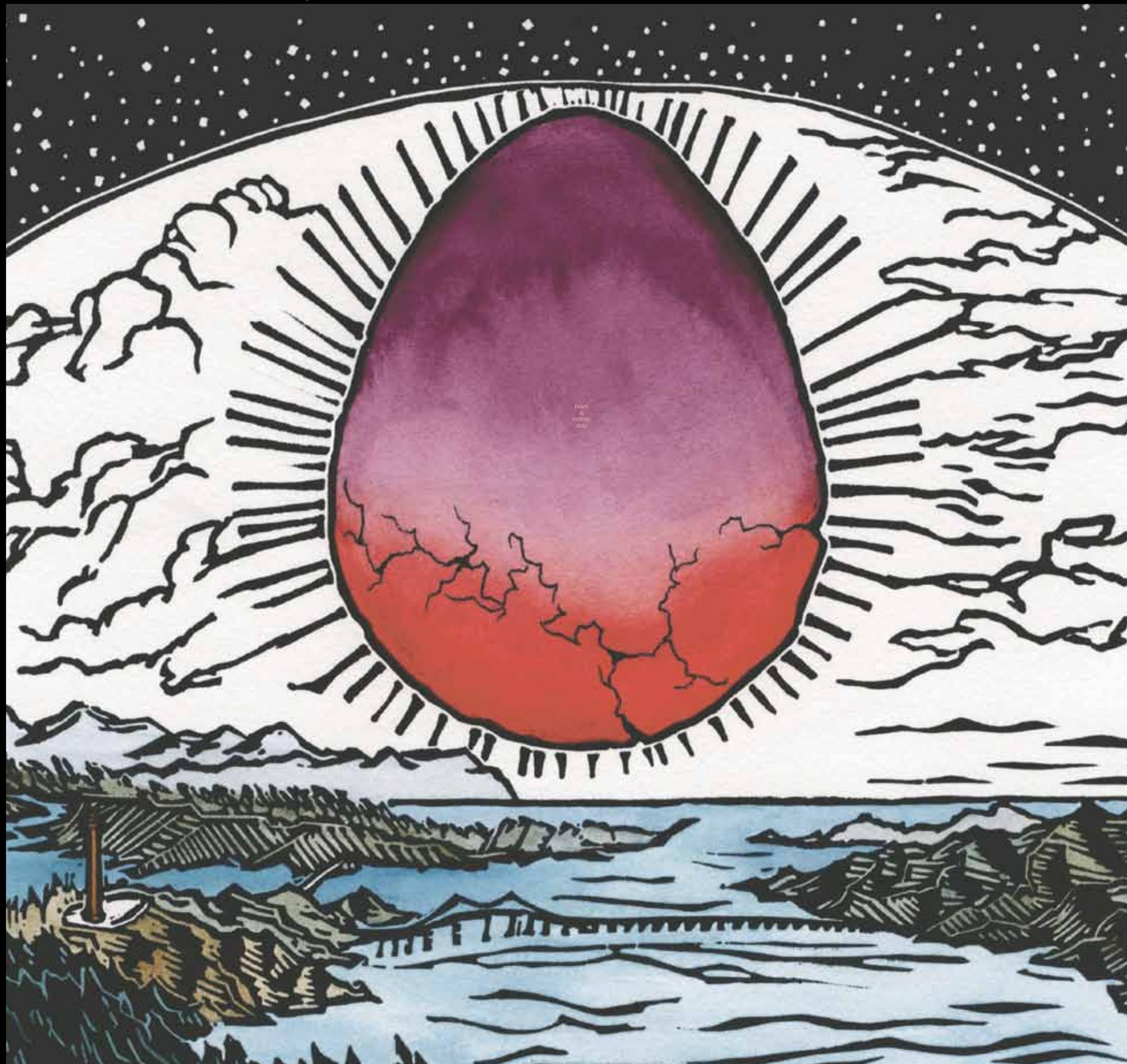


HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 15 Issue 183
April 2014

INSIDE



Have
a
cosmic
day!

@KALA
Manzanita's Sedona Fire Band in town
Queen of the Hammered Dulcimer Carolyn Cruso

The Harbor
A month of community events
brings awareness to Sexual Assault

EGG POWER
Tillamook's Zweifel Farm's
Pasture Raised to the Heights

riversea
gallery contemporary works of art



And When She Came Back He Was Smoking a Pipe

"Everywhere That Mary Went"
a romp through nursery
rhyme favorites
paintings by Jill McVarish
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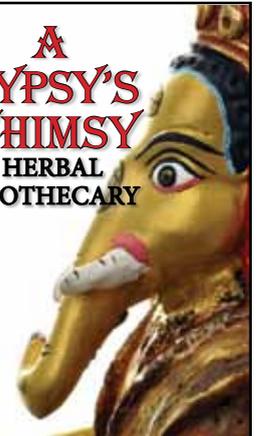
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TREEMORIAM

THE PASSING

CONTINUE TO MOURN the demise of the huge old big leaf maple that grew on the southeastern sloop above the loop of old road at Shively Park. I walked that loop almost daily for 17 years, beginning about 1990. A friend and I both had small dogs to exercise, and we liked meeting up at Shively for a walking visit while our dogs enjoyed the earthy smells and we enjoyed sights, smells and sounds of the small forest. Shively Park was where I observed each subtle sign of the seasonal changes of the year, and I kept a close eye on all the plant life. It was always so exciting to see the ferns and sorrel unfurl, and the first tiny windflowers and trilliums open their buds. The smell of the fir needles warmed by the sun was evocative of the many camping trips I took with my family as a child. I would come away from a walk at Shively feeling like I had journeyed to a wilderness.

But, for me, the crown jewel of the Shively Park loop was the ancient big leafed maple. Its main limbs were as big around as a person's body and supported a wondrous canopy that was cooling emerald green in the summer and graphically dramatic in the winter. Because of its age and size, the tree was memorable in itself, but its population of birds and insects and its ornamentation by other, smaller forms of plant life made the tree astonishingly rich. It dripped with moss, hosted ferns in its limbs and the largest, healthiest colony of lettuce lichen I've ever seen. After windstorms, lettuce lichen, as beautiful as flowers, littered the ground and the flights of ancient, crumbling concrete steps at the tree's base. What an opportunity it was to be able to examine so closely the textures and colors of the downed lichen and moss.

The last time my parents were able to visit me in Astoria, I took them to Shively and I photographed my mother standing at the base of the stairs under that great tree. She could still walk far enough to reach

our destination, the tree, while my father, more infirm, waited in the car. I treasure that photo of my mother and the tree, both venerably old and fragile, but still beautiful. But by that point, the maple tree was



already dying, and my father and mother did not outlive it. The death of my parents and that tree seem entwined in my mind.

Those beautiful sturdy moss covered limbs formed a natural platform where they met the trunk just out of reach of a tall man. I think it was just the ignorance of kids, or at least someone young enough to climb, that began the sequence of events that killed that tree. Someone, trying to make it easier to reach the platform like area of the tree, maybe in preparation for building a tree house, cut notches into the side of the trunk. The pale inner wood

contrasted with the rugged darker bark, and the notches were cut deep enough to make good toe holes for the climb. I've read about deliberately girdling a tree to kill it, but these were just deep notches that may have opened the door to disease. Maybe the tree was more fragile because of its age and less able to withstand injuries and disease. In any case, the bark began sloughing off in huge pieces within a year or so after being notched. It took some years for the tree to deteriorate and big sections of it turn brown and die. Recently, the Astoria Parks Department cut down the obviously terminal tree.

I wish I could point a more self-righteously accusing finger at a villain in this story. The notching seemed to have had a role in the gradual death of the tree. The motivation certainly wasn't timber profit or clear cutting for development. I think the people that notched that tree clearly admired it and wished for nothing more than to sit higher up in the midst of all that beauty. Chances are good they never knew what they might have set in motion. And, just maybe the person who cut those notches has naturally matured into a more mindful and careful way of being in the world.

I contemplated that ruined tree for many years, and probably because of a number of loved ones dying at that time, my thoughts turned to the inevitability of impermanence of all that lives. Now, contemplating the empty space where the tree once was, I wonder about other careless, even unrecognized, actions any one of us might take that sets in motion the demise of what we actually love. I do allow myself to appreciate the increased light in the park, the maturing beauty of other nearby trees, but mainly I just feel sad that tree is gone.

- Rosetta Hurley, Astoria, OR

TREEMORIAM appears in HIPFISH in devotion to the sylvan spirits, a space to grieve the loss of wooded brethren. Send inquiries, your story to hipfish@charter.net



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Sedona Fire Band CD Release/Pages of the Mind • April 12 @KALA

IN THE MID TO LATE 70's, Astoria gave birth to the blues when a group of young men banded together to form the Bond Street Blues Band, their pulse and energy extended out through the community for many years to come, as Bond Street and as many other band configurations to this day, their gift of live music an underlying contribution to the heart and core of cultural vibrancy on the coast – connecting us all like one big family.

So when a group of seven musicians in a coastal town come together -- friends, family and community members have a reason to get excited. As a blues/rock idiom was timely to Astoria, a fusion of folk and world beat that has emerged from Manzanita/Nehalem is keeping time with the vibe of a cool, conscientious community, a cool groove all its own.

KALA presents Multi-Instrumentalist Carolyn Cruso In Concert • Sunday, April 13, 7:30pm

KALA WELCOMES singer/songwriter/multi-instrumentalist Carolyn Cruso who hails from the misty shores of Orcas Island. Veteran songstress Cruso's music is largely inspired by her travels both in the US and Europe, as well as her long connection to nature, and keen interest in the stories of people she meets out on the road. Wielding two guitars, a flute, a hammered dulcimer and her voice, Cruso's performances are a journey through themes of beauty, love, redemption, compassion and humor - weaving an intricate web of magic with her intelligent, lyrical, and soulful music.

Multi-instrumentalist Cruso moves gracefully between the various instruments she plays. Cruso's show is a combination of instrumental and singer/songwriter pieces, drawing material from most of her eight albums including her most recent singer/songwriter release "Have You Ever," which features fourteen songs spanning folk, pop, jazz and alt. country styles. Carolyn tours both regionally and nationally. She's shared stages with and opened for a variety of artists such as Peter Mayer, Tom May, Pierce Pettis, Jim Page, Laura Kemp, Joanne Rand and Randal Bays. She recently released a Retrospective CD called "Migrations" compiled from four albums she made with the late Robert Almlblade between 1989 and 1995 of which Seattle's Victory Music Review says, "Shimmering orchestral driving world music...excellent".

A master of the hammered dulcimer, Cruso pushes the boundaries of the traditional approach while honoring the original spirit. Her style is improvisational, lyrical and percussive. She uses effects like bending notes and playing two notes with one hammer, incorporating the independent hand technique of percussionists as well.

Her lyrics, spanning from poetic to narrative, explore love, loss and regeneration. She masterfully lays these over an intricate finger picking guitar style and open tunings, which allow her to find the rich voicing in the chords she hears. Recording and co-producing with Billy Oskay (founding member of the Windham Hill recording and

At the core of the groove are two musicians, vocalist and flute player Sedona Torres and vocalist/guitarist Michael Dinan. Partners in life and music, Torres and Dinan formed the duo Sedona Fire in Manzanita in 2009. Both with active musical backgrounds, their co-songwriting and harmonizing come together as a natural fit, as can be heard on a first duo CD produced several years back.

As things progress in life and music, SEDONA FIRE BAND releases its first CD, Pages of the Mind, recorded and produced at Michael Dinan's home studio, Seven Stars. The former Sedona Fire gathered along the way these folks; trumpet player Bob La Torre, playing horn for 40+ years in countless community bands, orchestras, choirs and combos, Renee Delight-La Torre, an artist and former guitar player who now devotes life to learning cello chops, keyboard/piano player Fred Lackaff, who can be heard playing at various venues in the Manzanita region (and is also a founding member of the semi-famous 60's psyche band The New Tweedy Bros), Barbara McLaughlin, who began drumming in a full moon circle 20 years ago, drums with the famous Manzanita Tsunami drummers, and her husband Chuck McLaughlin, also a drummer, and former member of the band, Shy Jazz.

STRINGS, PERCUSSION, BRASS, WINDS, KEYBOARD, GUITAR AND VOCALS; A RARE ENSEMBLE TREAT, EVEN IN THE CITY.

Every track on "Pages" distinguishes itself by arrangement and songwriting; rich trumpet passages, (reminiscent of Bacharach tunes), flute and trumpet duets, chord colors from Lackaff and Dinan establish a jazz element in a fluid pop style, then some cuts are infused with the afro-Cuban beat. What's folk about it is more the nature of musicians gathering to form a palpable fusion, and creating something unique, soulful.

Torres, with a continuum in music performance, is the center. Vocally talented, *technically and artistically*, with a warm, clear quality, she's a beautiful and inspiring songstress. Lyrics too, heard clear as bell, come from a devotional, and meaningful perspective.

Upbeat or the beautifully darker hues, like the Spanish-esque trumpeting in the tune Sante Fe, Sedona Fire Band is having fun, but joyfully apparent after listening to the work on the new release, they're also making a significant commitment to art.

A first performance in A-Town! Welcome local coastal creatives and enjoy the grooves.

Saturday, April 12, 8pm, following the 2nd Saturday Art Walk. \$5. Full Bar. ART AT KALA. Full Circle: The Zodiac, Linocuts by Stirling Gorsuch and other works, featuring the cover linocut print of this month's hipfish. More retro collage by Sid Deluca. KALA opens at 5:30pm. 1017 Marine Drive, Astoria. - Dinah Urell



"With her sensational talent, variety of musical styles, instruments, and compelling anecdotes, she gives the audience something not to forget" = Jerene Weitman, from the Heckscher Museum of Art in Huntington, NY.

touring ensemble Nightnoise and producer of many Windham Hill, Narada and Green Linnet recording projects), Carolyn Cruso has led a musically adventurous life. She's traveled the world moving audiences with her expressive voice, flute, guitar and hammered dulcimer talents. At present she is working on material for a new songwriter CD that will be available at the KALA performance. FMI: www.carolyncruso.com

KALA features a state-of-the-art sound system, the refurbished vintage storefront also features natural acoustics, warmth and clarity resound within the old fur floors and high beam ceilings. KALA sound-tech Les Kanekuni assists performers to create a natural acoustic enhancement, providing a unique live music experience for the Lower Columbia community.

Doors Open 7pm. Music 7:30pm. Light fare, and Full Bar. \$8 at the door. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

8TH ANNUAL TOKELAND STUDIO TOUR TRIBAL AND LOCAL ARTISTS



Jeffro Utto, Knock on Wood, Wood Sculpture.

ON SATURDAY, April 19th, from 10am to 5pm, the artists of Tokeland, Washington, open their studios for public tour. Additional invited area artists will be located inside the Shoalwater Bay Tribal Center and the historic Tokeland Hotel. With lunches available along the tour route, you can spend a relaxed day shopping for fine art paintings, pottery, ceramics, jewelry, glass, local author's books, and more. Stay the night and enjoy the beach and the Casino.

Studios participating in the 8th Annual Tokeland North Cove Studio Art Tour are Knock on Wood, Mann Studio, Judith Altruda Jewelry, Nelson Crab Gallery Shop, and Just Tuesdays. Additionally, the Shoalwater Bay Indian Tribe Carving Apprenticeship Program will open their carving shed to visitors, sharing their fine works, history and traditions.

Returning favorite artist invitees include Kennedy Creek Pottery, Barbara Sampson and Senja Antilla. Artists new to this event include Joanne Barney, Jackie McGraw and Shoalwater Bay Tribal Family Artists, who will be located at the Tribal Center.

The Tokeland North Cove Chamber of Commerce sponsors this highly successful art tour, which supports many local artists and businesses, and serves as an introduction to the charm, many activities and quiet beauty of the area. The Studio Tour will be easy to find, just follow the many signs along the route. Maps will be available at the Tribal Center and The Tokeland Hotel. Come to this exclusive art tour, where you are sure to find something you want!

A complete list of this year's artists - as well as information regarding lodging, boating, fishing and more - can be found on the tour's Facebook Page, "Tokeland North Cove Studio Art Tour".

HIPFISHmonthly

Mar 14

CULTURAL CALENDAR
& the month day by day 4-19

NEWS & FEATURES . . . 5 - 15

- THE HARBOR . . . Bugbee 7
- WEED WARS. . . Goldberg 9
- TIME BANK . . . Hadley 9
- THEATREROIDS . . . Kline 10
- MARRIAGE E-UP DARE . . . 8
- ZWEIFEL EGG FARM . . . NIST 12-13

COLUMNS

- Steve Berk . . . 6
- THEATER . . . 16
- ART HAPPENS . . . NUDES DOWNTOWN 17
- WORD/Literary EVents . . . 19
- FLASHCUTS KANEKUNI 20
- BIKE MADAME . . . HAMMITT-MCDONALD . . 21
- FREE WILL ASTROLOGY . . . BREZNY 21
- NETWORK COMMUNITY LISTINGS . . . 22
- BODIES IN BALANCE. ERFLING ND 24
- SONJA GRACE MESSAGES . . . 24
- WORD & WISDOM . . . NASON 24
- CHEW ON THIS . . . MYERS 25
- FOODGROOVE . . . 26

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.

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MAY HIPFISH ON THE RACKS FRIDAY MAY 2

Cover Art: Stirling Gorsuch
Cover Design: Les kanekuni

Astoria Parks and Recreation Promotes New Park Clean-Up Program for Earth Day

Astoria Parks and Recreation is promoting their new volunteer park clean-up program, Citizens Helping Improve Parks (CHIP-in) in time for Earth Day activities at the end of April.

CHIP-in was created as a response to the community by the Astoria City Council to protect Astoria's city parks from vandalism and to encourage its citizens to become actively engaged in helping clean and protect its parks.

"Encouraging environmental stewardship amongst our citizens is an important part of our mission at Parks and Recreation. Having our CHIP-in program introduced to the community with it coinciding on Earth Day just seemed like a natural fit," says Parks and Recreation Board Chair, Norma Hernandez. "What I love about Astoria is how the citizens truly value their community and together we all "chip-in" when there is a need."

The official roll-out of the program begins with teaching young children about the importance of preserving our parks and the environment with a library event the evening of April 22nd.

The Astoria Public Library and Parks and Recreation will co-host a "Read for the Earth" program from 6:30 PM – 7:30 PM where there will be a reading of the children's book, "The Tree Lady: The True Story of How One Tree-Loving Woman Changed a City Forever" by Portland, Oregon author H. Joseph Hopkins. Snacks and juice will be provided with free books to the first 40 families.

Following the reading program will be a park clean-up at Tapiola Park on Sunday, April 27th from 1:00 PM to 4:00 PM located on 900 West Marine Drive. Recyclable crafting for children will be offered by The Curious Caterpillar Craft Lab.

CHIP-in has other volunteer opportunities available with monthly park clean-ups as well as adopting a park. More information is available on the Astoria Parks & Recreation Facebook page. Interested persons may also contact Volunteer Coordinator, Janice O'Malley Galizio at (503) 298-2467 or via email at chip-in@astoria.or.us.



Volunteers at Children's Park.

NORTH COAST BIRDATHON! A Benefit for Wildlife Center of the North Coast

A BIRDATHON is similar to a walk-athon but rather than raising funds per mile, funds are raised per bird species observed. Anyone can participate: expert birders, casual birdwatchers and beginners too. In a 12 hour period- 7:00am to 7:00pm- on April 12, 2013, teams and individuals will be scouring Clatsop County or their own backyard for as many species of birds as possible to raise money for the Wildlife Center of the North Coast. The NOC Birdathon is a great way to make new friends and connect with other bird lovers. It's a wonderful activity for kids and adults, beginners to experts.

There are fabulous prizes for most money raised, most sparrow species identified, youngest birder and more. See website for full details.

Join the Celebration Ceremony on Sunday, April 13th from 9:00am to 10:00am at the Sea side Public Library Community Room. We will be awarding prizes, sharing stories and pictures.

The North Oregon Coast Birdathon was created as part of the Twelve Days of Earth Day celebration in Cannon Beach. NOCB also partners with the Necanicum Bird Discovery Day held on April 5th at the Bob Chisholm Community Center from 10:00am to 2:00pm.

All donations go to Wildlife Center of the North Coast to help with the rehab of birds.

You can also participate simply by making an outright Birdathon donation! See Website for PayPal donation option. www.northoregoncoastbirdathon.com

Documentary SHORT TIME FOR CHANGE Why Elephant Experts Say "No!" To Bullhooks and Chains

At KALA, Tuesday, April 22, doors open 7pm. Showing at 7:30. 35 min. Refreshments available.

THIS MAY election in Clatsop County Measure 4 – 170 is on the ballot. The measure, titled "Ordinance Banning the use of Bullhooks, Electric Prods and Whips on Elephants, Felines and Primates Used for Display or Entertainment in Clatsop County," is self-explanatory.

Does this ordinance prevent circuses from coming to Clatsop County. No. But it would, if passed, ensure cruelty-free animal circuses. Bullhooks, electric prods and whips are standard training devices used, for example, in the Ringling Bros. and Barnum & Baily Circus.

This ordinance differs from an ordinance a few years back that asked voters to ban circuses from Clatsop County that used exotic animals in their shows. In October of 2013, the city of Los Angeles became the first metropolis to outlaw bullhooks used by elephant trainers in traveling circuses. In addition Fulton County, Georgia, Hallandale Beach and Margate, Florida have also issued this ban – other cities and counties are



also in consideration on the issue.

Clatsop County Animal Lovers is presenting the documentary short, TIME FOR CHANGE, produced by PETA (People for the Ethical Treatment of Animals). The documentary features elephant experts from around the world (biologists, veterinarians, former zoo and circus employees) to present irrefutable evidence in support of increased space for circus animals and the ban of cruel training devices.

Clatsop County Animal Lovers will provide a brief informational prior to viewing. Learn more about Measure 4-170, and view the short at KALA, Tuesday, April 22, 7:30pm. Doors open 7pm. Light refreshments available. FREE and open to the public.

KALA is located at 1017 Marine Drive in Astoria.

Candidates Forum Presented by AAUW, April 30

THE ASTORIA branch of the American Association of University Women and Clatsop Community College will be sponsoring a Candidates Forum which will take place on Wednesday, April 30, 2014, at 7:00 p.m. at Columbia Hall, Clatsop Community College, Astoria, Oregon.

All candidates for the positions of 32nd District State Representative, and Clatsop County Commissioner Districts 1 and 3 will be participating. The candidates for State Representative include Deborah Boone (current Representative), Louis DeMartino and Rick Rose. Scott Lee and Frank Orell are running to serve on behalf

of Clatsop County District 1. Lisa Clement and Greg Peterson are running to serve as the Clatsop County Commissioner for District 3.

The speakers will give an opening statement and then answer brief, written questions submitted by the audience. Questions for the candidates will be accepted at the door and during the Forum.

The community is encouraged to attend this Forum in order to meet the candidates and learn about their positions regarding important issues which face our community. FMI: 503.407.2341

VOTER REGISTRATION FOR MAY ELECTION

APRIL 29 - Last day to register to vote or change party affiliation. Registration cards that are postmarked by this date or submitted online no later than 11:59 p.m. are valid registrations for the Special Election.

NOTE: If you have moved and are currently registered in the State of Oregon, you may update your registration until 8:00 p.m. on May 20, 2014. Contact the Elections Department for more information.

Small Is Beautiful

I TAKE my title from a book published in 1976 by the late decentralist British economist, E. F. Schumacher. It was a series of essays focused on small, low energy projects for developing local economies in places like rural India. Critics of modern technological society at that time were attracted to Schumacher together with anarchistic writers like Ivan Illich, whose *Tools for Conviviality* emphasized the utility of well-designed hand tools in small, manageable communities instead of mammoth machines that alter and kill the earth. While most Americans continued to worship technological progress, a few of the more sensitive were beginning to understand that development must have limits. Much of the seventies, a period I call the inter-imperium, saw a good deal of this dissenting thought. In 1972, scholars in the Club of Rome published *The Limits to Growth*. Drawing inspiration from recent photographs of the Earth from the moon, they suggested the analogy of Spaceship Earth, a beautiful green and blue ball in space that was the fragile mother of life in all its complex oceanic and terrestrial ecosystems. How long could a planet with limited resources endure the plundering juggernaut of machine technology?

The inter-imperium saw the US face a number of setbacks to its glorified self-image as free world leader and most technologically advanced society on Earth. Our inability to keep a small peasant nation in Southeast Asia from going communist, followed by the Watergate Affair, with its televised exposure of deep corruption in high government places, brought a crisis of confidence. Another less immediately

noticed but more ominous event occurred almost simultaneously, the reaching of Peak Oil extraction in the US in 1972, signifying ever-growing dependence on largely Middle Eastern sources. The American people were shocked into awareness of this issue in 1973, following the Nixon Administration's



decision to ship needed arms and ammunition to the Israelis, fighting to hold on to land they had taken from Egypt, Syria and the Palestinian Arabs six years earlier. The Arabs had all but regained the land, but US arms enabled the Israelis to turn the tide. The result was that the newly formed Organization of Petroleum Exporting Countries (OPEC), Middle Eastern Arab states, now acted to punish the US by embargoing oil. This was the first of the oil shocks of

the seventies. Cars lined up for blocks around gas stations, as people sat for hours, and the price of gas took its first sharp spike upward.

When a new President, Jimmy Carter, began to speak to Americans of an "energy crisis," he understood that growth must be controlled and that the US needed to be more parsimonious with its limited resources.

He began the practice of granting subsidies for people who put in solar panels to lower energy use, and he had them installed on the White House. As he spoke from the White House, he lowered the thermostat and donned a woolen sweater to demonstrate what Americans needed to do.

But Americans, who had experienced the two greatest decades of prosperity in our history following the Great Depression and

World War Two, were in no mood for any sort of rationing. Nope, bigger and more always equaled better. Moreover, conserving energy meant curbing growth, and this would be bad for the economy, which was designed to continuously increase to provide more people with more jobs and the money to buy endless amounts of consumer goods. The economic elites spurned Carter's warning, using their actor President, Reagan, to bury it under an avalanche of chauvinistic happy talk. They redoubled American militarism to access ever-scarcer resources, and created neoliberalism, the hyper-capitalism that is now the world's integrated economic system.

At this point most Americans are aware they've been had and are ruled by a self-serving financial oligarchy. But "globalization" is so wasteful that it is unsustainable. Resources are running out, and the oil and high tech economy that is now so familiar to us will soon be unavailable to the many. Add the factor of accelerating climate change and we have what social critic James Kunstler calls "the long emergency."

The most rational response to our present predicament is to get back to the "small is beautiful" idea through the fast growing localization movement. Effective localism means that people need to help one another, to act as communities and not as isolated households. The end of the car culture will help that occur. It will force people once again to live and work within walking or at least bicycling distance. We

can redesign life around smaller, more self-sufficient communities, and in doing so we can draw on a rich American past. We need to regenerate a culture of artisanship and agriculture centered on local markets. This is a sustainable economy based on stasis, rather than growth. It is giving up what Lewis Mumford called the "myth of the machine" and finding more equitable, cooperative and natural ways to live.

by Stephen Berk



Public Picnic Celebrates Public Spaces • April 19

ART ACTIVITIES and folk musicians will help celebrate "Public Spaces for the Public" at a free community picnic in Warrenton's city park on Saturday, April 19. People of all ages who love the region's rich natural heritage are invited to attend. Picnickers will meet at the tables at the covered shelter - rain or shine - from noon to 2 pm. The park is at 170 SW 3rd Street, behind the Warrenton Community Center.

Picnickers should bring their own lunches. Event planners encourage people to bring lawn chairs and picnic blankets. Dessert and punch will be provided by the event's sponsor, Columbia Pacific Common Sense. CPCS is the north coast organization leading local opposition to the liquefied natural gas (LNG) export terminal proposed for the Skipanon Peninsula in Warrenton.

"Even though the peninsula is only sand on top of fill, it's a great place for hiking, ATVs, bird-watching, fishing, and more," said Cheryl Johnson, the event coordinator. "The Skipanon Peninsula is a public space owned by the State of Oregon and leased to the Port of Astoria. We will lose a unique public open space if that LNG terminal is built."

In addition to the entertainment, Dan Serres, Conservation Director of Columbia Riverkeeper, will present updates on the current status of the proposed terminal. Local residents will talk briefly about the impact of the terminal and its proposed 3-foot diameter high-pressure pipeline on their lives and property.

Everyone curious about the site itself is invited to take a guided walk that morning to see where Oregon LNG wants to build on the peninsula. Warrenton resident Tessa James Scheller will lead a fairly level and pleasant walk, following a recognized City and Port of Astoria dedicated trail that includes signage; "Warrenton Waterfront Trail." Dan Serres, of Columbia Riverkeeper, will be on hand to explain the OR LNG plans for the terminal and the pipeline to ship North American natural gas to Asia.

Walkers should meet at 8:45 a.m. on April 19th in Warrenton, in the parking lot at the north-east end of the Premarq Center, at the south end of the Astoria-Warrenton bridge, just off Hwy 101. The walk will be from 9 am - 11 a.m. Cameras, water, and waterproof shoes and clothing are recommended. For more information about the picnic or walk, contact Cheryl at 503-458-6910.

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WHEN T.S Eliot called April “the cruelest month,” he certainly had no idea that nearly a century later, April would have the distinction of being “Sexual Assault Awareness Month”. In an effort to take some of the cruelty out of the world The Harbor, formerly known as The Women’s Resource Center in Astoria, is hosting a wide variety of events throughout the month to raise awareness that the issue is widespread and that they are here to help.

“Awareness is our biggest goal.” explains Sharon Moore, director of The Harbor. “Being present to support them. I have such a large number of sexual abuse clients that I work with, and they struggle. They struggle to fit in. They struggle to feel like they belong in the community, they worry that their secret is visible, which it is not, it is very invisible. But, our biggest goal is to make our community aware that it is happening even here.”

“We are going all out this year”, adds Katie Mendoza, The Harbor’s bilingual advocate as she bounces her infant daughter on her lap, and indeed they are. Events are happening all month, beginning with lighting the Astoria Column in teal on April 2nd. Teal is the official color of Sexual Assault Awareness, and the blue-green glow will hopefully remind all who drive within its view that “It Happens Here”, which is the slogan being used to remind people that sexual assault is everywhere.

“Every two minutes someone in America is assaulted, and that is ridiculous.”, explains Mendoza, who also works as a doula. She says she has always been passionate about helping people, especially women. “Nobody talks about sexual assault, or domestic violence for that matter, it’s kind of awkward and it’s really personal. A lot of people feel embarrassed by it or that it’s their fault, but it’s not, and it’s really, really common. Last year alone, just in our organization here in Clatsop County we served 166 sexual assault victims which is a lot -- Twenty men and 146 women.”

That may be a surprising number for most people. Mendoza confirms, “The first month I was here, I helped five men who were being abused and no women!”

Sexual assault crosses every ethnic group, race, religion, and socio-economic sector of our population. Young people though are most vulnerable, with 1 in 4 girls and 1 in 6 boys being victimized before they reach 18. The Harbor works with several other organizations to help abused children, including The Lighthouse and CASA.

“We can work with children 14 and up without parent consent, that is huge for our teenagers.” explains Sharon Moore. “If they go to the hospital they are mandatory reporters, so if they’ve been raped automatically the parents get called, the police are called, and child services. If you’re 14 and that has happened to you, I want those young girls to know you can come in here, we can stand beside them and go in any direction they want. If they want to report, we are all for it, if they don’t but they still want pregnancy and STD testing, we can make that happen as well.”

To aid in promoting awareness, Astoria Mayor Willis Van Dusen has issued a proclamation declaring April “Sexual Assault Awareness Month”.

The Harbor has partnered with a variety of organizations including The Lower Columbia Diversity Project and The Oregon Anti-Violence Project to get maximum impact from the combined efforts and expertise. They will be co-sponsoring panel discussions on April 6th and on the 25th.

On April 12th, they are participating in the 2nd Saturday Art Walk in Astoria, offering a display of art from local sexual assault survivors at the Déjà Vu Thrift Store, along with a nationally curated display of survivor photos that say “I Matter”. There will also be teal t-shirts and scarves on sale for supporters and especially for the “Walk A Mile With Us” awareness walk at the end of the month.

In addition, The Astoria Coffeehouse has agreed to donate all profits from its April 19th “Q Night” to The Harbor in an effort to heighten awareness that many gay, lesbian, and transgender people are also victims of these crimes, and are even less likely to report it. That fact was a big part of why The Harbor recently changed its name from The Women’s Resource Center.

“We wanted to be more inclusive, we are not just for women”, explains Katie. “We do restraining orders, stalking orders, sexual assault prevention orders, elderly restraining orders, legal advocacy, we will go to court with people just to support and advocate for them. We also have a 24 hotline and our D/SART program (The Domestic/Sexual Assault Response Team). When

The Astoria Coffeehouse will donate all profits from its April 19th “Q Night” to The Harbor in an effort to heighten awareness that many gay, lesbian, and transgender people are also victims of these crimes, and are even less likely to report it.

someone is assaulted, man or woman, the police or the hospital will call us, even if it is 3 a.m., we will go in and see if they want some support. We will go and sit with them and be with them because it is a very traumatic event.”

Moore elaborates, “It’s 32 hours of training just to be a part of us, and then if you choose to be on the D/SART team there is additional training. You’ll job shadow with a senior advocate until you are like ‘I got this’. Then you are able to join our D/SART team. We would love to have more volunteers that are willing to help with the crisis calls at night”, adding, “Money is always great, but that’s not our biggest goal, we want the community to come together, this is all of our problem, and it matters.”

The Harbor, which sits next to and owns the Déjà Vu Thrift Store, offers counseling referrals, temporary housing for victims of domestic vio-



Katie Mendoza of The Harbor, w/daughter, displays art created for Sexual Assault Awareness Month, exhibited at Déjà Vu Thrift Store this April.

PHOTO: AMY BUGBEE

April is Sexual Assault Awareness Month Community Events

Did you know that one out of every six American women has been the victim of an attempted or completed rape in her lifetime? It is common knowledge that women experience sexual violence but what about other members of our community? The U. S. Department of Justice states that three percent of men are also victims of sexual violence and seven percent of girls in grades 5th -8th have been sexually abused. The hard reality is that sexual violence affects all of our community in both visible and invisible ways.

April is Sexual Assault Awareness month and The Harbor invites you to take part in standing against sexual violence. The following events are free and open to the public.

- **Sunday, April 6, 2pm to 4 pm.** “It Happens Here - Sexual Assault Affects Everyone”, a community presentation. Sponsored in part by the Lower Columbia Diversity Project and the Clatsop County Domestic Violence Council. Guy Boyington Building, 857 Commercial Street in Astoria.
- **Saturday, April 12** Déjà Vu joins the Astoria Art Walk. Sexual Assault Survivors will display their art in The Harbor’s thrift store, Déjà vu. Refreshments served. 1389 Duane St, Astoria
- **Friday, April 25, 9am to 12pm.** Providing Informed and Culturally Sensitive Services to the LBGTIQ community. A presentation by the Oregon Anti-Violence Project. Guy Boyington Building.
- **Wednesday, April 30, 4pm.** Walk a Mile With Me. Members of the community walk together to raise awareness for Sexual Violence. The walk begins at the Columbia River Maritime Museum parking lot, 18th and Marine Dr. and ends at the Déjà Vu Thrift Store, 1389 Duane St. Astoria.

For more information on Sexual Assault Awareness month please call The Harbor at 503-325-3426.



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Annual CASA Celebration April 17 at The Bridgewater Bistro

THURSDAY, APRIL 17, 2014 is the Annual CASA Celebration from 6-9 pm at the gorgeous BRIDGEwater Bistro in Astoria. Enjoy an evening of delicious "small bites", wine and other beverages, a lively dessert auction and a fabulous raffle to raise money for advocacy services for children and youth in foster care.

Clatsop CASA has 34 volunteers serving more than 100 child victims of abuse and neglect each year. Many children are waiting for a CASA volunteer who will advocate for

them in court and help to have a safe, permanent home. CASA relies on community support to fund their programs.

Tickets for the annual fundraiser are \$30. Only 150 tickets will be sold and the event sold out last year. To purchase event tickets, please contact Clatsop CASA:



503-338-6063 or ann@clatsop-casa.org. More information is available on our website, www.clatsop-casa.org.

Oregon Marriage Equality Update: The Freedom to Marry Initiative Federal Marriage Equality Court Case

THE FREEDOM to Marry initiative was launched in Oregon just 14 months ago in February 2013. The goal was collecting 160,000 signatures to cover the necessary 116,284 required to place a ballot initiative overturning the state constitutional amendment banning marriage equality. At that time, polls showed that 55 percent of people in the state supported the freedom to marry as compared to the 41 percent who were in opposition. The 55 percent was an increase of 20 percent since October 2011. The 160,000 signatures were submitted to Oregon United for Marriage by Valentine's Day 2014.

Basic Rights Oregon and ACLU also filed a lawsuit in federal court to overturn the state's ban on marriage equality. Oral arguments are scheduled for April 23, and Oregon United for Marriage anticipates a positive ruling by early summer. If this does not happen, however, the 160,000 signatures can be submitted to the state before the July 3 deadline.

Currently, the Oregon Family Council, which led the 2004 fight for the marriage ban, is trying to get another measure on the November ballot to grant businesses and individuals an exception to the state's anti-discrimination laws by allowing them to deny commercial services to same-sex couples for their weddings. At this time, the ballot title still lacks approval from the Secretary of State's office. That must be done before petitioners can

start gathering the necessary 87,213 valid signatures. The number is lower than the one for marriage equality because the measure concerns a statute and not a constitutional amendment.

After the state legislature passed a law permitting domestic partnerships in Oregon, the OFC collected 63,000 signatures to overturn the law, almost 8,000 more than the necessary 55,179 at that time. Legal challenges dropped the valid number of signatures to 55,063, 96 fewer than required for the proposed initiative to be on the ballot. The domestic partnership went into law on February 4, 2008.

During the three months until the July 3 deadline for delivery of signatures, Oregon United for Marriage will continue its work to increase support for marriage equality, defeat the OFC measure, and provide a well-resourced campaign(s) in the fall.

On March 18, 2014, Oregon's Attorney General

Ellen F. Rosenblum filed her response to the federal marriage equality court case. An excerpt from the VI. Conclusion states: *The state defendants in this case recognize that the ban on same-sex marriage serves no rational purpose and harms Oregon citizens. This case presents that rare case in which there simply is no legal argument to be made in support of a state law.*

Further Highlights from the State Defendants Brief:

"Protecting traditional marriage is not a rational justification."
"Not only does the same-sex marriage ban fail to further the state's interest in promoting stable families, it actually harms children."
"We now live in a state that recognizes and values same-sex couples and their families."

Source: Oregon United For Marriage

Pacific County Democrats Meet

Monday, April 14, 2014 - 7:00 P.M.
South County Building, 7013 Sandridge Road, Long Beach, WA

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, April 17, 6:30pm to 8pm at the First Lutheran Church, 725 33rd St., Astoria, OR. FMI: drehwergig@yahoo.com

TRANS FAMILIES SUPPORT GROUP meets the last Monday of each month. For TBA location contact Tessa.james@charter.net C- 503 545 5311 and/or Jeralyn.Dee.O'Brien@gmail.com C- 503 541 3777 For transgender individuals and family members only.

Lincoln City LGBT Monthly Gatherings

- April 9, 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, April 27, 11am to noonish - Womens' Out on the Oregon Coast Coffee at Cafe Mundo.
- The Coastal AIDS Network monthly activities:
Second Tuesdays, 7:00 pm: "Activity Night" (call for information (541)994-5597)
Third Tuesday, 7:00 pm: "Pizza Night" (Newport Abbey's Pizza)
Fourth Tuesday, 7:00 pm: "Men's Pot Luck" (Locations vary! Call (541)994-5597 or email coastalaidsnetwork@gmail.com for information)

We Have Met the Enemy, and He Is...

...Japanese eelgrass (*Zostera japonica*)?

According to the Willapa Bay/Grays Harbor Oyster Growers Association, the Washington State Noxious Weed Board (NWB) and the state Department of Ecology (Ecology), *Z. japonica* is the enemy, in the form of a Class C noxious weed, well on its way to wiping out the Willapa Bay commercial clam harvest.

According to Ecology's website, "Dwarf eelgrass (*Zostera japonica*) is a non-native, grass-like marine plant that is believed to have been introduced to Washington from Japan. It exists in Puget Sound, Willapa Bay, Grays Harbor, and along the outer coast. It has spread from Willapa Bay as far south as California and as far north as Alaska.

"*Z. japonica* affects important shellfish growing areas and appears to displace important ecological functions of mudflats and other habitats. However, research has found that *japonica* also provides many similar basic ecosystem functions as the native eelgrass – *Zostera marina*. Given *Z. japonica* and *Z. marina* occur in close proximity or in mixed beds, additional research is needed to learn more about the risks to native habitats and shellfish beds from *Z. japonica*, the beneficial ecological services it provides, and potential management options that are protective of *Z. marina*."

The yield of clams harvested from commercial beds in Willapa Bay has dropped in the last few years, and the shellfish industry blames *Z. japonica* for it (similar to *Spartina alterniflora*, which was blamed for low oyster harvests in the 1990s, and is now pretty much eradicated from Willapa Bay). In March 2011, *Z. japonica* was removed from the "priority habitat list" by the Washington Department of Fish & Wildlife, thereby allowing the shellfish industry that year to petition the NWB to list it as a noxious weed on commercially managed shellfish beds only. In 2012, the NWB accepted the industry proposal to list *Z. japonica* as a Class C noxious weed throughout the state, and denied any changes to the listing in 2013.

Ecology has just granted the industry a general permit to use imazamox, a broad spectrum imidazolinone herbicide, to control Japanese eelgrass in Willapa Bay for the next 3 years, after which the results will be assessed, and Ecology will decide whether to allow continued herbicide use for the remainder of the 5-year permit cycle.

A coalition of non-profit groups called the Coalition To Protect Puget Sound Habitat (Coalition) filed a petition in 2013 to remove Japanese eelgrass from the noxious weed list, after an unsuccessful attempt to limit its control to commercial clam beds only. The NWB turned down their request at their annual meeting, but the group recently appealed that decision to the Governor's office. As of this writing, the Governor's office has not responded, even though the deadline, according to statute, has passed.

The group argues that naturalized *Z. japonica* has the same benefits, such as food for tens of thousands of migratory waterfowl, herring spawning medium, cover for salmon smolts and reduction of coastal erosion, as its close cousin *Z. marina*, the native eelgrass, and thus deserves protection. Further, the group says that Washington Department of Revenue records don't support the shellfish industry's claim that *Z. japonica* has reduced their revenues, and that *Z. marina*, still protected, will be threatened by attempts to control or eradicate Japanese eelgrass.

Japanese eelgrass – friend or foe? As in many other cases involving invasive species, it depends who you talk to. And also as in so many other cases, the losers are the innocent plants that are just trying to eke out a life where chance put them.

...Burrowing Shrimp (*Neotrypaea californiensis* and *Upogebia pugettensis*)?

Another critter that the shellfish growers don't like and have been controlling for years with the pesticide carbaryl is the burrowing shrimp (*Neotrypaea californiensis* and *Upogebia pugettensis*), actually a native. Unable to continue using carbaryl due to the settlement of a lawsuit from a local opposition group, the shellfish industry submitted an application to Ecology for a discharge permit to allow the use of imidacloprid, a neonicotinoid pesticide, to control burrowing shrimp on their beds.

The timeline for this permit is similar to the one for controlling Japanese eelgrass. The permit is being opposed by a broad coalition headed by the Xerces Society for Invertebrate Conservation, a group concerned about bees, which some studies suggest are being adversely affected by neonicotinoid pesticide applications. The coalition also includes the American Bird Conservancy, Beyond Pesticides, Beyond Toxics, The Center for Food Safety, The Endocrine Disruption Exchange, The Northwest Center for Alternatives to Pesticides, The Pacific Coast Federation of Fishermen's Associations, Pesticide Action Network North America, and notably, butterfly expert, author and local resident, Robert Michael Pyle.

No one seems to be questioning whether burrowing shrimp are the enemy – just how to control them. Perhaps the scientists can take a look at history, when the native Olympia oyster and the burrowing shrimp lived in some sort of harmony, before the start of the shellfish industry in these parts. They might

discover a way for both sets of critters to thrive, keep the economic benefits of the shellfish industry, and also save any collateral damage to other critters (including us) on land and in the water from the application of broad spectrum pesticides.

...Cattle Egrets and Barn Owls?

Moving on to Hawaii, my friend Syd Singer recently sent a link to a petition to President Obama to issue a pardon to cattle egrets and barn owls, which have been singled out for eradication by the U.S. Fish & Wildlife Service in Hawaii. It turns out they are out-competing the native birds, after being introduced by the government in the 1950s to get rid of rodent and insect pests.

This is the latest in a series of invasive species eradication campaigns in Hawaii, according to Singer, who is well known for his activism to save coqui frogs and many other naturalized species from eradication in his adopted home of Hawaii.

"We can level the playing field by giving strength to those in need, instead of by harming those who are not in need," says Singer in an article he wrote for the *Huffington Post* website. "Applying that policy to the environment would mean we would help endangered species without harming non-native wildlife. Rather than spending money trying to 'cleanse' the entire state of introduced species, we should accept that maintaining critical habitat required by endangered species is a labor intensive, constant effort. We would let nature reach a balance with the new and old, while trying to guarantee endangered species the special conditions they need to survive."

Befriending our "native" brethren, in other words, doesn't have to mean destroying their "enemies", in this case the introduced cattle egrets and barn owls. Worth thinking about.



...Us.

So, while you're at any of several events on and around Earth Day this month that include the removal of invasive species (i.e. weeds), take a few moments to think about our role in stewarding the planet and its myriad kinds of life. And maybe take heart from the interview in a recent edition of *New Scientist* magazine of Chris Thomas, an ecologist and evolutionary biologist at the University of York, UK, specializing in the impact of human activities on global biodiversity. In it, Thomas remarks, "Personally, I think we should do everything we can to minimize habitat loss and climate change. But not every change can or should be resisted. We shouldn't confuse change with damage, or think of alien species as bad and natives as good. Some aliens are definitely a nuisance from a human perspective, but so are some native species. We are a part of the global system."

Thomas is optimistic about life's reaction to the extinction event currently taking place because of us. "All past extinctions were followed by a burst of evolution. Disappearing dinosaurs created space for mammals to evolve. So why not this time? The flip side of a new great extinction would eventually be a new evolutionary explosion. A new genesis, if you like."

There's hope yet. Enjoy Earth Day 2014!

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theatreroids *Sofie Kline*

THE FIRST TIME KAREN BAIN directed a play she knew that was *it*. Forty years later Bain is still in the game with her up coming production of *The Boy's Next Door* opening in May 2014 at the Coaster Theatre. After directing 50 plays (25 here on the coast), earning her BA in theatre at Oregon State and then an MFA in directing and teaching from University of Oregon, Bain certainly knows what it takes to make a show great, as theatre lovers on the coast will attest. Bain has taught and directed at University of Oregon, Oregon State University, Clatsop Community College, Astoria High School, the River Theatre, Astor Street Opry Company, the Coaster Theatre, and Pier Pressure Productions. She has earned a strong reputation here in our theatre community and abroad. At the beginning of our interview Bain describes her relationship to the craft:

"There's a quote by Mozart that's my favorite quote and it sums up really my philosophy about what I do; *'Neither a lofty degree of intelligence nor imagination nor both together go into the making of genius. Love, love, love, that is the soul of genius.'* The more I meet people who are very successful, for the most part, the more loving and open they are to experiences."

Bain has graced the stages of the North Coast for the last 20 years, using her directorial expertise in *Shanghaied*, *A Midsummer Night's Dream*, *Almost Maine*, *Strange Snow*, and *the Night of January 16th* to name a few. She has also been seen in *9 Parts of Desire*, *Frankie and Johnny and the Claire de Lune*, and *All My Sons* at the late great River Theatre. In an intimate interview, Karen gives us insight into the thoughts of one of our most talented director's on the coast.

SK: When did you know you wanted to be a theatre director?

KB: I wrote and directed my first play in the 5th grade.

SK: So you knew right then?

KB: Yeah, I knew. But when I got into college right away I was a little intimidated by everything and so it took me a year or so until I ventured into the theatre department. Theatre was the thing that kicked my butt. It was the only thing I found that took everything that I had. It's like all the lights that I am, the colored lights, came together through the prism of theatre and created white light.

SK: Did you play theatre as a kid?

KB: When I was really little we use to play Donny Osmond. He was really big and we would say "You be Donny!", "Okay you be the fan!". We played imagination games.

SK: What has inspired you the most about directing theatre here on the coast?

KB: I love teaching acting. When you work in community theatre, you typically do a lot of teaching about the craft, I love that aspect of it. I love being able to help performers find themselves in their characters, and create a genuine moment. I think that's probably the most inspiring thing.

SK: Do you have any original plays or have you ever thought about playwriting?

KB: I co-authored a play in graduate school called "Bad Girls" and it won 2 awards from the Kennedy Center. It was a play about women breaking the rules on a lot of different levels. Men came and expected it to be man bashing, and it wasn't about men, it was about women. So we started the second act with the actresses coming out saying "men" in different tones, sort of chanting "men, men, men". There were some men behind me saying "Oh here it comes, here it comes" and the actresses all turned to the audience and said "stratation". The play has created a little cult following. We had a video of it, actually a poorly made video of it that after it was over women were wanting to take a video and show it to their friends. It was a very exciting process and I like working, I don't want to say in fear, but I like working with a challenge where I don't know what to expect. I'm doing that right now with "The Boy's Next Door" [featured at the Coaster Theatre this May] because we are integrating an abstract set with a realistic play and so some of it is realistic and some of it is abstract, that's a difficult thing to carry off.

SK: Well you kind of moved into the next question a little. Was there ever a play that challenged you but turned out to be a success?

O&A with Director/Actor
Karen Bain



KB: Well "Bad Girls" was one of them. "Never the Sinner" at the Coaster Theatre in 2010, we did that on a completely abstract set with silhouettes of the people behind a screen and the actors would get up and join the action and then return to the screen. They were in period costumes so it was really awesome to see these great hats in silhouettes, many different characters. It was a really powerful play I think.

SK: So all of the abstract details became challenging?

KB: Yeah, allowing realistic moments to happen on an abstract stage. Craig Shepard did the set and he was great, he was fabulous to work with and we worked together on creating the exact angles of what was going on. *Bad Girls* was really challenging because we were working with original playwrights and I worked with a poet who wrote most of the words. We had to create a woman's play or play about women that wasn't this abstract "whoie whoie" and that wasn't angry. We had to walk a fine line to go there. We did it on a flat floor with colors sculpted around it so all the imagery came from the women's bodies. There was a motorcycle scene and these women created a motorcycle and our big- busted woman sat in the front so she was the "headlights" so it was really challenging. Like when we did "Butterflies Are Free" at the Coaster Theatre in 2012, I found that challenging because it didn't create a passion inside of me of where it needed to go, it was more functional directing. More like this is what I do, I do it well. The play I have right now is very challenging, and that's exciting. I read a book by Anne Bogart, she's one of the people that talks about fear. You need to know what scare's your characters to play that fear and also as a person directing, if your not living in fear then your not directing the right projects. That passion and creativity isn't going to be there if there's not some aspect of fear.

SK: You're known for good casting, how do you know when someone is right for the role?

KB: I work them pretty hard in auditions, once I get a glimpse that they can go there I'm fine because I know I can take them there. I rarely cast somebody when I don't see a glimpse of it. So I guess I help them to perform, I give them exercises and different kinds of things to help me see what their capable of and if they are willing to go there. It's intimate and it's hard to be an actor.

SK: Indeed. What's your dream play to direct?

KB: I'd like to do "Who's Afraid of Virginia Wolf" I'd like to act in that too, I got to do it when I was 25 and I'd like to do it now that I'm the right age. I'd like to do anything by Sam Shepard, I'd like to do Macbeth, Othello. I'd like to do Hamlet too, I'd like to do a lot of the Shakespeare plays.

SK: Where do you see yourself in 10 years in the theater world?

KB: I am going to pursue acting again. So that's a possibility.

SK: Could you touch on your upcoming play "The Boys Next Door" opening May 9th at the Coaster Theatre?

KB: "The Boy's Next Door" is about 4 mentally handicap men and the man who takes care of them. It is funny, it is so funny and the humor comes from these men who live in these small worlds and they've created these worlds and they have edges on them and these worlds bump into each other which is what creates a lot of the humor, the combination of these men together. It's sweet and beautiful and poignant, and it has an element of magical realism in it where, I don't want to give it away but the play sort of evolves into a magical moment that isn't a realistic moment and through that we can see more about these men and we see they have hopes. Our challenge is to play these mentally handicap people and to understand who they are. I think the play is about hopes and dreams, that these people have hopes and dreams just like everybody else. It's so full of heart; people are going to love these characters, they're wonderful. It's the stuff that makes theatre so essential.

Astoria Studio Tours 2014

THE ASTORIA Society of Artists invites local artists to participate in its Astoria Studio Tour 2014, on the last weekend of July. The Astoria Society of Artists was recently formed to organize and manage a studio tour for local artists. This event will focus exclusively on welcoming area residents and out-of-town visitors to meet artists in their studios.

This year's Astoria Studio Tour will be Saturday and Sunday, July 26-27, 2014.

"Astoria has an exciting, vibrant arts scene," said Astoria sculptor Isabelle Johnston-Haist, "and we intend to present a well-organized and well-publicized event that will benefit artists and the entire community."

Charter members of the Astoria Society of Artists are Vicki Baker, Laurie Caplan, Paul Haist, Normandie Hand, Drew Herzig, Isabelle Johnston-Haist, Gin Laughery, and Charles Schweigert. Herzig was the coordinator of the successful 2011 and 2012 studio tours.

"Because we've participated in previous studio tours, we know how valuable they can be to artists and the community," said Laughery, an Astoria monoprint artist. "We encourage artists in all media to take part."



More information, including the registration form to participate in the tour, is at [asa@astoriastudios2014.org](http://astoriastudios2014.org). Registration deadline is April 30. Artists with individual or shared studios in the 97103 zip code are eligible to participate. The brochure/map of participating studios will be available in early July. Contact Drew, 503-325-1895, for more details.

ABOVE: Astoria artist Isabelle Johnston-Haist, right, speaks with KMUN radio arts programmer Carol Newman in Johnston-Haist's studio during a previous studio tour.

Seeking Harry Bennett

A Call to Owners of Harry Bennett Paintings...



Harry Bennett, Radiant Venture

RIVERSEA GALLERY in Astoria is seeking paintings by the late Harry Bennett for inclusion in a retrospective exhibition celebrating his late career work, to be held at the gallery, opening on May 10 and showing through June 3, 2014.

An artist and illustrator of national recognition, Bennett was a revered artist who lived in Astoria for over two decades and was an inspiration to many in our region, known for his joie de vivre and his exuberant, expressionist paintings. He moved from the area in 2008 and passed away in late 2012.

It is hoped that many in the community will wish to share Bennett artwork from their personal collections for this retrospective in order to augment the collection already represented by the gallery so that the broad scope of his work may be enjoyed.

Anyone who would like to have their Bennett painting considered for this show, whether on loan from their collection or offered for sale, should contact the gallery before April 25. For details on participating in the retrospective, visit RiverSea Gallery at 1160 Commercial Street in Astoria, call 503-325-1270, or email through the website, at riverseagallery.com.

Clatsop Community College

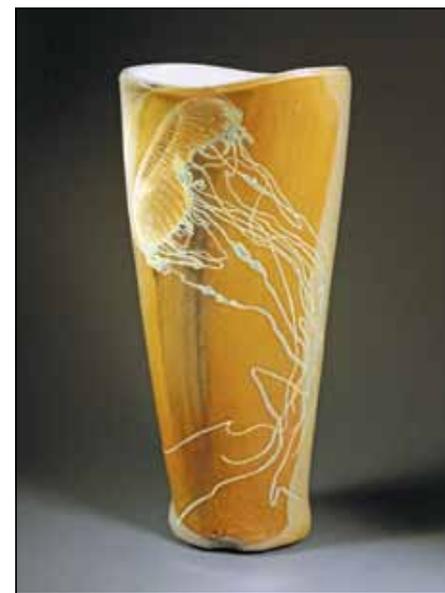
University of Puget Sound Alumni Ceramics Exhibition April 3 – May 8

CLATSOP COMMUNITY College is pleased to announce an upcoming visual arts exhibit titled "University of Puget Sound Alumni Ceramics Exhibition" featuring work from graduates of the University of Puget Sound from the early 1970's through the present. The work will be curated by Reid Ozaki, Ceramic Artist and Instructor at Tacoma Community College and Graduate of University of Puget Sound, BA in Biology and MFA who was invited by Richard Rowland, Ceramics Instructor at Clatsop Community College. The invited artists include Matt Allison, Rob Beishline, Kenny Bell, John Benn, James Brooke, Tad Deming, Ralph Esposito, Kirk Freeman, Robert Foreman, Colleen Gallagher, Rosette Gault, John Hasegawa, Rob Jackson, Kim Lyle, Rick Mahaffey, Erin McCoy, Reid Ozaki, Geoffrey Pagen, Dan Schmitt, Jill Smith, Ken Stevens,

Ave, Astoria Oregon. CCC A Ceramic Workshop with Reid Ozaki will be held on Friday, May 9 from 10am to 4pm. and a Ceramic Workshop with Colleen Gallagher on April 4th from 10AM to 4PM in the CCC Ceramics Studio. Email Richard Rowland at rowland@clatsopcc.edu or call 503-338-2449 for information. Seating is limited. Workshops are free and open to the public.

"Most of our artists are trained at universities. For this exhibit I want to explore those relationships between artists and academia

and how that contributes to the quality and the value of work especially in the field of ceramics where most artists depend on grass roots support in their communities. There is always a battle for cultural space in the community, but supportive and critical academic training helps artists find their unique journey toward cultural identity and individual expression. I like to think of the arts as an "ecological culture" that can make, define and explore relationships and bring diversity and new perception into our community that contributes to the over all cultural



Colleen Gallagher

landscape. This exhibition demonstrates a natural way to "reach out" in order to find the physical artifacts that represent that diversity and it's unique perception. In reviewing the work "most" of the works seem to be about material exploration and innovation using traditional clay forms as canvases. There is plenty to explore in the new age of material availability. The digital age has led to collective and global sharing that evolves into a kind of "global e-tectic". It's obvious in the field of Ceramics as represented also by this body of work that Americans are finding their own way. There is a continuous break down of cultural lineage in the traditional Arts, but these artists persist, taking customary practice to a hybrid search for practicality." Richard Rowland, CCC Art Instructor.



James Brooke

Comador Stewart, Kaaren Stoner, Miles Struxness, Mike Topolski, William Vogler, and Jim White.

Their work will be on display from April 3rd to May 8th, 2014 in CCC's Art Gallery, 1799 Lexington



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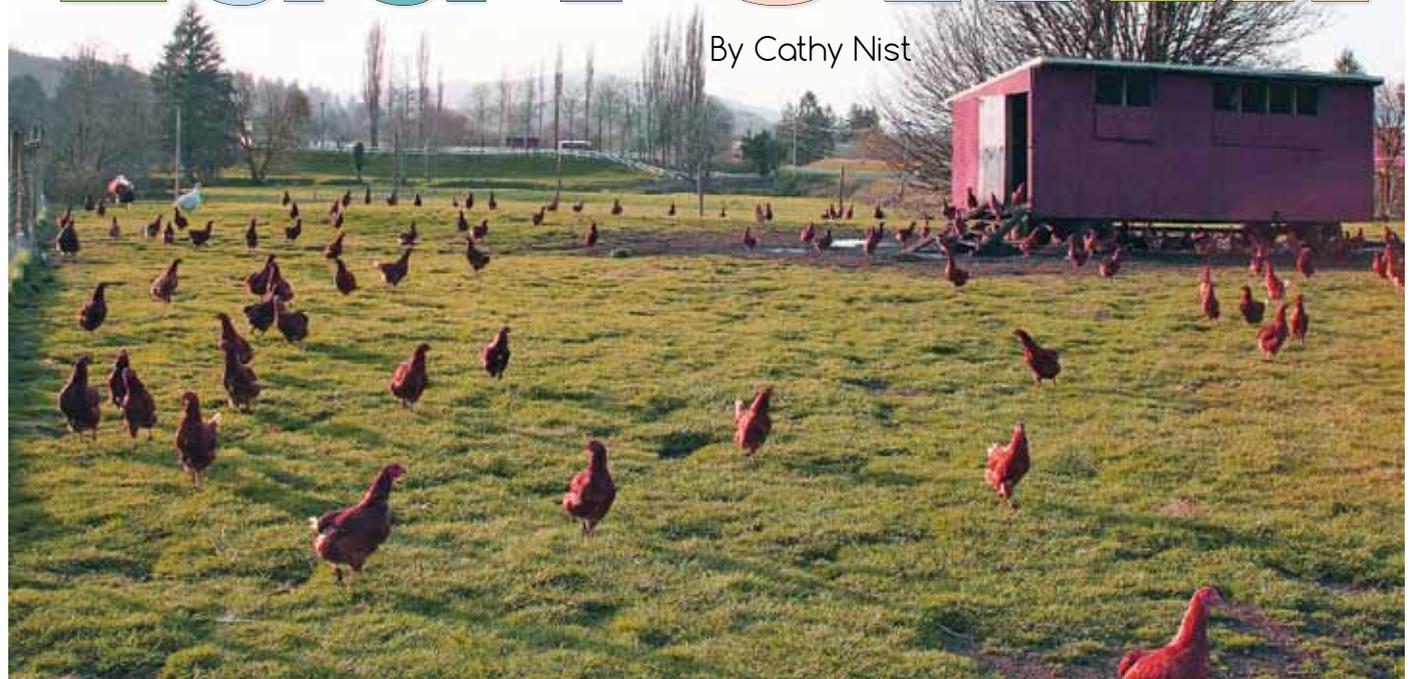
ZWEIFEL FARMS

**BRINGING THE BEAUTIFUL
PASTURED EGG
TO A STOREFRONT NEAR YOU.**

EGG POWER

By Cathy Nist

A large turkey presents his profile in puffed-up display and glares at me with one baleful eye. As I lean over the fence to photograph him and the hens nearby, he inflates himself even larger. He shakes his fully fanned tail, exuding tension as every single feather stands straight out from his body, which is placed squarely between me and the flock of chickens he protects. He lets out a gobble, which my imagination translates as, "Come at me bro!"



Normally, one would not think of a turkey as an early springtime sight, let alone something one would expect to see at an egg farm. But this turkey has a job. At Zweifel Farms, turkeys stand in for guard dogs, protecting their charges from predators, chiefly hawks.

I am with Larry and Pam Zweifel, on their farm in the Tillamook Valley, home to a rich agricultural tradition and the famed Tillamook Creamery. We are standing in a former cow pasture, just outside of one of eight roughly half-acre enclosures that dot the grassy landscape to the east north and south of us. Each fenced-in area contains one large wheeled chicken coop reminiscent of a railroad caboose in size and color, a flock of more than 100 laying hens that roam freely through their section of pasture, and the aforementioned turkeys. The chickens are free to be inside or outside their coops as the wish, free to eat the grass and bugs their digestive systems prefer, supplemented with some feed (a mix of oats, wheat, and other grains along with minerals). They are fed no antibiotics or hormones.

Most of the chickens are Red Sex Link hybrids a cross between Rhode Island Red and Rhode Island White breeds. They are pretty, light red in color with flecks of white. Sex-links can be extremely good egg-layers which often produce 300 eggs a year or more depending on the quality of care and feed. At 6am every morning, Larry Zweifel heads out to collect the eggs by hand

and distribute feed. The gathered eggs are then washed, graded by size, packaged, and placed in a large refrigerator, where they remain until delivery. The chickens yield on average about 100 dozen eggs on a daily basis. That's enough



Egg Team: The Zweifels, Pam & Larry

to supply breakfast to 600 or more persons every day. This summer, the 600 chicks currently residing in brooders in the barn, will hopefully increase egg production at Zweifel Farms to around 125 dozen per day.

Zweifel Farms is the largest commercial egg producer on the North Coast, but bears no resemblance to a conventional factory farm. As a member of the press, I would likely not be welcome to visit a factory egg farm. There, the

chickens are crowded into large structures that may house as many as 100,000 birds in what are likely to be horrific conditions. The managers of corporate farms generally do not want the general public to become aware of how the animals they raise are treated. Furthermore, some states have now passed Ag-Gag laws that actually may make it illegal for members of the public to report on what animals may endure at certain kinds of farms.

In contrast, the hens at Zweifel Farms are right out in the open, easily visible from Highway 101 about 5 miles south of Tillamook. There is nothing hidden here, the Zweifels are very open about their farming methods and are willing to make adjustments to meet the needs of their customers. Case in point, they are in the process of phasing out the use of soy in the supplemental feed they give their chickens.

A few years ago I made the decision to only buy eggs from pasture-raised chickens. Scientific studies have shown that compared to eggs from conventional factory farms, eggs from pastured hens have much more vitamin E and omega-3 fatty acids. Pastured eggs also are generally fresher and tastier than conventionally produced eggs. Although not necessarily organic, pastured hens are usually much healthier and happier than their space-restricted and antibiotic-pumped industrial cousins.

My search for pasture-raised eggs points out some of the flaws in our current food system. Farms who supply eggs to retail businesses are

few in our region. Until recently, I was limited to buying pastured eggs at farmers markets, from farm stands, or direct from the farmer. I have found eggs from these sources to be very good, but their availability can be limited and is often seasonal. Wouldn't it be great if I could find the eggs I want in a supermarket?

Two years ago, I tried unsuccessfully to find pasture-raised eggs in my local grocery stores. I checked stores in Astoria, Warrenton, and Seaside. Last month, I had better results. Three stores within the area where I generally shop now carry eggs from pastured hens: the Astoria Cooperative, Astoria Health Foods, and Seaside Health Foods. Zweifel Farms supplies eggs to two of those stores, Astoria and Seaside Health Foods.

In fact, Zweifel eggs are now available in stores in nearly every town from Lincoln Beach to Seaside. Visit zfarms.org online for a complete listing of stores and restaurants that carry Zweifel Farms' eggs.

Zweifel eggs are brown, amazingly large, and are very fresh and quite delicious. One dozen eggs will cost more or less \$6, with the price increasing or decreasing in proportion to distance from the farm. They are well worth the cost. The Manzanita Market and Deli, one of the first stores outside of the Tillamook area to stock Zweifel Farms eggs have even featured them in a review on their website (see below for link).

Although Larry Zweifel grew up and worked on his family's dairy farm, he has long had a deep passion for chickens. He started out with a flock of 60 for a high school FFA project. By the time

PHOTOS BY CATHY NIST



On the way to the farm.

he graduated from high school, his flock had increased to 800.

Larry and Pam met when they were students at OSU. Larry wryly admits that part of his initial attraction to Pam was that she is the granddaughter of famed poultry breeder J. A. Hanson. They have three sons and have now been married for 47 years. Larry continued raising chickens until he was 26, when he decided to concen-



trate his efforts more fully on the family dairy farm. At age 30, he was able to buy out his father and take over the farm.

"It wasn't always easy," said Larry, "We had some tough times and Pam taught school for awhile to help make ends meet." At one point, he wanted to increase the size of his dairy herd, but could not afford to fence the additional pastures. He saved for years until he had funds for the fencing. Financial success did come to the Zweifels eventually, with time and lots of hard work.

In 1997, a family decision was made to sell the cows and get out of dairy farming. In an email, Pam told me that, "Larry always wanted us to be a small family farm and things had gotten bigger and the pressure was more than he wanted to handle." By then, two of the Zweifels' sons were part of the business as well. The family diversified into several agricultural ventures

that included raising heifers, trucking silage, and other farming-related businesses. Larry is still a part of their silage operation, Zweifel Custom Farming, but has otherwise passed on the reins to his oldest son Eric.

Now Larry has the time to work with chickens again. The Zweifels again started selling eggs in 2009, at first at farmers markets, then to stores and restaurants when they got their commercial egg license in 2010. Consumer demand for pasture-



A day's labor.

raised eggs has increased substantially in the last couple of years.

"We couldn't have done this ten years ago, or even five years ago, but the market for pastured eggs is there now," said Larry as we chatted at their kitchen table over coffee and slices of Pam's amazing loganberry pie. He gestured to the interior of their beautiful home, tucked on the inside of a bend in the Tillamook River. "I've finally been able to give my wife the home she deserves."

Clearly, the Zweifels love poultry. Brightly painted metal folk art chickens are

STORE LOCATIONS

Astoria, Oregon
Astoria Health Foods
1255 Commercial St.

Beaver, Oregon
Bear Creek Artichokes
Highway 101 South

Cannon Beach, Oregon
Mariner Market
139 N. Hemlock St.

Garibaldi, Oregon
Food Basket Market Place
707 Garibaldi Ave.

Gearhart, Oregon
Gearhart Grocery
599 Pacific Way

Lincoln City, Oregon
Trillium Natural Foods
Organic Grocery
1026 SE Jetty Ave.

Manzanita, Oregon
Manzanita Fresh Foods
730 Manzanita Ave

Manzanita Grocery and Deli, the Little Apple
193 Laneda Avenue
Manzanita, OR 97130

Nehalem, Oregon
Mohler Coop Store

Netarts, Oregon
Josi's Bayside Market and Deli
4995 Crab Ave. West

Portland, OR
Food Front Coop
2375 NW Thurman St

Food Front Coop
6344 SW Capital Hwy
Hillsdale Shopping Center

Rockaway, Oregon
Rockaway Beach Market
1208 S. 2nd Ave.

Seaside, Oregon
Seaside Health Foods
144 N. Roosevelt Dr.

Tillamook, Oregon
Tillamook Meat
405 Park Ave.

placed strategically around the farm, including two that have pride of place right next to Highway 101. Vintage wire egg baskets decorate their living room and kitchen as well as a collection of stone and wooden eggs. Larry enjoys hunting pieces down on eBay and once drove to Wisconsin to pick up the antique iron cheese making vat that graces their front yard.

In a way, the Zweifels epitomize a 20th century version of the American Dream with a 21st century spin. Pam and Larry Zweifel have worked hard over the course of their lifetimes and have succeeded in the long run. Now the couple pays it forward, sharing their knowledge and decades of experience by helping new young farmers start up commercial poultry businesses.

At 68, Larry Zweifel's love for farming is still going strong. "I'm hoping to be in the chicken business from 66 - 76. God has given me the ability to be a good farmer." I can see the by the passion in his eyes that he truly believes in this gift and that he has lived by that belief all of his life.

Visit Zweifel Farms online at zfarm.org.

To read the Manzanita Market's review of Zweifel Farms eggs online, go to: manzanitamarket.com/featured-product-zweifel-farms-eggs/

Master Gardeners "Spring Into Gardening" with Free, Bee Friendly Advice

Saturday April 12 • Clatsop County Fairgrounds

"SPRING INTO Gardening", the Clatsop County Master Gardeners' annual fundraiser, is held on Saturday April 12 at the Clatsop County Fairgrounds. The event features a plant sale, raffle prizes, gardening tips, demonstrations, and activities for the family. Doors are open from 8:30 a.m. - 4:30 p.m.; sessions start at 10:00 AM. It is free to the public. Proceeds support a scholarship in horticulture and related fields.



Dr. Langellotto manages the statewide Master Garden Program

This year's topic is NICOTINIDS aka NEONICS, synthetic Nicotine products used in Insecticides in the United States. Think bees smoking cigs and wearing gas masks. NEONICS is responsible for the 50,000 Bumble bee kill off in Wilsonville. Banned in Europe and also by some local nurseries, Oregon recently passed legislation restricting use of Neonic. Pay attention gardeners wanting to keep it clean and green, those labels may not tell you all you need to know. Spring into Gardening with the latest buzz....

"NEONIC Insecticides Useful Tools or Buzz Kill" Keynote address by Dr Gail Langellotto, OSU Professor, focuses on the controversy and facts surrounding use of Neonics in the home garden and commercially. Dr. Langellotto manages the statewide Master Garden

er program with ample credentials including Ph.d in Entomology (she's a Bug Doc).

Langellotto is an Associate Professor in the Department of Horticulture at OSU, where she also manages the Statewide Master Gardener Program. She has a M.S. and Ph.D. in entomology from the University of Maryland, where she specialized in insect ecology. Currently, her research and extension program focus on developing a better understanding of how home gardeners can sustainably conserve beneficial insects and manage insect pests.

Her discussion will also focus on the potential benefits of neonic-

otinoid pesticides, and potential concerns regarding their use, including impacts on bees. She will review two case studies where the use of neonicotinoid pesticides has helped limit large-scale tree loss. Her talk will emphasize how gardeners can recognize neonics, how they might be used as part of an IPM program, and concerns about the use of neonics on bees.

"1000 Ways to Kill a Bee"

Speaker Tom Trusewicz, local chemical-free Beekeeper will speak on practices that compromise bee populations and provide direction to home gardeners. Thom Trusewicz, a hobbyist beekeeper, spent a year reading about bees and beekeeping and worked with other beekeepers before attempting to manage his first colonies at his home thirteen years ago. His apiary is dedicated to producing chemical free (uncertified organic) honey and wax products.

He was a co-founder of the Clatsop County Beekeepers Association, and has taught a class for beginning beekeepers at Clatsop Community College and has authored several articles for newsletters and web publication.

Presently Thom is the web keeper of the Oregon State Beekeeping Association website orsba.org. He also does presentations on beekeeping and honey bee workshops for beekeepers and agricultural and service organizations throughout the Pacific Northwest.

The Plant Sale features plants from local gardens, Master Gardeners on hand with advice and to answer questions plus Grafting and Dahlia demonstrations. Local vendors will be selling garden tools, art, plants, yard services, and more. New this year, family's can enjoy gardening together, making bugs, planting seeds and take home a plant. Again this year, an annual highlight is a raffle for a full days worth of Landscaping from the Tongue Point Job Corps landscaping students. FMI: OSU extension Service 503-325-8573



ASTORIA MUSIC FESTIVAL SARAH KWAK AND CARY LEWIS

Perform Schubert, Grieg and Franck
St. Catherine's Episcopal Church



GEARING UP for AMF 2014, Astoria Music Festival brings two key players to St. Catherine's Episcopal Church for an afternoon concert featuring works for violin and piano from the Romantic era.

AMF Chamber Music Director/pianist Cary Lewis and Concertmaster of the

Oregon Symphony, violinist Sarah Kwak, perform Schubert, Grieg and Franck at St. Catherine's. St. Catherine's has long established itself as a center of music performance in the Nehalem/Manzanita community, of which the small church with beautiful acoustics has featured many forms of instrumental and vocal music, from opera to jazz to edgy young new music artists.

Mr. Lewis is a Fulbright scholar, whose performances have included Carnegie Hall, the Library of Congress, the White House, Kennedy Center, Wigmore Hall in London and the National Philharmonic in Warsaw. In addition to his integral performance and music direction at AMF, a big plus, he also directs Adult Music Camp during the summer festival.

Sarah Kwak, a 2008 McKnight Artist Fellowship winner, soloist

with the Philadelphia Orchestra, Houston Symphony and Curtis Chamber Orchestra, and the first artist ever to capture all three memorial awards at the Washington



International Competition, also serves as Concert Master for AMF.

Enjoy this special AMF presentation, SUNDAY, APRIL 13, 2pm. Reception follows. Tickets at the door, \$15 Adult, \$5 Student. St. Catherine's Episcopal Church 36335 Highway 101 N Nehalem, OR 97131. 503-325-9896 for more information

Guest Conductor Charles Bolton North Coast Symphonic Band with the Astoria Tuba Ensemble

CHARLES BOLTON conducts the North Coast Symphonic Band in "Joy in All Things" at 2pm, on Sunday, April 27, at the Clatsop College

Performing Arts Center. Bolton, an award-winning Oregon music educator, began his teaching career in 1966 at Knappa High School and issues a special invitation to all former Knappa High School band and choir members from 1966 through 1968 to attend the concert and stay afterwards to visit with him.

"Joy in All Things" could be the motto for Bolton's career in music. Charles Bolton has been a band director in Oregon for forty-seven years. He graduated from Portland State University in 1966 and started his teaching career at Knappa High School, just east of Astoria. In 1968 he moved to Sam Barlow High School, when it opened, in Gresham where he was the director of bands for thirty-one years before retiring in 1999. Since his first retirement, Bolton has directed home school bands and bands at Mt. Hood Community College. He has also directed the Wind Ensemble that combined students from Cascade College and Warner Pacific College. He is currently teaching education classes and supervising student teachers at Warner Pacific and Portland State. The NCSB is thrilled to welcome Charles Bolton to its podium as guest conductor for the April 27 concert.

Repertoire for the April 27 concert includes an opening march by Sousa and highlights from the Broadway show "Miss Saigon." Classic band pieces such as Alfred Reed's "El Camino Real" and Frank Erickson's "Rhythm of the Winds" are also programmed. After Clare Grundman's Civil War Suite, "The Blue and Gray," Bolton will present a brief demonstration of his Civil War musical instrument collection. The concert will conclude with "Joy in All Things" by Brian Balmages, written in 2012.

The Astoria Tuba Quartet will present a pre-show at 1:30pm with David Drury as a special guest. The Performing Arts Center is located at 16th and Franklin in Astoria. The box office will open at 1 P.M. and the auditorium doors will open at 1:15 P.M.. After the 1:30 pre-show concludes, the concert will start at 2 P.M.



Noel Lenaghan: Irish Music from County Donegal at the Peninsula Arts Center April 12

recordings of McPeake Family, The Dubliners, Margaret Barry, The Clancy Brothers, Planxty and Dick Gaughan. He has lived and worked in North America, and was based in Toronto for part of that stage in his life.

On both sides of the Atlantic, Noel has performed and recorded with a number of bands including Rakish Paddy, Rambling Boys Of Pleasure, Easy and Free, Clumsy Lovers, A Mouthful of Tealeaves and Druid Soul Band. Lenaghan's instruments of choice are the flute, whistle and mandolin, and in addition to performing in public,

he is an acknowledged flute and whistle teacher.

For an authentic slug of rich Irish traditional music and an artist who has penned and recorded many original tunes in the Irish tradition, this is a sure bet! Western Hemlock (2011) his latest, does include one Bob Dylan tune.

Saturday, April 12, Doors at 6:30; music at 7:00. \$12 at the door. Reserve on the website www.peninsulaartscenter.org or call Bill at 360-901-0962. Wine, beer, and other refreshments!



NOEL LENAGHAN was born in Belfast, Northern Ireland and now resides in Donegal. By his teenage years, Noel had developed an interest in traditional folk music and was much influenced by the

Saturday 5

MUSIC

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

Pete Krebs & Brent Martins. No cover, 8pm at the Sou'wester Lodge in Seaview.

Don & The Quixotes. 60's Surf Rock. \$5, 9pm at the San Dune Pub in Manzanita.

Pretend Sweethearts. Trancendental Post-Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

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

Opening Reception. For Reclaiming the Green World, a dynamic installation curated by Jessica Schlieff. 5 – 7pm at the Cannon Beach Gallery in Cannon Beach.

FOOD & DRINK

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

HAPPENING

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

Equine Show. Open to all riders. The equine show is designed to encourage and recognize novice show riders of any age, showing in Western tack and apparel. Points are awarded in English, Western and showmanship, trail, halter and lead line. Admission is free. Starts at 9am at the Clatsop County Fairgrounds near Astoria.

Home & Garden Show. Free admission. 10am – 5pm at the Tillamook County Fairgrounds.

LITERARY

Book Launch. Author Bonnie Henderson will present her newest book "The Next Tsunami: Living on a Restless Coast." Free, 5 – 7pm at Beach Books in Seaside.

OUTSIDE

Salmon Derby. \$20 for adults, \$10 for youth, children under 11 free. Weigh-in from 2 – 5pm at Elochoman Slough Marina in Cathlamet. Sign up here: cathlametchamber.com/salmon_derby.php

Clean-up the Astoria Column Day. With all of the windstorms we have had, this is the perfect opportunity for the community to come up and help pick up trash, weed, sweep and what ever else we can do to help beautify our beloved Column! Coffee, water, donuts and bagels will be served. 10am at the Astoria Column. For more information and to sign up please call the Column gift shop at 503-325-2963

Beach Cleanup. Help clean up Seaside beaches. Meet up at the Seashore Inn on the Beach in Seaside at 9am.

THEATER

Camelot. Musical. \$15, 7pm at the River City Playhouse in Ilwaco.

A Little Murder Never Hurt Anybody. A comedic whodunit. 7pm at the Barn Community Playhouse in Tillamook.

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 6

MUSIC

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

North Coast Big Band. Support the PAC Benefit Jazz Concert. 2pm at the PAC in Astoria.

Pretend Sweethearts. Trancendental Post-Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

Michael Hurley. No cover. 9pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Equine Show. Open to all riders. The equine show is designed to encourage and recognize novice show riders of any age, showing in Western tack and apparel. Points are awarded in English, Western and showmanship, trail, halter and lead line. Admission is free. Starts at 9am at the Clatsop County Fairgrounds near Astoria.

Home & Garden Show. Free admission. 10am – 4pm at the Tillamook County Fairgrounds.

LECTURE

Lower Columbia Diversity Project. It Happen Here – Sexual Assault Affects Everyone. Free, 2 – 4pm at the Guy Boyington Building in Astoria.

OUTSIDE

Salmon Derby. \$20 for adults, \$10 for youth, children under 11 free. Weigh-in from 2 – 5pm at Elochoman Slough Marina in Cathlamet. Sign up here: cathlametchamber.com/salmon_derby.php

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The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$6 - \$15, 2pm at the ASOC Playhouse in Astoria.

Monday 7

MUSIC

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

LECTURE

Marine Mortality Discussion. Melissa Miner, research associate at University of California, Santa Cruz, will discuss the condition known as "sea star wasting syndrome." Miner will describe protocols the public can use to monitor the health of local sea star populations. Free, 5pm at the Cannon Beach City Hall.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats within the park seasonally. Comfortable clothing, shoes and binoculars are recommended. All survey takers meet at 9am near Battery Russell on Jetty Road, Fort Stevens State Park, Warrenton.

Tuesday 8

MUSIC

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

HAPPENING

Bee Keepers, New Bee Keepers & Wantabe Bee Keepers. A monthly meeting to educate and answer questions about beekeeping. 7pm at Art Space in Bay City.

Wednesday 9

MUSIC

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

HAPPENING

Clatsop County Job & Career Fair. Open to job seekers and students seeking career information. This annual event showcases over 60 employment recruiters, colleges, and educational organizations. 12:30 – 4pm at the Seaside Convention Center.

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.

LECTURE

Looking at Trees to See the Forest – The Art of Coastal Living. With Neal Maine. Free, 7pm at the Cannon Beach Library.

LITERARY

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

Thursday 10

MUSIC

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

HAPPENING

Lady Liberty Awards Luncheon. State Senator Betsy Johnson will be the keynote speaker. This year's honorees are June Spence, Chris and Jennifer Holen, and Michael Foster. \$80, starts at noon in the McTavish Room at the Liberty Theater in Astoria.

LECTURE

Beers to Your Health. See pg 26. . Free, 7pm at the Lovell Showroom at Fort George in Astoria.

Swedish Roots. Author and Swedish immigrant Lars Nordstrom will give a lecture on his new book "Swedish Roots, Oregon Lives: An Oral History Project," which focuses on early 20th century; gathering oral histories from thousands of Swedes and their descendants who made their way to Oregon. A Q&A will follow. Books will be available at the lecture. Free, 7pm at the Cannon Beach History Center & Museum.

Friday 11

MUSIC

Wheeler Brothers. Rock/Folk/Blues/Americana/Roots. No cover, 7pm at the Sand Trap Pub in Gearhart.

Pik Six. No cover, 9pm at Roadhouse 101 in c.

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

ART

Opening Reception. For the Framework of Feathers art exhibit which continues through May 5. 5 – 7pm at the Lincoln City Cultural Center.

FOOD & DRINK

Tillamook Swiss Society Fish Fry. Hungry for fish...then join the crew at the Swiss Hall in Tillamook for a Fish Fry! From 4:30 - 7:30pm, adults \$10 and Seniors \$8.

HAPPENING

Little Ballet Theater Young Choreographers Showcase. \$10, 7pm at the PAC in Astoria.

North Coast Legal Clinic. For free legal advice on civil matters only, NO advice given for Criminal Matters. Walk in advice clinic is 10am – noon, by appointments 1 - 4pm. At Community Action – CARE in Tillamook. To schedule an appointment please call 877-296-4076.

LITERARY

An Evening with Author Molly Gloss. Oregon author Molly Gloss will read from her forthcoming novel, "Falling from Horses." Her work often explores questions of landscape, of Western mythology, and the human response to wilderness. Free, 6 – 8pm at the Astoria Public Library.

Get Lit at the Beach. A Gathering for Readers. 3 days, 5 authors, prime rib dinner, readings, reception, and keynote speaker. \$75, in Cannon Beach. FMI and for tickets, visit tolovanaartscolony.org

THEATER

Camelot. Musical. \$15, champagne reception at 6:15pm, play starts at 7pm at the River City Playhouse in Ilwaco.

A Little Murder Never Hurt Anybody. A comedic whodunit. 7pm at the Barn Community Playhouse in Tillamook.

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$5, 7pm at the ASOC Playhouse in Astoria.

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 12

MUSIC

Sedona Fire Band. This 7-piece ensemble delivers soothing folk with an afro-cuban groove, cello and trumpet! 8pm. \$5. At KALA, 1017 Marine Drive in Astoria.

Ghosts Like Us. Retro-Soul/Indie Rock. No cover, 9pm at the Adrift Hotel in Long Beach.

The Tommy Hogan Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

Tony Smiley. \$5, 9pm at the San Dune Pub in Manzanita.

ART

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

Art Opening. An exhibit of art by Sexual Assault Survivors. 5 - 9pm at Déjà vu Thrift Store in Astoria.

FOOD & DRINK

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

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

HAPPENING

Spring Into Gardening. Presentations, plant sale, raffle prizes, gardening tips, demonstrations, and activities for the family. \$18 for the full event, entry into the vendor room is free. 8:30am – 4:30pm at the Clatsop County Fairgrounds near Astoria.

Arts & Experience Dinner and Auction. Annual benefit auction by the CCC Foundation to benefit the students and programs of Clatsop Community College. Call 503-338-2306 FMI and for tickets. 5:30pm at the Astoria Golf & Country Club, Warrenton.

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

The Legacy Ball: New Orleans...An Evening in the French Quarter. Enjoy music by the North Coast Big Band, fine dining by Pacific Restaurant along with a no host bar and silent auction & raffle. \$35 in advance, \$45 at the door. 6:30 – 10:30pm at the Tillamook County Fairgrounds. Tickets at TillamookLegacyBall.com

Whiskey Creek Volunteer Salmon Fin Clipping Party. Help clip 100,000 little Spring Chinook. Bring your rubber boots, there will be coffee and donuts and BBQ lunch at noon. Work party starts at 9:00am at Whiskey Creek Fish Hatchery near Cape Lookout State Park South of Netarts. For more details please call Jerry at 503-842-6519

LITERARY

Book Launch. Author Bonnie Henderson will launch her next book "The Next Tsunami," a non-fiction describing how scientists came to understand the Cascadia Subduction Zone and how ordinary people cope with that knowledge. Free, 5 – 7pm at Beach Books in Seaside.

Get Lit at the Beach. A Gathering for Readers. 3 days, 5 authors, prime rib dinner, readings, reception, and keynote speaker. \$75, in Cannon Beach. FMI and for tickets, visit tolovanaartscolony.org

Author Presentation. Willy Vlautin will read from his latest book, "The Free." 7pm at Cloud & Leaf Bookstore in Manzanita.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats within the park seasonally. Comfortable clothing, shoes and binoculars are recommended. All survey takers meet at 9am near Battery Russell on Jetty Road, Fort Stevens State Park, Warrenton.

North Coast Birdathon. Join the fun and raise money for the Wildlife Rehab Center of the North Coast. Each participant must raise \$30 minimum pledges. FMI at northoregoncoastbirdathon.org

THEATER

A Little Murder Never Hurt Anybody. A comedic whodunit. 7pm at the Barn Community Playhouse in Tillamook.

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

Sunday 13

MUSIC

Carolyn Cruso. Multi-instrumentalist on dulcimer and guitars, Cruso is a seasoned artist of the folk scene. Not to miss. Light fare, full bar, \$8 at the door. (opens at 7pm). @ KALA, 1017 Marine Drive in Astoria.

Romantic Composers for Violin & Piano. Schubert, Grieg and Franck. Performed by Sarah Kwak and Cary Lewis. \$15, 2pm at St Catherine's Episcopal Church in Nehalem.

Amelia Piano Trio. Chamber music. \$25, 3pm at Winema Chapel at Camp Winema north of Neskowin.

Ghosts Like Us. Retro-Soul/Indie Rock. No cover, 7pm at the Adrift Hotel in Long Beach.

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

Brownsmead Flats. Americana. No cover. 9pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Spring Learning Feast. The two-week event will feature single and multi-day hands-on classes offered in intriguing indoor and outdoor venues in Lincoln City. oregoncoast.org/spring-learning-feast

LECTURE

In Their Footsteps Lecture Series. Tools of Survival: Firearms and Edged Weapons of the Corps of Discovery. With Michael Carrick. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

LITERARY

Get Lit at the Beach. A Gathering for Readers. 3 days, 5 authors, prime rib dinner, readings, reception, and keynote speaker. \$75, in Cannon Beach. FMI and for tickets, visit tolovanaartscolony.org

OUTSIDE

North Coast Birdathon. Join the fun and raise money for the Wildlife Rehab Center of the North Coast. Each participant must raise \$30 minimum pledges. FMI at northoregoncoastbirdathon.org

SPRINTAL

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

A Little Murder Never Hurt Anybody. A comedic whodunit. 2pm at the Barn Community Playhouse in Tillamook.

Present Laughter. Comedy. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$6 - \$15, 2pm at the ASOC Playhouse in Astoria.

Monday 14

MUSIC

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

Tuesday 15

MUSIC

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

FOOD & DRINK

Kiwanis Pancake Feed. Adults \$7, children \$5, family \$20. 5 – 7pm at the Seaside Convention Center.

Wednesday 16

MUSIC

Kathy Boyd & Phoenix Rising. Bluegrass. The evening will begin with a community dinner at 6 pm at the Center. Participants will enjoy southern style cuisine and have an opportunity to meet the band. Dinner is open to all community members with participation by donation. Concert admission, \$10, 7 – 9pm at the Bay City Arts Center.

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

FOOD & DRINK

Homebrewer's Dinner. The 5 winning homebrews will be paired with 5 wood-fired courses of food. \$65, reservations required, 6 – 9pm at Fort George in Astoria. Reserve your seat at fortgeorgebrewery.com/store/events-astoria-and-coast

Thursday 17

MUSIC

The Blackberry Bushes. No cover, 7pm 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

Annual Clatsop CASA Celebration. Gourmet small plates, beverages, music & a raffle. \$30, 6 – 9pm at the Bridgewater Bistro in Astoria.

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

LECTURE

Mature Matters. Lecture TBD. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

The Conversation Project. We Are What We Eat: Connecting Food & Citizenship. With Wendy Willis. Free, 7pm at the Seaside Library.

LITERARY

Manzanita Writers series. Author Todd Miller will read from his book "Border Patrol Nation: Dispatches from the Frontline of Homeland Security." Open Mic session follows. \$5, 7pm at the Hoffman Center in Manzanita.

Friday 18

MUSIC

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

TYKL STYQ. 9pm at the Seafood Grill at Chinook Winds in Lincoln City.

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Great Oregon Coast Garage Sale. Over 100 garage sales throughout the Lincoln City area. FMI 541-994-3070

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

OUTSIDE

Herb Tarlek Day Golf Tourney. \$55/ player, cart rental is \$15/ player. Noon shotgun start. At the Gearhart Hotel.

THEATER

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$5, 7pm at the ASOC Playhouse in Astoria.

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 19

MUSIC

Acustica. World Music. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Listings continued on pg. 21

MORE MUSIC



Michael Hurley at The Fort

MICHAEL HURLEY'S 1976 LP *Have Moicy*, a collaboration with the Unholy Modal Rounders and Jeffrey Frederick & The Clamtones, was named "the greatest folk album of the rock era" by the Village Voice's Robert Christgau. His first record was on Folkways, recorded in 1965,

was on the same reel-to-reel machine that taped Leadbelly's *Last Sessions*. If ye have not had the pleasure of an eve of musing with a master American songwriter, take advantage. **Sunday, April 6, 8pm, Fort George Brewery, No Cover.**



Maggie Kitson w/The Thomasian Trio

NEW VENUE The Living Room Wine Café just outside downtown Seaside has created a classy, yet rustic atmosphere and features a music lounge to kick back, relax and enjoy! North Coast Blues artist Maggie Kitson and the Thomasian Trio perform

every Fri. from 6:30 to 9:30. Check out livingroomseaside.com for the music schedule featuring jazz, blues and rock, and menu offerings, featuring tasty Bruschette Boards. **Located at 1815 S. Roosevelt Drive, Seaside. No cover.**

15th Annual Reggae Bash!

GET INTO the backbeat with Ma Barley in celebration of this now iconic Lower Columbia live music event. Postponed from Marley's Feb 6, birthday, nonetheless this show must go on. The Kevin Violette Experience opens. \$5. All ages, **NO-HOST BAR.**



Saturday, April 26. Doors open 7pm, Music at 8pm. At the AAMC, 342 10th St., 2nd Floor, Astoria.

Voi Kauhea!!! The REAL LEWIS AND CLARK STORY! Or How the FINNS Discovered Astoria!



THE ASOC'S 4th Annual historical, hysterical, musical melodrama, "The Real Lewis and Clark Story or How FINNS Discovered ASTORIA" opens Friday April 4 and runs to April 19. Friday and Saturday nights at 7pm (doors opening at 6:30pm) w/Sunday Mats on April 6, 12 at 2pm (doors opening at 1:30pm) at the ASOC Playhouse 129 Bond Street Astoria.

This historically accurate, family friendly, performance from the Astor Street Opry Company is long over due! Based on a fantastic 2001 important pioneer journal uncovered in the Uniontown area of Astoria, this story comes directly from the pages of that mysterious manuscript of an original Clatsop County pioneer, Toivo Swenson. Based on the true tale of his personal adventure, struggle and fortune, ASOC turned this amazing long lost piece of historical legend into a piece of fine theatre stage craft that will work its way into your heart and memory. A cast of characters right out of the pages of Toivo's

diary comes alive through re-enactment, song, dance and of course, bad jokes in this socially significant original melodrama, which proves that the Finns were here first!

Yes! Behold the "REAL" story of how Astoria was FIRST discovered not by those famous explores Lewis and Clark and their band of merry frontiersmen. NO! But by two Finnish boys from the old country, "Minnesota" who with the help of their Finnish Mama to save the day! Meet Captain Bobby Gray, Miss Jaynie Barnes, the brave native woman guide Sacagawea, the crew of the Corps of Discovery and a whole cast of colorful characters.

Witness the courageous heroes as they forge their way from Saint Charles Missouri to the Oregon Pacific Coast, suffering great tragedy at the hands of evil foes while battling the wilds of nature, including run-ins with several unidentifiable creatures, all without ever losing their beer supply! Watch with awe how they come to the gallant rescue of Captains Meriwether

Has Returned!

Lewis & William Clark and the Corps of Discovery (well actually it was Finnish girls) to reach the end of the Pacific Trail first and settle the city they christen "ASTORIA" in honor of their relative, John Jacob Svenson-Astor.

Written and directed by Judith P. Niland, with original music by Dr.'s Stanley Azen and Joyce C. Niland of Pasadena, California and Professor Philip Morrill of Astoria Oregon, with music direction by ChrisLynn Taylor, choreography by Carleta Lewis Allen and assistant direction by Nate Bucholz, the 2014 cast includes: Justin Germond, Steven Nice, Bill Carr, Elsa Nethercot, Jon Osborn, Tim Murphy, ChrisLynn Taylor, Rhonda Lively, Arlene Holmes, Sandi Hilton, Lora Nice, Stephanie Rowe, David Newman, Makayla Mestrich, Nate Bucholz, Jason Hippert, Josh Mendahall, Brian Ashby, Crystal Neher, Connie Cisneros, Oscar Morales DeLeon, Jason Hippert, Tim Murphy, Stacey Brown and to assure quality, professionalism, and historical accuracy the ASOC own Lewis & Clark Interpreter, Cadet Ranger Dave Bergquist will be present to oversee the show authenticity.

Tickets are only \$8 - \$15 with great discounts for kids, senior and groups. And if that isn't enough for ya...ASOC is please to announce, all seats on Friday nights are ONLY \$5.00 EACH!

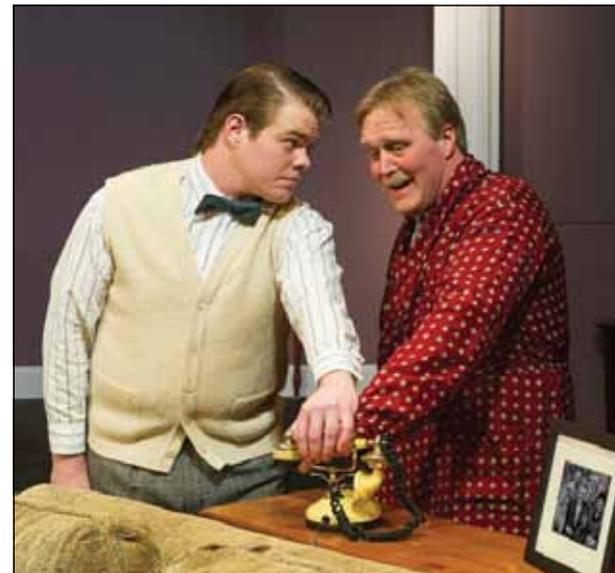
Tickets can be purchased at the door one hour before each show time but reservations are recommended by calling 503-325-6104 or go online @astorstretopryco.com

Noel Coward at the Coaster

PRESENT LAUGHTER is a comical farce written by Noel Coward in 1939 and first staged on tour in 1942. The play's title comes from a song in Shakespeare's Twelfth Night, which urges to seize the day - "present mirth hath present laughter".

The play follows a few days in the life of the successful, yet self-obsessed, comedy actor Garry Essendine (a character Noel Coward based on himself) as he prepares for a performance tour in Africa. In the midst of a series of farcical events that occur during the play Garry has to deal with women who are obsessed with him, his long-suffering secretary and his estranged wife, cope with a crazed young playwright and overcome his impending mid-life crisis.

CAST: Amanda Payne, Sheila Shaffer, Jean Rice, Pia Shepherd, Mark Johnson, Sue Myers, Richard Bowman, Slab Slabinski,



Richard Bowman and Mark Johnson in "Present Laughter."

Winston Laszlo, Jenni Tronier. DIRECTED BY George Dzungza, Costume Design -Patrick Lathrop, Lighting - Mick Alderman, Set Design - Dmitri Swain.

PERFORMANCES: Through April 19. Fri/Sat 7:30pm, Sun Mat, April 13 @ 3pm. Tickets \$20, \$15. Call the Coaster Box Office: 503.436.1242. coatertheatre.org

Murder Romp at the Barn

"A Little Murder Never Hurt Anybody"



Koli Cutler and Robert Kratz Jr. face off in a "Little Murder . . ."

TAPA PRESENTS "A Little Murder Never Hurt Anybody" by Ron Bernas, directed by Joni Sauer-folger. This delightful comedic murder romp, and love letter to screwball comedies of the 1930's, will be performed at the Barn Community Playhouse located at 12th St. & Ivy Ave. in Tillamook, Oregon.

PERFORMANCES: April 4,5,6,11,12, 2014. Evening performances start at 7:00 p.m. and Sunday Matinees at 2:00 p.m. Doors open 30 minutes prior to curtain time. Opening night gala includes one free beverage with ticket purchase. For reservations please call Diamond Art at 503-842-7940.

Peninsula Players' 2014 One-Act Festival

One-Act Original Scripts Wanted.

THE PENINSULA Players are now soliciting submissions for their annual One-Act Festival, scheduled for Aug. 25-27.

All area budding playwrights, and those who've always dreamed of taking on the challenge of writing a play, are encouraged to send in their one-acts for consideration.

The One-Act Festival was created for several purposes: To use writings submitted by local writers, To allow persons wanting to learn to direct or gain experience, To allow

persons learning to act on stage to gain experience, To provide entertainment to the community at a reduced cost

Plays considered for the One-Act Festival should be: No longer than 30 minutes; shorter plays are also desired. Each play should have a beginning and an end, forming a story or making a point. Set design should be kept to a minimum, as each director is responsible for his/her own set design and props.

Writers may choose to direct their own plays.

Writers will be allowed to watch all productions for free and receive two comp tickets for each performance for the use of their play.

DEADLINE for submitting a play to be considered for the One-Act Festival is May 1. Send to: Peninsula Players, PO Box 383, Ilwaco, WA, 98624

Triplicate submission is preferred. For more information, please call Rob at 360-665-0590.

Reader's Theatre in the McTavish Room

Beau Gest • April 23

DIRECTED BY SEN INCAVO, BEAU JEST by James Sherman is a funny and heart-warming play that ran for a year in Chicago and was a phenomenal Off-Broadway hit for two and a half years.

Story goes: Sarah Goldman is secretly dating Chris who does not meet the approval of her traditionally-minded parents. To please them, Sarah invents the perfect boyfriend. When the parents want to meet him, Sarah, in desperation, hires Bob, and

out of work actor, to pretend to be her make-believe beau.

PERFORMANCE: Wednesday, April 23, 7:30pm. Featuring Liberty Reader's Theatre regulars. At the Liberty Theatre McTavish Room, enter on 12th St. sidedoor. Ticket \$15. Light snacks and beverages. Available at the box office 1 hour before show and in advance during box office hours, Tue- Sat 2-5pm, 1203 Commercial St. Astoria.

Reclaiming the Green World Installation at the Cannon Beach Gallery



Agnes Field, Room to Spare, Mixed Media, 2013

THE CANNON Beach Gallery hosts a dynamic installation curated by Astoria resident, Jessica Schleif. **RECLAIMING THE GREEN WORLD** opens April 4-28, with an Artist's Reception from 5-7pm on Saturday, April 5. The third annual green inspired

show at the Cannon Beach Gallery happens in April in honor of Earth Day. Recology of Western Oregon is the Exhibit Underwriter for the exhibition. A well-regarded garden maker and artist, Schleif is known for her innovative installations that

include natural and repurposed materials, in which she creates interactive environments. The show, Reclaiming the Green World, was conceptualized as a group show with artists exploring the concept of creative culture verses consumer culture.

The exhibition features established artists; Agnes Field will show two-dimensional, mixed media work inspired by her recent artist-in-residency in Finland, Anne Greenwood, whose "What's in the Bag," interactive, community based project explores the concept of identity and reclaiming our relationship with the natural world. In addition, there will be terrariums and installation work by Jessica Schleif, Kimberly Waites, Andee Gowing, Maurico Rioseco, Thor Andersson and Karl Travenshek.

"Matter, Light, Spin" at LightBox Photographic Gallery

LIGHTBOX PHOTOGRAPHIC Gallery's appreciation of the Portland photographic community is celebrated in the third annual "PDX Photo Month Exhibit", showcasing the work of 40 talented fine art photographers from Portland with each photographer contributing one print for the show. Chris Bennet, the founder of Newspace Center for Photography in Portland served as juror for this event. The group exhibit opens with an artists' reception on Saturday, April 12th, from 6-9pm.

This year the gallery features the work of photographer Jim Leisy, a long time friend and supporter of the gallery and a highly valued and loved member of the Portland photo community, who passed away recently. In memory of Leisy, the gallery will exhibit work from his latest and as yet unreleased series of photographs, "Matter, Light, Spin".

In Jim's words....

" 'Matter, Light, Spin' is an ongoing project, I keep things open ended, it makes life/work exciting. 'Matter, Light, Spin' is a portfolio consisting of night sky photographs that create new patterns, or configurations, of celestial objects. All work is achieved in-camera on film. Each photograph is the result of multiple exposures made on a single frame. Camera position adjustments for each exposure leverage the spin of earth. The work moves from images anchored with earthbound structures to increasingly abstracted views of the stars."

Jim Leisy was a photographer, photography activist, publisher and founding board member of



Jim Leisy, Newton, Kansas

the Portland Art Museum's Photography Council. In his memory, please consider a donation to the Portland Art Museum Photo Council, Chamber Music Northwest or Bethel College.

"The PDX Photo Month Exhibit" and "Matter, Light, Spin" will be on display at the gallery through May 6th.

LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. Contact LightBox at 503-468-0238 or info@lightbox-photographic.com.

Everywhere that Mary Went

Jill McVarish Paints Darkly Playful Rhymes from the Nursery
At RiverSea Gallery



IN EVERYWHERE that Mary Went, opening April 12 at RiverSea Gallery, Astoria artist Jill McVarish turns her inventive imagination and impressive painting skills to nursery rhymes. With an impeccable eye for catchy detail and implausible narrative, and always on the lookout for a pun, McVarish celebrates the charming, the curious and the unexpected as she leads us on a beguiling

Working in oil on burlap, McVarish enlivens each painting with the glowing color and complex, layered depth seen in works by 17th century Dutch masters, evidence of her post-graduate studies in Amsterdam where she studied the paintings of the old masters that influence her work to this day. However, her treatment of these old rhymes brings them firmly into modern life, with plenty

of references to contemporary age-old chants and fables.

A show unveiling and preview party with themed refreshments will be held on Friday, April 11, from 6:00 – 8:00, and is open to any Jill McVarish fan who wants to chat with the artist and get a first look at the show. A second reception will be held on Saturday, April 12, from 5:00 – 8:00 during Astoria's Second Saturday Artwalk, and the exhibition will continue through May 6, 2014.

of references to contemporary culture, a juxtaposition of style and subject matter certain to surprise and delight.

"My approach to this show is to capture the spirit of the rhymes by presenting an image that attempts to depict beauty and, at the same time, absurdity. I'm focusing on specific excerpts (such as the cat and the fiddle) and painting that image without addressing the origins and hidden meanings in the rhymes that can be era specific, didactic, and even, at times, racist."

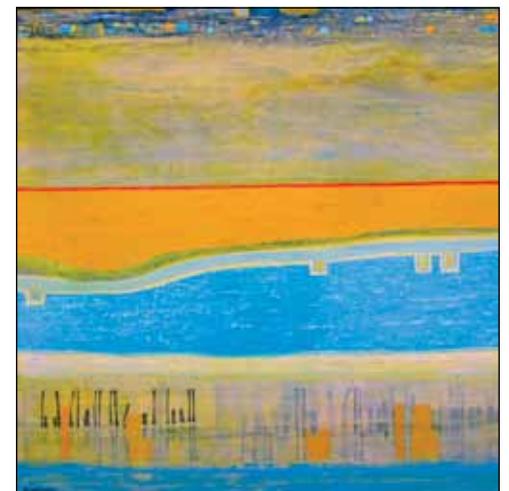
Everywhere that Mary Went is the second solo show that McVarish has had at RiverSea Gallery, where she is a represented artist. In 1993 she graduated with a Bachelor of Fine Arts degree from the San Francisco Art Institute and took further training at the Garrett Rietveld Academie in Amsterdam. She lived in California and Arizona before moving to Astoria in 2007 and has been exhibiting since her student days. Her work is in both private and corporate collections throughout the United States. Locally, her series of commissioned paintings with a quirky take on iconic films is on view at the Riverwalk Inn.

RiverSea Gallery, downtown Astoria at 1160 Commercial Street. Mon-Sat 11-5:30pm, Sun 11-4pm. 503-325-1270.

Looking For Home: Jody Katopothisat at IMOGEN

IMOGEN WELCOMES Jody Katopothis, April 12 – May 6, who brings a new collection of vibrant acrylic paintings. Through exquisite use of color and texture, Katopothis focuses her themes on the exploration of sense of place. She looks to nature's organic beauty and the occupation and organization of nature by our human relationships to the environment, the "archaeology" of the human experience. Through painting, she creates a narrative tapestry of ancestry and family, finding home. Katopothis who is also a musician will be performing her own music during her reception.

Imogen Gallery is located at 240 11th Street, in Astoria. Hrs: Mon - Sat, 11 to 5, 11 to 4 Sun, closed Weds. 503.468.0620



The River Changed Everything, 30x30

POETRYFEST

The Manzanita Writers' Series once again holds PoetryFest, a day-long event dedicated to the joys of poetry, on Saturday, April 19.

Two workshops are led by noted poets Lisa Steinman and John Sibley Williams. Join Lisa Steinman from 10 a.m. to noon for a workshop to generate new writing. Discover ways to make poems out of ordinary images, memories, or sounds. Take part in two guided exercises aimed at making extraordinary poems out of ordinary things.

Ms. Steinman has taught at Reed College in Portland, Oregon since 1976. Since 1983, she and her husband, Jim Shugrue, have edited the poetry magazine *Hubbub*. *Absence & Presence* is her ninth book. Earlier poetry books include *Lost Poems*, *All That Comes to Light*, *A Book of Other Days*, and *Carslaw's Sequences*. She has three books about poetry, as well: *Made in America*, *Masters of Repetition*, and most recently, *Invitation to Poetry*.

John Sibley Williams will lead a workshop from 1 to 3 p.m. in how to take a poem from the merely personal to one that speaks to larger issues. This interactive workshop will consider poems that have succeeded in "universalizing the intimate" and provide hands-on advice on how to strengthen your poetry to ensure it touches readers while remaining true to your experience and vision.

Mr. Williams is the author of *Controlled Hallucinations* and six poetry chapbooks. He is the winner of the HEART Poetry Award and finalist for the Pushcart, Rumi, and The Pinch Poetry Prizes. John serves as editor of *The Inflectionist Review*, co-director of the Walt Whitman 150 project, and Marketing Director of Inkwater Press. He has edited two Pacific Northwest poetry anthologies. Previous publishing credits include: *Third Coast*, *Nimrod International Journal*, *Inkwell*, *Cider Press Review*, *Bryant Literary Review*, *RHINO*, and various anthologies.

At 3 pm, Lisa Steinman and John Sibley Williams will sign their books. Following that there will be roundtable readings and conversation—a supportive forum for members of the public and workshop participants to share one of their own poems.

Tuition for the workshops is \$30 each, or \$50 for both. Both the book signing and the roundtable conversations are free and open to the public.

To register for the workshops, go to <http://hoffmanblog.org/manzanita-writers-series/2014-workshop-schedule> and click on the link for the registration form.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.)

Spirituality Book Club meets at Seaside Yoga

This growing group is led by Sallena Pool and currently reading, *The Four Agreements* by don Miguel Ruiz; the group is covering one agreement per week.

"In *The Four Agreements*," don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness and love."

Tuesdays, 7-8pm, at Seaside Yoga, 609 Broadway, 503-791-1622. seasideyogaretreats.com

Willy Vlautin with his new release THE FREE reads at Cloud & Leaf • April 12



WRITER WILLY Vlautin reads from his latest novel, *The Free* at Cloud & Leaf Bookstore next month. As with Vlautin's previous novels, *The Motel Life*, *Northline* and *Lean on Pete*, "The Free" is a story of the downtrodden prevailing, at least in spirit, despite the soul-sapping conditions they endure.

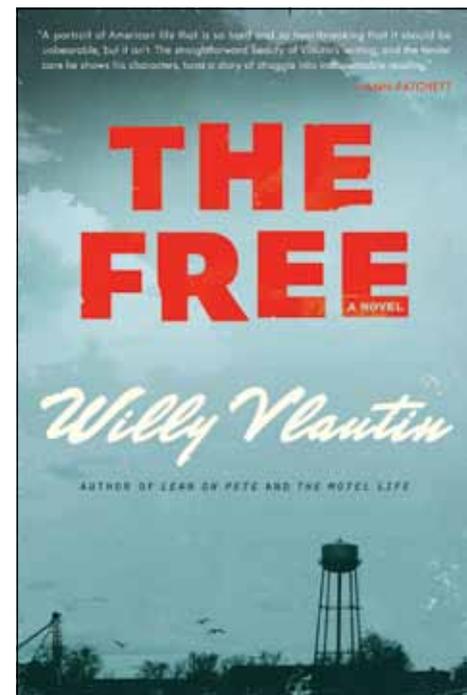
Jody Swanson, owner of Cloud & Leaf, wrote the following review of *The Free*:

The Free by Willy Vlautin is magnificent. It's about three people whose lives are intertwined by sad circumstances. There's Leroy, who has come home wounded from fighting in Iraq and is now living in a group home, Freddie, the night watch at the home, and Pauline, the nurse who works at the hospital where Leroy eventually ends up. Vlautin weaves back and forth through

their lives and reveals the plight each are caught in. Through the telling of the story, the importance of each character's decision not to give up is made clear. Their struggles and how hard they each try to stay hopeful and not be defeated by lack of money, mental illness or the cruelty of others is what makes them beautiful. All three characters manage to treat the people they know or encounter with kindness and empathy. Not unlike his other three books, Vlautin takes ordinary people, often the underdogs, and makes them into quiet heroes.

Vlautin, who lives in Scappoose, is also a singer and songwriter with the Portland-based band Richmond Fontaine, which has produced nine studio albums since its founding in 1994. Born and raised in Reno, Nev., he began playing guitar and writing songs as a teenager. A Paul Kelly song based on Raymond Carver's "Too Much Water So Close to Home" inspired him to write stories about struggling, working class characters. Later this year, his new band, the Delines, featuring vocalist Amy Boone of the Damnations, will release its debut album.

Alan and Gabe Polsky directed a film adaptation of "The Motel Life," which opened in theaters in November, and stars Emile Hirsch, Stephen Dorff, Dakota Fanning and Kris Kristofferson



Vlautin's local appearance is scheduled for 7pm, Saturday, April 12 at Cloud & Leaf Bookstore, 148 Laneda Avenue, Manzanita. You can reach Cloud & Leaf at 503-368-BOOK.

hf

Todd Miller Reads Border Patrol Nation: Dispatches from the Frontline of Homeland Security Hoffman Center April 17

TODD MILLER reads from his book *Border Patrol Nation: Dispatches from the Frontline of Homeland Security* at the Hoffman Center at 7pm on Thursday, April 17, Please note that the event is on Thursday



evening, rather than on the usual third Saturday of the month.

Border Patrol Nation shows in stark relief how the entire country has become a militarized border zone, including cities that don't immediately come to mind like Ft Lauderdale and Miami, FL, Buffalo, Rochester, and Niagara Falls, NY, Detroit and Port Huron, MI, Hilton Head, SC, Derby Line, VT, among many others.

In fast-paced prose, Miller sounds an alarm as he chronicles the changing landscape, speaking with the people most involved, from border patrol agents to government contractors to vulnerable immigrant communities. He combines these firsthand encounters with careful research to expose a

vast and booming industry for military grade weapons, high-end surveillance technology, and prisons. While politicians and corporations reap substantial profits, the experiences of millions of men, women, and children point to staggering humanitarian consequences that can no longer be ignored.

Following Miller'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 \$5.

The Writers' Series Reading Group will meet the Tuesday prior to Todd's reading, April 15th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to both events.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org or contact Vera Wildauer, vwildauer@gmail.com.

Library After Hours: An evening with author Molly Gloss April 11

ASTORIA PUBLIC Library and Astor Library Friends Association present Library After Hours, a free series of special events that take place at the library after regular hours of operation. On Friday, April 11 at 6pm, Oregon author Molly Gloss will read from her forthcoming novel, *Falling from Horses*. Admission to this event is free.

Molly Gloss is the author of four novels including NW classic *The Jump-Off Creek*

and national bestseller *The Hearts of Horses*. Her awards and honors include an Oregon Book Award, a Pacific Northwest Booksellers Award, the PEN West Fiction Prize, the James Tiptree Jr. Award, and a Whiting Writers Award. Her work often explores questions of landscape, of Western mythology, and the human response to wilderness.

The Astoria Public Library is a department of the City of Astoria, providing tax-supported services to all residents living within the city boundaries. For more information about library programs and services, contact library staff at 503-325-7323 or comments@astorialibrary.org, or visit the Astoria Public Library online at astorialibrary.org.



Journey Unauthorized. \$10, 8pm at Chinook Winds in Lincoln City.

Johnny Wheels. 9pm at the Snug Harbor Bar & Grill.

Megan James Band. 9pm at Roadhouse 101 in Lincoln City.

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

TYKL STYQ. 9pm at the Seafood Grill at Chinook Winds in Lincoln City.

ART

Tokeland North Cove Studio Art Tour. 22 Participating studios and artists. 10am – 5pm in Tokeland. acebook.com/events/686130651437841/

FOOD & DRINK

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

HAPPENING

Public Spaces for the Public. A NO LNGE picnic . Noon – 2pm at the covered shelter at City Park in Warrenton.

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.

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

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.

Earth Day Festival. Vendors, food and live music. At the Lincoln City Cultural Center. 541-994-9994

Classic Wooden Boat Show. Exhibits of both vintage and modern vessels from all over the Northwest. Free Admission. At the bay front in Depoe Bay. depoebaychamber.org

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

Portraits in the Garden. Photographer Bob Gibson will hold portrait sessions from 10am-3pm at the Connie Hansen Garden in Lincoln City. For reservations and FMI 541-994-6338.

Great Oregon Coast Garage Sale. Over 100 garage sales throughout the Lincoln City area. FMI 541-994-3070

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

LITERARY

Manzanita Writers Series. PoetryFest Readings. 3:30 – 5:30pm at the Hoffman Center in Manzanita.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats within the park seasonally. Comfortable clothing, shoes and binoculars are recommended. All survey takers meet at 9am near Battery Russell on Jetty Road, Fort Stevens State Park, Warrenton.

THEATER

The Real Lewis and Clark Story. Or... How the Finns Discovered Astoria. \$6 - \$15, 7pm at the ASOC Playhouse in Astoria.

Present Laughter. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 20

MUSIC

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

Hannah & Fred. 8:30pm at the Snug Harbor Bar & Grill.

Jeff Crosby & The Refugees. 9pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

Tillamook Swiss Society Easter Breakfast. let the crew at the Swiss Hall serve you your Easter breakfast. Can't go wrong with Omelets! Stop in between 7:30 am and 11:30 am for good food and good company! At Swiss Hall in Tillamook. '

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Classic Wooden Boat Show. Exhibits of both vintage and modern vessels from all over the Northwest. Free Admission. At the bay front in Depoe Bay. depoebaychamber.org

Earth Day Festival. Vendors, food and live music. At the Lincoln City Cultural Center. 541-994-9994

Great Oregon Coast Garage Sale. Over 100 garage sales throughout the Lincoln City area. FMI 541-994-3070

Monday 21

MUSIC

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

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

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats within the park seasonally. Comfortable clothing, shoes and binoculars are recommended. All survey takers meet at 9am near Battery Russell on Jetty Road, Fort Stevens State Park, Warrenton.

Tuesday 22

MUSIC

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

HAPPENING

Read for the Earth Program. There will be a reading of the children's book, "The Tree Lady: The True Story of How One Tree-Loving Woman Changed a City Forever" by H. Joseph Hopkins. Snacks and juice will be provided with free books to the first 40 families. 6:30 – 7:30pm at the Astoria Public Library.

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Lincoln City Community Days. facebook.com/lccommunitydays?ref=ts&fref=ts

Wednesday 23

MUSIC

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

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Lincoln City Community Days. facebook.com/lccommunitydays?ref=ts&fref=ts

THEATER

Clybourne Park. Drama, Reader's Theater. \$15, 7:30pm at the McTavish Room at the Liberty Theater in Astoria.

Thursday 24

MUSIC

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

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Lincoln City Community Days. facebook.com/lccommunitydays?ref=ts&fref=ts

LECTURE

Ales & Ideas. Gluten Free Mania – Is it for You? With Teena Toyas. Free, 7pm at the Fort George Lovell Showroom in Astoria.

Plants and Berries of the Pacific Northwest. With Dorota Haber Lehigh. Free, 7pm at the Cannon Beach History Center and Museum.

THEATER

Clybourne Park. Drama, Reader's Theater. \$15, 7:30pm at the McTavish Room at the Liberty Theater in Astoria.

Friday 25

MUSIC

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

Lee Koch Trio. No cover, 7pm at the Sand Trap Pub in Gearhart.

Wild Hog in the Woods. Folk. \$10 adults, \$2 for children. 7pm at the Cannon Beach History Center & Museum.

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

FOOD & DRINK

Astoria Warrenton Crab, Seafood & Wine Festival. Food, wine, live music and more. Admission is \$10 for adults, \$5 for children, additional fees for parking or shuttle rides. . 4 – 9pm at the Clatsop County Fairgrounds near Astoria.

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Lincoln City Community Days. facebook.com/lccommunitydays?ref=ts&fref=ts

LECTURE

Providing Informed and Culturally Sensitive Services to the LBGTIQ Community. A presentation by the Oregon Anti-Violence Project. Free, 9am – noon at the Guy Boyington Building in Astoria.

THEATER

A Little Song & Dance. A musical one-woman show. 7pm at the Barn Community Playhouse in Astoria.

Saturday 26

MUSIC

Ma Barley. Annual Reggae bash in celebration of Bob Marley's birthday, with the opening act of the Kevin Violette Experience. All ages are welcome; a bar will serve patrons age 21 and older. \$5. Doors open at 7pm at the AAMC in Astoria.

The Gusto Brothers. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

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

The Manic Mechanics. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK

Astoria Warrenton Crab, Seafood & Wine Festival. Food, wine, live music and more. Admission is \$10 for adults, \$5 for children, additional fees for parking or shuttle rides. .10am – 8pm at the Clatsop County Fairgrounds near Astoria.

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

Winemaker's Dinner. J Scott Cellars. Reservations required. 6pm at the Cellar on 10th in Astoria. 503-325-6600

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Tillamook Swiss Society Garage & Craft Sale. 9am – 4pm at Swiss Hall in Tillamook.

Lincoln City Community Days. facebook.com/lccommunitydays?ref=ts&fref=ts

LITERARY

Writers on the Edge. Join Poet Dan Raphael as he reads from his body of work. Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Black Lake Fishing Derby. For kids ages 1-14. Free pancake breakfast 7AM; fishing starts at 10:30. Some fishing poles available (first come, first served). Prizes awarded by age group & aggregate weight. At Black Lake in Ilwaco. Register at ilwaco-wa.gov/forms/fishingderby.shtml

THEATER

A Little Song & Dance. A musical one-woman show. 7pm at the Barn Community Playhouse in Astoria.

Sunday 27

MUSIC

North Coast Symphonic Band. Joy in All Things with guest conductor Charles Bolton. Pre-show with Astoria Tuba Quartet & David Drury. \$10, 1:30pm at the PAC in Astoria.

Elizabeth Strickland. \$15, 2pm at the Historic Raymond Theater in Raymond.

Wild Hog in the Woods. An Oregon string-band that plays a wild mix of old-time, swing, sleaze-jazz, ragtime, blues and tin-pan alley tunes. 3pm at the Lincoln City Cultural Center. 541-994-9994

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

Live Music. No cover. 9pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Astoria Warrenton Crab, Seafood & Wine Festival. Food, wine, live music and more. Admission is \$10 for adults, \$5 for children, additional fees for parking or shuttle rides. . 11am – 9pm at the4Clatsop County Fairgrounds near Astoria.

HAPPENING

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

OUTSIDE

Tapiola Park Clean-up. Recyclable crafting for children will be offered by The Curious Caterpillar Craft Lab. 1 – 4pm at Tapiola Park in Astoria.

Monday 28

HAPPENING

Friends and Family Night. Half of the night's proceeds go to Gearhart Elementary School. 5pm until closing at the Sand Trap Pub in Gearhart.

Twelve Days of Earth Day. Various events in and around Cannon Beach. Schedule at cannonbeach.org/events/Main-Events/Twelve-Days-of-Earth-Day

Tuesday 29

LITERARY

Lunch in the Loft. With Author Carol Cassella. \$35, includes lunch and a signed copy of the author's newest novel "Gemini." Noon at Beach Books in Seaside. RSVP at 503-738-3500 to reserve a book and lunch.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats within the park seasonally. Comfortable clothing, shoes and binoculars are recommended. All survey takers meet at 9am near Battery Russell on Jetty Road, Fort Stevens State Park, Warrenton.

Wednesday 30

HAPPENING

Walk a Mile With Me. Members of the community walk together to raise awareness for Sexual Violence. The walk begins at 4pm at the Columbia River Maritime Museum parking lot, and ends at the Déjà Vu Thrift Store in Astoria.

THEATER

Singin' in the Rain. Musical. \$8 - \$10, 11am at Nestucca Jr/Sr High School in Cloverdale.

WEEKLY

Friday

MUSIC

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.

Jackson Andrews & Dave Quinton. Blues/Folk/Rock. No cover, 6pm 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.

Trivia Night. Find out how much useless (or even useful) stuff you know at the weekly Trivia Night. 7pm at Baked Alaska in Astoria.

Saturday

MUSIC

Musician's Jam. Free, 2 – 4pm at the Tillamook Library.

George Coleman. Pop/Jazz/Folk/Rock guitar. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

The Honky Tonk Cowboys. Country. No cover, 7 – 10p at the Astoria Moose Lodge.

Saturday Night Dance Party. With DJ Nacho Biznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

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.

HAPPENING

Indoor Winter Farmers Market. 4 – 5 farmers will vend every week. 2 – 5pm at the Nehalem Beehive.

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.

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

THEATER

Teen Theater Club. Classes will present acting skill development and a monthly focus on a specific area of theater, including stage make-up, set design and lighting, script writing, budgeting and stage management. For ages 14 to 17. \$10/ month. At the ASOC Playhouse in Astoria.

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 Cannon Beach,

Jam Session. No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.

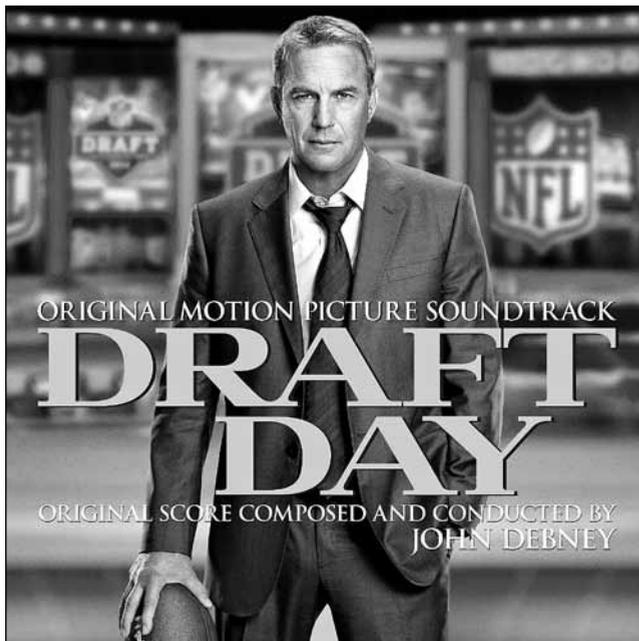
Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.

HAPPENING

Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

LITERARY

by Les Kanekuni



DRAFT DAY (April 11) In the sports comedy/drama *Draft Day*, Kevin Costner plays Sonny Weaver, Jr., the general manager of the Cleveland Browns, mired in the middle of a 13-year losing streak with an owner threatening to move the team to Los Angeles. It's the most important day of the year for Weaver, the day of the NFL draft. The one day of a general manager can't make a mistake. Weaver lives and breathes football. So much so that on the morning of draft day his girlfriend/assistant Ali (Jennifer Garner) announces she's pregnant and leaving him because he has no connection with life outside football. To prove the point, Sonny skips out on a ceremony honoring Sonny, Sr., the long-revered coach of the Browns who passed away the previous week. The Browns own the seventh pick of the draft, but Sonny goes all-in and trades up for the number one pick of the draft, which everyone in football assumes will be can't miss quarterback prospect Bo Callaghan (Josh Pence). Cleveland is ecstatic. Here is the chance to turn the losers into a winner. The pressure is intense. Even his own mother Barb (Ellen Burstyn) wants Sonny to draft Bo. But Sonny is a man of instinct and something about Bo bothers him. Will Sonny go with the consensus pick and save the franchise or will he trust his gut instinct?

RIO 2 (April 11) Everyone's favorite talking macaws return with the voice talents of Jesse Eisenberg (Tyler Blu), Anne Hathaway (Jewel) and the rest of the cast of *Rio*, joined by the voices of Bruno Mars (Roberto), Andy Garcia (Eduardo), Kristin Chenoweth (Gabi) and others. Official



synopsis: Blu, Jewel and their three kids leave their domesticated life in the city of Rio de Janeiro for a journey to the Amazon rainforest, where their owners Linda and Tulio were doing an expedition that seemingly found a hidden tribe of Spix's Macaws. On their way there, they are witnessed in Manaus by Blu and Jewel's old nemesis Nigel the cockatoo, who then decides to seek revenge on the macaws, enlisting poison dart frog Gabi and anteater Charlie as his minions. Upon arriving the Amazon, the family comes across Jewel's long-lost father, Eduardo, who is in hiding with his macaw tribe. As Blu has trouble fitting in, Nigel infiltrates the tribe, and illegal loggers kidnap Linda and Tulio on their way to reach the macaws' hideout.

TRANSCENDENCE (April 18) Johnny Depp makes his first foray into scifi with the artificial intelligence thriller *Transcendence*. Depp plays Will Caster, a controversial researcher in AI, who with his team including wife Ellen (Rebecca Hall) and best friend Max Waters (Paul Bettany) are trying to create the first self-conscious machine with the intelligence of everything that has ever existed. A machine with the emotions of a human being. However, anti-technology terrorists RIST have started a wave of global attacks, destroying research facilities and killing researchers. At a lecture, Will is shot by a RIST assassin with a poisoned bullet. But they have unwittingly aided Will's project. Against Max's protests, Ellen uploads the dying Will's consciousness. Will himself becomes the successful fruition of his own transcendence. Ellen is convinced the voice that speaks to her through computer screens is Will. But Max thinks otherwise, believing that the voice is an AI with malignant motives. Against Max's wishes, Ellen connects Will to the internet, making his power complete. Max leaves the team and informs the FBI while RIST attacks the lab. But Will is now freed to be anywhere. In a remote location Will begins work on a mysterious project, one that he tells Ellen will do untold good for the world. But RIST and the military are determined to destroy Will's project, fearing he will take over all mankind. Chris Nolan's Academy Award-winning cinematographer Wally Pfister (*Inception*, *The Dark Knight*) makes his directorial debut.

THE AMAZING SPIDER-MAN 2 (May 2) The first of three planned sequels unveils with the further adventures of Peter Parker/Spider-Man (Andrew Garfield), Gwen Stacy (Emma Stone), more information on the mysterious disappearance of his parents years ago and the threat of two new villains: Electro (Jamie Foxx) and Rhino (Paul Giamatti). Official synopsis: We've always known that Spider-Man's most important battle has been within himself: the struggle between the ordinary obligations of Peter Parker and the extraordinary responsibilities of Spider-Man. But in *The Amazing Spider-Man 2*, Peter Parker finds that a greater conflict lies ahead.



IT'S GREAT TO BE SPIDER-MAN (Andrew Garfield) For Peter Parker, there's no feeling quite like swinging between skyscrapers, embracing being the hero, and spending time with Gwen (Emma Stone). But being Spider-Man comes at a price: only Spider-Man can protect his fellow New Yorkers from the formidable villains that threaten the city. With the emergence of Electro (Jamie Foxx), Peter must confront a foe far more powerful than he. And as his old friend, Harry Osborn (Dane DeHaan), returns, Peter comes to realize that all of his enemies have one thing in common: OsCorp.

HEAR, HERE.

Native Astorian at the New Museum, NYC

THE NEW MUSEUM'S (235 Bowery, NYC) Department of Education and Public Engagement: R & D (Research & Development) Season for spring 2014 is VOICE (an investigative examination of voice with a wide range of activities and events.)



Image by: Jeanine Oleson, Untitled, 2014. Intaglio print, 12 x 7 1/4 in (30.5 x 18.5 cm). Printed by Marina Ancona, 10 Grand Press. Courtesy the artist.

The New Museum founded by Marcia Tucker in 1977, is a response to her firing from her curatorial position (1969-1977) from the Whitney Museum, primarily for showing the ephemeral art of then unknown artist Richard Tuttle. From that great beginning, Tucker, founder and director for 22 years, championed the museum as "laboratory" by the virtue of work shown (not white/male/straight) and the critical look at museum practices.

Opening April 23 is Hear, Here the first museum presentation of work by Astoria native Jeanine Oleson. Born in Astoria in 1974 and a graduate of Astoria High School, Oleson attended the School of the Art Institute of Chicago, Rutgers University and Skowhegan School of Painting and Sculpture and has shown nationally and internationally for over a decade.

Oleson will participate in a five month long residency where she will develop the exhibit: Hear, Here and interrelated works including public programs, workshops, panel discussions, a publication and an experimental two act opera beginning in a cave and ending on a mountain scheduled for concert June 13 and 14. Hear, Here is an exploration of different kinds of voices-musical opera to political acts of speech, and asks questions: "How we can attune ourselves to each other and what does it really mean to listen?"

Hear, Here is on view at the New Museum April 23 - July 6.

Jeanine Olsen currently living in Brooklyn, but with her heart in Astoria, is Asst. Professor of Photography in the Dept. of Art, Media and Technology at Parsons the New School for Design in NYC.

- Agnes Field



FREE WILL ASTROLOGY

April

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ARIES (March 21-April 19): In his novel *The Unbearable Lightness of Being*, Milan Kundera says that the brain has “a special area which we might call poetic memory and which records everything that charms or touches us, that makes our lives beautiful.” In the coming days, it will be especially important for you to tap into this power spot in your own grey matter, Aries. You need to activate and stir up the feelings of enchantment that are stored there. Doing so will make you fully alert and available for the new delights that will be swirling in your vicinity. The operative principle is like attracts like.

TAURUS (April 20-May 20): Our ancestors could see the Milky Way Galaxy spread out across the heavens on every clear night. Galileo said it was so bright, it cast a shadow of his body on the ground. But today that glorious spectacle is invisible to us city-dwellers. The sky after sundown is polluted with artificial light that hides 90 percent of the 2,000 stars we might otherwise see. If you want to bask in the natural illumination, you’ve got to travel to a remote area where the darkness is deeper. Let’s make that your metaphor, Taurus. Proceed on the hypothesis that a luminous source of beauty is concealed from you. To become aware of it, you must seek out a more profound darkness.

GEMINI (May 21-June 20): “Dear Gemini: I don’t demand your total attention and I don’t need your unconditional approval. I will never restrict your freedom or push you to explain yourself. All I truly want to do is to warm myself in the glow of your intelligence. Can you accept that? I have this theory that your sparkle is contagious – that I’ll get smarter about how to live my own life if I can simply be in your presence. What do you say? In return, I promise to deepen your appreciation for yourself and show you secrets about how best to wield your influence. -Your Secret Admirer.”

CANCER (June 21-July 22): The Cancerian artist Rembrandt became one of the world’s greatest painters. It was a struggle. “I can’t paint the way they want me to paint,” he said about those who questioned his innovative approach. “I have tried and I have tried very hard, but I can’t do it. I just can’t do it!” We should be glad the master failed to meet his critics’ expectations. His work’s unique beauty didn’t get watered down. But there was a price to pay. “That is why I am just a little crazy,” Rembrandt concluded. Here’s the moral of the story: To be true to your vision and faithful to your purpose, you may have to deal with being a little crazy. Are you willing to make that trade-off?

LEO (July 23-Aug. 22): The Indian spiritual teacher Nisargadatta Maharaj offered a three-stage fable to symbolize one’s progression toward enlightenment. In the first stage, you are inside a cage located in a forest where a tiger prowls. You’re protected by the cage, so the tiger can’t hurt you. On the other hand, you’re trapped. In the second stage, the tiger is inside the cage and you roam freely through the forest. The beautiful animal is trapped. In the third stage, the tiger is out of the cage and you have tamed it. It’s your ally and you are riding around on its back. I believe this sequence has resemblances to the story you’ll be living in the coming months. Right now you’re inside the cage and the tiger is outside. By mid-May the tiger will be in the cage and you’ll be outside. By your birthday, I expect you to be riding the tiger.

VIRGO (Aug. 23-Sept. 22): What is “soul work,” anyway? It’s like when you make an unpredictable gift for someone you love. Or when you bravely identify one of your unripe qualities and resolve to use all your willpower and ingenuity to ripen it. Soul work is when you wade into a party full of rowdy drunks and put your meditation skills to the acid test. It’s like when you teach yourself not merely to tolerate smoldering ambiguity, but to be amused by it and even thrive on it. Can you think of other examples? It’s Soul Work Month for you.

LIBRA (Sept. 23-Oct. 22): Are you close to anyone who is a catalytic listener? Is there a person who tunes in to what you say with such fervent receptivity that you get inspired to reveal truths you didn’t realize you knew? If so, invite this superstar out to a free lunch or two in the coming days. If not, see if you can find one. Of course, it is always a blessing to have a heart-to-heart talk with a soul friend, but it is even more crucial than usual for you to treat yourself to this luxury now. Hints of lost magic are near the surface of your awareness. They’re still unconscious, but could emerge into full view during provocative conversations with an empathetic ally.

SCORPIO (Oct. 23-Nov. 21): On my blog, I quoted author Ray Bradbury: “You must stay drunk on writing so reality cannot destroy you.” I asked my readers what word they would use in place of “writing” to describe how they avoided being destroyed by reality. Popular responses were love, music, whiskey, prayer, dreams, gratitude, and yoga. One woman testified that she stayed drunk on sexting, while another said “collecting gargoyles from medieval cathedrals,” and a third claimed her secret was “jumping over hurdles while riding a horse.” There was even a rebel who declared she stayed drunk on writing so she could destroy reality. My question is important for you to meditate on, Scorpio. Right now you must do whatever’s necessary to keep from being messed with by reality.

SAGITTARIUS (Nov. 22-Dec. 21): Does your mother know what you are up to these days? Let’s hope not. I doubt if she would fully approve, and that might inhibit your enthusiasm for the experiments you are exploring. It’s probably best to keep your father out of the loop as well, along with other honchos, cynics, or loved ones who might be upset if you wander outside of your usual boundaries. And as for those clucking voices in your head: Give them milk and cookies, but don’t pay attention to their cautious advice. You need to be free of the past, free of fearful influences, and free of the self you’re in the process of outgrowing.

CAPRICORN (Dec. 22-Jan. 19): For the foreseeable future, I urge you not to spend much time wrangling with bureaucrats and know-it-alls. Avoid frustrating projects that would require meticulous discipline. Don’t even think about catching up on paperwork or organizing your junk drawer or planning the next five years of your career. Instead, focus on taking long meandering walks to nowhere in particular. Daydream about an epic movie based on your life story. Flirt with being a lazy bum. Play noncompetitive games with unambitious people. Here’s why: Good ideas and wise decisions are most likely to percolate as you are lounging around doing nothing – and feeling no guilt for doing nothing.

AQUARIUS (Jan. 20-Feb. 18): Are you waiting? Are you wondering and hoping? Are you calculating whether you are needed, and if so, how much? Do you wish the signs were clearer about how deeply you should commit yourself? Are you on edge as you try to gauge what your exact role is in the grand scheme of things? I’m here to deliver a message from the universe about how you should proceed. It’s a poem by Emily Dickinson: “They might not need me but – they might – / I’ll let my Heart be just in sight – / A smile so small as mine might be / Precisely their necessity.”

PISCES (Feb. 19-March 20): You will soon get a second chance. An opportunity you failed to capitalize on in the past will re-emerge in an even more welcoming guise, and you will snag it this time. You weren’t ready for it the first time it came around, but you are ready now! It’s probably a good thing the connection didn’t happen earlier, because at that time the magic wasn’t fully ripe. But the magic is ripe now!

Homework: Choose one area of your life where you’re going to stop pretending. Report results to FreeWillAstrology.com.

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

By Margaret Hammitt-McDonald

Fashion for the Practical Cyclist



a badge of pride, indicating one’s membership in the Eldritch Order of Human-Powered Vehicle Operators. I’ve rued the destruction of my favorite comfy pants when they meet

MY JUNIOR-HIGH yearbook ended with a sarcastic Last Will and Testament, where each graduate bequeathed something to a younger student, mocking him/her in the process. In this alternate universe, I (infamous for wearing two different kinds of plaid together) was the recipient of the spring wardrobe belonging to the most stylish member of the graduating class. I’ve since learned to pass off my, um, unique style as practical rather than the result of getting dressed in the dark, and I defend the phenomenon of my clothes wrinkling as soon as they see me coming as a byproduct of sartorial evolution.

The spring cycling fashions I dream of would be designed by someone who actually rides a bike in Oregon Coast conditions. Waterproof outerwear makes a huge difference in riding comfort, the difference between joyfully splashing through horizontal downpours and cursing one’s sodden-rat state for the whole trip, yet the more watertight the garment is, the less breathable it tends to be. In effect, you replace an external rainstorm with an internal one as perspiration condenses on the inside of your storm-worthy stuff. I would bless the first technophile to create the ideal combination of waterproof and breathable: a material that calibrated itself to the amount of dampness coming at the rider from the sky versus what his/her body is generating. It would be a plus if he/she offered this Holy Grail raiment in a panoply of eye-searing plaids.

Unless your ride has a chain guard, you’re probably familiar with that annoying streak of chain grease that discolors the inside right leg of your pants. Some people wear this habiliment-wrecker as

Mr. Chain. If I were a fashion designer (be afraid, be very afraid), I’d create riding trousers with a patch of material in that chain-rubbing vicinity that causes the chain grease to bead up on it so the rider can wipe it harmlessly away at the end of the ride. I’d also produce socks that do the same trick for those who prefer protecting their pants with that good old bike geek style of wearing socks over them. (That was another of my junior-high fashion faux pas.)

Activewear manufacturers have already released bike tights and shorts with padding in the seat, but I’d go farther. After a long ride, that seat becomes a mini torture chamber, and I’d love it if you could pump up a special inflatable section of your riding tights or shorts to the right thickness, and in the right location, to prevent sore spots.

Speaking of sore spots, if you ride goodly distances on a regular basis, even the best body mechanics might not spare you the occasional numbness of the toes. Wouldn’t it be great to have shoes that massage your feet and restore circulation as you ride?

My last bike-fashion idea is for those people who don’t like to wear helmets: the Invisible Helmet, which protects your noggin without flattening your hairstyle or otherwise messing with your coolness. It can also be disguised as any preferred headgear, such as one of those snug racing caps, or even a Seaside Tourist Special theme hat in the form of an octopus or a bier stein.

Perhaps my ideas won’t make the pages of *Women’s Wear Daily*, but I think they’d go far to making your, and my, ride a happier one. Take that, junior-high yearbook.

WORKSHOPS/CLASSES

SIGN LANGUAGE CLASS. Beginning April 1 the Bay City Arts Center (BCAC) will offer another sign language class for beginners of all ages. The class will be led by experienced Sign Language teacher, Koli Cutler. The class will be offered for 6 consecutive weeks at the Bay City Arts Center on Wednesday evenings at 6pm. Join the BCAC in this amazing class that can open a world of communication possibilities in just a few weeks. Tuition is \$10 per class, or \$50 if you sign up for the total 6-week course. BCAC members will receive a discount off admission. Check out our Facebook page for additional discounts and tuition specials. Please contact Koli Cutler at the Bay City Arts Center office for more information about the class, or to reserve your space. (503) 377-9620, visit our website at www.baycityartscenter.org or check us out on Facebook.

KNITTING GROUP. A knitting group is coming to NCRD in January! The Lou Stine/Skip Rognlien knitting group is going public! Knitters are invited to come to the Riverbend Room at NCRD, 36155 Ninth St., Nehalem, from 1-4 pm on Monday afternoons, starting January 6. Fiber artists of all types whose work is portable are invited. Come and join some of the most creative people in fiber arts in the area. Call Jane at 503-3683901 or email : knappg@yahoo.com

PAINTING WITH WORDS – The Art of Visual Ideas. Monday afternoons. With Sandra Foushee. Focus will be on helping writers visualize and paint with verbal images in poetry, music lyrics, short stories, stories for children or lyrical essays. Tuition is \$20 per session or \$60 per three-session sequence. 2pm - 5pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

GUITAR FOR BEGINNERS. John Freethy teaches at the Hoffman Center in Manzanita. **Classes Thursdays, Apr. 3, 10 and 24, and May 1, from 6 – 7 p.m. Tuition \$60 for the four sessions. 2 guitars are available locally, 1 for rent and 1 for sale, for anyone who would like to participate, but does not yet have a guitar. A fun and encouraging environment. Freethy has taught guitar for over 10 years, starting back in Maine where he owned and operated a music store and taught up to 40 students per week. To register: hoffmanblog.org**

THE HOFFMAN CENTER CLAY STUDIO. Manzanita. Drop by studio to reserve or e-mail hoffmanclaystudio@gmail.com. The Clay Studio opens Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

DOES FOOD RUN YOUR LIFE? Come to Overaters 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).

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.

FREE COMPUTER CLASSES at Driftwood Public Library. These classes are designed for beginners to feel more comfortable using a computer and to enable you to use technology

more independently. Classes are free and open to the public but class space is limited, so pre-registration is required. Classes are being offered through April. 2nd floor of the Lincoln Square Civic Center, 801 SW Hwy 101 in Lincoln City. FMI: Morgan Sohl at 541-557-1166 or msohl@lincolncity.org

Workshop: Weekly Writing Lounge. Wednesdays. Are you trying to set aside time to work on a writing project? Are you looking for inspiration to re-energize your writing? Would you like feedback on your writing, but are reluctant to join a regular critique group? You're invited to join us for a weekly drop-in session. You'll find plenty of resources, including books on writing craft, games and tools to help prompt new writing as well as local writing mentors for feedback on **your works in progress.** \$3 per session, 10am – 12:30pm at the Hoffman Center in Manzanita.

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.

cannonbeach.org/documents/Social-Media-Workshop-Flyer.pdf

BODY WORK • YOGA • FITNESS

YOGA NAMASTÉ. Unlimited community yoga classes plus a 90 min. massage or private yoga \$125. Regular yoga(90min-class) unlimited \$90. Community yoga(60min-class) unlimited \$45. Regular Yoga Classes à la carte \$15/class. Community Yoga classes à la carte \$10/class. Offers expire 12/20/2013. 342 10th Street Astoria. www.yoganam.com. 503 440 9761.

LOTUS YOGA ASTORIA. Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Priced: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

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

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.

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.

AKHANDA YOGA. Join 500 hour RYT Subhadra (Katie) in a four week introduction to Akhanda Yoga; Hatha Yoga with some added spice. The workshop will be themed on learning the key components of Akhanda Yoga with an introduction to chakras, nadis and bhandas. The workshop will be offered at two different times to cater all schedules. Thursdays February 6th - February 27th 10 am- 11:30 am in room 5 at NCRD or Fridays February 7th - February 28th 5:45 pm- 7:15 pm at Contemplative Art Center in Underhill Plaza, Manzanita. \$50/four week session. Pre-registration is encouraged. For inquiry and registration message Subhadra subhadrayoga@gmail.com or call 503-368-5843.

YOGA North Coast Recreation District. Nehalem. Yoga Schedule. Mondays: Yoga of the Heart 8:15-9:45 a.m.; Vinyasa Flow 4-5:30 p.m. Tuesdays: Mixed Level Yoga 4-5:30 p.m. Wednesdays: Morning Yoga Stretch 8-9:30 a.m. Dig Deep Yoga 4-5:30 p.m. Restorative Yoga 5:45-7:15 p.m. Thursdays: Yoga of the Heart 8:15-9:45 a.m.; Fridays: Very Gentle Yoga 8-9:30 a.m. Saturdays: Mixed Level Yoga 8-9:30 a.m. More info: www.ncrdneahalem.org/about-us/schedules/

9am – 12:30pm at Beach Books in Seaside. seasideyogaretreats.com

ZUMBA AT NCRD. Come join us & learn latin-inspired rhythms, have fun, & burn calories. Bring a water bottle, non gripping sneakers, a smile & lots of energy! Zumba classes continue until December 20. M - W evenings from 6:30 to 7:30 & Fridays 9-10am. 6 classes \$25/ 3 classes \$15/ Drop-in \$8 For information on other programs, call NCRD Fitness Center (503) 368-4595.

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.

LINE DANCING. NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out an do Bootin' Scootin' Boogie and MANY more. Fun for all ages. \$1.00 admission fee. North Coast Rec District in Nehalem.

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.

QIGONG CLASSES ASTORIA. Tuesday & Thursday 8:30am-9:30am at WAVES OF CHANGE WELLNESS CENTER. 1 12th street (the docks on 12th FREE 1ST CLASS \$40

a month. Drop in's welcome \$5. Call Linda Williamson. 503-861-2063

JADE WOMAN QIGONG. This form was especially created to help balance a woman's body during all phases of life. It is a graceful and beautiful form that follows the movements of the crane, helping to build blood by opening the Tan zhong acupoint and purifying the liver. Qigong classes at the Center for Contemplative Arts Underhill Plaza, Manzanita Avenue and Division Street, in Manzanita. Thursdays, 4 pm and at Waves of Change Wellness Center 1,12th street, suite#10 ,Astoria Saturday 10:30am Instructor Janet Maher. More info janetm55@yahoo.com

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

WAVES OF CHANGE. TAI CHI, TU/TH 10-11am - Advanced Fan Form. TU/TH 5:30-6:30pm - Beginning Sun Style, Instructor: Angela Sidlo. QIGONGTU/TH 8:30-9:30am Instructor: Linda Williamson, Sat1030-1130am, Instructor: Janet Maher PILATESM/W/F: 8:45-9:45am, Instructor: Sam Peters. GENTLE STRETCHING, M/W 5:30-6:30pm & 6:45-7:45pm, Sat 9-10am Instructor: Angela Sidlo Private lessons available \$25/hr. Drop In rate for classes \$10. Contact Angela at 503.338.9921 to sign up for a class. Fee: Tai Chi class \$50 per month. Qigong class \$40 per month. Stretching class is \$75 per month for M/W/F and \$50 for M/W. Yoga \$50/month M/W classes. Get a punch card for \$50 and mix 'n match 8 class sessions.

SPIRITUALITY

SPRING EQUINOX: HOLY DAY CEREMONY. Thursday, March 20, 12-2at Wanderland Rainforest Iseum. "Sing frog, sing! Bring the rains that cleanse the earth--and make us whole again." On Spring Equinox, night and day are momentarily balanced. We celebrate the return of the sun, for after Spring Equinox, every day is brighter than the one before as Earth blossoms into spring. This Holy Day ceremony will be lead by Gwendolyn Endicott, author, mythologist and Priestess of Isis. We will focus on the goddess Tara, whose name translates as "Star" or "She Who Leads Across." Using mantra, prayer, visualization, and sensory experience, we will call on Her for balance and healing as we grow into the new. Donations toward the maintenance of the forest sanctuary are welcome. The ceremony starts at noon. Please do not come late Gwendolyn@nehaletel.net or 503-368-6389. For Wanderland Sanctuary and Iseum, go to our website: wanderlandrainforest.org

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,



ENCORE DANCE STUDIO! Registration is open now. Fall 2014 PreRegistration is now open at Encore Dance Studio. Reserve your child's placement in class by going to www.getyouddancing.com. Dance & Tumbling classes begin September 2nd, 2014. An outstanding line up of classes this fall includes Tap, Jazz, Ballet, Cheer, Hip Hop, Creative Movement, Tumbling, Acro, Mommy & Me, Open Gym, Combo Classes, Musical Theatre, Acting and more. Encore's popular Performing Arts Preschool is accepting new students now. Performers must be 3 by September 1st and potty trained. Curriculum includes tap, ballet, musical theatre, art projects and more! Morning class is offered Tues/Thurs from 9am to Noon and Afternoon class is offered Mon/Wed. Space is limited, enroll online today at www.getyouddancing.com. Encore is conveniently located at 3631 Hwy 101 North in Gearhart AND 429 SE Marlin Avenue in Warrenton. Got questions? Call us at 503-717-1637 or 503-861-1637. Find us on Facebook, email us at encoregeahart@msn.com.

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@nehaletel.net.

VISITORCENTERSEEKSVOLUNTEERS. 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 503-325-6311 or stop by to pick up a volunteer application.

MEETINGS AND MEET-UPS!

THE LOWER COLUMBIA CLASSICS CAR CLUB. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's

Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

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

MEN'S GROUP FORMING. Forming a new more inclusive Men's Group in North County. Every other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens. Contact: Darel Grothaus 206-818-4833.

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. second Tuesdays, from 6:30 - 8 pm at Grace Episcopal Church, nursery room, 1545 Franklin Ave, Astoria. Meet 2nd Monday of the month at 10am- Astoria .FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 or Megan Oien: 503-440-4942.

Messages Sonja Grace mystic healer

Our Energy is Key

WE HAVE so much to be thankful for like water, air, land, a home, food, family, computers, phones, pets and more. We spend a lot time in our cars, at work, on computers, phones, playing games to the point of isolation. The fast pace and convenience of today's technology is literally sidetracking us from the very energy we are meant to be engaged with. The earth offers an exchange with our energy field that is fundamental to our existence.

We are reliant on the Earth for far more than her natural resources and gravity. When the brain and nervous system create human

magnetic fields it is like electricity passing through a metal wire causing an energy field or magnetic field. When we go outside and walk barefoot or sit on the ground we are recharging our batteries. Billions of nerve impulses in the human body are constantly creating complex human magnetic fields. Even science has proven that the human heart is a source of electro-magnetism that can be measured six feet out from the body. This is also the amount of distance the aura normally spans around our body.

In spring we are busy getting ready to plant gardens and

grow crops for the New Year. Our exchange with the Earth's energy provides a union of hands and heart with the soil revitalizing both. The Earth receives our energy as unconditionally as she gives. We can recognize the love that comes back to us through the plants that sprout despite the rain or cold. We pour our love into the soil nurturing the seeds we sow. This nourishes the planet and is your energy feeding her. There would not be so many people on the Earth if she were uncaring. The hard part for humans to understand is the Earth lives in a perpetual state of balance, constantly shifting and moving to find that centered state in her body. We take it personally when she erupts with a volcano or shakes the ground as she shifts her tectonic plates, but this is not about us. It is about her and the difficult job she has managing a body with the radius of 3,959 miles.

Our job is to be the caretakers of this blue planet. We have quite the task ahead for our children and future generations. The way each one of us can contribute is to get your hands back in the soil! Take time to give her your gratitude and prayers as you plant your flowers and prepare your field. Our caretaking the Earth might be a small bit of land and for others a much larger

property that takes time and energy. Just remember the plants and trees hear your thoughts and prayers as does the land they are rooted in. Everything around you is in concert with a much larger energy field. Your energy is doing a dance that lasts your whole life with nature. Be creative and add words to that choreography talking to the water, trees, plants and soil. Give back to the Earth your generous love, the same love you have for your family and children, pets and friends. We always perceive we must be on the front lines but in fact our energy is the key to helping the Earth.

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

Something to Talk About.... Same-Sex Attractions

AS A Hipfish columnist, I occasionally ask the esteemed editor, Dinah, for an idea or two. This month she suggested an article that addresses same sex attraction.

I approached this topic like I would any topic. I checked the internet for tidbits or comprehensive articles. I found articles about attraction, but they addressed the female/male combination. (Yes, testosterone and big breasts send hormones flying.) Attraction also can be mutual interests (passions), love, polarity or complimentarity, and authenticity between two people. Granted, I did not research the internet extensively. I am positive I would have found some article if I found the right thread. I'm writing this article upon my counseling knowledge and the extremely limited response to my Facebook request for anonymous info and help. I think that tells me something also. Nobody's talking.

What about same-sex attraction? You probably wonder what I have to say now, since I am clearly a dedicated heterosexual with a crush on Vin Diesel. Here I go: Same-sex attraction is attraction. Same rules as for any attraction. It may be a familial resemblance or a clicking of personalities. Maybe it's a charm that is irresistible. Maybe the physical beauty resonates. It is not unusual. Repeat: It is not unusual to be attracted to attractive people of any gender. Attraction is often a reciprocal event where eye contact, shared laughter, something mutual going on..

People do indeed have many facets. Men have some feminine sides and women, masculine. Our society has delegated certain traits as feminine and masculine, but we all are on a continuum, a combination of stuff. The best marriages, by the way, seem to exist between those that have somewhat blurry definitions - people that don't define themselves by the gender stereotypes.

Given what I've just written, I am going to say that most likely every single one of you have had

a crush on someone of your own sex at some time or other. And maybe been on the receiving end of an attraction. I know I have. I know of male and female friends having same-sex crushes. It barely gets into conversation. Sexual orientation is often protected and unexplored. Once labelled... forever one is to be. A person treads lightly when addressing those areas outside the known box. I know I do. It can be confusing. What if...??

I've known people who have described what sounded very much like an infatuation of a same-sex friend, and then say, "But I'm not gay or anything." Since this is an article based on my counseling practice and my own experience, this is what I am going to suppose: It's part of human nature. Love is love. Attraction is attraction. People are people.

I've also known people who didn't emerge into a gay or bi-sexual lifestyle until they hit the later years. That's where authenticity is being fine-tuned and honored. Many people are constricted by what they perceive as society's rules. If one defines oneself as heterosexual and finds him/herself attracted to one of the same sex, it can be threatening. Threatening to one's sense of identity. Scared of the unknown. Maybe guilt for even daring to entertain the thought of going there....

Since I am not all that unusual, I am willing to guess that my general life experiences were pretty commonplace - mild flirtation, enjoying the attention of someone who finds you attractive, be it man or woman. Whether one chooses to experiment sexually is a very personal decision. If I could help anyone make that decision, I'd probably say this: If there is a constant wondering and ongoing affection for someone of your own sex, I'd say it would be worthwhile to check it out. As stated before, many people live by society's constraints and wait years for the confidence to become sexually honest.

word and wisdom

By Tobi Nason

When my son was young, around 11, he told me he loved his friend Billy. I said that was nice. He said, no, mom, I really, really love him. Is that okay? Yes, Ben, it certainly is. How can love ever be wrong? He was young. He wanted validation that his feelings were okay, because he sensed that it was a more intense feeling than friendship. And yes, he is now 22 and openly gay.

Sexual attraction appears to be a forbidden topic. Husbands don't tell wives about outside attractions (too threatening). And attraction for the same sex can be riddled with a mess of unexamined feelings. Am I gay? Is that person gay? What do I do now? Am I crossing over to the dark side? Will my friends understand? What about work? Who in my world, as it exists, is going to understand? Will they ostracize me? Talk about me?

We are a society scared of those that are different from "us." And we are scared of being ostracized from our chosen group. Our primal brain says we need others for survival. Will there be others there if I become oriented in a different direction? Will I be ok?

Bottom line: Attraction is attraction. Life is short. Follow your heart and be brave in that area. The fact that this topic is not a common topic, that it makes people uncomfortable, intrigues me. We like definition in our world. Attraction to one of our own sex? Is there a name for that? Not really. It doesn't define one as gay or bi-sexual. Choosing to explore and discover more may place you under a different label, such as bi-sexual. But mere attraction? How about Pre-Bi-Sexual? (PBS for short?)

Our lives on earth are meant to be a learning and loving experience. If you are blessed with loving anyone, and you are loved in return, I'd say wonderful. Follow your heart. Always.

Tobi Nason is a counselor from Manzanita.

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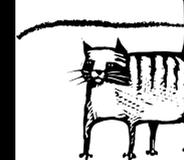
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Contraception: Supporting a Woman's Right to Choose

FRESHLY BACK from a conference on the latest and greatest in contraception so wanted to use this month's article to update you readers. It is a wonderful and amazing option for women and men to be able to choose whether and when to have children. When you take a moment to consider the health care costs of unplanned pregnancies and abortions; it is nearly a no brainer to consider birth control and family planning as treatment. Preventing unintended pregnancy is a communal effort, so please pass along any or all information to someone who would benefit from being informed of their choices.

One of the main take home messages I want to pass along to you focuses on LARC (long-acting reversible contraception) methods. These are the 'Get it and Forget it' methods which include IUD's either Paragard, Mirena or Skyla and Implanon/Nexplanon which are implants.

These methods are the most effective as they have little to no way of improper use, which is the most common reason women get pregnant on other methods (forgot to take pills, ring came out, patch fell off, forgot to go in for my Depo shot, etc). These LARC methods are available to females of all ages and are typically able to be initiated nearly immediately. They do take a visit to a doctor's office as they need to be properly placed by someone trained to do that. They are all very safe and extremely effective...for example of 100 women who use a Paragard IUD (which is good for 10 years!) less than 1 will become pregnant in a year as opposed to the pill where up to 9 of the 100 women will get pregnant...again very effective!

And yes, IUD's (Intrauterine devices) are experiencing a comeback; the interest in these small T-shaped systems of contraception continues to rise. The use of IUD's were often recommended to

women who had already had children, but new guidelines have broadened potential recipients. There are currently 3 types available. The first is the copper IUD (ParaGard, www.ParaGard.com) this is a completely hormone free method offering 10 years of contraceptive protection. The second is a progestin only containing IUS Mirena (an Intrauterine System, www.mirena.com) which offers 5 years of contraceptive protection. And the third is Mirena's new little sister Skyla (www.skyla-us.com), a smaller device which works the same as Mirena but good for only 3 years. The IUD/IUS must be inserted into the uterus by a licensed practitioner. Most common complaints are discomfort during insertion, and irregular bleeding. These devices are easily removed in advance of recommended use. Some myths about IUD's which I will spend a moment listing as MYTHS are: they grow through the uterus,

you infertile. These myths each have studies to back up the fact that these things do not occur with IUD use.

Implant use is also on the rise. Implanon or Nexplanon (www.nexplanon.com) are the names of the two options available. These are small rods which are even smaller than a matchstick and release a steady amount of progestin to prevent pregnancy. They are implanted under the skin on the inner surface of the upper arm and are good for up to 3 years. This method like an IUD must be inserted by a licensed provider and after the 3 years must also be removed by one. And again like the IUD this method is extremely effective with a pregnancy rate of less than 1 in 100 women in a year.

Most of us are familiar with the trusty old birth control pill. Still one of the most popular options; there are a variety of choices for patients and providers. The major downside of pills are the

of the newer contraceptive methods have unique delivery systems, and are invaluable for those who have trouble remembering a daily pill (although

com). This is an injectable method which has no estrogen and is given once every 12 weeks. There are often complaints of irregular bleeding (especially the first 6 months), significant weight gain, depression, bone loss, and resuming fertility can take up to 18 months after discontinuing use.

Now for you men, there is indeed a method for you too...vasectomy! And guess what? Federal dollars now include a way for you to receive a free or reduced fee vasc-

tomy; check with your local health department or planned parenthood for details. Yes this is a permanent method. It involves a simple outpatient procedure which severs the vas deferens stopping semen from exiting the penis during ejaculation. There is still an ejaculatory fluid released, but no sperm. What happens to them? They get stuck at the dead end and are reabsorbed into the blood stream. Men you can also remain well stocked with condoms as not only birth control but sexually transmitted infection control too!

As a naturopath I get two common questions regarding birth control. What are the hormone free options and what do I recommend to women taking hormonal birth control? Hormone free options are condoms, diaphragms, ParaGard IUD, vasectomy, and Cycle Beads (these are pretty cool, an easy way to track your fertile cycle days IF you have regular periods...check out their website (www.cyclebeads.com). Any hormonal birth control method can deplete B vitamins, so I recommend a good multi or B complex vitamin to be taken daily with food.

All of the aforementioned methods have their own risks. And of course none of these are protection against STD's (now called sexually transmitted infections, STI's); for that use a condom! If any of the aforementioned contraceptive methods are of interest to you check into the websites given as well as seeking the guidance of a health care professional versed in their use. Two other websites worth mentioning are www.plannedparenthood.org and www.fwhc.org, they both give a comprehensive overview of the options available. Be thankful for your right to choose!

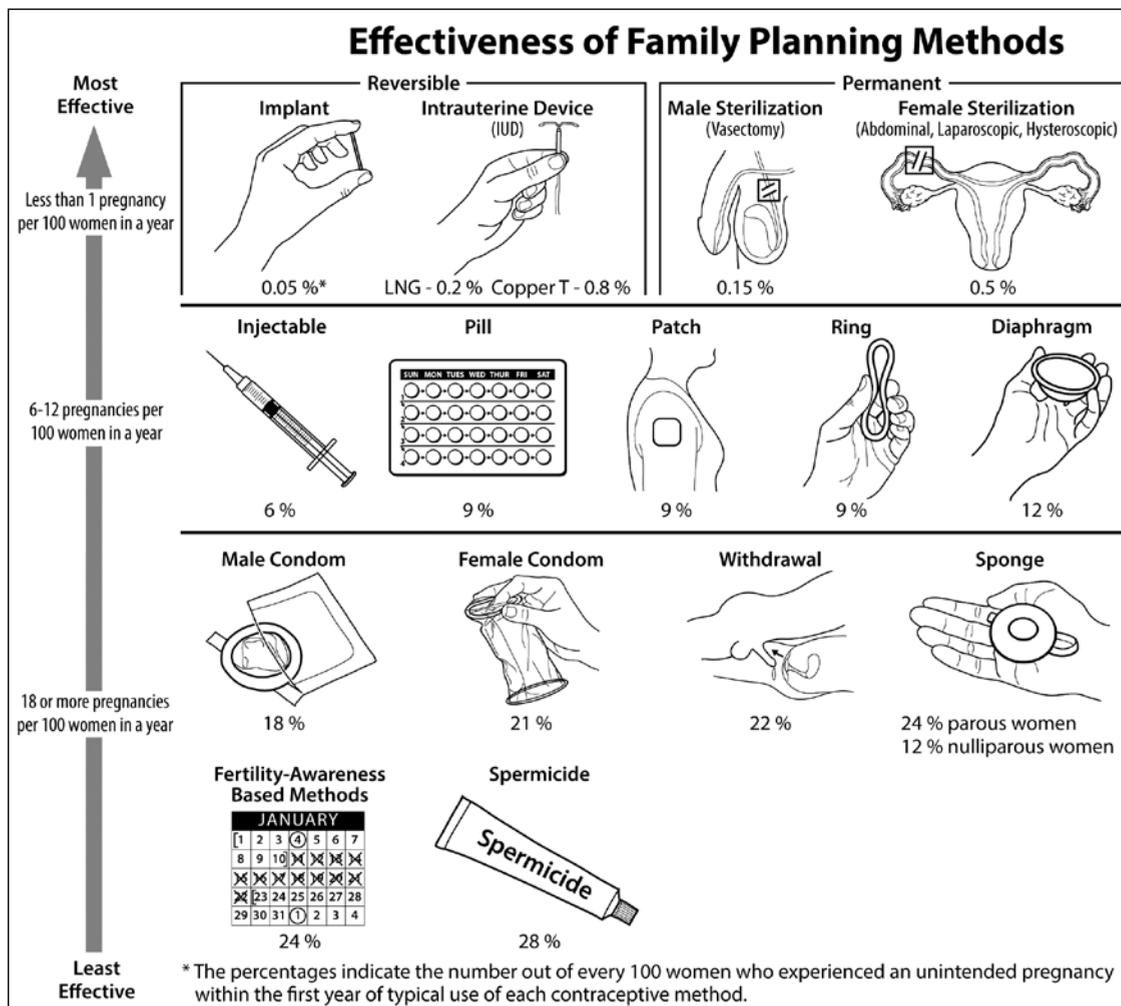
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Dr. Tracy Erfling is a naturopath physician in the Lower Columbia Region. Questions? erfllingnd@hotmail.com



not as great as the LARC methods). A favorite of mine is the NuvaRing (www.nuvaring.com). This is a small (2 inch diameter, 4mm thick) flexible ring which is inserted into the vagina like a tampon for 21 days and removed for 7 in order to have a period. It delivers a steady release of low-dose hormones throughout the 21 days. Side-effects seem to be minimal with complaints of increased vaginal discharge/irritation, and sexual partners being able to feel it during intercourse. Another method which offers a unique delivery option is the patch OrthoEvra (www.orthoevra.com). The patch is a nude colored adhesive impregnated with hormones. With this method one patch is applied weekly for 3 weeks, and week four is patch free. Common complaints with this method are irritation/rash at the adhesive site, breast tenderness, and trouble with patch staying full adhered to the skin. This method has the potential for higher estrogen levels than most others, which for

some women can be a problem, so consult your provider. The next method is Depo-Provera (www.depoprovera.



they increase chance of infection, they increase sexual promiscuity, they will hurt you or your partner, they will make

side-effects (which of course all methods have), and the fact that you have to remember to take it daily. Some

CHEW ON THIS!

by Merianne Myers



SPRING IS

upon us. No matter where you reside on the Myths-We-Conjure-Up-To-Make-Ourselves-Feel-Better spectrum, it's easy to feel something sensational might be right around the corner this time of year. Some of the screwiest and best things have resulted when religious beliefs collide. Like eggs and Easter. It's a little bit Pagan, a little bit Christian and a whole lot of scrumptious.

Eggs are so gorgeous, so delicious, so perfect, in or out of their shells, cooked or raw, they truly need no help from us to reign supreme on the whole foods Greatest Hits list. The fact that they contain Omega 3 fats, high quality protein, a heaping helping of all the B vitamins and a tendency to elevate HDL good cholesterol is a mighty fine bonus.

Eggs are at their nutrient-packed best and tastiest when they come from chickens and ducks that are allowed to wander freely and eat a wide variety of foraged foods that they happily scratch up for themselves. Chickens respond to being put in a cage under artificial light, having their beaks clipped, getting fed manufactured food loaded with additives to replace the things they can no longer find for themselves and being expected to pump out product at a dizzying pace by laying inferior eggs. Who wouldn't? That's enough to make any of us righteously cranky.

In short, chicken-direct eggs are the way to go. Either have chickens or know

somebody who has chickens. It's easy in these times of urban chickens, Farmers' Markets and Co-ops. Stop worrying about how much they cost, they're cheaper than meat. A fried egg sprinkled with chives snipped from your pot of herbs on the window sill, blessed with a little salt and pepper and nestled between slices of mayo-daubed toast is flat out

McFabulous. Even with perfect yard eggs, it will set you back less than a buck. Ante up for your health, your planet and your palate.

DEVIL MAY CARE EGGS

There are theories aplenty about how to boil the perfect egg. Here's how I do it, I'm guessing you have your own system. Place eggs in a sauce pan with cold water to cover. Heat on high until boiling. Remove from heat, cover and let sit for 10 minutes.

Peel, halve and remove yolks. Blend yolks with good mayonnaise, Dijon or mustard of your choice to taste, salt and pepper. A bit of soft butter adds gloss and smoothness.

You can add pickle relish, smoked paprika, a pinch of curry, minced fresh herbs (parsley, dill, tarragon, sage, basil and chives are all nice), and lots of other things. A deviled egg is a palette. Get artsy.

I usually opt for a

simple filling and use toppings to provide the punch. Crumbled pepper bacon and minced sun-dried tomato is pretty and pretty darned good. Equally perfect - a slice of anchovy and a couple capers, a sash of roasted red pepper and chopped black olive, a roasted asparagus spear, julienned spring onion, a slice of roasted baby red potato, etc., etc., etc. You can get as fancy as you want with hors d'oeuvres, you will never come up with anything that disappears off a buffet table faster than deviled eggs.

OR

Pierce an over-easy egg and watch bright yellow-orange yolk ooze over steamy soft polenta or al dente angel hair pasta tossed with a grate of parmesan or a slice of buttered toast. It will make you feel better about everything. I'm not kidding.

Sauté onion, sweet pepper, jalapeño, mushrooms or any combination of vegetables you like. Scramble with an egg. Lightly sprinkle with grated cheese (I'm loving the smoked Jack at The Co-op) and tuck the whole works in a warmed Pita. Add a splash of Sriracha and a Bloody Mary and you've got a vacation!

The eggy magnificence never ends. Happy Spring.



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Beers To Your Health!

Learn about Fermented Food with the Astoria Co-op Local fermenting farmers will speak at lecture

FERMENTATION IS an ancient way of preserving food with modern appeal in today's food culture, for its taste and health benefits. Local farmers, Carol Carver and George Exum of Island's End Farm on Puget Island, Washington, ferment many of the vegetables they grow. They will share their fermenting knowledge and advice on how

you can do it, on Thursday April 10, at the Astoria Co-op's monthly food and wellness lecture series "Beers to Your Health" at the Fort George Lovell Showroom, 14th and Duane St. in Astoria.

Carol and George have been growing food for their family for about 35 years. Seven

years ago they started farming commercially. They use organic practices and grow a variety of fruit and vegetables. They sell their produce, jams, pesto, and fermented products—different types of sauerkraut and kimchi—at the Cannon Beach farmer's market, River People Farmers Market in Astoria, Puget Island Farmers Market on Puget Island, and the Astoria Co-op.

During a tour of a biodynamic winery in California, the owner sparked their interest in fermented foods while at the same being interested in learning from George how he made wine from root crops like bulb fennel. They read books by Sandor Katz, the "guru of fermentation" and experimented with fermenting food until they felt comfortable selling it. Fermenting preserves the quality and vitamins of food, and there's added health benefits.



"Fermented products that have not been subjected to heat have good bacteria for your gut and that's what people are calling probiotics. So when you eat fermented vegetables you get all the nutritional value of the vegetables plus the probiotics that will help with digestion, and there's strong evidence that it helps with reducing inflammation and increasing immunity," Carver said.

Fermented foods, including sauerkraut and kimchi, can be eaten in a variety of ways.

"We use them with sandwiches, eggs, frequently sausage and sauerkraut, and we know people who just eat it out of the jar, but most use it as a side dish. It goes well with a lot of

things," Exum said.

At the lecture, the Carvers will explain the fermenting process of both food and wine, bringing along some of their fermenting crocks for people to see. They will offer samples, and have their products for sale.

The Astoria Co-op produces these lectures to educate and increase awareness about healthy food. The Fort George Brewery provides the space as a service to the community.

Beers to Your Health is free and open to people of all ages. Doors open at 6 p.m. Food and drinks are available for purchase. The presentation begins at 7 p.m. and last about an hour. Organizers ask that you show up early to ensure a space.

Image caption: Carol Carver and George Exum of Island's End Farm

"We Are What We Eat"

Oregon Humanities Conversation Project At Seaside Public Library

ON THURSDAY, April 17, the Friends of the Seaside Library and Oregon Humanities will host The Conversation Project, "We Are What We Eat: Connecting Food and Citizenship" with educator and author Wendy Willis. The event will take place in the Community Room at 7:00 p.m.

Oregon is famous for its food—for its long traditions in agriculture and fisheries, and also for its role in the movement to promote whole food in communities, schools, and home kitchens. In addition to the daily practice of cooking and eating, many Oregonians also think, talk, and write about food. Might our relationship to food production, preparation, and consumption create deeper connections to our place and our neighbors and a pathway to increased self-sufficiency? This is the focus of "We Are What We Eat: Connecting Food and Citizenship."

Wendy Willis is a poet, essayist, and national leader in civic engagement and collaborative

governance. She has served as a federal public defender and as a law clerk to Chief Justice Wallace Carson Jr. of the Oregon Supreme Court. Willis currently is executive director of the Policy Consensus Initiative, a national nonprofit organization housed at Portland State University devoted to improving democratic governance.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

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

Spring Farm to Fork Cooking Class

Astoria Co-op and Columbia Memorial Hospital Join Forces

SOME OF the first foods of the season from farms in the North Coast region are starting to sprout up. How to cook using the freshest ingredients around is the focus of a spring farm to fork cooking class in Astoria.

Chef Marco Davis is working to source the first spring crops as well as locally-caught fish. Those attending can expect fresh greens, arugula pesto, and more bright foods that reflect the season. Farmers and other producers will be there to talk about their products, including Walnut City Wineworks. Oregon wine pairings will be provided with each course—appetizer, salad, main dish, and dessert. Marco will provide recipes and explain his cooking process as he prepares dinner before your eyes.

The Astoria Co-op, in cooperation with Columbia Memorial Hospital, is organizing this farm-themed dinner event for the second time, along with Chef Marco Davis (of the Columbian Cafe and Astoria Arts & Movement Center). The group came together in the fall to test the waters with a similar class, which sold out.

"What a great show of the community's enthusiasm for cooking with local food! Marco and the folks from CMH have been a dream to work with and are very receptive to fresh ways of thinking



about how to increase the amount of people eating healthy food, which is what we at the Co-op strive for," Astoria Co-op Marketing Director Zetty Nemlowill said.

The class takes place at the Columbia Center Coho Room on Thursday April 24 at 6 p.m. To sign up, stop by the Co-op. Organizers ask that you do so as soon as possible, as space is limited. If you would like to get a more hands-on cooking education/experience, let the cashier know to indicate that on the sign up form, so you can come early to help Chef Marco with the food prep. The cost is \$50 for individuals or \$85 for two people. All the money goes to the farmers and fishermen, plus the other food and wine costs. Any proceeds after expenses will go to support no cost mammograms for those in need.

Web Soil Survey and Other Internet Tools for Ag and Forest Landowners

OREGON STATE University Tillamook County Extension Service is offering a workshop to help you learn how to use the Web Soil Survey. A soil survey is an inventory of the different soil types and their location in the county. The Web Soil Survey is a useful web-based tool that was created, and is maintained, by the Natural Resource and Conservation Service. Information is available about what soils are present, their characteristics, agriculture or forest productivity, suitability for using heavy equipment, and much more.

However, the Web Soil Survey is not always easy to use. Bring a location description of your property and leave the class with your own Soil Survey Report (an important part of a written management plan). If you think that this type of information would be valuable for you and you are not familiar with the Web Soil Survey, this workshop might be just what you are looking for. If time allows, we will also look at some other internet tools that can help you manage your property.

CLASS: April 16 from 5:30-8:30pm at Tillamook Bay Community College, Room 214. The cost for the course and materials is \$25 per person.

Register: Tillamook County Extension Office, located at 2204 Fourth Street in Tillamook, or obtain a copy of the agenda and registration form at: <http://extension.oregonstate.edu/tillamook/forestry-classes-amp-events> If you have questions about the course, contact Jim Reeb at jim.reeb@oregonstate.edu

Wheeler Community Garden

IN 2013, the City of Wheeler and interested garden volunteers established the Wheeler Community Garden located in the Upper Park. Eight raised bed plots were dug and built for use. A fence was constructed and water access made available. The garden produced lots of fresh food and fun!

Most renters are returning in 2014 and **NEW GARDENERS** are invited to join in the **GARDEN EXPANSION** that will begin soon!

The Wheeler Community Garden is "organic only" – no chemicals are used for fertilizing or pest control. All gardeners must be Wheeler Residents. Gardeners must agree to follow Wheeler Community Garden Policies and sign an annual rental contract with payment. Plots are 4 feet by 8 feet and rent for \$20 plus a \$10 refundable clean-up deposit. Because it is a community garden, renters also agree to contribute time to general upkeep of the entire garden as well as their own plot. Space is limited and beds are given on a first come, first served basis.

Interested? Please contact Joe Velkinburg at 503-368-4283. Via Email: wheeler-citypw@nehalemtnel.net



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6807 Sandridge Rd. Longbeach, WA
greenangelgardening.com



April 11 - Wheeler Brothers
Great Northwest Music Tour
Americana, roots & blues from Austin, Texas

April 25 - Lee Koch Trio
Roots and soul from California

Happy 19th Birthday, Black Rabbit Red!
Thursday, April 10
\$5 glasses/\$17 bottles of Black Rabbit Red all day long

McMenamins
handcrafted spirits
now for sale to go!

GROWLER MONDAYS!
Fill your growler with a
featured handcrafted ale
\$7 EVERY MONDAY

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



2nd Saturday ART WALK

5:00 pm
Downtown
Astoria

Every month
Year round

every month

Visit
Downtown
Astoria on the
2nd Saturday
of every month for Art,
Music, and
General Merriment!

Presented by
Astoria Downtown Historic
District Association



astoriadowntown.com




4th Annual REAL LEWIS & CLARK STORY 2014
(Or...How the Finns Discovered Astoria!)

.....

Show Dates:
April 4th-6th,
11th-12th
& 18th-19th
Fri. & Sat. @7:00pm
& Sun. @2:00pm
Make your reservations
NOW!



Voi Kauhea!!!
sponsored by HIPFISH,
The Q Radio,
Holly McHone Jewelry,
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The Riverszen Yoga and
Resistance Studio

ASOC PLAYHOUSE
129 West Bond Street
in Uniontown Astoria
tickets online @
astorstreetoprycompany.com
ticket info call
ASOC Box Office: 503-325-6104

Oregon State University **OSU** Extension Service

CLATSOP COUNTY MASTER GARDENERS™ PRESENT

2014
Spring INTO gardening
PLANTS • CLASSES • ADVICE • VENDORS • RAFFLE



APRIL 12 • SAT • 8:30 - 4:30
Clatsop County Fairgrounds
FREE admission FREE
Donations to Clatsop County Food Bank Gladly Accepted

SPEAKER 10:00 - 11:10am
Thom Trusewicz "A 1000 Way to Kill a Bee"

SPEAKERS FORUM 11:20 - 12:00pm
Gail Langellotto & Thom Trusewicz Come with Questions

KEYNOTE SPEAKER 1:15 - 2:30pm
Gail Langellotto "Neonic Insecticides: Useful Tools or Buzz Kill?"
Family Plant Crafts 2:45 - 3:30pm

Information 503-325-8573
www.extension.oregonstate.edu/clatsop/gardening/master-gardeners
Clatsop County Extension Office • 2001 Marine Dr., Astoria








Liberty Theater presents

LADY LIBERTY
Salute to People of Distinction
April 10
12noon to 1:30pm
Lady Liberty Salutes Honorees
June Spence and
Chris & Jennifer Holen.
Keynote Speaker Betsy Johnson

*Reader's Theater in
the McTavish Room*

Beau Jest
by James Sherman
hilarious and
heart warming
Wednesday,
April 23, 7pm.

Coming in May:
Portland Chamber Orchestra
May 9
Pictures at an Exhibition by
Modest Mussorgsky



**Singer/Songwriter
Carla Bonoff
with Jimmy Webb**
May 17



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

Tokeland North Cove
8th Annual **Studio Art Tour**
Tokeland, WA
April 19, 10am-5pm
22 participating
studios and artists!



f Find us on Facebook for
info, photos, tour map.