

HIPFISH MONTHLY

the alternative press serving the
lower columbia pacific region

MAY 2014
vol. 15 issue 184

Where do we stand with the **ELEPHANTS** ?

M 4-170

Ban Bullhooks, Whips and Electric Prods

Clatsop County votes on the animal cruelty measure.

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It's Coffee or Tea in Clatsop County, Toss-up in Tillamook.

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**UPCLOSE: Director of CREST
Denise Lofman**

**Luminari Arts
SHINES**

**Artist Roz Freer
& her Friends**

**Tenor Guitars
Galore
in June**

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Harry Bennett

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Walking the long stretch of levee built at Otter Point with the soft-spoken, well-spoken Director of CREST, Denise Lofman, it's an optimistic day in the Columbia Pacific, cloudy with a chance of sun. A perfect enough day to take in the beauty of the neighboring fields, hills, wetlands and winding Lewis & Clark River, and give ears to Lofman speak to the work of the newly restored 33 acre estuarine.

A project completed by CREST for Lewis and Clark National Historical Park, in October of 2012, Lofman accepted the CREST director position in July of that year, coming in at the near completion of a vision by the park to recreate what the tribes in the lower river would have seen in the early 19th century, and to restore a habitat for four species of juvenile salmon. Says Lofman the day the tide rose and broke through, "Seeing all the connections come together, I watched the water pour in and that was a good day."



By Dinah Urell

PHOTO: Leigh Oviatt

UPCLOSE: Denise Lofman, Director of CREST

Columbia River Estuary Task Force

From excavation of the old levees, to creating new water channels, to the reseeding of native plants, talking habitat restoration at Otter Point with Lofman is like second nature. There is a perceptible deep appreciation for the work of CREST, "My father was in the construction business and he loved to fish, he spent most of his free time in the creek beds of California. In my own way, I'm following in his footsteps."

As a community organization, based in Astoria, CREST specializes in environmental planning and habitat restoration for fish and wildlife on the Columbia River Estuary. Established in 1974, first as an organization to gather scientific background material on the Columbia River Estuary, the needed data to begin to understand the combined impacts of dams, overfishing, hatchery practices, and habitat loss, the subsequent loss of fish stocks and the impact on the entire ecosystem that depends on fish themselves including animals and humans.

This resulted in Columbia River Estuary Data Development Program, still used today. In the late 1990s, CREST also began to provide technical and administrative assistance to the watershed councils of Clatsop County. This, along with growing regional awareness of the ecological importance of the estuary to salmon runs, has led CREST to large-scale habitat restoration.

Thirteen employees now do the work of CREST, this includes project managers, environmental planners, biologists, ecologists and the staffing and administration of the North Coast Watershed Association comprised of four watershed councils. In addition CREST has numerous partners in local government, agencies, and member cities.

Denise Lofman came to CREST by way of the Tillamook Bay Watershed Council, where she was the coordinator since 2004, doing similar work directing landowners to improve

watershed health and salmon populations, and also held the Chair of the Network of Oregon Watershed Councils for 5 years. Watershed Councils are grassroots, voluntary, non-regulatory organizations, unique to Oregon.

Lofman speaks about the 90's Oregon legislation that established watershed councils, "Kitzhaber created this plan to create watershed councils that will do habitat restoration across the state, working within local communities on a voluntary basis, rather than a regulatory basis, to start to make an impact and deal with a threatened species without hard core regulatory pieces coming down."

Federal funds called Pacific Salmon and Coastal Recovery (PCSRF) flow from NOAA to the West Coast, Alaska and Nevada to fund watersheds, "If you look at the NOAA Reports, Oregon has done twice as many projects, with less money than all the states combined, because we have a local driver in this work in Watershed Councils," says Lofman.

Now 17 years out, community watershed councils have developed a way of coming to the table that could not have been accomplished without the unique non-regulatory grassroots structure. Says Lofman, "You have to listen to each other, you have to be willing to sit across the table from someone whose position you may not agree with, be willing to listen and really hear them. Because it's in that place of building trust between individual people that you start to find places in the center where work can be done." She states the watershed model is based on that philosophical view.

It may have been a philosophical view that brought Lofman to work in the field of leadership in habitat restoration. A field in which cooperation and diplomacy play a vital role. CREST is a non-regulatory council of governments working with willing landowners to restore wetlands.

Raised in the ultra-conservative city of Whittier, California (behind the Orange Curtain), Lofman, with Finnish-Norwegian roots, chose to attend a FANA Folk School in Norway for a year after graduation from high school. This is an experiential school to attend before university or going into a work field.

"We have our right and our left here in America. Their right [Norway] is to the left of our left. It's a radically different political system. My world got so much bigger."

Lofman explains that her world view shifted then, and attests to the difficulty of realizing that maybe "your world view" isn't all that.

"So world views are mutable things, they are not structures that have to stand, they shift and evolve, but you can't make changes unless people are having conversations. Some folks will agree to disagree and some won't. I really had to work at learning to agree to disagree. But had to go back into the community I grew up in, no one else had shifted."

"I think coming from a conservative community and being raised with a dad who is a construction worker, allowed me to come to issues both with watershed council and with CREST. It allowed me to think about how do I interact with people, and why they coming to a particular perspective. Because I can look back on my own life and how I evolved from one world view to another. And that allows me to shift world views depending on who I am talking to."

Lofman's educational career eventually led her to an MA in Social Change and Development from Johns Hopkins University; she spent time in the Peace Corp in the Philippines, and has spent time in Papua New Guinea and Vietnam. She was planning a career move to Indonesia, knowing then that living abroad was her dream, when her father became ill, turning her back to California and family.

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Roz and Friends

@ KALA

Opening Saturday May 10
through May 31

Sat/Sun noon to 4pm

Curated by Rosalind Freer

By Dinah Urell

"ART is the easiest thing in the world." This is the mantra of Rosalind Freer, and what she would impress upon her students, the students she loved to teach for over 30 years, predominantly in England, her native country. "If there was anything I've done in this world, I've turned out a lot of artists," says Freer.

In a curator show at KALA this May, Freer has invited nine artist friends to show. "The artists I have chosen to share the space in the Kala Gallery under the title "Roz and Artist Friends" mean something special to me. I have worked for them and with them. We have shared meals and entertainment. We have supported each other when needed and most of all I admire their art, because they all do it for the right reason."

One of the artist friends is the renowned international climate sculptor K.A. Colorado. Colorado met Freer when she was teaching basic design at Cal State in the 70's and Colorado was getting his MA in art and design. Colorado was an Astoria artist some 20 years back, now retains an artist studio in Troutdale, Oregon that houses his prolific work in large-scale sculpture. He cites Freer

as a lifelong friend, a steadfast and inspirational support.

Sit down for a cup of tea with Rosalind Freer, a wonderful story teller, with an indefatigable sense of humor, lively spirit and deep love of art, and it will make the rest of your day go very well. Born in Leicester, a small village in the heart of England, she grew up in a thatched cottage, went to a one-room schoolhouse and accredits Miss Symonds her teacher, for always encouraging her to follow a path in art. As she did, receiving a degree or diploma as they call it in England, from the Loughborough Collage of Art in 1957. She also studied pottery under the famous potter Bernard Leach (known as the Father of British Studio Pottery).

A testament to her ability to open her students to artist seeing, she once had 101 high school students all pass the 0-level university-driven art examine. This a 36 hours of testing in life drawing, painting and basic art principles, a test that more often than not, only a minority of students pass. It was

so outlandish, that the education authorities screened the students for cheating, but no cheating was uncovered, just the miraculous principles of one savvy art teacher.

Without a degree in Architecture, Rosalind Freer has designed three homes. In the mid-70's she and her husband opened a school of woodwork and design in the Arts & Craft lineage, called Kirby Studios, her husband Ian Kirby a renowned master woodworker, the studio became a center for furniture education. This opened the door to other opportunities. One of the homes Freer designed was a solar house – the solar part of that, was many, cathedral windows. In the late 70's the construction budget was \$250,000. The home recently sold for 3M.

A North Coast resident now for several decades, Freer, a silkscreen printer by trade, runs a fine art print business, and has run, worked and owned galleries on the coast. Today she enjoys creating collage; mixing mediums of drawing, painting, and photography, bringing the layers together through computer art technology.

Join Roz and Friends, Saturday May 11, 5pm to 8pm at KALA, 1017 Marine Drive in Astoria, and visit on the weekends, noon to 4pm, some select Fridays, through May 30.

ARTISTS

Roz Freer

Sylvia Davis

Charles Schweigert

Ken Colorado

Noel Thomas

Bill Vlek

Susan Cargill

Joan Masat

Dave Bartholet



Roz Freer, Selfy



Sylvia Davis, Carnival



Ken Colorado, Maquette Model



Charles Schweigert, The Spaces Between Us



Susan Cargill, A Microbe Party

MUSIC



dreamy textural acoustic
post-rock-esque piano and cello

Robin Bacior with Dan Bindschedler

KALA • MAY 8

"It's hard to pick one moment," she replies when pressed, and bounces between a show in Sacramento and various home-stays on tour before finally settling on a story about Italy and the internet.

I've asked pianist and songwriter Robin Bacior to name a career highlight and she's struggling with the question. She prefers to talk about the arc of her biography, from her old band breaking up to forging a new partnership with her cellist Dan Bindschedler, and tends to discuss her songwriting in terms of its evolution as opposed to its singles. But I insist.

"Someone in Italy found my EP." It was a Milan-based streaming service called Stereomood. "And I suddenly started getting all these emails in Italian!"

Bacior had stumbled into an international fan base. Google Translate facilitated a rough correspondence with her newest listeners and she read how she touched thousands of hearts across linguistic barriers, national borders, one ocean, and one sea. It was an abruptly global moment for Oregon's newest local artist.

Bacior is a California transplant by way of Brooklyn. She moved to Portland "for the space". She reflects on her city-hopping years with a shopworn affection that belies her youth – she's just 27 – and I finally make the connection between her musical aesthetic and her struggle to identify a defining career moment. Bacior writes her music from a bird's eye view.

The two-song EP "Shapes and Seasons" and five-song EP, "I Left You - Still in Love," are Bacior's publications to date. She tells me

that she doesn't write pop songs and I can hear what she means. Her melodies are gripping but free from cloying hooks. Her vocals are passionate but mixed into the sonic landscape on equal terms with the rest of the arrangement. It's a confidently produced record, seemingly forged by more veteran hands, rooted in the same broad personal perspective that has characterized our conversation.

Bacior and Bindschedler just completed their debut album "Water Dreams." Coastals have the privilege of hearing this new material first at a defining point in Bacior's career.

See her live at KALA IN ASTORIA ON THURSDAY MAY 8 at 8pm, doors at 7:30. \$5 cover with full bar and light fare. This show will highlight Bacior's vocal performance and emphasize tracks from her EP and LP.

"KALA is the best kind of space for us," Bacior tells me, because the intimacy of the room allows for the sound of silence. She moved to Portland to find space in her life and space in her music; KALA will give it room to breathe.

MAY 10 will find Bacior and Bindschedler in residency at the SOU'WESTER LODGE IN SEAVIEW AT 7pm, no cover. Of the Sou'Wester Residency, cellist Bindschedler says: "We will be channeling the ocean, Thoreau's Walden, and Annie Dillard's book "Pilgrim at Tinker Creek" to produce dreamy textural acoustic post-rock-esque piano and cello duets for the audience's pleasure." Fans will be well served by attending both venues.

By Wesley K. Andrews

HIPFiSHmonthly

Mar 14

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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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JUNE HIPFiSH ON THE RACKS FRIDAY JUNE 6

Cover Design: Les kanekuni

FILM DOCUMENTARY

STANDARDIZED Lies, Money & Civil Rights: How Testing Is Ruining Public Education At The Columbian in Astoria • May 10



READING, PA-BASED Rockfish Productions' documentary STANDARDIZED will pay another visit to Oregon at 3pm on May 10 at the Columbian Theater in Astoria. STANDARDIZED opens with a brief

synopsis of the history of standardized testing in public schools. While many point the finger at the failed NCLB program, the desire to create a national curriculum began many years before the presidency of George W. Bush. The film covers the general public's perception that these tests are accurate measurements, but when closely examined, they merely make a great deal of money for the test manufacturers (and education reformers) and provide practically no insight into a student's ability. The film also follows the money trail and sheds light on just how much money is generated by tests and their supporting materials. Strong testimonials by educational experts such as Dr. Mark Naison, Dr. Yong Zhao, Dr. Shaun Johnson, Dr. Timothy Sleskar, and many others prove that the only people benefiting from these tests are those who are creating them. The concluding segment provides options to improve schools without testing.

The 74-minute documentary premiered in Reading on December 7, 2013 and has had over a dozen screenings. Produced by Rockfish Productions, founded by Dan Hornberger a former English teacher.

A Q&A session will take place immediately after the film. Presented by Oregon Save Our Schools and OREGON BATS.

To learn more about this film, please contact Dan Hornberger, Rockfish Productions, 610-406-1777 rockfishproductions@gmail.com www.standardizedthefilm.com

Build-a-Bathroom Bazaar—Local Mom's Coming Together for a Cause. 2nd Sat Art Walk in Astoria

MAY'S ART Walk will contain something unique. Actually, about a hundred "uniques"—crafted by local talent, donated by local businesses and sponsored by a community wanting to improve itself.

The MOMS Club of Astoria, along with Astoria Parks & Rec. Community Foundation Board and Ft. George are presenting a Fundraising Bazaar on May 10th during Astoria's monthly Art Walk. Patrons of the Bazaar can expect to be delighted by indulgent gift baskets, delicious baked goods, local gift certificates (including get-aways!), child & adult accessories, home décor, family craft supplies and more.

The MOMS Club of Astoria (Moms Offering Moms Support) is a non-profit organization offering daytime activities and community service opportunities for mothers and their children. Some of their past service projects include the planting, tending and harvesting of 6000 lbs of carrots donated to the Clatsop County Food Bank, March for Babies awareness & fundraising, and coordination with the American Red Cross for local blood drives with childcare. Currently their focus is on fundraising efforts for a permanent bathroom at Fred Lindstrom (Peter Pan) Park. The 6th & Niagra park is located next to Peter Pan Market--formerly Peter Pan Confectionary--one of the longest-standing local businesses. The park is the site of many play-dates, family outings and music and movies every Wednesday in the summer. A permanent restroom in this location would be useful to all park patrons. The Bazaar being held at the Lovell Showroom during May's Art Walk is one of the first organized fundraisers for this cause. For more information, please visit www.momsclubofastoria.org.

Clatsop Community College MERTS Campus Hosts Public Open House • May 12

ON MAY 12, from 1:00 to 6:00 p.m., the community is invited to an Open House at Clatsop Community College's MERTS Campus. This exciting one-day event includes fun activities for all ages, demonstrations, vendor displays, and a free barbecue from 4:30-6:00 p.m.

The CCC MERTS (Marine and Environmental Research and Training Station) campus houses the College's Maritime Science Department, Fire Response & Research Center, The Living Machine, and the Industrial & Manufacturing Technology Center that includes Automotive Technology, Welding and Historic Preservation and Restoration programs. All programs will feature displays and interactive demonstrations, and tours of the College's training vessel M/V Forerunner will be conducted. The Oregon State Senate recently designated CCC as Oregon's Maritime Training College, and information regarding this unique training program will be highlighted. Visitors can also explore the Clatsop County Firefighter's Association Fire Safety House, meet representatives from Clatsop's Business Department and college admissions, climb the U.S. Army National Guard Rock Wall, enjoy music provided by the Knappa Marimba Band, try out a virtual welding machine, watch blacksmiths at work, and view classic cars and street rods.

The CCC MERTS campus is located three miles east of Astoria off Highway 30 on Liberty Lane. Enjoy the afternoon visiting the campus—everyone is welcome to explore the Clatsop Community College MERTS Campus educational facilities. For more information, call 503-338-7670 or visit the Clatsop Community College website at www.clatsopcc.edu/about-ccc/campuses/merts.

Cloudy with a chance of golf balls! 7th Annual Assistance League Golf Ball Drop

IT'S TIME for the 7th annual Golf Ball Drop brought to you by Assistance League, the Columbia Pacific. The event will be held at the Astoria Golf & Country Club on Saturday, May 10, 2014, from 11am to 1pm.

At 11am its a free Kids golf clinic with lessons from golf pro, John Kawasoe, as well as a free BBQ for kids under 12. BBQ lunch for adults will be \$5.00. There is also a bicycle raffle and baked dessert sale in time for Mother's Day, May 11. Don't miss the helicopter dropping 2000 marked golf balls at 12:15 for lots of great prizes. Fun and food for the whole family!

Tickets are for sale now at Holly McHone Jewelry in Astoria and at Columbia Bank branches located in Astoria, Warrenton and Seaside. Tickets are \$5.00 each and only 2000 will be sold. So purchase a ticket and your number will be put on a golf ball to be dropped from the helicopter.

All proceeds from this event go to help Clatsop County children in need with clothing through ALCP's Operation School Bell® program. Sponsors for this years' Golf Ball Drop: PacificCorp, Columbia River Bar Pilots and Astoria Golf & Country Club.

For more information, please visit our website at www.assistanceleaguecp.org or contact Leslie Long at 503-717-3671.



Open House participants practice climbing the National Guard Rock Wall

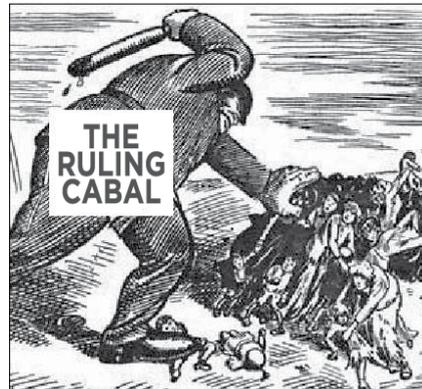
Rule by Oligarchs

AMERICAN FOUNDERS like Benjamin Franklin were not believers in inevitable human progress. Upon being asked what kind of government those who sat in the Constitutional Convention of 1787 had created, he replied, "A republic, if you can keep it." Franklin and his peers believed that Americans could only ensure the continuation of their liberty and opportunity if they remained aware, as they had been during the Revolution, of how elites can seize control of governing institutions, shut out the input of the people at large, and run them to enhance their own power and profit. Founders like Franklin thought that only astute, educated citizens could be vigilant enough to keep such corruption from occurring. But prominent Americans of the revolutionary generation agreed that if the people become ignorant, self-seeking elites would steal popular liberties and the body politic would degenerate into oligarchy, or rule of a monied elite.

In the early republic, Ralph Waldo Emerson warned his fellow Americans that there is always a class who believe it their special privilege, "booted and spurred," to mount and ride the rest of humanity. During our reformist eras, Americans of equalitarian mindset remained aware of Emerson's dictum and worked to check the power of organized wealth. When great industrialists formed powerful aggregates of capital which seized control of the economy and government, impoverishing much of the American populace, the Populist movement arose in the 1890s to speak for the interests of the small farmer. At the same time a labor movement arose to combat industrial servitude.

These movements against unchecked "wealth" and for restoration of "commonwealth" (words in the title of Populist Henry Demarest Lloyd's best seller exposing the unbridled greed and corruption underlying the Rockefeller oil empire) recurred at regular intervals through much of the twentieth century. Reform, haltingly and imperfectly,

but steadily, extended powers to marginalized segments of the population. Workers gained unions, which procured living wages and benefits. Women received the vote and more control over their lives and incomes. And movements of African, Native and



Hispanic Americans, the disabled and those of minority sexual orientation fought for and still fight to achieve equal rights and opportunity.

But in the past two generations, the reform movements that have been the well-spring for restoring American democracy have largely lost momentum, as financial and corporate elites have formed powerful blocs able to use ever more sophisticated media propaganda to fool an increasingly ignorant, distracted public into giving their rights away. Hence a low wage economy, ballooning debt and galloping downward mobility is the new normal. A key lever of power and chief instrument of the new oligarchs is the Supreme Court. Nothing in the Constitution grants the Court the spectacular breadth of powers it has assumed, whether to decide the constitutionality of congressional legislation, or to assume control of the election process. The Anti-federalists, early critics of the Constitution, believed its flaws would create an American aristocracy. Mercy Otis Warren, author of

a multi-volume history of the Revolution, argued that the Constitution set "no well defined limits to Judiciary Powers." And it would not be long before the Supreme Court, appointed judges with life tenure and no specified legal qualifications, assumed power to decide the constitutionality of laws passed in Congress and signed by the president, and thereby the capacity to overrule the branch closest to the people.

Occasionally the Court has supported democratic extension of civil rights and liberties, as in the thirty years following the New Deal, but for the most part it has been handmaiden to elite interests, whether the slave power in the pre-Civil war era, or corporate power later on. In the late nineteenth century, the Court handed special privileges to corporations. These were pared back during twentieth century reform movements. But a movement of the wealthiest Americans, first emerging in opposition to New Deal support of labor and public works, was eventually able to buy its way to the upper hand. The result has been unparalleled rule of wealth, legislative defunding of the public sector, and incursion by profiteering corporations into such areas as public education, corrections, and even war.

In effecting their takeover of the American commons and political sphere, the ruling cabal of multibillionaires have relied on a continuing five to four majority of reactionary Republican Supreme Court justices. Contrary to the general welfare, these judicial autocrats have made a series of decisions taking away nearly all restrictions on money in election campaigns. This has brought about legalized bribery, as politicians sell themselves to billionaires and wealthy special interests. Thus, more and more of American public space and institutions are privatized and used to make ever greater profits for multibillionaire families as vast inequalities grow and the nation devolves into the oligarchy many of the founders feared it would.

by Stephen Berk



From looking to seeing:

Neal Maine at Listening to the Land and Nature Matters



HOW OFTEN HAVE YOU WALKED INTO A FOREST, looked at the trees, perhaps congratulated yourself for identifying them as Douglas fir or Sitka spruce, and walked on by, never having really seen a single tree?? Join Gearhart nature photographer and educator Neal Maine on a virtual journey deep into the forest at Ecola State Park and deeper into your own capacity for awareness in "The Art of Seeing," this year's final Listening to the Land program, on **WEDNESDAY, MAY 21, AT 6 P.M. AT THE SEASIDE PUBLIC LIBRARY.**

After a thirty-year career as an award-winning biology teacher at Seaside High School, Maine became the first executive director of North Coast Land Conservancy, which he co-founded in 1986. Since his retirement from the land trust in 2010, he has pursued his passion for nature photography through PacificLight Images, a partnership with his grandson Michael Wing dedicated to raising awareness of coastal ecology and the wildlife with whom we share the region's estuaries, freshwater wetlands, and forests.

On this photographic adventure, Maine takes a cue from Frederick Frank, author of *The Zen of Seeing*, who writes, "We know the labels on all the bottles, but never taste the wine." Join Neal Maine in an effort to "de-labelize" the forest and, in that process, move from merely looking at nature to seeing it—the whole as well as the parts, as if for the first time.

Listening to the Land is a FREE monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with generous support from the Seaside Chamber of Commerce. This year's Listening to the Land series has been focused on the voice of the artist. To find out more about this series, please visit www.ncltrust.org.

ALSO: THURSDAY, MAY 15TH at 7pm at the Fort George Brewery Lovell Room in Astoria. Neal Maine is the featured speaker for Nature Matters - brought to you by a partnership between the North Coast Watershed Association and Lewis and Clark National Historic Park with support from our friends at Fort George Brewery. The program is free. Seating is limited so please arrive early. Doors open at 6 pm.

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April Showers Bring May... Elections!



It's Coffee or Tea in Clatsop County, Toss-up in Tillamook

By Bob Goldberg

In 2010, Peter Huhtala, Scott Lee and Debra Birkby beat three sitting conservative Clatsop County commissioners (John Raichl, Jeff Hazen and Robert Mushen, respectively), and now the right is looking to take back the reins of power in primary elections that have already begun, and will finish up on May 20.

After an initial period of heated debate about LNG, the county Planning Commission and other aspects of county governance, the new commission in 2011 quickly settled down to business. The past 3+ years have been characterized mostly by stability, transparency, professionalism and a balanced budget, according to Huhtala, who is not running for re-election. The commission hired two "very competent" county managers during the past term, Huhtala says. This sentiment is echoed by Dirk Rohne, who is in the middle of his second term on the commission, and has served with the current group as well as the conservatives mentioned above. "Duane Cole and Scott Somers have been excellent county managers, making hard decisions during bad economic times, with professionalism and fairness," Rohne told me.

Huhtala rattled off some of the county's projects and accomplishments during the last term, most of which have been under the radar. One of the most impressive accomplishments, according to Huhtala, has been the flooding mitigation project on Highway 101 south of Seaside, at Circle Creek. The county worked with the Oregon Dept. of Transportation (ODOT), North Coast Land Conservancy (NCLC) and others to remove a dike on the creek that caused the overflow during storm events to pour out onto the highway, resulting in massive traffic and safety problems during the winters for many years. That project is still in the works, and seems to have been quite successful so far, as those who travel that road can attest.

Other projects and accomplishments that Huhtala recounted include burying electrical lines under the Gnat Creek bridge; land trades with NCLC to promote conservation, protect habitat and provide some wetland mitigation for other projects; the Westport Visioning Project; reducing herbicide application along county rights-of-way; establishing tobacco-free zones on county property; and better quality service with less employees.

On the economic development front, which plays heavily in the current election, Huhtala pointed to the development of the North Coast

Business Park in Warrenton and participation in the Columbia-Pacific Economic Development District (Col-Pac), of which Huhtala is the outgoing president. Col-Pac was established to assist in diversifying and strengthening the economy and livability of Northwest Oregon, according to its website, and covers all of Clatsop, Columbia, and Tillamook counties and the western part of Washington County.

The commission has been heavily involved with fishing, energy and forestry issues, which are also playing into the current election. Most of the candidates agree that state fishery and forest policy is not benefiting Clatsop County and its residents and businesses enough, and the current commission is heavily involved in trying to keep timber revenue here and reversing the gillnetting ban on the Columbia established by the governor after being rejected by voters. Huhtala has pushed for wave and offshore wind energy projects for Camp Rilea, as part of the base's plans to become energy self-sufficient and zero-carbon.

Though the commission reversed earlier decisions on LNG, and voted 4-1 to nix the Oregon LNG pipeline proposal early on (Patricia Roberts was still on the commission at that time), the pipeline, along with an import/export terminal slated for the Skipanon Peninsula, is still alive at the federal and state level, as agencies mull over permit applications, and the courts continue to hear the issue.

As in 2010, there are two blocks of candidates for the Clatsop County Commission, one generally supported by conservatives, the local timber industry and other large businesses, and one generally supported by progressives. The difference this time is that there is only one seat with an incumbent – District 1, Lee – as Huhtala will be retiring after his term expires at the end of this year, and Debra Birkby resigned for family reasons earlier this year and was replaced by Matt Samuelson (yes, there is a family connection to Ann Samuelson, the former commissioner), appointed by the commission for the remainder of this year, but who is not running for election for next term. Sara Nebeker was elected to take over Patricia Roberts' spot on the commission in 2012.

Until very recently, the conservative faction were all on record as pro-LNG, and the election was framed by many as a pro-LNG vs. no-LNG fight. However, at a recent candidates' forum, some movement was seen among the conservatives away from outright support of LNG (see below). Since the county's decision to deny permits to Oregon LNG for their pipeline is currently in the courts, and state and federal agencies are reviewing several permit applications for the Oregon LNG export terminal and associated pipeline, important votes on LNG could be coming up in the next term of the Clatsop County Commission. The commission's makeup in the next few years may therefore make the difference when it comes to LNG in Clatsop County.

In April, the Northwest Tea Party, North Coast Republican Women and the Clatsop County

continued on page 9

The Tea Partiers

Frank Orrell (District 1 – Warrenton, Hammond, West Astoria)

Owner of an equipment rental company in Seaside for many years, Orrell is a Clatsop County native who proudly hails his six children and (soon) twelve grandchildren. He was



Greg Peterson - District 3

on the Warrenton City Commission for two terms, during which he repeatedly voted for the proposed LNG terminal for the Skipanon Peninsula and its associated pipeline. He was non-committal when asked his position on LNG presently at the AAUW candidates' forum in Astoria recently.

Orrell spoke at the North Coast Conservative Dinner about his "economic and job enhancement platform." He believes we need "a business-friendly government to accomplish these goals, and bring back our great middle class" and would focus on forestry, fishing, Clatsop Community College programs, and diking issues if elected. He was proud of Warrenton's 20+% population increase during his tenure on the Warrenton City Commission from 2004-2013. He believes in "treating citizens as customers, not a revenue source."

The Oregon Secretary of State's ORESTAR campaign finance website shows that Orrell received contributions from Bernie Bjork, a proponent of LNG while on the Port of Astoria Commission and now president of the Lower Columbia Alliance For Sustainable Fisheries, a group endorsing Orrell as well as Peterson and Barrett (\$125); Bayview Transit Mix, a paving

materials manufacturer (\$200); timber companies Hampton Affiliates (\$2000) and Warrenton Fiber (\$1500), and Patrick O'Grady, owner of Warrenton Auto & Marine Repair, and appointed to the county planning commission in

2010, after the election (\$200). Orrell's campaign treasurer is Chris Hayward, owner of the Ocean Crest car dealership in Warrenton.

Orrell's supporters (in addition to the above) include (from his website): Sheriff Tom Bergin,



Frank Orrell - District 1

Tom Dyer, Eric Paulson (CEO of Lektro), Henry & Barbara Balensifer (Henry is on the Warrenton Commission presently), Jeff Canessa, Robert Fulton, Jeff Doughty, Larry Lockett, Ted & Tina Ames, Chuck Bergeson, Bob & Chris Bridgens, Steve

Fulton, Martin, Jon & David Nygaard, Mark & Alana Kujala, Dick Hellberg (currently on the Warrenton Commission), Larry & Jeanie Petersen, Vince & Patty Williams, Gary Service, Steve Olstedt, Dane Gouge, Kyle Johnson, Jenn Hillard, Pam Ackley, Greg Morrill, Elise Bigelow, Nathan & Sara Rehnert, Mark Baldwin (Warrenton Commission Position #4), Ralph & Ann Peitsch, Kelly Grothe, Joe Talamantez, Isidro Pena Jan Hansen, Jean Estoos, Leah Blomdahl, David Hoggard, Bree Phillips, Jeremy Linder, Heidi Smith, Scott Brown, Preston Van Hook, Kathy Israel, Linda Yeager, Steve Allen, Laurie Culp, Bernie Bjork and Don Patterson.

Greg Peterson (District 3 – Central Astoria, Lewis & Clark, Youngs River, Olney)

Currently a business development and loan officer at Clatsop Community Bank (in Seaside), Peterson hails from McMinnville, and attended Linfield College before moving to Astoria in 2006. He's on the Lower Columbia Hospice board, and on the board of the newly formed Friends of the Armory organization that is seeking to buy and turn the former Armory building into a public space for sports, concerts, events and storage.

He also works with the South County Food Bank.

Speaking at the North Coast Conservative Dinner, Peterson held a Ronald Reagan cutout and called it "a great friend" and "my campaign manager." His talk on economic development focused on increasing the timber harvest from Clatsop State Forest ("the healthiest forest in the world")

by 9% – "just one of my ideas" – before he ran out of time.

At a Federal Energy Regulatory Commission (FERC) public scoping meeting on the Oregon LNG project held in October 2012, Peterson, a vice president of Bank of Astoria at the



Dale Barrett - District 5



time, spoke in support of the proposed export terminal. He talked about "the need for jobs" and the "carpenters in the audience," who he said, "came to him for help with loans."

"We need jobs," said Peterson, "we need a lot of jobs. There is a huge need here. If this isn't it, then what is?"

These days, he says his support is waning. "I think this issue has torn our county apart and we need to make sure we are keeping our eye not only on LNG but protecting what we do have (current economic base)," Peterson responded in an e-mail to a question about whether he supports the LNG proposals on the table or not. At the recent AAUW candidates' forum in Astoria, Peterson said, "Right now, LNG is not a good thing."

According to the ORESTAR campaign finance site, most of Peterson's monetary support has come from local logging and timber companies, including Gustafson Logging (\$250), Stimson Lumber (\$2000), Hampton Affiliates (\$2000) and Warrenton Fiber (\$1500). Interestingly, he has received contributions from Daniel and Willis Van Dusen, the latter the mayor of Astoria, probably due to Peterson's marriage into the Van Dusen family. Peterson's campaign committee includes treasurer Nicole Williams, former county clerk and assistant county manager; John Raichl, former county commissioner; and director Mark Gustafson of Gustafson Logging.

Peterson's supporters include (in addition to the above, from his website): Sheriff Tom Bergin, Cheri Folk Tom & Mark Utti, AFSCME Union, Scott McMullen, Bernie Bjork, Jeff Canessa, Loran Mathews, Martin & David Nygaard, Steve Fulton, Steve O'Grady, Bob & Chris Bridgens, Larry & Dea Helligso, Larry & Jeanie Petersen, Jeanette Sampson, James Campbell and Tom Tetlow.

Dale Barrett (District 5 – South Seaside, Cannon Beach, Arch Cape, Elsie, Jewell, Hamlet)

Hailing from Klamath Falls, Barrett went to the Oregon Institute of Technology there, and later became the Clatsop County surveyor. For over 20 years, he has headed up HLB & Associates, a surveying, engineering and planning firm, which merged with Otak in 2006, expanding into civil engineering, water rights and wetland consulting. He is also on the Clatsop County Public Works Advisory Committee, and a member of both the Seaside and Astoria/Warrenton Chambers of Commerce. He has been married for 39 years, with four children.

Previously, Barrett has supported the LNG terminal and pipeline proposal for Bradwood Landing, which has since gone belly-up. In 2006, Barrett was quoted as



Scott Lee - District 1

saying, "We're working on the Bradwood LNG project right now. We'll work with just about anybody, and we take pride in it." At the AAUW candidates' forum, Barrett was less firm in his support of LNG, but privately, according to a source, he has recently stated that LNG is going to happen and seems to support it.

According to ORESTAR, Barrett's treasurer is Larry Popkin, owner of Campbell & Popkin, LLC, a law firm in Seaside. His contributors (above \$100) include Stimson Lumber (\$2000), Patrick O'Grady (\$200), Bayview Transit Mix (\$200), Teevin Brothers Land & Timber Company (\$2000), Hampton Affiliates (\$2000) and Warrenton Fiber (\$1500).

Barrett's supporters (besides those above) include (from his website): Clatsop County Sheriff Tom Bergin, John Raichl, Patrick Nofield, Wendy Higgins, Molly Edison, Terry Lowenberg, Ronald Johnson, Larry Johnson, Brian & Karen Radditz, Eugene Stallings, Bill Bergerson, R.E. Bowser, Bill Fuzia, Andrew Kujala, Richard Stelzig, Bob & Chris Bridgens, Tina Hess, Jeremy Rust, Steve Campbell, Tommy Huntington, Bernie Bjork, Seaside Mayor Don Larson, Norman Kujala, Jim & Connie Hurd, Mackenzie Wyntergreen, Patricia Roberts (former commissioner), James Campbell, Hubert Lange, S. Clegg Rasmussen, Deon Harris, Debra Lounsbury, Robert Mushen (former commissioner), Steve Olstedt and Gene Cope.

The Coffee Partiers

Scott Lee (District 1)

Since 2005, Lee has co-owned and managed the bicycle store Bikes & Beyond in Astoria. In January of 2014 he was unanimously chosen by his peers to take the position of County Commission Chair, succeeding Peter Huhtala. He is the county's liaison with the Forest Trust Lands Advisory Committee, dealing with forestry issues for most of his time on the commission, and has worked to maintain the county's revenue from the Clatsop State Forest in light of a reworked statewide forest plan.

Lee has been a vocal opponent of LNG in Clatsop County, and voted with the majority to deny permits to Oregon LNG for their pipeline and associated terminal. He told me that the three biggest achievements of the commission in the last 3 years have been stability, transparency and a balanced budget. He plans to continue working on forestry and fishing issues on behalf of the county, the county Arts Council, flood mitigation in Warrenton and Brownsmead, and maintaining

the professionalism and service of the county staff.

Lee has not reported to ORESTAR in this election cycle. He has the endorsement of



Lisa Tarabochia - District 3

both Huhtala and Rohne in his re-election bid.

Lisa Tarabochia Clement (District 3)

Born and raised in Clatsop County, Clement attended the University of Oregon, and since has lived in Boston, Vail, Seattle and Santa Fe, where she met her husband Gordon Clement. They came back to Astoria about 10 years ago, and started Clemente's restaurant, which has since become a premier seafood restaurant in the region.

Clement has been involved in Trout Unlimited's Save Bristol Bay Campaign for seven years, fighting a proposed copper and gold mine that would destroy one of the world's premier salmon fishing grounds. Clement's family (the Tarabochia and Marincovich side) has been fishing here and in Alaska for the past four generations, since coming over from the Adriatic region of Europe in the mid-1800s.

Clement has been involved with Astoria Schools Health and Wellness Committee for the last year, and has recently been appointed to the Astoria Schools Foundation Board of Directors. She also was a No on 81 activist and volunteer, campaigning against the gillnet fishing ban ballot measure (which did go down in defeat, only to be reinstated by the governor).

On LNG, Clement says, "The most imminent threat is still the possibility of that big ol' pipeline running through

our public forests and private pasturelands. That the federal government can give a big, profit-making energy giant from Tulsa the power to condemn

private property for their private pipeline to serve their proposed Warrenton LNG plant ought to upset anyone who believes in private property rights. I opposed the Bradwood Landing LNG project and remain skeptical that energy

exports represent a good, long-term bet for us to place. The burden of proof remains on the proponents to prove that the rewards outweigh the safety and other risks."

Clemente's showcases Clement's views on our local industries and our community. "My restaurant is a vehicle for education about where your food comes from. We purchase almost exclusively locally harvested products from local purveyors. Our mission is to bring to our customers a bounty of local gardened produce, seafood and meat handled with care and skill, providing an unparalleled experience connecting our customers to the local harvests, and a sustainable workplace. Our green philosophy also extends to providing an exceptional dining experience with the most reduced carbon footprint possible."

Contributors to Clement's campaign include (from ORESTAR): Bornstein Seafoods (\$500), Oregon Democrats (\$400, in-kind), Merianne Myers (\$100), John Nybakke (\$300) and Mary Jackson (\$200). Greg Cross, of Northwest Lending Group, is the campaign treasurer, and Charles Luukinen is correspondence recipient. Clement is also endorsed by both Huhtala and Rohne.

Lianne Thompson (District 5)

Born and raised in Lansing, Michigan, Thompson attended first Michigan State University, and then for graduate school, their arch-rivals, the University

of Michigan. Then it was to Anchorage, Alaska, Portland and finally Arch Cape, where she resides today. She's been a consultant for more than 30 years, both privately and for public entities, including a prison, and worked for the Head Start program. Recently, she's been appointed to the county planning commission (currently the vice chair), has worked for the Oregon Department of Geology and Mineral Industries (DOGAMI) as an emergency preparedness expert, is a volunteer Community Emergency Response Team (CERT) coordinator, and did a stint on the board of the Astoria Co-op.

Asked what kind of economic development she would favor, Thompson responded that she would prefer a diverse, small industrial base, with things like value-added wood products, food and agricultural specialties – not large industrial projects such as the proposed LNG facilities. She's concerned about the impacts of tourism on south county residents, and believes that public health, code enforcement and emergency preparedness are all important functions of county government.

Janet Miltenberger is Thompson's campaign treasurer, and



Lianne Thompson - District 5

Mary Blake is campaign manager. Contributors, according to ORESTAR include: Kay Mary Foetisch (\$150), Linda Lapp-Murray (\$150, in-kind), Douglas Chadwick (\$200), C. Michael Hithe (\$200), and Linda Dartsch (\$250). Supporters (from campaign pamphlet) include: Tim Crawford, Drew Herzig (Astoria City Councilor and head of the



Lower Columbia Diversity Project), Peter Ovington, Jan Siebert-Wahrmund and Wes Wahrmund, Karen Hoyt, Les & Myrna Wierson, Linda Garland, Pamela Mattson McDonald, Jan & Jerome Arnold, Dan & Kathy Seifer, Rev. Ann Fontaine and Ron Woltjer. Thompson is also heartily endorsed by Huhtala.

TILLAMOOK COUNTY

In Tillamook County, there is only one local contested race, for Position #3 on the county commission. Tim Josi is running for re-election against Pacific City resident Dave Yamamoto. The race is non-partisan, and the whole county votes, unlike Clatsop County, where the voting for county commission seats is by district.

The issues are similar to those in Clatsop County – economic development, forest and fishing policy, north/south divide, tourism – but no LNG. In this race, it seems to come down to experience in the job vs. new ideas and a change of leadership. One long-time resident's thoughts on the race: "His [Yamamoto's] resume is impressive and certainly couldn't be any worse than Josi. I'm going for Yamamoto. Time for a change."

Tim Josi

Born and raised in the area, Josi lives in Bay City, and has been on the county commission for 16 years! Previous to this, he was an Oregon State Representative, Director and President of Tillamook PUD, Port of Garibaldi Commissioner, Bay City Planning Commission Chair, and had a landscaping business called Mt. View Landscaping. He's on the Tillamook Chamber of Commerce and the Garibaldi Museum boards, and is a Kiwanis and Toastmasters member. He is also on the executive board of the National Association of Counties, representing 15 Western states.

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Republicans sponsored a candidates' forum, called the North Coast Conservative Dinner, with the theme of economic development, at Camp Rilea. Three of the six candidates for Clatsop County Commission attended and gave speeches – Frank Orrell (District 1), Greg Peterson (District 3) and Dale Barrett (District 5). Also attending were some former Clatsop County Commissioners – Anne Samuelson and Patricia Roberts – and a who's who of local conservative leaders, including Steve Fulton (currently a Port of Astoria Commissioner and Warrenton Fiber employee) and Martin Nygaard, founder of Nygaard Logging and Warrenton Fiber. Conservative candidates for governor and the state and federal House and Senate were also there, and the general sentiment could be summed up by the oft-repeated "it's time to take our government back."

The Coffee Party sprang up on Facebook in 2010 as a reaction to the Tea Party movement, and aims to "restore the principles and spirit of democracy in America" according to its website.

Josi's big issue is forestry, and he sees himself uniquely poised to lobby for more timber production from federal and state forests in Tillamook County. At a candidates forum at the Pelican Brewery in Pacific City in April, Josi said, "I've spent years building myself up to the point where I can do some wonderful things for this county with the position I'm in."

Josi's campaign committee has been active since August of last year, according to the ORESTAR website. He serves as its treasurer, with Bill Josi the correspondence person. Big contributions have come from the Association of Oregon Counties and an organization called the Friends of Tim Josi for National Association of Counties Vice President (\$7858.11 total), with other notable contributions from Thomas Grief (\$250), State Senator Betsy Johnson (\$500), Jerry Lidz (\$150), Doug Hogland (\$200), PK Strategies (\$2482.05 in-kind), Hampton Affiliates (\$1000), Leslie Johnson (\$235 in-kind), and Joyce and Van Moe (\$500).

David Yamamoto

Arriving in Tillamook County 20 years ago, Yamamoto is a resident of Pacific City, and a prolific volunteer, in addition to being a long-term care insurance specialist. Previously, he spent 20 years in the forest products industry as manager and in sales.

The list of Yamamoto's appointments and positions is truly impressive: Past-



David Yamamoto

gressive. Though there was no corresponding candidates' forum for this group, it's a good bet that if there were, the remaining three candidates for Clatsop County Commission – Scott Lee (District 1), Lisa Tarabochia Clement (District 3) and Lianne Thompson (District 5) – would be there.

chair, Pacific City-Woods Citizen Advisory Committee; Vice-Chair, Tillamook County Futures Council; Citizen at Large, Northwest Area Commission on Transportation; Citizen at Large, Territorial Sea Plan Advisory Committee; Tillamook County Economic Development Council Small Business Advisory Committee; Tillamook County Citizen Corps Council (TC4) - Emergency Preparedness; Tillamook County Transient Lodging Tax Committee; Tillamook County/Oregon State University 'Envision' Coastal Futures Project; Pacific City-Nestucca Valley Chamber of Commerce 2012 Volunteer of the Year; Oregon Chapter The Alzheimer's Association 'Star Fundraiser'; Tillamook County Emergency Warning Task Force; Oregon Healthy Kids Outreach; Tillamook County Short Term Rental Regulation Advocate.

Yamamoto's big issues are economic development (creating more "family wage jobs"), better public outreach and honoring seniors. He talks about providing a fresh perspective to county policy, and considers getting a transient lodging tax passed one of his most important accomplishments.

Compared to Josi, Yamamoto's war chest is very small. According to ORESTAR, contributions of more than \$100 include: Yamamoto himself (\$250), Robert Miller, the campaign treasurer (\$500), Merrily Ario (\$200), and The Ribcage Smokery, a restaurant in Pacific City (\$121).

Now a non-profit with several local chapters (none in Oregon yet), the goals of the organization are "identifying and advocating for legislative fixes to reform campaign finance laws, Wall Street regulations, and the tax code, and promoting cultural changes to address political disengagement, polarization and widespread misinformation." They sponsor local conversations and have a thriving Facebook page. Not surprisingly, their supporters and "members" are more pro-



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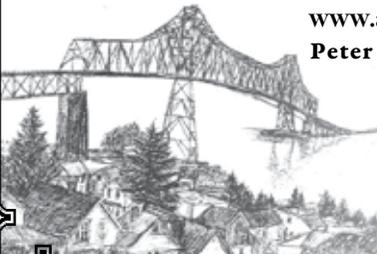
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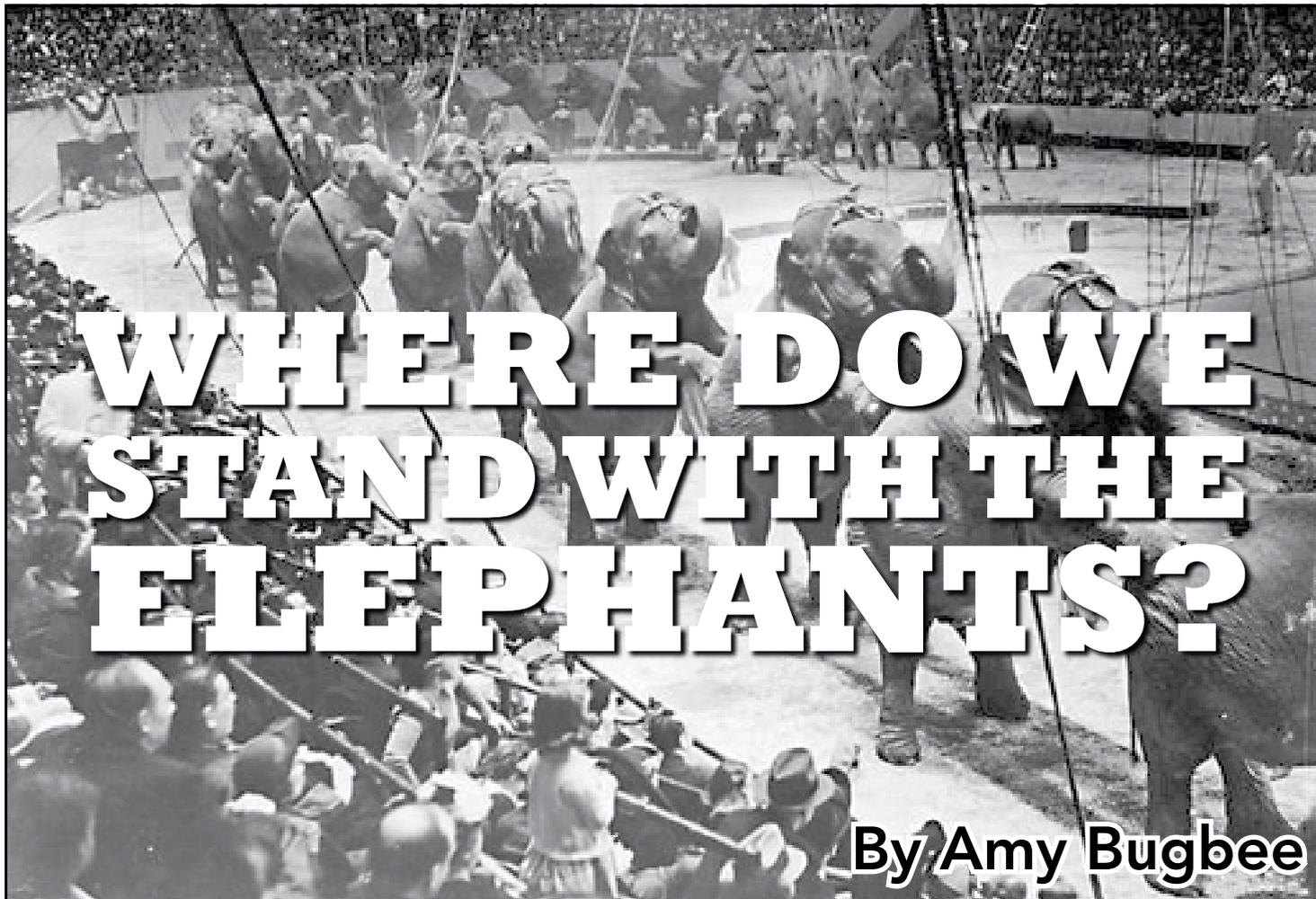
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By Amy Bugbee

M 4-170. Ban Bullhooks, Whips and Electric Prods. Clatsop County Votes on the Animal Cruelty Measure.

President Herb Wesson was forced to leave the room.

On a Thursday night in late April, those involved in the ballot measure met at KALA to view two short films made by PETA and listen to Janice Robertson speak, the leading voice regarding the measure. She may not be what most people think of when one uses the word "activist", it is doubtful she's ever been to Burning Man. She is a proper English lady of mature age with a gentle but determined demeanor. A reflexologist by profession, Janice came to America in 2000, and almost immediately jumped into a hard but successful battle with the Oregon State Senate to free reflexology from control by the massage board, as she says, one has nothing to do with the other. Freeing the elephants and other exotic animals used in the circus from torture at least while they are in Clatsop County is what she has been fighting for now for nearly five years.

"We are asking everyone to vote YES on Measure No. 4-170 to Ban Bullhooks, Whips, and Electric Prods." Janice explains in her proper English accent, "That doesn't mean to say we can't have circuses. There are many, many circuses that travel around America that don't have animals. I went to one three years ago in Las Vegas and it was terrific fun. They have wonderful acrobats, jugglers and tightrope walkers..."

"Was it Cirque Du Soleil?" a voice asks from the back of the room.

"No", Robertson answers. "That is much too big to come to little old Astoria, it was Vargas. It was called Circus Vargas. They did have animals, but they got very ill and they died, and after they

MAN AND elephant, the relationship of elephant as a beast of burden for humans dates back more than 6,000 years, and it has been a painful one, mostly for the elephants.

The tenuous pairing has endured all these centuries through the use of torture and intimidation and the main tool of this suffering is the ancient Elephant Goad, ankus, or what we call today a Bull Hook. It is a sharpened poker affixed atop a two or three foot long stick, and used to poke and injure the elephant in all of its most sensitive areas - inside the ear, the anus, and the mouth.

The bull hook is an invention so ancient it is often depicted in the hand of the Hindu god Ganesha, an elephant. In the Buddhist practice of Shamantha, the ankus is referred to as the "Goad of Introspection". Archeologists have discovered well preserved elephant goads more than 3,000 years old. They were originally used by mahouts, or elephant riders, young men who commit their lives to care for and train an elephant, it is a practice usually passed from father to son, and where the brutal use of a bullhook and chains to "tame" elephants first developed.

Elephants were sent West eventually, first as gifts to kings, then as objects of curiosity. Sadly,

the elephant did not fare any better in our so-called civilized Western World. In 1829, a baby elephant named Mademoiselle Djek performed on the London stage, audiences marveled at its docility, unaware that it was achieved by her keeper stabbing her in the trunk with a pitchfork, at which she 'ran her head into a corner and trembled all over like a leaf'. Author of the time Charles Reade wrote, 'He then jabbed her with all his force for half an hour until 'the blood poured out of every square foot of her huge body' and he had 'filled her as full of holes as a cloved orange'.

By the turn of the century things had not gotten much better for performing elephants. On January 4, 1903 Topsy the elephant became part of human progress when Thomas Edison electrocuted her at Coney Island in an effort to protect his hefty investments in direct current electricity. (It did not bode well for either of them in the end). The Forepaugh Circus, to which Topsy belonged, needed a big event and Topsy had become unruly, so the plan was a perfect match. It did draw some 1,500 spectators, and was even filmed for posterity.

In 1916, Mary the elephant was condemned to die after killing a young man hired only the day before to be her keeper. The Sparks World Circus felt compelled to act after Mary crushed the man during a public event, so the very next day she was hanged in a train yard with a cheering crowd of more than 2,500 townspeople, and the four

elephants from the circus with whom she had performed for years.

Today, more than 1,000 elephants live in America, mostly in zoos and in circuses, and the bullhook is still the weapon, or "guide" of choice. Circus elephants especially, who are trained or more fittingly tortured, into ridiculous tricks, are often kept in terrible conditions causing their health to suffer. They live an unnatural life of isolation, cages and darkness and die a premature death from a variety of issues that captivity creates.

The Facts About Measure No. 4-170

Measure 4-170 asks Clatsop County Residents to vote YES to Ban the use of Bullhooks, Whips and Electric Prods. These are devices of torture and animal cruelty. It is not just the concerned citizens of Clatsop County that have issue with the treatment of circus animals, 19 European countries, 11 South American countries, four nations in Asia, Australia, and at least 40 US municipalities according to The Humane Society of the United States have passed full or partial restrictions on the use of wild animals in public displays and/or the use of bullhooks.

One American city that recently voted to ban bull hooks is Los Angeles, California, the largest municipality in the country. CBS News reported that when training videos of baby elephants at the Ringling Bros. Circus were shown during a city council meeting, the Los Angeles City Council



Elephant Activist Janice Robertson.

died, that circus decided to never again have anymore animals. Now they perform without animals and they have a wonderful circus.

"It's just up to the fairgrounds manager to get a hold of these circuses and have them come to Astoria, which would be much better for the children, because without animals children can go right into the ring which they did in the Vargas

Circus, and were taught how to do juggling and acrobatics. They loved all that. But you can't do that when there have been animals in the ring due to infection, especially from the elephants that blow a lot of germs all around, full of tuberculosis." Robertson continues, "About 80% of elephants die of tuberculosis, and most of the handlers get it too."

In fact, Reuters reported on February 17, 2011 that 8 workers at an elephant sanctuary in Tennessee contracted TB from an elephant housed there. The elephant was quarantined and the event spurred the sanctuary to work with the Center For Disease Control (CDC) to find ways to better protect handlers, clean facilities, and treat the elephant's condition. They hope to become a model for the world on the matter.

Janice goes on to explain the dismal life of circus animals, "They are trucked from place to place, when they arrive at a town, they are taken out of the truck, they are put into the arena, they do their 20 minutes or so of tricks and the handler is always there with the bullhook. Then they are put back in the truck and the next morning they are trucked to the next town. And, that goes on for the rest of their lives. They never feel the grass under their feet again, they never smell the trees ever again. They almost all end up getting tuberculosis, the lungs become very congested, very diseased, because they are constantly breathing in bad, putrid air in the circuses, and they never feel the sunshine on them."

"What happens to the elephants if they don't have a job?" A man nearby questions.

"There are two wonderful sanctuaries, there is one in Tennessee that is 240 acres and has a big lake. The good thing about that place is the people who run it won't let the public go near the elephants, the elephants are really in seventh heaven there. They are in their natural surroundings." Janice responds.

"Yes, but is that really enough? The elephants are still confined, I would imagine elephants are made to run across a continent if they want to, so 240 acres isn't much." he counters.

The audience erupts, "It's better than what they had!" "It's a lot better!" "That's a lot of space!"

The man in the audience quiets down. But his question remains in the air.

In the book *'The Elephant Whisperer'* author and conservationist Lawrence Anthony, is forced to confront a herd of elephants ready to trample a fence at the 5,000 acre Thula Thula Wild Game Reserve in Zululand. He has to talk down the matriarch of the group and convey to her that she will be killed if she leaves the reserve, and that the electric fence is for her own good. If 5,000 acres is an unnatural limit for an elephant, then the audience member's question is very valid.

"Yes, but remember all of the animals that go to the sanctuary in Tennessee have been

incarcerated all of their lives. So that open space is wonderful for them." Janice continues.

The room darkens and the two short videos play.

One of the movies shown includes undercover footage of Tim Frisco, an elephant trainer at the Carson & Barnes Circus yelling to his employees "If you're scared to hurt 'em, don't come in the barn! Sink that hook with everything you got! Make 'em scream!" The video is disturbing and gratuitous. When it is over, Janice wants to show the audience more, but they have seen enough.

After the videos Janice again urges the importance of this measure. "We are hoping this time the ban will pass, the voting goes until May 20. I don't see how anyone can vote FOR the use of these devices."

More Hurdles To Jump

A few days later Janice Robertson sits in her living room drinking proper English tea.

"None of us knew really what was going on behind the scenes at the circus. We had all been taken to the circus as children, we thought the animals were having a great time, they were doing funny tricks. None of us knew really what was going on behind the scenes until Samuel Haddock. He was 53

years old, and he died shortly after he made his affidavit in 2009. He sent it to PETA with all the photographs of the baby elephant."

Samuel Haddock was a Ringling Bros. trainer for 27 years. He began having guilt over the way baby elephants were trained, and the way the animals were treated in general. He documented the process before leaving his position after contracting tuberculosis from the elephants. Before his death he dictated a detailed account of the standard industry training practices.

"PETA put it all on their website, and circulated it, and I am on their emailing list. When I saw the photos I felt sick in the stomach. Then, when I read his account, all that he said really shocked me and that's what triggered me off to do something about this. I give him full credit for starting all the bans in America, banning bullhooks, whips, and electric prods. We really should ban the animal circuses, but I've tried that before and it failed", she explains.

In Clatsop County in 2011, there was another measure on the ballot, that one wanted to ban all exotic animals from entering the county, but it failed. Likely the failure was due to farmers and hunters in the rural county's concerns about the measure overreaching into livestock, hunting, and even pet snakes or lizards. Then of course there is the public's general disdain over adding more laws. Undeterred, Janice and crew went back to the drawing board.

"I don't want people to confabulate and think next we are coming for their rodeo or for the dairy men, it's not a legitimate concern. This just speaks only to circus animals," explains local activist Ted Thomas.



Photos at Ringling Circus taken by longtime elephant trainer and whistle blower Samuel Haddock, that were submitted to PETA, along with his testimony.

"In November 2011, 61% of the registered voters voted against the ban," Janice elaborates on the loss. "This despite the fact that the Jordan Circus was at the fairgrounds in September. I went to that circus, parked in the parking lot and counted the people going in. For the 2 p.m. show there were 92 adults and 75 children, and for the 6 p.m. show there were 88 adults and 92 children, that meant 180 paying adults, and the tickets were \$22 per paying adult and two children free. The population of Clatsop is 36,340, and 180 paying adults is 0.05% of the population. So even though 60% voted against the animal circus ban, none of them ever went to the circus."

Subsequently, Robertson with enlisted volunteers, collected over 150 signatures submitted to the Clatsop County Commission to support a ban on the use of bullhooks, whips and electric prods

as a county ordinance. The commission then, earlier this year came to the decision to put it to the voters in this primary election.

Due to members of the commission missing at the time of the scheduled decision on the ordinance (that was strongly supported by three commission members), the ban was moved to a measure.

Many people may shudder at the name PETA, with their harsh views of pet ownership and the pushing of veganism. But far more than PETA are rallying to see elephants and other circus animals released from their bondage, *The Performing Animal Welfare Society, The Humane Society, Animal Defenders International*, and a host of locally focused groups all over the world are involved.

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- **Writing Your Life Stories.** \$45, 1-4pm, Green Angel Gardens, Long Beach. (Dates: May 14, May 21, May 28)
- **Beginner Nature Journaling.** \$45, 9am-12pm, Astoria area. (Dates: May 13, May 20, May 27)
- **Beginner Nature Journaling.** \$45, 9am-12pm, Long Beach area. (Dates: May 15, May 29)

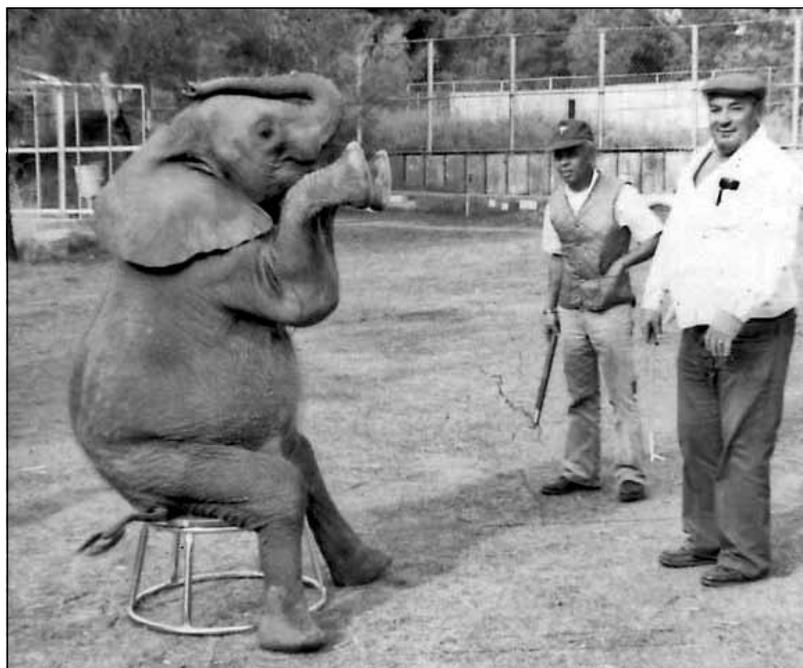
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Mary the Elephant, executed by hanging in the 1930s.

The Humane Society has also gone after Feld Entertainment, owners of Ringling Brothers, Barnum & Bailey Circus. During court testimony owner Kenneth Feld said the circus probably couldn't have elephants without the prods and chains that were at the center of the trial. He said the prods and restraints are needed to protect the safety of his staff and the public. He said he's seen handlers hit elephants under the chin, behind the ears or on the legs with a bull hook describing it as a standard practice to "correct" or "guide" the animals. "I don't view what I've seen as abuse," he said.

In a landmark verdict in 2011, the USDA fined Ringling Bros. Circus \$270,000 for violations of existing animal rights laws. It was a defining victory for the many animal rights organizations involved in bringing the practices of circus training and animal care to light.

Ted Thomas is emphatic, "When the last animals from a performance racket are transferred to a sanctuary to live out their lives in peace with the sun on their skin, and the Earth under their feet, and their offspring reintroduced into the wild, many might look back and wonder, like the abolition of slavery or bull baiting, why did it take so long to do?"

Why not leave the whole matter to existing laws, why bother with a new law?

Oregon Animal Cruelty Law clearly states, "Torture means an action taken for the primary purpose of inflicting pain." This would certainly cover the use of bullhooks, whips, and electrical prods, but the problem is in enforcing it.

Janice Robertson explains the challenges of the average person to get anything done under current conditions, "A circus comes here for one day, they perform twice a day, 2pm and 6pm, if anyone sees an animal being ill treated and tortured in the circus, it means you have to call a vet to come immediately to witness it. First of all, you have to take a film of it with your camera. This is what Josh Marquis (Clatsop County District Attorney) says, and I went and saw him for an hour and a half about this. He said, 'Oh you've got to go there a group of you with your cameras and take pictures of it. Then you have to call a vet.' Is a vet going to drop everything and come to the circus when

we call them? Does a vet in Clatsop know how to examine an elephant? A Siberian tiger? A bear? A chimpanzee? How can they? They know nothing about those animals. For a tiger or a bear to be examined it has to be anesthetized. Then you take a blood sample, a urine sample, take a look at it's skin. You have to take X-rays. You have to have a vet come and witness these cruelties before you can call the police. The police have to issue a citation, and that citation has to be typed, in the meantime the circus has left."

"It's also a logistical problem," adds Ted Thomas, "You're talking about finding the actual person swinging the bull hook, an itinerant animal

trainer who doesn't live anywhere, he travels with the circus. He's going to be in Bend in a day or so, and you're going to issue an arrest warrant, and a fine and expect them to come all they way back here. He's going to laugh at you. They have a tremendously high turnover rate in the circus. There's no way to enforce it."

Part Of A Larger Problem?

Most people can agree that elephants are in trouble all over the world, what they may not realize is that if they are in trouble so are we. What about the growing population of humanity in relation to the dwindling population of other life on Earth?

In 1979, the Elephant Database reported that Africa had an estimated minimum population of 1.3 million elephants, with a possible upper limit of 3.0 million. A decade later in 1989, the population was estimated to be 609,000, with some parts of Africa reporting a loss in their elephant populations of 70% to 80%.

Asia has reported a 50% decline in the elephant population in the last 75 years, leaving only 40,000-50,000 left on that continent.

Meanwhile, from 1979 to 1989, human population on Earth increased by more than 75 million, and it continues to grow. This leads to another major problem facing elephants. Aside from poaching, most elephant deaths are caused by villagers and local authorities killing elephants because they are raiding farms for food as their natural environment is replaced with crops. Some farmers have even planted explosives to rid themselves of these so-called pests, leading to terribly painful and sometimes agonizingly slow deaths of elephants for the crime of foraging for food.

In one year in Sumatra alone, more than 400 elephants were killed for wandering into sub-urban areas searching for food. Their forests are being decimated for lumber and to grow crops such as palm oil and coffee.

Much of this is due to the so-called "Green Revolution" that was anything but. Starting in the 1940s, science and technology found that the quickest way to prevent human starvation was to steal land from

the rest of our planet's creatures to grow high yielding crops, create irrigation to these new farmlands by redirecting waterways, and the use of synthetic pesticides and fertilizers.

It worked like a charm, for a while, but now as our planet's biodiversity is diminishing, it creates a dangerous scenario for the future of the human race. According to **Endangered Species International**, there are over 16,000 species of animals threatened with extinction, and that astounding number is minimal compared to the plants that are disappearing! The website statisticbrain.com lists the tragic numbers, there are only 80 panthers left, 130 Californian Condors, 60 black Rhinos, 950 camels, and those aren't numbers in the thousands those are the actual numbers!

Is There Another Way?

"I am hoping there will be a domino effect if we get this ordinance through, a lot of other cities will be very interested in doing the same thing. And hopefully, they will do what all other cities have done in other states, the decision will be made by the City Council or County Board and signed in the meeting, not sent to a vote which is such a big expense.", says Janice Robertson.

With bull hook and/or exotic circus animal bans in so many countries and in cities across the USA, it does seem that people are changing their mind about what entertainment is. Also, things are changing within the industry of captive animals and wildlife. After all Samuel Haddock was willing to come forward, and numerous circuses have been more than willing to go back to their noble history of acrobats, clowns, and fun for all without the use of exotic animals.

Even the Mahouts of India are changing the way they deal with their elephants. 'The Human Elephant Learning Project' (HELP) says, "Elephants are trained with violence because the idea that pain and fear are a necessary part of training has been passed from father to son for countless generations. These outdated ideas and the aggression and violence that they inadvertently condone have no place in a sustainable training environment. The elephant trainers that we have worked with have been happy to embrace a modern, ethical



Elephants are chained during the transport to circuses.

training system when they see how effective it is."

With all of this forward thinking, elephants may survive into the next century and beyond. Hopefully, the rest of us humans can follow along and do our small part to stop the torture of animals in circuses. Is seeing an elephant stand on one leg or a tiger jump through a flaming hoop for a few minutes really worth their lifetime of suffering? If you don't think that it is, Vote YES to ban the use of Bullhooks, Whips and Electric Prods.

SOUP BOWL 2014 • The Harbor • May 10 • Masonic Temple, Astoria

THE 11TH Annual Soup Bowl gathering will be held Saturday May 10, beginning at 5pm, with a reception and the time to select one of 150 beautifully crafted soup bowls made by local potters. Music will be provided by Grand Avenue. A dinner of artisan bread from the Blue Scorcher and soups provided by local restaurants will be served at 6:30pm. The event is a benefit for The Harbor, serving survivors of domestic violence and sexual assault for over 20 years. It will be held at the Masonic Temple, 1572 Franklin Avenue in Astoria. Tickets are available at our resale shop, Deja Vu, at the corner of Duane and 14th Street, or can be charged over the phone at 503 326-8624.

The Harbor, formerly The Women's Resource Center, is expanding its services to reach all of those who suffer from violence or sexual assault and need advocacy and support to make necessary changes in their lives. The Harbor, (formally the Clatsop county Women's Resource Center) works in cooperation with local law enforcement and service agencies to help individuals build healthy relationships and rebuild lives. Immediate services are offered to those in traumatic situations, and long term assistance through classes, groups, and support in working through the legal system. The Harbor also provides opportunities for trained volunteers to involve themselves in significant community service.

16th Annual Trash Art Show, May 22-26 • Opening and Artist Reception Wednesday, May 21, 6:30-8:00pm • in The Refinery @ CARTM



THIS YEAR, they've saved the best art for small! Join CARTM for their favorite event of the year in the tiny but mighty, colorful Trash Art Gallery in the Refinery @ CARTM, 34995

Nearney City Road in Manzanita. Artists have been given a new challenge for the 16th year of the annual show—come and see what can be done with art of all kinds made from recycled materials totaling no more than 36 square inches each. Even if your art walls at home are mostly full, there's always room for small, right? Meet the artists at the show opening and reception, Wednesday, May 21 from 6:30 - 8:00 p.m. The show will be up Thursday, May 22 through Monday, May 26 from 10:00 a.m. - 4:00 p.m. Plan to attend the opening and pick out an original, only to be found at CARTM's 16th Annual Trash Art Show. We think small is beautiful and tiny is cool! Come and see for yourself. www.cartm.org.

Tillamook County residents invited to attend premiere of 'Hatchery AND Wild'

TILLAMOOK COUNTY residents and their guests are invited to attend the Tillamook County premiere of the documentary "Hatchery AND Wild" May 20, 2014, at the Tillamook County Library, 1716 Third St. Tillamook, OR. Doors open at 5:30 pm, video premier at 6:00 p.m., followed by a panel discussion. Previous showings of Hatchery AND Wild have been highly attended so interested individuals are encouraged to come early to secure seating.

Sport, tribal, and commercial fishermen don't always agree and are often times at odds with each other, they agree that both wild and hatchery salmon are very important to our way of life. Check out the new video "Hatchery AND Wild" to hear stories that showcase the cultural, ecological, economic, and social importance of Pacific Northwest fish, both hatchery and wild. Join us for this historic moment of solidarity. You will never view hatcheries the same way again.

The video and panel discussion will highlight the following:

- Hatcheries have been part of the management landscape for over 100 years. Mismanaged, hatcheries can create problems on top of those they were intended to compensate for. Properly managed, hatcheries can be a tool of wild fish restoration by supplementing natural spawning and thereby increasing natural-origin fish abundance and spatial distribution, by serving as a source population for repopulating unoccupied habitat, by conserving genetic resources, and by providing much-needed marine-derived nutrients to river systems.
- There are not many examples of where removing or reducing hatchery fish has increased the wild runs, but there are an increasing number of examples where hatchery fish have helped increase the wild runs. A broadening base of scientific literature shows a range of outcomes that correlate with smarter management. Hatcheries are no longer operated as they were just a few decades ago. Hatcheries are often managed to achieve a hatchery stray rate of <10%, incorporate wild fish into the broodstock and/or use locally-adapted broodstock, and/or separate or sort out hatchery fish from natural spawning areas, among other hatchery reform techniques to minimize negative effects on wild populations.



Paul lumley, head of CRIT-FIC the Columbia River inter-tribal fish commission, calls for fishing interests to work together during "hatchery and wild."

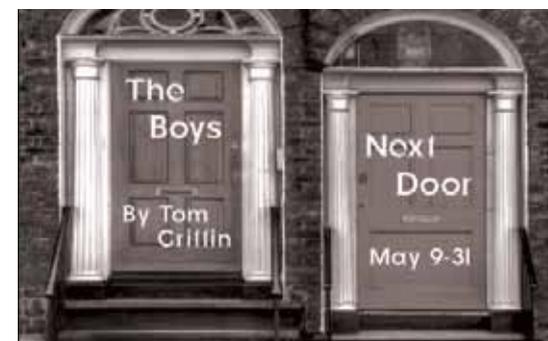
- The limiting factors that required the use of hatchery fish as mitigation have not disappeared. We still have a range of man-made mortalities that are extremely damaging to wild fish populations. Climate change and population growth may exacerbate these limiting factors, making hatcheries even more vital, not only for fishing opportunity, but also for wild populations in the future.
 - Reducing or eliminating hatchery production serves little, if any public purpose, and fishermen and the many businesses that depend on them are the ones that suffer for it.
- A panel discussion with representatives from sport, fishing and the economic sector in the area follows.
- "Hatchery AND Wild" is produced by the Northwest Steelheaders (including the Steelheaders' chapters Sandy River, Emerald Empire and McLoughlin), Columbia River Inter-Tribal Fish Commission, ClackaCraft Drift Boats, Englund Marine, Olympic Peninsula Guides Association, Three Rivers Sportsman Alliance, and Willie Boats. The video's associate producers are Fisherman's Marine & Outdoor, Lamiglas, Okuma, and Shimano. For more information, visit the website hatcheryandwild.com.

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CLATSOP COUNTY COMMISSION SEAT 5

Paid for by Friends of Lianne

Winnifred Byrn Luminari Arts SHINES!

by dinah urell

STEP INTO THE WORKING STUDIO at the new Luminari Arts, and you'll see a series of collage in process; intriguing and attracting Madonna imagery, primitive symbols, torn paper, regal hues on repurposed wood, the work of proprietor and local artist Charlotte Bruhn. The concept of gallery, art gifts, serious stationary focus, and working studio come together in one location at 1133 Commercial in Astoria.

Just fresh from its first 2nd Saturday opening, Winnifred Byrn Luminari Arts will celebrate its official Grand Opening May 11, with live music and the photography of Skye McKey.

(The moniker Winnifred Byrn is a nod to Bruhn's great aunt, a fashion designer and one of her other company's namesakes). If you visited Old Town Framing Co. down the next block in years past, former Astoria resident McKey was a framer, and Bruhn the longtime owner from 1988 to 2007.

As an artist and providing service to artists, and if you have lived a certain period and length of time in the Astoria area, you would know Bruhn as a part of the vital core that makes the Astoria cultural scene. One can exclaim, "She's back." Not without her husband and artist partner in the biz, Dale Clark.

Filling a needed niche, Luminari Arts is filled with numerous local artists (see the list), who contribute

Photos: Dinah Urell

Former Astoria resident and photographer **SKYE MCKEY** returns to Astoria for the May artwalk with a new collection of photographs featured at Winnifred Byrn Luminari Arts. Known for her crisp, concise black and white images of local natural scenes, Skye has now branched out into the realm of color and brings her unusual perspective to new images redefined by intense, full spectrum natural hues. Her subject matter runs from the driftwood patterns on the beach to the arching cathedral created by forest reaches. Air, water, earth and fire are the facets of the current show: "Elements". Wine, snacks and music by Bob Lennon and Bill Hayes playing "sea grass" tunes, and perhaps a performance by a surprise guest artist.

This also marks the grand opening of Luminari Arts, 1133 Commercial, Astoria. Open 7 days a week, or by appointment 503-468-0308.



numbers of pieces, with or without necessarily doing a full show. A colorful selection of cards, jewelry, wearable art and creative art objects generously spill into each other, creating a delicious magnet of color and curiosity. If you desire to send out a card, (hopefully not a thing of the past), you can write it and mail it right there. Nice concept, and a part of Bruhn's design, "Happy, friendly and accessible."

Bruhn and Clark had been considering spaces for over a year. As Bruhn tells it, "When I attended the Michael McKusker Celebration this last year, in the beautifully refurbished train station building, the strength and richness of this community was so prevalent. That was the clincher, when I knew it was time to come back and be a creative service once again."

Eventually the working studio will give space to classes and the door is open to the entrepreneurial spirit of what Bruhn and Clark will manifest. Some years back, the storefront housed Lunar Boy Gallery specializing in illustration art, and was a lively part of the art scene. Luminari Arts has been welcomed with great enthusiasm, has great "bones" and holds great promise as a rich art resource. For now says Bruhn, "I love this community, and since we've opened, it's kind of like a sweet reunion everyday."



LOCALS AT LUMINARI

Dave Ambrose

Susan Bish

Jennifer Goodenberger

Lynn Haik

Diane Jackson

Hope Harris

Karen Bain

Skye McKey

Lonnie Reents

Andrew Cier

Lulu Quinn

Laree Johnson

Cindy Miller

Jewelry

Joanna Lazzari

Dana Hubert

Brigette

UPCLOSE: DENISE LOFMAN of CREST cont. from pg 3

Before coming to Tillamook in 2004, she worked in the green building industry, renewable energies and water issues at Global Green USA. One day when the time was right, she looked online for a job, and there it was, a position with the Tillamook Bay Watershed Council.

Once on a trip, at the age of 19, with her mother, they had traveled through Tillamook. "Oh this is where the cheese comes from!" Lofman exclaims and she thought, "This place is magic. I remember seeing the Air Museum, the skies were all grey, but it was so green. I got to move to the land of my magic." That her Finnish father grew up on a farm in Maine, and her mother from Norway, it all just seemed to fit.

Today, overlooking the city of Astoria from a corner office on the 3rd floor of the Spexarth Building, CREST's new digs, Lofman talks a lot on racking up SBU's for the BPA. Through a direct contract with the Bonneville Power Association, a federal mandate has restoration dollars flowing to the Lower Columbia Estuary. Restoration projects are evaluated by ERTG, a biological study group that eventually scores a project by Salmon Benefit Units, (SBU's). When the cost-benefit ratio is on the money, a project is pipelined. And that project may be out one to three years, depending on its complexity.

"Watershed restoration is a multi-million dollar sector at this point," says Lofman. "We live in a struggling rural economy, but its fascinating, ecological restoration is an economic driver in this region. Its bringing funds to the local economy." Restoration projects create jobs, often using local contractors/excavators, when outside companies come in, their crews are living here at least 5 days a week. CREST itself employs 13 people. Lottery dollars are funding watersheds.

"Things are good for CREST. We have stable funding, we can do the job of restoration, rather than the job of fundraising," says Lofman, "and an amazing team of people." When asked if there would be a time when the work of CREST would be completed, Lofman answers flat out, "NO. Because the needs shift."

"In the 70's the local governments were like, we need more information, we're down here at that mouth of this huge river, we're making land use decisions, and we have no data, nothing to help us make decisions, in a way we're making assumptions, lets start an organization with a very 1970's name."

Lofman furthers, "I think it says something for this region, that both sides of the river, counties, cities, special districts like ports, in '74, said lets work together around these issues. There was a lot of foresight there."

"Complexities will grow. How do we continue finding property along the river where there is interest in creating a returning to wetlands? Our goal is not to shift land so that it impacts people in negative ways. How do we look at the landscape? This is a challenge that spurs creativity more than anything else," says Lofman.

In the summer of 2015, CREST will begin work on a project to assist the city of Warrenton in removing an earthen dam fish passage barrier, the 8th ST. dam and replace it with a bridge. CREST will fund the entire project, Lofman says, "This is win, win, win - the fish win, the city gets what it needs, CREST implements the project and the BPA gets SBUs."

In her time out of the office, off-duty from land restructuring Lofman likes to be outdoors taking in what the environment and nature offer. One of those activities is conscious dance on the beach. This summer she and dance cohorts will be making it possible for intersted folks to do this on a regular basis.

People restoring environment, environment restoring spirit!



CREST's Denise Lofman at Otter Point restored wetland, Lewis & Clark Nat'l Park.

Looking Back At Harry Bennett Artist Retrospective at RiverSea Gallery

OPENING MAY 10, RiverSea Gallery presents *Here's Looking at You, Harry*, a retrospective exhibition of works by the late Harry Bennett, a painter of national recognition and an internationally published illustrator who was a prominent and beloved figure in the north coast arts scene for many years. This show focuses on late-career paintings and drawings by the artist, encompassing the years he spent in Astoria. Bennett was known for his passionate love of life and art, and that is evident in the artwork he has left behind. In 2008, Bennett moved from his Astoria home in order to be with his family in Maryland. He passed away November 29, 2012 at the age of 92.

A reception will be held on Saturday, May 10 from 5:00 to 8:00 during Astoria's Second Saturday Artwalk, and the exhibition will continue through June 3, 2014. Most of the artwork on display will be available for sale; however there will also be many treasured paintings and drawings from private collections, including some never before displayed in public. There has been a tremendous response from community members to a request from the gallery

to share their Bennett artwork during this special show. For fans and friends of Harry Bennett, this is a chance not to be missed.

Bennett's paintings are large and loose, loud with life: vibrant women, stretched and twisted landscapes infused with energy and drunk with color. An enthusiastic sense of joie de vivre fairly leaps from the canvas.

The artist always credited his move out west in 1986 with opening up his style and his approach to painting. "When I got here, everything came alive again," he said. "It was flowing like crazy; I couldn't stop painting!" Bennett often alluded to the power of the "water energy" in Astoria, and felt that the quality of the light here drove him to paint the ever changing land and sky. Women

were his favorite subject to paint, and many local women sat in his iconic studio chair to be depicted in undulating brushstrokes, pulsating with color.

In his early career Bennett was best known as an internationally published illustrator, painting more than eight hundred covers for gothic romance novels in the 1960's and 1970's. These "Bennett covers" are sought after to this day as collectors' items in their own right.

In the mainstream art world, The New York Society of Illustrators awarded Bennett a bronze medal for the drawings he created to illustrate a boxed, collectors' edition of Dante's Divine Comedy, published in 1966.

RiverSea Gallery, is open daily at 1160 Commercial Street in downtown Astoria, Oregon.

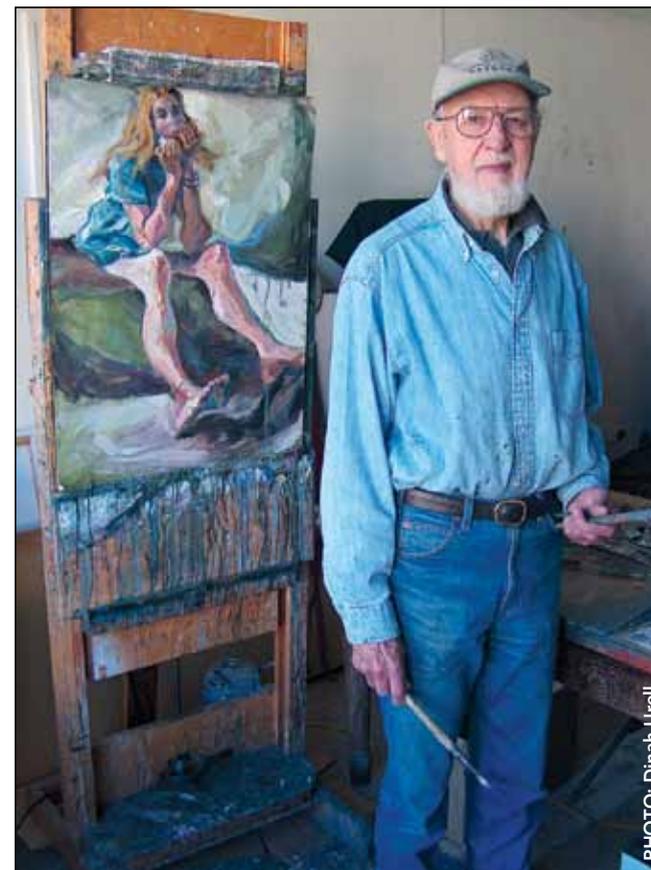


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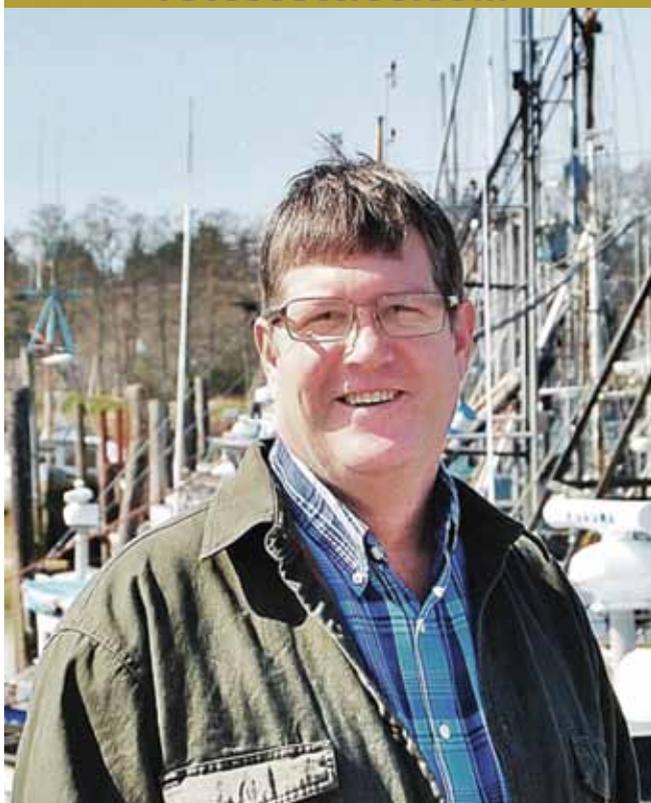
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TENOR GUITARS GALORE! The 5th Annual Tenor Guitar Gathering



Tenor Guitar Gatherers from last year's Gathering at the end of 'Playing on the Trolley', which has become a yearly tradition.

THE 5TH Annual Tenor Guitar Gathering will take place in Astoria, Oregon June 5,6,7,8, 2014. It is the only event of it's kind anywhere in the world. "We look at Astoria, Oregon as the unofficial Tenor Guitar Capital of The World," said



Jamming at the Coffee Girl.

Mark Josephs, President of the Tenor Guitar Foundation, "People have come here from all over the country not only to bond over this unique instrument, but to enjoy the charming town with it's delicious restaurants and beautiful places to stay overlooking the Columbia River. People come back every year, so I know we must be doing something right."

This year will feature the largest gathering of tenor guitar performers in the world; Tim May, The Lion Sons, Tom Molyneaux, Carl Allen, Professor Douglas Fraser, Jean Mann, Erich Sylvester, Pat Mac Swyney, Stephen Schauer, John Lawlor, EZ Marc Poschman and Mark Josephs. "Each of these artists are headliners in their own right. They all specialize in different styles and all share a heartfelt affinity towards the tenor guitar," says Josephs.

There are four evenings of concerts at two different venues. The best way to enjoy everything would be to arrive on Wednesday and leave on Monday.

"The Tenor Guitar Foundation is very proud to donate a portion of the proceeds from ticket sales to local radio station KMUN and the Astor Street Company Playhouse,"

Mark told us. "We are hoping to have enough local people support the event as well as people traveling from outside the community so that we can make a meaningful contribution to the Playhouse and Coast Radio.

"This year we will have some fun new workshops, like our "Build Your Own Electric Three String Slide Cigar Box Guitar Workshop" where you can walk out with a playable instrument." Josh Reynolds, the son of Nick Reynolds of The Kingston Trio, said, "I'll be teaching a workshop on tenor guitar techniques my Dad used with the Kingston Trio. It's going to be a lot of fun!"

"Each year the Tenor Guitar Foundation inducts noted players selected by the Tenor Guitar Hall of Fame Advisory Board into the Tenor Guitar Hall of Fame. This year Jerry Thomason, who created Texas Fiddle back up tenor guitar while working with his



This year, you can learn how to build a Cigar Box Tenor. Workshop, Saturday at 9:30 at Pier 39.

Father, will be inducted as well as Jimmie Dodd, one of the original Mouseketeers," Tom Molyneaux, one of the advisory board members said. "Jimmy Dodd's "Mouseketar" was actually a four string tenor guitar tuned CGDA."

For tickets and information about workshops, as well as a printable program of events and locations, and to learn more about who is in the Tenor Guitar Hall of Fame, visit www.TenorGuitarFoundation.org.

5TH ANNUAL TENOR GUITAR GATHERING PROGRAM

THURSDAY EVENTS

All events on Thursday happen on the Historic Bumblebee Pier 39 at the end of 39th Street on the Columbia River. Be sure to take time to visit the BumbleBee Display room and watch the short video that tells the history of Pier 39. It's free, but small donations are greatly appreciated.

9am - Noon: Meet n' Greet (pick up tickets and T-shirts); Jam at the Coffee Girl and the Rogue Ale House Banquet Room (next door to each other)

Noon - 1:30pm: Lunch Break (Rogue Ale House)

Free Time - Jam at the Rogue Ale House Banquet Room or visit the lovely town of Astoria and meet back for the evening concert.

7pm - 10pm: AN EVENING OF TENOR GUITARS. Thursday Night Concert @ Rogue Ale House Banquet Room. Doors open - 6:30pm. Concert - 7pm to 10pm. SCHEDULED PERFORMERS: Carl Allen - An Evening with Woody Guthrie, Special Performance - To be Announced

FRIDAY EVENTS

10:45am sharp: Meet in front of the Bridgewater Bistro

11am to noon: Sing and Play on The Astoria Riverfront Trolley. Note: it only costs \$1 to ride the trolley one way, or \$2 for all day!

Noon - 2pm: Lunch upstairs at The Bridgewater Bistro with live Tenor Guitar Music by Jazz Chord Virtuoso John Lawlor! (Order off the lunch menu, separate checks okay, 18% gratuity will be included). Please call or email The Bridgewater Bistro (503-325-6777 or 877-357-6777 or info@bridgewaterbistro.com) to make your reservation for this limited seating event.

3pm - 4pm: KMUN Carol Newman's show "Live and Local". All who would like to try to cram into the small radio booth with their tenor guitars are welcome to try. It's a live broadcast and we play live. It's fun!

7pm - 10pm: AN EVENING OF TENOR GUITARS. Friday Night Concert @ Astor Street Opry Company. Doors open - 6:30pm. Concert - 7pm to 10pm. SCHEDULED PERFORMERS: Jean Mann, Professor Douglas Fraser

INTERMISSION

The Lion Sons; Jimmie Dodd induction to the HOF; Jeff Gatten, Dean of Library and Information Resources at the California Institute of the Arts in Valencia, California, home to the Jimmie Dodd Archives, will accept the award on behalf of the college.; Erich Sylvester will perform songs on tenor guitars once owned by Jimmie Dodd

SATURDAY EVENTS

WORKSHOPS @ THE ROGUE ALEHOUSE BANQUET ROOM

9:30am to 12:30pm: Cigar Box Guitar Building Workshop

12:30pm to 2:00pm: LUNCH BREAK - ROGUE ALE HOUSE

2:00pm to 2:45pm: Tenor Guitar for the very beginner Workshop

3:00pm to 3:45pm: Nick Reynolds "Chicago Tuning" Workshop

3:00pm to 3:45pm: Tenor Guitar Triads & Ukes in 5ths Workshop

4:00pm to 4:45pm: John Lawlor's Jazz Chord Workshop

5:00pm to 6:30pm: DINNER BREAK

7pm - 10pm: AN EVENING OF TENOR GUITARS. Saturday Night Concert @ Astor Street Opry Company. Doors open - 6:30pm. Concert - 7pm to 10pm. SCHEDULED PERFORMERS: Tom Molyneaux with Mark Josephs, EZ Marc Poschman

INTERMISSION

John Lawlor, Jerry Thomason induction to the HOF, Tim May

SUNDAY EVENTS

WORKSHOPS and EVENING CONCERT @ THE ROGUE ALEHOUSE BANQUET ROOM

10:30am to Noon: Tim May Workshop

11:30am to 3:30pm: Astoria Sunday Market - shop, eat, hear live music!

4:00pm to 5:30pm: Texas Tenor Guitar Fiddle Back Up Workshop

5:30pm to 7:00pm: Dinner Break (Rogue Ale House)

7pm - 10pm: AN EVENING OF TENOR GUITARS. Sunday Night Concert @ Rogue Ale House Banquet Room. Doors open - 6:30pm. Concert - 7pm to 10pm. SCHEDULED PERFORMERS: Stephen Schauer & Friends - Texas Fiddle Back Up Tenor, Pat Mac Swyney - World Music in GDAE tuning, Fiddle Jam Session Finale hosted by Howard Blumenthal - all instruments welcome !!!



Next up at The Coaster Theatre Playhouse: The Boys Next Door

ARNOLD HAS decided he's going to move to Russia. Barry thinks he's a golf pro. Norman can't stop eating donuts and Lucien is concerned that they don't have any trees. These men are all roommates and they all have special needs. They're looked after by Jack, the caretaker. Written with humor and compassion, *The Boys Next Door*, by Tom Griffin, is a series of vignettes that together form a charming and moving picture of life, friendship and challenges. Mingled with scenes from the daily lives of these four, where "little things" sometimes become momentous (and often very funny), are moments of great poignancy when, with touching effectiveness, we are reminded that the

disabled, like the rest of us, wantonly to love and laugh and find some meaning and purpose in the brief time that they, like their more fortunate brothers and sisters, are allotted on this earth.

Directed by Karen Bain. Cast: Slab Slabinski, Bill Honl, Eric Bredleau, Don Conner, Jordan Okonlewski, Rich Mays, Marcella Adella, Jean Rice, and Mick Alderman.

Performance schedule: May 9, 10, 16, 17, 18, 23, 24, 25, 30, 31. Talk Back Thursday: May 29. Thurs, Fri, and Sat performances start at 7:30pm. Sunday performances start at 3pm. Ticket prices: \$15-\$20. BoxOffice:503-436-1242. coastertheatre.com

A New Comedy Dinner Theater Performed by the Riverbend Players

Funeral for a Gangster by Eileen Moushey

YOU, THE audience, will be transported back to 1928 to participate in this mobster romp, taking place in Ruby's Speak Easy during the "Roaring Twenties."

The performance includes a funeral service for Vito "The Gut" Marzetti who has been gunned down in a gangland slaying. Audience members have been invited to solve a mystery and pay honorable respects, along with the family: Frankie "Marbles" Marzetti (Greg O'Neill), Ruby "Fingers" Marzetti (Linda Olsson), Joey "The Lump" Marzetti (Brian McMahon), Lena "The Grieving Widow" Marzetti (Betsy

McMahon), Federal Agent Farmer (Mike Scott).

Directed by Ted Weissbach and hosted by Linda Makohon, this Riverbend Players production promises to entertain you more than you can even imagine, with its clever dialogue and hilarious comedy antics.

Location: Tsunami Restaurant at 380 Marine Drive in Wheeler

Dates and Time: May 23, 24, 30, 31 and June 6, 7 at 7:00 p.m.

Price: \$25 advance reservations and \$30 at the door

Contact: 503-368-3778 for reservations

TAPA presents: The Hallelujah Girls

THE TILLAMOOK Association for the Performing Arts (TAPA) is pleased to introduce the cast of *THE HALLELUJAH GIRLS*, written by Jessie Jones, Nicholas Hope, and Jamie Wooten. This joyful southern comedy will melt your heart with warmth and humor. Six women from Eden Falls, Georgia decide to make a change and pursue their dreams after the loss of a close friend. The women rally together to overcome obstacles and launch their new, improved lives, resulting in a side-splitting comedy that will make you laugh out loud and shout "Hallelujah!"

The *Hallelujah Girls*, directed by Robert Buckingham, will run at TAPA's Barn Community Playhouse at 12th & Ivy Friday and Saturdays from June 6th through June 22nd, with matinees on Sunday June 15th and 22nd. Friday and Saturday evening performances will start at 7:00 pm, Sunday matinees will start at 2:00 pm. Doors open 30 mins prior to curtain.



The Cast of Hallelujah Girls: Back row L to R: Richard Coon, Ann Harper, Diane Krieder, Garrick Gordon. Front row L to R: Debbie Coon, Laurie Caspell, Becki Wilhelm, Joni Sauer-Folger

Join TAPA for an the Opening Night Gala on June 6 at 6:30; each ticket purchase includes one complimentary beverage of choice.

Tickets will be on sale May 6; reservations can be made starting May 6 by calling Diamond Art Jewelers at 503-842-7940. For more information visit www.tillamooktheater.com.

Mothers Day Concert at Coaster Theatre Piano Duets with Rhonda Ringering and Jill Timmons

ELEGANT STANDARDS

to toe-tapping originals, one keyboard or two—from Brahms to Bernstein, the Ringering/Timmons Piano Duo combines high art sensitivity with all age accessibility and warmth. Their individual histories of over thirty years solo and ensemble performances, and with their careers as writers, give them a shared passion for the stories behind the notes.

Rhonda Ringering has crafted a career as a pianist, writer and instructor. She is an active solo and collaborative performer for venues as diverse as the Central Oregon Symphony, the Ernest Bloch Music Festival, Newport Performing Arts Center, Skamania Performing Arts Series, and as the pianist for musical theater productions at the Coaster Theatre.

Jill Timmons has performed internationally as both a solo pianist



and ensemble artist, combining concert and recording projects with work as an international performing arts consultant. As an artist/teacher, she has offered performances and educational residencies on three continents. She has been a featured

artist on NPR, and has performed under the auspices of the National Endowment for the Arts.

Sunday, May 11, 2014 3:00 p.m. Tickets: \$15-\$20. Box Office: 503-436-1242 Online: coastertheatre.com

Roger Dorband • Paris: Solitaire At LightBox



Jumping Notre Dame

LIGHTBOX PHOTOGRAPHIC Gallery "Paris: Solitaire, Images from the City of Light", an exhibit of photographs by Roger Dorband, on Saturday evening May 10 from 6-9pm.

Roger Dorband, a native of Grants Pass, Oregon where he grew up on the Rogue River, now lives in Astoria and for the last 5 years practices his photographic art from a small studio on Commercial Street. Roger lived in Portland for many years where

he exhibited as a sculptor before turning to photography in the early 1980's.

Dorband's "Paris: Solitaire" series are images from visits to Paris over 35 years. Always using the same camera and film, Roger says "I try in a humble way to contribute to the great human photographic document whose subject is the kaleidoscope of Paris. My fascination with the City of Light has led to a half dozen visits. I have gradually amassed a body of work reflecting both the Paris that endures and the one that is changing. I will continue to visit and use the 35 mm Olympus OM1 camera and Tri-X film that I used to make my first photographs of the city." Dorband's B&W photographs from the streets of Paris are mostly printed as traditional silver gelatin prints in the Darkroom.

Dorband has published two books of his landscape work on the Rogue river and Steens Mountain, and a collaboration with Ursula LeGuin entitled "Blue Moon Over Thurman Street." Roger is a long member of the community of photographers that associate and learn from each other within LightBox Photographic Gallery.

Also opening on this Artwalk night, "Shades of Grey", a collection of traditional silver gelatin fiber archival prints by the LightBox Photographic Darkroom Group, working in the medium they love, 6 photographers find joy in analog past and the beauty of a finely crafted archival print mastered in the darkroom: Tom Kittel, Leigh Oviat, Jeff ross, Michael Datoli, Michael Granger and Chelsea Granger.

The exhibit "Paris : Solitaire" and "Shades of Grey" will show at LightBox through June 3rd. LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. 503-468-0238.

Northwest Nouveau at Cannon Beach Gallery

nou-veau: newly or recently created, developed, or come to prominence.



Jean Erhardt

NORTHWEST NOUVEAU brings together the new and diverse works of four exciting Portland women artists; Jean Erhardt, Catherine Kumlin, Jean Rosenbaum and Sandy Sampson at the Cannon Beach Gallery. The Exhibition will feature works that range from rich, earthy oil paintings to exquisite and smart color photography, interlaced with a wealth and depth of experience and creative expression. The exhibition will run from May 2-26, 2014.

Curated by painter and writer Jean Erhardt, the exhibition was inspired by her long term immersion in the world of fine art in Portland. Erhardt will be showing a series of paintings that were inspired by



Sandy Sampson

intimate vision of lookings at everyday subjects. Interdisciplinary artist and educator, Sandy Sampson's paintings explore the impact of dams on human communities and the ecosystem, with an awareness of their aesthetic beauty and the contradiction therein.

Catherine Kumlin, who started traveling in college, as well as documenting those places with drawings, continues to travel extensively and to draw every day as a way to experience new landscapes in a deep way. In the studio her creative process welcomes her life experiences into her work.

trees near the ocean that grow around her home on the Long Beach peninsula. "I love oil paint, the look, smell, and feel of it. I paint with my hands instead of brushes. I tend to paint what is on my mind or in front of me," Erhardt explains about her work.

A fine art photographer, Jean Rosenbaum exhibits her Typewriter Series, an

4th Street Gallery Celebrates Twenty Years of Art

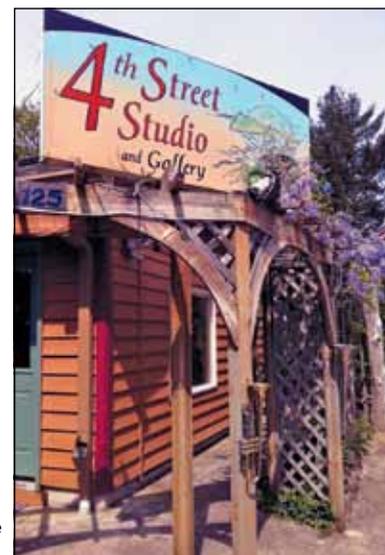
KATHLEEN KANAS, owner and resident artist of the 4th Street Studio and Gallery in Manzanita opened her doors in 1994, designing and building her gallery and home in downtown Manzanita.

The Memorial Weekend Anniversary opening event is scheduled for: Saturday and Sunday, May 24th and 25th, from 10am to 7pm, with refreshments served from 5 to 7 pm. Also, Monday May 26, 11am to 5pm.

Featured Artist Lori Dillon will be on hand throughout the weekend. Dillon is a mixed media and soft pastel artist, usually depicting outdoor themes and known for her use of color. "Those familiar with this dynamic and creative artist look forward to seeing her most recent pieces," proclaims Kanas.

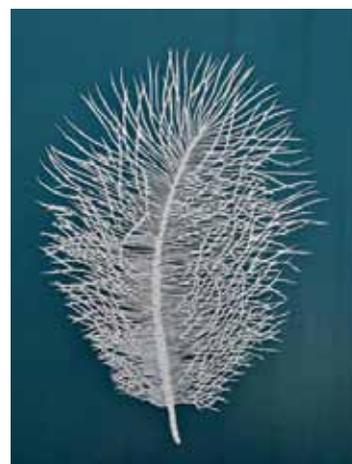
Owner and basket artist Kanas started her artistic journey early when a grade school art activity piqued an interest. Self-named "The Weary Weaver," Kanas is known for her exploration of using local natural materials in her basketry. She has been featured on OPB's Art Beat and creates both traditional and contemporary woven art.

The Gallery is gearing up with five new regional artists; these are in addition to the nine artists the gallery has been featuring.



Light As A Feather: Paper-cut Assemblages by Kim Hamblin At IMOGEN

IMOGEN GALLERY presents a solo exhibition for artist Kim Hamblin. She brings a new series of paper-cut assemblages, Light As A Feather for Astoria's Second Saturday Artwalk, May 10th 5 - 8 pm. Hamblin, has spent years honing the ancient art form of paper-cutting, a delicate and tedious practice that originated in 6th century China. Regarded as an art form that requires careful forethought and concentration, Hamblin considers it therapeutic, utilizing the practice as focus and relaxation from her busy life.



For this series Hamblin focuses on intricate compositions with an emphasis on avian creatures. The exhibition will be available for view May 10 through June 10.

Hamblin will be present and available to answer questions about her work during the artist's reception May 10th. Light As A Feather will be Hamblin's second solo exhibition at Imogen Gallery. She has exhibited her work throughout the northwest, most recently she was nominated to participate in Oregon State University's Art About Agriculture 32nd annual exhibition. Two of her pieces were awarded purchase awards and will remain in the permanent collection of OSU's College of Agriculture Sciences. Imogen Gallery is open six days a week (closed Wednesdays) at 240 11th Street in Astoria.

Eric Boos: "Almost Edible" sculptural ceramics at White Bird Gallery

"ALMOST EDIBLE Ceramics" is a series of semi-functional ceramic sculptures exploring the intersection of food, eating, sensuality, sexuality and organic growth, created by long-time artist / designer Eric Boos. The studio built one-of-a-kind porcelain pieces, are made using both traditional and innovative techniques. The precisely sculpted forms have smooth glass-like surfaces, clean and formal lines, carefully balanced volumes and an appealing vibrant color palette that is the result of multiple layers of ceramic glaze and multiple firings of each piece. His luscious sculptures are elegant, playful, and useful with colors so juicy and mouthwatering, the artist admittedly had to say they were "Almost Edible."

Featured artists for Spring Unveiling at White Bird include Deborah DeWit - new paintings, Helga Winter - Sculptural Paintings & Wood Turnings, Eric Boos - "Almost Edible" sculptural ceramics. Located at 251 N. Hemlock in Cannon Beach. 503.436.2681.



Oregon Humanities Call For Posts On Theme "Start"

For the summer 2014 issue of *Oregon Humanities* magazine, Oregonians are invited to share their diverse perspectives, thoughts, and ideas about "Start." Tell us your stories about good starts, bad starts, false starts, late starts, head starts, flying starts, running starts, jump starts; about starting over, starting from scratch, and starting on the wrong foot.

Posts are short essays of no more than 400 words. Posts from past issues of the magazine are available to read online at oregonhumanities.org/magazine. Send submissions by June 2, 2014, to posts@oregonhumanities.org. Submissions may be edited for space or clarity.

Oregon Humanities magazine, a triannual publication, is distributed to more than 12,000 readers. Oregon residents can sign up at oregonhumanities.org to receive a free subscription.

Postcards from Planet Earth

Local writer, educator and naturalist, Julie Tennis, has launched a new venture, Postcards from Planet Earth. Tennis highlights the mystery and magic of the "everyday" in her quest to help people develop a deeper sense of connection and peacefulness in their lives. With Postcards from Planet Earth, she encourages participants to recognize the majesty of their own life experiences - past and present. Stories of the past have made us who we are, and the stories we are making right now define who we will be. Join Tennis in two new workshops this spring: Writing Your Life Stories and Beginning Nature Journaling. Workshops are available on both sides of the River. Visit www.PostcardsfromPlanetEarth.org for her spring workshop schedule.

MANZANITA BOOK SALE

Manzanita North Tillamook Library Friends book sale Saturday 9a.m. - 4p.m. Fiction and children's books at Pine Grove Community Center 225 Laneda Ave., nonfiction at Hoffman Center, 495 Laneda Ave. Wide selection of high-quality, gently read books.

Teddy Roosevelt's Oregon Roadshow Comes To Tillamook

The Tillamook County Pioneer Museum is joining with the Oregon Historical Society and Wells Fargo Bank to present an evening with Teddy Roosevelt on THURSDAY, MAY 22 at 7pm in the community room of the Tillamook Main Library.

Joe Wiegand is regarded as the nation's premier Theodore Roosevelt re-creator and has traveled to all 50 states presenting the Teddy Roosevelt Roadshow, including in the East Room of the White House during the George W. Bush administration. He will be traveling to a variety of communities in Oregon during the month of May, and the Pioneer Museum has arranged for his visit to Tillamook.

Although this presentation is free and open to the public, the Pioneer Museum is asking that reservations be made to insure enough seating in the Library. Please call the Museum at 503-842-4553 or email exhibits@tcpm.org to reserve your seat. Those emailing are asked to put "Teddy Roosevelt reservations" in the subject line.

For more information, please call the Museum at the above number or visit the Museum's website at www.tcpm.org.

Oregon Reads 2014: a statewide community reading project in celebration of the centennial of William Stafford

Astoria Public Library will host Oregon Reads events throughout May

ASTORIA PUBLIC LIBRARY has joined more than 100 Oregon libraries in a statewide community reading project commemorating the centennial of Oregon's most celebrated poet, William Stafford. Throughout May, the library-450 10th Street, Astoria-is featuring Stafford's works and hosting free public programs related to the legacy of William Stafford as a writer, teacher, and witness for peace.

William Stafford served as Oregon's Poet Laureate for 14 years and published more than 60 collections of poetry and prose. He taught for more than 30 years at Lewis and Clark College, which now houses his archives. Stafford won many prestigious literary awards, including the National Book Award. He was Poetry Consultant to the Library of Congress in 1970. The Oregon Heritage Commission declared the 2014 centennial of Stafford's birth a statewide celebration, and



PaulAnn Peterson

the Oregon Library Association selected Stafford as its featured author for the 2014 Oregon Reads program.

Friday, May 9, 6pm • Astor Library Friends Association presents "Your Land, My Land: Using and Preserving Oregon's Natural Resources." a free conversation with Portland State University professor Veronica Dujon.

Dujon is associate dean of curriculum development and enrollment management at Portland State University's College of Liberal Arts and Sciences. Participants will discuss how Oregonians' sense of connection to a place informs our values and approaches to conflict over land use in our communities, a subject often explored in Stafford's works. This program is part of Oregon Humanities' statewide Conversation Project.

Saturday, May 10, 12-1:30pm • Join the Astoria Public Library's book discussion group in sharing thoughts about Ask Me: 100 essential poems by William Stafford. Multiple copies of this book, which was published to celebrate Stafford's centenary, are available for check-out to library card holders.

Friday, May 16, 6pm • Oregon's Poet Laureate, PaulAnn Petersen, will give a presentation on William Stafford's life and Work. Ms. Petersen has six full-length books of poetry, most recently *Understory* from Lost Horse Press. She was a Stegner Fellow at Stanford University, and received the 2006 Holbrook Award

from Oregon Literary Arts. She serves on the board of Friends of William Stafford.

Saturday, May 17, 1-5pm • Paulann Petersen will lead a writing workshop, *Trying the Stafford Way*. The most encouraging of teachers, William Stafford urged us to use writing as a vehicle for exploration and inquiry. During this workshop—in that spirit of welcoming what might find its way onto a page—participants will use some Stafford poems as springboards for generating their own poems or short prose pieces. Each participant should bring a notebook or journal, preferably a large one (not diary size). The workshop is for writers of all levels of experience—beginners are welcome. As space is limited, please contact the library at 503-325-7323 to register in advance. FMI: Oregon Reads 2014 Call 503-325-7323 or comments@astorialibrary.org.



Veronica Dujon

Independent Publishing House Panel Discussion at the Hoffman Center • May 17

ON SATURDAY, May 17, 1 to 3pm, the Manzanita Writers' Series will host a panel discussion with representatives from three independent presses, discussing how each of their houses manages the various stages of publishing.

When you look to get a book published today, you have many possible routes, from literary agent and large New York publishing house, to self-publishing; to Print On Demand and E-books. One other viable route is having your book published by one of the independent presses, many of which accept unagented proposals.

LAURA STANFILL is the founder of Forest Avenue Press, which received a 2014 Oregon Literary Fellowship. The press' first project, best-selling local anthology *Brave on the Page: Oregon Writers on Craft and the Creative Life*, was named a Powell's Books Top Five Pick for 2012. The press' first fiction release, Stevan Allred's *A Simplified Map of the Real World*, was named a #1 book of 2013 on



Laura Stanfill, Meg Storey, Rhonda Hughes

the annual Powell's Staff Top 5s lists.

RHONDA HUGHES is the publisher at Hawthorne Books in Portland, Oregon. Now in its 13th year, Hawthorne has published literary fiction and nonfiction to consistent critical acclaim and numerous awards, including the PEN/Faulkner Award for Fiction, the Oregon Book Award, Barnes & Noble's Discover Great New Writer Award, The Great Lakes Colleges Association New Writers Award, the Langum Prize for Historical Fiction, and many others. Film options and publishing rights to Hawthorne's works have been sold worldwide.

MEG STOREY is an editor with Tin House Books and copy editor of Tin House magazine. Tin House literary

magazine was founded in 1999. In 2002, Tin House ventured into the world of book publishing as an imprint with Bloomsbury. In 2005, the independent press Tin House Books was launched.

Spearheaded by editorial director Lee Montgomery, Tin House Books publishes a dozen titles a year, and its authors have garnered attention from the New York Times, the Los Angeles Times, the Wall Street Journal, and O, the Oprah magazine.

Admission fee for the panel discussion is \$25. For registration, go to hoffmanblog.org.

Saturday evening, Dan Berne reads from his book "The Gods of Second Chances" at 7pm. An example of a novel published by an indie press, his debut novel was chosen for publication during Forest Avenue Press' 2013 open submission period. Admission fee for the evening is \$5.

The Hoffman Center 594 Laneda Avenue.

The Gods of Second Chances: Dan Berne's novel dives into an Alaskan Fishermen's personal drama. Hoffman Center May 17

DAN BERNE will read from his book *The Gods of Second Chances* at the Hoffman Center at 7pm on Saturday, May 17, 2014.

Family means everything to Alaskan fisherman Ray Bancroft, raising his granddaughter while battling storms, invasive species, and lawsuit-happy tourists. To navigate, and to catch enough crab to feed her college fund, Ray seeks help from a multitude of gods and goddesses—not to mention ad-libbed rituals performed at sea by his half-Tlingit best friend.

But kitchen counter statues and other bone ceremonies aren't enough when his estranged daughter returns from prison, swearing she's clean and sober. Her search for a safe harbor threatens everything Ray holds sacred. Set against a backdrop of ice and mud and loss, Dan Berne's gripping debut novel explores the unpredictable fissures of memory, and how families can

break apart even in the midst of healing.

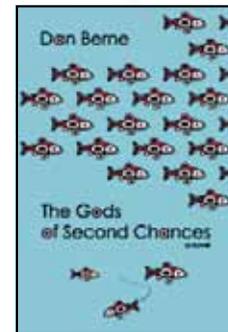
Author Dan Berne has been an active member of a select writing workgroup led by author Karen Karbo for ten years. His short stories and poetry have been published in literary magazines. Dan owns a market strategy consultancy, and lives with his wife Aliza in Portland, Oregon. His debut novel was chosen for publication during Forest Avenue Press' 2013 open submission period.

Following Berne's reading and Q&A, we'll have our popular Open Mic where up to nine local

writers will read 5 minutes of their original work. Admission for the evening is \$5.

The Writers' Series Reading Group will meet the Thursday prior to Dan's reading, May 15th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to all events.

At the Hoffman Center, 594 Laneda Avenue. hoffmanblog.org or contact Vera Wildauer, vwildauer@gmail.com



in the columbiaPacific

may '14

Liberty Theater presents Portland Chamber Orchestra

"PICTURES AT AN EXHIBITION"

Friday May 9 at 7:30 pm

PLUS: An Encounter between Classical and Jazz



The orchestra, under the direction of Yaacov Bergman, stands out from other Portland ensembles for its imaginative use of poetry, visual art & film in its concerts." - David Stabler, The Oregonian

THE CONCERT presents two new and vibrant interpretations of the renowned Mussorgsky composition, led by two world-class conductors.

The first half, conducted by Maestro Yaacov Bergman, presents a version of Pictures at an Exhibition for chamber orchestra by Julian Yu that invokes musical color found only in chamber music. With frequent use of musical elements of Yu's native China, it often uses metal percussion instruments (such as vibraphone, glockenspiel, bells and celesta) to give a humorous Chinese flavor to the work. The work is paired with live projected images created especially for this performance in the intimate and beautiful environment of the Agnes Flanagan Chapel.

The second half, led by Israeli conductor and composer Yaron Gottfried, is a version for jazz trio and chamber orchestra. The melodies and themes of Mussorgsky's original version are dressed in new colors and inspire new forms for the jazz trio to improvise. Each movement is approached differently, while being transformed into a live, authentic encounter between classical and jazz. The trio consists



Conductor, composer and pianist Yaron Gottfried is one of the most prominent musicians of his generation in Israel - a multidisciplinary musician who bridges classical, contemporary and jazz music. Since 2002 he holds the position of Music Director and Principal Conductor of the Netaniya-Kibbutz Orchestra. Under his creative artistic leadership, the orchestra has become one of Israel's leading professional orchestras, packed halls, rave reviews and over 120 concerts in a season.

of Gottfried on piano, and Portlands Dave Captein on Bass, and Gary Hobbs on drums.

Tickets are on sale now at the Liberty Theater Box Office and ticketwest.com

503.325.5922 Ext. 55 Open Tuesday thru Saturday from 2-5:30 and 2 hours before curtain. 1203 Commercial St. Astoria, Oregon 97103

"FEEL THE BEET" AT ASTORIA SUNDAY MARKET!



Rick Smith is one smiling vendor, who will be back on the scene with the goods in downtown Astoria at ASM, beginning its 14th year, on Mother's Day, May 11.

"THE BEET Goes On," at Astoria Sunday Market for its 2014 season. Opening day kicks off with the Northwest Lion and Dragon Dancers weaving their way through 12th Street starting at 10am followed by live music by the beloved Brownsmead Flats performing in the Food Court. Artist Don Nisbett - who aptly illustrated the 2014 theme, "Feel the Beet," is vending opening

day - the only day fans can purchase this year's poster image direct from the artist. "Opening day is always fun and memorable," noted ASM Director Cyndi Mudge. "So many fans come out - all looking forward to the start of summer, access to locally grown produce and having all their favorite goodies and products back for another season!" Astoria Sunday Market begins Mother's Day, May 11, on 12th Street in the heart of historic downtown.

A mix of new and returning vendors will be on hand as the Market enters its 14th season. Among the returning vendors are Brevin's Solid Gold Fudge, the "Rock

Man" John Trumbull, Packer Orchards, Sunset Beach Products with its colorful display of soaps, and Whatz Poppin Kettle Korn, as well as many other perennial favorites. Among the new vendors are Chef Daddy Brands with their salts blended by Baked Alaska Restaurant, Atlas Cider Company who made a big splash at Astoria's Winter Market this past December, and Aichele Berry Farm

bringing a variety of fresh berries to the Market. "There are some interesting new products as well that will be making occasional appearances," add Mudge. "Squire Brooms is new with hand crafted brooms. Dust Devil Mining specializes in the Oregon Sunstone and we are excited to have Pacific Oyster coming to the Market periodically throughout the season." Popular Oregon writer Gerry Frank is also making an appearance with a refreshed edition of his popular book, Gerry Frank's Oregon. He is currently scheduled to be at the Market August 24.

Astoria Sunday Market has donated over \$160,000 to a variety of downtown projects and events over the years including Liberty Theater Restoration, the Chinese Park, construction of the public restrooms located on 12th & Exchange Streets, downtown beautification projects and Astoria Downtown Historic District Association. The most recent grant was \$2,000 in October 2013 for the Friends of the Armory.

For more information about Astoria Sunday Market and its upcoming music schedule visit www.AstoriaSundayMarket.com.

Play, Boy! Bunnies! Spring Dance Party at AAMC with DJ imcodefour

AAMC PRESENTS Play, Boy! Bunnies! a Dance Party with DJ imcodefour. Come one and all to celebrate the full-fledged floral and faunal orchestra of springtime!

DJ imcodefour gets his name from police code 4, which is to say that 'everything is ok'. That's the environment that imcodefour creates on the dance floor, playing dance club and radio favorites that get

or surprise us with your interpretation of spring. Or Play, Boy! Bunnies!

Who: DJ imcodefour

What: Dance Party

When: Friday, May 23, 9pm

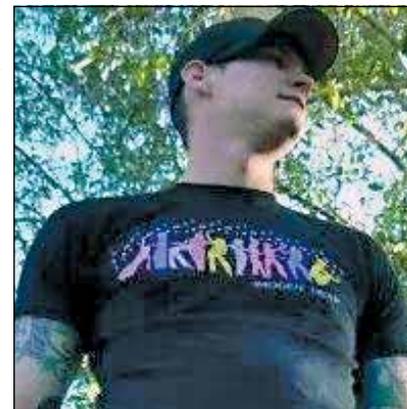
How Much: \$5 ** 21+ **

Where: Astoria Arts and Movement Center, 342 10th St, 2nd floor ballroom

Why: Celebrate spring! Play! Bunnies!

everybody moving. Dance, party, and let your stresses go for a few hours. Everything is OK!

Costumes are highly encouraged. Dress as your favorite bunny, or layer on the flowers,



Monday 5

MUSIC

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

Tuesday 6

MUSIC

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

ART

Monthly Photo Salon. 7 - 9pm at the Hoffman Center in Manzanita.

LECTURE

Coastal Encounters. Rockhounding. With Laura Joki. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 7

MUSIC

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

Thursday 8

MUSIC

Robin Baciorek. Piano/vocalist Robin Baciorek and cellist Dan Bindschedler perform new music from their latest release "Water Dreams." \$5. 8pm at KALA in Astoria. 1017 Marine Drive.

Fred & Friends. 7 - 9pm at Vino in Manzanita.

The Lowest Pair. No cover, 8pm 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 bee keeping. 7pm at Art Space in Bay City.

LECTURE

Beers to Your Health. Eating for Your Body Type. With Yogacharya Dharmannanda. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

THEATER

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Friday 9

MUSIC

Bruce Smith. 6 - 9pm at Finn's Fish House in Seaside.

Tony Pacini. Jazz. 6:30 - 9:30pm at the Living Room Wine Café in Seaside.

Kids Sing Out Broadway Style. \$7, 7pm at the Lincoln City Cultural Center.

Portland Chamber Orchestra. Pictures at an Exhibition. \$15 - \$30, 7:30pm at the Liberty Theater in Astoria.

Paul Rodgers. \$30 - \$35, 8pm at Chinook Winds in Lincoln City.

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

ART

Opening Reception. For the Maude Wanker Retrospective Art Exhibit. 5 - 7pm at the Lincoln City Cultural Center.

LECTURE

Conversation Project. Your Land, My Land: Using and Preserving Oregon's Natural Resources. With Veronica Dujon. 6 - 8pm at the Astoria Public Library.

THEATER

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Saturday 10

MUSIC

Niall Carroll. 6 - 8pm at the wet Dog Café in Astoria.

Robin Baciore. Piano/vocalist Robin Baciore and cellist Dan Bindschedler perform new music from their latest release "Water Dreams." 7pm at the Sou'Wester in Seaview, WA. No cover.

Paul Rodgers. \$30 - \$35, 8pm at Chinoook Winds in Lincoln City.

Boy & Bean. Swing/Jazz. No cover, 9pm at the Adrift Hotel in Long Beach.

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

Faith Like Oxygen. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

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

Rae Gordon. No cover, 9pm at Roadhouse 101 in Lincoln City.

ART

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

CINEMA

Standardized Lies, Money & Civil Rights: How Teaching is Ruining Education. There will be a panel discussion followed by a Q&A. \$5 suggested donation, 3pm at the Columbian Theater 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. L'Ecole No. 41. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Build-a-Bathroom-Bazaar. Indulgent gift baskets, delicious baked goods, local gift certificates (including get-aways!), child & adult accessories, home décor, family craft supplies and more. During the Astoria Artwalk at the Lovell Showroom at Fort George in Astoria.

Soup Bowl Event. Purchase of a ticket will cover a beautiful handmade ceramic bowl, crafted by a local potter, soup, bread, and live music. 5:30pm at the Masonic Temple in Astoria. For tickets and more information, visit Déjà vu, or call 503-326-8624.

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

Living History Program. 2nd US Artillery, Battery C, Civil War era. At Fort Stevens State Park, Hammond.

Golf Ball Drop. Free golf clinic for kids, BBQ lunch (\$5 for adults, free for kids under 12), raffle, bake sale, and of course, the golf ball drop. 11am - 1pm at the Astoria Golf & Country Club. FMI, go to assistanceleagueucp.org

Captain Gray's Birthday Celebration. Come and help celebrate Captain Gray's birthday and receive a free Captain Gray book with every paid admission. 10am - 4pm at the Garibaldi Museum.

Tillamook Tales. It's story time at the Tillamook Forestry Center for children ages

3-6 and their caregivers. Free, 11:30am at Tillamook Forestry Center on Hwy 6 east of Tillamook.

Rhododendron Celebration. Presentation by Dr Keith White, guided tour and plant sale. 10am at the Connie Hansen Garden in Lincoln City.

LITERARY

Chinookan Peoples of the Lower Columbia. Presented by authors of the book of the same name, Robert T Boyd, Kenneth M Ames, and Tony A Johnson. Book signing follows. 3pm in the Kern Room at the Columbia River Maritime Museum in Astoria.

OUTSIDE

Devils Lake Dash. Jet ski races for all ages and skill levels. At Devils Lake in Lincoln City.

THEATER

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Sunday 11

MUSIC

Johnny B. Song, music, and stories. \$12, 2pm at the Historic Raymond Theater.

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

Mother's Day Concert. From Brahms to Bernstein, the Rhonda Ringering/Jill Timmons duo combines high art sensitivity with all age accessibility and warmth. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Boy & Bean. Swing/Jazz. No cover, 8pm at the Adrift Hotel in Long Beach.

The Lowest Pair. No cover. 9pm at Fort George Brewery & Public House in Astoria.

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

HAPPENING

Feel the Beat. Opening day of the Astoria Sunday Market. With live music, and the Northwest Lion and Dragon Dancers. 10am- 3pm on 12th Ave in downtown Astoria.

Living History Program. 2nd US Artillery, Battery C, Civil War era. At Fort Stevens State Park, Hammond.

OUTSIDE

Free admission to WA State Parks.

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats. 9am at Battery Russell at Fort Stevens State Park in Warrenton.

Devils Lake Dash. Jet ski races for all ages and skill levels. At Devils Lake in Lincoln City.

Monday 12

HAPPENING

MERTS Open House. 1 - 6pm, free BBQ starts at 4:30pm. At the CCC MERTS Campus in Astoria.

LECTURE

Coastal Encounters. The Art of Brewing. With Jon Anderson. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Tuesday 13

MUSIC

The Horde & the Harem. Folk-pop. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 14

MUSIC

Stray Birds. \$17, 7pm at the Lincoln City Cultural Center.

The Horde & the Harem. Folk-pop. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Team Trivia Tournament. Teams of 1 - 6 people compete for prizes and bragging rights. Free, 6pm at the Seaside Library.

Thursday 15

MUSIC

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

FOOD & DRINK

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

THEATER

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Friday 16

MUSIC

Lee Stormquist & Bob Joiner. Jazz/Blues. 6:30 - 9:30pm at the Living Room Wine Café in Seaside.

Denise Drake. 7 - 10pm at Finn's Fish House in Seaside.

Cal Scott with Kathryn Claire. \$12, 7:30pm at the Hoffman Center in Manzanita.

Ray Ottoboni. Americana/Indie/Folk/Blues. No cover, 9pm at the Adrift Hotel in Long Beach.

Strawberry Roan. 9pm - midnight at the Twisted Fish Steakhouse in Seaside.

HAPPENING

Snow White. Ballet. \$10, 7pm at the Liberty Theater in Astoria.

North Oregon Coast Law Enforcement & Tilla-Wheels Annual Cruise In. 6 - 10pm in downtown Tillamook.

LITERARY

Oregon Reads. Paulann Petersen Presentation on William Stafford. Free, 6 - 8pm at the Astoria Public Library.

OUTSIDE

Superintendent's Golf Tourney. \$55 per player, cart rental \$15 per player. At the Gearhart Hotel.

THEATER

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Saturday 17

MUSIC

ASOC SIXTIES DANCE PARTY. Get your grooviest groove on, with Acoustica World music, playing 60's American psyche rock for the Kick-off 30th Season of Shanghaied in Astoria. "Shanghaied" memory boards, photo albums and scrapbooks from the

past thirty years to reminisce and enjoy! Dress for the occasion in your best 60s duds, and win a prize. 8pm to 10pm. \$5 at the door. Beer & Wine. ASOC Playhouse, 129 West Bond in Astoria.

Jason Lambert. 6 - 9pm at Finn's Fish House in Seaside.

North Coast Chorale with Children's Chorus. Presenting John Rutter's Mass for the Children and other works. \$10, children 12 and under free with adult. 7pm at the PAC in Astoria.

Karla Bonoff & Jimmy Webb. \$15 - \$30, 7:30 at the Liberty Theater in Astoria.

Dylan Jakobsen. Alt Country. No cover, 9pm at the Adrift Hotel in Long Beach.

Hi Fi Mojo. 9pm at Roadhouse 101 in Lincoln City.

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

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

FOOD & DRINK

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

James Beard Dinner. A multicourse dinner honoring James Beard, all courses will be paired with Edgefield wines. \$95, reservations required. 6:30pm at the Sand Trap Pub in Gearhart.

HAPPENING

Soup and Plant Sale. 3 delicious soups, artisan breads & spreads plus beverages. 11am - 4pm at Johnson Park - Grays River Valley Center in Rosburg.

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.

Grand Opening Garden of Surging Waves. 10:30am at the corner of Duane and 11th in downtown Astoria.

Flower Power Party & Dance. With Acustica. Get your groove on for this fun evening of 60s style Flower Power Rock & Roll. \$5, 8 - 11pm at the ASOC Playhouse in Astoria.

Living History Program. 79th New York, Co D, Civil War era. At Fort Stevens State Park, Hammond.

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.

North Oregon Coast Law Enforcement & Tilla-Wheels Show & Shine. Free for spectators. Starting at 9am at the parking lot in front of the Tillamook Chamber of Commerce.

Spring Garden Festival. At the Connie Hansen Garden in Lincoln City.

LECTURE

Keys to Autism. With Connie Wible. 2pm at the PAC in Astoria.

LITERARY

Independent Press Event. A panel discussion with representatives from three independent presses. Laura Stanfill, Forest Avenue Press, Rhonda Hughes, Hawthorne Books, and Meg Storey, Tin House, will discuss how each of their houses manages the various stages of publishing. \$25, 1 - 3pm at the Hoffman Center in Manzanita.

Listings continued on pg. 21

MORE MUSIC



The Lowest Pair

KENDYL WINTER and **Palmer T Lee** are in the middle of a non-stop tour that has found them opening for the likes of Trampled by Turtles. Their new album "36c" was produced by Dave Simonett of Trampled by Turtles features the two banjo pickers harmonizing and weaving a comfortable sound. Astoria has heard Kendyl's prowess in different configurations, but the duo really works well together.

Check out the Lowest Pair as part of Fort George's Sunday Night Concert Series on May 11, 8pm, On Duane & 14 St. in Astoria. NO Cover.



Boy and Bean

BOY AND Bean, swing/jazz trio,—with a modern twist—of Depression-era songs from the '20s, '30s. Husband-and-wife duo Luke Short and Amber Short harmonize beautifully on vocals, with Luke also on guitar, and Andrew Jones on bass. Covering songs by The Mills Brothers, The Boswell Sisters, Ella Fitzgerald, Louis Armstrong, Billie Holiday, and crooners of days-gone-by.

Fri & Sat, May 10 - 11, at the Adrift Hotel, Long Beach, Sid Snyder Dr., 8pm. No Cover

Daric Moore

FOLK ROCK musician Daric Moore returns to The Hoffman Center. Local singer-songwriter Moore is refining material he intends to transform into indie-rock with band and recording. And in the mean is exercising the joy of solo performing. A testament to his live performances, he spares no energy or any part of "rock."

Hoffman Center in Manzanita, on Laneda, Friday, May 30, 8pm, \$10 @ door.



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.

Thomasian Trio with Maggie Kitson. Jazz/Blues/Classic Rock. No cover, 6:30pm at the Living Room Café and Wine Bar in Seaside.

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

Saturday Night Dance Party. With DJ Natcho Bizznez 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

Wes Wahrmond. Brazilian & Latin-style guitar. Noon–3pm at the Living Room Wine Café in Seaside.

All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.

Brian Johnstone, Flamenco/Jazz/Blues. 5–7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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.

OUTSIDE

Start Smart Baseball. a developmentally appropriate introductory baseball program that prepares children and their parents for organized baseball without competition or fear of becoming injured. For 3 to 5 years. Children must be accompanied by an adult (parent or guardian) in order to participate. \$65, fee includes bat, ball and mitt. 6–7pm at Broadway Park in Seaside.

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 Astoria.

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

SPIRITUAL

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

Thursday

MUSIC

Alex Puzauskas. Jazz/Blues/Folk. 6pm at the Shelburne Inn in Seaview.

Live Music. No cover, 6pm at U Street Pub in Seaside.

Live Music. No cover. Most Thursday nights at the bar in Bill's Tavern in Cannon Beach.

Dallas Williams. Folk/Americana. No cover 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Paul Dueber. Folk music from the 70s and 80s. No cover, 6–8pm at the Cannon Beach Hardware & Pub.

The Thomasian Trio. Jazz/Blues/Classic Rock. No cover, 6pm at Twisted Fish Steakhouse in Seaside.

Music Jam. Whether you play, sing, dance or watch, there is music for everyone to enjoy including string band, bluegrass and old-time country. 6:30–8:30pm at the Astoria Senior Center.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Jim Wilkins. 7pm at the Voodoo Room in Astoria.

Salty Dogs. Folk/Blues/Classic Rock. No cover, 9pm at Sam's Seaside Café in Seaside.

ART

Knitting/Spinning Group. 3–5pm at the Astoria Fiber Arts Academy.

HAPPENING

Trivia Night. Bring a team or just bring yourself and test your knowledge of useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria.

Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

Manzanita Writers Series. Author Dan Berne will read from his book "The Gods of Second Chances." The reading will be followed by an Open Mic session. \$5, 7pm at the Hoffman Center in Manzanita.

Writers on the Edge. Marv & Rindy Ross in Quarterflash. Open Mic follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Annual 4-Person Scramble. \$80 entry fee includes green fees & cart. Starting at 8am at Alderbrook Golf Course, Tillamook. Register at 503-842-2767 ext 2.

THEATER

Auditions. For Shanghai'd in Astoria, new performers. Noon–2pm at the ASOC Playhouse in Astoria.

The Boys Next Door. Comedy. \$15–\$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 18

MUSIC

North Coast Chorale with Children's Chorus. Presenting John Rutter's Mass for the Children and other works. \$10, children 12 and under free with adult. 2pm at the PAC in Astoria and 7pm at the United Methodist Church in Nehalem. .

North Oregon Coast Symphony. \$12 for adults, kids under 12 free. 3pm at Rockaway Beach Community Church.

Thomasian Trio. 10am–3pm at the Astoria Sunday Market.

Dylan Jakobsen. Alt Country. No cover, 8pm at the Adrift Hotel in Long Beach.

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

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

ART

Wild Rain Gallery Anniversary Celebration & Wine Tasting. 10–5pm at Wild Rain Gallery, east of Tillamook on the Wilson River Hwy.

FOOD & DRINK

Spring Tea. As Time Goes By. Tea and lunch, raffle, silent auction. Gluten free option by reservation only. \$8 suggested donation per person, \$1 raffle tickets. Starting at 11:30am at the Rosburg Community Center.

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

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

HAPPENING

Living History Program. 79th New York, Co D, Civil War era. At Fort Stevens State Park, Hammond.

LECTURE

In Their Footsteps Lecture Series. Native Plants: Art, Anecdotes and Advocacy. With Dorota Haber-Lehigh. 1pm at the Visitor Center at Fort Clatsop, Warrenton.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats. 9am at Battery Russell at Fort Stevens State Park in Warrenton.

THEATER

Delval Divas. Comedy. 2pm at Theater West in Lincoln City.

The Boys Next Door. Comedy. \$15–\$20. 3pm at the Coaster Theater in Cannon Beach.

Auditions. For Shanghai'd in Astoria, veteran performers. 6–8pm at the ASOC Playhouse in Astoria.

Monday 19

MUSIC

Shannon Stephens. No cover, 8pm 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

Tuesday 20

MUSIC

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

ART

Trash Art Show Opening & Artist Reception. Join the artists at the 16th Annual Trash Art Show opening and reception. Free, 6:30–8pm at the Trash Art Gallery in the Refinery @ CARTM in Manzanita.

LECTURE

Coastal Encounters. With Bill Lackner. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 21

MUSIC

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

LECTURE

Listening to the Land. The Art of Seeing. Join Gearhart nature photographer and educator Neal Maine on a virtual journey deep into the forest of Ecola State Park. Free, 6–8pm at the Seaside Library.

Thursday 22

MUSIC

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

LITERARY

RAIN Magazine Reading. The 2014 RAIN Magazine Public Reading and Reception will take place at 7pm in the Lovell Show-room at Fort George in Astoria.

THEATER

Teddy Roosevelt's Oregon Roadshow. Joe Wiegand is regarded as the nation's premier Theodore Roosevelt re-creator. Reservations required. 7–8pm at the Tillamook County Pioneer Museum. Call 503-842-4553 for reservations.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Friday 23

MUSIC

Richard T. 6–9pm at Finn's Fish House in Seaside.

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

Jazzeaque. Jazz. 6:30–9:30pm at the Living Room Wine Café in Seaside.

Dance Party. Celebrate Spring with Play, Boy! Bunnies! Dress as your favorite bunny, or layer on the flowers, or surprise us with your interpretation of spring. With DJ imcodefour. 21 and over. \$5, 9pm at the AAMC in Astoria.

American Song Makers at The Liberty

Karla Bonoff and Jimmy Webb



KARLA BONOFF and Jimmy Webb bring with them an incredible roster of popular song to the Liberty Theater on May 17. If you were a teen girl in the 70's you were singing Bonoff's Americana pop tunes at the top of your lungs, your cassette player booming in your car. And in a four decade career Bonoff has supplied singers like Wynonna Judd, Bonnie Raitt, and Linda Ronstadt with the hits.

Perhaps lesser known to the masses as a performer, but deep in the recording biz, lies song-maker Jimmy Webb. In addition to saving Glenn Campbell's career for the baby-faced country pop swooner, with mega-hits, "By The Time I Get To Phoenix," "Wichita Lineman," "Galveston," Webb also penned the phenom McCarther Park, and the beautifully complex jazz/pop ballad, "Didn't We." The song list is long and highly recognizable.

Both artists enjoy a full touring schedule. Hear them Saturday, May 17, 7:30pm. Tickets are on sale at the Liberty Box Office 503.325.5922 Ext. 55 or ticketswest.com.

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

Stevens Hess Band. 9pm at Roadhouse 101 in Lincoln City.

HAPPENING

World's Longest Garage Sale. All along the Long Beach Peninsula.

THEATER

Funeral for a Gangster. Murder mystery dinner theater. 6–8pm at the Tsunami Grill in Wheeler. FMI: Betsy McMahon, betcmahon@yahoo.com

The Boys Next Door. Comedy. \$15–\$20. 7:30pm at the Coaster Theater in Cannon Beach.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Saturday 24

MUSIC

Jazz Guitarist Scott Warren. North Coast jazz guitarist Scott Warren and sax player / / / / / perform. Vocalists Dinah Urell and Martin Buell guest perform. \$5 cover.



Music at 8pm. Cocktails/Fare. At KALA in Astoria. 1017 marine Drive.

Bluesfest. With Norman Sylvester, the Maggie Kitson Band, and more. Free admission, family friendly. 5–10pm at the Nehalem Bay Winery, Mohler.

Jazzesque. 6:30–9:30pm at the Living Room Wine Café in Seaside.

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

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

Western Haunts. Americana/Psychedelia. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Art Opening Event. Featuring the art of Lori Dillion. At the 4th Street Studio & Gallery in Manzanita.

FOOD & DRINK

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

HAPPENING

World's Longest Garage Sale. All along the Long Beach Peninsula.

Book Sale. Fiction & children's books at the Pine Grove Community Center, nonfiction at the Hoffman Center in Manzanita. 9am – 4pm.

THEATER

Funeral for a Gangster. Murder mystery dinner theater. 6 – 8pm at the Tsunami Grill in Wheeler. FMI: Betsy McMahon, betmcmahon@yahoo.com

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Delval Divas. Comedy. 8pm at Theater West in Lincoln City.

Sunday 25

MUSIC

Lonesome Highway. 10am - 3pm at the Astoria Sunday Market.

Hanz Araki. \$20, 6 – 8:30pm at the Pine Grove Community House in Manzanita.

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

Western Haunts. Americana/Psychedelia. No cover, 8pm at the Adrift Hotel in Long Beach.

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

Norman Sylvester. 9pm at Roadhouse 101 in Lincoln City.

FOOD & DRINK

Garibaldi Lyons Fish Fry. At the Old Mill in Garibaldi. FMI 503-322-0322

HAPPENING

World's Longest Garage Sale. All along the Long Beach Peninsula.

THEATER

The Boys Next Door. Comedy. \$15 - \$20. 3pm at the Coaster Theater in Cannon Beach.

Monday 26

MUSIC

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

HAPPENING

World's Longest Garage Sale. All along the Long Beach Peninsula.

OUTSIDE

Bird Survey. No experience required. Bird surveys monitor bird species that cover several diverse habitats. 9am at Battery Russell at Fort Stevens State Park in Warrenton.

Tuesday 27

MUSIC

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

LECTURE

Coastal Encounters. Crabbing. With Bill Lackner. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 28

MUSIC

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

Thursday 29

Wildish. Indie/Folk. No cover, 8pm at the Adrift Hotel in Long Beach.



PHOTO: Leigh Oviatt

JAZZ • Guitarist Scott Warren and alto sax player Peter Hinsbeeck perform in a casual setting @ **KALA, SATURDAY MAY 24**, beginning at 8pm. One of the North Coast's often best-kept musical secrets, Warren's fluid, progressive jazz output has found him in duo settings over the years, teamed with bass player Dave Captein.

Hinsbeeck surfaces with numerous jazz configurations, from small ensemble to the North Coast Big Band. Guest vocals from Dinah Urell and Martin Buell share the eve.

KALA is located at 1017 Marine Drive. Doors open 7:30pm. Full Bar and Light Fare. \$5 cover.

RAIN Magazine Releases Neighbors & Neighborhoods Edition. Public Reception May 22

CLATSOP COMMUNITY College is pleased to announce the release of the 2014 *Neighbors & Neighborhoods* Edition of *RAIN Magazine*. The college will host a Public Reading & Reception on Thursday, May 22nd, at 6:00 p.m. in the Fort George Lovell Showroom 426 14th Street, Astoria. Contributors will read excerpts from their published work, and original art work from the magazine will be on display. Light refreshments will be provided, and seasonal ales,

other beverages and full meals will be available for purchase. The public is invited to meet the student staff and celebrate our talented Columbia Pacific community!

Following the debut, copies of this year's *RAIN Magazine* will be available at the CCC Library, CCC Bookstore, CCC's South County Center and other area business sponsors (see above). \$5 suggested donation; one per family, please.

North Coast Chorale and Children's Chorus perform MASS FOR CHILDREN • May 17-18

NORTH COAST Chorale rehearsals are busy as the community chorus prepares for May 17 & 18 concerts presenting John Rutter's *Mass for the Children*. The Concerts will also feature works by regional composers Barbara Poulshock, Keith Clark, and Martin Lauridson. A children's chorus is rehearsing with Chorale music director Dr. Denise Reed, as well as the approximately 50 adults who comprise the group and soloists Ann Bronson and Will Caplinger. The group will be accompanied by pianist Debbie Loyd, local chamber instrumentalists and special guest organist Connie Wible, Music Wellness Consultant.

Dr. Reed says she has wanted to perform the Rutter work for several years, and the opportunity to gather a children's chorus just came together. John Rutter is a contemporary British choral works composer. The children, ranging in age from 7 to 12, answered the newspaper and school announcements early this year. In addition the kids have produced a mural about the music that will be on exhibit during performances.

"We've performed John Rutter's 'Magnificat' with full orchestra and his edited arrangement of the Faure Requiem. We've also performed several of his Christmas compositions and arrangements of familiar carols. NCC members enjoy his music that is open, and light, but also contemplative."

PERFORMANCES: May 17, 7pm at the the PAC, corner of 16th and Franklin in Astoria. May 18, 2pm at the PAC, May 18, 7pm at the United Methodist Church 36050 10th Street in Nehalem. Tickets \$10 at the door, children 12 & under free with an adult

"Keys To Autism" Presentation Saturday May 17, 2pm at the PAC. Connie Wible, musician, will give a presentation entitled "Keys to Autism" Ms. Wible is the Owner of Musical Mind Piano Studio, founder of Piano Keys for Autism Methodology and the Founder/Director of MI Music Technology Camp located on Mercer Island, Washington. She has worked with young musicians for over 35 years, teaching, accompanying and performing and composing. She is a public speaker on the topics of Adaptive Piano for Special Needs, Single Parenting, and Music Wellness. Her CD of original piano music "Journey of the Heart" can be found on iTunes. She teaches according to the learning style of the student and has developed adapted piano and keyboard instruction for children with Autism Spectrum and Asperger's Syndrome, ADD, dyslexia and behavior disorders. She also specializes in teaching accompanying skills to pianists, and mentors music teachers in starting their own studios.

MUSIC

Taft Jazz Night Fundraiser. Help raise money for the Taft High Band while enjoying dinner and a concert. 5:30pm at the Lincoln City Cultural Center.

THEATER

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Friday 30

MUSIC

Lori Boone & Matt Tabor. 6:30 – 9:30pm at the Living Room Wine Café in Seaside.

Mac Potts. 7 – 10pm at Finn's Fish House in Seaside.

Daric Moore. Folk Rock. \$10, 8pm at the Hoffman Center in Manzanita.

Dixie Wrecked. 9pm at Roadhouse 101 in Lincoln City.

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

Wildish. Indie/Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

American Winter. American Winter reveals the devastating effects of high unemployment and under-employment, low wages and forty years of shifting economic policies to benefit the wealthy at the expense of the middle class and working poor. Free, 7pm at the PAC in Astoria.

FOOD & DRINK

Rock the Beach Spaghetti Dinner. \$5 donation, 5 – 9pm at the Cannon Beach Community Hall.

HAPPENING

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

THEATER

Funeral for a Gangster. Murder mystery dinner theater. 6 – 8pm at the Tsunami Grill in Wheeler. FMI: Betsy McMahon, betmcmahon@yahoo.com

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 31

MUSIC

Troll Radio Revue. Americana. \$2 for adults, free for children. 11am – noon at Fort George in Astoria.

Lori Boone & Matt Tabor. 6:30 – 9:30pm at the Living Room Wine Café in Seaside.

Paul Chasman & Terry Robb. \$15, 7pm at the Lincoln City Cultural Center.

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

Low Tide Drifters. Roots. No cover, 9pm at the Adrift Hotel in Long Beach.

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

FOOD & DRINK

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

Seed to Plate: Edibles for North Coast Gardeners to Grow and Cook.

With Teresa Retzlaff. If you are having trouble growing vegetables in our short and cantankerous growing season, Teresa will be sharing her expertise on the subject. She will also be providing some appetizer examples of locally grown edibles and of course be selling her great plant starts for all of you coastal gardening aficionados. Free, 1pm at the Seaside Library.

HAPPENING

Rods & Reels Rod Run Car Show. Derby, Games, trout pond for kids, and more. Spectators are free, BBQ is \$8 for adults, \$5 for children under 10.

Living History Program. 79th New York, Co C, "Highlanders", Civil War era. At Fort Stevens State Park, Hammond.

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

OUTSIDE

Broom Buster Day. Help the NCLC remove scotch broom from the Surf Pines Prairie Habitat Reserve and the nearby Neacoxie Forest Habitat Reserve. If you'd like to help, contact Melissa Reich at 503-738-9126. 9am – 3pm at Surf Pine Prairie, Gearhart.

Rock the Beach 5K/10K. \$50, includes run, t-shirt, and Friday night spaghetti dinner. 7am - noon in Cannon Beach. Register at cbchildren.org

THEATER

Funeral for a Gangster. Murder mystery dinner theater. 6 – 8pm at the Tsunami Grill in Wheeler. FMI: Betsy McMahon, betmcmahon@yahoo.com

The Boys Next Door. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 1

MUSIC

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

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

Low Tide Drifters. Roots. No cover, 8pm at the Adrift Hotel in Long Beach.

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

HAPPENING

Living History Program. 79th New York, Co C, "Highlanders", Civil War era. At Fort Stevens State Park, Hammond.

Monday 2

MUSIC

Third Seven & Arleen Engvall. \$13, 7pm at the Lincoln City Cultural Center.

Ray Tarantino. Americana/Pop. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 3

MUSIC

Ray Tarantino. Americana/Pop. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 4

MUSIC

The Blind Willies. Americana. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 5

MUSIC

Michael DeLalia. \$13, 7pm at the Lincoln City Cultural Center.

The Pine Hearts. Alt-Bluegrass. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

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

by Les Kanekuni



CHEF (May 9) Iron Man director Jon Favreau returns to his indie roots with this story of Carl Casper (Favreau), the master chef at a high-end Los Angeles restaurant with a demanding owner (Dustin Hoffman). When fussy food blogger Ramsey Michel (Oliver Platt) writes that Casper's menu is too safe and predictable, Casper goes ballistic and invites him back for his new menu. But the owner overrules Casper and when his tirade at Michel is caught on a phone and goes viral, Casper is out of a job and basically unemployable. Fortunately, well-off ex-wife Inez (Sofia Vergara) invites Casper to accompany her to Miami, where he began his career and where Inez and their son Percy live. Inez basically reboots Casper's life again, getting him in touch with both his cooking and personal origins. When Inez's wealthy first husband Marvin (Robert Downey, Jr.) buys Casper a ramshackle taco truck, Casper's life is reborn. Casper goes on a road trip to L.A. with his son cooking Cubanitos and rekindling his relationship with Percy. Along the way they make culinary stops in New Orleans and Austin before inevitably rendezvousing with an old adversary back on Los Angeles. John Leguizamo and Bobby Cannavale play restaurant workers, Scarlett Johansson plays the knockout front of the house person, Amy Sedaris has a cameo as an overtanned publicist.

GODZILLA (May 16) In this reboot, director Gareth Edwards promises a return to the realism of the Toho Godzilla movies from the '50s, where the monster symbolized the terror and destruction of the atom bomb unleashed on Japan. Edwards said the movie is a contemporary origin story and that Godzilla is neither a hero nor villain. "Godzilla is definitely a representation of the wrath of nature. We've taken it very seriously and the theme is man versus nature and Godzilla is certainly the nature side of it. You can't win that fight.

Nature's always going to win and that's what the subtext of our movie is about. He's the punishment we deserve". Edwards said that in addition to focusing on the origins of the monster, the movie also tells the story

of the human characters, much like the films of Steven Spielberg tell a story of human beings against an epic backdrop. "I grew up watching Spielberg movies," he said. "What they did so well — as well as having epic, fantastic spectacle — they made the characters feel real and human. We were trying to do the same thing here." Film stars Aaron Taylor-Johnson (Kick-Ass), Bryan Cranston, Ken Watanabe and Elizabeth Olsen.



X-MEN: DAYS OF FUTURE PAST (May 23) Marvel's X-Men series goes back to the future with a time-spanning story using both the original X-Men cast and the reboot cast. Bridging both casts is the ageless Wolverine (Hugh Jackman), who must back into time to preserve the survival of mutants. In a dystopian 2023, Sentinels, giant robotic assassins created by military scientist Bolivar Trask (Peter Dinklage) 50 years in the past, have hunted down mutants and killed or imprisoned all but a few. Trask sees mutants as a threat to all mankind and creates the Sentinels to protect humans. But with mutants subdued, the Sentinels turn against mankind, claiming superiority to humans. With a nuclear holocaust imminent, the few surviving mutants send Wolverine back into time to 1973 to stop the threat before it starts. X-Men past and future, team up to save mutants and the world from destruction. Casts from both X-Men series return, although they only meet in one scene.

MALEFICENT (May 30) Maleficent is a re-imagining and companion piece to Disney's classic 1959 animation *Sleeping Beauty*. Live action film tells the classic story from the point of view of the villain of the classic story, Maleficent (Angelina Jolie), the "Mistress of All Evil." Official synopsis: "Maleficent" is the untold story of Disney's most iconic villain from the 1959 classic "Sleeping Beauty." A beautiful, pure-hearted young woman, Maleficent has an idyllic life growing up in a peaceable forest kingdom, until one day when an invading army threatens the harmony of the land. Maleficent rises to be the land's fiercest protector, but she ultimately suffers a ruthless betrayal—an act that begins to turn her pure heart to stone. Bent on revenge, Maleficent faces an epic battle with the invading king's successor and, as a result, places a curse upon his newborn infant Aurora. As the child grows, Maleficent realizes that Aurora holds the key to peace in the kingdom—and perhaps to

Maleficent's true happiness as well.

EDGE OF TOMORROW (June 6) Tom Cruise stars in this time-looping sci-fi action pic. In the future, Earth has been invaded by an army of alien

killers — Mimics, who have taken North America and large swaths of the world. An international army is formed in a last-ditch effort to defeat the Mimics and preserve Earth. To combat the more physically powerful aliens who always seem one step ahead tactically, soldiers wear powered exoskeletons bristling with weapons, but this only increases their odds slightly. The only soldier with fighting skills rivaling the aliens is legendary Mimic killer Rita Vrataski (Emily Blunt), who wears blood red armor and eschews guns for a huge battle axe. Into this bloodbath is thrown Lt. Col. Bill Cage (Cruise), a green officer who has never seen battle. In a brutal beachhead attack, Cage is killed within minutes, only



to wake up in his bunk again a day previous with his memory intact. After several time loops where Cage is able to affect details of the battle, but never his own death, he falls into despair until he realizes he is not alone. Vrataski is also looping. They strike up a friendship. With her training, Cage's fighting skills soon rival her own. Together, they team up to break the loop and find the key to defeating the Mimics.

THE FAULT IN OUR STARS (June 6) John Green's young adult best-seller comes to the screen with his story of doomed romance between two cancer-afflicted teens. In Indianapolis, Indiana, 16-year-old grumpy, ill-tempered Hazel Grace Lancaster (Shailene Woodley) is pushed by her mother (Laura Dern) into attending a cancer patients support group. Through her friend Isaac (Nat Wolff) she meets her antithesis with the positive to the point of glowing Augustus Waters (Ansel Elgort). They bond over their respective cancers. Hazel has thyroid cancer. Gus has osteosarcoma, which was arrested when his leg was amputated. Before parting, they agree to read each others' favorite novel. For Hazel, it's *An Imperial Affliction*, a story of a girl afflicted with cancer which strikes home for Hazel because of how much the heroine's cancer experiences mirrors her own. Her only complaint is the ending, which concludes with an unfinished sentence, leaving the fate of the characters unknown. Augustus realizes Grace seems to have given up on life. Through a Make-A-Wish-type foundation, he arranges for Hazel a trip to Amsterdam to meet the reclusive author, Peter Van Houten (Willem Dafoe) and perhaps heal Hazel's spirit.





FREE WILL ASTROLOGY

May

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ARIES (March 21-April 19): "Dear Astrologer: We Aries people have an intense fire burning inside us. It's an honor and a privilege. We're lucky to be animated with such a generous share of the big energy that gives life to all of nature. But sometimes the fire gets too wild and strong for us. We can't manage it. It gets out of our control. That's how I'm feeling lately. These beloved flames that normally move me and excite me are now the very thing that's making me crazy. What to do? - Aries." Dear Aries: Learn from what firefighters do to fight forest fires. They use digging tools to create wide strips of dirt around the fire, removing all the flammable brush and wood debris. When the fire reaches this path, it's deprived of fuel. Close your eyes and visualize that scene.

TAURUS (April 20-May 20): "My personal philosophy is not to undertake a project unless it is manifestly important and nearly impossible." So said Taurus-born Edwin Land, the man who invented the Polaroid camera. I have a feeling these might be useful words for you to live by between your birthday in 2014 and your birthday in 2015. In the coming 12 months, you will have the potential of homing in on a dream that will fuel your passions for years. It may seem to be nearly impossible, but that's exactly what will excite you about it so much – and keep you going for as long as it takes to actually accomplish.

GEMINI (May 21-June 20): I wish there was a way you could play around with construction equipment for a few hours. I'd love it if you could get behind the wheel of a bulldozer and flatten a small hill. It would be good for you to use an excavator to destroy a decrepit old shed or clear some land of stumps and dead trees. Metaphorically speaking, that's the kind of work you need to do in your inner landscape: move around big, heavy stuff; demolish outworn structures; reshape the real estate to make way for new building projects.

CANCER (June 21-July 22): In the Transformers movies, Optimus Prime is a giant extraterrestrial warrior robot. His body contains an array of weapons that he uses for righteous causes, like protecting Earth's creatures. His character is voiced by actor Peter Cullen. Cullen has also worked extensively for another entertainment franchise, Winnie the Pooh. He does the vocals for Eeyore, a gloomy donkey who writes poetry and has a pink ribbon tied in a bow on his tail. Let's make Cullen your role model for now. I'm hoping this will inspire you to get the Eeyore side of your personality to work together with the Optimus Prime part of you. What's that you say? You don't have an Optimus Prime part of you? Well, that's what Eeyore might say, but I say different.

LEO (July 23-Aug. 22): Do you finally understand that you don't have to imitate the stress-addled workaholics and self-wounding overachievers in order to be as proficient as they are? Are you coming to see that if you want to fix, heal, and change the world around you, you have to fix, heal, and change yourself? Is it becoming clear that if you hope to gain more power to shape the institutions you're part of, you've got to strengthen your power over yourself? Are you ready to see that if you'd like to reach the next level of success, you must dissolve some of your fears of success?

VIRGO (Aug. 23-Sept. 22): "Beauty is the purgation of superfluous," said Michelangelo. Do you agree? Could you make your life more marvelous by giving up some of your trivial pursuits? Would you become more attractive if you got rid of one of your unimportant desires? Is it possible you'd experience more lyrical grace if you sloughed off your irrelevant worries? I suggest you meditate on questions like these, Virgo. According to my interpretation of the astrological omens, experiencing beauty is not a luxury right now, but rather a necessity. For the sake of your mental, physical, and spiritual health, you need to be in its presence as much as possible.

LIBRA (Sept. 23-Oct. 22): I'm pretty sure God wants you to be rich. Or at least richer. And I know for a fact that I want you to be richer. What about you? Do you want to be wealthier? Or at least a bit more flush? Or would you rather dodge the spiritual tests you'd have to face if you became a money magnet? Would you prefer to go about your daily affairs without having to deal with the increased responsibilities and obligations that would come with a bigger income? I suspect you will soon receive fresh evidence about these matters. How you respond will determine whether or not you'll be able to take advantage of new financial opportunities that are becoming available.

SCORPIO (Oct. 23-Nov. 21): The U.S. military budget this year is \$633 billion. In comparison, the United Nations' peacekeeping budget is \$7.8 billion. So my country will spend 81 times more to wage war than the U.N. will spend to make peace. I would prefer it if the ratio were reversed, but my opinion carries no weight. It's possible, though, that I might be able to convince you Scorpios, at least in the short run, to place a greater emphasis on cultivating cooperation and harmony than on being swept up in aggression and conflict. You might be tempted to get riled up over and over again in the coming weeks, but I think that would lead you astray from living the good life.

SAGITTARIUS (Nov. 22-Dec. 21): Actor Matthew McConaughey prides himself on his willingness to learn from his mistakes and failures. A few years ago he collected and read all the negative reviews that critics had ever written about his work in films. It was "an interesting kind of experiment," he told Yahoo News. "There was some really good constructive criticism." According to my reading of the astrological omens, Sagittarius, now would be an excellent time for you to try an experiment comparable to McConaughey's. Be brave!

CAPRICORN (Dec. 22-Jan. 19): "Dear Oracle: I might be hallucinating, but recently I swear my pet iguana has been getting turned on whenever I disrobe in front of it. My naked body seems to incite it to strut around and make guttural hissing sounds and basically act like it's doing a mating dance. Is it me, or is the planets? I think my iguana is a Capricorn like me. - Captivating Capricorn." Dear Capricorn: Only on rare occasions have I seen you Capricorns exude such high levels of animal magnetism as you are now. Be careful where you point that stuff! I won't be shocked if a wide variety of creatures finds you extra alluring.

AQUARIUS (Jan. 20-Feb. 18): "Eat like you love yourself," advises author Tara Stiles. "Move like you love yourself. Speak like you love yourself. Act like you love yourself." Those four prescriptions should be top priorities for you, Aquarius. Right now, you can't afford to treat your beautiful organism with even a hint of carelessness. You need to upgrade the respect and compassion and reverence you give yourself. So please breathe like you love yourself. Sleep and dream like you love yourself. Think like you love yourself. Make love like you love yourself.

PISCES (Feb. 19-March 20): If blindfolded, most people can't tell the difference between Pepsi and Coca-Cola. But I bet you could, at least this week. Odds are good that you will also be adept at distinguishing between genuine promises and fakes ones. And you will always know when people are fooling themselves. No one will be able to trick you into believing in hype, lies, or nonsense. Why? Because these days you are unusually perceptive and sensitive and discerning. This might on occasion be a problem, of course, since you won't be able to enjoy the comfort and consolation that illusions can offer. But mostly it will be an asset, providing you with a huge tactical advantage and lots of good material for jokes.

Homework: Think of the last person you cursed, if only with a hateful thought if not an actual spell. Now send them a free-hearted blessing.

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

By Margaret Hammitt-McDonald

A Pirate's Argument for Arr...Er, Eye Protection

EVERY TIME I ride, my eyes undergo assaults from rain, hail, and/or dust, and I've had my share of ocular near-misses from pieces of wood falling off log trucks or gravel flung up by my tires. When this happens, I hide myself for not having invested in protective eyewear, only to forget and go out bare-faced yet again.

The eyepatch-sporting face of Ocho the Pirate Spider, my toddler's plush rocking toy, reminds me of the dire consequences of going forth into a world full of sharp objects whizzing by at high speeds. If Ocho could speak, I imagine him inviting me, "Arr, matey, did I ever tell you the story of how I lost me eye? Before these rockers got attached to me

underbelly, I used to be a privateer, not on the high seas, but on land."

"I've never heard of a land pirate," I respond, trying not to sound skeptical (or alarmed that a toy is speaking to me—was that ergot in the rye toast I just ate?)

Ocho's overstuffed frame droops. Then he rallies, puffing out his blue flocked-cotton chest in proud affront. "Those scurvy sea-dogs are always stealin' the limelight! Us land-lubbin' privateers scour the land on horseback or, in my case, on bikes."

Bicycle pirates: now that's intriguing! Sensing my fascination, Ocho declares, "We bike pirates are the aristocrats of the buccaneering world! In my hey-day, I was the scourge of the Scottish islands of Muck, Rum, Booty, and Oh Heck. When they saw me comin' on me gold-plated, Jolly-Roger-flyin' custom mountain bike, the farmers hid, leavin' me free to pillage anythin' I could fit in me treasure-chest trailer." He bragged at length about his conquests (antique farm equipment and rare fishing lures),

until I reminded him of the topic that had started our conversation.

"Oh, that." He waved his four left legs dismissively at the patch over his left eye socket (stitched down to avoid traumatizing little children). "The Isle of Oh Heck only has gravel roads. I was sprintin' up a hill to get away from the farmers, who'd gotten organized and

decided to take me on, when it happened."

"Did they shoot at you?" I asked.

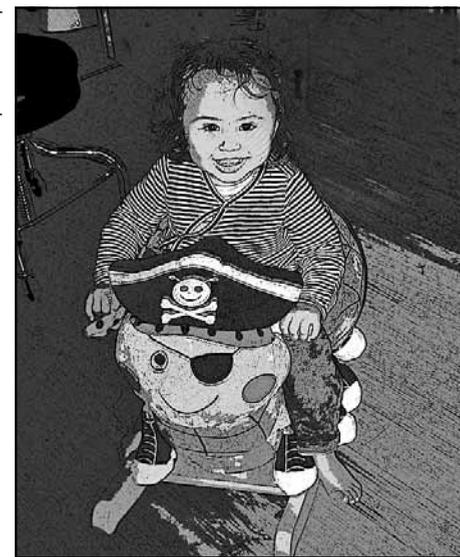
"No, nothin' so heroic." All eight of his feet flopped with chagrin. "I skidded out on the gravel and a rock flew up and hit me in the eye. Then the farmers caught me and, as you can see, they stuffed me."

You can derive many morals from this

story: crime doesn't pay, there's strength in numbers, watch the road, don't eat suspicious-smelling pieces of toast...but the one that's relevant to our discussion is: wherever hard and/or sharp objects can hit you, protect yourself! You've got a helmet on your noggin, so why not protective eyewear?

Wraparound outdoor-sports eyewear and goggle-style eye protection are both good choices for cyclists. Features such as scratch-resistant and polarizing lenses are worth paying the extra money for, if you're like me and gravitate toward the \$12 sunglasses rack. Some outdoor-sport eyewear features removable lenses so you can go from a clear material in rain to tinted shades in sun. Cycling-specific glasses are designed to fit under helmets. Goggles have an anti-fogging feature, perfect for our land of epic downpours (the absence of this feature is a main reason people like me ride sans eyewear). Some even have liners that absorb perspiration and drips from rain.

So sail off and invest some pieces of eight to keep your eyes safe, matey!



WORKSHOPS/CLASSES

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.

The Hoffman Center Clay Studio. Manzanita. Drop by studio to reserve or e-mail hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

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

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.

EXPERIENCE IN THEATER. Tuesdays, starting May 6. With Suzanne Julio and Diane Ericson. Topics include: Public Speaking, Mime/Movement, Combining physical and voice characteristics, Reader's Theater, Staged Reading and more. \$40 for 8 weekly classes. 6:30 - 8:30pm in Room 4 at NCRD in Nehalem. Register at 503-368-3901.

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.

INTRODUCTION TO BRONZE CASTING. Saturday and Sunday, May 10 & 11. With Sam Johnson. Students will learn to make patterns for boat parts, architectural elements, basic furniture, and foundry tools. \$120 - \$150, starts at 9am at the Barbey Maritime Center in Astoria. Preregistration is recommended, register at cmm.org/barbey-maritime-center

MAKE ONE OF A KIND GARDEN MARKERS. Saturday, May 17. The workshop will focus on using new and recycled items to make markers for your vegetable or flower garden. The stakes will live up your backyard space and help you keep track of that special type of squash or daisy. Free, all materials will be provided. 1pm at the Seaside Library. Sign up

at 503-738-6742.

BODY WORK • YOGA • FITNESS

SELF DEFENSE TRAINING. Tuesday, June 3. With Mike Calog. A dynamic self-defense class for the ordinary citizen with no prior training. Learn how to get out of tight places, escape from holds, even how to thwart a carjacker inside the vehicle. This course emphasizes breath control, relaxation, movement and striking techniques from the Russian styles as well as Japanese small circle jujitsu finger and joint locking. The class is designed for all body styles, ages 16 and older. \$75, 6:30 - 8:30pm at CCC in Astoria.

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 Prices: 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](https://www.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.

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.ncrdnehalem.org/about-us/schedules/

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 janetm5@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 830-930am Instructor: Linda Williamson, Sat 1030-1130am, Instructor: Janet Maher PLATES M/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

ILLUMINATE YOUR WAY TO A LIFE OF PURPOSE & MEANING. Four & Eight week modules beginning May 8. With Sallena Pool. This course will help you discover how to tap into the deep wisdom of your soul, learn methods to help you find your higher calling & power and share stories, skills & strengths with other members of this intimate and empowering group. Thursday evenings from 7:05 - 8:30pm at Seaside Yoga. FMI or to register, call 503-501-6204.

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

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

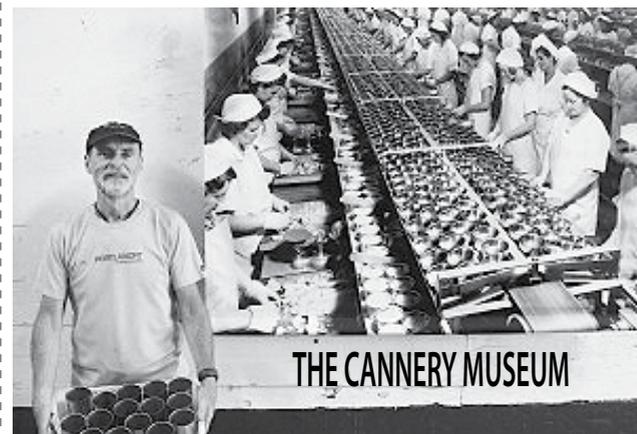
LECTIO DIVINA • Meditation with Holy Scripture. The Center for the Contemplative Arts, Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

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

VOLUNTEER

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

VOLUNTEER AT THE CANNERY MUSEUM The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands of visitors from all over the NW and beyond. The Hanthorn Foundation (a 501(c) 3) needs volunteer staff to welcome people to this unique site and share a little local history. No experience needed, no age limits, and you definitely do not have to stand! Nor will you at the end of the day, smell like a fish. To learn more, please call Peter Marsh: 503-



THE CANNERY MUSEUM

VOLUNTEER AT THE CANNERY MUSEUM The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands of visitors from all over the NW and beyond. The Hanthorn Foundation (a 501(c) 3) needs volunteer staff to welcome people to this unique site and share a little local history. No experience needed, no age limits, and you definitely do not have to stand! Nor will you at the end of the day, smell like a fish. To learn more, please call Peter Marsh: 503-470-0356 or seatosummitpm@gmail.com

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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@nehalemtnet.net.

VISITOR CENTER SEEKS VOLUNTEERS.

The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

EVENTS

SOUP AND PLANT SALE. Saturday, May 17 from 11-4. The annual SOUP & PLANT Sale at Johnson Park - Grays River Valley Center in Rosburg, WA. 3 delicious soups, artisan breads & spreads plus beverages. Donations benefit the Center. It's Picnic Time!

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

When we lose a loved one

WHEN WE lose a loved one, we are confronted with our own mortality. We feel devastated from the loss. Many people hope for a sign from beyond the veil.

The message you want from the spirit world is not necessarily what you will receive because your karma and spiritual growth depend on your learning trust while in physical form. Believing what you feel is the key to your evolution. Not trusting what you feel or the message you have received is indicative of your karmic history. Often when there is no trust the spirit world guides us through signs and messages that need interpretation. Expecting a blatant sign is a

set up for your lack of trust. Small steps are taken by the newly deceased. Often they move drapes, rugs, shoes and leave coins to establish their presence. Once they have perfected their movement in the spirit world they can affect electricity, ring phones and more.

The reality of life on earth is we tend to think it is all about our own experience and demand the spirit world give us a sign. We may have so much doubt inside we miss the signs being given! Signs are common from the spirit world for our loved ones want to comfort our loss. If we are trusting that the dearly departed wants us to know they are there, we will notice the

bird at the window, the butterfly that crosses our path, the robe we hung behind the door mysteriously moved to the closet or the song we used to sing on the radio. The real signs are happening daily as the Universe translates much bigger messages to our soul bodies. Our souls' carry a particle of the Divine within and it is our responsibility to take care of this and not abuse the privilege we have being in physical form. This means the very essence of love that we came from is to be expressed and manifested in our bodies. What? How can you fit the love of God and the Goddess into a bunch of humans who can't even manage the planet they live on? Exactly! This is why we are incarnating to begin with! We have bigger lessons to learn than 'it's all about me'.

When you feel alone and you are sure your loved one has deserted you because you have not received any signs, remember your faith is the safety net for feeling alone. As I have said many times our greatest wounding is feeling separation from Source. When a loved one passes we are reminded of the core wound and reconnect with the feeling of aban-

donment. Trusting the unseen and understanding what gets triggered in the loss of your beloved helps us to get through it. Our karmic history charts a clear path of lifetimes of abandonment, betrayal and feeling alone. Trust that your loved ones are looking after you and your children. Understand they also have responsibility on the other side that helps keep our parallel universes in balance. Know you are never separated from Source.

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. Her new book from Findhorn Press *Become an Earth Angel Advice and Wisdom for Finding Your Wings and Living in Service* is available this fall. Sonja shares her knowledge in her new film series called *Earth Angel*. You can also find her books, .c.d. and popular *Earth Ways Series* on her website. www.sonjagrace.com

word and wisdom

By Tobi Nason

Mother's Day... and the Livin' is Easy

SO- HUSH, little baby, don't you cry..... I hope you were singing along to the tune of Summertime.

May 11, 2014. Everyone has a mother. Some have two: biological and adopted.

And everyone has strong feelings one way or another about his/her mother.

Mothers have such a presence! They are usually the one a baby bonds with first, via the breast. Mothers are big personas in drama, stories, myths. A mother sort of ... looms large. A mother's love is portrayed as ferocious, much as a lioness protects her cubs.

Wow! I'm a mother. How come I feel pretty much like a regular person? Nothing big in my momma persona.

Here's what I think. All mothers try their best. All mothers are human. All mother love their children, to one degree or another. All mothers are different. Oh boy!

My own mother was lovely. To look at. Her mother sense was not strong. She

was funny and easy to be with at times, before she became a flaming alcoholic, and her maternal sense seemed sort of weak. It seemed like a real flaw to me, her child, for the longest time. Then I grew up and became a mother. I found myself having lots of sympathy for her. I understood her, at last. I was divorced at the same age that she had become a widow. Single moms, both of us, at the same age. I found myself floundering, behaving badly, short-tempered with the kids, and less than attentive at times. I had felt my mom, who also had started drinking heavily when my dad died, was less than attentive, short-tempered, and seemingly indifferent to me. Time, and my own evolution into a single mom, gave me compassion for her. I finally gave her a break and can sincerely say, she did her best.

Moms start off under stress and scrutiny. And there's always a judgment call: she was a great mom. She was a horrible

mom. Siblings in the same family could certainly lean this way or that.

Somehow we have unspoken expectations of moms. If we don't feel loved, we blame mom. If we end up in therapy, we can spend years building a case against the insufficiencies of mom. Mom loved too much, mom loved too little, mom loved my sister/brother more than me. Poor mom! She could do no wrong. She could do nothing right. She was not perfect, and we hated her. She was not perfect and we loved her. Phew.

Mother's Day. Treat the one who is your mom with the best love you can. And - for those of you who have strained relationships with mom, treat the person you know that you wish was your mom with love. Either way, you've done it right.

Tobi Nason is a counselor and a mother.

VOLUNTEERS NEEDED To help Shelter animals

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



Make a difference.
Volunteer for animals!



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



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP
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ARNIE, THE INVISIBLE DOG SAYS...

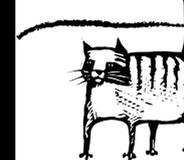
woof!
woof!
woof!

TRANSLATION:

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

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

WHAT'S THIS INVISIBLE
DOG NONSENSE?



open 7 days a week

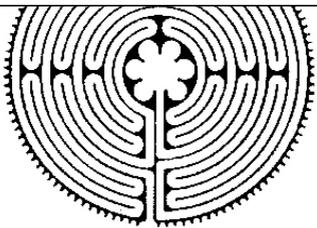
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FIRST SUNDAY OF THE MONTH
3 PM - 6 PM

(BRIEF INTRODUCTION AT 3 PM)

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donations welcome

For more info: 503.325.6580

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bodies in balance

A Sexy and Sensual Spring

SPRING HAS inspired me to be on a bit of a sexual health kick, so for this month's article I want to talk more specifically about sex. This is an interesting topic for me since my practice spans from teenagers to menopausal women, and men. As you might guess each age group has differing issues and I will attempt to speak to all audiences; but be aware that some information and resources may be more appropriate for the sexually mature.

No matter your gender, age or sexual orientation sex is something that is central to human survival. Desire for sex may wax and wane with the menstrual cycle, the life cycle or the relationship cycle; but regardless of where we are on the spectrum, sex is something that is important to us all. Research shows that a healthy sexual life (defined as some type of sexual intimacy or arousal twice a week) will increase the quality and quantity of our lifespan. Therefore, when our bodies are not responding appropriately we should seek ways to make it better.

For teenagers and young adults the most common complaint I hear is that sex is painful. The first cause that should be ruled out, of course, is infection: Chlamydia, Gonorrhea, Bacterial Vaginosis, Candidal Infection, Trichomoniasis, Herpes or Pelvic Inflammatory Disease are the most common causes. Most of these infections can affect both men and women, so equally important to get all sexual partners screened and treated. Other conditions such as endometriosis, epididymitis, urethritis or cystitis may also explain pain with intercourse. Also notable are issues that can be related to the secondary effects of childbearing be it ad-

hesions or scar tissue or uterine prolapse, each could lead to vaginal or pelvic pain. For some women breastfeeding can create a lack of sexual desire. Sometimes one's contraceptive option may be the cause...take home message: don't be shy in asking for help!

Condoms are key to preventing infections and pregnancy in sexually active couples. Condoms are much more comfortable for everyone involved if you add lubricant (both inside and outside). Lubricants are made out of numerous substances that are safe for you and your condoms. But other common items like lotions, Vaseline, creams, ointments, conditioners, and some types of oils are not appropriate for sexual use and may weaken a condom, create irritation or



cause pain. Remember latex itself is a common allergen for many people! Stay informed with these informational/retail websites that contain no pornography: www.sexetc.org and www.condom.com. Sexual health and pregnancy prevention is one of my soap boxes, so I'll get down now, but not without reminding teens and their parents that there are many friendly, knowledgeable, confidential health care providers that are available to consult with you and/or your teen about these topics.

whole body including sexual organs. But as sex is part of an intimate relationship it is preferable that it remain pleasurable, so lets explore some options...

There are a variety of drugs and supplements out there to promote erections, increase vaginal elasticity and moisture and indeed there are also some that claim to increase sexual response and libido. Do they all work all the time? NO. Do some work for some people? YES. So certainly a drug or supplement is an option. But I think there are simpler,

By Tracy Erfling, N.D.

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



For middle-aged adults sexual problems include no interest, delayed to no sexual response, no vaginal lubrication, no erection, or all of the above. Obviously our bodies were designed to utilize sex for the purpose of procreation and as we age these functions decrease, and with it our libido. Libido issues are not

gender specific but as my practice is primarily women I have more insight for them. I find in clinical practice that lack of libido in perimenopausal and menopausal women alike is extremely common. Menopause and loss of estrogen will decrease vaginal tissue moisture and elasticity to a varying degree; hormone therapy can be very effective in these cases. Both genders experience a decrease in blood flow and more blood vessel damage with age, which affects the

cheaper, less invasive options that may work for everyone, to some degree. I believe that as we and our relationships age we need to re-examine how we approach sex. We need to consider that it may take more time, it may need to be more planned, and that we may need to explore accessories. What do I mean by accessories? Games, books, videos, toys, etc. This may mean actually talking with your partner about your needs, or asking for theirs. Consider it part of the growth of your relationship not a reflection of it's demise. This is not an easy task I know, but the result of one awkward conversation could open some pleasurable new doors for years to come.

Here are a few books that are "very vanilla" about sex, anatomy and again, as I see mostly women, a little more female focused. "A New View of a Woman's Body", "101 Nights of Great Sex" and "Becoming Orgasmic". And finally a great website which is non-pornographic but does have anatomy (i.e. pictures) which is www.the-clitoris.com (hyphen is THE key addition when typing this into your browser!).

Before you order your free sample of Viagra or tincture of Damiana try talking with your partner to see what could change for the better, and if pain is your issue seek some advise to create a more pleasurable experience!! Think about ways to be intimate or feel more sexually aroused in these Spring months, and of course...DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!

CHEW ON THIS!
by Merianne Myers



RAGE IS

running rampant around the globe. The whole world has gone mad. I don't mean insane. That's a given. I mean angry. I'm not saying rage is useless. I'm saying we waste it by being mad all the time. It's a valuable commodity that becomes weak and tedious when used on a daily basis.

In the U.S., we've gotten fat and lazy and complacent and now we're ticked off. At ourselves, at each other, at corporate-owned government, at the lack of whatever it is we personally need and can no longer come by easily. If we could figure out a way to refine the heat from all that rage, we could put the fossil fuel industry out of business tomorrow.

Politically, our choices are pretty dismal. On the one hand we have the Tea Party, which sounds completely lovely but turns out to be the crazy guy on the corner holding a "The End Is Near" sign. Ever so

slightly to the left of that are the Republicans whose "Let Them Eat Cake" philosophy seems to be fine with 1% of us having all the goods and the rest of us working at Walmart where we earn so little, we need Food Stamps to buy the cake. Only slightly off from that are the Democrats who would love to do something helpful but are busy trying to extinguish the fire in their hair and wishing they had as much money as the Republicans.

Spooky, snobby or sadly ineffective. Gee, I just can't decide. At some point someone will remember that in politics, as in personal relationships, the key to abiding success is courtesy. You heard me. It all and always comes down to graciousness. Rage is the lazy way out and completely counterproductive. If you want to get your way and not be the victim of a coup as a result, play nice. I'm thinking the whole country needs a year in



finishing school where we will relearn civility with a side of table manners and good posture tossed in for good measure. Until then, we should all be sent to our

rooms to think about what we've done. Life truly is a bitch and yes, we are all most certainly going to die. Why spend a minute of it being ticked off at someone you probably don't even know? How about we concentrate on the countless things we

have in common instead of trashing our blood pressure by focusing on the other stuff? At the risk of repeating myself, let's have dinner together. It's the easiest, most delicious reset of attitude to be had. It will lower your blood pressure and raise your alpha waves. It's sustenance, reassurance and comfort in one tasty masterstroke. It provides everyone a seat at the table. And it's nice.

COURTEOUSLY CREAMY ASPARAGUS SOUP

Makes a couple quarts, you decide how many it serves

The prevailing wisdom for this soup is to cut off the spear tips, steam them separately and stir them back into the soup to finish. I like my way better.

Snap the spears wherever they choose to break. Steam or roast the tops until just tender. Dip them in curried mayonnaise or drizzle them with citrus vinaigrette and top with crumbled hard boiled egg or anoint them with oil and a sprinkle of crunchy salt. Enjoy them immensely. THEN make soup with the butts. Either way - completely posh.

- 2 pounds fresh asparagus with the woodiest ends trimmed off, chopped
- 3 cups sliced onion or leeks
- 2 quarts chicken stock
- 4 or 5 ounces of butter or oil
- 1/2 cup cream
- Salt & Pepper

Melt the butter in a soup pot and sauté the onions slowly and lowly until soft and translucent. Stir in the stock and bring to a boil.

Chop the asparagus and add to the pot. Reduce heat to a simmer and cover. Cook until the asparagus is squishy soft, usually 30 to 45 minutes.

Puree using a blender, food mill or processor and return to the pot. Stir in the cream and reheat. Season with salt and pepper to taste.

This is elevated to the max with a tiny pat of butter melting languidly in each bowl. Eat slowly, savoring Spring. Think kind thoughts.

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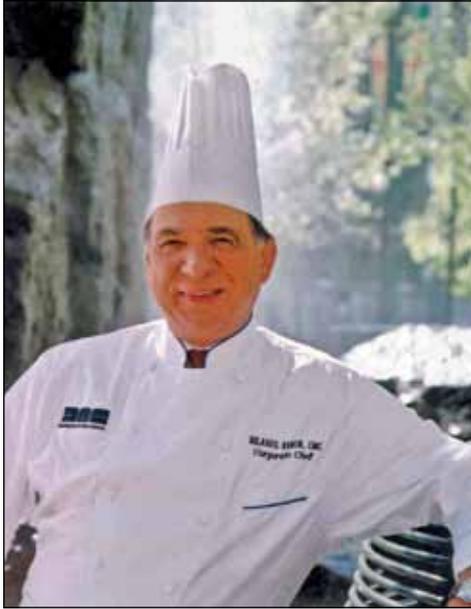
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Big Wave Café's 'Springtime on the Oregon Coast' dinner to feature internationally renowned celebrity chef



Chef Roland Henin

IT ISN'T every day that a Certified Master Chef prepares dinner in north Tillamook County.

However, Tuesday, May 6 is that day. At 6pm that evening, internationally renowned celebrity Chef Roland Henin will prepare a Springtime on the Oregon Coast Dinner made with local ingredients, with proceeds benefitting the Rinehart Clinic.

"This is a rare opportunity for lovers of fine food to experience a multi-course meal prepared by a culinary virtuoso," said Brian Williams, who, with wife Carol Williams, owns the Big Wave Café, in Manzanita. "I met Roland in 1987 when I was a student in culinary school in Portland. He was an advisor."

Today, Henin is one of only 66 Certified Master Chefs in the United States. The title, issued by the American Culinary Federation following successful completion of a rigorous series of tests, is the highest level of certification a chef can receive.

Based in Seattle, Henin serves as corporate chef for Delaware North Companies, a global food service and hospitality corporation with headquarters in Buffalo, N.Y. In that role, he directs culinary operations for all of the company's

venues, from resorts to sporting facilities and serves as a mentor to all company culinary teams.

In 1992, he served as the coach of the gold medal U.S. Olympic Culinary Team, helping the American chefs bring home the World Cup from Luxembourg. The following year, he received the first National Chef Professionalism Award ever granted by the American Culinary Federation.

Henin continues to mentor famous chefs, including Thomas Keller, of the Napa Valley's French Laundry, and Timothy Hollingsworth, who represented the United States at the Bocuse d'Or World Final in 2009.

Rinehart Clinic staff, board and volunteers are no strangers to giving themselves. The nonprofit clinic, which has served north Tillamook County for more than 100 years, serves anyone who needs medical care, regardless of that individual's ability to pay.

Tentative menu plans include poached dardne of Columbia River spring chinook with an Oregon white wine veloute served with a jardinière of local vegetables and oven-roasted Yukon gold potatoes for the main course. The salad will consist of Oregon dandelion greens tossed with sliced Hood River Granny Smith apples, Point Reyes bleu cheese, toasted walnuts and mache lettuce. For an appetizer, they will serve fresh Oregon bay shrimp with plum tomatoes and green onion served on French baguette toast. Dessert will be a roasted rhubarb clafouti, which is Carol Williams' special inspiration.

The Williams, who have owned the Big Wave since 2011, have hosted many benefit dinners for local nonprofit organizations over the last few years. Brian is former senior vice president at Career Education Corporation for Le Cordon Bleu, while Carol, who makes the Big Wave's desserts, is a graduate of Le Cordon Bleu Portland. She also studied with renowned French pastry chef, Pascal Tisseur at Petite Provence, an upscale French bakery in Portland.

As for the upcoming Springtime on the Oregon Coast dinner, Henin said, "We'll give it the best shot we have, hoping that some others chefs in the future will join us, so that we'll eventually make this event the place that anyone who's anyone on the Coast will want attend."

Tickets, which cost \$50 per person, are available at Manzanita Lumber, Ticor Title in Manzanita or the Rinehart Clinic. For more information, contact Leila Salmon at 503-368-6132.

Grow Edible Mushrooms Workshop at R-evolution

BRING YOUR Moms to R-evolution Gardens on May 10-11 for the first Mushroom growing workshop by Jordan Weiss (www.jordansmushrooms.com) and Katie Grenell. They will be teaching low impact, easy ways to cultivate edible mushrooms for the home gardener.

Come learn about companion planting -- strategies that use saprobic mushrooms, i.e. king stropharia and white elm oyster and mulch plants. Hugelkulture, Better Sheet Mulching, Mushroom Composting and a few low-tech methods to produce spawn.

Katie Grenell has worked with The Amazonian Mycorenewal Project in Ecuador & the Bay Area.

She will teach a super easy low-tech glove box technique for mushroom growing that anyone can do!

Jordan Weiss has been teaching low-tech methods for growing mushrooms in the PNW for the past 7 years. He had a presentation at Grow the Coast in Seaside, Oregon last December and has been waiting to bring the slow tech methods back to the north coast.

\$70 per person for both days or \$40 per day. 10% off registration for two if you register with your mom! The 2 day workshop will include farm fresh lunch, optional evening potluck with class members on Saturday evening. If you're driving from a distance tent space is available. Contact Brigham Edwards to register: 503.368.3044/bedwards187@gmail.com

FOOD GROOVE

The Ayurvedic Diet: Eating for Your Body Type

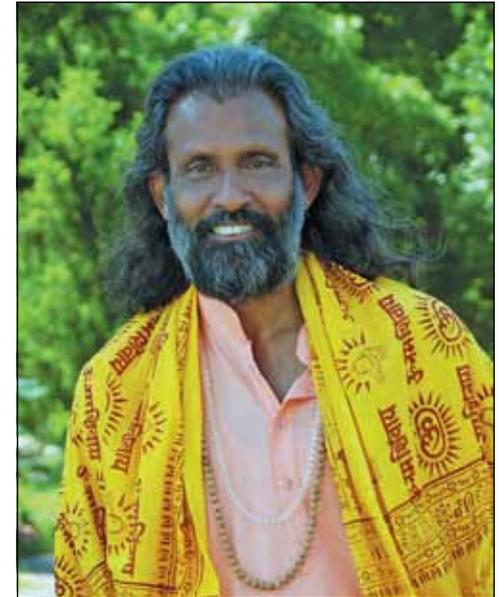
Astoria Co-op's Monthly Lecture Features Prominent Scholar and Teacher

A HOLISTIC approach to eating that takes into account your unique body type, aims to prevent disease and make you a more happy and healthy person. Ayurveda is an ancient medical practice from India with mainstream appeal, appearing on Dr. Oz, for example. The three doshas, which are the Ayurvedic body types, are Vata, Pitta, and Kapha which each carry a set of behavioral and physical characteristics and a prescription for foods to eat and avoid for optimal well-being. The Astoria Co-op's monthly food and wellness lecture series, Beers to Your Health, will cover the basics.

The Co-op's guest speaker for May is Yogacharya Dharmananda, also known as Swamiji. Swamiji is a prominent scholar and teacher of the Science of Yoga, Hindu Philosophy, and Comparative Religion. As the former Director of the International Vishwaguru Yoga and Meditation Institute (Rishikesh, India), he has given these teachings to students from all over the world for more than 25 years.

"The benefit (of the Ayurvedic Diet) will be health, including cancer and diabetes prevention, for example. Food-related sicknesses will be increasing with seasonal changes now in spring and with summer coming. There has to be a change in diet with a change of weather. As summer approaches, heat outside increases and so does heat in the body. There are substances which should not be taken much; coffee for example, onions, and garlic which add heat into the body," Swamiji said.

Swamiji currently resides in Longmont, Colorado and works with Longmont United Hospital's award-winning spirituality program. Columbia Memorial Hospital is bringing him to Astoria for a



series of workshops for nurses and other caregivers called Healthcare from the Heart.

"We feel extremely fortunate that we are able to have Swamiji speak at our lecture while he's in town. It is a unique opportunity and I hope anyone who's interested in eating better can come," Astoria Co-op Marketing Director Zetty Nemlowill said.

The lecture happens on Thursday May 8th at 7 p.m. in the Fort George Lovell Showroom at 14th and Duane Streets in Astoria. Doors open at 6 p.m. for food and drinks. The event is free and open to all ages.

Seed to Plate: Edibles for North Coast Gardeners to Grow and Cook

With Teresa Retzlaff • Seaside Library



Teresa Retzlaff of 46 North Farm and the North Coast Food Web.

An opportunity to pursue her passion for organic farming led Teresa Retzlaff to the Oregon Coast in 2003, where she and her husband Packy joined an emerging community of growers and local food enthusiasts. For six years they operated a small farm in Seaside and in 2009 they started 46 North Farm on 18 acres of land they purchased in Olney, where they grow vegetables, fruit, herbs, and flowers. Teresa's commitment to a healthy local food economy along the coast led to her become a founding member of the North Coast Food Web, an organization that builds connections in the local food landscape.

If you are having trouble growing vegetables in our short and cantankerous growing season, Teresa will be sharing her expertise on the subject. She will also be providing some appetizer examples of locally grown edibles and of course be selling her great plant starts for all of you coastal gardening aficionados.

JUMP INTO the growing season on Saturday, May 31, at 1pm with Seed to Plate: Edibles for North Coast Gardeners to Grow and Cook. The event will be presented by local organic farmer

Drop that shovel, put the hoe back in the shed, and bring your questions to the Seaside Public Library, at 1131 Broadway, on an afternoon of gardening delight. For more information call (503)738-6742 or visit us at www.seasidelibrary.org and www.facebook.com/seasidepubliclibrary

MORE FOODGROOVE

Backyard Chicken Class

OSU Extension and Clatsop Community College collaborate to offer 'Backyard Chickens' class set for Saturday, May 10th from 9AM – 12PM. OSU Extension Poultry Specialist Jim Hermes will present a workshop on raising poultry in small flocks and help you decide 'Which chicken for me?' This class is designed for those interested in raising poultry for eggs or for meat. Jim will cover topics including; hatching eggs, brooding, raising chicks, poultry nutrition, flock and bird health, breeds of poultry and housing for poultry. Come learn the ins and outs of raising chickens, turkeys and other poultry. You can register by calling 503-338-2408 or visit www.clatsopcc.edu/schedule and search for "chickens" in the course title. Cost is \$39 and class size is limited.

Spring Forage and Livestock Health Meeting

OSU Extension and Clatsop SWCD are co-sponsoring an evening livestock and forages meeting on May 15th at 6 PM at the OSU Seafood Research & Education Center Conference Room, 2001 Marine Drive, Rm 231, in Astoria. Gene Pirelli, regional OSU Ag/Livestock Agent will speak on coast-adapted forage species and the management approaches to get the most out of your forages. Chip Bubl, OSU Ag Extension Agent will speak on pasture weed management and livestock poisoning plants. And Dr. Russ Hunter, DVM, will discuss livestock health topics pertinent to this time of year. RSVP is not required, but appreciated. For more information or to RSVP to this FREE workshop, contact Wendi Agalzooff at Clatsop SWCD 503-325-4571 or OSU Extension – Clatsop County at 503 325-8573.

LNCT Annual Organic Vegetable Plant Start Sale May 17 • Nehalem

Even though the weather is warming up, the soil is still too cool for the warm season crops. But now is the time to get the vegetable garden planned, prepped and purchase hearty starts so that everything is ready for the planting season. LNCT's annual vegetable plant start sale on Saturday, May 17 from 9:00 a.m - Noon, is just in time for this favorite activity. Plan to arrive early at Alder Creek Farm, 35955 Underhill Lane between Nehalem and Manzanita, for the best selection of favorites like tomatoes, broccoli, squash, lettuce, and greens of all kinds, along with herbs and flowers. Small fruit starts, easy to grow in the coastal climate, will be featured. Varieties include currants, blueberries, raspberries, strawberries, loganberries and marionberries. Once these perennial fruits are established, berry harvests can be enjoyed for years to come.

"The benefits of vegetable, fruit, herb and flower gardening cannot be underestimated," said Karen Matthews, LNCT Garden Coordinator. "Not only do gardeners get the enjoyment of planting, tending, harvesting and consuming, but the blossoms provide habitat for native pollinators of all kinds. We love inspiring our community to grow their own food and enjoy the beauty of a garden."

Along with the vegetable plant starts there will also be packaged seeds saved from the community garden plants as well as some bulk gardening supply materials at affordable packaged sizes for the home garden. LNCT's annual vegetable garden plant sale is a fundraiser for LNCT's Community Garden Program in which 32 active gardeners come together each week to learn how to grow food in the coastal climate, share the work, share the bounty for their families and share the excess with the North County Food Bank. To learn more about the Community Garden program call 503-368-3203, lnctoffice@nehalemtnet.net or visit nehalemtrust.org.



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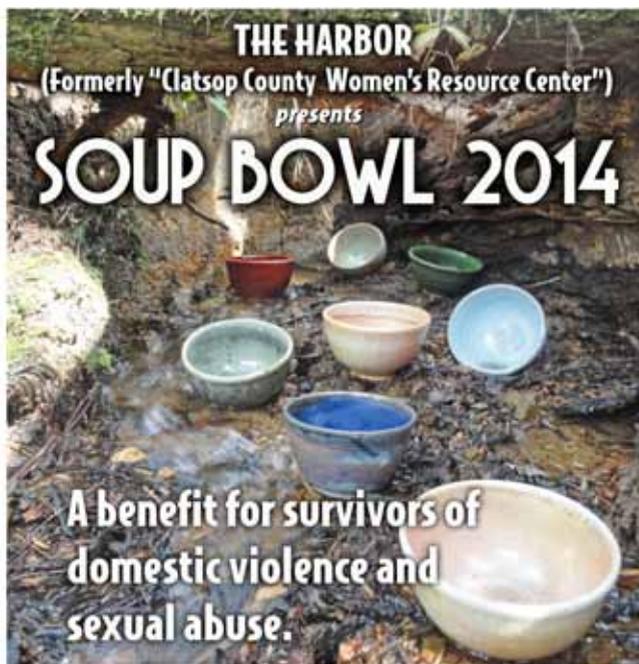


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