

transgender

a trans families support group
happens monthly in Astoria

HIPFISH TALKS WITH MEMBERS OF THE EMERGING COASTAL TRANSGENDER COMMUNITY

by Leela Ginelle

pg 3

HIPFISH Reader Survey Continues p12
Pacific NW Brewcup Coming Up! p30



@
K
A
L
A

3 WRITERS 3 GENRES 1 EVENING
Matt Love Willy Vlautin Tim Sproul
SEPT. 21 pg 11

Also: BROOK DULING
MEDICINE SONGS
SEPT. 28

STICKING TOGETHER
COLLAGE SHOW
SEPT. 14 pg 4

RIVERSEA GALLERY
CONTEMPORARY WORKS OF ART

CREATURES AND LANDSCAPES
Laura Buchan and Karl Kaiser
through Oct 1

Original Art • Fine Craft
Exceptional Jewelry

OPEN DAILY
1160 Commercial Street Astoria, Oregon
503.325.1270 riverseagalleryastoria.com



Imogen Gallery | contemporary works

240 11th street, astoria, or • 503.468.0620
mon – sat 11 to 5:30, sun 11 to 4 • www.imogengallery.com


finnware



iittala Kastehelemi Dewdrop

1116 Commercial St. in Astoria • finnware.com 503/325.5720 Open Daily

Forsythea



home & garden ARTS

fine art
unique furniture
decor
color consulting

503.325.2189
www.forsythea.com

260 Tenth Street • Astoria Open 11 - 5:30 (closed tue wed)

La Luna Loca



Global Treasures
to Adorn Body & Home

Downtown Cannon Beach

107 N Hemlock St. across from the Coaster Theatre
503.436.0774 www.LaLunaLoca.com


prana massage



Leigh Oviatt, LMT
Historic Pier 39
503.812.2492
leighoviatt@gmail.com
www.pranamassage.org #18492

swedish, deep tissue & traditional thai massage

Astoria Sunday Market
ASTORIASUNDAYMARKET.COM



GET FRESH WITH US!

ON 12TH. ST. IN HISTORIC DOWNTOWN ASTORIA
10am - 3pm ASTORIA, OREGON 97103 503-325-1010

EVERY SUNDAY
MOTHER'S DAY THRU OCT 13, 2013

JOIN US ON FACEBOOK • FIND OUT "WHAT'S FRESH" EACH SUNDAY ON TWITTER

KAREN KAUFMAN
L.Ac. • Ph.D.



503.298.8815
klkaufman@mac.com

- Musculoskeletal pain and strain
- Headaches/Allergies
- Gynecological Issues
- Stress/emotional Issues

Acupuncture & Traditional Chinese Medicine

Located at Astoria Chiropractic • 2935 Marine Dr. Astoria

Call for a consultation

Darcy Wiegardt
Permanent Cosmetics Technician
licensed/certified
503•861•0131
503•325•4398

PERMANENT COSMETICS
"Always Look Your Best!"

Located at Casual Elegance • 137 N. Main St. Warrenton

BELLY DANCE WITH JESSAMYN



Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and levels are welcome.

* Coin belts, zills, veils, & music are provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

A GYPSY'S WHIMSY
HERBAL APOTHECARY



Enter into the Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871
Hrs: Tue - Sat 11am - 6pm
closed sun - mon

1139 Commercial St.
Astoria, OR 97103



TRANSGENDER

A conversation with an emerging community

By Leela Ginelle

Photography by Don Frank

TREY SHELTON remembers when things finally clicked for him. It was 2009 and he had entered therapy. "I had issues I couldn't figure out. Nothing was adding up, and I wasn't getting anywhere."

At his therapist's suggestion, he began journaling.

"I was describing myself being stuffed inside a box and I had all these different personalities dancing around the box protecting it, but what was stuffed in the box could not be shown," Shelton says. "And the light bulb went off, and I said, 'Because that's the real me in the box - and I can't show that, otherwise I'm going to lose everything.'"

"So I keep playing all these different roles, and hoping that the role I play with my family doesn't meet the role that I play with my friends, which doesn't meet the role I play with my job, and keep everybody separate, and keep all these balls in the air."

"And my therapist read it, and said, 'Well, it looks like you're transgender.'"

This took Shelton by surprise. "It never really occurred to me," he says, because he wasn't familiar with the idea of transgender men, only transgender women, like tennis player Renee Richards.

Transgender men, like Shelton, are assigned the female gender at birth, but identify internally as male.

"Once I started looking back over my life, though, I started seeing the clues - of identifying with male, playing with the G.I. Joes, playing cops and robbers, jumping out of trees, becoming a paramedic, wanting to be a fire fighter, demanding to know why I couldn't wear a suit to church," and so on.

Every transgender person's story is different, but most share a few characteristics: the kind of deep denial that had plagued Shelton, caused by

the rejection of their identity by family and society; the sense that either they, or their life, isn't working, and finally a determination to change things, even if, as Shelton thought, it means "losing everything."

For Shelton, the next step was hormone replacement therapy, or "HRT." He began receiving testosterone injections by prescription. After a year or so, he had a chest reduction, or "top" surgery.

Shelton says if people don't know him, they never suspect he's transgender.

This is known in the trans community as "passing," which can be a thorny subject. Some people pass easily, and others not at all. Passing can feel like a validation of one's internal identity, but it can also feel like a reinforcement of a societal double standard, which says that cisgender people (those who identify with the gender they were assigned at birth) are somehow better than transgender people.

Generally, it is easier for transgender men to pass than transgender women. For one thing,

women's looks are scrutinized more in our culture than men's. For another, testosterone causes facial hair growth and, if the predisposition is there, baldness, and naturally lowers transgender men's voices.

If a trans person consistently passes, the opportunity arises for them to go "stealth," meaning never alluding to their transgender identity. One reason it's difficult to compile accurate statistics about the transgender community, is that much of it is invisible, either because its members are stealth, or closeted.

Shelton realized the opportunity to live stealth was there, but chose not to take it.

"I said, 'Do I want to just float through society and not say anything?'" he remembers, "And I thought, 'No, because if I do that, I'm not helping the next generation come through, so I'd much rather be visible.'"

From that desire to help, Shelton has become an organizer of the region's first transgender support group, which meets monthly at the Clatsop County Women's Resource Center.

story cont. pg 14

STICKING TOGETHER

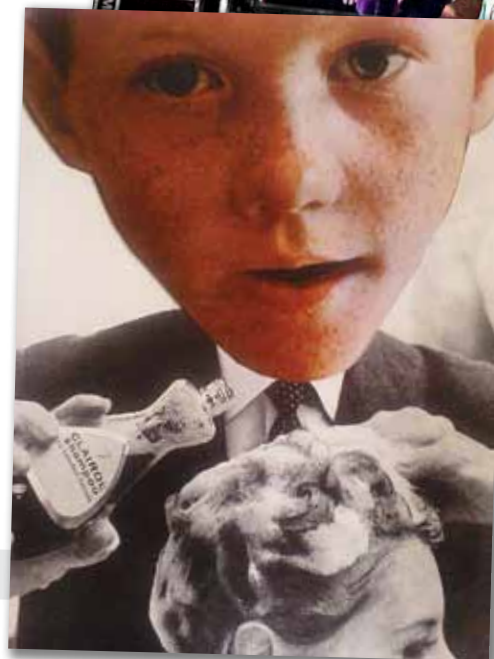
[new ideas in collage]

THIS COLLAGE exhibit presents materials and methods that challenge traditional formal restraints of artistic practice. Currently as a response to the over-commercialization of art, many artists combine various styles and unusual media in an attempt to expand our perception of art and to explore more intriguing visual language. Artists featured in this exhibit use collage and other mixed media materials with a strong content, emotion or concept to provoke the viewer to approach visual art in a new way.

Chicago based Megan Stroeck uses paint and printed material to create large-scale installation. Stroeck completed her MFA from Illinois State University and was recently included in New American Painting and a residency at Anderson Art Ranch. Portland based artists: Kurtiss Lofstrom uses hand-tearing of found material reducing the image to emotive abstract color that are fragments of half-remembered experience; Kelly Saxton (MFA from

Pratt Institute) creates time-based landscape collages that expand and contract with growth and decline; Justin L'Amie represented by PDX Gallery in Portland, creates work done in collaboration with friends with a casual off-hand method of construction; Valerie Whittlesey, an abstract painter who works in the garden, combines texture, color and scientific elements to create metaphors that combine to unite and separate people; local filmmaker, Sid DeLuca presents found vintage material from the 1950's through the 1970s -- fascinated when dialogue from other sources is dubbed into the work crating a surreal effect, Deluca represents this concept on paper.

September 14, 2nd Saturday Art Walk, 5-8pm. KALA is located at 1017 Marine Drive in Astoria. Additional Gallery Viewing: Sat/Sun noon to 4pm.



Hairdresser by Sid DeLuca



Fort by Megan Stroeck



Kurtiss Lofgren Studio

Medicine Songs from the Pacific Northwest

Written and performed by Brooke Duling with Andrea Mazzarella
September 28 @KALA

THIS POWERFUL duo assembles at Kala on September 28 to perform Medicine Songs from the Pacific Northwest. Brooke Duling, a local herbalist and healer has gathered a large basketful of songs from her work with the local plants and the four elements. Duling writes songs for the plants as an offering of gratitude for their medicine and also as an expression and delivery of their medicine.

Duling says that the songs call the spirits of the plants to her and that the resonance of the tones can deliver a powerful experience to the listener even if they have not had any type of experience with plant spirits. Duling works with the power of sound vibration to heal the body

and has successfully worked with individual clients with these songs.

This will be her first time performing her songs on stage for an audience. Her intention with the performance is to offer her songs to a larger group so more people can benefit from the power of the songs. Mazzarella is an equally powerful addition to Duling's songs. Mazzarella is a noted local songstress with the duo Feverdamn, and is also a healer who has worked as a massage therapist and is currently a yoga instructor.

At this Saturday night performance, Duling and Mazzarella will sing the audience through what is essentially a ceremony, beginning with a song for opening, and ending

with Duling's beloved and simple Thank You song. Between selected songs Duling will stop to talk about the medicine of the plant she's singing to or to tell a story about when she "found" the song, or just to laugh with Mazzarella. At other times, songs will string together to carry the audience through the transition creating a landscape of songs.

Offering a unique form of music, performance and healing combined, these two light hearted women have created a serious performance that's not to be missed.

Saturday, September 28. Doors open 7:30. Performance 8pm. Tickets \$10 at the door. Libations and light fare. 1017 Marine Drive in Astoria. 503.338.4878



Photo: Tyler Little

HIPFiSHmonthly

Sept 13

CULTURAL CALENDAR
& the month day by day 16-22

NEWS & FEATURES . . . 5 - 13

- My Suicide Story . . . HEITZ 10
- MATT LOVE & COMPANY . . . 11
- SURVEY SAYS U LIKE TO READ . . . 12
- OUTLOOK FARM FASHION . . . KLINE 13

COLUMNS

Steve Berk . . . 6
ON RAIN . . . LOVE 7
WORD/Literary EVents . . . 20
FLASHCUTS KANEKUNI 22
BIKE MADAME . . . HAMMITT-MCDONALD . . 23
FREE WILL ASTROLOGY . . . BREZNY 23
NETWORK COMMUNITY LISTINGS . . . 24
BODIES IN BALANCE ERFLING ND 25
SONJA GRACE MESSAGES . . . 26
WORD & WISDOM . . . NASON 26
CHEW ON THIS . . . MYERS 27
FOODGROOVE BREW CUP 30

KALA is the groundfloor gallery and performance space located at the production office of HIPFiSHmonthly. We proudly collaborate with local and regional artists in a presentational format. KALA is the Finnish word for fish.

HIPFiSHmonthly is located at 1017 Marine Dr in Astoria.
503.338.4878

Send general email correspondence: hipfish@charter.net
HIPFiSH is produced on the web at: www.hipfishmonthly.com
Hipfish is printed at the Daily Astorian

EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Les Kanekuni

Michelle Roth

Kate Giese

CALENDAR/PRODUCTION

Assistance/StaffWriter: Cathy
Nist

MAGIC WEB WORKER:

Bob Goldberg

KALA VISUAL ARTS CURATOR:

Agnes Field

OCTOBER HIPFiSH ON THE RACKS FRIDAY OCT 4

Cover: Trans Sand Meditation
Photo: Don Frank
Cover Design by Les Kanekuni

Lower Columbia Diversity Project Presentations

The Chinese in Astoria Community Discussion

The Lower Columbia Diversity Project, in conjunction with ENCORE, invites the public to a community discussion of the story of the Chinese in Astoria. The program will start with a brief overview by Erhard Gross on the history of Chinese Immigrants in our city. A panel discussion involving community members of Chinese heritage will follow.

Monday, September 9, 7:00 - 9:00 pm.
Judge Guy Boyington Building, 857 Commercial Ave, Astoria. Free! Everyone welcome!

Are The Kids All Right? Teen Substance Abuse in Clatsop County

A panel discussion with Seaside Chief of Police Robert Gross, North Coast Prevention Works Chair Mary Jackson, Clatsop County Juvenile Counselor / Mentoring Coordinator Laura Parker, and others.

Tuesday, Oct 1st, 7-9pm, Judge Guy Boyington Building, 857 Commercial Ave, Astoria. Free! Everyone welcome!

Astoria Library Renovation Study

Public Meeting on Tuesday, September 10 Library Questionnaire (5 min online)

A public meeting to hear and discuss the suggested building program for renovating the Astoria Public Library will take place on Tuesday, September 10, at the Liberty Theater. Doors will open at 5:00 pm. The meeting will take place between 5:30 pm and 7:30 pm. Presentation and group discussion will take place from 5:30 to 7:00 pm. Following the presentation and group discussion, all are invited to the McTavish Room for refreshments and an opportunity to speak in more depth to members of the consulting team, city staff, and library board members.

RMA has met with community stakeholders, library patrons, library staff and city staff throughout July and August. A SURVEY SEEKING input from community members is available online at (www.astorialibrary.org) and is awaiting public response. A paper copy of the survey is also available at the Astoria Public Library. This study is preliminary to any future architectural planning and design. Seeing how the Astoria Library can be renovated to provide contemporary library services and at what cost will help the Library Board and the City determine appropriate next steps.

ON SUNDAY, SEPTEMBER 15, the community will have another opportunity to comment at the Sunday Market. Members of the Library Board, Astor Library Friends Board and staff will be taking public comment between the hours of the Market, 10:00 am to 3:00 pm.

The Astoria Public Library is a department of the City of Astoria, providing tax-supported services to all residents living within the city boundaries. The library holds over 50,000 print and audio-visual materials, provides access to downloadable e-books and other online resources, and offers programs for all ages. FMI: contact library staff at 503-325-7323 or comments@astorialibrary, or visit the Astoria Public Library at www.astorialibrary.org.

KMUN Presents Dia De La Independencia

KMUN JOINS with the Lower Columbia Hispanic Council presenting the traditional Independence Day celebration Dia de la Independencia on Sunday, September 15, at Star of the Sea Parish Hall 1491 Grand Avenue in Astoria.

The date marks the 1810 onset of the revolution that won Mexico its independence from Spain.

And in our time, it is the date we kick off Hispanic Heritage Month September 15 – October 15.

The traditions of Dia de la Independencia will be brought to life as doors open at 1pm with a selection of Mexican foods accompanied by brews from Fort George Brewery

Then at 2pm, Mariachi Corona Continental takes the stage and the dancing begins.

The Lower Columbia Hispanic Council is a non-profit organization dedicated to serve the Hispanic community of the Lower Columbia River region. Goals include promoting the health, education and social and economic advancement of area Latinos.

Additional sponsorship for KMUN's celebration of Dia de la Independencia comes from Coastal Family Health Center and the Astoria Co-op.



Mariachi Corona Continental

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week, which was observed during the week that included Sept. 15 and Sept. 16. The observance was expanded in 1988 by Congress to a month long celebration (Sept. 15 - Oct. 15), effective the following year. America celebrates the culture and traditions of those who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean.

Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively.

In Their Footsteps Fort Clatsop Speaker Series Kicks off Sunday, Sept 15

LEWIS AND Clark National Historical Park, Fort Clatsop is pleased to announce the autumn 2013 In Their Footsteps free speakers series. The first program in this monthly series is Cold Weather Survival; a Way of Life presented by Frank Heyl. This is scheduled for Sunday, September 15, at 1pm.

Frank Heyl was the cold weather survival consultant for the construction of the Alaska Pipeline. He served as the principal instructor for military and private survival schools for 23 years. He also worked as the director of outdoor education for the Oregon Museum of Science and Industry. Heyl's presentation includes riveting true stories of northwest survival including search and rescue situations.

Heyl is the author or co-author of survival manuals and of Why Some Survive; Common Threads of Survival, Cold Weather Survival; a Way of Life and Edible and Poisonous Plants of the Western United States Cards. Some of his work will be available for purchase

and book-signing immediately after the program in the visitor center bookstore. Audience members will receive a cold weather survival manual.

Other upcoming In Their Footsteps: speaker series programs include:

- Sunday, October 20 – Meriwether Lewis's Traveling Library by Junius Rochester
- Sunday, November 17 – Reading the West--and Surviving There: Explorers, Traders, and Missionaries at the Mouth of the Columbia by Albert Furtwangler
- Sunday, December 15 – US Coast Guard Air Station and Group Astoria by Susan Glen

This third Sunday forum is sponsored by the Lewis and Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

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

The Culture of Predation

TWO OF the most astute twentieth century social critics, Ivan Illich and Michel Foucault, both observed that institutions created to perform necessary public functions, such as education and medical care, if unchecked by countervailing power, tend to decay into the private preserves of self serving elites. These mandarins enact policies utterly destructive of their institutions' stated purpose, in these cases imparting knowledge and healing the sick. Instead of performing these functions, schools and clinics often do pretty much the opposite, while at the same time channeling vast wealth to those in charge. In the contemporary capitalist model, those who benefit are the CEOs and other high placed executives, while those supposedly being served, in this case school children and patients, often end up the victims, dumber and sicker.

Certain older advanced nation states, such as those of Northern and Western Europe, having experienced many centuries of ruinous wars and internecine rivalry, have had to learn the art of cooperation. Over the centuries they have also evolved a sense of the public good, the basis of their social democracies, which protect people's basic needs. On the other hand, the United States lacks such an ideal, and thus predatory elites have been more successful in corrupting its institutions. The American dilemma draws insight from the work of mid-twentieth century political scientist, Louis Hartz. In *The Liberal Tradition in America*, Hartz argued that European states shared a Christian feudal past,

wherein an ideal of the common good had been embedded that was ultimately transferred to modern institutions. But the American order, since inception, has been dominated by commercial interests. Hence comes the unparalleled power American courts have given to corporations and the financial elites of Wall Street. That the Fourteenth Amendment to the Constitution, enacted to extend citizenship to former slaves and apply the Bill of Rights to all citizens, has been interpreted to grant the rights of personhood and citizenship to business corporations is quintessentially American. It could only occur in a country that so enshrines commercial life. While the US has had periods such as the twentieth century Progressive Era, New Deal

and Great Society, wherein they tried to create a public trust and curb the power of great aggregates of wealth, these reformist enthusiasms were later cancelled out as America returned to its default position of commercial domination. Under that order, the market rules and commercial ideology ascribes to it magical powers of creating prosperity. Under market rule, every institution becomes the private province of ever wealthier elites. Our politics from national to local is now wholly owned by powerful lobbies who buy up the politicians by injecting billions into campaigns that grow ever more expensive.

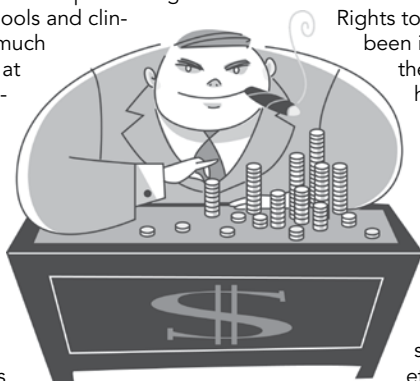
Our news media, once considered the Fourth Estate because of its responsibility to inform the people, making them aware of corruption in high places,

has lost all independence. It is now the venue of media oligarchs who make fortunes selling propaganda time, paid for by corporate-financial elites that run politicians' campaigns and hence buy their offices. The higher the office, the more the ubiquitous money power dominates all public discourse, denaturing it and hiding any semblance of truth.

Returning to the examples cited at the outset, American educational and medical institutions both suffer from thoroughgoing corruptions of profiteering elites. In, k-12 education, corporations now control content and method through a high stakes testing regimen. Students are continuously subjected to standardized tests, which skew the content of their entire education, inhibiting all spontaneity and creativity. The main beneficiaries of the testing regimen are of course the corporations who produce and distribute the tests. Medicine, for its part has been taken over by a powerful combination of giant pharmaceutical corporations, high tech care facilities and insurance companies acting together to keep people with chronic, often debilitating ailments sick and ever paying by applying drugs to symptoms rather than researching underlying causation, which is often dietary and environmental.

We can go through institution after institution, from the war and gun marketing establishments, with their ecologies of fear and loathing, to the food industry, now dominated by giant government subsidized agribusiness firms selling adulterated foods that make us fat and unhealthy. Whatever walk of American life, it is dominated by billionaire elites exploiting underpaid workers and marketing shoddy products. When commercial values are paramount, institutions become the dysfunctional preserves of predatory elites.

by Stephen Berk



SOLVE's Beach and Riverside Cleanup: Celebrating 100 Years of Oregon's Public Beaches

Portland, OR- One hundred years ago Governor Oswald West passed a bill declaring Oregon's beaches a public highway. On Saturday, September 28th thousands of Oregonians will honor this historic decision by making sure that these beaches stay beautiful for 100 more.

Oregon's trademark, one-of-a-kind SOLVE Beach and Riverside Cleanup will take on a special meaning next month as volunteers come out in force to celebrate this important anniversary, cleaning up the shorelines, natural areas and city streets they call home.

"The Beach and Riverside Cleanup gives Oregonians the opportunity to make a big difference in the health of our coastlines and rivers", said Amanda Black, SOLVE Board President. "By preventing trash from reaching the ocean, volunteers not only protect marine life but also the public beaches we love."

Presented by the Oregon Lottery, the SOLVE Beach and Riverside Cleanup is part of the International Coastal Cleanup and will include over 100 volunteer-led cleanup and watershed restoration projects throughout the state. Last year, more than 4,400 volunteers joined together to clear 64,400 pounds of debris and plant 5,596 native plants.

"Like many Oregonians, I have explored the coastal tide pools, camped in the state parks, wandered the beaches and listened to the waves at night", says Joy Irby, SOLVE Program Coordinator. "This event allows all of us to give back and keep our beaches and waterways beautiful-from Ontario to Gold Beach."

Oregon's beaches and rivers need your help! Register for a project near you and take your place among thousands as we Love It, Own It, Solve It! To volunteer or make a donation, register online at www.solveoregon.org or call 503-844-9571 or 1-800-333-SOLV.

Why Suffer? call us today!

- Auto Accidents
- Work Related Injuries
- Nutritional Evaluations
- Second Opinions

covered by most insurance

**Ann is
Back!**



ASTORIA CHIROPRACTIC

Dr. Ann Goldeen, D.C.

503-325-3311

2935 Marine Drive • Astoria

Alternative Natural Health Care Since 1991

**Sonja Grace
Mystic Healer**

www.sonjagrace.com
Read MESSAGES
every month in hipfish
pg24

[pickled fish]
locally inspired menu, classic craft cocktails

**live music
weekly**

The Adrift Hotel Music Calendar September 2013

9/1: Grand Lake Island (indie folk)
9/2: Sera Cahoon (indie-Americana)
9/5, 9/8: Dean (mellow soul)
9/7, 9/8: Casey Neil & the Norway Rats (rock/Americana)
9/9: Learning Team (atmospheric indie rock)
9/12, 9/13: Alameda (quirky indie-folk)
9/14, 9/15: Dave McGraw & Mandy Fer (Americana & folk)
9/18: Owl Paws (indie pop/folk)
9/19, 9/20: Paul Basile of Great Elk (indie folk)
9/21, 9/22: Kory Quinn & the Comrades (Americana)
9/23: The Bellfuries (Rockabilly)
9/26, 9/27: Redwood Son (Americana)
9/29, 9/30: Anna & the Underbelly (indie folk)

Show times are 9pm to 11pm on Fridays and Saturdays, 8pm to 10pm on weeknights (including Sundays). For more information please contact Ezra Holbrook at ezraholbrook@gmail.com or (503) 888-0675. Holbrook at ezraholbrook@gmail.com or (503) 888-0675.

**@ adrift hotel
360.642.2344**

**visit adifthotel.com
for menus + live music schedule**

Send the Rain to Cure the Disease

ON RAIN

It's here, again, and the infection this fall is stronger than ever. We need rain and more rain as the cure, or at least to make enduring the sickness a little more interesting.

A disease is haunting Oregon—the disease of a cultural infantilism. All the powers of old Oregon's intellect and reason have entered into a holy alliance to defeat this disease. They have all utterly failed.

The disease is exhibited by adults in connection to the fortunes of the University of Oregon's and Oregon State University's football programs. And infantilism it is, naked, bawling, obnoxious, crushingly boring to witness. I would ignore its irritating presence if I could but cannot since it constantly invades my cultural space. Can Oregonians talk about something else, like rain, or their sex lives, or the death of rock?

It all brings to mind something I read written by the Italian author/intellectual Umberto Eco, "Sports debate is the easiest substitute for political debate." He wrote that before the onset of ESPN and the Internet. Let me also loosely paraphrase something else Eco wrote about big time spectator sports: those who watch and obsess over spectator sports are not playing sports. They have lost the ability to play or an interest in sex, too.

UO and OSU football used to entertain me with their futility and Nikeless innocence. I pine for those halcyon days and manufactured homes for training facilities...such as November 19, 1983, when the most fascinating game of college football ever played took place in Eugene, Oregon. It made football history because of rain.

A fierce storm blew a driving rain across the field every second of the game, now known as the Toilet Bowl. Rain provided the offense, defense and coaching staffs for both teams. I remember listening to the game on the radio and hearing the announcers use a form of the word "rain" 10,000 times during the broadcast. That too, was a record. According to a newspaper account, here's what happened:

Both Sides Retreat in the Civil War

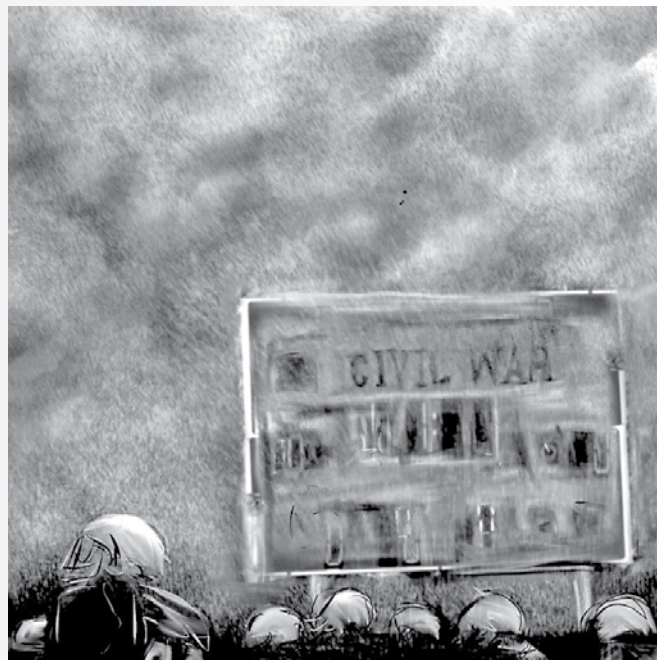
It had everything 33,176 football fans wanted in an Oregon-Oregon State game—except points. In one of the most bizarre games in the 87-year old rivalry, the Ducks and Beavers bumbled their way to a 0-0 season-ending Pacific 10 Conference tie Saturday afternoon in Autzen Stadium.

Announcement of the final score probably had them rolling in the aisles at press boxes along the West Coast but the humor would have been lost on lovers of fine-tuned offense.

Two hours and 46 minutes of slapstick comedy produced the sixth scoreless tie between the two teams and the first since 1931.

The game film single-handedly could bring back Fractured Flickers to television. Oregon and Oregon State fumbled 11 times, lost six fumbles, threw five interceptions, missed four field goals and were penalized 13 times.

Rain made the teams gloriously inept and made sports history that afternoon. The outcome marked the last time a college game ended scoreless. This distinction will remain as long as Americans play football because overtime and sudden death scoring that be-



gan in the mid 1980s and ended any possibility of a tie, which I find sort of sad. Finishing in a tie is often a good lesson in life.

Beautiful ineptitude, in rain nonetheless! On a slick gridiron with rippling lakes for paydirt! Who doesn't want to see that? Thus, it came as a complete shock to me not long ago when I learned that the University of Oregon's athletic department, which owns the only known film of the entire game, will not allow a filmmaker to use the footage when he pitched the idea of a documentary on the Toilet Bowl.

Can't let those potential Florida and California recruits see that or gothic cheerleaders. Bad for the brand.

You don't need a weatherman to know which way the rain falls on Duck football anymore. I give it five years before it all implodes and I will relish the destruction and return to sanity, or at least the business of being a university and educating young people to do more with their lives than watch corporate-sponsored spectator sports.

But for now, the disease festers, spreads, waiting for the Civil War game in December to finally kill all rational public discourse and decent civic impulses.

I pray for a Civil War storm of Noah's Ark proportions. I want those blow-dried ESPN anchors soaked to smithereens and cursing Oregon. I want rain so torrential that completing a pass is impossible. I want three-yard dive and sweep plays and a cloud of rain. I want some faux Johnny Football recruit in the Sun Belt to watch the deluge on prime time and decide right then that he'll never join a college football program here. I hope the little prick tweets it ten million times.

Matt Love lives near Newport and is the author/editor of ten books about Oregon. His new book, *Of Walking in Rain*, is available through nestuccaspitpress.com and coastal book-stores. He can be reached at lovematt100@yahoo.com.

illustration by Colin Miller



the Cloud & Leaf Bookstore

148 Laneda Ave.
Manzanita, Oregon
Special Orders
Recommendations
Telephone: 503.368.2665
www.cloudandleaf.com

A store with **BOOK** sense®

Astoria Real Estate

Your Locally Owned Real Estate Office for all Your Real Estate needs!

Buying • Selling • Investing

www.astoriarealestate.net
Peter and Janet Weidman
Owner-Brokers

336 Industry Street
Astoria, OR 97103
503-325-3304



Planet-Forward Fashion for Women & Men

unfurl
manzanita

Offer good through October 31st

Get 15% off
any pair of shoes
or boots when
you mention this ad!

one coupon per customer

Open daily • 447 Laneda Ave. • Manzanita • 503.368.8316

hemp
organic cotton
bamboo
shoes
jewelry



Dragonheart Herbs & Natural Medicine, LLC

Margaret Hammitt-McDonald PhD, MSOM, ND, LAC
Naturopathic Physician, Licensed Acupuncturist

Seth Goldstein, D.C.
Chiropractic Physician, Independent Medical Examiner

231 North Hemlock, Suite #106 PO Box 1465
Cannon Beach, Oregon 97110-1465

Office: **503.436.0335** Fax: **503.436-0604**

O V E
R B O
A R D



The Coaster Theatre Playhouse Presents

Gramercy Ghost

By John Cecil Holm

September 13 - October 12, 2013

Tickets \$20 or \$15

Performances begin at 7:30 p.m.

All Sunday shows begin at 3:00 p.m.

Talkback — Thursday, Oct 3rd

Sponsored by Keith C. Schnip



Tickets: 503-436-1242 or coastertheatre.com
108 N Hemlock Street, Cannon Beach, OR

THIS WAY OUT

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio
Wednesdays at 10:30pm.

This Way Out marks almost 25 years on the air!
Our first program was distributed on April 1, 1988,
(no foolin').

It's **THE** award-winning
internationally distributed
weekly GLBT radio program,
currently airing on over 150
local community radio
stations around the world.

This Way Out leads off
each week with NewsWrap,
a summary of some of the major news events in or
affecting the lesbian/gay community, compiled from a
variety of publications and broadcasts around the world.
If you have a local news story
you'd like us to report,
please let us know!

This Way Out is sponsored
in part by *Qfolk/Hipfish*.



KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

THE PRESIDENT and Congress will make the decisions when it comes to Syria. They and military leadership have far more information than I. However, we will not go into Syria, throw our rocks and run back home unscathed. The scathing may occur immediately or weeks or months later.

How many Americans will die if we intervene in Syria? I do not want to lose one American over a civil war that's been going on for thousands of years. We will never solve the hatred between the Muslims in the Middle East.

Syria - Count The Cost

By Glenn Mollette

Since when has Al-Qaeda become our friends? Are we now able to trust Al-Qaeda? Are we supposed to bomb Assad and then in turn start loading Al-Qaeda down with weapons that they in turn can use against us? How do we know who used weapons of mass destruction? Could Al-Qaeda have used such weapons against Syrians in hopes of invoking a response from the United States to aid them in their fight?

What about Iraq? Iraq was going to be fast and efficient. But over 4500 of our American troops were killed and another 100,000 were seriously injured in combat with many of them losing limbs. We spent a total of six trillion dollars on Iraq while almost twenty percent of our own people live in poverty.

War is never quick, easy and cheap. War takes us further than we want to go. Makes us pay more than we want to pay and keeps us longer than we want to stay. What makes us think we can pound Syria for only a few days and accomplish anything? Previous history warns us that it could end up being a long and bitter engagement.

What happens if Russia, Iran, North Korea and China decide to get into the act? What would World War III look like? Most likely it would forever change the planet as we know and enjoy it today.

I do not want any innocent life to suffer at the hands of an evil dictator. Assad should be stopped. However, it's imperative that our Congress and President assess how far we can go, how much we are able to pay and how long we can really stay.

If we believe we can get by with firing our missiles and simply walking away, we have lost all sense of reality.

Glenn Mollette is an American Columnist and speaker. He is the author of American Issues and nine other books. Find his books at BarnesandNoble.com. Contact him at gmollette@aol.com like his Facebook page: www.facebook.com/glennmollette

Portland Peace Demonstration at the Federal Building

Local, state and national peace organizations unite in opposition to U.S. military intervention in Syria.

PORTLAND, ORE. - On Monday, September 9, 2013 at 4pm, concerned citizens and members of Portland Oregon War Resistance, Cascadians Against War, Individuals for Justice, The Oregon Progressive Party, Iraq Veterans Against the War - Oregon, Whitefeather Peace House, PeaceVoice, Students for Nonviolence, Oregon PeaceWorks, and other organizations will surround the Edith Green-Wendall Wyatt Federal Building in downtown Portland to demonstrate to our Congress that the citizens of Portland do not support any White House proposal for military intervention in Syria.

Congress reconvenes from their recess on September 9th, 2013 and they will be debating the Obama Administration's proposed resolution for the authorization to use military force in Syria. The British Parliament just rejected a similar proposal for the use of force, and recent Reuters polls show that the majority of Americans oppose a military intervention in Syria.

As concerned and responsible citizens, we condemn unilateral U.S. military attacks on Middle Eastern and North African nations. We condemn the military-industrial complex that salivates over profits from the exportation of war. We condemn President Assad for the brutal atrocities committed against the Syrian people. We condemn the Syrian rebels for the atrocities they have committed against the Syrian people.

We demand that the U.S. Congress reject all military intervention in Syria, and that the U.S. government join the international community to accomplish the following: (1) Call for and implement an immediate ceasefire in Syria; (2) Pull remaining pillars of support for not only the Assad regime but the rebel factions, as well, including an immediate halt of arms sales and distribution to the region; (3) Empower Syrian civil society to participate in negotiations and contribute to the peaceful resolution of their conflict by peaceful means.

This peaceful rally will be entirely transparent and nonviolent. We respectfully request that any and all community members and law enforcement officers present at this event to conduct themselves according to these nonviolent principles. Trained non-partisan de-escalators have been invited and will be present.

More information about this event can be found at: <https://www.facebook.com/events/226611050825396/>

Columbia Pacific Common Sense

NO COAL Meet-Up in Longview



THE THREATS to the Columbia River continue. The fossil fuel industry sees the magnificent Columbia River only as a highway for Coal, Oil, and Gas (LNG).

Ambre Energy Limited, an Australian coal and oil shale company, wants to build a major coal terminal in Longview. If you've ever been stuck on the bridge to Longview from Hwy 30, think what coal trains - each 1 1/2 miles long - cutting through Longview several times a day every day - will do to traffic and your schedule.

Say NO to these reckless, dangerous schemes for the Columbia River.

Columbia River.

Because of this major public hearing, there won't be a September Columbia Pacific Common Sense meeting. Instead, we urge you to to attend this key public hearing about coal.

Public Hearing about Coal in Longview

Tuesday, September 17
Cowlitz Expo Center, 1900 7th Avenue, Longview, WA
Anytime between 4 - 8 pm

Contact Laurie Caplan for car pool connections: Email her at lcaplan2010@gmail.com.

WHY NO COAL?

- Of the 274 coal plants that discharge coal ash and scrubber wastewater into our rivers, lakes, streams, and bays, nearly 70 percent have no limits on the toxics most commonly found in these discharges (arsenic, boron, cadmium, lead, mercury, and selenium).
- Of these 274 coal plants, more than one-third have no requirements to monitor or report discharges of these toxic metals to government agencies or the public.
- A total of 71 coal plants surveyed discharge toxic water pollution into rivers, lakes, streams, and bays that have already been declared impaired due to poor water quality.
- Nearly half of the coal plants surveyed are operating with an expired Clean Water Act permit.

The Clean Water Act is one of our nation's greatest achievements, and thanks to this historic legislation, our rivers are no longer catching on fire, and our waterways are safer and healthier than they were decades ago. But 40 years after the Act was passed, the coal industry is still polluting with impunity, thanks to a loophole no other industry has enjoyed. (This information from www.sierraclub.com)

CARTM's Trashion Show/Upcycle Party October 12



MANZANITA - Re-think fall fashion...think Trashion! CARTM's beloved Trashion Show/Upcycle Party event is right around the corner, so it is time once again to get out the sewing machines and create some "hot couture." The 2nd Annual show which will take place on Saturday, October 12, 7:00 p.m. at NCRD Auditorium in Nehalem, is seeking participants who want to sew, strut or be part of the audience for this unique happening.

"You don't necessarily have to be up on the runway to be involved in this year's show," said Trashion Show coordinator Mary Moran. "We have people who would like to wear an outfit and be a part of the show but they don't design or sew—we have willing models—so help us dress them! We're really hoping to get more men involved in this year's show."

This year there will be two opportunities to work on outfits in supportive, collaborative workshop settings. The best part is these sessions are free and those involved can help answer questions, solve problems and generally help you create something remarkable.

TRASHION-MAKING WORKSHOPS Hoffman Center, 594 Laneda Avenue in Manzanita

Trashionista Kathleen Ryan will have sewing machine, sewing know-how and great ideas to help create outfits. Bring your own recycled materials to work with, some will be on hand.

Saturday 9/22, 10:00 am - 4:00 pm

Come to one or both sessions to get started on your trashion, or finish your piece!

Creative Fabrics, 475 Highway 101 in Wheeler

Doris Bash (trashionista extraordinaire) will have her backroom open on two dates for those needing sewing machines, problem solving and inspiration.

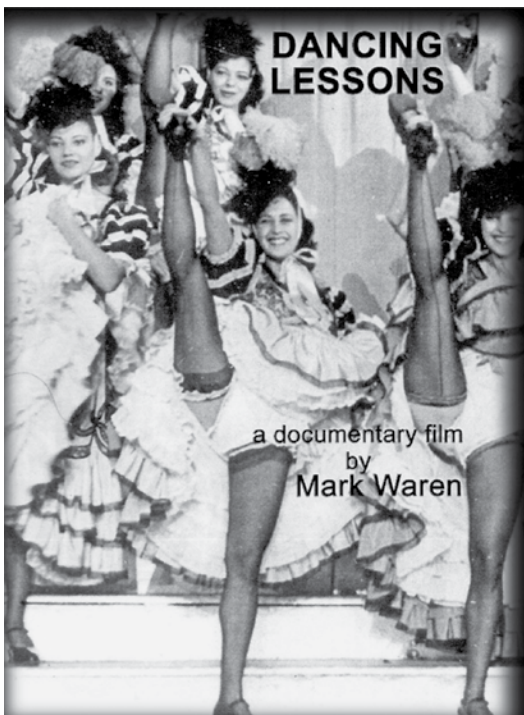
Saturday, 9/28, 9:30 am - 5:00 pm

Saturday, 10/5, 9:30 am - 5:00 p.

Those interested in signing up to be a model in CARTM's 2013 Trashion Show/Upcycle Party should contact Mary Moran, moranmem@gmail.com.

Tickets to the event on October 12 are on sale now at the CARTM Cashier, Creative Fabrics in Wheeler, Beehive in Nehalem and Wisteria Chic, T-Spot and Manzanita News in Manzanita. Advance tickets are \$20 or \$25 at the door (if available) and include the Trashion Show and unlimited food and beverage and dancing at the Upcycle Party immediately following. For more information call 503-368-7765 or www.cartm.org.

Acústica World Music presents French Songs and Film Screening: DANCING LESSONS



DOLORES VILLAREAL-LEVINE and John Orr of Acústica World Music will perform songs in French before Mark Waren's award-winning documentary, 'Dancing Lessons'. The documentary tells the fascinating story of a young, Jewish dancer, Sadie Rigal (Mark Waren's mother), who survived WW2 "hidden in the spotlight" of a famous Parisian cabaret. Called "the best dancer in Paris", she worked with the French Resistance and rescued Jews and others. Using interviews, never-before-seen archival film and animated stills, the film tells a moving story of a passionate life. The music, film and food will be a fundraiser for Meg Patterson's cancer treatments. Mark Waren will be available for questions after the film.

RiversZen Yoga Studio, 399 31st St in Astoria, Wednesday, September 18th, 7:30pm. fmi: AcusticaWorldMusic.com A Benefit performance.



CLATSOP ANIMAL LOVERS

*HAS STARTED A
NEW INITIATIVE TO*

STOP CRUELTY TO ANIMALS

Will you join us in requesting the County Commissioners to ban the use of bullhooks, whips and electric prods in circuses that come to Clatsop County?

Contact: **Janice Robertson**

503.325.0458

email: janellicott@earthlink.net



HOME SHARE:
**One bedroom in a lovely
home with community
space available.**
\$550.00 per month.
**First and last month
plus \$100.00
refundable cleaning
deposit.**
No pets/smoking.
(503)338-0703

Community-Style Acupuncture Now Offered in Astoria

Karen Kaufman, Ph.D., L.Ac., is now offering low-cost, community-style acupuncture two times per week at her Astoria clinic.

This format enables several people to be treated, fully clothed, in a group, semi-private, or private setting. While community-style acupuncture is not as detailed or as comprehensive as a traditional one-hour, one-on-one session, this method works well for the following issues: *headache, nausea, joint pain, allergies, smoking cessation, stress, anxiety, sciatica, back and neck pain, wellness, and for general curiosity about acupuncture.*

Fall hours will be Thursday evenings (beginning September 19th) from 5:30 to 8:30 and Sunday afternoons (beginning September 22nd) from 1:30-5:30. First come, first served.

Appointments are recommended. \$25

Located in Astoria Chiropractic, 2935 Marine Dr., Suite B., Astoria. For additional details or to make an appointment, call Karen at 503-298-8815.

**We frame
paper
and
canvas
and
memories.**

Thank you for your business,
your friendship and continued patronage.

**Celebrating
25 Years
in Business!**



OLD TOWN
FRAMING COMPANY
1287 Commercial St.
Astoria
503.325.5221

**Moby
Dick**
Hotel
and Oyster Farm

Enjoy the serenity of our
gardens, wooded paths, sauna,
yurt and bhuddas . . .

. . . in Nahcotta, Washington
on Sandridge Road,
just south of Bay Avenue
overlooking willapa bay

**Celebrating the
50th Anniversary of
SILENT SPRING**

But man is a part of nature, and his
war against nature is inevitably
a war against himself.

— Rachel Carson



www.mobydickhotel.com
360-665-4543 or 1-800-673-6145

SEPTEMBER is National Suicide Prevention Month

Aliesha Heitz contributes "My Suicide Story," as an advocate to mental health and suicide prevention.

I'M LEARNING the difference between myself and a werewolf I've been running from. Madness sneakily weaves itself into our daily lives, sometimes embroidering a glorious, eye-catching begonia in scarlet. Other times it is flawlessly hidden. People generally do not understand the reality of an illness of the brain, due to any number of things including sociocultural beliefs and limited education about the brain. I hope you read this and take the opportunity to question your understanding of mental illness.

Two years ago I decided to kill myself. You might be willing to believe it was because I was stuck between starting out and getting my act together at 23, with only a few floundering relationships. The thing is, I decided it was the only option because no frogs or goldfish lived nearby and I couldn't afford an aquarium. Everything else was just gravy, just excess. I was self-medicating and slipped out of touch, but the emotions were real. My decisions were coming from me, but please believe when I say I wasn't there. I don't remember very much of it other than that I planned it and hoarded pills for weeks. I was out to lunch for weeks. Thinking about it makes me cringe.

I know now that if I don't take responsibility for myself and do all of the things I have to keep healthy, chances are high that I'll follow my cognitive processes into that dark turn of mind. I don't have to live in a treehouse far away from the rest of society, but I have to take it easy and process things slowly or I end up only being an observer of the production of my life. Part of taking responsibility is making sure I surround myself with people who care; making sure they know about my issues so they can watch out for me.

The intricacies of our behavior and perception are mysteries to the ones we live our lives with, let alone to practical strangers. Don't leave it to your GP, and don't wait till it's down to the paramedic or emergency medical staff to save your life. Only you can know who you are when you're healthy versus when your thoughts turn sick. A sick mind doesn't always want help, and sometimes people just don't know how to ask for it. My first suicide attempt was within one year of starting treatment. My third attempt was roughly 30 days after seeing my doctor.

Having all the education and training in the world can't give someone a magical suicide/mental illness spidey sense. Prevention starts with understanding that we can't know what it's like to feel someone else's life. Just get out there and do the best you can at being a non-judging, accepting, intuitive human every single day. Not every person who commits suicide is a certifiable nut. Some of us are, but don't always show signs and symptoms. So stop looking for a specific illness or the severity of

a condition, and focus on looking at people as whole beings. Try for intuition. An illness, whether bronchitis or the flu needs to be treated in some way, and by only treating visible symptoms, we tend to miss the whole picture. Good food, sunlight and fresh air, medicine, fitness practices, rest, and good company are all treatments. Each illness calls for a different combination of treatments, our minds and brains are no different. Troubles with cognitive faculties can be

I would grow out of or into, but no. I guess that's why Kemosabe tried so relentlessly to get me to grow a sense of humor. People need to do a whole lot of laughing at the end of the day, especially people with "mental differences".

I thank my stars for a lifestyle so well suited to my condition. I get away with taking less medication because it's okay for me to be a bit symptomatic. I am not rolling in dough, but there is a very minimal level of stress in my life. Most



hard to identify. So think of suicidal ideation and behavior like the flu. It doesn't mean that the person will be sick forever, but influenza does kill every now and then. And it might look like the flu while being something very different, so start treatment, beginning with good company, and go from there. You have to choose to start. Make that choice as an individual and as a community, for the community. We can start with empathy and hopefully gain some understanding, which is really good medicine.

I was a terrible two year old, awkward adolescent, defiant teenager. As an adult I have been reckless, just like everyone else. I am a daughter, a grandbaby, a sister, an employee. The library is my church and the trail is my meditation. I'm really very healthy, young and normal.

What comes to mind when you think of somebody living with mental illness?

Take a closer look. Is my madness showing?

I AM NOT a fan of some of the implications of social control theory. I have come to understand this theory to imply that a failure to live in accordance to certain social bonds results in deviant behavior. According to the theory, I am pretty much a sure criminal. But I'm not a deviant and I'm not anti-social, but I don't "get" social. My first counselor, we'll call him Kemosabe, said to me with a distinctly zen chuckle, "Aliesha, you don't get social." Something I figured

people have to hold to a strict work schedule and can't get away with being an absolute hellchild more often than is convenient. We learn to adapt to the demands of the environment we live in, even if not always for the better. Some things just can't be adapted to, and you can't outrun the wolf. If you try, you'll just end up stuck at home with proverbial ice on your calves, or worse. The asking for help is hard, but it's not even the hardest part.

If only I could just rent a room with iron bars on the windows during the phase of the full moon! This random transformation of the mind is a fog bank that rolls in according to the weather; you can't stop it. It's frightening, disappointing and at times really embarrassing. It's not a problem of morals or integrity, of sin or salvation. It's a medical issue with a biological base. It's wild and it growls, chases its tail. Now we've located the werewolf in the room. She or he is resilient, adaptive, even maladaptive according to social theory.

Don't do what I did and expect rectification because you asked your GP for help, only to fall through the floor when it doesn't get all better. If you find yourself in an exam room asking for support with something you've been working really hard for years to hide or deny, it isn't likely that you're going to describe it in such a way as to draw a straight line to THE treatment which will decrease symptoms, without side effects, on the first try. Don't feel like

the whole enterprise is hopeless. If you go to a GP complaining of symptoms, they will most likely try treating each symptom. Many GPs would try finding an "anti-maniac" pill to treat what seems to them to be mania with paranoid delusions, where a specialist would know that you must screen accurately for other illness, then start to treat the causative brain activity with an appropriate mood stabilizer. There is more to these issues than "It's just a neurochemical imbalance in your brain!" My point is, we can't expect people not specialized in the treatment of these complicated issues to "make it all better", and this community is responding to a need for the support of people with brain related illnesses by coordinating information and resources. Finding a provider and helpful ways to manage your struggles is a lot easier if you reach out to people in these support groups, after all they have the inside scoop. Amazing help is out there but you have to play an active role in your recovery and sometimes we even need help doing that.

What do schizoaffective disorder, hormonal issues, manic depression, anxiety, depression, OCD, ADD, PTSD certain personality disorders, and substance abuse problems all have in common? Well, parts or all of them can look a heck of a lot like another. Almost everything about their treatment is different, and as I heard one professional put it, everyone has their own flavor of the diagnosis they've been given. Physical ailments tend to have pretty straightforward symptoms and protocols which provide the most effective treatment possible. No such thing exists for brain issues. Not yet, anyway. This is a revolutionary time in the study of the brain. More effective treatments are being discovered and entire schools of thought are being rearranged. I found very effective treatment, and have even started to explore my sense of humor! If you or someone you know is thinking about seeking treatment, I encourage you to do so as well.

**Education is important medicine!
Here's where to start.**

- psychcentral.com: Dr. John Grohol Psy. D. Dealing with mental health, family, parenting or relationship issues.
- psycheducation.org: Jim Phelps, M.D., "Many of my patients want to know all that I can teach them and more..."
- nimh.nih.gov: Director Thomas Insel's blog
- NAMI Pacific County and WellSpring are starting a New Open Support Group 2nd Tuesdays, 1:30 to 3 pm, Conference Room C, County Building, 97013 Sandridge Rd in Long Beach.
- Patricia and Peter Fessler of DBSA of N. Oregon and S. Washington Coast, (Depression & Bipolar Support Alliance) ppj@fessler@live.com or 503.325.8930
- Clatsop Behavioral Healthcare Crisis Line: 503.325.5722 8am-12noon, 1pm - 5pm. Evenings, Weekends and Lunch Hour call 503.325.5724.
- David Romprey Oregon Warm Line, Staffed by Trained Peers. Confidential conversations. 1.800. 698.2392

HIPFiSHmonthly Reader Survey

Get on line.

Take a brief survey.

We like what you're
saying, so far.

You read Hipfish.

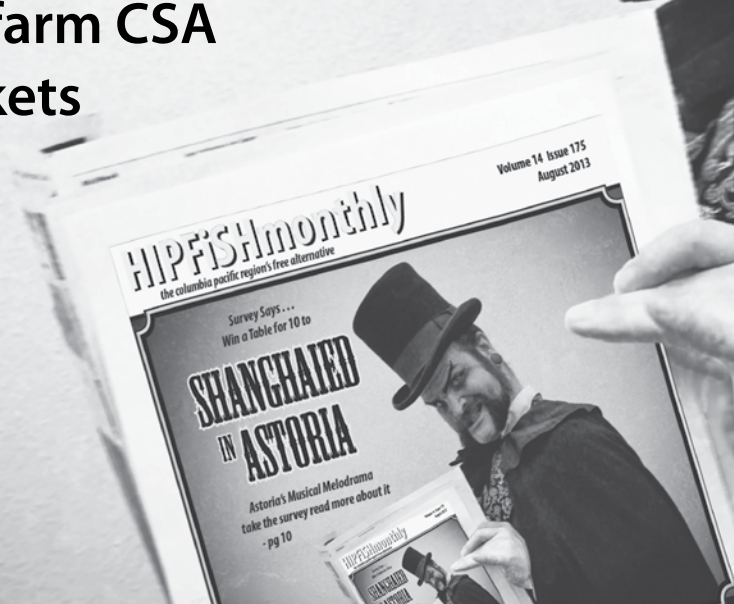
So tell us about it.

We've got some
great give aways.

- Sample a local farm CSA
- Win theater tickets
- Beer cards
- Eat out!!!!

*Throw your hat
in the ring
and your voice
to the survey.*

on www.hipfishmonthly.com



YOU, READER! We want to connect with you. We ask you to go to www.hipfishmonthly.com and participate in a brief survey. We want to know things like: *Where do you pick-up HIPFiSH? In what ways do you use HIPFiSH as a community bridge? Are you a coastal native or a newbie? And where do you stand on issues like; marriage equality, fossil fuels, local economy, Big-Box development and forest preservation.*

Your survey is anonymous, but you'll then enter your name electronically into a drawing, of which will then be transferred to Crook's "Top Hat." Each Friday the month of August, HIPFiSH reader survey participant names will be drawn, winning something awesome, local, and fun.

We'll post new prizes at the top of each week. The Grand Prize: A Ten Top Table of Tickets to a Season of Shanghaied in Astoria with "beverage dollars" to boot. (Bring your Grandma and her sturdy woman friends).

HIPFiSHmonthly Reader Survey has been extended through the month of September. We like what we're hearing, and we value our reader's voices. And Each

Friday, we'll choose winners. Reader Survey results will be published in the October Issue of HIPFiSHmonthly.

We hope that all you HIPFiSH readers will connect with us online and share some important information, thoughts and opinions and just let us know, that you read HIPFiSH.

HIPFiSHmonthly is an independent, alternative community newspaper that proudly serves the Columbia Pacific Region; its peoples and spirit, land and waters, that keep us all connected. We take pride in our part in building community, and as we grow in our service it is important that we hear directly from coastal voices. Please take a moment in your day to show support for continued independent journalism. And you could be taking nine friends out for a good time.

HIPFiSHmonthly Reader Survey
www.hipfishmonthly.com.
We look forward to reading You!

OUTLOOK

LOOKOUT



And you thought Farming was all about blood, sweat, and tears, ... Well it is! Here's to our local farmers who stay true to thier fashion.

Farmer's, forager's, and folk from Fred's Homegrown, Kingfisher Farm, Verionca's All Wild, R-evolution Gardens, 46 North Farm, Watershed Garden Works and Island's End Farm

Photos by Sofie Kline



Now Playing in Astoria!

LIBERTY THEATRE

La Luna Loca

global treasures for adorn body & home

503.436.0774 www.lalunaloa.com

New Location!

Find us now at 12th & Duane in the Liberty Theatre Building

and still at home in downtown Cannon Beach, across from the Coaster Theatre

Moon Lotus Wellness Massage

Marie Meiffren BA., LMT

the nurturing flow of swedish massage with a deep therapeutic touch

moonlotusmassage.com

1410 Marine Dr., Astoria

peaceful setting • on the riverwalk

phone: 503-338-8106

lic. #14319

ARRIVING now! FALL FASHIONS

continuing sale on Wear-Now fashions.

4 Seasons

A LADIES CLOTHING BOUTIQUE

DOWNTOWN ASTORIA

• 1144 COMMERCIAL SIZES 2-18 OPEN DAILY

SEVERAL STEPS have marked the growing visibility of Astoria's trans community. City Councilperson Drew Herzig, who's been instrumental in many of the events, recalls the process.

"About three years ago, PFLAG brought Jenn Burleton out from Portland. She's with TransActive Education and Advocacy, and she did a presentation called "Of Trucks and Tiaras" at Columbia Hall," he says. "It was an amazing introduction for a lot of people to gender issues, and how this culture shapes gender. It was kind of the start of the transgender discussion here."

"With the Lower Columbia Diversity Project, I wanted to specifically bring transgender back into the community, because - I don't want to say it's the next big thing, but we're starting to become more aware of it. So Tash Shatz of Basic Rights Oregon came out and did a Transgender 101 at Judge Point."

"Then the Lower Columbia Diversity Project and the IOU Committee, which is the college diversity group, we put together a full week of events: we showed the film "Southern Comfort" about transgender in the south, and Trey, and Tessa James Scheller, and Allison

and I were part of a panel discussion, and that got the word out more and more."

"It's been great to be part of the process of having it build more and more. Visibility is so important."

The trans support group originally emerged from a desire among parents of transgender children in Astoria to talk to one another.

Children come into awareness of their gender identity between three and five years old, and transgender children often self-identify around this age.

In previous generations, because of the cultural stigma around gender variance, transgender children were largely shamed and frightened into the closet at this early age. A growing number of parents today, however, have become receptive to their trans children's identities, and have begun helping them transition at an early age.

While the support group began with parents and family members, it soon widened to include transgender adults, such as Trey and Tessa.

Another member of Astoria's transgender community is Dee O'Brien.

Dee has only recently begun her transition, having started hormones in February. Because testosterone is a "dominant" hormone, transwomen like Dee need to either take an anti-androgen, or testosterone "blocker" - most commonly the drug spironolactone, or have an orchiectomy (the surgical removal of the testicles), in conjunction with estrogen to produce results.

Like most members of the Astoria trans community, Dee goes outside the city for her medical care, seeing a doctor in Portland for her hormones, and talking to a therapist from Seattle via skype.

While 91% of transgender adults report having suffered workplace harassment because of their gender expression, both Trey and Dee say the opposite is true for them.

Dee, who works at the Columbia River Maritime Museum, came out in July, and says her co-workers have been supportive.

Trey, Dee and Tessa also defy odds in that their relationships have survived their transitions, which the vast majority of marriages involving a transitioning partner do not.

In her personal history, Dee does fit a certain profile for transgender women: those who, prior to transitioning, as she puts it, "pick a rather butch job" in an effort to overcome their internal identity.

In Dee's case, this meant joining the military, after a brief try at college.

"All my friends decided to join the army," she says. "It was a very diverse group of people, and we all picked really dumb jobs . . . and most of us turned out to be queer."

By dumb, Dee means dangerous and adrenaline-producing, which she calls "a great way to distract yourself from everything else."

This was a pattern Dee continued after leaving the army and, shortly thereafter, joining the coast guard.



Trans Families support group hug . . .

There, she says, she "drove boats through the mouth of the river, out here, and in Newport and Tillamook."

Transmisogyny is the term used to describe the stigma our culture has around the presence of effeminate men and transgender women.

Although views are evolving, it's this attitude that supposedly makes it acceptable to tell jokes ridiculing the thought of having sex with a transgender woman, or of panicking in the presence of a man one suspects is gay.

When asked how this stigma has affected her, Dee responds, "It's pretty much shaped my whole life. You can't be in the military without everybody being afraid of being gay, or being effeminate, so I've tried to hide (my gender) my whole life."

After her retirement from the Coast Guard, Dee still took positions on boats at sea, but began losing the ability to distance herself from her gender.

"I became more and more aware of being on the deck of a ship surrounded only by men," she says,

"and less and less comfortable being in all male spaces."

Today, she says, the stigma has lessened for her, but adds, "I still have struggles with it," she says. "I'm still nervous being out, but it gets better with time."

Astoria's best known transgender person is probably Tessa James Scheller.

Described by Dee as "unapologetic," Tessa James announced her transition on the Daily Astorian's

Unlike Trey or Dee, Tessa James identifies as neither male or female. The umbrella term for people like Tessa James, who do not identify with the gender binary is "gender-queer," a common term within queer communities, but less so outside them.

Tessa James had long felt incongruent identifying as a man, but because she did not see herself as a woman, she told herself she wasn't transgender.

That changed when she attended Tash Shatz's presentation last November.

"What Tash said hit me," she says, "because he said, 'I don't do pronouns. Forget the binary.' After that, I thought, 'Oh, maybe I am transgender.'"

A former Kaiser nurse practitioner, Tessa James has successfully advocated for her health care through Kaiser Insurance.

This has meant going to Portland for hormones, therapy and laser hair removal - a common treatment for transwomen.

While testosterone helps transmen's beards grow, estrogen does nothing to stop transwomen's. This



Trans women Alicia (front) Tessa and Dee

front page in February of this year. The move made sense to Tessa James, due to her public role at the college, and on several boards.

TRANSGENDER GLOSSARY

Transgender (adj.) - an umbrella term used to describe someone whose gender identity differs from the gender role they were assigned at birth.

Cisgender (adj.) - a term describing someone whose gender identity aligns with the gender role they were assigned at birth.

Genderqueer (adj.) - an umbrella term describing someone whose gender identity does not align with the gender binary (male or female).

Gender Reassignment Surgery (GRS) (n.) - also known as Gender Confirming Surgery (GCS), a procedure that changes one's external genital organs from those of one gender to those of the other.

Drag Queen (n.) - a man who dresses as a flamboyant woman for public entertainment.

Drag King (n.) - a woman who dresses as a man and impersonates male characteristics for public entertainment.

Crossdresser (n.) - someone who enjoys wearing clothing and accessories associated with the opposite gender.

Transition (v.) - the process by which a transgender individual changes from expressing their assigned gender to the gender with which they identify.

Intersex (adj.) - a term describing someone whose biological sex is ambiguous.

means transwomen who can afford it often turn to laser hair removal, or possibly electrolysis, to eradicate their five o'clock shadows.

Tessa James is very candid about the dysphoria she's suffered all her life, the sense that her body and self-conception don't align.

"Until puberty," she says, "I had the idea that I'd grow up to be a mom. Then puberty hit and my sister got breasts and I got zits. After that I started working at repressing and learning the behaviors you have to have to be a man."

The inner sense of self, though, always remained.

"In intimate experiences I would always make myself a woman," she says. "In

intimacy, that's how I felt."

"In the last year, though, that began to break down - the division between the fantasy life and reality," she says. "In intimate moments, I'd start crying. I couldn't go from man to woman."

Transitioning has caused an emotional lift for Tessa James. "I feel so significantly better," she says. "Each step I take feels so good, and I tell myself, 'This is real! Full speed ahead!'"

The dysphoria still haunts her, though, as does the thought that she'll never be "passable."

"I'm not fond of pictures of myself. I still don't look in mirrors - real mirrors. I look at sliding glass doors," she laughs. "Sometimes I look at myself and think, 'There it is - the dude in a dress.'"

Tessa James finds great value in being part of Astoria transgender support group.

"It's a way to be part of the community, and

to support others," she says. "And it's helping other transpeople come out. Literally."

Alicia Palmer has been transitioning longer than anyone in the support



Alicia Palmer, Tessa James Scheller and partner Jann Luesse

group, having begun in 2001, when she lived in Goldbar, WA.

"Goldbar's a small town," she says, remembering the experience. "People were talking about me in bars, and on the CB radios. Once one person knew, the whole town knew."

Unlike the other members of the group, Alicia's transition involved the loss of many relationships. She'd been married for 29 years with three children, but, upon transitioning, her marriage ended and her family turned away from her.

"They went one way, and I went the other," she says. "I thought my family would understand what I was going through, but all they thought about was what they would go through."

"I didn't really chase them. It felt like my family was sand through my fingers." Alicia was disowned by her parents, as well.

"My father turned against me, big time," she says. "My mom's afraid to give me a hug. She's so afraid of my dad."

Coming out is often excruciating for transgender people. In a statistic that shocks many, 41% of transgender adults report having attempted suicide, a rate that's 25 times that of the general population. Many of these attempts precede the decision to come out.

That was the case for Alicia.

"One time I had the gun in my mouth," she recalls. "The thought of my granddaughter finding me in my office was a sobering thought, and I decided to see a counselor instead."

Talking with a counselor was freeing for Alicia.

BASIC RIGHTS OREGON'S Trans Justice Program: Fighting for Trans Rights

Basic Rights Oregon is the state's leading LGBTQ advocacy organization. The group came into existence to combat the anti-LGBT ballot measures introduced in the late '80s and early '90s.

Their first major victory for transgender Oregonians came in 2007, with the passage of the Oregon Equality Act, which prohibited discrimination on the basis of sexual orientation or gender identity in the areas of employment, housing or public accommodations, such as stores or restaurants.

In 2010, Basic Rights Oregon founded its Trans Justice program, which advocates specifically for the state's transgender population.

Since the program's inception, it has focused primarily on "ending health care discrimination against trans Oregonians," says Interim Program Director Tash Shatz.

Shatz says this has meant targeting "insurance policies that exclude medically necessary care that many people rely on every day. For example, many women depend on hormone supplements for birth control or post-menopausal care. These very same prescriptions are often not covered for transgender women. All Oregonians should have access to the health care that they need."

The program won a major victory in this arena earlier this year.

"The state insurance division issued a bulletin clarifying that many insurers in Oregon can't exclude services for transgender people that are included for non-trans people," Shatz said.

Shatz says that Basic Rights Oregon and the Trans Justice program will begin strategizing early next year to plan out goals and campaigns for the near future.



Tash Shatz, BRO Interim Program Director

While not everyone can lobby for transgender rights each day, like the Trans Justice team, everyone can be an ally in the trans movement.

"Some of the key ways to be an ally are to listen to the needs and experiences of the trans people in your life," Shatz says. "Small actions can have a big impact. When someone asks to be called by a specific name and gender pronoun (like 'she' or 'he'), respect their request. Bathroom safety is also a huge issue for many transgender people, so you can be an ally simply by assuming that people know which restroom they are in and respecting their privacy. Remember, we're all using the bathroom for the same reason." "The internet is also a great way to learn about trans experiences."

Some resources Shatz recommends are the "Faces of Trans Inclusive Health Care Video" on Basic Rights Oregon's Transgender Justice page.

Also the "I Am: Transgender People Speak" project, sponsored by the Massachusetts Transgender Political Coalition, and the National Center for Transgender Equality and the National Gay and Lesbian Task Force's report "The National Transgender Discrimination Survey."



Columbia Pacific TRANS FAMILIES SUPPORT GROUP meets the fourth Monday of the month. For location contact drewherzig@yahoo.com. For transgender individuals and family members only.

This article is sponsored in part by a grant from the Clatsop County Marriage Equality Project.

TRANSGENDER

"I had to learn from a counselor that it's ok to live how you feel inside," she says. "You grow up and you're told, 'You have to be a husband. You have to be a father, and provide for a family,' and the counselor helped me step back and say, 'No. That's not me.'"

"When you can come to peace with that, then you can be ok and learn to love yourself. You can't love anybody unless you love yourself."

Alicia has lived in Astoria since 2010, and enjoys the town. Other than a run in she had with an army person ("I think he was afraid his soldiers wouldn't salute him if he knew a transperson"), she says everyone's been friendly and polite.

Like the others, she enjoys the chance the group gives her to help the community.

"I had a lot of people help me, and I'd like to give back to the ones who are just starting out."

Leela Ginelle is a playwright and journalist living in Portland, OR. She's a transgender woman whose transition began in Dec. 2010. You can reach her at leelaginelle@gmail.com



TRANSGENDER PEOPLE'S RIGHTS Under Oregon Law

Housing: Oregon law prohibits landlords from discriminating against tenants based on actual or perceived gender identity. Likewise, shelters cannot discriminate against persons based on their gender identities unless the shelter is primarily funded by faith-based organizations.

Child Custody: Under Oregon law, sexual orientation and gender identity of parents may not play a role in determining child custody.

Employment: The Oregon Equality Act protects against employment discrimination on the basis of sexual orientation, gender identity and gender expression. There are three basic components to this law: freedom from harassment while working, freedom from discrimination in employment decisions, and right to accommodation in the workplace. This includes the right to use a restroom that corresponds to the employee's gender identity, regardless of the employee's sex assigned at birth.

Restaurants, Stores, Etc.: Oregon law prohibits public facilities from discriminating on the basis of gender identity and expression. The Oregon Equality Act makes it unlawful to discriminate on the basis of gender expression in the same way that it is unlawful to discriminate against someone because of their race, religion, sex, national origin, etc.

Health Care: Medical care providers may not refuse to treat a patient simply because of that patient's gender identity or expression.

Source: Basic Rights Oregon's Transgender Justice "Know Your Rights" Guide.



BLIND LUCK COMBO is a contemporary musical trio performing on ukulele, violin, cello, and vocal. Longtime friends living in the Columbia Pacific region, BLC combines the best of pop with the emotion and expertise of the classical world. Bandleader and front man Sunrise Fletcher executes the vocals while inflaming his ukulele. Cellist Andrew Emlen fills the foundation with gorgeous bass melodies, while the widely loved and acclaimed violin of Jeffery Reynolds takes the experience to a new dimension. They're also a lot of fun! Sunrise Fletcher is a 50-year veteran of the music industry. He also owns the award-winning bed and breakfast, the Inn

Blind Luck Combo CD Release Concerts Sept 20 • 28

at Lucky Mud, where the trio recorded, along with the engineering and mixing talents of another local longtime musician / blues vocalist/soundman Ron Baldwin.

Sunrise Fletcher writes many of the tunes on the album, utilizing the regions rootsy industries as his topic matter, from fishing to dairies, but there's love songs and tangos too. Its an uplifting record in these times of strife, and Fletcher's rusty vocals are full of life, and his musical companions, Reynolds and Emlen create a beautiful weave of string accompaniment. In addition, Krist Novoselic adds accordion to the Latin pieces. Something local and special to spin on your proverbial record player. And LIVE, take the opportunity to enjoy these wonderful musicians in up coming performances.

For more information, call Sunrise Fletcher at 360-795-8770. CDs and downloads are available on cdbaby.com. Email blc@luckymud.com

Friday, Sept 20 at the Oasis Tavern in Skamokawa. Concert following at the Pioneer Performing Arts Center in Cathlamet, WA, 7pm.

Jennifer Goodenberger CD Release Concert SONNET • September 21

PIANIST AND Composer, Jennifer Goodenberger, will release her latest CD of original compositions, entitled "Sonnet: Poetry for Solo Piano," in concert on Saturday, September 21 at 4:00 pm at Grace Episcopal Church, 1545 Franklin Avenue in Astoria. Admission is \$10 at the door. There will be a reception following the concert. The CD is entitled "Sonnet" because all of the compositions were either inspired by a poem, are in and of themselves a poem.

Known for the elegance of her playing, and her sensitive and expressive performances, Jennifer Goodenberger has for over 30 years been engaging audiences as a concert pianist, composer, studio and ensemble pianist, and musical director for theater. She also teaches adult piano students.

Jennifer's intimate and contemplative piano solos are an introspective journey into one's soul. Her original works range from deeply healing and spiritual compositions to passionate and romantic creations. The music is a mesmerizing fusion of Classical, Improvisational and Contemporary styles. Her CD's of original compositions are ideal for use in healing, massage, yoga, birthing, hospice, and as ambient music for creativity and relaxation.



"Sonnet" is Jennifer's 7th solo piano recording. In this CD release concert, she will also be reading the poetry which inspired the compositions, including poems by Emily Dickinson and May Sarton. For more information, please call 503-325-5310.

Kris Orlowski Band at the Sandtrap

BARITONE VOCALIST, new folk songwriter Kris Orlowski writes from a real, unguarded place and that accessibility is tangible on stage and off. *Sound on the Sound* brands him as "a troubadour by definition, whose full bodied croon develops a charisma all its own." With the significant talents of Mark Isakson on guitar, Torry Anderson on keys,

Greg Garcia on drums and Tyler Carroll on bass, the northwest folk pop band is turning heads. Their new five song EP, featuring a 17-piece orchestra, keeps the band evolving in sound with songwriting at the core of their future.

Friday, September 20, 7pm, at the Sandtrap in Gearhart, No Cover.



GoingsOn: September '13

in the columbia pacific

Liberty Theater Literally Kicks-offs 2013 - 14 Performance Season



Everything Fits September 28

CANADIAN FAMILY band Everything Fits opens the Liberty Theater Presents 2013-14 Season. Four of Canada's finest young musicians are high-energy fiddling, percussive step dancers. With roots in the Canadian old-time fiddle tradition and Ottawa Valley step dancing, their unique stage show combines a variety of musical styles- everything from traditional jigs and reels, bluegrass, jazz and swing standards, Celtic, gospel as well as novelty numbers and choreographed dance routines.

Julie (24), Kerry (23), and Tom (20), are all champion fiddlers and provide intricate 3-part fiddle harmonies as well as solo improvisations on fiddle, mandolin, and guitar. Additional instrumentation includes Pat (25) on percussion along with parents Pam and Paddy providing accompaniment on piano and bass guitar. An audience favorite is their award-winning group step dancing.

Saturday, September 28, 7:30pm. Tickets \$30 - \$15, on sale now through the Liberty Theater Box Office.

Get a Season Package!

A Celebration of AMERICAN SINGER – SONGWRITERS themes the Liberty Season. American Goddess of folk and popular, Judy Collins returns in February with Don McClean, and just around the corner swing jazz icon Dan Hicks in November, Northwest Jazz great Greta Matassa delivers for the holidays, Karla Bonoff, BodyVox2, The Portland Chamber Orchestra. Save \$\$\$ on your entertainment by purchasing packages of 3 to 5 shows, or invest in a full season.

The Liberty Theater continues to develop a great season of performance that reaches through to all generations.

Hoffman Center Presents Chamber Jazz

Primal mates • September 17

THE HOFFMAN Center in Manzanita will host an evening of contemporary chamber jazz performed by the Colorado-based duo Primal Mates Tuesday, Sept. 17 at 7 p.m. Admission will be \$10. Tickets will be sold at the door.

Chris Lee and Colleen O'Brien offer an inspiring original repertoire performing on vibes, voice, cello and percussion.

Primal Mates creates music with vision -- a unique, sometimes haunting and always mesmerizing journey through an intimate musical landscape. Their creations combine the attention to composition and form of chamber music with the freedom and improvisational interplay of jazz.

Primal Mates previously performed for the Hoffman Center in Manzanita in 2006 and 2007.



More information on Primal Mates is available at www.primalmates.com.

KMUN 91.9FM **¡Viva!**
Día de la Independencia

Mariachi Corona Continental

15 de Septiembre
Sunday, September 15
1-5pm, St. Mary, Star of the Sea
1491 Grand Ave, Astoria, Auditorium - \$5 per family
Everyone welcome! ¡Todos son Bienvenidos!

tamales de CONSEJO HISPANO DEL LOWER COLUMBIA HISPANIC COUNCIL patrocinado por COASTAL FAMILY HEALTH CENTER

ASTORIA cooperative • Building Community Through Food •

as seen in **the Current**

KMUN 91.9 KTCB 89.5 KCPB 90.5 Coast Community Radio / coastradio.org

McMenamins GEARHART HOTEL

LIVE MUSIC
7 p.m. • Free • All ages welcome

September 6 • Butterfly Breakdown
September 13 • John Koonce Trio
September 20 • Kris Orlowski
Folk pop from Seattle • Great Northwest Music Tour
September 27 • Crown Point

2nd Annual Bridges to Breakers Hammerhead 100
BEACH PARTY BLAST
Saturday, September 21
Dance alongside the riders with tunes from King Brothers
Free, open to the public • Music at 3pm • \$75 per rider; register at bridgetobreakers.com

Four miles north of Seaside
Gearhart Hotel & Sand Trap Pub
1157 N. Marion Ave. • Gearhart, OR • (503) 717-8159
mcmenamins.com

ASTOR STREET OPRY COMPANY
P.O. Box 745 • Astoria • OR 97103 • 325-6104

MISS ALISHA
ASTORIA
DUTCH BROS COFFEE
MISS VIRGINIA 2013

JOIN US FOR 10TH ANNUAL VIVIAN & VIRGINIA COMPETITION AND BALL!

MISS GAD
FORT GEORGE BREWERY
MISS VIVIAN 2013

Saturday, September 21

**8pm • Featuring
the Pagan Pancakes
& Costume Prizes**

\$10 or \$15 Couple

Sponsored by the Logger
Restaurant, Napa Auto Parts of
Warrenton, HIPFISH and Old Town
Framing Company

TEEN THEATER

The Astor Street Opry Company announces their new unique theater club for teens ages 14 to 17 at the ASOC Playhouse. Tuesdays afternoons starting October 8th 4-6pm to explore the craft of theater. The cost per student is only \$10 per month. For more information please call Mary at 503-791-7127 or our box office at 503-325-6104.

ASOC PLAYHOUSE

129 West Bond Street
in Uniontown Astoria
tickets online @
astorstretoprycompany.com

ticket info call
ASOC Box Office: 503-325-6104



THE TILLAMOOK Association for the Performing Arts (TAPA) and The Oregon Coast Dance Center bring **SHERLOCK'S SECRET LIFE** to life at TAPA's Barn Community Playhouse. Written by Ed Lange

SHERLOCK'S SECRET LIFE At the Barn

and directed by Robert Buckingham, **SHERLOCK'S SECRET LIFE** isn't quite the same detective we've met in the works of Sir Arthur Conan Doyle. Set as a "prequel" to Doyle's writings, **SHERLOCK'S SECRET LIFE** shows a younger, more vulnerable and idealistic Sherlock Holmes (Peter Vultaggio), and also portrays a different side to Sherlock's landlady, Mrs. Hudson (Karen Downs). The play also explores the relationship she has with both Sherlock and his partner in crime-solving, Dr. John Watson (Benjamin Ruderman). Also featured is the lovable Inspector Lestrade (Gerry Cortimilia), Sherlock's nemesis Professor Moriarty (Stewart Martin), and an aged Dr. Watson (Bill Farnum). The play introduces two new characters, Dr. Watson's nurse Mollie (Sarah Edwards) and the supposed "true" love of Sherlock's life, Marianna (Samantha Swindler), whose identity and motives remain a mystery for the detective and doctor until a dramatic final scene. While

SHERLOCK'S SECRET LIFE takes some liberties with Doyle's story lines, the play is true to much of the historic literature. Of course, one mustn't be intimately familiar with the "Holmesian canon" to enjoy the play, but those who are will recognize some familiar faces. The story is told through the memories of an older Dr. Watson, now in his final years, looking back on the one adventure he never told of his friend, Sherlock Holmes.

SHERLOCK'S SECRET LIFE runs through September 15. Fri/Sat performances begin at 7pm and the Sun, 2pm. Doors open half hour to curtain. The Barn Community Playhouse is located at 12th and Ivy in Tillamook. Reserve through Diamond Art Jewelers at (503) 842-7940. Tickets are \$15 for adults, \$10 for seniors or students, and \$40 for a family of four. FMI: www.tillamooktheater.co

Choreographer Agnieszka Laska's "Rite of Spring" At the Lincoln City Cultural Arts Center • Sept 14

MAY 29, 2013, marked the 100th anniversary of the world premiere of "The Rite of Spring," featuring a revolutionary musical score by Igor Stravinsky and equally innovative choreography by Vaslav Nijinsky. It was written for the 1913 Paris season of the Ballets Russe, and when it was first performed at the Theatre des Champs-Elysees, it nearly caused a riot. In the 100 years since its creation, "The Rite of Spring" has gone from avant garde to widely accepted to cherished, and it's widely considered to be one of the most influential works of the 20th century.

To celebrate the centenary, choreographer Agnieszka Laska is touring a new, staged dance interpretation of "The Rite of Spring." It premiered at Portland State University in June, and then traveled to

the Astoria Music Festival in July, with both events playing to sold-out, highly enthused audiences. On Sept. 14, the Agnieszka Laska Dancers (ALD) will bring this exciting modern dance program to Lincoln City. The performance, which will feature six dancers performing to recorded music, begins at 7pm on Saturday, Sept. 14, at the Lincoln City Cultural Center, 540 NE Hwy. 101.

In the first half, ALD will warm up the audience with a selection of Preludes by Chopin. This work is part of the 10-year-

old company's ongoing Chopin Project, Laska's tribute to her artistic compatriot and Poland's most celebrated composer. The second half of the show will be devoted to "The Rite of Spring."

"...Laska's own choreography was dramatic and emotional, balanced between narrative and abstract, deeply engaging and captivating," - Jamuna Chiarini of Oregon Arts Watch.

Tickets to the Lincoln City Cultural Center performance are \$12 in advance, \$14 at the door, and free for children 12 and younger. To learn more, or purchase using a Visa or MasterCard, call 541-994-9994.



ASOC 10th Annual Miss Vivian & Virginia Competition & Ball September 21

FROM ALL corners of Astoria; bars, taverns, lounges, brew houses and coffee houses, the competition began in August. Local drinking establishments choose their representative for "Miss Vivian" the rough and sturdy saloon owner from the Shanghaied story, just trying to make a livin' in a rough mans world, as local Coffee Houses chose a "Miss Virginia Sweet" the Heroine who's looking for a hero to marry so she can live happily ever after.

These gals have been busy selling their own buttons, with \$\$\$ going to the ASOC theater fund. On Saturday September 21, someone wins the crown for most buttons sold at the V&V Ball. The night features music from the ever-rockin' Pagan Pancakes, the costumed Vivs and Virginnys will be extolling tales of trap doors and love stories, and you the audience will be the judge with prizes awarded.

Prizes too, for best costumes including: Best Gal and Guy,

Best Group Theme and Best Couple. Then at approximately 9:30pm the ASOC specially chosen judges will stop the party to announce which of our hardworking establishments gets to take home the coveted ASOC grand prize trophies, by The Trophy Case of Gearhart, along with bragging rights of course, as they crown the 1st, 2nd & 3rd place winners for "Miss Vivian or Miss Virginia 2013".

Saturday, September 21, 8pm. Entrance to this exciting event is a donation of \$10 for singles or just \$15 for couples. So show you support for the longest running community theater group on the North Coast, The Astor Street Opry Company, by buying your Miss Virginia and Miss Vivian buttons at some of your community's favorite local businesses as they compete for the title of 2013 Miss Vivian or Miss Virginia. All at the ASOC Playhouse, 128 West Bond St. in Astoria.

The Coaster Theatre Playhouse Presents *Gramercy Ghost*

THE COASTER Theatre Playhouse presents John Cecil Holm's *Gramercy Ghost* - opening September 13th and running through October 12th. Shows run Friday's and Saturday's through October 12th at 7:30 p.m. There is one Sunday matinee on September 15th at 3pm and a Talk-back Thursday on October 3rd at 7:30 pm.

This charming play opened on Broadway in 1951. After the death of her landlady, Amelia Bullock, Nancy Willard discovers that Amelia left Nancy her wonderful old house and everything in it... including a ghost. Nancy discovers her otherworldly inheritance is a young Revolutionary soldier named Nathaniel Coombes who

had been ambushed and killed in 1776 and is doomed to an earth-bound existence as a ghost in Nancy's neighborhood. He is unable to get into heaven because he failed to deliver a message to George Washington. Unfortunately, Nancy is the only person who can see Nathaniel. Nancy's life is complicated even further when a newspaperman, Charlie Stewart, comes seeking information on the late Miss Bullock and is torn between 3 men, Nathaniel, Charlie and her fiancé, Parker Burnett. Ultimately, Nathaniel helps Nancy choose the right husband and gains admittance into heaven at last.

Saturday 7

MUSIC

Melissa Linder. 7 – 9pm at Moody's Super House in Seaside.

Kora Music by Sean Gaskell. At the Lincoln City Cultural Center. 541-994-9994

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

Ramble On. A Led Zeppelin tribute band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Water Brothers. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

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

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 – 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

FOOD & DRINK

Wine Tasting. End of Summer Surprise. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com

The Vintage Flea. A street fair featuring antiques and flea market items. 10am – 4pm at the sidewalk near Vintage Hardware in Astoria.

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

Wheels 'n' Waves Car Show. Spectators can expect unique builder and street cars from 1962 and older. All day events in Seaside. Schedule at seasideor.com/item.asp?id=19&eid=5

Household Hazardous Waste Collection. 9am – 1pm at the Tillamook Transfer Station. 503-815-3975

Oregon Coast Pride Festival. Events include stand-up comedy, live bands, dancing, flamingo bingo, food and more. In Lincoln City. For schedule, see oregon-coastpride.com/event-schedule

LITERARY

Book Signing. Author Darren Barber will sign copies of his debut novel "The Starlight Proverb." Free, 5 – 8pm at Beach Books in Seaside.

OUTSIDE

Race to the Bar 5K/10K. An evening beach run (walk/run), ending with a bonfire, sunset, great music, and great company. \$40. Starts at 5:30pm at Ft Stevens State Park. Register at racethebar.com

THEATER

Auditions. For TAPA's production of "Inspecting Carol". 2 – 4pm at the Barn Community Playhouse in Tillamook. For more information or to obtain an audition packet contact Director Chris Chiola at (503) 842-6305.

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

Sherlock's Secret Life. \$15, 7pm. At the TAPA Barn in Tillamook. For tickets and more info call 503-842-7940.

Sunday 8

MUSIC

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

Bluegrass Music Jam. 1 – 3pm at the Tillamook Forest Center.

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

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

ART

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 – 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com

Wheels 'n' Waves Car Show. Spectators can expect unique builder and street cars from 1962 and older. All day events in Seaside. Schedule at seasideor.com/item.asp?id=19&eid=5

Oregon Coast Pride Festival. Events include stand-up comedy, live bands, dancing, flamingo bingo, food and more. In Lincoln City. For schedule, see oregon-coastpride.com/event-schedule

OUTSIDE

Sprint Triathlon. The race features a .75k swim on the lake, a 15.5k bike ride around the lake, and a 5k run on city streets. 8:30AM. At Regatta Park on Devils Lake in Lincoln City. For registration information call 541-994-2131.

SPIRITUAL

Community HU Song. Regardless of your beliefs or religion, you can sing HU, an ancient name for God, to become happier and more secure. It is simply for the spiritual uplift of those who come and is not directed to any other purpose. Presented by Eckankar. Free, 1:30pm at the Seaside Library.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 2pm at the ASOC Playhouse in Astoria.

Sherlock's Secret Life. \$15, 2pm. At the TAPA Barn in Tillamook. For tickets and more info call 503-842-7940.

Monday 9

MUSIC

Learning Team. Pop. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 10

MUSIC

The Gutters & The Bugs. No cover, 9pm at the Voodoo Room in Astoria.

HAPPENING

Astoria Library Renovation Study Meeting. The meeting will take place between 5:30 pm and 7:30 pm. Presentation and group discussion will take place from 5:30 to 7:00 pm. Following the presentation and group discussion, all are invited to the McTavish Room for refreshments and an opportunity to speak in more depth to members of the consulting team, city staff, and library board members. At the Liberty Theater in Astoria.

Wednesday 11

MUSIC

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

Effie. No cover, 9pm at the Voodoo Room in Astoria.

FOOD & DRINK

Spice Class. The Spices of India. Free, 6pm at Pat's Pantry in Astoria.

HAPPENING

Night of all Knowledge Team Trivia Tournament. Trivia nights are informal, fun, competitions where teams battle to see who has the greatest knowledge of all matters trivial. Free, 6pm at the Seaside Library.

LITERARY

Open Mic Poetry Reading. Free, 6pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

On the Land. Nature Walk at the Yeon Property. Join Katie Voelke for a walk at Lewis & Clark National Historical Park's Yeon Property near Sunset Beach, Warrenton. We'll take a walk along the trails through the wild dunes and scrub-shrub habitat, exploring a landscape in gentle

transition. Free, reservations required. Register at nclctrust.org/on-the-land

Thursday 12

MUSIC

Blind Pilot. With the Mariachi Band. 7pm at the Liberty Theater in Astoria.

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

LECTURE

Finnish Rug Weaving. With Yvonne Lockwood who will give a power point presentation on Finnish rag rug weaving which will include the history as well as current rug weaving in Finland. Free, donations accepted. 6:30pm at Suomi Hall in Astoria.

LITERARY

Seascape Poem Fest. Featuring widely published poets, editors and writers:

A. Molotkov, Ger Killeen, Duane Poncy, Patricia McLean,

Elohi Gadugi Journal and The Habits of a Rainy Night Press. Readings, workshop, open mic. At the Congregational Church of Lincoln City.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

Friday 13

MUSIC

Jon Koonce Trio. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

Billy D & the Hoodoos. 9pm at Roadhouse 101 in Lincoln City.

ART

Opening Reception. Paint Color and Motion Show. 5 – 7pm in the Chessman Gallery at the Lincoln City Cultural Center.

HAPPENING

Psychic Sylvia Browne. \$20 - \$35, show at 8pm at Chinook Winds in Lincoln City. 888-MAIN-ACT

Scenic Helicopter Tour. Take an aerial tour of the coastline at Lincoln City. Tours depart from Chinook Winds. 541-997-3270

LECTURE

Cannon Beach Cottages. A lecture on the remittance men who built Cannon Beach. With Jill Grady, \$20 for lecture and lunch. Noon at the Tolovana Inn in Cannon Beach. FMI & tickets at cbhistory.org

OUTSIDE

Clamming Clinic. With Bill Lackner. Free clinic begins at 2:45pm with a lecture at the Driftwood Public Library in Lincoln City followed by a field trip to Siletz Bay to dig for clams. 541-265-5847

THEATER

Sherlock's Secret Life. \$15, 7pm. At the TAPA Barn in Tillamook. For tickets and more info call 503-842-7940.

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 14

MUSIC

Dave McGraw & Mandy Fer. No cover, 9pm at the Adrift Hotel in Long Beach.

Jay Fleming & Dem Old Bones. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Sassparilla. Roots-Pop/Rock. \$5 cover, 9pm at the San Dune Pub in Manzanita.

She's Not Dead. 9pm at Roadhouse 101 in Lincoln City.

ART

Astoria's Second Saturday Art Walk. 5 – 9pm downtown Astoria.

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 – 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

CINEMA

Surviving the Dust Bowl. Part of the PBS series "The 1930s." A discussion will follow. Free, 1pm at the Naselle Timberland Library.

FOOD & DRINK

Wine Tasting & Silent Auction. At the Wahkiakum County Fairgrounds in Skamokawa. FMI 360-849-4253

Pancake Breakfast. \$5 for adults, \$3 for children. 8am – 11am at the Peninsula Senior Activity Center in Klipsan Beach.

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

Barn Raising Dinner. An onsite farm dinner. \$35 suggested donation, 4pm at Fred's Farm in Naselle. Reservations required. Call 360-484-3345 or email fredshomegrownproduce@gmail.com

HAPPENING

Lower Columbia Pug Socializing Club. Pugs and their people meet monthly for fun and socialization. 11am at Carruthers Park in Warrenton.

Antique & Vintage Jewelry Appraisal. Registered Gemologist Danuta Hackett will be available to appraise your old jewelry. No purchasing of any items will take place. Free, starting at 1pm at the Seaside Library.

Home & Garden Tour. 1 – 5pm, reception follows at 6pm in Cannon Beach. \$30, 1 – 5pm in Cannon Beach. FMI & tickets at cbhistory.org

CARTM Treasures Live Auction. Preview 4:30 – 6pm, live auction starts at 6pm. At the NCRD Gymnasium in Nehalem.

Oregon Coast Scenic Railroad Dinner Train. Departs at 6:15pm from Garibaldi. 503-842-7972

Cruisin' the Bay Car Show. In the Historic Taft District of Lincoln City. FMI visit Cruisin' the Bay on Facebook.

Scenic Helicopter Tour. Take an aerial tour of the coastline at Lincoln City. Tours depart from Chinook Winds. 541-997-3270

Fall Plant Sale. 10am – 3pm at the Connie Hansen Garden in Lincoln City.

Dance Concert. The Rite of Spring will be performed by the Agnieszka Laska Dancers. At the Lincoln City Cultural Center. 541-994-9994

LITERARY

Book Launch. Author Melissa Ousley will present from her first novel "Sign of the Throne", the first book in the Solas Beir Trilogy. Free, 4pm at Beach Books in Seaside.

OUTSIDE

Discovery Trail Half Marathon. Participate in one of eight age divisions, with many prizes available at the awards ceremony. \$75, 9am race start. Race will start and end near the arch at the Bolstad beach approach in Long Beach. Preregister at databarevents.com/btchalf.asp

On the Land. Nature Walk at Ecola Creek Forest Reserve. Join Mike Patterson for a hike in the Ecola Creek Forest Reserve behind Cannon Beach. Walk through this diverse forest of Sitka spruce, alder and hemlock up along the creek all the way up to the old growth cedar trees, about a 2.5-mile walk round trip. Free, but reservations are required. Register at nclctrust.org/on-the-land

Help Restore Kilchis Estuary Reserve. Remove fencing and control invasive ivy at Kilchis Estuary Preserve, a tidal wetlands preserve adjacent to Tillamook Bay. Advance registration is required. Register at nature.org/oregonworkparties

THEATER

Sherlock's Secret Life. \$15, 7pm. At the TAPA Barn in Tillamook. For tickets and more info call 503-842-7940.

Shanghaied in Astoria. Musical Melodrama. \$12 - \$20, 7:30pm at the ASOC Playhouse in Astoria.

Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Listings continued on pg. 21

MORE MUSIC



Radiation City

FOUNDED IN 2009 amid the glow of one budding love affair, Radiation City quickly blossomed into a family, finding itself with a second couple and another multi instrumentalist besides. If the quintet's early live shows and debut LP The Hands That Take You quickly earned them a reputation as one of Portland, Oregon's most

promising young acts, the subsequent national tours and 2011's EP Cool Nightmare made good on that promise. The band's expanding soundscape of new romanticism has drawn accolades from NPR, Time, and KEXP to name a few.

Sunday, Sept 8, 9pm at Fort George Brewery 2nd Level. No Cover.



The Gutters

PURE AND beautiful traditional English music from the late 1970s. Call it what you will. Forever Astoria music fixture gone P-Town way, Sid Cooper and music bud Danny deliver warm-blooded punk from the soul, in this great drum/guitar duo. With The Bugs!

Tuesday, September 10, 9pm at the Voodoo Room

Owl Paws from San Fran

OWL PAWS is a folk-rock quartet from San Francisco. Folky acoustic guitar and upright bass and dreamy electric guitar, Owl Paws have a sweet sound, so rich melodically – coolest vocalist and lyrics. And a mid-week treat at the great new Adrift in Long Beach.

Wednesday, September 18, in [picked fish] top level, on Sid Snyder Drive.



Edward L Peterson, "Western Inspiration" at Tempo Art Gallery • Astoria



EDWARD L. Peterson is the featured artist for the 2nd Saturday Art Walk artist this month at Tempo Gallery. Tempo Gallery is a group-run gallery space with rotating member shows. A Kelso, WA resident, Peterson is a former award-winning high school band and choir director who has turned his directing talents to paint, utilizing acrylics and mixed media.

Peterson gives color to ordinary subjects, expressing an emotional connection rather than a cerebral-technical one;

projecting and edge between representational and abstract art. Ed says "As an artist I am self taught, and have spent countless hours in galleries around the southwest and locally." He is particularly drawn to western, southwestern and Russian impressionists. Peterson's work won an award at the Trail's end Art Center in 2012.

Tempo Gallery is located on Commercial St. in Astoria, just down from the Liberty Theater.

Folk Musician/Artist Michael Hurley at Fort George Brewery's Lovell Showroom

FOLK MUSICIAN

and visual artist Michael Hurley will be displaying brand new pieces of art at the Fort George Brewery for the 2nd Saturday Art Walk September 14th. His art, which has adorned some of his legendary LPs for years, will now bring life to the walls of the Lovell Showroom on the corner of 14th and Duane St in downtown Astoria.

A brand new collection of art will be displayed as well as some possible oldies. In his new work, Hurley stays true to his cartoonish charm, staying as seriously playful as his music. The show will run from 5pm until 9pm with an after-party at the Fort George's new 2nd Level Public House and Pizzeria.



Come out early and meet the artist. The Michael Hurley Art Show After Party will include a performance by Y La Bamba's, Luz Mendoza. Luz and the band collaborated with Fort George on the Spring Seasonal, Tender Loving Empire with a rainy-day video performance of their song "Oh February." Check it out at fortgeorgebrewery.com/tenderlovingempire or see it in person after the Michael Hurley Art Show.

The Chakra Painting Show

SEVEN ARTISTS produced seven paintings of the seven chakras during a series of workshops at the Glenna Gray Studio in Nehalem. They will show their work at NCRD in Nehalem from August 29 through September 3. The process used to make the paintings combines meditation, painting in silence, and sharing results with the group. Called "process, or intuitive, painting," it relies on insights achieved through meditation rather than external stimulation for subject matter. Contact Glenna Gray, glenna@nehalemnet.net for more information.

The North Coast Recreation District is located at 36155 9th St, Nehalem. Open Daily.



Seventh Chakra: Crown by Peggy Biskar

Fantastic Carved Creatures and Imagined Landscapes at RiverSea Gallery

RIVERSEA GALLERY presents a two-person show in September featuring biomorphic forms sculpted in wood by Laura Buchan and abstracted landscapes in encaustic by Karl Kaiser. The show opens on Saturday, September 7 with a reception from 5:00 to 7:00 pm. Both artists will make short presentations and answer questions about their work, and refreshments will be served. The artwork will remain on display through October 1.

RiverSea is located at 1160 Commercial in Astoria. Open Daily.



Medusa by Laura Buchan, walnut, 63"x36"x7.5"

Cynthia Lahti The Taivassalo Paintings At Imogen

TAIVASSALO, A municipality located in the southwest region of Finland's archipelago is a place of personal importance to Portland artist Cynthia Lahti. Lahti will be exhibiting a collection of plein air paintings of the region. The exhibition opens Saturday, September 14th 5 - 9 pm with a reception for Lahti. Lahti will be present and available to answer questions about the series. Light bites and drink will be provided by Astoria Coffeehouse and Bistro. *The Taivassalo Paintings* will be on view through October 8th.

Cynthia Lahti, who holds a strong affinity for Astoria through family ties, traveled to Europe for an 11 week residency in Berlin during 2012. Upon completion of her residency focusing on her ceramic work, the mixed media artist traveled to her family's homeland of Taivassalo, Finland. This region is where her grandparents spent their childhood before immigrating to Astoria in 1909. For Lahti it was a profound experience, getting to know extended family as well as experiencing first hand her family's ancestral land.

The time spent in Taivassalo granted Lahti an insight into her family's history, forming a powerful connection to



Red Sauna by Cynthia Lahti

the place and her Finnish heritage. Inspired by this deep connection, she spent time painting the forest and Baltic Sea on which her cousins' ancestral home is located.

Lahti, who is represented by PDX Contemporary Gallery in Portland, was also a 2013 recipient to a Hallie Ford Family Foundation fellowship, for her contribution to Oregon visual arts.

Imogen Gallery is open currently seven days a week at 240 11th Street, in Astoria.



Zemula Fleming's Beaded Mosaics

Still Lives at the Cannon Beach Gallery September 6 - September 30, 2013

THE CANNON BEACH GALLERY will host a group exhibition entitled Still Lives from September 6 through September 30, 2013. An Artist's Reception will be held Saturday, September 7 from 5-7pm. More than 35 regional artists will share their interpretation of the classic theme, still life. Typically, still life refers to an artistic rendering of inanimate objects such as fruit or flowers, but doubtless there will be some surprises as this dynamic group of creatives works with a variety of media to push the limit of what it means to be inanimate.

Local favorites such as Hanne and Harry Greaver, Liza Jones, M.J. Anderson, Janet Bland and Sally Lackaff will participate in this fundraiser exhibition in which the artists will donate some portion of their commission as a fundraiser for the Cannon Beach Arts Association, which operates the Cannon Beach Gallery as one of its primary cultural programs.

Artists were provided with 12"x12" wooden panels and given creative license to interpret the theme of still life. A total of 100 pieces will be hung for the show, creating a must-see installation of Still Lives. Each piece will sell for \$125 and is an affordable way for collectors to purchase an original work of art by their favorite local artist.

Participating artists have exhibited in the space before and graciously donate their time and craft to show appreciation for this local venue for original fine art.

In addition, the CBAA commissioned popular folk artist Zemula Fleming to create three beaded mosaics for its Fall Art Raffle. Tickets are on sale now for a drawing that will coincide with Stormy Weather Arts Festival November 1-3, 2013. First prize is for "Pensive Lady," one of Fleming's larger intricate, beaded mosaics of a Renaissance woman. A second place prize consists of two of Fleming's small beaded mosaics, entitled Celtic Girl and Jester. Tickets are \$5 each or five for \$20.

For more information, contact the Cannon Beach Arts Association at (503) 436-0744, or PO Box 684, Cannon Beach, OR 97110; Email: cannonbeacharts@gmail.com , Web: www.cannonbeacharts.org.

Sunday 15

MUSIC

The Bobbers. 10am - 3pm at the Astoria Sunday Market.

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

Dave McGraw & Mandy Fer. No cover, 8pm at the Adrift Hotel in Long Beach.

Hannah & Freddie. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

The Quiet American. Old-timey Folk. No cover, 9pm at the Voodoo Room in Astoria.

ART

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 - 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

FOOD & DRINK

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

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

HAPPENING

Dia de la Independencia. Traditional Latin fare and mariachi music. \$5 admits the whole family. Doors open at 1pm at Star of the Sea in Astoria.

Brunch & Garden Presentation. With Beth Holland. \$10, 11am at the Tolovana Inn in Cannon Beach. Tickets at cbhistory.org

Scenic Helicopter Tour. Take an aerial tour of the coastline at Lincoln City. Tours depart from Chinook Winds. 541-997-3270

Benefit for Johnny Wheels. Noon till ??? at Roadhouse 101 in 9pm at Roadhouse 101 in Lincoln City.

LECTURE

In Their Footsteps Lecture Series. Cold Weather Survival: a way of Life. With Frank Heyl. 1pm at the Netul Room at the Fort Clatsop Visitor Center.

THEATER

Sherlock's Secret Life. \$15, 2pm. At the TAPA Barn in Tillamook. For tickets and more info call 503-842-7940.

Gramercy Ghost. Comedy. \$8 - \$20. 3pm at the Coaster Theater in Cannon Beach.

Monday 16

MUSIC

Water Music Festival Chamber Concert. Classical. Free, 7:30pm at Hilltop Auditorium in Ilwaco.

Kirtan with Shantala. \$20, 6:30pm at the Lincoln City Cultural Center. 541-994-9994

FOOD & DRINK

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

Tuesday 17

MUSIC

Primal Mates. Jazz. \$10, 7pm at the Hoffman Center in Manzanita.

Wednesday 18

MUSIC

Owl Paws. Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Dancing Lessons. Documentary. Acustica World Music will perform prior to the movie. 7:30pm at RiversZen Yoga Studio in Astoria.

FOOD & DRINK

Open House. Introducing Blossom Vinegars Drinking Vinegar Concentrates. Stop by to sample the vinegars (available for sale) and enjoy appetizers. Free, 4 - 7pm at Pat's Pantry in Astoria.

Thursday 19

MUSIC

Tunes in the Dunes Ukelele Fest. \$15, 7pm at the Lincoln City Cultural Center. 541-994-9994

Paul Basile of Great Elk. Indie/Folk. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Fundraising Dinner. \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

HAPPENING

Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. Featuring the Field of 1,000 Flags and American Veterans Traveling Tribute Wall. At Chinook Winds in Lincoln City.

Friday 20

MUSIC

Kris Orlowski. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

Rocktoberfest. Listen to 4 different live rock bands and the Newport drum circle while enjoying German food & beer. Starts at 4pm at the Lincoln City Cultural Center. 541-994-9994.

Paul Basile of Great Elk. Indie/Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

Ted Vaughn Blues Band. 9pm at Roadhouse 101 in Lincoln City.

HAPPENING

Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. Featuring the Field of 1,000 Flags and American Veterans Traveling Tribute Wall. At Chinook Winds in Lincoln City.

OUTSIDE

International Peace Day Golf Tourney. Tie dye shirts, Beatles music, and hugs. \$55/player, cart rental is \$15/player. 1pm shotgun start at the Gearhart Hotel.

Clamming Clinic. With Bill Lackner. Free clinic begins at 5pm with a lecture at the Driftwood Public Library in Lincoln City followed by a field trip to Siletz Bay to dig for clams. 541-265-5847

THEATER

Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 21

MUSIC

King Brothers. Free, 3pm at a Beach Party Blast at McMenamins Sand Trap Pub in Gearhart.

Niall Carroll. No cover, 8 - 11pm at the Irish Pub at McKeown's in Seaside.

Kory Quinn & The Comrades. No cover, 9pm at the Adrift Hotel in Long Beach.

Paul Basile of Great Elk. No cover, 9pm at the Voodoo Room in Astoria.

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

The Strange Tones. 9pm at Roadhouse 101 in Lincoln City.

ART

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 - 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

FOOD & DRINK

Wine Tasting. Wines from Germany/Austria. 1 - 4pm at the Cellar on 10th in Astoria

Barn Raising Dinner. An onsite farm dinner. \$35 suggested donation, 4pm at Fred's Farm in Naselle. Reservations required. Call 360-484-3345 or email fredshomegrownproduce@gmail.com

Depoe Bay Salmon Bake. At Depoe Bay City Park. FMI depoebaychamber.org/event_template.php?idx=9

Farm to Fork Feast. Enjoy an evening of locally harvested food prepared by local chefs, drink, music, raffle and a silent auction. 4- 7pm, at the Logsden Country Club in Siletz. FMI 541-270-4993

HAPPENING

Relay for Life. At Ilwaco.

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

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

Tillamook Music & Brew Festival. Entertainment will be: Jerry Kilgore/Eric Sappington/Blue Bullet Band/Alena Sheldon Band/Benny & Bay City Rockets/Wil Duncan. Admission: Adult w/ 8 tastings \$20, adult w/o \$8, youth (11-20)\$5, 10 & under free w/adult. Kids activities 1 - 5. After 6pm \$5. Tastings (4 oz) \$2. 1 - 10pm at the 2nd Street Public Market in Tillamook.

Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. Featuring the Field of 1,000 Flags and American Veterans Traveling Tribute Wall. At Chinook Winds in Lincoln City.

LITERARY

Poetry Appreciation. Poetry, Poems, and Poets will be discussed during this hour long group meeting. 2 - 3pm at Necanicum Village assisted Living and Memory Care in Seaside.

Manzanita Writers Series. Author Pauls Tontoughi will read from his newest book "Evel Knievel Days." Open Mic session follows. \$7, 7pm at the Hoffman Center in Manzanita.

Writers on the Edge. Author Keith Scribner will read from his newest book "The Oregon Experiment". Open Mic session after. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Cape Disappointment Sprint Triathlon & Duathlon. \$75/person, \$150/team, (maximum three people). 9am at Black Lake Park in Ilwaco. Register at databarevents.com/capedisappointment.asp

Bridges to Breakers Hammerhead 100. A one-hundred mile bicycle ride from the McMenamins St Johns Pub in Portland to McMenamins Gearhart Hotel in Gearhart. Cost is \$75 per rider for Short or Long Routes. Each package includes a T-Shirt, Lunch & BBQ Party at the Beach. More information and registration at bridgestobreakers.com.

Sunday 22

MUSIC

North Coast Blues. 10am - 3pm at the Astoria Sunday Market.

Everything Fitz. \$15, 2pm at the Historic Raymond Theater in Raymond.

Coffee Concert. With Sedona Fire. Concert with coffee and delicious desserts. \$10, 3pm at the Lincoln City Cultural Center. 541-994-9994

Kory Quinn & The Comrades. No cover, 8pm at the Adrift Hotel in Long Beach.

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

ART

Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 - 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.

HAPPENING

Relay for Life. At Ilwaco.

Celebration of Honor. A community-wide celebration to honor veterans of the armed forces, active duty personnel and their families. Featuring the Field of 1,000 Flags and American Veterans Traveling Tribute Wall. At Chinook Winds in Lincoln City.

Monday 23

MUSIC

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

Tuesday 24

LITERARY

Author Appearance. Bestselling author Terry Brooks will talk about writing, the fantasy genre, and his work. 6:30pm at the Driftwood Public Library in Lincoln City. Tickets are free, but required. To reserve your ticket, call 541-996-1242.

Wednesday 25

ART

Mingle & Muse. With Woodcarvers Rebecca Welti & Phoebe Knapp. Free, 4:30pm at the Sitka Center for Arts & Ecology north of Lincoln City. 541-994-9994

FOOD & DRINK

Spice Class. Spice 101: Cooking with Herbs. Free, 6pm at Pat's Pantry in Astoria.

Thursday 26

MUSIC

Redwood Son. Roots Rock/Alt Country. No cover, 8pm at the Adrift Hotel in Long Beach.

LECTURE

Ales and Ideas. Bridging the Higher Education Divide. With Lawrence Galizio. 7pm at the Fort George Lovell Showroom in Astoria.

LITERARY

Author Appearance. R Gregory Nokes, author of "Breaking Chains: Slavery on Trial in the Oregon Territory" will present from his work. Book signing and sales follow the presentation. Free, 7pm at the Seaside Library.

OUTSIDE

On the Land. Natural History Walk at Neawanna Point. Join geologist and NCLC board member Tom Horning and explore an iconic NCLC property. Neawanna Point is home to some of the last forested dunes in the southern Clatsop Plains. Tom grew up just across the estuary from Neawanna Point, and he has a lifetime of observations about the land and the natural stories that it tells. 10am - noon, Free, but reservations are required. Register at nclctrust.org/on-the-land

Friday 27

MUSIC

Country Music Jam. Free, 7 - 9pm at the Wickiup Senior Center in Svensen.

Crown Point. No cover, 7pm at McMenamins Sand Trap Pub in Gearhart.

Redwood Son. Roots Rock/Alt Country. No cover, 8pm at the Adrift Hotel in Long Beach.

JT & the Tourists. 9pm at Roadhouse 101 in Lincoln City.

HAPPENING

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

FOOD & DRINK

Pacific Northwest Brew Cup. An Oktoberfest-style beef festival. Attendees can purchase a souvenir glass mug, which is the official tasting glass for the weekend, and also purchase individual tastes of the various beers. This is a family friendly event with kid's activities as well. At 1792 Marine Drive in Astoria.

THEATER

Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 28

MUSIC

Troll Radio Revue. Americana. \$2 for adults, free for children. 11am - noon at the PAC in Astoria.

Everything Fitz. An evening of fiddle, song and dance with the Fitzgerald Family.

WEEKLY

Friday

MUSIC
Bill Hayes. Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.
Mix & Mingle Jazz Night. With jazz guitarist Wes Wahrmund & friends. Refreshments will be served. Free, 6 – 8:30pm at the Cannon Beach Gallery.
Tom Trudell. Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA.
Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.
Thomasian Trio & Maggie Kitson. Blues/Classic Rock. No cover, 7-11pm at Sweet Basil's Café in Cannon Beach.
Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo's Brew & Cork in Astoria,
HAPPENING
Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 – 7pm at Imogen Gallery in Astoria.

Saturday

MUSIC
Musician's Jam. Free, 2 – 4pm at the Tillamook Library.
Jennifer Goodenberger. Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA
The Honky Tonk Cowboys. Country. No cover, 7 – 10p at the Astoria Moose Lodge.
FOOD & DRINK
Wine Tasting Special. \$9 for 4 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Sunday

MUSIC
All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.
North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.
Brian Johnstone, Flamenco/Jazz/Blues. 5 – 7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.
The Thomasian Trio with Maggie Kitson. Jazz/Blues/Classic Rock. 7pm at Moody's Supper House in Seaside.
Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Monday

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

Tuesday

MUSIC
Richard T. Blues. No cover, 5:30 – 8:30pm at T Paul's Supper Club in Astoria.
Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA
Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.
Bruce Thomas Smith. Acoustic. 7:30pm at Moody's Supper House in Seaside.
Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.
HAPPENING
Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

Wednesday

MUSIC
George Coleman. Pop/Jazz/Folk/Rock. 5:30 – 9pm at Shelburne Restaurant and Pub in Seaview.
The Coconuts. Swing/Jazz/Country/Bluegrass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.
Salty Dogs. Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria,
Jam Session. No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.
Moody's Music Jam. Bruce Thomas Smith will host a music jam every Wednesday. Everyone is welcome. 7 – 9pm at Moody's Supper House in Seaside.
Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.
HAPPENING
Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

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

Thursday

MUSIC
Brian O'Connor. Jazz. 6pm at the Shelburne Inn in Seaview.
Live Music. No cover, 6pm at U Street Pub in Seaside.
Paul Dueber. Folk music from the 70s and 80s. No cover, 6 – 8pm at the Cannon Beach Hardware & Pub.
The Thomasian Trio. Jazz/Blues/Classic Rock. No cover, 6pm at Twisted Fish Steakhouse in Seaside.
Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.
Steamin' Stan Ruffo. Blues/Jazz/Soul/Rock. No cover, 7 – 10pm at Moody's Supper House in Seaside.
Jim Wilkins. 7pm at the Voodoo Room in Astoria.
Salty Dogs. Folk/Blues/Classic Rock. No cover, 9pm at Sam's Seaside Café in Seaside.
ART
Knitting/Spinning Group. 3 – 5pm at the Astoria Fiber Arts Academy.
HAPPENING
Trivia Night. Bring a team or just bring yourself and test your knowledge of useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria.
Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

• • • music • visual arts • literarylecture • outdoor • theater • • •

\$15 - \$30, 7:30pm at the Liberty Theater in Astoria.
Andy Stokes. 9pm at Roadhouse 101 in Lincoln City.
Bar Pilots. 9pm at the Snug Harbor Bar & Grill in Lincoln City.
Erotic City. A Prince tribute band. \$5 cover, 9pm at the San Dune Pub in Manzanita.
ART
Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 – 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.
CINEMA
The Civilian Conservation Corps. A film in the PBS series “The 1930s.” A discussion will follow. Free, 1pm at the Naselle Timberland Library.
FOOD & DRINK
Pacific Northwest Brew Cup. At 1792 Marine Drive in Astoria.
Wine Tasting. New Fall Releases. 1 – 4pm at the Cellar on 10th in Astoria
HAPPENING
Gratitude Gathering. Dinner & theater performance by Aza Cody, recognizing the great work that volunteers do in our community. \$20, 6:30pm in the mail hall of the Bob Chisholm Community Center in Seaside.
Oregon Coast Scenic railroad Dinner Train. Departs at 6:15pm from Garibaldi. 503-842-7972 for tickets and more info.
LITERARY
Banned Books Week Event. View Marjane Satrapi's film, Persepolis (PG-13), and participate in a discussion about the film, the graphic novel of the same name, and intellectual freedom. 2 – 4pm at the Astoria Public Library.
OUTSIDE
Fall Beach Cleanup. Help clean up a beach or riverside near you. 10am – 1pm. FMI, go to solv.org/what-we-do/solve-beach-and-riverside-cleanup
Free Admission to Washington State Parks.
Glen Bard / Bob Chisholm Memorial Golf Tournament. \$85/ individual, \$340/ team. For registration, contact seasifire.com. At the Gearhart Golf Links.
Saturday Morning Stewardship. Neawanna Point Estuary Clean-up. Bring gloves, sturdy boots, rain gear, and water,Tools needed will be supplied. Work continues in the afternoon, so if you want to make a day of it, pack a lunch and stay. Starts at 9am at Neawanna Point at the Necanicum Estuary, Seaside.
THEATER
Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 29

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

Everything Fitz. Canadian Folk. 2 – 4pm at the Tillamook High School Auditorium. For tickets call 503-842-2078
Consort of All Sorts. Baroque and early Classical. Free, donations accepted. 5pm at Grace Episcopal Church in Astoria.
Anna & The Underbelly. No cover, 8pm at the Adrift Hotel in Long Beach.
Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.
ART
Open Studio. Huckleberry Farm Studios open studio weekend. Paintings, prints, cards, calendars, books, and videos. 1 – 5pm at 31205 Hwy 101 North, 2.5 miles south of Wheeler.
FOOD & DRINK
Pacific Northwest Brew Cup. At 1792 Marine Drive in Astoria.
HAPPENING
Bongo Bingo Fundraiser. \$20 for 12 games of bingo with prizes. 3 – 5pm at the Eventuary in Lincoln City. 541-996-6614
OUTSIDE
Sittin' Seagulls Golf Tourney. \$250, noon trick Shot Show, 1pm shotgun start at McMenamins Gearhart Hotel.
Monday 30
MUSIC
Anna & The Underbelly. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 1

MUSIC
Emma Hill. No cover, 8pm at the Adrift Hotel in Long Beach.
ART
Monthly Photo Salon. 7 – 9pm at the Hoffman Center in Manzanita.
HAPPENING
Senior Fair. Full day of exhibits, entertainment and prizes with seniors in mind. 9am-6pm at Chinook Winds in Lincoln City. FMI 800-984-4968
OUTSIDE
Sittin' Seagulls Golf Tourney. \$250, 9am shotgun start at McMenamins Gearhart Hotel.

Thursday 3

MUSIC
The Horde & The Harem. Folk Pop. No cover, 8pm at the Adrift Hotel in Long Beach.
HAPPENING
First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 – 6:30pm at the Astoria Public Library.
THEATER
Gramercy Ghost. Comedy. \$8 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

The Consort of All Sorts September 29

ASTORIA'S OWN Consort of All Sorts returns to Grace Episcopal Church for a Sunday afternoon concert on September 29 at 3:00 p.m. This is the group's second performance at the church following its debut concert in April of this year. The group is made up entirely of local musicians who perform music of the baroque and early classical periods on copies of original instruments. This concert will feature several 18th century compositions by Handel and Telemann, in addition to others, and will venture into the early classical period by performing two of Haydn's London Trios. In keeping with the eclectic approach of the group, reflected in the group's name, the *Consort of All Sorts*, they will include several contemporary arrangements of Celtic tunes that have their roots in the baroque era and earlier.

The concert is free to the public, and donations will be accepted, although not required, and split equally between the Grace Episcopal Church Food Pantry and the Clatsop Overnight Emergency Shelter in Seaside, a shelter opened earlier this year in response to a 30% increase in the homeless population in the county.

The *Consort of All Sorts* includes Judy Woodward on cello, Hannelore Morgan on recorder, Charles Schweigert on baroque flute, Donna Carson on bassoon, Barbara Bate on piano, Ray Lund on harpsichord, and Drew Herzig as percussionist and vocalist in the group.

This concert will feature a mixture of duos, trio sonatas, and quartets by such baroque luminaries as Telemann, Handel, and Quantz. The Celtic pieces date to the 18th Century and earlier, while the baroque pieces stand squarely in the Baroque period, which ended

around the time of the death of Johann Sebastian Bach in 1750. It was not at all uncommon for music in the Baroque era composed for a specific group of instruments to be played on whatever was at hand. In this case, a tenor recorder and the baroque flute substitute well for violins in some of the original arrangements, and the bassoon, played by the Consort's newest member, Donna Carson, doubles the continuo part played by the cello.

The name for the group comes from the title of a book by Canadian author and painter, Emily Carr, who wrote a memoir of her life in Victoria, B.C., in the early years of the 20th century. The book is titled *The House of All Sorts* and it chronicles the daily life at a rooming house she ran for “all sorts” of zany characters. In the realm of music, “consort” is a somewhat antiquated term for a group of similar or dissimilar instruments or voices, a good match for this group of musicians, and a name that allows for the addition of other instruments as they are needed. It also leaves open the possibility of exploring music from other periods in addition to the Baroque.

Also on the Consort's schedule for this year is a concert at the Astoria Public Library



Left to right: Judy Woodward, Hannelore Morgan, Donna Carson, and Charles Schweigert. Absent from the photo are Drew Herzig, Barbara Bate, and Ray Lund.)

on December 13 as part of the library's Friday Evening Music series. Instrumental and vocal music from the baroque period will also be featured at that concert, this time with selections appropriate for the holiday season. That concert is also free to the public and will begin at 6:00 p.m. Families with children are encouraged to attend and are always welcome at these concerts by the *Consort of All Sorts*.
Sunday, September 29, 3pm. Grace Episcopal Church, 1545 Franklin St., Astoria. FREE. FMI: contact Charles Schweigert at 503-325-1895, or by e-mail at schweigertstudio@yahoo.com

Buy a Book, Help a Student

Book Release: Sign of the Throne



LOCAL AUTHOR Melissa Eskue Ousley will be reading from her new young adult novel, *Sign of the Throne*, at 4pm on Saturday, September 14 at a book launch party at Beach Books in Seaside (616 Broadway). For every book sold during the first week of its release (September 14-21), the author will donate one dollar to Clatsop Community College for student scholarships (up to \$500).

Eskue Ousley's debut novel, published by Seattle-area based Castle Garden Publications, is the first book in *The Solas Beir Trilogy*. "I wanted to create a smart book for the young adult audience that combines legends and psychological concepts in a fantasy story with adventure, romance, humor, and an insidious evil hidden in plain view," said Eskue Ousley, a former educator with interests in psychol-

ogy and mythology. "*Sign of the Throne* is filled with mythological creatures and political intrigue. It's a modern fairy tale featuring strong female characters both as heroines and villains."

The story is about Abby, a girl haunted by dreams of an ivory castle, blood-thirsty monsters, and a striking stranger. When Abby encounters David, the doppelgänger of the mysterious young man in her dreams, she realizes her nightmares come true. Braving the attacks of shape-shifting bogeymen, Abby and David must find a way to save a magical realm, and all of humanity, even if it means losing each other.

Early reviews have provided strong praise for the book, describing it as "a perfect combination of contemporary fiction, fantasy, and folklore....Readers will find themselves getting lost in Eskue Ousley's fantastic tale of magic, danger, and adventure." -Kira Watson, *My Dear Bibliophage*. Howard Paerson, of *Parson's Rant* called it "an extremely well written story that is remarkable in its clarity of concept and execution. This is what outstanding writing both looks and reads like."

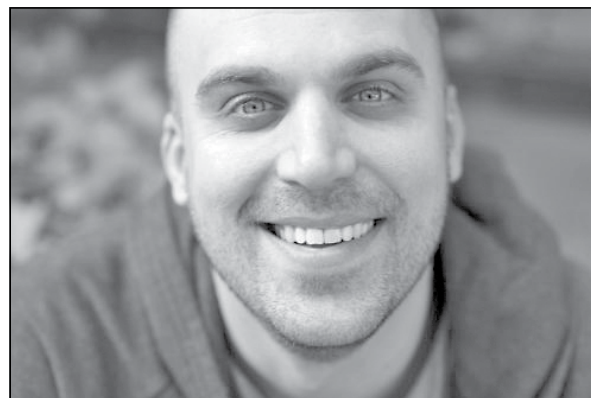
Additional information is available from the author's website, MelissaEskueOusley.com.

Sign of the Throne will be available for purchase September 14 at Beach Books and other independent bookstores and on Amazon.com.



Pauls Toutonghi: Evel Knievel Days

Hoffman Center • September 21



PAULS TOUTONGHI reads from his book *Evel Knievel Days* at the Hoffman Center at 7pm on Saturday September 21. His writing has appeared in *Granta*, *GlimmerTrain*, *Zoetrope*, *The New York Times*, *The Boston Review*, *Sports Illustrated*, *Book Magazine*, and numerous other periodicals. He received a Pushcart Prize for his short story, *Regeneration*, which appeared in *The Boston Review* in 2000, when Toutonghi was twenty-three.

Pauls Toutonghi was born in 1976 to an Egyptian father and a Latvian mother. After receiving his PhD in English Literature from Cornell University, Toutonghi moved from Brooklyn, New York to Portland, Oregon — where he now teaches at Lewis & Clark College.

His first novel, *Red Weather*, published in 2006, was translated into Latvian and German, and received strong reviews in *The New York*

Times, *The Seattle Times*, *The Oregonian*, *The Chicago Tribune*, and *The San Francisco Chronicle*, among others.

The action in the *Evel Knievel Days* moves between Butte, Montana, hometown of motorcycle daredevil Evel Knievel, and Cairo Egypt. It's a heartwarming, witty story of immigration and belonging, false starts and new beginnings, and finding out what home truly means.

"A funny, heart-warming, compulsively readable novel about the unbreakable bonds of family — and baklava." — Garth Stein, Author.

Following Pauls Toutonghi's reading and Q&A, we'll have our popular Open Mic where up to nine local writers will read 5 minutes of their original work.

Admission for the evening is \$7. On Saturday during the day, Toutonghi will teach a writing workshop on *Dialog* from 1pm to 3pm for \$25.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) FMI: hoffmanblog.org

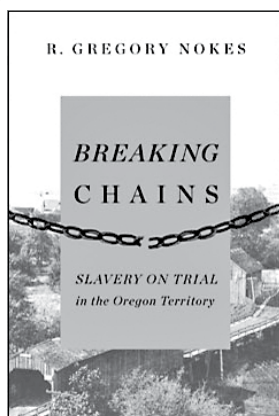


Gregory Nokes: Breaking Chains

at Seaside Library

SEASIDE LIBRARY hosts R. Gregory Nokes, author of "*Breaking Chains: Slavery on Trial in the Oregon Territory*," on Thursday, September 26, 7pm. The event will take place in the Community Room and there will be book sales and signings presented by Beach Books.

Breaking Chains focuses on slaves brought to Oregon from Missouri in the mid-1800s. It is told against the background of the national controversy over slavery that led to Civil War in 1861. Few know that Oregon's 1857 Constitution included an article banning African Americans from the state. Although it was never enforced, Oregon became the only free state admitted into the union with such a clause. The book also examines the question of whether Oregon would be a free or slave state, a discourse that once dominated the political landscape. During this tumultuous time many prominent



Oregon leaders were defenders of slavery.

Relying on court testimony, Nokes' book also includes a rare account of the relationship between a slave and his master from the slave's point of view. He recounts the agonizing 15-month court battle in which former slaves Robin and Polly Holmes sought to free their three children from Nathaniel Ford who brought them to Oregon in 1844.

R. Gregory Nokes spent 25 years with the Associated Press and 15 years with *The Oregonian*. He was an economics and diplomatic correspondent and traveled to more than 50 countries during his career. He attended Willamette University and attended Harvard as a Nieman Fellow.

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

SEASCAPE POETRY FESTIVAL

Peace and Justice theme

Seascape, a poetry festival to be held October 12 in Lincoln City, has launched a poetry contest on the general theme of peace and/or justice. There is an adult and youth (17 and under) division. Prizes will be awarded, including \$25 to winners.

Submissions must be received by October 4. Mail to: Seascape, P.O. Box 838, Neskowin OR, 97149. Winners will be announced during the daylong poetry festival October 12 at the Congregational Church in Lincoln City.

The festival will feature readings, workshops and discussion by four well-known Oregon writers and publishers. It will include an open mike for public participants.

For information phone Opening Door at 541-921-1395 or 503-392-3717 or email opening-door.lc@gmail.com.

Finnish Rug Weaving Lecture

At Suomi Hall

YVONNE LOCKWOOD, Finlandia Foundation National's Lecturer of the Year for 2013, will make a presentation on Thursday, September 12th, at 6:30 pm at Suomi Hall, 244 W. Marine Drive, in Astoria. She will do a power point presentation on Finnish rag rug weaving which will include the history as well as current rug weaving in Finland.

Ms. Lockwood is a student of Finnish American culture. Although born and raised in the densely, Finnish-populated Upper Peninsula of Michigan, she went to high school and college in California. When she returned to Michigan and began research in Finnish America, everything was both familiar and new; it was as though she was both an outsider looking in and an insider recalling a life to which she now returned. She received her PhD from the University of Michigan in Ann Arbor. Her book, *Finnish American Rag Rugs: Art, Tradition, and Ethnic*



Continuity is the result of 20 years of research, interviews with weavers and loommakers, and writing. Currently, she is comparing traditional material culture in Finnish America and in Finland.

From 1981-2009 she was curator of folk life at the Michigan State University Museum which provided a format to investigate different cultures in Michigan and

the Great Lakes region. Since her retirement, she frequently goes to Finland to learn more about Finland's traditional crafts and to study Finnish.

This presentation is open to the public. There is no admission charge, but donations will be gladly accepted. Refreshments will be served.

Sponsors of this event are the UFKB&S No. 2 of Astoria, the Finnish American Folk Festival and Appelo Archives Center of Naselle.

SALINGER (Sept. 6 limited release)

Screenwriter Shane Salerno, best known for being one of the writers of *Armageddon*, spent nine years and \$2M of his own money to produce this doc on J.D. Salinger, the reclusive writer of *The Catcher in the Rye*. Salerno interviewed 200 sources for the movie and accompanying book, and security was so tight that the existence of the film was unknown until some of his interview subjects spilled the beans in 2010. After publishing his generation-influencing novel of disaffected youth in 1951 with its unforgettable protagonist Holden Caulfield, Salinger published only four more works, the last coming in 1965. Although he wrote every day, no Salinger books appeared since. Appalled by the attention Catcher garnered him, Salinger moved to a small town in New Hampshire and became a semi-recluse, only rarely emerging in the public eye. Apparently, *Salinger* contains some bombshell information about the author, although Salerno would not confirm or deny that he had interviewed Salinger before his death in 2010. One of the few facts Salerno has divulged in interviews is that Salinger's estate is sitting on at least five books which will be published starting in 2015. In advance reviews of Salerno's book and in interviews Salerno details how Salinger the writer was formed by his horrific experiences in World War II where Salinger experienced firsthand the horrors of Nazi death camps. After the war, suffering from post traumatic stress disorder, he checked himself into a hospital before resuming his writing career and writing the book for which he would become famous.



THE FAMILY (Sept. 13) Robert DeNiro and Michelle Pfeiffer star in this dark comedy about a Mafia family transplanted to France under the witness protection program. When Mafia boss Giovanni Manzoni (DeNiro) gives testimony in court this lands Don Mimino (Dominic Chianese) the head of the five families, in prison. The Don vows revenge against Manzoni and his entire family so the U.S. Marshalls move the family to Normandy, changing their identities to the Blakes. Changing names proves easier than changing ingrained habits so the family reverts back to their "family" nature when problems arise. Before long, Giovanni has broken the arms of a local plumber, (wife Maggie) Pfeiffer burns down a supermarket after a derogatory remark is made about her. Belle, their teenage daughter handily dispatches two teenage boys with bad intentions with a tennis racket. Meanwhile, her brother Warren, after being taken for money by bullies, not only gets revenge but goes into the protection business. This leaves the Blakes' supervising agent Quintilliani (Tommy Lee Jones) fuming as it becomes increasingly difficult to keep the unruly Blakes undercover. Eventually, ten Mafia soldiers sent by Don Mimino arrive in the village bent on revenge.

PRISONERS (Sept. 20) French Canadian director Denis Villeneuve who made the Oscar-nominated *Incendies*, directs his first Hollywood feature with the abduction drama *Prisoners*. R-rated pic is already being mentioned in the same breath with intense thrillers like *Seven* and *Mystic River*. Hugh Jackman stars as Pennsylvania carpenter Keller Dover, a



no-nonsense man who takes his teenage son Ralph hunting and keeps a basement full of canned food in case of emergency. All of Keller's preparedness can't prevent what happens next. At a Thanksgiving dinner at their neighbors

Franklin and Nancy Birch (Terrence Howard, Viola Davis), Keller's 6-year-old daughter Ana goes outside to play with the Birch's daughter Joy. Before the meal is over, both have vanished. Enter Detective Loki (Jake Gyllenhaal) a haunted looking man who has never failed to solve a case.

The only clue: Ralph remembers the two girls playing near a camper parked down the street, which may have been occupied. Soon enough, the camper is found but with no trace of the girls. The owner, Alex (Paul Dano), is a mentally disabled man who lives with his aunt (Melissa Leo). Keller is convinced Alex is the kidnapper and knows where the girls are, but with no evidence tying him to the crime, the police are forced to let him go, enraging Keller, who is well aware that there is a ticking clock for finding kidnap victims alive. With his wife Grace (Maria Bello) falling apart under the strain and near the breaking point himself, Keller takes the law into his own hands and kidnaps Alex. Imprisoning him in a run-down apartment building he owns, Keller tortures Alex for information on the girls whereabouts. In the meantime, Det. Loki, dismissed by Keller as ineffective, has found another suspect – a young man with the habit of collecting little girls clothes. While a gripping whodunit, *Prisoners* is really about the morality of means justifying the ends.

RUSH (Sept. 20) Oscar-winning director Ron Howard, who has done several movies based on real-life events (*Apollo 13*, *A Beautiful Mind*, *Frost/Nixon*) returns with real life story of the competition between car drivers Niki Lauda (Danile Brühl) and James Hunt (Chris Hemsworth) for the Formula One world championship of 1976. The two drivers are polar opposites. The handsome Hunt carries himself with rock star swagger, shagging, drinking and drugging with gusto, often up till minutes before race time. The far less glamorous Lauda has teeth so bad he's nicknamed "The Rat," and is socially clumsy yet is a brilliant technician. Hunt races for McLaren, Lauda for Ferrari. The two are alternately repelled and fascinated by each other. "To be a champion you have to really believe it. You're just a party guy," Lauda says to Hunt. But once the race starts both become superlative drivers consumed with winning. But their sport is extremely dangerous. "Twenty-five people start Formula 1, and each year, two die," says Lauda. Their rivalry is sparked in a lower division race when Hunt pulls a risky move that endangers both their lives. Early in the 1976 season, Lauda piles up victories, but after taking a highly uncharacteristic risk during the Berlin Grand Prix he crashes his Ferrari and is badly burned, nearly losing his life. His determination is such that he returns in two months. Hunt has pulled ahead in the points race leading to the final Grand Prix race of the season in Japan to determine the world champion.

PARKLAND (Sept. 20 limited release) With the 50th anniversary of the JFK assassination approaching, journalist-turned-filmmaker Peter Landesman's docudrama on the Kennedy assassination focuses on the little people, eschewing the approach Oliver Stone took with *JFK*, where the focus was on major players and conspiracy theories. At the Venice Film Festival Landesman said "*Parkland* is not out to pick a fight and start a dialogue about conspiracy. It is utterly focused on the raw emotion of the weekend." The title refers to Parkland Hospital in Dallas where President Kennedy and Lee Harvey Oswald were taken after the Kennedy was shot. Film follows the FBI/Secret Service agents charged with protecting the President, particularly FBI Agent James Hosty (Ron Livingston) who was investigating Oswald before the assassination and subsequently was told to destroy file to avoid embarrassing the bureau. Zack Efron and Colin Hanks play attending physicians in the ER who must put their personal shock aside while they attend to the grievously wounded president in a graphic scene. Paul Giamatti plays Abraham Zapruder, home movie enthusiast and Kennedy admirer who filmed the assassination on his 8mm camera. Afterwards, Zapruder is mobbed by the press who want to buy the rights to the film. The emotional center of the film is James Badge Dale's performance as Lee Harvey Oswald's older brother Robert. Shock, grief and shame plague Robert and his family with the exception of showboating matriarch Marguerite Oswald, who revels in the attention of the press. Landesman said that Robert Oswald woke up one day and realized that "his brother (was) the devil."

**Astoria International Film Festival October 18-20**

The 2013 *Astoria International Film Festival*, a world-class film festival – now in its 7th year – takes place October 18-20 in Astoria on the northern Oregon Coast.

The Festival provides an amazing venue for film buffs and those in pursuit of intellectual adventures to immerse themselves in a thoughtfully-curated selection of over 15 documentary and dramatic films by regional and international filmmakers, in a private screening-like setting at the 1925 vaudeville-style restored Liberty Theater (downtown Astoria), over a weekend.

As in the style of other film festivals, such as Park City, Utah's Sundance International Film Festival, the *Astoria International Film Festival* provides unique opportunities to interact with the directors of select films, and to converse and socialize with other festival attendees.

"Our mission is to attract and showcase the work of independent film and video artists and writers," said Executive Director and Founder Ron Craig. "Ultimately, we seek to present a collection of films, frequently recent world premieres and award winners, that sometimes push you out of your cerebral comfort zone and inspire a dialogue on the issues broached with your closest friends, new acquaintances, or within your own mind."

The festival experience is complemented by the hospitality of Astoria, recently named by the Smithsonian as one of the most intriguing small towns to enjoy arts and smarts in the USA: lodging and dining from bed and breakfast inns to national hotel chains, from microbreweries to fine dining seafood restaurants.

This year's venue will include two 2013 released films by Oregon film directors, *Alien Boy: The Life and Death of James Chasse*, a documentary by Brian Lindstrom, and *Everything Went Down*, a dramatic/musical by Dustin Morrow and Kacey Morrow.

Astoria International Film Festival is a non-profit organization.

For the upcoming film schedule and additional information go to: www.goaiff.com. Tickets are available at the Liberty Theater Box Office (Astoria) 503.325.5922 or TicketsWest.

Oregon Filmmaker Brian Lindstrom's Film Alien Boy in Dispute

Who should be credited with writing *Alien Boy: The Life and Death of James Chasse*, a 2013 documentary by Oregon filmmaker Brian Lindstrom, is currently in dispute.

It is perhaps ironic that a documentary film that chronicles the controversial death of Portland resident James Chasse while in Portland police custody is now in a controversial battle of its own.

At the center of the disagreement, former *Portland Mercury* writer Matthew Charles Davis alleges that he served as the writer of the film, but was downgraded to writing consultant shortly before the film's February 2013 premiere showing in Portland, Oregon.

The film's next scheduled venue, the *Astoria International Film Festival*, is being threatened with a legal injunction by Matthew Charles Davis' attorney to prevent the screening of the film at the 7th annual *Astoria International Film Festival* to be held in Astoria, Oregon on October 18, 19 and 20, 2013.

The *Astoria International Film Festival (AIFF)* is, as is appropriate, nonpartisan to this dispute, said AIFF Executive Director and Founder, Ron Craig. "*Alien Boy: The Life and Death of James Chasse* was submitted to the Festival, and we intend to show it. It is a powerful film with a story that needs to be told," he added.

"The controversy surrounding the film, however, serves to highlight the complexities and struggles involved with independent filmmaking and distribution," said Craig. "The involvement of numerous people, many volunteering their skills and time; shoe-string budgets; and films that can take years to complete . . . stand between most independent filmmakers and their opening night or premiere."

The *Astoria International Film Festival* -- now in its 7th year -- is no stranger to controversy given its mission to attract and showcase the work of independent film and video artists and writers, said Craig.



FREE WILL ASTROLOGY

September

© Copyright 2013 Rob Brezsny

ARIES (March 21-April 19): You seem primed to act like a ram, the astrological creature associated with your sign. I swear you have that look in your eyes: the steely gaze that tells me you're about to take a very direct approach to smashing the obstacles in your way. I confess that I have not always approved of such behavior. In the past, you have sometimes done more damage to yourself than to the obstruction you're trying to remove. But this is one time when the head-first approach might work. There is indeed evidence that the job at hand requires a battering ram. What does your intuition tell you?

TAURUS (April 20-May 20): "I'm Gonna Be (500 Miles)" is a raucous love song by the Scottish band The Proclaimers. In the chorus, the singer declares, "I would walk 500 miles / And I would walk 500 more / Just to be the man who walked 1000 miles / To fall down at your door." In 2011, a Chinese woman named Ling Hsueh told her boyfriend Lie Peiwen she would marry him if he took the lyrics of this song to heart. In response, loverboy embarked on a thousand-mile hike to the distant city where she lived. His stunt seemed to have expedited the deepening of their relationship. The two are now wed. In accordance with your current astrological omens, Taurus, I encourage you to consider the possibility of being a romantic fool like Liu Peiwen. What playfully heroic or richly symbolic deed might you be willing to perform for the sake of love?

GEMINI (May 21-June 20): "The works must be conceived with fire in the soul but executed with clinical coolness," said the painter Joan Miró in describing his artistic process. I recommend a similar approach to you in the coming weeks. Identify what excites you the most and will continue to inspire and energize you for the foreseeable future. Activate the wild parts of your imagination as you dream and scheme about how to get as much of that excitement as you can stand. And then set to work, with methodical self-discipline, to make it all happen.

CANCER (June 21-July 22): My vision of you in the coming weeks involves you being more instinctual and natural and primal than usual. I have a picture in my mind of you climbing trees and rolling in the grass and holding bugs in your hands and letting the wind mess up your hair. You're gazing up at the sky a lot, and you're doing spontaneous dance moves for no other reason than because it feels good, and you're serenading the sun and clouds and hills with your favorite songs. I see you eating food with your fingers and touching things you've never touched. I hear you speaking wild truths you've bottled up for months. As for sex? I think you know what to do.

LEO (July 23-Aug. 22): The Japanese word *senzuri* refers to a sexual act of self-love performed by a man. Its literal meaning is "a hundred rubs." The corresponding term for the female version is *shiko shiko manzuri*, or "ten thousand rubs." Judging from the astrological omens, I'm guessing that the applicable metaphor for you in the days ahead will be *shiko shiko manzuri* rather than *senzuri*. Whatever gender you are, you'll be wise to slowwww wayyyy down and take your time, not just in pursuit of pleasure but in pretty much everything you do. The best rewards and biggest blessings will come from being deliberate, gradual, thorough, and leisurely.

VIRGO (Aug. 23-Sept. 22): "A beginning is the time for taking the most delicate care that the balances are correct," wrote science fiction author Frank Herbert. I urge you to heed that advice. According to my analysis of the astrological omens, you will oversee the germination of several new trends in the coming weeks. Future possibilities will reveal themselves to you. You will be motivated to gather the ingredients and formulate the plans to make sure that those trends and possibilities will actually happen. One of the most critical tasks you can focus on is to ensure that the balances are righteous right from the start.

LIBRA (Sept. 23-Oct. 22): The online Time Travel Mart sells products you might find handy in the event that you travel through time. Available items include barbarian repellant, dinosaur eggs, time travel sickness pills, a centurion's helmet, a portable wormhole, and a samurai umbrella. I have no financial tie to this store. So when I recommend you consider purchasing something from it or another company with a similar product line, it's only because I suspect that sometime soon you will be summoned to explore and possibly even alter the past. Be well-prepared to capitalize on the unexpected opportunities. (Here's the Time Travel Mart: <http://826la.org/store>.)

SCORPIO (Oct. 23-Nov. 21): Mystic poets find the divine presence everywhere. The wind carries God's love, bestowing tender caresses. The scent of a lily is an intimate message from the Holy Beloved, provoking bliss. Even a bowl of oatmeal contains the essence of the Creator; to eat it is to receive an ecstatic blessing. But those of us who aren't mystic poets are not necessarily attuned to all this sweetness. We may even refuse to make ourselves receptive to the ceaseless offerings. To the mystic poets, we are like sponges floating in the ocean but trying very hard not to get wet. Don't do that this month; Scorpio. Be like a sponge floating in the ocean and allowing yourself to get totally soaked.

SAGITTARIUS (Nov. 22-Dec. 21): James Caan is a well-known actor who has appeared in more than 80 movies, including notables like *The Godfather*, *A Bridge Too Far*, and *Elf*. But he has also turned down major roles in a series of blockbusters: *Star Wars*, *Close Encounters of the Third Kind*, *One Flew Over the Cuckoo's Nest*, *Kramer vs. Kramer*, *Blade Runner*, and *Apocalypse Now*. I present his odd choices as a cautionary tale for you in the coming weeks, Sagittarius. Don't sell yourself short. Don't shrink from the challenges that present themselves. Even if you have accomplished a lot already, an invitation to a more complete form of success may be in the offing.

CAPRICORN (Dec. 22-Jan. 19): "What a terrible mistake to let go of something wonderful for something real," says a character in one of Miranda July's short stories. I'm offering similar advice to you, Capricorn. The "something real" you would get by sacrificing "something wonderful" might seem to be the more practical and useful option, but I don't think it would be in the long run. Sticking with "something wonderful" will ultimately inspire breakthroughs that boost your ability to meet real-world challenges.

AQUARIUS (Jan. 20-Feb. 18): "There is more truth in our erotic zones than in the whole of religions and mathematics," wrote the English artist Austin O. Spare. I think he was being melodramatic. Who can say for sure whether such an extreme statement is accurate? But I suspect that it's at least a worthy hypothesis for you to entertain in the coming weeks, Aquarius. The new wisdom you could potentially stir up through an exploration of eros will be extensive and intensive. Your research may proceed more briskly if you have a loving collaborator who enjoys playing, but that's not an absolute necessity.

PISCES (Feb. 19-March 20): "This suspense is terrible. I hope it will last." So says a character in Oscar Wilde's play *The Importance of Being Earnest*. I could envision you speaking those words sometime soon. Plain old drama could creep in the direction of passionate stimulation. High adventure may beckon, and entertaining stories might erupt. Soon you could find yourself feeling tingly all over, and that might be so oddly pleasing that you don't want it to end. With the right attitude -- that is, a willingness to steep yourself in the lyrical ambiguity -- your soul could feed off the educational suspense for quite a while.

Homework: What was your last major amazement? What do you predict will be the next one? Testify at Freewillastrology.com.

The Pedaling Adventures of Madame Velo (a.k.a. The Bike Madame)

By Margaret Hammitt-McDonald

Helmet Heroics: Presenting the Brain Bucket to Children



she seems to find it entertaining (especially tasting the chin strap). When the passenger is ready, you can road-test your trailer or baby bike seat on a short trail ride where his/her squeals of joy or howls of displeasure are audible.

If you choose to wait until the child is old enough for his/her own early-years steed, then the embarrassment factor might come into play. Toddlers and preschoolers

have distinct preferences (recall your last skirmish over a detested food), so take him/her along to select a brain bucket. Children's helmets now come in a variety of styles, so consider design features as well as looks (such as matching a type with many vents to a child with a sweaty head and testing different configurations of internal padding for comfort). Mike, owner of Mike's Bike Shop in Cannon Beach, told me that he encourages parents to model wearing helmets—including demonstrating how fun and cool they are—so the child will be enticed to try. While adults aren't legally required to wear bike helmets as children are, seeing one's parents so crowned while riding prompts the child to consider helmets essential accessories. (School-age children, so conscious of parental antiquity, might prefer a style that's distinct from their parents'—it's better for them to consider your helmet style, rather than helmets overall, to be obsolete.)

Whatever type of helmet your child wears, be sure he/she is wearing it correctly. Even with all those free helmet fittings at safety fairs, I still see children's helmets worn far back on their heads and leaving the forehead exposed. People don't usually fall backward off a bike, so keep your child's forehead protected—that's the area that often hits the ground.

These days, you don't have to snatch a shaving bowl from a barber shop to ride off on a noble quest, but keeping young adventurers out of the clutches of windmills is another matter!

IN THE musical version of Cervantes' comic epic *Don Quixote*, the titular character gilds everyday objects in mythic splendor, such as a shaving bowl that becomes the legendary Golden Helmet of Mambrino. My brother and I imagined the skinny knight getting a perfect bowl haircut and then riding to battle in barber-shop glory. As children of the 1970s, we had never worn helmets for bicycling or otherwise, so his outlandish headgear had no precedent in our experience. Four decades later, parents are faced with the task of convincing a skeptical offspring that he or she is about to don the Golden Helmet of Mambrino, not a humble, unflattering, and/or embarrassing barber's bowl.

Before you go helmet-shopping with Baby Quixote, you need to determine if he/she is developmentally read to tag along safely. He/she needs sufficient neck and trunk strength to hold up the head while wearing a helmet and bouncing over bumps in the road. The helmet also needs to fit without adding extra padding. Safety experts recommend starting babies on bike travel at one year, although some may attain the required strength and head size earlier or later.

Because the littlest travelers are conscious of comfort rather than fashion, the aim is to get them used to the feel of a helmet before that first ride. We purchased Luthien her first helmet a few weeks ago and put it on her head for ten minutes or so, with the aim of lengthening her Mambrino sessions until she wears it for the hour's duration of our trip to work without protest. So far,

WORKSHOPS/CLASSES

DOES FOOD RUN YOUR LIFE? Come to Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

TAC FALL TERM 2013-14. September 22, 2013 - December 21, 2014 Class Location: Tolovana Community Hall, 3779 S. Hemlock, Cannon Beach, OR. Dance and Fitness for all ages, Photography, Painting and more. For class schedules and offerings go to tolovanaartscolony.org. Pre-register by phone or email with the class instructor. A 10% tuition discount is honored for Tolovana Arts Colony members. Membership applications are available from instructors at the first day of class or workshop or by going online to www.tolovanaartscolony.org. All new members receive a free TAC journal. Class and workshop scholarships are available from TAC In Honor of Irv Levine. Email the TAC to request an application.

French Conversation Group Re-Start. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/ person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

Computer Basics. Third Saturday of each month 9:00am-10:00am. If you're new to PC computers or just needing to update basic skills, this class is for you. Each class is tailored to meet the needs of participants. Free, at the Astoria Public Library.

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

Toddler Arts Group. Every Wednesday 10 to 11am –Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City. t

CELEBRATE RECOVERY • Nazarene Church, 2611 3rd St, Tillamook. Adult & teen 12 step program. Child care provided. Call 503-812-3522 for more information. Tuesdays, 7-9, Dinner at 6 by donation.

Natural Childbirth Classes. Do you want a better birth? Starting on Sunday evening September 1st, Homebirth midwife Kristen Downer, will be offering a natural childbirth education series with 4 parts. It's fun, interactive, and a chance to meet other expecting mothers and couples. You will learn advanced coping skills and pain management, you will be able to write an informed birth plan for hospital or home birth, you will have a better understanding of stages of labor and what to expect at the birth, and some helpful information for breastfeeding and newborn care. All taught by Kristen Downer, homebirth midwife! It's \$95 for the 4 week series, pre-registration is helpful. For more details check

out www.astoriamidwife.com and click on the Childbirth Education page. Happy Birthing!"

BODY WORK •YOGA •FITNESS

YOGA • NCRD. Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday,Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level I, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

LOTUS YOGA. 1230 Marine Drive, Downtown Astoria. Ongoing classes on a month to month basis. Call (503)298-3874, Check web for class schedule updates. Email lotusyoga@live.com, website www.lotusyoga-online.com Yoga/Private Instruction.

Gentle Stretching Classes (M/W/F 9-10 AM & M/W 5:30-6:30 PM classes available) at Waves of Change Wellness Center, 1 12th Street suite #8 Astoria-qigong Classes offered TU/TH mornings 8:30-9:30 AM

ECSTATIC DANCE. Ecstatic, trance, yogic, spirit filled), playful, improvisational, freestyle - We're Dancing! Wed. at 6:30 at Pine Grove Community House, 225 Laneda Ave. in Manzanita. No experience necessary. You are welcome to bring Instruments of any sort to play along with what we've got going. Cost is a sliding scale from \$5 - \$7, or free if you really need to just be there.

“LEARN SELF DEFENSE IN ASTORIA. Kenpo Karate for Adults, WEEKLY KENPO KARATE CLASS every Friday, 5:15pm till 6:30pm, 342-10th Street, 2nd floor, Astoria, OR 97103.Class tuition is \$40.00/ mo. Instructor is a Black Belt in Ed Parker's American Kenpo Karate. Visitors are welcome to drop in and see the class or inquire for free introductory lesson.Sign-up by e-mail at: jbgroove2@crescomm.net or by phone at: 360-665-0860".

YOGA • MANZANITA. Silver Services Yoga with Holly Smith. Meeting each Thursday from 10 to 11:30am beginning March 14, 2013. Cost: \$40 for five classes. (Sorry, no drop-ins) To Register: Call Holly at 503-368-4883. There is a richness which comes from lessons learned in the later stages of life. Silver Services Yoga provides instruction in simple yoga postures with props, breath and energy work, meditation and relaxation.

ZUMBA CLASSES/NEHALEM. At the Lighthouse located at 36480 Hwy 101 in Nehalem. Mon and Wed. 5pm – 6pm. Beginners pace for all ages, 12 and over. 5.00 per class. First class FREE.

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

YOGA • Manzanita. The Center for the Contemplative Arts, Manzanita: Tuesday

evenings 5 - 5:45pm. \$35 for 5 classes. Call 368-6227 for more info.

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

YOGA • Nehalem. Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

QI GONG CLASSES/ASTORIA. Taught by Linda Williamson at Wave of Change in Astoria. #1 12th St. Tuesday and Thursday 8:30am to 9:30am. Qigong is an ancient Chinese system of exercise and meditation. 503.861.2063

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

TAI CHI AND STRETCHING. New Tai Chi Classes forming the first week of each month (am and pm times available) At WavesOf Change 1002 Marine Drive in Astoria. Also gentle stretching classes and light resistance training. Sat May 19 - Reiki Level 1 class 9 am - 3 pm, Sat June 2nd Aromatherapy Spa Party 2 pm, Sat June 23 Intro to Aromatherapy (Level 1) 9 am - 4 pmCall for details 503.338.9921

Pilates Exercise starts Monday, June 24 and runs Mondays and Wednesdays through August 14 from 6:30-7:20 pm. Loosen stiff joints, lose weight, increase your cardiovascular stamina & respiratory strength all at the same time. Please bring a yoga mat with you to class. This class is taught by Mary Jo Gruhlkey, and the cost is \$55. Class registration is open now at www.clatsopcc.edu/register or call 503.338.2402 or 503.338.2408.

Adult Beginning Tennis is held on Mondays and Wednesdays, June 24 through July 17, from 6:00-6:50 pm. Learn the basics of tennis with the fundamentals of fore-hand, backhand, the serve and volley. Please bring your own racquet and a can of balls. The class is taught by Donna Geertz who has a Bachelor's degree in Physical Education. Cost for this class is \$50. Class registration is open now at www.clatsopcc.edu/register or call 503.338.2402 or 503.338.2408.

Waves of Change Class Schedule. M-W-F 9-10 AM—Adv. Stretching Class with Light resistance training. M-W-F 10-11 AM—Beginning Gentle Stretching. M-W 530-630 PM- Beginning Gentle Stretching with Angela Sidlo. TU/TH 830-930 AM - Qigong with Linda Williamson. TU/TH 10-11 AM—Tai Chi Fan 36 Form with Angela Sidlo. TU/TH 530-630 PM—Tai Chi with Angela Sidlo. Saturday 9-10 AM - Stretching class with Angela. Private lessons available \$25/hr. Drop In rate for stretching classes \$10

HIKE THE NORTH OREGON COAST WITH ANGORA HIKING CLUB. This year the Angora Hiking Club will be leading 8 hikes that will cover the 64.4 miles of the north portion of the Oregon Coast Trail. These hikes are open to the community, and we encourage you to join us for one or all of the walks. If you have questions about this program, contact Arline LaMear, 503-338-6883. Car shuttles will begin at the Basin St. parking lot across Basin

St. from Astoria KFC. Walkers should gather there by 9 a.m. for the March, April, May and June hikes. The remaining hikes, July, August, September, and October will begin at 8 a.m. to allow extra time for the longer drives to the walk start points. A record book is available for \$2 in which to record the eight legs of the North Oregon Coast Trail. Upon completion of all eight hikes, participants will receive a certificate. If you are interested in receiving one of the record books, please call 503-338-6883 so we will know how many to have on hand.

SPIRITUALITY

FULL MOON LEMURIAN CONNECTIONS. Join the fun as we explore ways to help keep our ocean and beaches healthy and retain the magical spirit of honoring the element of water. The Lemurians are ancient earth healers and have much to share with us if we are ready to listen to them. Sept 19th, 2013 Place: Gearhart, Oregon Time: 7 pm. Celebrating the full moon and the Lemurian connections. \$35. Contact: Cindy McGonagle Phone: 503 531 2758website: cindymcgonagle.comemail: gardennotes@msn.com

COLUMBIA RIVER MEDITATION GROUP. Sponsored by Great Vow Monastery. Meets ever Wednesday in the Flag Room of the Public Library. Time: 5:45 - 6:55. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

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

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

VISITOR CENTER SEEKS VOLUNTEERS. The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest."Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-



WE'MOON WEAVING CIRCLE AT WANDERLAND RAINFOREST
Wednesday, September 18, 6--8:30

We are honored to again host a WeMoon Weaving Circle at Wanderland. Every year We'Moon receives thousands of submissions of art and writing from women all over the world. Attend a "weaving circle," a preliminary selection process in which you get to see and respond to the submitted material. Your feedback helps determine which pieces are included in the next beautiful edition, We'Moon 2015.

The editors of We'Moon gift each participant with a copy of WeMoon 2014 for every two hours of participation. Snacks and beverages are provided. We can accomodate 8-10 people so reserve your space. Call or email gwendolyn to reserve your place 503-368-6389.

325-6311 or stop by to pick up a volunteer application.

Meetings

Pacific County Democrats Meet. 1216 Robert Bush Drive, South Bend, WA. Monday, June 10, 2013 - 7:00pm, south County Building 7013 Sandridge Road, Long Beach, WA

ENCORE Lunch Bunch. Will be held on Tuesday, August 6, 2013, 12:30 PM at Amie's Café, 1609 S Main St, Warrenton OR. National Tell a Joke Day, August 16th and Book Lovers' Day, August 9 will be the monthly topics. One is frivolous and one is (or can be) serious. Tell about your favorite author or book or share your favorite joke. We're all curious..... Members are reminded to please wear your nametags! ENCORE is a membership organization offering life-long learning opportunities. It is sponsored by Clatsop Community College but is run entirely by its members who decide what they want to learn and how they want to learn it. Classes are conducted by the members but speakers are often invited; current issues and books and plays are read and discussed – keeping their minds alive. For more information check out the ENCORE website: www.encorelearn.org or call the Community Education Coordinator at 503-338-2408.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. We look forward to seeing you soon. Second

Monday of the month at 10am- Astoria FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 OR LIZ PIETILA @ 503-861-2050.

KIDS

Port of Play. Summer hours will begin Monday, June 3rd, 2013. Monday-Friday: 10am-1pm (closed weekends). Parent's Night Out Summer Dates Parents, drop your children off for a night of fun while you enjoy a night out. The kids will enjoy crafts, movies, popcorn and games. Snacks will be provided. Ages 2.5-10 (must be potty trained) Call 325-8669 or visit astoriaparks.com to register. 6:00pm-9:30pm. June 1st and June 29th.July 13 and 27th.August 10th and 24th.

TRIVIA AT THE LIGHTHOUSE. The Lighthouse has Trivia every Sunday at 5:00 pm. The competition is keen, the questions sometimes challenging and always FUN. Teams of up to 4 people compete. The members of the winning team each receive a \$5.00 poker chip good at the LighthouseThere's always FREE Pool every Sunday at Ron's Lighthouse, and a "3-Ball" competition at 1:00

PANCAKE BREAKFAST. All-you-can-eat, at the Bay City Arts Center. Every Sunday. 8am to noon. \$5/adults, \$4 members. Kids 1/2 price. Sausage, beans , sliasa, fruit and yogurt, juice and tea.

Messages Sonja Grace mystic healer

The land connection

WE TEND to carry on in life with little thought to the shifts our planet makes daily, until something is right in front of us. In Rome the volcanic 'geyser' that popped up near the runway in one of the busiest airports in the world gives pause to our environment. We have populated, constructed and polluted this sacred land all the while grooming our small piece of property we 'own'. When in reality we own the documents that say we own the land we

are on. The Native Americans didn't own the land; they like many tribes around the world were nomadic and shifted with each season respecting what was given to them from the Earth. Their understanding of the Earth's rhythms lends to a cultural experience that is expressed through ceremony and music. In other cultures their relationship to land is marked in history with rich events that are expressed through religion. No matter where you sit you

are on Earth and your relationship to land is probably more important than people. This is best described through energy. People have energy systems that expand way beyond the physical form. This energy connects with the energy of the Earth, which also expands far past her body. We understand this through our relationships to places. A favorite camping site, a country we must visit or the comfort we feel in our own back yard. Discovering your relationship to land can be as simple as gardening or for others, traveling the world. We all have a need to connect our energy with the Earth's energy for it is the super glue that holds our bodies and all that is living together. When we mismanage the natural resources of this planet we find ourselves disconnected from that energy base; that is much like a mother and child's connection. If someone were harvesting your natural resources daily, extracting blood and minerals from your body, you might feel out of balance and weak. This is the

reality of our planet and what she endures daily. Reconnect with Earth and feel the rhythm and heartbeat of this sacred place in everything that you do. Connect with the energy of the Earth and give back to her. Let your energy move out your feet into the ground. Give your prayers and gratitude to her for all that she provides. The Earth is our home and gives us life!

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Two time author of *Angels in the 21st Century* and her latest book, *Earth Ways Healing Medicine for the Soul*, provides a pathway to the four seasons through prayer and ceremony and is a companion to the film presentation *Earth Ways Series*. www.sonjagrace.com.

word and wisdom

By Tobi Nason

The Business of Life

I HAVE at my store, Overboard, a written "mission statement." If you ever take a business class, the teacher will invariably ask you if you have a mission statement. If not, create one.

A mission statement states what the main purpose of the business is, and the general direction of the business. It is a forward statement of intention. It's used mainly to keep the focus sharp and clear. One can wander far and wide if one doesn't remember the focal point.

I sometimes like to think of a life as a business. We have cash flow, debt and paperwork. Our name is our letterhead, and how we treat others will determine whether we remain buddies, in business, or not. Like a business, we also could use a mission statement. How do we see ourselves conducting our daily lives and to what purpose?

To what purpose....

There are times when one wonders - to what purpose? Life can be hard and crazy and disappointing and bordering on chaos, and one could wonder - to what purpose? Why? What's the point?

That's why it would be a good idea to write down a mission statement and post it over your bathroom mirror so you see it every morning. Write it every day in a journal. Have it tattooed on your bicep. Just kidding. Lost my own focus there for a moment.

It only takes a few wrong turns to end up at a place you didn't want to be. A written statement can focus intentions. I think that's why listmaking and note-taking

works well. A mind and body connection. A directing of thought.

A mission statement need only reflect your value system and intent, and maybe a general end goal. Let it not be fame and riches. Please. But if it does involve fame and riches, let it be for the good of the immediate population.

A mission statement is a good reminder that we have a future, efficacy, and desires and skills that can meld together to create a life of flow.

When a person is young, the future seems limitless. I remember thinking I wanted to be an astronaut, biologist, or a part-time bartender. Maybe a novelist. At various points, decisions get made that lead down a certain path. Options get discarded. I mastered a few areas. Then every once in a while, something will make me stop and ask if I really like what I'm doing. I review my own mission statement. Although I man a store and sell games and puzzles, is there anything bigger I could aspire to regarding the retail business?

Yes! I like to think that my store is encouraging family time and old-fashioned creative thinking. That's part of my mission statement: To strengthen family relationships. That also fits in with my counseling practice. That also fits in with the idea that the store contributes to society in some fuzzy way.

A personal mission statement can be very grounding. If written well, it can honor the best of a person. It'll remind you of the better part of you. It'll ask that you

remember to get up and seize the day, for you have a mission to fulfill daily.

Replace the word "mission" with the word "purpose." Don't we all feel better when we feel useful, needed, purposeful?

Life is very much a business. There's stuff we just have to do to get through the dailiness. Sometimes I know I don't want to do it. I feel, sometimes, like the business of life is too hard. I imagine myself tossing everything to the winds and living on an island. But even that carefree version of life has its daily routines and maintenance. And ultimately, a carefree, hedonistic lifestyle would not match with my personal mission statement.

As long as we are alive, we have decisions to make and things to do. We choose to donate to the food bank. We choose not to rob banks. We choose to drive a friend places. We choose not to drive into pedestrians. Our mission statement might be as simple as: Choose to do the right thing whenever possible.

At the end of your days, your friends and loved ones get to say nice things about you. If you've lived your life according to your own mission statement, those nice things will match any mission statement you would have written. You will have handled the business of life well.

Mission accomplished.

Tobi Nason is a counselor and store owner, Overboard, in Manzanita. She has to integrate business with personal at times, and uses a mission statement to maintain a sense of personal integrity.

VOLUNTEERS NEEDED To help Shelter animals

Can you donate a few hours a week to help the dogs and cats currently at the Clatsop County Animal Shelter? Volunteers are badly needed. The work's not hard but it's wonderfully rewarding.



Make a difference.
Volunteer for animals!



CLATSOP ANIMAL ASSISTANCE, INC. (CAA)
Call 503.861.0737 to join our dedicated team, Tues. - Sat., noon to 4 pm
(Must be sixteen or older to volunteer unless accompanied by an adult)



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP
595 18th, Astoria • 503-325-9131

ARNIE, THE INVISIBLE DOG SAYS...

woof!
woof!
woof!

TRANSLATION:

Share the love. Adopt a dog or cat from the Animal Shelter

CLATSOP CO. ANIMAL SHELTER
1315 SE 19TH IN WARRENTON
PH. 503-861-0737
HRS. NOON TO 4 PM, TUES. THRU SAT.



"Beans, beans, the magical fruit, the more you eat the more you toot!"

WHY IS it that we just don't tolerate some foods as well as others? Food allergies, food intolerances, food sensitivities, what does it all mean? How do I know if I have food allergies? This month I would like to explore this topic and attempt to weed through some of the confusion. Food, like many other things in life, is not something to take for granted, so let's explore how your body and food may not be getting along.

A true food allergy is a process of the immune system. When broken down food particles of the allergic food enters the blood, the immune system mediates a response to that food. Some responses are immediate like those common to peanuts, shellfish or even strawberries which cause a variety of symptoms from hives, to wheezing, to anaphylactic shock. A true immediate response allergy will usually appear in childhood after one to few exposures to the offending food. There are other types of immune reactions which are not so severe or life threatening which are still mediated by the immune system but have more of a delayed reaction. These can arise same day or days later depending on the strength of the exposure and immune reaction. These can be symptoms like headaches, body aches, digestive complaints or skin rashes (although many other symptoms are possible).

Many foods from the allergic list could also be on the food

intolerance list. Food intolerance is a deficiency in the processes and/or enzymes necessary to digest and assimilate certain foods. Aside from beans, beans, which is a combination of intolerance and phytates; the classic example is lactose intolerance. With lactose intolerance there is an absence or deficiency of the lactase enzyme necessary to digest the lactose sugars found in dairy products. With intolerance, symptoms can be an immediate like diarrhea, gas or indigestion or the later onset, more systemic symptoms as listed above.

Food sensitivities is a condition I would venture to say that many people reading this article have or currently experience, whether they know it or not. The reaction in the body is not due to a missing enzyme or a true allergic reaction; it is more of a hypersensitivity to food(s) that are consumed on a regular basis. The offending food is eaten and maybe that day, or possibly a few days later headaches, runny nose, itchy ears, palpitations, gas, itchy skin (to name a few) begin. With this condition some find they must eliminate the food completely, others may consume the food but on a well monitored schedule to avoid symptoms. A list of the most common foods, which provoke allergic reactions or sensitivities are: Milk, Eggs, Wheat, Gluten, Nuts, Fish/Shellfish, Citrus Fruits, Soy, and Corn.

There is testing available to help guide one through the often-confusing maze of food allergies. To test for a true allergy immune

globulins can be detected in the blood; the same may be true for food intolerance. Food sensitivities may also be detected through a blood test using the more delayed reaction immune globulins. Another option for those unable to get a blood draw is the VEGA test. This test measures a person's electric current through which foods

they eat and crave the most... darn it. Once you've pinpointed one or a few foods eliminate them for 4-6 weeks and see if your suspicions are true. It is of course important to address the cause of these reactions which is commonly found in the gut. People may have 'leaky gut syndrome' which creates an inappropriate absorption of

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



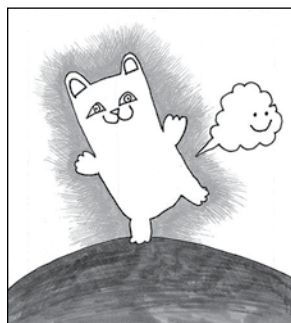
are introduced to determine which foods negatively alter the current. Both are relatively inexpensive and have some good research behind them. Skin testing, like that done for environmental allergens, has not been shown to be as effective for determining food intolerance or sensitivity but may be useful in determining those immediate response reactions which most are often aware of.

Think you may have one of these conditions but aren't sure? The easiest way to start this journey is to keep a food/symptom diary for 2-4 weeks and see if you can make some connections. Another option would be to do an elimination diet and remove the offensive foods listed above, likely the best but most difficult method of testing. I often find that people are aware of their offensive foods, and that they are usually the foods

food particles...they are either not properly broken down due to poor gut function or there is inflammation leading to a higher immune alert status, or all of the above. Regardless working on adding nutrient to heal the gut along with elimination can be an important healing intervention and speed up the process.

Food allergies can often be a long and confusing journey, so be patient and persistent. Remember to take time to really seek out the cause and rest assured that there are methods to help heal your troubled tummy so that...the less you toot the better you feel, so you can eat your beans with every meal.

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



Community-Style Acupuncture Now Offered in Astoria

Karen Kaufman, Ph.D., L.Ac., is now offering low-cost, community-style acupuncture two times per week at her Astoria clinic. This format enables several people to be treated, fully clothed, in a group, semi-private, or private setting.

While community-style acupuncture is not as detailed or as comprehensive as a traditional one-hour, one-on-one session, this method works well for the following issues: headache, nausea, joint pain, allergies, smoking cessation, stress, anxiety, sciatica, back and neck pain, wellness, and for general curiosity about acupuncture.

Fall hours will be Thursday evenings (beginning September 19th) from 5:30 to 8:30 and Sunday afternoons (beginning September 22nd) from 1:30-5:30. First come, first served, so appointments are recommended. Cost is \$25. Located in Astoria Chiropractic, 2935 Marine Dr., Suite B., Astoria. For additional details or to make an appointment, call Karen at 503-298-8815.

An Integral Conversation 7 Week Course offered

Are you tired of the polarization in our culture? Come participate in a conversation that includes and honors all perspectives. Learn about the next evolutionary step we humans are taking. Join Holly for a 7 week course discussing Integral Theory, and be amazed how it all fits together.

Holly Smith, LMFT, is a counselor and yoga instructor who has a passionate interest in Integral Theory. When: Thursdays 2:00 - 3:30 pm, September 19 - October 31. Tuition: \$40 Book Required: The Integral Vision by Ken Wilber (available at Cloud & Leaf Bookstore in Manzanita 503-368-2665) Register: Contact Holly at 503-368-4883 or email rollingwave@nehalem.net

Aquanastics Class At KOA in Warrenton

These classes are being offered to adults, men and women, on Tuesday and Thursday, October 3 thru October 29, from 9 to 9:50 AM and 10 to 10:50 AM at the KOA heated, indoor pool, at 1100 Ridge Road, across from Fort Stevens State Park entrance. For directions call (503) 861 2606 or (800) 562 8506. Classes are offered thru Clatsop Community College's "Education For Life".

WATER IS TERRIFIC!! It's stimulating, therapeutic, exhilarating, and equalizing. It's just plain fun! This class will be lead by Kathleen Hudson, a water exercise professional with certification from the American Red Cross water safety program and the Arthritis Aquatic Training program.

Kathleen has taught water exercise classes at Community Colleges and YMCA's in St. Louis, MO. Her students have fun, get fit, and stay healthy with water workouts. With dozens of exercises that use the natural resistance of the water, you will improve your body's composition and tone, strengthen muscles, increase aerobic and muscular endurance, and improve flexibility, coordination, and agility - all with minimum stress on your body. Jump into Aquanastic water workouts and discover your renewed physical self.

TRACY ERFLING N.D.
naturopathic physician

primary care using
natural therapeutics

Call for an appointment! 503.440.6927
2935 Marine Dr. • Astoria
email: erflingnd@hotmail.com

Holistic HipFish
Healing Health

MOON LOTUS
MASSAGE

Marie Meiffren, LMT
Or Lic. #14319

503-338-8106



relax . . .

moonlotusmassage.com

Vicki McAfee
Clinical Herbalist
Certified Nutritionist

A Gypsy's Whimsy Herbal Apothecary
1139 Commercial St. ~ Astoria

"Our ancestors used the herbs that grew all around them. Let me share with you what they knew that kept them in health. Today more than ever we need herbs and nutrition for obtaining and maintaining optimum health. Allow me to guide you."

Available for
private consultation
503-338-4871

CHEW ON THIS!

by Merianne Myers



IF YOU look toward the horizon and squint, you can see Autumn from here. That can mean a whole lot of things. But mostly, it means apples.

Apples are couched in some serious mythology. According to legend, they are the stuff of dreams, the irresistible seduction, the point at which Happily Ever After went South and stayed there. I'm not sure if THE Fall happened in the Fall, but a certain popular religion would have us believe that succumbing to temptation was the faux pas that resulted in us having to deal with a whole lot of formerly unnecessary worries, like clothes for instance. Apples were the culprit so they say. Apples and a serpent with a good sales pitch.

It's a well told tale, but I'm not buying it. As far as I can tell, temptation is just a suggestion in a sexy outfit. And there is no reason under Heaven, which according to the story is the You-Are-Here spot on the map of our collective consciences, for anyone to go to all that trouble to tempt us with an apple. Apples don't need our help. They defy resistance by being gorgeous. By surrounding themselves in a tiny cloud of sweet, musty scent. By being juicy AND crispy AND sweet - a trifecta of scrumptiousness. They're good for us and good to us.

Apples exist to remind us not to dismiss temptation out of hand and if I were us, I'd listen.

FALL FROM GRACE APPLE CAKE

- 2 cups granulated sugar
- 2 cups unbleached flour
- 4 teaspoons cinnamon
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 eggs
- 1 cup vegetable oil Pinch of nutmeg
- 1/4 fruit juice - apple, pineapple, orange, mango - your choice
- 4 cups apples, peeled cored and chopped. Use baking apples, a combination is optimally delicious - Braeburn, Granny Smith, Golden Delicious, etc.
- If you like nuts in your cake add 1 cup chopped walnuts, pecans or hazelnuts
- Optional, but fabulous - 2 Tablespoons Calvados or Brandy.

Preheat oven to 325. Butter and flour a 10" cake pan. Sift the dry ingredients together. In a separate bowl, beat the eggs then add oil, juice and booze and stir together. Add dry ingredients and mix well. Fold in apples and nuts and pour into pan.

Bake for an hour or until a toothpick comes out clean. Cool in pan for a few minutes then turn onto a rack to cool completely.

CREAM CHEESE FROSTING

This cake is lovely without a topping and over-the-top with a drizzle of caramel sauce, a scoop of vanilla or butter pecan ice cream, a dollop of creme fraiche or a smear of this simple but luxurious frosting.

- 1/4 cup of jam or jelly. You can use apple, crabapple, guava or pineapple.
- 1 tablespoon fresh squeezed lime juice
- 4 or 5 ounces of cream cheese at room temperature

Mix everything to a creamy consistency and ice the cake or serve on the side.



foxgloves

Artisan Created Gifts

1124 commercial street
astoria, oregon 97103

503.468.0700



Fred's Farm in Naselle

Barn Raising Dinners

Saturday September 14

Saturday September 21

Come enjoy a special event dinner at Fred's historic farm! Menu features fresh local ingredients served in a convivial rustic setting.



\$35 per person • 4pm
suggested donation
Reservations required
contact: 360-484-3345

for details: fredshomegrownproduce@gmail.com



CLEANLINE SURF SHOP Est. 1980

- Oregon's Largest Selection of Surfboards & Wetsuits
- Quality Apparel, Footwear, and Eyewear
- Snow/Kite/Kayak/Skate & SUP
- Rentals, Lessons, Repairs and More!



"The NW's Original Surf Shop"

SEASIDE
60 N Roosevelt (Hwy 101)
503.738.7888

CANNON BEACH
171 Sunset Blvd.
503.436.9726

www.cleanlinesurf.com



503
887
9180

mark
Stiles
DESIGN-BUILD inc.

mstilesdesign@gmail.com

Oregon Construction Contractors Board #98737
Washington Registration of Architects #5524

SHWEEASH
BAMBOO

nursery | removal | design

Family owned & operated with over
15 years experience in bamboo horticulture.
Schedule an appt. to come visit our farm.
Local delivery & consultation available.

Dave Crabtree • Noah Bell
87509 Lewis & Clark Rd, Astoria, OR
(4.5 mi from Seaside) by appointment only

503.440.2998 | www.ShweeashBamboo.com



FRED'S FARM IN NASELLE • BARN RAISING DINNERS COMING UP Savor the Harvest!

Farmer and Chef Fred Johnson will host two Farm Dinners this month on his historic farm in Naselle. Farm Dinners are a great opportunity to enjoy our local bounty at its best. The Barn Raising Dinners will take place in a rustic outdoor barn space, softly lit with string lights, with music in the air. The menu (which had not been finalized by press time) will include appetizers, King salmon, corn boudine (a big hit at past Farmstock dinners), Fred's amazing tomatoes, scrumptious desserts by Cesity Stewart, and more.

These events will raise funds to restore the farm's historic barn, which suffered severe damage from the 2007 storm. The timber and beams were installed with the help of a community of friends during a multi-day barn raising in February of 2012, carefully preserving the historic integrity of the structure. The next phase in construction will be to install rafters and roof the damaged half of the barn. The result will be a 5,000 square foot covered space with an adjacent kitchen, suitable for onsite-catered dinners and other special events.

The Barn Raising Dinners will be held at Fred's Homegrown in Naselle on September 14 and 21, starting at 4pm. The cost is a \$35 suggested donation. Advance reservations are required as seating is limited to 50 per dinner. For more information or to make reservations, please call (360) 484 3345 or email Fred Johnson at fredshomegrownproduce@gmail.com

Assistance League 6th Annual Home & Chef Tour Benefit Operation School Bell set for October

Assistance League® of the Columbia Pacific has set the date for their 6th annual Home & Chef Tour for October 12, 2013. The event will be open that Saturday from 11 am to 4 pm with tours of 6 residences located along Astoria's waterfront plus the Pilot House and the Pier 39 Cannery Bunkhouse. Chefs from 6 local restaurants will feature tasty samples at each home.

The tour benefits the ALCP's Operation School Bell® program which provides clothing for Clatsop County schoolchildren and it is their major

fundraiser of the year. Other programs of ALCP is assisting in covering athletic fees and providing duffel bags of comfort items to kids in foster care.

Tickets for the Home & Chef Tour are \$25.00 and are available at Holly McHone Jewelers at 1150 Commercial St. in Astoria and at all branch locations for Columbia Bank in Clatsop County. They will also be available for sale at each home on the day of the tour.

For more information, call Leslie Long at 503-717-3671 or visit www.assistanceleaguecp.org.

Revolution in Agriculture: The Land Institute A Sustainable Farms Lecture • Sept 10 • CCC

Clatsop Community College presents Sustainable Agriculture, a free public lecture by Dr. John Schmidt, Development Director of The Land Institute in Salina, KS, on Tuesday, September 10 at 7:00pm in Towler Hall Room 310, 1660 Lexington Avenue, Astoria.

Dr. Schmidt will discuss a revolution in agriculture that will eliminate soil erosion, require less chemical and energy input,

reduce greenhouse gas emissions and virtually eliminate oceanic dead zones. Prior to Dr. Schmidt's talk, representatives from the North Coast Food Web will share work they are doing to create a network of local, sustainable food providers. Participants will have an opportunity to meet the speaker and network after the presentation. Refreshments will be provided by Thrivent Financial.

The Land Institute has worked for over 30 years on the problem of agriculture. Its purpose is to develop an agricultural system with the ecological stability of the prairie and a grain yield comparable to that from annual crops. For more information, visit www.landinstitute.org.

Please direct inquiries to: Patricia Warren, 503-338-2306; pwarren@clatsopcc.edu.



12th Annual Pacific Northwest Brew Cup Sept. 27-29th in Astoria

THE PACIFIC Northwest Brew Cup will go on September 27 through the 29th on Astoria's waterfront. Over 36 beers from across the Northwest will fight it out to become the first keg to blow in the "Thar She Blows" contest and the "oh-so-Astoria-coveted" People's Choice award. Located just east of the Maritime Museum at the recently renovated Barbey Center and beyond, this outdoor beer festival is held next to the majestic Columbia River, with water front views, the Astoria Riverwalk, and the Astoria Trolley, running this year until 10:30 on Friday and Saturday.

Entrance to the PNW Brew Cup is free and open to all ages. Souvenir tasting mugs and samples may be purchased for \$9 and \$1, respectively. PNW Brew Cup apparel, food and other merchandise will also be available. Participate in the Downtown Passport program to win donated items from local merchants with a spectacular Grand Prize for visiting all locations! Special kid-friendly games and area are provided by Purple Cow Toys, keeping kids and adults happy and wine from Walnut City will keep those wine drinkers satisfied!

Food this year will be totally Astorian, with pizza, burgers, dogs, tamales, tacos and Mediterranean fare all available from our local businesses. (Baked Alaska, Phat Burgers and Dogs, Montalban's, and O'Falafel)

MUSIC LINE-UP

Live music will play all three days featuring bands as eclectic as the beer with Astoria's own "Troll Radio Revue" happening Saturday morning at 11am. A few of the bands are as follows:

- The Dirty Moogs
- Brainstorm
- James Dean Kindle & The Eastern Oregon Playboys
- Tezeta Band
- Sassparilla
- The Knappa Marimba Band
- Bart Budwig & the Country Crooners
- The Brownsmead Flats
- The Weather Machine

Sunday is Growler Fill Day, so remember to bring your growler and fill up with your favorite beverage still pouring for fun later.

Breweries

- Ninkasi Brewery
- Deschutes Brewery
- Wet Dog Café and Astoria Brewing
- Three Creek Brewing Co
- Lompoc Brewing, LLC
- Two Kilts Brewing Co
- Fort George
- Prodigal Son
- And more!

Brew Cup Hours:

Fri. Sept 27th – 12:00pm until 10:00pm
Sat. Sept 28th – 11:00am until 10:00pm
Sun. Sept. 29th – 11:00am until 4:00pm

For more information, please visit ADHDA's website, www.astoriadowntown.com or www.pacificnorthwestbrewcup.com, "like" us on Facebook (Pacific Northwest Brew Cup or ADHDA) or email us at office@astoriadowntown.com.



THE CIRCLE OF THE LABYRINTH

FIRST SUNDAY OF THE MONTH
3 PM - 6 PM
(BRIEF INTRODUCTION AT 3 PM)

GRACE EPISCOPAL CHURCH
1545 FRANKLIN ASTORIA
donations welcome

For more info: 503.325.6580



"LOCALS' SPECIAL" EVERY MONTH

BODY TREATMENTS
MASSAGE
FACIALS
COUPLE'S PACKAGES


At CANNERY PIER HOTEL

AUTHENTIC FINNISH SAUNA
• MINERAL THERAPY HOT TUB
• GIFT CERTIFICATES ALWAYS AVAILABLE



NO. 10 BASIN ST. 503-338-4772
www.cannerypierhotel.com

10-6 Daily



THE BAR IS OPEN

ASTORIA
COFFEEHOUSE & BISTRO

243 11TH STREET ASTORIA 503.325.1787 WWW.ASTORIA.COFFEEHOUSE.COM




gluten-free friendly!

on the river • bridgewaterbistro.com
20 basin st., astoria or • 503.325.6777
open every day - lunch, dinner, sunday brunch

7 DAYS A WEEK LUNCH & DINNER



pastaria, Tuscan steak house & delicatessen

"The Best Italian restaurant between San Francisco and Seattle."
—J. Nicholas The Oregonian

Cappuccino & Cocktail Lounge
Fine Italian Wines

• PASTA
• SEAFOOD
• TUSCAN STEAKS

Our Delicatessen serves up authentic, creative sandwiches and fresh salads specializing in toothsome meats and cheeses from around the globe.

~ ALL-YOU-CAN-EAT STEAMERS THURS. NITE ~

DOWNTOWN @ 1149 COMMERCIAL
503-32-9001 www.FULIOS.COM

Listed in "Northwest Best Places" for 24 Consecutive Years!



- English Fish & Chips
- Chowder
- Seafood Entrees
- English Specialties
- Full Service Lounge
- Fireplace
- Int'l & Domestic Beers On Tap

Casual Dining
Great River Views

On the Trolley Route
We're Number 1 on 2nd Street
503.325.0033
www.shipinn-astoria.com




FORT GEORGE
BREWERY + PUBLIC HOUSE
ASTORIA, OREGON

BREWERY TOURS
Sat./Sun. at 1:00 and 4:00pm.
FREE LIVE MUSIC
Every Sunday at 8:00
HAND-MADE FOOD
House made sausages, steaks, and fresh seafood.

Brewed Local, Canned Local

503-325-PINT www.fortgeorgebrewery.com



Happiness is ... pear shaped fruit!

Open Daily! • 8am - 8pm
Corner of 14th & Exchange • (503)325 - 0027
We now have weekly produce deals (variety of organic fruit & veggies) for members.

Just \$25 to become a member (gets you sales & discounts). You do not have to be a member to shop at the Co-op.

ASTORIA
cooperative
• Building Community Through Food.




Food that makes you feel good.

Come on in, the berries are ripe.

1493 Duane Street
open daily 8-5

Green Angel Gardens

Organic Farm Store

What You Can Find!

Fresh Organic Fruits and Vegetables from Our Farm and OR & WA Farms.

CSA shares available too!

Open Daily 8am - 7pm
(360)244-0064

6807 Sandridge Rd. Long Beach, WA
greenangelgardening.com

IT'S AN "END OF SEASON"

CLEARANCE!

**Every Bike
ON SALE**

ALL BIKE APPAREL &
ACCESSORIES TOO!



BIKES & BEYOND
ASTORIA, OR

11th and Marine Drive in Astoria
503.325.2961 OPEN DAILY
www.bikesandbeyond.com

2nd Saturday
ART WALK

5:00 pm
Downtown
Astoria

Every month
Year round

Sept
14th

Visit
Downtown
Astoria on the
2nd Saturday
of every month for Art,
Music, and
General Merriment!



astoriadowntown.com



**SEPT. 2013
27+28+29**
on the
**ASTORIA
WATERFRONT**
—East of the
Columbia River Maritime Museum

36+ different Brews
to sample — from all over the
Pacific Northwest.

- Food & Music — all weekend long
- This is a family friendly event
—games & activities for children
- Growler Fill Sunday
- Wine too!

MUSIC STAGE

Music all weekend long!
Check our website for schedule
PacificNorthwestBrewcup.com

The Dirty Moogs
Brainstorm
Sassparilla
The Knappa Marimaba Band
The Brownsmead Flats
The Weather Machine
James Dean Kindle & The Eastern Oregon Playboys
Tezeta Band
and much more!!!

The Astoria
Trolley will be
running until
10:30 on Friday
and Saturday.

Check us out on facebook
Pacific Northwest Brew Cup
www.astoriadowntown.com

**Friday
Saturday
Sunday
SEPT 27 28 29
2013**



ASTORIA
DOWNTOWN HISTORIC DISTRICT ASSOCIATION

Sponsored by ADHDA
Astoria Downtown Historic District Association

Liberty Theater presents



Everything Fitz!

Sat., Sept. 28, 7:30pm
Tickets: \$30-\$15

.....
An Evening of Fiddle, Song and Dance

"The Fitzgeralds captivate the audience with their enthusiasm, warmth and stunning abilities as musicians and dancers, earning rousing, standing ovations ..."

Part of the Liberty Theater Presents! Season Seven Season Ticket Packages and the Design Your Own Package Programs.

.....
Tickets are on sale now!
.....

Call for a 2013-2014 Season Brochure: A Celebration of AMERICAN SINGER-SONGWRITERS AND MORE!
Greta Matassa • Judy Collins • Don McLean
Karla Bonoff • Dan Hicks

LIBERTY THEATRE

LIBERTY THEATER BOX OFFICE
Tues – Sat, 2 – 5:00pm & 2 hours before curtain • 503.325.5922 ext. 55
1203 Commercial Street, Astoria, OR (Corner of 12th & Commercial)
www.liberty-theater.org