located on the second floor of the Lincoln City City Hall building at 801 SW Highway 101 in Lincoln City.

Author C.D. Harper at Driftwood Library

AUTHOR C.D. HARPER returns on **SUNDAY, MARCH 31ST AT 3PM**, to talk about his new book of short stories titled *Is It Always Tomorrow?*

Slavery existed in the United States for nearly 300 years. While the institution was abolished following the terminus of the Civil War in 1865, the aftermath of this atrocious practice is still felt to this day in American society. Harper's new collection was written to demonstrate the contradiction of this aftermath in American society.

Harper decided to write this collection of short stories as an attempt to further educate people about American diversity and why it makes America great: "If one looks at the total of American literature or read about the history of this very diverse country, very little had been written about the experience of those diverse people. Slavery is central to that diversity. So, I write about it. Hoping they will enhance someone's understanding of American, land of the free."

C. D. Harper is a retired Professor of Theatre Arts and Dance, California State University, Los Angeles, where he served as Chair of the Department of Theatre Arts and Dance, Founding Executive Director of the Harriet and Charles Luckman Fine Arts Complex, Founder of the Luckman Jazz Orchestra. He resides in Gleneden Beach.

Harper's appearance is a free event and open to the public



Historian Greg Shine CB History Center

A LITTLE-KNOWN part of Oregon history will be explored at the Cannon Beach History Center & Museum this March with Greg Shine. Shine has recently written an article on Buffalo soldiers in the Pacific Northwest and their time in Washington and Oregon. His presentation will focus primarily on Medal of Honor recipient Sgt. Moses Williams and his connections to Fort Stevens.

Born in rural Louisiana in 1845, Moses Williams joined the U.S. Army in 1866 and embarked on a thirty-one-year military career in the American West, leading troopers of the 9th U.S. Cavalry's Buffalo Soldiers and receiving the army's highest award, the Medal of Honor. From his posting as ordnance sergeant at Fort Stevens on the Oregon coast, Williams petitioned the War Department for the honor of fifteen years after demonstrating what the assistant secretary of war later called "most distinguished gallantry in action with hostile Apache Indian in the foothills of the Cuchillo Negro Mountains" in August 1881. Williams's was posted at Fort Stevens on October 15, 1895 and served for three years.

Gregory Shine is a historian and author probably best known to Cannon Beach History Center & Museum members for his research, publications and 2009 presentation related to the US Schooner Shark, believed to be the source of the carronade preserved at the History Center.

This event is free to the public. Grab a cup of coffee or tea, and peruse the museum before the lecture starts at 4pm on Thursday March 14, located at 1387 South Spruce St. in Midtown Cannon Beach. www.cbhistory.org 503.436.9301



Nehalem Valley Historical Society Telling it Like it Was

March 9

"Surveying Neahkahnie's Treasure Rocks" presented by Phil Costaggini, researcher, author, and Vice President of the Sir Francis Drake Association of Oregon and California. Presentations begin at 3pm.

April 13

"Early Twentieth Century Timber Workers – Songs and Stories" presented by James Cook, Oregon Vice President of the Pacific Northwest Labor History Association. Hear stories and enjoy photo-

graphs about Oregon's north coast lumber camps and mills during the early decades of the twentieth century. Special guests, musicians Scott Butler and Mark Loring of the duo Audio Tattoo, will perform songs of Oregon workers' life in the woods and mills. Introduction by Jay Verberg, Proprietor of the Old Wheeler Hotel and NVHS Board Member.

At the Historic Pine Grove Community House, in the heart of Manzanita, on the Oregon coast, at 225 Laneda Avenue. 3pm. FREE and open to the public.

Tuesday 26

MUSIC

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

Green Mountain Guild. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Rolling for the Refuge. Bunco Fundraiser. It's an evening of Bunco, tacos, and beer. \$25 per player, 6pm at North Jetty Brewing in Long Beach.

Festival of Illusions. Magician and illusionist performances. The Amazing Bubble Man. \$16, 7pm at the Lincoln City Cultural Center.

LITERARY

Poetry Reading. With Poet Francisco Aragon. 6:30 – 8pm at WineKraft in Astoria.

Wednesday 27

MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Seaside.

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

HAPPENING

Repair Café. A community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. 4 – 8pm at 1010 Duane Street in Astoria.

Festival of Illusions. Magician and illusionist performances. The Amazing Bubble Man. \$16, 7pm at the Lincoln City Cultural Center.

LITERARY

Lunch in the Loft with Elise Hooper. Hooper will discuss her recent book "Learning to See." \$ includes a catered lunch and a signed copy of the book. Noon at Beach Books in Seaside. RSVP at 503-738-3500

THEATER

Antigone. Reader's Theater. \$15, 7pm at the McTavish Room at the Liberty Theater in Astoria.

Thursday 28

MUSIC

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

HAPPENING

Festival of Illusions. Magician and illusionist performances. Mentalist Brian Ledbetter. \$16, 7pm at the Lincoln City Cultural Center.

LECTURE

History and Hops. Lewis and Clark "Weather Disagreeable." 6pm at Seaside Brewing.

Looking Beyond the Temples and Beyond the Capital: Exploring the Residences of the ancient Angkorians. With Dr. Alison Carter. 4pm at the Cannon Beach History Center and Museum.

THEATER

Antigone. Reader's Theater. \$15, 7pm at the McTavish Room at the Liberty Theater in Astoria.

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Friday 29

MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

Billy D. 7pm at the Gearhart Hotel.

Geezer Creek. 7pm at T Paul's Supper Club in Astoria.

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

HAPPENING

Oregon Ghost Conference. Speakers, courses, tours, parties, and more. Attendees will connect with and learn from some of the top paranormal experts in our area. At the Seaside Convention Center.

Festival of Illusions. Magician and illusionist performances. Iman Lizarazu. \$16, 7pm at the Lincoln City Cultural Center.

THEATER

Antigone. Reader's Theater. \$15, 7pm at the McTavish Room at the Liberty Theater in Astoria.

The Real Lewis and Clark Story. \$10, 7pm at the ASOC Playhouse in Astoria.

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Living on Love. Romantic Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 30

MUSIC

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

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

The Floating Glass Balls. 7pm at Public Coast in Cannon Beach.

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

HAPPENING

Oregon Ghost Conference. Speakers, courses, tours, parties, and more. Attendees will connect with and learn from some of the top paranormal experts in our area. At the Seaside Convention Center.

THEATER

The Real Lewis and Clark Story. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

A Bench in the Sun. Dramady. \$15, 7:30pm at Theater West in Lincoln City.

Living on Love. Romantic Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 31

MUSIC

Jazz Afternoon with the North Coast Big Band. 2pm at the PAC in Astoria.

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

Jezebel's Mother. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Oregon Ghost Conference. Speakers, courses, tours, parties, and more. Attendees will connect with and learn from some of the top paranormal experts in our area. At the Seaside Convention Center.

LITERARY

Author Appearance. C.D. Harper will talk about his new book "Is it Always Tomorrow?" 3pm at the Driftwood Public Library in Lincoln City.

THEATER

Living on Love. Romantic Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Monday 1

MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

Tuesday 2

MUSIC

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

FLASH CUTS

MOVIES & MUSINGS



CAPTAIN MARVEL (MARCH 8)

Marvel introduces the first female superhero to lead a Marvel film with Academy Award winner Brie Larson playing Captain Marvel, an air force fighter pilot whose DNA is fused with a militaristic alien race giving her super powers. Co-star Samuel L. Jackson was de-aged 25 years digitally to play a younger version of his character, Nick Fury. Also starring Jude Law, Ben Mendelsohn and Djimon Hounsou. Synopsis: Set in the mid-1990s, Captain Marvel follows Carol Danvers, a former U.S. Air Force fighter pilot, as she turns into one of the galaxy's mightiest heroes and joins Starforce, an elite Kree military team, before returning home with new questions about her past and identity when Earth is caught in the center of an intergalactic conflict between two alien worlds.

THE HOLE IN THE GROUND (MARCH 8 LIMITED)

Irish director Lee Cronin's horror debuted at Sundance recently. Story deals with Sarah, a young mother whose son disappears into the woods one night. He returns, but his behavior grows increasingly bizarre. Sarah begins to suspect the boy who returned is not her son at all. Synopsis: Trying to escape her broken past, Sarah O'Neill is building a new life on the fringes of a backwood rural town with her young son Chris. A terrifying encounter with a mysterious neighbor shatters her fragile security, throwing Sarah into a spiraling nightmare of paranoia and mistrust, as she tries to discover if the disturbing changes in her little boy are connected to an ominous sinkhole buried deep in the forest that borders their home.

TRIPLE FRONTIER (MARCH 6 LIMITED, MARCH 13 STREAMING)

Ben Affleck toplines thriller about a group of ex-Special Ops soldiers who pull a heist against a South American drug lord. After years of defending their country and risking their lives, a group of 5 ex-soldiers, led by

Previews

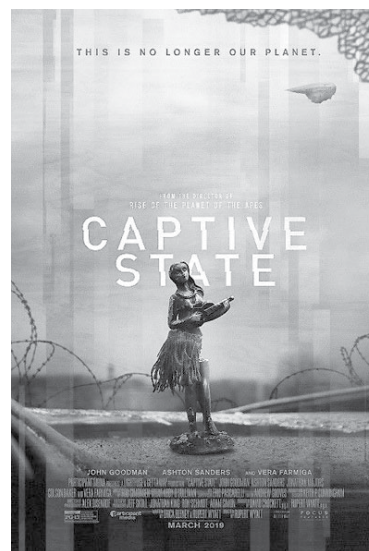
FILM.

BY LES KANEKUNI

Jordan Peele's US.

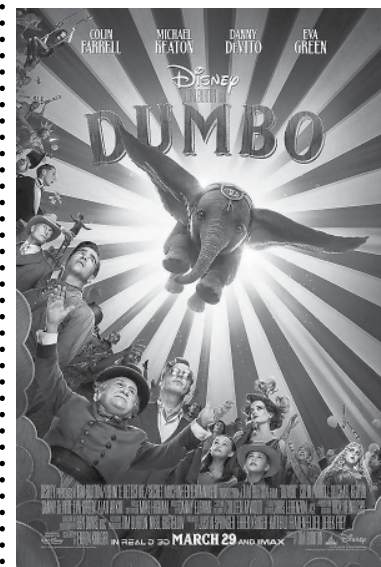


threatened by their own doppelgängers. Academy Award winner Lupita Nyong'o stars. Synopsis: Accompanied by her husband, son and daughter, Adelaide Wilson returns to the beachfront home where she grew up as a child. Haunted by a traumatic experience from the past, Adelaide grows increasingly concerned that something bad is going to happen to her family. Her worst fears soon become a reality when four masked strangers descend upon the house, forcing the Wilsons into a fight for survival. When the masks come off, each stranger takes the appearance of a different family member.



CAPTIVE STATE (MARCH 15) Good buzz surrounds director Rupert Wyatt's (Rise of the Planet of the Apes) alternate take on the alien invasion genre. Ten years after an extraterrestrial force has invaded Earth and enslaved humanity, humans have fallen into two camps: the collaborators and the rebels. Police officer Mulligan (John Goodman) must find a way to unite the two sides against the aliens. Synopsis: Captive State is a sci-fi thriller set in a Chicago neighborhood nearly a decade after it has been occupied by an extraterrestrial force. Captive State uses a grounded sci-fi setting to shine light on the modern surveillance state and the threats to civil liberties and the role of dissent within an authoritarian society.

US (MARCH 22) Two years ago director Jordan Peele created a box office and critical sensation with his satirical horror Get Out. Peele returns with a more straightforward horror – a family that is



DUMBO (MARCH 29) Disney releases another of its live action remakes of animated classics. Unlike other Disney live action remakes, Dumbo's storyline departs from the animated original but sticks to the classic character of the flying circus elephant with oversized ears. Tim Burton directs a stellar cast of Colin Farrell, Michael Keaton, Danny DeVito, Eva Green and Alan Arkin. Farrell described the film in Screenrant as a "story of believing in yourself and finding something inside you that allows you to become the best version of what you could even be... regardless of how crippling a certain thing may be or how polarizing a certain physical attribute even may be."

FREE WILL ASTROLOGY

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♈ 11° 0' ♀ 6' 27° ♁ 7' 15° ♃ 54' 0° ♄ 48'

ARIES (March 21-April 19): South Koreans work too hard. Many are on the job for fourteen hours a day, six days a week. That's why a new concept in vacations has emerged there. People take sabbaticals by checking into Prison Inside Me, a facility designed like a jail. For a while, they do without cell phones and Internet and important appointments. Freed of normal stresses and stripped of obsessive concerns, they turn inward and recharge their spiritual batteries. I'd love to see you treat yourself to a getaway like this—minus the incarceration theme, of course. You'd benefit from a quiet, spacious, low-pressure escape.

TAURUS (April 20-May 20): The astrology column you're reading is published in periodicals in four countries: the U.S., Canada, Italy, and France. In all of these places, women have had a hard time acquiring political power. Neither the U.S. nor Italy has ever had a female head of government. France has had one, Édith Cresson, who served less than a year as Prime Minister. Canada has had one, Kim Campbell, who was in office for 132 days. That's the bad news. The good news is that the coming months will be a more favorable time than usual to boost feminine authority and enhance women's ability to shape our shared reality. And you Tauruses of all genders will be in prime position to foster that outcome. Homework: Meditate on specific ways you could contribute, even if just through your personal interactions.

GEMINI (May 21-June 20): A 19-year-old guy named Anson Lemmer started a job as a pizza delivery man in Glenwood, Colorado. On his second night, he arrived with a hot pizza at a house where an emergency was in progress. A man was lying on the ground in distress. Having been trained in CPR, Lemmer leaped to his rescue and saved his life. I expect that you, too, will perform a heroic act sometime soon, Gemini—maybe not as monumental as Lemmer's, but nonetheless impressive. And I bet it will have an enduring impact, sending out reverberations that redound to your benefit for quite some time.

CANCER (June 21-July 22): Scientist Michael Dillon was shocked when he learned that some bees can buzz around at lofty altitudes where the oxygen is sparse. He and a colleague even found two of them at 29,525 feet—higher than Mt. Everest. How could the bees fly in such thin air? They "didn't beat their wings faster," according to a report in National Geographic, but rather "swung their wings through a wider arc." I propose that we regard these high-flying marvels as your soul animals for the coming weeks. Metaphorically speaking, you will have the power and ingenuity and adaptability to go higher than you've been in a long time.

LEO (July 23-Aug. 22): Do you find it a challenge to commit to an entirely plant-based diet? If so, you might appreciate flexitarianism, which is a less-perfectionist approach that focuses on eating vegetables but doesn't make you feel guilty if you eat a bit of meat now and then. In general, I recommend you experiment with a similar attitude toward pretty much everything in the coming weeks. Be strong-minded, idealistic, willful, and intent on serving your well-being—but without being a maniacal purist.

VIRGO (Aug. 23-Sept. 22): If you gorge on sugary treats and soft drinks, you ingest a lot of empty calories. They have a low nutrient density, and provide you with a scant amount of minerals, vitamins, protein, and other necessities. Since I am committed to helping you treat yourself with utmost respect, I always discourage you from that behavior. But I'm especially hopeful you will avoid it during the next three weeks, both in the literal and metaphorical senses. Please refrain from absorbing barren, vacant stuff into the sacred temple of your mind and body—including images, stories, sounds, and ideas, as well as food and drink.

LIBRA (Sept. 23-Oct. 22): Charles Grey was the second Earl of Grey, as well as Prime Minister of England from 1830 to 1834. His time in office produced pivotal changes, including

the abolition of slavery, reform of child labor laws, and more democracy in the nation's electoral process. But most people today know nothing of those triumphs. Rather he is immortalized for the Earl Grey tea that he made popular. I suspect that in the coming weeks, one of your fine efforts may also get less attention than a more modest success. But don't worry about it. Instead, be content with congratulating yourself for your excellent work. I think that's the key to you ultimately getting proper appreciation for your bigger accomplishment.

SCORPIO (Oct. 23-Nov. 21): At a young age, budding Scorpio poet Sylvia Plath came to a tough realization: "I can never read all the books I want," she wrote in her journal. "I can never be all the people I want and live all the lives I want. I can never train myself in all the skills I want. And why do I want? I want to live and feel all the shades, tones, and variations of mental and physical experience possible in life." Judging by current astrological omens, I can imagine you saying something like that right now. I bet your longing for total immersion in life's pleasures is especially intense and a bit frustrated. But I'm pleased to predict that in the next four weeks, you'll be able to live and feel more shades, tones, and variations of experience than you have in a long time.

SAGITTARIUS (Nov. 22-Dec. 21): When Europeans invaded and occupied North America, they displaced many indigenous people from their ancestral lands. There were a few notable exceptions, including five tribes in what's now Maine and Eastern Canada. They are known as the Wabanaki confederacy: the Passamaquoddy, Penobscot, Micmac, Maliseet, and Abenaki. Although they had to adjust to and compromise with colonialism, they were never defeated by it. I propose we make them your heroic symbols for the coming weeks. May their resilient determination to remain connected to their roots and origins motivate you to draw ever-fresh power from your own roots and origins.

CAPRICORN (Dec. 22-Jan. 19): Capricorn javelin thrower Julius Yego won a silver medal at the 2016 Summer Olympics. How did he get so skilled? Not in the typical way. He gained preliminary proficiency while competing for his high school team, but after graduation, he was too poor to keep developing his mastery. So he turned to Youtube, where he studied videos by great javelin throwers to benefit from their training strategies and techniques. Now that you're in an intense learning phase of your cycle, Capricorn, I suggest that you, too, be ready to draw on sources that may be unexpected or unusual or alternative.

AQUARIUS (Jan. 20-Feb. 18): The first edition of Action Comics, which launched the story of the fictional character Superman, cost ten cents in 1938. Nowadays it's worth three million dollars. I'll make a bold prediction that you, too, will be worth considerably more on December 31, 2019 than you are right now. The increase won't be as dramatic as that of the Superman comic, but still: I expect a significant boost. And what you do in the next four weeks could have a lot to do with making my prediction come true.

PISCES (Feb. 19-March 20): Until the sixteenth century in much of Europe and the eighteenth century in Britain, the new year was celebrated in March. That made sense given the fact that the weather was growing noticeably warmer and it was time to plant the crops again. In my astrological opinion, the month of March is still the best time of year for you Pisceans to observe your personal new year. The coming weeks will be an excellent time to start fresh in any area of your life. If you formulate a set of New Year's resolutions, you're more likely to remain **committed to them than if you had made them on January 1.**

Homework: Write a short essay on "How I Created Something Out of Nothing." Go to <https://RealAstrology.com> and click on "Email Rob."

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Empower Yourself and Give an Old Bike New Life

GONE ARE THE DAYS, thankfully, when girls were shuffled off to Home Ec class while boys got to cavort in shop class (or longed to take Home Ec instead). Yet if you ask most people who were raised with the female gender package, you'll find that repairing things is still not part of the average girl's upbringing. My parents, who strove to raise my brother and me in a nonsexist way, didn't offer me any Fasteners 101 lessons for two reasons: they weren't

handy either, and they wanted to encourage my nascent writing career. My brother and I grew up steeped in literature, although neither parent was a writer, and when I started writing, they hesitated to infringe on my sacred communion with the Muse to teach me how to fix the toilet.

(Besides, they preferred reading too, and the toilet repair took weeks to complete, with jury-rigged parts.)

I'm thankful that attempts to remedy this deficit in practical-life training now abound, with books, videos, and courses aimed at adults of any gender (although some courses are limited to people who identify as women) who didn't pick up these skills as a kid. Among all the other objects one can learn to build or repair, I'm partial to bicycles (and tricycles, and other variations on the velo theme). Bikes don't come equipped with the bewildering degree of moving parts that a car does, so a person who's new to maintenance and repair can enjoy the gentle learning curve and the sense of competence (and eventual mastery) that they can acquire in a relatively short time span. Also, unless you like to tinker with classic cars, today's automobiles require specialized equipment to diagnose, let alone repair, their plethora of electronic components. Other than a few special tools (such as those used for fixing the mysterious inner workings of the hub), a budding bike mechanic doesn't need a ton of fancy stuff to keep their steed rolling.

A few weeks ago, I read an article that profiled Esther Kawewe, a young woman living in Zambia who completed a training program for bicycle mechanics. She reported feeling empowered by her new skills, as well as having earned new respect in her community—along with a living wage (Lisa Niver, "A Bicycle Built for Many," Ms., Winter 2019, page 17). Around the world, women are learning that they don't have to rely on other people (usually men) to fix broken

appliances or build a better bike. And then in turn, they pass these skills along to children of all genders—not just teaching them how to do it, but also providing with an in-the-flesh model demonstrating how gender doesn't determine one's technical skills and mechanical competence.



Team members of the London Bike Kitchen, a DIY workshop where you learn to fix your own bike.

The Street Trust, a Portland-

based bike-advocacy organization, maintains a list of all-gender-friendly maintenance/repair resources: <http://www.thestreettrust.org/wp-content/uploads/2016/07/1Women-Bike-Repair-Clinic-Resources-11-16-15.pdf> (Please note that this list was created in 2015, so some resources may no longer be current.)

There's something incredibly satisfying about knowing that a flat tire isn't going to stop me from getting to work on time, as well as to show off my own work whenever I'm tooling along. My dream is to build a one-of-a-kind pedal-powered creation: a recliner-type sidecar attached to a heavy-duty utility bike designed to pull heavy loads, like the ones you see on Portland streets, towing everything from couches to food carts. I'd upholster the recliner in zebra-print fake leather and seatbelt my mom into it, and we could ride around town, towing her wheelchair behind us. Now all I need to do is learn how to weld...

Physician, writer and writing instructor, visit Margaret Hammit - McDonald's blog/website *Valor and Compassion*, where she focuses on writing topics www.valorandcompassion.com.

WORKSHOPS/CLASSES

WHALE SPIRIT DRUM CIRCLE: Open drum circle meets the first Saturday of each month in Seaside from 7pm - 8pm. Everyone is welcome to gather and drum together; no drumming experience is necessary. Our goal is to drum indoors at the Bob Chisholm Community Center in Seaside at 1225 Avenue 'A' when the weather is crummy and outside when the weather is nice. Check www.WhaleSpirit.com to confirm location each month. We ask that you kick in a \$10 donation to cover renting the venue. Don't have a drum yet? Extra drums may be available for you to play. Please respect that this is a drug and alcohol free event. For more information go to: www.WhaleSpirit.com

INDIGO SHIBORI, BATIK, & DIP-DYE. March 9. With Carolyn Hopkins. Learn shibori and wax-resist techniques in order to create patterns on your naturally dyed indigo piece. \$40 + \$10 materials fee. 1 - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

ROPE BASKET MAKING. March 16. With Jessica Pezalla. Learn how to make hand-sewn rope baskets that are perfect for holding jewelry or small objects. Dip dyed cotton piping in a variety of colors will be provided. Some hand sewing experience is useful, but is not required. \$48. 2 - 4pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

STORYTELLING WORKSHOP. March 23. With Will Hornyak. \$40, 10am - 2pm at KALA in Astoria. Contact hornyak.will@gmail.com to register.

HOW DOES YOUR GARDEN GROW. Beach Plastic Floral Assemblage. March 23. With Mary Bess Gloria. \$35. 1 - 4pm at the Cannon Beach City Hall. 971-361-9308

INTRO TO THE SUBTLE BODY RAINBOW. An Introductory Journey Through the Seven Major Chakras. March 27. With Emily Dalsfoist. Part 1 of a 2-day mini-wellness series on the energetic body. Explore the landscape of this system through meditation, art, movement and questions. You will be offered simple practices and insights that support alignment and balance throughout these energy centers in your own body. \$35 plus \$10 materials fee (\$60 for both days.) 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK•YOGA•FITNESS

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

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

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

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

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

LEARN SELF DEFENSE. 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-Thu 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.

Course in Miracles, cont. 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 developing a regular practice. All welcome.

ART & MINDFULNESS. With Amy Selena Reynolds. Once a month, 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where art and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email 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 among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.



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

MEETINGS/MEET-UPS

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

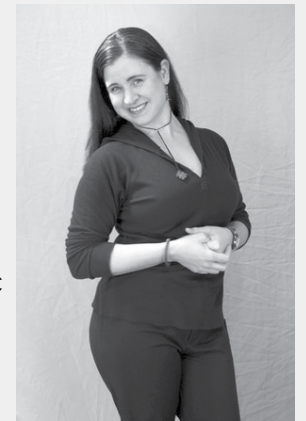
KNITTING CLUB. Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:pm. Next meeting March 10. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

ENCORE - Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) 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 Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.

SWING WITH JEN!

4 week Swing Series with Jen Miller!!
Every Tuesday at the AAMC from March 14th - April 9th.
Don't Miss Out. Jen's last class series!
Beginning Swing from 6 - 7pm.
Intermediate West Coast Swing from 7- 8pm,
Practice Hour from 8 - 9pm.



FMI visit www.astoriartsandmovement.com

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: astoriartsandmovement.com**

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
6 - 7pm: Yoga with Jude Matulich Hall

• **TUESDAY** 8:30-9:30am:

Zumba with Joy Sigler

• **WEDNESDAY**
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
5:30 - 6:30pm Improv Tribal Belly Dance with Julie Kovatch thru Dec 27
6:45-7:45pm Close Embrace Argentine Tango w/ Estelle and Celeste Olivares
7:45 - 8:45pm Argentine Tango Practica hosted by Estelle and Celeste Olivares

FRIDAY

7-10pm Contra Dance (1st Fri. ea. mnth) LIVE Band
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)
6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

• **SATURDAY**

10:30 - 12pm Contemp Dance (private) with Julia Gingerich
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY

9-10:30am: Tri-Dosha Yoga with Melissa Henige
1:00 - 2:30pm Character Dojo with Rachel Lionheart (4th Sunday of each month)
5-8pm Burlesque (private)
3:00 - 4:30pm Improv Jam with Rachel Lionheart (4th Sunday of each month)

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: 3rd Tuesdays 5:30-7pm. Blue Scorcher Bakery 1493 Duane St, Astoria.



Whole PLANET Health

By Margaret Hammit McDonald

DEEP in the Bowels

IN THE '80S, my brother Will and I created our own radio plays. One began with me declaiming, "Deep in the bowels of the earth lies an unnamed evil" while Will provided thunder, wind, and rain sound effects. It required several takes because we kept laughing about the bowels and their "unnamed evil."

One day, Dad brought home a red, white, and blue box of Uncle Sam Cereal, which depicted a wholesome-looking '50s family gazing in rapture at a cereal bowl. The packaging implied, "Show your patriotism by eating a cereal that promotes regularity!" (Yes, they used that word.) "What's regularity?" we asked. Dad regaled us about his parents' obsession with having a daily bowel movement—at all costs. Every Saturday, his mother coaxed the kids to down a spoonful of castor oil and, once the abdominal cramps began, they waited in line in agony for the single bathroom to become available.

Alas for the poor bowels and their unnamed evils. There's a strand of natural medicine that was influenced by Puritan ethics, with their stark contrasts between saved and damned, pure and defiled. In the 19th century, it manifested in harsh, depleting treatments criticized by contemporaries as "puking and purging" (inducing vomiting and diarrhea to rid the body of contaminants). The combination of sedentary office work and processed foods afflicted the 19th-century North American middle class with constipation, and practitioners grew concerned about wastes getting reabsorbed through the bowel walls while they sat around, causing "auto-intoxication." Cures, from laxatives to enemas, purported to move those sluggish bowels. These cures all relied on some outside agent to shock the intestines into action, which could result over time in even slower motility.

In Chinese medicine, each organ is associated with a public official in an imaginary government. The Large Intestine is the minister of waste transportation. He's a gung-ho, pushy fellow who helps us to release whatever we're holding onto and no longer need. Much as people have attempted for centuries to control their unruly bowels, it's also not ideal when the Large Intestine takes over for the Heart, the body's proper ruler. Who needs a preemptive, dominating individual in charge? (Hello, United States!)

Folks still worry about their bowel movements (and their children's), asking about ideal frequency, consistency, or whether they should float, sink, or stink. It's a legitimate concern. But as with many things, there's considerable variation within a broad norm. Rather than asking, "How often should I 'go'?" I'd ask, "Are you having any symptoms other than 'going' less or more often than you'd consider ideal?"

After eating, the gastrocolic reflex from the full stomach sends a message to the intestines to make room. For some people, this happens after every meal. For others, it happens once a day or every other day. Variables include meal size, how much fiber is in it, hydration status, activity level, and hereditary factors. Eating a plant-based diet, getting daily exercise, and drinking sufficient water all facilitate elimination.

Chinese medicine places the digestive organs at the center of our physiology. When they function well, we receive all the energy and nourishment we need. Their job may seem humble and dirty, but they also work in wondrous, unanticipated ways: we produce the same neurotransmitters in our guts as we do in our brains, and the immune system contains a robust component in the digestive tract. So far from considering it a site of "unnamed evil," let's celebrate this unsung body system and treat it with well-deserved respect.

By Tobi Nason



wordwisdom



March in itself is nothing super duper, although the wind is brisk and the sun can be blazingly bright. Then there's the occasional-snowfall....

The thing that keeps one . . . me, you, everyone, working, getting out of bed, paying the bills, is Hope – a vision or expectation of better days. Let's face it—some days are routine, bare, and quiet. Too many days of that and one might just want to lie down in traffic.

Hope is sort of like love and friendship. Sometimes Hope needs care and feeding. How does one do that? First, recognize that fact. It's like noting that the gas is low in the car. You need to do something, today or tomorrow, but soon in any case.

What's it called when one has no Hope? Oh, yeah - Hopeless. You don't want to be hopeless. Ever. I like to think there's no reason ever to be hopeless. Nice thought, but often I find myself sighing about this pitiful world, my pitiful life. What's the point?

Until one figures out The Point, you have

to march on. You need to get that Hope tank filled. It gives you the time and energy to keep pursuing The Point.

So how does one get a refill of Hope? Good question! I think there's different ways, not just one. I'm sure it's an individualized thing.

Here's what I do. Wait - I have to find my list. I momentarily forgot.

Ah, now I remember...

I invest time in my immediate environment. I de-clutter. I prune plants. I clean out a closet, and vow to wear that Hawaiian sundress this summer.

I drive. I pack up my little dog and we drive and look for daffodils and pussy willows. I put on Motown and plug into a younger me.

I make lists of things to do, places to go. It reminds me of all I have not yet done.

Wish list. This includes big things; new flooring, a trip to Iceland, a nice bike, a boyfriend of any sort.

I do a then and now list. Where I was,

where I am now. This does not need to be in writing. Some things are best kept off the written page.

This all keeps me busy. If nothing is happening, I optimistically plan for something realistically to happen. Maybe a small road trip to the nature walks of Washington or a walking trip around an unexplored section of Astoria. I play tourist.

Not one of the above does the trick but a combination of many get methrough the humdrum of everyday life. I march on.

Finds ways that work for you. The most you can do is try. If all fails, well, you tried. There is much to be despondent about, but you owe it to yourself and those that care about you to keep things going.

Hope is a lifesaver. March on.

March on.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587. Feel free to leave messages re: article ideas, personal journey revelations, feedback.



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MESSAGES mystic healer SONJA GRACE The Fifth Dimension

THERE'S A LOT OF TALK in the cosmic community about 3D, 4D and 5D consciousness. I

would like to shed some light on this ever-growing concept. I describe in my book 'Become an Earth Angel' that we have moved into the fifth dimension. Yes, everyone is navigating 5D now. We moved out of the fourth dimension at the end of the Mayan calendar in 2012.

Dimensions are best described as energy that governs the very actions and results to those actions throughout the universe. The Earth is 4.5 billion years old - if we divide that time into the five dimensions the Earth has experienced so far it would mean each dimension lasts around nine hundred million years! Humans have only been here for 20 million years! Each time we incarnate we have a case of amnesia. I believe within a nine hundred-million-year cycle we also experience the realms. The realms are different from dimensions. They are not permanent and shift depending on the consciousness. If you think of a backdrop that is blue and white horizontal lines run across the entire space, those lines represent dimensions. The vertical lines that pass through the horizontal lines are the realms. This is what makes up the grid system we live in, which is not dissolving but rather shifting our energy.

We are in the fifth dimension for the next nine hundred million years - this is a much higher frequency, that for the first time, much like a train station, other dimensions are opened through portals - which are a result of extraterrestrials coming to Earth.

The realms are a state of consciousness that we move in and out of within the dimension. Sometimes people feel others are on a different wave length, with opinions and thinking that vastly differ from their own—this clearly marks there are several realms of consciousness going on at the same time.

We're mixing the realm or consciousness we have with the fifth dimension. This is like having water (Fifth Dimension) as your basic drink and adding raspberry flavor (second realm) or lemon flavor (third realm) to the water. The water now takes on a new flavor and experience. The fifth dimension isn't as giving as the fourth simply because the fifth is a higher frequency and like the throat chakra requires us to be spiritually attuned, more disciplined. The fourth dimension was aligned with the heart and adding raspberry or lemon just made love more dramatic or encouraged the pursuit of peace. Now for the first time we have moved up into all that is 5D. Voicing our opinions, being in service to a greater cause, undergoing physical changes and pursuing our purpose. This energy is challenging and brings up a great deal of resistance to those who want to remain in the memory of the fourth dimension. The Earth is also going through a big shift from the dimensional change. She moves into different modalities to survive—for example, warming, melting, and preparing for the upcoming ice age.

The first realm is dark, filled with lower vibrational energies. The cosmos has passed through this realm many times leaving areas of space void of life and filled with darkness. Earth is naturally in the second realm—violent, disruptive, unpredictable with fertility and death as the main cycle that governs all life. Many people have existed in the second realm of consciousness displaying violence and disruption throughout history. Others have moved into the third realm of consciousness, more

interested in working things out—community, spirituality and progress. Ascended masters and spiritual teachers such as the Dalai Lama exist in the fourth realm which is a high vibration that requires a state of enlightenment to maintain that frequency. The fifth realm can be quite painful if you have not yet dissolved your karmic threads. Many beings in the universe naturally exist in this realm including most aliens. One reason people do not see aliens is because they are in this higher realm.

The sixth realm is a place where time and space, color and sound all merge into a vibration of light, transforming every-



thing to that frequency. Beings that have never incarnated but have the ability to take physical form are in this realm. The angels use this realm for doctoring and healing.

The seventh realm is where the angels naturally exist and is infused with violet and crystalline energy that creates a matrix of light. The angels and their song fill this realm. The eighth realm dissolves energy and vibration into nothing - which ultimately presents the true meaning of the universe. The ninth realm is home to the demi gods whose consciousness spans far beyond the Nine Realms.

Nine worlds or realms is a part of many myths and legends from around the world, describing these states of consciousness. In Norse mythology the Nine Realms are places that exist within the tree of life - Yggdrasil. Our consciousness is connected to the tree of life. It is helpful to remember we are infinite beings having a human experience. Most important of all is feel your feelings, process and release them. The headiness of this 5D world can leave us pushing up into the mind - leaving the heart and all that hard work of lifetimes behind. Bring your heart into this fifth dimensional and allow the sound that comes from your voice reflect the energy of your heart.

Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. Sonja's ancestral background is a fascinating blend of Norwegian and Native American descent. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM. www.sonjagrace.com

CHEW ON THIS!
by Merianne Myers



I ACTUALLY LOVE COOKING for a gang. Not a chain gang or street gang, more like a horde. Not an angry horde, more like a crowd. Never mind all that! The thing is, when attempting to feed the multitudes or whatever you call them, a plethora of dietary oddities inevitably arise to challenge what would otherwise be my idea of the perfect menu.

I am of the curmudgeonly opinion that most of these culinary misdemeanors are the result of reading too much internet crapola. Or self-diagnosed health issues. Or blaming your current stomachache on whatever you ate last. Or being raised by parents who tucked their own food issues into your inheritance. Or some other silliness I am unable to imagine. I'm not talking about the tiny percentage of us who have actual medical issues related to specific foods. Granted, we humans have messed with the production of our food stuffs to the point that our bodies often do not recognize what we've just put in them as food and justifiably object by making us miserable in turn. The very best defense is to know your farmer, eat in season, choose organic when possible, eat a wide variety of foods and COOK, damn it. Just cook. It's the single best way to foster good health and spread love.

Admittedly, I could, as my mom so charmingly would say, "Gork off" any minute from my lifetime of questionable food

choices. I imagine it will be some combination of arterial blockage and bad karma from having eaten so many things that are now completely unacceptable. I have, over time bid farewell to Beluga caviar, foie gras, commercially produced meat and poultry, Peeps and more. I'm willing to adapt when consuming a specific food represents a serious harm to the planet. Failing that, I will eat or try pretty much anything. I believe that failing to encourage our children to do the same condemns them to a life of narrow experience, annoying behavior and curtailed opportunity.

More to the point, what to cook? Times like these demand a buffet. There is no way to accommodate everyone in a large group with a single entree. One size does definitely not fit all. I opt to have something for everyone and leave it to them to deal with their own pécadillos. The down side is the necessity for lots of signage or standing by to answer questions. My tiny allotment of patience has me printing table tents and leaving guests to their own devices while I pour a little something and rummage around for my tolerance.

Here's a delicious something I originally found on the Epicurious website several years ago and have tweaked in various ways to accommodate food issues. Follow the asterisks to discover the options.

MESSING WITH SUCCESS
COCONUT BANANA MUFFINS

Makes 8 regular size or 16 to 18 mini muffins

- 1 1/4 cups all-purpose flour*1
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 ripe bananas, mashed
- 1/2 cup (1 stick) butter, melted and slightly cooled*2
- 2/3 cup sugar*3
- 1 egg*4
- 1/2 teaspoon vanilla
-
- Line muffin tin with paper liners or grease liberally.
- Whisk together flour, baking powder, and salt in a bowl. Whisk together bananas, butter, sugar, egg, vanilla, and 1/2 cup coconut in a large bowl until combined well, then fold in flour mixture until flour is just moistened.
- Divide batter in lined tin and sprinkle with remaining 1/4 cup coconut. Bake until muffins are puffed and golden, about 25 minutes. Transfer to a rack and cool slightly.
-
- *1: For gluten-free, I prefer Bob's Red Mill 1 to 1 GF flour. It is the only product I have found that results in good taste, texture and loft without having to make calculations or purchase an array of special ingredients.
-
- *2: For dairy free, substitute 1/4 unsweetened applesauce or 1/3 cup vegetable oil
-
- *3: For sugar-free, substitute 1/2 cup honey, or 1/2 cup maple syrup or 1/2 cup agave syrup or 1 teaspoon stevia.
-
- *4: For vegan, replace the egg with an extra 1/4 cup mashed banana or 1/4 cup plain yogurt or 1/4 cup unsweetened applesauce or 1 Tablespoon chia or flaxseed meal whisked into 3 Tablespoons water and allowed to thicken or your favorite egg substitute
-
- *5: I like the big, flat, unsweetened, flaked coconut best
-



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 am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.

Dyeing the Red Tent
a women's self-care weekend retreat
April 5-7, 2019 in Nehalem



AS THE SEASONS shift and change, it is always a good time to pause for deep rest & renewal. The Dyeing the Red Tent weekend retreat focuses on building a sustainable self care practice. Facilitators Iris Sullivan Daire, and Kestrel Gates, will use natural dyes, herbalism & story, to help participants connect more deeply to self and nature. It takes place at North Fork 53 Retreat Center nestled into the Coast Range in Nehalem.

The workshop is centered upon the long slow process of dyeing a red cloth using Queen Madder, an ancient plant dye who offers us many lessons. This is an immersion in nurture culture for women at all phases of life. Spending time in the beauty of the Oregon Coast with movement, contemplation, art making, delicious farm to table meals, and time for enjoying the sauna, will ensure participants leave feeling renewed.

More information and registration can be found at: www.dreambird-studio.com \$425 workshop fee includes: farm to table meals, sauna & lodging at North Fork 53 Retreat Center. Plus all materials for dyeing, and optional pelvic steaming.



L&C NATIONAL HISTORICAL PARK HOSTS ITS FIRST TRAIL RUN OF THE YEAR ON SATURDAY, MARCH 23, The Lewis & Clark Trail Series includes exhilarating events along beautiful trails through forest landscapes, complete with a welcoming and friendly race atmosphere. Open to walkers and runners of all ages!. Come for either an approximately 5k or a 10k course that features the Kwis Kwis Trail. The 10k run will include some long steep sections. The start/finish line will be at the Fort to Sea Trail trailhead off of Fort Clatsop Road. Allow time to park at one of the Fort Clatsop Visitor Center parking lots, register at the visitor center, and then enjoy a 1/2 mile warm-up hike on the Fort to Sea Trail to the start line prior to the 10am start. Register that morning from 9:00 to 9:30, at the Fort Clatsop Visitor Center. The cost to participate is the purchase of a \$30 Annual Park Pass that grants entry into all of the 2019 Lewis & Clark Trail Series Events and admission to the park for a year. Registration is free with any pass that covers entry into all of our nation's National Parks. Participants younger than 18 also need their parent or guardian to sign the registration form. A prize drawing will be held afterwards.

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Storytelling Through Landscape Architecture

By Kaisa Schlarb



Design photos courtesy The West Studio

THE SCANDINAVIAN HERITAGE PARK project has met another on-schedule milestone with the completion of the park's design by the Seattle-based landscape architecture firm, The West Studio. The construction documents are now in the permitting process and are currently being reviewed by the City of Astoria.

Principal-in-Charge of the West Studio, Audrey West, and Project Manager, Marin Bjork spoke with Hipfish about the unique role of landscape architecture in helping communities tell their own stories and develop a sense of place, and their experience with working on the Scandinavian Heritage Park Project.

"The focus of the West Studio is supportive community environments, education and care," West explains. "Supportive environments" and "evidence-based design" are key terms to understanding how their work is shaped. "Evidence-based design" simply means looking at research to guide what kind of environments will create the most positive outcomes for a particular community. "Supportive environments" reflect the needs of the community and envision ways for all members of the community to have "just and fair access to inclusive, culturally relevant civic spaces."

The firm, currently an all women enterprise, has developed spaces for diverse communities, including Pacific Northwest tribal groups, Veterans,

and underserved or low-income populations. They are responsible for the design of crisis resident centers, elder care and senior apartments, low-income housing, preschool playgrounds, memorials, plazas, meditative gardens and a restorative justice center, all located in the Seattle-area and the Pacific Northwest.

Central to their vision for these spaces is always storytelling. "It's fun to get to tell people's stories," says West. "That's my biggest tie to landscape architecture: telling stories and providing spaces for sharing place together."

In order to tell its own story, the Astoria Scandinavian Heritage Foundation (ASHA) is pleased to have worked with West Studio for the park's design among half a dozen other strong applicants.

Park Chair Judith Lampi says, "The West Studio was the firm that had the qualities we were looking for [with] an extensive portfolio of parks that were designed for cultural non-profits."

The Plaza Roberto Maestro in Seattle, which received and award from HUD for "Creating Community Connections" is a great example. A project of El Centro de la Raza (The Center For People of All Races), an organization grounded in being a voice for the Latino community, the Plaza is now a mixed-use affordable housing community and community gathering space.

Named for Robert Maestro, a Latino civil rights advocate in the 1960, the plaza hosted a public rally by the Lummi Nation and their supporters in a mission to bring Tokitae, a Puget Sound Orca whale, back home from a Marine Park in Florida. This gathering, centered on social justice, fulfills the "inclusive, culturally relevant and accessible" mission of the spaces the West Studio designs, and also enlivens the story of El Centro de la Raza, to "to organize, empower, and defend our most vulnerable and marginalized populations and to bring justice, dignity, equality, and freedom to all the peoples of the world."

For West, The Scandinavian Heritage Park project excited her because "it is a cultural community that wants to see themselves reflected in their environment."

In this case, main challenge was turning a small site, People's Park at 16th between Marine Drive and the Astoria Riverwalk, into a "people space," while also keeping vegetation. The land in this part of town is a fill environment and has seen many changes across history. "A lot was here before us," says Marin Bjork. For vegetation, Bjork looked for hardy evergreen plants that can withstand the marine environment and high winds, while simultaneously cultivating a softness to create ASHA's envisioned experience.

This kind of thinking is landscape architecture in a nutshell, a growing field at the "the intersection of architecture, ecology and culture," as West puts it.

Wanting to lighten up the original design, the team worked to turn the park into a more active space, where visitors find something new with each visit. "What we know," says West, referring back to evidence-based design, "is the more we activate the space, the safer it is and the better it is cared for."

The final plans for the park are available in visual form on the Scandinavian Heritage Park website. Retaining the current parking lot and many of the trees, a plaza will be constructed on the east side of the space with a midsummer pole and stone structures representing each Scandinavian country's flag. An interpretive trail will be a space visitors can move through, stop, pause and sit, while encountering the history of Scandinavian immigration. Benches shaped like steam trunks tell the story of taking all of one's few possessions to seek the dream of a prosperous life in a new land.

A Scandinavian Connection

Joining the West Studio as the project was being forged, Marin Bjork adds her own story and connection to the project as a descendant of Norwegian immigration herself. "All of my Norwegian background goes back to my grandfather who I wanted to have a special connection with," she shares. Her grandfather, Kenneth O. Bjork, grew up in North Dakota in the early 1900s and spoke both Norwegian & German. He became a history professor at St Olaf's, a Lutheran university with a strong Scandinavian history, and was an editor for the Norwegian American Historical Society. He wrote two books on Norwegian immigration, titled *Saga in Steel and Concrete*; *Norwegian Engineers in America and West of the Great Divide: Norwegian Migration to the Pacific Coast, 1847-1893*.

In 1955, as part of the research for his writing, he traveled with his family down the Pacific coast, stopping to interview people and visit local libraries; including a stop in Astoria.

Bjork, drawn to this family history, studied Norwegian at Pacific Lutheran University in Tacoma and also traveled to Norway during her studies. While her grandfather died after she graduated and is not around to see her work on the park, she knows he would be "tickled" about her to participation in the storytelling of Nordic immigration to the area.

Next Phase

With the design phase complete, funding for construction, estimated at \$980,000, is the next focus for the project. **An upcoming, 5-course, Scandinavian-themed fundraiser dinner is being held at Carruthers on March 16th.** The cost is \$150 per plate, and the event will also be an opportunity to meet both Audrey West and Marin Bjork. Even as they hand off their design to the contractors who



will build the park, they continue to be part of the park's story and progress; checking in at milestones and making themselves available for consultation as needed.

"At the end of the day," says West of the measure of a successful project, "When the community walks away, do they feel like they were heard?"

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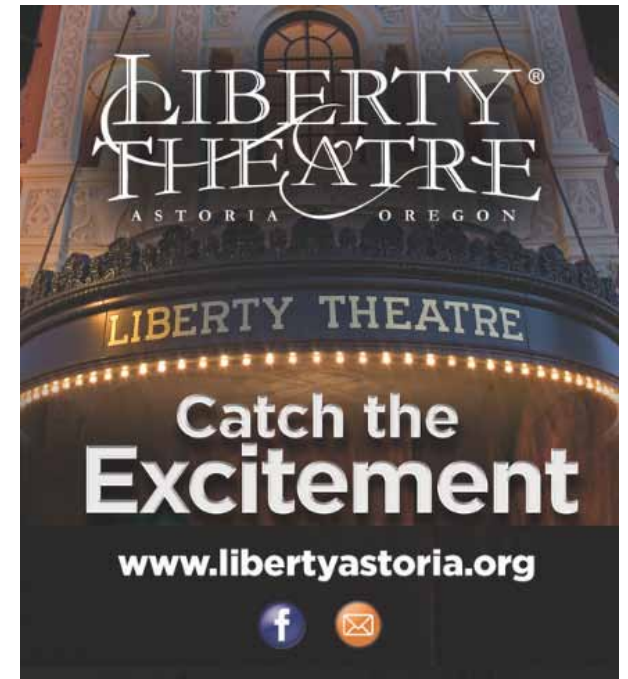


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